



IAESTE App: Country Information

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
- Cities with IAESTE LCs: Warszawa, Szczecin, Krakow, Lodz, Wroclowe, Gliwice, Rzeszow, Gdansk, Poznan
- Climate: Summer: Hot and Dry
Autumn: Cold and Wet
Winter : Really cold and wet
Spring: Usually sunny with some rain

Travel tips:

- 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:
Warsaw – 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.
Cracow – Former capitals of Poland. You should visit Wawel Castel and grab a coffee at beautiful square.
Wroclaw – One of the favorite cities amongst young poles. Can you find all dwarves hidden in the city ???
Lodz – City full of history, museums and theaters
Tricity – If you want to see beautiful oldtown, swim in the sea, and party the same very day this is place for you.
- 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 brake 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.

Airports with budget airlines: All of them 😊

Website(s) with travel connections inside the country:

<https://rozkład-pkp.pl/en> - trains

<https://en.e-podroznik.pl> – busses

Traditional food and drinks you recommend trying:

Pierogi – Dumplings with various filling

Tipping in the restaurants: It's common but not mandatory.

Discounts for transportation: 50% discount for transportation for students under 26, also discounts in museums and other venues.

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: