

ULTIMATE SURVIVAL GUIDE

Secret Superhero Mission Manual

HONEY, WHERE ARE MY LEADERSHIP SKILLS?

A mission to become an Incredible Leader!

15-22.09.2025



 **BEST**
courses

 **BEST**
GDANSK

YOUR CODE NAME:

[REDACTED]

YOUR LOCATION:

GD AŃISK

POLAND

YOUR DISGUISE:


EAGER INTERNATIONAL STUDENT

YOUR OBJECTIVE:

LEARN.LEAD.CONQUER.

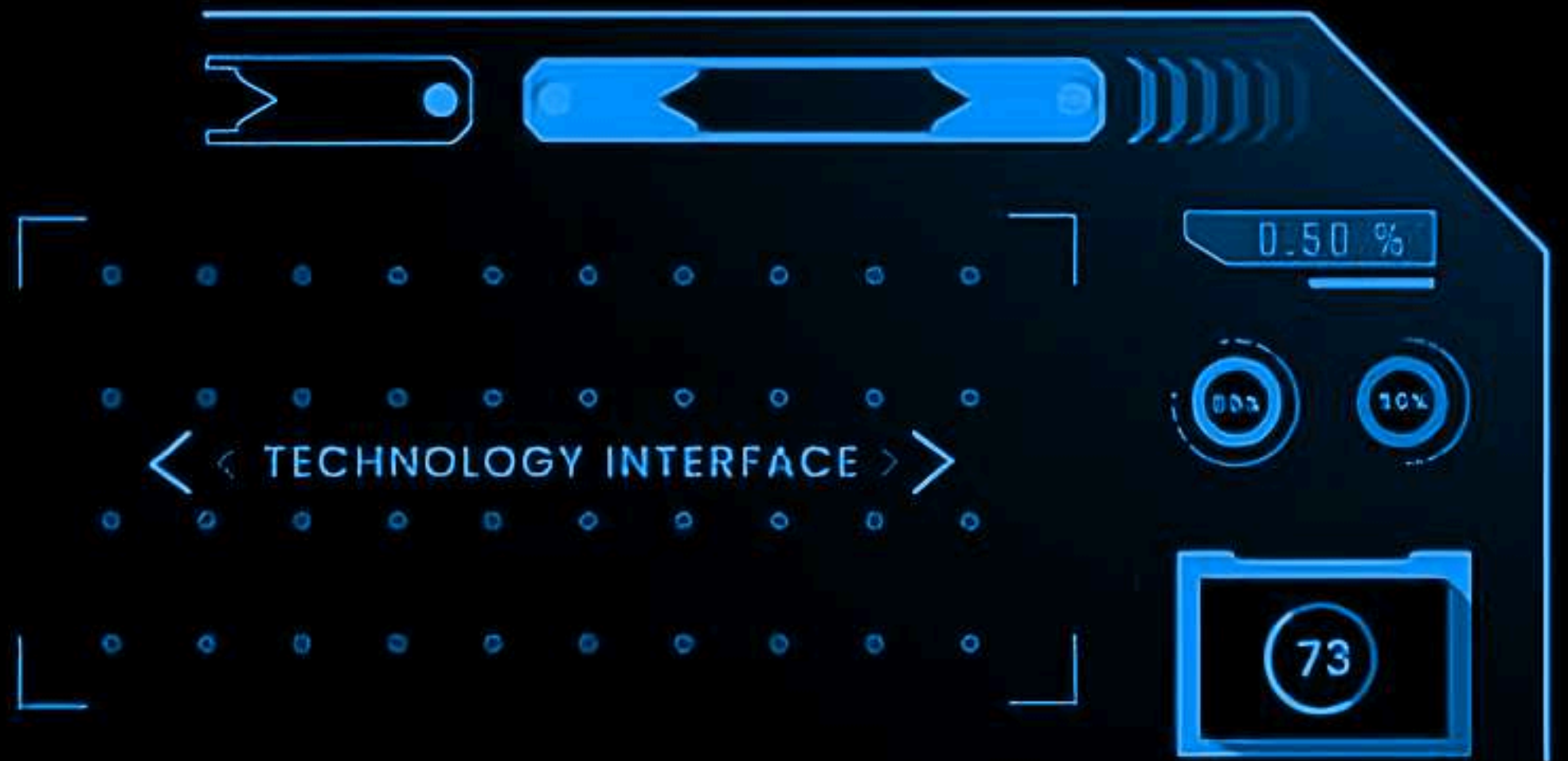


START _



Futurism

■■■■■■ ■■■■■■ ■■ ■■



0.50 %

00% 10%

73

TECHNOLOGY INTERFACE

MISSION BRIEFING



POWER TYPE

STRENGTH

ENDURANCE

INTELLIGENCE

AGILITY

INDESTRUCTIBILITY




WELCOME SUPERHEROES

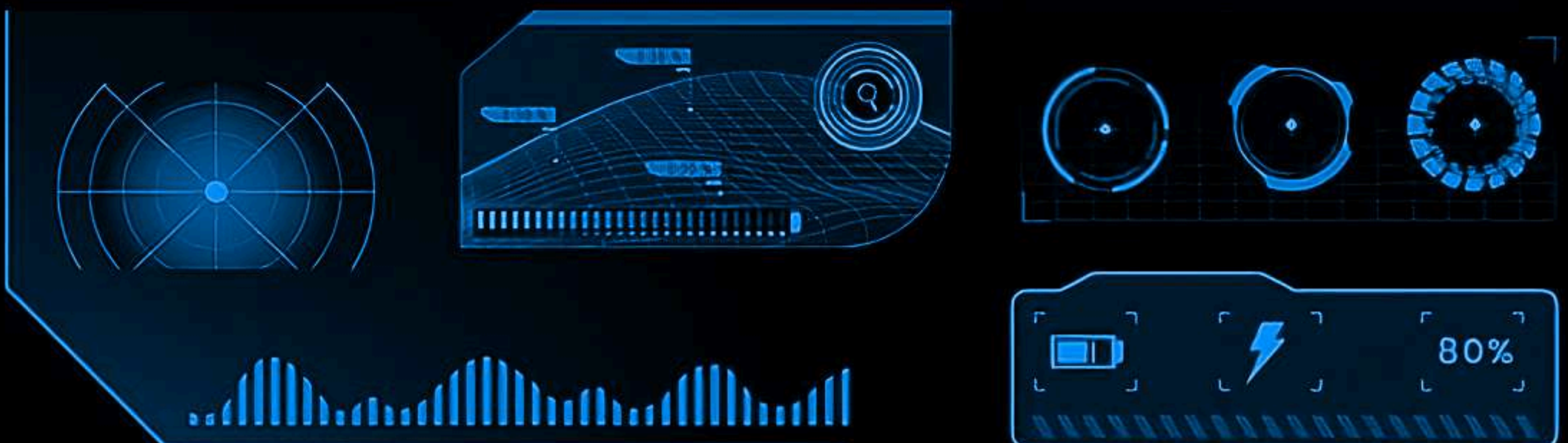
YOU HAVE BEEN SELECTED FOR A HIGHLY CONFIDENTIAL MISSION IN THE LEGENDARY LAND OF PIEROGIES AND PICKLES—ALSO KNOWN AS POLAND. YOUR TASK? TO EVOLVE FROM AVERAGE HEROES TO INCREDIBLE LEADERS.

THIS MISSION MIGHT BE A WILD RIDE, BUT DON'T WORRY— THIS CLASSIFIED MANUAL HAS YOUR BACK. WE'VE PACKED IT WITH TONS OF TIPS, TRICKS AND ALL THE ESSENTIAL INFORMATION TO HELP YOU NAVIGATE THE CHAOS AND IMMERSE YOURSELF IN POLISH CULTURE.

PREPARE YOURSELF IT'S SHOWTIME!

TOP SECRET

NATIONAL SUPERS AGENCY



80%

MISSION INTEL OVERVIEW

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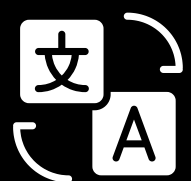
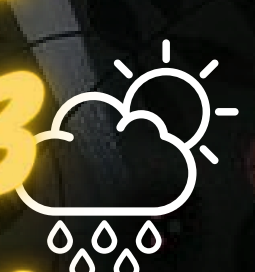
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MISSION LOCATION AKA POLAND

POLISH HISTORY AND NATIONAL IDENTITY

POLAND HAS A **COMPLEX AND DRAMATIC HISTORY** THAT SHAPED ITS STRONG NATIONAL IDENTITY. **DESPITE BEING INVADED AND PARTITIONED** MULTIPLE TIMES, **POLAND** NEVER DISAPPEARED FROM THE MAP FOR LONG, AND **POLES TAKE GREAT PRIDE** IN THEIR **RESILIENCE**. CITIES LIKE **WARSAW** AND **GDAŃSK** PLAYED KEY ROLES IN BOTH WWII AND THE FALL OF COMMUNISM, WITH THE **SOLIDARNOŚĆ** MOVEMENT IN **GDAŃSK** HELPING TO END COMMUNIST RULE IN EASTERN EUROPE. THE COUNTRY IS ALSO HOME TO OVER 500 CASTLES AND COUNTLESS HISTORIC CITIES—IF YOU LOVE MEDIEVAL ARCHITECTURE, **MALBORK CASTLE** IS A MUST-VISIT BEING **THE LARGEST CASTLE** IN THE WORLD!



