

# SURVIVAL GUIDE

12-21.07.2020  
WROCLAW

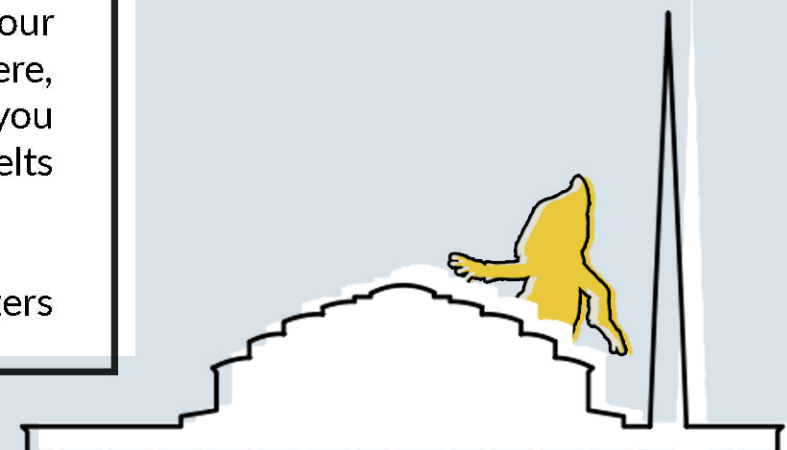


# WELCOMING WORDS

Cześć!

Welcome to our Survival Guide, where we will make you more familiar with our event, city and country. We hope you will find all the relevant information here, but still, if you have any further questions, do not hesitate to contact us (you can find useful contacts on the last page). Okay, now fasten your seatbelts and enjoy your ride!

~ Organizers





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## YOU CAN'T BE TOO SAFE, RIGHT?

So here are some emergency numbers:

**112** - general emergency number

**997** - police

**998** - fire brigade

**999** - ambulance





# ABOUT POLAND

Official language:	Polish (polski)
Capital:	Warsaw (Warszawa)
Population:	38.5 million
Total area:	312 679 km <sup>2</sup>
Currency:	Złoty (Polish Zloty) [PLN]
Member of UE:	since 2004
Main religion:	Roman Catholic
Time zone:	GMT +1
Country Nr/Prefix:	+48
Country Code:	PL
Electricity:	230V AC, 50Hz
Number of European bison:	800 (in Białowieża Primeval Forest)
Number of donuts consumed every year on Fat Thursday:	100 million
Amount of pure alcohol drunk by average Pole:	11 litres/year



Poland is a wonderful country located in Central Europe, between the Baltic Sea in the North and two mountain ranges (the Sudetes and the Carpathian Mountains) in the South. We have everything here: sea, lakes, mountains, dragons, witchers, forests and old towns. Besides, Polish girls are said to be the most beautiful ones in the world. People in Poland are known for their hospitality which is reflected in an old proverb: "A guest at home makes it blessed".

👉 More curious facts about Poland: [www.nationfacts.net/poland-facts/](http://www.nationfacts.net/poland-facts/)



# ABOUT WROCŁAW

## Did you know?

Olga Tokarczuk, who has been recently awarded the 2018 Nobel Prize in Literature, lives in Wrocław, where she often takes part in many public meetings and conferences.

## WELCOME TO WROCŁAW!

[read: Vro-tslav]

Wrocław is the capital of Lower Silesia and one of the prettiest and liveliest cities in Poland. By the number of inhabitants, it's the largest city in Lower Silesia and the fourth largest city in Poland. Throughout history, Wrocław was a part of Czechia, Austria, Germany and Poland.

Get to know more:

 [www.visitwroclaw.eu/en](http://www.visitwroclaw.eu/en)

 [www.wroclaw.pl/en](http://www.wroclaw.pl/en)

 [www.local-life.com/wroclaw](http://www.local-life.com/wroclaw)

## What is also Wrocław known for?

The dwarfs (Polish: krasnale)! They are small figurines (20-30 cm) that first appeared in the streets of Wrocław in 2005. Since then, their number has been continually growing and right now there are over 350 dwarfs spread all over the city. Six of them are located outside its borders.

