



PRACTICAL INFORMATION

NuGOweek 2026 • Healthy Aging Through Diet

Olsztyn, Poland | 31 August – 2 September 2026

Welcome to Olsztyn! This guide summarizes the most important information for arriving in the city, finding the conference venue, following the scientific program and joining the social activities.

At a glance

Dates	31 August – 2 September 2026
Venue	Anna Wasilewska Auditorium and Conference Hall, ul. Ernesta Kościńskiego 11, 10-583 Olsztyn
Website	nugo2026.pan.olsztyn.pl

How to reach Olsztyn

For most participants, the train is the most convenient way to reach Olsztyn. The city has two main railway stations: Olsztyn Zachodni (West) and Olsztyn Główny (Main). Trains arriving from the north (for example Gdańsk), west (for example Poznań) or south (for example Warsaw) stop first at Olsztyn Zachodni and then continue to Olsztyn Główny. Check which station is closer to your hotel or final destination before leaving the train.

Long-distance buses, including FlixBus services, also connect Olsztyn with other cities. They stop close to Olsztyn Główny.

Getting around Olsztyn

Olsztyn is a compact city and many destinations in and around the centre can be reached on foot. Public transport is provided by buses and trams; tickets can be purchased from ticket machines inside the vehicles. Regular taxis and Bolt are available, and Bolt scooters are another option for short trips. Google Maps is useful for comparing walking and public-transport routes. Local transport is relatively inexpensive compared with many other European cities.

Currency, payments and weather

Currency and cards. Poland uses the Polish złoty (PLN), not the euro. As a rough guide, €1 is about PLN 4.3. Card and contactless payments are accepted almost everywhere.

Weather. The forecast is still subject to change. At present, daytime temperatures around 20–23°C and nighttime temperatures around 14°C are expected, with possible rain showers. Bring layers and a light rain jacket or umbrella, particularly for the outdoor social program and the evening at Lake Ukiel.

Conference venue

NuGOweek takes place at the Anna Wasilewska Auditorium and Conference Hall (Aula im. Anny Wasilewskiej), ul. Ernesta Kościńskiego 11, 10-583 Olsztyn. The auditorium is located at the north-western corner of Plac Solidarności. The entrance is somewhat hidden by an adjacent larger building, but a NuGOweek banner will be placed in front of the entrance.

Arrival tip

If you are using a navigation app, search for “Aula im. Anny Wasilewskiej, Kościńskiego 11, Olsztyn”. There is municipal paid parking next to the venue. The building also has step-free access and a lift.

Conference program and abstract book

Program. Please use the latest program distributed with these practical notes. Minor changes can still occur; the current version will always be posted on the conference website: nugo2026.pan.olsztyn.pl.

Abstract book. The abstract book contains the keynote and participant abstracts. NuGOweek 2026 comprises 10 keynote lectures, 22 selected oral presentations and 40 posters, divided between two poster sessions.

Presenters should check the final program for their exact session and timing. Poster presenters should also check their assigned poster session before mounting their poster.

Social activities**Sunday, 30 August**

- **18:30** – Informal dinner at Greco Restaurant. For the early NuGOweek 2026 arrivers, feel free to join for dinner at own expense at the Greco Olsztyn, ul. Staromiejska 16 (<https://grecja.pl/en/lokalizacje>)
- Questions? Ask Meike (nugo@wur.nl; +31618868739)

Monday, 31 August

- **19:00** – City tour, starting at the conference venue and ending at Browar Warmia, the location of the Welcome Reception.
- **20:00–22:00** – Welcome Reception at Browar Warmia, ul. Feliksa Nowowiejskiego 15, 10-162 Olsztyn. Two drinks and finger food are complimentary.

Tuesday, 1 September

- From **18:00**, right after the conference program two networking activities are offered:
 1. **Annual ECN Networking Event**, organized by the ECN Committee
Cooking class at ul. Marka Kotańskiego 1 (primarily for early career researchers).
- Questions? Ask Laura (laura.bordoni@unicam.it) or Julia (j.jaroslawska@pan.olsztyn.pl)
- 2. **PI Networking Event 2026**, this year organized by the NuGO Officers
Creative Networking workshop in Park Podzamcze; we meet at the Fontanna Ryba z dzieckiem w Olsztynie - Park Podzamcze, close to the rear entrance of Casablanca, ul. Zamkowa 5, followed by dinner at the Casablanca restaurant (primarily for PIs).
- Questions? Ask Meike (nugo@wur.nl; +31618868739)

Please note

Both Tuesday activities require prior registration and are at participants' own expense.

Wednesday, 2 September

- **17:45** – Cocktail party at Nice Bay Wakepark Olsztyn, ul. Miła, 10-852 Olsztyn. Alcoholic and non-alcoholic versions of the “Longevity Breeze”, created specifically for NuGOweek, will be served. Music and a wakeboard show are planned in parallel.
- **18:45** – Approximately 15-minute walk along the beach of Lake Ukiel to Przysań Hotel.
- **19:00–22:00** – Gala dinner at Przysań Hotel, ul. Żeglarska 4, 10-160 Olsztyn, including a welcome drink, buffet and music. During the evening, the poster and oral-presentation prizes will be awarded, NuGOweek 2027 will be announced, and NuGOweek 2026 will be formally closed.

