Republic of Poland

Area: 312,000 sq km

Location: Central Europe. Poland borders on Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and Russia. Its northern border – 500 km long – runs along the Baltic Sea coast.

Population: 38,000,000

Flag: White and red

Official language: Polish

Capital city: Warsaw

Major cities: Gdańsk, Katowice, Cracow, Łódź, Poznań, Szczecin, Wrocław

Climate: Temperate; the average temperature in July is 19°C (67°F), but there are many summer days when temperatures rise to 30°C (86°F). The best time of the year for practising winter sports vis between January and March.
**Poland**

Poland is one of the larger European countries, conveniently situated in the middle of the continent and at the crossroads of important transit routes; it has a good access to the Baltic Sea. These conditions enhance the development of Poland’s economy, trade and all sorts of international relations.

For the last fifteen years, Poland has been making her best to benefit from the new opportunities that appeared after the collapse of barriers separating two social and political systems. Artificial divisions of the European continent have been removed to create a big European family of countries with the same history and culture.

Since 1989, Poland has become the leader of changes in the region, and it has been progressing at the quickest pace.

In the eyes of other Europeans, our country’s successes have different aspects. Some of them was attention to Poland’s macroeconomic indices, while others put forward our much-acclaimed national stand at the EXPO 2000, the presence of Polish brands on European trade markets, and promotional events organised in the capitals of various countries.

Europe of the 21st century is now under construction – Poland’s share in this pan-continental effort can be quite conspicuous. In the past, our country often drew on the heritage of West European civilisation, and also enriched the common European tradition; today, the continuation of this exchange brings about remarkable results.

Poland will become a full member of the European Union on 1 May 2004. On the same day, it will rejoin the big European family.
Poland
Always in Europe

A thousand years ago, when Poland’s statehood was just budding, the country confirmed its adherence to West European culture. That relationship, with ups and downs, survived the whole millennium.

Poland’s history turned to be as turbulent as that of Europe – royal dynasties changed, cruel wars rolled over the continent, borders were moved, big fortunes came into being, populations were decimated by famine and plagues.

Nevertheless, European civilisation did not stop developing as regards sciences, culture, architecture, agriculture and crafts; and eventually an unprecedented industrial growth came with the appearance of new technologies and cities, apparition of new services, tourism, trade contacts, as well as the gradual expansion of motorization and informatics.

The majority of these modern age achievements are born in Europe.

Poland always profited from the western culture’s achievements because – thanks to its location – it functioned as a bridge between Western and Eastern Europe. In Poland met and crossed transit trade routes and intermingled western and oriental cultural influences, but it was also a playground for many conflicts and contradictory interests of European superpowers.

Poland’s millenary history preserved much of the rich and diversified cultural heritage shaped by East and West European influences. Those influences became particularly noticeable in the late medieval period, when Poland started to build up its powerful position in Europe. That was the time when Polish students were enrolling into Italian and German universities, and returning home were promoting new ideas and development of mutual political and cultural relations. Those relations became even closer during the period known as the golden age – in Poland united with Lithuania ruled the dynasty of Jagiellons. Polish royal court became home to many western artists and scholars who later spread over moving to various magnate estates and different cities; they are authors of a great number of masterpieces which enchant us also today.

Eastern territories of the Commonwealth were more under oriental influence, coming from Ruthenia and its Orthodox religion as well as from Muslim zone: Poland had a common border with Turkey for quite a long time.

At the end of the 18th century the Commonwealth collapsed, but the tradition of common history and culture, enriched by the colourful and multiform heritage of Polish rural communities, has always been fostered. It was the road towards the West that Polish patriots were taking after the partitions and failures of national uprisings. It was there, and not at home, that they could enjoy flourishing intellectual and artistic life. The greatest literary works of Polish Romanticism were created in Paris and during travels to Italy.

It is worth remembering that the countries of Eastern Europe are not foreign bodies in the European organism. That is valid not only for Poland but also for the Czech Republic, Hungary, and the Baltic states. What has been artificially separated should become united again.

