

POZnań*



Live and Work in Poznań

The Capital of Wielkopolska in a Nutshell

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Basic Information about Poland

Poland is a medium-sized country situated in the very centre of Europe. With an area of 312,683 km², it occupies the ninth position among European states. The country is limited by the waters of the Baltic Sea from the north and by the mountain range of Karpaty and Sudety from the south. The majority of the territory of Poland is situated within the basin of the Vistula River and the Odra River.

- **Population:** 38,437,239 (2016)
- **Capital:** Warsaw
- **Official language:** Polish
- **Neighbouring countries:** Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania and Russia (the Kaliningrad Oblast)
- **Membership:** European Union, NATO, OECD, WTO, Schengen Area
- **Climate:** moderate, of a transitional character between oceanic and continental climate
- **Political system:** parliamentary democracy; the executive power over the country is exercised by the President of the Republic of Poland and the Council of Ministers
- **Time zone:** CET (UTC + 01:00)
- **Currency:** Złoty (PLN)
- **Important telephone numbers:**
European Emergency Number – 112, the Police – 997, Fire Service – 998, Ambulance Service – 999
- **Holidays:**
 - 01.01 – New Year's Day
 - 06.01 – Epiphany
 - the first day of Easter (i.e. Easter Sunday – a movable holiday)
 - the second day of Easter (i.e. Easter Monday – a movable holiday)
 - 01.05 – Labour Day
 - 03.05 – Constitution Day (the anniversary of the Constitution of 3 May)
 - the first day of Pentecost (a movable holiday)
 - Corpus Christi (a movable holiday)
 - 15.08 – Assumption Day (Assumption of the Blessed Virgin Mary)
 - 01.11 – All Saints Day
 - 11.11 – National Independence Day
 - 25.12 – the first day of Christmas
 - 26.12 – the second day of Christmas
- **Most popular foreign languages among the citizens:** English, German, Russian, French, Italian and Spanish

- Documents indispensable for travelling:
 - ▷ European Union citizens – an identity document that confirms one's citizenship of an EU Member State
 - ▷ Citizen of other countries – depending on the purpose of their stay, foreigners may stay in Poland based on one of the following documents:
 - a valid passport, the validity of which exceeds the planned date of departure from Poland by at least three (3) months;
 - a residence visa;
 - a temporary residence permit;
 - a permanent residence permit.
 - ▷ Citizens of countries with which the Republic of Poland has signed bilateral agreements on the abolition of the visa requirement will need only their passports to cross the Polish border.



Registration of an EU Citizen's Stay

EU citizens who stay within the area of the Republic of Poland through a period longer than three (3) months are obliged to **register their stay**; on the other hand, members of their families, who are not EU citizens, are obliged to **obtain a residence card of an EU citizen's family member**.

In order to register your stay within the area of the Republic of Poland or to obtain the residence card, you have to submit an application to the voivodeship office competent for the EU citizen's place of stay.

All information concerning necessary documents and attachments can be found at: **www.poznan.uw.gov.pl/informacje-ogolne**.

WORK PERMITS

Citizens of the European Union, Island, Norway, Liechtenstein and Switzerland do not need a work permit if they want to work in Poland – but if they want to work for more than 90 days – they must have a temporary resident permit.

Citizens from non-EU countries must receive a work permit if they intend to work in Poland the application for a work permit has to be made by the employer. All the information about work permits are available in Wielkopolska Voivodship Office in Poznań.

www.poznan.uw.gov.pl/en

Money

EMPLOYMENT COSTS IN POLAND

The employment costs incurred by an employer in Poland consist of three kinds of benefits:

- an employee's gross remuneration, including the pension, disability and sickness insurance contributions paid by the employee, as well as the personal income tax,
- compulsory pension, disability and sickness insurance contributions paid by the employer,
- other costs, including the ones arising from the employer's duties within the scope of provision of occupational health and safety, medical examination and possible training for the employees.

Type of contribution	Employee	Employer	Notes
Pension insurance	9.76%	9.76%	-
Disability insurance	1.50%	6.50%	-
Sickness insurance	2.45%	-	-
Labour Fund	-	2.45%	-
Accident insurance	-	0.40% – 3.60%	Depending on the industry that the enterprise operates in, this amount ranges from 0.40% to 3.60%. Here we assume the amount of 1.2%.
Guaranteed Employee Benefits Fund	-	0.10%	-
TOTAL:	13.71%	20.01%	-
Health insurance	9.00%	-	-
State Fund for the Rehabilitation of the Disabled (PFRON)	-	PLN 0-106,18	The amount (herein per person per month) depends on the number of the Disabled employees in the total remuneration and the average salary.

Useful links:

Regulations concerning employment and work in Poland:

www.migrant.info.pl/Work_in_Poland.html

A calculator of contributions to the Social Insurance Fund (ZUS):

www.infor.pl/kalkulatory/skladki_zus.html

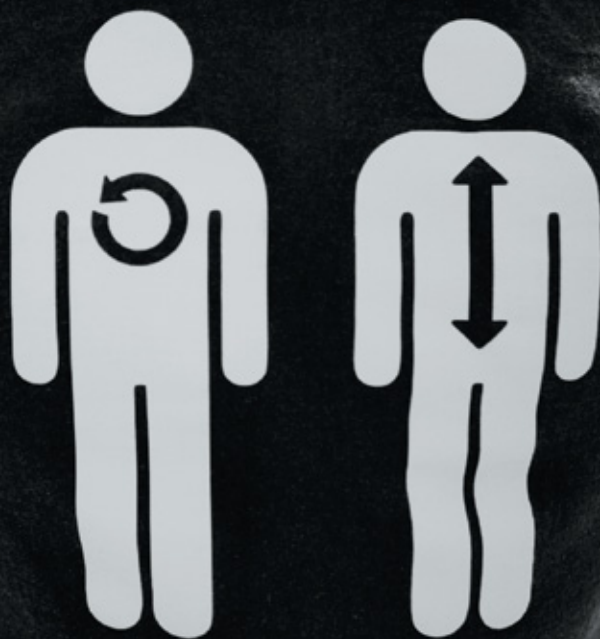
A calculator of remunerations: www.infor.pl/kalkulatory/wynagrodzenia.html

