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## Discover Prague

Preparing to travel abroad is a bit like putting a jigsaw puzzle together and for those of us with an SCI there are many extra pieces to fit in; finding suitable accommodation, wheelchair accessible restaurants and places of interest, hiring equipment such as hoists and commodes, booking airport transfers or arranging transport. It can take a lot of groundwork and perseverance to put everything in place oneself, and then there's the language barrier and commonly a very different understanding of exactly what constitutes wheelchair access. Luckily, there are a number of holiday companies that understand these

issues and can help SCI travellers to make necessary arrangements.

For readers planning a trip to Prague there is *Accessible Prague*. It is a friendly operation that benefits from the local knowledge of its Czech founder, Lea Skanderová, who can help with every aspect of your trip, from arrival to departure. When I visited the Czech Republic last year, Lea set up WAV airport transfers, linked me to adapted vehicle hire companies and provided a useful Prague access directory. Having personally checked

**For more information visit [www.accessibleprague.com](http://www.accessibleprague.com) and [www.scootableprague.com](http://www.scootableprague.com)**

Prague hotels that offer good facilities for disabled guests, Lea has produced hotel access information sheets to help visitors choose suitable accommodation. These include photos of the bedroom and bathroom and useful measurements such as door widths, lift dimensions, bed height and even the gap under the bed. *Accessible Prague* can also arrange hire equipment or find a local personal assistant, and they offer visitors a range of individual, half-day sightseeing tours with a licensed tourist guide, and the option to use their unique guided scooter tours service.

Prague is undoubtedly one of the finest cities in Europe, but it is well known for its cobbled streets which are unfriendly to wheelchair users. However, the city administration continues to implement its 'Barrier-free Prague' initiative, so each year Prague becomes more accessible to disabled visitors with more barrier-free pavements, theatres, toilets and wider access to attractions. There has also been investment in public transport, with more barrier-free metro stations, accessible trams and low floor buses, although most tourists will find plenty to see and do within the city centre.  
**Graham Anderson C6/7**

**Editorial & Advertising** Breda Duggan | Tel 0845 678 6633 ext 217 | Email [b.duggan@spinal.co.uk](mailto:b.duggan@spinal.co.uk)  
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