

Hello!

We have the pleasure to welcome you to this survival guide!
Here you can find the most important information about Poland,
Warsaw and some advice which can be useful during your trip from
14th to 24th of July 2016.
So... let's start!

A few words about Poland

Poland (Polska) is officially called the Republic of Poland. It is a beautiful country, neighboring with Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania and the Russian Province of Kaliningrad Oblast.

Poland's territory is a plain reaching from the Baltic Sea in the north, through the Masurian Lake District great lakes up to the mountain region in the south.

POPULATION: 38,5 million people

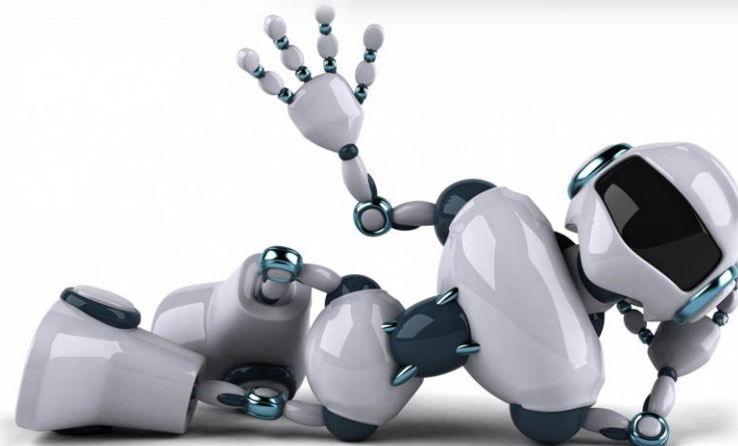
LANGUAGE: Polish

TIME ZONE: UTC+1 from October 25th to March 28th and UTC+2 from March 29th to October 24th

ELECTRICITY: Voltage - 230 Volts



Everyday I'm robotin'



What is BEST?

BEST, Board of European Students of Technology is a constantly growing non-profit and non-political organisation. Since 1989 we've been providing communication, co-operation and exchange possibilities for students all over Europe. LBG (Local BEST Group) Warsaw has been working since 1989 and currently brings together 56 members, all of whom are students of Warsaw University of Technology.

BEST strives to help European students of technology to become more internationally minded, by reaching a better understanding of European cultures and developing capacities to work on an international basis.

Polish food

If you want to get to know Poland you have to try Polish food and drinks.

Typical Polish food is rather heavy, but very tasty! We recommend you bigos, pierogi (dumplings), kotlet schabowy (pork breaded cutlet), gołąbki (cabbage roll) and all soups e.g. kapuśniak (cabbage soup), pomidorowa (tomato soup), rosół (bouillon), chłodnik (cold beet-soup).

Our national drink is wódka (vodka) and it is one of the best in the world. The most known brands are "Soplica", "Wyborowa", "Sobieski", "Chopin", "Żubrówka" and "Lubelska".

Warsaw University of Technology

The Warsaw University of Technology (Polish: Politechnika Warszawska; literally, "Warsaw Polytechnic") is one of the leading institutes of technology in Poland, and one of the largest in Central Europe.

The origins of Warsaw University of Technology date back to 1826 when engineering education was begun in Warsaw Institute of Technology.

Weather in Poland

It should be rather hot in Warsaw but it can still rain from time to time so remember to keep that in mind. You should bring some warm clothes, because it might get cold at night.



Schedule

Here you can find a preliminary schedule of the course. Additional information will be sent before the course. The accommodation place has not been set yet, but most probably it will be a dormitory near by the university.

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	14.07.2016	15.07.2016	16.07.2016	17.07.2016	18.07.2016	19.07.2016	20.07.2016	21.07.2016	22.07.2016	23.07.2016	24.07.2016		
07:00	ARRIVAL DAY	SLEEP	WEEKEND TRIP		SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP		
08:00		BREAKFAST				BREAKFAST		BREAKFAST				BREAKFAST	
09:00		TRAVEL				BREAKFAST	LECTURE	BREAKFAST	WORKSHOP		PREPS FOR EXAM	BREAKFAST	
10:00		OFFICIAL				LECTURE	TRAVEL	CITY RALLY	COFFEE BREAK	BREAKFAST	PREPS FOR EXAM	BREAKFAST	
11:00		OPENING								COFFEE BREAK	TRAVEL	COFFEE BREAK	DEPARTURE :(
12:00		TRAVEL				COFFEE BREAK	LABORATORY		CITY RALLY	WORKSHOP	COMPANY VISIT	EXAMINATION	
13:00		INTRODUCTION				WORKSHOP				WORKSHOP		EXAMINATION	
14:00		LESSON				LUNCH		LUNCH		LUNCH		FREE TIME	
15:00		COFFEE BREAK				LUNCH	TRAVEL	CITY RALLY	LECTURE	TRAVEL	LUNCH		
16:00		LECTURE				WORKSHOP					LUNCH	LUNCH	
17:00			DINNER	SPORT ACTIVITIES					LECTURE	OFFICIAL CLOSING			
18:00			PREPARATIONS	DINNER			DINNER	DINNER					
19:00	DINNER	TRAVEL											
20:00	G2K GAMES	WEEKEND TRIP											
21:00													
22:00	WELCOME PARTY												
23:00													
00:00													

