

Situated on the border with Germany, Western Poland is a little known, easily accessible place in Central Europe, where nature and culture are unique.

W e s t e r n P o l a n d

the place for **incentive training** and **travel**

a wide variety of **cultural & natural** landscapes
exciting and **safe** adventure at low prices
AfT **taking care** of everything



The Gateway to the East, as Western Poland may be called, is a place where many **cultures** and **historical influences** mix. A thousand years of Polish history are perpetuated in magnificent monasteries, castles and palaces. Polish art and culture have long since established a bridge between Western Europe and Eastern Europe.

Western Poland offers a great variety of **recreational opportunities**. The spectacular scenery of the Sudety Mountains, the rolling plains of Wielkopolska, the forests and lakes of Pomorze, are all a paradise for lovers of **nature**. You can also try your hand at angling, canoeing, caving, cycling, hiking, paragliding, rock climbing, sailing and many other wilderness sports.

Many westerners have been enticed by the beauty and atmosphere of Poland, so much so that they have moved here. Today many of them run hotels, restaurants, as well as cultural and sport facilities that will warmly welcome you.

The **costs** of accommodation, meals and attractions are **very low**. With the steadily falling Polish currency (the zloty), you can sleep in the best hotels and dine in fine restaurants for a fraction of what you would pay for equivalent services in the rest of Western Europe. You can combine your visit to Poland with business meetings, incentive training or participation in a conference.

We invite you to explore the fantastic possibilities Western Poland, together with Adventure for Thought, has to offer.