

ADMINISTRATIVE INFORMATION

1. Participants

Participants are cadets and/or young military officers who are willing to take part in the event which will be held on **24-28 April 2023 assuming 24 of April as an arrival day and 28 of April as a departure day**. Organizational staff have also prepared interesting events like Warsaw sightseeing trip, a visit of the Memory Hall of the Military University of Technology, a visit of the Library Hall and of course our Sport Centre area.

Up to 20 cadets-participants will be admitted (**two per each academy/university**).

2. Costs

The Military University of Technology will provide for international participants accommodation, as well as meals free of charge.

Accommodation for military students will be organized at military student dormitories. Each room located at the WAT campus can accommodate 2-4 persons and has its own bathroom.

For any accompanying persons/officers/supervisors the military hotel will be proposed at WAT premises. Any cost of accommodation and meals will be covered in this case by themselves.

For guests or participants willing to choose a hotel outside our university campus, we can kindly recommend some hotels or even motels. In that case, the whole expenses will be covered by themselves.

3. Transportation

The Military University of Technology will provide free transportation from the Warsaw Chopin Airport (WAW) to the MUT and back on case-by-case basis depending on time of arrival. Free transport will be provided for the participants according to the program throughout the entire duration of their stay. The participants will be welcomed in front of the Main WAT Building No. 100. (Sylwestra Kaliskiego 2 Street)

Whoever would like to make his own arrangements, it is also possible to hire a car at the airport or call a taxi. The price for taxis from airport to WAT is approximately 15-20 Euro depending on day or night. It is also possible to use public transport (bus, train) which requires at least two jumps (change one line to another). You can find all information here:

<https://www.ztm.waw.pl/> ,

<https://www.wtp.waw.pl/rozkłady-jazdy/>

or [google maps](#)

If anyone is more interested in using the public transport, the Organization Staff will provide any details due to e-mail request.

Travel by buses or trains should take approximately 40-50 minutes. The cost of one way travel should cost approx. 1 Euro (75-minute ticket).

4. Uniform/Dress Code

Arrival/Departure and Sightseeing: Civilian clothes

Participation in the Games: Combat uniforms, sport suits and swimming suits.

5. Registration

Please use the attached application form (if you do not know your flight data at this stage you can send them later on) and send it to POC. The last date for registration is 3 April 2023. (number of participants is limited)

6. Draft agenda of the event

24 April – Arrival, Ice-breaker;

25 April – WAT sightseeing, familiarization with sport facilities, training, Crossfit Challenge;

26 April – Shooting, Military Obstacle Course, Warsaw sightseeing;

27 April – Finals – Swimming, Indoor Rowing, Decoration Ceremony;

28 April - Departure

7. Point of Contact

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General Information about Poland

Language:

the official language is Polish.

Local Time:

Poland is in the Central European Time CET (TUC+1) and Central European Summer Time CEST (UTC +2). In the time of Games, Poland local time will be CEST (UTC +2).

Climate and Weather:

Poland climate can be described as a temperate climate with relatively cold winters and warm summers, which is greatly influenced by oceanic air currents from the west, cold polar air from north and east, as well as warmer, sub-tropical air from the south.

The greatest amount of sunshine in summer is to be found on the Baltic coast, whilst in winter in the Carpathian Mountains. In the mountains, at any time of year, the climate is dependent on the altitude. In Warsaw, temperatures range from between 20 to 25°C during the summer months and to -5°C in winter.

Required clothing

Lightweights in summer months, with a sweater for walking and the cooler evenings. Medium- to heavyweights are advised in winter. Waterproofing is necessary throughout the year.

Currency/Exchange

The currency in Poland is local currency named "Złoty". Exchange money at the airport isn't the best idea because of very high rate of exchange, so we kindly recommend to use ATM or the best way is to exchange money in the city (Polish name for currency exchange point: KANTOR), for example at the Warsaw Central Railway Station, or in every Polish Post Office (polish name: POCZTA POLSKA). Optionally it is also possible to exchange money in every bank. Post Offices (POCZTA POLSKA) are open usually from 07:00 am to 08:00 pm. When this letter is issued, the exchange rate is 4.30 Złoty per 1 Euro.

Credit Cards

It is possible to pay in every shop/bar/restaurant directly by credit card or in many cases even by debit card, including WIFI option.

Electricity plugs

In Poland the power sockets are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz. Below you can find pictures of the applied power sockets and corresponding plugs.



Smoking

Smoking is prohibited at all public areas and indoor of public places. There are smoking areas at the MUT campus. Is it also possible to find bars, pubs or restaurant with special area where people can smoke.

Opening hours (shops, bars, restaurants, gas stations)

Shops usually are open from 7:00 am and close between 4:00 to 6:00 pm. There are some groceries and restaurants at the premises of MUT. Moreover it is possible to visit gas stations, which are open 24 hours as well as some shops in the center of city. Most of restaurants and bars are open from 10-12 am to 11-12 pm.

Driving

If you hire a car, which is quite common and comfortable way of transport in Warsaw (you can face traffic only between 7:30 am to 9:00 am, and next 03:30 pm to 06:00 pm), you should know that in Poland driving is on the right-hand side of the roads. At roundabouts, priority is given to vehicles coming from the right side.

Emergency numbers

Police: 997

Fire and rescue: 998

Ambulance (Life emergency): 999

SOS, emergency call: 112

Dial Code for Poland: +48