



WARSAW

1st - 9th of August 2013

survival guide



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Dear Participant,

We are proud to welcome you to the fifth European BEST Engineering Competition that is being held in Warsaw this year. In this booklet we gathered information, which can be useful for you during planning and preparing your trip to Warsaw. We hope that you will enjoy the event as much as we do.

This guide contains a short description about everything you need to keep in your mind during the Final. We recommend you famous places to see in Warsaw and provide you some facts about Poland and Polish people. We also give you information about places where you will be staying and where the competition will be held.

Keep this guide close to you - it will be your help book in surviving and enjoying the EBEC Final 2013 in Warsaw.

If you have any question, feel free to ask us.

EBEC 2013 Team



Welcome to Poland

Poland is a country of extraordinary diversity and many secrets. Everyone will find something interesting and amazing for him.

Nature lovers will surely enjoy the golden sand of the Baltic coast beaches in the north and the rocky crags of the Tatras in the south. There is a wonderful network of the Great Mazurian Lakes for water sports fans where you can sail and the green wilds of the Bieszczady Mountains for those who enjoy hiking trips.

Meet the free roaming European bison - Europe's largest animal - in the Bialowieska Forest, enjoy photosafari in the unique Biebrzanskie Marshes, take a raft run down Dunajec River gorge or watch the shifting sand dunes of the Slowinski National Park.

Those with a taste for history are invited to the many restored old town centers, the Royal Castles of Warsaw and Cracow and the old palaces erected by Polish magnates, bringing to mind the memory of bygone centuries. They will certainly enjoy our museums which include the unique in Europe, medieval, underground salt-mine in Wieliczka and the Nicolaus Copernicus Biographical Museum in the old bishops' seat in Frombork.



Country name: Republic of Poland
Capital: Warsaw
Government type: Parliamentary republic
President: Bronisław Komorowski
Prime Minister: Donald Tusk
Land area: 312,685 km²
Population: 38 mln
Highest peak: Rysy (2499 m)
Lowest point: Raczek Elbląski (-1,8 m)
Temperatures:
January -10 C to 2 C
August- 18 C to 30 C



National Flag



Polish Emblem

About Warsaw

"Legend has it a young fisherman named Wars was casting his nets one night when he came upon a mermaid. He was so taken by the sight and the voice of the creature, he proposed to her. His love for her caused her tail turn into legs and she took on the human name Sawa. Wars and Sawa lived happily ever after on the shores of Wisła (Vistula) and the settlement they founded bore they joint names."

"Warsaw may be hard to fall in love with at the first sight, but you can find treasures hidden on top floors, in basements and backyards, in small shops, galleries and crumbling pre-war buildings. There's plenty more here than meets the eye, so be prepared to explore all its nooks and crannies to find all its well-kept secrets. Plus you'll have lots of adventures to take back home". A special guide for young travellers in Warsaw:

www.use-it-warsaw.pl/



National Football Stadium



Old Town



Worth seeing

To explore all Warsaw secrets and amazing facilities you need much more time than.



Old Town - a place full of architectural diversity, which is admired by famous painters (e.g. Canaletto). In addition to the history encountered at every step, you can also eat well here.

Krakowskie Przedmieście Street - Presidential Palace, Royal Castle (completely destroyed during World War II and later rebuilt), the campus of the university and many historic buildings, attracts tourists to this place. Is packed with places to sit for a while and relax in the company of refreshing beverage.



Palace of Culture and Science - Warsaw's most recognizable building and an infallible orientation point. It was built by Polish and Soviet architects in the 1950s, was inspired both by Moscow's Stalinist skyscrapers and the glamorous towers of Manhattan. For decades regarded as a symbol of Soviet domination, the building is still equally loved and loathed.

Łazienki Królewskie - is a garden full of valuable architectural monuments and sculptures, started in the seventeenth century. It was once the summer residence of the last Polish king St. August Poniatowski. A meeting place for lovers.



Warsaw Uprising Museum - tells the tragic story of Warsaw and its citizens in World War II, focusing on the 1944 uprising against the Nazis.

More amazing places you can find at:
www.use-it-warsaw.pl/

Cities worth seeing

Kraków – one of the oldest city in Poland, a former capital. Population reaches almost 1 million. Second largest academic center of Poland. It is beautifully situated on the banks of the Vistula River. City has got a lot to offer for tourists. The Main Market Square, which is the largest medieval square in Europe. Measuring approximately 200 meters by 200 meters. You will find there Cloth Hall, the Town Hall and churches of St Mary and St Albert. Moreover worth seeing is Wawel Hill – there are Royal Castle and Basilica of St. Stanislaus and St. Wenceslas; and Kazimierz – second largest complex of historic Jewish architecture.



