

**ADMINISTRATIVE INFORMATION**

**1. Participants**

Participants are cadets willing to take part in the XV edition of Commando Half Marathon at the Premises of Military University of Technology in Warsaw which will be held on **15-17/18 February 2024 assuming 15 of February as an arrival day and 17/18 of February as a departure day.** Organizational staff has also prepared interesting visits like the Warsaw sightseeing trip, a visit of the Library Hall and the Memory Hall of the Military University of Technology and of course our Physical Education Centre.

Up to 30 cadets-participants will be admitted (three per each academy/university/institution).

**2. Costs**

The Military University of Technology will provide for international teams' 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.

**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.

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 (ZTM Warsaw):

<https://www.ztm.waw.pl/en> 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 less than 1,5 Euro (75-minute ticket).

**4. Uniform/Dress Code**

Arrival/Departure and Sightseeing: civilian clothes

Official dinner: smart casual clothes

**Participation in the Commando Half Marathon: full battlefield or training uniforms (long-sleeved uniform, military-style shoes (hiking shoes are not allowed) with a backpack with the color corresponding to the uniform, weighing at least 10 kg along the entire route. It is not allowed to wear so-called "combatshirt" sweatshirts along the race route.**

## 5. Registration

Participants are kindly requested to apply for registration by sending the attached application form (if you do not know your flight data at this stage you can send them later) and send it to POC. The deadline for registration is 15 January 2024 (the number of participants is limited)

## 6. Draft agenda of the event

- **15 February** Arrival, official dinner
- **16 February** Meeting with WAT authorities, tour of WAT and sports facilities, Warsaw sightseeing, workout/preparation
- **17/18 February** Main race - Commando Half Marathon, 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 using 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