

ETTU ANNUAL COACHING CONFERENCE 2020

The EUROPEAN TABLE TENNIS UNION in cooperation with the POLISH TABLE TENNIS ASSOCIATION (PZTS) invites all European coaches to the ETTU Annual Coaching Conference, which will be held in

Warsaw, Poland, 21-23 September 2020 (Novotel Centrum Warsaw)

ETTU Annual Coaching Conference is part of Development Program and it is primarily intended for all European coaches, but all coaches from other continents are welcome too.

PROGRAM

DATE	TIME	DELIVERER	VENUE	PLAN
21st September	15:00- 16:00		Novotel Warsaw Reception	Check into hotel / Accreditation
	16:30- 19:30	Peter Engel	Novotel Congress Room	„ The way to success through quality preparation“ – 1st part
	20:00	Novotel Restaurant	Dinner	
22nd September	08:00	Novotel Restaurant	Breakfast	
	09:00	Peter Engel	Novotel Congress Room	„ The way to success through quality preparation“ – 2nd part
	12:30	Novotel Restaurant	Lunch	
	15:00	Chen Zhi Bin	Novotel Congress Room	„ Comaparison in approach to technical training and playing styles (Asia / Europe)“ 1st part
	19:00	Novotel Restaurant	Dinner	
	19:30	Novotel Reception		Warsaw Sightseeing Tour
23rd September	08:00	Novotel Restaurant	Breakfast	„ Comaparison in approach to technical training and playing styles (Asia / Europe)“ 2nd part
	09:00	Chen Zhi Bin		
	12:00			Finish

Lecturers:

- **Peter ENGEL (GER) - Luxembourg National Coach**
- **Zhi Bin CHEN (CHN) - Club Coach TTC Neu - Ulm**

Accommodation:

- **Novotel Warsaw Centrum (Marszalkowska 94, 00-510 Warsaw, Poland)**
- https://www.guestreservations.com/novotel-warszawa-centrum/booking?gclid=Cj0KCQjw3Nv3BRC8ARIsAPh8hgLZzA1tLQF7IwcMLddry8TzPtUftN-Hc7t0C2NmTk8a_jiOjajcl1caAh7DEALw_wcB

Costs:

- The price for the whole stay (full board and lodging in single occupancy): **EUR 155,- / day / person** (21-23 September 2020)
- The price for the whole stay (full board and lodging in double occupancy): **EUR 130,- / day / person** (21-23 September 2020)
- For 1 coach per National Association the **subsidy of EUR 50,-** will be covered by ETTU. Note: The number of single rooms is limited ***and the difference of price has to be paid by the participants / National Associations in advance. Participants are recommended to arrive at Warsaw Chopin Airport.***
- Please note that organizer will provide shuttle transport from/to Warsaw Chopin Airport.
- Additional coaches are of course warmly welcome - the price for the whole stay is:

Full board and lodging in single occupancy: **EUR 155,- / day / person** (21-23 September 2020)

Full board and lodging in double occupancy: **EUR 130,- / day / person** (21-23 September 2020)



Payment:

- The payment for participants (minus the part covered by ETTU) shall be transferred directly to the account of the Polish Table Tennis Association not later than **6th September 2020**.
- Cash and credit card payment upon arrival **will not be accepted**.

Bank Details:

- **POLISH TABLE TENNIS ASSOCIATION**
- **Bank Name & Address: PEKAO S.A.,** Jasna 1 street, 00-950 Warsaw, Poland
- **BIC Code:** PKOPPLPW
- **Iban:** PL 13 1240 6175 1978 0000 4567 4549
- **Quoting:** ETTU Coaching on payments made

Visa:

If you need visa to enter Poland please send your request for invitation letter with scanned copy(ies) of passport(s) not later than: **Thursday, 20th August 2020** to Polish Table Tennis Association

POL TTA requests that all candidates send a scanned photocopy of their passport with the following details included to support your arrival into Poland:

- Name, surname
- Nationality
- Passport Number
- Date of birth
- Contact e-mail address (in case contact needs to be made)

Please send to: jakub.otys@pzts.pl

Only the following participating countries need to apply for a visa to enter Poland, however all athletes **MUST** share a copy of their passport:

To support coaches' entry into Poland, Polish Table Tennis Association / ETTU will provide an 'invitation letter' to show why an individual enters Poland. The letter will include the conference dates, and location. It is good practice for invitation letters to be carried by all travelers when crossing the border as even with non-visa nationals Border Force Officials have the right to ask questions about the reasons for visiting Poland.

Entry:

- Entries and wishes for accommodation shall be sent not later than:

Thursday, 20th August 2020 to:

- PZTS – Marcin Frej – Marketing Director (marcin.frej@pzts.pl)
- Copy to ETTU – Zita Pidl – Project Coordinator (zpidl.ettu@gmail.com)

Polish Table Tennis Association will apply for special permission from Main Sanitary Inspectorate for all Conference-participants arriving to Poland from outside the EU to release them from quarantine obligation.

