

SURVIVAL GUIDE

„Beauty and the BEaST - chemistry does not take a rest!”

HAVE YOU EVER FELT YOUNG AND PRETTY?

JUST YOUNG?

WHO SAID THAT PHOTOSHOP NEEDS TO BE YOUR BEST FRIEND?

FEEL THE POWER OF CHEMICAL WAY, RELEASE YOUR HIDDEN BEAUTY...

EVEN TODAY!

After 10 days of training you'll become a charming and fragrant expert about how to keep your inner beauty last forever. You'll also know how cosmetics are made and what from. Remember - what doesn't kill you, makes you pretty!

You feel like a real man and are sure you don't need it? Or maybe you feel more manly without cosmetics? You couldn't be more wrong! Hide your BEAST and reveal your HANDSOME side with us!

To make sure you're gonna spend unforgettable time in our lovely city, the following survival guide has been done. Enjoy it and... prepare yourself mentally for the BEST summer experience ever!

We are waiting for you!

**MO's: Weronika Berek & Aleksandra Spólnicka
with Beauties and the BEaSTS from LBG Łódź**

This survival guide addresses most of problems/questions that may arise before and during your stay in Lodz.
In case of any doubts - feel free to contact us (check the contact section for e-mails)

Index

- **I'm accepted! - what's next?**
- **How to get to Lodz**
 - by plane
 - by train
 - by bus
- **What to bring**
- **Weather**
- **Money**
- **Food and Lady Żubrówka**
- **International evening**
- **Location and accommodation**
- **Shopping**
- **Useful words and sentences**
- **Contacts**

I'm... accepted! – what's next?

After you cool down your excitement of being accepted, you'll probably receive an e-mail from our Participant Responsible. She will be at your service (sometimes even 24/7).

However, you should now produce and send:

- One or two photos. Preferably ID size, however not ID style (casual, smiling photo)! We will use them on course's website to create a participants photo-wall.
- Any special preferences including: vegan/vegetarian, diets etc.
- Your mobile phone number
- Information about any medical issues that you want us to know about (allergies, epilepsy, etc.).

This way we won't have to ask you about all those things on your arrival – let's make it less complicated :)

How to get to Łódź?

...by plane

Łódź (Władysław Reymont Airport)

www.airport.lodz.pl

Our local airport. Not many available connections, however maybe you will somehow manage to choose one for you! If it happens, one of our BESTies will surely pick you up!

Warsaw (Fryderyk Chopin Airport)

http://www.lotnisko-chopina.pl/en/passenger?cl=en&set_language=en

The best way is to take a bus line 175 heading to 'Warszawa - Centralna' railway station – the bus stop name is 'Dworzec Centralny'. It takes about 25-30 minutes to go there. The normal ticket costs 4,40 PLN whereas the discount one 2,20 PLN. The bus runs daily from 4:58 am to 11:57 pm every 20 minutes. There is also a night bus connection (line N32) which goes from 11:15 pm to 4:49 am BUT please – keep in mind that there might be no connection from Warszawa to Łódź at night.

Being at the 'WARSZAWA CENTRALNA' railway station you can take train going to **ŁÓDŹ WIDZEW** or **ŁÓDŹ KALISKA**. The timetable and the price calculator you can find here:

<http://rozklad-pkp.pl/bin/query.exe/en?>

Warsaw (Modlin Airport)

<http://en.modlinairport.pl/>

The best way to go to Łódź is to take a direct bus 'Modlin Bus'. Prices of tickets start from 9 PLN. Estimated time of route is 3 h. All the information is available on <http://www.modlinbus.com/>

Kraków (John Paul II International Airport Kraków-Balice)

www.krakowairport.pl/en

A lot of information concerning transport from the airport is available here: <http://www.krakowairport.pl/en/passenger,c70/transport-parking,c76/>

To get from **Kraków Main Railway Station** to Łódź go to:

<http://rozkład-pkp.pl/bin/query.exe/en?> and find the train heading to **ŁÓDŹ WIDZEW** or **ŁÓDŹ KALISKA**.

We presented only 4 best localized airports, however be sure to check others, for example:

- Poznań-Ławica Airport (<http://www.airport-poznan.com.pl/en/>)
- Gdańsk Lech Wałęsa Airport (<http://www.airport.gdansk.pl/>)
- Katowice International Airport (<http://www.katowice-airport.com/en/index/index/0>)
- Wrocław Airport (<http://airport.wroclaw.pl/en/>)

If you choose one of the airports and have any problems/doubts finding your connection - contact us ;)

...by train

If you are planning to use our railways the following website is obligatory for you: <http://rozklad-pkp.pl/bin/query.exe/en?>

It has a pretty well-organized English route planner that helps you in organizing your journey and calculates how much the ticket costs. Make sure to check also our international connections.

...by bus

If you are planning to reach us by bus there are some websites to help you:

- <http://en.e-podroznik.pl/>
A website basing on our domestic public transporter PKS
- <http://www.polskibus.com/>
A newly established transporting company operating in Poland's major cities
- <http://www.eurolines.pl/>
International transporter. Present in more than 100 European cities

What to bring?

