

National Operators' Meeting

26 – 30th October 2011



ENVIRONMENTAL
PARTNERSHIP
FOUNDATION



General Information

Welcome to Poland!

Poland 's beautiful landscapes, including mountains, lakes and the sea, amazing culture, rich history, lively cities and quiet villages makes it a wonderful diversified place .

We hope that you will have the opportunity to visit our country not only during the National Operators Meeting and that our leaflets will help you in planning interesting and well organized trip!

If you need any further information please contacts us, and we will try to do everything to help you find what you are looking for.

We look forward to welcome you in Poland in October.

In this leaflet:

1. Introduction to Poland
2. Practical information

1. An Introduction to Poland

Facts and Figures

- Poland is a home for over 38 million people. It covers the area of 312,685 km² and is divided into 16 voivodships.
- The Biggest number of people lives in the big cities including Warszawa, Kraków, Łódź, Wrocław, Poznań. However the estimated number of Polish people abroad is between 14 and 7 milions.

History and Politics

- Poland has been a historically troubled country. After many partitions, wars and the communist government, in 1989 it has finally reached the democracy.
- The Polish Parliament consists of two legislative bodies. The lower house is called Sejm, and Senate is the upper house. The head of state is President, Bronisław Komorowski.



Language and Culture

- Poland's main language is Polish, which is a Lechitic subgroup of West Slavic languages of Central Europe. Its written standard is the Polish alphabet which corresponds to the Latin alphabet with several additions.
- However Polish has several dialects which are:

* Greater Polish, spoken in the west

* Lesser Polish, spoken in the south and southeast

* Masovian, spoken throughout the central and eastern parts of the country

* Silesian, spoken in the southwest (controversial)

- Polish culture, in which the memory of a "Republic of Many Nations" is still alive, is a "borderland culture" which appeared in the very heart of Europe. It joins the traditions of East and West - the mysticism of Orthodoxy with classical Latin, the living cult of the icon with the Jewish Hasidic tradition, the baroque mythology of the Sarmatians with picturesque folk culture. In Poland, at the crossroads of Europe, there arose a specific weave of cultural traditions which artists and writers continually refer to.

2. Practical information

Getting here...

By air

- **Krakow Airport** [timetable](#)
- **Travelling from the Krakow Airport to the city center**
We will organize a bus that will take you directly from the airport to the city center. It will be leaving at specific hours.
- There is also train to the city center, which is the fastest link between the centre of Krakow and the airport. Travel time is 18 minutes. The train station is located 200 m from the T1 international terminal. For travel between the terminals and the station, we advise you to use the free Shuttle Bus service.
- **The Warsaw Okęcie airport** itself maintains direct connections to about fifty cities in more than thirty countries in Europe and the world. International connections are also offered by airports in Gdańsk, Katowice, Łódź, Poznań, Szczecin, Wrocław. From Warsaw to Kraków you can get plane or travel by train from Warszawa Centralna train station. From Okęcie Airport to Warszawa Centralna you have to take bus no. 175. Bus ticket cost about 0,68 EUR. Can buy it in kiosk or ticket automats in bus and bus stops.
- We kindly ask you to book your tickets as quickly as possible, because we need to close our guest list up to July.

By rail

[Polish Railways](#) (PKP): tel. 94 36,

Railway travel enables you to reach most of the cities and towns in Poland. The Polish carrier is Polskie Koleje Państwowe (PKP). It offers express (Intercity) connections, as well as passenger and fast trains, both domestic and international.

Travel to Krakow by rail.

Krakow is one of Poland's main railroad junctions. Five trunk lines connect the city with the world. Its central Krakow Główny station is situated most conveniently in the very city center, close to the Old Town historic district.

Every day there arrive expresses from Germany's Berlin, Dresden, Frankfurt/M, Frankfurt/O and Leipzig, Austria's Vienna, the Czech Republic's Prague, Hungary's Budapest, Rumania's Bucharest, Slovakia's Bratislava and Kosice, Ukraine's Kiev, Lvov and Odessa. Expresses run also to all major cities in Poland. Notably, most convenient is the shuttle express service to and from capital Warsaw where the 300-km trip takes 2h45, no stops in between. At the same time there are abundant local rail connections. Ticket on train is about 28 EUR.

Information about the timetable may be found at railway stations on information boards and at information desks, or on the [Website](#).

Tickets may be purchased from ticket offices at stations and via the [Internet](#).

Visa requirements

Poland is Schengen Zone.

You find visa requirements and [list](#) of countries whose citizens are not required to have a visa when entering Poland on Polish Ministry of Foreign Affairs [website](#).

Thanks to a beneficial bilateral agreement, citizens of some countries will not have to pay a visa fee. If you need an official invitation to the NOM does not hesitate to write to us and we will prepare it.

Currency

- Poland's currency is Złoty (zł, PLN) One zloty is divided into 100 groszy (1 zł = 100 gr). Currencies may be exchanged in numerous Money Exchange offices or in banks, 1 EUR ~ 4 PLN.
- Foreign tourists may exchange money, cash traveller's cheques and conduct all financial operations in banks, however, there may be queues.

Accommodation

Where to stay

Eco-Schools Poland has organized accommodation for you for four nights at the [Ibis Krakow Center Hotel](#) from 26th – 29th October inclusive. The hotel is located in the city center just a 10-minute walk from the Old Town or the Royal Castle on Wawel Hill, 1.5 km from the train station and 18 km from Krakow-Balice airport. Hotel address: Syrokomli 2, 30-102 Krakow, GPS: N 50° 3' 16.57" E 19° 55' 32.01"



If you'd like to spend longer in Krakow, or anywhere else in Poland, then the following websites should prove to be of use:

- [Hotels in Krakow](#)
- [Hotels in Poland](#)

Weather

Weather in Poland varies a lot so please come prepared, because October may be sunny and warm, however it can be as well rainy and cold! You can also check current weather on website.

An old Polish poem says that in Krakow 'days are longest in June, hottest in July and most beautiful in August'. Autumn in Krakow brings dry, warm days starting with morning mist, and rich golden colouration of the foliage.

Time Zone

Poland is one of the countries that use Central European Time (GMT + 01:00). This time zone applies to the majority of Europe, including Spain, France, Germany, Netherlands, Italy, Austria, Slovakia, Hungary and many other countries. As in many other countries, from March to October summer time is used to save daylight.

Emergencies

Ambulance: **999**

Police: **997**

Fire Brigade: **998**

All emergencies, phoning from a mobile telephone: **112**

Further Information

If you need any further information please e-mail us.

Polish Environmental Partnership Foundation, Małgorzata Łuszczek email:

malgorzata.luszczek@fpds.pl or Beata Kunc email: programsde@gmail.com.

Or visit our [Website](#).