



# Women's Environment & Development Organization

## Logistical Note for Warsaw, Poland

Nov 11 – Nov 22, 2013

The 19th Conference of the Parties to the United Nations Framework Convention on Climate Change / 9th Conference of the Parties serving as the meeting of the Parties to Kyoto Protocol will be held in Warsaw, Poland from 11-22 November 2013 at the National Stadium.



## The COP19 official timetable

**2-4 October 2013** – the pre-COP, Hyatt Hotel, Warsaw

**4-9 November 2013** – pre-sessional meetings, The Palace of Culture and Science, Warsaw

**11-22 November 2013** – COP19, The National Stadium, Warsaw

**19-22 November 2013** – COP19 High Level Segment, The National Stadium, Warsaw

Conference webpage: <http://www.cop19.gov.pl/>

## Map of the City Center



**Blue pin** = National Stadium (COP19 venue)

**Orange pin** = Palace of Culture and Science (pre-sessional meetings)

**Black stars (from left to right)** = Warsaw central station (trains) + Warsaw centrum bus station + Rondo Waszyngtona tram stop

## Getting to Warsaw

### Access by air

Warsaw agglomeration has two international airports: Warsaw Chopin Airport and Warsaw Modlin Airport.

**Warsaw Chopin Airport** is located some 10 kilometres from the city centre. The airport can be easily accessed by public bus, train.

**The train** ride from the airport to the central station (black star in left hand corner on map) takes around 25 minutes. The service is operated by two companies – Szybka Kolej Miejska - SKM (Fast Urban Railway) and Koleje Mazowieckie -KM (Masovian Railways).

The bus service is called 175 Piłsudskiego, and takes about 25 minutes to Warsaw Centrum bus station (black star next to pink pin on map).

You can catch a **taxi** from a stand at the terminal entrance. The taxi fare from the airport to the city centre is approx. PLN 40.

It may also be useful to consult this webpage: <http://warszawa.jakdojade.pl/?locale=en>.

### Access by rail

The railway station is situated in the city centre right next to the Palace of Culture and Science enabling convenient change for public transport or taxi.

### Access by road

Warsaw lies on a number of national and international roads and can be easily accessed from all bigger Polish cities. It can be accessed by A2 Motorway, or National Roads E30 (East-West), E67, E77 (North-South).

## City transport

### Public transportation

Warsaw offers an elaborate public transit network of tram, bus, metro and urban rapid rail lines. Public transport tickets are also valid on trains serving the Warsaw conurbation. Schedules put up at stops provide indicative travel times. The city's trams and buses carry on-board electronic information displays backed up with voice announcement systems.

***Conference participants may use public transport free of charge provided they present a conference identification badge bearing their name.*** The badges will be distributed at conference venue upon registration.

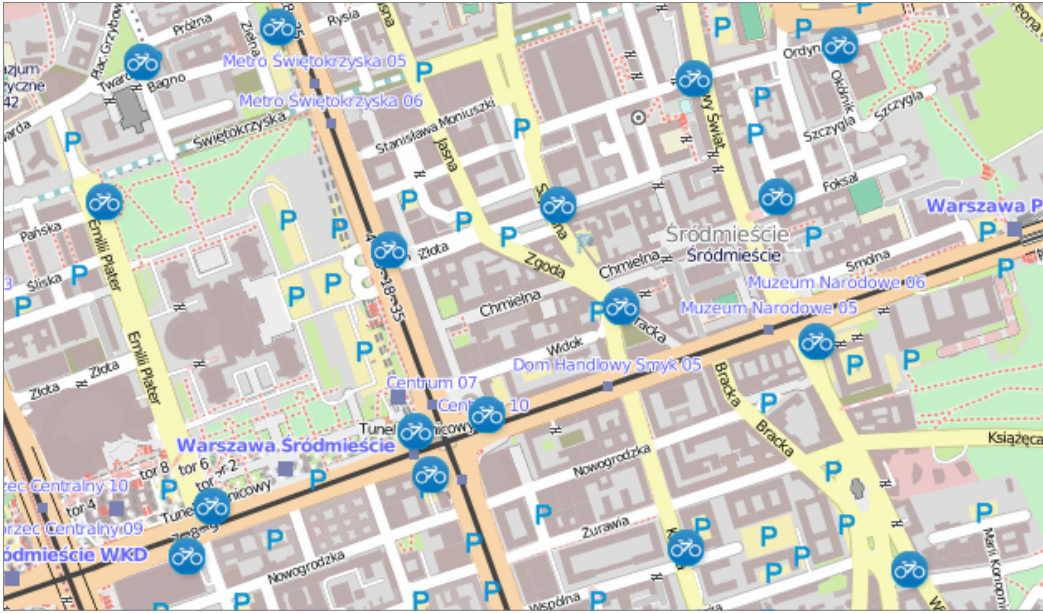
More information about Warsaw public transport (including current timetables and journey planner) can be found on: <http://www.ztm.waw.pl/index.php?l=2>