Calculation of net salary: www.liczyc.pl/obliczenie/pensji-netto/

TAXES

The current rates of VAT for goods and services are 23%, 8% and 5%. There are some shops that offer tax free shopping. Persons who spend an amount exceeding PLN 300 for shopping and fill in appropriate forms, may apply for a tax refund while crossing the Polish border (except for EU citizens).

**LET'S ALL DO
THE POZNAN!**



**STEP 1
TURN AROUND**

**STEP 2
JUMP UP & DOWN**

photo: Robert Korybut

Poznań – Where Is It?

A few simple facts that will make you want to live in Poznań.

Benefit from its assets:

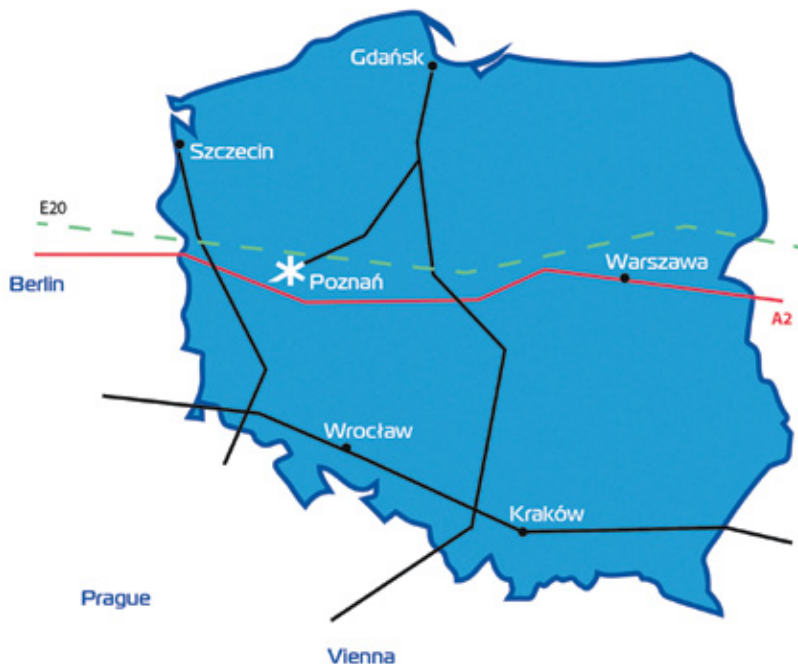
- it is one of the largest cities in Poland;
- its location is attractive: in the middle of the distance between Berlin and Warsaw;
- for years, the level of unemployment here has been among the lowest in the country;
- it is an eco-friendly city;
- it offers a wide range of events related to sport and culture.

Transport

Poznań is an important transport centre, the importance of which extends to other regions and countries.

Availability of motorways:

- A2 Warsaw - Berlin. 17 km stretch in Poznań serves as that city's bypass.



map by Artur Kabat

Public transport in the city is provided by a network of public roads, cycle paths, about 20 tram lines and about 50 bus lines. Moving around the city is facilitated in the first place by the route of the Poznań Fast Tram (PST) that connects the outer parts of the city.

PUBLIC TRANSPORT

Daytime municipal transport service is provided from 5 AM to 11 PM.

The same tickets are valid both in trams and buses.

In Poznań, you can buy single tickets (including time-limit tickets and single-ride tickets), as well as short-term, long-term and semester tickets.

There are six time limits tickets available. The time-limit ticket is valid in both trams and buses and entitles its holder to change the line during the ride. Detailed information concerning the tickets can be found inside the vehicles, as well as at tram and bus stops and at: www.ztm.poznan.pl.

If you use municipal transport on a regular basis and wish to have one long-term ticket that would entitle you to use all lines of municipal transport in Poznań, you can buy the PEKA municipal transport card. Further information about the card can be found at: www.peka.poznan.pl.



www.mpk.poznan.pl/rozkład-jazdy



www.poznan.jakdojade.pl



BICYCLES

A popular transport solution is Poznań City Bike, which offers 87 locations across Poznań. Using the bicycles for up to 20 minutes is free and the fee for the time between 20 and 60 minutes amounts to PLN 2. To be able to use the bikes you must register online first. More details: www.poznanskirower.pl.

TAXI

Poznań offers a wide range of taxi services. Several dozen taxi corporations operate here along with non-member taxi drivers.

Telephone numbers of selected taxi corporations:

M1 Taxi	T: +48 61 8 222 222
Radio Taxi	T: +48 61 196 22
Hallo Taxi	T: +48 605 216 216
RMI Radio-Taxi	T: +48 61 8 219 219
Radio Taxi Stop Poznań	T: +48 61 8 222 333
Multi Taxi Poznań	T: +48 61 8 322 221
Euro Taxi	T: +48 61 8 111 111
Poznańskie Stowarzyszenie Taksówkarzy (The Association of Taxi Drivers of Poznań)	T: +48 61 8 519 519

TRAINS (PKP) AND BUSESSES (PKS)

Transport links to and from Poznań are also provided by **Dworzec Poznań Główny (Poznań Main Station)**, which combines PKP railway station and PKS bus station, from where both domestic and international transport services are provided.