## Venice of the North

The Odra River and dozens of little canals that meander through the tree-lined streets with their tall, multi-coloured buildings, just beg to be discovered. In fact, Wrocław is made up of 12 islands, joined by over 100 bridges - that's why Wrocław is often called "Venice of the North".



# BSE AND THE UNIVERSITY

## Let's talk about education!

Since we organised a BEST Course last July, we've wanted to increase our educational involvement even more and have an impact on education - both local and in Europe. Educational involvement is one of BEST's key values, realised through - among others - Symposia on Education. That's how the idea of organising a BSE in Wrocław came up and now, half a year after our course "Here comes the money - better see it honey!", you can see us working hard during preparation of another high-quality event for you!



## What about the University?

The main part of our campus is located near the Odra River and is centered around a beautiful green square. It has a lot of well-equipped classrooms that allow students to practice using modern technologies. You are sure to have appropriate conditions for learning, enhancing creativity and solving educational issues with your group.

 [Walk around the campus](#)





# HOW TO GET HERE



**Name of the airport:** Copernicus Airport Wrocław.  
**IATA airport code:** WRO  
**Main airlines:** LOT, Lufthansa, Ryanair, Wizz Air, EuroLOT, Scandinavian Airlines.  
**Other airports nearby:** Poznań, Warsaw, Katowice, Kraków, Łódź (all of them have direct train/bus connections to Wrocław).

- 👉 website of Copernicus Airport Wrocław: [www.airport.wroclaw.pl/en](http://www.airport.wroclaw.pl/en)
- 👉 exemplary flight search engine: [www.azair.eu](http://www.azair.eu)



**Destination place:** Wrocław Main Bus Station (Polish: "Dworzec Autobusowy")  
**Lines:** FlixBus, Eurolines  
**Alternatives:** BlaBlaCar

- 👉 flixbus [www.global.flixbus.com](http://www.global.flixbus.com)
- 👉 eurolines: [www.eurolines.de/en/home](http://www.eurolines.de/en/home)
- 👉 blablacar: [www.blablacar.co.uk](http://www.blablacar.co.uk)



## Travel tips&tricks:

In order to get from the airport to the city centre, take bus number 106 and go to its final stop - "Dworcowa". It should take about 30 minutes.



## Travel tips&tricks:

FlixBus also has many domestic courses so you won't have any problems to get to the Wrocław from major Polish cities by bus.



# HOW TO GET HERE



**Connections:** highways with Germany and Ukraine and expressways with Warsaw, Czech Republic and most of the major Polish cities.

**Car park:** free, located next to the accommodation.

**Useful road information:**

- The maximum speed on motorways is **140km/h**, on expressways is **120 km/h**.
- The speed limits for a dual carriageway are **120 km/h** on an expressway or **100 km/h** on a non-expressway dual carriageway and a single carriageway expressway.
- In build-up areas you're allowed to drive max **50km/h**

 tips for driving in Poland, motoring laws:  
[www.drive-alive.co.uk/driving-in-poland](http://www.drive-alive.co.uk/driving-in-poland)



**Destination place:** Main Railway Station (Polish: "Wrocław Główny").

**Direct connections with Wrocław:** Berlin, Prague, and most of the major Polish cities.

**Tickets:** available on several websites.

Discounts for students? Only for people studying in Poland.

**Important note:** While buying tickets in a ticket office - be prepared. Most of the people don't speak English there so just say correctly where you want to go and when (see the "Learn Polish" point) or ask for assistance at the customer service.

 journey planner: [www.rozklad-pkp.pl/en](http://www.rozklad-pkp.pl/en) or [www.intercity.pl/en/journey-planner](http://www.intercity.pl/en/journey-planner)

 domestic and international tickets:  
[www.en.e-podroznik.pl](http://www.en.e-podroznik.pl)



**Travel tips&tricks:**

You can buy the tickets up to 30% cheaply if you book them earlier (e.g. 1 month).



