

# SURVIVAL GUIDE

COURSE IN SUMMER 2024

**PLANNING OUR METROPOLISES:  
PRACTICAL APPROACHES  
TO SMART CITY**

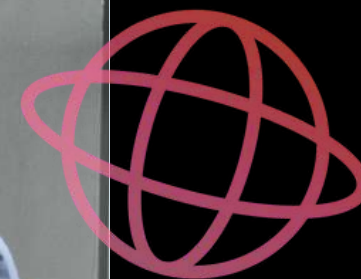


# WHO ARE WE?

BEST Gdansk is one of the most active associations in the Gdansk University of Technology and our members represent all of the college faculties there. Through organizing our projects, we bet on professionalism and to fulfill our mission - development of students.



Underneath you can find a bunch of useful facts and tips which you can use to make your stay in Poland unforgettable!



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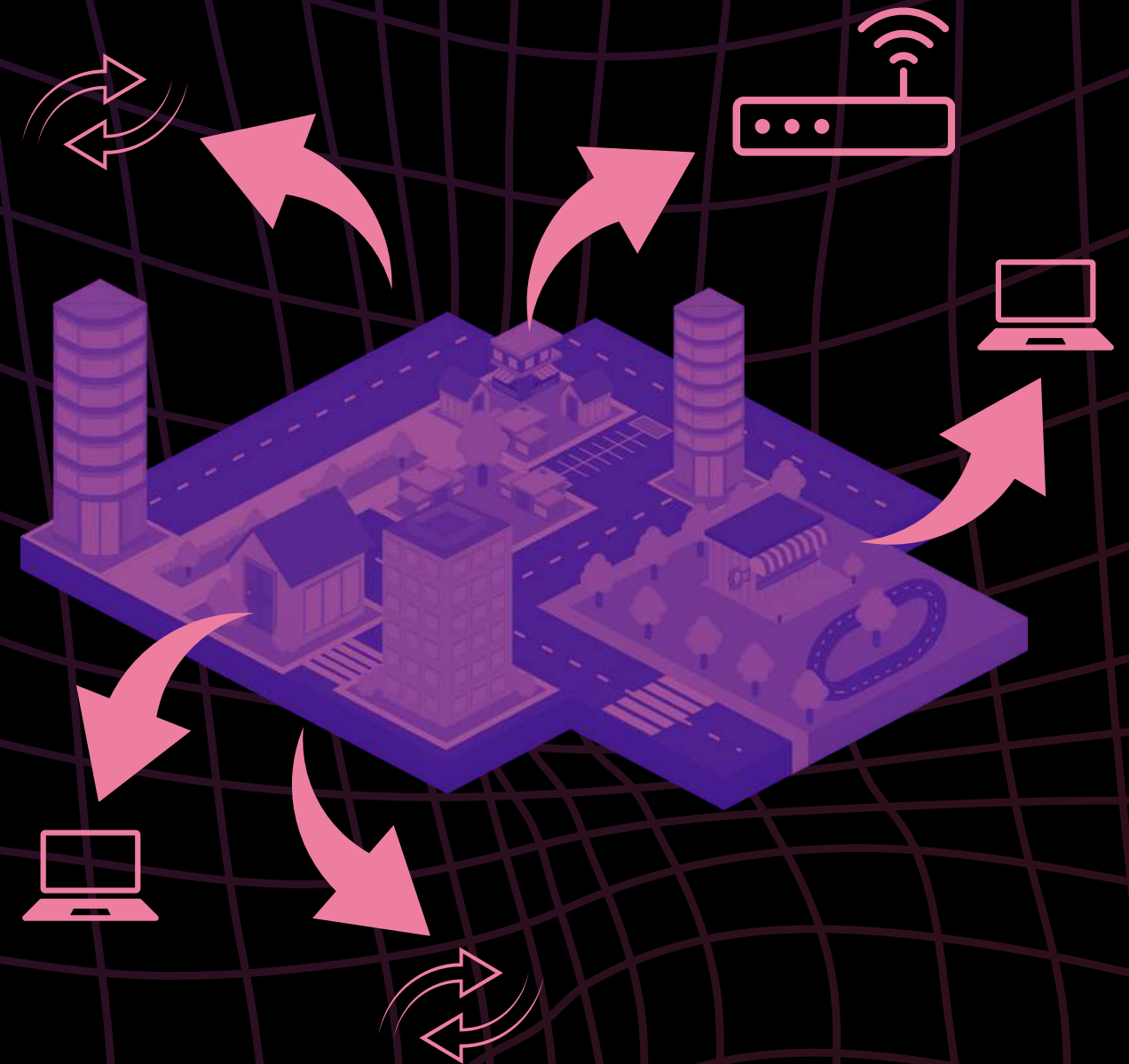
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# WHERE IS POLAND?

