



DOLNY KUBIN STARTER PACK

What beginners need to know



DOLNY KUBIN



APP



CP

How to find the best connections and all the time tables to travel around Slovakia



MAPY.CZ

With this app, you can have offline maps for all Slovakia included hiking and biking paths.



REGIOJET

It is a private company of trains and busses. Sometimes, there are good connections to go abroad, like Vienna, Budapest. Another similiar app to travel is Slovak lines.



HOSTELWORDS

This app helps you to find the best hostels in all Europe. Hostels are way cheaper than hotels and way more cool.



FLIXBUS

A private company which offers the best connections to go all around Europe, for example direct bus from DK to Krakow or Budapest.

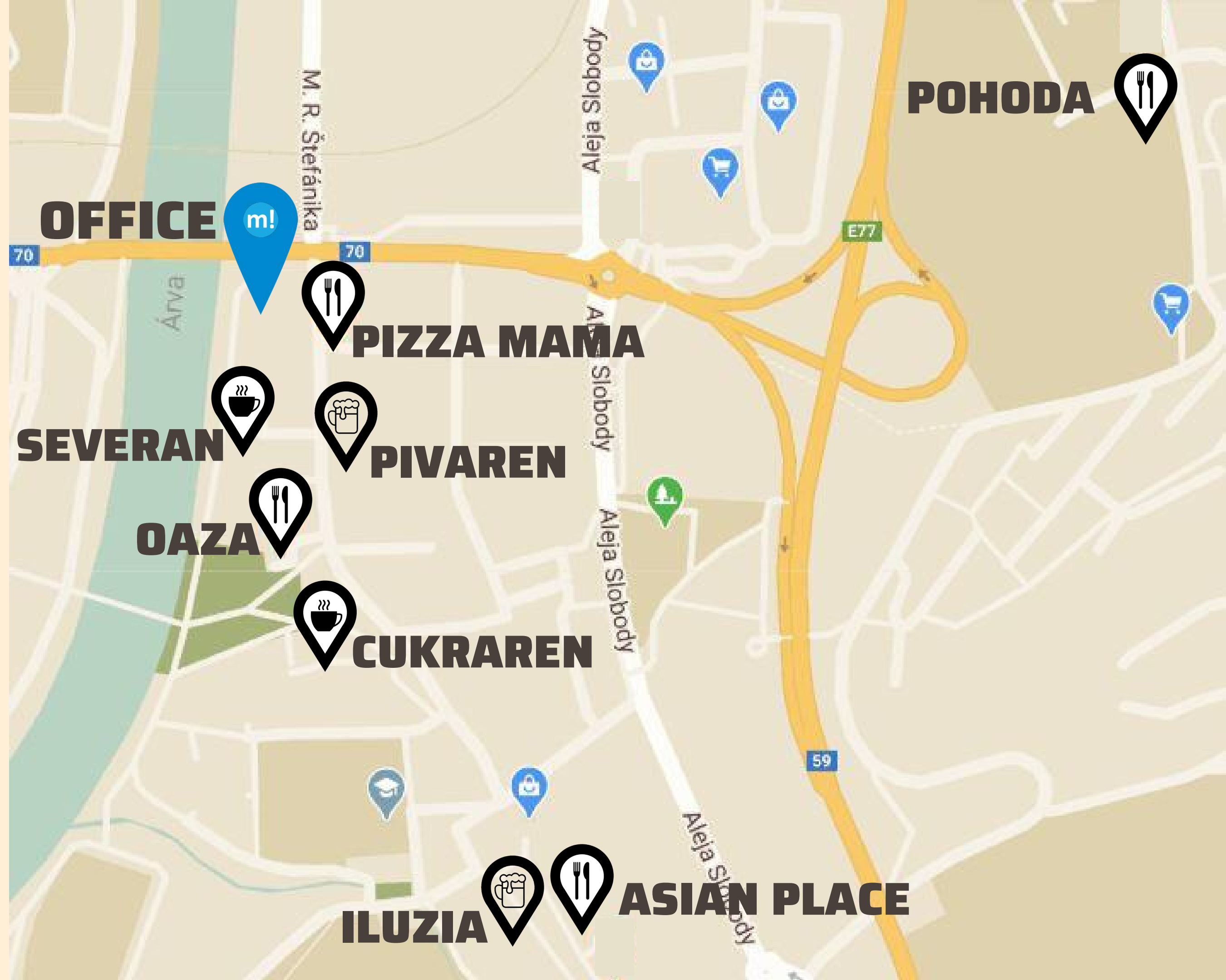


1 SECOND EVERYDAY

With this app you can have a lot of memories of your ESC. Because it is making a 1 second video every day.



