

# INTERNATIONAL STUDENTS' ACTION FOR ADAPTING CROSS-CULTURAL ACTIVITIES

## **WELCOME TO POLAND WELCOME TO WSEI UNIVERSITY - ABOUT YOUR SAFETY**



# WELCOME TO POLAND WELCOME TO WSEI UNIVERSITY - ABOUT YOUR SAFETY

## IMPORTANT NUMBERS

**The contact list is one of the "must have" while traveling and moving abroad.  
Make sure that you know how to communicate in new place.**

There is universal number: **112** from mobile phones, you can dial without any area code. **IMPORTANT!** Emergency calls are free in telephone booths.

There are set of useful numbers worth to remember: **999**: Emergency Services, **998**: Fire Services, **997**: Police, **981**: Road-side Assistance, **986**: Municipal Police.

A prefix is simply the set of numbers that come before the country and area codes of a telephone number. Poland's telephone numbers are made up of 9 numbers split into groups of 3. So if you're going to make a call to Poland using a mobile phone, you should dial country code+area code+7-digit number.



The number: +48 is the country calling code assigned to Poland by the International Telecommunication Union.

In case of distance calls the dialling rules differ depending on whether one makes the call from a mobile or stationery phone. You need to remember that regardless of whether you want to make a local or a long-distance call, the area code has to be dialled.

You can make a free phone call via the Internet (e.g. with Skype, Tlenofon and many others).

Depending on what you need, keep contacts of: family and friends, travel agent, insurance provider, employer, university, and/or airline as part of your emergency contact lists.



# WELCOME TO POLAND WELCOME TO WSEI UNIVERSITY - ABOUT YOUR SAFETY

## DAILY LIFE AND YOUR SAFETY

Serious crime against foreigners is rare, but crimes do occur and in some cases attacks been racially motivated. You should be alert to the possibility of street crime and petty theft, and that foreigners may appear to be easy targets. Keep valuables and cash out of sight, especially in crowded and tourist spots where pickpockets and bag snatchers operate.



Public demonstrations in Poland are common. Marches and gatherings are mostly peaceful and well-policed, but you should take extra care as in any crowded place. Peaceful demonstrations can attract violence. You should monitor local media and follow the instructions of local authorities.

You must validate a public transport ticket at the start of a journey. You will be fined on the spot if you're travelling with an invalid ticket, usually 266zł (around €54). Buy your tickets at most newspaper stands and kiosks with a sign reading 'Bilety'. Students qualify for cheaper fare, so always double check the rules as some cheaper fares may only be available to Polish nationals. You'll be fined if you travel with a cheaper fare ticket that you're not entitled to/e.g. without a valid student ID.



Walkers and cyclists must wear a reflective item during darkness when outside a built-up area. Anyone hit by a car or bike when not wearing a reflective item may be held responsible for the accident. You may get a 100zł (around €20) police fine for not wearing reflective items.



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■  
Be careful of drink spiking. Keep an eye on your food and drink.

■  
Air pollution levels can be very high in winter. Get medical advice if you have a heart or lung condition.

■  
Penalties for drug offences include mandatory jail sentences.

■  
It's illegal to take photos of some buildings. Look for signs on buildings that forbid photos and check with local authorities.



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## WILDLIFE

In Poland, the wildlife is protected by law and you might encounter some wild animals in as well as outside the city.



There are occurrences when wild animals, such as foxes, boars, deers, moose, etc., enter the city premises in search of food mainly, or shelter.

Most animals avoid people, but they may attack if they feel threatened, are protecting their young or territory, or if they are injured or ill. Animal bites and scratches can lead to serious diseases such as rabies.

In such situations, special services, who take care of such animals, are informed to ensure their safe return to the wild.

Do not touch or feed any animals you do not know. Instead, call the city guards and inform them about the situation.

# WELCOME TO POLAND WELCOME TO WSEI UNIVERSITY - ABOUT YOUR SAFETY

## NEWCOMER IN THE CITY

First days or even months are always difficult especially if you don't have any friends or family. Being in a new city is scary enough without having to worry about your daily routine being affected by new and intimidating places. To stay safe in a new area, remember these simple tips.

Take some time to read about the city. Check map and the surroundings of your flat, hotel or dormitory.

Inform your friends and family where are you going to stay. Leave them the address and any other details you've got (e.g. landlord contact details). Keep them informed!

Plan your daily routes, download maps or apps which will help you to move around and get to know the city.

Avoid dark streets and deserted alleys and consider taking a friend or family member with you while you are exploring.

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- Take a class or learn some basic self-defense moves.
- Don't feel obligated to offer someone directions, loan out your phone, or even be nice to a stranger if you feel your safety is in danger.
- Be careful about personal belongings. Keep all of your valuables in your inside pockets, never your back pocket, and keep your bags zipped up and difficult to access.
- Check the culture and the traditions of the city. You might find some important tips for social situations.
- Avoid dangerous situations.
- If you are out with new colleagues - be careful with drinking too much.



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## INFECTIONS

COVID-19 pandemics changed a lot in the public spaces. Awareness regarding social distances, hygiene is becoming more and more important. Protecting yourself and also other people around is now considered as one of the main responsibilities in social life.



If you do not feel healthy stay at home. Do not attend classes to avoid spreading viruses around.

Wearing a mask is also important in public spaces.

Make sure to keep distance among other people.

Wash your hands or use hand sanitizer with minimum 60% alcohol when hand-washing is not available.

Remember to keep the distance.

Purify and humidify your air and take vitamins.

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