AIRPORT

International transport is also facilitated by regular air links provided by **Port Lotniczy Poznań–Ławica (Poznań Airport)**. The airport in Poznań provides flights to the largest hubs, including Munich, Frankfurt and Copenhagen.

Further information available at: www.airport-poznan.com.pl.

Healthcare in Poznań

Poland offers two types of medical care, i.e. public healthcare (the National Health Fund – NFZ) and non-public healthcare. Foreigners are offered the possibility to use the public (state-owned) healthcare system, provided that they are eligible for health insurance. Further information about the access to health benefits can be found at: www.nfz.gov.pl. There are about 550 facilities that provide outpatient healthcare in Poznań, based on contracts signed with the National Health Fund (NFZ).

HOSPITALS

Wielkopolskie Centrum Pulmonologii i Torakochirurgii im. Eugenii i Janusza Zeylandów (Wielkopolska Center of Pulmonology and Thoracosurgery)

ul. Szamarzewskiego 62, 60-569 Poznań
T: +48 61 665 42 00
www.wcpit.pl

Wielospecjalistyczny Szpital Miejski im. Józefa Strusia (Józef Struś Multi-Speciality Municipal Hospital)

ul. Szwajcarska 3, 61-285 Poznań
T: +48 61 873 90 00
www.szpital-strusia.poznan.pl

Szpital Miejski im. F. Raszei (F. Raszeja Municipal Hospital)

ul. Mickiewicza 2, 60-834 Poznań
T: +48 61 848 10 11
www.raszeja.poznan.pl

Specjalistyczny Zespół Opieki Zdrowotnej nad Matką i Dzieckiem w Poznaniu (Specialist Healthcare Centre for Mothers and Children in Poznań)

ul. Krysiewicza 7/8, 61-825 Poznań
T: +48 61 850 62 00
www.szoz.pl

Szpital Kliniczny im. Heliodora Świąteczkiego UM im. Karola Marcinkowskiego w Poznaniu (Heliodor Swiecicki Clinical Hospital at the Karol Marcinkowski Medical University in Poznan)

ul. Przybyszewskiego 49, 60-355 Poznań
T: +48 61 869 11 00
www.spsk2.pl



photo: Poznan University of Medical Sciences

**Ortopedyczno–Rehabilitacyjny Szpital Kliniczny im. W. Degi UM w Poznaniu
(Orthopaedic and Rehabilitation Research Hospital of the Poznan University of Medical
Science)**

ul. 28 Czerwca 1956 r. 135/147, 61-545 Poznań

T: +48 61 831 01 00

www.orsk.ump.edu.pl

**Samodzielny Publiczny Zakład Opieki Zdrowotnej Ministerstwa Spraw Wewnętrznych
i Administracji w Poznaniu im. prof. L. Bierkowskiego (“L. Bierkowski” Ministry of Internal
Affairs and Administration Health Care Centre in Poznań)**

ul. Dojazd 34, 60-631 Poznań

T: + 48 61 846 45 00

www.szpitalmsw.poznan.pl

Szpital Wojewódzki (Voivodeship Hospital)

ul. Juraszów 7/19, 60-479 Poznań

T: +48 61 821 22 00

www.lutycka.pl

**Szpital Kliniczny im. Karola Jonschera UM im. Karola Marcinkowskiego w Poznaniu
(Karol Jonscher Independent Public Research Hospital of the Poznan University of
Medical Sciences)**

ul. Szpitalna 27/33, 60-572 Poznań

T: +48 61 849 12 00

www.sk5.am.poznan.pl

**Szpital Kliniczny Przemienienia Pańskiego UM im. Karola Marcinkowskiego w Poznaniu
(University Hospital of Lord's Transfiguration Partner of Poznań University of Medical
Sciences)**

ul. Długa 1/2, 61-848 Poznań

T: +48 61 854 90 00

www.sk1.am.poznan.pl

PRIVATE MEDICAL CARE EXAMPLES

Prywatna Lecznica Certus (Certus Hospital & Outpatient Clinic)

ul. Grunwaldzka 156, 60-309 Poznań

T: +48 61 860 42 00

www.certus.med.pl

Centrum Medicover

Plac Andersa 5, 61-894 Poznań

ul. Abpa. Baraniaka 88, 61-131 Poznań

T: +48 500 900 500

www.medicover.pl

CM LUX MED

ul. Półwiejska 42, 61-888 Poznań

ul. Roosevelta 18, 60-829 Poznań

ul. Wichrowa 1A, 60-449 Poznań

ul. Serbska 11, 61-696 Poznań

T: +48 22 332 28 88

www.luxmed.pl

POLMED

ul. Górecka 1, 60-201 Poznań

T: +48 797 409 489

www.polmed.pl

Education

EDUCATION SYSTEM IN POLAND

Education in public schools in Poland is free. The period of compulsory education lasts until the completion of primary school (no longer, however, than to 18 years of age).

Type of school	Age	Number of classes	
Nursery school	3-6		
Primary school	6-14	0-8	Final knowledge and skills exam result affects the continuation of education in a secondary school of choice.
Secondary school	14-19	1-4	Vocational examination (basic vocational schools and technical schools) and matriculation examination (general or specialised secondary schools).

INTERNATIONAL EDUCATION IN POZNAŃ

Poznań offers a variety of choices in terms of education. There are many primary schools and secondary schools of various specialisations in the city, including bilingual schools, specialised secondary schools and technical schools. What might be important from the point of view of parents who are foreigners, is the fact that there are a few international schools in Poznań:

International School of Poznań:

The basic purpose of the school is to educate “citizens of the world”. The school offers a curriculum intended for pupils from 4 to 19 years of age. In 2008, the facility has received the certificate of the International Baccalaureate (IB) programme.