BAR AND RESTAURANT





RESTAURANTS

- **PIZZA MAMA:**
pizza slices for 1 eur. in front of the office
- **OAZA:**
the best Italian food in Dolny Kubin
- **KOLIBA:**
for tasting the local cuisine Koliba is a great choice
- **ASIAN PLACE:**
exotic meals for few euros in the center of D.K
- **POHODA:**
great place to chill, eat or drink a beer.
- **ESCOBAR:**
new restaurant with the best burgers



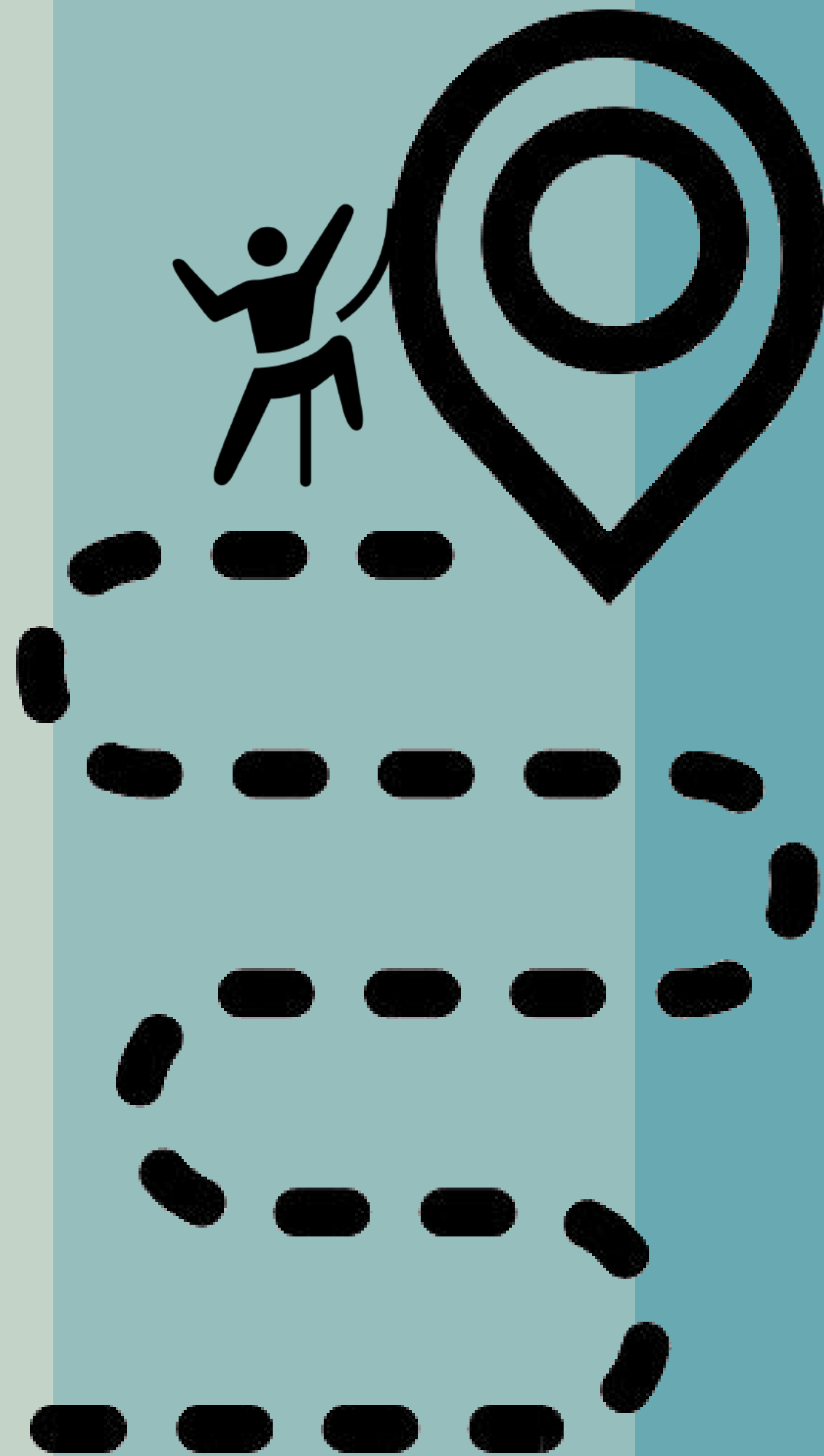
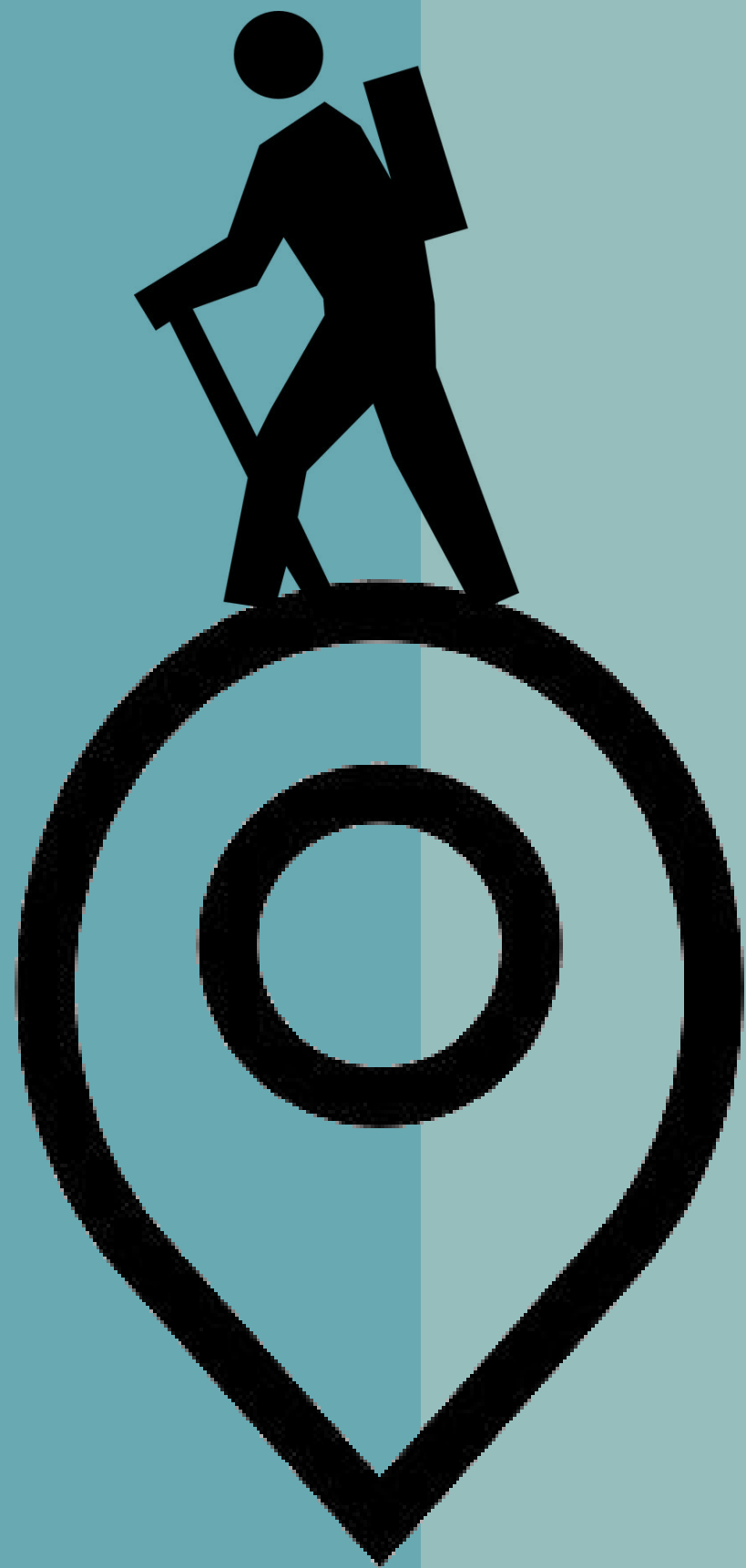
CAFE'

- **SEVERAN:**
nice bar with an open air area to drink beers or coffee.
- **CUKRAREN:**
if you want a slice of cake in a quiet place it is perfect for you.
- **MOJA KAVIARNICKA:**
best place to relax in front of Janka Matusku, with amazing cakes
- **CALLO ZMRZLINA:**
amazing and crazy ice creams. Everyone in Dolny Kubin loves them.



