

The logo features a stylized white arrow pointing upwards and to the right, followed by the text "BEST" in a large, bold, sans-serif font, and "courses" in a smaller, lowercase sans-serif font below it. The background is a textured orange with a speckled pattern.

BEST
courses

SURVIVAL GUIDE

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BEST

Congratulations, Dear Participants!

We are overjoyed that You will come to our city, Wroclaw, to take part in our Summer Course!

As you might have a lot of questions regarding our city, the accommodation, transport, money and many other things, we have created this short document in which we included all the information you might need in order to stay in Wroclaw. Here it is - the Survival Guide! We want to make this course the BEST memory of your life, so if You still have any doubts, questions or are just curious about Wroclaw, feel free to contact us!

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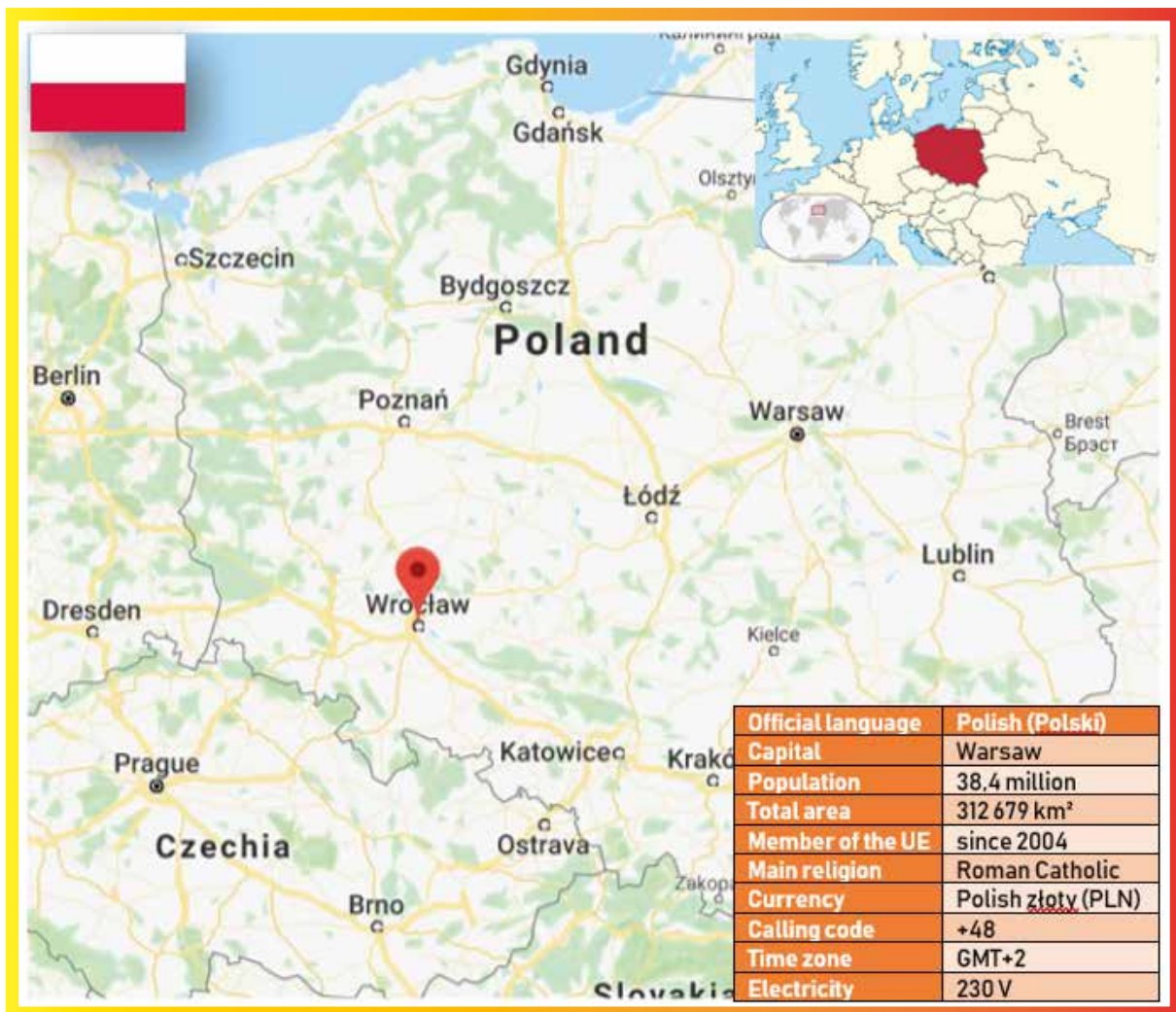
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EMERGENCY NUMBERS:

- 112 – mobile phone emergency number
- 999 – Ambulance
- 998 – Fire brigade
- 997 – Police

1. A little bit about Poland and Wrocław

Besides Poland being famous for our beautiful, gorgeous girls and our love for eating Pierogi, we would like to present you some basic information about the city you are going to stay in.