Documents

- Valid passport - check if you need visa or invitation letter (let us know in advance)
- Travel & health insurance
- Credit/debit cards/cash
- ISIC or Euro <26 (unfortunately you won't be able to get any transport discount, however there are some in other facilities)
- Student's ID

Camping gear

- Comfortable shoes
- Sweater (for chilly nights)
- Raincoat
- Insect repellent (mosquitoes can be annoying sometimes)
- Soap and towel, toothpaste & brush
- Flashlight
- Any music instrument
- UV protection

Amusement (outdoor activities, international evening, pubs)

- Lab coats - obligatory for laboratory work!
- Swimsuit / swimming trunks
- Sportswear
- Flag, typical food, drinks and traditional music of your country for "International Evening" (see the section)
- Some pocket money
- A bucketful of enthusiasm ☺

Weather

You have to be prepared that weather in Poland can be unpredictable, although July is the second sunniest and warmest month. In general cases, temperatures oscillate between 20°C and 30°C. However, you have to be prepared for some random extreme conditions, such as: strong winds, thunderstorms, hailstorms, cold nights. Therefore we advise you to bring some warm/waterproof clothes for such conditions.

Money

The currency used in Poland is ZŁOTY. It may be denoted either by “zł” or “PLN”. It is subdividable to 100 groszes (“gr”). As for currency exchange rates from February 14, 2014, one euro is 4.15 PLN. The table below presents some exemplary prices in our city.

| | | | |
|-------------------------|---------|----------------------------|---------|
| Beer (pub) | 7 PLN | Bus/Tram ticket (0.5h) | 2.4 PLN |
| Beer (shop) | 3 PLN | Condoms (3-pack) | 9 PLN |
| Pack of cigarettes | 12 PLN | Pizza (good one) | 18 PLN |
| McDonald's French fries | 5.4 PLN | Roll | 0.5 PLN |
| Cheeseburger | 3.5 PLN | Bottle of coca-cola (0.5L) | 3 PLN |

Food and lady Żubrówka

We usually have a big breakfast around 8 am and even bigger lunch around 3pm which is always served hot. We eat light dinner around 7 in the evening.

Polish food is considered and probably differs a lot from the one you eat in your own country. During the whole Summer Course you will have opportunity to try various polish dishes. Polish food is said to have more fat than Mediterranean Cuisine but we are sure you will like it.

There will be a Polish Evening during which we will serve traditional food that you can taste only for special occasions like Christmas or Weddings. We will also have coffee breaks to provide you with some energy during lectures.

Poland is famous for Żubrówka. You will have a possibility to try this special vodka and to find out where it's name comes from. The only thing we can tell you now that we have a special legend about the origin of Żubrówka.

International evening

As some of you may have already heard, there is a special party held during the course. This party is **International evening** and is all about you and your country! Each of the participants will have a chance to present his/hers country's culture, food and drinks.

Food:

There will be a kitchen at your disposal, however bringing a part of the food from your home country is advisable, because some of your "special ingredients" may not be available or very expensive here in Poland. Having doubts about some product? Contact us and we will check its availability.

Drinks:

We know that each nation has its own national spirit. Let's share!
Note: think about the number of people that would like to taste your drink :)

Culture:

Think how you would like to present yours country's culture. It can be anything from music, through dances, to jokes and habits. **Be creative!**

Location and accommodation

You will be accommodated in our University's student dormitories in double or triple rooms. They are located in our city's centre and no more than 700m from University's faculties.

Shopping

There is a variety of minimarkets around the campus at your disposal, providing you with everyday products and alcohol. For some extraordinary needs there are 3 big shopping centers in 15 minutes range from your accommodation:

Pasaż Łódzki at Jan Paweł II alley. Medium size shopping mall. 10 minutes by foot.

Galeria Łódzka at Piłsudzkiego alley. Big, 3 storey shopping mall. 12 minutes by tram.

Manufaktura at Ogrodowa street. This one is really worth noticing, since it is one of the biggest and most beautiful shopping centers in Europe, situated in old factorial district. www.manufaktura.com

Useful words and sentences

| | | |
|------------------|---------------------|-------------------|
| Hello! | Cześć! | [chashch] |
| Good Morning! | Dzień Dobry! | [jeean deobry] |
| Good Afternoon! | also Dzień Dobry! | [jeean deobry] |
| Goodbye! | Do widzenia! | [doe veedsenya] |
| How are you? | Jak się masz? | [yak sie mash] |
| What time is it? | Która jest godzina? | [ktoora goadsina] |
| Yes | Tak | [tak] |
| No | Nie | [nye] |
| Please | Proszę | [proshe] |
| One beer, please | Piwo, proszę. | [peavo proshe] |
| I love you | Kocham Cię. | [koham che] |
| Thanks! | Dzięki! | [jenki] |
| Get lost! | Spadaj! | [spadaj] |
| Sorry! | Przepraszam! | [psheprasham] |

Contacts

Participant Responsible

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In case of problems or emergency call people above.

For life-threatening situations call:

112 – Universal emergency number

997 – Police

998 – Fire squad

999 – Paramedics

Our address:

BEST Łódź

Al. Politechniki 3a, room 5

93-219 Lodz, Poland.