

## Dear Students,

If you are holding this book in your hand you are most probably considering coming to Wrocław to study. And we know you won't regret it if you do make the choice to come. The city is one of the most interesting places in Poland with great culture, rich history, a good university and – last but not least – a fantastic student atmosphere. Keep your eyes wide open and be ready for surprises. The country and the city have changed a lot in recent years, but you will still feel here like you are riding a rollercoaster between the modern world, uniting Europe, and an old fashioned eastern province. In this guidebook we are going to prepare you for this experience.

The Jungle Book started in 2003. The idea is based on the assumption that foreign students planning to go to Wrocław need a practical, fresh, sometimes subjective guidebook to help them to enjoy their stay from the very beginning. That's why it was developed with great backing from foreign students, whose remarks and commentaries about living in Wrocław, both enthusiastic and critical, have been integrated into the text.

The current third edition of the Jungle Book is divided into three parts. At the beginning you will find some general information about the history and politics of Poland and a survival kit concerning living in the country generally, without any regional, specifically Wrocław's, context. In the following chapter we give you a set of information about the University of Wrocław and student issues. The last section, and the longest one, is an extensive practical guidebook for Wrocław's newcomer. In some passages it serves to make concrete some of the more general information from the first part.

There is a long list of people who deserve our appreciation. We would like to thank the whole Erasmus Office for help in recherche of information, in particular Urszula Broda, Ewa Solecka-Drew, Basia Skalacka and Kasia Krawczyk. We owe gratitude to Barbara Kaczmarek for a great job on the graphic site of the Jungle Book and Rafał Próchniak for his design ideas and preparing the website. Last but not least we are very indebted to our readers: Richard C.R. Drew and Simon Watmough. Simon, many thanks for your great adds and comments!

We would be happy if after the time spent in Wrocław you could give us some advice, comments and proposals about what can be added or changed in subsequent editions of the book. Contact us over the website [www.junglebook.uni.wroc.pl](http://www.junglebook.uni.wroc.pl)

Have a nice stay in Wrocław,

Sebastian Plóciennik  
and the 2wrocław team,  
Dagmara Koczańska, Agata Nowak,  
Marek Pawlak, Kasia Szeliga



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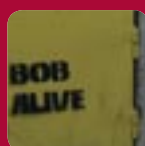
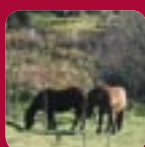
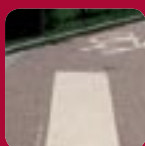
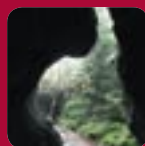
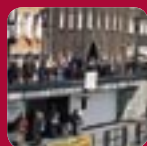
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# Poland kit



## GOLDEN AGES, COLLAPSES AND WONDERS

**T**he Republic of Poland (*Rzeczpospolita Polska*) is located in East-Central Europe. It extends over the plain between the Carpathian Mountains and the Baltic Sea for about 650 km from south to north, and about 690 km at its widest from west to east. It is quite big – in European terms, of course. With an area of about 312,000 square km, the country ranks in sixth place on the continent. It has a population of 38,8 million.

Poland borders in the north along the Baltic Sea, in the north-east with Russia and Lithuania and in the east with Belarus and Ukraine. In the south, the border follows the ranges of the Carpathian and Sudeten Mountains, which separate Poland from Slovakia and the Czech Republic, while to the west, the border with Germany is defined by the rivers Nysa and Odra.

Over the past millennium, the name Poland has been applied to a shifting territorial base. At one point in the mid-1500s, Poland was one of the largest states in Europe. At other times, there has been no Polish state at all. Its current frontiers were drawn in 1945. Norman Davies, a British historian, called his history of Poland „God’s Playground”. Not without good reason: from the 10th century, when the Polish state was founded by Prince Mieszko, until today, Poland has experienced both golden ages and disasters.

One of the most important periods in Poland’s history was the conversion to Christianity around 966. A few years later the German Emperor Otto III visited Poland, acknowledging the existence of his eastern neighbor. However, the next 300 years were difficult. Like many other countries in feudal Europe, Poland went through territorial splitting and internal crisis. Better times came in the 14th century, when King Kazimierz the Great „met Poland wooden, and left it bricked”. After founding a union with Lithuania in the next century, the Polish state entered its golden period. A hundred years later, *Res Publica* became a regional power, reaching far to the east and south almost to the Black Sea. It also developed an original constitutional system, with an elected king and a key role for the gentry’s Parliament (*Sejm*). It was also a multi-ethnic state, relatively free from religious conflicts, unlike the western parts of Europe. Accordingly, many Jews and Protestants settled in Poland.

Problems began with wars against the Ottoman Empire, which dragged on for two hundred years. From the 17th century, Poland was also confronted with burdens of military expeditions in Russia, the Swedish invasion (known as the „Swedish Flood”) and civil war with the Ukrainian Cossacks. This, connected with a decline in the power of Polish kings and the increasing influence of





**Stork** – Poles love that bird and treat it as an unofficial symbol of the country. It symbolizes rebirth, hope and luck.

aristocrats (magnates), heightened threats to Poland from powerful and expanding neighbors. The critical moment came at the end of the 18th century, when Poland was divided among Russia, Prussia and Austria.

The next 123 years were very important for the development of the Polish national consciousness. It was a time of national insurrections, emigration and dreams of freedom. The real chance for independence came after the First World War, when Poland reappeared on the European map. Almost immediately, it had to again defend its independence as the Red Army of the USSR, sought to spread communism to Western Europe. The so called „Wonder at Vistula River” – a battle that took place in 1920 near Warsaw – saved Poland. Soon the Poles had to square up with another problem: how to consolidate the various regions, which had been ruled by three different countries, into one, unified state. After fifteen years of courageous reforms and success in building up its industrial base, Poland was ready to begin „catching up” with the devel-

oped world. Even while the politics of the second *Rzeczpospolita* appeared unstable not quite fully democratic, and beset by ethnic conflicts, the country enjoyed good prospects.

The chance for successful development was lost when Hitler attacked Poland on 1st September 1939. The western allies, France and Great Britain, declared war on Germany, but in fact decided not to intervene militarily. Two weeks later the USSR, in keeping with its pact with the Third Reich, invaded Poland from the east. The two dictatorships divided the country. The Soviets murdered thousands of Polish officers in the forests of Katyń and expelled millions to Siberia and Central Asia. The Nazis oversaw a brutal occupation against Poles and started the Holocaust against Jews. The cooperation of Hitler and Stalin over Poland emerged once again as the Third Reich was close to defeat. In August 1944 Stalin ordered a halt to the Soviet offensive against the Germans in Poland, giving the SS troops time to crush the uprising in Warsaw. Over 200,000 citizens of the capital were killed in a few weeks of fighting. At the behest of Hitler, Warsaw was razed to the ground.

World War II brought destruction to the country and death to over six million citizens, among them three million Polish Jews. Although Polish soldiers were fighting against Hitler on almost all fronts of the war and were officially the fourth biggest military power among the Allies, Poland could not be counted among the victors. In the agreements made on its behalf by the Allies and the Soviets at Yalta, Poland lost territory in the east in favor of the USSR and gained former German territory in the west, including Wrocław and Szczecin. However, the most significant outcome of Yalta was the loss of Polish independence: Stalin took control over Eastern



Europe and installed communist governments throughout the region.

For the next 45 years, Poland was a communist state. It was turbulent time. The people protested against the ineffective and repressive system imposed upon them. In 1978, a Pole, Karol Wojtyła, was elected Pope and hopes for change were revived. In 1980, the social movement „Solidarność” led by Lech Wałęsa (Nobel Peace Prize, 1983) forced the communist government

to recognize greater civil liberties. Just one year later the regime blocked these reforms, introducing martial law and arresting thousands of people. In 1988, Solidarność was re-established and negotiations for a transition to democracy began. The first non-communist government in half a century of Soviet domination was elected in 1989. Poland had set out on the difficult path back to democracy, a free market and a united Europe.

## THE LONG PATH BACK TO EUROPE

Poland is formally a parliamentary republic. The political system is based on government by the Parliament (*Sejm*) with 460 members, the upper house council or *Senat* (100 members), and the president. The president is directly elected and has a position comparatively stronger than German presidents, but weaker than in France.

Administratively the country is divided into 16 provinces, called *województwa*, which divide further into 373 *powiaty* – 308 rural and 65 urban districts.

The first period of Polish democracy after 1989 was characterized by an explosion of political life. The political scene was occupied by dozens of organizations, most of them rooted in





the *Solidarność* movement. Accordingly, governments were not particularly stable: in 1993 alone there were three cabinets. The difficult reforms of the first years of freedom, and continuous conflicts among the democratic parties opened the door for a post-communist party (SLD) to assume power in 1993. For the next four years they governed Poland in alliance with the farmers' party PSL but, surprisingly, economic and particularly foreign policy did not differ radically from the one run previously by the post-*Solidarność* parties.

After presidential elections in 1995, Lech Wałęsa, the legend of the Polish revolution, was replaced by the

SLD leader, Aleksander Kwaśniewski, who held the post until 2005. Groups associated with *Solidarność* returned to power in 1997 creating a coalition of smaller parties, called AWS. They attempted further reforms, but failed due to internal political conflicts. SLD won the next election, in 2001. 2005 was marked by two electoral campaigns: general and presidential. After the toughest campaign in Polish political history, Lech Kaczyński from the conservative party PiS (Law and Justice) was elected president. PiS, led by his twin brother Jarosław Kaczyński, also took a leading position in the Sejm. The new government was formed, in coalition with



## POLITICAL PARTIES

It is difficult to categorize Polish political parties along the traditional division of left and right. Someone once observed ironically that there are only two kinds of political party in Poland: left-wing and God-fearing and left-wing and godless. In fact, it is attitudes to history and Poland's communist legacy that have defined the political scene recently. The political landscape has been very dynamic: big parties have appeared and disappeared, politicians have risen quickly only to fall spectacularly into political oblivion. However, after the 2005 elections, the picture has become clearer. A visible division of the political system into conservative-national and left-liberal hemispheres has emerged.

**PiS (Prawo i Sprawiedliwość)** – Law and Justice. A conservative party stressing the need for moral renewal in public life and reform of the judicial system. Now the biggest party in Parliament. Led by Jarosław Kaczyński. Support is around 25%.

**Samoobrona** – Self-defense. A former party of radical, populist protest, now in government. It is especially popular in smaller cities and in the country, led by a charismatic leader, Andrzej Lepper. He has criticized economic reforms undertaken after 1989 and attacked the elites. Support is 5-7%.

**LPR (Liga Polskich Rodzin)** – League of Polish Families – a national and Catholic party led by the young Roman Giertych. Support: about 2%.

**PO (Platforma Obywatelska)** – Civic Platform. A liberal-conservative party situated in the centre of the political scene. Second largest party in Parliament, now in opposition. Support is about 30%.

**LiD (Lewica i Demokraci)** – Left and Democrats. An alliance of leftist and liberal parties. One of the members is the former ruling post-communist party SLD. Support is about 12%.

**PSL (Polskie Stronnictwo Ludowe)** – Polish People's Alliance. Its constituency is mainly rural and in small cities. A potential ally of the Civic Platform. Support: around 4%.

*Samoobrona* and LPR, parties often considered populist or nationalistic. The coalition commenced a program of combating corruption and nepotism in public life, and attempting to remove ex-communists from the security services. However, the government's approach been controversial, splitting Polish society deeply and the coalition turned out to be very instable.

Over the last 15 years economic reforms have had a tremendous impact on Poland. Under communism, the country was burdened with a heavy industrial, state-run, Soviet-style command economy. In the 70's the communists tried to finance

development with foreign loans, leading to significant indebtedness. In 1980 the system collapsed, helping to trigger the *Solidarność* revolution. In later years the communist regime attempted, but failed, to introduce economic reforms. A growing government deficit and hyperinflation once again brought about economic crisis.

With the fall of communism in 1989, the Polish economy began the transition to a market orientation, for which it was ill-prepared. In 1990, Leszek Balcerowicz, the new minister of finance, introduced radical neo-liberal reforms. This "shock therapy" later became a model for many other countries in transition. But the price of dras-



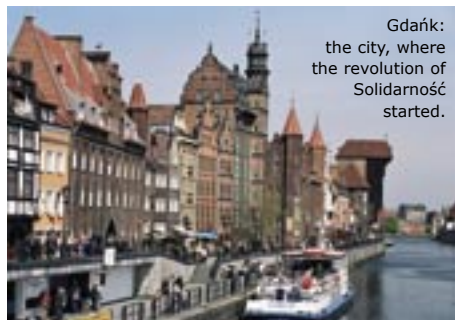
tic reform was high. In the early 1990s industrial output declined significantly, and unemployment ballooned. However, inflation eased and in 1993 the situation stabilized. The country quickly became one of the leading economies of the former Eastern Bloc, growing at an average rate of 5% per year. In 1996, Poland became a member of the Organization of Economic Cooperation and Development (OECD). At the end of the 1990s growth dropped off again and unemployment grew quickly, reaching 20%. This encouraged the government to reform further, which started to bear fruit in 2003. The following year, Poland joined the European Union. EU accession has seen a steadily improving economic situation. Poland has been opened to the world: exports have boomed and thousands of workers have emigrated, a potential obstacle to future growth.

In closing, we must say something about Polish foreign policy. After 1989, Poland's key foreign policy objective was clear: integration with the West. Both economic and political integration with Europe and admission to NATO were critical goals. The path to the EU commenced in 1993, with Poland's accession to the European Treaty – a free trade agreement. Negotiations for full membership began in 1998. The biggest sticking points were agriculture, free movement of workers and

mobility of capital (particularly selling land). The difficult negotiations were completed in December 2002, and on May 1st 2004, Poland became a full member of the EU. The path to NATO was shorter and easier. In 1999, Poland, together with Czech Republic and Hungary, joined the alliance.

However, Poland's move firmly into the Western hemisphere has presented its own challenges. The decision to support the USA in the Iraq war resulted in significant tension with Germany and France. Poland's position on the European "constitution" has also been problematic, as the outline weakens Polish influence in the voting system. The EU-summit in June 2007 highlighted ongoing tensions between Warsaw and Berlin over this and other issues. And the proposed US anti-missile system in Europe, elements of which may be located in Poland and the Czech Republic, has drawn harsh criticism from Russia, as its relations with Eastern Europe, and the West more generally, deteriorate.

Although the integration into Western Europe has been Poland's key objective, it has also developed an active policy towards its eastern neighbors. This manifested very clearly at the end of 2004 during the Orange Revolution in Ukraine. The joint organization of the Euro-cup in 2012 will likely strengthen bilateral relations. Democratization in Belarus is another key objective. However, the most crucial question for Poland remains the difficult relationship with Russia. Divisions are rife: different interpretations of the Soviet legacy, Russia's politically motivated embargo of Polish agricultural products, the issue of oil and gas pipelines, and the anti-missile shield previously mentioned, are all sources of ongoing tension.



Gdańsk:  
the city, where  
the revolution of  
Solidarność  
started.

MINISTRY OF FOREIGN AFFAIRS: [www.msz.gov.pl](http://www.msz.gov.pl)  
MINISTRY OF INTERIOR: [www.mswa.gov.pl](http://www.mswa.gov.pl)  
OFFICE FOR REPATRIATIONS AND FOREIGNERS: [www.uric.gov.pl](http://www.uric.gov.pl)  
LIST OF COUNTRIES WITHOUT THE VISA DUTY: [www.msz.gov.pl/VISA,REQUIREMENTS,2346.html](http://www.msz.gov.pl/VISA,REQUIREMENTS,2346.html)  
THE LIST OF POLISH CONSULATES ABROAD: [www.msz.gov.pl/Polish,Missions,Abroad,2143.html](http://www.msz.gov.pl/Polish,Missions,Abroad,2143.html)  
VISA APPLICATION FORM: [www.msz.gov.pl/Visa,Application,Forms,2348.html](http://www.msz.gov.pl/Visa,Application,Forms,2348.html)

## LEGALIZE YOUR STAY

### Visa and permits

#### ENTRY, STUDENT VISA

If you are from an EU country you won't need a visa to enter Poland and study here (you need just your passport). If you are from any other country you should ask the Polish Embassy or Consulate in your home country for requirements. Bear in mind that a tourist visa is usually valid for a maximum of 90 days and does not permit you to study in Poland.

The Polish visa regime will change significantly from January 2008, when Poland becomes a member of the Schengen Zone (Schengen regulations will come into force in Polish airports from March 29, 2008). Entering Poland from outside the EU will be the same as entering any other Schengen state, like Germany or France, and there will be no or limited border control with other Schengen countries. Non-EU citizens should note: until the new regime comes into force a Schengen visa does not permit entry into Poland.

If you stay in Poland longer than 90 days (EU-citizens) or your student visa does not include the whole period of your stay (non-EU) you should apply for the *Karta Czasowego Pobytu* Temporary Residence Card (TRC). These are issued by the Department for Foreigners in the Voivodship Office (*urząd wojewódzki*) located in the capital of each region. There are dif-

ferent requirements for EU/EEA students and students from other countries. For the first group, the whole process is much easier and cheaper.

#### EU CITIZENS

You should apply for registration no later than on the next day following the end of the first 3 months of your stay in Poland. The whole process takes 2 months and you will need the following set of documents:

- An application form or "wniosek", which you will be given and asked to fill in Polish (helpful explanations are now provided in English and French)
- Passport (or your ID), which you will be asked to produce in person, and its photocopy
- Two color photographs 4,5 cm × 3,5 cm: it is a requirement in Poland that the photograph show your left ear. Ordinary passport photos from other places may not meet this requirement. Don't worry; you can get new photos taken in Poland easily and cheaply. Polish photo labs are well-accustomed to the official requirements and will take account of this when asking you to pose correctly for your shot
- Confirmation of your student status (exchange or scholarship program) from the University of Wrocław – in Polish! This will ordinarily include



information about your grant or other financial support. If not you should present evidence that you have the financial means to cover your stay in Poland (if necessary translated into Polish by a sworn translator);

- Information about your place of your residence in Poland (*meldunek*)
- Proof of health insurance (that might be either a European Health Insurance Card or documents proving that you have health insurance);
- A letter from the hosting university
- The fee: 30 zł.

### NON-EU CITIZENS

Many students from non-EU countries can enter Poland for up to 90 days without a visa. Some of them decide not to get the TRC and cross the border every 90 days to get a "new" stamp. This can work – apart from costs of travelling – but remember, that you can only reside in Poland without registration for a maximum of 180 days in a year. You should apply 45 days prior to the expiry date of your visa/allowance because the whole procedure takes about 2 months. Be prepared to present, in person, the following set of documents:

- A valid passport
- A completed application form (*wniosek*) for issuance of a residence permit for a specified period of time
- 5 color photographs 4,5 cm × 3,5

cm: no profile, with your left ear clearly visible

- A copy of your birth certificate, translated into Polish by a sworn translator
- General duty stamps or proof that you've paid the consular fee
- A certificate confirming registration duty (in case the application is submitted to the Voivodship)
- Information about a grant or other maintenance sources and financial support (if necessary translated into Polish by sworn translator);
- A document confirming, that you have medical insurance in Poland
- A copy of your residence registration: a *karta mieszkańca* for students living in students' dormitories. For those living in private flats copy of the lease, copy of the landlord's ID, and copy of act of ownership or amct of hire of the flat.
- A letter of invitation from the university addressed to the Voivodship Office with information about your student status
- A signed copy of the application instruction
- Four signed copies (one original and three copies)

The following fees are required for the TRC: 5 zł for fiscal stamps for you application and 0,50 zł for each another document submitted (you buy them at Voivodship Office), 300 zł – after the positive decision and 50 zł – for the Card. The TRC is mostly assigned for one year, but of course you can renew it.

# ADDING TO THE STUDENT EXPERIENCE

## Job in Poland

Poland is in the midst of an economic boom and labour shortages are increasingly evident. Poland is no longer a 'rock bottom wage' country: the average loan is around 800€. So it might not be a bad idea to look for job while you are here. EU-citizens from member-states open to Polish workers enjoy the same right in Poland and don't need a permit to work legally (check the news: most have already opened their labor markets). Citizens of Russia, Ukraine and Belarus also don't need a permit, if they work not longer than 6 months yearly (only conformation from the employer to the labor office is needed). Citizens of every other country need a work permit. The only way to get one is via your employer, who has to pay a significant fee to register you. So first find a job, then your boss will apply for your work permit. We assume, however, that the Polish government will ease the policy soon due to workers shortages in Poland.

The easiest way for you to earn money in Poland is to **teach your native language**. There is high demand for teachers of European languages, but also Mandarin and Japanese. You can phone or walk in and make an offer to language schools (there are many and their addresses and phone numbers are plastered on billboards and posters everywhere) or advertise individual lessons privately. Another option is **working in a pub**, but basic Polish is necessary. How do you look for a job? Well, like everywhere, there are dedicated websites and newspapers. Of the papers, the Monday edition of "Gazeta Wyborcza", a popular daily, is the best option. All their ads are posted online: [praca.gazeta.pl](http://praca.gazeta.pl).

Other jobs portals: [www.pracuj.pl](http://www.pracuj.pl), [www.jobpilot.pl](http://www.jobpilot.pl), [www.praca.pl](http://www.praca.pl), [www.jobs.pl](http://www.jobs.pl).

You can also **visit job agencies**, like Adecco ([www.adecco.pl](http://www.adecco.pl)), Grafton Recruitment ([www.grafton.pl](http://www.grafton.pl)), Manpower ([www.manpower.com](http://www.manpower.com)) or Randstad ([www.randstad.pl](http://www.randstad.pl)), but with agencies the recruitment process is usually longer and more involved.

It's preferable that you speak Polish if you are looking for a job, but this is not always essential. There are a number of international companies that may be looking for fluent English speakers and/or speakers of other languages. To find their vacancies, you will need to go directly to their web pages. Last but not least: do not forget about **informal way of looking for jobs** in Poland, like asking friends. Indeed, this might be the most successful way.



# FORGET ABOUT EURO

## Żłoty is your money in Poland...

...at least until 2012. Żłoty is a fully ex-changeable currency, so you don't have to worry about buying and selling it. It is also quite a strong currency. For the last few years the rate to € has rose steadily: in May 2007 it was 3,8 zł = 1 €.

