

International Asatru Summer Camp 2025

IASC Herald



Colophon

pre IASC 2025 Herald
#10, July 2025

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Content

We are back!	3
About the Venue and Local Shops	4
Health & Insurance	5
Advertisement & more Info	6
Polish Cuisine	7
Food Allergies and Intolerances	12
A Journey into the Past	13
Driving in Poland	15
Discover the vicinity	16
The Schedule	18
Lectures, workshops and activities	21

Welcome to IASC 2025

We are back!

My usual words of welcome would begin with: these were some 3 long years ... but from the three years in between each IASC this time we made it more than double: seven really long years with lots of restrictions, uncertainties and a no small amount of debates on how and if IASC will happen again, at all.

But here we are: back! With a wonderful location, the usual feverish anticipation, lots of work and last minute rushing ... and then camp begins. All together you will learn new and meaningful things about heathendome,

cherish the company of heathens, honour and worship our gods together, having joy, fun, party and endless conversations.

Then time is flying by and arriving only seemed yesterday and yet it's again time to say goodbye. I can assure you, your body will reach home much earlier than your heathen soul, which will take its very own time to regress from the enchanted heathen gathering place back to "normal".

For the moment I wish you all a great IASC 2025 and do not forget to bring me lots and lots of pictures for the after-Herald.



2009, Aarhus (Denmark)



2015, Unnaryd (Sveden)



2012, Sandhatten (Germany)



2018, Gerolstein (Germany)

Pictures by: 2009 Michaela Honkova, 2012 Guest Photographer, 2015 Ines Lüders, 2018 Karel Kremel

Venue: Julia Resort in Samociążek

IASC 2025 will take place at Julia Resort, a peaceful lakeside retreat surrounded by forest and nature, just 20 km from Bydgoszcz in north-central Poland. Located on a scenic peninsula by Lake Białe and the Koronowo Reservoir, the resort offers a calm atmosphere — perfect for relaxing, reconnecting, and escaping everyday hustle.

The site features a small marina, outdoor firepit area, private island for guests, and a lakeside pier ideal for coffee, meals, or simply soaking in the views. Water lovers can rent pedal boats, kayaks, SUP boards, or take

a ride on a 12-person catamaran.


For deeper relaxation, there's also a Wellness Zone with a jacuzzi and panoramic sauna overlooking the lake. Prices:

- Jacuzzi: 100 PLN (~25 EUR) / hour
- Sauna: 150 PLN (~35 EUR) / hour
- Both: 200 PLN (~45 EUR) / hour

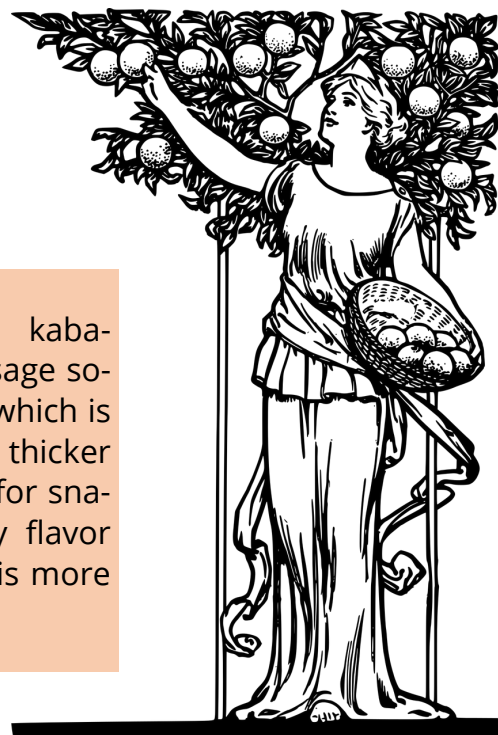
We don't know yet whether there will be time for extras like kayaking or the sauna during the camp, but we wanted to let you know these options are available in case you'd like to enjoy them.

Local Shops Near the Camp

- On-site food truck – serving snacks and drinks throughout the day - also vegetarian
- Lewiatan at Olimpijska 85, Samociążek – about a 5 minute walk from the camp. Open Mon–Sat 07:00–21:00 . You can buy groceries, essentials like toothpaste, and yes—alcohol.
- Koronowo (10 min by car) – larger selection in supermarkets (Lidl, Biedronka, Dino, Polomarket) for everything you might need.



You should definitely try Polish kabanos — it's a thin, smoky, and dry sausage somewhat similar to Catalan secallona, which is also a cured pork sausage but usually thicker and unsmoked. While both are great for snacking, kabanos has a distinct smoky flavor and crisp texture, whereas secallona is more tender and purely air-dried.



Health & Insurance at IASC 2025

What You Should Know

As you prepare for the International Ásatrú Summercamp in Poland, it's important to make sure you're covered in case of illness or injury. While we hope everyone stays happy and healthy throughout the week, being informed ahead of time can prevent unnecessary stress.

EU Citizens: Bring Your European Health Insurance Card (EHIC)

If you're a citizen of an EU country and are covered by public health insurance at home, you're eligible to use Poland's public health care system through the EHIC. Make sure to request this card from your national provider before the trip, and carry it with you at all times.

In case of medical need, show your EHIC at a local clinic or hospital. Most public medical facilities in Poland accept the card and will treat you without upfront payment. However, if you're directed to a private practice or hospital, charges may apply – and you might need to pay on the spot and request reimbursement later from your home provider. Always ask in advance whether your EHIC is accepted.

Visitors from Outside the EU

If you're coming from outside the European Union or if you're privately insured, double-

check that your insurance covers emergency care in Poland. Some private or international plans are not directly accepted by Polish healthcare providers. In such cases, you may be required to pay upfront and claim the expenses afterward – be sure to keep all original receipts and documents.

If your insurance doesn't include international travel coverage, we strongly recommend purchasing short-term travel health insurance for the duration of your stay. Polish healthcare, while affordable by many standards, can still involve unexpected costs – especially in emergencies or for specialist care.

General Tips

- Bring all necessary medical documents and medications with you.
- If you have any ongoing health conditions or allergies, consider carrying a note in English or Polish with essential information.
- Emergency services in Poland can be reached by calling 112.
- The nearest clinics and hospitals will be listed in your welcome pack at IASC 2025.

Staying informed and prepared ensures peace of mind, so you can fully enjoy the spirit of the summercamp – in health and good company.

Pharmacies

in Poland, called Apteka, are readily available and can be found in most towns and cities. Many pharmacies are open late, and some operate 24/7 in major urban areas. To find a pharmacy, you can search for "Apteka Całodobowa" which means 24/7 pharmacy



Grafic from Freepic



Insects: Be Prepared for Mosquitoes and Ticks

Poland's summer landscapes are beautiful — but they also come with mosquitoes and ticks, especially near forests and lakes (and IASC happens to be surrounded by both!). We strongly recommend bringing insect repellent, especially those containing DEET, icaridin, or natural essential oils like citronella or eucalyptus.