Sentino



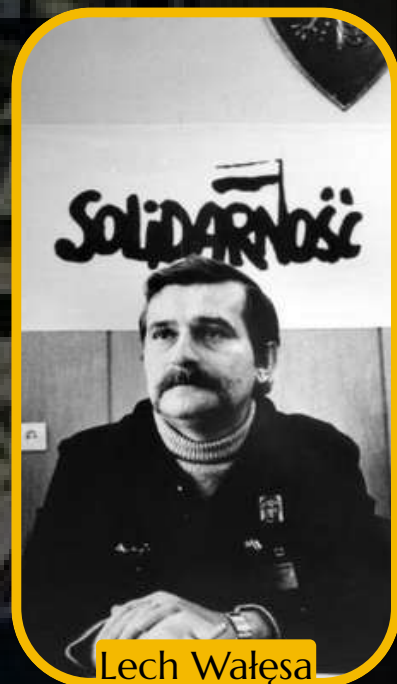
Dawid Podsiadło



Zdzisław Beksiński



Maria Skłodowska - Curie



Lech Wałęsa



Roman Polański



POLES VALUE **POLITENESS AND FORMALITY**, ESPECIALLY IN FIRST INTERACTIONS. IT'S COMMON TO ADDRESS PEOPLE AS **PAN (MR.)** OR **PANI (MS.)** UNTIL INVITED TO USE FIRST NAMES. **PERSONAL SPACE** IS RESPECTED, AND WHILE POLES MAY SEEM RESERVED AT FIRST, THEY **WARM UP** QUICKLY ONCE YOU GET TO KNOW THEM. IF YOU'RE INVITED TO SOMEONE'S HOME, BRINGING **A SMALL GIFT** IS A NICE GESTURE. **BE PUNCTUAL**: **POLES** VALUE **TIMELINESS**, ESPECIALLY FOR FORMAL EVENTS OR MEETINGS.



Mikołaj Kopernik

POLISH ETIQUETTE 101

MISSION LOCATION AKA POLAND

LET'S CELEBRATE POLISH HOLIDAYS

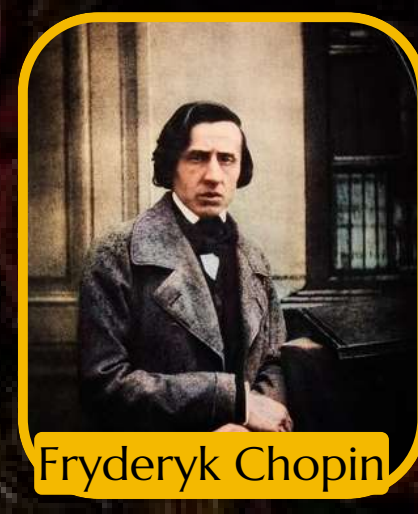
POLAND IS FULL OF **UNIQUE TRADITIONS** AND **HOLIDAYS**. **WIGILIA** (CHRISTMAS EVE) IS THE MOST IMPORTANT PART OF THE **CHRISTMAS** CELEBRATION, FEATURING A 12-DISH MEATLESS FEAST AND THE SHARING OF **OPŁATEK** (CHRISTMAS WAFER). ON **TŁUSTY CZWARTEK** (FAT THURSDAY), PEOPLE EAT AS MANY **PĄCZKIS** (POLISH DONUTS) AS POSSIBLE FOR GOOD LUCK. STUDENTS LOOK FORWARD TO **JUWENALIA**, A FESTIVAL WHERE UNIVERSITIES "HAND OVER" THE CITY TO **STUDENTS** FOR **CONCERTS** AND **PARTIES**. ANOTHER FASCINATING TRADITION IS **ALL SAINTS' DAY** (NOV 1), WHEN ALL POLES GATHER TO LIGHT CANDLES IN CEMETERIES TO HONOR THEIR ANCESTORS, CREATING A BREATHTAKING **SEA OF LIGHTS**.



Young Leosia



Tadeusz Kościuszko



Fryderyk Chopin

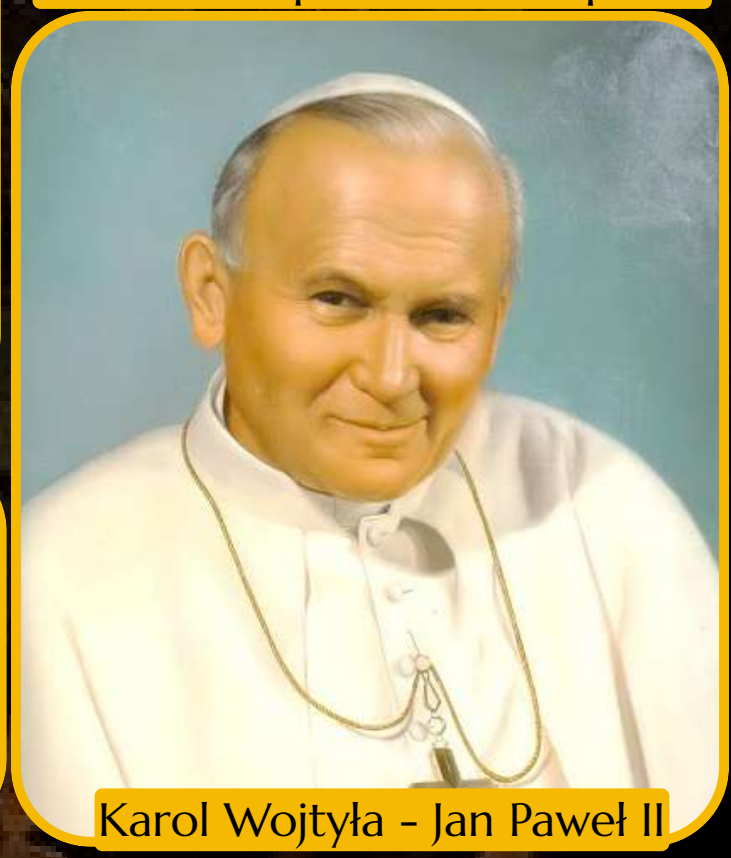


Tamara Łempicka (de Lempicka)



Robert Lewandowski

Wojciech Szczęsny



Karol Wojtyła - Jan Paweł II



Wigilia



Tłusty czwartek



Andrzej Wajda



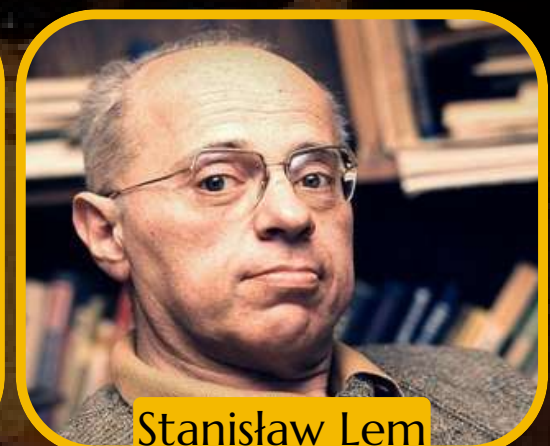
Juwenalia



All Saints' day



Mariusz Pudzianowski



Stanisław Lem

MISSION LOCATION AKA POLAND

LET'S EAT FOOD OF POLAND

POLISH CUISINE IS ALL ABOUT RICH FLAVORS, HEARTY PORTIONS, AND COMFORT. ITS HALL OF FAME INCLUDES CLASSICS LIKE:

