



Polish Country Guide

Issued July 3rd 2009

Page 1 of 3. Important Information Prior to Travelling to Poland

Passport and 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, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.

Travellers to the Schengen Area should 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 ability to financially maintain themselves during their stay, travel insurance covering the 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 traveller's 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.

Travellers to Poland should have had a Tetanus and Diphtheria booster dose within the last 10 years. Travellers under the age of 30 years should have their Measles, Mumps and Rubella immunisation complete. Those over 30 years are most likely to have long term immunity from previous exposure as a child. Vaccination against Chickenpox should be considered for all adolescents (older than 13 years) and adults where immunity or prior exposure cannot be established by history or testing. 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 between May and October might consider vaccination in Europe prior to exposure. Vaccination against Influenza should also be considered. 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 also ensure that they have adequate travel insurance to cover the length of their stay. For further information on insurance, please visit the Smartraveller website listed below.



Polish Representation

Consulate General of Poland, Sydney

10 Trelawney Street
WOOLLAHRA NSW 2025

Tel: (02) 9363 9816
Fax: (02) 9327 2216
Web: www.sydney.polemb.net

Poland also maintains an Embassy in Canberra, as well as honorary consulates in Queensland and Victoria. However, the post previously outlined should first be contacted as the other representatives do not deal with visa issues.

Current DFAT Travel Advice

This advice is current for Friday, 03 July 2009.

A small number of confirmed cases of H1N1 Influenza 09 have been reported in Poland. For further information see our travel bulletin on H1N1 Influenza 09. We advise you to exercise caution and monitor developments that might affect your safety in Poland because of the risk of terrorist attack. Pay close attention to your personal security and monitor the media and other local sources for information about possible new safety or security risks.

The above advice is a synopsis only. For further details from the Department of Foreign Affairs and Trade and to subscribe to updates to this advice, please visit www.smartraveller.gov.au.

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Exchange Rate

1 Australian Dollar (AUD) = 2.49 Polish Zloty
1 Polish Zloty (PLN) = 0.40 Australian Dollars

This rate is current as of the report date above, and does not take into account exchange fees.

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.
Payphones only, phone cards or coins may be needed.

Visa Global Assist:
Call Australia 00 61 2 9251 3704

MasterCard:
00800 111 1211

American Express Travellers Cheques:
00800 44 11200

Emergency Services:
All 112
Ambulance 999
Fire 998
Police 997

The emergency services may not always have English speaking staff. In this case, you should have a local call on your behalf or contact the

Polish Time Differences with Australia

Poland is Greenwich Mean Time +1 (+2 during Daylight Saving Time).

Sydney, Winter, 12 noon = Poland, 4.00 AM (-8 hours)
Sydney, Summer, 12 noon = Poland, 2:00 AM (-10 hours)

Important Information to be Recorded

Travellers are encouraged to carry copies of all important documents separately to their originals, and to leave a copy of this information with someone in Australia. This includes copies of travellers cheques and 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.

Australian travellers should register their presence in Poland with this embassy or online with the Department of Foreign Affairs and Trade at www.orao.dfat.gov.au.



Duty Free Allowances

Duty Free limits when entering Poland from a non EU state:
 Alcohol: Up to 1 L of spirits or liqueurs (other than wine or beer), up to 2 L of wine products, up to 2 L of beer
 Tobacco: 200 cigarettes or 50 cigars or 250 g of tobacco
 Perfume: 50 g of perfume or 250 ml of toilet water
 Other Tax Free Goods: Up to €175 (€90 if under 15 yrs)
 Please go to www.mf.gov.pl for further details on Polish Customs and Duty Free regulations.

Duty Free limits when entering Australia:
 Alcohol: 2.25 L
 Tobacco: 250 cigarettes or 250g of cigars or tobacco products
 Other Tax Free Goods: Up to \$900 (\$450 for minors)

Minors may not claim alcohol or tobacco products (minors in Poland are those under 18 yrs). Further restrictions apply to these and other goods, travellers should familiarise themselves with these restrictions before entry.

Electrical and Telephone Adaptors

Electrical Plug type: European
 Voltage: 220-240 volts (same as Australia)
 Modem Plug Type: USA (same as Australia)
 Special Tip: The Polish/Russian telephone socket is also used in Poland



Source: Korjo Travel Products. For further information on electrical/modem adaptors, view the Korjo adapter guide at www.korjo.com.au.

Purchasing-Power Parity

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: 3.95 (AUD) = 9.85 Zloty
 Big Mac Poland: 7.00 (PLN) = 2.81 Australian Dollars

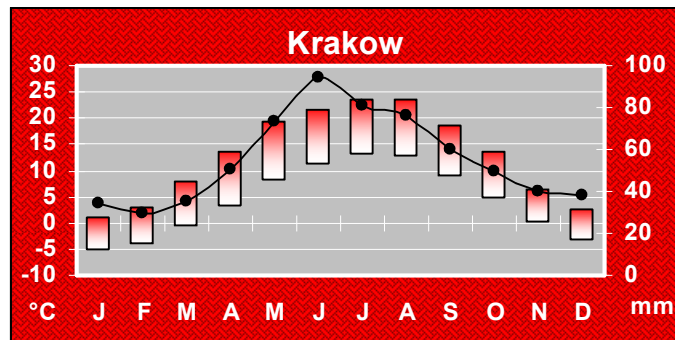
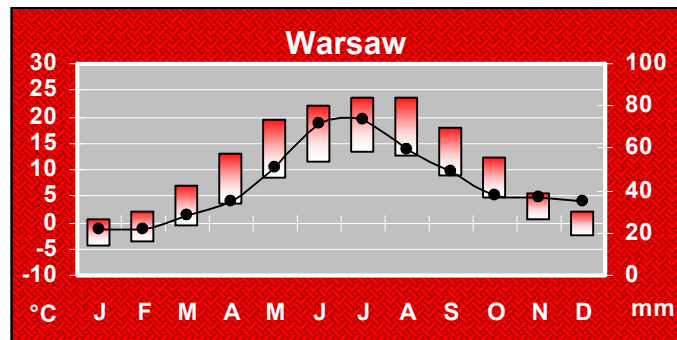
A Big Mac in Poland is therefore 29% cheaper than in Australia.

Comparisons are based on 2007 data using current exchange rates. Prices supplied compliments of McDonalds Corp Inc (USA).

Polish Holidays 2009

Public Holidays		
01 Jan: New Year	12 Apr: Easter Sunday	
13 Apr: Easter Monday	01 May: State Holiday	
03 May: Constitution Day	24 May: Ascension	
11 Jun: Corpus Christi	15 Aug: Holy Mary (Assumption)	
01 Nov: All Saints Day	11 Nov: National Independence Day	
25 Dec: Christmas	26 Dec: Second day of Christmas	
School Holidays		
Winter: 26 Jan – 01 Mar (2 wks in these dates)		
Spring: 09 Apr – 14 Apr		
Summer: 20 Jun – 31 Aug		
Christmas: 23 Dec – 03 Jan		

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



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