1 złoty (pr. zwoty) divides in 100 groszy (pr. groshy). The coins, apart from groszy, are: 1, 2, 5 złoty. Notes: 10, 20, 50, 100 and – rare – 200 złoty.

Where can you change foreign currency to złoty? In a **kantor** – there are also English or German markings: exchange, Wechselstube – which are licensed agencies to trade currencies. Some of them, especially at train stations and bigger hotels, are open 24 hours a day. You can also go to a bank, but the rate is usually less favorable. In cantors you can also negotiate the price if you exchange more than, say, 500 Euro. What can you do if you have no Polish zloty, but only euro or dollar, and there is no chance to change it? Do not panic. Just ask a taxi driver or a seller in a shop, if he can accept the foreign currency. The exchange rate will not be very good, but in such situations you can swallow that. However, do not even think about changing money “in the street” with people offering it to you. The risk that you'll be cheated is high.

In the last years more and more people decide not to change money in cantors, but use **ATMs** (bankomat), where exchange rate is not as bad as we usually think, and provisions seem not to exceed reasonable level. ATMs are very popular in Poland and you should not have any problems to find them – even in small cities. Usually you can pay with your card in most

1 zł (złoty) = 100 gr (groszy)

coins: 1, 2, 5, 10, 20, 50 gr / 1, 2, 5 zł

notes: 10, 20, 50, 100, 200 zł

of shops, apart from little stands and kiosks. In some shops it is required that bills covered by cards are higher than 20 zł.

What about a **Polish bank account**? IYou'll need to pay the branch a visit to conclude a contract (it is still not possible via the internet), but it's not complicated. Every bank will offer a debit card (usually VISA Electron) for free with the account.

Finally, the **cost of living**. Poland is much cheaper than most other countries in Europe, but do not expect bargains and *schnäppchen*. Services, which are at least 50% cheaper than Western Europe, are where you will notice the difference most. For example a visit to the hairdresser for guys is around 25 zł. An hour in the dentists' chair will set you back 60-80 zł, and a meal in a bistro 15-20 zł. Transport, food, concerts and cinema tickets are also relatively cheap. See the next page to get more information about.





## PRICES IN POLAND

PRICES IN JULY 2007, WROCŁAW. THE EURO-ZŁOTY EXCHANGE RATE 1:3,8

	PLN	EURO
Bread (1 kg)	2,09	0,55
Milk (1 l)	2,29	0,60
Butter (0,25 kg)	3,29	0,87
Chicken (1 kg)	18,69	4,91
Sugar (1 kg)	2,79	0,78
Apple (1kg)	3,99	1,05
Banana (1kg)	3,99	1,05
Eggs (10 pieces)	3,29	0,87
Yoghurt (0,2 l)	0,99	0,26
Cheese gouda (1kg)	19,99	5,26
Beer (0,5 l)	2,49	0,66
Tomatoes (1 kg)	2,59	0,68
Milk chocolate (1 bar)	2,35	0,62
Marlboro cigarettes (1 pack)	7,90	2,08
McDonalds Big Mac	6,90	1,86
Cappuccino (café)	5,50	1,45
Cinema ticket	17,00	4,47
Women haircut and styling	60,00	15,79
Taxi: 3 km (city zone)	15,00	3,95
Fast train ticket Wrocław-Kraków (268 km), 2nd class	43,00	11,32
Petrol PB 98 (1 l)	4,76	1,25
Gazeta Wyborcza (daily press)	1,50	0,39





## SKYPE IT, POST IT, SURF IT, SEND IT

### Communication

You may wish to bring your mobile phone with you to Poland. It should work without any major problems, but the pain after receiving the bill might be hard to soothe. When making or receiving calls with your home mobile phone in Poland, you will be charged international roaming rates, which are often very high. This problem will ease for EU-citizens in autumn 2007, when European telecoms are obliged

to reduce the roaming fees within the EU-area.

So we suggest you consider an easier (and cheaper) option. Let's start with **telephone boxes (pay phones)**, although their number is gradually declining. In most cities phone boxes (blue) are provided by Telekomunikacja Polska (TP). You need a phone card to use them. The cards offered by TP are available with 15, 30 and 60 credits. You can buy them in every post office and at most kiosks. There are two types of cards: with a chip or with a magnetic stripe. The latter do not work in older telephone boxes. In some cities (e.g. Wrocław), Dialog, a competitor to TP, provides orange pay phones, which take coins. A local talk-talk costs around 0,10 zł per minute.

However, if you want to call another country it's a lot cheaper to buy cards from other providers – like TelePin, Telegrosik, Tele2 etc, which you can also use in TP's phone boxes.

#### PREFIXES

**0** – dial it before area code and mobile number. The only exception is mobile to mobile connection

**0048** – country code

call from a **local phone to mobile** – 0 ... number

call from a **mobile phone to a mobile phone** – ...number

DIRECTORY: [www.pkt.pl](http://www.pkt.pl) (also in English and German)

	STARTERS	MINUTES	TEXTS
ORANGE (Pop / Orange Go)	5–20 PLN	0.60–0.80 PLN	0.15–0.20 PLN
ERA GSM (Tak Tak)	9–20 PLN	0.77 PLN	0.22 PLN
HEYAH	5–20 PLN	0.60–0.68 PLN	0.03–0.20 PLN
PLUS GSM (Simplus)	9–39 PLN	0.78 PLN	0.20 PLN
PLAY	30 PLN	0.49 PLN	0.15 PLN

These cards are only available in post offices. To make a call, first dial the free-call number, type in the special code printed on the card and then dial the phone number you want. 50 zł will get you about an hour of call-time within the European Union.

Every telephone box in Poland has its own number – when you press the button D, that phone's number will be displayed. Give this number to someone and they can call you and it won't cost you a dime...

### MOBILE TELEPHONE

There are five providers of mobile phone services in Poland: Orange, ERA, Plus, Heyah and Play. You have several possibilities to get access to a Polish GSM provider. First, you can buy a mobile set with a prepaid card from one of the providers; this will cost 200 to 500 zł. Second, just buy the SIM card. Make sure that your mobile does not have a SIM-lock or have it removed (for about 20-30 zł). SIM cards cost around 5-20 zł. Top-up cards are available in differ-

ent amounts (usually 20, 50, 100, 150 zł). The bigger ones give you additional credits for free. Finally, you can take-up a contract with one of the providers and get a phone (often for free) on a monthly billing cycle. The minimum contract is usually 12 or 18 months. You will have to show your passport and proof of permission to stay in Poland.

The table shows prices as at June 2007. They may vary according to the particular plan you choose. Remember that prices change regularly, so this table is only a guide. Most of the providers offer additional bundles of texts and/or minutes, so always check the websites (ask a Polish friend for help if you don't speak Polish).

### LANDLINE AND VOIP

A **landline connection** is also an option if you're here for a while and decide to live outside Ołówek. If your flat already has a telephone connection, but it is not active, you'll have to pay an activation fee. If you need a new connection, you'll have to wait for 2-3 weeks and pay a higher fee. In every case you'll need permission from your landlord. TP and a few smaller companies like Dialog or Netia provide landline services. They offer internet services too (see the next section), which might enable you to use an **internet phone (VoIP)** like Skype. For the

#### INTERNET PROVIDERS OF MOBILE TELEPHONE

ORANGE: [www.orange.pl](http://www.orange.pl)  
ERA GSM: [www.era.pl](http://www.era.pl)  
HEYAH: [www.heyah.pl](http://www.heyah.pl)  
PLUS GSM: [www.simplus.pl](http://www.simplus.pl)  
PLAY: [web.playmobile.pl](http://web.playmobile.pl)



## INTERNET SITES OF INTERNET PROVIDERS

TELEKOMUNIKACJA POLSKA (Neostrada):  
www.tp.pl  
DIALOG (Dialnet): www.dialog.pl  
NETIA: www.netia.pl  
HOTSPOTS: hot.spots.pl/eng/ or  
free-hotspot.com

list of providers in Poland see the  
voipproviderslist.com

### INTERNET

Internet access in big Polish cities is extensive. But if you visit small towns and villages the impression might be different. The easiest way to get online is to visit an internet cafe. Prices vary from 3.50 to 5 zł per hour. Sometimes you can find computers in ordinary cafes and you usually don't have to pay to surf... if you buy a coffee. More and more pubs, cafes, hotels and public institutions have hotspots, which makes access from your laptop possible.

If you have a flat in Poland the best way to connect is to take up a contract with one of the **internet providers**, like TP, Dialog (see the box), or a small local provider. The minimum contract is usually 12 months. You can also check the offers of the biggest mobile phone providers – you can buy a modem for a wireless connection in a special offer, like iPlus or Blueconnect. These are all advertised online, but unfortunately only in Polish. We suggest you visit the providers' offices – their managers usually speak English and are very helpful – or call the info line listed on the webpage.

### IF YOU STILL WANT TO SEND A POSTCARD

Almost every student uses e-mail to communicate, but some of you will certainly want to send letters or post-

cards from Poland. Branch offices of *Poczta Polska* are like communication centres: you can buy stamps, send letters, parcels, money, pay your bills, buy telephone cards and call from a telephone box. They are open usually from 8.00 to 18.00. In big cities there are also offices open 24 hours.

You can choose "normal" or "priority" mail delivery. The second is, of course, more expensive, but faster. Stamp prices for letters and postcards to all European countries are the same, whichever country you choose (except Poland of course).

*Poczta Polska's* website lists all the information – in English. If you choose one of the listed topics a window will open. You will find the link to the English version in the left-hand corner.

If your parcel is very urgent, try a courier service: Pocztex, DHL Service, Masterlink, RAAB, Siódemka. In all cases you call their toll-free number to arrange service. All these companies have web pages.

### SERVICE OF POCZTA POLSKA

[www.poczta Polska.pl/cennik.htm](http://www.poczta Polska.pl/cennik.htm)

- 2,40 zł – for a standard letter or a postcard
- 3,00 zł – for a priority standard letter or a priority postcard
- 7,70 zł – for a registered letter
- 8,30zł for a priority registered letter.

**The cost** of sending a parcel depends on its **weight** and the **destination**:

- up to 1kg: 56,00 zł for the smallest (21,00 zł to Czech Republic and Slovakia)
- up to 20kg
  - 43,00 zł – for Czech Republic and Slovakia
  - 146,00 zł – for the most European countries
  - 199,00 zł – for UK, Belgium, Finland, Norway, Portugal, Hungary and Italy

# NOT VERY FAST, BUT NOT VERY EXPENSIVE

## Transport in Poland

**W**hile exploring Poland you will most probably use **public transport**. It might not be very comfortable – or particularly fast – but you can still reach almost every forgotten village for very little money. The most general advice: always ask for discount tickets, showing your Polish student *legitymacja*, and check for current special offers.

### TRAIN

Travelling by train is definitely a very good way to get around the country, and without doubt one of the most interesting and fun experiences you will ever have in Poland. The Polish railways (*Polskie Koleje Państwowe* – PKP) are often criticized for their very poor standard of service. Certainly, trains are often slow, old (sometimes ancient), and not-so comfortable but the fact is train travel is very inexpensive and steadily improving in quality. Air travel within Poland, however, is quite expensive and going by car might be an adventure as there are not many motorways in Poland and the style of driving tends to be aggressive. So, if you go, think about going by train!

### THERE ARE TWO COMPANIES

Few years ago the PKP was divided into two independent companies: PKP Inter City (PKP IC) and PKP Przewozy Regionalne (PKP PR). The first of them provides transport on long-distances (IC, EC, EX, TLK trains – see the box next page) and the second one on regional and local distances (P, OS trains). Why is it important for you to know that? Because if you buy PKP IC ticket,

### ORIENTATION

It is not necessary to buy plenty of books to plan a trip around Poland. Using Google Earth might even be very useful. However, the most popular portal for Poland – wide information and maps is **[www.zumi.pl](http://www.zumi.pl)** Every week new addresses of hotels, restaurants, etc are added. The only problem is that the site is in Polish. To use it, you will need the first blue field and the second line, where you type in the name of the city and the street. Then press “Szukaj”.

you cannot use it for the trains of the PKP PR. If you combine your travel taking for example IC and OS trains, you will need two separate tickets... but you buy them at one counter. The situation will get more complicated, when private companies start to expand in the Polish railway market. This might happen very soon.

### WHERE TO BUY A TICKET?

At train stations look for ticket windows (*kasa biletowa*). Sometimes not every counter sells tickets for the EC/IC/EX, but if not, this is clearly stated. If you want to buy an international ticket you must look for a *kasa międzynarodowa*, which are only in larger stations. Do not expect the service personnel in the “national” counters to speak English. It is only possible to pay with credit card at a counter marked with a credit card logo. It is better to take cash.

You can also buy your ticket in the train from the conductor. Just inform him first on the platform, before you get on the train that you’d like to buy a ticket from him. It costs more – an





## TYPES OF TRAINS

### PKP PRZEWOZY REGIONALNE

**Pociąg osobowy (OS)** – a local train. Usually stops in every town on its way, the slowest and least comfortable train to travel on, but also the cheapest. On timetables they are marked with black letters. Called ironically IEC: inter-every-city.

**Pociąg pośpieszny (P)** – a fast train, stops at most medium-size railway stations. There are also sleeping/courette cars in the fast night trains. On timetables all the fast trains are marked in red and with the letter P. Some of them have names like “Ślęzak”, “Mewa”.

### PKP INTER CITY

**TLK (Tanie Linie Kolejowe):** this is a new line of fast trains. They should be similar to the P, but a bit more comfortable. Obligatory reservation costs 3 zł. In the night trains of TLK you can take couchette or sleeper for 50 zł.

**Ekspres (EX):** express train that runs between the biggest cities. EX are more expensive than TLK. Obligatory reservation costs 10 zł, but of course they are more comfortable and have a restaurant car. On the timetable they are marked in red, with letters EX and always bear names.

**Inter-City / Euro-City (IC/EC):** Higher standard Express trains. Ticket costs as much as EX, but reservation is more expensive up to 25 zł. They offer a full service buffet coach for passengers, and sometimes a complimentary snack is served. On the timetable they are marked red with the letters EC or IC and bear names.



extra 2,80 zł for travel up to 100 km and 5,80 zł over 100 km. If you don't inform the conductor first, he or she may charge you a penalty of 115 zł. And the Internet? It is possible to buy a ticket for PKP IC trains. Just visit the site of the company to check the rules – it is in English (see the box).

#### HOW MUCH?

As a student in Poland and a person under 26 you pay 37% less for all 2nd class tickets you only need your student *legitymacja*. Reservations, however, are not covered by student-friendly rules.

With the discount a 200 km journey by an OS should cost around 20 zł. In general there is an easy rule of thumb for ticket prices: fast trains and TLK are 60% more expensive than OS trains and EX/IC/EC trains are 50% more expensive than fast trains and TLK. First class is 50% more expensive than the 2nd class, but don't forget – for this "deluxe" travel the student *legitymacja* is not valid. In the TLK/EX/IC/EC you also have to buy a reservation. It costs 3 zł for the TLK 10 zł for the EX, 18-25 zł for IC/EC. A place in sleeper cars costs around 60 zł and couchette 20-50 zł (it depends on special offers).

Both PKP PR and PKP IC have special offers and discounts. Some of them will apply, even after your student discount. Always check the newest offers before buying a ticket (see the box). Below you can find the most popular special offers:

#### PKP REGIONALNE

- **BILET TURYSTYCZNY** (tourist ticket): costs 60 zł for 2nd class OS-trains and P-trains or 80 zł for the 1st class P-trains for travel on weekends (successive holidays). It entitles you to unrestricted travel on weekends or public holidays, etc, from 18:00

#### PKP – INFORMATION

TELEPHONE: 9436 (in Polish)

MAIN SITE OF THE PKP: [www.pkp.pl](http://www.pkp.pl)

TIMETABLE IN ENGLISH: <http://rozkład.pkp.pl/bin/query.exe/en>

ONLINE TICKET SALE (IN ENGLISH): <https://bilet.intercity.pl/irez>

SITE OF THE PKP-IC: [www.intercity.com.pl/en/main](http://www.intercity.com.pl/en/main)

SPECIAL OFFERS OF THE PKP-IC: <http://www.intercity.com.pl/en/77>

SITE OF THE PKP PRZEWOZY REGIONALNE (IN POLISH): [www.pr.pkp.pl](http://www.pr.pkp.pl)

of the last day before the holiday until 6:00 of the first day after holidays. Every Saturday is recognized as a holiday. It is a personal ticket, so only the person whose name appears on the ticket can use it. Return of the ticket is possible only before the start of travel. It's valid as far as some border stations in Germany and Czech Republic.

- **WSPÓLNY PRZEJAZD** (common ride): an offer for combined travel (trains of PKP PR & PKP Intercity). You can only buy it at a ticket window and every leg of your journey must be at least 51 km. You will also need to purchase a reservation for IC/EX/TLK trains.
- **Bilet wycieczkowy** (journey ticket): if you travel less than 200 km and do not mind travelling 2nd class on OS/P trains, this option may save you up to 30% for return ticket. It is always one-way, so you'll have to buy a return ticket. Remember that is only valid on weekends, public holidays, etc and the journey should start not earlier than at 20:00 on the day before the holiday. If the ticket is for up to 100 km, it is valid 1 day; for 100-200 km it will be valid 2 days, but no later than till 24:00 on the last day of holidays.



## PKP INTERCITY

The offers of PKP Intercity vary quite often, so please check the newest saving proposition on the website in English (see the box). However, the most popular are SUPER BILET and BILET WEEKENDOWY – the first one is valid for one train and one travel only and normally is available during specified days, while the second is valid for the weekends: the first-class ticket costs 149 zł and the second-class 99 zł.

## BUYING A TICKET

Connections and prices are easily checkable on the PKP website. If you find yourself at the train station and only the timetable is available, bear the following tips in mind. Decide if you want to take PKP PR or PKP IC. For the latter, you will need the exact name or departure time of the train, because you'll need a reservation. For PKP PR it is easier, because you can take alternative PKP PR trains (the same or lower class of train) on the route printed on the ticket on the same day. On the shorter routes there may be a stamp on the ticket with hours of validation. If you want to combine the trains of the PKP PR and PKP IC you will need separate tickets. And don't forget: as a student younger than 26 you're entitled to a 37% discount. Just flash your student *legitymacja*.

With a reserved ticket, you are entitled to request a window seat (*przy oknie*) or a seat in a smoking compartment (*dla palących*). If you want to change your ticket for a higher class train, it is possible only within the same company. If you have a ticket of PKP PR for an OS and want to change for a P ask at the counter for extra charge (*dopłata*). The same rule applies in the case of the PKP Intercity, but on top of



the *dopłata* you will also need a new reservation. If you are late for a PKP IC train and have a reservation you don't need to buy a new ticket at all, just a new reservation. But only if the ticket itself is still valid. Complicated? Of course not!

Do you want to return your ticket? You will forfeit 15 % of the ticket's value. It's also possible to return tickets after the train departs, but only on the same day. The only exception is for a ticket reservation; this must be returned no later than three hours before departure.

## TAKING YOUR BIKE?

You are allowed. If there is no luggage car you should take your bike to the first vestibule of the first car or to the last vestibule of the last car – but remember that you are responsible for your bike! Additionally, you must buy a special ticket for the bike. It's not expensive: 30 km costs 2,80 zł, for 100 km it's 5 zł, and over 400 km 11 zł.

## TRAVELLING ABROAD

If you want to buy a ticket to go abroad you should visit the international counter *kasa międzynarodowa*, which are only located in bigger stations or stations near the border. As a general rule, most counter-staff speak (some) English and/or German. Going abroad by train is more expensive (but not prohibitively so). But don't be put off: there are ways to make the travel cheaper!

If you are under 26 it's possible to buy a Wasteels Ticket with a 25 % discount. You need your passport to purchase this. PKP also offers many discounts. You can find them on the site of PKP IC. Look for names like: Inter Rail, Rail Plus, Euro Domino and also the Special Offers to main European countries. You can save 40-70 % this way. For the resourceful (and desperate), there are a few tricks. It's a safe bet that national tariffs are cheaper than international ones, so you can try to get to the last station in Poland, then cross the border with an international ticket to the first station abroad and then buy a "national" ticket for your onward journey in that country, of course using all special offers & discounts on the way.

## BUS

Bus transport is quite popular in Poland, especially in the regions, where trains are rare. Buses are usually cheaper than trains, although the companies generally don't offer student discounts.

There are three groups of bus services which should be mentioned. First, local private bus services, which is often provided by small operators with one or two small buses. Sometimes they have no timetables: they just wait for people and then depart

when all the seats are taken. This kind of short distance travelling is especially popular in eastern Poland. Usually these services depart from (or near) PKS stations, which belong to the biggest bus company, PKS (*Polska Komunikacja Samochodowa*) or train stations. PKS provides a local service too. You buy tickets from the driver.

Second, there are long distance buses, which are monopolized by the regional PKS-branches. The buses always depart from PKS bus stations. There are two kinds of buses: *zwykły* (normal) and *pośpieszny* (fast). But "fast" is a relative concept here: as you know, we haven't got many highways in Poland. On the other hand the PKS has been modernizing its bus fleet and traveling is often not as tiresome as it used to be. You buy tickets from the driver, but it is also possible, and even recommended, to purchase beforehand at the bus station. Unfortunately, the timetable is a little difficult to locate. The best method is to google "PKS" and the name of the city of departure. Usually you will get a link to regional PKS-provider and to its timetable. The only serious competition for the PKS is the Polski Express.

And finally, international bus travel. There are many bus companies providing this service. The most recognizable is the Europe-wide Eurolines – reliable and relatively expensive ([www.eurolines.com](http://www.eurolines.com)). But there are many other companies that are cheaper and also not too bad. If you want to find their offers visit [www.gazeta.pl/](http://www.gazeta.pl/) or [www.onet.pl/](http://www.onet.pl/) and choose *turystyka* and then *przejazdy autokarowe*. You will get the full timetable of all the busses going in and out of Poland. The busses usually depart from bus stations, or sometimes from train stations. This information



## LOW-BUDGET AIRLINES IN POLAND

RYANAIR: [www.ryanair.com](http://www.ryanair.com)  
EASYJET: [www.easyjet.de](http://www.easyjet.de)  
GERMANWINGS: [www.germanwings.de](http://www.germanwings.de)  
SKYEUROPE: [www.skyeurope.com/pl](http://www.skyeurope.com/pl)  
WIZZAIR: [www.wizzair.com](http://www.wizzair.com)  
CENTRALWINGS: [www.centralwings.com](http://www.centralwings.com)  
LOT: [www.lot.pl](http://www.lot.pl)

PORTAL WITH LOW-BUDGET CONNECTIONS:  
[www.whichbudget.com](http://www.whichbudget.com)

is available where you purchase the ticket. You can also buy tickets at one of the numerous travel offices. Here you can take a full advantage of your student's discounts like Euro26 or even your standard student ID.

