



Hi! Thank you for joining the Stromboli Poi Retreat! ✨🔥🌋

Please give us your preferences by filling in the following form ASAP: <https://poiretreat.com/form-stromboli>



ARRIVAL

Start of the retreat: 8th of June. The boat from Naples arrives at 6 am at Stromboli. We will pick you up at the port. You'll have time to rest and easily arrive. We'll have lunch at 1 pm, and the orientation meeting will be at 3 pm. After that, a poi workshop, and a hike to a viewpoint 🌅





- **Poi:** bring a pair of non-stretchy practice poi with knobs (for contact and throws) If you have, also a pair of light-weight, (soft) poi, like sock poi to practice longer with less strain on the arms and fingers. Vojta will have some sock poi for sale, and if you need contact poi, we recommend [Juggling Calling](#), Semi Static, or VPC.
- If you want to follow (some of) the mini-workshops; you can borrow a long staff, but you can also take your own. (more mini-workshops will be announced later)

CLOTHING

- Please bring comfortable clothing you can move in, and dance/sports shoes.
- **Volcano hike:** Wind jacket, sweater, long pants and socks. Sturdy shoes to protect your toes. A headlight or torch will be very useful too during the hike and fire jams, but you can also use your LED poi ;)
- Clothing of natural materials, for fire spinning (cotton, linen, hemp)





FIRE JAMS

If you have Fire- or LED poi or other props you like to spin, you can take them for the jams!

HOLIDAY STUFF

Swimwear, sunscreen, and a big beach towel if you want. A small backpack for the hike.

Earplugs are also very useful on the boat (the airco is quite noisy) and a sleep mask, most rooms don't have black-out curtains.

WHAT WILL BE PROVIDED

- Bed linen and towels are included (If you want an extra large beach towel or plaid, please bring it. The towels provided are normal size)
- Soap and shampoo

Borrow if you want;

- Yoga mat
- Long Staff for Staff Spinning

Happy preparing and packing 🎒🧴





CONNECTION

Phone coverage is great in all the apartments. Salvo doesn't have wifi in the rooms, but we can make a hotspot during lunch. Also, you can see it as an opportunity to have a social media detox ;)

You can go to a restaurant if you need good internet for work. If you have a private apartment, you'll have wifi!

Or, take an e-sim, to have cheap data. We recommend [Alo Sim](#), and search for a deal, as usually you can find a good one!



SHOWTIME

The last evening at Stromboli, we want to give a show to the locals. We think it's a great way to show our appreciation for this magical place, you'll see many great performances, and we had loads of fun with it last year!

If you want to perform an act, you're welcome to do so! Fire, LED, dance, magic...? You can use any prop you want, the act can be between 2 to 5 minutes. Please think about the music you would like, and take it if it's your own mix (if it's a song that's available to download, we can do that there)

If you still have space in your bag for a nice outfit or costume, please also bring that!



- **THE RECOMMENDED BOAT TO STROMBOLI**

The retreat dates are set to match the Naples – Stromboli ferry schedule.

The boat only goes 2x a week and it is the easiest way to get to Stromboli!

- The one we recommend leaves Napoli on Friday the 7th of June at 8 pm and arrives at Stromboli at 6 am on Saturday the 8th of June.
- To go back you can take the boat leaving at 10 pm Thursday the 13th of June, arriving at Napoli at 8 am the next day, the 14th of June.

If you want to book a cabin, it's recommended to book it in advance or be there at least 2 hours before departure! The cabins do usually get sold out...

- **RESERVE YOUR BOAT TICKET** <https://booking.carontetourist.it/en/sole/start>

-The English option on the website of Siremar has still some Italian words when buying your ticket, here are the translations and explanations;

Passaggio Ponte = Pedestrian ticket

Poltrona = Ticket with armchair. There is a big room with armchairs available where you can sleep. The chairs can't go flat, so it's really sitting.

Cabin = reserve a cabin.

– When you reserve a cabin;

External = An external cabin is situated either on the outside ferry deck or on lower decks but above the waterline. As they are located above the waterline, these type of cabins feature natural daylight – they have windows or at least a window porthole. There is a washbasin inside the room. There are two single sleeping places.

Internal = An Internal cabin is situated on lower ferry decks below the waterline. These type of cabins do not feature natural daylight. There is a washbasin inside the room and there are two single sleeping places.

Internal 2nd Class = Cabin with shared Shower and toilet outside of the cabin.

There is a washbasin inside the room, and a bunk bed with two sleeping places.

-Reserve a private, or share to get a better price!

Single = for one person. (But there are always 2 beds)

Double = for two people All cabins have 2 single (bunk) beds, if you share a room with 2 people, the price of a cabin is not much more expensive than the pedestrian ticket! We will create a WhatsApp group with all the attendees, a few weeks before the start, so you can plan to share a cabin if you want.

You don't have to book your boat ticket in advance if you don't want a cabin, you can buy it at the port, the price is around € 75 one way. The boat is so big, that the pedestrian tickets basically can't be sold out.

- **How to get to the port.** From Naples airport, you can take a taxi, Uber, bus, or metro to the port. A taxi takes approx. 20 min, the bus 40 min.

Bus: from Naples Airport to Porta Di Massa, 40 min, 5 euro pay in the bus. From the bus stop, Porta Di Massa, is only a 500 m walk to the boat.

You could also take the bus to the Molo Beverello port, but from that stop, it will be a 10-minute walk to the boat.

- **How to find the ticket office.** It can be a bit confusing, as it's not well indicated when you arrive at the port. You'll have to walk around 5 min from where a taxi can drop you off. The boat company is called Siremar. [This is the exact location of the ticket office.](#)

- **IF YOU CAN'T TAKE THE RECOMMENDED BOAT** There are other boats to Stromboli as well: plenty of hydrofoils connect Stromboli with Sicily – Milazzo (there are about 5 connections per day) and Messina. The boat company is <https://www.libertylines.it/en/>. These hydrofoils also stop at the other Aeolian islands, which are worth visiting! More high-speed boat connections can be found here: <https://www.snav.it/en> Travel to the Aeolian Islands, for example from Naples to Stromboli.
- **If you can't make it to the boat on Friday**, there is a speed boat leaving Napoli on Saturday at 14:30 arriving at Stromboli already at 19:00. Look it up here. This one should be booked in advance.
- **If you can't find a good flight to Napoli**, you can fly to Rome and then take a train to Napoli – it only takes about 2 hours and costs around €20. Book your train in advance, as prices will rise if you buy your ticket at the train station. Try [kiwi.com](https://www.kiwi.com) to search for a cheap flight.



FINAL PAYMENT

- The rest of the fee is due at the start of the event, in cash. An invoice will be sent a few weeks before the event. There are several ATMs on Stromboli.

If you still have any questions,
[have a look at the FAQ](#), or send a WhatsApp to Nana at
+336 3456 0233

We're looking forward to meeting you on the island!
Vojta, Ronan & Nana