European tradition is still alive in Poland’s history, culture and art. Prominent Poles, their scientific works and artistic achievements mark the way towards closer coexistence, so important for the future and having such a great impact on the present of our continent.

Amber Route

Although sparsely populated in the ancient times, Polish lands maintained lively trade relations with many European regions. That was due to those lands’ location as well as to their highly valued and wanted products. One of them was amber, plentiful on the southern Baltic coast.

An important trade link known as the amber route existed already in the bronze age, leading from the Mediterranean Sea via today’s Vienna and on through the Kłodzko Basin or the Moravian Gate to the Polish lands; it then passed near Kalisz and continued along the right Vistula bank towards the Baltic Sea. Merchants brought here different articles and trinkets made of bronze to exchange them for amber, salt and furs. Soon new trade routes were established, running from Italy and Greece via Danube lands and Carpathian passes, but the amber route retained its important position. The city of Kalisz has the oldest historical record in Poland - under the name of Calisia it was entered by Ptolemy into his work written in the 2nd century A.D.

The amber route still exists, but it is quite different from what it used to be. Now, it is the name of a tour designed for tourists visiting Pomerania, and especially the area of Gdańsk. Various trips take them along the trail connected with the amber heritage. They usually include Gdańsk, Elbląg, Malbork, and Jantar near Stegna, where the annual World Championship in Fishing Amber is organised.
Poland Turns Christian

In the early Middle Ages, the present Polish lands were populated by Slav tribes. Following long lasting processes, in the 9th century, the tribes started to form larger tribal groups to eventually create the state of Poland during the century to come. The territory of the present Wielkopolska or Great Poland became the centre of the budding state with Gniezno as its capital. Dukes of the Piast dynasty ruled in Poland, and Duke Mieszko I became the first recorded head of the Polish state.

He was converted to Christianity in 966. That extremely important act strengthened the young country’s sovereignty and its internal unity; Poland also became formally a part of Christian Europe.

In the shade of the big city of Poznań today, at that time Gniezno was the capital of the country. It was a ducal stronghold and in the newly erected church the body of St Adalbert was laid; St Adalbert, Poland’s patron, was killed during his evangelic mission to the land of Prussians. In the year 1000, Gniezno hosted the famous meeting of the German Emperor, Otto III, with Mieszko’s son, Bolesław Chrobry (Boleslaus the Brave), later crowned the first Polish king. In the jubilee year 2000, the city became again the host of a contemporary Gniezno meeting – presidents of European countries arrived there to confirm the great idea of European unification.

Cistercian Trail

Monks from French, Italian and German Cistercian monasteries were arriving in Poland in the late 12th century. The rulers of Polish principalities – the country was then fragmented into five duchies – gave them landed properties...
to found abbeys. Their presence in Poland had not only religious but also economic aspect. The order greatly promoted material culture as well. Cistercian abbeys spread knowledge of agriculture and transferred progress from highly civilised countries.

Several Cistercian abbeys were founded in Poland during the late 12th century – the majority of them were built in Małopolska or Little Poland, Lower Silesia and Wielkopolska. They all existed until the liquidation of the order in the early 19th century. Many monasteries survived until today, but very few in their original shape. The best way to see them is to follow the tourist Cistercian trail.

The Hanseatic League

Both population and economy of Europe flourished in the 12th and 13th centuries. Successful trade added much to the growth and development of cities. In the mid-13th century, union of north German cities known as Hansa or Hanseatic League came into being; Lubeck and Hamburg played leading roles in the union. The Hansa was mainly developing in the Baltic Sea basin, monopolising trade, boosting the economic development and acquiring considerable political influence.

The league was soon joined by merchants of the Polish coastal towns and cities such as Szczecin, Koszlin, Kolobrzeg, Darlowo, Sławn, Gdańsk, and Elblag. In the 15th century, the Hanseatic League grouped 160 cities of the Baltic states. The rapidly developing trade exchange was the base of their economic power.

