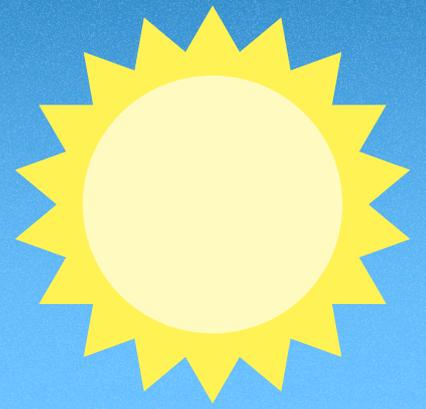


SURVIVAL GUIDE



Summer Course 2023

Poland, Warsaw

15-24.08.2023



SMASH OR PASS?

- A BIOMECHANICS CLASS

Dear participants,

Welcome to Warsaw Summer Course! We are glad that you chose to spend the BEST part of the year with us in Poland!

In this survival guide you will be provided with some interesting facts about the city of Warsaw as well as some important information that is going to make it easier for you to move around in Poland!

1. INTRODUCTION TO POLAND

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8. FEW RULES, THAT YOU SHOULD KNOW

9. USEFUL WORDS AND PHRASES

10. TIME IS MONEY. DON'T WASTE A BIT!

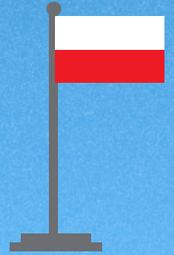
11. EMERGENCY NUMBER

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1. INTRODUCTION TO POLAND

Poland (Polska)
officially the Republic of Poland,
situated in the middle of Europe.



Polish territory reaches from the Baltic Sea in the north, through Masurian Lake District to Silesia and the mountain region in the South.



TIME ZONE: UTC+2 from March 29th to October 24th



POPULATION: 38 million people



LANGUAGE: Polish



ELECTRICITY: Voltage: 230 Volts



CURRENCY: PLN (zloty)



COUNTRY DIALING CODE: +48



2. SPECIAL PLACES IN WARSAW

Warsaw University of Technology

The Warsaw University of Technology (Polish: Politechnika Warszawska) 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.



Old Town

Walking the streets of the Old Town and New Town allows you to rest from the bustle of central city life. Atmospheric alleys, squares, and cozy cafés create a unique sense of history, and in the summer, the Old and New Town Squares become stages for musical and theatrical performances and open-air galleries.

Palace of Culture and Science

Completed in 1955 as a 'gift from the Soviet people', the building is the embodiment of Socialist Realist architecture. It was the tallest building in Poland for a long time and now it fulfills the role of a cultural center accommodating theaters, museums, a cinema and a concert hall. The highest viewing platform in Warsaw, on the 30th floor, offers an excellent panoramic view of the city.



Vistula boulevards

A very popular summer place for evening meetings of students. Hundreds of people come there to spend time together watching the largest river in Poland - the Vistula.