If you're planning to spend time outdoors in the evenings or walking through tall grass or wooded areas, repellent is a must-have. Lightweight long sleeves and trousers can also help protect you from bites. After spending time in nature, be sure to check your body for ticks, particularly behind the knees, underarms, and around the waistline.

A little prevention goes a long way toward staying healthy and itch-free during the camp!



Cash & Card Payments

Within the camp and in nearby large supermarkets, card payments are widely accepted. However, it's always wise to carry some cash, especially for small purchases at the museum shop or from local craft vendors, where cards may not be accepted.



Sunday Shopping Options

During IASC 2025, there will be no trading Sundays in Poland. This means that all regular shops – including the Lewiatan grocery store in Samociązek – will be closed on Sunday.

If you need anything during the camp, make sure to do your shopping by Saturday evening. The next opportunity to restock will be Monday morning.

There will be a food truck available on site offering snacks and drinks, but it won't replace a full grocery store – so it's a good idea to plan ahead and come prepared.

Grafic by Александра from Pixabay

Polish Cuisine – What, How, and When Do We Eat?

A guide for our international guests

Welcome to Poland! If this is your first visit, get ready for a culinary adventure – diverse, hearty, and full of flavor. Polish cuisine is a blend of tradition, influences from neighboring nations, and an endless creativity in... turning potatoes into a thousand dishes – shame we weren't around for IASC 2009! The potatoes from that trip have already become legendary.

What do meals look like in Poland?

In Poland, we traditionally eat three main meals a day.

Śniadanie (breakfast) – often underrated by Poles and skipped entirely, which leads many to eat what we call **drugie śniadanie (second breakfast)** instead. And some, like hobbits, go for both first and second breakfast.

At our venue, we serve a morning buffet with a wide selection of hot and cold dishes, sweet and savory – something for everyone. If you're still hungry later, there's a food truck on-site with snacks, including both meat and vegetarian options.

Obiad (lunch – though considering its size and content, dinner might be more accurate) – this is the most important and largest meal of the day, usually eaten between 3 and 5 PM (depending on region and lifestyle). Traditionally, it consists of two courses: a soup (*zupa*) and a main dish known as *drugie danie* (literally "second dish" or main course).

Kolacja (dinner/supper/evening meal) – usually lighter, since we're already full after obiad.

At our venue, another buffet awaits you in the evening. And if you feel like it – we often gather around a bonfire with delicious Polish *kielbasa* (sausage), which you can roast yourself.

Poland is a true kingdom of sausages – the variety is huge, and the taste is guaranteed! You can buy *kielbasa* in nearby shops.

Practical Tips

The fridges in the cabins are rather small, so it's better to shop every few days rather than stock up for the entire week. We recommend trying Polish sausages and cheeses. If you empty the fridge of alcohol, there'll be plenty of space – though we know that may be a challenge!

Beer is available on-site, and larger grocery stores selling alcohol are located nearby. In Poland, you don't need to look for a liquor store – alcoholic beverages like beer, wine, and vodka are sold in regular supermarkets and convenience stores. By law, alcohol can only be purchased and consumed by persons over the age of 18. You can pay by card both at the venue and in the shops.

The most famous Polish alcohol is *wódka* (vodka), distilled from grains or potatoes. It has long since overtaken **miód pitny** (mead), which was once very popular.

That said, mead is still available in Poland and definitely worth trying – even the cheapest *trójniaki* (three-part meads) are decent. There are also more luxurious versions like *dwójniaki* and *półtoraki*, often enriched with fruit juices and other additions. Just a heads-up: *dwójniaki* and *półtoraki* are very sweet! You might also want to try *cydr* (cider), made from apples or other fruits, as well as regional beers and wines.

Fun Facts About Polish Cuisine – A Culinary World Within One Country

Polish cuisine has been shaped over centuries by historical transformations and diverse regional influences. Throughout its history, Polish food has absorbed culinary

elements from many neighboring cultures, thanks to the ever-changing ethnic mosaic of the Polish-Lithuanian Commonwealth. As a result, strong influences from the East (Tatar-Turkish and earlier Mongolian), Ruthenian, German, French, Italian, and Jewish cuisines are still visible today.

In Poland, many dishes carry "national" names—though they often have little to do with the countries they reference. Here are a few examples:

Pierogi ruskie (Russian dumplings) – despite the name, they have nothing to do with Russia! The term comes from the historic region of Ruthenia (mostly present-day Ukraine). The filling is made from boiled potatoes, fried onions, and white cheese (curd cheese or *twaróg*). They're served with fried bacon bits, sour cream, or sautéed onions in butter. In 2022, many restaurants started calling them "Ukrainian pierogi" in solidarity with Ukraine. Interestingly, in Ukraine, these dumplings are known as "Polish pierogi"!



Polish Pierogi Ruskie, Image by Stako from Polish Wikipedia

Barszcz ukraiński (Ukrainian borscht) – this one does come from Ukraine. It's a traditional beetroot-based soup with a long history dating back at least to the 16th century. Originally, it was prepared using fermented hogweed leaves. Today, Ukrainian borscht is known for its rich ingredients and deep fla-

vor. It's widely enjoyed in both Ukraine and Poland.

Placek po węgiersku (Hungarian-style potato pancake) – a large, seasoned potato pancake fried in a pan and served with goulash, sour cream, and salads. Sounds Hungarian? Maybe only because of the *goulash*. In reality, few Hungarians have ever heard of this dish! It's unrelated to the famous Hungarian *lángos*. Culinary anthropologists say the dish, also known as "highlander's pancake," likely originated in Poland's Podhale region, in the Czech Republic, or in Slovakia.

Just as Hungarians are puzzled by the "Hungarian-style" pancake, **Czechs may be surprised by Polish knedle, which are completely different from the Czech *knedlíky***. They share a name but not a recipe. Polish knedle are often served as dessert: potato dough filled with fruit such as strawberries, plums, or apricots, and topped with butter, sugar, cinnamon, sour cream, or sweet breadcrumbs. Savory versions with mushrooms or meat exist but are rare. The word knedel comes from the German *Knödel* (dumpling). Czech *knedlíky* have no filling and are made from bread dough, typically served with meat and sauce. While both are delicious, they serve entirely different culinary roles. A closer Polish equivalent to *knedlíky* might be *pampuchy* – fluffy yeast dumplings, related to German *Dampfnudeln* or Austrian *Germknödel*.

