



Dude, it's all about food!

Welcome!

So, you've decided to participate in our amazing course! Welcome to this survival guide, here you'll find all the helpful information that may come in handy before and during the course. It's in your best interest to read everything very carefully. You'll find here topics regarding Poland and the city that you're going to, which is Warsaw, as well as some general advices on how to get to Warsaw. It might be overwhelming at first, but do not worry, all the organizers are working day and night to make this, the best adventure of your life. We can't wait till your arrival.

So what's up with Poland?

Poland is a beautiful country, neighboring to the west with Germany, to the south with Czech Republic and Slovakia, to the east with Ukraine and Belarus and to the northeast with Lithuania and the Russian Province of Kaliningrad Oblast. On the northwestern side of Poland you'll find the Baltic seacoast and on the southern side of Poland you'll find the mountain region with the Sudetes, the Kraków-Częstochowa Upland, the Świętokrzyskie Mountans, and the Carpathian Mountains, including the Beskids. You can also find great lakes at the Masurian Lake District.

Many legends exist that describe how the mermaid came to symbolize Warsaw. A popular version of this story tells of how the mermaid named Sawa was rescued from capture by a man named Wars. Because of Wars' kindness, Sawa vowed to protect the city. Warszawa (Warsaw) became the name of the city and the mermaid is shown with a sword and shield in recognition of her promise to protect the city.

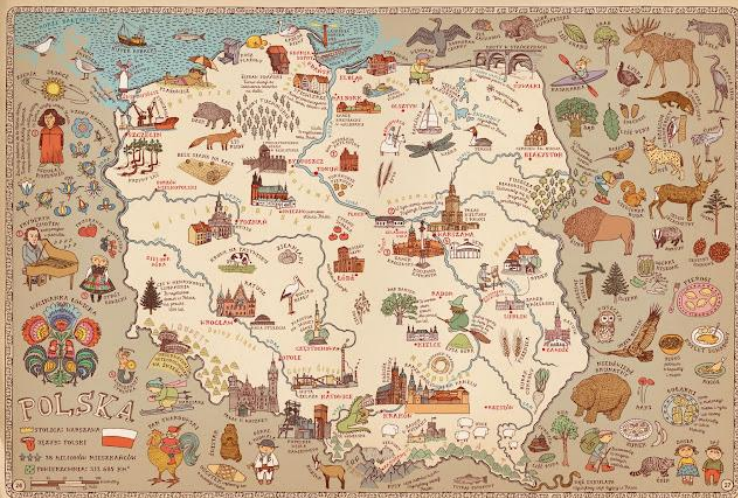
Short History of BEST Warsaw

BEST, Board of European Students of Technology is a constantly growing non-profit and non-political organisation. Since 1989 we provide communication, co-operation and exchange possibilities for students all over Europe. 96 Local BEST Groups (LBGs) in 33 countries are creating a growing, well organised, 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, since then we've been doing various projects to have fun and develop new skills in the society of engineering students.