1. **PIEROGI** - KING OF ALL POLISH FOOD. TRADITIONAL **POLISH DUMPLINGS**, FILLED WITH A VARIETY OF INGREDIENTS.
2. **ŻUREK** - A **SOUR RYE SOUP** WITH **WHITE SAUSAGE**, EGG AND SOMETIMES SERVED INSIDE A **BREAD BOWL**. EATEN TRADITIONALLY FOR EASTER.
3. **BARSZCZ** - A DEEP **RED BEET SOUP**, SOMETIMES SERVED WITH **SOUR CREAM**. TRADITIONALLY EATEN FOR CHRISTMAS EVE WITH **USZKA** (SMALL EAR SHAPED DUMPLINGS).
4. **KOTLET SCHABOWY** - TYPICAL POLISH SUNDAY LUNCH DISH - A BREADED AND **FRIED PORK CUTLET**, SIMILAR TO A SHNITZEL, SERVED WITH **POTATOES** AND SOME TYPE OF **SURÓWKA** (POLISH SALAD MADE OF FINELY CHOPPED VEGGIES).
5. **ZAPIEKANKA** - CLASSIC **POLISH STREET FOOD** - AN OPEN-FACED **BAGUETTE** TOPPED WITH **MUSHROOMS**, **CHEESE**, AND OFTEN OTHER INGREDIENTS, THEN BAKED UNTIL CRISPY.
6. **BIGOS** - A HEARTY **HUNTER'S STEW** MADE WITH **SAUERKRAUT**, FRESH **CABBAGE**, VARIOUS **MEATS**, AND SPICES. TRADITIONALLY EATEN FOR CHRISTMAS.
7. **KIEŁBASA** - A VARIETY OF **POLISH SAUSAGES**, RANGING FROM SMOKED TO FRESH, MADE FROM PORK, BEEF, OR OTHER MEATS.
8. **OSCYPEK** - A **SMOKED**, SALTY SHEEP'S MILK **CHEESE** FROM THE **TATRA MOUNTAINS**, OFTEN GRILLED AND SERVED WITH CRANBERRY SAUCE.
9. **PICKLES** - **CUCUMBERS FERMENTED** IN SALT BRINE, OFTEN EATEN DURING DRINKING VODKA. DRINKING THEIR BRINE IS KNOWN TO BE ONE OF THE BEST CURES FOR HANGOVERS.
10. **VODKA** - A **STRONG**, CLEAR DISTILLED **SPIRIT** THAT IS A STAPLE OF POLISH TRADITION AND CELEBRATIONS.
11. **KOMPOT** - A **NON-ALCOHOLIC**, **HOMEMADE FRUIT DRINK** MADE BY BOILING FRESH OR DRIED FRUITS WITH SUGAR.



MISSION LOCATION AKA POLAND

FUN FACTS

- EUROPE'S BIGGEST ANIMALS LIVE IN POLAND - A ŻUBR (EUROPEAN BISON) WEIGH OVER 600KG. IT'S ALSO A BRAND OF POLISH BEER.
- THE GEOGRAPHICAL CENTER OF EUROPE IS LOCATED IN POLAND, IN THE VILLAGE CALLED SUCHOWOLA (DRYWILL).
- 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.
- DURING AN 18TH BIRTHDAY POLES WILL SLAP YOU 18 TIMES ON THE ASS WITH A BELT IN FRONT OF ALL YOUR GUESTS IN THE MIDDLE OF YOUR BIRTHDAY PARTY.
- LATEX CONDOMS WERE INVENTED BY A POLE JULIUS FROMM.
- WORLD'S LARGEST JESUS STATUE IS LOCATED IN POLAND IN ŚWIEBODZIN. IT REACHES 52,5 METERS - 14,5 METERS MORE THAN THE RIO ONE.



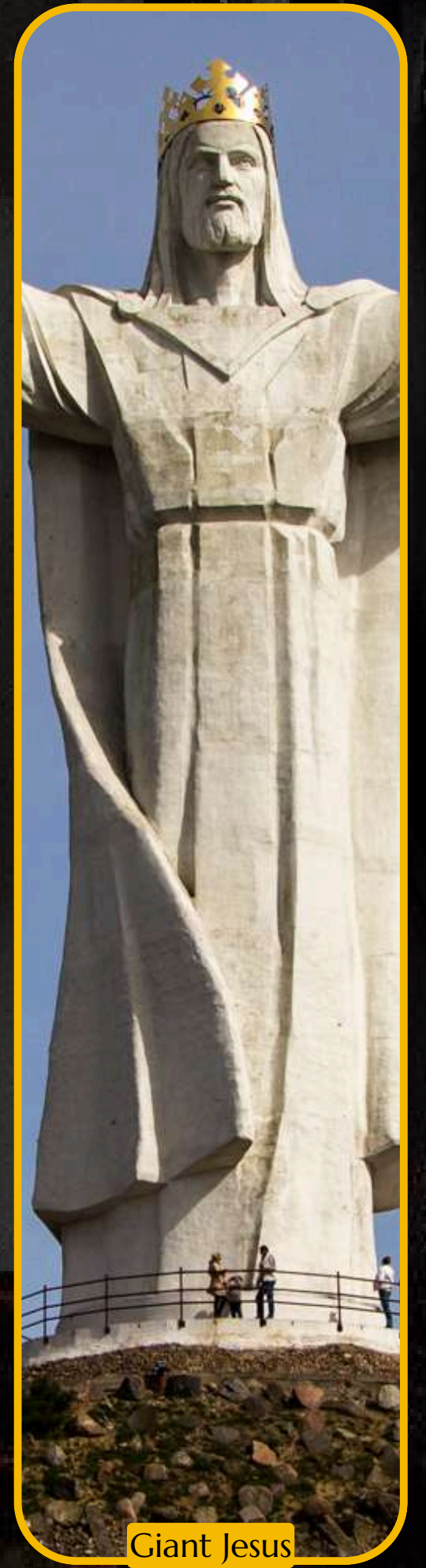
Two quick Żubrys



Suchowola monument



Julius Fromm



Giant Jesus

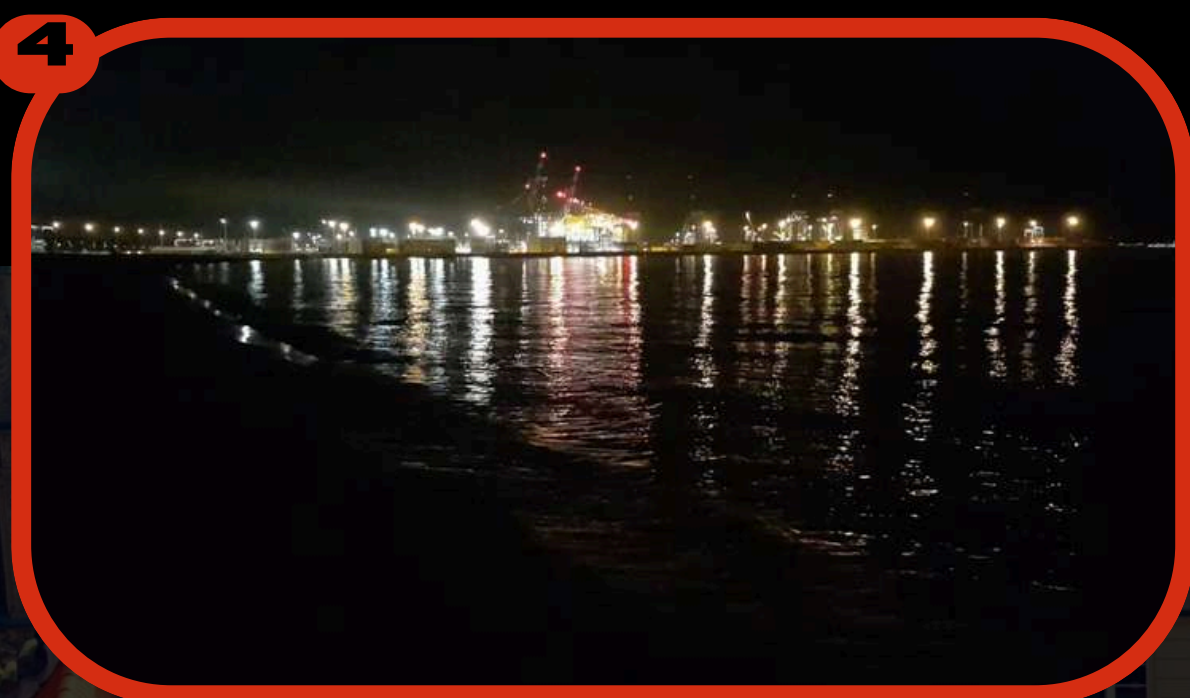
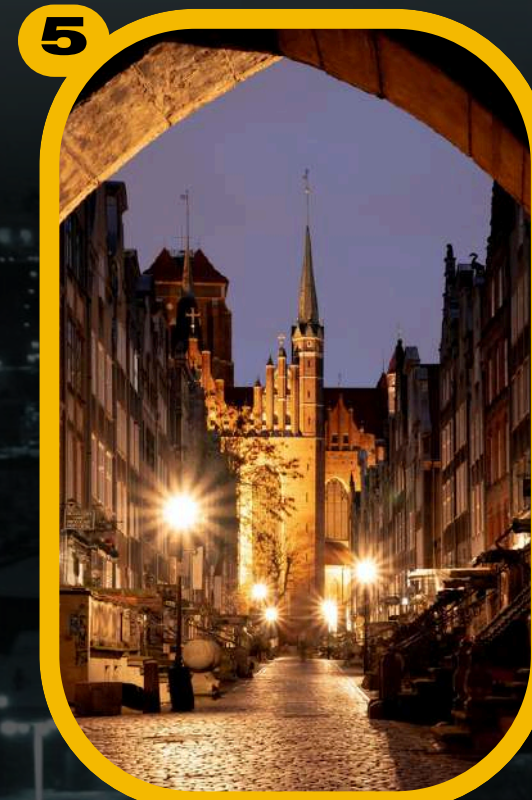


CONFIDENTIAL IMAGERY:
POLAND EXPOSED!

