



DESTINATION REPORT

POLAND

©2021 GLOBAL RESCUE LLC. ALL RIGHTS RESERVED. The information contained herein represents our best understanding of the information presented. Global Rescue do not assume any liability for any errors or omissions and do not guarantee against loss or risk from its use. As a condition for receiving the information, you agree to use the information at your own risk and to hold Global Rescue harmless for any and all loss or damage sustained by you. This material may not be reproduced, distributed, copied or sold, unless expressly permitted in writing.

GENERAL OVERVIEW

The Republic of Poland is a central European nation-state with a short northern coast on the Baltic Sea. Poland borders Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and the Russian exclave of Kaliningrad. Approximately 97 percent of the population of 37.8 million is ethnically Polish, while approximately 86 percent practices or identifies with Roman Catholicism. Over 98 percent of the population speaks Polish, which is the official language, and nearly all official communications are exclusively in Polish.

In 1939, Germany invaded western Poland; within two weeks thereafter, the Soviet Union invaded the eastern half of the country. The Soviet Union and Germany gained and lost parts of Poland during World War II, while a resistance movement in the middle was brutally repressed by both sides. At least six million Poles were killed in the conflict and another two and a half million were deported and used in slave labor.

After the war, Poland technically gained independence but was actually dominated by a Soviet-controlled Communist Party. Poland only regained true autonomy in 1990, when it held its first genuinely democratic elections since World War II.

SECURITY ASSESSMENT

Security Risk Rating

Low

Security Risk Overview

Most visits to Poland are free of major security concerns. Overall crime rates are low but petty theft, including pickpocketing, is common in major cities, particularly in tourist areas and transportation hubs. The general threat of terrorism in Europe includes Poland as well. Protests are common and predominantly peaceful. Road travel can be hazardous due to reckless local driving practices and poor road conditions.

Terrorism

Although no terrorist attacks have been reported in Poland within the past five years, the general threat of terrorism across Europe has resulted in heightened security measures in this country. Similar to other Schengen countries, Poland remains vulnerable to terrorism due to its open borders with neighboring countries, possibly enabling terrorist groups to enter or exit the country undetected. Poland was part of the coalition in Iraq and participated in the International Security Assistance Force (ISAF) mission in Afghanistan; these undertakings potentially make the country a target for future terrorist operations. Consequently, the Polish government has endeavored to strengthen its anti-terrorism laws, particularly to provide authorities with the necessary flexibility to implement a few measures, such as:

- monitoring of the movements of foreign nationals without court authorities,
- holding suspects without charges for a maximum of two weeks,
- deporting foreign nationals if they are deemed a threat, and
- regulating the sale of pay-as-you-go SIM cards.

Civil Unrest

Demonstrations occur regularly in Poland, particularly in the spring and summer months. Events are typically orderly and peaceful, with turnouts of several hundred participants. However, they have also been known to attract crowds of several thousand.

Demonstrations may be held near the US Embassy in Warsaw, the US Consulate in Krakow, and other foreign diplomatic missions, due to their proximity to local government offices. Although protesters do not usually target foreign interests or foreigners, occasional anti-US or anti-Russia protests have occurred in the past. Isolated incidents of protest-related vandalism and property damage have been reported at the Russian Embassy in Warsaw. Police are generally effective at traffic and crowd control in the event of unrest. Demonstrations in Krakow tend to be smaller in scale and occur less frequently than those in Warsaw. Demonstrations have taken place against the German Consulate, but had minimal impact on consulate operations.

General strikes are occasionally called, but have minimal impact on public services and infrastructure, and are usually resolved quickly.

Soccer matches frequently spur hostilities between fans of opposing sides, and such confrontations can turn violent. There is also a potential for an increase in traffic and large crowds before and after sporting events.

Personal Security

Street crimes remain common in certain areas, including Warsaw. Pickpocketing is one of the most frequently reported crimes in Poland. Most incidents occur in crowded locations, such as popular tourist sites, on public transportation, and at transport hubs, and foreign travelers are regularly the victims of such crimes. Thieves operate at central railway stations, especially in the Baltic towns of Gdansk, Gdynia, and Sopot, as well as in Warsaw and Krakow. Travelers on long-distance or overnight trains or buses, and on public transport between central Warsaw and the airport, have previously been targeted, particularly when boarding or exiting vehicles. Hotels, markets, ATMs, and currency exchange facilities are also popular targets for petty thieves. There is high risk of pickpocketing in Warsaw's Praga suburb and Old Town. Foreigners have also been targeted by pickpockets in Krakow's tourist attractions, including the Old Town, Market Square, and Wawel Castle. Thieves commonly use distraction techniques and specifically target expensive or popular cellular phones, particularly iPhones, and passports. Bag snatching has been reported and some thieves surreptitiously slash bags to obtain valuables. Residential break-ins occur but are decreasing.

