



## INWA CONVENTION NEWSLETTER

### July 2020

Dear INWA members,

INWA board is very happy to announce that it has definitely been decided to celebrate the INWA 2020 convention in Opatija – Croatia.

It has been hard to wait for this final decision, depending how the Covid-19 situation would develop.

However, now, many countries have opened their borders and Covid-19 contaminations are for the most part under control in Europe.



Davorin Antonic from Croatian Nordic Walking Association Nordijsko Hodanje, our host, has really arranged a very nice place on the coast.

**The Amadria Park will be the place to be and ....  
to celebrate all together INWA 20 year anniversary!**



*Angiolina Park is situated in the Amardria Park and is one of the most celebrated parks in Croatia and the most famous park in Opatija. With a great variety of plant species from different parts of the world, this park can be described as the green heart of the town. The camellia, which thrives in this park, has become a symbol of Opatija. Apart from this wonderful flower, Angiolina Park is also home to the American pine, Himalaya cypress, glossy-leaf paper plant, and almost 150 other plant species. Thanks to the area's favourable Mediterranean climate and careful*

*maintenance by diligent gardeners, Angiolina Park always has a perfect appearance.*

Enclosed we send you a map of the park. There will be three hotels available for INWA guests, in three different price ranges. All prices are inclusive of breakfast and dinner.

For an estimation in our schedule, we and CNWA need to know in the short term if you are planning to join us in this convention. If you are not able to travel for safety reasons or forbidden by your government, please inform us. When you are able to visit the convention, of course we understand that you first have to look for flights, but if it is somehow possible we would like to receive your message if your intention is to come.

Hotel booking directly at the Amadria Park through special INWA 20 ANNIVERSARY:



[inwa 2020 opatija convention](#) Code: INWA2020



The concept schedule will be:

**21 - 22 - 23<sup>rd</sup> September 2020 – National Trainer course**

**23-09-2020 – Referee course**

**24-09-2020 – AGM starting at 13.00 hours**

**25-09-2020 – Day 1**

**Because of the Covid-19 situation internationally, the convention program is not yet definitive and is being developed.**

**Following topics have been selected:**

- Opening ceremony - introduction of host and special award winners
- Introductory word from President of INWA Aki Karihtala
- 20 years Nordic Walking, what have we achieved
- Nordic Walking and Health: Results of use Nordic Walking for breast cancer survivors Andrea di Blasio
  
- Nordic Walking after a cardiovascular illness what should an Instructor to know - Marco Maas
- Workshop on balance - Karen Ingram UK
- Dinner
- Drinks, social event

**26-09-2020 – Day 2 09.00 – 13.00 INWA expert discussions**

Sharing experience and knowledge and opinions on several topics.



Topics:

- instructor education
- positioning of NW: Health, sport or recreation
- warm up cool down important or is it a waste of the training time
- publicity & promotion
- any input ? Please email us !!

**26 – 9- 2020**

# **INWA PARTY EVENING**



**20 Years of Leadership in Nordic Walking!**

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