### By bike

Warsaw has city bikes. The bikes are available around the clock, with the majority of the bicycle stations in the city centre. Points of hire are also near most of the metro stations. A current list of all the points of hire is available on the webpage [en.veturilo.waw.pl/locations](http://en.veturilo.waw.pl/locations)

You do not have to return the bike to the point where it was hired, it can be hired in the city centre and returned in another district. The first 20 minutes are free! For the next 40 minutes you pay a 1 PLN, for the second hour 3 PLN, the third 5 PLN, and for the fourth and all following hours you pay 7 PLN. The bikes can be hired for maximum 12 hours at a time. If a hired bike is not returned after 12 hours, there is a penalty of 200 PLN.

The bikes can be hired in two ways, either by registering on the webpage [en.veturilo.waw.pl](http://en.veturilo.waw.pl) and paying an initial fee of 10 PLN via the webpage or by registering by credit card at the terminal located at every bicycle station.



Bike stations in the city center.

### By car

All of Warsaw centre is a pay parking zone. Curbside parking meters are placed in city streets to collect parking charges as applicable in specific zones.

Car rental companies:

Avis : [www.avis.pl](http://www.avis.pl); (22) 572 65 65

Hertz : [www.hertz.com.pl](http://www.hertz.com.pl) (22) 22 500 16 20

Car 4 Rent : [www.car4rent.pl](http://www.car4rent.pl) ; (22) 637-56-56 ; (22) 637-50-35

Use the international code +48 if you are calling from outside Poland

### Taxi

Warsaw is served by several taxicab companies. The best way to summon a taxi is by telephone. To that end, you may ask for the assistance of a City Information Point attendant.

**Super Taxi** : 196 22 ; 196 61

**MPT** : 22 19191

**EcoCar** : 123 456 789

Use the international code +48 if you are calling from outside Poland.

## The Palace of Culture and Science (pre-sessional meetings)

The Palace of Culture and Science will be the venue for the pre-sessional meetings November 4<sup>th</sup> -9<sup>th</sup>. It is also the place where the official exhibition accompanying COP19 will be held.

The venue is in close walking distance from the Central Station (see map on page 2).

### Address

Palace of Culture and Science  
Plac Defilad 1, 00-901 Warszawa, Poland  
+48 22 656 76 00



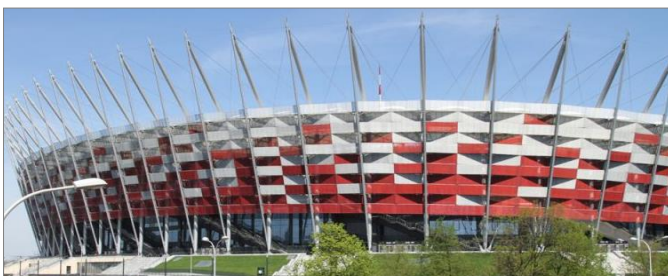
## The National Stadium (COP19)

The closest bus/tram stop to the Stadium is **Rondo Waszyngtona** (see map page 2). All trams from **Centrum** go there.

