

## Basic data

## Territory

Poland covers an area of 312,685 square kilometers and is the ninth biggest country in Europe. It borders the Baltic Sea and seven countries, namely the Baltic Sea (528km), Belarus (416km), Czech Republic (790km), Germany (467km), Lithuania (103km), the Russian exclave of Kaliningrad (210km), Slovakia (539km) and Ukraine (529km).

## Longest River

Kraków is split by the river Vistula (Wisła). At 1,047km it is Poland's longest river and flows into the Bay of Gdańsk (Zatoka Gdańska).

## Highest Point

The highest peak is Rysy (2,499m) in the nearby Tatra Mountains. In comparison Kraków's landscape is flat and the city lies 219m above sea level.

## Population (2007)

Poland 38,126,000  
Warsaw 1,702,139  
Kraków 756,267  
Łódź 755,251  
Wrocław 634,630  
Poznań 564,951  
Gdańsk 456,658  
Katowice 314,500  
Sopot 40,666

## Local time

Poland is in the Central European (CET) time zone (GMT+1hr). When it's 12:00 in Warsaw it's 11:00 in London, 12:00 in Paris and Berlin and 19:00 in Tokyo. Polish summer time (GMT+2hrs) starts and ends on the last Sundays of March and October.

## Twin Towns

Bordeaux, Bratislava, Curitiba, Cuzco, Edinburgh, Fes, Florence, Frankfurt, Gothenburg, Innsbruck, Kyiv, La Serena, Leipzig, Leuven, Lviv, Milan, Nuremberg, Orléans, Pecs, Rochester, NY, Seville, Solothurn, Vilnius, Zagreb

## Customs

If you are travelling within the EU those over 18 can now take 10L of spirits, 90L of wine and 110L of beer. Most countries will not allow more than 200 cigarettes from Poland. A work of art produced before 1945 is classified as a 'cultural good' and must be authorised before it can leave the country. If the gallery or shop can't supply the zaświadczenie (permission) when you buy the artwork, check with the Wojewódzki Konserwator Zabytków (Regional Curator's Office). If a book was printed before 1945, you'll need permission from the National Library to take it out of Poland.


## Electricity

Electricity in Poland is 220V, 50Hz AC. Plug sockets are round with two round-pin sockets. Therefore if you are coming from the US, UK or Ireland you are definitely going to need a plug converter. The best place to pick these up is at home though if you do arrive without a converter try your luck with your hotel reception; they should be able to point you to an electrical store if they can't provide a converter themselves.

## City Card

The enterprising tourist should consider picking up the Kraków Card, a superb piece of plastic that allows you free travel on trams and buses, day and night. The best bit though is free entry



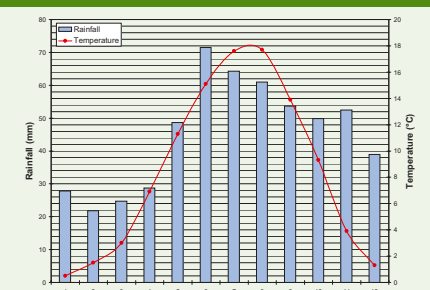
to 30 Kraków museums, an impressive saving for the serious tourist. Two and three day cards are available, priced at 50 and 65 złoty respectively and they are valid until midnight on the day indicated on the reverse. Every venue listed in our guide which accepts the Kraków Card has been marked with a city card symbol . For a full list of vendors and benefits visit [www.krakowcard.com](http://www.krakowcard.com).

## Health &amp; Emergency

In case of an emergency those dialling from a land line or public phone should use the following numbers: **999** for an ambulance, **998** for the fire brigade and **997** for the police. Mobile phone users should call **112** to be forwarded to the relevant department. English speaking assistance is not necessarily guaranteed, and rests on the linguistic capabilities of the operator. During high tourist (ie. prattfall) season between June 2nd and September 30th however, English, German and Russian speakers have the option of using a separate line specifically designed for foreigners in distress: **0 800 200 300**.

If you've woken up to find you've got a raging headache, a swollen foot you can't put weight on and vague memories of some kind of calamity, we suggest you sort it out by calling a private clinic, thus avoiding the hassle of the notoriously long queues in Polish hospitals; a list of private clinics can be found in the directory in the back of this guide. Further help can be provided by embassies and consulates, a list of which can also be found in the directory. If it's a financial emergency your hopes will rest on a Western Union money transfer. Most banks and many exchange bureaus (kantors) can now carry out such transactions, just keep an eye out for the Western Union logo.

## Climate



Institute of Meteorology and Water Management, [www.imgw.pl](http://www.imgw.pl)

## Market values

Prices in Poland are still fairly competitive despite increases over the last couple of years particularly in the prices of cigarettes. Here are some typical everyday products and prices.