What do you have to remember about?

Remember that in Poland you are not allowed to:

- do drugs
- drink alcohol and smoke cigarettes in public
- jaywalk (otherwise you will have to pay 500 zł fine)

Remember that in Poland you shouldn't:

- eat fast-foods - polish food is much better!
- be afraid of asking random pedestrians for help, they will do it with pleasure
- say "thank you" when paying for a meal before you've received your change back - in some restaurants it means "keep the change"

And the last - remember that in Poland you should:

- visit at least some of the places listed in the section below
- offer your seat in public transport to the elderly, disabled people or pregnant women
- shake hands when meeting someone and when departing
- stamp your ticket in bus/tram
- always have your ID with you
- party with us!

We will do everything we can to make this course the best one in your life! Remember that you don't have to worry about accommodation and meals – we will provide it to you.

Useful stuff

1. This survival guide! :)
2. Your ISIC (International Student Identity Card). It is important to have a discount on your tickets.
3. Travel and medical insurance - European Health Insurance Card for those who live in an EU country.
4. ID card or passport and visa if you need it.
5. Money
6. Clothes
7. Toilet bag
8. Towels
9. Medications if needed.
10. Sunglasses and suntan lotion
11. Sport equipment according to the activities planned
12. Calculator, pen, paper
13. Camera
14. Sleeping bag
15. Typical foods, but most importantly drinks from your country, for the International Evening.
16. Contact information to the organizers.
17. Extra stuff for parties
18. And lots of Smiles!

Plane, train or bus?

We are almost in the Centre of Europe and we have a lot of connections between European countries. The biggest airport is Warsaw Chopin Airport and we will pick you up when you arrive here. Also, there is Modlin airport near Warsaw (about 40 km) and if you get there, you can get on a bus which will take you to Warsaw (more information at <https://www.modlinbus.pl/en>). It might be cheaper to travel by plane to another city and then by bus or train to Warsaw.

Unfortunately, you can't get discount for train tickets but traveling by train in Poland is cheap. The biggest railway station in Warsaw is Central Railway Station and once you get there, we'll be able to pick you up. You can find a train at <http://www.rozklad-pkp.pl/en> and if it's within country borders you'll be able to buy the tickets online.

If you want to travel by bus, check <http://www.eurolines.pl/en/>, <http://www.simplexpress.eu/en>, <http://www.polskibus.com/en/index.htm> for internal routes. You can also find different kinds of connections within Poland at <http://en.e-podroznik.pl/public/index.do>.

Remember, no matter where you end up in Warsaw, we will do everything to pick you up!



Prices

In Poland, the official currency is "złoty" (it means "golden")

1 zł (złoty) = 100 groszy

1 euro = about 4,5 zł

Coins: 1, 2, 5, 10, 20, 50 groszy and 1, 2, 5 złoty

Notes: 10, 20, 50, 100, 200 złoty

Banks in Poland are usually open from 10 am till 6 pm during weekdays and from 10 am till 2 pm on Saturday. They are closed on Sunday, but if you need to withdraw your money, you can find ATM's - in polish called "bankomat".

In Warsaw you can also exchange your money in places called "kantor". We recommend you to find "kantor" in the city centre, not at the airport because of higher rates.

Beer (supermarket)	0,5 €	2,5 zł
Beer (restaurant)	1,5-2,2 €	7-10 zł
Pack of cigarettes	3,5 €	15 zł
Lunch (restaurant)	6,5-12 €	30-40 zł
Lunch (McDonald's or kebab)	2,5-3,5 €	10-15 zł
Bottle of Żubrówka (0,7 l)	6,5-8 €	30-35 zł
Pack of 3 condoms	1,5 €	7 zł
Professional rake	20 €	90 zł

Places you have to visit!