You can find more details on <http://warszawa.jakdojade.pl/?locale=en>.

### Address

The National Stadium  
Al. Ks. J. Poniatowski 1  
03 - 901 Warszawa tel + 48 22 295 90 00 Fax. + 48 22 295 90 10 E-mail: [biuro@2012plus.pl](mailto:biuro@2012plus.pl)



## Visa

### E-visa process

Visitors seeking to enter and stay in Poland must hold valid passports and visas. The visa requirement is waived for citizens of EU member states, countries of the European Economic Area and countries explicitly exempted from the visa obligation.

### Reminder before traveling

In addition to travel documents and visas (if required), foreign nationals entering Poland are expected to hold funds, or produce proof of their ability to acquire funds, in an amount sufficient to cover the cost of entry, transit, stay and departure.

## Other Logistics

### Exchange rate

1 US Dollars = 3,03 Polish Zloty (as of October 2013)

The currency may be converted at exchange points, in banks and hotels. Travellers' checks are redeemable in banks. **It is not recommended to exchange currency at the airport.**

### Timezone

Poland lies in the **Continental European time zone (GTM+1)**.

### Telephone & emergency numbers

**Country code:** 00 48 (+48)

**Warsaw area code:** 00 48 22 (+48 22)

**112** is the single emergency telephone number across the The European Union. 112 is used to notify the emergency health, life or property.

#### **The other emergency numbers are:**

997 - Police,

998 - Fire Service

999 - Ambulance

### Language

Poland's official language is Polish. English can be spoken in most service points, hotels, restaurants and at city information desks.

### Electricity

**Voltage:** 230

Electrical appliances in Poland run on 230V 50Hz current, the plugs are two- pronged plugs. Adapters are available at most hotels.

## Tax and tipping

In Poland tipping is expected for good service in hotels, but not obligatory. Porters and bellboys are extremely uncommon at Hotels in Poland, and you shouldn't worry about tipping them. Housekeepers in Polish Hotels won't expect a tip, but if you wish to tip you can tip 10PLN per night by leaving the tip on the bed or the bedside table. You can tip a concierge if they provide extra services by leaving a tip in an envelope when you leave. As a tip won't be expected 20 PLN will be a generous tip.

**In restaurants, the average tip is around 10-15% of the cheque.** Tipping is not obligatory, you can tip whoever you want to show that the service was good.

Tipping taxi drivers is uncommon but you can do that if you want.

## Weather

Poland lies in the intermediate moderate climate zone characterized by a wide range of changeable weather conditions. Mazowsze's climate is characterized by warm summers and cool winters. Average annual precipitation is 20–24 inches (500–600 mm).

Winter commonly begins in early December and continues for approximately 100 days. **However, already in November heavy rains and temperature around 0° falling below and freezing in the nighttime is common.** Strong winds often produce an aggravating wind-chill effect. During such weather, one is advised to seek the comfort and thermal protection of closed footwear, insulated outer coats, gloves, scarves and proper headwear.

## Local customs and etiquette

Starting from November 2010 smoking at bus/tram stops (both under the roof of the stop and around it) is illegal and you can be fined for it. Smoking on streets, however, is very common and completely normal. You can't smoke in restaurants and bars unless there is a separate smoking area.

On an international scale, the Polish etiquette would be considered formal. Mr and Mrs plus the family name is an absolute requirement when introductions are made. Always be on time, it is considered extreme bad manners and poor etiquette to keep people waiting

Polish people tend to be pretty direct in their communication style. However, in certain situations some people may talk around a point for awhile before actually getting to it.

Verbal confrontations/disagreements are commonplace and generally not taken personally. Humor plays a big role in communicating. Sarcasm is generally used and understood.

Do not use first names until invited to. Moving from the use of formal to the informal names is such an important step that there is a ritual to acknowledge the changed status and your inclusion in their 'inner circle'.

Simple gifts such as souvenirs from one's country or company may be appropriate for initial business meetings, but are not expected.

If invited to a Polish home, it is appropriate to bring good quality wine /spirits, chocolates/sweets or something simple from your home country.

