

USA Wrestling Ohio Freestyle  
International Wrestling Tour 2019

# BELARUS



**TOUR ITINERARY**

## **Some notes and reminders to make your trip a safe and pleasant experience:**

We will be walking A LOT. Wear comfortable shoes everyday. Also wear comfortable clothes you can wear in layers, as weather in Belarus can change suddenly.

Always safeguard your passport and ID. **DO NOT LOSE EITHER. GUARD THESE WITH YOUR LIFE.** Keep a photocopy of your passport in your room in the off-chance you lose it and will have to travel to the consulate in Minsk to be able to leave the country. Always carry the same personal bag with you through the whole trip and always put your passport in the same part of the bag every time you use it. And constantly ask yourself, “Where is my bag?”

Always carry some toilet paper or tissues with you in case you find yourself in need to use the restroom and no toilet paper is available. It sometimes cost a small fee to use a public restroom. Pay attention to directions. You don't want to find yourself lost somewhere only knowing how to say hello. It won't get you very far.

Keep an eye out for each other. If traveling in a group, don't stray far as you are liable to get lost. If you do get lost and can't find the group, there isn't much you can do but to enjoy Belarus alone, find the appropriate train stations, and get back to the hotel. If you do get lost, don't panic. Belarus is not a dangerous country, and the Belarusians are typically more than willing to help you out. Put the address of where we are staying in your phone in case you need to take a taxi.

We discourage you from drinking excessive amounts of alcohol on this trip, we have little control over what you do when we you have down time at night. Remember that you will enjoy this experience a lot less with a hangover. Also realize that alcohol impairs judgment, and in a country in which you A. don't know the language, B. can't read the language C. don't know the layout, and D. don't know anyone, you need all your cognitive resources available to negotiate the challenges of finding your way around. Be careful how you use social media. Don't post anything that would be considered illegal or inappropriate. Always think before you push send.

You are representatives of USA Wrestling and the United States America. Do nothing to offend anyone on this trip that would reflect poorly on us as ambassadors of our country or USA Wrestling. You are a guest in their country. Treat the entire country as you would the house of a respected friend, or a close family member.

There will be many points during this trip in which you will be frustrated by something – you can't understand the language, you have to carry luggage long distances, you need to exchange money, WIFI doesn't work, or you have pack, unpack and then re-pack each time we move to a different city. There will be numerous times we'll have to sit wait for long periods of time. We travel as a group and with close to a dozen of us nothing happens fast. We may have to squeeze into vehicles or hold luggage in our laps. That's the nature of travel. Embrace it! It is supposed to be frustrating! Be patient and look at these points of frustrations as opportunities to ask a foreign person for help. You will find that most foreigners will go out of their way to assist you.

This trip can be a life-changing experience you will remember fondly for the rest of your lives. We will do everything in our power to make it fun and to accomplish this goal!!!

**2019 USA / BELARUS TRAVEL ITINERARY**

**MONDAY JUNE 10th**  
**COLUMBUS→NEW YORK**  
**Travel Day - Part 1**

- ~ 10:15 PM - Meet at Sergei's House  
6061 Sunlawn Dr. Westerville Ohio 43081  
740 972-8212
  - ~ 10:50 PM - Check in at GotoBus 139 E. Main St. Columbus 43215
  - ~ 11:20 PM - Depart for New York, NY
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**JUNE 11th - Travel Day - Part 2**  
**NEW YORK→MINSK - Looong Flight**

- ~ 8:25am Arrive GotoBus -NY 59 Canal St. New York, NY 10002
- ~ 9:00am TAXI TO JFK AIRPORT
- ~ 10:00am BREAKFAST AT THE AIRPORT
- ~ 1:30pm CHECK LUGGAGE WITH UKRAINIAN AIRLINES
- ~ 3:00pm DEPART JFK FOR MINSK (VIA UIA PS 232)

**JUNE 12**  
**MINSK, BELARUS**

- ~ 10:30am ARRIVE MINSK AIRPORT (MSQ)
  - ~ 12:00 pm CHECK IN TO RESIDENCE HOUSING (Victory Square)
  - ~ 1:00 pm LUNCH
  - ~ 1:30 pm REST
  - ~ 5:00 pm WRESTLING PRACTICE - (Staiki Olympic Training Center )
  - ~ 8:00 pm DINNER
  - ~ 8:30 pm CULTURAL ACTIVITY (Belarus State Museum)
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**JUNE 13 - 14**  
**MINSK**

- ~ 7:00am WAKE UP - EARLY WORKOUT
  - ~ 8:30 am BREAKFAST
  - ~ 11:00am WRESTLING PRACTICE (Staiki Olympic Training Center )
  - ~ 1:00pm LUNCH
  - ~ 1:30pm REST / CULTURAL ACTIVITY (Mini Belarus Museum)
  - ~ 5:00pm WRESTLING PRACTICE (Staiki Olympic Training Center )
  - ~ 8:00pm DINNER
  - ~ 9:00pm REST / ENTERTAINMENT (Downtown Minsk)
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**JUNE 15**  
**MINSK**

- ~ 7:00am WAKE UP - EARLY WORKOUT
  - ~ 8:30am BREAKFAST
  - ~ 11:00am SUANA/ SWIMMING (Staiki Olympic Training Center )
  - ~ 1:00pm LUNCH
  - ~ 1:30pm CULTURAL ACTIVITY (City Tour in Minsk)
  - ~ 5:00pm DINNER
  - ~ 9:00pm EVENING ENTERTAINMENT (Downtown Minsk)
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**JUNE 16**  
**MINSK**