2. Wrocław - The City of Hundred Bridges

Wrocław [read: Wro-tslav] is the capital of Lower Silesia and one of the most beautiful and lively cities in Poland. It's the fourth-largest city in Poland. Throughout the changing history, it was a part of Czech Republic, Poland and Germany. It offers a vast variety of restaurants and bars, designer shops, theatres and musical events. But it's mostly famous for its beautiful Market Square, little Dwarfs spread across the entire city and no less than 100 bridges, connecting 12 islands - hence Wrocław is often called "Venice of the North"!

Also the extraordinary history of this city is being constantly enriched by prestigious scientific, cultural and athletic events – the examples are becoming the 2016 European Capital of Culture, hosting the World Games 2017 or being a partial host of the EURO 2012.



3. Weather

In summer, Wrocław is one of the hottest cities in Poland in terms of temperature. At the beginning of July, the average temperature is around 26 - 30 °C during the day and around 10 - 15 °C at night. Still, as weather in Poland is a bit unpredictable, we advise you to take something warmer and something rainproof aside from typical summer clothing .

4. What you might need

Documents

- ID card, passport
- Visa - if required for you
- International Student Identity Card (ISIC)
- Travel and health insurance - European Medical Card (E111) for those who live in EU countries

Must have

- Medicine (your own prescribed or if you are allergic)
- Money (Point 5): best in cash, in Euros or in Zloty (you can exchange Euros for Zloty in exchange office in (Wrocław) or a Credit Card (you might get charged additionally while paying in shops depends on your Bank policy)
 - Fee Money

Clothing

- casual, summer type clothing like shorts, T-shirts etc
(also some clothes that you won't be worried to destroy during the parties)
- sport, worn clothes for sport and daily activities during the day
 - pajamas
 - shoes and slippers to walk around indoors
- some smart, elegant clothing for the Official Opening Day

The rest

- necessary cosmetics (toothpaste, shampoo, perfume) - so that you are fresh and beautiful every day
 - towels, bath stuff
- traditional drinks, foods or alcohol of your country - **necessary for the International Evening**

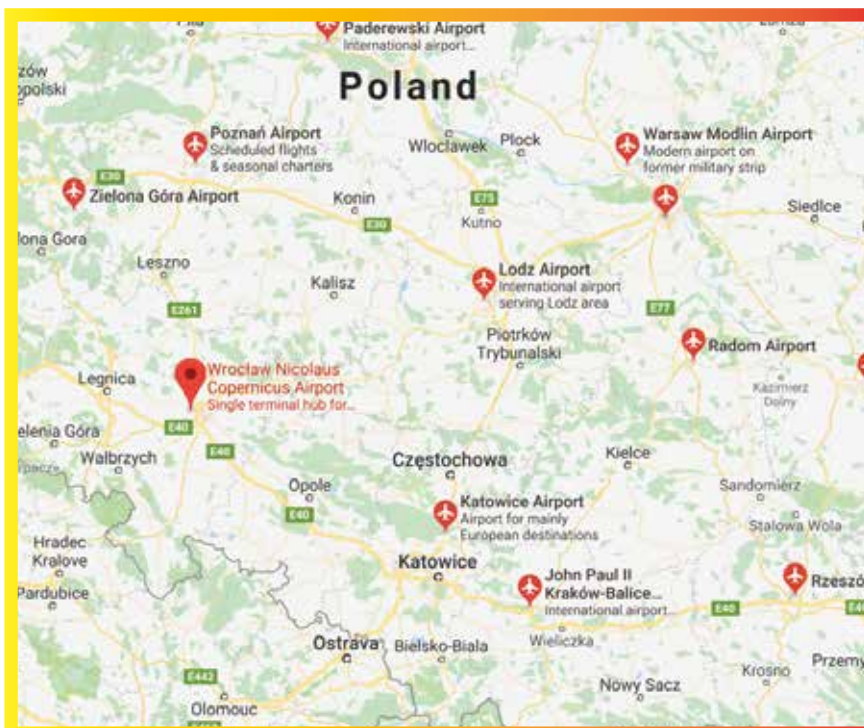
5. Arrival - How to get to Wrocław

Depending on your preferences, there are a few ways to arrive to Wrocław (like to most big cities). We advise you to use Google Maps or jakdojade.pl sites while in Poland (Transport in the City described in point 6 below). Please, remember to make reservations as soon as possible to avoid any problems!