1. **Łazienki Królewskie** - Magnificent palatial and garden complex that was built by King Stanisław August Poniatowski during the second half of the eighteenth century and features the neoclassical Palace on the Water (Łazienki Palace) surrounded by gardens, canals and ponds.



2. **Krakowskie Przedmieście** - This 2.5 mile "Road of Kings" leads from The Royal Castle (Old Town) to Wilanów Palace.



3. **Warsaw Uprising Museum** - one of the most visited places in Warsaw. Opened on the 60th anniversary of the outbreak of fighting in the city, it is a tribute to those who fought and died for a free Poland and its capital. The exhibition shows the struggle of everyday life before and during the Warsaw Uprising and the horror of occupation.



4. **Old Town** - After being leveled when the Nazis left, this whole neighborhood of cobblestone Gothic streets and alleyways, baroque palaces, numerous churches and tiered burghers' houses were masterfully reconstructed to reflect the atmosphere of bygone days. There is located Castle Square, built in 1821 and features the King Zygmunt III column in its centre.



5. **Copernicus Science Center** - one of the largest science centers in Europe. Its exhibition is divided into six interdisciplinary parts with over 450 exhibits. Music is combined here with biology and mathematics with architecture. Science enters the realm of feelings and the visitors themselves may become the object of observation.



6. **Wilanow Palace Museum** - one of the most precious monuments of Polish Baroque. It was built for King Jan III Sobieski at the end of the 17th century and gradually expanded by successive owners. It represents an unusual combination of a traditional Polish court with an Italian rural villa and a French chateau.



7. **Palace of Culture and Science** - was built between 1952 and 1955. It was a "gift of the Soviet people to the Polish nation", offered by Joseph Stalin himself. The Palace is the highest building in Poland, standing at 230.5 m (which is 42 floors) and has over 3,000 rooms, including offices, institution eadquarters and the Polish Academy of Sciences. Moreover, in the Palace you can find a post office, cinema, swimming pool, museums, libraries and theaters.



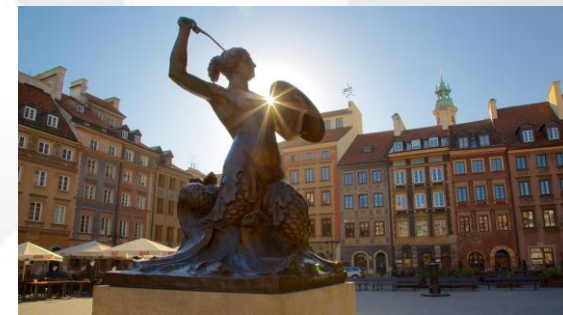
8. **The National Stadium in Warsaw** - was built for the European Football Championship UEFA EURO 2012 in place of the former 10th-Anniversary Stadium. It is located close to the Old Town and city centre. It is well visible from many places in Warsaw, being especially attractive from the side of the Zamkowy Square. A walk to the stadium from the Palace of Culture and Science takes less than 30 minutes.



9. **Multimedia Fountain Park** - located in a lovely site between the Old Town and the Vistula River. During summer, the Fountain Park serves as a refreshing asylum for tourists and locals alike, while in the evenings it captivates with performances of colours and fabulous shapes.



10. **Mermaid Statue** - According to legend, a mermaid swimming in from the sea stopped on the riverbank near the Old Town to rest. She found the place so admirable that she decided to stay. Local fishermen living nearby noticed that something was creating waves, tangling nets, and releasing their fish. Although their original intention was to trap the offender, they fell in love with the mermaid upon hearing her sing. Later, a rich merchant trapped the siren and imprisoned her in a wooden hut. A young fisherman heard the mermaid's cry and with the help of his mates, released her, whereupon she declared her readiness to offer fishermen her help whenever it would be needed. Ever since, the mermaid, armed with sword and shield, has been ready to help protect the city and its residents.



Transport in Warsaw

The cheapest way to travel in Warsaw is to use public transport - buses, trams, underground and trains. You can find all the information about it at <http://www.ztm.waw.pl/?l=2> But you don't need to worry - we'll pay for all the expenses regarding the transportation.

Here you have some phone numbers to the cheap taxis in Warsaw:

Taxi Grosik: +48 22 646 46 46 (1,60 zł per km)

Glob Cab Taxi +48 666 00 96 68 (1,80 zł per km)

Ele Taxi: +48 22 811 11 11 (2,40 zł per km)



HELP!

We hope that there will be no need to use them, but in case of emergency here you have a list of the most important phone numbers.