**STILL CLUELESS ABOUT THE TRANSPORTATION?  
NO WORRIES! YOU CAN CALL US ANYTIME YOU WANT,  
WE WILL GLADLY HELP AND DIRECT YOU!**



# ACCOMMODATION

Welcome to “Małe Teki” - the place where you will be living for these 9 adorable days! It belongs to the campus of Wrocław University of Science and Technology. Our dorm's name is: Akademik T-2 “Telemik” (address: ul. Grunwaldzka 59,[link here](#)) and the tram/bus stop is called “Plac Grunwaldzki”.





# TRANSPORTATION IN THE CITY

## What you should know?

- Public transport in Wrocław consists of buses and trams.
- You can buy tickets in machines at stops or inside buses/trams (both machines have an English version). Machines in vehicles only accept card payment.
- There are 2 types of tickets: single and term. A single ticket costs less than 1 EUR.
- Always remember to validate your ticket (in case of a paper one) when you get on a bus/tram (as you might have to pay a pretty huge fine if you get caught without it)
- In order to have a 50% tickets discount you will need an ISIC card (you can contact us regarding this matter) or Euro26 Student card.

👉 jakdojade application: [www.jakdojade.pl/wroclaw/trasa/](http://www.jakdojade.pl/wroclaw/trasa/)

👉 more about transportation in Wrocław:  
[www.wroclaw.pl/en/how-to-travel-around-wroclaw](http://www.wroclaw.pl/en/how-to-travel-around-wroclaw)



### Tips&Tricks:

We highly recommend using an mobile application called "Jakdojade" (link above) for moving around the city. It's really simple and useful (and of course has an English version).



**DON'T HESITATE TO CONTACT  
US IN CASE OF ANY QUESTIONS  
OR PROBLEMS REGARDING  
THE TRANSPORT. WE ARE HERE  
TO HELP YOU!**





# DON'T FORGET!

## Documents:

- ID card or passport
- visa (if necessary for you)
- International Student Identity Card (ISIC)
- travel and health insurance card
- European Medical Card (E111) for those who live in EU countries



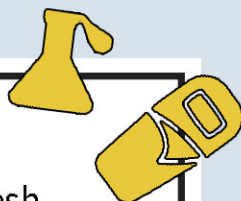
## Important things:

- fee
- medicine (if you take any or in case you become ill)
- some money (złoty) or euro you can change into zlotys



## The rest:

- sleeping bag
- towel and bath stuff (so that you're fresh and beautiful every day)
- things for international evening (food and beverages typical for your country)
- anti-hangover elixir (if you have one)



## Clothing:

- casual, summer type clothes like shorts, T-shirts
- something warmer aside from typical summer clothing (for different types of weather that can be unpredictable)
- formal outfit for Official Opening Day
- clothes and some funny gadgets for parties
- flip flops (or something to walk around indoors)
- waterproof jacket
- some clothes that you won't be worried to destroy



**AND SOMETHING THAT IS THE MOST IMPORTANT -  
SMILE, GOOD ENERGY AND BEST SPIRIT!**

# MONEY & SHOPPING

<b>Currency:</b>	Złoty [read: zlotee]
<b>Currency exchange:</b>	a place called "KANTOR" (eng. currency exchange office) -there are many of them in Wrocław (e.g. near Main Railway Station).
<b>Payments:</b>	in most shops you can pay by card (even PayPass) or BLIK.
<b>Euro:</b>	in Poland very rarely you have the possibility to pay in Euro, so always carry some Złotys with you.
<b>Shops opening hours:</b>	shopping centres (and supermarkets) are open from 9 a.m. to 9 p.m. while smaller shops have various opening hours. There are also some 24-hours shops (or petrol stations) but visit them only in case of emergency (condoms, vodka, cigarettes).
<b>Important notes:</b>	on most Sundays the shops are closed; also selling alcohol in the city centre after 10 p.m. is prohibited

