



Polish Country Guide

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Current DFAT Travel Advice

This advice is current for Mon, 5th November 2018.

Exercise normal safety precautions. Use common sense and look out for suspicious behaviour. Monitor the media and other sources for changes to local conditions. There is an ongoing threat of terrorism in Europe. Terrorist attacks have occurred in a number of European cities. See [Safety and security](#).

Carry your passport when crossing borders, even within the Schengen zone. See [Local travel](#).

Poland does not recognise dual nationality. Australian-Polish dual nationals must enter and exit Poland using their Polish Passport. See [Laws](#).

The above information is an edited excerpt of the Travel Advice Summary from The Department of Foreign Affairs and Trade. Travellers are encouraged to visit www.smartraveller.gov.au to read the travel advice in full, subscribe to updates to this advice and to register their presence in Poland.

Passport and Tourist Visa Conditions

Poland forms part of the Schengen Area. Australian passport holders are usually allowed to enter the Schengen Area for Tourism or Business purposes for up to 90 days in any 180 day period without a visa. The countries which make up the Schengen Area are Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.

Travellers to the Schengen Area are recommended to ensure their passport is valid for at least six months beyond their intended stay. Travellers are also recommended to be able to provide documentation confirming their accommodation arrangements, ability to financially maintain themselves and travel insurance covering their period of stay in the Schengen Area as well as tickets and entry documents for their onward destination. For further information and to confirm that you are able to travel to the Schengen Area under this visa waiver program, please contact a Polish mission on the details provided below.

Vaccinations and Health Precautions

The following information is intended as a guide only and in no way should it be used as a substitute for professional medical advice relative to a travellers individual needs and vaccination history. No guarantee is made as to its accuracy or thoroughness. For further information, please contact The Travel Doctor on 1300 658 844.

Vaccination against Hepatitis A is recommended for travellers to Poland. Vaccination against Typhoid should be considered, particularly if travelling to areas with poor sanitation. Persons staying in Poland for extended periods or frequent travellers should consider immunisation against Hepatitis B and Rabies (especially if working with animals). Tick-borne encephalitis is present throughout many areas in Europe, predominately in forested regions. Whilst no vaccine is available in Australia, travellers visiting risk areas and planning outdoor activities during summer might consider vaccination once in Europe.

Regardless of destination, all travellers should be up-to-date with their routine "background" vaccinations, including for Tetanus and Diphtheria (with a booster within the last 10 years), Whooping Cough, Polio (with a booster in adult life), Measles, Mumps and Rubella (two combination vaccinations through life), Chicken Pox and a recent annual Influenza vaccination. Please consult a medical practitioner or contact The Travel Doctor for your specific risk to these preventable diseases and the appropriate avoidance measures. Australians travelling to Poland should ensure that they have adequate travel insurance to cover the length of their stay. Medications that are legal in Australia may be illegal in other countries. For further information on insurance, taking medication overseas and other issues please visit www.smartraveller.gov.au/tips.

Polish Representatives in Australia

Consulate General of Poland, Sydney

10 Trelawney Street
WOOLLAHRA NSW 2025

Tel: (02) 9363 9816
Fax: (02) 9327 2216

Web: www.sydney.msz.gov.pl

While Poland maintains other missions throughout Australia, this consulate is the appropriate contact for all consular related enquiries.



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Time Differences between Poland and Australia

Poland is Greenwich Mean Time +1 hour (+2 during daylight saving (DST)). The time zone is Central European Time (CET) or Central European Summer Time (CEST). DST starts on the last Sunday in March and ends on the last Sunday in October.

Poland, 12 noon, Winter (Dec) = Perth 7pm; Darwin 8.30pm; Brisbane 9pm; Adelaide 9.30pm; Melbourne, Hobart, Sydney, 10pm.
Poland, 12 noon, Summer (Jun) = Perth 6pm; Darwin, Adelaide 7.30pm; Melbourne, Hobart, Sydney, Brisbane 8pm.

Important Contact Numbers

Country Code for Poland: +48
To Dial Australia Call: 00 61 <City> <Number>
Australian Reverse Charges Direct:
0 (wait for dial tone) 0800 611 1161.
May need to insert coins / card.
Travelex Card Services:
Call the US on 00 1 954 838 8294
Visa Global Assist:
Call the US 00 1 303 967 1090
MasterCard: 00800 111 1211
American Express Travellers Cheques:
00800 44 11200
Emergency Services:
From mobiles - 112
Ambulance - 999
Fire - 998
Police - 997

The emergency services have Polish speaking staff. Some emergency centres can take calls in English. To avoid delay it may be best to seek the assistance of a Polish speaker to call the emergency services.