Market values as of 21st May 2009  
based on €1 = 4.30zł

Product	Price (zł)	Price (€)
McDonald's Big Mac	7,50 zł	€ 1,74
Snickers	1,49 zł	€ 0,35
0.5ltr vodka (shop)	22,90 zł	€ 5,33
0.5ltr beer (shop)	2,85 zł	€ 0,66
0.5ltr beer (bar)	8,00 zł	€ 1,86
Loaf of white bread	2,00 zł	€ 0,47
20 Marlboros	9,20 zł	€ 2,14
1 ltr of unleaded petrol (98)	4,31 zł	€ 1,00
Local transport ticket (1 journey)	2,50 zł	€ 0,58

## Money

Thinking of paying for your tram ticket with one of the 100zł notes in your pocket? Think again. Small shops, newsagents, public toilets, even the occasional fast food franchise and bar will refuse to break a large note for you. As annoying as coins can be, do carry small change for such moments.

Currency can be exchanged at airports, hotels, banks and anywhere with a sign proclaiming 'Kantor'. Kantors will often provide better value than the banks in your home country or the ATM although for obvious reasons be very wary of Kantors in the airports, bus stations and close to tourist sights. Shopping around will reward you with the best rate.

Despite the 'worldwide economic crisis,' the exchange rate for Americans is still inexplicably favourable, and the pound has improved against the zloty significantly since the beginning of winter. Since EU ascension and becoming a favoured tourist destination, prices in Poland have been on the rise, making the country less of a bargain than it was five years ago. Having said that, however, prices for food, drink, cultural venues and transport still remain comparatively cheap in contrast to Western Europe. A ticket to the theatre or cinema will rarely cost more than 20zł while admission to most museums costs around 5-10zł.

## Quick currency convertor

PLN	US\$	Euro	Pound
	<b>3,12zł = \$1</b>	<b>4,30zł = €1</b>	<b>4,86zł = £1</b>
1 zł	\$0,32	€0,23	£0,21
2 zł	\$0,64	€0,47	£0,41
3 zł	\$0,96	€0,70	£0,62
4 zł	\$1,28	€0,93	£0,82
5 zł	\$1,60	€1,16	£1,03
6 zł	\$1,92	€1,40	£1,23
7 zł	\$2,24	€1,63	£1,44
8 zł	\$2,56	€1,86	£1,65
9 zł	\$2,88	€2,09	£1,85
10 zł	\$3,21	€2,33	£2,06
20 zł	\$6,41	€4,65	£4,12
50 zł	\$16,03	€11,63	£10,29
100 zł	\$32,05	€23,26	£20,58
150 zł	\$48,08	€34,88	£30,86
200 zł	\$64,10	€46,51	£41,15
250 zł	\$80,13	€58,14	£51,44
1 000 zł	\$320,51	€232,56	£205,76

## Mail &amp; Phones

## Internet cafes

**Internet Cafe Hetmańska C-3, Bracka 4, tel. 012 421 12 12, [www.hetmanska.eu](http://www.hetmanska.eu).** Open 24h. 3 zł per hour.  
**Nandu B-3, ul. Wiślna 6, tel. 012 421 03 26, [www.nandu.com.pl](http://www.nandu.com.pl).** Open 08:00 - 23:00, Sun 09:00 - 23:00. 5zł for first hour, 4zł per hour thereafter. Printing and cd-burning available.

## Post

**Poczta Główna D-4, ul. Westerplatte 20, tel. 012 421 03 48, [www.poczta-polska.pl](http://www.poczta-polska.pl).** Kraków's main and most central post office. Packages are sent from a separate room to the left of the main entrance. You do not need to take a queue ticket to buy stamps (windows 2-14) and if disabled you get a free pass to window 14. Open 07:30 - 20:30, Sat 08:00 - 14:00. Closed Sun.

## Public phones


After being virtually wiped out, pay phones in Kraków have made an inexplicable comeback. As such, many are new and actually work. Almost all of them require you use a phone card with an electronic chip, which can be obtained at most kiosks, but not all, so it may take some perseverance to track one down. The magic words are 'Proszę kartę telefoniczną.'

**Easy Call** Forget calling cards, all you need to make a cheap call from landlines is a credit card. Dial toll-free to **0800 909 444** and follow the instructions in English. A call to London is only 0,60zł a minute.



## CALL HOME





International & local calling



# 0 800 909 444

FREE access number from Poland

Use any of these cards to connect easily and reliably with home:

Call from any telephone. No coins or pre-paid required.

[www.cheapcalls.pl](http://www.cheapcalls.pl)