Violent crime is rare in Poland but there have been incidents of muggings in large cities, including Warsaw. Assaults on foreigners are particularly rare. Previous incidents have tended to occur between midnight and dawn, and usually involved alcohol and establishments that serve it.

Although car thefts and carjackings have decreased, theft from vehicles and attempted highway robberies remain a concern. Criminal gangs have previously targeted vehicles with foreign number plates by simulating a vehicle collision or a flat tire, or by impersonating police officers, particularly in tourist areas, such as Masurian Lake District.

Crimes of a sexual nature-including harassment and assault-are a problem in Poland, and remain underreported due to social stigmas. However, authorities are generally effective at investigating and prosecuting these crimes.

The discrimination, harassment, and assault of lesbian, gay, bisexual, and transgender (LGBT) individuals are not uncommon despite anti-discrimination laws. Violence against LGBT individuals-mainly by extreme right-wing groups-has been reported.

Youth gangs, especially in urban areas, have been involved in incidents of harassment against minorities, including those perceived to be foreign, Jewish communities, or LGBT individuals. Individuals of Asian and African descent have also reported being targets of verbal or physical harassment. Investigations into such incidents often do not result in the apprehension of suspects.

All persons in Poland must carry an official form of identification at all times, such as a passport, residence card, or Polish identity card.

Poland has strict laws concerning public intoxication. Suspected intoxicated individuals in public areas can be arrested and taken to a clinic, and will be required to pay for the costs of their stay.

Pedestrians and cyclists outside urban areas are required to wear reflective items between dusk and dawn in all weather conditions. Individuals who do not comply can be fined, and if they are hit by a vehicle, they can be held responsible. Only use official crossing points as jaywalking can result in fines, but be cautious as local drivers tend not to stop for pedestrians.

Poland's weather is unpredictable and can cause disruptions to travel. In the spring and summer, showers and thunderstorms are common and can cause flooding. Major floods have caused deaths, injuries, infrastructural damage, and travel disruptions in the past.

Law Enforcement

Most Polish police are considered professional, effective, and cooperative. The majority of police officers and emergency dispatchers in Poland are not fluent in English. In an emergency, individuals who do not speak Polish and find themselves unable to communicate with police should contact their embassy or consulate, and ask the personnel to contact local authorities on their behalf. Police officers usually offer to find an interpreter, but it can take time before one is located.

Traffic police are empowered to collect fines from non-residents on the spot. Police also have the legal power to inspect identification documents, such as passports, at any time.

There have been isolated reports of police impunity. Corruption is most common among lower-ranking officers making traffic stops, but such incidents are on the decline. The government of Poland has effectively cracked down on police corruption in recent years. Nevertheless, any incidents of attempted bribe-collecting should be reported to the traveler's diplomatic mission.

Prisons in Poland meet international standards; however, there have been reports of the use of excessive force, mistreatment of detainees, and some overcrowding. Additionally, many prison facilities lack proper medical staff and are unable to provide access to specialized medical treatments. Prolonged pretrial detention periods and an inefficient judiciary hinder the justice system. Police or prison officials may fail to contact the embassy of a foreigner's home country in the event of an arrest. Foreigners should make every attempt to contact their diplomatic mission as soon as possible if arrested.

Transportation

Air: Poland is rated Category 1 by the International Aviation Safety Assessment Program (IASA), indicating that the country's civil aviation authority has been assessed by IASA inspectors and found to license and oversee air carriers in accordance with International Civil Aviation Organization (ICAO) safety standards.

Bus: Most cities have a bus network and may also have a tram or trolley system. These systems are generally clean and reliable. Drivers rarely speak English. Buses, trams, and public transport hubs are common sites for incidents of pickpocketing and petty theft. Accidents occasionally occur. At least 1 person was killed and 17 others were injured after a bus fell off an expressway bridge in Warsaw on 25 June 2020. Reports indicate that the ZTM-operated bus was traveling with 40 passengers along the Grota-Rowecki Bridge (route S8) when it crashed into a protective barrier. The bus eventually veered off the expressway and plunged into an embankment on the Wisostrada.