Szczecin and Gdańsk hold the leading position among Polish cities. Very well preserved monumental building of the Gdańsk’s Main Town and richly ornamented burgher houses lining up Długa, Mariacka and Długi Targ Streets are the best evidence of the city’s and its merchants’ past puissance.
A book cover embroidered by Anna Jagiellonka
The history of the Polish parliamentary system developed along the same lines as in the other European countries. Magnates, gentry and burghers were trying hard to strengthen their position through acquiring more rights and privileges, simultaneously weakening king’s absolute power.

Self-governments of various lands were steadily gaining importance throughout the 15th century. Important decisions were voted for during the gatherings of local gentry.

Towards the end of the century, the two chamber Polish diet was established. The representations of local gentry gatherings (councils) created the Chamber of Deputies, and the royal council including lay and church officials was converted into the Senate. The Seym was in session every second year, or in case of need, and gathered in Warsaw.

After the Jagiellon dynasty had become extinct, the Polish kings for nearly two centuries were chosen in free elections attended by the majority of Polish noblemen. At that time absolute monarchies had been already dominating in Europe. Against their background the social structure of Polish Commonwealth was distinguished by a relatively democratic character which also positively influenced political and social relations. This was the period of relative liberties and tolerance that lasted till the time of wars tormenting Europe in the 17th and 18th centuries.

The reign of the last Polish monarch, King Stanisław August Poniatowski, was quite fortunate as regards our parliamentary system. This highly educated ruler and the great admirer of Enlightenment made more than one effort to save the Commonwealth through the introduction of political, economic and military reforms. The Great Seym (1788-92) lent him a hand, and its greatest achievement was passing the Constitution of the 3rd of May in 1791; it was the world’s second written constitution, the first being that of the United States. The Constitution delineated rights and obligations of all citizens and outlined the government’s responsibility and organisation.

The end of World War I was also the beginning of the Polish Second Republic – Poland regained its independence in November 1918. Main state institutions were soon established. The new fundamental law known as the Little Constitution was passed in the diet known as the Legislative Seym in 1919. The constitution made the government of the reborn country legitimate. Two years later, the full-fledged version of the constitution was passed. It introduced the republican political system and the principle of national sovereignty exercised through the deputies to the Seym. Besides, the constitution confirmed such other principles as the proportional representation in the Seym, the division of power and the parliamentary control of government.

The last ten years of independent Poland were marked by the return to traditions of the European parliamentary system: free elections to the Seym and Senate were held, and the new constitution was passed by the national assembly. Poland became again a true parliamentary democracy.
Poland’s Contribution to the European Culture

Throughout centuries, especially during the periods of Renaissance and Enlightenment, Poland made a frequent and abundant use of West European cultural and artistic resources. Thanks to vigorous political and economic relations, new trends in the western architecture, painting, literature, decorative art and music were easily finding their way to Poland. The greatest achievements of western culture were promoted by young Poles returning home after studies at Italian, German and French universities. The Polish royal court and magnate residences as well as developing Polish cities were becoming home or temporarily hosted many renowned foreign artists. They were authors of the most sumptuous Renaissance, Baroque and Neo-classical buildings, splendid castles and palaces, gardens, churches, and burgher houses; they also created in Poland a great number of paintings and sculptures, which are now showpieces of many museums.

At its prime, multi-national and cosmopolitan Poland channelled western and eastern cultural trends. And that was clearly visible in original works that joined remote and dissimilar traditions – many of them became part of European cultural heritage.

In the late-18th century and throughout the 19th century, when Poland lost its independence, many artists, authors and scientists emigrated to West European countries, taking with themselves centuries-long traditions of Polish culture and art. The leading figure among those artists was Frédéric Chopin, the worldwide known Polish composer. He was born in 1810 at Płazowa Wola, where his French-born
father worked as tutor on a local estate. The future composer visited the place only as a child, but he remembered those visits throughout his whole life. The memories of Mazovian nostalgic landscapes and the rich folklore environs could later be traced in his music.

Fifty kilometres west of Warsaw, a tiny village of Żelazowa Wola owns its fame to the Romantic little manor where the composer was born, and which contains a museum, where music concerts are held on Sundays. The nearby village of Brochów is noted for its 16th-century Gothic church in which Chopin was baptised; the certificate is still there.

