American School of Warsaw

Newcomers Information Booklet

2017-2018
AMERICAN SCHOOL OF WARSAW

ul. Warszawska 202 Bielawa
05-520 Konstancin-Jeziorna
Poland

Main Reception: + 48 22 702 8500

Our Core Values

- Make the whole world your classroom.
- Step forward and make things happen. Don’t wait.
- Work together. Because without us all, we’re nothing.
- Bounce back when things don’t go your way.
- Put the same into life as you put into school.
Dear American School of Warsaw Families,

My name is Brian Mason and I am the current President of the PTO (Parent Teacher Organization). Our family is from Dublin City, Ireland and we moved to Warsaw in March 2015 for our first ‘foreign’ assignment.

We were very content in our Dublin life; successful, supported by friends, neighbours and family until we were offered an employment opportunity in Warsaw. Unsure of what we were getting into, we travelled for a “look & see” and 45 seconds into our tour of this School I whispered to my wife “I’m in”.

Our children love this school, and have done from the very first day; the battle to get them out the door to get to their old school in Dublin evaporated immediately. So I think I can confidently say that you’ll be very happy with your choice of school and your children will be too, thanks to the extraordinarily committed and passionate faculty and staff, trust me!

As the newly elected President of PTO my role is to create a vibrant and connected community to support and enhance “the life” — my predecessor did this for my family with consummate ease and, now, I feel like I am playing Shea Stadium after The Beatles. Hope you can bear with me!

The aim of the PTO is to provide a conduit between the faculty, staff, parents and students; as well as nurture an accessible and vibrant community for everyone at the school. We also work to support school spirit and pride. The PTO is a volunteer organization, and we welcome all who are available to participate.

The PTO holds monthly meetings in the form of coffee mornings, from which ideas and events are heard, discussed, promoted, etc. Check the school calendar for details.

Weekly, you’ll get email notes from me (ptopresident@aswarsaw.org) via the main school eNotes (look for the PTO’s section) but also as a stay-at-home-Dad I am mostly around the school, every morning and afternoon – I am the grey-haired, loud Irishman you’ll see in the cafeteria or corridors – God ensured that the Irish were never meant to be seen and not heard!

If you’re on Facebook, please like our page - search for @ASWPTO

Please do not hesitate to reach out to me for anything I can assist you with as you work on your transition to life in Warsaw.

Is misé le meas,

Brian Mason

PTO President 2017 - 2018
INFORMATION TO GET YOU THROUGH YOUR FIRST WEEKS

EMERGENCY NUMBERS

Ambulance (English-speaking) 1+9677 (Medicover hospital)
Poland’s National Ambulance - 999 (dispatcher may not speak English)
Police - 997
Fire - 998
Cell phone emergency number - 112

Hospitals with walk-in emergency and urgent care services:

• **DAMIANA MEDICAL CENTER**
  T: 602 183 733 (Individual Medical Center for private foreign patients)
  Address: ul. Wałbrzyska 46, Warsaw

• **MEDICOVER (Emergency department including children’s emergency, English speaking Doctors)**
  T: 22 857 2000
  Address: Al. Rzeczypospolitej 5, Warsaw (Nowy Wilanów)

• **CAROLINA MEDICAL CENTRE** (Ultra modern Orthopaedic Clinic with Emergency Room. X-ray, ultrasound, MRI & other diagnostic services available)
  T: 22 355 82 00
  Address: ul. Pory 78, Warsaw.

TRANSPORTATION

 Taxi Services
 Taxis are relatively cheap within Warsaw (but a bit more expensive if you need to go to and from Konstancin). Prices can vary from 1.50zł to 2.40zł per km. If you want to pay by credit card, make sure you let the taxi company know at the time you call for the cab and they will send a taxi equipped to accept your card. Here are some recommended taxi services. (They may or may not speak English depending on who answers the phone.)

- Radio Taxi (MPT) 22 1 9191
- Taxi Plus 22 1 9621
- Super Taxi 22 1 9622
- Ele Taxi 22 811 11 11
- Eco Car 123 456 789 (dispatcher speaks English)

 Taxi Drivers in Konstancin
 Bogdan T: 601 312 624 - speaks perfect English

 Buses, Trams & Metro
 Public transportation in Warsaw is good. The website and mobile App www.jakdojade.pl is the easiest way to map routes. Many kiosks sell tickets, and there are also ticket machines at stations and on buses (ask for ‘bilet normalny’. The PTO store also has a supply of bus tickets for sale. Please note, children between the age of 7 and 16 are able to purchase their bus tickets at a 50% discount (‘bilet ulgowy’), but they must carry a document with a photograph and date of birth (an ISIC card for example). Children over 16 are required to purchase full price tickets. More information: APPENDIX 3.

 The Public Transport Authority of Warsaw also has a useful website that can be searched in English (look for the British Flag on the webpage) www.ztm.waw.pl

GETTING FOOD (THE EASY WAY)

 Ordering Groceries online
 For the first few weeks in Poland, going to the grocery store can be quite stressful. One easy way to get groceries is online - try the following websites www.frisko.pl and www.a.pl or www.auchandirect.pl. You can
use the websites in English and take all the time you need choosing your items. Everything will be delivered to you the next day (no tipping necessary).

**Online Take-Out**

An easy website for getting food delivered to your door is [www.roomservice.pl](http://www.roomservice.pl). Click the British flag for English.

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**QUICK TIPS**

**Paying the Bill and Tipping**

- Tipping is 10-15% of the bill, some restaurants already include ‘serwis’ tip on the bill.
- When paying a restaurant bill/taxi/etc, never say “thank you” until you have received your change. If you do say it beforehand, it will be taken as meaning “keep the change” no matter how much you expect returned.

**Grocery Store Survival**

- In the grocery store, you can expect to be asked three things: 1) beforehand, the cashier will likely ask if you have a store card, 2) you will be asked if you want a bag (‘reklamówka’ [reklamufka]), and 3) you will invariably be asked for change at the end (say “Nie mam,” which means “I don’t have any”).
- It is very common for people to take their own bags to the store, which is much easier than paying for the store bags.
- Many stores offer automatic checkouts for 15 items or less. Click the button with the British flag for English.
- Some stores require that you weigh your produce and print a price sticker before going to the cash register. Other stores do not require pre-weighing.
- If the vegetable or fruit sign says ‘sztuk’ it does not need to be weighed and is sold per piece.
- If you need meat from the deli counter, you can point to what you want and ask for one kilo ‘kilo’ (keelo) or a half kilo ‘pół kilo’ (poo keelo). If you want to ask for grams, you can say ‘deko’ – note that ‘10/15/20 deko’ = 100/150/200 grams.
- If you try to pay for anything under 50zł with a 100zł bill the cashier might not have the correct change. Carry change with you or you can use your card, for even very small amounts. Contactless cards are widely accepted now.

**Cell Phone**

- It is reasonably easy to get a phone plan through one of the major cell phone companies in Poland, but many people find it just as easy (and cheaper if you don’t need internet and email on your mobile) to buy an unlocked phone and purchase the minutes at any checkout at the major stores.
- When buying minutes, there are top-up cards hanging by store checkouts that you take to the cashier who prints out a 14-digit number you use to add credit. The larger amount you purchase at one time, the lower the individual costs to send texts or make calls. Most network providers also allow you to add phone credit online through their respective websites.

**USEFUL ASW TIPS**

**Where to obtain information**

- The PTO provides a lot of good information about ASW as well as living in Warsaw, in general. Attend the meetings and make sure you read the PTO newsletter when it comes by email at the beginning of each month. Also you can stop by the PTO Store when it is open and ask questions.
- Make sure to provide a correct e-mail address (not just your spouse’s) in your Power School profile so that you can stay informed.
- Each school division sends out weekly e-notes at the beginning of the week.
- Every morning until 10.00 a.m. there will be many parents chatting and having coffee in the cafeteria. Come by and don’t hesitate to sit down and ask all your questions! ASW parents are very friendly and always willing to help.
**Things you will need**

- There are many useful school supplies available at the PTO Store near the cafeteria.
- Calculators are available in the HS Office.
- All middle and many high school students will need PE uniforms. These will be issued by the PE teachers along with payment instructions. Contact the PE teacher if you have any questions.
- Elementary school supplies (markers, crayons, etc.) are provided by ASW. However, children need to bring a backpack.

*Don't forget every Wednesday is late start at 09:30*
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QUICK SCHOOL REFERENCE

SCHOOL ADDRESS
American School of Warsaw
Bielawa, ul. Warszawska 202
05-520 Konstancin-Jeziorna
T: 22 702 85 00
W: http://www.aswarsaw.org

TO REPORT AN ABSENCE
Call or email the School Secretary

Elementary School - 22 702 85 30 dbucksowicz@aswarsaw.org
Middle School - 22 702 85 20 ggebert@aswarsaw.org
High School - 22 702 85 00 hsattendance@aswarsaw.org

SCHOOL CALENDAR 2017-2018 The school calendar is available on the website under ‘About Us’. You will also receive a printed calendar from the school in September. www.aswarsaw.org

SCHOOL HOURS

<table>
<thead>
<tr>
<th>SCHOOL HOURS ----</th>
<th>08:30-15:30</th>
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<tbody>
<tr>
<td>Wednesday – 09.30 opening</td>
<td></td>
</tr>
<tr>
<td>(REMEMBER: EVERY WEDNESDAY IS LATE START.)</td>
<td></td>
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</tbody>
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ENTRY PERMITS
For security purposes all parents, faculty, and staff must have an ASW ID. This ID must be clearly displayed on entry to the campus and while on campus. You can get additional ID cards for family members, siblings, nannies or drivers. A permit form should be filled in to obtain the ID. These forms can be obtained from the security desk. Any vehicle changes, additional persons and visitors will need to be registered with ASW security, security@aswarsaw.org.

SCHOOL SUPPLIES
School lined work books, pencils and other supplies can be purchased at the PTO Store at the school or from large stores, such as Carrefour, Auchan, Empik, and Tesco. The PTO also sells clothing with the school’s logo.

BACK GATE
There is a private road at the back of the school and a gate that is open for parents during the following hours: Monday - Friday 7:00-19:00, Closed Weekends

PTO - (Parent Teacher Organization)
Please join the PTO activities! We need everyone’s participation to make ASW the best community and school experience for our children!

What is the PTO?
The PTO creates special events and serves the needs of Parents, Teachers and Students at the school. We are committed to enriching the lives of our children by helping families adjust and thrive.
in the Warsaw community, by providing funds and parental support for school activities, and by encouraging and facilitating communication between the school and its community.

For questions about PTO activities, please feel free to ask an Executive Board member, or contact us by e-mail at pto@aswarsaw.org

Who is the PTO?
Every parent and teacher affiliated with ASW is a member of the ASW PTO. There are no membership dues. Attendance at meetings and social events is voluntary, but there are opportunities to be involved at the smallest or largest levels.

The PTO is governed by an Executive Board, elected by members once a year, which meets once every four to six weeks. Subcommittees, chaired by volunteers, serve to organize special events and activities throughout the year. PTO General Meetings are held monthly and are open to the public. We welcome your attendance.

The ASW PTO Welcome Committee greets newcomers even before they arrive as ASW. They offer many opportunities to socialize, as well as a helping hand as newcomers adjust to their new environment. If you have any questions or for more information please feel free to email pto@aswarsaw.org

PTO - school vocabulary! Abbreviations used often in communication

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>ASW</td>
<td>American School of Warsaw</td>
</tr>
<tr>
<td>CEESA</td>
<td>Central and Eastern European Schools Association, is a collaborative community of international schools</td>
</tr>
<tr>
<td>SCIS</td>
<td>Sports Council of International Schools</td>
</tr>
<tr>
<td>Country baskets</td>
<td>raffle prizes containing goods from your homeland</td>
</tr>
<tr>
<td>E-notes</td>
<td>weekly email from school to home</td>
</tr>
<tr>
<td>ES</td>
<td>Elementary School</td>
</tr>
<tr>
<td>MS</td>
<td>Middle School</td>
</tr>
<tr>
<td>HS</td>
<td>High School</td>
</tr>
<tr>
<td>Moodle</td>
<td>website used in Middle/High School for almost all academic work</td>
</tr>
<tr>
<td>Powerschool</td>
<td>where the grades and homework are posted, Middle and High School</td>
</tr>
<tr>
<td>Room Parent</td>
<td>class representative in Elementary School</td>
</tr>
<tr>
<td>UN day</td>
<td>United Nations Day</td>
</tr>
<tr>
<td>Warriors</td>
<td>the collective name of the sports team at ASW</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DATE</th>
<th>PTO Event</th>
<th>What do I need / How can I help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late August/ early September</td>
<td>Not a PTO event, BUT 6th grade- 10th grade have 'Explore Poland trips' for 2-3 days</td>
<td>• Pack items like fleece clothing, walking boots, rainproof jackets etc. in your main luggage and not with the movers. See packing list for more details</td>
</tr>
<tr>
<td>September 16</td>
<td>Social event – Fall BBQ</td>
<td>• We usually have lots of ‘country baskets’ as raffle prizes. We ask that you join up with fellow countrymen, and bring either food items from your country, or themed anyway you like ‘Party basket’ ‘movie basket’ ‘tea lovers basket’ etc. Corporate sponsored baskets welcomed.</td>
</tr>
</tbody>
</table>
October 19

UN Day

• Bring your national costume, flag, artifacts, etc. as you will be asked to bring them along on this day. There are about 45-50 tables of all the countries represented at the school and parents have a fun day showing the kids what your country has to offer. Children are encouraged to dress in clothing from their country.

Late October

Elementary school (ES) Halloween parade. Not a PTO event, but again, thought you might like the tip off!

• Halloween decorations & costumes are available to some degree in Poland as the holiday has become more popular, check www.partybox.pl or other local shops for costumes and decorations. The ES classes will have a party on that day and the MS often has a dance.

November 21-22

PTO Book Fair

• Selling new books over two days. Help is always needed to sell to the children and parents.

January 27

ASW PTO Mixer

• ASW parents and staff are welcome to a PTO sponsored casual mixer at a venue to be determined. Adults only.

March 18

Family Bingo afternoon

• This is a social event to allow you to meet other families and have a great time with the family

April 13

Staff Appreciation Day

• We will be asking you to cook something delicious for about 8 people, as we appreciate all the staff on this special day. The PTO will be selling flowers before the school starts on this day.

June 2

Spring Fair

• Our last gathering before the end of the school year. Fun filled afternoon with a variety of activities for the children, arts and crafts and vendor tables.

SCHOOL CAFETERIA

Students can obtain a cafeteria card during the first few days of school. The staff will take a photograph; parents need to complete a registration form. Payment is either cash at the till or online. Website www.cpscafeteria.pl

PTO store where you can purchase schools sports uniform, stationary and gifts is located to the left of cafeteria when coming from main entrance.

A babysitting list and Music teacher & Tutor list will be available late September once the High school students have signed up. Both will be available at the PTO store.
INFORMATION FROM A - Z

Every effort has been made to ensure that the information below is up to date and accurate. If you have any updates please send them to pto@aswarsaw.org

A

ART GALLERY
ZACHETA GALLERY – will arrange special workshop for children ages 7 and up in small groups
pl. Malachowskiego 3, Contact Zofia Dubowska at 22 827 58 54 (z.dubowska@zacheta.art.pl).
www.zacheta.art.pl - there is a new café in the basement of this art gallery, PO PROSTU ZACHETA. Open Monday-Friday 10-23, Saturday-Sunday 11-23. T: 22 556 9677

ART LESSONS
LOURDES ESTRADA – Lourdes is an experienced painter who offers painting classes and lessons to adults during the week and children on Saturday mornings. T: 600 889 546 E: lourdesestrada430@gmail.com

B

BAG REPAIR SERVICE
ul. Czerwonego Krzyża 2 (entrance from ul. Solec), T: 601 851 420
ul. Hoża 42- T: 22 6298774 open 11-18 during the week 10-13 on Saturday. All leather repairs. Fantastic lady.

BALLET SHOP
SKLEP BALETOWY SAWART – www.sklepbaletowy.pl online, but you can pick-up the items in their stationery shop on ul. Moliera 8 T

BASEBALL
WALLBALL-ASW Parents organize a casual little league experience for girls and boys in the spring (and fall if there is demand). Website: http://www.leaguelineup.com/welcome.asp?url=wallball

Please watch your e-notes from the school for more information

BEAN BAGS
If you need a bean bag try www.fatty.pl. They are big, inexpensive and will deliver.

BED AND BREAKFAST
VILLA LE MATIN - Recommended venue. This location is also available for special events and private parties.
For more information, please contact Lia, E: lia.basilia@gmail.com - ul. Słomczyńska 23, Konstancin-Jeziorna, T: 22 756 33 75.

BOWLING
BOWLING & BILLARD CLUB – http://www.kregielnia-tb.pl/ in 4 different locals

BIRTHDAY PARTY IDEAS
ROB THE MAGICIAN - Rob Fleming, T: 600 030 540. Rob the Magician donates his time and talent to support local charities, so it's good for us to support his business. Highly recommended, an expat favorite!
MADE BY YOU, ul. Górskiego 6, T: 531 935 135, paint your own pottery Website: www.madebyyou.pl
FRIENDS CREATIVE ACTIVITIES - ceramics, felting decoupage etc. Address: Waż Zawadowski 103a, Warsaw, T: 606 380 602 Website www.friends-ca.pl open Mon - Fri: 10:00 - 21:00
NANNY EXPRESS offers birthday party entertainment like face painting, balloon animals and group games. T: 22 853 32 28, E: office@nannyexpress.pl
WODNY PARK (See also SWIMMING)
FUN PARK DIGILOO - Not only do they have a terrific indoor playspace AND lasertag area, but they are a great idea for birthday parties with private rooms; www.funparkdigiloo.pl
ART WORKSHOP at Zachęta Gallery (see A for Art above)
CAFETERIA
The cafeteria at ASW is run by a private company, CPS. You can purchase items with cash or set up an account. (You can check online anytime to see what your kids have been buying for lunch.)
CAMERA REPAIRS
OPTO-TECHNIKA for camera repairs. ul. Solec 18/20 lok. 103. T: 22 498 1825  ul. Wolska 69, T: 22 622 06 19 or 22 622 07 52, WWW: opto-technika.pl

CAR WASHES
There are many “Myjnia” places throughout Warsaw where you can get your car sparkling clean. Some are self-service and require coins. Some are drive-thru style connected to a gas station. For example, at the car wash at the Shell Station by Sadyba Mall, you will go into the shop to pay for the wash and get the code. You will need to know what type of wash you want to buy.

THESE ARE SOME OF THE SIGNS YOU MAY SEE
- mycie szamponem i suszenie .................. wash shampoo and drying
- mycie szczotkowe i mycie kół .................. brush cleaning and wheel washing
- mycie wysokociśnieniowe kół .................. high pressure wheel washing
- aktywna piana ...................................... active foam
- wosk .................................................... wax
- mycie wysokociśnieniowe całego auta .... high pressure washing the whole car
- mycie podwozia ...................................... chassis wash
- konserwacja lakieru ................................. maintenance paint

Wait your turn in the car wash lane, then when the light is green, pull your car in to the designated point until it says stop, exit your car, punch in the code at the machine and press starts, and watch from the side as your car is washed.

Some car washes are full service, detailing cars inside and out.

VIP AUTO – car handwash, Warszawska 95 Konstancin (behind Biedronka), T: 22 701 7100
ROBO WASH CENTER – automatic (24h) or manual (www.robowashcenter.com.pl)

CELL PHONES
There are shops selling cell phones at all malls and hypermarkets. We recommend getting an unlocked GSM phone, then you can buy a sim card and minutes from any shop. Minutes are also sold near the checkout lanes of major supermarkets and hypermarkets. (If you buy a 100zł recharge, the cost of individual texts and calls are significantly less than if you buy only a 20-50zł recharge.)

CHARITY/ VOLUNTEER WORK
Warsaw Volunteer Mission, will accept donations of gently used clothing and household goods to distribute to poor families in Warsaw. www.wvm.org.pl, T: 22 499 18 80.

Most ex-pat organizations in Warsaw also promote certain charities and volunteer work. This includes the American School, the American Friends of Warsaw, the International Women’s Group, and Mums and Tots of Warsaw.

CHRISTMAS MARKET
In the Old Town Square, vendors will set up stalls from the beginning of December until December 24. Drink the hot mulled wine while browsing traditional Polish crafts and sampling food stalls. Grilled cheese from the Zakopane region is quite tasty!

CINEMA
See MOVIES.

CLOTHING & ACCESSORIES
Fashion House Outlet Center, ul. Puławska 42a (Piaseczno), www.fashionhouse.pl. Open 10-21 Mon-Sat and 10-20 on Sunday. All designer names under one roof, 2 minute drive from Auchan.
Handbags by Sylvie, T: 604 337 797, E: selisse@home.pl Call for an appointment.
Cubus, Galeria Mokotów, www.galeriamokotow.pl, Infant to adult, good tweens selection.
Kappahl, Galeria Mokotów, www.galeriamokotow.pl, Tween clothes for girls.
Follow Me, Ul Okrag 1. www.follow-me.com.pl lovely handmade shoes directly imported from Italy. Tiny independent shop on a back street.
H & M and Marks & Spencer, Złote Tarasy (as well as Galeria Mokotów, Arkadia and other malls). Clothes for everyone!
CLOTHING & TOYS FOR CHILDREN
See TOYS AND CLOTHING FOR SMALL CHILDREN.

CONCERTS/THEATRE
WARSZAWA PHILHARMONIC, ul. Jasna 5, check their online calendar at www.filharmonia.pl
WIELKI THEATRE, Book tickets for the ballet or opera whenever you’re able at the stunning Grand Theatre, the largest opera stage in Europe. www.teatrewielki.pl.

CONCIERGE, HOME SERVICES
HOMECIERGE, www.homecierge.pl T: 570 504 505 contact Wojciech Wasiluk wilanow@homecierge.pl This company offers a wide variety of services including assistance with official matters, shopping, small repairs, car service, finding tutors, appliance service and animal care in your absence.

COPIES
ul. Kosiarzy 37, limited English but convenient, Mon-Fri 8-18.
There is a copy shop in the basement of the University library at ul. Dolna 56/66.

CURRENCY
See also TIPPING.

The Polish currency is Zloty (zł, PLN). Notes come in denominations of 200, 100, 50, 20 and 10 zlotys, and there are 1, 2 and 5 zloty coins. One zloty equals 100 groszy which come in 1, 2, 5, 10, 20 and 50 groszy coins.

When you go to the ATM machine, you will be given 10, 20, 50, 100 or 200 notes. Small shops, newsagents, public toilets, even the occasional fast food franchise, bar, and grocery store cashier will sometimes refuse to break a large note for you. We suggest you try to break it down in a bigger shop.

Bureau de change called ‘Kantor’ in Polish

Nearest one to school is inside Stara Papiernia at the entrance next door to the toy store. Open Monday to Friday 10:00 – 19:00 Saturday 10:00 – 15:00. Cash only.

D

DANCE
DANCE & ME AKADEMIA TANCA, ul. Powsinska, Sadyba. All age groups, disco, hip hop, ballroom, group or private lessons. Piotr Lewandowski T: 606 112 266 or kontakt@taniec24.pl, www.taniec24.pl
DANCEZONE, Borowa 61, Konstancin-Jeziorna. Salsa, hip, jazz, disco, cheerleading and more, all ages. Colin James at info@dancezone24.com.
SALSA LIBRE, ul. Soliec 38. Swing your hips to the beat! www.salsalibre.pl, T: 22 458 24 44
SZKOLKA TANCA TOWARZYSKIEGO FIESTA, ul. Przedatki 1, Wilanow. Private or group dance classes for all ages. T: 22 642 20 02, www.taniec.us, contact Sonia Mosur at soniam@tlen.pl.

NEAREST TO THE SCHOOL on the 2nd floor of Stara Papiernia is Egrurrola Dance Studio in KONSTANCIN. Classes available for kids aged 3-11 yrs, teenagers, adults and couples. All styles of dancing available. Website www.taniec.com.pl phone M: 601 20 20 20 T: 22 824 02 01 E: studio@egurrola.pl Opening hours: Mon-Fri in hours. 9.00 - 20.00 p.m. Saturday. 10.00 - 16.00

DELICATESSENS
DELIKATESY 13 @ LIKUS CONCEPT STORE, ul. Krakowskie Przedmiescie 16/18, 22 492 74 09. Hams, cheeses from all over Europe. A foodie heaven.
KRAKOWSKI KREDENS, ul. Nowy Świat 22 and shops in all large malls in Warsaw. Regional fare from Kraków. Plentyful chacuterie, jams, honey, and pickles.
SPIZARNIA, ul. Slomskiego 19. Wide selection of spices, wines, homemade baked products and meat prepared to local recipes. There is also a small restaurant.

DOCTORS & DENTAL
See APPENDIX 1 – MEDICAL AND DENTAL

DOG WALKER & DOG HOTEL
**E**

**ELECTRICAL SUPPLY**

The electricity here is 220V. Some teachers successfully run many 110 items using transformers, however the transformers are somewhat difficult to obtain in Poland and do not seem as good as the ones you can buy elsewhere. If you are already overseas and have transformers that work well, send them with your shipment. If you are in the US, order high-quality transformers online if you will be bringing 110v appliances with you.

Note: Check your appliances for voltage requirements as many US appliances are already wired for 110-240v electricity which covers both the US as well as Europe. Most cell phones and computers will fall into this category. Outlets in Poland have two round holes (like the rest of Europe). If you have appliances with dual-voltage capability, you should purchase plug adapters (which can be found at Saturn, an electronics store in several local malls as well as some airport electronics shops).

**F**

**FACEBOOK**

Poland has a very active Facebook presence. Local district governments have Facebook pages to announce local events and activities (e.g. search Dzielnic Wilanow). Also there are local expat groups for social activities, as well as for advice and selling of goods. Many small business and concert venues also have pages that are worth investigating.

