



FANTASTIC GAMES AND HOW TO CODE THEM



SURVIVAL GUIDE SUMMER 2022

ABEST courses



METCOWE

This survival guide should help you throughout your journey in the land of Bigos and Pierogi - Poland!

Are you ready? Well, you have no choice but to be!

Read the Survival Guide carefully and don't hesitate to ask questions in case of any doubts!

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HOW TO GET TO PLACES

We recommend opening Google Maps now and checking places that are mentioned in this section.

Where to arrive?

Your destination point:

Student Cultural Center Anthill "Mrowisko"

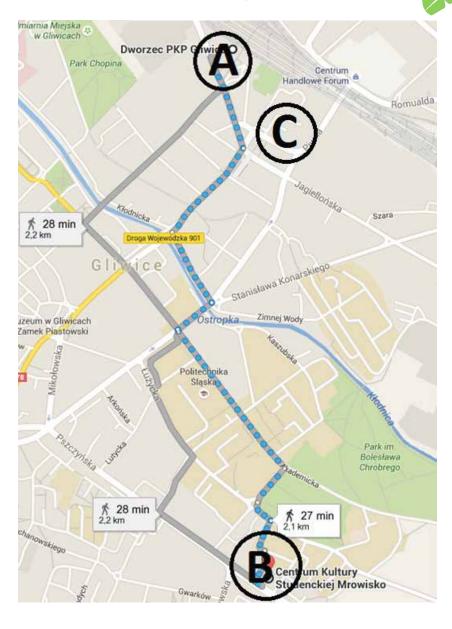
44-100 Gliwice

Pszczyńska Street 85

BEST Office: room 13

Before you start reading, it is worth mentioning that you can buy tickets both online and on site. shouldn't be much of a problem to get tickets as you go so it's up to you. Although sometimes you can get much cheaper tickets online, especially when you buy them a lot earlier.

- A Railway Station (Dworzec kolejowy)
- B CKS Mrowisko
- C Plac Piastów



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HOW TO GET TO PLACES

Remember to always prepare our currency - PLN. Paying in EURO is hardly ever possible.

WROCŁAW AIRPORT	WRO Airport Express	WROCŁAW TRAIN STATION - – – -	s://rozklad-pkp.pl/e	GLIWICE TRAIN STATION
KRAKÓW AIRPORT	KRAKÓV TRAIN STAT ://rozklad-pkp.pl/en 	HON https://rozkl	ad-pkp.pl/en	GLIWICE TRAIN STATION GLIWICE TRAIN STATION
WARSZAWA AIRPORT https://www.lot	WARSZAV TRAIN STAT	HON https://rozkl https://rozkl	ad-pkp.pl/en ad-pkp.pl/en ad-pkp.pl/en	GLIWICE TRAIN STATION GLIWICE
KATOWICE AIRPORT		Oliaztm.pl/rozklady/1-ap1/75165/0/18		GLIWICE GLIWICE TRAIN STATION





HOW TO GET TO PLACES

By bus

If you've chosen the bus to get to Gliwice, that means you will be getting out somewhere in the Silesian region. Then we recommend finding the nearest train station and travelling to Gliwice by train. If your bus stops at one of the bigger cities, then we suggest to look for useful information from the sections written above.

By train

If you're travelling by train you'll be getting out in one of the biggest cities in Poland: Warszawa, Kraków, Wrocław, Poznań or Katowice. In such case, we'd recommend you to travel to Gliwice in the above-mentioned ways.

POLISH CULTURE



Poland is a country located in the heart of Europe. That's why, as a nation, we have got a long and difficult history related to the events that truly changed the fate of the world.







POLISH CULTURE

Polish people are known for being hospitable, which, in our culture, is an ages old tradition. There even is an old polish saying: "Guest in the house, God in the house".

Have you ever seen Polish raw, natural landscapes?
Check them out yourself!



Being here, you will have the unique opportunity to see breathtaking places.







Take Warsaw, for example - our capital city, razed to the ground 70 years ago and then completely rebuilt after war with historical reconstruction of the old city centre.

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POLISH CULTURE

Zakopane is a resort town in southern Poland, at the base of the Tatra Mountains. It's a popular departure point for winter sports - especially ski jumping, summertime mountain climbing and hiking.









Cracow - the city of kings and the Wawel dragon. It is known for its well-preserved medieval core and a Jewish quarter.









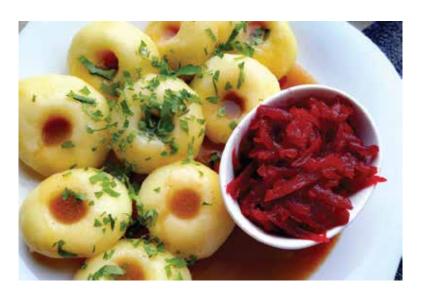
POLISH CUISINE

Try the most popular polish dishes, such as pierogi, żurek or kluski. Taste them and fall in love - trust us, you won't be disappointed!









