

## NOHA IP 2016

### PRACTICAL INFORMATION FOR STUDENTS

#### IP LOCATION AND DATES

NOHA Intensive Programme 2016 “Localising response and subsidiarity” organised by the University of Warsaw will take place from 5<sup>th</sup> to 10<sup>th</sup> September 2016 in premises of the University of Warsaw, Poland. Students are requested to arrive on 4<sup>th</sup> Sept. and may leave on 10<sup>th</sup> Sept. in the afternoon (the Programme ends at 12.00, to get from the University to the Chopin airport you need ca. 1 hour).

#### ACCOMODATION

1. Students attending the IP will be staying at students’ hostel:

ul. Radomska 11, 02-323 Warsaw

[http://arch.uw.edu.pl/en/strony/facil/dom\\_nr6.pdf](http://arch.uw.edu.pl/en/strony/facil/dom_nr6.pdf)

2. Noha IP organization covers the costs of accommodation for students from 4th to 10th of September. Students can stay longer but they will have to pay for extra nights; the price per night is 50 PLN (1 euro=4,4 zł). Please take into account that payment can be done in cash only. If you’re planning on staying longer please mention that in the online registration form and let us know in advance by sending an e-mail to [noha@uw.edu.pl](mailto:noha@uw.edu.pl).

3. Students will be accommodated in double rooms, with shared bathroom (shower, WC and washbasin) and kitchen. Kitchen utensils will be available to lend from Monday to Friday 8AM-4PM. Please take into account that you should bring your own towels. Bed sheets are provided by the hostel.

4. **Currency** - The Polish currency is the zloty (PLN). Money can be changed at banks or exchange counters (kantor). There is no commission for the exchange. Note that cash should not be exchanged on the street or with bystanders. Credit and debit cards are accepted in most shops and when paying for services in the whole of Poland. ATMs of different banks are available 24/7 in cities and towns.

4. **Plugs and electrics** - Poland operates on 220V / 50Hz and uses a type F / Schuko plug socket/outlet with two round pins. If you plan to take electrical items with you (e.g. laptops, hairdryer etc.) you are advised to bring adaptors that are labelled as suitable for use in continental Europe and this type of outlet. Please note, there are no hairdryers available in the rooms. If you need a hairdryer, please remember to bring one with you.

5. **Simulation Exercise - outfit**. On 9<sup>th</sup> September there will be simulation exercise in the field. Please take into account that you need to bring proper outfit with you (comfortable clothes e.g. sport shoes, shorts, sweatshirt etc.) You have to be also prepared if the Friday will be cold and rainy.

## HOW TO GET FROM THE AIRPORT TO THE HOSTEL

From Chopin Airport:

### *By train*

You can get a train from Chopin Airport train station. It is advised to buy single fare transfer ticket which entitles to an unlimited number of journeys for a period not exceeding 75 minutes from its validation or entitling to a single journey to a stop or station which is the last on the route, it costs 4,4 ≈ 1,1 EUR. You won't have to get another one while using the bus. Short-term tickets are valid for whole public transportation in Warsaw: metro, buses, trams as well as some trains within borders of Warsaw.

1. S2 (Warszawa Śródmieście direction) or S3 (Wieliszew direction) train from the Terminal to WARSZAWA RAKOWIEC Train Station (3th station, aprox. 8 min.)
2. tramway no 7, 9 or 15 from PKP RAKOWIEC 03 tram stop to WAWELSKA tram stop (6<sup>th</sup> stop, aprox. 8 min.)
3. students dorm is aprox. 200 m from the tram stop

### *By taxi*

The departure point is in front of the Arrivals Terminal. It takes 15-30 minutes to arrive to the dorm (depending on the traffic) and the average cost is 10-15€. We strongly recommend you to use licensed taxi services offered at Chopin Airport. Three taxi corporations are available at the airport ELE taxi, SAWA taxi and SUPER taxi.

Map of the [Chopin Airport](#)

More detailed information about transfer from airport to downtown Warsaw you can find at <http://warszawa.jakdojade.pl/?locale=en> or at <http://www.ztm.waw.pl/index.php?c=571&l=2>

From Modlin Airport:

### 1st option

1. MBus to Modlin Train Station (aprox. 8 min.)
2. KM9 (Lotnisko Chopina direction) train to WARSZAWA KASPRZAKA station (14th stop, aprox. 54 min.)
3. Bus no 523 from OS. WOLSKA 05 bus stop to HALA KOPIŃSKA bus stop (3th stop, aprox. 7 min.)