BARS

- **PIVAREN:**
the underground atmosphere and good music all night long. The bartender can speak perfect English and she is friendly.
- **ILUZIA:**
a good place to dance during the weekends, there is a lot of young people
- **KORZO:**
this bar is similar to Severan, cool to take a coffee or a beer and you can play table football.



FITNESS



- **KING OF THE NORTH** free callisthenics gym. A lot of local people is training there and once a year there is a competition: **KING OF THE NORTH** (good opportunity to volunteer in it)



- **WEIGHTLIFTING gym** inside Oobchodná akadémia there is an old but good gym. You can ask in the office the keys and use it for free (it is better in the morning or late afternoon)



- **MAXIMUM GYM** this is a CrossFit gym there are courses of different levels, be careful the beginner level is really hard. The staff is super nice and you will feel welcome.

OFFICE

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MAXIMUS



KING OF THE NORTH

OUTDOOR ACTIVITIES



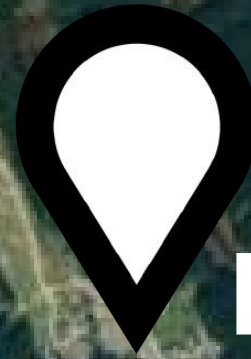
- **HIKING**
you can find a lot of paths in **MAPY.CZ** app. Our favourite destinations are **Brezovec hill / Tupa skalka/ Velky Choc**



- **HORSE RIDING**
based in **Gacel**, the teacher is really nice and she can speak really good english.



- **KUBINSKA HOLA**
you can go there by taxi for 7 eur. and rent the equipment near the ski lifts



KUBINSKA HOLA



HORSE RIDING



INDOOR ACTIVITIES



- **ZIMNY STADION**
during winter, this stadium is perfect to go ice skating, be careful to have your own skates, you cant rent them there



- **AQUARELAX**
just next to the stadium, a really cool swimming pool where you can have a lot of fun, with also sauna and spa..



- **HAPPY HOLDS**
if you want to try climbing or you are a professional climber, this little gym has everything that you need. The owners are super friendly, can speak english and they will help and support you!



OUR EXPERIENCE

TOMMASO MERONI

I'm Tommaso from Italy, I lived in Dolny Kubin for 9 months. In the beginning, I was scared and I was wondering how I could survive for all my project in this small town... Exploring Dolny Kubin I discovered all the possibilities that this area can offer and I was pleasantly surprised.

My advice to have a wonderful time is to meet as many people as possible, other volunteers, locals, random people and explore what is around you!



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OUR EXPERIENCE

THAIS WINTER

I am Thais, from France, and I was a volunteer in MladilInfo for 10 months. When I arrived here, I was a bit confused, I thought that it was really small, but once I discovered more the city, I found out that there are a lot of possibilities here. Don't be afraid to go out, especially to meet the locals, most of them really like meeting strangers. If you are exploring, you will live your best life here in Dolny Kubin.



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OUR EXPERIENCE

RUXANDRA PASARE

I am Ruxi, from Romania and I was living in Dolny Kubin for 5 months. When I first came, I didn't know what to expect from this small city, but then I slowly started to discover it together with the other volunteers.

What I enjoyed the most was the nature, the hills, the forest. This town has a lot to offer for people who love nature more than the noise and fuss of big cities.

You make your own experience, and every great adventure starts with one simple step. So go out there, explore the city life and nature, engage with new people, and don't be afraid to take time for yourself and do things in your own rhythm.