### BY AIR

Internal Polish air travel is dominated by LOT, the former state-owned Polish Airlines. It provides the service between Warszawa and provincial capitals, like Wrocław. Ticket prices vary from 200 zł up to 500 zł (or more), but it's best to look for the newest offers on homepage. You are unlikely to find companies other than LOT flying on local routes, since it is more profitable for the low-budget airlines to concentrate on international flights.

In recent years, there has been a proliferation in the international services of low-budget airlines flying to bigger cities like Warszawa, Katowice, Kraków, Poznań and Wrocław (Ryanair has the biggest network, and now flies to/from 10 Polish cities). Depending on the place of destination and the time period between purchasing the ticket and the date of your flight, prices vary from as little as 50 zł (if you are lucky) to 800 zł. To purchase a ticket, you simply need to follow the directions on the airline's

homepage; the ticket, in general, is sent to you via e-mail – you need to take a printout of it with you. Most airlines require a credit card as means of payment (Centralwings now also accepts payment by bank transfer).

### CAR

Driving a car in Poland might be an adventure. This is because of the quality of roads and the way people drive a car here, although the situation is improving quickly.

The main problem is the lack of dedicated motorways. The only real highways in Poland are in Upper Silesia between Kraków and Wrocław or between Poznań and Warsaw. Sometimes there is a "highway lite" – four lanes, but with level crossings. Quite often on regular roads there are 0,5 lanes on both sides, which makes overtaking easier. On the other hand, you must still be careful because the 0,5 lanes used by cyclists. In general, the quality of roads in Poland is poor. And with the enormous growth of cars on Polish roads in the last 15 years, you cannot expect comfortable conditions. However, improvement is expected, because the government plans to build 1000 km of highways for the coming 2012 Euro-championship.

Polish driving habits will appear strange to some. Polish drivers prefer a pro-active approach to getting from A to B: in other words, aggressive and very fast. Drivers here are not always willing to allow you to change lanes, which is especially annoying in crowded cities. It's not a rule, but don't be surprised if it happens. Road rage is a very Polish disease: Poland has the second highest car accident rate in Europe, after Greece. Another persistent problem is drunk driving – despite



**FIAT 126p** – the legend of the Polish roads, here simply called „maluch”, the little boy. Some foreign students buy old specimens of this great Italian design from the late 60 for a few hundreds zloty and challenge Europe’s motorways. Good luck!

## ROAD RULES

- Poland has a right-hand traffic.
- Highest speed: 50 km/ hour in towns, 90 km/hour outside urban areas, 110 km/ hour on dual carriageways and 130km/ hour on motorways
- Permitted alcohol content in blood is 0.2 per mill.
- Passing lights must be used all day all year. Motorcycles same: the whole year.
- Foreign drivers can use a driving license from their home country or an international driving license for up to six months after entering Poland. Afterwards they are obliged to pass through local exams which presuppose the knowledge of the Polish language.
- Seatbelts must be worn by both front seat and back seat passengers and it is prohibited to use hand-held mobiles while driving.
- Cars must be equipped with a fire extinguisher, first-aid kit and hazard-warning reflexive triangle.
- Caution signs and plates explaining the type of obstacle and danger have a yellow background.
- Buses moving from a bus stop enjoy the right of way.
- Trams enjoy the right of way at equivalent intersections.
- Polish fines range from 50-500 PLN (e.g. for speeding)

draconian penalties like cars being confiscated.

Important: if you come with your own car to Poland with foreign plates, you should consider parking in guarded parking places at night. Theft of cars is probably not so much of a problem as it used to be, say,

ten years ago, but still happens. Burglary unfortunately, is common, so do not leave radios or any valuables in your car at night. Do not also forget to buy a green card (insurance). It is not required anymore when you are coming from within the EU, but it is recommended.



## MORE THAN HOMESICK

### Healthcare

**S**tudents from EU countries are entitled to all medical services which you access with your European Health Insurance Card (EHIC). Please ask your health care provider for further instructions before coming to Poland. You don't need to take the card with you; a confirmation certificate that you have one will do.

For citizens from outside the EU, purchasing insurance at home (Euro-26 or ISIC), is advisable but this will not cover everything. The best option is to purchase Polish insurance from NFZ (*Narodowy Fundusz Zdrowia*), a public national health care provider. It costs just 36,75 zł/month, with all medical services provided. To buy this insurance you will have to go to an NFZ office and fill in an application form. You will need the following documents: your Polish student card (*legitymacja*), a cover letter from your university (from the International Relations Office) confirming that you are a student of the university, and your passport. If you don't speak Polish, ask your Polish friends for help – you will need to fill out the application form in Polish. There is one important concession for students from non-EU countries

**Free emergency  
telephone number: 999**

#### USEFUL WORDS

**pharmacy/drug store** – apteka

**hospital** – szpital

**emergency ward** – ostry dyżur

**emergency**

**ambulance service** – pogotowie

**doctor** – lekarz

**clinic** – przychodnia

who can prove they have Polish ancestry (usually parents born here). All documents in this case can be submitted at Polish consulates in your home country. Make sure you have received proper confirmation before you leave for Poland.

If you don't want to queue in a public medical centre (although, this will undoubtedly add to your stock of authentic Polish travel stories!) feel free to go to a private doctor and fork out of your own wallet. Prices are quite reasonable for foreigners: 50-100 zł for a basic consultation. The system of non-public health care is not widespread, but nonetheless quickly growing in Poland so that cheap private health insurance will soon be available.



# A BIT OF COMMON SENSE IS ENOUGH

## Safety

Poland's reputation concerning the level of safety is not too good. However, the crime rate is similar to most other European countries. Using your common sense and obeying some simple rules is quite enough to be safe here.

Obviously, there is little point in running through every possible safety hazard scenario you might come across. Instead, we can focus on a few problem areas that are perhaps more likely in Poland than elsewhere.

When travelling on night trains avoid sitting alone in the compartment and do not leave your baggage unattended. If get in trouble find a conductor or a railway – policeman (*Sluzba Ochrony Kolei* – they wear green uniforms). There are also police stations at the bigger train stations.

In pubs you can lose a lot more than your sobriety. So if there is no cloak room, keep an eye on your jackets and bags.

There are many stories about foreign cars stolen in Poland. While this was a huge problem in the 1990s, it's not such a worry now. But if you still feel uncomfortable with foreign plates, take advantage of guarded parking places at night.

Football hooligans. If you decide to watch the Polish league and support a club by wearing garish fan gear to the match, you can expect to be treated as a soldier on a battlefield, where prisoners are not taken. Another serious problem is alcohol. In Poland we have so called "drunk tanks" for drunk people, who misbehave and disobey the customs and cultural habits. Here's a tip for free: better to take a taxi home, than crawling back

### EMERGENCY CALLS

**112** – emergency number for all the three – police, fire and ambulance service

999 – emergency ambulance service

997 – police

998 – fire department

Calling these numbers is free of charge both from a phone box and mobile. You can dial them even if you do not have any credits on your mobile, and even without entering the PIN code.

on all fours. If you ran out of money and can't pay for a cab, just ask your friends to walk you back. Perhaps more importantly, do not argue with police officers, if and when they ask you for personal ID (it happens). Be polite and obey all their instructions. If you get caught very drunk, do not panic. You get a comfortable bed in a sobriety room and – in the morning – a bill for 200 zł. It is definitely not cheap accommodation.

If something bad happens you should phone the police or go to the nearest police station. You cannot expect the policemen to speak English fluently, so if you don't feel comfortable with your Polish skills, ask a Polish friend to go there with you. If there is nobody to go with you, remember that the police are obliged to provide you with a sworn translator.

We know that many of you will take a trip to the Polish mountains. In the Tatra, which are over 2000 meters high, you should be especially prepared to contact the mountain emergency service GOPR if things go awry. Always have your mobile with you and in case of emergency call



0601 100 300. There is also an emergency service in the lakes area, Mazury: 0601 100 100 (*Mazurska Służba Ratownicza*).

If you lose your passport, you have to contact your embassy to get a replacement. Keep a photo-

copy of your passport (pages with your picture and visa) just in case. If you lose any of your home country documents – passport, ID, Student ID – you will need to obtain a police certificate for this. You can get one at a police station.

## THE LOVELY NOISE

### Media

#### PRESS

Poland has a wide and diversified range of press publications. All of the Polish newspapers and magazines are available online as well. In some bigger newsagent's, like Empik or Relay (at the Railway Station), you can get foreign press as well.

#### DAILY

- GAZETA WYBORCZA  
([www.gazeta.pl](http://www.gazeta.pl))

Today it's the second most popular daily newspaper, with a liberal orientation. Each day they offer different weekly thematic supplements and local editions. From time to time you can find CD's or DVD's inside – with foreign language courses, movies, etc

- RZECZPOSPOLITA  
([www.rzeczpospolita.pl](http://www.rzeczpospolita.pl))

Another big and widely read daily. It is older than GW (born in 1920), bigger in format (for some people this makes it less comfortable to read) and is considered conservative. Inside you will find weekly thematic supplements.

- DZIENNIK  
([www.dziennik.pl](http://www.dziennik.pl))

The newest daily in Poland, founded in 2006 by the German Springer Verlag. It's the Polish version of "die Welt". Its aim is to be the most popu-

lar Polish broadsheet newspaper, but is targeted at a liberal – conservative audience.

#### WEEKLY MAGAZINES

- POLITYKA  
([www.polityka.pl](http://www.polityka.pl))

Most successful weekly magazine with 45 years history. Lots of information about politics and society. Liberal and serious.

- WPROST  
([www.wprost.pl](http://www.wprost.pl))

A successful magazine with a broad range of information about politics, the economy and international issues. Known from its provocative covers and determined, sometimes aggressive style. A very specific mix of liberal and conservative orientation.

- NEWSWEEK POLSKA  
([www.newsweek.redakcja.pl](http://www.newsweek.redakcja.pl))

A Polish version of the American magazine. Just like Wprost and Polityka, very popular in Poland since the contents are written well and in an interesting way. All the topics you'd expect in a weekly: comments on social, political, cultural and sporting life – with a focus on Poland, of course.

- PRZEKRÓJ  
([www.przekroj.pl](http://www.przekroj.pl))

Concentrates on cultural events and cultural-historic information and news.



Associated with the leftist opinions.

- TYGODNIK POWSZECHNY  
([www.tygodnik.com.pl](http://www.tygodnik.com.pl))

The magazine, having a long and respected history, is read by the "Catholic intelligentsia" of Poland. Solid, profound articles concerning mostly Christianity, cultural events and social issues, but also political events in Poland and in the world.

#### TABLOIDS

FAKT ([www.e-fakt.pl](http://www.e-fakt.pl)) is a typical tabloid, on the model of the German "Bild". The first edition was actually published in 2003. Its main competitor, SUPER EXPRESS ([www.superexpress.pl](http://www.superexpress.pl)), has a similar "target group" and contents, Colorful, focused on scandals, sport and entertainment.

#### STUDENTS' MONTHLY MAGAZINES FOR FREE

- SEMESTR  
([www.semestr.pl](http://www.semestr.pl))

Monthly magazine for students available for free in all the university buildings, in student's organizations, canteens... (be ready to catch them early at the beginning of the month since they disappear pretty fast). Contents: all that concerns what is widely called "student culture" and "student issues".

- EUROSTUDENT  
([www.eurostudent.pl](http://www.eurostudent.pl))

Filled with lots of advertisements and „sponsored articles”. Available in the main buildings of the Universities universities and in the halls of dormitories.

- AKTIVIST  
([www.aktivist.pl](http://www.aktivist.pl))



Another free student magazine with info about restaurants and pubs, nightlife and culture. It is a kind guide to movies, exhibitions, performances over the month. Available in pubs and cinemas.

## RADIO

Most of the radio stations in Poland give you a mix of music, news and commercials. If you are just cleaning a window or just don't like sitting in silence, it is not that bad. Besides, listening may be a great way to improve your Polish language skills! Just set up your radio to Radio ZET (Wrocław: 93,6 MHz) or RMF FM (Wrocław: 92,9 MHz). If you are looking for something more from your radio, at least more individuality, it can be a bit like Tweedle-Dum and Tweedle-Dee. Below you can find a basic description of more characteristic stations (with frequencies for Wrocław).

- TRÓJKA

[www.radio.com.pl/trojka/](http://www.radio.com.pl/trojka/)  
(100,2 MHz)

A good, middle class radio, with reliable journalism with many discussions, comments and culture programs.

- POLSKIE RADIO PROGRAM 2

[www.polskieradio.pl/dwojka](http://www.polskieradio.pl/dwojka)  
(98,8 MHz)

Mostly classic music, many interesting live transmissions.

- RADIO RAM

[www.radioram.pl/](http://www.radioram.pl/)  
(89,8 MHz)

Plays a slightly different mix of music than another stations – ethno, bossa nova, chillout, smooth jazz, soul.

- TOK FM

<http://serwisy.gazeta.pl/tokfm/1,23862,2264799.htm>  
(95,8 MHz)

Information radio about politics,

society and culture. Highly recommended. No music.

- RADIO MARYJA

[www.radiomaryja.pl](http://www.radiomaryja.pl)  
(88,9 MHz)

An Catholic and very conservative station run by the Redemptorist's order, led by the charismatic Father Rydzyk. A very strong voice against the integration with EU and liberal reforms, sometimes shocking, but a part of today's Poland too.

## TELEVISION

In Poland we have three big media groups broadcasting TV programs. The most popular is the state owned TVP. During communism, it was a propaganda channel, which after 1989 turned into a media concern financed both from taxes and from commercials. It has two main channels (TVP1, TVP2) which broadcast news, movies, TV series, political discussion. Besides these, there is TVP3 which presents mainly local socio-political news. Recently TVP broadened its profile and created thematic channels available on cable television. One of them is TVP KULTURA which broadcasts contemporary art, literature and cinema issues. Interactive television ([www.itvp.pl](http://www.itvp.pl)) is a novel idea which allows you to watch some programming via the internet. Unfortunately, the quality of all TVP broadcasting is weakened by the fact that it is still governed by politicians.

The privately-owned and run TVN is TVP's main competitor. It started broadcasting in 1997 and immediately gained a great following. TVN does TV the "American way", with reality shows, interactive game shows, the newest movies and sitcoms. TVN television has several themed channels on cable television, like TVN24 (24h of news and political debates), TVN STYLE (fashion debates and hints, culinary programs),

TVN TURBO (all about motoring). The characteristic feature of TVN is to take foreign productions and re-produce Polish versions (e.g. sitcoms... watch out for the Polish version of "The Nanny". Classic).

The third media group is Polsat, the first Polish private television company, established in 1992. It broadcasts quite similar programs to TVN with some differences. For example, there are more Polish productions on

Polsat than on TVN. It has several themed channels broadcast on cable: POLSAT 2 (where you can watch all the repeats), POLSAT SPORT (very popular nowadays, because of the Polish Formula 1 racer Robert Kubica, POLSAT ZDROWIE I URODA (all about keeping yourself in good shape and the newest fashion hints).

The TV guide is published every Friday in daily newspapers. You can easily find it on internet.

### TAKE A SCARF AND BEACH OUTFIT

As the Polish climate is very variable it is necessary to bring different kinds of clothes. A warm coat and sweaters are essential for the winter months. A waterproof coat and sturdy shoes can be useful for the rainy days that occur often, especially in spring and autumn (some winters and summers are very rainy as well).

#### AVERAGE TEMPERATURES

winter: -5°C-0°C summer: 20°C-30°C, autumn: 5°C-15°C, spring: 5°C-15°C.

YOU CAN FIND WEATHER FORECASTS FOR POLAND HERE:

<http://pogoda.onet.pl/index.asp?c=2%3C/div%3E>



It is not Siberia, but Lower Silesia.  
The Plateau by Śnieżka in Karkonosze Mountains.



## HOW TO DEAL WITH POLES?

### CHRZĄSZCZ BRZMI W TRZCINIE

Congratulations. You are in the country of one of the most difficult languages in Europe. Polish has 7 cases and other complications in the grammar. Because of a lot of "szcz", "ć" and so on, it is not easy either to spell or to pronounce. In a book written by the popular British writer David Lodge, linguists analyzed the Polish word for scrambled eggs – "jajecznica". They figured, that it is a pure onomatopoeia: it sounds like eggs frying in a pan. In fact, many Polish words might be difficult for you because of those rustling sounds. Be prepared: your Polish friends will ask you to spell sentences which sound like a chainsaw in hurricane (see the title) and might spell danger for your tongue. But do not give up! In the last years many foreign students have

learned Polish even in as little as one semester. They organized tandems with Polish students and took an intensive course at the university.

How much Polish do you need for everyday life? How popular is English here? If you stay in big cities, studying at the university, visiting pubs in the centre, doing shopping in a supermarket, you don't need more than 10-20 words and numbers. And in cities people generally speak foreign languages, especially the young. But if you plan to put your nose out a bit, basic knowledge of Polish is necessary. In addition to that, any visit to an administration office (which you almost certainly will have to make at some point) requires a bit more than "tak" or "nie". A good rule of thumb is to remember that the more complicated your mission, the

### PRONOUNTIATION

#### WROCŁAW VROTS-WAHF

##### READING POLISH VOWELS

<b>a</b>	as the 'u' in 'cut'
<b>ą</b>	a cross between the the 'awn' in 'lawn' and the 'ong' in 'long'
<b>e</b>	as in 'ten'
<b>ę</b>	like the 'eng' in 'engage', where the 'ng' is one sound, not 'n' followed by 'g'
<b>i</b>	similar to 'ee' in „feet'
<b>u, ó</b>	as in 'put'
<b>y</b>	similar to the 'i' in 'bit'

##### READING POLISH CONSONANTS

<b>c</b>	as the 'ts' in 'its'
<b>ć, ci</b>	similar to 'c' but pronounced with the tongue a little further back on the roof of the mouth

<b>ch, h</b>	as 'h' in the 'hole'
<b>cz</b>	as 'ch' in the 'church'
<b>dz</b>	as the 'ds' in 'adds up'
<b>dź, dzi</b>	similar to 'dz' but pronounced with the tongue a little further back on the roof of the mouth
<b>dź, drz</b>	as 'j' in 'jam'
<b>g</b>	as in 'get'
<b>j</b>	as the 'y' in 'yet'
<b>ł</b>	as the 'w' in 'wine'
<b>ń, ni</b>	as the 'ni' in the 'onion'
<b>r</b>	always trilled
<b>rz, ż</b>	as the 's' in the 'pleasure'
<b>sz</b>	as the 'sh' in 'show'
<b>s</b>	as s in 'set'
<b>ś, si</b>	similar to 's' but not as strident
<b>w</b>	as the 'v' in 'van'
<b>ź, zi</b>	similar to 'z' but not as strident
<b>szcz</b>	as the 'shch' in 'fresh chesse'



more likely you will need Polish (or a friend who speaks Polish) to be successful. In this section you can find a small dictionary to help you.

## CUISINE

Another aspect of living in Poland and with Poles is food. The country has its own interesting cuisine with lots of soups, flour dishes like pierogi or pancakes and, of course, meat. It is also definitely a "potato country". Polish cuisine is really not geared for people who are on a diet. The flagship is **pierogi** – dough filled with different fillings: cheese, meat, fruits. They look like largish Italian tortellini and usually there are 8 pieces in a portion. The most popular kind is pierogi ruskie (don't ask what they have to do with Russia...) filled with cheese, potatoes, fried onion and spices. Another popular variety is pierogi with cabbage and mushrooms inside, or with meat. Those of you who like sweets can also enjoy pierogi with berry or strawberry – but mostly in summer. Here's a tip: pierogi is great if made fresh and made well (which is not easy) and really, really bad if it is not. Fresh pierogi is best; avoid the frozen stuff.

But before pierogi try **barszcz** – a soup made from beetroot. At the first sight it might be difficult to fall in love with, because the soup is dark red and has a "special" taste. But we know that many foreign students have indeed fallen in love with barszcz and have tried to serve it in their countries after returning home.

Another personal favourite is **gołąbki** – stuffed cabbage. Tender cabbage leaves filled with a mixture of rice, sauteed mushroom or mince. Absolutely delicious either fried or boiled. Yummm! Think twice before you decide to go to one of the global

## USEFUL WORDS AND SENTENCES

### I don't speak Polish.

Nie mówię po polsku.

### Could you repeat that?

Proszę to powtórzyć.

### Please write that down.

Proszę to napisać.

### How do you pronounce it?

Jak się to wymawia?

### Where is...

Gdzie jest ...

### university

uniwersytet

### train station

dworzec PKP

### bus station

dworzec PKS

### tram/bus stop

przystanek

tramwajowy /

autobusowy

### Two tickets please

Proszę dwa bilety

### Dormitory

akademik

### How much is...

Ile kosztuje ...

### entrance

wejście

### open

otwarte

### closed

zamknięte

### How do I get to...

Jak się dostanę do...

### Turn left

Skręć w lewo

### Turn right

Skręć w prawo

### Go straight ahead

Proszę iść prosto

### Thank you

Dziękuję

### Please

Proszę

### You are welcome

Proszę

### Excuse me/ I'm sorry

Przepraszam

### Yes / No

Tak / Nie

### Hi / Bye

Cześć

### Good morning

Dzień dobry

### Goodbye

Do widzenia

### What's the time?

Która godzina?

SOURCE: K. DYDYŃSKI, POLAND, LONELY PLANET GUIDEBOOK 2002



fast foods chains, which are – not surprisingly – ubiquitous in Poland.

### FACING A SLAVIC SOUL

What are Poles like? While planning your visit to Poland, you will surely have asked yourself: what can I expect? Let's start with some stereotypes, both positive and negative.