International School of Poznań
ul. Taczanowskiego 18, 60-147 Poznań
T: +48 61 646 37 60

Poznań British International School

The school was established in 2000 and its aim is to educate children of foreigners, the number of whom constantly increases in Poznań. The school is an accredited member of the Council of British International Schools (COBIS). It is the only school in the Wielkopolska region, where pupils are educated in accordance with two curricula:

- International Primary Curriculum (IPC) – an international curriculum
- Polish Core Curriculum of the Ministry of National Education.

Poznań British International School
ul. Darzyborska 1a, 60-303 Poznań
T: +48 61 870 97 30



Montessori International School

Montessori International School is a privately owned primary school set in an international environment. The school focuses on providing highest standards in special needs education through the integration in the Montessori setting.

Montessori International School
ul. Ściegiennego 10, 60-101 Poznań
T: +48 507 030 323

HIGHER EDUCATION

Poznań is one of the most important academic and scientific centres in Poland.

There are almost 120,000 students in the city, who study at 25 universities, including nearly 4,200 foreigners, the majority of whom comes from European countries. Among public higher education institutions, it is worth mentioning the following facilities: Adam Mickiewicz University, Poznań University of Medical Sciences, Poznań University of Economics and Business, Poznań University of Life Sciences, Poznań University of Physical Education and Academy of Fine Arts (University of Arts).

POLISH LANGUAGE COURSE FOR FOREIGNERS

School of Polish Language and Culture for Foreign Students

ul. Fredry 10, 61-701 Poznań, room 13
T: +48 61 829 45 16
Fax: +48 61 829 45 16
schoolpl@amu.edu.pl

Tourism in Poznań

Poznań Classics

Each city has a number of sights that are considered to be so called classics worth knowing and worth visiting more than once.

STARY RYNEK, RATUSZ (THE OLD TOWN & TOWN HALL)

The Town Hall and other buildings based on the Old Town impressively represent renaissance architecture. However if you decide to wander off into one of the side streets you will be captured by baroque, modernism and even middle age architectural little pearls. An interesting fact to know about the Town Hall: each day at noon sharp two mechanical goats appear at its tower to stage a fight, mostly to the delight of children and tourists.

CATHEDRAL ISLAND (OSTRÓW TUMSKI)

An amazing part of Polish history and glorious Gothic architecture can be admired while visiting the cathedral. This area is considered as birthplace of Poland. A second interesting building worth acknowledging while at the island is the contrastingly modern building of the Porta Posnania heritage centre, which is referred to as the gate of Poznań. A visit to Porta Posnania is a must if you want to fully understand the past of Poland and Poznań.

STARY BROWAR (OLD BREWERY)

It is a unique center that combines business, art and shopping. Due to its architecture Stary Browar has been listed as one of the top 20 architectural icons to be created in Poland after 1989. Stary Browar is a great place for shopping, with wide range of affordable and upscale boutiques. But shopping is not all you can do there! You can enjoy exhibitions, concerts and fashion events.

ZAMEK CESARSKI (EMPEROR'S CASTLE)

Zamek Culture Center is the place to be if you're hungry for culture. No matter what art form you're interested in this is the right place to be, concerts, exhibitions, lectures, movies and much more. The neo-Romanesque building is quite impressive architectonically, it was designed by Franz Schwechten, constructed in the years 1905-10 for the German Emperor William II.

JEZIORO MALTAŃSKIE (MALTAŃSKIE LAKE)

Maltańskie Lake is quite an amazing recreation spot located not far from the city center. It is very popular among the locals, who come here to enjoy jogging, cycling, skiing or watersports. Maltańskie Lake and its surroundings are a great place for a walk during the weekend. It has a wide offer for whole family, including New ZOO, Maltanka Miniature Railway, Malta Ski Sport & Recreation Centre and enormous aquapark Thermal Baths, with spa and sauna zone.



photo: Zbigniew Ratajczak

INEA STADIUM

INEA City Stadium is an impressive modern construction that was launched for the 2012 UEFA Euro Cup. Poznań's beloved home team KKS Lech plays many of its games here, however also many events of an international character have been hosted at the stadium: Sting and Alicia Keys concerts, Red Bull X-fighters world tour – to name a few. The stadium is open for tourists, feel free to visit anytime also with a guided tour in English if you wish.

Get off the beaten track – Alternative Poznań

There's a lot more to Poznań than the regular guide book attractions. If you're ready to get away from the crowds, discovering the secrets of the city while blending in with the locals check out the list below.

JEŻYCE OR ŚRÓDKA

Blend in with the locals while enjoying the architecture of the lovely Art Nouveau town houses as well as the hip and hipster cafes and restaurants. You can connect discovering Śródka district with a visit to Porta Posnania. Don't forget to look for a 3D mural, one of the biggest attractions of Śródka. If you want to experience everyday life of Poznań, you should visit local market in Jeżyce district.



NICHE MOVIE THEATERS

Poznań is quite big on small movie theaters. Those places offer unique atmosphere and special film program. If you want something different than big cinemas and mainstream movies, you should go to one of niche movie theaters like Charlie & Monroe, Rialto, Apollo, Muza and Bułgarska 19. A useful bit of information should be the fact that in Poland films aren't dubbed but presented in the original language of the film with polish subtitles making them thus more accessible.

DRAGON CLUB

A place known for its avant-garde art and music and also for its long hours. Dragon is a club, a concert venue, but also a restaurant. If you're a music and food lover, it's definitely a place you should explore. In the summer remember to check out cosy backyard, where you can spend hours talking with your friends.