Ciastka duńskie (Danish pastries) – or, more commonly, *duńska drożdżówka* (Danish-style sweet bun) – are Poland's take on "Danish" baked goods. They usually refer to puff pastry filled with fruits and topped with icing. Delicious, but more influenced by French *pâtisserie* than actual modern Danish baking. Most are made with *pâte millefeuille* (French puff pastry). Unfortunately, in Poland, the traditional butter-based pastry is often replaced with margarine, and store-bought puff pastry tends to be heavier than the delicate, buttery version found in France. Still, it's an extremely popular and practical dough base, used in Poland for both sweet

and savory snacks.

Fasolka po bretońsku (Breton-style beans) – a Polish classic comfort food, widely served in cafeterias and home kitchens. Despite the name, it has nothing to do with Brittany, France. It's made from stewed white beans with sausage or bacon, often in tomato sauce with onion and garlic. Hearty, warming, and perfect for chilly days, it's usually served with bread to soak up the rich sauce.

Ryba po grecku (Greek-style fish) – fried fish (usually cod or pollock) covered in stewed vegetables (carrot, celery, parsley root, and onion) in tomato sauce. You won't find this dish in Greece. The name likely comes from the visual presentation, color palette, or the spices that once seemed "exotic." Some say the name refers to the "Greek way" of cooking—simmering with vegetables and herbs. Either way, it's a very Polish dish, especially popular during Christmas. Similarly, the Polish version of "Chinese chicken" bears no resemblance to anything found in China—it's just loosely inspired by Chinese flavors.

Poland shares a love for herring with Sweden and Denmark, where this little fish plays a major culinary role. While sweet or curry-flavored herrings are rare in Poland (though they do appear occasionally), the most common varieties here are marinated, fermented, or salted, and usually served in sour cream with various additions.



Herring with dill, Image by Mariuszjbic from Wikipedia

The Polish equivalents of Swedish *köttbullar* and Danish *frikadeller* are meatballs or *miele-*

ne (minced meat cutlets). Similar ground meat dishes can be found all over the world – like German Fleischpflanzerl or mince patties. No matter what you call them, these fried ground meat patties are a home-cooked classic everywhere – hearty, satisfying, and endlessly adaptable.

In many Polish stores, you can find Spanish chorizo sausage and cured Serrano ham. If you enjoy these flavors, it's worth trying Polish dry-cured sausages and hams as well. Though the seasoning and aromas differ, the production and curing process is similar. Polish cured ham, often cold-smoked, has a distinct flavor profile compared to Spanish *Serrano*, but fans of traditional charcuterie may appreciate its quality and craftsmanship. Spanish olive oils and wines are also widely available and very popular in Poland.

You'll also find Dutch and Belgian culinary inspirations in Poland. Cheeses and chocolates from these countries are sold in many shops—both original products and locally inspired versions. In summer, **Belgian-style fries** dominate the street food scene, often served straight from food trucks. **Belgian waffles** are also widely enjoyed by both locals and tourists.

Just like in the UK, you can find fish and chips in Poland—mostly in coastal towns, where fresh fish and fries taste especially good.

What else British can you eat or drink in Poland? British sweets—such as biscuits, chocolate bars, and other treats—are increasingly available. You'll also find classic British beers and ciders in larger supermarkets or pubs with international menus.

When it comes to tea, Poland offers a wide selection of brands labeled "English," though not all of them are actually from the UK. Many are locally produced or blended elsewhere, inspired by British tea traditions. However, in larger or specialty stores, you'll find genuine British brands like Twinings or Yorkshire Tea, which are well regarded among tea lovers. In some parts of Poland, people drink sweet tea with milk,

known locally as *bawarka*. Interestingly, the word *bawarka* exists only in Polish and misleadingly suggests a Bavarian origin. In fact, *bawarka* (from the French *Bavaroise*) comes from French cuisine.

German visitors (and not only) are often fans of the kotlet *schabowy* – a breaded pork cutlet that many Poles consider the ultimate national dish. It resembles the Viennese Schnitzel, with the key difference being that Poles always use pork rather than veal. Many Polish sausages also have German roots or inspirations. For example, *kabanosy*, *podwawelska*, or *biała kiełbasa* share similarities with German *Bratwurst* or *Weisswurst*. Even *Berlinki* – a popular brand of Polish hot dogs – take their name and concept from German *Berliner Würstchen*.



Five polish sausages: Surowa, Myśliwska, Górska, Biała, Parówkowa.

Image by Mariuszjbie from Wikipedia

Those who are truly bold when it comes to food – like the Icelanders who famously eat sheep's head – might be curious to try Polish pork knuckle (*golonka*). It may not be quite the same experience, but it's certainly a rich and memorable one in its own right. This slow-braised or roasted cut (usually from the pig's foreleg or hind leg) is served with sauerkraut, horseradish, and mustard. It's rich, aromatic, and extremely filling – and very popular in Poland. Near the resort, you'll find a restaurant called "*Goloneczka*", whose name alone suggests they might be true experts in preparing this beloved Polish specialty.

What to try in Poland besides schabowy - pork schnitzel?

Soups – warming and homey

Poland is famous for its rich soup tradition. Here are a few you absolutely must try:

Żurek in bread – made with rye sourdough starter, served with white sausage, boiled egg, and sometimes potatoes. Often presented in a round loaf of bread, it looks impressive and tastes even better.

Rosół – a clear broth made from chicken or beef, served with noodles. Most often eaten on Sundays or when we're feeling under the weather.

Ogórkowa – a tangy soup made with pickled cucumbers, potatoes, and carrots.



Zupa ogórkowa – polish Cucumbersoup, Image by Mariuszjbie from Wikipedia

Barszcz czerwony – beetroot soup that can be mild or spicy, sometimes served with *uszka* – small dumplings filled with mushrooms. Their names mean "little ears" because of their shape.

Kapuśniak – a hearty soup made from Sauerkraut, often with smoked bacon.

Krupnik – a thick barley soup with vegetables and meat.

Chłodnik litewski – perfect for hot weather! A chilled beet soup made with kefir, cucumber, and dill – refreshing and filling.

Main courses – everyday and festive

Pierogi – not just Ukrainian-style, but every kind! In summer, we often eat them sweet with blueberries or strawberries. When mushroom season arrives, the filling of sauerkraut and wild mushrooms takes over. There are also many varieties with meat fillings and different serving styles. We recommend visiting restaurants called “*Pierogarnia*”, which specialize in pierogi.

Bigos – the dish of kings and hunters. This hearty stew made with cabbage (both fresh and sauerkraut), meat, sausage, mushrooms, and spices is slowly cooked and often reheated over several days to deepen the flavor. One of Poland’s most iconic dishes, it’s also known as “hunter’s cabbage stew.”

Kaszanka – for fans of bold flavors. A mix of groats (usually buckwheat or barley), pig’s blood, fat, and spices, stuffed into a casing like sausage. Fried with onions or grilled, served with bread and mustard or with sauerkraut. Similar to Scottish haggis, but made with pork.