Car: Driving in Poland can be hazardous due to reckless local driving practices, poor road conditions, and unpredictable weather throughout the year. Roads are often narrow, winding, congested, and poorly maintained. In the summer months they are frequently under repair. Driving after dark is increasingly hazardous due to a lack of proper lighting. Road fatalities are high and alcohol consumption is often a contributing factor to accidents. In addition, Poland is a major east-west route for heavy vehicles, contributing further risks. On some roads, areas with high accident rates are marked with a sign featuring a black spot on a yellow background and the road is painted with red diagonal lines. Mountain roads in southern Poland tend to be narrow and twisting, with narrow shoulders. Driving on such roads can be particularly hazardous during the winter. Some basic roadside assistance may be available depending on location. In certain locations, roadside assistance may be available 24 hours, with operators who speak multiple languages.

Thieves occasionally break the windows of vehicles that are stationary or in slow traffic in order to steal items that are visible on a seat or dashboard. Highway robberies or roadside scams have been

decreasing in frequency but remain a problem, especially in remote areas and near the border with Germany. Do not pull over if the driver of another vehicle flashes its lights or indicates that their vehicle is damaged. Such individuals may request money for fuel or attempt to sell counterfeit items. Most of these confrontations are non-violent.

Traffic moves on the left side of the road. Seatbelt use is mandatory in front and back seats, and headlights must be on at all times. It is possible to drive in Poland for a maximum of six months with a driver's license from one's home country in conjunction with an International Driver's Permit (IDP), which must be obtained before traveling to the country. Vehicle registration papers, ownership documents, and proof of insurance should always be in the vehicle, including rental vehicles. Police can impound vehicles if drivers lack the proper paperwork. Traffic fines are usually paid immediately to the officer who issued them; local currency is preferred but credit cards are sometimes accepted.

Taxi: Only use official taxis, which have a phone number and taxi company name displayed on the side and a taxi sign or light on the roof. Unofficial taxis may have a taxi sign but taxis that do not list a company name (even if they have a logo) are not registered taxis. Taxi drivers who approach passengers at the airport rarely drive legitimate registered cabs. Legitimate taxis are available at major hotels and taxi stands, and can be pre-arranged via telephone. Before boarding a taxi, ensure that the meter works, insist that the driver uses it, and verify that the driver will provide a receipt. Most official taxis accept payment by credit card. Taxis charge higher rates at night, on weekends, and on holidays. Some drivers speak English. Ride-hailing services such as Uber are also available in Poland.

Train: Train services in Poland are extensive, inexpensive, and generally on time. Although the number of rail accidents is low, deadly collisions have occurred in the past. The two national rail companies, PKP Intercity and Przewozy Regionalne, run most trains. Thieves commonly operate in train stations and on trains, particularly long-distance or overnight services.

Warsaw is the only city in Poland with a metro system. The system runs from approximately 05:00 to approximately 00:40 (to 03:00 on Friday and Saturday).

Water: Passenger boats are available in the summer and services are limited. Avoid boarding any boats that appear badly maintained or overcrowded.

Scams, Fraud, Corruption, and Extortion

Some drivers will ask other vehicles to pull over before attempting to sell them low quality goods or ask for fuel money. Although these encounters rarely turn violent, the scam artist can position themselves and their vehicle in a way that makes it difficult for the solicited driver to refuse and leave. Only exchange money at banks or legitimate money kiosks as unknown persons offering to change money on the street are likely to be scammers. Additionally, there have been reports that criminals have impersonated employees of municipal services in order to gain entry into buildings to rob them.

Common scams against foreigners, irrespective of destination, include dating and marriage scams, false employment opportunities, and virtual kidnapping for ransom. Avoid giving out personal information, especially bank account or credit card numbers.

Credit card fraud is of increasing concern in Poland, and several sophisticated skimming networks have emerged. There have been reports of criminal organizations illegally obtaining ATM card numbers and PIN codes by electronically skimming the information from cards used at public ATMs. When possible, use ATMs in accepted hotels, banks, or businesses. Inspect ATMs for signs of

tampering before using them. Bank account activity should be monitored for suspicious transactions after leaving Poland.