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SOCIAL ACTIVITIES



International Evening

This is one of our most cherished traditions. During this evening you'll get a chance to know and taste the culture of the other nationalities. That's why we ask you to bring some traditional treats from your country. We recommend bringing some traditional beverages.

Polish Evening

Polish Evening is something worth waiting for! You'll gain some knowledge about Poland, learn about our culture, customs and most importantly... our cuisine. Have you ever tasted "pierogi", "bigos" or "Soplica"? If not, we bet you'll be thrilled to do so!

City Rally

Gliwice has a number of great places worth visiting and during City Rally you will surely be given a chance to see them all. Get ready for some history, local traditions and a big dose of fun - let us make you fall in love with Gliwice!







WHAT'S UP IN GLIWICE?

Gliwice is a city in Upper Silesia, southern Poland, near Katowice. The city is located in the Silesian Highlands, by the Kłodnica river. It's a historically rich place with a charming old town and interesting attractions. We strongly recommend you to see the Radiostation - a unique and historical place in Gliwice as well as our beautiful Old Town.













POLAND IN A NUTSHELL

Country Name: Republic of Poland

Capital city: Warsaw

Government type: Parliamentary

Republic

Land area: 312,696 km²

Population: 37 950 000

Time zone: UTC+2

(UTC+1 in winter)

Calling code: +48

WEATHER TEMPERATURE

Poland is located on a borderline between two great climatic regimes - the oceanic and the continental. In the summer, temperatures can even reach 30-35°C. Sometimes, though, it can be windy and rainy with the temperature not exceeding 10-15°C. But we hope that the weather will be sunny and optimal. **Check the weather forecast before you pack the luggage!**

CURRENCY

Polish currency is Polish zloty (PLN) consisting of 100 groszy (gr.). There is no problem with exchanging currencies in Poland. You can exchange money in many exchange offices or in banks.

The exchange rate is about 1€=4,5 PLN

For people who are interested in how much, what and how, here is a simple pricing list:

0,5l Beer in the shop **3 PLN (0,75€)**

0,5l Beer in the pub

8-10 PLN (2-2,5 €)

0,5l Vodka **25 PLN (5 €)**

Chocolate 3 PLN (0,75€)

Bread (middle size) 4 PLN (1€)

1,5l Mineral water **2 PLN (0,5 €)**

Hot Dog/Hamburger 6-8 PLN (1,5-2€)

Pizza for 2 people

45-55 PLN (10-12€)

Dinner at a student's bar

15-20 PLN (3-4 €)





DOs & DON'Ts

DOS

DON'Ts

 Try to visit at least some o Don't eat junk foods, of the places mentioned try Polish cuisine instead! in this guide.



- Remember to stamp oDon't jaywalk, there's your bus/tram ticket.a 100PLN fine for that.
- Remember that our Don't dr
 currency is PLN. Paying beverages
 in EURO is usually NOT cigarettes
 POSSIBLE! spaces.
- Always carry your ID Don't say "thank you"card with you when paying for a meal
- Don't be afraid to ask pedestrians for help if you need it.

- our opon't drink alcoholic ying beverages or smoke NOT cigarettes in public spaces.
 - Don't say "thank you" when paying for a meal until you've received your change back, in some restaurants it means "keep the change".





DICTIONARY





Yes	Tak	[Tac]
No	Nie	[Nie]
Thank you	Dziekuję	[Jen-koo-yeh]
You're welcome	Nie ma za co	[Nieh ma za tso]
Please	Proszę	[Proshe]
Excuse me	Przepraszam	[Psheh-pra-shamm]
Hello	Cześć	[Cheshts]
How are you?	Jak się masz?	[Yak shie mash]
Goodbye	Do widzenia	[D'oh vidz-enia]
Good morning	Dzień dobry	[Jen d'oh-bree]
Good evening	Dobry wieczór	[D'oh-bree V-A-choor]
Good night	Dobranoc	[D'oh-bra-nots]
How much does it cost?	lle to kosztuje?	[Eel-E to koshtooye?]
You are so pretty	Jesteś piękna	[Yestesh pien-kna]
I love you	Kocham Cię	[Koham tchem]
I do not understand	Nie rozumiem	[Nye rozoo-mee]
Help!	Pomocy!	[Po-mo-tsee]
Tea	Herbata	[Herr-bata]
Water	Woda	[Voda]
Beer	Piwo	[Pifo]
Train Station	Dworzec	[Dvoshec]
Bus Stop	Przystanek	[Pshystanec]
Airport	Lotnisko	[Lotnysco]
I don't speak Polish.	Nie mówię po polsku.	[Nieh moovie po polsqu]





IMPORTANT NUMBERS

In case of an emergency there are a few numbers that

you can call:

Ambulance - 999

Fire Brigade - 998

Police - 997

General Emergency number - 112

Taxi (Lider) +48 32 506 56 56



WHAT TO BRING?

Travel and Medical Insurance
Passport
Money
International Student Card
Medication



Items for the International Evening (traditional food, drinks, flags, symbols) Positive Energy

CONTACT US

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