**FISH & SEAFOOD SHOPS**

**Bogmar Trapper**, ul. Przyczółkowa 227, T: 22 858 99 78 E: info@bogmar-trapper.pl, 07.00-16.00 (M-F) & 07.00-12.00 (Sat).

**CK Fish Delivery**, T: 601 441 294 (Finnish & English) or 601 414 119 (Polish). Delivery within 3-4 days. Salmon, trout, tuna, shrimp and more.


**Ryby**, ul. Wiktoska 6, near Puławska in Mokotów. A little hole in the wall fish store.

**Ryby Fish Stall**, Sadyba Market.

**FITNESS CENTERS/HEALTH/EXERCISE**

Fitness Centers can be found in major international hotel chains (INTERCONTINENTAL, REGENCY, MARRIOTT, and SHERATON) and in local neighborhoods. In local neighborhood gyms English may not be widely spoken.

**Calypso Fitness Club** (formerly Gold’s Gym), it is the closest full service gym to ASW. Lots of classes, including several spinning sessions, pilates, and a swimming pool. You will see lots of familiar faces here. Located at the top of Vogla street in Wilanow. Calypso is part of a chain of gyms all over Poland http://www.calypso.com.pl/ T: 22 407 46 53.


**Ewolina Eggert** - offers courses in Warsaw and Konstancin. Private lessons (which can take place at your house) and group lessons. She does puppy training (utilizing “clicker method”) and intermediate courses. She is very helpful and positive. Dogs love her. English speaking. www.dogmasters.pl, ewelina.eggert@dogmasters.pl T: 605 314 031

**DRIVING**

**EUROSKOŁA.** Instructor: Piotr Blaszczak, T: +48 793 384 935

Easy Drive Driving School Roman +48 512 695 947, T: 501 05 09 05 www.easydrive.com.pl

Also see APPENDIX 2 - VEHICLES AND DRIVING.

**DRYCLEANERS**

Drycleaners can be found at main shopping centers. International Hotel chains also offer dry cleaning services. Some families use the ‘5-a-Sec’ shop in Konstancin and next to KFC just south of Sadyba Mall or Panda Express inside Sadyba Mall. A drycleaner is also located inside Simply.
HOLMES PLACE Six locations throughout the city, some with pools. At the Regent, Marriott, and Hilton Hotels as well as Galleria Mokotow and Arkadia Mall. Very popular with people who work downtown or near Galleria Mokotow. http://holmesplace.pl/en/

PILATES IN WARSAW – Olga is a certified and highly experienced instructor offering classes in Nowy Wilanow. Olga offers small or private classes, T: 734 155 595 or email to pilatesinwarszawa@gmail.com

PURE JATOMI FITNESS Fitness club with several locations in Warsaw including Sadyba Mall in Wilanow. http://jatomifitness.pl/en


CLIMBING WALLS Throughout Warsaw. For a complete list with a map of locations go to https://www.warsawtour.pl/en/aktywny_wypoczynek/baza adresowa/en/30

SALT CAVE, On ul. Rudzka 28, Warszawa-Zoliborz, you can find a Microclimatic salt cave is made of natural sea salt from the Dead Sea (the biggest natural source of various minerals). The air in the cave, filled with minerals and negatively charged particles, has a beneficial influence on people suffering from various diseases such as: chronic nose and throat disorders, sinusitis and laryngitis, bronchial asthma, allergy, heart problems, stress, tiredness. A set of regular sessions helps to improve system immunity. One 45-minute session in the cave accounts for 3-day stay by the sea! PLN 30 per 1 adult with 1 child. T: 22 833 04 67

YEAR ROUND SKI SLOPE – near Blue City shopping mall, www.wosir.waw.pl, the slope offers skiing and snowboarding. T: 22 622 69 61, closed on Mondays.

FLORISTS
You will find flower shops on almost every corner, but here are two of our favorites!


FOOTBALL (SOCCER)
We are not aware of American football opportunities for middle or high school. However, if you are looking for information about soccer, please see the:

AMERICAN AND BRITISH SCHOOL SOCCER CLUB – Facebook page: https://www.facebook.com/ABSSCWarsaw
This is an informal league run by volunteers with children at various levels of ability/experience.

FC INTER is a competitive football club that competes in local Polish leagues. The players are mainly from ASW but also from other International and Polish schools in the area. Anyone can try out for the club and if interested please contact Colm Murphy E: cdomurchu@yahoo.co.uk, T: 600 361 581.

WBS FOOTBALL ACADEMY T: +48 733 572 514 E: i.sarbiewski@wbs.pl
A: ul. Urszuli Ledochowska 3 02-972 Warszawa

GLASS AND MIRROR REPAIR
LUSTRA SZYBY, corner of ul. Lentza and ul. Wiertnicza (behind water house).

GOLF
GOLF CLINICS, T: 600 830 581.

GROCERIES
See also the following sections
BUTCHERS
DELCATESSENS
FISH & SEAFOOD
INTERNATIONAL SHOPS
ORGANIC/HEALTH FOOD
OUTDOOR MARKETS
SWEETS/DESSERTS
WINE

For most of us, learning how to find the closest grocery store is a top priority when settling into life in a new city. ASW parents have submitted some tips to help you find what you need to feel at home. And once you get your pantry stocked, then you may want to venture to other shopping venues.

SURVIVAL FOOD
www.roomservice.pl is an online restaurant delivery service. The website is in English, so it is very easy to order online, and delivery is often quick. They frequently add new restaurants to their selection. They will pick up from more than one restaurant, and you can order wine, too!

GROCERY STORES
Warsaw has a wide variety of shopping venues for groceries. There are several open-air markets or bazaars that have excellent produce. Some ASW families prefer the convenience of smaller neighborhood shops, others prefer the selection available at the larger grocery stores or hypermarkets. Chances are, you won’t find every item on your list at just one store. So, enjoy exploring the options and getting to know which stores carry your favorite products. Fortunately, there is something for everyone.

The local stores are usually open from early in the morning to mid-evening, with some open 24 hours (TESCO). These stock the essentials like bread, cereal, milk, vegetables, some frozen items, wines, etc. The larger food markets are full service stores. They carry most items you would find in your supermarket at home. In these you can find a produce department, bakery, delicatessen, frozen food, home goods section, dry non-perishable items, health and beauty products, and possibly a special import section. These stores' hours range from 0930 - 2130.

General suggestions from ASW Parents:
- Remove the casing on hot dogs before boiling them.
- Some stores charge you for plastic bags for your groceries. If you haven’t already, now is the time to go green! You can buy sturdy reusable shopping bags at all of the major grocery stores.
- Some of the stores require you to put a 1 or 2 zl coin into the handle of the cart to release it from its chained storage. When you return the cart after you are finished shopping, insert the end of the chain back into the slot, and your coin will be returned to you.
- Have cash with you if you’re going to the smaller shops or markets. Some shops are sometimes short on change, try to carry smaller change with you, the local shopkeepers will appreciate this.

GROCERY VOCABULARY
Here are a few translations for basic grocery items. For a thorough list of grocery terms, please refer to our ‘Polish your Polish’ handbook put together by our school community:

| Cream for Coffee | Smietanka 12% | Chicken .......... kurczak |
| Sour cream | Smietana 18% | Pork .............. wieprzowe |
| Heavy cream | Smietanka 30% | Beef ............ wołowina |
| Cottage Cheese | Serek Wiejski | Minced......... mielone |
| Butter | Maslo | Flour ............ mąka |
| Baking Powder | Proszek do pieczenia | Lamb ......... jagniecina |
| Puff Pastry | Ciasto Francuskie | Turkey .......... indyk |

GROCERY STORES
ALMA, (Stary Papierna), Nowy Wilanow (close to Medicover Hospital) and also Promenada Mall, www.almamarket.pl. Boutigue grocery, very pleasant shopping experience, finer items, international flavor.

API - Newly renovated store in Konstancin. A nice variety of high end grocery products. Cash Machine available.

BIEDRONKA, Numerous locations throughout Poland. Close to ASW as well. Cash only (ATMs are on the premises of most stores)

CARREFOUR EXPRESS/MARKET, smaller version of Carrefour found in various locations (including Sadyba). Some people love the self-checkout lane.

LIDL, in Konstancin and around Poland. Liked by many families. API in Konstancin is also favoured by the expats.

PIOTR I PAWEL - Polish high end grocery store.

SIMPLY - part of the French chain Auchan, this store right near the school is much smaller and easier to navigate than its Hyper Market parent. You will find all of your basic grocery needs, an onsite bakery as well as a good selection of wines and spirits. ATM on site. There is also an “Apteka” or pharmacy on the premises.

SUPERSAM, ul. Puławska 2, and other locations, T: 22 825 24 74.

GROCERIES/HYPERMARKETS

AUCHAN, Puławska 46, Piaseczno.

CARREFOUR, found in most local malls (ARKADIA, GALERIA MOKOTÓW, and ZŁOTE TARASY).

E.LECLERC, ul. Ciszewskiego 15 (Ursinow), 22 389 86 00.

MAKRO CASH & CARRY, ul. Jerzolimskie 184, www.makro.pl. Bulk shopping club. Check with your employer to see if they have corporate membership you can use. Excellent selection of fresh fish and meat.


TESCO, Aleja Komisji Edukacji Narodowej 14, Ursynów.

GROCERIES/ONLINE

WWW.FRISCO.PL, WWW.TESCO.COM.PL and WWW.FRESH24.PL

H

HAIR AND BEAUTY SALONS

Polish for hairdresser is Fryzur.

IRENA ERIS, HAIR, BEAUTY AND SPA, Multiple Locations all over Poland. Closest to the school at Stara Papierna and ul. Kosiarzy 37, 22 651 82 93, Mon-Fri 10 – 9, Sat 9-9, .

CALYPSO has a salon. You don’t have to be a member.


Children’s hair salon FRYZJERKOWO, 22 827 27 44, ul. Foksal 12/14, Warsaw. www.fryzjerkowo.pl This place in the centre of the city, is fun, and professional. There is a fabulous chair for your child and a mini TV in the shape of a lion to keep them entertained.


HAIR-A-PORTER in the Regent Hotel is very popular. Receptionists speak perfect English.

HAIRDRESSERS & BARBER SHOP, ul. Kostki Potockiego 24c, near Wilanów Palace, www.barber.waw.pl, T: 22 642 35 63. Men like to use this one, pop in after work. Also good for basic “boys’ cut.” No appointment necessary. Open Mon –Fri 08.00-20.00 Sat -08.00 -15.00

SHE HAIR DESIGN - Adam Branickiego 14, 02-972 Nowy Wilanow, tel: 22 401 14 22


HIGH TEA

At The Bristol Hotel, an elegant way to enjoy an afternoon with guests, friends and family. Book a table in the stunning Column bar inside the Art Deco Bristol Hotel on ul.Krakowskie Przedmiescie 42/44, Warsaw. Tel; 22 551 1000. Only available from Thursday – Sunday during the afternoon. Live piano music. Cost 49pln per person for sandwiches, scones, cakes and tea or 89 pln with the addition of a glass of champagne.

HOCKEY
THE WARSAW INTERNATIONALS is an expat ice hockey team that is open to boys and girls ages 5-16. The team season runs from October through early April. A representative from the team is away at the ASW activities fair early in the year.

HORSE RIDING

ASIA DOMINIK, Private trainer, works at various stables in the Warsaw area. T: 609 603 195.

STAJNIA DYDAKTYCZNA SGGW In Ursynow at ul.nowoursynowska 100. Classes available for disabled. www.wolicaasggw.republika.pl

STAJNIA CHJOINOW, riding lessons for all levels. Solec 72, Banioccha, off the road from Piaseczno to Gora Kalwaria, T: 22 736 28 78 or 506 033 023. www.stajniachojinow.pl


PA-TA-TAJ SZKOŁA JAZDY KONNEJ, ul.Krotka 9, Kanie near Otrębusy (25 mins from Warsaw, travel south-west on al. Jerozolimskie) T: 22 758 58 35. If you have children that want to get involved with ponies then, suggest a visit to these Horse Riding School & Stables. The staff speak a bit of English and are very friendly. A group class starts from the age of 6yrs but you could start a private lesson earlier. There is also a little cafe where you can get a coffee or tea on chilly days. The 30 min trot takes place on a Saturday or Sunday throughout the day from 9.20 to 16.10. One word of warning! The final part of the road to the stables is very ‘cross country’ so be prepared for a bit of a bumpy ride, or get out and walk the last few minutes. Close by (a five minute drive) is a McDonald’s for an easy lunch.

HORSE SHOP STAJNIA - ul.Polina 28, Centrum T: 22 825 86 37. This is a shop full of treats for any budding rider.

POSTER, ul. Sloneczna 115, Piaseczno

LUDOWY KLUB SPORTOWY WOLTA, Żółwin, ul. Nadarzyńska 30, T: 22 758 91 27.

TKKF OGNIJSKO HUBERT, Several patient English speaking trainers with gentle horses. Located at ul. Statkowskiego 52. T: 22 842 15 10. www.tkkfhubert.horsesport.pl


HOUSEHOLD GOODS, DECORATION STORES & HARDWARE STORES

<table>
<thead>
<tr>
<th>SHOP</th>
<th>LOCATION</th>
<th>CONTACT INFO</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>T: 22 651 5644</td>
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<tr>
<td></td>
<td></td>
<td>T: 22 633 62 56</td>
<td></td>
</tr>
<tr>
<td>BED AND</td>
<td>Next door to Red Onion ul.</td>
<td>T: 22 838 5381</td>
<td>Delightful store for home and bath</td>
</tr>
<tr>
<td>BREAKFAST</td>
<td>Burakowska 5/7 (near</td>
<td><a href="http://www.bedandbreakfast.net.pl">www.bedandbreakfast.net.pl</a></td>
<td>accessories..</td>
</tr>
<tr>
<td></td>
<td>Arkardia shopping mall)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BO CONCEPT</td>
<td>ul.Mlocinska 5/7</td>
<td>T: 22 636 7770</td>
<td>Just over the road from Red Onion (leave</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>the courtyard, and cross over the road).</td>
</tr>
<tr>
<td>CASTORAMA</td>
<td>Multiple Locations</td>
<td></td>
<td>Household tools, hardware, garden</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>supplies, and seasonal items.</td>
</tr>
<tr>
<td>IKEA</td>
<td>Janki Pl. Szwedzki 1 05-090</td>
<td>T: 22 703 11 00</td>
<td>Open 10-22:00 Mon – Sat,</td>
</tr>
<tr>
<td></td>
<td>Raszyn</td>
<td>T: 22 334 44 00</td>
<td>10 – 20:00 Sunday</td>
</tr>
<tr>
<td></td>
<td>Targówek ul. Malborska 51 03-286 Warszawa</td>
<td></td>
<td>Don’t forget to buy a bag of meatballs for</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>your freezer!</td>
</tr>
<tr>
<td>Store Name</td>
<td>Address/Location</td>
<td>Website/Phone/Email</td>
<td>Description</td>
</tr>
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<tr>
<td><strong>Karo</strong></td>
<td>ul. Towarowa 22 Jupiter Center</td>
<td><a href="http://www.karo.waw.pl">www.karo.waw.pl</a> T: 22 620 71 76</td>
<td>Custom drapes, household fabric needs</td>
</tr>
<tr>
<td><strong>Kartell &amp; Kruzka</strong></td>
<td>In Galeria Mokotow</td>
<td><a href="http://www.kartell.pl">www.kartell.pl</a></td>
<td>Poland's only flagship store of award winning Kartell brand.</td>
</tr>
<tr>
<td><strong>Konarska – Konarski</strong></td>
<td></td>
<td><a href="http://www.konarska-konarski.com">www.konarska-konarski.com</a> T: 22 841 2846</td>
<td>Design studio &amp; concept store. Funky life size poly resin and fibre glass animals!</td>
</tr>
<tr>
<td><strong>LEROY MERLIN</strong></td>
<td>Multiple Locations</td>
<td>T: 22 620 71 76</td>
<td>Household tools, hardware, garden supplies, and seasonal items.</td>
</tr>
<tr>
<td><strong>Magazyn Praga</strong></td>
<td>Ul. Zabkowska 27/31 at Koneser</td>
<td><a href="http://www.magazynpraga.pl">www.magazynpraga.pl</a></td>
<td>Over the river in Praga in a former vodka distillery. You’ll never find it! So allow time, and ask when you get there. Turn right after the main gate, walk along the length of the building and at the end of the building, turn left and it should be across a yard to the right.</td>
</tr>
<tr>
<td><strong>OBI</strong></td>
<td>Next to Real in Ursynow</td>
<td></td>
<td>Large-scale home and garden shop, tools, hardware, paint, etc.</td>
</tr>
<tr>
<td><strong>Oriental Rugs by Dariusz Gwadera</strong></td>
<td>(home visits)</td>
<td>506 846 415 <a href="mailto:dmgwadera@hotmail.com">dmgwadera@hotmail.com</a></td>
<td>Speaks English, nice selection, fair prices</td>
</tr>
<tr>
<td><strong>RESET</strong></td>
<td>Pulwaska 48</td>
<td>open Mon-Fri 12:00-20:00, Sat 11:00-17:00. T: 531 142 765</td>
<td>An interior design store with a retro feel.</td>
</tr>
<tr>
<td><strong>Rose House</strong></td>
<td>Słoneczna 2, 05-510 Konstancin</td>
<td></td>
<td>Chrome Décor, shabby chic</td>
</tr>
<tr>
<td><strong>Space Station</strong></td>
<td>in Zoliborz</td>
<td>T: 604 456 104</td>
<td>Set inside an old armory in Citadel at ul. Czujna</td>
</tr>
<tr>
<td><strong>Velt Gallery</strong></td>
<td>ul. Prozna 12</td>
<td><a href="http://www.velt.pl">www.velt.pl</a> T: 22 620 3257</td>
<td>Dazzling selection of lamps, glasswear and vases</td>
</tr>
</tbody>
</table>

**HOUSEKEEPERS**
Many expat families hire “Panis” (paneez) for cleaning and/or childcare. Hourly rates vary, but currently hover near 20-25zł per hour. You will want to check with your employer regarding the requirement to pay social security taxes for household help. Polish law requires a paid vacation, and most panis are paid for Polish holidays and while you are gone for the summer.

PANI ULA AGENCY, maids and nannies. T: 509 094 972, E: ullaagency@sp.pl

Ask the expat moms at school. They will have good recommendations!

**ICE CREAM PARLORS**
- **Grycan**, Delicious Polish ice cream, Multiple Locations in most major Shopping Centers
- **LIMONI CANTERI** 1952, ul. Dabrowskiego 1 (Amazing!!)
- **AKWARIUM**, ul Francuska 50/9 - delicious ice cream, nice neighborhood (Saska Kępa) for Sunday walk.
IGA, Delicious ice-cream, located in a red bus stationed on the side of the Wilanow Palace parking lot. A local favorite and worth a visit.

BAŚNIOWA, aleja Wojska Polskiego 41. Excellent Polish ice cream, a very popular place with locals (expect long queues on the weekend). Try the pistachio!

INTERNET

There are many Internet providers in the Warsaw area. Usually, Internet access is offered by Telecom companies or cable TV companies.

Main Internet providers in Warsaw include:

- UPC https://www.upc.pl
- Orange http://www.orange.pl/start.phtml
- Play http://www.play.pl (Polish telecom)
- Netia http://www.netia.pl/

Wi-Fi Internet is available in many areas of Warsaw. Most of the networks are secured and paid but there are also many places with a free wireless Internet available. You can search a list of current wifi hotspot locations in Poland here: http://hot.spots.pl/

HELP WITH THE INTERNET Lukasz Wielewicki is ready to help with internet, router and computer systems. Speaks good English. tel: 795 425 675, email: lukasz.wielewicki@britishcouncil.org

GOOGLE CHROME-A terrific feature of this web browser allows you to translate from Polish to your native language. Be warned that while it does a good job translating, it is far from perfect.

APPLE TV-A small hard drive which can attach to your TV and to the internet to stream content from iTunes account as well from the Internet. Although it does not have the same number of programs as Satellite or Cable, it can provide access to programming from the United States.

INDOOR PLAY AREAS

BAJOLANDIA - in Ursynow by the Kino
FIKOLAND in Galeria Mokotów, Enclosed play centre, tunnels, ball pit and more, prices depend on day/time, T: 22 541 34 85.
BAILANDIA, Targowek, 1st floor, ul. Glebocka, tel 22 331 35 90, www.bajlandia.waw.pl
ELDORADO, Powstanców Slaskich 126, at the Carrefour in Bemowo. The main attraction is a pirate ship with a nine-meter slide. 12 pln per hour or 20 pln day ticket, adults free, T: 22 569 72 70.
INCA PLAY, al. Jerozolimskie 179, Blue City Mall, 4th floor, T: 22 311 75 11, www.incaplay.pl
SALI ŻABAW URWISKI located at Centrum Handlowym Jozefoslaw, Ul. Geodetow 23, Piaseczno. It’s the place near the Piotr y Paweł supermarket.

ECO KIDS SATURDAY WORKSHOP, a workshop for kids 5-12 years old. The workshop group is not bigger than 10-12 kids and takes place in a safe and cozy place – a small garden house in Konstacin.
www.ecokidsworkshop.blogspot.com, or call Izabela on 601 206 680.

INTERNATIONAL GROCERY STORES
<table>
<thead>
<tr>
<th>SHOP</th>
<th>LOCATION</th>
<th>CONTACT INFO</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Afro-Asian Shop</strong></td>
<td>ul. Kazimierzowska 43 lok. C. Entrance to street from ul. Różanej.</td>
<td>22 402 69 39</td>
<td>Selection of frozen food to delight the taste buds; dim sum, sushi ingredients, seafood. Stock up on store cupboard ingredients like sauces, rice, noodles etc.</td>
</tr>
<tr>
<td><strong>Asian House</strong></td>
<td>Ground floor of Galeria Mokotów</td>
<td>22 514 34 34</td>
<td>Open Saturday 8.00-17.00. fruit and vegetables in the first warehouse, some imported from Argentina. In the second warehouse, find organic cheese varieties from from Italy, France and Netherlands. Cash only</td>
</tr>
<tr>
<td><strong>Bio-bazar</strong></td>
<td>Ul. Zelazna 51/53</td>
<td><a href="http://www.biobazar.org.pl">www.biobazar.org.pl</a></td>
<td>For all things British, share the order with a friend to maximize the weight allowance.</td>
</tr>
<tr>
<td><strong>British Corner Shop</strong></td>
<td>(online only)</td>
<td><a href="http://www.britishcornershop.co.uk">www.britishcornershop.co.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>Café Balgera</strong></td>
<td>ul. koszykowa 1</td>
<td>22 629 01 89</td>
<td>Italian. Collect chilled pasta to go and desserts to be eaten later.</td>
</tr>
<tr>
<td><strong>Cedros</strong></td>
<td>al. Solidarności 61</td>
<td>22 670 11 66</td>
<td>Le Cedre restaurant has a take away service next door. Stock up on Lebanese food, wine and other offerings.</td>
</tr>
<tr>
<td><strong>Papryka-Hungarian Store</strong></td>
<td>ul. Zwyciescow 22</td>
<td>+48 22 616 0257</td>
<td>Hungarian Deli selling wine, meats, preserves and spices.</td>
</tr>
<tr>
<td><strong>British Shop</strong></td>
<td>ul. Emilii Plater 12, Warsaw. Open 11:00 - 19:00 during the week. Closed weekends.</td>
<td><a href="http://www.britishshop.pl">www.britishshop.pl</a> 692 240 804.</td>
<td>They will order ANYTHING for you from electrical to food if you give them three weeks’ notice. They have an online shop too, and decent stock on the shelves.</td>
</tr>
<tr>
<td><strong>Italian Deli Piccola Italia</strong></td>
<td>al.KEN 85 (róg ul.Herbsta) inside Galeria Metro, (over the road from Ganesh).</td>
<td>22 756 38 55</td>
<td>You can stock up on lots of Italian, French or Spanish favorites; Panettone, dried pasta, risotto, spices, meats, cheeses, and pasta flours. A real cook’s delight. Afterwards, enjoy a cappuccino in their tiny café before heading home to prepare your Mediterranean supper.</td>
</tr>
<tr>
<td><strong>Korean/Japanese Store</strong></td>
<td>ul. Wawozowa 33 lok. U3.</td>
<td>22 649 33 76</td>
<td>Located approx. 1 km west of the Kabaty metro stop not too far from the Tesco supermarket.</td>
</tr>
<tr>
<td><strong>Kuchnia Swiata</strong></td>
<td>Best one is on -1 Złote Tarasy, also at Stara Papiernia, Arkadia &amp; Galeria Mokotów.</td>
<td><a href="http://www.kuchnieswiata.pl">www.kuchnieswiata.pl</a></td>
<td>Stocks food from most countries; Britain, America, Mexico, not cheap, but will make you feel at home. Canadian maple syrup and Thai curry paste. Yum!</td>
</tr>
</tbody>
</table>
**LITTLE INDIA**
ul. Domaniewska 22, lok 5
In the cluster of the green shops near the church on the main road
www.littleindia.pl
22 843 67 38
Fresh vegetables imported from India (usually every Tuesday), frozen and canned food delights to satisfy your spicy taste buds with authentic Indian food (2 min. drive from Galeria Mokotow).

**MARKS & SPENCER**
Złote Tarasy ground floor, Marszałkowska & Arkadia shopping mall.

**MOSQUE SHOP**
ul.Wiertnicza 103
22 842 91 74
well as raw

**NAMASTE INDIA**
ul. Nowogrodzka 15
22 357 09 39
www.namasteindia.pl
For ready-to-eat freshly cooked Indian cuisine take-aways as well as raw ingredients to prepare Indian food at home.

**SAMIRA**
Powsińska 64A
Warsaw (opposite Sadyba Best Mall)
www.samira.pl
22 825 33 63
Sells the most delightful selection of Lebanese and Turkish products: hummus, olives, tahini paste, pita breads etc. Great restaurant very popular. Note early closing time. Open Mon-Sat 1000 -2100 Sun 1200 – 1800.