Gołąbki – cabbage leaves stuffed with a mixture of rice and meat, baked in tomato sauce. The name means “little pigeons” in Polish, though rest assured – there’s no bird meat involved!

Mielone z ziemniakami i mizeria (Meat patties with potatoes and mizeria) – made from minced meat, served with potatoes and mizeria (a salad of cucumbers in sour cream with dill). Simple and very Polish!

Kluski śląskie (Silesian dumplings) – round potato dumplings with a distinctive dimple in the center, served with gravy and meat.

Flaki – beef tripe soup, for adventurous eaters.

Placki ziemniaczane (Potato pancakes) – can be eaten sweet (with sugar) or savory (with sour cream).

Śledź po kaszubsku (Kashubian-style herring) – raw herring marinated with onion, apples, and pickles, served in linseed oil.

Kashubian cuisine is a unique part of Poland’s culinary tradition – simple but full of bold flavors.

Kefir, potatoes, and fried egg – humble, yet intriguing. This simple set will surprise international visitors with its minimalist charm and surprisingly good taste. Kefir, a fermented milk drink, aids digestion and pairs beautifully with boiled potatoes and a sunny-side-up egg. A nostalgic homemade summer dish still popular in private homes, though rarely found in restaurants. Kefir is widely available in any grocery store that sells dairy.

Pickled cucumbers and gherkins – two different worlds

Ogórki kiszzone (Pickled cucumbers) – naturally fermented, sour, and crunchy. We eat them on their own, in soups, on sandwiches, or as a side dish.

Korniszony (Gherkins) – preserved in vinegar, herbs, and spices. More intense in flavor, commonly used in salads.

For dessert – a must!

Sernik (cheesecake) made from Polish *twaróg* (curd cheese), often with raisins, chocolate glaze, or lemon zest. There are as many versions as there are bakers.

Pączki – deep-fried yeast doughnuts with various fillings (traditionally rose jam or advocaat). The best ones are freshly made in places called “*Pączkarnia*.”

Makowiec, faworki, mazurki – traditional Polish pastries that are worth seeking out in bakeries, especially during the holiday seasons.

And if you're not ready to experiment...

Almost every restaurant in Poland offers “international dishes” – Greek salads, pasta, chicken-based meals. But since you’re already here – get to know Poland through its food. Literally.

Enjoy your meal!, Guten Appetit!, Smaklig måltid!, Смачного!, Verði þér að góðu!, Jó étvágyat!, Eet smakelijk!, Bon appétit!, Dobrou chut!, Smacznego!, ¡Buen provecho!, Bon Profit!

Food Allergies and Intolerances at IASC 2025

Gluten, Lactose, and More – What You Need to Know in Poland

The catering provider will prepare English-language food labels and descriptions, so everyone will know exactly what each dish contains — making it easier for people with allergies, intolerances, or dietary preferences to choose safely and confidently.

If you would like to go shopping but have food allergies, celiac disease, or lactose intolerance, navigating Polish food labels is fairly straightforward thanks to strict packaging regulations. Here's how to stay safe and well-fed during your time at IASC.

Reading Labels in Polish

When shopping in local stores, many food products have multilingual labels, but I case look out for these common allergens in ingredient lists:

Gluten-containing ingredients

- *Pszenica* – wheat
- *Mąka* – flour
- *Słód* – malt
- *Skrobia* – starch (note: may or may not be gluten-based)
- *Wzmacniacze smaku* – flavour enhancers (can sometimes hide gluten)

Dairy / Lactose-containing ingredients

- *Mleko* – milk
- *Śmietana* – cream
- *Jogurt* – yogurt

- *Masło* – butter
- *Ser* – cheese
- *Serwatka* – whey
- *Mleko w proszku* – milk powder
- *Kazeina / Kazeiniany* – casein / caseinates
- *Laktoza* – lactose

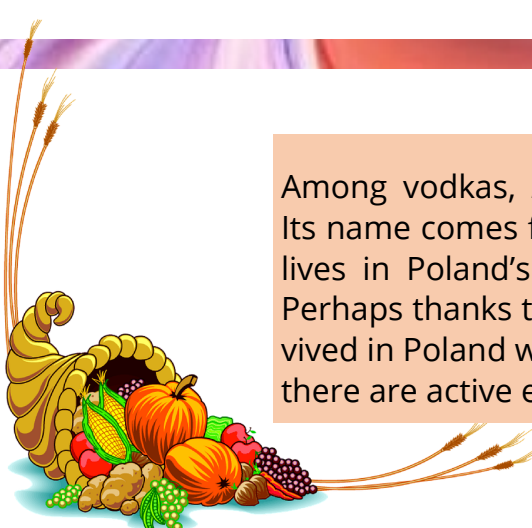
While there won't be dedicated health food stalls at IASC, you can find gluten-free and lactose-free options in most local supermarkets. Commonly available are gluten-free pasta, bread, and snacks, as well as lactose-free milk (*mleko bez laktozy*) and plant-based alternatives like soy, oat, or almond drinks (*napój roślinny*).

If you need a broader selection, nearby Koronowo (about 10 minutes by car) offers larger stores like Lidl, Biedronka, Dino, and Polo-Market with wider gluten- and dairy-free ranges.

Look for These Labels

- *Bez glutenu* – gluten-free
- *Bez laktozy* – lactose-free
- *Napój roślinny* – plant-based drink
- *Wegański* – vegan (contains no dairy or eggs)

Whether you're managing allergies, intolerances, or following a specific diet, it's absolutely possible to eat safely and well during IASC. If you're ever unsure, don't hesitate to ask for help translating labels — we're a community, and we're here for each other!



Among vodkas, *Żubrówka* (Bison Grass Vodka) is especially popular. Its name comes from the *żubr* – the European bison – a majestic animal that lives in Poland's ancient forests and feeds on this specific type of grass. Perhaps thanks to these protected habitats and traditions, the bison has survived in Poland while becoming extinct in many other parts of Europe. Today, there are active efforts to restore its population.

Grafic by OpenClipart-Vectors from Pixabay

Trip to Biskupin – A Journey into the Past

Excursion



Biskupin - archeopark, Image by Jjtkk from Wikicommons

During IASC 2025, we invite you to join a group excursion to the Archaeological Museum in Biskupin—one of Europe’s most fascinating open-air archaeological sites. Located about an hour from our camp, this half-day trip promises rich exploration and unforgettable experiences.

The guided tour will last approximately 105 minutes. However, we encourage you to stay longer to explore the reserve at your own pace, talk with reenactors, enjoy herbal tea made from fresh leaves and fruits, and maybe even take a ride on the “Venetian Devil” boat (20 PLN / approx. 5 EUR per ride, with up to 5 people aboard).