Poland is located in Central Europe, bordered by Germany to the west, Czechia and Slovakia to the south, Ukraine and Belarus to the east, and Lithuania and Russia (Kaliningrad Oblast) to the northeast. It also has a coastline along the Baltic Sea to the north.



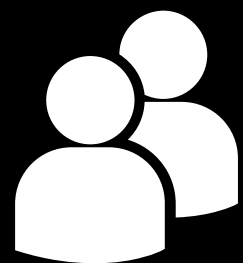
# ABOUT POLISH FLAG

The colors of the Polish flag, white and red, symbolise specific virtues and historical events. The white color represents purity, honesty, and virtue, while the red color symbolizes bravery, valor, and the blood shed for the nation. Together, these colors embody the enduring spirit, resilience, and patriotism of the Polish people.



# FACTS

Area: 312 679 km<sup>2</sup>



Population: over 38 million people

Capital city: Warsaw (around 2 million people)

Language: Polish

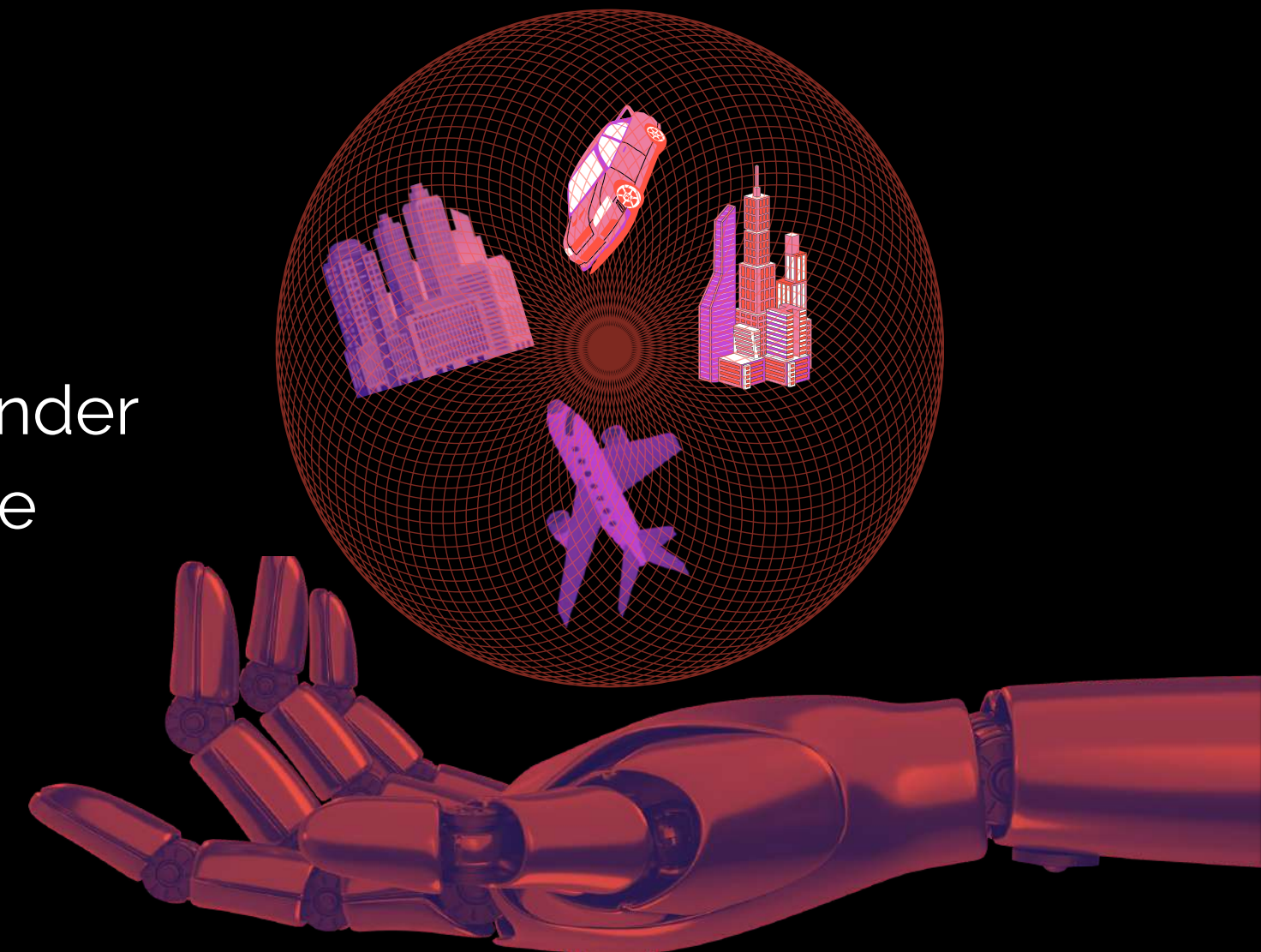
Digital number: +48

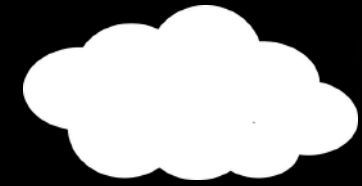
Electricity: 230V, 50Hz



# DID YOU KNOW THAT?

- Europe's biggest animals live in Poland - bison weight over 600kg
- The geographical center of Europe is located in Poland, in the village called Piątek (Friday)
- It's rude for men to wear hats indoors; the rule applies specifically to eating and staying in public places like the church
- Pope John Paul II was Polish
- Poland didn't exist on maps for 123 years (1795-1918)
- State Universities are free in Poland
- Traditional Polish last names change depending on gender
- In Poland, everyone has a special holiday for their name
- Latex condoms were invented by a Pole





## WEATHER

In Poland, the summer weather is generally warm to moderately warm. In July, one of the hottest months of summer, average daytime temperatures range from 20°C to 30°C, with occasional days exceeding 30°C. The country experiences a mix of sunny and rainy days, with some regions having periods of intense rainfall while others may encounter drier conditions. Usually it's really windy on the beach, so even if the thermometer shows you around 20°C-25°C you might be cold. Summer days are relatively long, especially in northern regions, where short nights are common.