MISSION BASE SIGMA AKA GDAŃSK

THE BEST SIGHTS

- 1. LONG MARKET & NEPTUNE'S FOUNTAIN** - THE HEART OF THE OLD TOWN, FULL OF COLORFUL MERCHANT HOUSES AND GREAT CAFÉS.
- 2. ST. MARY'S CHURCH** - ONE OF THE LARGEST BRICK CHURCHES IN THE WORLD, WITH AN AMAZING PANORAMIC VIEW FROM THE TOWER.
- 3. EUROPEAN SOLIDARITY CENTRE** - A MODERN MUSEUM TELLING THE STORY OF THE FIGHT FOR FREEDOM IN POLAND.
- 4. WESTERPLATTE** - A HISTORIC SITE MARKING THE BEGINNING OF WWII.
- 5. MARIACKA STREET** - A DREAMY, COBBLESTONE STREET KNOWN FOR ITS AMBER SHOPS AND COZY ATMOSPHERE.
- 6. MUSEUM OF THE SECOND WORLD WAR** - ONE OF THE MOST IMPRESSIVE AND EMOTIONAL WWII MUSEUMS IN THE WORLD.
- 7. ŻURAW (GDAŃSK CRANE)** - A MEDIEVAL PORT CRANE AND A SYMBOL OF GDAŃSK'S MARITIME HISTORY. THE LARGEST OF ITS KIND IN EUROPE. YOU CAN ALSO SEE THE REPLICA OF IT IN THE WITCHER 3 GAME.



THE ARTSY SIGHTS

- 1. THE CRYPT OF SKULLS** - A CHAMBER INSIDE ST. BRIDGET'S CHURCH, FILLED WITH BONES
- 2. WL4 MLECZNY PIOTR (MILKY PETER)** - GREAT MODERN ART MUSEUM
- 3. GDAŃSK REFINERY** - MYRIAD OF LIGHTS ON THE NIGHT SKY MAKE FOR AN UNFORGETTABLE SIGHT
- 4. STOGI BEACH** - SAME THING AS BEFORE BUT ALSO ON THE BEACH. THE SOUND OF HEAVY MACHINERY MIXES WITH RHYTHMIC SOUNDS OF THE SEA CREATING AN AUDITORY DELIGHT
- 5. OLIWA PARK** - BIGGEST PARK IN GDAŃSK, THERE IS A PALM HOUSE, JAPANESE STYLE GARDEN, AND MANY MORE

MISSION BASE SIGMA AKA GDAŃSK

LOCAL TIPS

- **GDAŃSK** IS PART OF **TRICITY**, ALONG WITH **SOPOT** AND **GDYNIA**—EACH CITY HAS ITS OWN **UNIQUE** CHARACTER.
- THE CITY IS FAMOUS FOR **AMBER**, OFTEN CALLED "**BALTIC GOLD**"—YOU'LL FIND BEAUTIFUL **JEWELRY** AND **SOUVENIRS** EVERYWHERE.
- **PUBLIC TRANSPORT** IS GREAT, BUT WALKING AROUND THE **OLD TOWN** IS THE BEST WAY TO SOAK IN THE **ATMOSPHERE**.
- IF YOU LOVE THE **BEACH**, **STOGI**, **BRZEŻNO** AND **JELITKOWO** ARE GREAT SPOTS TO RELAX BY THE **BALTIC SEA**.
- IT'S USUALLY **CHEAPER** TO USE **UBER/BOLT/FREENOW** THAN **TAXI**.
- IF YOU WANT TO EAT **CHEAP** TRADITIONAL POLISH FOOD IT'S BEST TO CHECK OUT PLACES CALLED "**BAR MLECZNY**", WHERE PRICES ARE MORE STUDENT FRIENDLY.
- GO CHECK OUT **CRANES** AT THE **SHIPYARD**



Amber



Bar mleczny



Shipyard crane

GDAŃSK UNIVERSITY OF TECHNOLOGY (POLITECHNIKA GDAŃSKA, PG). ESTABLISHED IN **1904**, THIS INSTITUTION HAS SURVIVED WARS, REGIME CHANGES, AND TECHNOLOGICAL REVOLUTIONS—AN **ACADEMIC FORTRESS OF KNOWLEDGE AND INNOVATION**. PG IS A HUB FOR ADVANCED RESEARCH, SPANNING **AI**, **CYBERSECURITY**, **NANOTECHNOLOGY**, AND **SUSTAINABLE ENGINEERING**. HIDDEN WITHIN ITS HISTORIC WALLS ARE **CUTTING-EDGE LABS**, **SECRETIVE RESEARCH PROJECTS**, AND A NETWORK OF **BRILLIANT MINDS**.

SOME IMPORTANT LOCATIONS:

- 1. MAIN BUILDING**
- 2. ECO-INNOVATION CENTER**
- 3. TRITON & KRAKEN SUPERCOMPUTERS**

INTELLIGENCE CENTER



Competence Center STOS - Home of Kraken



Eco-Innovation Center



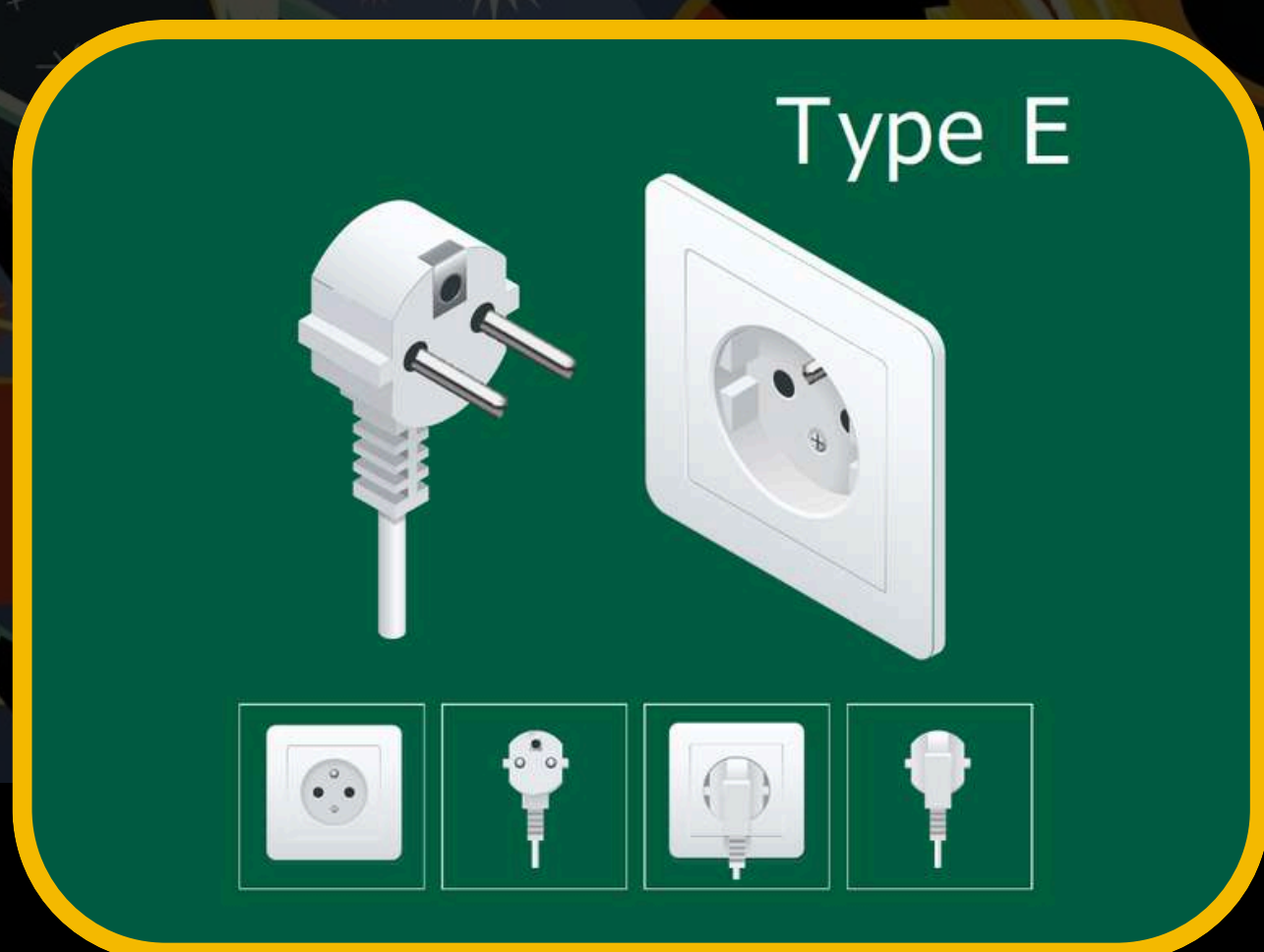
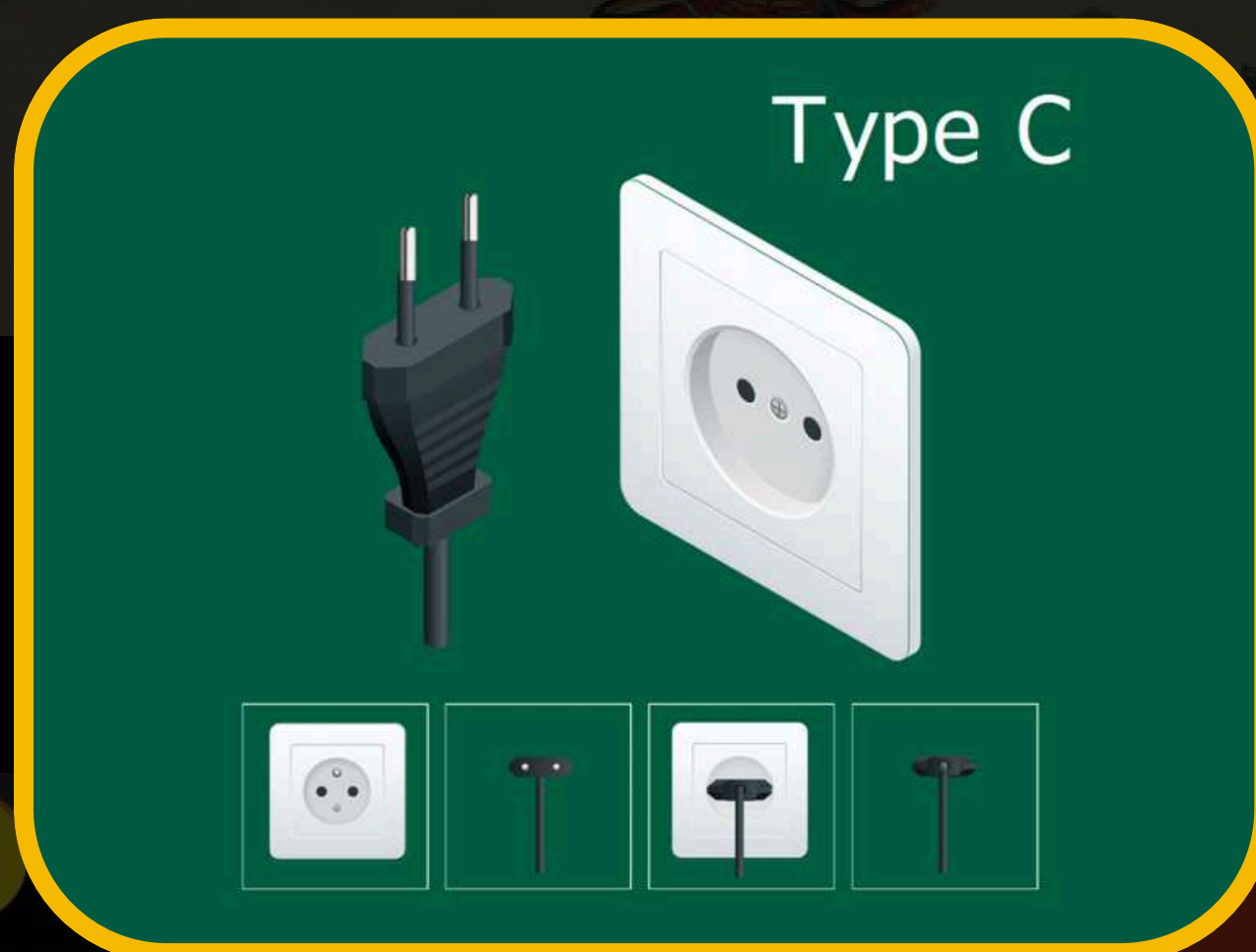
Main Building