People living between the Odra and the Bug are often thought to be emotional (even hot-tempered), and very patriotic: freedom-loving, with a touch of the anarchist's spirit. This image has been reinforced during the last 200 years of permanent revolution and uprising, WWII, and *Solidarność*, which brought the big mustache of Lech Wałęsa into the set of Polish stereotypes. Poles like that image. Do not be surprised if you become involved in discussions about history – Polish people like that too. Poles may often emphasize that the first written constitution in Europe was established in Poland, that they were betrayed by Western allies, that their country has been attacked, destroyed and divided so many times. Some people like to say that the Poles have a 'victim mentality', but you should decide that for yourself.

Poles are also very religious, mostly Roman Catholic, to be precise. Have you seen reports on TV about two million Poles going to Rome to the funeral of the Pope in April 2005? This was no exaggeration. Religion is very important in Poland, even for young people (they are sometimes called JP II Generation), which is not that obvious in many other countries in Europe. Membership in the EU has not caused a decline in religious observance or identification, as some expected. There is even a growing tendency to church



attendance than was the case in the 1990s. On the other hand, you will find that Poles are also very pragmatic in their attitude towards faith, one could say... nonchalant.

In the opinion of many foreigners, Poles are quite open-hearted. Is it true? Walking along the street you will certainly not see many people smiling like the Brazilians do, and when asking others for something you may often face a cool reaction. The hero of the movie "Sideways" (2004) even says: "And now I will be gloomy like a Pole". Another suggestion is that Poles are a mistrustful lot: one poll found only 11% declare, they trust others easily (in Norway the figure was 80%). However, some sociological surveys can be misleading, and you should always get a sense of people from real life experience. After few months here you can may even have the impression that Poles are reluctant to hide their emotions behind a mask of political correctness and that social relations are not so structured and formalized as in other cultures. You can move quite quickly from acquaintance to a friendship here. But remember: if you ask Poles

friendly "how are you" be ready, that they will tell you the truth.

What about tolerance towards minorities, or national and sexual differences? In the past, Poland was a multi-ethnic society, but after the World War II that diversity was lost. There were few opportunities to test our tolerance in practice. Since the beginning of the 90's, when Poland reopened to the world, more and more foreigners have come to live and work here. However, the unavoidable growth of immigration in the coming years will be a real test of the attitude of Poles to ethnic, national and religious diversity. A short poll among students from other

continents suggests that, at present, Polish attitudes are reasonably moderate. One student observed that while people do stare at him from time to time, this seems more a sign of interest and astonishment than aversion.

Another controversial issue is the Polish attitude to sexual minorities. Recent international media coverage has highlighted the intolerant voices towards homosexuality that are prominent (and ascendant) in Polish politics. Poland remains a very traditional country. Gay and lesbian life, while undoubtedly present (and in some cities such as Warszawa, Kraków and Sopot quite vibrant), is

## HOLIDAYS IN POLAND

### **1st January, Nowy Rok** (NEW YEAR'S DAY)

Most families would have a lavish dinner on that day, often together with their relatives.

### **Wielkanoc i Śmigus-Dyngus** (EASTER SUNDAY AND MONDAY)

It starts on first Sunday after the first spring full moon (March/April). Easter celebrations start on Saturday, when food brought in small baskets to churches by believers is blessed with Holy water. Sharing a blessed egg on Sunday morning with one another is a national tradition. On Easter Monday there is a very ancient Easter tradition called "Śmigus-Dyngus" – custom of pouring water on one another.

### **Boże Ciało** (CORPUS CHRISTI)

Thursday of the ninth week after Easter (May/June). The feast commemorates the Eucharist. The Host is carried in procession preceded by girls dressed in white and followed by the priests. A large number of people still attend those processions.

### **1st May: Święto Pracy** (LABOUR DAY)

On that day in the previous political system, huge propaganda parades used to be organised. Today it is just a holiday.

**3rd May: Dzień Konstytucji** (CONSTITUTION DAY)  
Celebrating the anniversary of May 3rd,

1791 when the Constitution (first in Europe) was proclaimed.

### **15th August: Święto Wniebowzięcia Najświętszej Marii Panny i Dzień Wojska Polskiego** (FEAST OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY AND POLISH ARMY DAY)

On the anniversary of the victorious battle of 1920 against the Russian Red Army, fought on the outskirts of Warsaw.

**1st November: Dzień Wszystkich Świętych** (ALL SAINTS DAY) On 1st November most Poles visit cemeteries where their relatives' graves are and light candles.

**11th November: Dzień Niepodległości** (INDEPENDENCE DAY) On this day Poland regained its independence in 1918 after 123 years of partition.

### **24th December: Wigilia** (CHRISTMAS EVE)

### **25th, 26th December: Boże Narodzenie** (CHRISTMAS)

This is the most important of the Polish holidays. On Christmas Eve families start feasting by sharing holy wafers (opłatek), exchanging good wishes and having ceremonial dinner with 12 dishes on the table. Traditionally there is no meat served on this day. At midnight many families attend Pasterka, the Shepherd's Mass.



## DO'S AND DON'TS

- Is it advisable to kiss a woman's hand? Well, not every woman will like that...
- Do give up your seat in the tram to an older person, or a woman with young children.
- Do remember that Poles celebrate a 'name day' as well as their birthday.
- It may be quite unusual, especially for Germans, to find that when proposing a toast people don't look each other in the eye. Apparently they are concentrating heavily on the glass, so as not to lose a drop.
- Do not say 'hi' (the Polish "cześć") to older people and to people in formal positions or in administration. This is considered impolite.

still largely 'underground', even in the big cities. Certainly, you will not find the degree of easy acceptance of homosexuality that is commonplace in Western Europe. Polish gays and lesbians tend for the most part to avoid making any public suggestion of their sexual orientation, and will expect the same from foreigners. Many, perhaps most, are not out of the closet, even to friends and family.

And please heed a friendly word of caution: public displays of affection between same-sex couples will almost certainly elicit strong disapproval. In all, Poland faces now a severe social conflict over this issue, very present in the recent public debate.

A very popular image of Poles is that they drink... a lot. The French say, "drunk like a Pole". A funny historical anecdote comes to mind: in 1978 Pope John Paul II, already elected to the rank, asked a Polish priest visiting the Vatican the reaction of his compatriots to his election. "They raved, they were delighted" and so on, said the priest. "And did

they drink" asked the Pope smiling. "Oh yes, they did", was the embarrassed answer. How much truth is there in the stereotype of the heavy-drinking Pole? On the one hand, you will certainly see drunk people in the street ... and not only on New Year's Eve! (in recent times this is probably due as much to British tourists on stag tours). On the other hand, since the beginning of the 90's drinking habits have changed, and 'hard drinking' is less common. First of all, vodka has lost its appeal. Among young people beer is absolutely number one, but many people are developing a taste for wine. Vodka itself is preferred mixed, rather than straight, like the very popular "mad dog" shots: vodka, Tabasco and raspberry syrup.

What about the Polish attitude towards women? This is a country of traditional gallantry: opening the door for women and kissing the hand is still wide-spread especially among older people. It used to be an important part of the old nobleman's ethos, but not only. During the last 150 years women have gained respect, having taken responsibility for cultivating and maintaining Polish identity and traditions, while men were at war or in exile.

How does the historical image of 'mother Poland' translate into the real life of modern Poland? More common than the traditional family with a woman at home is a model of the family with woman, who is working, taking care for the children and housekeeping at the same time. Women face a "glass ceiling" in their careers and are generally under-represented in public life. On the other hand, there are many indications of change. In the last 15 years women have held the post of prime

minister and president of the central bank. Many have held ministerial positions. If you visit the universities you might get the impression that there are more female students than male. Well, it's true, and sta-

tistics confirm this. Another sign of progress is female participation in Poland's growing small-business sector, which has among the highest rates of female participation in the world.

The Tatra Mountains in late spring



### TOP 5 TOURIST HIGHLIGHTS IN POLAND (apart from Wrocław and Lower Silesia)

**Kraków** – the old capital of Poland, beautiful and charming, with the Wawel castle and Kazimierz – the old Jewish quarter. A wonderfully rich cultural life. Starting from Kraków you can visit the Auschwitz Museum, Wieliczka, the old salt minery and Zakopane, the spa in the Tatra mountains, a perfect place for skiing, trekking and to discover original regional culture.

**Warszawa** – great, but dramatic history, widely known from the "Pianist" of Roman Polański. Today, a dynamic metropolis and financial center with architecture that arouses a love-hate response in many. See the reconstructed Old Town, the Museum of the Warsaw Uprising and the Łazienki Palace.

**Gdańsk** – the city on the sea, where WWII

started and where the Solidarność revolution began. It has an awesome old town; Długa street is a must see. A good base camp to ascend to Sopot, a beautiful spa, Gdynia and to the Hel Peninsula, known from the local sign which reads: "Welcome to Hel".

**Łódź** – a big city, which is a bit in the shadow of Warszawa, but has a fascinating set of old industrial architecture, the long Piotrowska street and lively culture with particular accent on movies. Before you go there watch "The promised land" of Andrzej Wajda, the Oscar prizewinner.

**Mazury** – in the south-east part of Poland you can find hundreds of beautiful lakes. A perfect place for sailing and discovering the Polish province.









# University Kit

## MORE THAN 300 YEARS

The history of the University of Wrocław goes back to the year 1702 when Emperor Leopold I of Habsburg founded a small academy in Wrocław which consisted of just two faculties: philosophy and theology. It was called Leopoldina after its founder.

Over a hundred years later, in 1811, the Prussian king Friedrich Wilhelm III ordered the protestant university, which was situated in Frankfurt at the River Oder, to move to Wrocław. The new, enlarged university had faculties of law, medicine, philosophy and two faculties of theology – Evangelic and Catholic. Over the years, more and more disciplines and faculties were added to the curriculum. With its open character the University became a centre of tolerance and humanism and thus an attraction for many students from abroad.

The international profile of the University was manifested in the huge number of famous scientists, writers and philosophers who were educated or who taught here. Among the long list of persons gaining honorary doctorates are the biologist Charles Darwin and the musician Johannes Brahms. The internationally renowned politician, Javier Solana, was given this honor in October 2003. A number of graduates and professors of the University have received the Nobel Prize, e.g. Otto Stern, Theodor Mommsen, Fritz Haber and Paul Ehrlich.

After 1945 Wrocław became a Polish city. To this largely destroyed city came people from many other parts

of the country, including many academics from the Polish Jan Kazimierz University in the city of Lviv, which at the end of the Second World War was incorporated into the Ukraine. They became the first academic staff of the revived university. Today the University of Wrocław is the largest university in the region and teaches over 40,000 students and around 1300 doctoral students in 10 faculties. 9000 students graduate from the University every year. The University offers a broad range of courses taught in Polish and English. In accordance with the Bologna process, all courses have three stages: a three-year Bachelor program, a two-year Master's program and an optional 4-year doctoral program. There is also a wide range of continuing education programs as well.



## UNIVERSITY OF WROCŁAW

pl. Uniwersytecki 1, 50-137 Wrocław  
www.uni.wroc.pl

### Faculty of Law, Administration and Economy

ul. Uniwersytecka 22/26, 50-145 Wrocław  
www.prawo.uni.wroc.pl

### Faculty of Historical and Pedagogical Sciences

ul. Szewska 48, 50-139 Wrocław  
www.wnhip.hist.uni.wroc.pl

### Faculty of Social Sciences

ul. Koszarowa 3, 51-149 Wrocław  
www.wns.uni.wroc.pl

### Faculty of Philology

pl. Nankiera 15, 50-140 Wrocław  
www.ifp.uni.wroc.pl (Institute of the Polish  
Philology)

### Faculty of Mathematics and Computer Science

pl. Grunwaldzki 2/4, 50-384 Wrocław  
www.ii.uni.wroc.pl, www.math.uni.wroc.pl

### Faculty of Physics and Astronomy

pl. Maxa Born'a 9, 50-205 Wrocław  
www.wfa.uni.wroc.pl

### Faculty of Chemistry

ul. Joliot-Curie 14, 50-383 Wrocław  
www.chem.uni.wroc.pl

### Faculty of Biotechnology

ul. Tamka 2, 50-138 Wrocław  
www.ibmb.uni.wroc.pl

### Faculty of Biological Sciences

ul. Kuźnicza 35, 50-138 Wrocław  
www.biol.uni.wroc.pl

### Faculty of Earth Sciences and Environment Management

ul. Kuźnicza 35  
50-138 Wrocław  
www.wnoz.uni.wroc.pl

## THE STRUCTURE OF THE UNIVERSITY

The University of Wrocław offers 30 different fields of studies in 10 faculties. Each faculty is usually divided into several departments, details of which may be found on the University homepage. Each department has a special coordinator to whom you may address all questions concerning your studies in Wrocław, e.g. which courses are offered in English, and how to achieve ECTS-points for your classes. In the framework of the University works also an interdisciplinary institute, which focuses on the Polish-German and Europeans issues – the Willy Brandt Centre (ul. Strażnicza 1-3, www.wbz.uni.wroc.pl). It was created as a common project with the German Academic Exchange

Service (DAAD) as one of the dozen of such DAAD-supported institutes in the world.

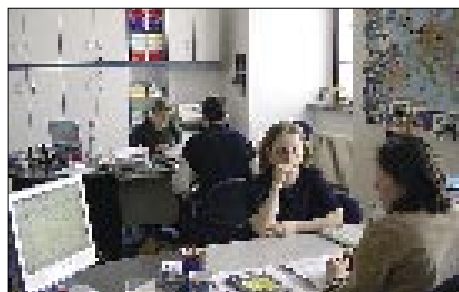
The University of Wrocław is not only a set of regular buildings and institutes where professors teach and students learn. There are also some other extraordinary scientific "sites" the variety of which may surprise you. One of these is the Botanical Garden (Wrocław) – a beautiful place of greenery available to everybody searching for a place to relax and/or for some biological or botanical inspiration. Another is the Scientific Polar Station on the Spits Bergen Islands, where glaciologists and speleologists explore and research the local glaciers. The University has also very interesting and well – equipped museums (more info in Wrocław kit section).



## STUDENTS

### INTERNATIONAL RELATIONS OFFICE

After your arrival in Wrocław, this should be the second place, after the dormitory, which you visit. In the International Relations Office (IRO, Dział Współpracy z Zagranicą) you can find out all about your study at the University, get your *legitymacja* and *indeks* and ask important questions concerning your stay in Poland. You can also check your e-mails there.



The office is located in the main building of the University on the second floor. In addition to the International Relations Office, each department has a special Erasmus Coordinator, to whom you may put all questions concerning your studies in Wrocław.

### INTERNATIONAL COOPERATION AND EXCHANGE PROGRAMS

The University of Wrocław cooperates with many foreign institutions of higher education. Each year, its departments admit approximately 600 students from throughout Europe and send almost 800 students abroad to study, as well many scientist to teach and conduct research.

In recent years, the University of Wrocław has been actively participating in large European exchange programs such as LLP-Erasmus, Leonardo da Vinci, and CEEPUS, and has

## INTERNATIONAL RELATIONS OFFICE

Pl. Uniwersytecki 1, 50-137 Wrocław  
room number 109, 120  
open Mo-Fr (except Wednesday) 9-14  
[www.dwz.uni.wroc.pl](http://www.dwz.uni.wroc.pl)

**Jagoda Kraśniewska** – DIRECTOR

Ph.: +48 71 37 52 248

E-mail: [ikr@adm.uni.wroc.pl](mailto:ikr@adm.uni.wroc.pl)

**Urszula Broda** – VICE DIRECTOR

Exchange Programs

Ph.: +48 71 37 52 703

E-mail: [ulbr@adm.uni.wroc.pl](mailto:ulbr@adm.uni.wroc.pl)

**Basia Skalacka** – INSTITUTIONAL LLP-ERASMUS  
COORDINATOR

Ph.: +48 71 37 52 703, fax: +48 71 37 52 211

e-mail: [bask@adm.uni.wroc.pl](mailto:bask@adm.uni.wroc.pl)

**Alicja Meisel** – COORDINATOR OF LEONARDO  
DA VINCI PROGRAM

Ph.: +48 71 37 52 252, fax: +48 71 37 52 211

e-mail: [alicja.meisel@adm.uni.wroc.pl](mailto:alicja.meisel@adm.uni.wroc.pl)

**Anna Sas-Korobczak** – LLP-ERASMUS ASSISTANT

Ph.: +48 71 37 52 703, fax: +48 71 37 52 211

e-mail: [sas@adm.uni.wroc.pl](mailto:sas@adm.uni.wroc.pl)

**Ewa Nogaj** – LLP-ERASMUS ASSISTANT

e-mail: [ewanogaj@adm.uni.wroc.pl](mailto:ewanogaj@adm.uni.wroc.pl)

## INTERNATIONAL PROMOTION AND RECRUITMENT OFFICE

ul. Kuźnicza 49-55, 50-138 Wrocław  
room number 309

**Ewa Solecka-Drew** – DIRECTOR

Ph.: +48 71 37 52 877

E-mail: [ewa.solecka@uni.wroc.pl](mailto:ewa.solecka@uni.wroc.pl)

**Magdalena Szymków** – GENERAL AND  
STUDENT ENQUIRIES

Ph.: +48 71 37 52 877

E-mail: [international@uni.wroc.pl](mailto:international@uni.wroc.pl)

## UNESCO CENTER

Pl. Uniwersytecki 1, 50-137 Wrocław  
room number 120

**Katarzyna Szajda**

Ph.: +48 71 37 52 252

E-mail : [szajda@adm.uni.wroc.pl](mailto:szajda@adm.uni.wroc.pl)

started partnership agreements within the framework of new programs such as Erasmus Mundus. Outside the EU, the University of Wrocław has special bilateral agreements with academic institutions from Russia, the Ukraine, Kazakhstan and USA.

## SCHOLARSHIPS

The Bureau for Academic Recognition and International Exchange, which is part of the Ministry of National Education, offers a number of government scholarships. International students wishing to apply for these scholarships



should contact the Polish Embassy in their home country and the Bureau for Academic Recognition and International Exchange in Warsaw:

ul. Smolna 13, 00-375 Warsaw

phone : + 48 22 826 74 34

fax: + 48 22 826 28 23

[www.buwiwm.edu.pl](http://www.buwiwm.edu.pl)

## ERASMUS COORDINATORS 2007/2008

### **FACULTY OF CHEMISTRY**

Chemistry – PROFESSOR ANNA TRZECIAK ania@wchuwr.chem.uni.wroc.pl

### **FACULTY OF LAW, ADMINISTRATION AND ECONOMICS**

Law/Administration – DR ANDRZEJ DROZD adrozdz@prawo.uni.wroc.pl

Economic – DR WŁADYSŁAW SZMYT wszmyt@prawo.uni.wroc.pl

### **FACULTY OF HISTORY AND PEDAGOGY**

FACULTY CO-ORDINATOR – DR STANISŁAW ROSIK staszek\_rosik@yahoo.com

Departmental Co-ordinators:

History – DR JAKUB TYSZKIEWICZ jatysz@wp.pl

History of Art – DR MAŁGORZATA WYRZYKOWSKA mwyrzykowska@yahoo.com

Psychology – DR JAROSŁAW KLEBANIUK JKL@dawid.uni.wroc.pl

Culture studies – DR BRONISŁAW CZAJKOWSKI ikult@uni.wroc.pl

Ethnology – DR MARCIN BROCKI mbrocki@uni.wroc.pl

Archeology – DR ARTUR BŁĄŻEJEWSKI artur.blazejewski@gmail.pl

Pedagogy/education – DR KATARZYNA KOKOT kokot.logopeda@vp.pl

### **FACULTY OF SOCIAL SCIENCES**

FACULTY CO-ORDINATOR – DR ROBERT WISZNIOWSKI poczta@politologia.uni.wroc.pl

DEPARTMENTAL CO-ORDINATORS:

Political sciences – DR PIOTR SULA p.sula@politologia.wroc.pl

International Relations – DR MARIUSZ NIEMIEC mariusz.niemiec@ism.uni.wroc.pl

Sociology – DR MARCELINA ZUBER zuber@uni.wroc.pl

Philosophy – DR KATARZYNA WRÓBLEWSKA katiaw@poczta.onet.pl

### **FACULTY OF MATHEMATICS AND COMPUTER SCIENCES**

MATHEMATICS – DR KRZYSZTOF DĘBICKI debicki@math.uni.wroc.pl

COMPUTER SCIENCES – DR ANDRZEJ ŁUKASZEWSKI anl@ii.uni.wroc.pl

### **FACULTY OF PHYSICS AND ASTRONOMY**

Physics and Astronomy – DR WOJCIECH CEGŁA cegla@iff.uni.wroc.pl

### **FACULTY OF PHILOLOGY**

FACULTY CO-ORDINATOR – DR MARIA DOROSZKIEWICZ doroszkiewicz@wp.pl

DEPARTMENTAL CO-ORDINATORS:

Slavonic Philology – DR MARIA DOROSZKIEWICZ doroszkiewicz@wp.pl

Polish Studies – MAŁGORZATA PASIEKA pasieka@uni.wroc.pl

English Studies – DR JUSTYNA KOCIATKIEWICZ jkociatk@uni.wroc.pl

German Studies – DR ANNA GONDEK agondek@uni.wroc.pl

Ancient Languages – DR SŁAWOMIR TORBUS storbus@wp.pl

French Studies – DR MAJA PAWŁOWSKA pawlmaja@uni.wroc.pl

Spanish Studies – DR JUSTYNA WESOŁA juspol@uni.wroc.pl

Dutch Studies – DR JAN URBANIAK jankur2000@yahoo.com

Journalism – PROFESSOR MAREK BRATUN m-bratun@kom-net.pl

### **FACULTY OF BIOTECHNOLOGY**

PROFESSOR MARIA MALICKA-BŁĄSZKIEWICZ mmb@ibmb.uni.wroc.pl

### **FACULTY OF BIOLOGICAL SCIENCES**

Biology – DR. DARIUSZ RAKUS drakus@biol.uni.wroc.pl

### **FACULTY OF EARTH SCIENCES AND ENVIRONMENT MANAGEMENT**

Geography – DR. KRZYSZTOF WIDAWSKI widawski@geogr.uni.wroc.pl

Geology – DR. JACEK GURWIN jgur@ing.uni.wroc.pl

### **THE WILLY BRANDT CENTRE**

DR ROBERT GRZESZCZAK robertgrzeszczak@yahoo.de



# STUDENT'S DOCUMENTS IN POLAND

## STUDENT'S IDENTITY CARD

The Student's ID – *legitymacja studencka* – is each student's most important document. You must leave two photos at the International Relations Office and a few days later you can pick up your *legitymacja* from the deanery (*dziekanat*) of your institute. You will get only one copy of the document and you should always have it with you. Please remember these two very important things. Firstly, you must sign your Student ID. Secondly check that have two stamps on your document, the first with the name and address of your deanery and the second with the duration of your *legitymacja*.