After you have arrived to Poland, you can also look for transport companies at site: <https://en.e-podroznik.pl/>

BY PLANE

You can arrive by plane, to Nicolaus Copernicus Airport, which is situated approx. 10 km to the West of the city centre. Compared to other countries, the transport from the airport to the city centre is cheap (a bus ticket costs less than 1 EUR in PIN) and bus stop is right next to the Airport. International flights are taking place on regular basis from most airlines: LOT, Lufthansa, Ryanair, Wizz Air, Scandinavian Airlines, Eurowings nad Swiss International. You can also book cheap flights from your country to Berlin, Prague, Poznan, Warsaw, Katowice, Krakow or Lodz and then switch to a train or a bus.



BY TRAIN

Wroclaw is a major hub in the Polish rail network, with several trains a day to all the biggest Polish cities. There are about 10 daily departures to Warsaw (travel time varies from 3,5 up to 7 hours - depending on the class of a train), as well as quite a lot of trains to Poznan or Krakow. Wroclaw has also a direct railway connection with Dresden and Berlin.

To find connections visit page: <http://rozklad-pkp.pl/en>. Type there where you are going from (e.g. Warszawa, Krakow, Katowice, Poznan) and as the destination set *Wrocław Główny* [eng. "Main Railway Station"]. The page will list all the possible connections.

Buying tickets is available on several websites. The earlier you book your tickets - the cheaper they might be. Don't wait until the last minute - seats can be sold out few days before the departure date. When you are buying ticket in a ticket office, be prepared - unfortunately most people in ticket offices don't speak English - just say correctly where you want to go and when, or ask for assistance at the customer service. There is a discount for tickets, but unfortunately, only for students studying in Poland or those who were born here.

Also when you're going in a group you can have a cheaper ticket in PolRegio (Regional Transport company).



Wroclaw Main Railway Station

BY BUS

If you decide to come to Wrocław by bus, we advise you to go by FlixBus or Eurolines, which depart to Wrocław from most cities in Europe. For example, going by FlixBus to our Capital, Warsaw, will probably be cheaper than going by train, but it might take longer and won't be that comfortable. If you are already in Poland, you can get to Wrocław by FlixBus or other buses or maybe even by using the BlaBlaCar (check it out here: <https://www.blablacar.co.uk/>). Be sure to quickly make a reservation to avoid problems with buying a ticket!

The destination for your travel should be "Wrocław: Dworzec Autobusowy" [eng. "Wrocław: Main Bus Station"], which is right next to the Wrocław Main Railway Station.

BY CAR

Wrocław is connected by highway with Germany and Ukraine (E40) and by main roads with Warsaw and Czech Republic (E67). Use Google Maps or follow your navigation system, but here are some useful 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 50km/h (from 5 a.m. to 11 p.m.) and 60km/h (from 11p.m. to 5 a.m.), on dual carriageways 120 km/h (for cars below 3.5 tonnes. For more information about motoring laws and tips for driving abroad in Poland check here:

<https://www.drive-alive.co.uk/driving/driving-in-poland.htm>

You can also try hitchhiking, if you want!

Remember to contact us if you arrive in Poland or in Wrocław and keep us to date. You can call us anytime you want, we will gladly help and direct you ! :)

6. Transport In the City

In Wroclaw, public transport consists mainly of trams and buses. You can also go by taxi or Uber, but our public transport is good enough to get fast almost everywhere you want.

You can buy tickets inside trams and buses or on the stops with a credit card in electronic ticket machines. Students get a 50% discount for the ticket, so you would need your ISIC card (you can contact us regarding this matter). There is an English version of the system available on each ticket machine, so you don't need to worry you won't understand how to buy a ticket. . Remember to validate your ticket when you come in a bus or a tram, as you might have to pay a fine if you get caught without one by a ticket inspector. We have different types of tickets, valid for: 15 minutes, 0.5h, 1h, 1.5h, 24h, 48h, 72h, 168 h - 7 days).

There are a few, most important bus/tram stops in Wroclaw, from which you can get anywhere. Those are:

1. Market Square - tram stop "Świdnicka" [Schvidnchka]
2. Main Railway Station - stop "Dworzec Główny"
3. Main Bus Station - stop "Dworzec Autobusowy" - it's right next to the Main Railway Station
4. Grunwald Passage - stop "Plac Grunwaldzki" - it's a stop near our University of Science and Technology.