PRE-MISSION PREPARATION

What to Bring

IDENTIFICATION

- **YOURSELF (ALIVE)**
- **ID CARD OR PASSPORT**
- **VISA (IF NEEDED)**
- **ISIC (IF OWNED)**
- **PARTICIPATION AND MERCHANDISE FEE**
- **POCKET MONEY (PLN) (IF NEEDED) (YOU CAN ALSO EXCHANGE CURRENCY HERE WHEN YOU ARRIVE).**



HEALTH

- **TRAVEL AND MEDICAL INSURANCE**
- **PERSONAL MEDICINE**
- **PERSONAL HYGIENE STUFF (TOOTHBRUSH, SOAP, SHAMPOO, TOWEL ETC.)**

OTHERS

- **COMFY AND EXTRA OLD CLOTHES FOR THE CITY RALLY & SOCIALS**
- **SOMETHING WARM AS IT CAN GET REALLY COLD AND WINDY!**
- **SLIPPERS TO WALK AROUND INDOORS**
- **FLAG, FOOD AND ALCOHOL FROM YOUR COUNTRY FOR INTERNATIONAL EVENING**
- **SUITABLE ADAPTOR (IF NEEDED)**

PRE-MISSION PREPARATION

Health Insurance

EU CITIZENS

IF YOU COME FROM **EUROPEAN UNION** COUNTRIES, YOU ONLY NEED TO PRESENT YOUR **EUROPEAN HEALTH INSURANCE CARD (THE BLUE ONE)** TO HAVE ACCESS TO **MEDICAL ASSISTANCE.**



NON-EU CITIZENS

IF YOU ARE **NOT** A CITIZEN OF THE EUROPEAN UNION BUT YOUR **COUNTRY** HAS A **HEALTH INSURANCE AGREEMENT** WITH **POLAND** (YOU CAN CHECK THIS WITH YOUR COUNTRY'S **SOCIAL SECURITY**), YOU SHOULD BRING THE RELEVANT **FORM** AND FOLLOW THE SAME **PROCEDURES** AS EU CITIZENS. IF YOUR COUNTRY DOES NOT HAVE SUCH AN AGREEMENT, YOU WILL NEED TO OBTAIN **PRIVATE MEDICAL INSURANCE.**

PRE-MISSION PREPARATION

Weather

TEMPERATURE

DAYTIME HIGHS RANGE FROM 15-20 C,
WHILE NIGHTS CAN GET COOLER, AROUND
8-12 C.



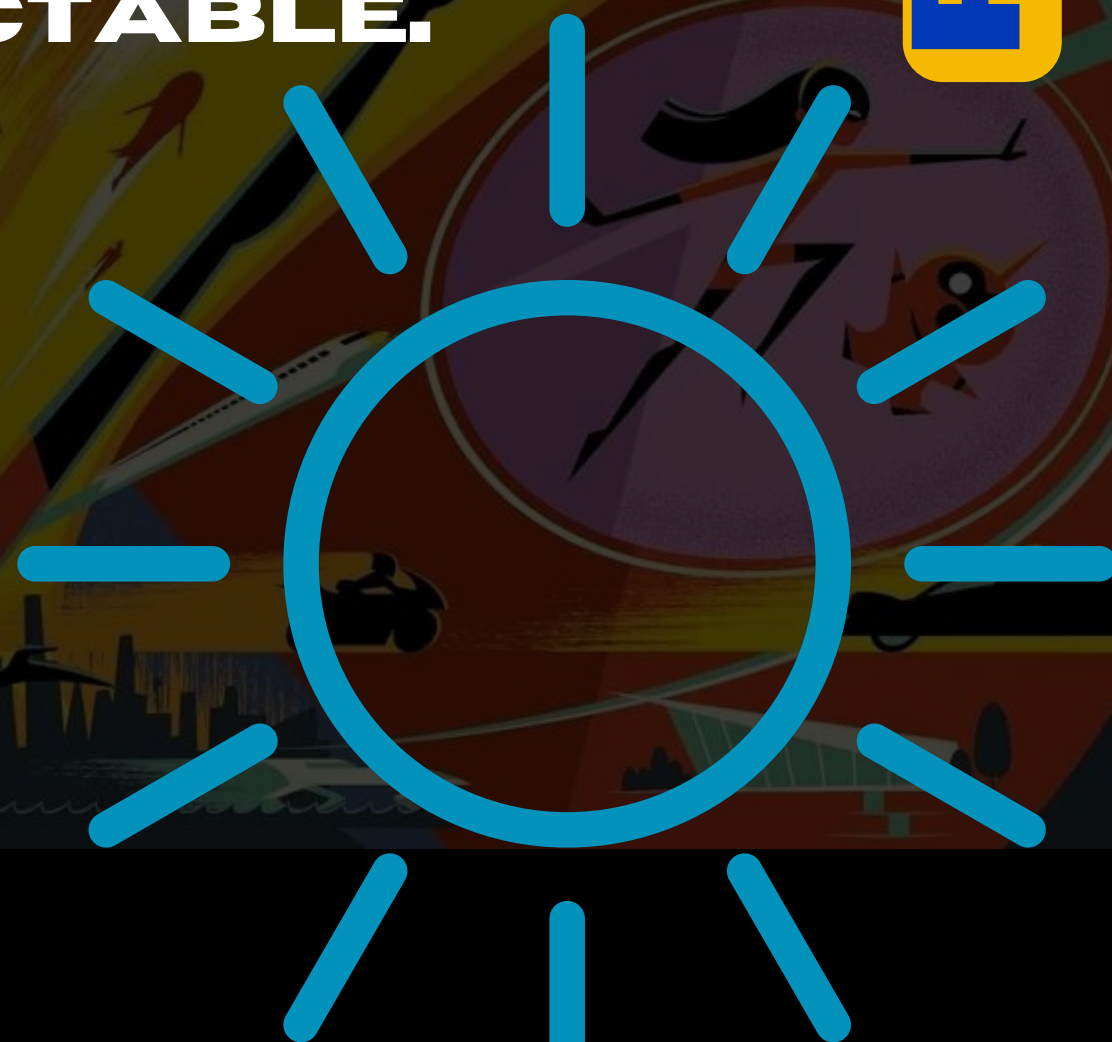
SEPTEMBER CAN BE A BIT RAINY,
SO PACKING A LIGHT RAIN
JACKET OR UMBRELLA IS A GOOD
IDEA. SHOWERS ARE USUALLY
SHORT BUT CAN BE
UNPREDICTABLE.