When it comes to gifts, it's best to avoid anything overly expensive or elaborate.

## Restaurants

### Italian

La Tomatina, Ul. Krucza 47, <http://www.latomatina.pl/#!/home>

Di-Vino, ul. Krucza 41/43, <http://www.di-vino.pl/en/>

### Thai

Why Thai Food & Wine, ul. Wiejska 13, [http://www.whythai.pl/#/Strona\\_glowna/gb](http://www.whythai.pl/#/Strona_glowna/gb)

Sunanta Thai Restaurant, Ul. Krucza 16/22, <http://www.sunanta.pl/>

### Other

Dyspensa, Mokotowska 39, <http://www.dyspensa.pl/contact&lang=en>

Superiore, Piekna 28/34, <https://www.facebook.com/Winiarnia.Superiore>

Charlotte, Bread and wine, Plac Zbawiciela, <https://www.facebook.com/bistrocharlotte?ref=ts&fref=ts>

Tel-Aviv, Poznańska 11, <https://www.facebook.com/tel.aviv.cafe/info>

### Vegetarian

#### Vega

\_ul Nowy Świat 52 City Centre, 022 828 64 28, Hours 12:00-20:00

Vega, tucked away in a courtyard, offers cheap and delicious vegetarian food. Try the naleśniki (crepes wrapped around a variety of fillings). There's also a good number of vegan items on the menu.

#### Marrakesh Cafe

Aleje Jerozolimskie 123a (02-017), +48-22-4658333

Vegan and gluten-free restaurant. Offers Moroccan and Mediterranean cuisines made with fresh ingredients. Sample menu items include ecological bread and hemp milk, breakfast sets, tagine with pickled lemons or spicy with prunes, quinoa tabbouleh and other salads, soy shwarma, tofu kofta kebab, various pates, and sauces. Accepts credit cards. Open Mon-Fri 7:30am-10pm, Sat 10am-10pm, Sun 10am-8pm.

#### Krowarzywa

Vegan, Organic, Western, International, Juice bar, Fast food, Take-out

A small vegan burger joint. Choose burgers made of tofu, seitan, millet, chickpeas or seasonal vegetables all served in a bun with in-house-made sauce of your choice. All produce used is local and seasonal. Also serves fair trade coffee and tea, fruit and vegetable juices and cakes and cookies. Open Mon-Sun 11am-11pm.

#### Vegetarian World

Ul Nowogrodzka 15 (00-511) (at Obok Namaste India) +48691216564



An all vegan kitchen/cafeteria serving made-in-house freshly cooked meals which change daily. Has cakes and other desserts, too. Wheelchair accessible. Cash only. Open Mon-Sat 12:00-20:00, Sun 13:00-19:00.

### **Green**

l. Szpitalna 6, Warszawa (00-031) (at between Al. Jerozolimskie and Swietokrzyska) 022-6250055. English spoken and on the menu. Directions: From Central train station go East towards the river along Al. Jerozolimskie, and ul. Szpitalna is the first street on the left after the big roundabout at Marszalkowska. Open Mon-Sun 10.00-21.00.

See more: <http://www.happycow.net/europe/poland/warsaw/>  
<http://www.lonelyplanet.com/poland/warsaw/restaurants/vegetarian/vega#ixzz2dymj3zQ6>

### **Gluten free**

<http://groole.pl/> Groole potatoes bar, ul. Śniadeckich 8 street  
<http://www.lacantina.pl/en/contact/> LaCantina, Nowy Świat 64 street  
<http://www.greenpeas.pl/pl/start> Green Peas, Szpitalna 5  
Tel-Aviv, Poznańska 11, <https://www.facebook.com/tel.aviv.cafe/info>

## **Grocery shops**

Close to the center you have many supermarkets and small shops. The most popular are Carrefour, Marks and Spencer, Społem.

On Plac Mirowski 1, you can find a quite large vegetable market, and smaller green groceries.

### **Organic shops**

Organic Farma Zdrowia grocery stores can be found on Złota 59 and Chmielna 16. They have gluten free food.