After NuGOweek: “Nutrigenomics for Lifelong Health”

NuGOweek is overlapping on Wednesday afternoon followed on Thursday by the free satellite conference “Nutrigenomics for Lifelong Health” (<https://w2conference.pan.olsztyn.pl>), which continues the scientific discussion with a focus on the biochemistry of ageing, disease prevention and immunocompetence. If you registered for the satellite conference, please consult the latest combined program on the NuGOweek website for the exact timetable.

A few additional practical details

- Time zone: Olsztyn is on Central European Summer Time (CEST, UTC+2) during the conference.
- Electricity: Poland uses 230 V / 50 Hz electricity with standard continental European plugs (types C and E).
- Emergency services: dial 112 for police, ambulance or fire services.
- For outdoor evening activities, comfortable walking shoes are recommended.

Key locations

Conference venue	Aula im. Anny Wasilewskiej, ul. Ernesta Kościńskiego 11, 10-583 Olsztyn
Welcome Reception	Browar Warmia, ul. Feliksa Nowowiejskiego 15, 10-162 Olsztyn
Tuesday PI dinner	Casablanca, ul. Zamkowa 5, 10-074 Olsztyn
Tuesday cooking class	ul. Marka Kotańskiego 1, Olsztyn
Wednesday cocktail	Nice Bay Wakepark Olsztyn, ul. Miła 3, 10-852 Olsztyn
Gala dinner	Przystań Hotel, ul. Żeglarska 4, 10-160 Olsztyn

Conference contact



Conference website

<https://nugo2026.pan.olsztyn.pl>

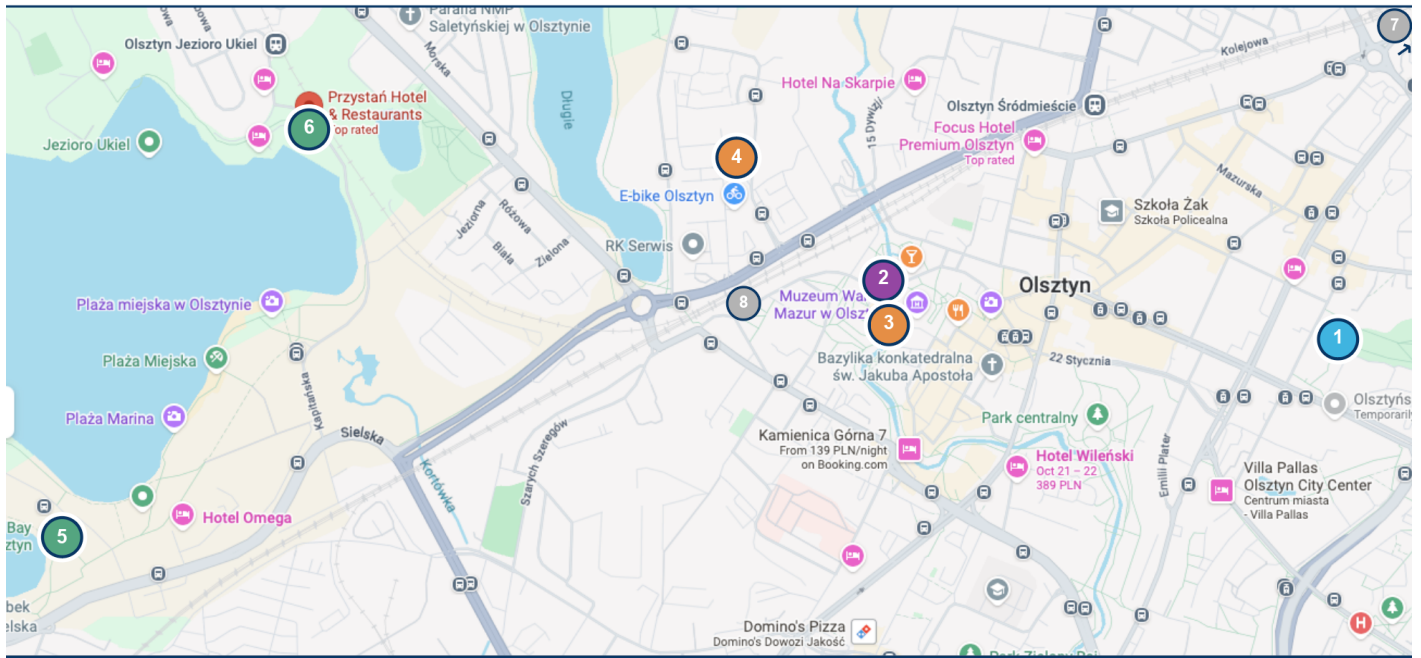
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NuGOweek 2026 — Key locations



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| 1 Conference venue — Aula im. Anny Wasilewskiej
ul. Ernesta Kościńskiego 11 | 3 PI dinner — Casablanca
ul. Zamkowa 5 | 5 Cocktail — Nice Bay Wakepark
ul. Miła 3 | 7 Railway station Olsztyn Główny |
| 2 Welcome Reception — Browar Warmia
ul. Feliksa Nowowiejskiego 15 | 4 Cooking class
ul. Marka Kotańskiego 1 | 6 Gala dinner — Przystań Hotel
ul. Żeglarska 4 | 8 Railway station Olsztyn Zachodni |