- ~ 7:00am WAKE UP - EARLY WORKOUT
  - ~ 8:30am BREAKFAST
  - ~ 11:00am DEPART FOR RAUBICHI OLYMPIC TRAINING CTR
  - ~ 1:00pm LUNCH
  - ~ 1:30pm CULTURAL ACTIVITY (Museum of Belarusian Folk Art)
  - ~ 5:00pm DINNER
  - ~ 9:00pm REST
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**JUNE 17 - 18**  
**MINSK**

- ~ 7:00am WAKE UP - EARLY WORKOUT
  - ~ 8:30am BREAKFAST
  - ~ 11:00am WRESTLING PRACTICE (Staiki Olympic Training Center )
  - ~ 1:00pm LUNCH
  - ~ 1:30pm REST / CULTURAL ACTIVITY (Upper Town)
  - ~ 5:00pm WRESTLING PRACTICE (Staiki Olympic Training Center )
  - ~ 8:00pm DINNER
  - ~ 9:00pm REST / EVENING ENTERTAINMENT (Downtown Minsk)
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**JUNE 19**  
**MINSK**

- ~ 7:30am WAKE UP - EARLY WORKOUT
  - ~ 9:00am BREAKFAST
  - ~ 11:00am LIGHT PRACTICE / GAMES (Staiki Olympic Training Center)
  - ~ 2:00pm LUNCH
  - ~ 2:30pm REST
  - ~ 5:00pm COMPETITION (Medved Club and Museum)
  - ~ 8:00pm DINNER / BANQUET
  - ~ 11:00pm REST
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**JUNE 20**  
**MINSK**

- ~ 7:00am WAKE UP -
  - ~ 8:30am BREAKFAST
  - ~ 11:00am WRESTLING COMPETITION
  - ~ 1:00pm LUNCH
  - ~ 1:30pm REST / CULTURAL ACTIVITY ( National Library of Belarus)
  - ~ 5:00pm LIVE WRESTLING
  - ~ 8:00pm DINNER
  - ~ 9:00pm REST / EVENING ENTERTAINMENT (Fan Fest Minsk)
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**JUNE 21**  
**MINSK→SMOLENSK**

- ~ 7:30am WAKE UP
  - ~ 8:00am BREAKFAST
  - ~ 9:00am DEPART FOR SMOLENSK
  - ~ 12:00pm ARRIVE SMOLENSK
  - ~ 1:00pm LUNCH
  - ~ 5:00pm COMPETITION / SUANA
  - ~ 8:00pm DINNER / BANQUET
  - ~ 10:00pm RELAX
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**JUNE 22**  
**SMOLENSK→DESNOGORSK**

- ~ 7:30am WAKE UP
  - ~ 8:00am BREAKFAST
  - ~ 9:00am DEPART FOR DESNOGORSK
  - ~ 12:00pm ARRIVE DESNOGORSK
  - ~ 1:00pm LUNCH
  - ~ 5:00pm COMPETITION / SUANA
  - ~ 8:00pm DINNER / BANQUET
  - ~ 10:00pm DEPART DESNOGORSK
  - ~ 12:00am ARRIVE SMOLENSK
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**JUNE 23**  
**SMOLENSK→MINSK**

- ~ 7:00am WAKE / BREAKFAST
  - ~ 9:00am DEPART SMOLENSK
  - ~ 12:00pm ARRIVE MINSK
  - ~ 1:00pm LUNCH
  - ~ 2:00pm REST
  - ~ 5:00pm WRESTLING PRACTICE (Staiki Olympic Training Center )
  - ~ 6:30pm DINNER
  - ~ 8:00pm CULTURAL EXPERIENCE (Stolitha Shopping Souvenirs)
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**JUNE 24 -25**  
**MINSK**

- ~ 7:30am WAKE UP - EARLY WORKOUT
  - ~ 9:00am BREAKFAST
  - ~ 11:00am WRESTLING PRACTICE (Staiki Olympic Training Center )
  - ~ 1:00pm LUNCH
  - ~ 2:00pm REST / CULTURAL ACTIVITY (Centralny Shops / Snack Bar)
  - ~ 5:00pm WRESTLING PRACTICE - (Staiki Olympic Training Center )
  - ~ 8:00pm DINNER
  - ~ 9:00pm SOCIAL ACTIVITY (Fan Fest Minsk)
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**JUNE 26 - 27**  
**MINSK**

- ~ 7:30am WAKE / BREAKFAST
  - ~ 9:00am EUROPEAN OLYMPIC GAMES (Chizhovka Arena)
  - ~ 12:00pm LUNCH
  - ~ 2:00pm EUROPEAN OLYMPIC GAMES (Chizhovka Arena)
  - ~ 6:30pm PICTURES WITH WRESTLING LEGENDS
  - ~ 6:30pm DINNER
  - ~ 7:00pm EUROPEAN OLYMPIC GAMES (Chizhovka Arena)
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**JUNE 28 - Travel Day**  
**MINSK → NY (USA)**

- ~ 4:00am WAKE / CHECK OUT OF HOUSING
- ~ 4:30am DEPART FOR MINSK AIRPORT
- ~ 5:00am ARRIVE MINSK AIRPORT
- ~ 7:00am DEPART MINSK AIRPORT (VIA UIA PS 894)
- ~ 12:55pm ARRIVE NY/USA JFK AIRPORT (VIA UIA 231)
- ~ 3:30pm DEPART JFK AIRPORT (AMERICAN 4467)
- ~ 5:35pm ARRIVE JOHN GLENN INTERNATIONAL AIRPORT COLUMBUS OHIO