Important Information to be Recorded

Travellers are encouraged to carry photocopies of all important documents separately to their originals, and to leave a set of these photocopies with someone in Australia. This includes those documents listed below.

Passports

Name: _____ Passport #: _____
Name: _____ Passport #: _____

Credit Cards

Name: _____ Institution: _____
Card Number: _____
Name: _____ Institution: _____
Card Number: _____

Travel Insurance

Name: _____ Institution: _____
Policy #: _____ Emergency #: _____
Name: _____ Institution: _____
Policy #: _____ Emergency #: _____

Australian Representation in Poland

Embassy of Australia, Poland

3rd Floor, Nautilus Building
ul. Nowogrodzka 11
WARSAW 00-513

Tel: (+48 22) 5213 444
Fax: (+48 22) 6273 500

Web: www.poland.embassy.gov.au

Alternatively, Australians may obtain assistance by contacting the 24 hour Consular Emergency Centre in Australia on (+61) 2 6261 3305.

Australians in Poland are encouraged to register their presence and contact details with the Australian Embassy in Warsaw, or online with the Department of Foreign Affairs and Trade at www.orao.dfat.gov.au.



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Duty Free Allowances

Duty Free limits when entering Poland from a non EU state:
 Alcohol: 1 L spirits (>22% alc vol) or 2 L other beverages; as well as 4 L of still wine and 16 L of beer.
 Tobacco: 200 cigarettes or 50 cigars or 250 g of tobacco.
 Other Goods: Up to a value of €430 for air and sea travellers, €300 for others.

These limits only apply to entry by air or sea. For further details on Polish Customs regulations please go to www.mf.gov.pl. Minors (under 17 years in Poland) may not claim alcohol or tobacco products.

Duty Free limits when entering Australia:
 Alcohol: 2.25 L.
 Tobacco: 25 cigarettes plus one open packet of cigarettes.
 Other Goods: Up to a value of \$900 (\$450 if under 18 years).

For further details on Australian duty free allowances and other customs restrictions please go to www.homeaffairs.gov.au.

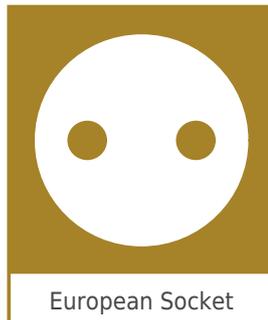
Electrical and Telephone Adaptors

Electrical Socket: European

Voltage: 220-240 volts
 (same as Australia)

Modem Plug Type: USA

Special Tip: The Polish/Russian phone socket is also used in some areas.

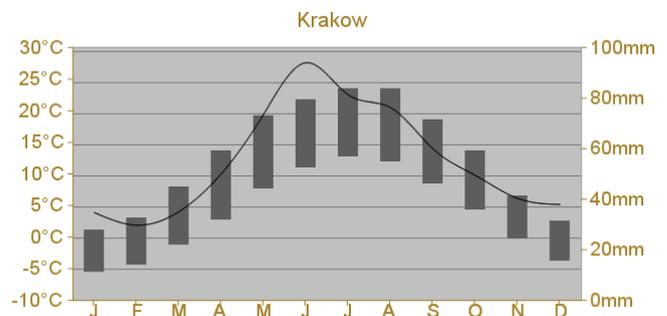
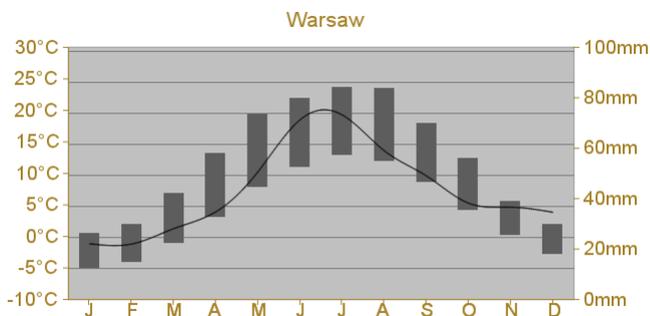


Source: Korjo Travel Products. To purchase electrical/modem adaptors, or for further information on this matter, please view the Korjo adapter guide at www.korjo.com.au.