KONTENERART

KontenerART is a mobile cultural center combined with a beach bar. It's located within a five minute walk from the Old Town, right next to Warta river. KontenerArt is the perfect place to kick back and relax. Chilling on sun beds, listening to music, enjoying street food... You don't need anything else! KontenerART is the local's favourite spot during summer.

Around Poznań

If you're into your bike and are a nature lover you absolutely must plan a trip outside of Poznań. Heading south only 15 km from the city center you'll find Wielkopolski National Park as well as the castle in Kórnik and the palace in Rogalin. Heading north you'll enjoy the vast and beautiful areas of Puszcza Zielonka with the lovely trail of traditional wooden churches.

International Poznań

Over the past few years Poznań has been drawing the attention of a broader international crowd. A few representatives of this group have fallen in love with Poznań and decided to make it their hometown, allowing for the city to become more diverse, more multicultural and in general more exciting. Go ahead and check out some of the international hot spots in Poznań.

RICO'S KITCHEN (CHINA)

Authentic Chinese cuisine with all its tastes and flavors.

It's a love it or hate it kind of place.

Address: ul. 27 grudnia 9, Poznań

PIKA PIKA (SPAIN)

A lovely little tapas place dreamingly overlooking the old town and historical town hall.

Address: ul. Zamkowa 5, Poznań

TANDEM PUB (INTERNATIONAL)

Tandem Pub is an international venue in Poznań where you can easily learn foreign languages in unique atmosphere, with something good to drink and eat. Regular events help to meet new people.

Address: ul. Gwarna 9, Poznań

SWEET SURRENDER (USA)

A café located in a very hipster part of town Jeżyce. It will surprise you each and every time you stop by: musical events, art exhibits, painting, sculpture and more.

Address: ul. Krasieńskiego 1/1, Poznań

TAJ-INDIA RESTAURANT (INDIA)

Located on a Lake Maltańskie shore, run by genuine Indian team.

Address: ul. Wiankowa 3, Poznań



photo: Jakub Pindych

Useful tips:

- Most Museums are closed on Mondays but some offer free entry on Tuesdays or Saturdays.
- For more information about the city, concert and theatre tickets visit tourist info points: **www.cim.poznan.pl** or visit City Information Center (ul. Ratajczaka 44) and Tourist Information Center (Old Market Square).
- Try to discover and experience the city on your own with the great help of audio guides and helpful tourist trails. All can be downloaded for free in Polish, English or German from the following address: **www.poznan.travel**.
- It is prohibited to drink alcohol in public/open space areas. Smoking is not allowed in most bars, restaurants and other public facilities.
- Afisz is a magazine with a monthly selection of events in Poznań, also available in English. You can find and download it for free from **www.poznan.pl** or **www.poznan.travel/en/**.
- Check out Poznań City Card on page 26.

Fun facts:

- Potato people – believe it or not, people from Poznań are referred to but also refer to themselves as Pyry (which in local dialect literally means potatoes).
- St. Martin's croissants – when in Poznań you absolutely must try the St. Martin's croissant – a local product, typical for the region. An insider tip is to eat St. Martin's croissants on the 11th of November, during the celebrations of St. Martin's Street. Apparently that's when they taste the best. Visit St. Martin's Museum & Experience on the Old Market Square. More information: **www.rogalowemuzeum.pl/en**.

More information about Poznań:

- **www.poznan.pl/en** – official City Hall's website
- **www.poznan.travel/en/** – tourist website, covering city and its surroundings
- **www.cim.poznan.pl** – City Information Centre

Always worth checking out: **www.facebook.com/InternationalPoznan** – you are not alone.

If you are a student or planning to study in Poznań you might be interested in visiting **www.studyin.poznan.pl**.



photo: Kazimierz Fryś

Entertainment and Culture

The cultural life in Poznań focuses around cultural institutions that operate in the city, as well as around many events and artistic projects.

The city offers the following places to spend your leisure time in:

- 29 museums
- 21 theatres
- 40 art galleries
- 13 cinemas

EVENTS IN POZNAŃ

January	<ul style="list-style-type: none">• The Day of Judaism
February	<ul style="list-style-type: none">• Tour Salon (tourism and travel fair)
March	<ul style="list-style-type: none">• Contemporary Music Festival "Poznań Musical Spring"
April	<ul style="list-style-type: none">• Enea Spring Break• The Poznań Science and Art Festival• Half Price Poznań• Fantasy Festival "Pyrkon"
May	<ul style="list-style-type: none">• Made in Chicago Festival• Juwenalia
June	<ul style="list-style-type: none">• Jarmark Świętojański (The Midsummer Night Fair)• Ethno Port Festival• Enter Music Festival• Malta Festival Poznań
July and August	<ul style="list-style-type: none">• The International Festival of Animated Films "Animator"• National Festival of Good Taste in Poznań• Dancing Poznań• KontenerArt – the mobile cultural centre• Poznań Fortress Days
October	<ul style="list-style-type: none">• Art & Fashion Forum• Beer & Food Festival Poznań• Poznań Marathon
November	<ul style="list-style-type: none">• The International Film Festival "Off Cinema"• Poznań Baroque Festival• St. Martin's Name Day (parade)• International Young Audience Film Festival "Ale Kino"
December	<ul style="list-style-type: none">• International Ice Sculpture Festival• Poznań Bethlehem



photo: Marek Kaczmarczyk

SPORT & RECREATION

Poznań is definitely a city for sports enthusiasts. You can find recreational areas all over the city, but the Maltańskie Lake is probably the most popular spot. It is a venue for one of the most advanced regatta courses in Europe and its surroundings contain a year-round open artificial ski slope and a toboggan run, just to name a few. A scenic narrow-rail train route, called Maltanka, leads along the shore of the lake. The train stops at the “Zwierzyniec” station, situated near the main entrance to the New Zoo.