Police	997
Fire brigade	998
Ambulance	999
Road service	981
Municipal Police	986
Emergency number from mobile phones	112

If you want to know more about Warsaw here are some special guides for travelers:

- <http://www.inyourpocket.com/warsaw>
- <http://warsawtour.pl/en>

If you get lost contact us! Or you can also try to get help from citizens ;) Use this formula “Dzien dobry, gdzie jest Politechnika Warszawska?” (Hello, where is Warsaw University of Technology?)

Polish is not that difficult...

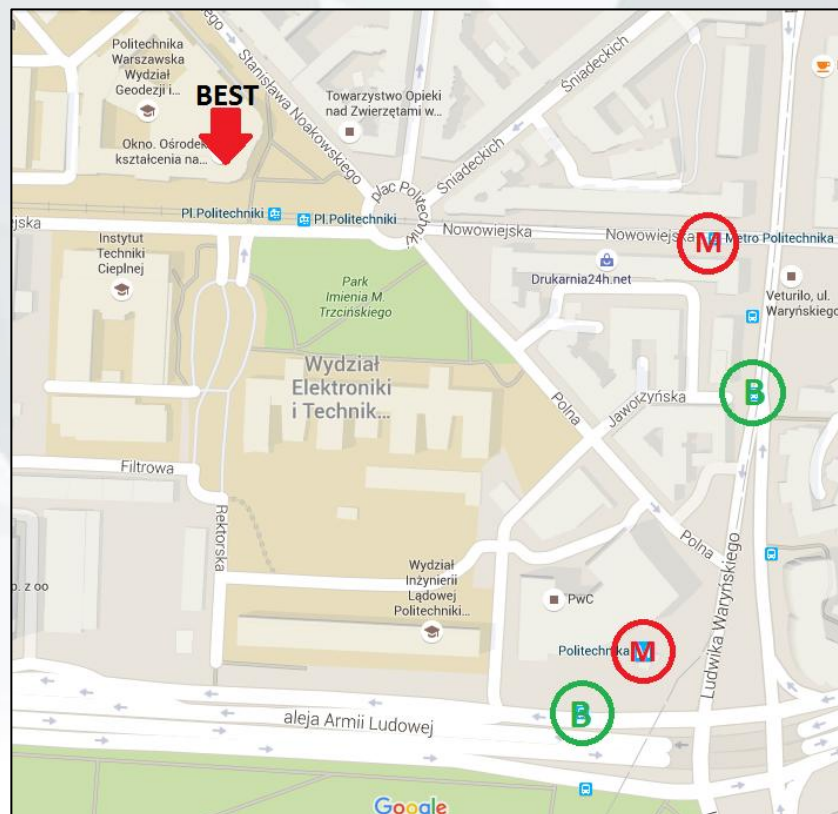
English	Polish	IPA
Good morning!/good afternoon!	Dzień dobry!	dʑɛɲ dobɾi
Goodbye	Do widzenia	do vidʑɛɲa
Good evening!	Dobry wieczór!	dobɾi vʲɛʧʊr
good night	Dobranoc	dobranotɕ
Hello	Cześć	ʧɛʦɕ
Yes/No	Tak/Nie	tak/ɲɛ
Please	Proszę	prɔʃɛ
Thank you	Dziękuję	dʑɛɲkujɛ
You're welcome	Nie ma za co	ɲɛ ma za tɕo
I'm sorry	Przepraszam	pʃɛpraʃam
What time is it?	Która jest godzina?	ktura jɛzd godʑina
Where is...?	Gdzie jest...?	gdʑɛ jɛst...?
toilet	łazienka	waʑɛnka
train station	dworzec kolejowy	dvorzɛʦ kolɛjɔvɨ
Give me a beer	Dajcie mi piwo	dajtɕɛ mi pivo
You have such wonderful eyes	Masz takie piękne oczy	mass takʲɛ pʲɛɲknɛ otʃɨ
Would you like to dance with me?	Czy chcesz ze mną zatańczyć?	ʧɨ xʧɛʃ zɛ mnɔ̃ zatajɲʧɨʦɕ
You're pretty/handsome	Jesteś ładna/przystojny	jɛstɕɛ wadna/pʃɨstɔjɲɨ
Cheers!	Na zdrowie!	na zdrovʲɛ
I am a strawberry, eat me!	Jestem truskawką, zjedz mnie!	jɛstɛm truskafkɔ̃ zjɛdʑ mɲɛ

Contact us

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BUS STOP



METRO