Corruption of government employees occasionally occurs in Poland and it has been reported that officials have requested or demanded illegitimate payments from foreigners for real or imaginary violations of local law, or for providing routine services. Exercise caution when dealing with such officials.

Security Advice

Be prepared. Make an effort to understand your destination environment before you travel: identify the possible threats and prevailing situation, understand your own vulnerabilities and take action to mitigate the risks.

Maintain a low profile and good situational awareness. Ensure you travel with reliable communications equipment, test your mobile (cellular) telephone upon arrival at your destination and keep it fully charged. Make note of emergency telephone numbers, including the police, fire department, ambulance, and embassy or consulate.

Avoid all protests and demonstrations to minimize the risk of exposure to incidental violence. Travelers should walk away or wait inside a shop or restaurant if it is not possible to leave the area. Plan alternate routes to circumvent potential protest locations. Seek the assistance of a local host, or travel with a local driver, where possible.

To minimize the risk of becoming a victim of petty theft, travelers should maintain caution and exercise situational awareness at all times. Avoid overt displays of wealth. If confronted by a criminal, do nothing to antagonize the situation. Carry a "dummy" wallet if possible, and carry a passport photocopy at all times.

Carry handbags on the opposite side from passing traffic to reduce the risk of thieves on motorcycles trying to snatch them.

Avoid walking unless you are confident of the security situation. Do not walk by yourself at night in secluded or troublesome areas of the city. Do not take shortcuts away from main roads.

National holidays and public festivals tend to attract large crowds in some countries. Such public gatherings, despite a typically enhanced security presence, create a potential venue for disorder or violence. In addition, large crowds may well impede local transportation systems.

Do not buy counterfeit or any goods in violation of copyright laws. Doing so may be a violation of local laws and can carry hefty fines or even prison time.

Reduce risk of injury from car crashes by always wearing a seatbelt. Some countries have heavy fines for not wearing a seatbelt. Avoid drinking and driving. Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

Travelers are subject to the laws of Poland, even if they are not a citizen of Poland. Travelers can also be prosecuted for violating their home country's laws while in a foreign country. Travelers should be aware of the laws and customs of the country they are traveling to in order to avoid prosecution.

HEALTH ASSESSMENT

Health Risk Rating

Moderate

Travel Health Advice

Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Protect against insect bites and insect-borne diseases, such as tick-borne encephalitis or malaria, by using insect repellent and wearing long pants, long sleeve shirts, boots, and hats if possible. See more detailed insect precautions below.

Prevent foodborne illnesses by avoiding undercooked foods and unpasteurized dairy products and washing hands, especially before eating. See more detailed food and beverage precautions below.

A comprehensive pre-travel health consultation with a travel health care provider is recommended for all travelers in order to optimize their health while traveling and to individualize their disease prevention strategies to best mitigate the health risks of any destination.

There are confirmed cases of the novel coronavirus (COVID-19) in this country, and/or authorities have undertaken restrictive prevention measures. The situation is fluid. Numbers of cases, governmental restrictions, and travel services are subject to rapid change. To obtain Global Rescue's latest worldwide COVID-19 update, please contact a sales representative at (+1) 617-459-4200 or memberservices@globalrescue.com.

Immunizations - Required for Entry

The following vaccines are required for travelers entering the country. Some vaccines may only be required for travelers arriving from specific destinations, or those who have previously traveled to specific destinations within a given time period. Travelers are advised to consult with their travel healthcare provider for traveler-specific requirements.

Immunization	Notes
None	There are no immunizations required for entry into Poland.

Immunizations - General

The following immunizations are recommended for travel to all destinations.

Immunization	Notes
Routine	Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Hepatitis B	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well.</p>
Influenza	<p>All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>

Immunizations - Recommended for this Country

The following are vaccine preventable diseases present in this country. Some travelers may be at an increased risk of exposure to specific diseases. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary- specific recommendations.