You will need your *legitymacja*:

- to use the libraries – without it you can't take books with you.
- to obtain student discounts on public transport – 50% discount on bus and tram tickets, 37% discount on train tickets ( for students under 26)
- to obtain the 10-50% discounted admission to all museums, theatres, cinemas and exhibitions.

## INDEKS

Each student gets his own student's book – *indeks*. You need to fill it in yourself (you must enter the name of your teacher, the name of the course, and ECTS-credits). It is useful to carry it with you during the last four weeks of the term. Your teacher in each subject will enter the grade you have achieved and will also sign it. If you need a separate certificate for your home coordinator, talk to your teacher

or coordinator at your faculty. You can get your *indeks* in the International Relations Office. After you have entered all of the required information in your *indeks* you must return it to the International Relations Office. Only by doing this can you receive your valid and complete Transfer of Records!

## ISIC

This is the International Student Identity Card and it should be possible to apply for it at travel offices, for example Campus, ul. Kazimierza Wielkiego 77/ 1a (tel. +48 71 34 38 384) or Almatour ul. Kościuszki 34 (tel. +48 71 34 34 135, e-mail: wroclaw @almatur.pl) The card is valid for twelve months and costs about 50 zł. You will need to present a current student identity card from your university and a passport photo. More information about this card and advantages that it brings are to be found here:

ISIC Connect: 0800 111 2804  
and [www.isic.org](http://www.isic.org)



Your most important document: Student Identity Card





## STUDIES

To help students make the most of their studies abroad, the European Commission has developed the European Credit Transfer System (ECTS), a points-based system of academic recognition facilitating the measurement and comparison of learning achievements and enabling their transfer between educational institutions. Usually a student should achieve a specific number of the points, e.g. 30, in one semester.

### STUDYING IN ENGLISH

The University of Wrocław offers degrees at the master's and doctoral level. All faculties at the University of Wrocław provide at least one masters program in English in addition to the extensive number of programs offered in the Polish language. At the doctoral level students may study in English in any area they choose. Fees for degrees at the master's and doctoral level are 4500 Euro per year. For further information please contact the coordinators of the programs.

### STUDY LIKE POLISH STUDENTS DO

Polish students usually study only at one department (for example either Political Science or Sociology or History). They get their complete time-table at the beginning of each semester and don't have to subscribe to any classes. These schedules with lectures in Polish are published on the homepages of the departments a few days before the beginning of the new semester, but you can also buy them in the copy shops (*punkt ksero*) of the departments. It's not common for Polish students to take part in seminars other than those from the schedule of their faculty.

You should distinguish between two types of academic classes in Polish: lectures (*wykłady*), which are usually delivered by a professor, and exercises (*ćwiczenia*). For Polish students it is obligatory to attend exercises – most often they are held in the same form as seminars (discussion about the text which is to be prepared in advance). An important thing: ask your teacher what requirements you have to fulfill

in order to get either ECTS or a certificate (*zaliczenie*).

Even if you have only started to learn Polish, we advise you to choose at least one lecture or seminar in Polish (ask your Polish friends to recommend you some of interest). Apart from the educational aspects, this is a great opportunity to meet Polish students: they are also eager to get to know foreigners interested in their country.

### LEARN POLISH: TO TALK NOT ONLY ABOUT WEATHER

You can learn Polish throughout the whole year by attending afternoon and weekend courses and a monthly summer course offered by the School of Polish Language and Culture for Foreigners at the University of Wrocław, run by prof. Anna Dąbrowska. Courses are organized on three levels: for beginners, intermediate and advanced students. You will be taught by professional teachers from the Institute of Polish Philology who are experienced in teaching Polish as a foreign language.

There is a special offer for most exchange students: an intensive two

weeks course just before the beginning of the new semester. Furthermore there is also a one-semester course, lasting from October till the end of January and from the end of February till the middle of June, during the summer semester. These courses are free of charge for students. There are many other offers, definitely worth checking out on the website of the Institute: [www.sjpik.uni.wroc.pl](http://www.sjpik.uni.wroc.pl)

Another way to improve your Polish is through Tandem. Be prepared to be asked to take part in a Tandem program by students from the 2Wrocław group (see the next section) during the meetings organized at the beginning of each semester. Polish students teach you Polish, and in exchange you teach them your native language. In this way learning times and the form and frequency of meetings depend on you and your Tandem partner. Tandem has proven a very effective way of learning for those who like meeting new people, are interested in other cultures or for those who enjoy learning a foreign language in an informal setting.

### LIBRARIES

Each faculty and department has its own library. There is a main University Library, Biblioteka Uniwersytecka, at ul. Szajnochy 10; tel: 071 34 63 110, available online under [www.bu.uni.wroc.pl](http://www.bu.uni.wroc.pl)

You can borrow books from Monday to Friday (9:00-19:00) and Saturday (9:00-14:00).

The library's reading rooms are open:

Monday-Friday, 8:00-20:00, Saturday 9:00-19:00 and Sunday 9:00-14:00 (with two breaks: 12:00-12:20 and 16:30-16:50).

It is possible to search and reserve books online: [www.bu.uni.wroc.pl/katalog](http://www.bu.uni.wroc.pl/katalog)

**Important:** the catalogue also covers the resources of the faculty libraries. This means that you can easily find out from which library a book is available, and the conditions under which it may be borrowed. Another important point to note is that a student may only borrow books from their own faculty library or from the main library. Books ordered from any other faculty library can be only accessed in the reading room of that faculty. To obtain a member's card allowing you to use the university's libraries you will need to have your student's index with a special library card, your passport and 20 zł for the card.



## 2wrocław – AID OF VOLUNTEERS

**2wrocław** is a students' volunteers group which is registered by the IRO. The whole idea of the group is to assist you at the very beginning of your stay in Wrocław by helping you to register in the dorm, find a flat or gain your residence permit. 2wrocław also organizes events such as theme parties, trips and movie evenings.

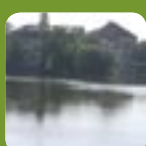
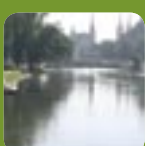
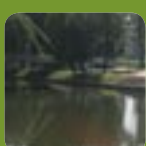
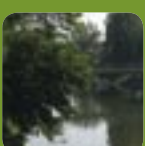
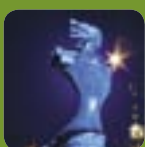
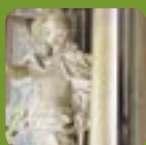
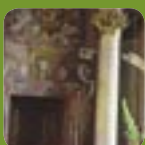
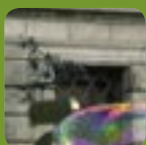
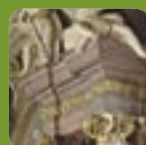
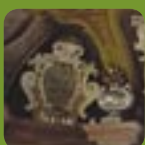
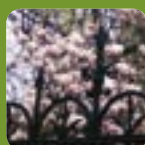
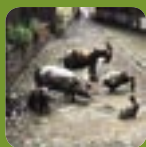
Before your arrival to Wrocław you will get an email from one of the member of 2wrocław, offering to pick you from the airport, railway or bus station. You will also get an invitation to

join the mailing list: [wroclaw2@yahoo-groups.com](mailto:wroclaw2@yahoo-groups.com)

The list was created as a means of communication between Polish and international students. Because of spam and viruses wroclaw2group has been closed for non members and it is not possible to attach anything to e-mail. It is easy to apply for membership. Just find the name of the group

on the list of the yahoo portal and follow the procedure. Your e-mail with application will be sent to the administrator and after his confirmation you will become a member.





# Wrocław Kit

## THE MEETING PLACE

**W**rocław's most distinctive feature is arguably its waterways: 12 islands with 112 bridges to explore. But the city stands out today more with its booming economy and a very dynamic society. An equally important trait of the Lower Silesian capital is its history with numerous changes in state affiliation and changing fortunes over the centuries.

The first settlements appeared in this area in the 7th century on the Cathedral Island (Ostrów Tumski). The written history of Wrocław dates back to the year 1000, when one of the first Polish bishoprics was established here. At this time the city was named Vratislavia and its area was limited to Ostrów Tumski. It quickly became a commercial centre, extended its territory, and became the informal capital of Silesia.

In the 11th century, the city's multi-cultural character emerged, with new inhabitants: Germans (henceforth Wrocław also became known by its German name, Breslau), Jews, Flemish, Czechs and many others. Trade developed dynamically and soon Wrocław joined a powerful association well known in Europe: the Hanseatic League. In the 19th century, the city enjoyed a spectacular cultural and commercial growth. In 1816 it became the official capital of Silesia and soon was included into the growing railway system and was connected to the most important European cities. After Prussia united the German states

under the German Empire, Breslau – with a population of 600,000 inhabitants – became its third largest city. The prosperity of the city lasted until the Second World War.

However, fortune did not desert it even during the war, which passed the city by until 1945. Only then, when the Red Army was moving west, and the city was transformed into a huge fortress named "Festung Breslau". From then on, the streets became the scene of intense clashes with the Russian army. The buildings in the area of Grunwaldzki Square and neighboring streets were torn down in order to make a runway for the last German planes. The "Festung" eventually capitulated the last German city to fall in the III Reich. More than 70% of buildings were destroyed.

In 1945, as a result of agreements signed in Yalta and Potsdam by Great Britain, the USA and the USSR, Lower Silesia with Wrocław was incorporated into Poland. The Germans who had not left the city during the war were displaced. The empty houses were inhabited by the Poles displaced from the eastern parts of Poland, which were lost to the USSR. Polish intelligentsia moved from Lviv and formed the new University of Wrocław. The most significant Polish art and library collections were moved to Wrocław as well: for instance the Ossolineum scientific library and the cyclorama of the Raclawicka battle.





This complete exchange of population – extraordinary in European history – has marked the subsequent development of Wrocław. In the buildings, on which writings in German were visible under the freshly painted walls, people lived speaking with the soft accent of the eastern borderland of the old Poland. They yearned for their lost homes and could not quite adjust to their new surroundings. The new generation on the other hand, felt uprooted, having no specific regional culture, which was just an amalgam of different traditions. The fate of Wrocław, until the seventies, was also uncertain because of a lack of agreement with Germany on the recognition of Poland's western border.

These events have shaped Wrocław into a melting-pot with a place for everyone. Thus, when the city and the people overcame the uncertainty and the lack of a common history, Wrocław started to revive and ceased to be the

#### ORIENTATION IN WROCŁAW

The axis of the city is the river Odra, which flows from the south-east to the north-west. The western and the northern parts of the city are dominated by bleak post-war blocks of flats, constructed to replace buildings destroyed during the war. The south and the east contain older buildings and villas. The most attractive districts to live in: Krzyki, Biskupin, Śródmieście.

For extensive information about the city in four languages with a link to a reliable map: [www.wroclaw.pl](http://www.wroclaw.pl)

“wild west” of Poland. It became an important cultural centre, particularly of the experimental theatre groups. Henryk Tomaszewski settled here with his Pantomime Theatre and Jerzy Grotowski founded his Laboratory.

Wrocław was one of the founding cities of the opposition movement in 1980; *Solidarność*, the legendary trade union, was strong here. The people of





Wrocław also deployed other methods in the fight against the communist regime. They founded the "Orange Alternative", an organization which arranged events, performances and marches, and whose chief weapons were derision, irony and laughter. A smiling dwarf with an orange hat was the symbol of the group (notice the small statute next to the underground on the Świdnicka street!). They made the grey reality of those times a little bit more colorful.

The glorious days of Wrocław returned in the beginning of the nineties, when its economy benefited from free market reforms and the renovation of the centre began. The link with the city's history – via the restoration of historical buildings and symbols (the bear for instance -pay attention to the statue near Piwnica Świdnicka!) – and the creation of its modern appearance ran parallel.

As a region of educational and employment opportunities, Wrocław became an attractive place to live. Its population grew to 650,000. It also became one of the "must sees" in Poland, encouraging tourists to stop somewhere other than Kraków.

The run of good luck was interrupted by the huge flood of 1997. The old part of the city, where the most precious collections of art and books are located, was saved thanks to the dedication and sacrifice of Wrocław's inhabitants.

The city overcame tragedy and continued to develop. It is the centre of the region and one of the most important cities in Poland. It is famous for its atmosphere and openness – people, who decide to stay soon feel at home and call Wrocław "their city". It is full of young people and is always buzzing with life – with its clubs, cafes, street bands and dancers, and open air con-



City Hall of Wrocław

certs. It's becoming an economic hub and an attractive place to work too: many foreign investors have located here recently. LG Phillips with its LCD-factory, Google with its research centre, Hewlett-Packard and KPIT Cummins from India are new arrivals. This inflow of capital has brought about a real-estate boom. Wrocław has ambitious goals for the future: it is bidding for the EXPO exhibition and will be one of the cities organizing the Euro 2012 football championship. It is also bidding to host a campus of the European Technology Institute, a European version of the famous MIT.

Wrocław's history and the changes it has experienced, continue to fascinate. They are the subject of a thrilling book called "Microcosm" (published also in Poland as "Mikrokosmos" and in Germany as "Die Blume Europas") written by the famous British historian Norman Davies. It makes for a great read if you are interested in learning more about Wrocław!





## VOIVODSHIP OFFICE

DOLNOŚLĄSKI URZĄD WOJEWÓDZKI

ul. Powstańców Warszawy 1, 50-951 Wrocław; [www.duw.pl](http://www.duw.pl)

### DEPARTMENT FOR FOREIGNERS

#### OPENING HOURS:

Mo, Tue, Thu, Fri: 8-11 and 13.30-15, Wed: 9-12 and 15-17.

#### VISAS AND TEMPORARY RESIDENCE CARDS:

room 0139 – Tel: 071 34 06 953; room 0141 – Tel: 071 34 06 869;

room 0142 – Tel: 071 34 06 531; room 0143 – Tel: 071 34 06 587;

room 0146 – Tel: 071 34 06 098

REGISTRATION OF INVITATIONS: room 0136 – Tel: 071 34 06 158 and 071 34 06 458

REPATRIATION: room 0132 – Tel: 071 34 06 609

MANAGER: room 0145 – Tel: 071 34 06 517

## LEGALIZE YOUR STAY

All of you who do not live in a student dormitory will need to register yourself in a the flat you are living (the registration form is called "Meldunek"). In order to do that, you should go the Register Office (Biuro Meldunkowe, ul. Zapolskiej 4, Tel: 071 34 07 991, 071 34 20 412) with the copy of your landlord's ID and the order of allocation of the flat. Students who stay in a dormitory will be registered automatically.

The Voivodship office, where you get your Temporary Residence Card is located in the centre of the city in a huge "socialist" building (see the box). To get to the Department for Foreigners, use the side door on the left side of the building – from the Most Pokoju (Bridge of Peace), opposite the National Museum. Don't be afraid of the Polish red tape. Bureaucrats are no worse or

better than in other countries. The only problem might be the Polish language, but as far as we know, there have been no significant problems in the offices of Wrocław in recent years. If you'd like to feel sure, you think your language skills are not good enough, ask a Polish friend or tutor to come go with you, because all the forms need to be filled in Polish. You must appear personally.



## ACCOMMODATION

## CAN YOU LIVE IN A PENCIL?

Most of the exchange students choose to live in Ołówek, one of the dormitories in Wrocław. Ołówek means "pencil"; check out the shape of the building from a distance. The higher, neighboring dormitory is called Kredka – "crayon". To rent a room before you arrive in Wrocław, fill in the form included in the application pack from the University of Wrocław and send it back to the IRO.

The dorm has 17 floors with single, double, and some triple rooms (all with balconies). Two rooms share a kitchen and a bathroom. The rooms

are well-furnished (bed, table, chairs, and cupboards). You will get bed linen but, except for cooker and a small fridge, the kitchen is not equipped! If you wish, it is possible to share your room with a Polish student. Single rooms cost about 150 € and double rooms 80€ per month.

How is everyday life at Ołówek? Well, it's a truly amazing experience for many; Erasmus life is in full swing here, and you can expect to have the time of your life, and make many wonderful, lasting friendships. But it is not for everyone (especially those with a penchant for peace and quiet!). Read





#### PROS AND CONS OF OŁÓWEK

- + comfortable rooms / close to the centre of the city / Erasmus life & parties
- closing hours / strict rules for visitors / it's not exactly cozy... / laundry is poorly equipped

the information below carefully before you decide to apply to live here.

**Opening time:** If you go out, please notice that the front door is closed from 2.00 to 3.00 at night. You can't get in meanwhile. This means that you have to wait outside or have an extra hour of party time in the pub Alibi opposite the dormitory.

**Heating:** It works from the middle of October.

**Visitors:** Please notice that every guest has to leave an ID in the reception. Generally no guests are allowed after 11 pm, but the reception is not that strict until 2 am. If you have scheduled a party beyond this time, you need to inform the reception and administration about it.

**Guests:** If you want to have guests over night in your room you have to

go to the administration a few days before and obtain (written) permission. This can come as a rude shock to students who are used to living in their own apartment. What's more, you must pay for your guests; your monthly rent doesn't cover this. The cost is roughly 24 zł per night, and your guest cannot ordinarily stay longer than 5 nights in one month. This price does not include a bed! It is up to your friends to bring their own mats and sleeping bags. If you want to have a guest in one of the guest-rooms, it is no problem – but you must book in advance. One night in a double room is 24 zł; a single room is 48 zł. Much cheaper than a hotel!

**Washing machines:** There are four washing machines available for free. You have to reserve them at recep-

tion by signing in a special book. You will get the key to the laundry for two hours. But there is no dryer, so you have to dry your washing in your room. If the list is full, or the washing machines out of service, you can always take your washing to one of the public laundries...

**Internet:** In each room you can access a broadband internet connection. It's very fast and costs next to nothing: 10 zł per month. You just have to fill in an application form (or register online) and give it back to the administration.

**Television and more:** There is a television room, a learning room, and a club with games like table tennis on the 12th floor. You can get the key for the rooms at the reception.

**Shopping:** In front of the dormitory there is a supermarket, where you can find everything you need. It is open every day (even Sunday) till 11 pm. Another possibility is to walk few minutes to Plan Grunwaldzki where a huge mall with dozens of shops is located.

**Administration:** the office is on the ground floor, open Mo-Fr 8.00-14.00.

**Language issues:** While Ołówek could be fairly described as a veritable Tower of Babel, English is, of course, the lingua-franca among the foreign students staying here, who make up an increasing proportion (perhaps 70% now) of the residents. Ołówek is in the middle of a period of transition, as it deals with the needs of the growing number of foreign students living in the dorm. In recent years, the lack of English language amongst the ladies at reception, who play a significant role in your life at Ołówek, has been a recurring concern, and often a source of genuine frustration for non-Polish speaking students. You can expect to have difficulties communicating with them, even concerning the

most basic things, so be aware. However, things are (slowly) improving.

## RENTING A FLAT

If you don't like the atmosphere of Ołówek (unlikely) or if its rules, regulations, bureaucracy and restrictions annoy you (almost certainly), the city offers some alternatives: a private house or flat. You can either rent a room in a house/flat occupied by the owners (most often an old lady), or rent a room in a student's house where the entire flat is co-rented by students. Be careful with the first option. If you share a flat with an owner-family or an owner-single person, you should be ready to conform to their (sometimes weird) requirements. For example they might forbid you to have guests, force you to come back before 22:00. So before signing a contract always ask about the smallest details concerning your life in the house. Living in a student share-house should be less complicated. Also it's better to know the people you will share with at least a little bit. Depending on the flat there could be single, double or even more bedded rooms. Important, although maybe obvious – before making a final decision always go and see the place. Don't rent it without seeing it for yourself, no matter how well you know the landlord or how much he talks it up. How much should it cost? Single rooms start from 350 zł and a place in a shared room from 250 zł.

### HOW MUCH FOR A FLAT?

(prices in June 2007)

One room: 1015 zł

Two room: 1551 zł

Three-roomed: 2014 zł

Four-room: 3034 zł

SOURCE: GAZETA WYBORCZA







If you are thinking of renting an apartment/flat in its entirety (then splitting the cost among you), you can expect the following: a double room flat costs 1500 zł, a single room flat, 1000 zł (prices from summer 2007 without meters).

The sooner you start searching, the better. By the end of September all the best located and cheapest rooms will probably be occupied, so you may end up having very little choice of flats with relatively poor conditions. Don't hesitate to tear off those little pieces of paper with telephone numbers from the announcements hanging on the bus/tram stops. Go and see the **board of announcements**, which you can find in every academic building. Another good source worth recommending are **newspapers**, ask for: "Giełda Dolnośląska" (weekly with

numerous announcements published every Tuesday), "Słowo Poskie" (regional daily) or "Gazeta Wyborcza" (the most popular domestic daily newspaper). You should consider, that many of the offers stem from real estate agencies.

There are also **four academic agencies** providing information on flat rental (called Banki Stancji):

1. Fundacja UNIVERSITAS, ul. Kuźnicza 49/55, II floor, open Mo-Fr 9-17. For 20 zł (10 zł fee + 10 zł of deposit (which is given back if one of the advertisements is no longer valid). You can go through the whole catalogue of ads and write down the information you need.
2. Fundacja MANUS, plac Grunwaldzki 7/5, room 4, open Mo-Fr 9-16 on the Wrocław University of Technology Campus; [www.manus.pl](http://www.manus.pl).



stancje.pl/ Their procedure is exactly the same as the one of Universitas. You pay 20 zł (10 zł of fee + 10 zł of deposit) for the list of offers with the telephones numbers to of the hirers/vendors.