Useful Information about Poland



Population: 38.5 million people

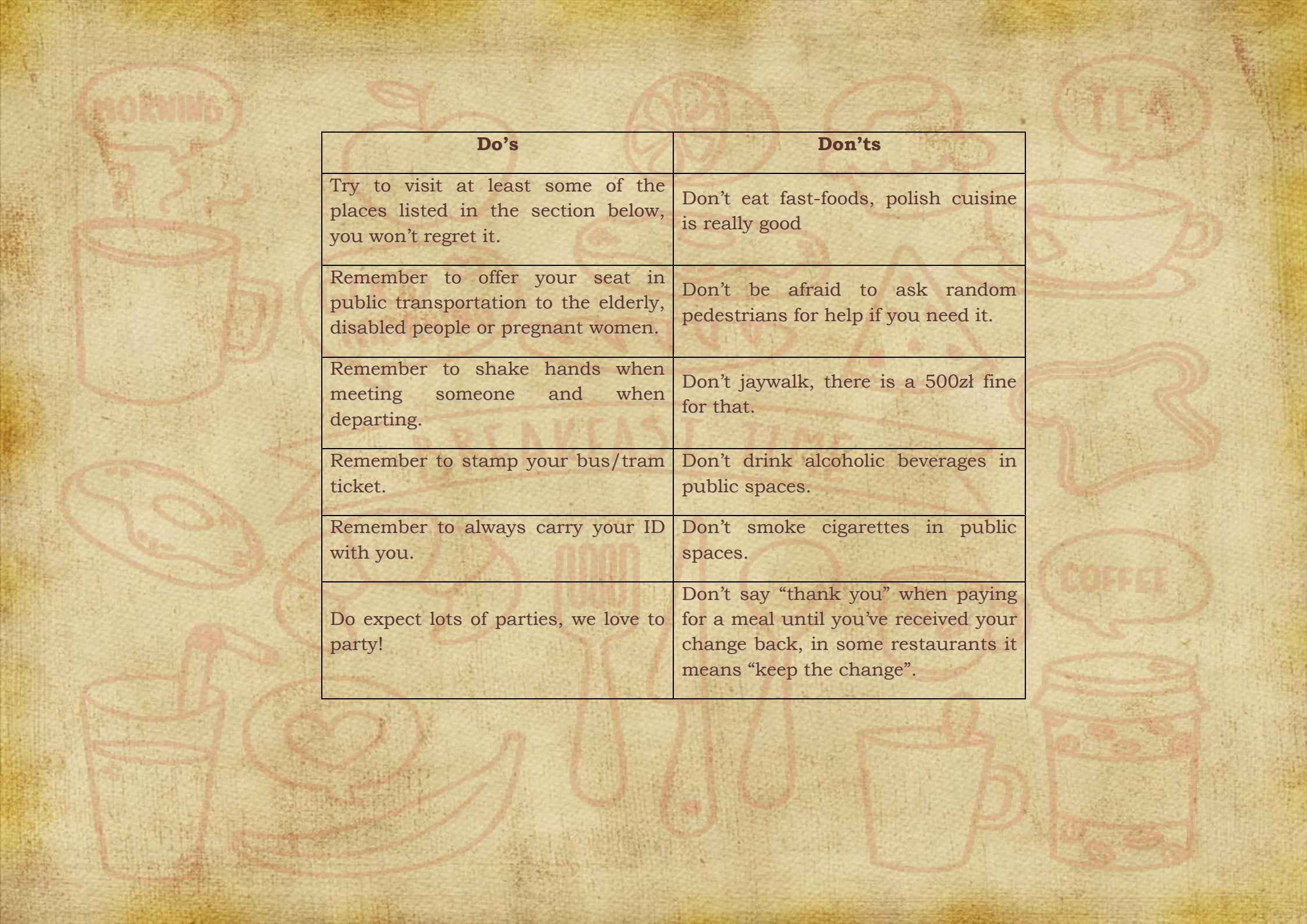
Language: Polish

Time Zone: UTC+1 from October 25th to March 28th and UTC+2 from March 29th to October 24th.

Electricity: Voltage – 230 Volts

Typical Polish Foods: bigos, pierogi, kotlet schabowy (pork breaded cutlet), gołąbki (cabbage roll), all kinds of soups and lots of, lots of potatoes.





Do's	Don'ts
Try to visit at least some of the places listed in the section below, you won't regret it.	Don't eat fast-foods, polish cuisine is really good
Remember to offer your seat in public transportation to the elderly, disabled people or pregnant women.	Don't be afraid to ask random pedestrians for help if you need it.
Remember to shake hands when meeting someone and when departing.	Don't jaywalk, there is a 500zł fine for that.
Remember to stamp your bus/tram ticket.	Don't drink alcoholic beverages in public spaces.
Remember to always carry your ID with you.	Don't smoke cigarettes in public spaces.
Do expect lots of parties, we love to party!	Don't say "thank you" when paying for a meal until you've received your change back, in some restaurants it means "keep the change".

Top 10 of Warsaw

1. **Lazienki Królewskie** - Magnificent palatial and garden complex 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 magnificent gardens, canals and ponds.



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.



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



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.



5. **Copernicus Science Center** - one of the largest science centres 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. 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. **Castle Square** - Located in Old Town, this picturesque open plaza was built in 1821 and features the King Zygmunt III column in its center.



8. **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 architect was Lew Rudniew. The Palace is the highest building in Poland, standing at 230.5 m (which is 42 floors) with an area of 817,000 m² and has over 3,000 rooms, including offices, institution headquarters and the Polish Academy of Sciences. Moreover, the Palace has a post office, cinema, swimming pool, museums, libraries and theaters.



9. **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.



10. **Stacja Balon** – Its main attraction is a vertical 120m flight, possible thanks to helium balloon with a gondola, taking up to 30 people each flight. From the observation deck you will be able to immerse yourself in a breathtaking, unique view of Warsaw.



All the stuff that you need to bring with you

1. You must bring with you your ISIC (International Student Identity Card)
2. Travel and medical insurance - European Health Insurance Card for those who live in an EU country.
3. ID card or passport and visa if you need it.
4. Money.
5. Clothes; it should be rather hot in Warsaw but it can still rain from time to time so remember to keep that in mind. Also bring some warm clothes, because it might get cold at night. Lastly, bring your swimming suits as well, we might go swimming.
6. Personal care items.
7. Towels
8. Medications if needed.
9. Sunglasses and sunscreen.
10. Camera.
11. Typical foods, but most importantly drinks from your country, for the International Evening.
12. Contact information to the organizers.
13. Extra stuff for parties.
14. And lots of, lots of, lots of smiles ☺

Warsaw? How do I get there?