Immunization	Notes
Hepatitis A Virus (HAV)	<p>The Hepatitis A virus is primarily transmitted through contaminated water and food such as shellfish and uncooked vegetables or fruit prepared by infected food handlers. It is also transmitted through person-to-person contact via fecal-oral exposure, or spread through sexual relations, blood transfusions, and needles.</p> <p>Several pre-exposure vaccination options are available: HAVRIX, VAQTA, TWINRIX (3-dose HepA/HepB combination series), and AVAXIM. The vaccine requires 2 doses, separated by a minimum of 6 months. Ideally, the traveler should complete both doses at least 2 weeks prior to travel. However, if there is insufficient lead time to travel, the first injection should be administered before departure and a booster after 6 months. Once both doses are completed, immunity is considered lifelong.</p>

Rabies	<p>Rabies is spread through the bite or scratch of an infected animal. All mammals are susceptible, but dogs and other wildlife (particularly bats) are the most common vectors.</p> <p>A 3-dose pre-exposure rabies vaccine is recommended for long-term travelers and expatriates visiting remote areas. It is also recommended for travelers involved in adventure or outdoor activities in remote areas who could be exposed to bats, dogs, and other mammals and those who might be in direct contact with animals, including in urban areas. Children are at higher risk and have a lower threshold for pre-exposure vaccination. The first dose of the vaccine should be administered at least 21 days before travel.</p>
Tick-Borne Encephalitis (TBE)	<p>The TBE virus is transmitted to humans through the bite of an infected tick. In rare cases, it can be acquired by eating unpasteurized dairy products from infected animals.</p> <p>TBE vaccines are not available in the US or Canada, but can be obtained in many other countries. Vaccination is recommended for travelers to endemic areas with exposure to forested areas or urban/peri-urban parks (i.e. outdoor activities), and those who consume unpasteurized dairy products.</p>
Influenza Virus (Flu)	<p>Classic, or seasonal, influenza, is a highly contagious respiratory infection, caused by 2 types of virus: A and B. All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>
Hepatitis B Virus (HBV)	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well. Vaccination is routine in the US and many other countries. Previously unvaccinated travelers should consider vaccination for travel to areas with high risk of HBV infection, or if they anticipate needing medical/dental care abroad, being exposed to needles, or engaging in sexual activity.</p>
Meningococcal Disease	<p>Meningococcal disease is spread through contact with the respiratory secretions of an infected person, as well as sharing food and drinks.</p> <p>Meningococcal conjugate vaccine (MCV4) can be given to all persons at least 2 months of age. Dosing will vary depending on the product and the age of the traveler.</p>

Measles Vaccine	<p>Measles is a viral infection spread between humans through contact with the respiratory secretions of an infected person.</p> <p>In the US, there are 2 vaccination options available for protection against measles: MMR (measles, mumps, and rubella) or MMRV (measles, mumps, rubella, and varicella). Additional vaccines are available outside the US. All persons at least 12 months of age can be vaccinated routinely. Infants down to 6 months of age can receive the vaccine in outbreak situations or prior to essential travel to high risk areas.</p>
------------------------	---

Health Risks

The following are health risks present in the country. Some of these health risks are widespread, while others may only affect travelers in specific areas or those engaging in specific activities. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary-specific recommendations.

Health Risks	Notes
Air Pollution	<p>Air pollution refers to the potentially hazardous mix of particulate matter, chemicals, and other materials that infiltrates the air and causes acute symptoms and chronic conditions. Acute symptoms include itching of the eyes, nose, and throat, as well as wheezing, coughing, shortness of breath, chest pain, headaches, nausea, and upper respiratory infections (bronchitis and pneumonia). Air pollution is increasing in low- and middle- income countries and has become a major concern for travelers.</p> <p>Travelers with chronic lung conditions such as asthma or chronic obstructive pulmonary disease COPD should consult with their physicians prior to travel to areas with poor air quality, and these populations should reduce outdoor exertion. Elderly travelers and infants are also more at risk for respiratory consequences of exposure to air pollution. All travelers should comply with air pollution advisories. Levels of air pollution will vary by city and region; check current levels prior to travel to appropriately target preventive measures.</p>
Lyme Disease	<p>Lyme disease is caused by <i>Borrelia</i> bacteria that reside primarily in deer, birds, and rodents. Symptoms vary widely depending on the stage of the illness. Early disease manifests with fatigue, headache, neck stiffness, muscle and joint aches, fever, and a classic "bull's eye" rash.</p> <p>Lyme disease is spread to humans through the bite of an infected <i>Ixodes</i> tick. Travelers engaged in outdoor activities in forested or grassy areas are at risk, including hikers, campers, and hunters. Ticks are more active during warmer months, but in temperate areas can be found year-round.</p> <p>There is no vaccine against Lyme disease. Follow insect precautions when outdoors in areas of potential exposure (see below with attention to tick prevention). Perform complete body tick check after outdoor activities. Remove ticks immediately if found. Post-exposure prophylaxis with doxycycline is recommended within 72 hours after <i>Ixodes</i> tick attachment in certain situations. Seek medical advice for tick attachment in endemic areas. Lyme disease can be treated with antibiotics; results are best with early treatment.</p>