**SHILLA**
In the Land Mall in Mokotow
Metro Station Służew
11 Wałbrzyska Lok 159
22 549 91 52
Located on the premises of the Korean Restaurant Shilla, this store has Asian rice, spices and condiments as well as a good selection of frozen dumplings.

---

**K**

**KARATE LESSONS FOR KIDS**
Karate instructor is Pawel Orysiak. His number is 600 388 498.

Karate lessons are available at the school as well. Check at the activities fair in August.

**KENNELS**
Please see P for Pet Needs, Kennels

---

**L**

**LANGUAGE LESSONS**
Note: Check the bulletin board outside the cafeteria for local private tutors of Polish (and other languages).

**POLISH**
IZABELA GÖRNICKA-ZDZIECH, T: 601 206 680, izabelazdziech@gmail.com. (highly recommended!)

MERITUM, Dariusz Pilatowicz, ul. Wspólna 63A/10, 22 622 85 86.
GSM, T: 602 79 40 69, info@meritum.com.pl.


LINGUARAMA, ul. Sniadeckich 17, T: 22 628 72 91. Emphasis on communication skills so speaking and listening skills is stressed.

CITILINGUA, contact ewelina.kowalska@citilingua.pl. Recommend instructor “Goshka”, meet at their office or at your home, individualized lessons, survival Polish, 22 371 44 70, 501 474 425.

ROSETTA STONE, www.rosettastone.co.uk/ Highly recommended for the self-motivated!
ENGLISH
Many of the above companies also teach English.

The ASW PTO offers free English conversation groups within the school grounds. Registration will take place within the first few weeks of schools.

M
MEDIA & COMMUNICATION
EMPIK offers a large supply of foreign language magazines and newspapers (notably English, German, Italian, French and Russian titles). Smaller selections can also be found in hotel bookstores and some foreign bookstores. www.empik.pl

MEDICAL
See APPENDIX 1 - MEDICAL AND DENTAL

MOVIES
First-run movies generally make their way to Warsaw theaters a few weeks after opening in the U.S. Most are shown in English with Polish subtitles, with the notable exception of children’s movies, which are almost always dubbed into Polish. Movie prices vary by theater and time. The PTO will occasionally arrange for an English-language showing of various children’s movies. Watch the PTO newsletter and school adverts for dates/times.

www.silverscreen.pl
www.cinematicity.pl
www.multikino.pl
www.kinoimax.pl
www.filmweb.pl is a great web page for showtimes at various cinemas in Warsaw. Click Reperatuar and choose your city.

Kino Iluzjon on ul.Narbutta 50a, shows classic Polish films with English subtitles the last week of every month. This is a small refurbished cinema and cultural center, well worth a visit. Sign up for their newsletter on www.iluzjon.fn.org.pl . Parking is limited given the residential area.

Look out for ‘National Theatre Live (NTL)’ @ Multikino cinemas. These are English plays/ballets etc. in English with Polish subtitles, tickets cost 35pln each and are available at Multikino cinemas or online www.multikino.pl

MUSEUMS
The WARSAW UPRISING MUSEUM, ul. Grzybowska 79, T: 22 539 79 05, www.1944.pl, Admission 4 zl adult 2 zl children, free Sunday. Mon/Wed/Fri 8am-8pm, Thurs 8am-6pm, Sat/Sun 10am-6pm. An excellent museum, packed with displays enough to fill a day. Most displays also have English captions, so no need to hire a tour guide unless you’d like a more personal guide. Nice café, too, when you’re ready for a break. Profoundly moving.

The PALACE OF CULTURE has a number of attractions such as a science museum and puppet theatre and cinema.

POSTER MUSEUM – next door to Wilanow Palace. 10/16 St Kostki Potockiego Street, e-mail: plakat@postermuseum.pl, web site is in English www.postermuseum.pl, opening hours from Tuesday to Sunday 10-16 and on Mondays 12-16. Last visitors admitted half an hour before closing time. Tickets: 10 PLN – full fare; 6 PLN – reduced fare. Well worth visiting on a rainy day.


**COPERNICUS SCIENCE CENTRE** - Wybrzeze Kosciuszkowskie 20. Good rainy day option. Houses very impressive displays for children and adults. Displays are in English. It is suggested to visit the Planetarium and watch the IMAX space movies (you can borrow earphones for English). Gets very busy, and can wait up to 2 hours for admission! [www.kopernik.org.pl/en](http://www.kopernik.org.pl/en)

**NOWY ŚWIAT** (Means ‘New World’) This is Warsaw’s principal shopping street. You will find Warsaw’s premier boutiques, with names to indulge in including Zegna, Escada, Boss, Burberry, Max Mara, Nespresso and Lacoste. You are not allowed to drive down this street, only taxis and buses are allowed. However, your GPS system doesn’t know that, so be forewarned as the police are always on the look-out, and you will get stopped and fined. Suggest you park close by and enjoy your shopping.

**NETFLIX** Is now available in Poland. You might be able to access it through your foreign account, or you can sign up locally. Programs are available in their native language and many come with subtitles or dubbing in German, Polish and sometimes Spanish or French.

### ORGANIC & HEALTH FOOD

<table>
<thead>
<tr>
<th>SHOP</th>
<th>LOCATION</th>
<th>CONTACT INFO</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>EKO-Market</td>
<td>3/5 Wyzwolenia</td>
<td>22 621 81 00</td>
<td></td>
</tr>
<tr>
<td>Ekosfera Farma Zdrowia</td>
<td>ul. Stepińska 22/30</td>
<td>22 851 50 34 or 501 176 874</td>
<td>Order on-line in Polish.</td>
</tr>
<tr>
<td>Green Way</td>
<td>al. Jerozolimskie 47</td>
<td></td>
<td>Healthy pro-ecological food.</td>
</tr>
<tr>
<td>Health Food Shop</td>
<td>ul. Złota 11</td>
<td>22 826 93 64</td>
<td></td>
</tr>
<tr>
<td>MAJA</td>
<td>ul. Wawozowa 4A (across from Tesco in Kabaty)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oaza Zdrowia (Health Oasis)</td>
<td>ul. Codzienna 2 (Praga)</td>
<td>22 628 23 99</td>
<td>Vegetarian, macrobiotic.</td>
</tr>
<tr>
<td>Organic Farma Zdrowia</td>
<td>Sadyba Best mall, Galeria Mokotów, Stara Papierna &amp; Złote Tarasy.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rajscki Ogrod</td>
<td>Powsinska 31 (Panorama Mall lowest level)</td>
<td>22 370 39 53</td>
<td><a href="http://www.rajski-ogrod.pl/">www.rajski-ogrod.pl</a></td>
</tr>
<tr>
<td>Smak Natury</td>
<td>al. K.E.N. 19</td>
<td>22 446 09 51</td>
<td><a href="http://www.smaknatury.pl">www.smaknatury.pl</a> (Polish)</td>
</tr>
</tbody>
</table>

**ORGANIC & HEALTH FOOD SHOP**

- **EKO-MARKET**
  - Location: 3/5 Wyzwolenia
  - Contact: 22 621 81 00
- **EKOSFERA FARMA ZDROWIA**
  - Location: ul. Stepińska 22/30
  - Contact: 22 851 50 34 or 501 176 874
  - Website: [www.ekosfera.pl](http://www.ekosfera.pl)
  - Notes: Order on-line in Polish.
- **GREEN WAY**
  - Location: al. Jerozolimskie 47
  - Contact: -
  - Notes: Healthy pro-ecological food.
- **HEALTH FOOD SHOP**
  - Location: ul. Złota 11
  - Contact: 22 826 93 64
- **MAJA**
  - Location: ul. Wawozowa 4A (across from Tesco in Kabaty)
  - Contact: -
- **OAZA ZDROWIA (Health Oasis)**
  - Location: ul. Codzienna 2 (Praga)
  - Contact: 22 628 23 99
  - Notes: Vegetarian, macrobiotic.
- **ORGANIC FARMA ZDROWIA**
  - Location: Sadyba Best mall, Galeria Mokotów, Stara Papierna & Złote Tarasy.
  - Contact: -
- **RAJSKI OGRÓD**
  - Location: Powsinska 31 (Panorama Mall lowest level)
  - Contact: 22 370 39 53
  - Website: [www.rajski-ogrod.pl](http://www.rajski-ogrod.pl)
- **SMAK NATURY**
  - Location: al. K.E.N. 19
  - Contact: 22 446 09 51
  - Website: [www.smaknatury.pl](http://www.smaknatury.pl) (Polish)
### Special Wieski
ul. Zwycieczcow 23 (Saska Kępa)

### Ziarenko
ul. Resorowa 14 (Wilanów, around the corner from MarcPol) 501 564 660

### Zielone Oko
ul. Wawozowa 36 (Kabaty and other locations) 22 648 54 21

### Złoty Cesarz (Yellow Emperor)
ul. Bruna 34 www.zoltycesarz.pl/ 22 825 25 00 or 603 762 867 You can order via Internet for home delivery.

### OUTDOOR MARKETS

<table>
<thead>
<tr>
<th>SHOP</th>
<th>LOCATION</th>
<th>CONTACT INFO</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Konstancin Market</strong></td>
<td>Opposite Stara Papiernia center</td>
<td></td>
<td>Only available on Wednesday &amp; Saturday mornings. Amazing selection of seasonal fresh fruit, veg, eggs, plants in summer and everything else under the sun! Very muddy after rain, or dusty in summer so wear sensible shoes. From 0700 until noon.</td>
</tr>
<tr>
<td><strong>Nowy Targ</strong></td>
<td>ul. Madalinskiego 10/16 Mokotow 22 620 09 18 On Facebook</td>
<td></td>
<td>Nowy Targ (New market) and will be a market where you can buy healthy locally produced food. You will find there small producers of fresh fruits and vegetables, meats, dairy products, meat, juices, and more. Among the exhibitors you can meet Towary Niezwykłe with its jams and mustards, Pani Ula with sweets and honeys, vegan baked goods from Dolce &amp; Vegan, meat from Kalinówki and many others.</td>
</tr>
<tr>
<td><strong>Sadyba Bazaar</strong></td>
<td>Next door to Sadyba Best Mall, corner of Powsińska &amp; Bonifacego</td>
<td></td>
<td>Popular site for excellent fruit &amp; veggies, Open every day except Sunday.</td>
</tr>
<tr>
<td><strong>Hala Mirowska</strong></td>
<td>on al. Jana Pawła II at Mirowski</td>
<td></td>
<td>Flowers and fruit in abundance, technically under a roof, but basically a market.</td>
</tr>
<tr>
<td><strong>Polna Market</strong></td>
<td>ul. Polna 9/11</td>
<td></td>
<td>Indoor Market with different shops featuring some of Warsaw’s best produce, wine, deli meats and butchers.</td>
</tr>
</tbody>
</table>

Breakfast Picnics ‘Targ Śniadaniowy’ on weekends from 09:00 – 16:00. Check locations on the website www.tarsniadaniowy.pl fun for all the family. Great way to chill on a weekend.

**P**

**Pączki**

Cukierna Pawłowicz Traditional Polish doughnut with rose jam filling. (Singluar = pączek.) Grab one on the run from the window on ul. Chmielna 13.

Blikle – the most famous pączki come from Blikle ul. Nowy Świat 33
PAINTED FURNITURE
Sherri MacDonald - Wlodarski (Canadian Polish) owns ‘Brush’, an Annie Sloan paint effects store in Konstancin opposite Stara Papiernia (paper mill). She will transform tired looking furniture into a shabby chic delight. ul. Pilсудskiego 3, Konstancin-Jeziorna. T:660 432 642. Open Tues- Fri 11:00- 16:00, Sat 11:00-15:00.

PAPER GOODS
PAPIERNICZY in Stara Papierna Konstancin, art & crafts and paper products. T: 515 082 810 E: papierniczyc@ebobo.pl
Tiger Shop-looking for funky gifts and gadgets to suits all ages? Then try ‘Tiger’. Great place to stock up on seasonal decorations and paper goods (including tissue paper for present wrapping). Located behind on Nowy Świat and Zloty Tarasy in Centrum Al. Jana Pawła II 11 T: 22 464 86 79; W: www.tigershops.pl

PARKS/GARDENS
Warsaw University Library Rooftop Garden, ul. Dobra 56/66. The Garden is open from April thru October, 9:00 a.m. – 8:00 p.m. and from November to March 9:00 a.m. to 3:00 p.m. Free entry. Lovely views.

Warsaw University Botanical Garden, ul. Ujazdowskie 4, T: 22 553 05 23, a collection of 7000 plants and flowers, open daily from April to October. 10:00 a.m. – 7:00 p.m.. www.garden.uw.edu.pl


Pole Mokotowskie, Enter from Niepodleglosci or Zwirki I Wigury. Playground area, cycling track, slopes for skaters and bikers, dog friendly, and popular open-air pub “Lolek” (nice roaring fire).

Park Ujazdowski, al. Ujazdowski, just north of Lazienki Park. Large playground, well-tended garden, dog free.

PowSIN Park, In Kabacki Forest, enter on ul. Maslakow 1, or take the 519 or 139 bus. Play area, outdoor chess, outdoor swimming pool, varied levels of a ropes/challenge course, walking and biking trails, cross-country ski rental in winter. A Warsaw favorite! www.parkpowsin.pl

Lazienki Park, al. Ujazdowskie. Beautiful for strolling, or riding the swan boat near the Palace on the Water, or feeding the squirrels. Play area near the southern end of the park, but no bikes or skateboards. For more information, see p. 60.

Park Żeromskiego, At the Plac Wilsona metro stop, Zoliborz. Nice park for a wide range of kids.


PASSPORT PHOTOS
If you need to renew or report a stolen passport, then contact your Embassy for advice. To obtain passport photos, try Kodak Express/Foto-Com in Sadyba Best mall next to the Carrefour supermarket. In Konstancin, there is a photo shop next to the post office at ul. Wilanowska 1, paw. 3, Konstancin. T: 22 754 04 79. www.foto-ogrodnik.pl.

PC INSTALLATION
See TELEVISION.

PET NEEDS, KENNELS FOR DOGS AND PETS IN THE WARSAW AREA
Health booklet from Veterinarian is required at all kennels documenting full up-to-date vaccinations including flea and tick protection. Reservations should be made in advance.

<table>
<thead>
<tr>
<th>KENNEL</th>
<th>CONTACT</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotel dla Zwierząt</td>
<td>English and some German spoken by son &amp; daughter in law who have Vet office on property: Dorota Muhsam, Rafal Muhsam 22 754 39 19</td>
<td>Reservations can be made 8-14:00 Monday to Friday. Kennel office not open on Sundays or Holidays for pick-ups or drop offs.</td>
</tr>
<tr>
<td>Pensionat dla kotów i psów</td>
<td>22 612 77 96 For English call Urszula 608 389 901</td>
<td>Dogs are together on one floor of the house, and walked daily in the large garden. Dogs must be able to socialize with other dogs, no aggressive dogs permitted.</td>
</tr>
<tr>
<td>Ewa Majka–vet, ul. Helltrópów 19, Warszawa-Wawer</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PET NEEDS, PET STORE</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Maxi Zoo in Sadyba Best Mall and Galeria Mokotów (and other malls). Sells specialist pet foods. Regular pet food can easily be bought at grocery stores.  
Crazy World Pets located in Stara Papierna, Konstancin  
Kakadu, in area malls. Sells pet food and supplies. |

| **PET NEEDS** |
| See also **DOG WALKER.**  
See also **VETERINARIANS.** |

| **PHARMACY** |
| See **APPENDIX 1 - MEDICAL & DENTAL.** |
**PHYSIOTHERAPIST**
See Medical section P. 36

**PHOTOS**
FAMILY PHOTOS - OLA PUŁAWSKA, T: 502 597 198, www.tylko4zeby.pl. She needs half a day with your family to get some great shots, and will organize prints, posters etc. She also gives you the photos on disc. She is quite artistic, so don’t expect any cheesy portraits! If you want to put your photos on a canvas, then use the processing lab on Marszałkowska (they speak English).


KODAK EXPRESS - FOTOCOM, Sadyba Best Mall. This is a good place to get your photos for residency cards, passports, etc.

**PIANO TUNER**
Piano Tuner, 602 153 567, 22 625 78 67, biuro@pianotuner.pl, www.pianotuner.pl.
Piano Tuner, Konrad Kucharski. He came highly recommended by the university music professors from the Chopin University. 604-316-538, konrad.kucharski@poczta.fm, www.konradkucharski.pl

**PICTURE FRAMING**
Mabellini Delio is a wonderful picture framing shop in Piaseczno (2 mins drive further on from Impresja pottery shop). Owner speaks perfect English. Prices are very reasonable. Address ul.Konarskiego 6a, Piaseczno 05-501 T: 22 357 8678, e-mail:mabellini@vp.pl open Tuesday - Friday 11:00-18:00, Saturday 09:00-14:00 closed on Sunday and Monday.

**PILATES CLASSES**
See also FITNESS CENTERS/HEALTH/EXERCISE

**PIZZA DELIVERY**
Warsaw has numerous pizzerias that will deliver to your home, and many have English-speaking staff to help you order by phone. You might try:

- **QUATTRO CANTI**, 509 644 559, www.quattrocantri.com. Thin crust Pizza made to order. Two branches, one on Syta and the other at Sadyba Best Mall.
- **FRATELLI’S**, 22 858 10 10, delivery to Wilanow and Mokotow
- **PIZZA HUT/KFC**, 22 536 36 36, delivery to all areas.
- **TELE PIZZA**, delivery to all areas, www.telepizza.pl. Look online if your area is not listed here.
  - AL. KEN 52, Ursynów, 22 506 07 87
  - UL. Czerniakowska 145, just north of Sadyba, 22 840 08 23
  - UL. Małczewskiego 56, Mokotów, 22 646 16 65
  - UL. Hłonda 10, Wilanów, 22 290 37 80
- **DOMINOS PIZZA**, 22 209 00 01, delivery in Mokotów. www.dominospizza.pl
- **SEGMENT**, 22 424 14 14, or visit their shop, ul. Powsinska 18a, www.segment.waw.pl (brick-oven style).

**PODIATRIST**
Janusz Kot is an American Polish who will assess both adults and children. Located on ul.Koszykowa 20 in Centrum. Open Monday - Friday from 10:00 - 18:00 Tel: 22 629 11 18

**POLISH LANGUAGE SCHOOLS/TUTORS**
See LANGUAGE LESSONS.

**POLISH POTTERY/GIFTS**
Poland is famous for its lovely blue and white pottery called BOLESŁAWIEC http://ceramicboleslawiec.com.pl/ which is a town in southwestern Poland close to the German border. It can be bought locally, and bubble wrapped if needed as a present for overseas. There are lots of different patterns, and you can mix and match the sets.

**OTHER SHOPPING IDEAS FOR TRADITIONAL POLISH GIFTS**
- Polish silver and Amber jewelry
- Batycki handbag
Cut glass from Silesia
Thick hand-knitted woolen sweaters and leather slippers produced by the ‘Highlanders’ of Zakopane
Large illustrated books of Polish landscape
Hand woven tapestries and embroidered tablecloths
Folk art & paper cuttings.
Oszczypek sheep’s milk cheese
Decorated eggs especially at Easter time
Toruń ginger cake
Vodka, especially the Bison grass brand called Zubrowka, or Chopin Vodka
Goldwasser, a liqueur from Gdansk with flecks of gold (delicious!)
Hand painted Christmas decorations
Wooden boxes or chess sets from Krakow

<table>
<thead>
<tr>
<th>SHOP</th>
<th>LOCATION</th>
<th>CONTACT INFO</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANKO (POTTERY)</td>
<td>ul.Modzelewskiego 70 Centrum</td>
<td>22 848 76 17 602 367 383 <a href="http://www.anko-pottery.com.pl">www.anko-pottery.com.pl</a></td>
<td>They will order pieces for you, if you are looking for something in a particular pattern.</td>
</tr>
<tr>
<td>BMW ART</td>
<td></td>
<td>501 120 686 <a href="http://www.bmw.art.pl">www.bmw.art.pl</a></td>
<td>Please call ahead and mention American Friends of Warsaw</td>
</tr>
<tr>
<td>BOLESŁAWIEC POTTERY</td>
<td>ul.Prosta 2/14</td>
<td>22 624 84 08 <a href="http://www.ceramicboleslawiec.com">www.ceramicboleslawiec.com</a></td>
<td>Great prices and discounts</td>
</tr>
<tr>
<td>CEPELIA</td>
<td>Plac Konstytucji 2 &amp; 5, Nowy Świat 34&amp;35, and various locations in Warsaw &amp; Poland</td>
<td><a href="http://www.cepelia.pl">www.cepelia.pl</a></td>
<td>Variety of traditional Polish gifts, strictly &quot;Made in Poland&quot;.</td>
</tr>
<tr>
<td>DARIUSZ ART</td>
<td></td>
<td>608 290 454 <a href="http://www.dariuszzielinski.pl">www.dariuszzielinski.pl</a></td>
<td>Please call ahead and mention American Friends of Warsaw</td>
</tr>
<tr>
<td>GALERIA KONSTANCIN</td>
<td>Wilanowska 37A, 05-510 Konstancin</td>
<td>227563922 602152895 <a href="http://www.brzostowska.com">www.brzostowska.com</a></td>
<td>Mon-Fri 11.00-19.00, Sat 11.00-16.00, Sun 11.00-15.00 Baskets, paintings, glass, linen, painted furniture.</td>
</tr>
<tr>
<td>IMPRESJA</td>
<td>ul.Kruczkowskiego 8A, Piaseczno</td>
<td>22 757 20 91 <a href="http://www.impresja.waw.pl">www.impresja.waw.pl</a></td>
<td>Pottery, baskets, furniture, linen, crystal, also some smaller vendors with jewelry, handbags, scarves. Lovely restaurant on-site Owner speaks English.</td>
</tr>
<tr>
<td>LIM</td>
<td>ul.Wawozowa 4 Lok. U8</td>
<td>22 408 86 98 <a href="mailto:sklep@lim-kram.pl">sklep@lim-kram.pl</a> <a href="http://www.lim-kram.pl">www.lim-kram.pl</a></td>
<td>Open Mon-Fri 11.00 -19.00, Sat 10.00-15.00 Closed on Sundays. The shop may look closed when in fact it is open, he just doesn’t always put the lights on!</td>
</tr>
<tr>
<td>LUCJA</td>
<td>Ul. Nowomiejska 1/3</td>
<td></td>
<td>Krosno glass and crystal.</td>
</tr>
</tbody>
</table>
POST OFFICE
Queues are sometimes long and while they are generally amenable, the staff speak minimal, if any, English. We suggest you pay your cleaning lady (‘Pani’) to stand in the queue, or go during low traffic times such as mid-morning (before 11) or before 4 in the afternoon. Many Post Offices are now open for limited hours on weekends as well.

All household bills can be paid for at the post office as well as at the bank or at some grocery stores.

If you receive a green/white slip through the post you have either a parcel or registered letter waiting for you. You have to go to the local Post Office to collect this. Take some proof of identity with you, to validate you live at that address. The relevant Post Office address is stamped on the green slip.

The larger Post Offices have a queuing system-when you enter you will see a machine with three buttons A, B, and C. You will need A if you are paying a bill but you can also buy stamps here. If you only want stamps or want to send a registered letter or need to collect something with a green slip than take a ticket B. You will need to take a ticket for A and B if you want to pay a bill and have something to collect with a green slip.

If you need to send something urgently DHL, UPS, TNT, and Federal Express are all represented in Warsaw.

NOTE: To save hassle and time, ask the receptionist at school if you can buy stamps from her (opposite the guard’s desk at the main entrance to the school). She will weigh and post your parcel and letters for you.

Q

QUILTING
SEVEN SISTER FABRICS - Small new store on the first floor of the C.H. Arkadia (under the Poniatowskiego Bridge) with beautiful fabrics. Ul. Solec 81 Lok 77 690 072 717 www.sevensistersfabrics.pl

R

RADIO
The majority of radio and television stations are Polish language only, though you may occasionally find a second language program being broadcast. RADIO PIN (102 FM) offers news in English every weeknight at 9 p.m.

For more radio information visit the website - www.tvradioworld.com.

REAL ESTATE AGENTS
Edyta Knox at EUROVILLA has been recommended. e.knox@eurovilla.pl 513 144 950. www.eurovilla.pl.

RELIGIOUS SERVICES
Warsaw has a large and varied international population, with a number of different houses of worship and types of religious services available. Details of these can be found in the list below and the Warsaw Insider.

INTERNATIONAL CHRISTIAN FELLOWSHIP
ul. Pulawska 114 T: 22 844 79 96, pulawska@chs.pl, www.chs.pl
International church serving English speaking people in Warsaw. Service on Sundays at 1700. Offering Youth programs, children program, and childcare.

Warsaw International Church
Miodowa 21, T: 22 842 23 51, serving the community for the past 25 years.
Email pastor@wic.org.pl, www.wic.org.pl Sunday service: 1100, also provides a childrens class.

St. Paul’s English - Speaking Catholic Parish of Warsaw
ul. Solidarnosci 80, W: www.warsawcatholics.pl, Sundays Mass at 12:00pm. Cathecism classes for children ages 4-15 old, held before the services at 11:00 a.m. Rite of Christian Initiation of Adults (RCIA) by special
RESTAURANTS

There is a wide range of cuisine available here - including Polish, Japanese, Italian, French, Chinese, Indian, Turkish, Mexican, Greek and American. Some of the American chains here are McDonald’s, Pizza Hut, Kentucky Fried Chicken, TGI Fridays, Fuddruckers, Dairy Queen and Subway. There are lots of coffee shops serving coffee, light snacks, and desserts including Hard Rock Café, Starbucks, Café Nero, Costa. International hotels also have excellent restaurants. You will not fail to notice a sushi bar on every corner. Restaurants can come and go within six months to a year here, so always consult your ‘In your pocket guide for Warsaw’ www.inyourpocket.com or the Warsaw Insider www.warsawinsider.pl for new restaurants and all too often closures.