Polish Public Holidays 2018

01 Jan:	New Year	31 May:	Corpus Christi
06 Jan:	Epiphany	15 Aug:	Assumption
01 Apr:	Easter Sunday	01 Nov:	All Saints Day
02 Apr:	Easter Monday	11 Nov:	Independence Day
01 May:	Labour Day	25 Dec:	Christmas
03 May:	Constitution Day	26 Dec:	2nd day of Christmas
20 May:	Whit Sunday		

Average Temperature (Bar) and Precipitation (Line) in Poland



Source: Polish Institute of Meteorology and Water Management. For local forecasts please go to www.imgw.pl.

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Page 4 of 5 Polish Currency Information and Cheat Sheet Exchange Rate Purchasing-Power Parity

Interbank Rate

1 Australian Dollar (AUD) = 2.72 Polish Zloty
 1 Polish Zloty (PLN) = 0.368 Australian Dollars

With 4% Margin

1 Australian Dollar (AUD) will buy 2.62 Polish Zloty
 1 Polish Zloty (PLN) will cost 0.382 Australian Dollars

All rates were correct at a point in time on Monday, 05 Nov 2018. The "Interbank Rate" does not take into account any exchange fees, while the "With 4% Margin" adds 4% to the exchange rate to simulate a typical margin that would be paid when exchanging currencies. These rates have been rounded and should not be used when calculating transactions of large value.

The following is a purchasing-power comparison of the Polish Zloty and the Australian Dollar, using the Big Mac as a common good. While it does not present a faultless comparison, it is a useful indicator of the purchasing-power of the two currencies.

Big Mac Australia: \$5.95 (AUD) = 16.19 Zloty
 Big Mac Poland: zł.10.10 (PLN) = 3.71 Australian Dollars

A Big Mac in Poland is therefore 38% less expensive than in Australia.

This comparison is based on 2018 prices using current exchange rates. Prices may not include variations by locality or local taxes.

Currency Cheat Sheet

This cheat sheet uses the "With 4% Margin" rate of exchange listed above.	
zł.0.50 = \$0.19 AUD	
zł.1 = \$0.38 AUD	zł.10 = \$3.82 AUD
zł.2 = \$0.76 AUD	zł.20 = \$7.64 AUD
zł.3 = \$1.15 AUD	zł.30 = \$11.47 AUD
zł.4 = \$1.53 AUD	zł.40 = \$15.29 AUD
zł.5 = \$1.91 AUD	zł.50 = \$19.11 AUD
zł.6 = \$2.29 AUD	zł.60 = \$22.93 AUD
zł.7 = \$2.68 AUD	zł.70 = \$26.76 AUD
zł.8 = \$3.06 AUD	zł.80 = \$30.58 AUD
zł.9 = \$3.44 AUD	zł.90 = \$34.40 AUD
	zł.100 = \$38.22 AUD
	zł.200 = \$76.45 AUD
	zł.300 = \$114.67 AUD
	zł.400 = \$152.90 AUD
	zł.500 = \$191.12 AUD
	zł.600 = \$229.34 AUD
	zł.700 = \$267.57 AUD
	zł.800 = \$305.79 AUD
	zł.900 = \$344.02 AUD
	zł.1,000 = \$382.24 AUD

Notes and Coins

The legal currency of Poland is the Zloty, which is abbreviated using the symbol "zł." (for example zł.100) or its currency code "PLN". The subunit of the zloty is the grosz, of which there are 100 in every zloty. The following units of currency are the most common in Poland but other versions and denominations are also in circulation. Pictures are not to scale. As it is illegal in many countries to print copies of bank notes, travellers are advised to remove the below images before travelling.





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About Poland

Full Name:	Rzeczpospolita Polska (Republic of Poland).	Significant Dates:	
Founded:	966 - traditional founding date, 1918 - Republic Proclaimed.	966 AD	- Duke Mieszko I adopts Christianity, Poland formed into a state and a nation.
Size:	312,685 sq km (40% the size of NSW).	1569	- Polish-Lithuanian Commonwealth established.
Population:	39 million (75% larger than Australia). Warsaw 1.7 million; Krakow 750,000.	1772-95	- Commonwealth is entirely partitioned by Russia, Austria and Prussia.
Religion:	Catholic 90%, Eastern Orthodox 1.3%.	1918	- Polish state is restored following World War 1.
Language:	Polish 98%, other and unspecified 2%.	1939	- Germany and Russia invade sparking WW2.
GDP Per Capita:	US\$20,200 (Australia US\$40,800).	1939-45	- 5 million Poles systematically exterminated by Nazis and Soviets (including 3 million Jews).
		1947-89	- Communist rule backed by the USSR.
		1978	- Karol Wojtyla, elected Pope John Paul II.
		1989-90	- Communist block falls, Solidarity party win elections. Third Republic of Poland proclaimed.