RAIN



SUNLIGHT

DAYS ARE STILL FAIRLY
LONG, WITH AROUND 12-13
HOURS OF DAYLIGHT, SO
THERE'S PLENTY OF TIME
TO EXPLORE.



THE WATER IS STILL RELATIVELY WARM AFTER
SUMMER, AVERAGING 15-17 C - CHILLY BUT
SWIMMABLE IF YOU'RE BRAVE! (FUN FACT IN
POLAND WE HAVE A HUGE CULTURE OF
MORSOWANIE (COLD WATER SWIMMING) SO YOU
CAN SEE PEOPLE SWIMMING EVEN DURING
WINTER)

BALTIC
SEA

VIBES

THE CITY HAS A CRISP
AUTUMN FEEL, WITH
CHANGING LEAVES AND
COZY CAFÉS PERFECT FOR
WARMING UP WITH HOT
CHOCOLATE OR MULLED
WINE.



PRE-MISSION PREPARATION

International Evening

ARE YOU READY FOR THE BEST PARTY?

WE'RE EXCITED TO INTRODUCE YOU TO ONE OF THE COOLEST BEST TRADITIONS—THE INTERNATIONAL EVENING (IE)! THROUGHOUT THIS COURSE, YOU'LL DIVE INTO POLAND'S VIBRANT CULTURE AND ENJOY ITS TASTY DISHES, BUT WE'RE CURIOUS TO KNOW MORE ABOUT YOU—WHAT'S YOUR CULTURE AND FOOD LIKE? WE'RE SURE YOU'RE JUST AS EAGER TO DISCOVER WHAT THE OTHER PARTICIPANTS BRING TO THE TABLE AS WELL. THAT'S WHERE IE COMES IN, GIVING US THE PERFECT CHANCE TO SATISFY THAT CURIOSITY! WE'D LOVE FOR YOU TO BRING ALONG SOME FOOD AND DRINKS FROM YOUR HOME COUNTRY, SO WE CAN ALL EXPERIENCE A BIT OF YOUR CULTURE TOO!

NEED A KITCHEN OR HELP WITH SHOPPING? JUST GET IN TOUCH WITH THE ORGANIZERS BEFORE THE EVENT!

WHAT SHOULD YOU ASK YOURSELF?

- DO I WANT TO GO CLASSIC AND TIMELESS OR BOLD AND UNEXPECTED?
- HOW EASY SHOULD THE PREPARATION BE?
- WILL MY CHOICE BE AS COOL AS FROZONE?
- DO I HAVE THE TIME AND SUPERPOWERS TO PREPARE SOMETHING FROM SCRATCH, OR SHOULD I GO FOR A STORE-BOUGHT OPTION?
- HOW BUDGET-FRIENDLY IS MY CHOICE?
- WILL I BE ABLE TO BRING MY CHOICE THROUGH AIRPORT SECURITY, OR IS IT SAFER TO BUY IT IN GDAŃSK?
- WOULD EDNA MODE APPROVE OF MY CHOICE?
- SHOULD I BRING A SMALL EXTRA TOUCH—LIKE DECORATIONS, MUSIC, OR A FUN FACT—TO COMPLETE THE EXPERIENCE?
- WILL PEOPLE REMEMBER MY CONTRIBUTION AFTER THE EVENT, JUST LIKE THEY REMEMBER THE INCREDIBLES?



PRE-MISSION PREPARATION

Currency and Prices

LET'S TALK MONEY

IN POLAND WE USE **POLISH ZŁOTY (ZŁ)** (1EUR = 4,14PLN). **CONTACTLESS PAYMENTS** ARE STANDARD, EVEN FOR SMALL AMOUNTS. YOU CAN PAY THIS WAY ALMOST EVERYWHERE, SO GETTING YOURSELF A **REVOULT CARD** WOULD BE A GOOD IDEA. BUT IF YOU PREFER TO USE **CASH**, REMEMBER TO **EXCHANGE** YOUR CURRENCY TO POLISH ZŁOTY IN YOUR COUNTRY OR IN PLACES CALLED "**KANTOR**" AS YOU CANNOT PAY USING EUROS IN POLAND.

WHERE TO SHOP



BIEDRONKA (LADYBUG SHOP) AND **LIDL** - PRETTY COMMON **BUDGET-FRIENDLY** SHOPS, CLOSED ON SUNDAYS

ŻABKA (FROG SHOP) - SMALL CONVENIENCE STORES ON ALMOST EVERY CORNER, OPEN LATE, EVEN ON SUNDAYS. THEY OFFER FOOD, DRINKS, ALCOHOL, SNACKS, **READY MEALS**, HYGIENE PRODUCTS AND COSMETICS, BUT CAN BE A **LITTLE** BIT MORE EXPENSIVE



PRICES

- **WATER** - 1,5-2 PLN
- **BEER IN THE STORE** - 3-5 PLN
- **BEER IN THE PUB** - 16-20 PLN
- **BUS TICKET** VALID FOR 75 MIN - 6 PLN
- **DINNER** IN THE RESTAURANT - 30-70 PLN
- **BOTTLE OF VODKA** - STARTING AT 25 PLN
- **PACK OF CIGARETTES** - 20 PLN
- **CONDOMS (PACK)** - 15 PLN

PRE-MISSION PREPARATION

Currency and Prices

WHAT'S WORTH BUYING

- 1. PRINCE POLO** - A CLASSIC POLISH CHOCOLATE-COVERED **WAFFER BAR** WITH A CRISPY AND LAYERED TEXTURE.
- 2. SOPLICA** - A FLAVORED **POLISH VODKA**, OFTEN INFUSED WITH FRUITS, NUTS, OR SPICES, KNOWN FOR ITS SMOOTH AND SWEET TASTE.
- 3. PTASIE MLECZKO** - SOFT **MARSHMALLOW-LIKE VANILLA OR CHOCOLATE MOUSSE COATED IN CHOCOLATE**.
- 4. PIERNICZKI** - TRADITIONAL POLISH **GINGERBREAD COOKIES**, OFTEN SPICED WITH CINNAMON, CLOVES, AND HONEY, SOMETIMES GLAZED OR FILLED WITH JAM.
- 5. KRÓWKI** - SOFT AND CHEWY POLISH **FUDGE CANDIES** WITH A CREAMY, MELT-IN-YOUR-MOUTH TEXTURE.
- 6. KABANOSY** - THIN, **DRY**, AND **SMOKED POLISH SAUSAGES**, KNOWN FOR THEIR INTENSE FLAVOR AND SNACKABLE SIZE.
- 7. MIESZANKA KRÓLEWSKA** - A SELECTION OF **FRUIT-FLAVORED JELLY CANDIES COATED IN CHOCOLATE**, OFFERING A CHEWY AND SWEET CONTRAST OF TEXTURES.
- 8. TABAKA** - TRADITIONAL **POWDERED TOBACCO (SNUFF)**, HISTORICALLY USED IN POLAND FOR A QUICK, STIMULATING SNIFF ESPECIALLY IN **KASZUBY REGION**. PRESCRIBED FOR **RUNNY NOSE (HISTORICALLY)**.
- 9. PRYNCYPAŁKI** - SMALL, **CHOCOLATE COATED WAFERS**. TASTE IS TYPICAL, BUT THE **CRUNCH, THE TEXTURE? TO DIE FOR.**



PRE-MISSION PREPARATION

How to Get to Mission Base Sigma aka Gdańsk

BY FLYING TO GDANSK AIRPORT (GDN)