## CURRENCY



The currency in Poland is the Polish „złoty” (PLN). Normally you can pay with a card, but some places don't accept it. Therefore, remember to bring cash just in case. To exchange currency in Poland, you can visit currency exchange offices, commonly known as "kantor" in Polish. Kantors are found in various locations, including airports, train stations, and city centers (if you forget to exchange your money, don't worry there are plenty of kantors nearby our University). Online banking and ATMs are also convenient ways to withdraw cash in the local currency.

# SAMPLE PRICES

1 Euro ≈ 4,33 PLN

- water - 1,5-2 PLN
- beer in the store - 3-5 PLN
- beer in the pub - 10-12 PLN
- bus/train ticket - 2,4 PLN (with student card/ISIC card)
- dinner in the restaurant - 30-70 PLN
- bottle of vodka - 25-35 PLN
- pack of cigarettes - 20 PLN
- condoms (pack) - 15 PLN





# USEFUL POLISH WORDS/SENTENCES

ENGLISH	POLISH	PRONUNCIATION
yes	tak	[tac]
no	nie	[nye]
hello / goodbye	cześć / pa!	[cheshts] / [pa]
how are you?	jak się masz?	[yak shie mash]
cheers!	na zdrowie!	[na stro-vie!]
beer	piwo	[pivo]
vodka	wódka	[voodka]
I feel dizzy	źle się czuję	[zh-leh syeh ch-oo-yeh]
how much does it cost?	ile to kosztuje?	[eel-e to koshtooye?]
where is the bathroom?	gdzie jest toaleta?	[gdjeh yest toaleta?]
you are so pretty	jesteś piękna	[yestesh pien-kna]
I like you very much	bardzo mi się podobasz	[bar-dzoh mi shie podobash]
I don't understand	nie rozumiem	[nye rozumyem]
I love you	kocham cię	[koham tchie]
kebab mixed meat mixed sauce please	poproszę kebab mieszany mieszany	[Pop-roh-she keh-bahb meesh-eh-van-eh meesh-eh-van-eh]