3. Bank Stancji Zrzeszenia Studentów Polskich (ZSP is the oldest Polish student organisation), Pałac, ul. Kościuszki 34, [www.zsp.wroc.pl](http://www.zsp.wroc.pl). The offers are listed on the board of announcements in the corridor/hall inside the building.
4. Bank Stancji Samorządu Studenckiego Uniwersytetu Wrocławskiego (Bank of Lodgings of the Student Council), pl. Uniwersytecki 1, room 134. Here the announcements are also listed in a glass-case in the hall of the building on the ground floor free of charge.

Another option is look for flat over **the internet**. There's a wide range of web pages to help you finding the perfect flat. Try:

[www.e-stancja.pl](http://www.e-stancja.pl);  
[www.stancje.pl](http://www.stancje.pl);  
[www.dlastudenta.pl](http://www.dlastudenta.pl).

Remember that all these ads are written in Polish, so you may need a Polish native speaker to give you a hand.

And finally, you can always go to **professional agencies**, which advertise in many newspapers. It is a good option if do not care about paying a few hundred zloty for their services.

## HOTELS AND HOSTELS

Most of you will have guest during the stay in Poland: parents, sisters and brothers, friends. Where to accommodate them? The first option is Ołówek, but if your guests have higher expectations you should find a hotel. Go to the info point on Rynek (by the Ready's restaurant) or to travel offices in order to check their

offers. Furthermore you can find a list of hotels with the links to their homepages in the internet via two useful sites (in foreign languages): [www.wroclaw.pl](http://www.wroclaw.pl) and [www.spanie.pl](http://www.spanie.pl). Obviously the most comfortable and the most expensive hotels are situated near Rynek – the market place, and ul. Kiełbaśnicza. Sometimes, however, they offer good discounts. For example, the four-star "Art" hotel attracts tourists with a special price for a double at weekends – it costs around 200 zł per night. Still too much? Take a 10 min walk to Ostrów Tumski or ul. Piłsudskiego and you'll find some nice but cheaper places to stay.

Definitely the low budget solution is to stay in youth hostels. Don't forget that some of them have special rules like closing time from 10-18. In this price sector the best offer has "Mleczarnia" (see the box).

### INFORMATION

[www.wroclaw.pl](http://www.wroclaw.pl) • [www.itwroclaw.pl](http://www.itwroclaw.pl)

### LOW-BUDGET HOSTELS

#### The Stranger Hostel

ul. Kołłątaja 16/3, 50-002 Wrocław  
Tel: 071 34 41 206, Fax: 071 34 41 206  
<http://wroclaw.strangerhostel.com>

#### Międzynarodowe Schronisko Młodzieżowe PTSM – Hotel Tumski

Wyspa Słodowa 10  
Tel: 071 32 26 088 or 099  
[www.hotel-tumski.com.pl](http://www.hotel-tumski.com.pl)

#### Szkolne Schronisko Młodzieżowe

ul. Kołłątaja 20  
Tel: 071 34 38 856  
[www.mdk.kopernik.wroclaw.pl](http://www.mdk.kopernik.wroclaw.pl)

#### Mleczarnia hostel

ul. Włodkowica 5  
Tel: 071 34 57 396  
[www.mleczarniahostel.pl](http://www.mleczarniahostel.pl)





## TRANSPORT

Let's start with trains. Wrocław has good long distance connections to most of the bigger cities in Poland. An IC to Warszawa takes 4,5 hours, *pośpieszny* trains around 6 hours. If you want to go to Kraków you'll need 4,5 hours. The regional Lower-Silesian transport is not that good following the flood 1997; many routes were damaged and haven't been repaired until now. Trains to Jelenia Góra and the Karkonosze mountains take about 3,5 hours (130 km). For short distances, a bus might be better. Least satisfactory are the train connections to Germany and the Czech Republic. There is only one very slow IC (we call it IEC – *inter every city*) and one fast train to

Berlin, and only one train per day to Prague.

The main train station (Wrocław Główny) is around 1 km southeast of Rynek at ul. Piłsudskiego. There are also two other stations, where non-local trains also stop at Nadodrże in the north of the city and Mikołajów in the west.

If you want to buy tickets it is not necessary to go a station or use the internet. You can do it at the *Orbis* bureau on Rynek in an orange building near McDonalds, however, only tickets of the PKP IC or sleeper in night trains are available here.

Another option is the bus. The PKS-bus station is just a minute or two south of the main train station by

foot. From there, also international lines provide services to many cities in Europe. You can find PKS timetable online: [www.wroclaw.pl/m/20](http://www.wroclaw.pl/m/20) (site in Polish).

An increasingly popular way to get to Wrocław is by air. The airport is located in the south-west of the city, 20 min. drive by taxi. All the information you will need is available in English at: [www.airport.wroclaw.pl/en/index.php](http://www.airport.wroclaw.pl/en/index.php). Many people destined for Wrocław also fly to Katowice (Pyrzowice) and from there take a 2,5 hours to Wrocław. If you take this option, make sure you check out

the shuttle service between the Katowice Airport to and Katowice train station, particularly at night. See: [www.gtl.com.pl/eng/index.html?page=dojazdy,1](http://www.gtl.com.pl/eng/index.html?page=dojazdy,1) – This page is available in English, German and French. Another airport not too far from Wrocław is Poznań.

## CITY TRANSPORT

City transport in Wrocław is really extensive, but unfortunately some parts of the transportation system seem constantly under re-construction (it may get worse before it gets better). That is why the routes

### COST OF TICKETS IN WROCŁAW FOR NORMAL TRAMS AND BUSES

You can buy reduced ticket if you have the Polish student ID (legitymacja)

All options: [www.mpk.wroc.pl](http://www.mpk.wroc.pl)

TICKETS	NORMAL	REDUCED
single ticket (regular bus, within the city, single ride)	2,00	1,00
single ticket (regular bus, outside city borders, single ride)	2,60	1,30
single ticket (fast/night buses, single ride)	2,80	1,40
daily ticket to bearer (all lines, within the city)	9,00	4,50
5-day ticket to bearer (regular, within the city)	23,00	11,50
5-day ticket to bearer (fast, within the city)	27,00	13,50
10-day ticket to bearer (regular, within the city)	40,00	20,00
10-day ticket to bearer (fast, within the city)	48,00	24,00
10-day ticket to bearer (regular, outside city borders)	46,00	23,00
30-day ticket to bearer (regular, within the city)	90,00	45,00
30-day ticket to bearer (fast, within the city)	114,00	57,00
30-day ticket to bearer (regular, outside city borders)	108,00	54,00
60-day ticket to bearer (regular, within the city)	168,00	84,00
60-day ticket to bearer (fast, outside city borders)	216,00	108,00
90-day ticket to bearer (regular, within the city)	234,00	117,00
90-day ticket to bearer (fast, outside city borders)	306,00	153,00
Ticket for luggage (over 120 cm as a sum of three measures)	1 zł	
Ticket for pet	1 zł	



## CONNECTION BROWSER

1. Initial stop (where you start) 2. Final stop (where you want to get to) 3. Time 4. Find connection from this time 5. Find connection to reach destination at this time 6. Days: ROBOCZE SZKOLNE (Monday-Friday during school year); ROBOCZE FERIE (Monday-Friday during school holidays); SOBOTA (Saturday); NIEDZIELA (Sunday); ŚWIĘTA (Public holidays) 7. Find a connection 8. Minimum time to change lines 9. Minimum time to change stops (e.g. stops have the same name for a whole big cross-road) Minimum times add up (so if you have both change lines and change stops, it is position 8 + position 9).

of trams and buses are subject to change quite often. Still, it's all manageable and after a few days you will get used to it and your way to the faculty or city center won't be a problem.

### TRAMS AND BUSES

Regular city transport operates from around 5 a.m. and continues until 11 p.m. Trams and regular buses are marked by numbers. If you see a yellow table on the tram it means that the route has been temporarily adjusted. A new route is also marked yellow on the plan. Suburban buses are marked with numbers

higher than 600 and are also more expensive than regular ones. There are also fast (express) buses, which cost more and are marked with red letters, and of course night bus lines marked with numbers higher than 200. Tickets are available at newspaper stands (kiosks) and ticket automates. It is (theoretically) possible to buy single tickets onboard, but they cost nearly 0,40 zł more and, to be honest, drivers in daytime trams and busses do it reluctantly (e.g. they will tell you that they do not have tickets available). The ticket must be validated on the tram/bus. If you want to buy a ticket for 60 days you can



only do so at special MPK-shops: one of them is on the pl. Bema, just three stops by tram away from Ołówek.

#### HOW TO FIND A CONNECTION?

Use the internet city map (see the box for links) to find stop names. They are very useful to know, because with knowing stop names lets you make the best use of the connection browser. You can also find regular schedules on the internet, but again you have to know stop names (they are on the map, on tram/bus schedules at stops and on stops themselves, usually over the sign).

#### TAXI

When taking a taxi, you should choose a cab with a TAXI sign on the roof and a dashboard meter inside. It's preferable to order a taxi by phone; you can usually do this in English. It's not expensive. For example, from the railway station to Ołówek the fare is around 20 zł, and from Ołówek to Rynek around 15 zł. Now every taxi must have a cash register, so you can always ask for the printed bill. If you feel that something is not ok with the price, call the phone number of the company and ask for help. Here are some (randomly chosen) taxi phone numbers: City Radio Taxi – Tel. 96 62; Blues Taxi – Tel: 96 61; Euro Taxi – Tel: 96 66. There are of course many others; their numbers are in local newspapers.

#### USEFUL LINKS

**City map:** [www.wroclaw.pl/m6861/](http://www.wroclaw.pl/m6861/)

**Schedules:** [www.wroclaw.pl/m/15/](http://www.wroclaw.pl/m/15/)

**Connection browser:**

[http://gisserver.um.wroc.pl/agc\\_dll/businf013.dll](http://gisserver.um.wroc.pl/agc_dll/businf013.dll)

**Public transport company:**

[www.mpk.wroc.pl](http://www.mpk.wroc.pl)



#### BIKE

Cycling is a very good and popular way to get around Wrocław in the warmer months (8 months roughly per year). However, in the winter you'd have to be a desperado. There are other problems too. The city's network of bike tracks is still quite poor (but getting better). Sometimes you'll have to join the traffic on the road; do not expect much gallantry from car drivers. If you live at Ołówek there is a good connection into town and the university. If you want to check the newest developments in Wrocław's bike network, try: [www.rowery.eko.org.pl](http://www.rowery.eko.org.pl). Unfortunately it's only in Polish, but at least you can review some of the maps. Where to buy a second hand bike? Well, the best place is the weekend bazaar on Niskie Łąki street, where you can find an old "Dutch" for 200-300 zł. And where to repair a bike? One of the best workshops is on the corner of Księcia Witolda and Mostowa streets. An important piece of advice: always lock your bike. If not, you may find it has returned to... the Niskie Łąki, of course!



# COMMUNICATION

## INTERNET

Where to get internet access in Wrocław? Well, if you live in Ołówek, you will have access to a fast (and dirt cheap) internet connection there. If you have a flat the best way to connect is to take up a contract with one of the internet providers (see the Poland kit). If you have a laptop you can always look for **hotspots** in the city. The whole Rynek offers free access: just find a bench or a beer-garden, and off you go. There are some nice cafes, where you can surf and check your email. One of the best is Mleczarnia café on Włodkowica.



But if you just want to check email and do not have your own computer? Academic centres like the **Institute of the History of Art** (Instytut Historii Sztuki, ul. Szewska 36, room 207) or the Institute for Physics, provide access for free, but the opening hours are quite limited. Also, at the **Law Department** there is a good computer library, but only if you are registered at the faculty. Other "free" places? I would recommend the small cafeteria in the **Ossoli-neum Library** on the third floor, just by the reading room. You can buy a nice cup of tea for 1,80 zł and spend the rest of the day surfing. Another possibility is **Coffee Heaven** at Rynek: but tea and coffee prices are higher, and the two computers are usually occupied.

You can always find a typical **internet cafe** (*kawiarnie internetowe*). There are many of them around the city. Prices vary from 3,5 to 5 zł per hour. Here are some options in the city centre:

W SERCU MIASTA – Przejście Garn-carskie 4, Mo-Sa 9-18, Su 11-18.

MEGANETCAFFE – ul. Kuźnicza 10 Mo-Fr 9-24, Sa, Su 10-24.

INTERMAX INTERNET CAFE – ul. Psie Budy 10/11, Su-Su 24h

## POST OFFICE

There are many agencies of the post offices in Wrocław and most of them are open from Monday to Friday between 8 and 18. The addresses of the post offices near to where you are likely to live or study are:

**Near Ołówek:** pl. Grunwaldzki 6A, open Mo-Fr 9-17.

**City center:** Rynek 26, open 24 hours a day

**Main building of the University:** pl. Uniwersytecki 1, open Mo-Fr 7.30-14.



## SAFETY

If you need to report an offence, you must go to the district HQ, in the area the offence happened. To find out which station that is, call one of the **emergency police numbers: 997, 112** or the Wrocław Police Head Quarters (Komenda Miejska Policji) – ul. Druckiego-Lubeckiego 1 (the entrance from ul. Podwale): Tel: 071 34 35 812, 071 34 42 749, kontakt@wroclaw.kmp.gov.pl

You can try to look for your lost property in Biuro Rzeczy Znalezionych (Lost Property Office) open on working days 10–13 at ul. Długa 49, Tel: 071 35 50 919. If you lose something or are robbed on a train or train station – Biuro Rzeczy Znalezionych at the main railway station (Dworzec Główny PKP – ul. Piłsudskiego, Tel: 071 36 95 328.

## HEALTHCARE

If you want to register in the Polish health care system you should visit the NFZ (for info on the system – see the Poland kit). The address of the NFZ office in Wrocław is:

**Centrum Obsługi Ubezpieczonych  
Dolnośląski Oddział Wojewódzkiego  
Narodowego Funduszu Zdrowia  
ul. Dawida 2, 50-527 Wrocław**

Go to room 118, which is open Mo-Fr 8.00–16.00. Ask for the list of health centres, which have contracts with the NFZ. If you have your own insurance you can choose freely services available from different practitioners in the other health care centres – mostly privately owned (for the most popular – see the box). If your symptoms require a more specific explanation and you cannot speak Polish, take your tutor or friend to translate. Maybe the best approach is to call a centre and ask if an English-speaking doctor is currently available (unfortunately many of them have moved to UK or Sweden in recent years). The only place where you're guaranteed to find one is the Skandynawskie Centrum Medyczne SCM Sp. z o.o. But it may cost you more than the usual 50–60 zł.

In case of emergency, call Wrocław's Medical Information on 071 37 26 816

– you will be told which hospital is currently on active standby. Surgical and orthopedic emergency cases are treated in the Dolnośląski Szpital Specjalistyczny im. T. Marciniaka – Centrum Medycyny Ratunkowej, ul. Traugutta 116, Tel: 071 78 90 200. There also is an outpatient clinic there – Tel: 071 34 82 815.



## MEDICAL CENTERS

**Specjalistyczna Przychodnia Lekarska VITA**, ul. Oławska 15, Tel: 071 34 33 556  
Information and registry open 7:30–19:00

**DOLMED**, ul. Legnicka 40,  
Tel: 071 35 93 354, 071 35 93 356

**Prywatne Centrum Medyczne PROMEDIS**, ul. Oławska 27-29,  
Tel: 071 34 19 664, 071 34 19 666

**Centrum Medyczne PRACTIMED**,  
ul. Pabianicka 25, Tel: 071 79 83 679  
e-mail: practimed@poczta.onet.pl





## SHOPPING AND SERVICES

**W**roclaw is quite a big city and there are a variety of department stores, supermarkets and shopping malls, usually open every day (apart from 12 public holidays per year). Some of the biggest shopping centres are located in the outskirts of the city. These offer free shuttle buses from the PKS station, south of Rynek. Some shopping centres are, however, just around the corner. Do not ignore the market places, where you can buy good-quality fresh vegetables and fruits, much cheaper than in supermarkets. If you are desperate for something at night you are not condemned search for petrol station. There

are many night shops (*sklep nocny*), where you can find food and drink.

### SHOPPING CENTERS

#### **Galeria Dominikańska**

plac Dominikański 3

Opening hours: Mo–Sat 9.30–21,  
Su 10–20.

TRAM: 2, 3, 4, 5, 8, 9, 10, 11, 12, 7, 23.

Bus: 114, 120, 122, 501, 604, 201,  
205, 206, 209, 231, 235, D, E, K, N

#### **Pasaż Grunwaldzki**

plac Grunwaldzki 22

Opening hours: Mo–Sa 9–21,  
Su 10–20

**BUSES:** from the city center 131, 141, N  
This complex of shops and cinema is situated near Ołówek. So if you live in a dormitory it takes only 5 min walk to get.

### **Arkady Wrocławskie**

ul. Powstańców Śląskich 2-4  
Opening hours: Mo–Su 9-21.  
Trams: 2, 6, 7, 11, 14, 20, 22  
Buses: A, D  
A mall with relatively expensive shops. It is just 5 minutes walk from Rynek or from the train station.

### **Korona**

ul. Krzywoustego.  
Opened: Supermarket Real Mo–Sa 9-22, Su 10-21. Other shops Mo–Sa 9-21, Su 10-20.  
Two free buses leave from ul. Dworcowa (close to the main train station). One of them goes through plac Grunwaldzki, the other one through plac Dominikański (the bus stop between the church and Galeria Dominikańska) and plac Kromera  
Bus: 128, 130, 131, 141, 147, 504, 201, 231, 604

### **Bielany Wrocławskie**

ul. Czekoladowa 3  
Open: Mo–Sa 9-21, Su 10-20.  
TESCO: 9-24.  
A FREE BUS leaves from the main bus station (Dworzec Główny PKS) every 20 minutes.

## **MARKET PLACES**

### **Hala Targowa** (covered market)

ul. Piaskowa 17  
Opening Hours: Mo–Fr 8–19, Sa 9–15.  
Tram: 8, 9, 11, 17

### **Bazar Zielńskiego**

ul. Zielińskiego  
TRAM: 20, 14, 17, 2, 11, 5  
Bus 135, 144



## **LAUNDRY SERVICE**

You can find laundry (dry cleaning) services in the shopping malls (for example Arkady Wrocławskie). We also recommend TELEPRALNIA ([www.telepralnia.pl](http://www.telepralnia.pl)) at ul. Kolejowa 2a, open Mo–Fr 8–21, Sa 9–17, Tel: 071 33 26 061 or (0) 694 546 081. This is a full-service, ecologically-friendly laundry situated near the railway station. You can order via telephone or internet. Even better, they will collect your clothes and then drop them back.

Another good address is a laundry situated at the corner of Sienkiewicza and Wyszyńskiego – just two stops by tram from Ołówek.





## LUNCH TIME AND BEYOND

### FAST FOOD KIOSK

While walking in Wrocław you will see many (more or less) ugly kiosks along the street. They offer hotdogs, hamburgers, French fries, etc. Sounds familiar? But a Polish hamburger is somewhat different to what you may be used to: stuffed with a load of vegetables and sauces. Many kiosks also sell *pita* and *knysza*, which is something similar to Turkish bread with different ingredients inside: tuna fish, burger, sausage and lots of vegetables.

Turkish cuisine is expanding in Poland, especially with *gyros* (Döner). The most popular Polish fast food is *zapiekanka* (bread pizza) and *tosty* (toasts). The idea of *zapiekanka* bases on pizza. It is long bread (sometimes even 40 cm) with cheese and mushrooms. If you don't like too much ketchup it is better to say that before your

*zapiekanka* is drowned in a flood of red sauce. *Tost* is something similar, but made from two slices of bread with cheese and mushrooms inside. In kiosks you won't pay more than 5 zł. Apart from that in the city you can find fast foods of American origin like McDonalds or KFC. Reach deeper into your pocket: a set can cost up to 10 zł.

### OUR TIPS

#### **Tostoria**

the Underground passage of pl. Do-minikański, open Mo-Sa 9:30-21, Su 10-20

Our students have decided: this is the best place to go for some tasty (but not healthy) Polish fast food. The Tostoria is supposed to have the best *zapiekanka* – a small baguette with mushrooms, cheese and ketchup – in town. It's easy to believe as



this little takeaway with only few possibilities to sit down is always very crowded. Order your *zapiekanka* and they'll make it fresh for you.

### Jadłostacja

ul. Więzienna 31, open 11–last guest

Jadłostacja is a very small fast food outlet with nice décor; you can relish the variety of colors. This place is famous for different kinds of grilled bread, toast, salads and delicious ciabattas with vegetables, cheese, mushrooms and ham. And a nice atmosphere.

### MILKY BARS

If you like fast foods bars, try the Polish version – *bary mleczne* (milk bars). Milk bars are one of the few things – besides bureaucracy – left from communist times. Here, you can experience a very good “home cooked” dinner, especially *pierogi*, pancakes, burgers, steaks, good soups, salads, etc. The only problem is that you have to choose from the list of dishes (in Polish) and the usually inpatient (it is not their fault) ladies do not speak English (and will often resent the idea that this is even a possibility. C'mon, you are in Poland now! Speak Polish!). First you order your food and pay at one counter, then you get a bill which you have to show at another coun-

ter, where you will get your meal. There are different types of milky bars. Some are old and not very cozy, but mostly they are renovated and clean. The most important thing – they are not expensive: for a simple dinner with soup and second dish you usually pay no more than 7-10 zł. And you will feel really full.

### OUR TIPS

#### Bazylia

pl. Uniwersytecki, Faculty of Law, Economics and Administration, open daily 8–21, Su 8–18.

This is definitely one of the most popular places for a lunch for students studying in the city centre. Bazylia seems like a typical milk bar, but the menu is quite varied, from typical Polish dishes, like bigos and barszcz (*pierogi* are rare: what a scandal!), to lasagne and many salads. The atmosphere is modern and appealing. And, more importantly, the ventilation is great, so you do not smell like a bucket of French fries all afternoon. You order your food at one of the two cashiers (usually only one of them is open). They open the second one specially around noon, when the bar is really crowded. Be clever: sometimes people wait at one cashier while the other one has no customers. Ordering food is not always easy, especially if you cannot speak Polish. At the cashiers you have to say exactly what you want to eat. You get a bill, which you then give to the ladies at the counter, who give you your dishes. Another strange thing is that they do not provide napkins; you will have to ask for one. Bazylia offers sets: for 7-12 zł you can have a two-dish meal. Usually you should not spend more than 10 zł. You can also get a good lavazza coffee for 2,60 zł and cakes.