Wrocław - is a capital of Lower Silesia. It is one of the prettiest and the liveliest in Poland. Because of many cultures that co-exist and mixed here it is an interesting place to visit. It offers a vast variety of restaurants and bars, designer shops, theatre and musical events. The Odra River and dozens of little canals that meander through its tree-lined streets with their tall, multi-coloured buildings set the scene. In fact Wrocław is made up of no less than 12 islands, joined by over 100

bridges and simply begs to be explored. There is over 632 000 inhabitants, the most important of them are students (140 000) and dwarfs (over 200 creatures).

Gdańsk - is a city of nearly half million people. Undoubtedly it is one of the most popular tourist and cultural centers. Located at the Bay of Gdańsk, at Southern shores of Baltic Sea. For ages has been playing a key role exchange goods between Northern and Western Europe and the countries of Central-Eastern Europe since very distant past. It is a paradise for enthusiasts of old architecture. One can here endlessly wander and among beautiful tenement houses and medieval monuments. Additionally, shops "with soul", charming restaurants, cafes and cultural events, which are to be found nowhere else. There are a few theaters, philharmonic, operetta houses and summer music stages. There is also plenty of area to spend active time, from walks on the beach, through bicycle riders, canoeing, to extreme tourism. Everyone shall find something interesting for themselves.



Life in Poland

Currency and typical prices

The official currency in Poland is **złoty** (zł, PLN).

1 Złoty = 100 Groszy (1 Grosz = 1 gr)

Coins: 1 gr, 2 gr, 5 gr, 10 gr, 20 gr, 50 gr, 1 zł, 2 zł, 5 zł

Notes: 10 zł, 20 zł, 50 zł, 100 zł, 200 zł

You can exchange your money in the city in many places called KANTOR. Credit cards like VISA, MASTER CARD are widely accepted in bigger shops and markets. Using these cards you can also withdraw some cash from cash dispensers called here BANKOMAT (charging your bank account for 3-5% of amount withdrawn) that are usually easy to find in the center of Warsaw. As you should already know we are providing you accommodation and food. It's hard to estimate how much money you might need, as it strongly depends on your personality and your habits.

But here are some prices to give you an idea of how much money you need:



Exchange rate 1 euro - about 4.1 PLN

1 beer (shop) 3.5 zł

1 beer (pub or club) 4.5 -10 zł

1 packet of cigarettes 10-12 zł

1 can of coke 2 zł

Big Mac Menu 12 zł

1 postcard + stamp for EU 5 zł

Entrance ticket to the disco 10 - 25 zł

1 cinema ticket 20 zł

Telephone card 25 units 10 zł

501 LEVI'S jeans 300 zł

3 condom package 7 zł

Porsche 911 300 000 zł



Food & Drinks

So, the first thing good to know about Polish cuisine is that it does not belong to dietetic ones. This means fat, heavy and highly energetic food, but very tasty also - generous and hearty. And this is not only our opinion ;-)

We know that some of our meals may be surprising for foreigners. You can find here tid-bits such as sour milk, resembling yoghurt but with more bitter taste, sauerkraut (with its German origin well known in Russia and other Baltic countries), and of course sour cucumbers.

Those are not spoiled meals, but small amounts of them allow to prepare meals with a wonderful and rich bouquet of tastes.

Poles, like other nations in central Europe, appreciate wild mushrooms. It's not true that all varieties are poisoning - on contrary they are sometimes indispensable as seasoning or can be used as separate meal. If you want to taste Polish specialties, we recommend you trying the following:

- soups: kapuśniak (cabbage soup), pomidorowa (tomato soup), rosół (bouillon with dumplings), flaki (typical pepper soup), chłodnik (cold beet-soup, recommended on a hot day)
- pierogi - dumplings filled with meat, cheese or mushrooms, try especially ruskie pierogi or leniwe
- kotlet schabowy (pork cutlet) - just a standard for Polish dinner
- bigos - pork and beef stewed in sauerkraut
 - kurczak (roasted chicken)
 - kiełbasa na gorąco (hot sausage)