# FOOD AND DRINKS

Immerse yourself in the rich tapestry of Polish cuisine by trying some of the most iconic dishes:

- **PIEROGI:** Soft dumplings filled with various ingredients such as meat, cabbage with mushrooms, or cheese. This dish is a staple and a must-try in Polish cuisine.
- **ŻUREK:** Classic sour rye soup, often prepared with a rye sourdough base and featuring white sausage, eggs, and potatoes. Żurek took second place in the ranking of the best soups in the world! [Here](#) you can check that.
- **BIGOS:** Commonly referred to as "hunter's stew," this hearty dish consists of sauerkraut, meat, sausage, and sometimes mushrooms.
- **KOTLET SCHABOWY:** Breaded pork cutlet, typically served with potatoes and coleslaw.
- **GOŁĄBKI:** Cabbage leaves stuffed with minced meat and rice, cooked in a tomato sauce.



Poland offers a variety of traditional and popular drinks. Here are some beverages that you might want to try:

- **VODKA:** Poland is famous for its vodka, and it comes in various flavors and types. Some well-known brands include Żubrówka (flavored with bison grass), Wyborowa and Sopolica.
- **PIWO (BEER):** One of the most popular kind of alcohol in the country. During our adventure you will mostly drink Specjal (when you get to Gdańsk we will explain to you why).
- **KOMPOT:** A non-alcoholic drink made from cooked fruit, usually sweetened with sugar. It's often served cold and is a popular choice during family gatherings.

Remember that in Poland you can get a ticket if you are drinking alcohol in public places (fee of around 100 PLN).



# GDAŃSK GDAŃSK BABY!!!

## HOW TO GET THERE?

Best option to travel to Gdansk from abroad is by plane to Gdansk Airport. You can also fly to other airports in Poland, and then take the train directly to Gdansk (more details below). In Gdansk, the meeting point for arrival will be Gdansk University of Technology (Politechnika Gdańska), Gabriela Narutowicza 11/12, 80-233 Gdansk.

### 1. PLANE

Gdansk Lech Walesa Airport is located 12 km west from the city center and operates flights from many Polish and European cities. Among the others, following airlines offer service from/to Gdansk Airport: Wizz Air, Ryanair, Lufthansa, Polish Airlines LOT, SAS, Finnair, KLM, Norwegian.

For more info go to: <http://www.airport.gdansk.pl/>

# HOW TO GET FROM THE AIRPORT TO OUR AWESOME UNIVERSITY?

You have three options:

## BUS

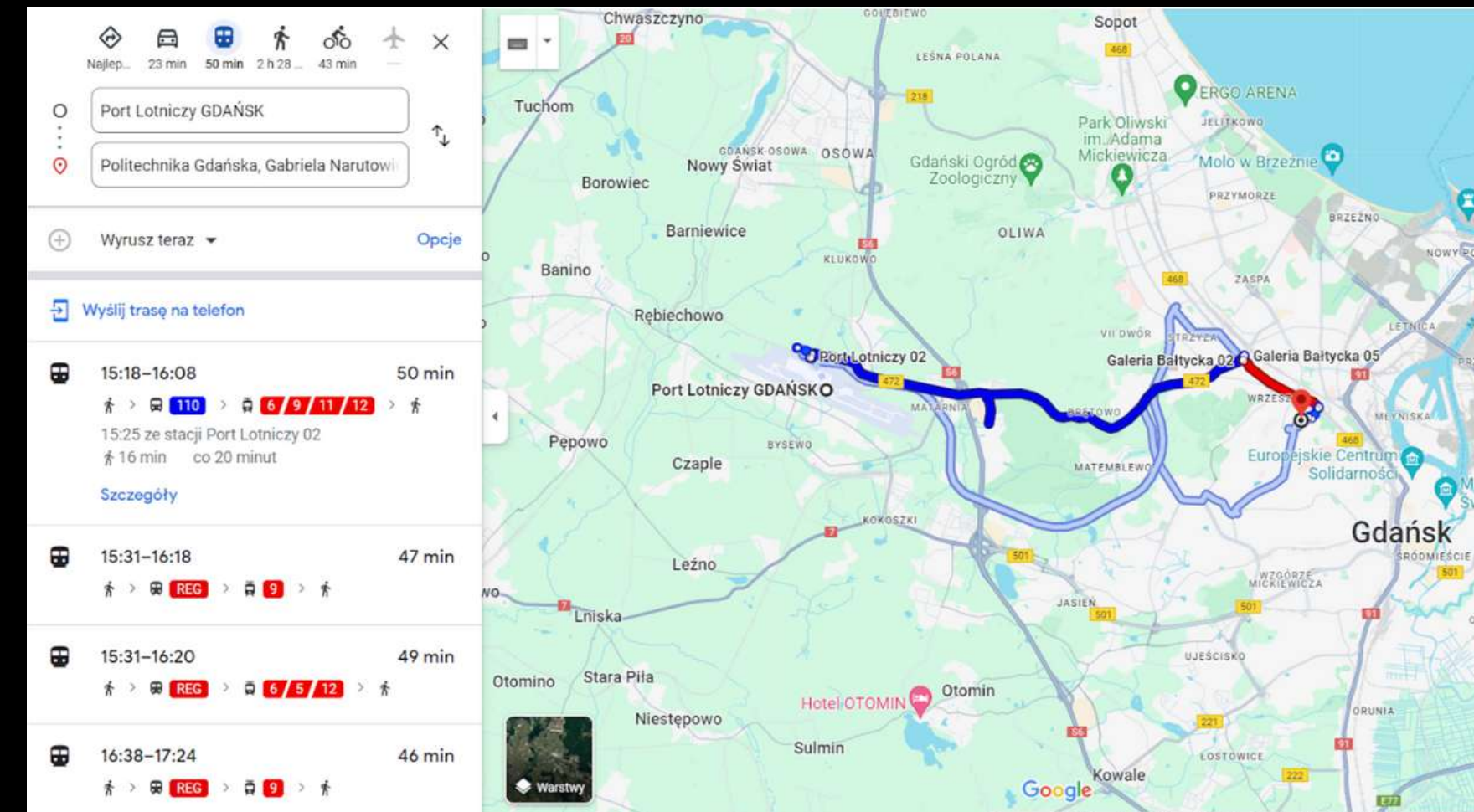
- leave the airport to the bus stop Wrzeszcz PKP direction
- buy an one hour ticket at the ticket machine (2,4 PLN - price with ISIC) or in the app „jak dojadę”
- take 110, 122 (if you arrive during a day) or N3 line (if you arrive during a night)
- Insert your ticket into an orange validation machine once you enter the bus
- leave at Galeria Bałtycka bus stop and go to the tram stop
- take 2, 5, 6, 9 or 12 line towards Gdańsk Główny
- leave at Politechnika Gdańska stop
- we will be waiting for you there!

## PKM (Pomeranian Metropolitan Railway)

- leave the airport to the train station Wrzeszcz PKP direction which is right here
- get into a train and purchase a ticket from the conductor or you can buy it in the ticket machine which you can easily find on the station
- leave at Wrzeszcz PKP train station and go to tram stop
- take 2, 5, 6, 9 or 12 line towards Gdańsk Główny (you need new ticket!)
- leave at Politechnika Gdańska Stop
- we will be waiting for you there!

The best way not to get lost is to download the “jak dojadę” app ([ios](#) and [android](#)) where you can also buy tickets for buses, trams and trains. It's really easy to use and you will have all the possible connections there.

**TAXI** (50-60 PLN), **UBER/BOLT** (30-40 PLN), **TRAFICAR** (RENTAL CAR FOR HOURS)



## 2. TRAIN

Gdansk has direct railway connections with all the biggest Polish cities, such as Wroclaw, Krakow, Katowice, Lodz, Warsaw, Poznań and Szczecin.