Moving around Wroclaw is very easy, so the hardest would be to get from the airport to the centre, if you are going by plane. You would have to take the bus **no. 106** from stop "Port Lotniczy" [Airport], which is right next to the airport, (it leaves approximately every 15-20 minutes) and go to a bus stop "Dworcowa", which is a few hundred meters to the east of the Main Railway Station. From there it should be easy.



Useful App



Many Wroclaw citizens use an mobile phone site called <https://jakdojade.pl/>. There is also an English version of it, just click the little sprocket wheel in top right part of the site, next to words "Zaloguj sie". There you have to click on "Polski" (which means Polish) and change it to "Angielski" (which means English). There is also a mobile version of that site that you can download from the Google Store, but it doesn't have an English translation.

It's still quite intuitive, especially if you can use localisation service, like GPS, on your mobile phone.

7. Accommodation

Where are you going to stay?

On the Wittiga Street in one of the big, 10 floor tall buildings in our University Campus called "Teki", where the students dorms are located. It's located near a stop called "Tramwajowa".

The easiest and fastest way to get there from an Airport would be to go to stop "Dworcowa" by bus 106. And from there by bus 145 or 146 (they go the same way) to a stop "Tramwajowa".

From The Main Railway Station you can go to stop "Tramwajowa" by the same buses: 145 or 146 (they go through the stop "Dworcowa" from there).

You will go by the Grunwald Bridge, the Grunwald Passage and then the Centennial Hall.

The buildings will appear on your right. Can't miss it :D !



8. Money exchange + prices

As for today, current Zloty-Euro exchange rate is: 4.3 PLN = 1 EUR

You can not buy anything with Euros so you will be best prepared, if you already have Zloty currency with yourself. If not, in Poland you can go to the exchange office - called **KANTOR**. You can obviously do it at the airport, but we wouldn't recommend exchanging a big amount of money there, because the rates are much better in the city. So, if you don't need money immediately after leaving your plane, we suggest looking for a building with a sign "KANTOR" or bank somewhere else, closer to the city center.

Shopping centers are open from 9 a.m. to 9 p.m., small shops have various opening hours. If you need something at night there are some 24 hours shops and petrol stations, where you can buy the most important things. They are a little bit more expensive, so visit them only in case of emergency (condoms, vodka and cigarettes).

Also on Sundays, that are not the last of the month, the shops are closed.

Regarding food in Poland:

In Poland there are three main meals: breakfast, dinner and supper. The most popular breakfast are sandwiches, cereal with milk and fruit, scrambled eggs. Quite typical. Lunch is usually eaten between 2-4 p.m.. Supper is usually eaten around 7 p.m..

As you might already know, one of the our most beloved and favorite dishes are **pierogi** (kind of dumplings, with various stuffing) and similar dishes. Besides that we have bigos (rich in spices, cooked cabbage and other vegetables with meat), **gołąbki** [which means "pigeons", but has nothing to do with birds, I think...] (which is meat and rice stuffing wrapped in a cabbage). Traditionally in Poland, the just featured dishes are forerun by different kinds of soup (a bouillon, cabbage soup, tomato soup or beet soup). As you can see, it seems we love cabbage.

In terms of desserts - one of the most popular in Poland is cheesecake (sernik) - made of one or more layers, usually made of fresh cottage cheese. Some of us like to add raisins, but don't start this topic, if you don't want to hear people screaming and screeching in Polish at each other.

If you wish to try these, you can find them in many Polish cuisine oriented restaurants, especially in the area of Market Square.

Pierogi



Gołabki



pigeons :D



In terms of alcohol

as you must have heard about our national vodka, which is one of the **BEST** in the world. The most known brand is "Soplica" (beloved by foreigners for its different flavours), "Lubelska" and many others. It's quite cheap, around 20-24 PLN for 0.5l bottle.

Shopping

When buying in Poland, we advise you go to bigger supermarkets like Biedronka (Ladybird), Carrefour, Lidl etc, which are the cheapest.

Some Example prices:

1 EUR +/- = 4,3 PLN

- Bus 30 min. ticket 3 PLN = 0,69 EUR (without a discount)
- Meal 12-25 PLN = 3 - 6 EUR
- McDonalds 2forU 6 PLN = 1,3 EUR
- Disco: Mon-Thu free; on weekend 10-20 PLN – 2,5-5 EUR
- Bottle of vodka 0,5l 19 -30 PLN = 4,4 – 7 EUR

(Soplica for around 24 Zloty)