Useful Polish phrases

Yes	Tak
No	Nie
Thank you	Dziękuję
Thank you very much	Serdecznie dziękuję
You're welcome	Nie ma za co
Please	Proszę
Excuse me	Przepraszam
Hello	Dzień dobry
Goodbye	Do widzenia
Good morning/Good afternoon	Dzień dobry
Good evening	Dobry wieczór
Good night	Dobranoc
You're very attractive	Bardzo mi się podobasz
Your eyes are like the moon	Twoje oczy są jak dwa księżyce
How about breakfast?	Co powiesz na śniadanie?
I love you	Kocham Cię
Will you marry me?	Wyjdiesz za mnie?
I do not understand	Nie rozumiem
Water	Woda
Beer	Piwo

Final Schedule

AUGUST								
1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th
ARRIVAL	Wake up + Breakfast			FREE TIME	Wake up + Breakfast			DEPARTURE
	Offical Opening	Competitions	Competitions		Competitions	Competitions	Presentation	
	Trainings	Competitions	Competitions		Competitions	Competitions	Job Fairs	
		Lunch			Lunch		Team Design Show	
	Get to know	Competitions	Competitions		Competitions	Competitions	Offical Closing	
Dinner								E
Social part								

This is a preliminary version of the schedule; more detailed schedule will be presented at the beginning of the event. It is compulsory for all team members to be present during all days of the event.

How to get to Warsaw

Arrival by...

plane - most well-known airlines (also the cheapest) has regular connections with Warsaw. There are two airports with easy access to the city center by public transport:

Warsaw Chopin Airport - take the bus line 175
direction: Pl. PIŁSUDSKIEGO (PIŁSUDSKIEGO SQUARE)
destination bus stop: Dw. CENTRALNY (CENTRAL RAILWAY STATION)
bus runs between: 4:58AM-11:27PM
more information: http://www.ztm.waw.pl/rozkład_nowy.php?c=182&l=2

Warsaw Modlin Airport - there is a bus line called ModlinBus which goes directly to the city center
You can buy ticket on airport, from bus driver or book on-line
bus stops: METRO Młociny, CENTRAL RAILWAY STATION - area
train runs: 24h/day
more information: www.modlinbus.pl

train - many rail passes through Warsaw. Your destination station is DWORZEC CENTRALNY

bus - you have many bus connections from other countries to Warsaw. The vast majority of them stop at two stations below, which have easy access to the city center by public transport:

West Railway Station - take the bus one of the following lines: 127,130, 158
direction:
127-> pl. Trzech Krzyży (THREE CROSSES SQUARE)
130-> WILANÓW
158-> WITOLIN
destination bus stop: for all lines: Dw. CENTRALNY (CENTRAL RAILWAY STATION)
buses runs between: 4:46AM-11:06PM
more information: http://www.ztm.waw.pl/rozkład_nowy.php?c=182&l=2

Wilanowska Station - take the tram line 10
direction:
Os. GÓRCZEWSKA (GÓRCZEWSKA ESTATE)
destination tram stop: Dw. CENTRALNY (CENTRAL RAILWAY STATION)
buses runs between: 4:51AM-11:56PM
more information: http://ztm.waw.pl/rozkład_nowy.php?c=182&l=2&a=10&n=3009&o=06&k=A



For those of you who want to spend few days more (before/after event) in Warsaw, we prepared several hostel options.

HozaHostel

www.hozahostel.pl

*Chill
out
Hostel*

www.chillouthostel.pl/en/

**KANONIA
HOSTEL**

www.kanonia.pl

All of them are situated in the city center. They have English website version, so you won't have any problems with booking places.

Do not forget

When we are going for a trip, no matter how long or short it may be, we are all thinking about the useful things that we need, but sometimes we can forget the essential at home. To help you, here is a list of important things to bring:

- Your passport/ID card
- **ISIC card - need it for discount public transport**
- Medical and travel insurance
- Medication (if you need any more special)
- Personal hygiene: toothbrush, towel and other important stuff
- Water-proof jacket - sometimes it may be raining
- Some comfortable shoes to walk
- Summer hat and suncream
- **Official clothes for the Opening/Closing Day**
- Sport clothes
- **Typical food and drinks from your country**
- Your positive and cheerful spirit

Being such a huge event, EBEC will have great media coverage, so don't forget to let your family and friends know where they can find out cool stuff about the competition! All the information regarding EBEC can be found on our website www.ebec.best.eu.org. There will be pictures, movies, interviews, live streaming and many others updates on the EBEC website during competition.