Questions:

- Concerning accommodation and payment: Marcin Frej – PZTS Marketing Manager marcin.frej@pzts.pl
- Concerning technical program and participation: Neven Cegnar, prof. – ETTU Development Manager (ncegnar@gmail.com)

Welcome to Warsaw!

Covid 19 Info & Report

(all regulations come from Polish Government websites)

Prevention:

Wash your hands often

Remember to often wash your hands using soap. If it is impossible, disinfect them with alcohol-based (at least 60%) liquids/gels. The virus can be transferred from infected surfaces on the hands, so you lower the risk of infection by washing your hands often. Avoid touching eyes, nose and mouth.

Keep safe distance

Keep at least 1.5 meter distance from a coughing, sneezing or feverish person. Avoid big gatherings.

Protect others if you cough or sneeze yourself

If you sneeze or cough, cover your mouth and nose with a bent arm or a tissue and immediately dispose of it into a closed bin. Wash your hands with water and soap or disinfect them with alcohol-based (at least 60%) liquids. Covering your mouth and nose as you cough and sneeze prevents germs, including viruses, from spreading.

Wearing the protective mask

In Poland you are required to wear a mask covering your nose and mouth whenever you are in public building or public transport. Outdoor you don't need to wear the mask as long as you are able to keep 1.5 meter distance from other people.

Regularly wash and disinfect touch surfaces

Wash surfaces often touched by many people, such as desks, counters and tables, door-handles, switches and handrails with water and detergent. All places which the household members often use should be carefully disinfected. Remember that microbes collect easily on mobile phones. Regularly disinfect your mobile phone (e.g. with wet wipes soaked with a disinfectant). Do not put a mobile phone on the table and do not use it as you eat.

Polish Borders:

As of 13 June 2020, Poland have restored full border traffic within the internal borders of the European Union. This means that you can travel freely cross the internal borders of the European Union. Travelers will regain the right to free entry, exit and transit through the territory of the Republic of Poland. They do not have to quarantine.

Restriction concerns: foreigners crossing the EU's external border.

What is it about? Our country's borders, which are also the EU's external borders, remain closed. They may be crossed only by, among others:

- Polish citizens,
- foreigners who are spouses or children of citizens of the Republic of Poland or remain under the constant care of citizens of the Republic of Poland;
- holders of a Pole's Card,
- heads of diplomatic missions and members of the mission's diplomatic and consular staff, i.e. persons having a diplomatic rank and members of their families;
- people who have the right of permanent or temporary residence in the Republic of Poland or a work permit,
- in particularly justified cases, the commander of the Border Guard post – after obtaining the consent of the Commander-in-Chief of the Border Guard – may allow a foreigner to enter the territory of the Republic of Poland in accordance with the procedure specified in the Act of 12 December 2013 on foreigners (Journal of Laws of 2020, item 35),
- foreigners who run a means of transport designed for the transport of persons or goods, and whose transit takes place as part of their professional activities consisting in the transport of goods or persons,
- citizens of European Union Member States, European Free Trade Agreement (EFTA) Member States - parties to the Agreement on the European Economic Area or the Swiss Confederation and their spouses and children, when traveling through the territory of the Republic of Poland to their place of residence or stay,
- pupils and students receiving education in the Republic of Poland;

- citizens of European Union Member States, European Free Trade Agreement (EFTA) Member States – parties to the Agreement on the European Economic Area or the Swiss Confederation and their spouses and children, when traveling through the territory of our country to their place of residence or stay
- foreigners with a permanent residence permit or a long-term resident's European Union residence permit, in the territory of other European Union Member States, a Member State of the European Free Trade Agreement (EFTA) – parties to the agreement on the European Economic Area or the Swiss Confederation and their spouses and children, when traveling through the territory of the Republic of Poland, to their place of residence or stay.

Quarantine:

Restriction concerns people who:

- cross the border of the Republic of Poland constituting the external border of the EU*,
- have had contact with persons infected (or potentially infected) with coronavirus,
- live with the person who is quarantined

* The external border is determined by the provisions of Article 2 point 2 of the Regulation (EU) 2016/399 of the European Parliament and of the Council of 9 March 2016 on a Union Code on the rules governing the movement of persons across borders (Schengen Borders Code) (OJ EU L 77 of 23.03.2016, p. 1 as amended).

The list of persons excluded from the mandatory quarantine when crossing the external border of the EU is set out in the provisions of the Regulation of the Council of Ministers of 19 June 2020 on establishing certain restrictions, orders and bans in connection with the occurrence of the state of the epidemic.

What is it about?

The mandatory quarantine will last until the negative result of the SARS-CoV-2 diagnostic test for no more than 14 days. So far it has always been 14 days.

During this time:

- you cannot leave the house,
- walking the dog, going to the store or to the doctor are prohibited,
- if a quarantined person has close contacts with other people at home – they must also be quarantined,
- in case of symptoms of the disease (malaise, fever, coughing, shortness of breath), it is necessary to report this by phone to the sanitary and epidemiological station.