Sexually Transmitted Infections (STIs)	<p>STIs are a concern for travelers worldwide, and are likely underreported as a travel-related infection. STIs are caused by viruses, bacteria, and parasites, the same potential pathogens as are present in the traveler's home environment. However, certain infections like chancroid, LGV, and Granuloma inguinale are more common in less industrialized countries, and other areas of the world have higher incidence of HIV and Hepatitis B and C than others. Symptoms vary widely depending on the specific infection, and can include both local and systemic symptoms.</p> <p>STIs are spread between humans by unprotected sexual contact (oral, anal, or vaginal), and skin-to-skin genital contact. Some STIs can also be transmitted through exposure to blood and other bodily fluids. Travelers are at higher risk if engaging in sex with sex workers, traveling for sex tourism, or certain higher risk behaviors. Healthcare workers are at higher risk for certain blood-borne infections.</p> <p>Preventive measures focus on decreasing exposure to STI pathogens. Adhere strictly to safe sex practices: use a condom correctly and consistently, or abstain from intercourse, and use an external condom or dental dam for oral exposures. Travelers should pack external and/or internal condoms, as the quality of condoms available in some areas is not reliable. Avoid behavior that increases the risk of contracting an STI such as casual sex with a stranger or a sex worker. Drinking heavily or taking mind-altering drugs will impair judgement and inhibitions during a sexual encounter, increasing the risk of making unsafe choices. Seek medical attention promptly if an STI is suspected.</p>
Hantavirus Infection	<p>Hantavirus Infection is a zoonosis associated with rodents. There are multiple different hantaviruses circulating worldwide, but they divide into 2 groups, each group causing a distinct clinical syndrome: the European and Asian group of viruses causes hemorrhagic fever with renal syndrome (HFRS), and the American group causes hantavirus cardiopulmonary syndrome (HCPS). HFRS begins with fever, muscle aches, nausea, and headache, and progresses to blood and renal system involvement. HCPS is more severe and progresses to heart and lung complications leading to respiratory failure and shock. Case fatality of HCPS ranges from 25-40%.</p> <p>Hantavirus is spread through the inhalation of contaminated rodent waste matter. Person-to-person transmission can occur but is rare. Those at risk include agricultural workers, campers, trekkers, and those sleeping on the ground or staying in rodent-infested cabins.</p> <p>A vaccine for 1-2 strains of hantavirus is available in China and Korea, but the cost limits its use. No other vaccine is currently in use. Limit contact with rodents and their droppings in affected areas. Hantavirus progresses quickly, even with treatment. Those affected by hantavirus should receive immediate hospital care.</p>

Medical Facilities and Services

Hospitals, clinics, and nursing care in Poland are generally adequate in major cities. Private medical facilities are of a good standard and relatively inexpensive. Doctors tend to be well trained and younger doctors generally speak English, but doctors may lack the facilities, equipment, or supplies to provide emergency or specialized care, particularly in rural areas. There have been some reports of improperly sterilized equipment. Few nursing personnel speak English and patients may have

communication issues. Most medical facilities expect cash payment before providing treatment, including in emergencies. Some European citizens may be covered for some services by the European Health Insurance Card (EHIC).

Ambulance response may be slow in remote areas. Most dispatchers speak Polish only; however, some private ambulance services have English-speaking dispatchers. Two types of ambulance can be dispatched in Poland: transport and resuscitative. If calling for an ambulance, be sure to articulate the emergency so that the correct type of ambulance is dispatched.

Good-quality prescription and over-the-counter medications are generally available, but may not use the same name as those found in the United States. Always travel with the medication's original, clearly marked packaging and a signed and dated doctor's note listing the treated medical conditions.