## ATTENTION!

**IT IS AGAINST THE LAW TO DRINK IN PUBLIC PLACES IN POLAND. POLICE CAN FINE YOU IF YOU'RE CAUGHT! SOME STORES CAN REFUSE TO SELL YOU ALCOHOL IF YOU'RE DRUNK. POSSESSING, SELLING, BUYING AND TAKING MARIJUANA OR OTHER DRUGS IS NOT ALLOWED IN POLAND!**

**ONLY PEOPLE OVER EIGHTEEN MAY DRINK AND BUY ALCOHOL, SO IN STORES YOU COULD BE ASKED TO SHOW YOUR ID IN ORDER TO PROVE YOUR AGE.**



## Tips&Tricks:

Do not exchange your money at the airport - the prices are usually not reasonable there.





# MONEY & SHOPPING

Take a look at some example prices below:  
(1 EUR ~ 4.3 PLN)

• bus/tram ticket (without a discount)	3 PLN	0,7 EUR
• meal	10 - 30 PLN	3 - 7 EUR
• McDonalds 2forU	6 PLN	1,3 EUR
• bottle of water	1 - 2 PLN	0,2 - 0,5 EUR
• cup of coffee (in cafe)	8 - 16 PLN	2 - 3,5 EUR
• bread	1,5 - 3 PLN	0,4 - 0,7 EUR
• beer in a store	2 - 3 PLN	1 - 2,8 EUR
• beer in a club/pub	5 - 12 PLN	1,2 - 2,8 EUR
• cigarettes	16 PLN	3,7 EUR
• condoms (3 pcs, better not be greedy on these!)	6 - 14 PLN	1,5-3,5 EUR
• disco (entrance)	on weekends 10 - 20 PLN in a week free	2,5 - 5 EUR
• bottle of vodka (0,5l) Soplica	19 - 30 PLN 24 PLN	4,4 - 7 EUR 5,6 EUR
• shot of vodka in a club chocolate	5 - 12 PLN 4PLN	1,2 - 2,8 EUR 1 EUR





# POLISH FOOD

## Sernik (cheesecake)

- which is one of the most popular desserts in Poland. It's made primarily of quark fresh cheese.



## Pierogi (dumplings)

- usually filled with potatoes and cottage cheese or meat. Sometimes they are made in a sweet version with fruit and topped with sour cream and/or sugar.



## Placki ziemniaczane

- that are fried potato pancakes usually served with sour cream. They also can be served both sweet and sour.



## Mizeria

- is a salad made of cucumber, sour cream and herbs.



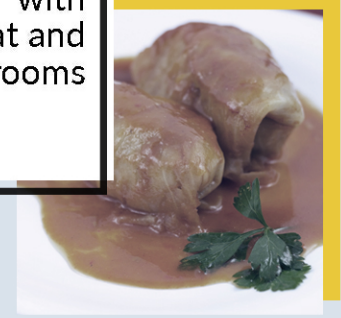
## Bigos

- is a main course made of sour cabbage, meat, mushrooms and dried plums.



## Gołąbki

- which is a cabbage leaves stuffed with spiced, minced meat and rice or with mushrooms and rice.



OUR MEALS:

3 MAIN MEALS: BREAKFAST, DINNER (USUALLY EATEN BETWEEN 2 AND 4 P.M.) AND SUPPER (AROUND 7 P.M.).

POLISH CUISINE:

RICH IN MEAT, ESPECIALLY PORK, CHICKEN AND BEEF, IN ADDITION TO A WIDE RANGE OF VEGETABLES, SPICES, AND HERBS.

TYPICAL POLISH DISHES: MIZERIA, SERNIK, PIEROGI, GOŁĄBKİ, BIGOS, PLACKI ZIEMNIACZANE.



