



# VR THE GRAPHICS CHAMPIONS

# Dear participants!

We are very happy that you decided to choose our summer course and spend the best days of your life in Poland!

This survival guide will provide you with all the necessary information about Warsaw and some advice that might help you survive this unforgettable trip!

## Who are we?

BEST - Board of European Students of Technology is a constantly growing, non-profit and non-political organization. Since 1989 we provide communication, co-operation and exchange possibilities for students all over Europe. 94 Local BEST Groups (LBGs) in 32 countries are creating a growing, well organized, powerful, young and innovative student network. 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. Therefore we create opportunities for the students to meet and learn from one another through our academic and non-academic events and educational symposia. Local BEST Group Warsaw was established in 1989 and since then we've been doing various projects to have fun and develop new skills in the society of engineering students.

# Warsaw University of Technology

Warsaw University of Technology 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 began in Warsaw Institute of Technology.

## About Poland

Poland is located in the heart of Europe and covers an area of 312,700 square kilometres. Its boundaries are formed by the Baltic Sea to the north, Germany to the west, the Czech and Slovak Republics to the south and Ukraine, Belarus, Lithuania and Russia to the east.

Poland's topography is characterised mainly by lowland plains, but there are also few beautiful mountain chains, such as the Sudety and Tatra Mountains. Hundreds of lakes are hidden away in the northern part of the country in the Pomeranian and Mazurian Lake Districts. Touching the Baltic Sea in the north, Poland offers 528 km of coastline with sandy beaches.

Poland has 38,5 million inhabitants, 1,711,000 of whom live in the capital city of Warsaw (Warszawa).



# Poland in a nutshell:

GOVERNMENT TYPE: Parliamentary Republic

LAND AREA: 312,679 km<sup>2</sup>

OFFICIAL 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

NATIONAL SYMBOL: an eagle

NATIONAL VEGETABLE: an onion



## A few words about Warsaw

Warsaw is a beautiful centre of political, cultural and economic life of our country. It is a thriving city with plenty of parks and gardens, picturesque sights and unique historical monuments. The symbol of the city is the Mermaid, featured on the city seal. A glimpse of our wonderful capital that you can get below will surely make you want to see more when you come to us in July. And we will show you much more!

## Must-see places in Warsaw:

### Wilanów Palace

Wilanow Palace Museum is 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.





## The Royal Castle



The Royal Castle in Warsaw is a castle residency that formerly served throughout the centuries as the official residence of the Polish monarchs. It's located in the Castle Square at the entrance to the Old Town. The personal offices of the king and the administrative offices of the Royal Court of Poland were located there from the sixteenth century until the Partitions of Poland.

## Museum of the history of Polish Jews



This exceptional museum's permanent exhibition opened in late 2014. Impressive multimedia exhibits document 1000 years of Jewish history in Poland, from accounts of the earliest Jewish traders in the region through waves of mass migration, progress and pogroms, all the way to WWII and the destruction of Europe's largest Jewish community.

# The Old Town Square and Multimedia Fountain Park



At the centre of the partially walled Old Town (Stare Miasto), the Old Town Square is, for those with an eye for historic buildings, the loveliest square in Warsaw. It's lined with tall houses exhibiting a fine blend of Renaissance, Baroque, Gothic and neoclassical elements. Between the Old Town and the Vistula River there is a Multimedia Fountain Park, which during summer serves as a refreshing asylum for tourists and locals alike, while in the evenings it captivates with performances of colours and fabulous shapes.

## The Palace of Culture and Science

Love it or hate it, every visitor to Warsaw should visit the iconic, socialist realist PKiN (as its full Polish name is abbreviated). This 'gift of friendship' from the Soviet Union was built in the early 1950s, and at 231m high remains the tallest building in Poland. It's home to a huge congress hall, theatres, a multiscreen cinema and museums.



## The Warsaw Rising Museum

One of Warsaw's best, this museum traces the history of the city's heroic but doomed uprising against the German occupation in 1944 via three levels of interactive displays, photographs, film archives and personal accounts. The volume of material is overwhelming, but the museum does an excellent job of instilling in visitors a sense of the desperation residents felt in deciding to oppose the occupation by force, and of illustrating the dark consequences, including the Nazis' destruction of the city in the aftermath.



## Łazienki Park

This park is a beautiful place of manicured greens and wild patches. Its popularity extends to families, peacocks and fans of classical music, who come for the al fresco Chopin concerts on Sunday afternoons. Łazienki was acquired by King Stanisław August Poniatowski in 1764 and transformed into a splendid park complete with palace, amphitheatre, and various follies and other buildings.