### 2nd option

1. MBus to Modlin Train Station (aprox. 8 min.)
2. KM9 (Lotnisko Chopina direction) train to WARSZAWA CENTRALNA station (8th stop, aprox. 44 min.)
3. Tramway no 7, 9 or 25 ( from DW. CENTRALNY 08 tram stop to OCH-TEATR tram stop (6th stop, aprox. 10 min.)

4. students dorm is aprox. 200 m from the tram stop

### 3rd option

5. Modlin Bus (<http://www.modlinbus.com/>) to Warsaw city centre
6. Tramway no 7, 9 or 25 ( from Centrum 10 tram stop to OCH-TEATR tram stop (7th stop, aprox. 12 min.)
7. students dorm is aprox. 200 m from the tram stop

## HOW TO GET FROM THE STUDENTS DORMITORY TO UNIVERSITY OF WARSAW

<http://goo.gl/maps/nn4Pl>

Upon arrival to the hostel on 4<sup>th</sup> (during registration which starts from 17.00), students will receive tickets for public transport.

On 5<sup>th</sup> of September a group of Polish volunteers will pick students (around 8.00) from their hostel to show you the way to the University of Warsaw.

## HOW TO GET FROM THE STUDENTS DORMITORY TO SIMULATIONS EXERCISES

<http://goo.gl/maps/nn4Pl>

On Friday 9<sup>th</sup> September there will be simulation exercise in the field. In the morning a group of Polish volunteers will pick you up and show you the way to the place where the simulation takes place. However, if wish to go back on your own or if you get lost there is one bus going from students dormitory to the simulation area. **BUS no 523** from **WAWELSKA 06** bus stop to **STARE BEMOWO** bus stop (12<sup>th</sup> stop, aprox. 28 minutes)

## MEALS

1. Breakfast will be served at student hostel from 7.00 to 8.30.
2. Lunches and dinners will be served near lecture halls in Rewers Restaurant, (<http://www.restauracjarewers.pl/>). On 9<sup>th</sup> Sept. there will be no lunch, you will be provided with a packed lunch.
3. On 4<sup>th</sup> September there will be a light dinner available at the hostel from 18.00 till 20.00. From 5<sup>th</sup> Sept. dinners will be served in Rewers Restaurant.
4. There will be vegetarian and no vegetarian options.
5. Please remember that NOHA will not cover the expenses of any meal outside the above mentioned.

## HEALTH CARE

EU citizens will need the European Health Insurance Card or private insurance coverage. With the European Health Insurance students can go to any public medical center in Warsaw to ask for assistance.

- The nearest public medical center to the University of Warsaw is:

### **Centermed**

Krakowskie Przedmieście 24/26

tel. (0-22) 552 03 65, (0-22) 826 75 07

- The nearest public medical center to Radomska Student Dorm is:

### **Samodzielny Publiczny Centralny Szpital Kliniczny w Warszawie**

Warszawa, Banacha 1A

tel. (22) 599-10-00

### **Wojewódzki Szpital Chirurgii Urazowej Św. Anny Samodzielny Publiczny Zakład Opieki Zdrowotnej**

Warszawa, Barska 16/20

tel. (22) 822-46-31

Non-EU citizens will need private insurance coverage in Poland. The typical procedure for medical assistance is that students should contact their insurance service provider for a list of accepted medical providers located in Warsaw. Arrangements will be made directly with them and also the payments for the service and treatments up front. Afterwards students should submit their receipts and other documentation to their insurance provider for a refund. Full procedures should be listed in insurance documents.

For medical emergencies, the contact number is 999.

## **INTERNET ACCESS:**

### 1. At the hostel

There is WIFI available at the hostel, but students complain about it. There is no computer and printing services available in the hostel.

### 2. At University of Warsaw

There is WIFI, students will receive access code during the first day of lectures.

## ATTENDANCE REGULATIONS

It is compulsory for every student to participate in all NOHA IP 2016 activities. For non-attendance or any unforeseen issues, please contact the NOHA Coordinator at your home university or any IP Staff.

## CONTACT DATA IP STAFF AT UNIVERSITY OF WARSAW

- For further questions please contact:
  - Aleksander Zieliński, e-mail: [a.w.zielinski@wpia.uw.edu.pl](mailto:a.w.zielinski@wpia.uw.edu.pl), mobile: +48 604 762 724,
  - Patrycja Grzebyk, e-mail: [patrycja.grzebyk@uw.edu.pl](mailto:patrycja.grzebyk@uw.edu.pl)

## USEFUL LINKS

- NOHA IP 2016 map <http://goo.gl/maps/bvjk0>
- Warsaw public transport: [www.ztm.waw.pl](http://www.ztm.waw.pl) and <http://warszawa.jakdojade.pl/?locale=en>
- Warsaw touristic information <http://www.warsawtour.pl/en>
- Weather in Poland <http://bit.ly/2a1phDn>