Chopin left Poland at the age of 20; prior to his departure, Warsaw was the city, where he spent most of his young years, went to school, studied and gave recitals. Places connected with his life and work are willingly visited by tourists. The Ostrogski Palace is the seat of the Chopin Society and it contains a small Chopin museum. The Holy Cross Church houses an epitaph to Chopin and an urn with his heart; his tomb is in the Parisian cemetery of Père Lachaise. The Chopin Monument can be admired in the Royal Łazienki Park; open-air concerts are held here on summer Sundays.

The International Chopin Competitions are organised in Warsaw every fifth year.

The fate of émigrés was also shared by the greatest Polish poets, Adam Mickiewicz and Juliusz Słowacki.

Literary talents of Bolesław Prus, Henryk Sienkiewicz and Józef Ignacy Kraszewski appeared towards the end of the 19th century.

Henryk Sienkiewicz was the first Polish writer to become a Nobel Prize-winner in 1905 for Quo Vadis – he also wrote other important historical novels, but the only one to make a world career was Quo Vadis, translated into many languages.

Władysław Reymont is another Polish writer who was awarded the Nobel Prize in 1924 for his great epic novel entitled Peasants. Among his other literary works, the most important is the novel Promised Land.

Towards the end of the last century, two Polish poets were granted that prestigious award: Czesław Miłosz (1980) and Wisława Szymborska (1996).

The Polish culture can boast a few other authors renown and valued worldwide. For example, composers Jan Ignacy Paderewski, Krzysztof Penderecki and Witold Lutosławski, or film directors Andrzej Wajda and Roman Polański.

To the rich European culture contributed all nations; the priceless traditions built up for centuries. They must not be underestimated, especially in the era of cultural globalisation and the promotion of mass culture.
Not Only Nicolaus Copernicus

In 1364, King Kazimierz III Wielki (Casimir III the Great) founded in Cracow the second oldest university in Central Europe (the first one being that of Prague).

Nicolaus Copernicus was one of the first famous students of the Cracovian Academy.

Copernicus was a real Renaissance man: he was not only an outstanding astronomer but also a mathematician, economist and doctor; he showed much practical interest in his country’s political and economic life. His greatest achievements, however, are connected with astronomy; he got interested in the subject during his studies in Cracow.

After years of research and observations, Copernicus formulated his heliocentric theory of the universe. The full outline of his theory was given in De revolutionibus orbium coelestium (On the Revolutions of the Celestial Spheres) published in 1543, a year after his death. Copernicus’ theory altered the course of astronomy by proposing that the earth moves around the sun. At the same time, it brought about a great methodological change in sciences and worldwide revolution in thinking.

Maria Skłodowska-Curie

Distinguished Polish scientist, Maria Skłodowska–Curie was granted the Nobel prize twice, for physics and for chemistry. She started her scientific career in Warsaw, emigrated and spent the rest of her life in France, where she married Pierre Curie. Working together, they built up the science of radioactivity and published pioneer works on nuclear physics and chemistry.

In 1898, they discovered polonium and radium and five years later received the Nobel prize for physics.

Since 1906, Maria Skłodowska-Curie headed (after her husband’s death) the chair of radioactivity at the Sorbonne in Paris.

In later years, she organised the Radium Institute in Paris, also helping in the establishment of a similar centre in Warsaw.

The Nobel prize for chemistry was granted to her in 1911, in recognition for her research works on the properties of radioactive elements.

Other Polish researchers also contributed greatly to the European science. For example, Stefan Banach – cofounder of functional analysis and linear spaces, Hugo Steinhaus – specialising in the theory of probability, Stefan Bryła (bridge constructor), Tadeusz Kotarbiński (praxeology) Kazimierz Nitsch (founder of dialectology).

Nowadays, scientific discoveries are usually a result of collective research and effort, and they are made in spacious, modern, well-equipped laboratories or industrial establishment employing many scientists. Polish researchers are among them.
Way to Modernity

It’s been only for the last fifteen years that Poland has been developing according to the rules of market economy. Shortcomings and neglect of previous decades are difficult to repair – it’s not easy to rapidly make up for the lost time. However, the positive results of recent reforms are visible: the ground for the development of modern economy and restructuring of the whole branches was prepared.