Quickly, cheaply, yummy – STP, one of the many fast-food bars near Rynek.

## Miś

ul. Kuźnicza 48, Mo-Fri 7–18, Sa 8–17, Sa: closed

Do you want to try out a typical Polish *stołówka* (canteen)? Here you go! The smaller milk bars, like Miś, offers really inexpensive, typical Polish food like *barszcz*, *bigos* and *pierogi*. As Miś is one of the cheapest in town, it's always very crowded. Since it's simply a place to quickly satisfy one's hunger, people eat and go, so don't expect too much from the decor. The process of ordering is the same as in Bazylika; you can order half portions.

## RESTAURANTS AND BISTRO

If you love to eat lunch in more pleasant surroundings, and prefer a more leisurely pace, you should check the list of bistro and inexpensive restaurants. Of course, such places could also be a good choice for a lovely dinner in the evening.

## OUR TIPS

### Le Bistro Parisien

ul. Nożownicza 7,  
open daily 9–23.

This French bar, run by „real” French people, has become famous for its wonderful salads. You just have to try them, but be sure you're really hungry – they are served in bowls like flowerpots, including fried potatoes. Yummy!!! Also strongly recommended: French (whole meal) crepes (pancakes) with salty or sweet fillings. If you are lucky you might snatch a seat on the big sofa or one of the armchairs and have a glass of good French wine. It is quite small, so it gets crowded (and smoky), but a lot of students go there anyway for the pleasant atmosphere and the delicious food.

### Taberna flamenca Camaron

ul. Ruska 19, Mo-Thu, Su 12–24,  
Sa 12–1:30

In the city center you can find the spirit of the southern part of Spain. Where? Taberna – the authentic Andalusian tavern where the energy and earthiness of Spain meet. The characteristic interior design, flamenco music and original Spanish menu offered by the chef from Toledo create a very unique atmosphere. Taberna is like a flamenco dance – a combination of fire and earth elements; you'll be back for sure. Good food and reasonable prices.

### Kurna Chata

ul. Odrzańska 7, open Mo-Fr 10–24,  
Sa-Su 12–24.

Kurna Chata is probably one of the most “Polish” bistros in Wrocław, imitating a traditional hut with lots of wooden decorations. They offer traditional Polish food like *pierogi*, *bigos*, *kielbasa*, but the traditional dishes are rearranged, with a touch of imagination. You have to order your food at the bar. The tasty food



is definitely a good preparation for the cold winter, as all dishes are soaked with fat. Please note: you shouldn't go there before having a date, because you will smell like a chip shop afterwards. A good place to go with your parents in order to make them familiar with traditional Polish food. No smoking.

### **Mexico Bar**

ul. Rzeźnicza 34, open So-Th 12-23, Fr-Sa 12-24.

This lovely little Mexican restaurant close to Rynek is always busy and crowded. The interior design (complete with chandelier made of bottles) and the imaginatively painted walls are striking. And the food? You won't be disappointed. They offer a wide choice of delicious Mexican dishes like tortillas, burritos, and quesadillas. You can order small portions if you want. Vegetarians will also get their monies worth, with a tasty selection of vegetarian dishes. Smoking is allowed.

### **Vega**

Rynek, open 8-19, Sa-So 9-17

A must-see for all vegetarians. Vega is a large self service restaurant with two floors. On the first floor you get traditional Polish food like bigos, *pierogi* and gołąbki, all without meat. On the second floor they serve very tasty, Asian and Indian food. Try samosa or Japanese rice – mmmm, yummy! The atmosphere is a little clinical, and the portions are quite small and it is not the cheapest way to have a quick lunch. The ordering process is like Bazylia. Have a look at the bill-board at the entrance if you are interested in yoga and esotericism.

### **COFFEE BREAK**

Once, like two decades ago, Poland was famous for its coffee served in

big glasses with a thick swamp of coffee on the bottom. Those times are (thankfully) long gone and there are plenty of places in Wrocław where you can find good coffee.

### **OUR TIPS**

#### **Chocoffee**

ul. Igielna/ul. Więzienna or ul. Włodkowica 19, open Mo-Sa 10-22, Su 16-22

A must-visit for all chocoholics! They offer a rich selection of handmade pralines and truffles with fillings you'd never expect – from vanilla, mint or melon to cheese or something spicy. Weird and wonderful designs abound (e.g. chocolates in the shape of uncompleted Max Berg projects!) Try hot chocolate or coffee with additions like ginger, cinnamon, or chili. You can try something without cocoa as well – white chocolate with ice cream is great. Chocoffee is a nice place to plonk on a lounge, chat with friends and taste each others' coffee.

#### **Pożegnanie z Afryką**

ul. Kielbaśnicza 24, open Mo-Sa 8-22, Su 10-22

A must-visit for all coffee lovers! In a typical coffeehouse atmosphere – the decor is toned in warm brown – they offer the widest choice of international and boutique coffees in town. If you just want to have a simple coffee, that's fine too. But don't pass up the chance to explore a world of coffee. They offer Blue Mountain – supposedly the best coffee bean in the world, grown only on Jamaica. You can buy beans fresh to take away too – whole or freshly ground – as well as all sorts of nice things used to serve and make coffee. Bad news for smokers who might be inspired by Jim Jarmusch's "Coffee and Cigarettes": no smoking.



## K2

ul. Kielbaśnicza 2,  
open daily 11–23

Hey! What's with the tea bias on this page? Well, you'll be happy to know it's not all about coffee in Wrocław. K2 is the perfect place for lovers of all kind of tea. Upstairs you feel like you're in someone's home. And you'll discover how the place got its name... This lovely teahouse offers an amazingly wide choice of tea. You will always find a quiet corner for you and your tea and you will not be disturbed by smoke – no smoking!

## Coffee Planet

Rynek 7 (Pasaż pod Błękitnym Słońcem), open 10–22

Very modern, artistic interior, huge windows facing Rynek, high stools and long counters... interesting place to have a coffee. As to the quality – it differs. Coffee Planet offers snacks and sandwiches, and delicious cakes (especially carrot pie!). You can use internet for free! And at night, it turns into a disco club with a cozy dance floor. Caters to a more chic, 'in' crowd. Discreetly gay friendly... this is Rynek, after all.

## PUBS AND CLUBS

Wrocław is a city with quite intensive night life with plenty of pubs and clubs. If you want to discover the best places, take a walk from the university zone, across Rynek to the corner between Włodkowica and Antoniego. Follow the crowd, train your ears and keep your eyes open. Here are some suggestions, in no particular order.

## Mañana

ul. Świętego Mikołaja 8/11 open daily 16–last guest.

One of Wrocław's trendiest clubs. It's situated on the second floor of an old building. Go through the backyard,

past the beer garden, smile at the bouncer (don't forget), and you're in! The club looks a bit like private flat; there are lots of comfy time-worn sofas and armchairs (if you can find one free), waiting for you and your drink. You can have an awesome time here. Be warned: on weekends it's absolutely packed so expect to stand, squeezed in like sardines.

## Mleczarnia

ul. Włodkowica 5 (next to the Synagogue), open daily 10–last guest.

The *klubokawiarnia* (club and cafe in one) Mleczarnia is one of the hippest places in Wrocław. This offshoot from Kraków hit Wrocław like a shot. In the evening it's so crowded that you'll be lucky to get a free table. Oodles of candles, peculiar paintings, lots of odds and ends and some easy music create a cozy, trattoria-like atmosphere. You can go there for a coffee or a delicious hot chocolate in the afternoon, check mails (a free hot spot) and come back in the evening for a beer or a cocktail. It's just always the right time for Mleczarnia! Trust us, you will absolutely love this place! As it is very close to the cinema Helios, it's always a good idea to head to Mleczarnia after the movie for a wine and debrief...

## H<sub>2</sub>O Cafe

ul. Zelwerowicza 16/18, open daily, usually 19–2

Despite the fact that the club is quite small, and the décor unforgivably unchic, H<sub>2</sub>O is the undisputed centre of gay/lesbian night-life in Wrocław. Make your mark on the dance floor, with a giddy mix of 70s disco, camp classics, contemporary pop and even the odd dance-floor anthem. For those who need to escape the relentless disco grind, there is an outdoor patio with chairs and tables. Be warned: H<sub>2</sub>O has no air-conditioning and poor ventilation.



A lazy afternoon in Mleczarnia



### **Bezsennaś**

Pasaż Niepolda, ul. Rуска 51 (first courtyard to the left), open daily 18–last guest.

Having opened at the beginning of 2005 Bezsennaś (Insomnia) has quickly become an Erasmus student institution. That's probably due to the fact that the dance floor is huge, and you can dance to really good and varying music all night long, or just lounge around on the masses of sofas, where you can chill and chat. The bar is quite big and standing there you will no doubt soon spark up a conversation with one of the many locals or foreigners holding the bar in place. Sometimes they even have live-concerts. But be aware that there is a queue to get in on weekends and that you have to pay an entrance fee of 5 zł.

### **Chill Out Club**

ul. Św. Doroty (just off Kazimierza Wielkiego street), open 17–2

As the name suggests, Chill Out is a place to go to relax and unwind to ambient electronic and lounge music. The place is a little like a maze, with different corridors filled with little nooks and crannies to sit and relax. Comfortable sofas inside the club add to the ambient feel, and the idyllic patio with balcony will increase this feeling. The whole ethos recalls the famous Buddha Bar; check out the replica of Buddha in the back! Chill Out is definitely one of the best places to go with a small group of friends and have a beer.

### **Jazzda**

Rynek 60, in the corner of Jaś and Małgosia. Open daily, usually 9–2  
Three words: 70s time warp! Step



inside the time-machine, and re-enter that glamorous decade. Even the dance floor is blinking, so that you immediately look for John Travolta jumping from behind one of the pink walls, hips shaking to the disco rhythm. They also have a limited food menu. You'll probably only go there to dance, because the crowd is not to everyone's taste... So, it's not a typical student spot, but in a group of people you can have a fun time. The entrance fee of 10 zł is not very student-friendly either.

### **Cafe Club Kamfora**

ul. Św. Antoniego 24c, in the courtyard, [www.kamfora.pl](http://www.kamfora.pl)

The way to Kamfora suggest an off the beaten track place and this feeling is not disappearing when you go down the stairs into the raw-brick cellar. But it is still just few steps from Rynek and crowded Pasaż Niepolda. The music is really good here: a various mix of ambient, chill-out, funk and sample jazz. From time to time you can listen to concerts, poetry readings and watch movies. On weekends Kamfora organizes gorgeous parties, regularly led by best DJs, for example the famous duo Skalpel. A free hot spot and a good coffee available as well.

## SPORT

### SPORT CENTER

#### **Centrum Rekreacji "Szczepin"**

ul. Lubińska 53, Tel: 071 35 48 185  
[www.mosir.wroc.pl](http://www.mosir.wroc.pl)

#### **Centrum Rekreacji i Łodowisko "Spiska"**

ul. Spiska 1. Tel: 071 36 76 008  
[www.mosir.wroc.pl](http://www.mosir.wroc.pl)

#### **Centrum Rekreacji "Gwarna"**

ul. Gwarna 10. Tel: 071 34 19 004  
[www.mosir.wroc.pl](http://www.mosir.wroc.pl)

#### **Centrum Rekreacji Sępólno**

Krajewskiego 2, Tel: 071 34 84 217  
[www.mosir.wroc.pl](http://www.mosir.wroc.pl)

#### **Korty Tenisowe "Tęczowa" (tenis courts)**

ul. Tęczowa 60 A. Tel: 071 34 29 649

#### **Stadion Piłkarski "Ołtaszyn"**

ul. Strachowskiego 53 [www.mosir.wroc.pl](http://www.mosir.wroc.pl)

#### **Climbing center ZERWA**

Przybyszewskiego 63, ph. 071 375 64 11  
[www.zerwa.pl](http://www.zerwa.pl)

#### **Teren rekreacyjny "Górka Szczepińska"**

ul. Długa.

#### **Akademia Ruchu**

ul. Ruska 47-48 A. Tel: 071 79 32 938  
[www.akademiaruchu.com.pl](http://www.akademiaruchu.com.pl)  
Yoga, dance and fitness center.

If you like watching sport, Wrocław has quite a lot to offer. There is a basketball team – Śląsk – one of the best in Poland for many years. Another very popular sport is speedway; Wrocław also has a strong team. You'll find the racetrack at the Olympic Stadium, and as well as league matches there are international races. You can also watch – or take part – in a yearly marathon. You might be surprised, but there is no strong football (soccer for you Aussies and Americans!) representation in Wrocław. Only second league matches are played here, which local football fans are a little sore about.

The city offers plenty of opportunities for those who don't mind working up a little sweat. Not far from Olówek there are parks and you can go running along the banks of the river Odra. Wherever you decide to live, there are small fitness clubs, sport centers, swimming pools (see box, previous page). Just ask around or visit the internet sites ([www.wroclaw.pl/m36353/](http://www.wroclaw.pl/m36353/); [www.mosir.wroc.pl](http://www.mosir.wroc.pl)).



## SWIMMING POOLS

### **Miejskie Zakłady Kąpielowe**

ul. Teatralna 10/12, Tel: 071 34 41 656/  
657/658, [www.mzk.wroc.pl](http://www.mzk.wroc.pl)

### **Śląsk – Basen Wojskowego Ośrodka Szkolenia Wojskowego**

ul. Racławicka 62, Tel: 071 36 16 211

### **Basen GEM**

ul. Baudouina de Courtenay 16,  
Tel: 071 37 28 853

### **Basen Akademii Ekonomicznej**

ul. Kamienna 57, Tel: 071 36 80 100

### **Stadion Olimpijski**

ul. Paderewskiego, Tel: 071 34 87 077

### **Redeco, Nowy Dwór**

ul. Rogowska 52 A, Tel: 071 35 76 359  
[www.redeco.pl](http://www.redeco.pl)

### **Wrocławski Park Wodny (Aquapark)**

ul. Borowska 264  
[www.parkwodny.wroc.pl](http://www.parkwodny.wroc.pl)

THERE ARE ALSO SOME  
OPEN AIR SWIMMING POOLS  
OPEN FROM MID OF JUNE:

### **Basen Kąpielowy “Ślężna”**

ul. Ślężna 76, Tel: 071 36 75 591  
Open 15th June – 2nd September every-  
day between 9–19

### **Centrum Rekreacji i Kąpielisko “Morskie Oko”**

ul. Chopina 27, Tel: 071 37 29 410  
Tel/fax: 071 34 86 394  
Open 1st June – 2nd September



## CINEMAS

There used to be a few lovely little not-so comfortable cinemas screening a variety of films in Wrocław. There are not many left now, due to the expansion of multiplexes. These present interesting movies too, but usually only for a short period of time.

In Poland usually only kids' movies (both cartoon and regular) are dubbed. Most films are in the original, with Polish subtitles. So if you know the original language – you'll be fine

(and if you speak Polish, there is no problem at all).

Multiplexes that screen hit movies are pretty crowded on weekends and Tuesdays (Tuesday is cheap ticket day). So if you plan to see the premiere screening – book tickets or buy them in advance. You should usually pick up your tickets 30 minutes before the showing. Do not worry if you are a bit late: there are annoying ads before every movie.

Ticket prices are generally not high, although it may be quite expensive to go to a multiplex on a weekend (especially if you like coke and popcorn). Small cinemas usually charge the same all week (they are generally cheaper); some may also have either cheaper days or special offers. Prices generally range from 13 to 19 zł. Ask for special offers and student discounts.



### MULTIPLEXES

#### Helios

ul. Kazimierza Wielkiego 19/23 (9 rooms),  
near Rynek  
[www.helios.net](http://www.helios.net); Tel: 071 786 65 66

#### Cinema City Korona

ul. Bolesława Krzywoustego 126c (9 rooms),  
Korona commercial center, free bus from  
pl. Grunwaldzki / pl. Dominikański /  
ul. Dworcowa (in front of the train station).  
[www.cinema-city.pl](http://www.cinema-city.pl); Tel: 071 323 60 00,  
071 323 60 10, 071 323 60 11

#### Multikino

pl. Grunwaldzki 22, Pasaż Grunwaldzki  
Information and booking: 071 733 44 10;  
<http://multikino.pl/26065,2613,rezerwacja.html>

#### Arkady Wrocławskie

ul. Powstańców Śląskich 2-4 (10 rooms)

<http://multikino.pl/26065,2613,rezerwacja.html>

### SMALL CINEMAS

#### Ałom

ul. Piłsudskiego 74 ('NOT' building), near  
the main train station.  
[www.acf.pl/index2.php](http://www.acf.pl/index2.php); Tel: 071 34 71 465

#### Warszawa

ul. Piłsudskiego 64a (in the courtyard), at  
Piłsudskiego – Świdnicka crossroad;  
Tel: 071 79 24 383

#### Lalka

ul. Prusa 32, near Ostrów Tumski;  
Tel: 071 79 24 405

#### Lwów

al. Hallera 15, 10 min. south from  
the center.  
[www.odra-film.wroc.pl](http://www.odra-film.wroc.pl)



## THEATRES

For drama lovers, Wrocław offers a rich stage life. **Teatr Polski** – the Polish Theatre – on ul. Zapolskiej is the biggest in the city. The theatre's program presents various classical as well as experimental productions. It utilizes two other locations in Wrocław: **Na Świebodzkim** – in the old railway station, with a very up-to date stage hosting avant-garde spectacles – and **Scena Kameralna** (Small Theatre) for smaller spectacles.

### **Wrocławski Teatr Współczesny**

– The Modern Theatre of Wrocław, located in the city centre, plays mostly modern dramas performed on three stages – one big and two smaller ones (the one in the cellar creates a special atmosphere). The theatre has recently gained a very good reputation, particularly for actors and the repertoire of often controversial and unique dramas. Even the web site is worth seeing! There is quite a lot on offer for pantomime fans. Wrocław is very famous for experimental pantomime, thanks mostly to influential and creative artists of the past. One of them was Henryk Tomaszewski (1919-2001) the founder and director of the **Wrocławski Teatr Pantomimy** (Pantomime Theatre of Wrocław), which is still open and active.

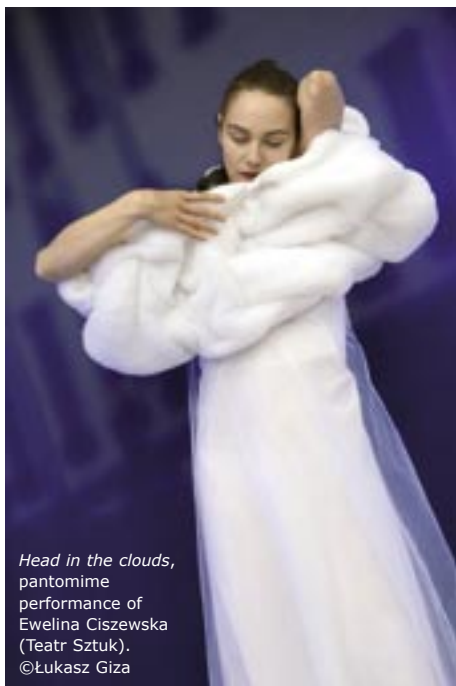
The most well known theatrical institution in Wrocław is **Institute of Jerzy Grotowski**. Grotowski, who died recently in Italy, was a giant of the theatre. He was famous for his theatrical experiments within the Teatr Laboratorium – Laboratory Theatre, and was constantly looking for new artistic inspirations. The Institute houses the documentation of his work and is located at the original site of the Laboratory Theatre. It presents

independent and experimental plays and organizes seminars for theatre buffs from all over the world.

For some time now, Wrocław's stage has been enriched by many smaller, independent theatres. The full list can be found easily on [www.wroclaw.pl](http://www.wroclaw.pl). We can recommend the **Teatr Pieśń Kozła** (Goat Song Theatre), the growing theatre and cultural hub in the Old Brewery (**Stary Browar**) at Hubska Street 44-48 or a new project **Teatr Sztuk** ([www.teatrsztuk.pl](http://www.teatrsztuk.pl)).

**Wrocławski Teatr Lalek** – the Puppet Theatre of Wrocław is, loved mainly but not only by kids. Many international troupes come to play here each year, so the repertoire includes plays from different cultures and eras.

And finally, something about music. **Opera Dolnośląska** (Lower Silesian Opera) presents various productions



*Head in the clouds,  
pantomime  
performance of  
Ewelina Ciszewska  
(Teatr Sztuk).  
©Łukasz Giza*



for lovers of classical music. The director Ewa Michnik often stages spectacles in unusual surroundings, such as the Peoples' Hall ("Aida") or the Odra River ("Gioconda" was performed there, on a specially constructed stage in 2003). The opera is based at the splendid Opera House on ul. Świdnicka, which has been recently opened after a long restoration. Not far from there, on ul. Piłsudskiego, there is another important place for classi-

cal music: **Filharmonia Państwowa im. Witolda Lutosławskiego** (State Philharmonic). It's a must see, like the **Teatr Muzyczny** (Capitol Musical Theatre) on the same street, which stages modern and classic musicals. The creative young directors and artists are full of energy and new ideas. They have found new inspiration not only to rebuild the theatre, but also to modernize the image of the Operetta.

