

EPSA PROJECT  
**twinnet**

**YP Poland & APEF Portugal**

# *Survival guide*



## GENERAL INFORMATION

**Date:** 30.08-3.092015

**Location:** Polish homes ;)

### What do you need before coming:

- passport /ID card
- travel plan – when we buy flight tickets
- travel and health insurance;
- students ID card (Euro26, ISIC) – you will have discount for trams, buses ect.!!

### What to bring with you:

- personal insurance;
- clothes for every kind of weather; generally during September in Poland is quite nice weather, around 20-25° we will let you know closer the exchange ;);
- medicines (if you need, but remember that we are pharmacists ☺);
- pen & paper;
- good and comfortable shoes- extra option- we can go to Zakopane for hiking and enjoy the most beautiful Polish Tatra mountains;
- good mood, will to learn, have fun and explore how Cracow (Poland!) beautiful is !

## GOOD TO KNOW

### Currency

Polish złoty. 1€ = 4,15 Polish złoty (PLN)

You can exchange currencies at the airport and at in a few places in the city center.



### Phone numbers

When calling to Poland from abroad, please use the +48 prefix.

## KRAKÓW

Kraków, the former capital of Poland and city welcoming APEF Portugal, has grown from a Stone Age settlement to Poland's second most important city. It began as a hamlet on Wawel Hill and was already being reported as a busy trading centre of Slavonic Europe in 965. With the establishment of new universities and cultural venues at the emergence of the Second Polish Republic in 1918 and throughout the 20th century, Kraków reaffirmed its role as a major national academic and artistic centre.

Today Kraków is one of the most important cultural and tourist centres of the country, and the seat to many cultural institutions, theatres, cinemas, museums and philharmonic that make life pleasant for the inhabitants and over 7 million tourists visiting our City every year. Nowhere in Poland could one find such a rich variety of cultural and artistic events. Kraków is a special place that, like a magnet, attracts the people of culture and art who draw their inspiration from the atmosphere and rich past of the City; it is home, for example, to Wisława Szymborska, poet and Nobel Prize Winner, Sławomir Mrożek, writer, Krzysztof Penderecki, composer, Andrzej Wajda, director, and many other well-known and valued artists. Kraków is a magic place which everybody should see.



## SCHEDULE

	30/08/2015	31/08/2015	1/09/2015	2/09/2015	3/09/2015
08:00					
08:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00					
09:30	Arrivals	Faculty of Pharmacy - workshop and seeing some departments	Pharmaceutical Company	Visiting Zakopane? ;)	Day of departure
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
13:00					
13:30					
14:00					
14:30	lunch	lunch	lunch		
15:00					
15:30	sightseeing around the Cracow & teambuilding and getting to know each other ;)	museum of polish history/museum of polish pharmacy/sights eeing	workshop		
16:00					
16:30					
17:00					
17:30					
18:00					
18:30	free time	free time	free time		
19:00					
19:30					
20:00	Dinner	Dinner – cooking together	dinner		
20:30					
21:00	free time	free time	free time		
21:30					
22:00	Common beer	Sightseeing during night and pharmacists party	International Evening	Party	

*CANT WAIT TO SEE YOU !!!*



**USEFUL CONTACTS**

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