For the timetables and further information go to: <https://www.intercity.pl/en/>

The sooner you book your ticket the cheaper price you'll get. Booking starts 30 days before your travel date. Remember that with a valid student card (ISIC) you can get a 51% discount.

## 3. BUS (FLIXBUS):

Taking FlixBus is the cheapest way to get to Gdansk from other Polish cities (for further information go to: <https://global.flixbus.com/bus/gdansk>). Buses are comfortable and equipped with air conditioning and Wi-Fi, but the travel takes longer than with trains.

## 4. HITCHHIKING:

The craziest way to get to Gdańsk, but it's not impossible. People in Poland are really helpful so it won't be a problem to get a lift. Just remember to do it as safely as you can. We can't wait to hear your stories from that trip!



# PLACES TO VISIT



**OLD TOWN (GDAŃSK):** Explore the charming Old Town of Gdańsk, filled with historic architecture, picturesque streets, and iconic landmarks such as the Neptune Fountain and the medieval Crane. Wait for the Pub Crawl there!

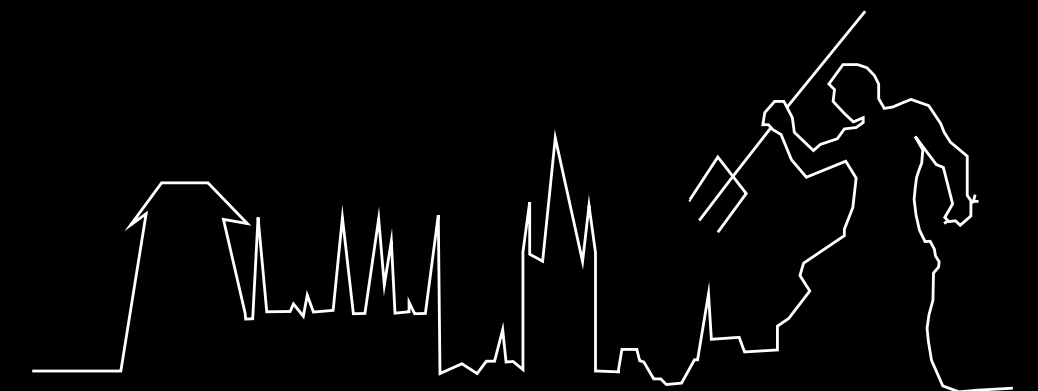


**WESTERPLATTE:** Visit Westerplatte to delve into World War II history and see the monument commemorating the first battle of the war, surrounded by scenic views of the Baltic Sea.

**BEACH:** Gdansk has multiple beaches where you can swim and chill during summer.

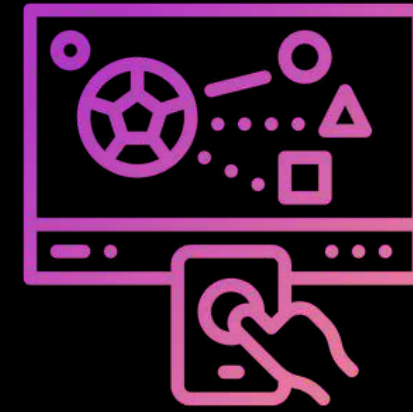


**POLITECHNIKA GDAŃSKA:** Gdańsk University of Technology where our classes will be happening.



# DON'T FORGET TO BRING!

- Valid ID/Passport (+ visa if needed)
- Medical and travel insurance
- ISIC/Student card
- Extra money for souvenirs, extra food, extra alcohol, shopping
- Flag, food & alcohol from your country for the International Evening
- Your personal medication and hygiene items
- Swimming suit, sunscreen, sunglasses, flip-flops
- Something warm for windy days!
- A lot of energy and your amazing smile!





# EMERGENCY NUMBERS AND CONTACT INFO



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## EMERGENCY NUMBERS

European Emergency - 112

Police - 997

Fire brigade - 998

Ambulance - 999

Here you can check a website  
of our local BEST group:

<https://best.gdansk.pl/en/>

BEST Gdańsk  
ul. Siedlicka 4/303  
80-222 Gdańsk