Check out this website: www.ересторация.pl – it’s so cool! You can make reservations at almost any restaurant in Warsaw, or search for a place to cater your next party. The website is in English!

Also, carry out from many restaurants can be had at www.roomservice.pl.

Restaurants recommended by ASW parents

1899, Henryka Sienkiewicza 5, Konstancin T: 22 754 63 12

ALE GLORIA , Plac Trzech Krzyzy 3, Warsaw, www.alegloria.pl, T: 22 584 70 80, on the fancy/expensive side.

BROWARNIA KROLEWSKA, fantastic microbrewery and restaurant, serving polish food and their own homemade beers. It is located in the Old Town, corner of Krolewska and Krakowskie Przedmiescie.

CASTELLO’S ITALIAN, ul.Wiertnicza 96. A consistent family friendly restaurant with open fire in the winter, terrace, play garden with swings etc in the summer. Very popular. tel: 22 885 75 05, www.castello.pl

GARAZ CAFÉ, ul. Pastewna 25, Warsaw. A small café nestled inside a converted garage. Serves great pastas and salads. They have even squeezed in a small shaded patio at the back. You will find a good chemist on the corner, and a children’s playground near by. Mon—Fri 11—21.30, Sat 13.00—22.00, Sun 13:00—20.00. T: 22 858 26 93. www.garaz-cafe.waw.pl

GUCCIO DOMAGGI, Croatian wine and cuisine, family run business, fantastic food and great wine. Very warm and friendly atmosphere with down to earth prices. Business lunch (3 course meal) under 20pln! ul. Suzina 8, Zoliborz, T: 600 021 882 or W: www.winachorwackie.pl

Sushi delivery in Konstancin- Kaizen Sushi 7 days a week. Galeria Bielawska, Konstancin, ul.Swietlicowa 7/9 open from 12:00- 21:00, T: 22 111 00 12 www.kaizensushi.pl

LECERE LEBANESE, al. Solidarnosc 61, Warsaw, just over the bridge on the Praga side, reserve one of the cushioned, curtained booths for a lovely dining experience. T: 22 670 11 66, www.lecedre.pl
MAHARAJA INDIAN, great carry out, ul. Marszalkowska 34/50, Warsaw, T: 22 621 13 92

MIELŻYNSKI, fabulous wine bar, two locations in Warsaw. T: 22 636 00 55, bistro food, or go for the wine tasting with a plate of tapas. Reservations recommended.

OH! SUSHI, ul. Wiernicza 102, next door to Castello (and other locations). T: 22 642 1618. Open 12- 22:00 hrs, Sun 13:00 – 22:00hrs. W: ohhsushi.pl


QUATTRO CANTI TRATTORIA, Italian, cozy neighborhood next door to a deli, where you can watch your pizza being made. ul. Syta 120, Wilanów. www.quattrocanti.pl open: 1200 to 2200, T: 509 644 559. Someone please try their new branch near Sadyba Mall on Bonifacego and let us know how it is!


SAKANA SUSHI BAR-There are three located in Warsaw; one close to the Opera house on Moliera 4/6, the best location is on Burakowska 5/7 nr. Arkadia mall, and the closest to the school is near Tesco in Kabaty on ul.Wawozowa 6/10B www.sakana.pl - excellent every time.

SUSHIZUSHI, ul. Zeraawia 6/12, T: 22 420 33 73, www.sushizushi.pl, near Three Crosses. Excellent sushi that you can choose from the rotating bamboo boat ring or order custom requests, lovely atmosphere.


KALIMBA CAFÉ, in the Zoliborz district. Adjacent to a wonderful playground, play area, homemade food. Also has a shop for children’s toys, ul. Mieroslawskiego 19, Zoliborz, T: 22 869 97 84, www.kalimba.pl

To LUBE, in New Town, climb the stairs and play some board games while you wait for your basket of cookies and hot chocolate. Buy some homemade meringues on the way out. ul. Freta 10, T: 22 635 90 23.

RUGBY

JUNIOR FROGS RUGBY – contact Marc Delannoy, marcdel2000@gmail.com. Boys and girls aged 7-15 years. Practice is at Skra Field in Pole Mokotowskie. Practices are on Wednesday 19:00-20:30 & Saturday 14:00-15.30.

S

SEAMSTRESS/DRESSMAKERS

BOGDANKA, ul. Lechicka 14, T. 22 868 2581

BARBARA GOLEBIWSKA, T: 22 642 75 59 or 604 568 405. Her daughter, Ivona, speaks English. Barbara will come to your house.

DANuta, ul. Czerniakowska 28a, T: 22 840 14 08

SADYBA BEST MALL, next to Coffee Heaven

INVISIBLE MENDING SERVICE, Zakład Usługowy ul. Wilcza 26. Speaks very little English but obvious when you show them the hole in your clothing! T: 22 629 05 85. Open Mon – Fri 11:00 – 18:00. Excellent service, takes 7-10 days.


SUNDAY BRUNCHES RECOMMENDED BY ASW PARENTS

One of the best dining experiences for the family in Warsaw is to indulge in a Sunday Brunch at one of the many top hotels and restaurants the capital has to offer. Many hotels also offer prepared holiday meals for carry-out. Watch the AFW and IWG (see ORGANIZATIONS) newsletters around holiday time for more details.

<table>
<thead>
<tr>
<th>NAME</th>
<th>POINTS OF INTEREST</th>
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</table>


| **ALE GORIA** | www.alegloria.pl 3, Trzech Krzyży Square  
 T: 22 584 70 80 |
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<tbody>
<tr>
<td><strong>BELVEDERE</strong></td>
<td>Noon – 1630 hours. Live music. Only first drink is free. You are served at your table a variety of Polish courses, and a choice from the grill BBQ for mains. Beautiful location within the park, with Peacock birds roaming about the gardens. <a href="http://www.belvedere.com.pl">www.belvedere.com.pl</a>, T: 22 558 67 00, The Orangerie in Łazienki Park, ul.Agrykoli 1 (entrance from ul.Parkowa nr the Hyatt Hotel).</td>
</tr>
</tbody>
</table>
| **THE BOATHOUSE**  
| **BRISTOL** | From 1230 – 1630 hours. Children’s corner has toys and a babysitter. www.warsaw.lemeridien.com T: 22 551 10 00, ul. Krakowskie Przedmiescie 42/44 (Old town) |
| **FLAMING AND CO** | Ul Chopena 5, restaurant@flaming-Co.com, +48226288140 or +48 724 234 234 |
| **HILTON** | From 1230 – 1600 hours, welcomed with a Bloody Mary drink, then unlimited drinks. Premium seafood, rib Angus beef, sushi, and yummy desserts. Play station for the children. www.warsaw.hilton.com T: 22 356 55 55  
ul.Grzybowska 63 (Centrum) |
| **INTERCONTINENTAL** | From 1230 – 1630 hours, welcome Margarita drink. Kids corner has own children’s menu. Very family friendly and very popular. www.intercontinental.com T: 22 328 88 88  
ul.Emili Plater 49 (Centrum - opposite Palace of Culture.) |
| **MARRIOTT** | From 1230 – 1600 hours – Italian & International food, with kids menu of pizza, nuggets and pancakes and a child minder to keep them company. Childcare available. www.marriott.com/waw.pl, T: 22 630 51 76  
al. Jerozolimskie 65/79 (Centrum – opposite the central train station) |
| **REGENT (FORMERLY THE HYATT REGENCY)** | 1230 – 1630. Can eat inside or outside. Has child care cover, fabulous sushi, plus they make a great fuss if they know it is someone’s birthday with cake and balloons etc. Live music. www.warsaw.regent-warsaw.com  
T: 22 588 12 34, ul.Belwederska 23, (Mokotow) |
| **SHERATON** | Babysitting facilities: games, play station etc. Excellent choice of Mediterranean & Asian food. Served from 1230 – 1630, very popular brunch. www.sheraton.com.pl T: 22 450 67 05  
ul. Prusa 2 (Centrum, by the ‘Three Crosses’) lovely eating area outside in the summer. |
al. Jana Pawla II (Centrum). |

**SECOND-HAND/THRIFT STORES**
‘Have fun discovering these suggested places, and rummage through some Eighties glam. Your rewards can be some real designer and vintage bargains. Anything from Burberry handbags to Chanel sunglasses. Here are a few addresses that I have tried, tested and succeeded in finding a great buy’. – Kay

<table>
<thead>
<tr>
<th>SHOP</th>
<th>LOCATION</th>
<th>CONTACT INFO</th>
<th>NOTES</th>
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</thead>
<tbody>
<tr>
<td>Virgo</td>
<td>ul. Ordyznacka 10/12 Near Nowy Swiat</td>
<td></td>
<td>Good quality adult and children’s clothing plus good toys and books. Also good bags. Good prices.</td>
</tr>
<tr>
<td>Mokotow</td>
<td>corner of ul. Baluckiego &amp; Dabrowskiego</td>
<td>604 912 797</td>
<td>Owner Malgorzata Koscielska speaks Polish/French. Great designer/vintage bargains. Clothes and accessories. Prices are higher than your average thrift store due to their quality. Good place for a cocktail dress or funky bag.</td>
</tr>
<tr>
<td>The Polish &quot;e-bay&quot; - <a href="http://www.allegro.pl">www.allegro.pl</a></td>
<td><a href="http://www.allegro.pl">www.allegro.pl</a></td>
<td></td>
<td>Although the site is only in Polish it is worth the visit. Most of the toys advertised, for example, are imported, very different and are not sold in most stores. They have a massive range of goods for sale both old and new. You can also login and sell your goods on-line, just as you would on e-bay.</td>
</tr>
</tbody>
</table>

SEWING/NOTIONS/HABERDASHERY/FABRICS
See also HOUSEHOLD GOODS & DECORATIONS
Land shopping centre has a fabric shop.

Hurtownia Alexis at ul. Biezuńska 2A, (other side of the river) has wonderful fabrics for all kinds of occasions a beautiful selection of Indian material as well. T: 22 679 31 23

On the second level of Galeria Mokotów there is a notions/haberdashery shop.

GoldPol on Al. Krakowska also sells notions/haberdashery.

Seven Sisters Fabrics, Solec 81, Warsaw. T: 690 072 717 email: 7sisters.fabrics@gmail.com

Another fabric shop can be found at the corner of Pulawska and Madalińskię and someone mentioned that there is one inside the high-rise building next to the Sadyba market.

Sewing Machine repair shop - Pulawska 98 very close to Stary Dom restaurant. Owner speaks perfect English. Shop open Mon-Fri only from 11:00-18:00. He will look at your machine then you call him later that day re the problem and he will quote you a price. Super guy.

SHIPPING
Shipping can be done by The Box Shop, ul. Wiertnicza 127, Warsaw, Poland Hours: Open 09.00-17.00, 5 days a week, T: 22 642 13 43 / 22 651 72 14. This is run by FedEx who also have a branch in the Marriott Hotel Main lobby. Toll free line 0 800 433 339.

There is also a DHL office in the basement of the University library, ul. Dobra 56/66.

SHOPPING
See also

Books
Clothing & Accessories
Florists
Groceries
Household goods & decoration
Hypermarkets
Polish pottery & gifts
Second-hand & thrift stores
Shopping Malls
Sporting goods
Toys & clothes for small children

There are a variety of shops and stores in Warsaw where you can find all the items you need for your home and office. Shops range from small, street-corner, mini-markets to enormous hypermarkets and malls. Remember,
the hypermarkets listed above have more than groceries. Most hypermarkets sell housewares, toys, beauty products, etc. And, most hypermarkets have a wide variety of mini-shops that line the entrance hall. At the entrance to the Tesco in Kabaty/Ursynów for example, you will find a bank, a bakery, a sporting goods store, a book store, a shoe store, an eyeglasses store, a store for cameras and equipment, a booth for shoe repair/watch repair (a great place to get a replacement watch battery)/keys copied, and a food stall with rotisserie chickens! Oh, and a florist, a cell phone shop (maybe two?), a greeting card/gift bag stall, and several stalls for accessories and makeup.

The major shopping streets in central Warsaw are in the area of ul. Chmielna & Nowy Świat and Marszałkowska & Jerozolimskie. On these main streets and on the many small streets leading from them, you will find a wide variety and range of shops and services, from leather repair to imported porcelain.

Another interesting place to shop and browse is the underground pedestrian tunnels near the central train station. The tunnels are lined with myriad small shops that generally specialize in one or two items such as stockings, sweaters, baked goods, etc.

Considering the evidence, Poles love to shop. The malls are huge and consistently full of customers. It is impossible to list all of the interesting and excellent shopping venues in this guide. However, we have assembled a list of some of the favorites of ASW parents.

**SOME KEY SHOPPING VOCABULARY**

| Open = Otwarte | Monday – Poniedziałek (pn.) |
| Closed = Zamknięte | Tuesday = Wtorek (wt.) |
| Push = Pchać | Wednesday = Sroda (sr.) |
| Pull = Ciągniać | Thursday = Czwartek (csw.) |
| Entrance = Wejście (foot traffic) | Friday = Piątek (pt.) |
| Exit = Wyjście (foot traffic) | Saturday = Sobota (so.) |
| Entrance= Wjazd (vehicle) | Sunday = Niedziela (ni.) |
| Exit=Wjazd (vehicles) | Monday – Friday = p.m.. – pt. |
| Ground Floor = Parter | Escalator = Schody ruchome |
| First Floor = Pierwszepiętro | Changing Room = Przymierzalnie |
| Second Floor = Drugiepiętro | Lift/Elevator = Winda |
| Basket = Koszyk |

**SHOPPING MALLS**

In addition to the Hypermarkets there are several malls in Warsaw. The larger malls are Arkadia, Galeria Mokotów, and Blue City. The malls carry a variety of shops. The items range from clothing, office supplies, home goods, electronics, and many more. Most of these malls have movie theaters while Galeria Mokotów and Sadyba Best Mall also have Bowling Alleys.

<table>
<thead>
<tr>
<th>MALL</th>
<th>LOCATION</th>
<th>NOTES</th>
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<tbody>
<tr>
<td><strong>Arkadia</strong></td>
<td>al. Jana Pawła II 82</td>
<td>Everything is under one roof - designer labels, furniture, computers, RTV/AGD etc. There is a multiplex cinema, Internet cafe, food court All big brands like H&amp;M, Royal Collection etc. + a wide selection of sports shops, a Carrefour and Leroy Merlin and best of Marks &amp; Spencer’s food hall. A must visit!</td>
</tr>
<tr>
<td><strong>Blue City Shopping Mall</strong></td>
<td>al. Jerozolimskie 179</td>
<td>Once of the newest shopping malls in Warsaw – it’s huge! There is a whole level of only interior decorating suppliers. Everything from bathtubs to material and curtain rails. Children’s play area, paintball, and laser tag venues for birthday parties.</td>
</tr>
<tr>
<td><strong>Centrum Janki</strong></td>
<td>ul. Mszczonowska 104/122</td>
<td>Complex includes IKEA, Castorama, and Real supermarket, multiplex cinema and food court. Free bus runs daily from Centrum.</td>
</tr>
<tr>
<td><strong>Galeria Centrum</strong></td>
<td>ul. Marszałkowska 104/122</td>
<td>Store houses travel agent, flower shop, cosmetics department, 2 cafes; clothing ranges from designer label to Polish labels to own brand. Smyk, Zara and Empik are all satellites of Galeria Centrum.</td>
</tr>
<tr>
<td>Mall Name</td>
<td>Address</td>
<td>Description</td>
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</tr>
<tr>
<td><strong>Galeria Mokotów</strong></td>
<td>ul. Wołoska 12</td>
<td>Everything is under one roof - designer labels, furniture, computers etc. There is a multiplex cinema, a bowling alley, internet cafe, food court and kid’s play area. Convenient location. Directions: You can get there taking the tram number 10 from the city center.</td>
</tr>
<tr>
<td><strong>KLIF</strong></td>
<td>ul. Okopowa 58/72</td>
<td>Upscale mall.</td>
</tr>
<tr>
<td><strong>Kings Cross</strong></td>
<td>ul. Puławskiego 427&lt;br&gt;ul. Jubilerska 1/3</td>
<td>The two complexes house Real supermarkets and McDonalds as well as a variety of smaller stores. Convenient for those living in the south-west and east of Warsaw.</td>
</tr>
<tr>
<td><strong>MYSIA 3</strong></td>
<td>ul. Mysia 3</td>
<td>Hip and High End. On three floors including a café/bar upstairs. Open Mon-Sat 10-20:00, Sun 10-18:00. Close to the “Palm Tree” in Centrum.</td>
</tr>
<tr>
<td><strong>Panorama</strong></td>
<td>ul. Witosa 31</td>
<td>Mall is made up of designer shops and small delicatessens. Almost any bus takes you there.</td>
</tr>
<tr>
<td><strong>Promenada</strong></td>
<td>ul. Ostrobramska 148</td>
<td>Stores located along a three tiered passage, complete with pools and small fountains. Almost a hundred boutiques including a small delicatessen, Go-Sport, Alma grocery store, and indoor skating rink.</td>
</tr>
<tr>
<td><strong>Reduta</strong></td>
<td>Al. Jerozolimskie 148</td>
<td>Good range of shops and boutiques on bus route from city center. Food court, McDonalds and Carrefour supermarket.</td>
</tr>
<tr>
<td><strong>Sadyba Best Mall</strong></td>
<td>ul. Powsińska 31</td>
<td>Fully serviced mall with numerous boutiques and shops of all kinds. Also houses IMAX cinema, food court and bowling alley. The coffee shop outside of Empik has free wi-fi.</td>
</tr>
<tr>
<td><strong>Land Mall</strong></td>
<td>ul. Wałbrzyska 11</td>
<td>Similar to Sadyba. Has a street bazaar nearby and a fabric shop inside.</td>
</tr>
<tr>
<td><strong>Wola Park</strong></td>
<td>ul. Górczewska 124</td>
<td>Same concept as Centrum Janki, with an Auchan supermarket.</td>
</tr>
<tr>
<td><strong>Vitkac Wolf Bracka</strong></td>
<td></td>
<td>Poland’s Premier address for designer labels. Amazing restaurant and deli on the top floor, with a fabulous 5 course tasting lunch for 50 PLN. Top notch and impressive.</td>
</tr>
<tr>
<td><strong>Złote Terasy</strong></td>
<td>ul. Złote 59</td>
<td>Next to the central train station. New shopping mall, all the usual shops, plus Marks and Spencer food hall. Great underground parking, lots of restaurants including the Hard Rock Café.</td>
</tr>
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**Soccer**

American and British School Soccer Club, Parents have organized a casual Saturday morning soccer league for children (boys and girls) ages 4-12 – see their Facebook page for more information: https://www.facebook.com/ABSSCWarsaw

FC Inter is a competitive football club that competes in local Polish leagues. The players are mainly from ASW but also from other International and Polish schools in the area. Anyone can try out for the club and if interested please contact Colm Murphy cdomurchu@yahoo.co.uk T: 600 361 581.

**Spas/Beauty**

See also HAIR AND BEAUTY SALONS

Academia Ten (Technologia e Natura), ul. Wilcza 5 Warsaw, T: 22 821 0007 W: www.accademiaten.pl, offering full spa services from manicure/pedicure to facials and various body massages/treatments. Wonderful facials (ask for Sylvia)

Elesthetic Clinic is located in Ul. Dereniowa 2 local 3, Ursynow, T: 600 333 433. Dr. Elzbieta Podgorska has years of experience with Botox and injectable fillers such as Juvederm, Restylane and Sculptrra. Her clinic offers the latest aesthetics treatments such as Thermage and state of the art and equipment as well as friendly and caring atmosphere. Highly recommended!
SHE HAIR DESIGN - Adama Branickiego 14, Nowy Wilanow, tel: 22 401 14 22


DR. IRENA ERIS, HAIR AND BEAUTY, 22 651 82 93, Mon-Fri 10 – 21, Sat 9-21, ul. Kosiarzy 37. Multiple locations.

SIMILAN, Thai massage & body rituals. Address: Ul.Wiertnicza 120, 02-952 Warszawa, phone: 22 858 16 48E-mail: salon@similan.pl Website: www.similan.pl. Closed on Monday. Opening hours: Tuesday - Sunday 11:00 a.m. - 10:00 p.m.

SUPAROM Thai massage- professional service, speak English. 10% discount from 10:00 – 16:00 during Mon-Fri. Recommend going with a friend or partner as they can massage both in the same room. Choose from Dry, oil Thai massage, scrub, foot massages. Very reasonable and high quality massages.

THAI SUN – Thai massage in two locations:

Centrum Warszawa, ul. Łucka 20 lokal 1402 T: 22 870 50 60 email: centrum@thaisun.pl
Wilanów ul. Sarmacka 10F lokal 1 T: 22 810 32 32 E-mail: wilanow@thaisun.pl

SPORTING GOODS

ICE HOCKEY supplies are available at major sportstores (Decathlon, Go Sport) but the selection of child sizes is poor. You might wish to purchase your supplies abroad. At Stegny ice rink (Inspektorowa 1) there is a small hockey supply dealer who generally has a good selection of children’s gear. The store is inside the rink building on the right hand side. Ring to confirm hours T: 501 073 560.

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<tr>
<th>SHOP</th>
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<tbody>
<tr>
<td>DECATHLON</td>
<td>Locations at Targówek, Reduta, and Janki. New locations across</td>
<td><a href="http://www.decathlon.com.pl">www.decathlon.com.pl</a></td>
<td>Large sporting goods store: athletic clothing and equipment, bicycles, shoes, etc.</td>
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<tr>
<td></td>
<td>from Fashion House on Puławska.</td>
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<td></td>
</tr>
<tr>
<td>GO SPORT</td>
<td>Near Real in Ursynow, in Promenada Mall, and other locations</td>
<td><a href="http://www.go-sport.com.pl/">http://www.go-sport.com.pl/</a></td>
<td>Large sporting goods store: athletic clothing and equipment, bicycles, shoes, etc.</td>
</tr>
<tr>
<td>INTERSPORT</td>
<td>Also near Real in Ursynow, Arkadia Mall, in Sadyba Best Mall,</td>
<td><a href="http://www.intersport.pl/">http://www.intersport.pl/</a></td>
<td>Large sporting goods store: athletic clothing and equipment, bicycles, shoes, etc.</td>
</tr>
<tr>
<td></td>
<td>Zlote Tarasy Mall, and other locations</td>
<td></td>
<td>Camping gear!</td>
</tr>
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SWEETS AND DESSERTS

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<tr>
<th>SHOP</th>
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<th>NOTES</th>
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<tbody>
<tr>
<td></td>
<td>Trzech Krzyży 18. -Klimczaka 17 (Miasteczko Wilanów)</td>
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</tr>
<tr>
<td>Kasia Witak</td>
<td>505 416 007</td>
<td></td>
<td>Works from her home in Konstancin. Give her about three days’ notice to order stunning meringues, biscotti biscuits, pies and tarts. Perfect for planning a dinner party, or a celebration.</td>
</tr>
</tbody>
</table>
Le Chocolat
ul. Żarawia 26
22 745 1071
www.lechocolat.pl
Fine chocolate under one roof.

Nasze Przysmaki
ul. Felinskiego 12 (Zoliborz)
www.naszeprzysmaki.pl
22 839 42 19
Great little find of European food. Deli meats, smoked fish, handmade cheese and lots more to make your mouth water

Słodki Słony
ul. Mokotowska 45
22 622 49 34
The Polish Goddess of cakes - Magda Gessler has the ultimate cake shop and café. Perfect place to take your mum or impress any house guest. Some are just too good to eat as they are a work of art.

E. Wedel
Next to Wilanow Palace, and in many shopping malls
A Polish institution, and should be on anyone’s list when company come to visit.

Pawłowice
Nowy Świat on ul. Chmielna 13
Tiny shop window that sells about 10 different varieties of the famous Polish doughnut ‘Pączki’. Always popular, and you'll be hard to stop at just one. The toffee one is to die for, but work your way through the menu and decide for yourself

Irenka
Corner of Zkopanska and Włochacki streets. Over in Saska Kępa (Praga side)
Wonderful Florentine cookies, croissants etc. Perfect stop for breakfast.

Café Rue de Paris
ul. Francuska 11
www.ruedeparis.eu
French pastries

Café Vincent
Nowy Świat 64 & Upstairs in Stara Papiernia in Konstancin
Ultimate French pastry fix. The usual suspects of brioche, almond croissants, mini quiche, are always on offer

Jan Piekarz
Stara Papiernia
22 702 86 15
Excellent croissants, cakes and has a wide selection of breads

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**SQUASH**
KAHUNA SQUASH AND BADMINTON CLUB. Excellent facility near TVN and Power station in Wilanow. ul.Zawodzie 26. Tel: 22 858 74 74. Staff speak English, handful of glass backed courts, and coaching available for all levels. Small shop sells all the necessary equipment, and hiring racquets and balls etc is available. Small fitness room has organized classes from yoga/Pilates/aerobics etc. no need to book, just turn up. Open Mon-Fri 07:00-23:00 Sat 08:00-20:00 Sun 08:00-22:00 www.kahuna.com.pl

**SWIMMING**
GENERAL NOTE ABOUT SWIMMING: Public pools in Warsaw generally require boys and men to wear tight-fitting, short-length swim suits. To avoid your son being disappointed by not being allowed to swim, best to be prepared and save those fashionable knee-length surfer shorts for your next holiday abroad. Some pools are more lenient than others, but this is still generally true.

SWIMMING AT ASW, Children will periodically have swimming as part of their P.E. class. Parents receive advance notice when the children must bring their swimming gear. In addition, the Activities office publishes weekly notes outlining when the ASW pool is open for community use.
WoDny Park, ul. Merliniego 4 T: 22 854 01 30, www.wodnypark.com.pl, great facility, large lap pool as well as fun pool with two tall tube slides, a mini-lazy river and a shallow spot for little ones. The family rate for one day tends to be a good deal, then you don’t have to worry about extending one minute past your time.

