

- Buy health, travel, accident and liability insurance.
- Visit your doctor for a medical check-up and vaccinations if needed.
- Prepare a basic medical kit.
- Save emergency numbers (112)

HEALTH AND MEDICAL PREPARATIONS



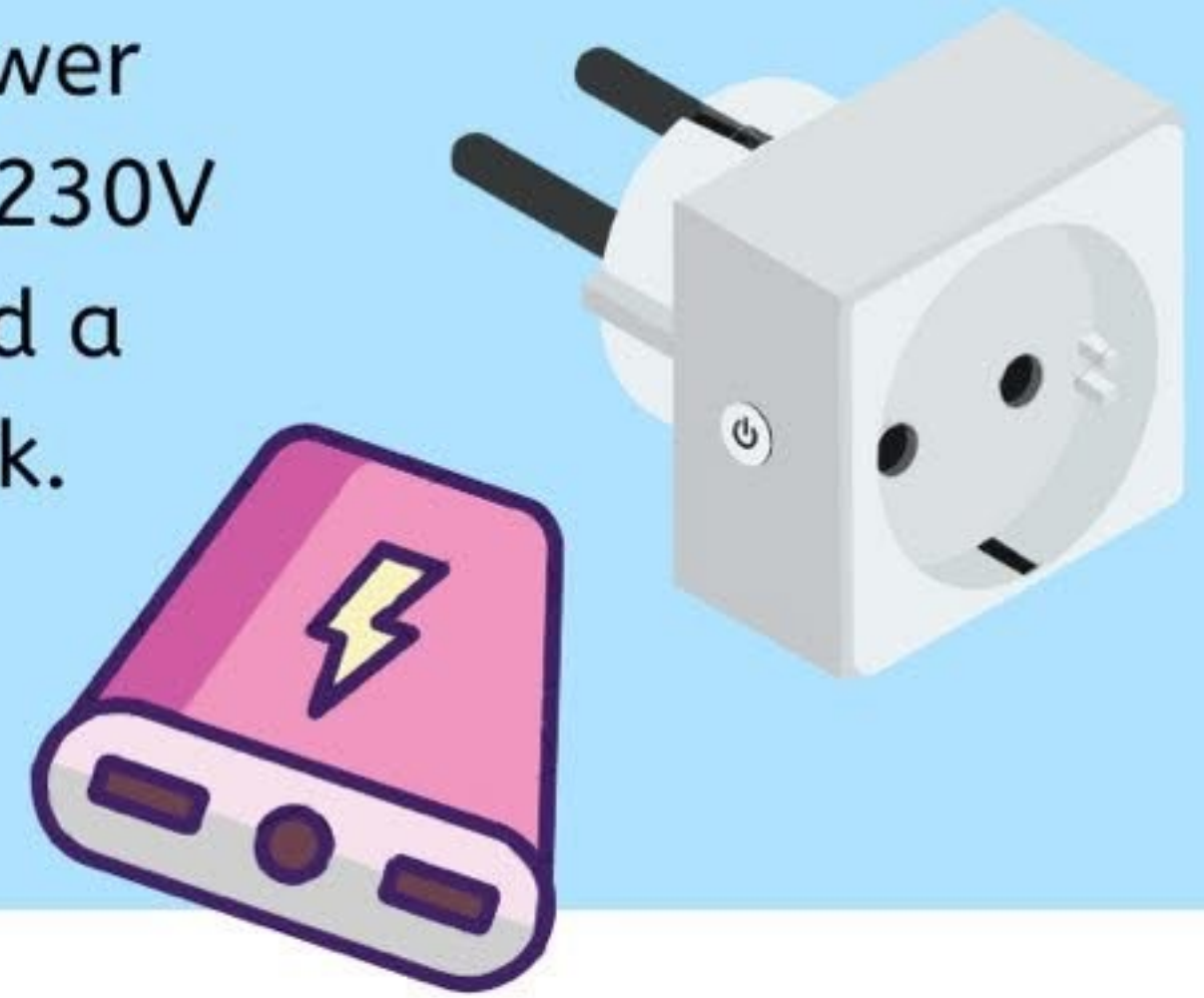
PHONE AND CONNECTIVITY



Arrange phone options – international plan, roaming – and download useful apps (maps, currency converter, translator).

POWER AND ELECTRICITY

Bring a power adapter – 230V / 50 Hz and a power bank.



PASSPORT PHOTOS

Prepare passport-size photos (3.5 × 4.5 cm)



BANKING AND PAYMENTS

Arrange your bank matters – online banking, currency exchange, payment cards. Consider using Revolut – you can pay with it almost everywhere.