You can get to Warsaw **by plane**. Once you arrive at the Warsaw Chopin Airport we'll pick you up and take you to the student dormitory. Furthermore, there is an airport called Warsaw Modlin Airport that is about 40 km from Warsaw. If you get there, you can get a bus that will take you to Warsaw in about 40 minutes, here you can find more information about it: www.modlinbus.com. There are various airports around Poland; it might be cheaper to travel to another city and then take a bus or train.

If you travel **by train** you might want to head to the Warszawa Centralna railway station, which is the biggest railway station in Warsaw. You can find a train at <http://rozklad-pkp.pl/en> and if it's within country borders you'll be able to buy the tickets online. Once you get there we'll be able to pick you up.

If you want to travel **by bus**, here are some helpful links for you: www.eurolines.pl/en, <http://www.simplexpress.eu/en>. Here, you'll be able to find some cheap prices for the tickets if you buy them in advance – <http://www.polskibus.com/en>. Also, here are some websites that you can use to easily find different kinds of connections very quickly within Poland - www.en.e-podroznik.pl. There are various places that you can arrive at in Warsaw, including Warszawa Wschodnia bus station and Warszawa Zachodnia bus station. But no worries, no matter where you end up in Warsaw, we'll be able to pick you up.

Tickets?

You can buy tickets in Warsaw that are valid for metro, buses, trains, and trams. All the information regarding fares and types of tickets you can find at <http://www.ztm.waw.pl/?c=516&l=2>. However, you don't need to worry about that because during the course, we'll pay for all the expenses regarding the transportation.

In case of emergency, here are some phone numbers to some cheap taxis in Warsaw:

Taxi Grosik: +48 22 646 46 46 (1.60 zł per km)

Ele Taxi: +48 22 811 11 11 (2.40 zł per km)

Night Drivers: +48 22 511 12 12 (1.60 zł per km)



Polish Language in a Nutshell

Polish	English	IPA
dzień dobry!	good morning!/good afternoon!	dʑɛɲ dobɾi
do widzenia	goodbye	do vidʑɛɲa
dobry wieczór!	good evening!	dobɾi vʲɛʃʈur
dobranoc	good night	dobranots
cześć	hello	ʧɛʃʈɛ
tak	yes	tak
nie	no	ɲɛ
dziękuję	thank you	dʑɛɲkuje
nie ma za co	you're welcome	ɲɛ ma za tso
przepraszam	I'm sorry	pʃɛpɾaʃam
Która jest godzina?	What time is it?	ktura jezd godzina
Gdzie jest...?	Where is...?	gdʑɛ jest...?
łazienka	toilet	wazɛnka
dworzec kolejowy	train station	dvorzɛts kolejovi
KFC/McDonald's	KFC/McDonald's	keɪfʃi:/mæk'da:nɔldz
Dajcie mi piwo.	Give me a beer.	dajtɛ mi pivo
Masz takie piękne oczy	You have such wonderful eyes	mass takie pʲɛɲkne otʃi
Czy chcesz ze mną zatańczyć?	Would you like to dance with me?	ʧi xtɛʃ zɛ mnɔ zatajɲʧiʈɛ
Jesteś ładna/przystojny	You're pretty/handsome	jestɛɕ wadna/pʃiʃtojɲi
Na zdrowie!	Cheers!	na zdrovʲɛ
Jestem truskawką, zjedz mnie!	I am a strawberry, eat me!	jestɛm truskafkɔ zjedz mɲɛ

Prices for Everything You'll Need in Poland

The currency used in Poland is “złoty”, meaning “golden” and 1 złoty is the same as 100 groszy.

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

Banknotes: 10, 20, 50, 100, 200 złoty

Most banks are open during weekdays from 10:00 am till 6:00 pm and on Saturdays they are open from 10:00 am till 2:00 pm. You can easily find ATMs around Warsaw, an ATM machine in Polish is called “bankomat”. If you need to exchange currencies look for places called “kantór”. Generally, you'll find better rates at the city centre rather than at the airports.

Beer (0.5l) in a supermarket	2.80 zł
Beer (0.5l) in a restaurant	9.00 zł
Pack of cigarettes	15 zł
Lunch in a restaurant	30 – 40 zł
Lunch in McDonald's	20 zł
Cinema ticket for a student	19.90 zł
Pack of 3 condoms	7 zł
Professional rake	90 zł
Bottle of Żubrówka (0.7l)	35 zł

In Case of Emergency

Here are some Polish emergency phone numbers, we hope you won't need to use them.

Ambulance	999
Fire Brigade	998
Police	997
Road Assistance	981
Municipal Police	986
General Emergency Number	112
Telepizza	801 111 111

Contact us!

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How to get to BEST office

We'll do our BEST to pick you up from the airport or wherever you arrive. But in case, we don't find each other, it's better to know where our office is located at.

Legend

B – bus stop

M – underground entrance (metro)

BEST – our office