Food and Water Safety

Tap water in Poland is chlorinated and potable. However, bottled or boiled water may be preferred as local strains of bacteria in tap water can cause gastroenteritis. Avoid eating raw or undercooked meat, poultry, seafood, or eggs. Avoid eating unwashed or unpeeled fruits/vegetables, fruits/vegetables that have been washed with contaminated water, unpasteurized dairy products, and bush or game meat. Avoid eating food that is not properly refrigerated or cooled, or that has been left standing and uncovered. Avoid eating leafy or uncooked vegetables and salads.

Only drink water that has been filtered or boiled, or has come in a sealed bottle. Avoid drinking any well water unless you can verify its quality. Do not drink beverages that contain ice unless you can confirm that the ice is from purified water. Do not drink unpasteurized milk or juice, or anything mixed with contaminated water. Hot coffee or tea is usually safe to drink.

Wash hands with soap or use an alcohol-based hand sanitizer prior to eating. Do not use tap water to brush teeth unless you can verify the quality of the water. Avoid sharing beverages or utensils with others.

Insect Precautions

Use insect repellent: DEET 20 - 30% or Picaridin 20% on exposed skin. Re-apply per manufacturer's directions.

Avoid scented soaps, hair products, deodorants, perfumes, and shaving products.

Wear long sleeves and pants tucked into socks. Wear neutral colors (beige, light gray). Always wear shoes, both indoors and outdoors.

Treat outer clothing with permethrin.

Remove any containers holding water, both inside and outside any building.

Avoid insect exposure using additional various methods depending on the insect:

- For nighttime flying insects, sleep under bed nets, preferably insecticide impregnated.
- For ticks, hike in the middle of the trail and avoid tall grasses and shrubs, use a tarp when sitting on grass, perform regular tick checks on your body and clothing.
- For other insect vectors, avoid direct contact with animals, and avoid overcrowded, unsanitary conditions to reduce risk of exposure to body lice, mites, fleas, and rodents.

DESTINATION DETAILS

Time Zones

From 27 March 2022 to 30 October 2022, Central European Summer Time (CEST): GMT +2 hours
From 30 October 2022 to 26 Mar 2023, Central European Time (CET): GMT +1 hour
From 26 March 2023 to 29 October 2023, Central European Summer Time (CEST): GMT +2 hours

Currency

Polish zloty (PLN)

Credit Cards

Credit cards are increasingly accepted in Poland, particularly in large cities and establishments. Accepted cards include Visa, Visa Electron, MasterCard, and Maestro. American Express and Diners Club may be accepted in large establishments, particularly in business-class hotels. Travelers should constantly notify their respective banks of their travel plans to avoid having their accounts frozen.

ATMs

ATMs are available throughout Poland. However, those traveling to rural areas should bring sufficient cash to cover their expenses because the number of ATMs in such places may be limited. Most ATMs offer instructions in English and other languages and allow access to US bank accounts. Moreover, many ATMs accept Visa, MasterCard, Cirrus, and Maestro cards. Travelers should check with their respective banks before their trip regarding any fees associated with ATM use.

Banking Hours

From Monday to Friday, 09:00-16:00; and Saturday, 09:00-13:00
Banking hours may vary based on a particular bank and location.

Major Holidays

Various services, including transportation, may be affected on/around the following holidays:

Date	Holiday
01 January 2022	New Year's Day
06 January 2022	Epiphany
17 April 2022	Easter Sunday
18 April 2022	Easter Monday
01 May 2022	Labor Day
03 May 2022	Constitution Day
05 June 2022	Whit Sunday
16 June 2022	Corpus Christi
15 August 2022	Assumption of Mary

01 November 2022	All Saints' Day
11 November 2022	Independence Day
25 December 2022	Christmas Day
26 December 2022	Second Day of Christmas

NOTE: There are no elections scheduled to be held in Poland on 2022.

Voltage Information

230V, 50Hz - Plug Type C, F

International Airports

Airport Name	Airport Code	Airport Location
Bydgoszcz Ignacy Jan Paderewski Airport	BZG	Bydgoszcz
Copernicus Airport Wrocław	WRO	Wrocław
Gdańsk Lech Wałęsa Airport	GDN	Gdańsk
John Paul II International Airport	KRK	Kraków
Katowice International Airport	KTW	Katowice
Lódź Władysław International Airport Lublin Airport	LCJ LUZ	Lódź Lublin
Poznań-Ławica Airport Rzeszów-Jasionka Airport	POZ RZE	Poznań Rzeszów
Rzeszów-Jasionka Airport	RZE	Jasionka
Szczecin-Goleniów "Solidarność" Airport	SZZ	Szczecin
Warsaw Chopin International Airport Warsaw-Modlin Mazovia Airport	WAW WMI	Warsaw Warsaw

ENTRY & EXIT REQUIREMENTS

The following information is for citizens of the United States. If you are a citizen of a country other than the United States, contact an embassy or consulate for up-to-date requirements. For additional questions regarding entry/exit requirements, contact Global Rescue at (+1) (617) 459-4200.