International Evening

It is an integral part of every BEST event. The idea is to bring culture, traditions and integration between countries taking part in the event. Each of team will have opportunity to present and promote their country in front of others participants. The more unique presentation you prepare, the bigger chances to be remembered you have.

Important things to bring are:

- traditional food and drinks of your country
- a song to sing in your native language
- a dance to perform
- typical clothes of your country



Writing CV

As you know, EBEC 2013 has several partners – companies highly interested in you and your background. In order to make the communication easier, we would like to ask you to fill your CV in www.best.eu.org account with as much information as possible.

We would like to ask you pay attention to the following sections of MY Profile in your profile on best.eu.org:

- Education
- Extra - curricular
- Work and career

Your CV will be available for all partners throughout the event.

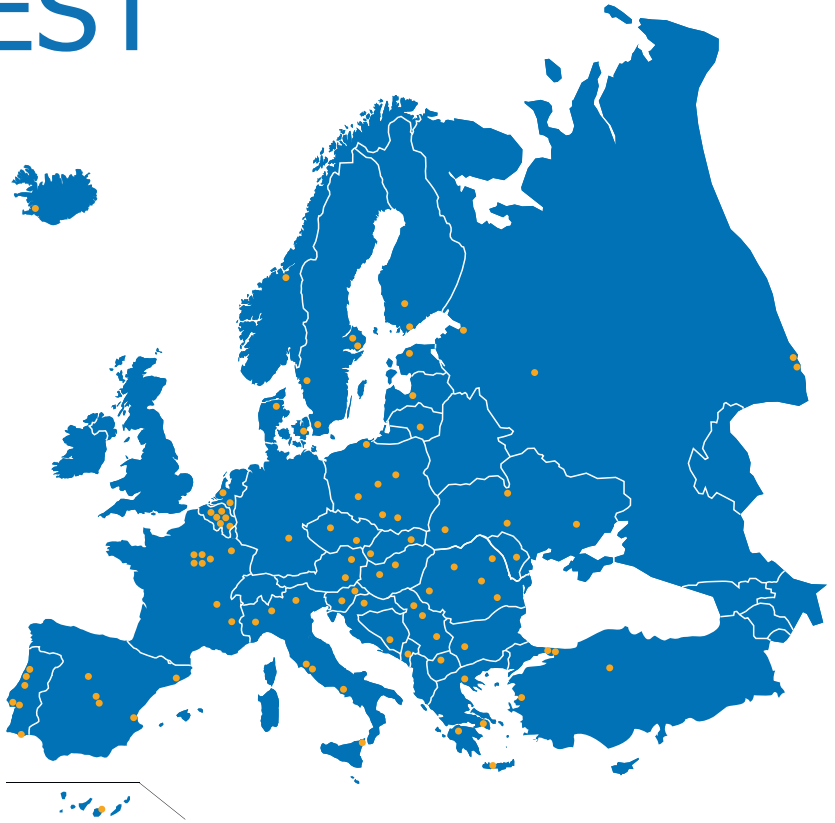


As we already agreed with every participant about the travel arrangements and refund amount, here are the deadlines you have to take into consideration:

- filling in the event evaluation form you will receive
- The refunds will be given unless there will occur problems with your participation according to "Document on Regulations for EBEC participants"
- you will only receive refund on the arrangement and amount we arranged upon
- the refund is conditioned by participating at EBEC and filling out the EBEC evaluation form, the refund form and will only be done after presenting all required proof that will demonstrate that the journey took place

In order to do that please keep all original documents and scan/make pictures of all tickets on paper you have (the quality has to be good enough that after printing the tickets they would be still readable for auditing). This includes plane/bus/train tickets, boarding passes etc., every documents that will prove the arrangements we made before the event.





BEST - Board of European Students of Technology is a constantly growing non-profit and non-political organisation. Since 1989 we provide communication, co-operation and exchange possibilities for students all over Europe.

95 Local BEST Groups (LBGs) in 33 countries are creating a growing, well organised, powerful, young and innovative student network.

BEST strives to help European students of technology to become more internationally minded by reaching a better understanding of European cultures and developing capacities to work on an international basis. Therefore we create opportunities for the students to meet and learn from one another through our academic and non-academic events and educational symposia. "Learning makes the master", but the final goal is a good working place, therefore we offer services like an international career centre to broaden the horizons for the choice on the job market.

Our priority is to offer high quality services for students all over the Europe. Thus, we manage to bring all the partners in the "student - company - university" triangle closer.

Participants' Responsibles

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See You!