GDANSK LECH WALESIA AIRPORT (GDN) IS LOCATED 12 KM WEST FROM THE CITY CENTRE AND OPERATES FLIGHTS FROM MANY POLISH AND EUROPEAN CITIES. AMONG THE OTHERS, FOLLOWING AIRLINES OFFER SERVICE FROM/TO GDANSKAIRPORT: WIZZ AIR, RYANAIR, LUFTHANSA, POLISH AIRLINES LOT FOR MORE INFO GO [HERE](#)

GETTING FROM THE AIRPORT TO THE CITY CENTER

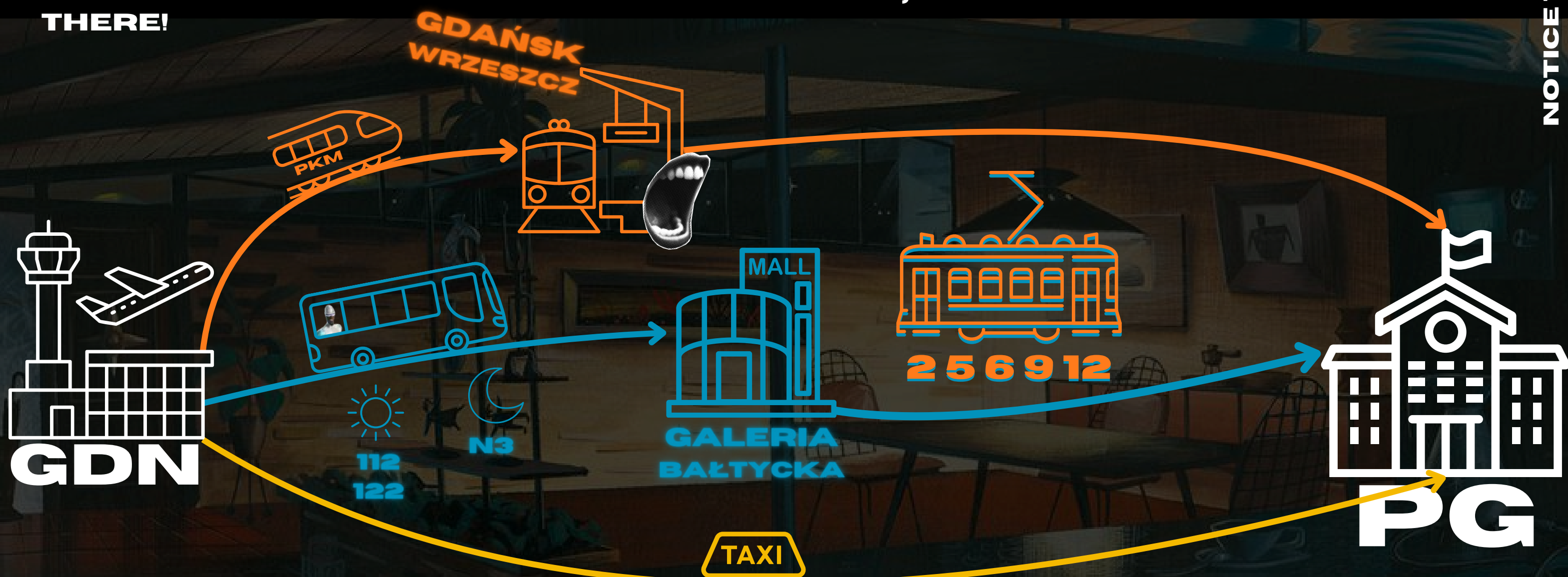
TRAIN - PKM (POMERANIAN METROPOLITAN RAILWAY)

1. LEAVE THE AIRPORT TO THE TRAIN STATION **WRZESZCZ PKP** DIRECTION WHICH IS RIGHT [HERE](#) (WRZESZCZ MEANS SCREAM)
2. 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
3. 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!)
4. LEAVE AT **POLITECHNIKA GDAŃSKA** STOP, WE WILL BE WAITING FOR YOU THERE!

BUS

1. LEAVE THE AIRPORT TO THE **BUS STOP WRZESZCZ PKP** DIRECTION
2. BUY AN ONE HOUR TICKET AT THE **TICKET MACHINE** OR IN THE APP **„JAK DOJADE”**
3. TAKE **110,122** (IF YOU ARRIVE DURING A DAY) OR **N3** LINE (IF YOU ARRIVE DURING A NIGHT)
4. INSERT YOUR TICKET INTO AN **ORANGE VALIDATION MACHINE** ONCE YOU ENTER THE BUS
5. LEAVE AT **GALERIA BAŁTYCKA** BUS STOP (AND GO TO THE TRAM STOP TAKE **2,5,6,9** OR **12** LINE TOWARDS **GDAŃSK GŁÓWNY** (GALERIA MEANS SHOPPING MALL)
6. LEAVE AT **POLITECHNIKA GDAŃSKA** STOP, WE WILL BE WAITING FOR YOU THERE!

TAXI (50-60 PLN) OR UBER/BOLT/FREENOW (30-40 PLN) OR TRAFICAR - CAR RENTAL APP PER KM (DEPENTS ON THE TRAFFIC, ABUT 30-40 PLN)
GO TO **POLITECHNIKA GDAŃSKA** TRAM STOP, WE WILL BE WAITING FOR YOU THERE!



NOTICE THAT SOME WORDS ARE UNDERLINED LIKE THIS INDICATES A CLICABLE LINK

PRE-MISSION PREPARATION

How to Get to Mission Base Sigma aka Gdańsk

FROM ANOTHER POLISH AIRPORT

TRAIN

GDANSK HAS **DIRECT** RAILWAY CONNECTIONS WITH ALL THE BIGGEST POLISH CITIES, SUCH AS **WROCLAW, KRAKOW, KATOWICE, ŁÓDŹ, WARSAW, POZNAŃ** AND **SZCZECIN**.

FOR THE TIMETABLES AND FURTHER INFORMATION GO **HERE**

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** YOU CAN GET A **51% DISCOUNT**.

LONG-DISTANCE BUS

TAKING A LONG-DISTANCE BUS IS THE **CHEAPEST** WAY TO GET TO GDAŃSK FROM OTHER CITIES. COMPANIES LIKE **FLIXBUS**, **EUROLINES**, AND **SINDBAD** OFFER AFFORDABLE CONNECTIONS, WITH TICKETS AVAILABLE **ONLINE**. BUSES ARE GENERALLY COMFORTABLE, EQUIPPED WITH AIR CONDITIONING AND **WI-FI**, BUT TRAVEL TIMES CAN BE LONGER COMPARED TO TRAINS. FOR SCHEDULES AND TICKETS, CHECK PROVIDERS' WEBSITES

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!**

THE BEST WAY NOT TO GET LOST IN GDANSK IS TO DOWNLOAD THE "JAK DOJADE" APP **IOS**, **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

NOTICE THAT SOME WORDS ARE UNDERLINED LIKE THIS INDICATES A CLICKABLE LINK

CODE OF CONDUCT

Dos and Don'ts



THINK BEFORE YOU DO

- 1. ALWAYS CARRY YOUR ID CARD AND HEALTH INSURANCE WITH YOU. (SUPER-DUPER IMPORTANT)**
- 2. REMEMBER THAT THE POLISH CURRENCY IS PLN. PAYING IN EURO IS MOSTLY NOT POSSIBLE.**
- 3. USE PUBLIC TRANSPORT - IT'S CHEAP AND EFFICIENT.**
- 4. BUY TRAIN TICKETS ONLINE, THEY ARE MUCH CHEAPER!**
- 5. CHECK STUDENT DISCOUNTS - MANY MUSEUMS, TRANSPORT SERVICES, AND RESTAURANTS OFFER DISCOUNTS WITH A STUDENT ID.**
- 6. DOWNLOAD USEFUL APPS - JAKDOJADE (PUBLIC TRANSPORT), BOLT/UBER (RIDES), GLOVO/WOLT (FOOD DELIVERY), AND REVOLUT (GOOD CURRENCY EXCHANGE RATES).**
- 7. DRESS FOR THE WEATHER - POLAND CAN BE QUITE COLD.**
- 8. TRY LOCAL FOOD - EVEN IF THEY SOUND STRANGE.**
- 9. BE PREPARED FOR QUIET SUNDAYS - MOST BIG STORES ARE CLOSED DUE TO THE SUNDAY SHOPPING BAN; PLAN AHEAD!**
- 10. USE FREE WI-FI - AVAILABLE IN CAFES, MALLS, AND EVEN SOME PUBLIC AREAS.**
- 1. DON'T JAYWALK. THERE'S A 200 PLN FINE FOR THAT.**
- 2. DON'T ASSUME EVERYONE SPEAKS ENGLISH. MANY DO, BUT IT'S POLITE TO ASK FIRST.**
- 3. DON'T FORGET TO VALIDATE YOUR TICKET - PUBLIC TRANSPORT FINES ARE HIGH IF YOU GET CAUGHT WITHOUT A VALIDATED TICKET.**
- 4. DON'T DRINK ALCOHOLIC BEVERAGES IN PUBLIC PLACES. THE FINE FOR THIS OFFENSE RANGES FROM 100 TO 5000 PLN.**
- 5. DON'T BE LOUD IN PUBLIC, IT'S CONSIDERED RUDE.**
- 6. DON'T WALK INTO A BIKE LANE WITHOUT LOOKING - POLISH CITIES HAVE LOTS OF BIKE PATHS, AND CYCLISTS WILL EXPECT YOU TO MOVE.**
- 7. DON'T CUT IN LINE - QUEUEING IS TAKEN SERIOUSLY, AND SKIPPING AHEAD WON'T BE WELL RECEIVED.**
- 8. DON'T BELIEVE THAT ONE BEER WILL BE JUST ONE BEER.**