A passport valid for at least three months beyond the length of stay in the Schengen area with at least two blank pages is required for entry; however, six months remaining validity is strongly recommended. A visa is not required for stays of up to 90 days for tourism or business purposes. However, as Poland is part of the Schengen area, time spent in other Schengen countries will count toward the maximum time travelers can spend in Poland. To ensure that initial entry into Schengen countries is constantly documented, travelers should request a stamp in their passports at official points of entry. Travelers without stamps may be questioned and asked to document the length of their stay in Schengen countries at any point during their visit, and may face fines or other repercussions if unable to comply.

Proof of sufficient funds (generally PLN 100 per person per day) is also requested by immigration officials. Proof of health insurance may be required in the case of a medical emergency. Those who are unable to provide the required documents may be refused entry.

Travelers visiting Poland for stays of over 14 days are required to register their place of residence within 48 hours of arrival. Registration is typically conducted as part of a hotel check-in procedure. Those staying in private accommodation must register with the local registration office. Registration may also be organized by the host or owner of the property.

Dual nationality is not recognized in Poland. Polish citizens must enter Poland on their Polish passport, even if they hold dual Polish-US citizenship. Dual citizens who do not enter a country on a US passport can only receive limited consular assistance from the US Embassy.

IMPORT RESTRICTIONS

The following limits apply:

Import is free when traveling to and from countries within the European Union (EU). However, customs may question travelers if they import more than the specified amounts of the following goods:

- 800 cigarettes OR 400 cigarillos (maximum three grams each) OR 200 cigars OR one kilogram smoking tobacco; and,
- 10 liters of spirits (over 22 percent alcohol content) OR 20 liters of alcoholic beverages (below 22 percent alcohol content) OR 90 liters of wine (over 60 liters of sparkling wine) OR 110 liters of beer.

Note that individuals must be 17 years or older to carry any alcohol or tobacco when traveling within the EU.

When arriving from outside the EU by air or sea, travelers may import the following items:

- 200 cigarettes OR 100 cigarillos OR 50 cigars OR 100 grams of smoking tobacco;
- 1 liter of alcohol (over 22 percent alcohol content) OR 2 liters of alcoholic beverages (less

- than 22 percent alcohol content) OR a proportional mix of these products; and,
- other goods up to a value of EUR 430.

When arriving from outside the EU by land, travelers may import the following items:

- 40 cigarettes OR 20 cigarillos OR 10 cigars OR 50 grams of smoking tobacco (or proportional combination); and,
- other goods up to a value of EUR 300.

The following restrictions apply:

- All cash in excess of EUR 10,000 must be declared upon entry.
- Pets must be identifiable, vaccinated for rabies, and have a health certificate.
- Restrictions are set on the import of powdered milk for babies, fish if disemboweled and below 20 kilograms, and clothing made from protected animals.

The following items are prohibited:

- Meat, milk, and dairy products from non-EU countries (with the exception of Andorra, Faroe Islands, Greenland, and Iceland); and,
- protected species and products thereof.

EXPORT RESTRICTIONS

The following restrictions apply:

- Export of items is free when purchased duty-free.
- No restrictions on exported goods when leaving to a non-EU country.
- Cash in excess of EUR 10,000 must be declared if departing for a non-EU country.

IMPORTANT NUMBERS

Intl. Country Code	+48
Fire	112 or 998
Police	112 or 997
Ambulance	112 or 999

Contact Information for Select Embassies

US Embassy in Warsaw

Aleje Ujazdowskie 29/31
00-540 Warsaw
Telephone: (+48) (22) 504-2000

British Embassy in Warsaw

Ulica Kawalerii 12
00-468 Warsaw
Telephone: (+48) (22) 311-0000

Australian Embassy in Warsaw

Ulica Nowogrodzka 11
00-513 Warsaw
Telephone: (+48) (22) 521-3444

For other embassies, contact Global Rescue at (+1) (617) 459-4200