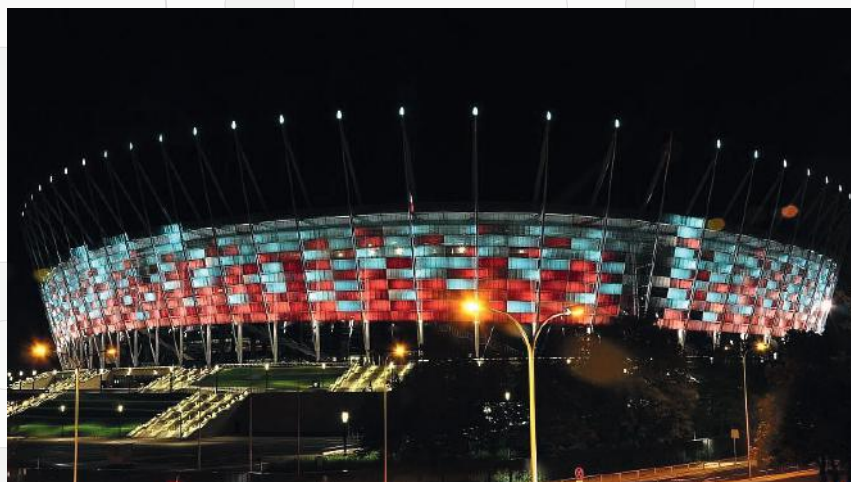
## Copernicus Science Centre

This centre is an extraordinary scientific laboratory. It is a huge space where you discover learning mechanisms and cognitive processes. By using our exhibits, every day over a thousand visitors show us how differently one can learn and discover the surrounding world.



## National Stadium

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.





# Polish cuisine

Poland is not only known for the most beautiful girls in Europe but also for our delicious food. People come to try our pierogi (filled dumplings) from all around the world. If you want to feel polish vibe you have to try our most famous dishes and of course, our drinks!



Typical polish food is a bit heavy but once you try it, you will not be able to resist the temptation. Our must-try dishes are 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".

You can easily find yourself obsessed with polish food but don't worry about eating too much calories – we can hit the gym later!

# Hot or Cold?

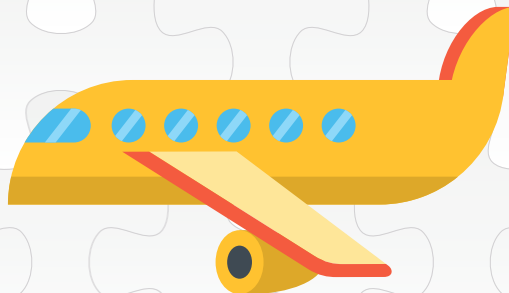


Summertime in Poland can be really hot, though temperatures are around 15-25 C. July is supposedly the hottest month of the year but weather in Poland can be quite unpredictable.

Therefore you should also take some warm clothes and be prepared that it can rain sometimes and at night it can get a bit cold.

# How do I get to Poland?

By plane:



We are almost in the Centre of Europe and have a lot of connections between European countries. The biggest airport (Warsaw Chopin Airport) is in Warsaw and once you arrive here we will pick you up.

Also, there is Modlin airport near to Warsaw (about 40 km) and if you get there, you can get 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.

## By train:



Travelling by train in Poland is cheap for students. The biggest railway station in Warsaw is Warszawa Centralna (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.

## By bus:

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>.

## On foot:



If you like adventure and BEST course is not enough you can try to get here by foot but let us now in advance that you are planning such a thing and count wisely how many days you will need to get to Warsaw. You can save some money and have a nice time but also NOT.

**Remember that you don't have to worry about getting lost, we will do anything to pick you up no matter where you end up in Warsaw!**



# How to get around Warsaw

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

Here you have some phone numbers to the cheap taxis and uber 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)

Uber: <https://www.uber.com/pl/cities/warsaw/>

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

<http://www.inyourpocket.com/warsaw>

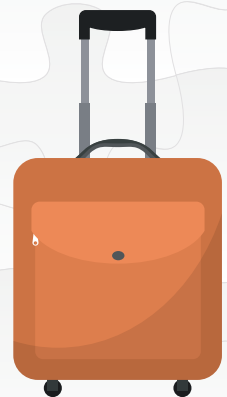
<http://warsawtour.pl/en>



# What to bring



1. yourself
2. ID card/passport or visa if you need it
3. your ISIC (International Student Card) – In order to have a 50% discount on the tickets
4. Travel and medical insurance – European Health Insurance Card for those who live in an EU country
5. money/ credit cards - cards are accepted in most of shops but charges can occur based on rules of your bank
6. clothes
7. personal hygiene items (we like clean and beautiful participants)
8. towels
9. medicine (your own prescribed medications if you are taking some)
10. sunglasses and sunscreen
11. camera
12. sleeping bag
13. some traditional food from your country and drinks – essential elements for the International Evening
14. contact information to the organizers
15. extra stuff for parties
16. your beautiful smile and lots of energy!
17. contact information to the organizers
18. extra stuff for parties
19. your beautiful smile and lots of energy!