Travel will be arranged by private cars, so we will soon create a list of drivers and passengers. Booking the guide in advance is necessary—stay tuned for updates.

Costs:

- Group ticket (minimum 10 people): 21 PLN (about 5 EUR)
- Guide fee per group: 300 PLN (we hope to cover this from auction funds)

Important Information:

- Bring some cash; cards are accepted for tickets and souvenirs, but local artisans often take cash only.
- Dogs on a leash and muzzled are welcome, but not inside exhibition buildings.
- Photography and video recording for personal, non-commercial use are allowed free of charge.

What to See in Biskupin?

Biskupin is a unique archaeological reserve and Historic Monument of Poland, covering

38 hectares with reconstructions of settlements from the Stone Age to early Piast times. For pagans, reenactors, and lovers of nature-based traditions, it is a place where history and ancient spirit live on.

Highlights include:

- Fortified Lusatian culture settlement with wooden streets, bridges, ramparts, and houses from 2700 years ago
- Hunter-gatherer camp featuring reed huts, fire pits, and a dugout canoe carved from a single tree trunk
- Early farmers’ village with a “longhouse,” ancient crop fields, and a ritual spring
- Piast village showcasing medieval crafts like blacksmithing, pottery, birch tar production, and bread baking
- Box graves with face urns reflecting the spiritual and artistic traditions of the Pomeranian culture
- Pałuki cottage with 19th-century folk architecture, including a beehive, well crane, and carved scarecrow
- Animal paddock housing Polish primitive horses, wrzosówka sheep, goats, and ancient Polish cattle breeds

During the season, traditional crafts such as pottery, weaving, flint knapping, spinning, and blacksmithing come alive with help from historical reenactors dressed in period costumes, eager to share their knowledge.

For more information and photos, visit the museum’s website: biskupin.pl.

Join us on this journey to the past—where the spirit of the ancestors still speaks.



Archaeological site in Biskupin, by Dagi105 from Wikipedia



All Images by Anna Vrede


Driving in Poland

What You Need to Know

If you're driving to IASC 2025 or planning to use a car during your stay, here are some important road rules and regulations to be aware of:

General Speed Limits in Poland (unless otherwise posted):

- 20 km/h in residential zones and areas marked as "strefa zamieszkała" (pedestrians always have priority).
- 50 km/h in built-up areas.
- 90 km/h outside built-up areas (single carriageway).
- 100 km/h on roads with one lane in each direction, with higher status (so-called "droga ekspresowa jednojezdniowa").
- 120 km/h on expressways with two lanes in each direction.
- 140 km/h on motorways (autostrady).

 Always check for signs indicating lower limits, especially in towns, near schools, or on winding rural roads.

Speed Cameras & Fines:

Poland has widespread automatic speed enforcement cameras. In many places you can come across "sectional speed measurements". Fines are often issued by post to the vehicle owner. If you are driving a rental car, the company may forward the charge to you with additional admin fees.

Radar detectors and apps warning about speed cameras are illegal to use while driving and can result in high penalties.

Other Driving Rules to Remember:

- Daytime running lights (or low beams) are required at all times, all year round.
- Seat belts are mandatory for all passengers.
- Using a mobile phone without a hands-free system is prohibited.
- The legal alcohol limit is 0.2‰ — effectively zero tolerance. Don't drink and drive.

Motorways & Expressways:

Polish motorways (marked with an A and green signs) and expressways (marked with an S and red signs) are generally in good condition. Some are toll roads — either with toll booths or electronic systems. If you're unsure, look for signs or check your GPS.

Parking:

Parking rules vary from town to town. Blue lines usually indicate a paid parking zone. In smaller towns, watch for signs or meters. Illegal parking may lead to wheel clamps or fines.

Fuel Stations:

Fuel stations are generally open 24/7 along major routes. Most accept credit/debit cards, but in rural areas, it's a good idea to carry some cash, just in case.

Whether you're driving from abroad or renting a car locally, knowing the basics of Polish road rules will help you enjoy a safe and smooth trip to IASC 2025.



Grafic by Mo Farrelly from Pixabay

Discover the vicinity

What to see nearby IASC 2025

Discover The Stone Circles of Odry A Mysterious Legacy of the Goths and Gepids

The Stone Circles in Odry are located approximately 95 km (about 1 hour 45 minutes by car) south of the "Julia" center in Samociażek. This unique cemetery, covering nearly 17 hectares within the protected Kamienne Kręgi (Stone Circles) nature and archaeology reserve, holds echoes of ancient peoples, mysterious rituals, and theories that span from archaeology to astronomy and the esoteric.



Odrach, Image by Przykuta from Wikimedia Polska

The burial site is associated with the Wielbark Culture, a cultural fusion that emerged in the early centuries CE when Goths and Gepids migrated from modern-day southern Sweden to the southern Baltic coast.

The cemetery includes 10 large stone circles and 29 burial mounds (kurhans), some of which contain upright stones, or stelae. These elements, together with flat graves and graves of earlier cultures like the Pomeranian Culture, reflect a complex and evolving burial practice.

In the 20th century, scholars challenged the idea that the stone circles served only as grave markers. Drawing on Scandinavian le-

gends and archaeological evidence, they proposed that these formations may have been sites of tribal assemblies and courts, known as tings, with burials added later. The intentional layout of the stones suggests they were designed for significant communal use.

In the early 1900s, researchers noticed that some stone alignments roughly correspond with the Sun's position during solstices. This led to the theory that the circles might have functioned as a prehistoric observatory or solar calendar. While some of these alignments appear plausible, the theory remains contested—especially since earlier excavations disturbed the original positions of many stones. Later studies also noted that the local terrain likely made accurate solar observations difficult.

Despite this, the site continues to attract interest from both scholars and enthusiasts exploring its potential astronomical role, as well as those drawn by its spiritual and symbolic significance.

From its Gothic roots and archaeological richness to its place in folklore and alternative theories, the Stone Circles of Odry remain one of the most enigmatic and inspiring ancient sites in Poland. Whether seen as a sacred cemetery, a political gathering place, or a solar monument, Odry invites reflection on the deep connections between culture, landscape, and memory.



Kamienne kręgi, Image by Adam Kumiszczka from Wikipedia

Discover Wolin

The Island of Slavs and Vikings

Just 4 hours from our venue lies Wolin, a place full of myth, history, and living tradition. Home to the Slavs and Vikings' Center – JOMSBORG – VINETA – WOLIN, this open-air museum is one of the most important historical sites in Poland dedicated to the early medieval period.