Other attractions you can find in Poznań include:

- 10 stadiums,
- 14 indoor swimming pools,
- 502 sports fields,
- 192 halls and sports halls,
- 4 ice rinks,
- 5 bowling alleys,
- 13 water harbours,
- 135 tennis courts,
- 23 squash courts,
- 4 climbing walls,
- a hippodrome,
- a car track.

If you're a football fan, you can enjoy a match at INEA Stadium. If you also like to actually play football, you can do it at one of the many public sports fields (the most recent are called “orlik”, after the government program). You can find one in almost every part of the city, usually next to schools.



Food & Drink

It is worth spending your leisure time visiting numerous restaurants and cafes in Poznań. The ones situated around the Old Market Square are particularly charming. The diversity of the cuisine offered by restaurants in Poznań will satisfy even the most picky and choosy palates. Definitely worth tasting is regional cuisine, offered by several restaurants, also in fine dining versions. Remember to try potato dishes, which are probably the best in the whole country. In Poznań, you can find restaurants that specialise in various types of cuisine: Polish and European, Arabic and Turkish, Asian, Mexican, Mediterranean or Jewish. More information: www.culinary.poznan.travel.

Beer enthusiasts and all people who are curious about the world around them have an opportunity to see the process of production of the golden drink "from the backstage" at the Lech Browary Wielkopolski (brewery). The program of the visit also includes multimedia attractions or beer refreshments. Guided tours are also offered in English and German. More information: www.zwiedzaniebrowaru.pl/en/index.



photo: Radosław Maciejewski

Shopping

Poznań is a great city for shopping. In the city centre you can find shopping malls, such as Stary Browar. It's not only a shopping centre, but also art, all of which surrounded by highest level architecture alluding in style to 19th century industrialism. Apart from many shops, there are also clubs, beer gardens, a park, an art centre and a hotel here.

There are many others shopping centres in the city, such as Galeria Malta or Poznań Plaza, just to name a few. You can be sure that you'll have a close access to shopping facilities in every corner of the city.

For real, local shopping experience go to one of many markets – Wielkopolski, Bernardyński, Jeżycki, Wildecki and Łazarski. Those are the best places to get fresh fruits and vegetables, as well as local produce. Every now and then special, thematic markets are organised, such as handmade or organic. In the summer you should visit a pop-up markets, setting up in parks around the city. This is an opportunity to discover new products and spend a great time with your family and friends.



photo: Poznań Tourism Organisation



POZNAŃ CITY CARD

- the best and least expensive way to get to know our city;
- free or discounted admission to many places and tourist attractions such as museums, restaurants, hotels;
- free access to public transportation.

POZNAŃ CITY CARD is available at:

- Tourist Information Centre: www.poznan.pl/cim
Stary Rynek 59 (Old Market Square), T: +48 61 852 61 56
- City Information Centre: www.cim.poznan.pl
ul. Ratajczaka 44, T: +48 61 851 96 45
ul. Bukowska 285 (Poznań-Ławica Airport), T: +48 61 849 21 40
ul. Dworcowa 2 (Poznań Main Station – train station), T: +48 61 633 10 16
- selected hotels

More information: www.citycard.poznan.travel.

Accommodation

Poznań offers many possibilities of accommodation in every price category – from the renowned and luxurious network hotels located in the very city centre, to cosy hostels, located either in the city centre or on the outskirts of the city. Some hotels and hostels provide additional services such as bicycle rental. You can also take advantage of the broad range of private accommodation options. It should be noted, however, that prices for accommodation depend on the time of year and the type of fair planned for a given year (during the period of the fair, booking a hotel room might be more expensive).

www.poznan.travel
www.poznan.pl (“Tourism” tab)

www.hrs.com/pl/
www.booking.com

Other

CURRENCY

The official currency in Poland is Złoty Polski: 1 zł (PLN 1) = 100 grosz. You can exchange currency in exchange offices virtually free of commissions. Exchange offices are located at the main railway station and at the airport, as well as in the city centre and shopping centres. Currency exchange can also be done in banks, however bare in mind that exchange rate in banks can be unfavorable.

Addresses of selected exchange offices:

1. ul. 27 Grudnia 9, Poznań, T: +48 61 852 95 71
2. ul. Półwiejska 42, Poznań, T: +48 61 859 64 66, Stary Browar (floor -1)
3. Plac Wolności 14, Poznań, T: +48 61 851 61 27
4. ul. Głogowska 16, Poznań, T: +48 61 866 63 13
5. Poznań Main Station, ul. Matyi 2, T: +48 504 115 846
6. ul. Grobla 1a, Poznań, T: +48 61 851 61 75

CURRENT

The voltage of current in Poland is 230 V/50 Hz. The plugs comply with the standards of the EU.

MAKING TELEPHONE CALLS

In the time of mobile phones, the number of telephone booths decreases. However, you can still use public phone booths located in various parts of the city. The majority of them is located near post offices. The country code for Poland is 0048 and the area code for Poznań is 61.

Basic Expressions in the Polish Language

When arriving at a country that is new to you, you should consider learning some basic words and expressions, in order to integrate with the local community much faster.