Accelerated modernisation is present in all fields of Polish life. Differences in life standards and macroeconomic development have to be gradually removed. And they are being removed. It’s noticeable in every Polish city - they are becoming more colourful, have better infrastructure, more construction sites and offer higher quality of services. It’s also visible on Polish roads – there are more and newer vehicles. Changes are perceptible everywhere. Not without reason, since the beginning of economic transformations, Poland has been recognised as the leader of changes.

The high tempo of economic changes in Poland is due to the fact that our country has recently become a very attractive market for foreign investors. The value of foreign capital invested in Poland exceeds USD 40 billion, and the list of major investors include some 750 big companies, representing different branches of business.

The greatest investments were made in the fields of banking, transportation, food processing, trade, telecommunications, car manufacturing, and insurance system. Poland’s way to modernity is still difficult, but it is much shorter today than it was five or ten years ago.
For the last fifteen years Polish nationals have been travelling a lot abroad, and nearly all of them for tourist purposes, holidays and on business. The image of a Polish tourist has decidedly changed for the better.

Millions of foreign visitors come to Poland every year. Many of them travel on business and are delegated by cultural or scientific institutions. The greatest improvements, however, are due to the changes in Polish tourist industry.

There are more and more hotels and pensions of high and medium standard in Poland’s major tourist centres such as Cracow, Warsaw, Gdańsk, Łódź, Olsztyn, Toruń, Kołobrzeg, and many other attractive tourist destinations. At present, Poland can offer limitless opportunities to those who wish to spend a fabulous holiday or weekend.

Tourist infrastructure is continuously developing – there are more border crossings and transportation links; Polish cuisine is highly regarded by international gourmands; holiday centres are provided with swimming pools, ski-lifts, golf courses, and water sports equipment – the list of tourist facilities is long.

Beautiful Baltic Sea coast, lakelands with hundreds of lakes, dense forests, scenic mountains, historical cities, artistic events, excellent conditions for active rest – all these advantages attract tourists from different European countries.

Tourism in contemporary Europe is an important branch of national economy. It is also a way of international rapprochement; tourism promotes tolerance, mutual understanding, and teaches respect for other nations’ heritage.

**UNESCO World’s Cultural Heritage List:**
- Salt Mine at Wieliczka
- Evangelical Churches of Peace at Jaworze and Świdnica
- Unique monastic complex at Kalwaria Zebrzydowska
- Nazi concentration camp of Auschwitz-Birkenau at Oświęcim–Brzezinka
- Old Towns in Cracow, Toruń, Warsaw and Zamość
- Gothic castle of the Teutonic Knights at Malbork
- Białowieska Forest (World’s Natural Heritage list)
- Wooden Churches of the southern Małopolska region
Republic of Poland
Area: 312,000 sq km. Location: Central Europe. Poland borders on Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and Russia. Its northern border – 500 km long – runs along the Baltic Sea coast. Population: 38,000,000. Flag: White and red. Official language: Polish. Capital city: Warsaw. Major cities: Gdańsk, Katowice, Cracow, Lublin, Łódź, Poznań, Szczecin, Wrocław. Climate: Temperate, the average temperature in July is 19°C (67°F), but there are many summer days when temperatures rise to 30°C (86°F). The best time of the year for practising winter sports is between January and March.

Holidays and work free days
Free days are Sundays, Saturdays, and the following holidays: New Year’s Day (Jan. 1st), the Easter (Easter Sunday and Monday are moveable holidays), Labour Day (May 1st), the anniversary of the Constitution of May Third (May 3rd), Corpus Christi (Thursday, movable feast), Feast of the Assumption (Aug. 15th), All Saint’s Day (Nov. 1st), National Independence Day (Nov. 11th), Christmas Holidays (Dec. 25th and 26th).