OPERATIONAL LEXICON

Super useful dictionary

BASICS

POLISH	ENGLISH	PRONOUNCIATION GUIDE	IPA
CZEŚĆ	HI	CHESHCH	ʧɛɕtɕ
DZIEŃ DOBRY	GOOD MORNING / GOOD AFTERNOON	JEN DOH-BRI	dʑɛŋ dɔbri
DOBRY WIECZÓR	GOOD EVENING	DOH-BRI VYEH-CHOO	dɔbri viɛʧʊr
DO WIDZENIA	GOODBYE	DOH VEED-ZEH-NYA	dɔ viidʑɛɲa
DZIĘKI	THANKS	JEN-KEE	dʑiɛŋki
DZIĘKUJĘ	THANK YOU	JEN-KOO-YEH	dʑiɛŋkujɛ̃
PROSZĘ	PLEASE / YOU'RE WELCOME / HERE YOU GO	PRO-SHEH	prɔɕɛ̃
PRZEPRASZAM	SORRY / EXCUSE ME	PSHEH-PRASH-AM	pɕɛpraɕam
POMOCY	HELP	PO-MO-TSI	pɔmɔtɕi

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USEFUL PHRASES

POLISH	ENGLISH	PRONOUNCIATION GUIDE	IPA
CZY MÓWISZ PO ANGIELSKU?	DO YOU SPEAK ENGLISH?	CHI MOO-VEESH PO AN-GYEL-SKOO?	ʧɨ muvʲɨʂ pɔ anɡjɛlsku?
NIE ROZUMIEM	I DON'T UNDERSTAND	NYEH ROH-ZOO-MYEM	ɲɛ rɔzumjɛm
GDZIE JEST...?	WHERE IS...?	GJEH YEST...?	ɡdʒɛ jɛst...?
JAK DOJŚĆ DO...?	HOW DO I GET TO...?	YAK DOYSHCH DOH...?	jak dɔjɕtɕɛ dɔ...?
ILE TO KOSZTUJE?	HOW MUCH DOES IT COST?	EE-LE TOH KOSH-TOO-YEH?	ilɛ tɔ kɔʂtuje?
POPROSZE BILET	I'D LIKE A TICKET, PLEASE	PO-PRO-SHEH BEE-LET	pɔprɔʂɕɛʃ bilet
CZY MOGĘ ZAPŁAĆ KARTĄ?	CAN I PAY BY CARD?	CHI MOH-GEH ZAP-WA-CHEECH KAR-TOHM?	ʧɨ mɔɡɛʃ zapwɔtɕɛitɛ kartɔʃ?
KIEDY ODJEŻDŻA AUTOBUS/POCIĄG ?	WHEN DOES THE BUS/TRAIN LEAVE?	KYEH-DI OD-YEZH-DJA OW-TOO-BOOS / POH-CHONK?	kjɛdɨ ɔdʒɛzdʒɔ autobus/pɔtɕɔŋɡ?
RACHUNEK, PROSZE	THE BILL, PLEASE	RAH-HOO-NEK PRO-SHEH	raxunek, prɔʂɕɛʃ
BEZ MIĘSA, PROSZE	NO MEAT, PLEASE	BEZ MYEN-SA PRO-SHEH	bɛz miɛʃsa, prɔʂɕɛʃ

OPERATIONAL LEXICON

Super useful dictionary

STUDENT SURVIVAL PHRASES

POLISH	ENGLISH	PRONOUNCIATION GUIDE	IPA
JEDNO PIWO, POPROSZĘ	ONE BEER, PLEASE	YED-NO PEE-VO PO-PRO-SHEH	jedno piwo, poproszę
NA ZDROWIE!	CHEERS!	NA ZDRO-VYEH!	na zdrowie!
KAC MORDERCA NIE MA SERCA	A KILLER HANGOVER HAS NO MERCY	KATS MOR-DER- TSA NYEH MA SER-TSA	kats morder̩tsa nie ma ser̩tsa
DAWAJ NA IMPREZĘ!	LET'S GO TO A PARTY!	DAH-VAI NA EEM-PREH-ZEH!	davaj na imprezẽ!
ALE DROGO	SO EXPENSIVE	AH-LEH DRO-GO	ale drogo
GDZIE JEST (MIM) KEBAB?	WHERE'S THE (MIM) KEBAB?	GJEH YEST (MIM) KEH- BAB?	gd̩ze jest (mim) kebab?
MASZ OGIEŃ?	DO YOU HAVE A LIGHTER?	MASH OH- GYEN?	masz ogień?
TO SIĘ NIE WYDARZYŁO	THAT NEVER HAPPENED	TO SHYEH NYEH VI-DA-ZHI-WO	to ɛ̃ nie vidaz̩wo
ZGUBIŁEM/ZGU BIŁAM ŻABKĘ	I LOST ŻABKA	ZGOO-BEE-WEM / ZGOO-BEE- WAM ZHAB- KEH	zgubiwem/zgubiwa m żapkẽ...
ZE MNA SIĘ NIE NAPIJESZ?	WON'T YOU HAVE A DRINK WITH ME?	ZEH MNOU SHYEH NYEH NA-PEE-YESH?	ze mnõ ɛ̃ nie napijesz?

SCHEDULE

	Monday 15.09.2025	Tuesday 16.09.2025	Wednesday 17.09.2025	Thursday 18.09.2025	Friday 19.09.2025	Saturday 20.09.2025	Sunday 21.09.2025	Monday 22.09.2025	
8:00-9:00	ARRIVALS	Waking up	Waking up	Waking up	Waking up	Waking up			
9:00-10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			Official ending
10:00-11:00		Academic part	Academic part	Academic part	Academic part	Exam			Return to Gdansk
11:00-12:00									
12:00-13:00		Weekend Trip	Lunch	Lunch	Lunch	Lunch	DEPARURES		
13:00-14:00									
14:00-15:00									
15:00-16:00									
16:00-17:00		Sightseeing	Academic part	Academic part	Academic part	Academic part			
17:00-18:00									
18:00-19:00	Opening session	Dinner	Free time	Free time	Free time				
19:00-20:00	Dinner		Dinner	Dinner	Dinner				
20:00-21:00	Social activities	Social activities	Social activities	Social activities	Social activities				
21:00-22:00									
22:00-...									

IN THE INCREDIBLES, TIMING IS EVERYTHING. WHEN DASH IS LATE FOR DINNER, IT CAUSES CHAOS. WHEN MR. INCREDIBLE LOSES TRACK OF TIME SNEAKING OUT, HIS FAMILY SUFFERS. AND WHEN SYNDROME WASTES TIME MONOLOGUING—WELL, WE ALL KNOW HOW THAT ENDS.

HEROES, LIKE GREAT LEADERS, RESPECT THE SCHEDULE. IMAGINE IF ELASTIGIRL IGNORED MISSION BRIEFINGS OR EDNA MODE DELIVERED A SUPERSUIT TOO LATE—DISASTER. BEING ON TIME ISN'T JUST ABOUT PUNCTUALITY; IT'S ABOUT RESPONSIBILITY. IT PROVES WE'RE RELIABLE, COMMITTED, AND READY TO DELIVER.

SO, BE LIKE THE INCREDIBLES—SHOW UP, STEP UP, AND DO IT ON TIME.

THANK YOU

MISSION SOUNDTRACK



*Click
Here*

HQ OPERATIVES AND EMERGENCY CONTACT INFO

Who you gonna call



CODENAME: THE INCREDIBLE MICHAEL
TRUE IDENTITY: MICHAŁ JACEWICZ
PHONE: +48 534 680 060
MAIL: MICHAL.JACEWICZ@BEST.GDANSK.PL

**MAIN
ORGANISER**

CODENAME: ELASTIC SOPHIA
TRUE IDENTITY: ZOFIA SIODŁOWSKA
PHONE: +48 512 050 713
MAIL: ZOFIA.SIODLOWSKA@BEST.GDANSK.PL



HR PAX



CODENAME: THE UNSUNG HEROES
CODE RED (GENERAL EMERGENCY): 112
MASKED JUSTICE (POLICE): 997
FIERY PROTECTOR (FIREFIGHTERS): 998
LIFELINE (EMERGENCY SERVICE): 999

EMERGENCY