



IAESTE App: Country Information

This is a form containing general information about your country and your IAESTE national and local committees.

General information:

- Country : **Poland**
- Capital: **Warsaw**
- Population: **38 386 00**
- National language(s): **Polish**
- Currency: **zloty (zl, PLN)**
- Time zone: **UTC +1 Summer time**
UTC +2 Winter time
- Voltage: **220V**
- Phone country code: **+48**
- SIM card providers: **Orange, Play, T-Mobile, Plus**
- Cities with IAESTE LCs: **Warszawa, Szczecin, Krakow, Lodz, Wroclaw, Gliwice, Rzeszow, Gdansk, Poznan**
- Climate: **Summer:** Hot and Dry
Autumn: Cold and Wet
Winter : Really cold and wet
Spring: Usually sunny with some rain
- Social media links:
 - Website: iaeste.pl
 - Facebook: <https://www.facebook.com/iaestePoland>
 - Instagram: https://www.instagram.com/iaeste_poland/

In this section please fill out the information about your country's culture

Country information:

- **Fun facts about the country:** *(around 5, a few sentences each):*

1. Poland is the 9th Largest Country in Europe. (8th not Including Russia) Poland isn't a small country, it's actually one of the largest ones. Poland is bigger than Italy and the UK.
2. Poland Has Beaches, Mountains, Forests, Deserts, and Lakes
Poland has a very diverse nature. Almost 800 km of the seashore and a few mountain chains (Tatra, Carpathian, Sudet Bieszczady and Świętokrzyskie). Poland also has the only Central-European desert, Pustynia Błędowska. There are also dunes in the Pomerania region that are a curiosity on a European scale. So are wetlands in Biebrzański National Park. And islands in Woliński National Park.
3. Poland Also Has the World's Biggest Castle Poland has an impressive 16 World Heritage Sites and among them the biggest castle in the world – Malbork. Measured by the area. Prague Castle often claims to be the world's largest, but it's not since it's not a single area.
4. The Unofficial Traditional Polish Food is Zapiekanka. It's a baguette cut in half, topped with cheese and mushrooms and doused in garlic mayo and ketchup. Lots of ketchup.
5. Poland had the second constitution in the world. Following the United States, Poland adopted its own constitution in 1791. Unfortunately, Poland's first constitution only lasted a little over a year.

- **Cities/towns that you recommend visiting:**

Warszawa – Capital city of Poland, you should see there Palace of Culture and Science, Belweder Palace and Wilanow Palace. You will find here plenty of museums, theaters and variety of cultural objects.

Krakow – Former capital city of Poland. You should visit Wawel Castel with a famous dragon and grab a coffee at beautiful square.

Wroclaw – One of the favorite cities amongst young poles. Can you find all the dwarves hidden in the city

Lodz – City full of history, museums and theaters

Poznań - a city with very colorful and charming square, you should try a famous st. Martin croissant while visiting

Tricity – If you want to see beautiful oldtown, swim in the sea, and party the same very day this is place for you.

Zakopane - Nestled at the foothills of the Tatra Mountains, Zakopane is a popular destination for outdoor enthusiasts. In addition to hiking and skiing opportunities, the town is known for its unique wooden architecture and vibrant folk culture.

- **Other places you recommend visiting:**

Tatra Mountains - is a mountain range that forms a natural border between Slovakia and Poland. They are the highest mountain range in the Carpathian Mountains
Bieszczady Mountains - is a mountain range that runs from the extreme south-east of Poland and north-east of Slovakia through to western Ukraine. Great place to take a break from civilization

Baltic Sea – Shaped like a crocodile Mediterranean Sea of Atlantic. Beautiful coast line with sandy beaches and beautiful dunes.

Mazury – Great place in northwestern part of Poland full of lakes and forests.

Słowiński National Park - Situated along the Baltic coast, Słowiński National Park is known for its shifting sand dunes, which create a unique and ever-changing landscape. The park also encompasses Lake Łebsko and Lake Gardno, providing habitats for various bird species.

Hel Peninsula - Jutting out into the Baltic Sea, the Hel Peninsula offers picturesque beaches, sand dunes, and opportunities for water sports such as windsurfing and kitesurfing. It's also known for its fishing villages and fresh seafood.