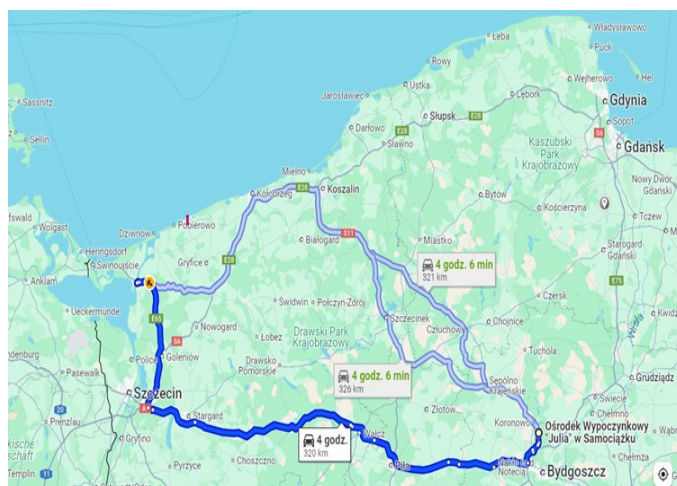


Wolin, Image by Jan M from Wikipedia

Wolin has a rich past. Once a powerful port and trading center in the early Middle Ages, it is believed to be the legendary Vineta – a “Slavic Atlantis” mentioned in Norse sagas and medieval chronicles. Archaeological discoveries continue to reveal its historical significance as a melting pot of Slavic, Norse, and Baltic cultures.

At the Slavs and Vikings' Center, history comes alive. Walk through a reconstructed Viking village, learn ancient crafts, taste traditional food, and try on real armour. This is more than a museum – it's an immersive experience. Visitors are encouraged to touch, explore, and fully engage with the past.

From July 31 to August 3, 2025, Wolin will host the famous Slavs and Vikings Festival, featuring hundreds of reenactors from around the world. If you're attending the International Asatru Summer Camp, why not extend your stay and visit this unforgettable event?



Polish sweet secret: The tale of the “Krówka” (Little Cow)

If you ever visit Poland, you must try a “Krówka” – literally “little cow,” but don't worry, it's not made of beef. It's a soft, creamy fudge candy made mostly from milk, sugar, and butter. That's it – just simple ingredients, cooked slowly until they caramelize into a melt-in-your-mouth delight.

But beware: the real Krówka has two personalities! When fresh, it's soft and gooey inside... but give it a few days, and it transforms into a crumbly, melt-on-your-tongue cube of nostalgia.

Every Polish person has memories of sticky fingers from unwrapping Krówki as a kid. They're often wrapped in paper featuring a smiling cow – a design that hasn't changed much since communist times, adding to their retro charm. You'll find them everywhere: at weddings, on grandma's coffee table, or secretly stashed in a desk drawer.



The Schedule

Be aware that this is only the pre IASC schedule and it may, and mostly will, be adapted on site for organisational reasons. Have always a look at the schedule on site for daily updates.

Daily activities

Fun with Axes and Crafting Table

available all week
contact Dawid "Skaven"

The IASC Market

will be open all week
a space to sell and buy handmade goods and crafts from participants

Woodcarving Workshop: Sacred Symbols in Wood

available all week
contact with Anna & Norbert (1h/2 persons - 30EU/person)

Rune coaching

available all week
contact with Per (1h per day/1 person - 10EU)

	Saturday	Sunday	Monday	Tuesday
Breakfast 08:00 - 09:30 h.				
M o r n i n g	Arrivals, welcome and check-in	09:40 Heathens over coffee 10:30 Opening Ceremony 12:30 Paganism and ethics Uwe	09:40 Heathens over Coffee 10:15 The Future of Heathen Wisdom Vendel 11:45 Time – viewed from a heathen perspective Haimo	09:40 Heathens over Coffee 10:15 What the Witch Whispers Anna Vrede 11:45 Elf-Worship in Catalonia Diego 13:15 Introduction to shamanism Group 2 Marianne
Lunch / Dinner 14:45 - 16:30 h.				
A f t e r n o o n	17:00 Welcome symbol and bonfire	17:00 Introduction to shamanism Group 1 Marianne		17:00 Seidhr - how can seidhr be practis- ed today? Per
Dinner / Supper 19:00 - 20:30 h.				
E v e n i n g	20:30 Campfire	20:30 Campfire	20:30 Songs and Sagas under the World Tree Thomas	20:30 Campfire

Wednesday	Thursday	Friday	Saturday	
08:00 - 09:30 h. Breakfast				
09:40 Heathens over Coffee 11:00 Trip to Biskupin Meeting Point at outdoor museum entrance Daniel	09:40 Heathens over Coffee 10:15 The curse of wealth Sebastian 11:45 Asatru European Network Meeting 13:15 The legendary IASC Auction	09:40 Heathens over Coffee 10:15 The cult of Austru Wiktor 13:15 Axe-throwing competition	09:40 Heathens over Coffee Farewel and Departures	M o r n i n g
14:45 - 16:30 h. Lunch / Dinner				
17:00 Big Wednesday Blot		17:00 Closing Ceremony		A f t e r n o o n
19:00 - 20:30 h. Dinner / Supper				
19:00 The Feast and Campfire	20:30 Campfire	20:30 Campfire		E v e n i n g

Lectures, workshops and activities

We Can't Wait for IASC 2025!

The International Asatru Summercamp is not only about blóts and bonfires – although those are certainly an important part of the experience! It is also a space for sharing knowledge, exchanging experiences, and inspiring one another. This year, our programme offers a wide range of engaging and thought-provoking talks designed to spark reflection and meaningful discussion.

Heathens over Coffee – a Morning Warm-Up for the Mind

Every morning after breakfast, we invite you to join us for a short, informal discussion over coffee (or tea). It's a simple way to start the day: we'll reflect together on one question or theme that invites deeper thought throughout the day. No slides, no microphones – just a circle of curious minds.

The topics will vary – some serious, others surprising – but always stimulating. Feel free to submit your own questions: we'll choose seven to explore during the week. After this warm-up, we'll move into the main lectures:

Lectures

Time – Viewed from a Heathen Perspective

Led by Haimo, from Verein für Germanisches Heidentum (Germany).

What does time mean in a heathen worldview? Is it linear, as in modern society, or cyclical – shaped by the rhythm of nature, myth, and ritual? How does our sense of time influence how we live, think, and honour the gods?

This lecture goes beyond clocks and calendars to explore a more ancient understanding of time. It invites reflection and dialogue on how various cultural concepts of time can deepen our spiritual practice as followers of Asatru.



What the Witch Whispers: A Glimpse into Slavic and Norse Magic

Led by Anna "Vrede", from Asatru Polska and Wilcza Rodzina (Poland).

How did Slavic and Norse cultures approach magic? This talk will focus on the power of the word – whispers, spoken charms, incantations, and even written spells.

The presentation explores both shared and unique traits of these rich traditions. We'll reflect on how such practices can deepen our modern Asatru path, especially for those connecting with both Norse and Slavic heritage, and how this knowledge can support our ritual work today.