**We will do everything we can to make this summer the BEST time of your life! Remember that you don't have to worry about accommodation and meals – we will provide it to you.**

# How to survive in Poland



You should remember that in our country:

- drugs are strictly prohibited
- drinking alcohol and smoking cigarettes in public is also prohibited ( but generally get yourself ready for drinking, just not there)
- jaywalk is illegal (otherwise you will have to pay 500 zł fine)
- being sad is banned
- you also shouldn't eat too much fast foods, polish food is much better
- you shouldn't say "thank you" when paying for a meal until you've received your change back (in some restaurants it means "keep the change")

There are also few things that you should do in Poland, for example:

- visit at least some of the places listed in this survival guide
- offer your seat in public transport to the elderly, disabled people or pregnant women
- shake hands when meeting someone and when departing
- ask random pedestrians for help, they will do it with pleasure
- stamp your ticket in bus/tram
- always have your ID with you
- hug people when they look sad

and party with us!



# Money makes the world go around



Złoty (zł, PLN) is the Polish currency.

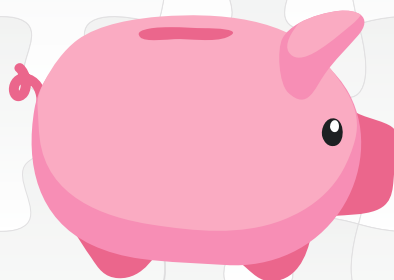
One zloty is divided into 100 groszy (1 zł = 100 gr).

Exchange points are usually located in city centre, railway stations, airports and places of increased tourist traffic.

We recommend you to find "kantor" in the city centre, not at the airport because of higher rates.

Prices of food articles in Poland are not high, shopping is cheapest in hypermarkets and at markets, while small shops are slightly more expensive.

Beer (pub)	7 - 10zł	1,5 - 2,20 €
Beer (shop)	3 - 5zł	1 - 1,2 €
0,5 l vodka 17	17 - 25zł	3,7 - 5,5 €
0,5 Coca Cola	2,5 - 4zł	0,5 - 4,5 €
Cigarettes	12 - 17zł	2,6 - 3,7 €
Pizza	20 - 30zł	4,4 - 6,6 €
Dinner at the restaurant	15 - 40zł	3,3 - 8,8 €
Lunch at Mc Donald's	20 zł	4,40 €
Pierogi	15 - 20zł	3,3 - 4,4 €
Condoms (3-pack)	9 zł	2 €



# Quick language course

Cześć!

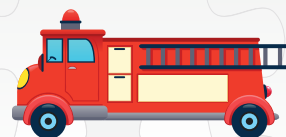
Hi!

Though most people in Poland can speak or at least understand English, you might still find yourself in a situation in which you will have to use Polish language or you would like to impress your hosts. So here you have some useful words and sentences:

Dzień dobry	Good morning/good afternoon
Do widzenia	Goodbye
Dobry wieczór	Good evening
Dobranoc	Good night
Cześć	Hello
Tak	Yes
Nie	No
Proszę	Please
Dziękuję	Thank you
Nie ma za co	You're welcome
Pomocy!	Help!
Przepraszam	I'm sorry
Która jest godzina?	What time is it?
Gdzie jest...?	Where is...?
Ile to kosztuje?	How much does it cost?
Jak się masz?	How you doin'?
Jesteś super	You're great
Lubię Cię	I like you
Kocham Cię	I love you
Dajcie mi piwo/wódki	Give me a beer/vodka
Przytul mnie - Hug me	Hug me
Na zdrowie! - Cheers!	Cheers!
Szukam męża/żony	I'm looking for a husband/wife
Jestem złodziejem i przychodzę skraść twoje serce	I'm a thief and I'm here to steal your heart
Czy chcesz ze mną zatańczyć? -	Would you like to dance with me?
Jesteś ładna/przystojny	You're pretty/handsome
Jestem truskawką, zjedz mnie!	I am a strawberry, eat me!



# Emergency!



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

Police	997
Fire brigade	998
Ambulance	999
Road service	981
Municipal Police	986
Universal number	112
Emergency number from mobile phones info line for foreigners	0 800 200 300 112

## Contact details

Piotr Wojciuk

Main Organiser of Summer Course Warsaw '17

tel.: +48 782 983 852

e-mail: [piotr.wojciuk@best.pw.edu.pl](mailto:piotr.wojciuk@best.pw.edu.pl)

Luiza Sieklucka

Participants Responsible

tel.: +48 500 784 924

e-mail: [luiza.sieklucka@best.pw.edu.pl](mailto:luiza.sieklucka@best.pw.edu.pl)

BEST Warsaw

pl. Politechniki 1, p: 142

00-661 Warszawa

tel.: +48 22 234 50 22