Where to stay?
All hotels are classified and their categories range from inexpensive to luxurious.
- Polish Internet Reservation System of Hotel & Tourist Service: www.discover-poland.pl.
- Many historical and old buildings (palaces, castles, manors, mills) were adapted for tourist purposes – tel. +(48-22) 630 57 57, www.leisure-heritage.com.

Payments
Money can best be changed at banks or exchange counters. Credit cards are accepted in shops, travel offices, airlines agencies, fuel stations, etc. There is no time limit on the use of credit cards – they can be used round the clock.
Loss of a credit card should be reported: tel. +(48-22) 515 31 50 or 515 30 00 (open 24 hrs). The Polish currency is the zloty (PLN) divided into 100 groszy. Coins in circulation: 1, 2, 5 zlotys and 1, 2, 5, 10, 20, 50 groszy. Banknotes: 10, 20, 50, 100 and 200 zlotys.

Customs regulations
Customs rules and procedures are similar to those applied in a majority of EU countries. Detailed information is available from the Ministry of Finance, tel. +(48-22) 694 31 94, www.clo.gov.pl.

Getting around
Air
Eight airports operate in the following cities: Warsaw, Gdańsk, Katowice, Kraków, Poznań, Rzeszów, Szczecin and Wrocław. LOT Polish Airlines is Poland’s national carrier. In order to find necessary information, all travellers planning to come to Poland and move around the country by air should visit the LOT website: www.lot.com.

Train
Poland has a well developed rail network. Major Polish cities are interconnected by InterCity express trains running between European cities. The national railway network is administered and serviced by the Polish State Railways (PKP). All necessary information can be found on the PKP website: www.pkp.com.pl.

Bus, Car & Motorcycle
Any place in Poland can be easily reached by an extensive network of national and local roads. Coach services are operated by the state and private bus companies throughout the whole country.

Taxi
Taxi stands are marked with TAXI sign. Taxis can best be booked by phone. Higher rates are charged for travel out of city limits, on Sundays and holidays; a special night fare is applied between 10 pm and 6 am.
Medical assistance
The country-wide toll-free 24 hour emergency phone number is 999. In a medical emergency, you may use public or private clinics, or summon a doctor through your hotel reception. There are fixed rates for health services. Before departure, make sure you have adequate health insurance.

Bringing your own vehicle

Traffic regulations
They are compatible with the rules in the EU countries. The relevant speed limits on Polish roads are:
• 60 km/h for all vehicles in built-up areas;
• 110 km/h on four-lane express roads;
• 130 km/h on motorways;
Between October and February headlights must be switched on at all times while driving.

Petrol
A majority of petrol stations are open 24 hrs and sell all popular grades of petrol, including 94 octane leaded, 95 and 98 octane unleaded, U95 octane unleaded for vehicles without catalytic converter, as well as diesel fuel. Many stations offer LPG and Auto gas fuel.

Breakdown assistance
The nation-wide emergency toll-free phone number is 981.
• “Starter” Breakdown Service: tel. +(48-61) 831 98 00, mobile phone numbers: +(48-600) 222 222, +(48-609) 222 222. Immediate repairs by the roadside. Payments – cash only.
• Polski Związek Motorowy (Polish Motoring Union), tel. +(48-82) 565 36 67, tel./fax 565 41 85 www.um.chelm.pl/it/, itchelm@wp.pl

Car rental
Polish and international rental agencies are well represented at airports, railway stations and at major hotels.

Souvenirs
Shops with regional souvenirs, local handicrafts, contemporary and antique art are found all over the country. Foreign visitors willingly buy amber and silver jewellery, paintings on glass by folk artists, laces and tablecloths from Koniaków and Bobowa, articles made of natural colour leather, Polish contemporary paintings and graphic art, artistic furniture and pottery.

Important Telephones
The nationwide toll-free 24 hour emergency phone numbers include:
• Ambulance 999
• Fire Brigade 998
• Police 997
• Mobile Phone Holders Assistance 112
• Tourists can use the following emergency number in operation during the whole summer season: 0-800 200 300, +(48-22) 601 55 55.