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BREZOVEC KOPEC

SKALKA





HORSE RIDING

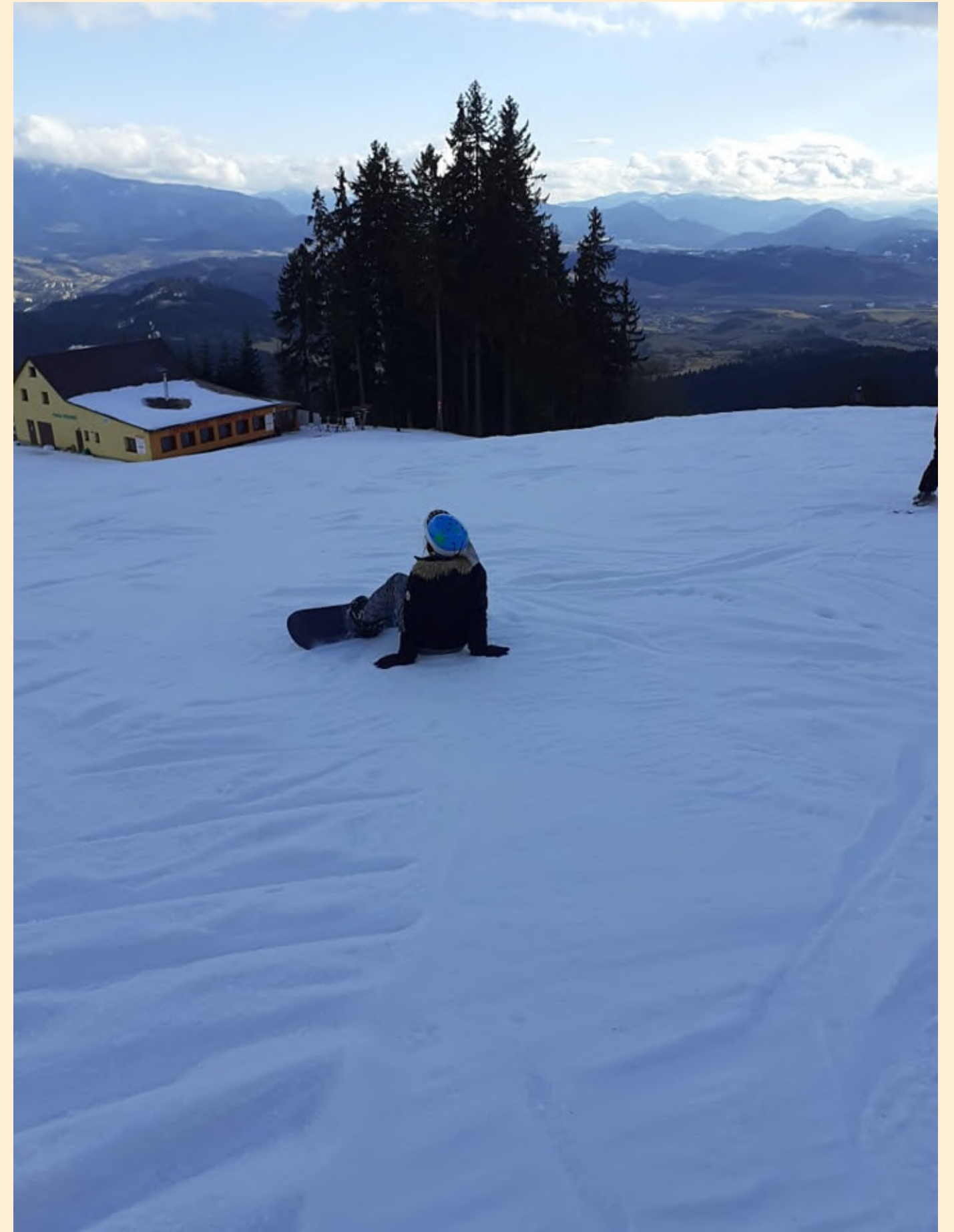
ZIMNY STADION



**HAPPY HOLDS
CLIMBING GYM**



MAXIMUS GYM



KUBINSKA HOLA



**HAPPY HOLDS
CLIMBING GYM**



ACQUARELAX

VOLUNTEERS AROUND ME





• **mladi!info** •

Mladiinfo Dolný Kubín

**EUROPEAN
SOLIDARITY
CORPS**



Erasmus+