Sport Wilanow-Swimming lessons available. http://www.basen.wilanow.pl/ 8pIn an hour to swim, from 06:00 – 08:00 then 16:00 until 22:00. Last admission at 20:30.


Basen Powsin, ul. Maślaków 1, Powsin, T: 22 648 48 11.

This is a terrific class for parents who would like their infants and toddlers to learn how to swim. The teachers are world swimming and lifesaving champions - www.aquamaster.prv.pl

T

Table Cloth Lady

Henryka Michalska. She will visit your house, so invite some friends round. Speaks English & German. Very reasonable, T: 22 619 20 80

Taekwondo

Ks Cheolin Taekwondo: Taekwondo school in Wilanow for children, teenagers and adults. Master Kang Cheolin has opened his own club in Wilanow. In addition to Saturday morning classes at ASW, there are many after school lessons available for kids all ages and levels at his new Wilanow location. Taekwondo combines combat training, self-defense, exercise, meditation, discipline and body balance. Instruction conducted in English. Adults classes available in mornings and evenings. Address: ul. Wiertnicza 124, 02-952, Warszawa.

Contact: ksccheolin@hotmail.com, 503 340 622

Telephone

See also Cell Phones.

Call charges within Poland depend on the distance between caller and receiver. Local calls are charged at a flat rate per 3 minutes, up to 100 km and over 100 km are charged by the minute. Weekday domestic call rates drop between 18:00-22:00 and again between 22:00-8:00 with a low rate all weekend. There are no cheap rates available for international calls. A number of companies offer cheaper rate long distance call facilities. If you sign up with them, these can be worth checking out.

Mobile phones are very popular in Poland but the charges can be outrageously expensive so shop around. We suggest purchasing a SIM card and prepaid minutes to use with unlocked phones. Phone cards, in various credit ratings, are available for public call boxes, which are generally plentiful and reliable.

Dial 908 for International Directory Enquiries – English is spoken here
Dial 913 for local directory enquiries – Not much English is spoken, speaking a few Polish words does get one good service and an English speaker will be found for you.

Many people use Skype. You can purchase a phone number from any country and then use the internet to make phone calls anywhere.

Television (Satellite)

To get many foreign language television programs you will need a cable or satellite provider. You may need to get help in communicating with the provider, as some of the companies do not have representatives that speak English. Please note that if your building is wired to a cable provider you will not be able to choose another and you should consider buying a satellite dish if you’re not happy with the service you have. Check with your landlord/rental agent regarding which provider you are with. With the introduction of digital televisions the choice is whether to connect to Cable or Satellite. Cable television requires a monthly subscription fee of approximately 47.49zł. On cable TV you are likely to find English, German, Spanish, French, Italian and other language channels, as well as MTV, BBC World News, NBC Prime (with Jay Leno and Conan O’Brien), Sky News and Eurosport as well as many others.

Providers include:

Aster City, T: 22 673 19 76, offer in the region of 50-60 channels some of which need to be paid for at extra cost.

Polska Telewizja Kablowa, T: 22 608 98 22, offer about 80 channels to all districts except Ochota and Centrum.
SATELLITE SERVICE, T: 22 812 75 76, offer various satellite packages with different decoders and antennae. (Satellite Service offer – Installation services, Sky digital programs English, French, Italian and German and Spanish satellite stations. They also offer discount telephone services, T: 22 812 62 44.

Companies that help install TV and PC stations at home include: INFOX, 600 362 788 or by email (infox@eranet.pl). They deal with satellite digital TV equipment (DVB) installation and configuration. They also offer quick PC repairs and fixes, hardware upgrades and also sell new computers and peripheral devices. They can provide information on where to buy computers and parts and what it will cost to buy. They offer competitive prices and post-sale support and warranty.

TELEPHONE COACH
SEBASTIAN CHAJNOW, T: 607 429 142, Sebastian.chajnow@gmail.com. Gives tennis instruction to both adults and children. Speaks English and German.
KRZYSZTOF KORCZAK, T: 606 233 322, select Tennis Clubs and Centers.

TELEPHONE COURTS
INDOOR TENNIS COURTS 2, ul. Hirszwelda.
MARKI TENNIS CLUB, ul. Piłsudskiego 117, Marki, T: 22 781 18 17, tennis hall, five courts (teraflex surface), lit at night, until April 30: Mon.-Fri. until 1700 zł.50/h; from 1700 zł.70/h, from May 1: weekends and holidays: zł.70/h, season pass: zł.5 discount.
MAGNUM SPORTS CLUB, ul. Marymoncka 34 (on the premises of the Academy of Physical Education), T: 22 669 09 20, squash courts, open: 8-22, Mon.-Fri. until 1500 zł.35/h; after 1500 zł.60/h, weekends and holidays: zł.60/h.
SINUS SPORTS CLUB, ul. Wał Zawadowski 99, Wilanow, T: 22 642 22 82, two courts with artificial grass surface, squash, open 24h, price indoors: zł.40-50/h, from May 1 also outdoors: zł.30/h. summer children's day camp. www.sinussportclub.pl, Bozena Kniaginin 501 019 003.
SOLEC ŚRODKOWIEJSKI Recreation Center, ul. Solec 71, T: 22 621 68 63, open: Mon.-Sun. 7 - 22, courts with clay and artificial surface, squash, price, ślub: zł.25-40/h, from May 1 also outdoors, season pass offered
POWSIN PARK Kultury, ul. Maslakow 1, T: 22 649 45 75. Group or individual lessons available from Krysztof Korczak, 606 233 322. Summer day camp for children.
ROYAL WILANOW, Przyzolkowa 210c, convenient location, excellent instruction, T: 22 357 18 68 or 606 716 932 or contact the trainer, Wojtek Benarski at 510 071 874.
SINNET CLUB, ul. Gotkowska 2, T: 22 550 34 00, Mon – Sun 7 – 23.

TIPPING – NO ‘THANK YOU’ TO THANK YOU
Anywhere else in the world, it is considered polite to say thank you to your waiter/waitress when he/she collects your money. You should remember that here in Poland, uttering the word ‘Thank you’ is interpreted as saying you have left a tip and keep the change! Say thank you only after you have your change back and then leave the 10% tip.

TOILETS (TOALETY)
You will see on the toilet door a circle for female, and an inverted triangle for male. Public restrooms often require a small fee, 1 or 2 zł so be sure to keep some change with you if you are out exploring. Look for the sign: “WC” for Water Closet.

TOUR GUIDES
EDWARD WRZESIEN is a personal Warsaw travel guide who speaks English and will organise tours with you. email: ewtravel@wp.pl or T: 602 370 018. Great idea when you have out-of-town visitors.
KACPER NOSARZEWSKI, kacpernosarzewski@tlen.pl, 606 425 479, Kacper’s specialty is architecture.
MARTA CHMIELOWSKA (for tours of Krakow) T: 124 163 53.
TOYS & CLOTHES FOR SMALL CHILDREN

SMYK, Marszałkowska 104/122, Warszawa. tel 22 461 00 00. Wide selection of toys and clothes. This is the largest one in Warsaw, others can be found inside shopping malls around the city. Within this store you can custom design your own teddy bear, perfect gift idea. Can also be found in Galeria Mokotow, Janki, Zlote Terasy, Sadyba Best Mall, Wola Park & over the river in Targowek.


MOTHERCARE can be found in Galeria Mokotow, Sadyba, Arkardia, Reduta, and Klif. www.mothercare.com

TRAFFIC
See APPENDIX 2 - VEHICLES AND DRIVING.

TRANSLATION (ONLINE)
Google’s free online language translation service instantly translates text and web pages, www.translate.google.com. Add it to your tool bar on your computer, and set it to automatically translate in to your language.

TRAVEL AGENCIES
BLUE SKY TRAVEL Powsińska 31, Warszawa (Sadyba Best Mall) tel 22 310 30 30 English speaking, air tickets and tours.

MARGARETA TOURIST SERVICE offers guided tours in Warsaw and all around Poland for individuals and groups, T: 602 211 574/22 446 02 43. (English-speaking travel specialist)
http://www.travel-poland.pl - A comprehensive guide to lodging sites in Poland ranging from luxury hotels to campgrounds.


A useful site for finding hotels in Poland www.travellingpoland.com, www.booking.com

TRAVEL EXPRESS, ul. Pańska 77/79, T: 22 453 53 53. Friendly, reliable English speaking staff. This is the place to go for air tickets, special weekend packages and special fares.

TRAVELIDA, ul. Chłopickiego 11/13 (corner of ul. Szaszów), T: 22 612 11 82/697 689 991. travelida@hotmail.pl

Very friendly and helpful staff, speaking English, Spanish and some German.


TRAVELERS’ CHECKS
Not widely accepted. You may have to convert them to cash.

V

VEGETARIAN AND VEGAN

Veg Deli ul. Radna 14. Next door to the Catholic English speaking church close to the University library. Tel: 883 758 388. www.vegedeli.pl Open from 12:00 - 22:00 Mon- Sat, Sun 12:00 - 20:00

Vegepack - This company will deliver a box of fresh organic vegetables to your door for around 100 pln. You can choose from either your own vegepack, or their recommendations - for a single person or to include the whole
family. Delivery is once a week every Thursday between the hours of 17:00-23:00 hrs. Website http://vegepack.pl

Bio Bazaar – ONLY Open Wed 10:00 – 18:00, Fri 16:00 – 20:00 & Sat from 08:00 – 16:00
Address: Żelazna 51/53, 00-841 Warszawa, T: 22 620 09 18. Parking is available inside the main entrance through a tight entrance. Amazing fresh, organic produce. Lovely atmosphere.

VEHICLES
See APPENDIX 2 - VEHICLES AND DRIVING.

VETERINARIANS
See also PET NEEDS.

WILA-VET, 24 hour vet care, 22 642 77 55, ul. Kosiarzy 37, in Wilanow, www.wila-vet.pl. They also have a new facility located on Puławska.
MULTIVET, ul. Gagarina 5, T: 22 841 40 22
WALDEMAR STEPIEN, ul. Jesiona 3, Szeligi, T: 22 722 30 91
ANIMAL HOSPITAL, URSYNOWSKA KLINIKA WETERYNARNA, ul. Strzeleckiego 10e, corner ul. Rosoła, T: 22 644 95 31, grooming and special pet foods sold.

WAKEBOARDING
LAKE PARK- (behind Bricoman in Wilanów) Address: Powsinek, Wilanów, Warszawa, Phone: 531 580 580. Open from 09:00 – 22:00. You need to reserve the wakeboarding. Deck chairs, small beach, bar, restaurant, volleyball.
Great place for all the family. Free admission.

WATER
In general, Warsaw public water should be potable, i.e. drinkable. That doesn’t necessarily mean it tastes good or makes great tea, but it shouldn’t pose risks for health. On the other hand, numerous families report water from their faucets at home which is occasionally discolored, or has a bad odor, or both, and so many families prefer to use bottled water. In general, the subject of water quality is widely debated in Warsaw.

DAR NATURY, al. Bohaterów Września 9, T: 800 222 777 or 22 668 85 75
EDEN, ul. Puławskiego 2, T: 800 222 888, Konstancin-Jeziorna

WEIGHTS & MEASURES
See APPENDIX 4 – LIVING IN POLAND.

WINE SHOP
DOBREVINA, ul. Wawozowa 32, lok.U4 (Ursynów), www.dobrevina.pl. They have generously supported the PTO, so please support their shop! (Not that you need an excuse to open a bottle, but it would be the neighborly thing to do.) Thank you!

Y

YOGA
Shibani Luthra, T: 535652555, Highly Recommended, Lessons take place at school on Monday, Wednesday and Thursday evening and at my residence on Tuesday and Thursday mornings just for parents. I also take private lessons at your convenience.

APPENDIX 1 – MEDICAL AND DENTAL

MEDICAL/EMERGENCY INFORMATION

BASIC EMERGENCY INFORMATION FOR WARSAW
Police - 997 or 22 826 24 24
Fire - 998
Ambulance – 999 (dispatcher may not speak English)
Emergency number for Mobile Phones – 112
Central Emergency Station - T: 22 525 12 99, is located at ul. Hoża 56 (on the corner of ul. Poznańska). They operate a fleet of highly advanced ambulances equipped with all the standard lifesaving devices and medicines. They usually reach their destination within 8 minutes of receiving the call. The central station is always in touch with the fire brigade and police, so you won't have to make any additional phone calls. There is also an emergency surgery and an out-patients' clinic on the premises, as well as a cardiological clinic with an Intensive Care ward and a first aid school that also offers CPR courses in English.

EMERGENCY INFORMATION SPECIFICALLY FOR EXPATS
If you have a life-threatening emergency, please call: Medicover Ambulance 22-19677 (English-speaking).
If you have a medical emergency that is not life threatening, we recommend that you call the emergency number for your general practice doctor (see practices listed below).
If you are not sure if an ambulance is necessary or if you do not already have a general practice doctor, these “on call” English speaking doctors are available to discuss the situation and take the necessary steps.

IMC at Damiana Medical Center, 602 183 733, ul. Wilanowska 46, Mokotów.
Inside Damiana Medical Center is an office called Individual Medical Center (IMC) specifically for private foreign patients which is separate from their regular “member” services. For medical emergencies telephone the Doctor on call 602 183 733 who will evaluate the situation, come directly to your location and / or call for an ambulance, and will arrange hospitalization, if necessary. Translation will be provided. The nurse is also on call at 600 032 111. You do not have to be a Damiana member to use this office. They offer direct billing services to most major international insurance companies. Medical emergency cases can be dealt with directly by the Damiana (walk-in emergency room) at ul. Wilanowska 46 in Mokotów.

Healthcare Family Practice, 22 858 01 01 or 604 77 47 44 or 606 33 66 77 ul. Chorągwi Pancernej 50, Warsaw – Wilanów. The doctors at Healthcare Family Practice are available from 8:30 a.m. until 5 p.m. (Mon-Fri); and every second week on Saturday - call for information. They will advise you by telephone and, if necessary, arrange for an ambulance and hospitalization. When the clinic is closed you can call: Medicover Hospital (22 857 20 00) or Lux Med clinics (22 33 22 888). They offer direct billing services to many major insurance companies.

ADDITIONAL EMERGENCY CARE PROVIDERS
Poison Control – Warsaw Acute Poison Control Center (Stołeczny Ośrodek Ostrzych Zatruc) at Praski Hospital, al. Solidarności 67, (24 Hrs) 22 619 66 54 or 22 619 08 97.
Falck Medycyna, 1-9675 or 22 535 91 51. Direct line to Warsaw dispatchers (English dispatchers). Falck has over 200 fully equipped ambulances operating in major metropolitan areas throughout Poland. You do not have to be a member to call for ambulance.
Lux Med (English dispatchers), 22 430 30 30. Lux Med Medical Centre has ambulances available 24 hours a day. You do not have to be a member to call for ambulance. For more information call their info line at: 22 458 7000
Hospital of the Ministry of Interior, ul. Wołoska 137, T: 22 508 15 00. For 24-hour emergency service and ambulance for adults.

GENERAL HEALTH INFORMATION
The general standard of health in Poland is good and incidence of disease is low. Chest colds, viral influenza and mild cases of bronchitis often accompany winter like in any other country.
There are no required vaccinations for living in Poland, but many doctors recommend vaccinations for Hepatitis A and Hepatitis B. Hepatitis A is still a problem in Poland due to poor sanitation in some areas. The incident rate of acquiring hepatitis B is high in most European countries. The tick vaccine (FSME vaccine) is recommended for anyone who spends much time outdoors or walking in the woods. A species of tick found in Central and Eastern Europe carries a virus, which can lead to tick-borne encephalitis (an infection of the brain, which can be fatal if left untreated). The tick season lasts from May until late September. The vaccine is given in 3 doses, the second dose after a few weeks and the third dose after 6 months. If you’ve been previously vaccinated, you may simply need a booster. Children under 2 are not given the vaccine, but the disease is very rare in pre-school age children. Depending on your length of stay and how much you may travel in Eastern European countries, you may want to consider the BCG vaccination for TB, as it is an active disease in the region.

Medical facilities in Warsaw are generally modern and contain equipment similar to that found in family practices around the world. Many offer a wide range of diagnostic services providing quick and reliable results, which ensure that the correct treatment is speedily given. The clinics are often able to provide Well Woman, Man and Child packages so that your annual check-ups can continue without interruption. See the Warsaw Insider website for detailed information on medical matters: www.warsawinsider.pl/essentials/medical.htm

We strongly recommend that you establish a relationship with a general practice, so that if an emergency should occur, you have someone ready to help you navigate the Polish medical system. Apparently, not all hospitals operate emergency rooms and those that do are not necessarily open 24/7. If you require ambulance transport to a hospital, the ambulance is required to contact the central dispatch to determine which hospital is open for business and is appropriate depending on your condition. If your child is injured, your instinct might be to drive her to the nearest children’s hospital, but that may not be the best course of action if that hospital is not the designated hospital to receive patients that day. To save yourself undue anxiety, it is best to be able to call the emergency number from your family doctor, so that she or he can direct you appropriately.

Take cash with you because often times specialists do not accept credit cards. In addition, they do not tend to store x-rays and scans so make sure you take them with you.

While many ex-pats use the clinics in this guide, we urge you to research your options once you are settled. These are not official ASW endorsements or recommendations.

MEDICAL FACILITIES/DOCTOR’S OFFICES


**CAROLINA MEDICAL CENTER-Warsaw’s** best hospital for orthopaedic procedures. This modern medical facility has the latest equipment on site and can take care of any breaks or ligament tears. Highly recommended. Ul. Pory 78, 02-757 Mokotow, email: cmc@carolina.pl, tel 22 355 82 00. www.english.carolina.pl/

**DAMIANA, ul. Wałbrzyska 46, T: 22 566 22 22, 22 847 33 13, 22 853 16 44, ext. 444 or 350 for English 22 644 33 13.** The Damiana Medical Centre is a popular private hospital in Warsaw and, although the facility is housed in an unassuming building, it offers all the medical services of a specialist unit. It is a 36-bed hospital with an in-house general surgery facility, specializing in modern techniques complete with its own associated intensive care unit. Damiana also houses an excellent modern obstetrics clinic with a separate 6-bed delivery unit for pre-natal and neo-natal care. Under Polish regulations anyone involved in an accident must first be referred to the nearest suitable hospital and only after the patient has been seen by the on-call doctor can the patient be referred to Damiana. www.damian.pl/

**HEALTHCARE, Chorągwi Pancernej 50. T: 22 858 01 01, 604 774 744, emergency: 606 336 677.** English speaking family practice offering comprehensive medical care, prevention programs, prenatal and neonatal care, house calls. Dr Dorota Ossowska, Highly recommended and has worked closely with the ASW community for many years.

**LuxMed, Puławska 15, and, Racławicka 132b, T: 22 646 99 99, 22 521 51 99, 22 521 44 41.** The clinic’s many specialists handle a wide range of diagnostic procedures, lab tests, X-rays, EKGs, etc. and make house calls. Some English speaking staff.

Non-members pay out-of-pocket but prices are reasonable. Will treat visiting family of members. Ambulance: 1+9677. You do not have to be a member to call for ambulance. [www.medicover.com](http://www.medicover.com) Second location in Wilanow in the Royal Wilanow Building, 1st fl.

Wilanów Medicover Centre has a new location at 1 Klimczaka Street, where it will operate under the name of Klimczaka Medicover Centre. Parking available underneath the building, first 1.5 hours are free. The newly opened centre has 28 offices in which it offers consultations with physicians of such specialties as cardiology, laryngology, orthopedics, neurology, urology, gynecology, dermatology, gastroenterology, endocrinology and vascular surgery.

WILANÓW FAMILY PRACTICE - Dr. Anderj Gajer is an excellent doctor who sees many ASW families. 37/90 ul. Kosiarzy, 22-642-7404 Wilanowfamilypractice.pl

CHILDREN’S HOSPITALS


PEDIATRIC PUBLIC CLINICAL HOSPITAL (LITIEWSKA HOSPITAL), (Samodzielny Publiczny Dzieciecy Szpital Kliniczny), ul. Marszałkowska 24 (Corner of ul. Litewska), Admissions Room (24 hrs) 22 522 73 44, 22 621 48 72, Switchboard: 22 522 74 55 [www.litewska.edu.pl](http://www.litewska.edu.pl)

PAEDIATRICIAN Dr Wojciech Ozimek - Wilanów Area Centrum Ozimek Aleja Wilanowska 43D (next to Kresowiak Restaurant) online booking [www.ozimek.orangemail.pl](http://www.ozimek.orangemail.pl) or by text message 601 290 999 Pediatrician, emergency medicine specialist and parasitologist.

DENTAL OFFICES

Dental care in Warsaw is easily comparable to that in other European capitals. There is a good range of facilities with many English-speaking dentists to attend to the expatriates’ dental requirements. The full range of Western dental services can be obtained at the Warsaw dental clinics. Treatments from orthodontics to prosthodontics to the everyday filling are available. Many of the dental centers offer special services for children in order to encourage younger patients to enjoy good dental care.

<table>
<thead>
<tr>
<th>CLINIC</th>
<th>ADDRESS</th>
<th>TEL NUMBER</th>
<th>24 HR?</th>
<th>NOTES</th>
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<tbody>
<tr>
<td>ASTER MED DENTAL/ORTHODONTIC</td>
<td>ul Sw. Bonifacego 92, (near Sadyba Mall)</td>
<td>22 858 03 54</td>
<td></td>
<td>Full service dental and orthodontic clinic. Modern, clean, familiar with the needs of expats. There is often more than one ASW family in the waiting room!</td>
</tr>
<tr>
<td>EURO DENTAL</td>
<td>ul. Andersa 15</td>
<td>22 831 31 61</td>
<td>No</td>
<td>All three clinics offer full range of dental services</td>
</tr>
<tr>
<td>MAGDA JASZCZAK-MALKOWSKA ASK TO SPEAK TO MAGDA</td>
<td>ul. Ludna 7/1</td>
<td>22 629 33 11 22 622 84 24</td>
<td>Can be called out of hours</td>
<td>Well run modern practice offering excellent dental and orthodontic care</td>
</tr>
<tr>
<td>DR. MARZENA GRABOSZ</td>
<td>al. Jerozolimskie 42 Apt 157</td>
<td>22 827 09 08</td>
<td></td>
<td>Private practice - specializes in children's dentistry but also sees adults. (between the round PKO Bank building and ul. Kruźca), entrance from the back of the building, i.e. from ul. Widok where you can park your car: VIIIth entrance, 3rd Polish Floor - lift.</td>
</tr>
</tbody>
</table>
PHARMACIES

You can recognize a Pharmacy, or ‘Apteka’ by its green cross. Many of the products you are familiar with are carried in the Pharmacy although sometimes the brand name may be slightly different. You may find that some products you can buy over the counter at home may require a prescription and vice versa. Even some products that do not require a prescription must be asked for at the counter (alka-seltzer, e.g.). Doctors issue prescriptions and you should understand that a charge will be made for your medication. This charge may or may not be refundable depending on your insurance provider.


24-OUR PHARMACIES


APTEKA GRABOWSKIEGO, al. Jerozolimskie 54, Central Railway Station, T: 22 825 69 86.

APTEKA BEATA, al. Solidarinosci 149, T: 22 620 08 18, apteka-beata@pro.onet.pl.


APTEKA PRZY WILLOWEJ, ul. Puławska 39 (Mokotow), T: 22 849 3757, or 22 849 8205.


APTEKA, Railway Central Station (Centrum), T: 22 825 69 86.

APTEKA, ul. Dębrowskiego 8, T:22 643 95 61.

If you are in need of certain medicines or health related products and cannot obtain them here in Poland then visit EXPRESS CHEMIST provide quick delivery of a wide range of products, over 5000, at competitive prices. They can ship to Poland and there are no extra forwarding charge, but obviously postage & packaging prices will occur www.expresschemist.co.uk / mailto: apteka-beata@pro.onet.pl

ACUPUNCTURE


CRANIOSACRAL THERAPY

Monika Dobrowska works @ Studio Power Life, www.studiopowerlife.pl Address: Ul.Bukowińska 24a m 113. Warsaw 02-703

Delightful, caring Polish lady who speaks very good English. 200 pln per session.

Workshops available, for example: Ayuverdic cooking courses, breathing techniques, guided mediation & yoga. Consultations are available to visit an Ayuverdic doctor. Very close to Metro Wilanowska. Suggest you park your car at Super Sam and walk over. Tel. 602 351 548.

COLONOSCOPY

This place comes highly recommended.You will need a Dr’s referral for this procedure. They are located in two places in Warsaw. ul. Ludwika Waryńskiego 10a, and Al. Niepodległości 18, Mokotow inside the BTD building. Tel: 22 825 62 99.

DERMATOLOGY


GYNACOLOGIST
Agnieszka Tymińska, Gabinety Lekarskie Łucka, **Address:** ul. Łucka 18 (wejście na przeciwko Platinum Residence wieża B behind the Hilton Hotel) lok. 1801/1802 (1st Floor) **Mon - Fri:** 8.00 - 20.00 Tel.: (22) 654 24 64 or (22) 654 24 62 fax: (22) 654 24 61. E-mail: recepcja@gabinety-lucka.pl

**MAMMOGRAMS/GYN ULTRASOUNDS**

**OSTEOPATH**
Artur Bierioza D.O., OSD, MSc (PT) Tel. 509 866 718. Artur speaks Polish, German, English & Russian. His wife Carolina is the receptionist and speaks perfect English. Parking is an issue, suggest you park in Simply car park close by. Highly recommended. www.centrumosteopatyczne.pl

**OTOLARYNGOLOGY (EARS, NOSE, AND THROAT)**

**PHYSIOTHERAPY**
Christine Kögl is an experienced Physiotherapist from Germany, and has been practicing for 14 years. Speaks German, Polish & English. Comes highly recommended. Appointments at her home near Konstancin (K.K.Baczynskiego) or in Centrum (ul. Mysliwiecka 10), E: info@physiomed.pl, M: 602 274 149, T: 22 622 52 08, F: 22 622 52 09, W: www.physiomed.pl.