Tourist information “it”

• BIAŁYSTOK
tel. +(48-85) 653 79 50, fax 743 51 13 www.city.bialystok.pl, itbialystok@poczta.onet.pl
• BIELSKO-BIAŁA
tel. +(48-33) 819 00 50, fax 819 00 61 www.it.bielsko.pl, it.bielsko@skg.pl
• BYDGOSZCZ
tel./fax +(48-52) 348 23 73 www.it.byd.pl, it@byd.pl
• CHEŁM
tel. +(48-82) 565 36 67, tel./fax 565 41 85 www.um.chelm.pl/it/, itchelm@wp.pl
• CRACOW
tel. +(48-12) 421 77 06, fax 421 30 36 www.mcit.pl, info@mcit.pl
• CZĘSTOCHOWA
tel. +(48-34) 368 22 50, fax 368 22 60 www.czestochowa.um.gov.pl, it@czestochowa.um.gov.pl
• ELBLĄG
tel./fax +(48-55) 232 42 34 www.it.elblag.com.pl, touristinfo@wp.pl
• GDAŃSK
tel. +(48-58) 301 43 55, fax 301 66 37 www.it.gdansk.pl, it gdansk@poczta.onet.pl
• GDYNIA
tel. +(48-58) 621 77 51, tel./fax 621 77 24 www.gdynia.pl/it, it@gdynia.pl, bpit@gdynia.pl
• GIZYCKO
tel. +(48-87) 428 52 65, fax 428 57 60 www.gizycko.turystyka.pl, infogizycko@post.pl
• GNieZNO
tel./fax +(48-61) 428 41 00 www.starostwopowiatowe.gniezno.pl turystyka@powiat-gniezno.pl
• JELENIA GÓRA
tel./fax +(48-75), 767 69 35, 755 88 45 www.sudety.it.pl, itratusz@box43.pl, itjtgciep@box43.pl
• KALISZ
tel./fax +(48-62) 764 21 84 www.kalisz.pl, citosir@poczta.onet.pl
• KATOWICE
tel. +(48-32) 259 38 08, fax 259 33 69 www.um.katowice.pl, ciom@um.katowice.pl
Branches of the Polish Tourist Organisation Abroad

- **AUSTRIA** Wien
tel. +(43-1) 524 719 112, fax 524 719 120
www.poleninfo.at, info@poleninfo.at

- **BELGIUM** Brussel
tel. +(32-2) 740 06 20, fax 742 37 35
www.polska-be.com, info@polska-be.com

- **FRANCE** Paris
tel. +(33-1) 42 44 19 00, fax 42 97 52 25
www.tourisme.pologne.net info@tourisme.pologne.org.net

- **GERMANY** Berlin
tel. +(49-30) 210 09 20, fax 210 092 14
www.polen-info.de, info@polen-info.de

- **GREAT BRITAIN** London
tel. +(44-20) 7580 88 11, 7580 66 88, fax 7580 88 66
www.visitpoland.org, info@visitpoland.org

- **HOLLAND** Amsterdam
tel. +(31-20) 623 35 70, fax 623 09 29
http://poleninfo.tripod.com, poleninfo@planet.nl

- **HUNGARY** Budapest
tel. +(36-1) 269 79 09, fax 269 78 10
www.polska-tourist.info.hu, bakonyi@polska.datanet.hu

- **ITALY** Roma
tel. +(39-06) 482 70 60, fax 481 75 69
www.polonia.it, turismo@polonia.it

- **RUSSIA** Moscow
tel. +(07-95) 510 61 10, fax 510 61 11
www.visitpoland.ru, info@visitpoland.ru

- **SPAIN** Madrid
tel. +(34) 91 541 48 08, fax 91 541 34 23
www.visitapolonia.org, info@visitapolonia.org

- **SWEDEN** Stockholm
tel. +(46-8) 21 81 45; 21 60 75, fax 21 04 65
www.tourpol.com, info@tourpol.com

- **USA** New York
tel. +(1-201) 420 99 10, fax 584 91 53
pntonyc@polandtour.org, www.polandtour.org