Please	Pro-she	Zero	Zeh-ro
Do you speak English?	chi moo-vish po ang-gyel-skoo?	Seven	Sheh-dem
Excuse me	pshe-pra-sham	Eight	Oh-shem
Fine, thank you	Jenkoo-yeng dob-zhe	Nine	Djev-yench
Five	Pyench	Ten	Djesh-yench
Four	chteh-rih	Monday	Poniedziawehck
Good afternoon	Jeyn dob-ry	Tuesday	Vtorehck
Good morning	Jeyn dob-ry	Wednesday	Shrodah
Good night	doh-brah-nots	Thursday	Chvartehck
Goodbye	do vee-dze-nya	Saturday	Sobota
Hello	Tch-esh-ch	Yesterday	f-chore-eye
How are you?	Yahk sheng mah-sh?	Tomorrow	yoo-troh
How much is it?	Ee-leh toh koshtoo-yeh?	Breakfast	snee-ah-dah-nyee
I don't speak Polish [well]	nye moo-vye [dob-zhe] po pol-skoo	The bill, please	pop-roh-sheh ra-hoo-neck
My name is	Nah-zyh-vam syee.....	Where is the bathroom?	g-jeh yest twa-leta
No	Nye	Water	Voda
One	Eh-den	Beer	Pee-vo
Six	Sheshch	Wine	Vee-no
Thank you	Jenkoo-yeah	Cheers	Nah zdroh-vee-eh
Three	Tshih	How?	Yak
Two	Dvah	What?	Tso
What is it? What is this?	Tso toh yest?	Who?	K-toe
What is your name?	Yahk mah-sh nah eem-ye?	Where?	Guh-jay
Yes	Tahk	When?	Key- dey
		Why?	Dlah – che – go
		Which?	Ktoo-ry?

The Local Dialect of Poznań

Poznań residents are renowned throughout the country for their characteristic dialect. Below you will find some basic expressions that will certainly prove useful:

Pyra	a potato
Wuchta wiary	many people
Tej!	the vocative of the pronoun "ty" (you) – as an addition to the phrase
Badejki	swimming trunks
Dylać	to dance

Gzik	quark/curd cheese
Kejter	a dog/a mongrel
Poruta	shame/discredit
Ryczka	a stool
Tytka	a paper bag
Bana	a train
Bimba	a tram
Abcug	a suit
Drzuzgawka	a strawberry
Redyska	a radish
Ajntopf	a dish prepared in a single pot
Kromka	the end crust of bread

Savoir Vivre

- In order to greet someone, you usually shake hands with them; sometimes, however, it is perfectly enough to say "Cześć" – "Hello" or "Dzień dobry" – "Good morning".
The custom of kissing a woman's hand, practices especially among the older generations, is considered very courteous. Another frequent form of greeting is also a kiss on the cheek.
- As far as greeting at work is concerned, it is also the person who enters the room that greets all other people inside, regardless of whether it is the boss or one of the subordinates.
The boss who enters the room says "Dzień dobry"; moreover, he or she is the first to give his or her hand to greet those employees whom they will not call to their room right away.
The other employees are greeted inside the boss's room. If there is a woman employee sitting in the room and various other employees enter that room, greeting her by shaking hands with her, she should always stand up.
- Means of municipal transport – a younger person should always give way to an older (or elderly) person.
- How to call a waiter? – If you want the waiter to approach you, call him or her using your eyes and when they approach, ask them the question "Czy można prosić?" ("Can I ask for...?").
If you want the waiter to appear right away, you should approach the bar (e.g. on your way back from the toilet) and ask him or her to approach your table.
- Tips – they should amount to about 10% of the value of the bill, although higher tips are always welcome by the service.
- Around the table – when is it appropriate to stand up? You can get up from the table no sooner than the lady of the house finishes her meal and gets up (if she is not present, the above applies to the master of the house; if the host is not present, you can get up collectively at once – after someone makes the first move).
- Headgear – a man takes off his headgear when he enters a room, as well as on the occasion that the National Anthem is played, or entering a church or taking part in a funeral.
This rule does not apply to uniformed services personnel.

Useful Contact Details

OFFICES

Urząd Miasta Poznania (Poznań City Hall)

Plac Kolegiacki 17, 61-841 Poznań
Office Headquarters – T: 61 646 33 44

Wielkopolski Urząd Wojewódzki w Poznaniu (Office of the Wielkopolska Voivodeship in Poznań)

al. Niepodległości 16/18, 61-713 Poznań
Office Headquarters – T: +48 61 854 10 00
Customer service – T: 222 500 117

CONSULATES

Consular Agency of the United States of America

ul. I. J. Paderewskiego 8, 61-770 Poznań
T: +48 61 851 85 16
Fax: +48 61 851 89 66

Consulate of the Federal Republic of Germany

ul. Kazimiery Iłkowiczówny 11, 60-789 Poznań
T: +48 61 850 19 26, +48 609 293 812
Fax: +48 618 501 927

Consulate of the Kingdom of Denmark

ul. Strusia 10, 60-711 Poznań
T: +48 61 866 26 28
Fax: +48 61 865 82 56

Consulate of the United Mexican States

ul. Karpia 21a, 61-619 Poznań
T: +48 61 822 76 61
Fax: +48 61 822 07 27

Consulate General of the Russian Federation

ul. Bukowska 53 A, 60-567 Poznań
T: +48 61 841 77 40, +48 61 841 75 23
Fax: +48 61 847 49 97

Consulate of the Federative Republic of Brazil

ul. Błażeja 86 A, 61-609 Poznań
T: +48 61 824 46 80, +48 601 701 982
Fax: +48 61 824 46 80

Consulate of the Republic of Albania

ul. Oleńki Billewiczówny 21, 60-177 Poznań
T: +48 61 868 47 13, +48 607 302 056
Fax: +48 61 868 47 13