Refounding Theology: The Future of Heathen Wisdom

Led by Vendel, from Magyar Ásatrú Közösség (Hungary).

What if Asatru needs more than archaeology and history to thrive?

What if what we're missing is... philosophy?

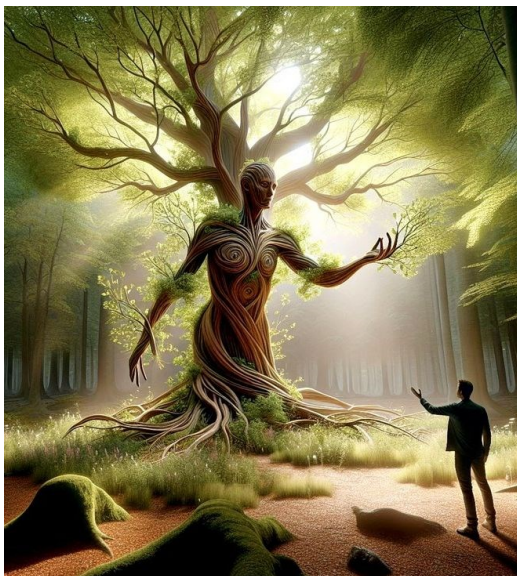
This talk invites us to consider the future of heathen spirituality – and how modern philosophical thinking might help us define our beliefs, shape ethical responses, and build stronger community practices. Instead of looking only to the past, we'll explore the questions of today and tomorrow:

- What role could theology play in modern heathenism?
- Can philosophy enrich our understanding of life, values, and the divine?

You can expect clear, accessible ideas – no academic jargon – and an open space for meaningful discussion.

Elf-Worship in Catalonia: How to Adapt Ásatrú in a Non-Historical Territory

Led by Diego, from Gotland Forn Sed (Spain).



Is it possible to honour the Æsir and elves in places where no historical Germanic traditions have survived? How can nature spirits and elves be integrated into the spirituality of modern pagans living in regions like Catalonia?

In this unique lecture, Diego will explore the challenges and opportunities of developing Ásatrú in non-historical territories. The presentation includes a comparison between elf worship in Catalonia and in historically Germanic countries.

Elves – mysterious beings from Norse mythology – are often associated with healing, sacred places, nature magic, and the invisible world. This talk will offer insights into how their veneration is being reimagined in a land

without a direct link to ancient Germanic culture, but with a strong desire to reconnect with the spirits of nature and land.

This session will be especially meaningful for those interested in land spirits, elf lore, nature-based spirituality, and the growth of Ásatrú outside of Scandinavia.

The Cult of Austra and the Divine Brothers

Led by Wiktor, from Blōtinassuz Wistliskaz – Polish Germanic Paganism (Poland).

This lecture will introduce Austra, the goddess of the dawn, and the Divine Brothers, her celestial companions, whose chariot is said to bring the morning light. Though largely absent from preserved Norse mythology, these divine figures appear in traces across various Germanic traditions.

In this presentation, Wiktor will explore both historical background and living tradition. He will share insights from a growing cult practice that has developed over several years in the Polish Ásatrú community.

These deities, while lesser known, have proven to be generous and powerful to those who honour them. This session offers a rare opportunity to rediscover overlooked aspects of the divine and explore how they can enrich modern Ásatrú practice.

Paganism and Ethics – or the History of a Failing

Led by Uwe, from Eldaring (Germany).

What does ethics mean in the context of paganism? When asked, many modern pagans refer to Immanuel Kant's categorical imperative — the principle that we should act only according to maxims that we would wish to become universal law. But is this perspective perhaps too simplistic?

In this lecture, we will embark on an intellectual journey to the roots of ancient belief systems in search of traces of pagan morality. We will explore whether it is possible to construct a coherent ethical framework within pagan religious traditions and examine how these ancient insights might relate to modern ethical philosophy. This will be an engaging encounter between past and present — a dialogue between spirituality and reason, between ancestral heritage and contemporary moral challenges.

The Curse of Wealth: Hoard and Hero in the Völsunga Saga and the Nibelungenlied

Led by Sebastian from Eldaring (Germany).

Why do the same legends give rise to such different stories?

Join us for a fascinating lecture exploring two of the greatest medieval heroic epics: the Icelandic Völsunga Saga and the German Nibelungenlied. Both tales revolve around the same legendary hero – known as Sigurd or Siegfried – and the same fateful dragon's hoard.

Although they share a common mythological origin, the narratives take radically different directions. Why is that? What role does the cursed treasure play? And what do these differences reveal about the values and worldviews of medieval Icelanders and Germans?

Our guide through this mythic journey is Sebastian from Eldaring, a passionate storyteller and scholar of heroic legend who brings together deep knowledge with engaging narrative.

Workshops:

Songs and Sagas under the World Tree

Led by: Thomas from Eldaring (Germany)

At this year's International Asatru Summercamp (IASC), join us for a unique gathering of music, poetry, and storytelling beneath the metaphorical branches of the World Tree.

We will listen to old sagas and traditional songs – and also share new compositions inspired by ancient lore. This is a space to hear the voices of our ancestors, and to contribute our own.

Whether you bring an instrument, a local legend, a folk song, or simply your ears and heart, you are welcome. This is not a formal lecture – it is a living experience. Come sing, listen, and connect.

Bring your voice, your story, your culture. Together, we'll create a great song.

Introduction to Shamanism

Led by: Marianne from Les Enfants d'Yggdrasill (France)

Curious about shamanic journeying but unsure where to begin? Have you tried before without success, or are you simply drawn to explore this world for the first time?

This workshop is designed for beginners – including those who have never worked with shamanism or seidr before. We will start with simple breathing and relaxation exercises to help participants enter a journeying state with greater ease.



Sessions will take place in small, supportive groups of 5–6 people, allowing for a safe and personal approach. If you've ever wanted to explore shamanic practices in a grounded and accessible way, this is your opportunity.

Seidhr – How Can Seidhr Be Practiced Today?

Led by: Per from Forn Sed Sverige (Sweden).

Seidhr, the Nordic form of shamanism, is often shrouded in mystery and ambiguity. In this workshop, Per will focus on practical rituals and techniques that can be integrated into modern life. Participants will learn authentic practices such as Hjallesitting, Thraudlaupa, Fylgja-dance, Hugflykt, and Utesitta — original methods blending deep spirituality with everyday experience.

This 2–3 hour session offers both understanding and personal experience of these ancient rituals. Per is an experienced practitioner of Nordic spirituality and will guide you through this unique journey.

Rune Coaching

Led by: Per from Forn Sed Sverige (Sweden).

Additionally, this year's IASC offers the chance to take part in individual sessions – Rune Coaching with Per. If you seek guidance or support in important areas of your life, Per's rune coaching provides personalized insight. You can ask the runes a question, and Per will help interpret their messages, sharing reflections and practical advice.