### **Gluten free shops**

Glufree, metro Natolin, ul Małej Łąki 1  
<http://glutenfree24.pl/> (online orders)  
<http://eng.balviten.com/> (online orders)  
<http://bezgluten.pl/en/> (online orders)

## **Gyms**

### **Everybody Fitness Club**

Al. Jerozolimskie 123A  
Millennium Plaza

[oferta@everybody.pl](mailto:oferta@everybody.pl)

<http://www.everybody.pl/>

### **First Class Fitness**

Hotel Radisson Blu, -1, Grzybowska 24

[lp.ssentifssalctsrif@oruib](mailto:lp.ssentifssalctsrif@oruib)

<http://www.firstclassfitness.pl/index.html>

### **Jatomi Pure**

Zodiak, Widok 2

[zodiak.warszawa@purepoland.com](mailto:zodiak.warszawa@purepoland.com)

<http://jatomifitness.pl/en>

### **Jatomi Pure**

Złote Tarasy, Złota 59

[złote.tarasy@purepoland.com](mailto:złote.tarasy@purepoland.com)

<http://jatomifitness.pl/en>

If you need more information about cost, timetable etc., please write to them.

## **Attractions in Warsaw**

### **The Old Town**

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 town in its best times, the 17th and 18th centuries. Every authentic architectural fragment found among the ruins was incorporated in the restoration.

### **Palace of Culture and Science**

Completed in 1955 as a 'gift from the Soviet people', the building is the embodiment of Socialist Realist architecture. It is still the tallest building in Poland and fulfils the role of a cultural centre accommodating theatres, museums, a cinema and a concert hall. The highest viewing platform in Warsaw, on the 30th floor, offers an excellent panoramic view of the city.

### **Łazienki Królewskie Park-Palace Complex**

The park and palace complex at Łazienki are one of the most beautiful of this type in Europe. Established in the 17th century, the landscape gardens feature many interesting architectural monuments, the most important of which include the Palace on the Island built for King Stanisław August Poniatowski – Poland's last monarch. It served as his summer residence and was famous for the Thursday dinners.

### **Wilanów Park-Palace Complex**

The summer residence of King Jan III Sobieski and then Augustus II as well as subsequent aristocratic families. It is an excellent representation of European Baroque at its height and a homage to the former greatness of the Republic. The palace is surrounded by a grandiose, two level Baroque Italian garden and a romantic park in English style. Wilanów is the venue of important cultural events and concerts. The former stables house the Poster Museum.

### **Warsaw Rising Museum**

It's here, inside Poland's best museum, that you'll learn about the cities doomed rebellion against the Nazis in 1944. Packed with interactive displays, photographs, video footage and miscellaneous exhibits this is guaranteed to leave a deep mark on all visitors, and will go a long way in explaining why Warsaw is far from the architectural pearl it once was.

### **National Museum**

The museum contains a rich collection of exhibits from antiquity to modern times. The building originates from the inter-war period. During the World War II it secretly stored some of the Royal Castle treasures. It organizes numerous temporary exhibitions presenting art from all over the world. The Vistula-side building wing is the Museum of the Polish Army presenting the history of Polish military featuring an interesting outdoor exhibition.

### **Traces of the Ghetto**

The local government has decided to honor Warsaw's Holocaust history by introducing a 'ghetto trail'. Developed with the help of the Jewish Historical Institute the route has seen the boundary of the former Ghetto outlined on pavements, as well as the appearance of 21 dual language information boards positioned in places of particular interest.

### **St. Anne's Church**

The classicist façade dates from 1788 and is the design of the royal architect Piotr Aigner. The interior holds even more classicist and rococo details. The viewing tower is one of the best in Warsaw and worth the 147-step climb.

Read more: <http://www.lonelyplanet.com/poland/warsaw/sights#ixzz2eQByhbiH>

## **More information**

If you need know more about Warsaw, don't hesitate to contact WEDO's Polish intern, Maria Drabik: [maria.drabik@gmail.com](mailto:maria.drabik@gmail.com).