Consulate of the Czech Republic

ul. Żegiestowska 11/13, 60-466 Poznań
T: +48 697 388 186

Consulate of the French Republic

ul. Stary Rynek 37, 61-772 Poznań
T: +48 61 851 94 90

Consulate of Ukraine

ul. Grobla 27 A/6, 61-858 Poznań
T: +48 61 622 74 01
Fax: +48 61 855 34 53

Consulate of the Republic of Estonia

ul. Głogowska 26, 60-734 Poznań
T: +48 61 886 28 40
Fax: +48 61 886 28 19

Consulate of the Kingdom of Belgium

ul. Kmicica 2, 60-177 Poznań
T: +48 61 436 79 69
Fax: +48 61 436 74 83

Consulate of the Republic of Ireland

ul. Kramarska 1, 61-765 Poznań
T: +48 61 853 18 94, +48 501 432 144
Fax: +48 61 853 18 94

Consulate of the Republic of Philippines

ul. Św. Marcin 80/82, CK Zamek, 61-809 Poznań

T: +48 22 826 82 61 (Warsaw)

Fax: +48 22 827 21 04 (Warsaw)

Consulate of the Republic of Lithuania

ul. Szyperska 14, 61-754 Poznań

T: +48 61 671 16 60, +48 601 778 066

Consulate of the Republic of Austria

ul. Fredry 1/18, 61-701 Poznań

T: +48 61 855 19 91, +48 668 821 007

Fax: +48 61 855 19 91, ext. no. 126

Consulate of the Slovak Republic

ul. Św. Marcin 80/82 (CK Zamek, room 203)

61-809 Poznań

T: +48 61 853 72 51

Fax: +48 61 853 72 12

Consulate of the Republic of Croatia

ul. Pokrzywno 8, 61-315 Poznań

T: +48 61 872 61 24, +48 601 792 510

Fax: +48 61 879 89 33

Consulate of the Republic of Turkey

ul. Stary Rynek 78/79, 61-772 Poznań

T: +48 61 894 54 04

Fax: +48 61 894 54 05

Consulate of Bosnia and Herzegovina

ul. Obodrzycka 61, 61-249 Poznań

T: +48 61 871 67 77, +48 661 940 838

Fax: +48 61 871 67 78

Consulate of Hungary

ul. Gniewska 87, 60-454 Poznań

T: +48 61 841 01 40

Fax: +48 61 841 01 40

Consulate of the Kingdom of Morocco

ul. Mielżyńskiego 18/1, 61-725 Poznań

T: +48 61 850 00 35, +48 61 850 00 37

Fax: +48 61 855 13 30

Consulate of the Italian Republic

ul. Poznańska 14A, 62-005 Owińska (Poznań)

T: +48 514 098 088

Fax: +48 61 666 02 59

**Consulate of the United Kingdom
of Great Britain and Northern Ireland**

ul. Św. Marcin 80/82, 61-809 Poznań

T: +48 61 665 88 50

Consulate of the Republic of Guatemala

ul. Św. Marcin 80/82, CK Zamek, 61-809 Poznań

T: +48 502 197 004

**Consulate of the Grand Duchy
of Luxembourg**

ul. Zeylanda 3 lok. 4, 60-808 Poznań

T: +48 61 278 57 10, +48 512 388 824

Consulate of the Republic of Finland

ul. Wawrzyniaka 10, 60-505 Poznań

T: +48 601 917 492, +48 61 652 52 65

**Consulate of the Oriental Republic
of Uruguay**

ul. Strzałowa 3/6, 61-847 Poznań

T: +48 61 812 01 90

Consulate of the Republic of Peru

ul. Bukowska 12, 60-810 Poznań

T: +48 61 283 07 18

Fax: +48 61 283 07 18

SPORT

Fabianowo Sport & Beauty Recreation Centre

ul. Kowalewicka 14, 60-002 Poznań
T: +48 61 830 09 99

Termy Maltańskie

(Aquapark Malta Thermal Baths)

ul. Termalna 1, 61-028 Poznań
T: +48 61 222 61 61

Centrum Tenisowe Arena

(Arena Tennis Centre)

ul. Reymonta 35, 60-791 Poznań
T: +48 61 661 30 85

Akademia Pływania Aquapos (Aquapos Swimming Academy)

ul. Głuchowska 39, 60-101 Poznań
T: +48 61 830 78 01

Ośrodek Sportowy "Chwiałka" ("Chwiałka" Sports Centre)

ul. Chwiałkowskiego 34, 61-533 Poznań
T: +48 61 833 05 11

Squash Park

ul. Strzeszyńska 61a, 60-479 Poznań
T: +48 61 223 62 33

Skatepark – Ośrodek Przywodny Rataje (Rataje Skate Park and Water Resort)

os. Piastowskie 106 a, 61-164 Poznań
T: +48 61 871 06 42, ext. no. 25

Centrum Rekreacji NIKU

(NIKU Recreation Centre)

ul. Piątkowska 200, 61-693 Poznań
T: +48 61 826 30 66, ext. no. 144 (fitness)

Strzelnica Magnum

(The Magnum Shooting Range)

ul. Witosza 45, 61-691 Poznań
T: +48 602 112 803

Akademia Tańca i Fitnessu "METRUM"

("METRUM" Dance and Fitness Academy)

os. Władysława Łokietka 102
61-616 Poznań
T: +48 602 138 102

Sztuczne Lodowisko POSiR Malta

(POSiR Malta Artificial Ice Rink)

ul. Jana Pawła II 5, 61-131 Poznań
T: +48 61 877 03 54

EMERGENCY NUMBERS

European Emergency Number	112
The Police	997
Fire Service	998
Ambulance Service	999
Municipal Police	986

Power Emergency Service	991
Gas Emergency Service	992
Heating Emergency Service	993
Plumbing Emergency Service	994



City of Poznań

Investor Relations Department

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