Per combines rune work with coaching and shamanic healing methods inspired by, among others, the Inca tradition. His sessions support releasing blockages, improving energy flow, and fostering self-awareness.

- Sessions are short, individual, and held in English.
- Appointments are arranged directly with Per on-site.

- Price: 10 euros per session.

This is a wonderful opportunity to deepen your connection with ancient wisdom and apply it meaningfully in your life.

Contemporary European Shamanism

Led by Norbert

Among this year's workshop leaders is Norbert – an archaeologist, artist, and someone who has been exploring European shamanism in its contemporary form for many years. Together with Anna, he will lead a woodcarving workshop, but it's worth knowing that this is only one part of what he does. Norbert has lived close to nature and outside conventional frameworks for a long time. He's happy to talk with those who are searching for their own path.

There won't be a traditional lecture or slideshow – instead, Norbert offers one-on-one conversations or small group discussions (in German, English and Polish). These meetings are an opportunity to explore topics related to spirituality, personal development, and what shamanism can mean today – the kind that is European, deep, and personal, not borrowed from pre-made formulas or pop-culture imagery.

Norbert takes a critical view of "plastic" New Age shamanism – full of promises of quick healing, spiritual fireworks, and ready-made solutions. He believes that real spiritual work doesn't begin with contact with "other worlds," but with the courage to look deep within. He doesn't offer easy answers, but he does offer presence, experience, and attentiveness – for those who are seeking something deeper.

If this topic interests you or you have questions for a shaman – you can simply approach Norbert. Sometimes he sits by the fire, other times he chats while working – but he always makes space for a genuine conversation. As he puts it: "I work with those who are looking for their path – especially those who have been too tough for too long."

Axe-Throwing Competition at IASC 2025

Get ready for some exciting fun with tomahawks (cold steel) at this year's International Asatru Summercamp! Under the guidance of Dawid "Skaven" from Asatru Polska, you'll have the chance to practice your throwing skills all week long—from Saturday through Friday.

Whether you're a complete beginner or a seasoned thrower, this friendly and lively workshop welcomes everyone. Feel free to bring your own axe to train with!

The highlight will be the axe-throwing competition held on Friday, the penultimate day of I-ASC 2025. It's a perfect opportunity to test your precision, enjoy great company, and compete for prizes in a spirited and fun atmosphere.

Join us to sharpen your aim, have a blast, and bond with fellow Asatruar!

Woodcarving Workshop: Sacred Symbols in Wood

Anna and Norbert, professional artists and archaeologists from Poland, invite you to their woodcarving workshop at IASC 2025. They met over 30 years ago during their archaeology

studies and have since dedicated themselves to exploring and expressing spiritual heritage through traditional crafts.



In this hands-on workshop, participants will create small wall altars inspired by Ásatrú and European shamanic themes. There will also be opportunities to try pyrography (painting with fire) and learn basic bas-relief carving techniques.

Each session lasts 1 hour and is limited to 2 participants to ensure individual guidance.

The cost is 120 PLN per person (approximately 30 EUR), including all materials, tools, and high-quality wood from a local sawmill.

Places are limited, so prior registration with the instructors is required.

Whether you want to deepen your craft skills, create a ritual object, or simply connect with wood and spirit, this workshop offers a unique and meaningful experience.

Wood & Leather Workshop Station

Led by Dawid "Skaven" from Asatru Polska

At IASC 2025, we are pleased to offer a special Workshop Station fully equipped for woodcarving and leathercraft. Whether you are an experienced artisan or just curious to try your hand at something new, this open workshop invites you to create in a relaxed and supportive atmosphere.

Carve your own talisman, decorate a leather pouch for your runes, or simply enjoy working with natural materials alongside fellow participants. This space is designed to help you reconnect with ancestral skills and experience the joy of crafting within the community – all in the true spirit of Ásatrú.

Other activities:

The Legendary IASC Auction Returns!

At IASC 2025, we are excited to bring back our traditional community auction. All proceeds from the auction go directly to supporting future editions of the camp, covering costs like deposits, venue fees, and other essentials.

Everyone is invited to contribute items—handcrafted goods, books, honey, pagan-themed creations, services, and more. Your donation could become a cherished treasure for fellow participants!

The auction is open to all, and many attendees have left previous camps with unique, one-of-a-kind finds. If you have something to donate, please let us know in advance or simply bring it along to the camp. Every gift is appreciated.

We are also looking for a lively, engaging auction host to keep the event fun and energetic. Could that be you?

Get ready for a spirited evening—see you at the auction!

IASC Mini Market – A Space for Creativity and Connection

At this year's International Asatru Summercamp, we invite you to visit the IASC Mini Market – a small but lively space dedicated to handmade goods, thoughtful souvenirs, and community craftsmanship.

From Sunday to Friday, you'll find a variety of items available for purchase, including IASC-themed t-shirts and memorabilia, as well as original crafts and artworks created by fellow camp participants. While the market won't be large like a festival fair, it offers a welcoming atmosphere to explore, connect, and support each other's creative efforts.

If you plan to bring something to sell – whether it's handmade jewellery, leatherwork, natural products, or other handcrafted items – we encourage you to get in touch. You can send us a short description and photos of your products, and we'll be happy to include them in a promotional post before the camp.

The Mini Market is all about sharing talents, discovering unique pieces, and building bonds through creativity. We look forward to seeing what you bring and to making this part of the camp both meaningful and memorable.

Images by: Clock, Image by Gerd Altmann, Forest spirit, Image by Ennaej ,Drumm, Image by MIRELA KONTO all from Pixabay. Woodcarving, Image by NCG



Things are not as they were before and after the coming over of Covidr the Terrible we just no longer drink all together from one single horn. So please don't forget to:

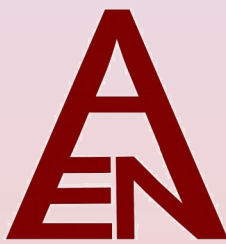
bring your own horn to IASC 2025.



Grafiks from Freepik



2025



Asatru Europe
Network



Asatru Polska (Poland)



Asatru UK
(United Kingdom)



Asatru Wilcza Rodzina
(Poland)



De Neren Werelden
(Netherlands)



Eldaring (Germany)



Gothiskandza Asatru
Pomorze (Poland)



Gotland Forn Sed (Spain)



Les Enfants d'Yggdrasil
(France)



Magyar Asatru Közösség
(Hungary)



Polski Rodzimowierstwo
Germanickie (Poland)



Samfundet Forn Sed
Sverige (Sweden)



Solbjerg Blotlaug
(Denmark)



Stara Wiara Gorny Slask
(Poland)



Swawolne Dziki Odyna
(Poland)



Verein für Germanisches
Heidentum (Germany)