Another practice is located in the ‘Praga district’ over the river (approx 15 mins from Best mall over the bridge) a lovely young couple offering physio and a range of massages, both speak excellent English. Address: ul ZWOLEŃSKA 127 lok.26, Międzylesie. T: 785 992 512, W: www.osobistyterapeuta.pl

**COUNSELLING**
Psychiatrists, Psychologists and Marriage Counselors are available in Warsaw. Ask your General Practitioner for a recommendation.
APPENDIX 2 – VEHICLES AND DRIVING

GENERAL DRIVING FACTS

Speed limits in Poland are measured in KPH (Kilometers per Hour).

- built-up area - 50 km/h
- outside built-up area - 90 km/h
- residential zone - 20 km/h
- dual carriageway - 110 km/h
- single-lane road - 100 km/h
- twin lane carriageway with at least two lanes per direction - 100 km/h
- motorway - 130 km/h

Other points of interest...

- STOP and yield to cars and pedestrians at a “green arrow” when making a right turn.
- Be aware of people overtaking in the face of oncoming traffic.
- Watch for people who jump red lights – many drivers in Poland only stop at a red light if there’s another vehicle obstructing their path or if they’re likely to get caught.
- Don’t assume that drivers will stop at a zebra crossing. Although you’re meant to, many Polish drivers don’t stop unless someone is on the middle of the crossing.
- Watch out for tailgaters. Try to keep a good distance between yourself and other cars.
- Most petrol stations are open 24 hours and have both leaded and unleaded petrol.
- You may pass trams on the right, but if it has stopped and passengers are disembarking, you must yield to them.
- Watch out for horse drawn vehicles, especially in the harvest months.
- Traffic signals are often ignored and indication on direction is rarely given.
- Headlights should be on at all times, even during the day.
- Sadly, a large proportion of drivers in Poland drive very badly and at excessively fast speeds. Testament to the crazy and reckless driving are the many roadside shrines and crosses along the roads, which mark the place where someone was killed in a road accident.
- You are required to carry a warning triangle, first aid kit and small fire extinguisher in cars.
- Accidents must be reported to the police. It’s illegal to leave the scene of an accident.
- Buses leaving a bus stop have the right of way.
- At Polish border crossings, especially on the German / Polish border, you may be asked to show your driver’s license, passport and proof of third-party insurance.
- Watch out for the big trees growing in rows along many Polish roads.
- It is prohibited in Polish law to use hand-held mobile phones while driving.
- Be careful to look out for unlit bicycles, wandering drunks, and horse-drawn wagons in country areas.
- Car theft is fairly common in some parts of Poland. Take care of your car and anything inside it.
- Don’t cross the road on a zebra crossing until the green light is on, it is an offense
- If you see a sign with a red circle with a white center it means no cars allowed and that you cannot drive down that street. (For Americans who do not have this particular sign.)
- NOTE: Prostitutes can often be seen along Polish highways, waiting in lay by parking or in the most isolated wooded locations. Don’t mistake these women for hitch-hikers.

NEW DRIVER REGULATIONS

As of 17 May 2015 drivers who exceed the speed limit by at least 50 km/h in built-up areas can have their driving license confiscated directly on the road by the policeperson controlling them, for the period of 3 months. If the driver continues to drive a vehicle without their driving license, the 3-month period that the driving license has been confiscated for will be extended to 6 months. If the driver is found driving a vehicle again in the extended period the head of Poviat administration will issue a decision on withdrawing the license to drive a vehicle.

Drivers who transport too many people in a vehicle will lose their driving license for three months, as well. They will if a controlling officer finds that the number of passengers in a car exceeds the maximum number indicated in the vehicle registration card.

The new regulations introduce the definition of the crime of driving a motor vehicle without a required license after the latter has been withdrawn by a court to the Criminal Code, punishable by a custodial sentence of up to
two years of imprisonment (in the current legal environment it is a petty offence). Other new regulations include a lifetime driving ban imposed on drivers for driving while intoxicated in spite of being previously sentenced for the same offence and heavy fines levied on persons driving while intoxicated.

A person found driving with the blood alcohol content in excess of 0.5 per mille – apart from custodial sentence – will have to pay vindictive damages of at least PLN 5,000 to the benefit of Victim Assistance and Post-Penitentiary Assistance Fund. If the person had already been sentenced for the same offence (recidivism) the amount of the damages will increase up to at least PLN 10,000.

The driving ban imposed on persons sentenced for driving while intoxicated can be shortened provided that an alcohol interlock, the so-called ‘Alcolock’ coupled with the ignition switch is installed. Driving a car equipped with an alcolock will be possible after at least half of the imposed driving ban period expires or, in case of the lifetime driving ban, after at least 10 years.

Another very important amendment to the Highway Code applies to ‘Transport of children’.
On 05/03/2015 the Government adopted modifications of the Highway Code provisions applicable to the transport of children. The new regulations will come into effect probably in September 2015. The changes require that the children shorter than 150 cm will have to ride in a child car seat which ensures their safety. It is forbidden to place rear-facing child safety seats in the front passenger seat in cars equipped with an active airbag (which cannot be switched off separately).

It will be permitted to transport children at least 135 cm tall without a child safety seat, but only if the child does not fit in a child car seat. In that case the child can travel in the rear seat using a properly fastened and adjusted safety belt. It will also be possible to transport the third child, at least three years old, in safety belts – without a child seat – in the rear seat of the car if two other children are in child seats and it is not possible to install the third child seat in the rear seat. The changes introduce a ban on transporting children under 3 in vehicles not equipped with safety belts.

It is an obligation of the driver to make sure that the passengers use safety belts and all the children riding in the vehicle seat in appropriate child safety seats or booster seats, or on booster pads. The child safety seats must be in compliance with relevant EU or UN-ECE (UN Economic Commission for Europe) standards. Transport of children without a child safety seat is punishable by a ticket of PLN 150 and 6 penalty points.

Moreover, the amendment specifies who is exempt from the obligation to use safety belts, e.g. women with visible pregnancy, taxi drivers, driving instructors or examiners preparing a learner for a driving test, officers of Government Protection Bureau and Military Gendarmerie, medical teams and persons with appropriate medical certificates. The amendment imposes an obligation on bus drivers to notify the passengers about the obligation to use safety belts if the vehicle is equipped with the belts, as well.

**SEAT BELTS AND TRAVELING WITH CHILDREN**
All passengers traveling by car are obliged to fasten their seat belts - both passengers sitting in front and at the back. The changes require that the children shorter than 150 cm will have to ride in a child car seat which ensures their safety. (for more info read above)

**USING THE HORN**
There are rules against using your horn in Poland, so try to avoid it at all times – it’s actually illegal. If you must give a warning to another driver, you should use your headlights to flash another driver to let them know you’re passing. You can use your horn in poor visibility to make others aware of your presence, but only at this time.

**LIGHTS**
When driving you are required by law to have your headlights on (sidelights are not sufficient) at all times (day and night). Headlight low beams are also used when it is raining regardless of the time of year.

**DRIVING AND ALCOHOL**
Driving in Poland whilst under the influence of alcohol is prohibited. The maximum admissible blood alcohol content is 0.2 mg per ml. Blood alcohol content exceeding 0.5 mg per ml is a criminal offence and can be punished by two years’ imprisonment.
To register your car you need to make sure that it complies with European standards (i.e. headlights positioned correctly, tail and fog lights adjusted to correct color). You also need your passport, residence permit, international insurance and customs clearance. Take all paperwork to the Motor Vehicles Office (Wydzial Komunikacji), ul. Mariańska 5, T: 022-620-3021

THE POLICE
The Police routinely stop cars. Usually, an officer stands at the roadside and waves down an approaching vehicle with a small red 'lollipop' sign. You should pull over and you will be asked to produce the vehicle documents - valid registration documents and international insurance certificate. You are required by law to carry your vehicle documents whenever you are driving, however, NEVER LEAVE THEM IN THE CAR. You may also be asked for personal identification such as a driving license, identity card or passport.

TRAFFIC FINES
Police are empowered to collect fines on the spot; they must issue a receipt. Fines range from 100 to 500 zloty (for speeding).

You must pay for parking in central Warsaw between 08:00 a.m. – 6:00 p.m. Monday through Friday in all designated parking areas. On Saturdays and Sundays and public holidays parking is free. A blue rectangular sign with a white 'P' Platny indicates parking places. Parking tickets are generally needed to park in the city center and these may be obtained from the machines located nearby (place on dashboard on driver's side). An alternative to the necessity of having small change is to buy a parking card which may be used in all machines. If parked in darkness on an unlit street, a vehicle's parking lights must be on. Vehicles weighing less than 2.5 metric tons (2500 kg) can park with one set of wheels on the sidewalk as long as a path remains for pedestrians. Do not park within 5 meters of a pedestrian crossing. In some cities there are parking meters. If you do not pay the parking fee you can be fined or your car clamped. When traveling by car you must not to park in prohibited zones and whenever necessary you have to pay the statutory parking fee.

FUEL
Most fuel stations now stay open 24 hours. Unleaded petrol is called “benzyna bezozłowiowa”. Regular unleaded petrol has an octane rating of 95; the octane rating of super unleaded is 98. A high proportion of fuel stations along highways sell LPG.

DRIVING
US driving licenses are only valid in Poland for 6 months. UK drivers licences are valid if they are the plastic Eurocard. International driver’s license is valid in Poland and can be obtained here too, although it is easier to get one at your local AAA office before coming to Poland. IDP's (International Driving Permits) can also be obtained through the mail, but can take up to six weeks for processing. It may be wise to consider getting a Polish/International license. To obtain a license you require at least a temporary address in Poland, a Polish health certificate and a certificate saying you have passed the requisite tests and completed a driving course. The test is made up of a written part (which requires the services of a sworn translator) and the road test. EC format pink/green license is accepted; old-style green or non-European license must be accompanied with an International Driving Permit. It is also important to check with your insurance company about the driving license you are required to have to ensure you are completely covered by your insurance policy. Speak to your company about the driving license you are required to have. This whole area is complicated and needs to be thoroughly researched.

- Third-Party compulsory.
- Green Card required.

Car break-ins and theft can be a problem in Poland. Here are some useful tips:
- When parking your car never leave anything loose or visible in the car.
- Remove the radio/cassette player.
- Invest in a variety of anti-theft devices, alarms etc.
- Never leave the keys or the documents in the car and/or the engine running even for a short period e.g. when opening the gates to your driveway, when paying for petrol or collecting your children from school.
- Lock your doors when driving and place your bag under your seat or with the handle around the hand-brake if on the passenger seat.
Several recent car-jackings have involved the same ploy and are worth being attentive to:
A car pulls alongside moving vehicle and passenger gestures towards the front tire on the driver’s side, indicating a possible problem with the tire. In each case the driver did not stop immediately but pulled into a side street or some distance further on the road and got out to examine their tires. At that point, two or more men appeared, apparently from a second vehicle that had been unobtrusively following, and stole the car.

Someone appears to be injured or ill, lying on or near the road. Someone approaches the vehicle to ask directions. At a traffic light, the driver is pulled from the car and the vehicle is taken because the doors were not locked.

**WINTER & SUMMER TIRES**
Tires = “opony”. You will need to get your car tires changed twice a year to help you with the change in weather conditions. Suggest booking your car into a garage in October to have your winter tires put on (they do make a big difference to the grip in the snow), and change them back to summer tires late April when there is no risk of snow returning.

Not required by law.

**MobiParking** phone application – application plus sticker to print on the window
https://m.mobiparking.pl
- payment for the real time of parking
- no cash required
- perfect if you park for a few minutes
- no stress – easy to prolong the time of parking via telephone

**COMMON ROAD SIGNS**

A FEW RULES TO KNOW

koniec = end; objazd = detour; uwaga = warning; wyjazd = exit; wjazd = entry.

<table>
<thead>
<tr>
<th>No parking (also same sign with red X)</th>
<th>No overtaking</th>
<th>You have right of way</th>
<th>No right of way / yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Darkened line has right of way</td>
<td>On-coming traffic has right of way</td>
<td>Yield</td>
<td>Village speed limit applies</td>
</tr>
</tbody>
</table>
• If there is no Right of Way sign at an intersection (yellow diamond sign above), you must yield to the person on the right. This will apply in most neighborhoods and off major streets.

• Look for No Parking signs at every corner to decide if you can park (blue/red sign above with either one line through or a red X). Just because there are other cars there does not mean it is legal. (For example, behind Sadyba mall, lots of people will park on the street even though it is a No Parking zone.)

• It is common to be required to produce the registration papers for your car if it is stolen. For this reason, you should never leave your papers in the car. At the same time, you must have them anytime you are driving. (This is very hard to remember, especially when you are sharing a car with a spouse.)
APPENDIX 3 - TRANSPORTATION

TAXIS

Cabs in Warsaw are plentiful and reasonably inexpensive. It is generally best to call for a taxi or take one from a designated taxi stand. It is unusual for people to hail taxis on the street. Legitimate taxis are clearly labeled with a number on the side and top of the car and have identifying documents in the window.

When you call a company you will be asked for your phone number. If you are a regular customer, the taxi company may use your phone number to find your name and address in their database. Some companies have English-speaking dispatchers, but it is fairly easy to order a taxi even with limited Polish. When you call, say: “Proszę o taxi.”** (Prosheh oh taxi.) The dispatcher will ask for your address, telefon and if you live in a house or apartment (dom albo mieszkanie.) Then they will ask when you want the cab to come (na ktoro godzine?). You can answer now (teraz) or whenever you want them to come (za 15 minut, etc.).

** Note: If you can pronounce Polish and want to be proper, you should ask, “Proszę o taksówkę.” However, you will be understood if you just say “taxi.”

<table>
<thead>
<tr>
<th>Eco Car</th>
<th>123 456 789</th>
<th>Halo Taxi</th>
<th>1+9623</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radio Taxi</td>
<td>1+9191</td>
<td>Taxi Plus</td>
<td>1+9621</td>
</tr>
<tr>
<td>Wawa Taxi</td>
<td>1+9644</td>
<td>Super Taxi</td>
<td>1+9622</td>
</tr>
</tbody>
</table>

Cabs normally arrive within 10 minutes of call out. There is an initial charge of 5 PLN and then the rate is between 1.50 and 2.40 PLN per kilometer. Rates go up after 10 p.m. at weekends and outside the city limits. It is worth learning your phone number and address in Polish. However, because Polish is so difficult to pronounce, it is often best to simply show the driver your address.

DETERMINED DRIVER SERVICE

Your designated drivers (2 persons) will meet with you, drive you home in your own vehicle, whilst their car follows behind.

Night Drivers [http://www.nightdrivers.pl](http://www.nightdrivers.pl), T: 511 12 12

TRANSPORTATION IN WARSAW

The public transport system in Warsaw is very good, generally safe, and very reasonable in price. There is an extensive tram and bus service throughout the city. There are also two metro lines M1 and M2. M1 runs from North to South /from Mlociny through the city center to Kabaty/. M2 runs from West do East /from Rondo Daszyńskiego through the city center to Dworzec Wileriski/. The service starts from around 05:00 a.m. till 23:30 p.m. Night buses run between 23:30 p.m. and 05:30 a.m. Metro runs from around 5.00 a.m. till 01.00 a.m. (Mon-Thu and Sun) and from 5.00 a.m. till 3.00 (Fri-Sat).

TICKETS

You can buy tickets for bus, tram and metro (they all use the same tickets) at most kiosks (newsstands) and at places that have a sign in the window that says ‘TU MOZNA KUPIĆ BILETY MZK’. Most large bus stops have a kiosk right there, and most metro stops have automatic ticket vending machines. The ASW PTO store also has a supply of bus tickets for sale.

Most of us will use the DOBOWY NORMALNY for 15zl; this is good for multiple rides (for all three: buses, trams, and the metro) within 24 hours from the time you validate it and for ZONE 1 which is the city of Warsaw. The 24-hour ticket for ZONE 2 (Warsaw + suburbs) costs 26zl. A single—fare transfer ticket costs 4.40zl (entitles to an unlimited number of journeys for a period not exceeding 75 minutes from its validation or entitling to a single journey to a stop or station which is the last on the route). People over 70 years of age (even foreigners) ride for free, but must have a photo document showing birth date. There are also 20 minute tickets, weekend tickets (from 7:00 p.m. on Friday till 8:00 a.m. on Monday), and 30-day and 90-day passes which can be purchased at the post office or at a city MZK office. Find all information [on www.ztm.waw.pl](http://www.ztm.waw.pl), now (mostly) in English! (http://www.ztm.waw.pl/index.php?c=110&l=2)

Note: The Os.Konstancja bus stop (the stop closest to ASW) is the last stop on that line within Zone 1. Traveling past ASW toward Konstancin will require a Zone 1 + 2 ticket.

A ticket for the metro is validated at the metro station before entering the platform; others are validated at the box-style “kasownik” when you board the bus or tram. Most of these machines are now electronic and read the magnetic strip on your ticket. Plain clothes ticket inspectors regularly patrol the lines, dishing out 266 pln fines for those without valid tickets. Tickets can also be bought from the drivers but they are more expensive and you
will have to have the exact money. If you have bulk luggage or a large pet with you, you will require a ticket for these. You can also purchase a Warszawska Karta Miejska which is a rechargeable magnetic card at 110.00 PLN for a month and 280.00 PLN for three months. You can get these cards at the passenger service points (http://www.ztm.waw.pl/pop.php?c=500&l=2 ). First card is for free. These cards can be recharged in every metro station at the special ticket machines. Public transport custom in Poland is still traditional. If you are young you are expected to give up your seat for the elderly, pregnant women and handicapped.

**Routes/Schedules**
General information about the bus routes:

**100 Number Buses**
These are the slowest buses, with many stops; they run often and on weekends and holidays.

**200, 300, 400 Number Buses**
These buses run less frequently, during busy morning and evening rush hours. They may or may not run on weekends.

**500 Number Buses**
These buses have stops on the outer areas of the city, with fewer stops closer to downtown but with major stops right in the center and at major inter-sections. The 500 number buses run on weekends and holidays.

**700 and 800 Number Buses**
These buses run outside the official Warsaw city boundaries and bring people to major metro stations or into the city center, often to the central train station.

Each bus stop (przystanek) has the number (and time schedule) of all buses that stop there; if the words ‘NA ZADANIE’ (on demand) are under the number of the bus you want to take, you must wave to the bus driver to STOP the bus for you. If you want to get off the bus, look at the route map above the window inside the bus; each stop has a name and if your stop is marked by an empty circle -- O -- you must hit the STOP button for the bus to stop there.

Go to www.ztm.waw.pl to find bus and metro schedules (or see below: www.jakdojade.pl). After you have clicked the “English” option at the top of the page, you will be able to choose “Timetables for today” from the left-hand menu. Click the bus number, then the direction of the route (from = od, to = do) and you will see the names of all the bus stops of the route. Click the stop at which you get on and you will see the time table for that stop.

**Jakdojade (The Easiest Way To Plan Your Trip On Public Transportation In Warsaw.)**
The easiest way to plan your trip on Warsaw public buses, trams, or subway is by using www.jakdojade.pl. Click on Warszawa, then click on the British flag for the English version. If you know where you are and where you are headed, you can insert that information as you would on google maps. If you tell Jakdojade the day and time you are planning to depart, it will list a series of options. You can also set your preference for the fastest possible route or the fewest number of transfers. Jakdojade includes all bus, tram, and metro routes, so it will tell you if you need to transfer and at which stop. Also, if you know the intersection where you are going, but you don’t know the name of the nearest stop, you can drag and drop the ‘A’ (starting point) and ‘B’ (destination point) flags on the map itself (just as you would on google maps).

Here are a few recommendations:
* Always remember to check the return route. There is a button with a flip-flop arrow between your departure point and destination. If you click this button, jakdojade will automatically reverse the two points and plan your trip home again. This is very important, because the same buses don’t always stop at the same place in the opposite direction.
* Sometimes changing your desired departure time by a minute or two will result in a faster/more direct route.
* The auto-fill feature will give you several options just by typing the first few letters, but be careful to select the correct stop. Many street names have multiple stops and sometimes the same name is used in multiple locations in the city. I recommend having google maps open in another window, so that you can double-check that you have the correct location.
* Many bus stops have more than one location where buses stop. For example, the Wilanow bus stop has several in the circle by McDonald’s, but two around the corner by the entrance to the cemetery and another across the street. These are indicated by a number after the bus stop name on the bus stop sign, and jakdojade includes these in your plan. At some stops, like Rozdrozu, you may have to descend stairs to get to the correct location.
* When jakdojade draws your route, it shows a thin line prior to your starting point to show the path of your bus. This is often helpful for determining which side of the street will have your desired stop. It does the same for the bus route following your destination point.

* Jakdojade also includes schedule and route information. You can enter in any bus route number, e.g. 710, and see the entire route with all of the stops. You can also select a specific stop along that route and see the full timetable.

SAMPLE ROUTE FROM ASW to SADYBA BEST MALL

* Go to the Os. Konstancja 02 bus stop – on the north-bound side of the road.
* Flag down the 710 bus, labeled as headed toward Metro Wilanowska.
* Exit the bus at the Wilanow bus stop.
* Go to the Wilanow 05 bus stop.
* Board the 180 bus, labeled as headed toward Chomiczkowka.
* Exit the bus at the Goraszewska stop.
* Take the pedestrian bridge across the road to Sadyba Best Mall.

Journey time: approximately 35 minutes.

TRANSPORTATION AROUND POLAND

The fastest way to get around Poland is by train. There are 6 different stations in Warsaw; however, most trains depart from Warsaw Central Station (Dworzec Centralny). The station has been recently modernized. You need to be careful, as, in any large railway station pickpockets are not uncommon. International tickets are available at the counters on the top floor of the main hall. Information and domestic tickets can be obtained on the ground floor. InterCity (IC) and EuroCity (EC) trains are quicker, tickets are slightly more expensive. You will find timetables all over the station and departures (odjazdy) are on yellow timetables and arrivals (przyjazdy) on white timetables. You can also obtain information on the website at [http://pkp.pl/](http://pkp.pl/). Tickets can be bought at the station as well as online. Major credit cards are accepted. Tickets can also be ordered from travel agencies at a small extra delivery cost. Second class travel is quite comfortable and in fact there is not that much difference between first and second-class.

Coach transport is also available and reasonably priced, however, the journey time is usually longer and some of the coaches may be of a poor standard. Most coaches arrive and depart from the Central Railway station. Recommended to take coach PolskiBus.com ([http://www.polskibus.com/en/index.htm](http://www.polskibus.com/en/index.htm)). Prices are very reasonable. As announced on their web page they are “fast cheap and comfortable” and have very good discounts.
APPENDIX 4 – LIVING IN POLAND

HOUSING IN WARSAW
In Warsaw many expatriate families choose to live near the school of their choice. Housing in these districts is generally of a high standard and comparable with housing in North America and Western Europe. Housing of similar standards is also to be found in the central and northern parts of the city.

Finding the right house can be a stressful and time-consuming process, which is why some companies offer a Home Search Service.

SENSIBLE SUGGESTIONS ON HOME SECURITY
Many new arrivals have never experienced life in a European capital city and may be unprepared for the realities of life in their new home. This inexperience may be dangerous so here are some basic security measures you should keep in mind as you move from your hotel to your new home.

Violent crimes are rare in Warsaw, but property crime is extremely common. Burglary and car theft, are the most common threats you will face. In Warsaw, thieves prefer houses that are unoccupied. They will often watch a house for several days to become acquainted with your habits. They will then enter the house in your absence knowing that you have gone about your daily routine. Often they will enter with a key. Unless you have changed or re-keyed all of the locks in your house after taking possession then there is a possibility that the keys to your house are in wide circulation. They will be in the possession of construction workers, security services, cleaners, and their friends.

1. Change your locks.
2. Change the code to your alarm.
3. Use your locks and your alarm.
4. Get insurance. A surprising number of renters fail to insure their household effects. If, however, your house has reasonable security features, insurance cover is readily available and not very expensive. If you do get burgled you should call the police as soon as you can. Get copies of their report to show your insurance company. You should also be able to produce photographs of the missing items. Do a photo inventory room by room and note down the model and serial number of electronic goods. Keep sales receipts, and your import documents, and to be really safe, keep duplicates of this file at the office.
5. Be aware! Imagine people are following you - sometimes they are. Cars have been stolen while their owners are opening the gate or the garage. On some rare occasions, robbers have followed homeowners through the gates and forced their way into the house. If you see someone standing by your gates or if a car is following you, drive on.
6. Do not open your front door or gate to strangers. Many homes have 'spy holes' in the doors and entry phones connected to the front gate - use them to establish who any visitor is before you open the door. Never give your name to anyone who buzzes at your gate or calls on the phone. Never put your name on your mailbox. If you have a Fani let her deal with the men who call to take the meter readings. If not, learn to give your office telephone number in Polish over the domo phone and let them make arrangements through your Polish secretary. Or, you could give your landlord's name and telephone number and let him handle the arrangements. Never assume that unfamiliar delivery or service men are legitimate.
7. When you go on holiday, do not leave your house empty. Get a house sitter or security guard. An empty house will not go unnoticed.
8. Instruct your office staff on basic security measures. They need to be taught not to tell acquaintances and clients that you are away. They also need to be taught never to give out your home address or telephone number.
9. Try not to make yourself conspicuous. Resist the temptation to live in large, flashy houses even if you can afford to. Think seriously before bringing irreplaceable items to Poland. Valuable jewelry should be left in a safe deposit box back home - ladies in diamond rings are a flashing neon sign to thieves.
10. Never forget that most people are honest and it is a very small percentage that is a threat.