Royal Łazienki Park

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

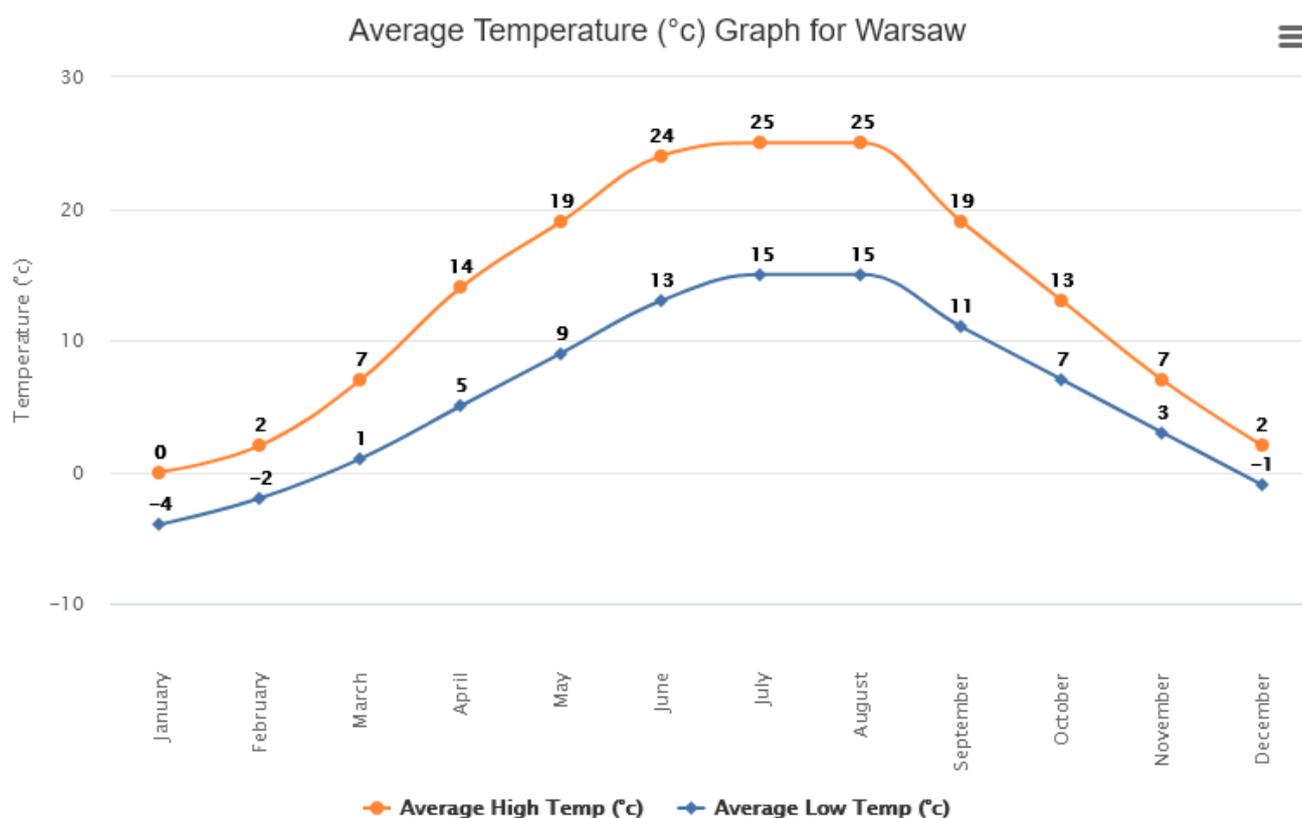


3. WEATHER IN POLAND

Temperature is pretty high at this time of the year in Poland (on average it is circa 25°C, extreme cases are over 35°C).

Nonetheless, rain is nothing out of the ordinary and it can get cold in the evening (around 12°C) so make sure you arrive appropriately equipped. In our country changes in temperature and weather happen often and quickly.

Average Temperature



4. DON'T FORGET TO BRING WITH YOU

1. **This survival guide!**
2. **Your ISIC (International Student Identity Card). It is vital in order to get 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 (payment for the course in cash)**
6. **Clothes (raincoats are needed!)**
7. **Toilet stuff**
8. **Medications if needed**
9. **Sunglasses and sunscreen**
10. **Camera**
11. **Typical foods, and drinks from your country, for the International Evening**
12. **Extra stuff for parties**
13. **Proper contact plug**



Image source: Google Images



5. OUR REGIONAL CUISINE

Poland is not only known for the most beautiful girls in Europe or the best vodka but also for our delicious food. People come to try our pierogi from all around the world. If you want to feel the Polish vibe you have to try our most famous dishes. Typical Polish food is a bit heavy but once you try it, you will not be able to resist the temptation.

Once you are here you have to try pierogi (dumplings), kotlet schabowy (pork breaded cutlet), gołabki (cabbage roll), bigos (hunter's stew) and all soups e.g. kapusniak (cabbage soup), pomidorowa (tomato soup), rosół (bouillon). Our national drink is wódka (vodka) and it is one of the best in the world as we mentioned earlier.



6. TRAVEL POSSIBILITIES

By plane: The fastest and easiest way to get to Warsaw would be by plane. We've got two airports, the main airport called Warsaw Chopin Airport, or the Modlin airport which is about 30 km from Warsaw. At the airport you can get to the meeting point by bus. (more information on [\(LINK\)](#)). Feel free to contact us in case of any problem. 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. Two main railway stations in Warsaw are Central Railway Station (Warszawa Centralna) and West Railway Station (Warszawa Zachodnia). Once you get there, we'll be able to pick you up. You can find a train at [\(LINK\)](#) and if it's within Poland borders you'll be able to buy the tickets online. Unfortunately, student discounts are not available for foreigners even with an International Student Identity Card.



By bus: Here are some websites that offer bus transport. Check [\(LINK\)](#) for internal routes. You can also find different kinds of connections within Poland at [\(LINK\)](#)

Image source: Google Images



7. HOW TO GET AROUND WARSAW WITH EASE?

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 [\(LINK\)](#). If you want to find any connection, you can use Google Maps - public transport routes.