Białowieża Forest - Located on the border between Poland and Belarus, Białowieża Forest is one of the last and largest remaining parts of the immense primeval forest that once stretched across the European Plain. It's a UNESCO World Heritage site and home to the European bison, as well as diverse flora and fauna.

Airports with budget airlines: **Warsaw** (WAW, WMI), **Gdansk** (GDN), **Krakow** (KRK), Lublin (LUZ), Radom (RDO), Poznan (POZ), Rzeszow (RZE), Wroclaw (WRO), Katowice (KTW), Szczecin (SZZ), Bydgoszcz (BZG), Olsztyn-Mazury (SZY), Lodz (LCJ)

Website(s) with travel connections inside the country:

<https://rozkład-pkp.pl/en> - trains

<https://en.e-podroznik.pl> – busses

“Jakdojade” app

Traditional food and drinks you recommend trying:

Pierogi – Dumplings with various filling

Bigos - A traditional Polish meat dish, also known as "hunter's stew" or "cabbage stew", made with sauerkraut, meat, sausage, and sometimes mushrooms and other vegetables.

Żurek - A thick soup made from sourdough rye flour with added white sausage, eggs, and potatoes, often served with a slice of bread with lard.

Kotlet schabowy - Breaded pork cutlet, often served with potatoes and carrot salad.

Kompot - A traditional Polish beverage made from cooked fruits, typically apples, plums, pears, or cherries, with added sugar and spices.

Żubrówka - A popular Polish vodka flavored with bison grass, giving it a distinctive taste.

Beer - Polish beers are known for their rich flavors and variety. You can try different local brands such as Żywiec, Tyskie, or Lech.

Tipping in the restaurants:

Tipping is not mandatory, but well received. It all depends on the quality of the service. It is usually between 10 - 15%.

When dining in a larger group of people (more than 6) sometimes, depending on the restaurant, a service charge could be applied, but it is always written in the menu and most typical charge would be 10%.

If you want to tip remember to do it in cash, most of the time restaurants don't accept additional card payment for tipping.

Discounts for transportation:

50% discount for transportation for students under 26, also discounts in museums and other venues. Discount for transport mostly applies only of the students with polish ID cards, museum and other venues usually accept ISIC (International Student Identity Card).

What is the common greeting in your country : Handshake

Emergencies - numbers:

Police: 112 or 997

Ambulance: 112 or 999

Fire brigade: 112 or 998

Any other interesting or useful information:

1. **Polish Festivals:** Poland celebrates a variety of cultural festivals throughout the year. For example, Święto Wina (Wine Festival) in Zielona Góra celebrates the local wine industry, while Juwenalia festivals are held in many cities to celebrate students. The Pierogi Festival in Kraków and the Bread Festival in Poznań are also popular events. There are also famous music festivals during summer like Open'er in Tricity.
2. **Rich History:** Poland has a fascinating history, marked by periods of prosperity, conflict, and resilience. From the medieval Piast dynasty to the partitions of Poland in the late 18th century, and from the horrors of World War II to the fall of communism in 1989, Poland's history has shaped its culture and identity.
3. **UNESCO World Heritage Sites:** Poland is home to 17 UNESCO World Heritage Sites, including the historic centers of Kraków, Warsaw, and Toruń, as well as the medieval Wieliczka Salt Mine and the Auschwitz-Birkenau concentration camp memorial.
4. **Music and Art:** Poland has made significant contributions to classical music, with famous composers such as Frédéric Chopin and Krzysztof Penderecki. The country also has a vibrant contemporary art scene, with numerous galleries and museums showcasing works by Polish artists.
5. **Traditional Folk Culture:** Poland has a rich tradition of folk music, dance, and art, with colorful costumes, intricate embroidery, and lively festivals celebrating regional customs and traditions. Visitors can experience traditional Polish hospitality and craftsmanship in rural areas and ethnographic museums.
6. **Salt Mines:** In addition to the Wieliczka Salt Mine, Poland is home to several other historic salt mines, including the Bochnia Salt Mine. These mines, which

date back centuries, feature underground chambers, chapels, and sculptures carved entirely out of salt, showcasing the ingenuity and craftsmanship of past generations.