Your time in Poland can be an exciting and rewarding experience for you and your family. With a little extra care you can increase the likelihood that your years here will pass without incident.
COMMUNICATING IN POLISH
Basic useful words and phrases

SOME BASIC PRONUNCIATION
‘cz’ sounds like the ‘ch’ in beach
‘c’ like ‘ts’ in mats
‘r’ is always rolled
‘rz’ and ‘ż’ like the ‘su’ in treasure
‘dz’ like the ‘ds’ in beds
‘n’ like the ‘ny’ in canyon
‘sz’ like the ‘sh’ in ship
‘j’ like the ‘y’ in yeah
‘l’ like the ‘w’ in win
‘w’ like ‘v’

BASIC USEFUL WORDS

dzień dobry (dsjen do-bri) good morning
dobry wiecór (do-bri-vyeh-choor) good evening
dobranoc (dobrah-nots) good night
do widzenia (do-vi-dsenia) good bye (formal)
cześć (cheshch) hi / bye (informal)
tak (tahk) yes
nie (nyeh) no
proszę (prosheh) please / you are welcome
dziękuję (dsjen-koo-yeh) thank you
przepraszam (psheh-prasham) sorry
dobry (dobri) good
koniec (konyetz) end
wejście (veeyshchyeh) entrance (foot traffic)
wyjśćście (veyshchyeh) exit (foot traffic)
wjazd (vyazd) entry (vehicle)
wyjazd (vyyazd) exit (vehicle)
objazd (obyazd) detour
plac (plats) square
ulica (ulitza) street
w lewo (flehvo) to the left
w prawo (fprahvo) to the right
prosto (prohsto) straight
obok (obock) next to
tutaj (tootai) here (stop here)
zakaz (zuh-kus) forbidden (roadsigns)
zakaz wjazdu/wstępu (zuh-kus vyazdu/vstempu) no entry
znaczki (znuchkii) stamp (post office)
poczta (pochta) post office
list polecony (list poletsony) registered letter
<table>
<thead>
<tr>
<th>Polish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>zdjęcie</td>
<td>picture/foto</td>
</tr>
<tr>
<td>otwarte</td>
<td>open</td>
</tr>
<tr>
<td>zamknięte</td>
<td>closed</td>
</tr>
<tr>
<td>czynny</td>
<td>open</td>
</tr>
<tr>
<td>nieczynny</td>
<td>closed / out of order</td>
</tr>
<tr>
<td>pchać</td>
<td>push</td>
</tr>
<tr>
<td>ciągnąć</td>
<td>pull</td>
</tr>
<tr>
<td>winda</td>
<td>lift / elevator</td>
</tr>
<tr>
<td>schody</td>
<td>stairs</td>
</tr>
<tr>
<td>schody ruchome</td>
<td>escalator</td>
</tr>
<tr>
<td>parter</td>
<td>ground floor</td>
</tr>
<tr>
<td>pierwsze piętro</td>
<td>first floor</td>
</tr>
<tr>
<td>drugie piętro</td>
<td>second floor</td>
</tr>
<tr>
<td>lekarz</td>
<td>doctor</td>
</tr>
<tr>
<td>stomatolog</td>
<td>dentist</td>
</tr>
</tbody>
</table>

**USEFUL PHRASES**

<table>
<thead>
<tr>
<th>Polish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Czy mówi pan / pani po angielsku?</td>
<td>Do you speak English?</td>
</tr>
<tr>
<td>Nie mówię po polsku</td>
<td>I don’t speak Polish</td>
</tr>
<tr>
<td>Proszę to napisać</td>
<td>Please write it down</td>
</tr>
<tr>
<td>Proszę powtórzyć</td>
<td>Please repeat it</td>
</tr>
<tr>
<td>Nazywam się</td>
<td>My name is</td>
</tr>
<tr>
<td>Gdzie są toalety?</td>
<td>Where are the toilets?</td>
</tr>
<tr>
<td>Która jest godzina?</td>
<td>What time is it?</td>
</tr>
<tr>
<td>Nie mam drobnych</td>
<td>I have no small money</td>
</tr>
<tr>
<td>Ile to kosztuje?</td>
<td>How much does it cost?</td>
</tr>
<tr>
<td>Nie ma</td>
<td>There is no / there are no</td>
</tr>
</tbody>
</table>
USEFUL WORDS / PHRASES IN EMERGENCY SITUATIONS

<table>
<thead>
<tr>
<th>English</th>
<th>Polish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help</td>
<td>Pomoc</td>
</tr>
<tr>
<td>Please send the police</td>
<td>Proszę wezwać policję</td>
</tr>
<tr>
<td>Please send an ambulance</td>
<td>Proszę wezwać ambulans</td>
</tr>
<tr>
<td>There is a fire</td>
<td>Pali się</td>
</tr>
<tr>
<td>Please send the fire brigade</td>
<td>Proszę wezwać straż pożarną</td>
</tr>
<tr>
<td>My address is</td>
<td>Mój adres</td>
</tr>
<tr>
<td>My telephone number is</td>
<td>Mój telefon</td>
</tr>
<tr>
<td>My name is</td>
<td>Nazywam się</td>
</tr>
<tr>
<td>I don’t speak Polish</td>
<td>Nie mówię po polsku</td>
</tr>
</tbody>
</table>

STAGES OF CULTURE SHOCK
Culture shock is a reality and if you find yourself experiencing any of these symptoms then do not hesitate to ask for support. Don’t become isolated - talk to someone! Culture shock can also affect your husband and children so be aware of unusual behavioral changes and be supportive. Discuss culture shock as a family, and talk some of the mums in the cafeteria who have all gone through the same thing. They will understand your feelings and emotions, and perhaps have some solutions to your problems. You need ‘patience’ to live in Poland, to survive in the traffic jams and stand in the shop queues etc.

**Stage One: Initial Euphoria/The Honeymoon**
- Arrive with great expectations and positive mind set
- Anything new is intriguing, fascinating and exciting
- Focus on similarities and how people everywhere are really very much alike
- This stage may last from one week or two to a month or more

**Stage Two: Irritation and Hostility**
- Focus turns from similarities to the differences, which are suddenly everywhere
- Become easily frustrated by these differences
- Often feel inadequate and unproductive
- Little difficulties become major sources of irritation
- Experience culture shock as the reality of the new life hits

**Stage Three: Gradual Adjustment**
- Have adopted some of the local values and feel less isolated
- Find increased self-confidence
・ Become integrated into a new social network
・ Adjustment takes place subtly and gradually
・ Crisis is over and slowly learn to function under new conditions

**Stage Four: Adaptation of Biculturalism**

・ Increased enjoyment found in new customs and ways of doing/saying things
・ Ability to function in two cultures with confidence
・ Life may be just as good as or even better than before
・ Realization that there will be things you will miss when you pack up and return home - anticipate reality of reverse culture shock.

**Progressive Stages of Culture Shock**

Homesickness
Boredom
Withdrawal
Need for excessive amounts of sleep
Compulsive eating/drinking
Irritability
Exaggerated cleanliness
Marital Stress
Family tension and conflict
Chauvinistic excesses
Stereo-typing host nationals
Hostility towards host nationals
Loss of ability to work effectively
Unexplainable fits of weeping
Physical ailments

A recommended book on the subject at kids: *Third Culture Kids: Growing up Among Worlds* by David Pollock & Ruth Van Reken.

**Adjusting to life in Warsaw – organizations you can join**

There are a number of organizations based in Warsaw, which are here to assist the newcomer in settling in and making contact with other expats. Life in a new city can be very lonely - we are all here to help!

**AMERICAN FRIENDS OF WARSAW (AFW)**
On FACEBOOK
W: www.afw.waw.pl
E: info@afw.com
Founded 20 years ago, American Friends in Warsaw (AFW) is a multi-national organization composed of individuals and families from around the world who want to make the most of their time in Warsaw by making new and lasting meaningful friendships, fill their social calendar with fun activities for them and their families and make positive contributions to the community. AFW offers social events, cultural tours, educational activities, charity parties, family entertainment and volunteering & community outreach programs at hospitals & orphanages. AFW’s monthly newsletter and Facebook forum provide members with the organization’s calendar of events, articles, valuable tips and recommendations and allows it members to ask questions and get great advice.

For more information or to join, contact AFW at: info@afw.waw.pl

**INTERNATIONAL WOMEN’S GROUP (IWG)**
W: www.iwgwarsaw.eu
E: iwg.warsaw@gmail.com

The IWG warmly welcomes all international women in Warsaw who would like to meet other women in a friendly, social environment. We operate in English, but our members speak many languages and come from all
over the world! As an IWG member you can join small group activities. IWG members receive a monthly newsletter full of information about happenings, events and useful information about life in Warsaw.

- Support—help and tips for adapting to your new environment
- Hobby groups—mahjong, quilting, painting, cooking, book clubs, bridge
- Sports groups—tennis, golf, walking, Pilates
- Language groups—Polish, improve your English, Spanish conversation
- Cultural activities—museums, places of interest, day trips outside Warsaw
- Monthly newsletter, meetings and coffees
- Charity—volunteer opportunities
- Classes—take a class or teach a class

The IWG also offers regular excursions in and around Warsaw, as well as day trips outside the city. In the past, we've been to places like Łódź, Toruń and Częstochowa, taken tours of the Palace of Culture and the Opera, visited handbag and amber jewellery factories and much more. Membership fee 250zl per September to August year. Join at any time!

MUMS & TOTS
W: www.mumsandtots.pl

Brings together expat mothers, toddlers, babies and mums-to-be for various activities. Email: postmaster@mumsandtots.pl, www.mumsandtots.pl for more info. They have just joined Facebook, so you can be in contact with lots of new friends.

THE DUTCH CLUB
www.poolshoogte.pl
Society for Dutch speaking people abroad.

THE CALEDONIAN SOCIETY
Promotes Scottish culture.
For social events call Martin (T/F: 022 827 83 69). For Scottish dancing call Małgorzata Blachnio (T: 022 653 70 00). Also see: http://scotsinpoland.com/

CANADIAN CIRCLE/CIRCLE CANADIAN
www.canadiancircle.org.pl
email: canadiancircle@yahoo.ca
An organization for Canadians and friends of Canada who want to develop or maintain ties with Canada and the Canadian community in Warsaw. To join or to find out more check the website.

GERMAN-SPEAKING WOMEN'S TREFF
For information contact Grazyna Bolte on T: 605 580 521 or send an e-mail to GermanSpeaking@web.de. This is for all women who speak German or would like to improve.

VARSOVIE ACCUEIL
A French-speaking association which organizes recreational events designed to welcome and network French-speakers. Call the Hotel Mercure Grand (ul. Krucza 28)

There are many more community contacts which can be obtained from the website address: https://www.internations.org/warsaw-expats or http://www.warsawinsider.pl/

POLISH HOLIDAYS
Poland has many traditions and you will find the majority of official holidays are still family orientated. Some of the major days are:

SYLWESTER (NEW YEAR’S EVE)
December 31. (January 1 is the official New Year’s Day holiday.) Fireworks are the order of the day.

THREE KINGS DAY (THE EPIPHANY)
January 6. Celebrates the revelation of God the Son as a human being in Jesus Christ. Commemorates either the visitation of the Biblical Magi to the Baby Jesus (Western Christians) or the baptism of Jesus in the Jordan River (Eastern Christians).

TŁUSTY CZWARTEK (FAT THURSDAY)
Last Thursday before the start of Lent. This is the last chance for Poles to eat to excess before Lent. The more donuts (“pańczki” [ponchkee]) you can eat during this day, the luckier you are in the New Year.

FIRST DAY OF SPRING
March 21. This is mainly celebrated in the countryside with the burning of a scarecrow, which symbolizes winter.

PRIMA APRILIS (APRIL FOOL’S DAY)
April 1. Anything goes

Easter  WIELKANOC (EASTER SUNDAY)
A very important religious and family holiday. Easter eggs in Poland means the appearance of beautifully hand painted wooden eggs called “pisanki”.

ŚMIGUS-DYNGUS or LANY PONIEDZIAŁEK (EASTER MONDAY)
Celebrated by youngsters mostly. They go around town and soak anyone and everyone without recompense.

MOTHER’S DAY
May 26

CHILDREN’S DAY
June 1st

WSZYSTKICH ŚWIĘTYCH (ALL SAINTS’ DAY)
November 1. On this day Poles congregate at cemeteries to commemorate the dead. Each of the graves will be decorated with flowers and candles, and many people will travel long distances so as to visit the graves of their beloved. This is a sight not to be missed and will leave an unforgettable impression.

WIGILIA (CHRISTMAS EVE)
One of the largest celebrations in Poland. Most people fast during the day before the evening meal. An extra place is always laid at the table for an unexpected traveler. Christmas trees are decorated and the gifts are hidden from the children until the first star appears in the sky, and then festivities begin. The meal always begins with the exchange of the “opłatek” – wafer- and greetings between all those present at the table. Tradition says that there should be 12 dishes served and no meat. The traditional fish is carp and no alcohol should be drunk. During and after the meal everyone groups together to sing Christmas carols and then attends midnight mass (Pasterka). All the children and others have to wait until after the meal to receive their presents.

BOŻE NARODZENIE (CHRISTMAS)
December 25. This day is usually spent with family and visiting those of the family who live further away.

BIRTHDAYS & NAME DAYS
Of course birthdays are celebrated, but names days are more important and greater emphasis is placed on these.

Official Public Holidays

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 January</td>
<td>New Year</td>
</tr>
<tr>
<td>6 January</td>
<td>Epiphany</td>
</tr>
<tr>
<td>March/April</td>
<td>Easter Monday (the Monday following Easter Sunday)</td>
</tr>
<tr>
<td>1 May</td>
<td>Labor Day</td>
</tr>
<tr>
<td>3 May</td>
<td>Constitution Day</td>
</tr>
<tr>
<td>May/June</td>
<td>Pentecost (7th Sunday after Easter)</td>
</tr>
<tr>
<td>May/June</td>
<td>Corpus Christi (9th Thursday after Easter)</td>
</tr>
<tr>
<td>15 August</td>
<td>Assumption Day</td>
</tr>
<tr>
<td>1 November</td>
<td>All Saints Day</td>
</tr>
<tr>
<td>11 November</td>
<td>Independence Day</td>
</tr>
<tr>
<td>25 &amp; 26 December</td>
<td>Christmas</td>
</tr>
</tbody>
</table>

Most, but not all, of these holidays are observed by shops and businesses. Certain holidays may affect the schedules of public transportation, so check before you leave home. A word of warning... avoid travelling on November 1st as every Polish person will be heading home to visit the graveyards for All Saints day. Car accidents are at an all time high these couple of days, so be extra careful.

WEIGHTS & MEASUREMENTS

Weight Equivalents

1 ounce = 16 drams = 25 grams
1 pound = 16 ounces = 450 grams  
1 kilogram = 2.20 pounds

**Lengths**

| 1 millimeter = 0.039 inch        | 1 inch = 2.5 centimeters |
| 1 centimeter = 0.39 inch         | 6 Inches = 15.2 centimeters |
| 10 centimeters = 3.94 inches     | 12 inches = 30.5 centimeters |
| 50 centimeters = 19.68 inches    | 36 inches = 91.4 meter    |
| 100 centimeters = 39.36 inches (3.28 feet) |

**Oven Temperatures & Kitchen Conversions**

<table>
<thead>
<tr>
<th></th>
<th>CELSIUS (CENTIGRADE)</th>
<th>FAHRENHEIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiling point of water</td>
<td>100</td>
<td>212</td>
</tr>
<tr>
<td>Freezing point of water</td>
<td>0</td>
<td>32</td>
</tr>
<tr>
<td>Ideal storage temp. for most foods</td>
<td>1.7-10</td>
<td>35-50</td>
</tr>
<tr>
<td>Very slow oven</td>
<td>120-135</td>
<td>248-275</td>
</tr>
<tr>
<td>Slow oven</td>
<td>150-165</td>
<td>302-329</td>
</tr>
<tr>
<td>Moderate oven</td>
<td>180-190</td>
<td>356-374</td>
</tr>
<tr>
<td>Hot Oven</td>
<td>200-220</td>
<td>392-428</td>
</tr>
<tr>
<td>Very hot oven</td>
<td>230-250</td>
<td>446-482</td>
</tr>
</tbody>
</table>

**CONVERSION TABLES**  
(Conversions are approximate; rounded up or down)

**NOTE:** Although many British or “Imperial” units of measurement have the same names as US units, not all are identical. In general WEIGHTS are equivalent, but VOLUMES are not. See examples below.

**Liquid Measure to Milliliters**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 standard measuring cup for both solids and liquids</td>
<td>=8 US ounces = 16 US Tablespoons = 48 US teaspoons</td>
</tr>
<tr>
<td>1 English breakfast cup for both solids and liquids</td>
<td>= 10 English Imperial ounces = 20.8 US Tablespoons = 62.5 US teaspoons.</td>
</tr>
</tbody>
</table>

**Dry measure volume equivalents (pint, quart, peck, and bushel), and weight equivalents (ounces and pounds) are the same.**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.25 US teaspoon</td>
<td>= 1 English teaspoon</td>
</tr>
<tr>
<td>1.25 US Tablespoon</td>
<td>= 1 English Tablespoon</td>
</tr>
<tr>
<td>1 US cup</td>
<td>= 5/6 English breakfast cup</td>
</tr>
<tr>
<td>1 US pint</td>
<td>= 5/6 English Imperial pint</td>
</tr>
<tr>
<td>1 US quart</td>
<td>= 5/6 English Imperial quart</td>
</tr>
</tbody>
</table>
### Liquid Measure Volume Equivalents

<table>
<thead>
<tr>
<th>60 drops</th>
<th>1 teaspoon</th>
<th>5 milliliters (ml.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>teaspoon</td>
<td>1/3 Tablespoon</td>
<td>5 milliliters (ml.)</td>
</tr>
<tr>
<td>1 Tablespoon</td>
<td>3 teaspoons</td>
<td>15 milliliters (ml.)</td>
</tr>
<tr>
<td>2 Tablespoons</td>
<td>1 fluid ounce</td>
<td>30 ml.</td>
</tr>
<tr>
<td>4 Tablespoons</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>16 Tablespoons</td>
<td>1 cup or 8 ounces</td>
<td></td>
</tr>
<tr>
<td>1 cup = 1/2 pint</td>
<td>¼ liter approx. (2 deciliters-dl.)</td>
<td></td>
</tr>
<tr>
<td>2 cups = 1 pint</td>
<td>½ liter approx.</td>
<td></td>
</tr>
<tr>
<td>1 quart liquid</td>
<td>2 pints = 0.95 liters</td>
<td></td>
</tr>
<tr>
<td>1 gallon liquid</td>
<td>4 quarts</td>
<td></td>
</tr>
</tbody>
</table>

### Liquid Measures to Milliliters

| ¼ teaspoon | 1.25 milliliters |
| ½ teaspoon | 2.5 milliliters |
| ¾ teaspoon | 3.75 milliliters |
| 1 teaspoon | 5.0 milliliters |
| 1 ¼ teaspoons | 6.25 milliliters |
| 1 ½ teaspoons | 7.5 milliliters |
| 1 ¾ teaspoons | 8.75 milliliters |
| 2 teaspoons | 10.0 milliliters |
| 1 Tablespoon | 15.0 milliliters |
| 2 Tablespoons | 30.0 milliliters |

### Conversion Tables

- 1 oz = 25 g. (grams)
- 1 lb. = 450 g. (grams)
- 2.2 lbs. = 1 kg. (kilogram)
- 1 cup = 2 dl. (deciliters)
- ½ cup = 1 dl. (deciliter)
- ¼ cup = ½ dl. (deciliter)
**Comparison to Metric Measure**

<table>
<thead>
<tr>
<th>WHEN YOU KNOW</th>
<th>MULTIPLY BY</th>
<th>TO FIND</th>
<th>SYMBOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaspoon</td>
<td>5.0</td>
<td>Milliliters</td>
<td>ml.</td>
</tr>
<tr>
<td>Tablespoon</td>
<td>15.0</td>
<td>Milliliters</td>
<td>ml.</td>
</tr>
<tr>
<td>Fluid ounces</td>
<td>30.0</td>
<td>Milliliters</td>
<td>ml.</td>
</tr>
<tr>
<td>Cups</td>
<td>0.24</td>
<td>Liters</td>
<td>l.</td>
</tr>
<tr>
<td>Pints</td>
<td>0.47</td>
<td>Liters</td>
<td>l.</td>
</tr>
<tr>
<td>Quarts</td>
<td>0.95</td>
<td>Liters</td>
<td>l.</td>
</tr>
<tr>
<td>Ounces</td>
<td>28.0</td>
<td>Grams</td>
<td>g.</td>
</tr>
<tr>
<td>Pounds</td>
<td>0.45</td>
<td>Kilograms</td>
<td>kg.</td>
</tr>
<tr>
<td>Fahrenheit</td>
<td>$\frac{5}{9}$ (after subtracting 32)</td>
<td>Celsius</td>
<td>C.</td>
</tr>
</tbody>
</table>

**Fahrenheit to Celsius**

<table>
<thead>
<tr>
<th>F</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>200-205</td>
<td>95</td>
</tr>
<tr>
<td>220-225</td>
<td>105</td>
</tr>
<tr>
<td>245-250</td>
<td>120</td>
</tr>
<tr>
<td>275</td>
<td>135</td>
</tr>
<tr>
<td>300-305</td>
<td>150</td>
</tr>
<tr>
<td>325-330</td>
<td>165</td>
</tr>
<tr>
<td>345-350</td>
<td>175</td>
</tr>
<tr>
<td>370-375</td>
<td>190</td>
</tr>
<tr>
<td>400-405</td>
<td>205</td>
</tr>
<tr>
<td>425-430</td>
<td>220</td>
</tr>
<tr>
<td>445-450</td>
<td>230</td>
</tr>
<tr>
<td>Liquid Cup Measure to Liters</td>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>0.12 liters</td>
</tr>
<tr>
<td>1 cup</td>
<td>0.24 liters</td>
</tr>
<tr>
<td>2 cups</td>
<td>0.48 liters</td>
</tr>
<tr>
<td>4 cups</td>
<td>0.96 liters</td>
</tr>
</tbody>
</table>

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>470-475</td>
<td>245</td>
</tr>
<tr>
<td>500</td>
<td>260</td>
</tr>
</tbody>
</table>
APPENDIX 5 – WHAT TO SEE IN POLAND

WARSAW OVERVIEW

Moving to another country gives the expatriate family an opportunity to learn about new and different cultures. There are many expatriate community organizations that will support the wives and the families during their period of adjustment from newcomer to resident. Through these organizations the family can appreciate recreational and travel opportunities available in Poland. Although badly damaged and rebuilt in Socialist Realist style, Warsaw holds many pleasant surprises for those who are willing to look beneath its façade. There still remain elegant palaces, idyllic gardens and beautiful buildings as well as reminders of Warsaw’s darker, more recent past.

Poland has a fascinating history and the people are really very friendly. It may not be what you are used to, but give it time. Enjoy your stay in Poland!

FACTS ABOUT POLAND

Poland is situated in the heartland of Europe. Poland has been both a bridge and a front line between eastern and western Europe. Today, free from outside interference, Poland is the place to go if you’re interested in seeing how a nation picks itself up and tries to reinvent itself. It’s a multifaceted country where the capital and medieval old towns are coddled by contemporary city slickers, and where horse-drawn carts negotiate country lanes in areas where the 20th century appears to have gotten lost.

Full country name: Republic of Poland
Area: 312,677 sq km (121,944 sq mi)
Population: 38.4 million
Capital city: Warsaw (pop 1.75 million)
People: 98% Polish, plus German, Ukrainian, and Belarusian minorities
Language: Polish
Religion: 95% Roman Catholic
Government: Parliamentary republic

Premier: Beata Szydło
President: Andrzej Duda
Famous for Chopin, Copernicus, Marie Curie, Solidarity & Vodka
Time: GMT/UTC plus one hour (GMT+1)
Electricity: 220 volts, 50 Hz AC
Weights & measures: Metric
Tourism: 16 million visitors per year (year 2015)

The best time to explore Poland is late spring (mid-May to June) or the turn of summer and autumn (September to mid-October). These periods are off peak tourist season times. These are pleasantly warm periods and there are plenty of cultural activities going on throughout Poland.

Poland has a strong Roman Catholic population and so Christian celebrations are of huge importance. All the churches (and they are truly in good supply) fill up beyond their capacity during the Sunday masses.

Warsaw

Although founded late in Polish history (at the beginning of the 14th century), centrally located Warsaw has been Poland’s capital on and off since 1611. Long a cultural and industrial center, Warsaw was one of central Europe’s most beautiful and sophisticated cities until it scooped the prize for worst ravaged in WW II. Warsaw is essentially a postwar product in both appearance and spirit. Its handful of historic houses has been meticulously reconstructed, but most of the urban landscape is modern. This new face of Warsaw is impressive for the resolve with which it emerged, if not for its Stalinist edifices and uninspired prefab concrete suburbs.

The city is divided by the Vistula River into two very different parts. The western, left-bank sector includes the city center proper and the Old Town to the north. Almost all attractions, as well as the lion’s share of tourist facilities, are on this side of the river.
The Old Town was rebuilt from the foundations up because after the war it was nothing but a heap of rubble. The monumental reconstruction, which took place between 1949 and 1963, aimed at restoring the appearance of the Old Town to its best times in the 17th and 18th centuries. Every authentic architectural fragment found among the ruins was incorporated in the restoration. In 1945, the Old Town Square was just the walls of two houses sticking out of the rubble. Today, it is a harmonious blend of Renaissance, Baroque and Gothic elements. It’s alive and atmospheric, doesn’t feel contrived, and is replete with open-air cafés and art stalls. The Historical Museum of Warsaw occupies the entire northern side of the square and screens a startling documentary about the destruction and reconstruction of the city, as well as displaying its charmingly presented collections from Warsaw’s earlier history.

Warsaw’s main north-south boulevard is the Royal Way, running from the Royal Castle to Łazienki Palace, the royal summer residence. The National Museum is a treasure house of art from ancient to contemporary, the highlight being an impressive collection of frescoes from an early Christian cathedral in Pharos, Sudan, dating from between the 8th and 12th centuries. There’s also an amazing display of Coptic crosses.