Here you have some apps that will make moving around Warsaw a little easier:

Uber ([LINK](#))
(Cheap taxi)

Bolt ([LINK](#))
(Cheap taxi)

JakDojade ([LINK](#))
(Conneciton finder)



If you want to know more about Warsaw, there are special guides for travellers: [\(OPTION 1\)](#) [\(OPTION 2\)](#)

TICKET MACHINE

CITY BUS

Image source: Google Images



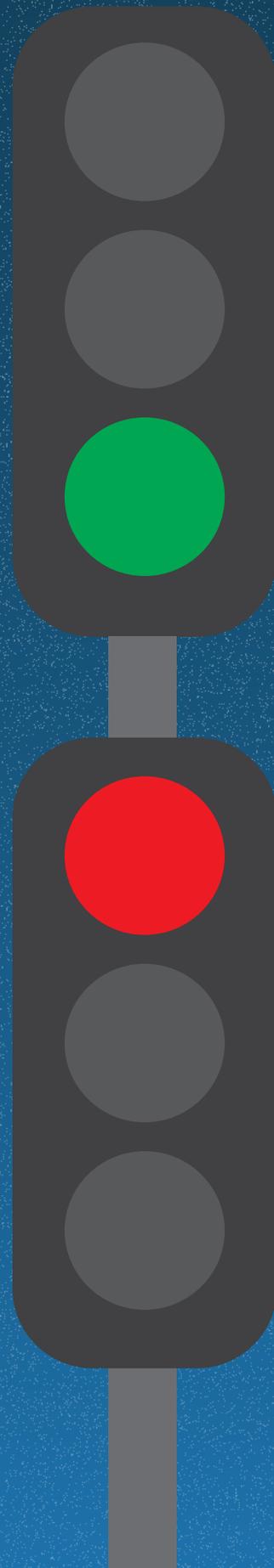
8. FEW RULES, THAT YOU SHOULD KNOW...

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

- offer your seat in public transport to the elderly, disabled people or pregnant women
- shake hands when meeting someone and when departing
- validate your ticket in bus/tram
- always have your ID and ISIC with you
- party with us!

You should remember that in our country:

- drugs are strictly prohibited
- drinking alcohol in public is prohibited
- smoking cigarettes in closed areas (buildings, railway stations, bus stops) is also prohibited
- jaywalking is illegal (otherwise you will have to pay 500 zł fine)
- it is not possible to buy morning-after pill in Poland
- most of the shops are closed on Sunday



9. USEFUL WORDS AND PHRASES

English	Polish
Good morning!/Good afternoon!	Dzień dobry!
Goodbye!	Do widzenia!
Good night!	Dobranoc!
Hello	Cześć
Yes/No	Tak/Nie
Please	Proszę
Thank you!	Dziękuję!
You're welcome!	Nie ma za co!
I'm sorry	Przepraszam
What time is it?	Która jest godzina?
Where is...?	Gdzie jest...?
Toilet	Łazienka
Railway station	Dworzec kolejowy
Give me a beer	Dajcie mi piwo
Cheers!	Na zdrowie!
You have such a wonderful eyes	Masz takie piękne oczy
Would you like to dance with me?	Czy chcesz ze mną zatańczyć?
You're pretty/handsome	Jesteś ładna/przystojny
Won't you drink with me?	Ze mną się nie napijesz?
Beer is my fuel.	Piwo to moje paliwo
Hold my beer.	Potrzymaj mi piwo.

10. TIME IS MONEY... DON'T WASTE A BIT!

Złoty (zł, PLN) is the Polish currency. One zloty is divided into 100 groszy (1 zł = 100 gr). There are banknotes in denominations of PLN 10, 20, 50, 100, 200 and 500, coins in denominations of gr 1, 2, 5, 10, 20 and 50 and PLN 1, 2, 5 in circulation. You can exchange money in numerous exchange offices or banks. Banks in Poland during weekdays are usually open from 10 am till 6 pm and on Saturday - from 10 am till 2 pm. They are closed on Sunday. Exchange points are usually located in city center, railway stations, airports and places of increased tourist traffic. We recommend you to find a kantor - "kantor" in Polish - in the city centre, not at the airport because of higher rates.

Product	Cost
Cheap meal	~25 PLN
Fancy meal	~50 PLN
Beer (shop, 0,5l)	~4 PLN
Beer (bar/pub, 0,5l)	~12 PLN
Bottle of water(0,5l)	~2 PLN
Candy bar	~ 3 PLN
Cigarettes	~16 PLN
Vodka	~30 PLN
Tickets (metro/tram/bus, 75 minutes)	~4,4 PLN
Condoms (3 in one box)	~ 10 PLN

11. EMERGENCY NUMBERS

**UNIVERSAL EMERGENCY
NUMBER: 112**

POLICE: 997

FIRE BRIGADE: 998

AMBULANCE: 999



12. CONTACT US

BEST Courses website:



BEST FB:



Warsaw BEST Courses FB:



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