

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 **22-26 April 2025 assuming 22 of April as an arrival day and 26 of April as a day of departure**. 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 30 cadets-participants will be admitted (three per each academy/university – preferably – 2x male and 1x female).

2. Costs

The Military University of Technology (MUT) 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 MUT 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. The participants will be welcomed in front of the Main MUT Building No. 100. (Sylwestra Kaliskiego 2, 00-908 Warsaw).

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 MUT 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 necessary 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 (pawel.jaskiewicz@wat.edu.pl).

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

4. Uniform/Dress Code

Arrival/departure and sightseeing: civilian clothes

Participation in the Games: combat uniforms, sports suits and swimming suits.

5. Registration

Participants are kindly requested to apply for registration via the Emilyo webpage. If you do not know your flight data at this stage, you can send them later. The deadline for registration is **4 April 2025**. The number of participants is limited, thus we kindly suggest filling the form and send it as soon as possible.

6. Draft agenda of the event

22 April – arrival, official welcome dinner;

23/24 April – MUT sightseeing, familiarization with sport facilities, training, physical fitness test of the Polish Army (2 min sit-ups, pull-ups – M / push-ups – W, 10 x 10 m shuttle run, 3000 m run), 100 m swimming with training rifle, shooting (pistol and rifle), Land Obstacle Course, orienteering;

25 April – finals, decoration ceremony, farewell dinner

26 April – departure

7. Point of Contact

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POLAND - General Information

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:

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. In April, the average temperature oscillates around 12°C. Spring is just starting in the country and there are still freezes at night and even snow might accidentally occur.

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 characterises high rate of exchange, so we kindly recommend using ATM or 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 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 specific area where people are allowed to 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