The Tatras
The Tatras are the highest of all the Carpathians and the country’s only alpine range. It’s a region of towering peaks and steep rocky cliffs plunging hundreds of meters into glacial lakes. Winters are long and summers are short and not steamy enough to melt all the snow. Late spring and early autumn are the best times to visit as they straddle the happy valley of good weather and few visitors. To the north, at the foot of the Tatras, lies the Podhale region, speckled with dozens of small villages maintaining traditional highland lives. There are countless possible walking paths, picnic-size, jaunt-size, or mountain-maniac-size. One of the most spectacular walks is to the Zawrat Pass in the eastern reaches of the range. It’s accessible via cable car to Mt Kasprowy Wierch, and then there are various routes along the ridge. Zakopane is the tourist hub of the Polish Tatras. It’s a pleasant town, especially out of the summer and winter holiday periods and is a good base for skiing or hiking in the mountains. There is a daily train to Warsaw and several buses daily to Kraków and other regional centers.

Kraków
The royal capital for half a millennium, Kraków has witnessed and absorbed more history than any other Polish city. Moreover, it came through the last war unscathed, so it has retained a wealth of old architecture from different periods. The tallest structures on Kraków’s skyline are not skyscrapers but the spires of old churches, the 20th century’s impact having been confined to acid rain. Yet Kraków is not a silent memorial to bygone events: it’s a city alive with character and soul.

Ringed by parkland, the Old Town is compact and utterly charming. Historic buildings, museums and churches flank the Main Market Square. St Adalbert’s Church is one of the oldest, dating back to the 10th century. If you catch an enthusiastic priest at his most generous he might open the coffins in the Church of the Reformed Franciscans enabling you to reconfigure your lunch with a gawk at some mumified bodies. One of the best museums is the Czartoryski Museum, with an impressive collection of European art, as well as Asian handicrafts and armor. Kraków was Oscar Schindler’s stamping ground and there are tours tracing the steps of his story and some of Mr. Spielberg’s film locations.
Great Masurian Lakes

The central part of Masuria has the biggest concentration of lakes in Poland, with over 15% of the area under water. The main lakes, the Śniardwy and the Mamry, are linked by rivers and canals to form an extensive system of waterways. Needless to say, the whole area has become a prime destination for yachting enthusiasts and canoeists. Towns are dotted around the lakes’ perimeters, with Giżycko and Mikolajki the largest. Mikolajki is the best option for accommodation and gastronomical offerings, but most places close out of season. Cycle touring is a feasible way of seeing the lakes area, especially given the parlous state of regional public transport. Trains run nightly from Gdańsk to Giżycko; otherwise you can get to the southern lakes town of Ruciane-Nida from Białystok and Warsaw.

Oświęcim (Auschwitz)

Hardly an attraction in the normal sparkly sense, Oświęcim is a medium-sized industrial town 60km west of Kraków. The Polish name may be unfamiliar but its German rendering, Auschwitz, is tragically evocative. In 1945, the retreating Nazis destroyed part of what was their largest concentration camp, but what’s left of the death factories in this quiet rural area is more than enough to show the magnitude of the holocaust. Four million people, 2.5 million of them Jews, were killed in Auschwitz and the linked complex at nearby Birkenau. Both are open to the public, and remain basically as they were when abandoned by the Nazis. The stories, which live in the gas chambers, crematoria, barracks and barbed wire, make this a haunting and shocking place. Well worth a visit, but not suitable for children under the age of 14yrs. Expect the tour to last approx. 4 hours to do both camps, and arrive before 1300 to ensure you see everything, as the museum closes at 1700hrs. Admission is free, but strongly advise booking a guide.

Toruń

Two hundred kilometers south of Gdańsk, Toruń is the birthplace of Copernicus, the man who ‘stopped the sun and moved the earth’. It’s a beautiful town dating back to the 13th century when the Teutonic Knights set about transforming it into one of their early outposts. The town became a Hanseatic port in the 1280s, garnering wealth, which spurred the construction of the elegant Gothic buildings you can see today. If you spend a few days wandering around munching on the local gingerbread your only problem will be OD-ing on picture-postcard perfection.

Zamość

Designed in its entirety four centuries ago, Zamość was built in one swoop at the behest of Jan Zamoyski, the chancellor of the time. Zamoyski intended to create a perfect city, which would be an important cultural and trading center and an impregnable fortress. The experiment proved successful, since the town was situated at the intersection of major trading routes, and it soon attracted capital and immigrants, and developed a vigorous intellectual tradition. The town also proved capable of defending itself, being one of only three Polish cities to withstand a Swedish siege in 1656. Today it’s a charming place, well off the tourist trail, but with reasonable cheap accommodation and some good bars and clubs. Transport links are mostly through Lublin, 120km northwest. Make sure you are in the market square at noon, to listen to the trumpet being played.

Głogówiec

Hidden in the Sudeten foothills, Głogówiec is one of a number of small medieval towns, which have preserved their original layout complete with Town Square, church and old houses. The black Virgin Mary with Child in the replica Italian shrine here is a magnet for pilgrims. There is a small hotel and a youth hostel, which opens in summer. Trains connect through Nysa to Kraków and elsewhere.

Gdańsk

Gdańsk (in English formerly known as Danzig) is a Baltic Sea city with a long and colorful history. Gdańsk is the 6th largest city in Poland, its principal seaport, and the capital of the Pomeranian Voivodship. The city lies on the southern coast of the Gdańsk Bay, in a conurbation with the spa town of Sopot, the city of Gdynia and suburban communities, which together form a metropolitan area called the Tricity (Trójmiasto) with a population of over a million people. Gdańsk is, with a population of 460,000 (2002), the largest city in the historical province of Eastern Pomerania.

Białystok

The Białowieża National Park (Białowieski Park Narodowy) is the oldest national park in the country, and is famous as the place where the European bison was successfully reintroduced into the wild. The park protects a small part of a much bigger forest known as the Białowieża Forest (Puszcza Białowska), which straddles the
The ‘Rough Guide’ to the top picks for Poland

**GDAŃSK** - A port with great historical significance and many architectural delights.
**SŁOWIŃSKI NATIONAL PARK** - An unusual national park filled with lakes, bogs, meadows, woods and shifting sand dunes.
**TORUN** - Gothic architecture at its best, and the birthplace of Copernicus.
**BOLESŁAWIEC** - In the southwest of Poland, this is the home to numerous factories which make Polish pottery (Much is available at outlet prices but be sure to pay attention to the quality sticker as only #1 & #2 are acceptable for cooking). Stay at the Blue Beetroot Inn while you are there. www.bluebeetroot.com.
**POZNAN** - Lively commercial city with plenty of museums and great entertainment options.
**WROCŁAW** - Poland’s fourth largest city, with plenty of cultural and architectural attractions.
**CZĘSTOCHOWA** - Poland’s spiritual capital, blessed with the inspiring MONASTERY OF JASNA GÓRA.
**AUSCHWITZ-BIRKENAU** - The Nazis’ largest extermination camp is Poland’s most moving sight.
**MALBORK** - In a country strewn with castles, this monumental Teutonic masterpiece tops the list.
**GREAT MASURIAN LAKES** - A region of myriad lakes and patchwork forests, loved by sailors and kayak enthusiasts.
**BIADOWIEŻA NATIONAL PARK** - Home to wild European bison and EUROPE’s largest patch of primeval forest.
**WARSAW** - The country’s capital, a place of unshakable energy and stamina.
**ZAMOŚĆ** - A city with an abundance of Renaissance splendor and oodles of charm.
**ZAKOPANE** - The country’s most beloved mountain resort, with ample opportunities for hiking, mountain biking and winter sports. Stay at the Apartamenty Bellamonte www.apartamenty-bellamonte.pl
**THE BIESZczADY** - A forgotten corner dominated by mountains, meadows and pristine forests.
**KRAKÓW** - A city life no other - a royal seat for 500 years. The spectacular medieval square is a sheer delight.

**A FEW TRAVEL SUGGESTIONS**

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**PLACE** | **TRANSPORT** | **POINTS OF INTEREST – QUICK SUMMARY**
---|---|---
Kraków | Take the train just under 3 hours | Stunning old town, Wawel castle, fabulous Jewish quarter called Kazimierz. St. Mary’s church and watch the trumpeter from the tower at 12 noon, Cloth hall, Famous salt mines in Wieliczka, Schindlers Factory & Nowa Huta.
Zakopane | Train trip 6 hours from Warsaw, or 2 hours by bus from Krakow. | Zakopane is the tourist hub of the Polish Tatra. It’s a pleasant town, especially during the summer and winter holiday periods and is a good base for skiing or hiking in the mountains. There is a daily train from/to Warsaw and several buses daily to Kraków and other regional centers. 7 min walk to the nearest skiing/snowboarding slopes. For accommodation in Zakopane we recommend that you try the Apartamenty Bellamonte, which are located walking distance from the main street of Zakopane, Szymoszkowa skiing lifts and the market.

Poznań | Train – just under 3 hours | Beautiful old square, watch for the head butting tin goats at noon from the Old town hall, Malta for summer fun by the lake or dry ski slope in winter, perfect for families at anytime, or visit the Stary Browar shopping mall.

Lublin | Drive is approx. 2 hours on the E372 road | Another beautiful square, visit Lublin castle and see the chapel of the holy Trinity, or the kids will love the Skansen just outside the town (old traditional village). Suggest you drive onto Zamość and see one of the best preserved Renaissance towns in Europe. Or perhaps visit Kazimierz Dolny a short drive away, a quaint artist’s colony, and very crowded in the summer. Don’t forget your mosquito spray!

Toruń | Approx 2 hours by train or 2:30 by car | Home of the famous astronomer Nicolaus Copernicus and renowned, gingerbread called “piernik”, and comes in all shapes and sizes.

Gdańsk | Train 5-6 hours whilst they upgrade the line. Car: 4 hours. | Called the Tri-City as it comprises of Gdańsk, Sopot & Gdynia. Best to visit in Summer to enjoy the Spa seaside town of Sopot, but avoid on the 1st weekend in May as everyone else will have the same idea! Home of Amber and the most beautiful street in Poland called Długi Targ, and of course the Solidarity movement. Sopot has a long wooden pier, and well worth a stroll with an ice cream. Strongly suggest visiting Malbork castle 50 mins drive away or use it as a stop off on the train. Allow 3 hours to explore the UNESCO heritage site.

Wroclaw | 4 hours by car | Very large market place and another great Town Hall. Visit the Raclawice panorama on ul. Purkyniego 11. The Cathedral Island (Ostrów Tumski), stunning churches to ogle at, the many bridges often referred to as ‘Venice’. The Zoo is rather smokey and disappointing.

Białystok | 2 1/2 hours by car | Spring is a good time to visit and see the Białowieża National Park - home to wild European bison and Europe’s largest patch of primeval forest (about 60km Southeast of Białystok).

GENERAL INFORMATION WEBSITES ON POLAND AND WARSAW

Guides and Websites about Poland

http://warsawtour.pl/en
http://poland.pl/
http://culture.pl/en
www.pot.gov.pl
www.spottedbylocals.com (find the Warsaw tab)

Warsaw Insider – www.warsawinsider.pl Perfect knowledge for Expat living
This should be your bible to Warsaw, and left in your handbag!
Monthly magazine available from Hotel receptions, Empik, & American book stores. Information about the essential aspects of living in Warsaw. Site includes information about what is on, cafes, restaurants, community clubs, cinemas, hospitals, community based clubs, and restaurants.
In your pocket guide Warsaw www.inyourpocket.com a tourist guide to Warsaw
A very witty informative guide to lots of cities within Europe. You must not travel without one. On line versions available. Bang up to date with all the information you need about Warsaw. Available from all the places suggested already. They do a separate small fold out maps, very handy when getting to know the city, or give to your guests when they come to visit.


Websites on Warsaw
Excellent website telling you what’s on locally, road works, events etc (in Polish) http://tvnwsaw.wavn24.pl/

Daily Publications
Warsaw Daily - https://twitter.com/warsawdaily
Warsaw Overview - http://www.warsaw.com/

CULTURAL EVENTS
Poles place a high value on cultural events. Because of that, you will have access to symphonies, operas, ballets, rock concerts, museums, traveling art exhibits, American musicals and plays in Polish, and the occasional play in English at very reasonable prices.

USEFUL WEBSITES
  www.inyourpocket.com
  www.ticketpro.pl
  www.porail.com/en/tickets-for-poland
  www.filharmonia.pl
  http://teatrwielki.pl/
  www.eventim.pl
  www.ebilet.pl
  www.jazznastarowce.pl

Tickets are a great value, with lots of performances to watch Swan Lake, Nutcracker (perfect treat for the kids before Christmas), Romeo & Juliet, Madame Butterfly, and a whole host more. Tickets do go quickly, so suggest booking with the Teatr Wielki box office direct two months in advance. Plac Teatralny 1 (National Theatre), T: 692 07 53 or 826 32 88 Cashiers are open: Mon-Fri 9.00-7.00 p.m. Sat-Sun 11.00-7.00 p.m.. This is a stunning building, and you will get the chance to have a look behind the scenes if you were to join International woman’s group bettina.werthen@diplo.de or the American Friends of Warsaw info@afw.waw.pl

EMPRIK STORES are a great way to see what is coming up in the next few months, and you are able to purchase tickets from them on the spot.

Music and Cultural websites
  http://filharmonia.pl/
  http://teatrwielki.pl/
  http://www.mik.waw.pl/

WINTER ACTIVITIES FOR CHILDREN IN WARSAW
Eco Kids - Make arts and crafts projects from recycled goods, take eco trips locally, plenty of fun and games. Located in Konstancin. Ages 5-12. Saturdays only 12-2 and 3-5. On Facebook. izabelazdziech@gmail.com T: 601 206 680

Ale Gloria brunch—a Gessler restaurant adorned with white feathers and strawberries, or Blue Cactus opposite the Regent hotel, they have theatre show in the afternoon.

Little chefs cooking classes for children aged 4—10, www.littlechef.pl

Theatre to see Nutcracker / Swan Lake, Wodny Water Park, or the viewing terrace inside the Palace of Culture.
There are swimming pools where kids can take lessons and families can swim. Great day out is at Wodny Park (water park), www.wodnypark.com.pl There is children's theater in Polish and children's symphony series. There are opportunities to go horseback riding and to take lessons. You will find bowling alleys and centers designed specifically for kids to play in.

Ballet, jazz, karate, tee ball, Little League, Girl Scouts, Boy Scouts, and soccer are all offered as school associated activities. More are listed in a wonderful leaflet which is available in the School PTO office called Warsaw for children, http://warsawtour.pl/en call in and collect one, or visit the PTO table in the cafeteria.

SUMMER ACTIVITIES FOR CHILDREN IN WARSAW
Be a tourist in the Old Town
Take a horse and carriage or the Old Town train and see the sights of the Old and New Towns (pick them up at the Castle Square/Plac Zamkowy). There are plenty of ice cream stops around the Old Town for a fix for children and adults afterwards.

Boat trip on the Vistula (Wisła)
Take a boat trip along the Vistula and see shows the city from a different perspective. The excursion takes around 90 minutes and departs from the harbour near the Śląsko-Dąbrowski Bridge.

The Zoo and some other Praga delights
The Zoo, situated in Praga (ul Ratuszowa 1/3), is set out more like a park and is therefore spacious and good for a family wander. The zoo has an interesting past if you were to read a book called “The Zookeeper’s Wife” by Diane Ackerman.

Whilst you are in the area head for La Strada (Alojzego Felińskiego 52) or Pasta café (ul. Kamionkowska 48a) for lunch. Both serve good Italian food and have outdoor areas. The area also hosts the statues of the Praga Courtyard Band which play music if you send a text to them (located at the intersection of Floriańska Street and Klopotowskiego).

University Library Rooftop Garden (BUW)
From the roof of the University Library building you can admire the River Vistula and the Old Town. Located at 56/66 Dobra Street. Open March 31-October 31.

Copernicus Science Centre (Centrum Nauki Kopernik) and ‘Heaven of Copernicus’ Planetarium
http://www.kopernik.org.pl/en/ - you can buy tickets online to avoid lines.

Łazienki Park
Take a boat on the lake, feed the squirrels, and watch the peacocks. The children’s play area is on the southern side of the park (although equipment here is getting a little old). Sunday Chopin memorial concerts are now taking place over the summer months. Take a blanket and a picnic and sit back to participate in Warsaw at its best. Concerts start at 12.00 and 4.00 p.m.

Odyńca Park
This Park has plenty of outdoor entertainments including a choice of playgrounds and table tennis. Zielnik Café (ul. Odyńca 15) is a great option for a bite to eat and has an outdoor area within the park in summer.

Stajnia Chojnow (Konstancin)
Head to the stables and have lunch whilst watching horses frolicking in fields or in the riding school. The children are entertained in a ‘country club’ environment whilst adults can enjoy good Polish/European food. There are plenty of walks and cycle paths in the area (Address: Solec 220, 05-532 Baniochia).

Smaller children
Try Bajlandia, a chance for the young ones to run around in a brightly coloured indoor play centre. Visit www.bajlandia.waw.pl

Summer dining
The Boathouse (ul. Wal Miedzeszyński) has good quality Mediterranean food and outdoor facilities for children including a playground and a bouncy castle at weekends.

Restauracja Castello (ul. Wiertnicza 96 in Wilanów) is also a family friendly restaurant with excellent Italian food in Wilanów. There is a veranda and small outdoor play area to keep little ones happy.

Summer School/Camps
ASW has a number of summer camps available. Watch for newsletters and flyers at the school.

Montessori Academy for International Children has a summer school program from July 1-August 27. Includes arts and crafts, swimming, playing, ball games, and a bouncy castle. For more information call 22 842 24 81 or email Montessori_academy@hotmail.com.

Go potty!
Try your hand with ceramics at Made by you (www.madebyyou.pl) on ul. Górskiego 6, closed Mon & Sun T: 022 831 81 05 or Pogodna workshops (http://www.pogodna.waw.pl/)
More ideas
**Sign up to the mums and tots of Warsaw who publish monthly newsletters packed with ideas for weekends and weekly toddler groups. www.mumsandtots.pl

OUTDOOR WINTER ACTIVITIES / SPORTS

**Skiing** - When there is snow, people cross country ski in and around Warsaw. Try Powsin Park near the school, and call in to the ski hut, and hire some skis, sledges and have some winter fun. Ski hire costs 15zł per two hours, you need to have some id that you can leave behind in the ski hut. Go one size bigger when it comes to choosing the ski boot. Service can be very slow, so come with a bucket load of patience! The experience is worth it, so don’t let this put you off. Downhill skiing is offered in Zakopane (about a seven-hour train south of Warsaw). People also ski in Slovakia and Austria. Temporary ice skating rinks pop up in Centrum from Dec – end of March. Outside the Palace of Culture and next to the shopping mall Złote Tarasy.

**Shopping Mall Złote Tarasy (Outdoor) (From Dec – end of March)**
Mon-Sat 10.00-22.00 Sunday 10.00-20.00, Cost of skates rental (First hour) 10zł. Every following 30 mins 5zł.

**Tor Stegny (Sports Venue & Stadium - outdoor recreation and ice skating)** Mon-Fri 17.30-19.00 and 19.30-21.00 Sat and Sun. 12.00-14.00, 15.00-17.00,18.00-20.00. Entrance week days: 10zł for 90 mins (adults), 6 zł (children), Sat, Sun and festivals: 11zł for 120mins (adults), 7zł (children) . At ul. Inspektowa 1 (off ul. Idzikowskiego) T: 022-842-2192 / 022-842-2768

**Palace of Culture and Science (outdoor)**, ul. Świętokrzyska. Free if you have your own skates Monday to Friday, 8.00-20.00 Friday to Sunday 8.00-21.00 Skates rental: 7zł per hour, 5zł for each next hour.

**Permanent skating rink (indoor)** (also used for concerts)


**Go Sledging/Sledding**
Try Park Morskie Oko, between ul. Puławskas and Belwederska in Old Mokotów, great hill accessible to all ages, entrance between ul. Dąbrowskiego and ul. Madalińskiego, East side of ul. Puławskas. Free and fun for all. Ordyńca Park has a great mini-hill for the children to slide down on their own. It can get a bit busy but everyone gets a go. Also the park next to the Zoo has a decent slope that is good for easier sliders. If you live in town then go for a slide near apartments Holland Park on Książęca. There is a great hill that is quiet.

SHORT TRIPS FROM WARSAW
Just a short drive out of town are two parks which are a must for your next family day out.

**Fort Bema** – ul. Obronców, Tobruku, North West of the city centre, about 30 minutes drive. The Fort was built in 1886 at the request of the Tsar. It was made into an impressive playground in 2008 and is suitable for all age groups.

**Plac Zabaw** - Niedźwiadek, Ursus, ul. Wojciechowskiego, in front of the church. This park is supposedly the biggest in Warsaw. It is divided in three parts, each aiming at different age groups. West of the city centre, about 30 minutes drive.
All of the following places are worth visiting for a day or a weekend. Pultusk has the longest market place in Europe and a small museum. There is a castle hotel built in a small park on the river Narew, only 60km north of Warsaw. Check what’s on before you book www.zamekpultusk.pl
Stop to admire the Basilica at Czerwińsk on your way to Płock. Here take a look at the cathedral and just opposite an interesting museum with a large collection of art nouveau. Walk through the old town to a restaurant on the high Vistula Cliff and watch the paragliders while eating lunch. West of Warsaw visit the romantically landscaped park Arkadia on the way to Niegowór, a baroque palace with fine decorations and landscaped gardens. When the weather is sunny, drive out to Chopin’s birthplace at Żelazowa Wola and enjoy listening to a piano recital in the beautiful gardens.
Łowicz is a small town, but the Łowicz Regional Museum has a wonderful collection of local folklore, including costumes, paper cuts, and embroidery and beehives! Visit on Corpus Christi when there is a procession and the local people dress in colorful traditional costumes.
Kazimierz Dolny has a choice of good hotels and restaurants, but be warned it is very popular and you should book in advance. Take a boat trip on the river, watch the world go by in the town square, visit all the art galleries
or be energetic and walk to the castle ruins or along the steep sided valleys. On the way home call in at Nałęczów to stroll in the park and drink the water.

**Lublin** has an interesting Old Town and Market Square but in the Castle is the Chapel of the Holy Trinity, which is not to be missed. The Byzantine frescoes painted on the chapel walls are from 1418.

The Zamoyski Palace and Museum at **Kozłówka** are quite amazing. The Palace is richly decorated and furnished with 19 and early 20 century art and everyday objects. Anyone interested in socialist realism art should also visit to view the statues of the “Heroes of the State”. Most of the places mentioned have small restaurants nearby but the opening hours can also be interesting! Take a snack and drink with you.

**Kampinos Forest** - Immediately North West of Warsaw, established in 1959, Kampinos is the most accessible of Poland’s national parks. Interspersed with dunes and marshland, the forest is home to 81 endangered species, and criss-crossed with hiking and horse-riding trails. The past decades have witnessed successful attempts to reintroduce beaver, elk and lynxes back to the wild.

**SUGGESTED READING MATERIALS**

**Factual – The School Library has an excellent selection of travel guides**
DK Guide to Warsaw
DK Guide to Poland
The Insight Guide to Poland
Warsaw Praga Guidebook—Michał Pilich

**Really useful**
Polish. A Rough Guide Phrasebook
Polish/English visual guide by DK

**Humorous**
Xenophobes Guide to the Poles – Ewa Lipniacka
Short-Cuts to Poland – Laura Klos Sokol
There is an egg in my soup – Tony Galvin

**History and Literature the Easy Way**
Go to Empik and look for the Polish Film Section*. For example Andrzej Wajda has turned many famous Polish novels into film. With Fire and Sword – Henryk Sienkiewicz, Pan Tadeusz—Adam Mickiewicz. Other Wajda’s works: Katyn, Wałęsa. Człowiek z nadziei (Walesa. Man of Hope).
*Remember to check for English subtitles!

**Books for visitors**
An Illustrated History of Poland – Dariusz Banaszak (ISBN 83-7212-019-6) This is a children’s book, but gives a good overview, has interesting illustrations and is good to give to visitors so they can find answers to their questions. Parma Press has a series of small picture books e.g. Warsaw Past and Present, The Royal Castle. These are available at Empik and the Tourist Office.

Polska Sztuka Ludowa - Łowicz – A beautiful book of paper cuts, costumes and embroidery. It is available as a large or small book. There are dozens of beautiful coffee table books about various aspects of Poland. Take your pick.

**History**
Take a look at the books by Norman Davies:

- God’s Playground
- Europe A History
- Rising ’44

**NOVELS SET IN POLAND**

- **Mila 18** – Leon Uris
- **The Pianist** – Władysław Szpilman
- **Madame** – Antoni Libera
- **Who was David Weiser?** – Pawel Huelle
- **The Zookeeper’s Wife** (Non-Fiction) – Diane Ackerman
- **The Reader** – Bernhard Schlink
- **Hope is the Last to Die** – Halina Birenbaum
• His Current Woman – Jerzy Pilch
• In My Father’s Court – Isaac Bashevis Singer
• The Girl in the Red Coat – Roma Ligocka
• Poland – James A. Michener
• The Eagle and The Crow – A collection of Short Stories by famous Polish Authors
• A Country in the Moon – Michael Moran (Australian living in Warsaw, send him an email if you read the book, very interesting guy).

**MOVIES SET IN POLAND**

Europa, Europa - True war story about a Jewish boy's survival while pretending to be a Nazi in the Hitler Jugend.

The Pianist

To kill a priest - Based on the murder of Solidarity priest Father Jerzy Popiełuszko in the 1980's.

Schindler's List by Spielberg.

**LITERATURE AND POETRY**

Look for English Translations of works by Henryk Sienkiewicz—Adam Mickiewicz—Mrożek—Gombrowicz—Schulz—Iwaszkiewicz—Witkiewicz—Miłosz—Szymborska—Herbert