#### THEATRES IN WROCŁAW

##### **Teatr Polski**

ul. Gabrieli Zapolskiej 3,  
www.teatrpolski.wroc.pl

Teatr Polski – **Scena Kameralna**,  
ul. Świdnicka 28

Teatr Polski – **Scena "Na Świebodzkim"**,  
pl. Orłąt Lwowskich 20c

##### **Wrocławski Teatr Współczesny im. Edmunda Wiercińskiego,**

ul. Rzeźnicza 12,  
www.teatrw.pl

##### **Wrocławski Teatr Pantomimy**

al. Dębowa 16  
www.pantomima.wroc.pl

##### **Teatr Ad Spectatores**

ul. Powstańców Śląskich 82/58,  
www.adspectatores.art.pl

##### **Pieśń Kozła – Stowarzyszenie Kultury Teatralnej**

ul. Purkyniego 1,  
www.piesnockozla.art.pl

##### **Wrocławski Teatr Lalek**

pl. Teatralny 4,  
www.teatrlalek.wroclaw.pl

##### **Instytut im. Jerzego Grotowskiego,**

Rynek-Ratusz 27,  
www.grotowski-institute.art.pl

##### **Teatr Muzyczny CAPITOL**

ul. Marszałka Piłsudskiego 72,  
www.teatr-muzyczny.home.pl

##### **Opera Dolnośląska**

ul. Świdnicka 35,  
www.opera.wroc.pl

##### **Filharmonia Wrocławska**

**im. W. Lutosławskiego,**  
ul. Piłsudskiego 19,  
www.filharmonia.wroclaw.pl



## FESTIVALS

Festival life in Wrocław has been flourishing for some time. It does not make much sense to thumb the current program here: you'll find this at EMPIK shops, OKiS (Centre of Culture and Art), the Centre of Tourist Information and the web site of the Municipal Office of Wrocław ([www.wroclaw.pl](http://www.wroclaw.pl)). We just want to draw your attention to some of the more established events of international standing.

First of all, the **Wratislavia Cantans – International Music Festival of Fine Arts** ([www.wratislavia.art.pl](http://www.wratislavia.art.pl)). It is held over two weeks – one in June and the other in September. The bill includes classical music, ballet performances, sacral music from different religions, and vocal and instrumental recitals. Wrocław is a good place for jazz fans – the international jazz festival, **Jazz nad Odrą** (Jazz upon Odra), runs for at least three

hot jazz days in May. Apart from that, you can regularly enjoy jazz concerts in the club Rura (ul. Łazienna 4). Among the "special dishes" of Wrocław's music menu is the Singing Actors' Festival (**Przegląd Piosenki Aktorskiej**). Young actors and artists from all over Poland come to present their favourite interpretations.

For theatre fans, the most important event would have to be the International Theatre Festival, sponsored by Dialog (**Międzynarodowy Festiwal Teatralny Dialog**). The festival presents all the different faces of contemporary theatre, with controversial performances and artists' forums ([www.dialogfestival.pl](http://www.dialogfestival.pl)).

Movie lovers will relish the chance to explore a world of film in July, when the **New Horizons Film Festival**, sponsored by Era (Festiwal Filmowy Era Nowe Horyzonty) is held. You can see hundreds of films



from all over the world that are not well presented in the multiplexes (in 2007, the festival hosted a wonderful showing of Australian films, and was a hit!). The festival's aim is to showcase the diversity of contemporary film art, and does so perfectly.

Last but not least, the **Brave Festival** – which stands against “cultural exile”. It is worth a mention. Since 2005, participants have communicated through art, addressing the problem of dying cultures, forgotten identity, and the spirituality of old cultures, cultural minorities, and values left behind, turned down, sold or ruined. The festival includes films showings, workshops, performances, concerts.



## MUSEUMS AND GALLERIES

**W**rocław has so much to offer in the way of museums and galleries; we can only sketch the best on offer here. You'll find a full list at the above mentioned portal [www.wroclaw.pl](http://www.wroclaw.pl). Each museum has a special day when entrance is free of charge. For some time, we have had a “night of museums” event as well, which gives you an opportunity to visit all the places in one night.

Being a student of the University of Wrocław, you should definitely visit the **University Museum** with its various departments. Three of these are located in the main building of the university. One of the most interesting rooms is the splendid **Aula Leopoldina**, where Leopold I (founder of the university) and his sons – Joseph I and Charles VI – are glorified. The Aula is located on the 1st. floor. It plays a large role in the ceremonial elements of university

life, and the most important academic events take place here. At the top of the staircase, in **Wieża Matematyczna** (Mathematics Tower), you will find an exhibition depicting the history of the University of Wrocław, with archival materials on the university and its scientists. A magnificent view over the city is offered from the tower's terrace. Sadly, the **Oratorium Marianum** (Music Hall) was completely damaged during WW II and the original interior was partly restored during the recent refurbishment. However, thanks to its acoustics, you can enjoy the many musical concerts held here.

The **Muzeum Narodowe** (National Museum) in Wrocław displays regional artifacts, highlighting the specific character of Silesia. Even though the majority of the objects are dated from the Middle Ages to the 19th century, the most exciting



exhibition is the one of modern Polish art. The architecture of the museum building is also interesting, and the location – on the bank of Odra River – stunning.

Another branch of the National Museum houses the **Panorama Racławicka**, a painting (120×15 m) by Wojciech Kossak and Jan Styka brought from Lviv. The reopening of Panorama in Wrocław in 1985 was considered an act of resistance against the Soviet Union. Why? The painting depicts the victorious battle of the Polish army over the Russians near Racławice village in 1794.

If you are interested in history you should visit the **Cmentarz Żydowski** (Jewish Cemetery), which is situated in the southern part of the city on ul. Ślężna. There are over 12 thousands of Jewish graves and tombstones with a variety of forms and symbols (even Mauritanian and Egyptian styles). It is an atmospheric, nostalgic place, recalling the old Jewish culture in Wrocław.

A definite must see for fans of architecture is the **Hala Stulecia**

(Centennial Hall) located not far from Ołówiek (you can see it from your window!). It is one of the most important works of 20th century architecture, built in 1913 by Max Berg. In 2006 it was included to the UNESCO-list of the world's heritage sites.

If you are not fond of getting lost in huge museum halls, small galleries could be the go. You can find them easily on every corner of the Old Town. One of the most active is **Entropia** ([www.entropia.art.pl](http://www.entropia.art.pl)) on ul. Rzeźnicza 4. It presents mostly modern art, frequently independent and alternative. Much bigger, and perfectly located, is **Galeria Awangarda Biuro Wystaw Artystycznych** (Gallery of the Vanguard) on ul. Wita Stwosza – more official, but still very brave in presenting pieces of modern, sometimes controversial, art and organising interesting exhibitions. **Domek Romański** (Romanesque House) in Nankiera Square presents photos and new media exhibitions. Do not forget to visit the small passage with commercial galleries located on **Jatki street** (Shambles) – very picturesque.

#### MUSEUMS IN WROCŁAW (CHOICE)

**Aula Leopoldina, Oratorium Marianum, Mathematic Tower**, pl. Uniwersytecki 1, [www.muzeum.uni.wroc.pl](http://www.muzeum.uni.wroc.pl)

OPEN DAILY (exc Wed) 10-15.30; TICKETS: Normal – 4,50 zł, Student – 2,50 zł.

**National Museum**, pl. Powstańców Warszawy 5, [www.mnwr.art.pl](http://www.mnwr.art.pl)

OPEN We, Fr, Su 10-16; Thu 9-16, Sa 10-18; TICKETS: Normal – 15 zł, Students – 10 zł, Groups – 5 zł, Sa – entrance free of charge

**Panorama Racławicka**, ul. Purkyniego 11

[www.panoramaraclawicka.pl/en\\_index.htm](http://www.panoramaraclawicka.pl/en_index.htm)

OPEN DAILY (exc Mo) 9.00 -17, TICKETS: Normal – 20 zł, Students – 15 zł

**Museum of Funeral Art – Old Jewish Cemetery**, ul. Ślężna 37/39,

Tel: 071 791 59 03/04)

OPEN DAILY 10-18; TICKETS: Normal – 7 zł, Student – 5 zł

**Century Hall**, ul. Wystawowa 1, [www.halaludowa.wroc.pl](http://www.halaludowa.wroc.pl)

OPEN DAILY 8-19; TICKETS: Normal – 10 zł, Student – 5 zł.



## CURRENT EVENTS

If you feel bored with pubs and clubs, it's time to look for some other ways to spend your spare time. Many students look for interesting cultural events. How does one know where to go and what to see?

Some current cultural events are announced in a supplement "Co jest grane" to "Gazeta Wyborcza" published on Friday. There is also a free magazine with the same title offered in public places, with a list of current exhibitions, plays and movies. Another magazine – "Aktivist" focuses on alternative cultural activities. If you are interested in alternative culture, see [www.independent.pl](http://www.independent.pl) – there is information about alternative events not only in Wrocław, but all over Poland

Do not hesitate to stop by the Centre for Tourist Information (Centrum Informacji Turystycznej, Rynek 5) or the Centre for Culture

and Art (OKiS – Ośrodek Kultury i Sztuki) located at Rynek-Ratusz 24. Remember: cultural institutions offer discount tickets for students (with a student card – *legitymacja studencka*). There is always one day a week when the ticket prices are lower than usual (cinemas) or even free (museums).

If you want information in English (including movie schedules with original titles!), Wrocław Weekly covers selected (and the most interesting) events. At the web site [www.wroclawweekly.pl](http://www.wroclawweekly.pl) you can also subscribe to a newsletter with all the information (in PDF and for iPod), and in case you miss something, there are podcasts and vodcasts.

A pretty extensive list of places and events (in Polish this time) is located at [Wrocek.pl](http://Wrocek.pl) – especially if you need to find something on a map...





## PLACES OF WORSHIP

Most of the churches in Wrocław are Roman Catholic. In many of them mass takes place at least twice a day. We would especially recommend taking part in some of the masses for students. The churches that organize student activities are called *duszpasterstwa*. The most famous is the Dominican church (on the Dominikański square) and the Wawrzyny around 300 meters from Olówek. Students' masses are at 8

p.m. And there are plenty of other activities offered by the churches: choirs, Bible groups, and Taizé groups. There are also many other places of worship in Wrocław. There is a Synagogue (the Jewish community in Wrocław is around 200 families), an Orthodox church, a Greek-Orthodox church, a few Protestant churches and the Muslim Center of Culture and Education with a mosque and and the Buddhist Meditation Centre.

### CATHOLIC CHURCHES

**St. Laurence** (św. Wawrzyńca), ul. Bujwida 51, close to Olówek. Services for students on Sundays and Holy Days at 8, in the lower church (recommended!). You should be there at least 15 minutes before the Mass in order to find a sit (it's very crowded). The mass is generally for students from surrounding dorms. There is always a choir singing; it's a very joyful and lovely service..

**St. Adalbert** (św. Wojciecha), pl. Dominikański. Two services for students on Sundays and Holy Days at 8. This mass is one of the most popular among students in Wrocław. The church is large, full of young people, with a very good choir (*schola*), and very solemn atmosphere.

### EVANGELICAL LUTHERAN CHURCHES AND PARISHES

**ul. św. Krzysztofa 1.** Times of services on Sundays and Holy Days at 10 (in German).

**Divine Providence** (Opatrzności Bożej), ul. K. Wielkiego 29. Times of services on Sundays and Holy Days at 10.

**St. Christopher's Parish** (św. Krzysztofa), ul. Partyzantów 60. Times of services on Sundays and Holy Days at 10.

### BAPTIST CHURCHES

**ul. Kłodnicka 2.** Times of services at 11 on Sundays and Holy Days, 18 on Thursdays

### ORTHODOX CHURCHE

**Birth of the Holy Mother of God** (Narodzenia Przenajświętszej Bogarodzicy) ul. Mikołaja 40. Times of services: on Sundays and Holy Days at 8, 10.30, 17; Monday-Saturday at 9, 17.

### MOSQUES

The mosque at **the Muslim Center of Culture and Education**, ul. Kasprzowicza 24. Time of services: praying hours; Friday services starts at 13.

### BUDDHISM

#### **Buddhist Meditation Centre**

ul. Ruska 47/48A, IV floor, entrance from the yard.

**Tibetan, Karma Kagyu, Diamond Way**  
<http://www.wroclaw.buddyzm.pl>

Meditations on Tuesdays, Fridays and Saturdays at 20.





## ROAMING IN AND AROUND WROCŁAW

### A SUNDAY AFTERNOON'S WALK

The weekend has come, or you just have a free afternoon and feel like spending it somewhere outside in nice, green surroundings, without crowds of people? Wrocław is considered a "green city", and has a lot to offer in this respect... One of the nicest walks is through **Ostrów Tumski** (Cathedral Island) – a magical and mysterious place. It's the oldest part of the city; the very first wooden settlements in the Middle Ages were built here. It's located near the city centre, so you won't have any problems finding it. There are also two highly visible **towers (the Twin Towers) of St. John the Baptist's Cathedral** (St. John the Baptist is the patron saint of Wrocław) to guide you. If you have enough strength left in your legs, you

can climb to the top of them. And if climbing church towers is your thing, check out the 70 m Tower of **St. Elisabeth Church** by the Rynek.

Ostrów Tumski is crowded with unique **architectural monuments**, mostly churches: **St. John the Baptist Cathedral**, the **Church of the Holy Cross**, **St. Martin's Church**, and many others. Definitely visit the **smallest church** on Ostrów Tumski – **St. Idzi Church** and the **Church of the Blessed Virgin Mary** – worth seeing for its amazing stained-glass windows. Don't forget to stop for a while on the **Green Bridge** – if you look carefully, you'll see hundreds of spider webs covered with dewdrops shining in the light.

Ostrów Tumski is incredibly beautiful at night, so I suggest a visit after



sunset too. It's the only place in Wrocław where the street lamps are gas-lit... manually! Every evening at dusk, the lamplighter comes by, lighting each in turn. Early in the morning, with the first rays of the sun, he returns to put them out.

Try to find the hidden entrance to **The Botanical Garden** – “oasis of beauty and rest” while walking through Ostrów Tumski, between the churches. The gardens were established as a scientific institution of the University, at the turn of the 19th century. It still houses a great variety of plants – trees, shrubs, bushes and flowers. They are very well-maintained and well-studied by scientists, but regular nature lovers are sure to find some hidden secrets. The Botanical Garden changes appearance (colour, smell... the whole atmosphere) almost every month. Right next to the palm house (a greenhouse), you'll find a nice summer cafe. It's open from March to October from 8-18. Student tickets cost 8 zł, and you can get in either from Ostrów Tumski or from ul. Sienkiewicza.

When fed up with the city's tiring noise, pollution and traffic, I would also recommend going to one of the ten parks in Wrocław's (free admission). **Szczytnicki Park** and **Park Południowy** (South Park) are particularly great. You can experience real peace and quiet there. Szczytnicki Park is situated near **Hala Stulecia** (Centennial Hall) on ul. Mickiewicza. It is a huge green area (about 100 ha), covered with trees, grass, and flowers. Many of Wrocław's inhabitants used to visit for an off-day walk, sometimes with their children, dogs, bikes... It creates a nice family atmosphere, but there are also corners of the park where you may find yourself completely alone.

**Botanical Garden**, ul. Sienkiewicza 23  
open April till October daily 8-18 (Palm house – open daily 10-18)  
tickets: Normal – 5 zł, Student – 3 zł

**Japanese Garden** (at Szczytnicki Park);  
open from April till October 9-19  
tickets: Normal – 2 zł, Student – 1 zł

**Zoological Garden**  
ul. Wróblewskiego 1  
open – Summer season 9-18,  
cash desk till 17  
tickets: Normal – 10 zł, Student – 4

**Tower of St. John the Baptist's Cathedral**,  
Ostrów Tumski,  
open Mo-Sa 10-18  
student tickets – 3 zł

**Tower of St. Elisabeth Church**,  
ul. św. Mikołaja  
open – summer season: Mo-Fr 9-19; Sa 11-17; Su 13-17; winter season: Mo-Sa 10-17, Su 13-17.



Cathedral Island  
(Ostrów Tumski)



It's absolutely obligatory to take a walk under the beautiful **Pergola** around the small pool (which turns into an ice-skating rink in winter) just behind the Hala Stulecia, or visit the **Japanese Garden** nearby. The garden's design was strictly supervised by Japanese specialists, gardeners and architects. It is beautiful in the spring when all the colored plants are in blossom, but it's also magnificent when covered with snow. Each element of the garden (cascades, trails, lakes, bridges) has its special place and meaning – all must be consistent with the rules of Japanese garden art. You really do feel like you are actually in Japan! The garden is open daily from April 1st to October 31st, 9-19. Student tickets cost about 1 zł.

On the other side of ul. Wróblewskiego, opposite Hala Ludowa, you will find the city's Zoological Garden. If you like animals, and rare or exotic species, you will love it. It is one of the biggest zoos in Poland, a home for over 6,000 animals. The zoo is open every day – in summer 9-18, in winter 9-16. Student tickets: 4 zł.

**Park Południowy** (South Park) is located in the southern part of Wrocław. Its romantic atmosphere, calm pond, sightseeing terrace and winding paths invite all who seek a good atmosphere for active relaxation, for a little sunbathing, or just for a nice place to read an interesting book.

## IN LOWER SILESIA

Lower Silesia is one of the 16 provinces of Poland, located in the south-west of the country. It borders on Germany to the west and on Czech to the south. The name Silesia (Śląsk) comes from the name of the Slavic tribe „Ślężanie” that inhabited

this area in past centuries, and the main local river Ślęza. It is situated at the crossroads of important trade routes running from south to north and from east to west. Today, near 3 million people live here, the fifth largest population among Poland's regions (7,6 % of the Polish population). The biggest cities: Jelenia Góra, Legnica and Wałbrzych. Due to its undeniable diversity and beauty, the region is increasingly favoured by tourists. There are numerous wildlife parks, the Odra, Widawa, Ślęza, Bystrzyca river-valleys, the Oława, Karkonosze and Sudety Mountains, and collections of Gothic and Baroque architecture. You should reach for a Lower Silesian guidebook to get more information about what to see. Here just some highlights.

### Karkonosze Mountains

The Karkonosze Mountains are the natural border between Poland and the Czech Republic. The highest peak, Śnieżka, is 1603 meters above sea level. It is a unique region with a belt of Alpine vegetation.





In 1959, the area was declared a National Park, and in 1992 included in UNESCO's biosphere reservation. It is the nearest hiking spot in the summer and also a great ski resort in the winter like **Szkałrska Poręba** or **Karpacz**. If you want to escape the traffic and city noise, we recommend you go. Check out the mountain hostel at **Samotnia** near Karpacz. How to get to Karkonosze? Bus is best; the train takes too long. To get to Samotnia, take a bus to Karpacz (or Jelenia Góra and then change to another bus) and then you must hike an hour up. The mountain hostels are open throughout the year and offer full accommodation. And it's cheap! A bed costs 25-35 zł. Buying food there, however, can be costly, so take your own food and tea (a cup of hot water costs 0,50 zł). While hiking in the mountains, remember you're in a National Park; it's forbidden to

leave the path. You must be especially careful in winter – some routes may close due to avalanche danger.

### **Krzyżowa – Kreisau**

Krzyżowa is well-known in Germany as Kreisau. It was once the residence of the von Moltke family, who opposed Hitler during WWII. In 1989, the famous "mass of reconciliation" took place here, attended by the Polish Prime Minister Tadeusz Mazowiecki and the German chancellor Helmut Kohl. Today Krzyżowa is the seat of the Krzyżowa Foundation and a beautiful meeting centre with a very interesting program of conferences and seminars. See: [www.krzyzowa.org.pl](http://www.krzyzowa.org.pl)

Krzyżowa is a small village located 15 km from Świdnica. To get there you should take a bus from Wrocław to Świdnica and for the remainder a city bus (not very frequent) or a taxi (around 25 złoty).





## Świdnica

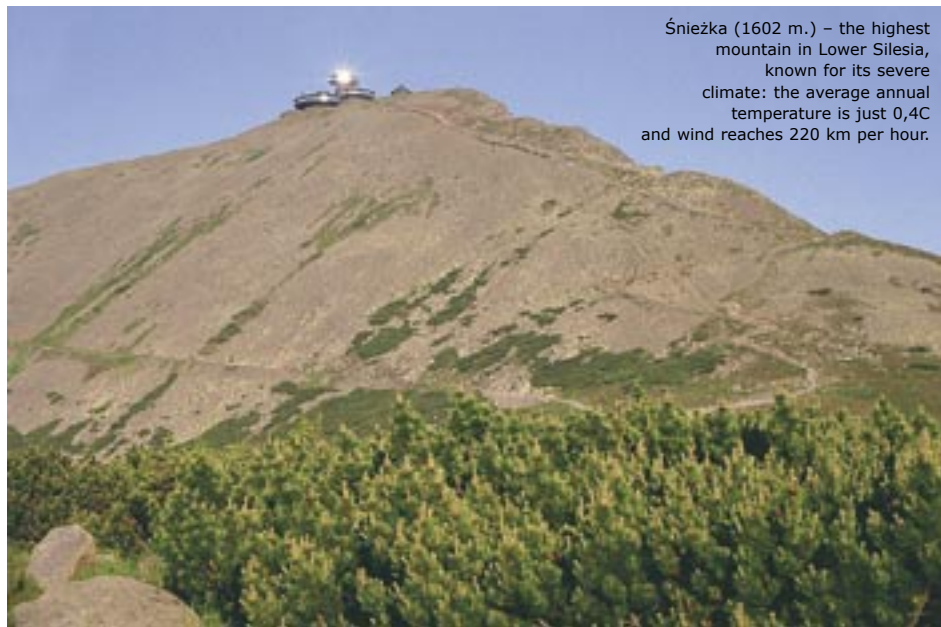
Świdnica is around 50 km south-west of Wrocław. Famous in the past mainly for its beer, which was served all around the world. Go see the Evangelical church of the Augsburg denomination, which is probably the largest timber-framed church in Europe (now on the UNESCO list), as well as the world famous wooden Church of the Holy Trinity, with its gorgeous baroque interior. See also the Basilica of Sts. Stanislaw and Vaclav; it has the second highest tower in Poland. How to get there? There are many buses and minibuses going to Świdnica at least every hour (50 km – 1 hour)

### **Książ – a castle between green hills**

The castle of Książ, built in the 13th century by the order of Bolko I,

Prince of Świdnica, is the largest in Silesia. It is located in an old park with multicolored rhododendrons, surrounded by beautiful terraces... the Water Terrace has 27 fountains. Inside the castle you can explore various exhibitions, most notably the antique and modern porcelain, which by the way is still produced in Książ. The former stables near the castle house a very famous stud-horse breeding center as well as a riding center. Książ is also famous for its carriage races.

How to get there? Take a bus or train to Wałbrzych (around 70 km from Wrocław) and catch a city bus (no. 8), which brings you directly to the main portal. Entrance ticket: 10 zł (12 zł if you take a guide).



Śnieżka (1602 m.) – the highest mountain in Lower Silesia, known for its severe climate: the average annual temperature is just 0,4C and wind reaches 220 km per hour.





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