- Shot of vodka in a club/pub 5 – 12 PLN = 1,2 – 2,8 EUR
- Beer in a store 3 PLN = 0,75 EUR
- Beer in a club/pub 5–12 PLN = 1,2 – 2,8 EUR
- Cigarettes 15 PLN = 3,5 EUR
- Condoms (3 pcs) 5–10 PLN = 1,2 – 2,3 EUR
or (40 pcs) 44 PLN = 10 EUR
- Bottle of water 1 - 2 PLN = 0,2 – 0,5 EUR
- Chocolate 2 – 4 PLN = 0,5 – 0,9 EUR
- Coffee 8 – 16 PLN = 2 – 3,5 EUR
- Loaf of bread 1,5 – 3 PLN = 0,4 – 0,7 EUR
- Doughnut 1,5 – 3 PLN = 0,4 – 0,7 EUR
- Toilet Paper 4 PLN/8 rolls = 0,8 EUR



Biedronka
Codziennie niskie ceny



Carrefour

BEST

9. Polish language basic translations

Ahh the famous Polish language.

Most Polish people know at least some English words and you should be able to communicate, but it's always useful to know the basics.

Basics

- Hi/Hello — Cześć [Chaystch]
- Goodbye — Do widzenia [Doe vidzyny]
- Please — Proszę [Proshay]
- Sorry/Excuse me — Przepraszam [Pshayprashamm]
- Thank you — Dziękuję [Jancooeya]
 - Yes — Tak
 - No — Nie [Nhe]
- How much is it? — Ile to kosztuje? [Ilay tow koshtooeya?]
 - Today - Dzisiaj [Gsisiaj]
 - Tomorrow - jutro [iuitro]

Transport

- Ticket - bilet [beelet]
- Train - pociąg [poechong]
 - Bus- bus
- Airport - Lotnisko [low-tinisko]
- Main Station - Dworzec Główny [dvor-zech glovny]
 - Tram/Bus stop - Przystanek [Pschistaniek]
 - Train - Pociąg [Poechiong]
 - From - Z [yes, literally one letter]
 - To - Do [read it like "though"]
 - Platform — Peron
 - Departures — Odjazdy [odyazzdee]
 - Arrivals — Przyjazdy [psheeyazzdee]

Useful sentences

- Sorry, how can i get to ...? - Przepraszam, jak moge trafic do ... ?
[Preprascham, yak mogi trafich do ...]
- One beer please — Proszę jedno piwo [Proshay yadno pivoe]
 - Cheers! — Na zdrowie! [Na zdroviay]
 - How much ? - Ile to kosztuje ? [ijle to koshtuije ?]
 - Where is ... ? - Gdzie jest... ? [Gziay yest]
- Where are the toilets? — Gdzie są toalety? [Gziay so toalayty?]
- Where is the hospital? — Gdzie jest szpital? [Gziay yest shpeetal?]
 - Where am I? — Gdzie ja jestem? [Gziay yaa yestem?]
 - I (don't) understand — (Nie) rozumiem [(Nhe) rozoomiem]
 - Do you wanna fight? — Chcesz się bić? [Kzesh shay bitsh?]
 - It hurts — To boli [Tow bowli]
 - Do you surrender? — Poddajesz się? [Poeddayeesh shay?]
 - Hey, drink this, my friend - Dupnij se, byku. [Duopny sye, bqu]
 - Peace and love — Pokój i miłość [Poekooy ee meeuoshch]
- Look at my bicep, babe — Patrz na ten biceps, maleńka [Patch na ten beetsayps malayhnka]
 - You've got beautiful eyes. — Masz piękne oczy [Mash pyaenkny otchy]
 - Shall we dance? — Zatańczymy? [Ziatainchimi?]
 - Show your boobs! — Pokaż cycki! [Poecash tseetskee!]
 - Fuck - KURWA - means literally everything [kurva]
- What is the Wi-Fi password? - Mordo, jakie jest haslo do neta? [Mordo yiaki yest haslo dio nyeta?]
 - I'm a strawberry, eat me! — Jestem truskaweczką, zjedz mnie!
[Yestem trooskaevetchka, zeeyats mnya.]
 - That's the end! - No i chuj [No y khooy]

10. Contact info!

And here is our team



which is responsible for making this Summer Course the BEST memory of your lives! If you have any problems, questions or doubts, you can contact us by phone or via e-mail using data below. See you soon :D

<http://www.best.wroclaw.pl/> - about our Local BEST Group

www.wroclaw.pl - about Wroclaw

BEST

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Participants Responsible



Hey, it's me, the one who wrote this SG. And yes, im hanging from a bar, eating chips. See Ya Soon!

Szymon Raczyński

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Graphics Responsible



I'm responsible for the looks of this SG
I have a mustache
catch u later alligator!

Adam Jureczek