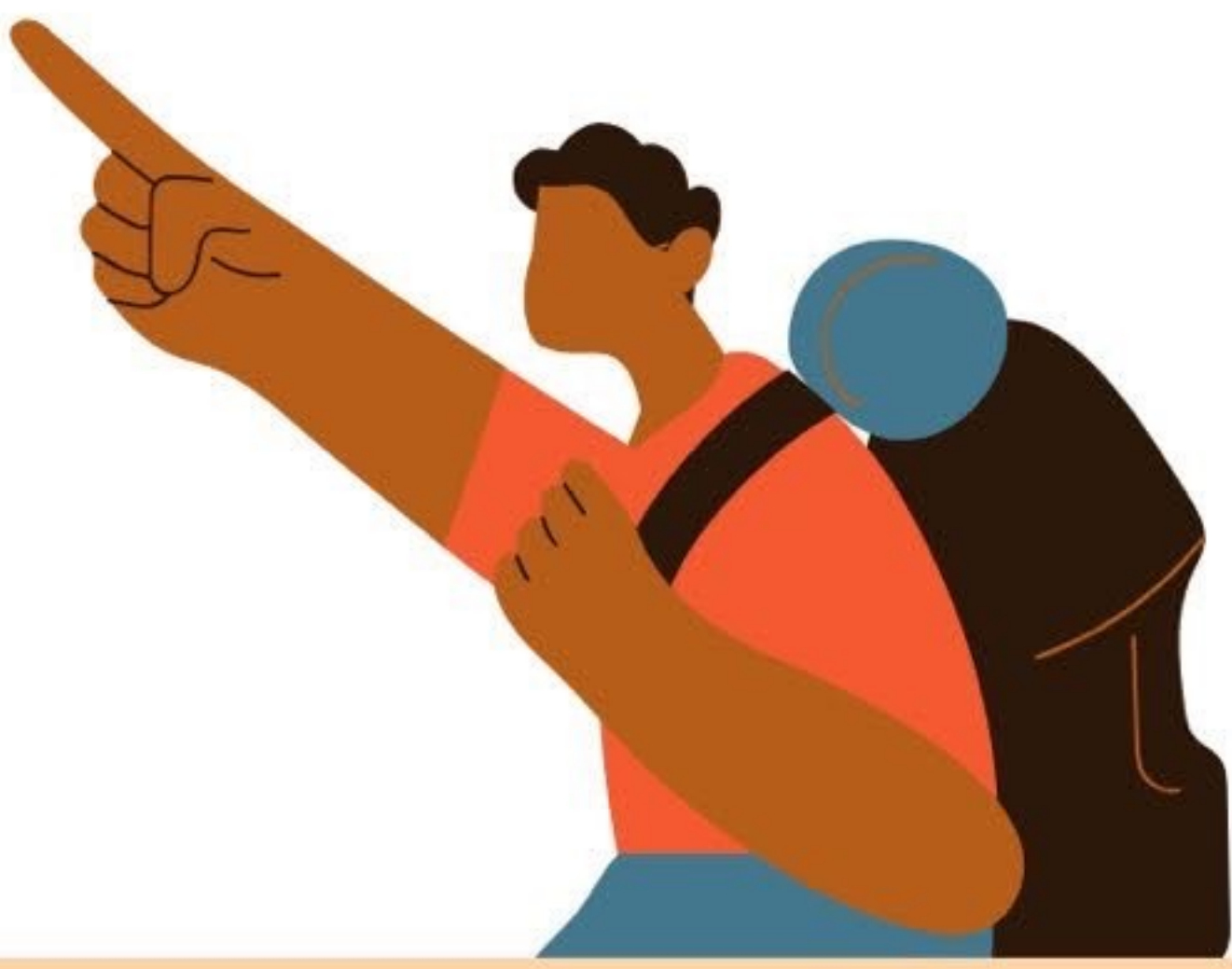


LANGUAGE AND CULTURE

Learn basic Polish phrases for everyday situations and familiarize yourself with basic cultural rules and social customs. Even simple words are appreciated by locals.

- Dzień dobry – hello (jen DOH-bri)
- Dziękuję – thank you (jen-KOO-yeh)
- Proszę – please (PRO-sheh)
- Przepraszam – sorry (psheh-PRAH-sham)
- Tak – yes (tahk)
- Nie – no (nyeh)
- Ile to kosztuje? – how much is it? (EE-leh toh kosH-TOO-yeh)
- Gdzie jest...? – where is...? (gjuh yest)

BEFORE COMING TO POLAND



DO YOUR RESEARCH

Before arrival, take some time to research your destination.



CONSIDER YOUR BUDGET

Plan your budget early, determine expected costs and available financial aid. Exchange some money to PLN before arrival.



PACK SMART

Pack light – remember extra glasses or contact lenses if needed.



CONSIDER YOUR CLOTHING

Consider packing appropriate clothing and comfortable shoes that suits your destination's weather and local culture.



IMPORTANT DOCUMENTS AND TRAVEL ARRANGEMENTS

- Make all necessary arrangements with the receiving institution.
- Inform your home faculty/institute about your departure.
- Check if your passport is valid for the entire stay.
- Verify what visa or travel documents you need to enter Poland.
- Find the location and contact details of your country's embassy in Poland.
- Make digital and paper copies of all important documents.