# LEARN POLISH

In Poland, most of young people can speak English. The problem may concern elderly and middle-aged people who often don't speak English. After all, most people know at least some basic English words and you should be able to communicate but it's always useful to know some Polish words, so here you go!



hi/hello  
goodbye  
please  
sorry/excuse me  
yes/no  
today  
tomorrow  
how much is it?

cześć	[chaystch]
do widzenia	[doe vidzynya]
proszę	[proshay]
przepraszam	[pshayprashamm]
tak/nie	[tack]/[nhe]
dzisiaj	[gsisiaj]
jutro	[iuitro]
Ile to kosztuje?	[ilay tow koshtooyea?]



ticket  
train  
bus  
main railway station  
from/to  
platform  
departures  
arrivals  
half-price ticket

bilet	[beelet]
pociąg	[poechiong]
bus	[boose]
dworzec główny	[dvor-zech glovny]
z/do	zee/[read like "though"]
peron	[peeron]
odjazdy	[odyazzdee]
przyjazdy	[psheeyazzdee]
bilet ulgowy	[beelet ulgovye]



Sorry, how can I get to...?  
Where is...?  
one beer, please!  
cheers!  
Where are the toilets?  
Where am I?  
I (don't) understand  
Hey, drink it, my friend!  
Shall we dance?  
Peace and love!

Przepraszam, jak mogę trafić do...?	[Pshayprashamm, yak mogi trafich do...?]
Gdzie jest...?	[Gziay jest...?]
proszę jedno piwo na zdrowie!	[proshay yadno pivoe] [na zdrowiai!]
Gdzie są toalety?	[Gziay so toalayty?]
Gdzie ja kurwa jestem?	[Gziay yaa koorva yestem?]
(Nie) rozumiem	[(Nhe) rozoomiem]
Dupnij se, byku!	[Duopny sye, bqul]
Zakurwimy densa?	[Zakoorveemy densa?]
Pokój i miłość!	[Poekooy e meeuoshch]





# FREQUENTLY ASKED QUESTIONS



## WILL I HAVE ACCESS TO FREE WI-FI?

Yes, while living in the dorms you will also have access to Wi-Fi. Besides, in Wrocław there are many places where you can get connected to the free Internet.

## WHO SHOULD I CONTACT IF I GET LOST DURING THE EVENT?

Yes, there are a few shops near the dorms. Quite close there is also a big shopping mall called "Pasaż Grunwaldzki".

## ARE THERE ANY SHOPS NEAR THE DORMS WE ARE GOING TO STAY IN?

In case of any problems you can always call somebody from the core team. You will get the whole list of our numbers before the event. Besides, everybody in our LBG is always willing to help you so do not hesitate to ask for anything :)

## CAN I DRINK TAP WATER IN POLAND?

Yes, the quality of tap water in Poland is proper enough to drink it without boiling first.

## HOW SHOULD I DRESS FOR THE OFFICIAL OPENING DAY?

A smart casual outfit would be appropriate.

## WHAT IF I COME TO POLAND BEFORE THE EVENT OR I WANT TO STAY LONGER?

We can ask members of our LBG if they can host you or we will provide you a list of hostels.

## CAN I BRING A FRIEND WHO'S NOT PARTICIPATING IN THE EVENT?

No. You will meet many new friends during the event, don't worry!



# ABOUT US & CONTACT

And here is our team - 8 people who are responsible for making this event the BEST memory of your life. In case of having any problems, questions or doubts, do not hesitate to contact us, as we are always more than happy to help you. We hope to see you soon!



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**VISIT OUR WEBSITE TO FIND OUT MORE:** [www.bse.best.wroclaw.pl](http://www.bse.best.wroclaw.pl)

**YOU CAN CONTACT US IN VARIOUS WAYS, SO CHOOSE THE MOST APPROPRIATE ONE (YOU CAN USE FACEBOOK/WHATSAPP TO GET THE FASTEST RESPONSE).**

