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Welcome to Poland!

This guide will assist you in making the transition to Poland and also provide an overview of the support available from United States Army Garrison - Poland Headquartered at Camp Kościuszko in Poznań. This guide is subject to periodic revision and may not have the most up to date information and is not all-inclusive. For information concerning the latest updates/changes, please contact your sponsor. Poland is still a relatively new assignment for U.S. personnel; the U.S. did not have a permanent military presence outside of the U.S. Embassy in Poland until 2006.

We believe you will find Poland to be a very modern, well-developed country with exciting cities and you will enjoy your time stationed here. Patience and flexibility are essential attributes for Americans working in Europe. Poland is home to a very diverse working environment where you are certain to encounter people with different backgrounds and thought processes. The key to a successful assignment will be the ability to recognize the value in other people's ideas and then combine them with your own. The assignment is well-suited to resilient Service Members, U.S. Federal Employees, Defense Contractors and Local Nationals. This kind of collaboration will allow us to accomplish the mission and learn from each other in the process.

An assignment in Poland is a unique opportunity and experience to live and work in a foreign country far from the traditional support structure provided at traditional military installations in Europe. The closest full-service U.S. Army Garrison is U.S. Army Garrison (USAG)-Bavaria, which comprises Grafenwoehr, Hohenfels, and Garmisch installations. Of the three locations the closest to Poland is Grafenwoehr, which is approximately a 6-hour drive one-way. This may seem like a significant challenge to some; however, with the excellent opportunities that Poland has to offer, as well as the growing number of services provided by USAG-Poland, the community in Poland should meet many of your needs.

Respectfully,
COL Jorge M. Fonseca
USAG-Poland Commander

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COMMANDER
Marci A. Hoffman, Lt Col, USAF

BUSINESS OPERATIONS
MANAGER
John Rodriguez

ENGAGEMENT MANAGER
Karen Lewis

MARKETING COORDINATOR
Leah Geier

MARKETING ASSISTANT
Al Green

PUBLISHING & MEDIA DESIGN,
MANAGER
Carrie Farrell

PUBLISHING & MEDIA DESIGN,
WRITER-EDITORS
Erica Fowler, Tamala Malerk,
Kat Nickola

GRAPHIC ARTISTS
Amanda DeHart, Rryan Joye

MULTIMEDIA ADVERTISING,
MANAGER
Doug Dougherty

ADVERTISING CONSULTANTS
Sean Adams, Heidi Bayfield,
Nathaniel Jamison, Kandace Blevin,
Jeff Teeseilink

ADVERTISING SALES ASSISTANT
Danny Padro

COVER DESIGN BY
Carrie Farrell

ADVERTISING OFFICE
Unit 29480, APO, AE 09211
Postfach 1980, 67607
Kaiserslautern, Germany
+49(0) 631-3615-9000

FOR PUBLICATION REQUESTS
Stars and Stripes Europe, Advertising
Unit 29480, APO AE 09211
or email dougherty.doug@stripes.com

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Before you Arrive in Poland

PRE-ARRIVAL PLANNING

- ✓ Contact your sponsor – ask any questions about what to bring and preparing for the move.
- ✓ Consider requesting a travel advance or have government travel card (GTC) ready.
- ✓ Have several copies of orders and official passport (if required by unit) ready for travel.
- ✓ Contact Commercial Transportation Office to arrange transportation. Alternatively, contact SATO office in Kaiserslautern, Germany. Visit cwtsatotravel.com.
- ✓ Obtain tourist passport if planning to travel outside of Poland.
- ✓ Obtain international driver's license to drive outside of Poland. AAA will create one for a \$20 permit fee. See page 14.

TRAVEL

► Passports and Visas

Prior to arriving to Poland, please contact your local military installation passport office for information on how to obtain an official passport. Please note an official passport request cannot be processed until you receive orders. However, it is recommended to prepare a passport application packet. This is also a good time to renew your tourist passport if the validity is less than six months.

For U.S. military personnel, the following documents are required to enter Poland:

- ✓ Personal identity card (DoD CAC)
- ✓ Individual movement orders (PCS orders)

For U.S. DoD Civilian Personnel - the following documents are required to enter Poland:

- ✓ Official passport
- ✓ Individual movement orders (PCS orders)

It is highly recommended for all personnel to have tourist passports for identification purposes, as CACs are not considered sufficient in Poland for identification purposes. To open a bank account, set up your phone contract or any other services, you will need a passport. You will also need your tourist passport when traveling outside of Poland. Visas are not required for DoD Personnel, as official orders are sufficient.

BOOKING YOUR FLIGHT

After receiving your official passport, contact your Commercial Transportation Office (CTO)

to arrange your transportation. If you have any difficulties, it is recommended to use the SATO office in Kaiserslautern, Germany to book your travel. They are more familiar with European travel and can conduct all business by email. Visit their website at cwtsatotravel.com.

Note: Most airlines flying into Poland require bags to be under 23 kilograms or 50 pounds.

The easiest way to make your journey to Poznań is through commercial air to Poznań-Ławica Airport (POZ). Your sponsor should arrange to either meet you at the airport, or help you arrange transportation once you arrive.

► Physical Locations

Camp Kościuszko

Marcelinska 15
61-001, Poznań

FOS Żagań

Baza Amerykańska Żarska
68-100, Żagań

FOS Powidz

Witkowska 8
62-430, Powidz

SPONSOR

Your supervisor will assign you a sponsor. Your sponsor will help you obtain a hotel in Poznań prior to your arrival and answer your questions concerning your Permanent Change of Station (PCS) move. They will assist you with setting up your postal box, provide information regarding the USAREUR-AF driver's license and other advice. They will also meet you at the airport or arrange pickup as needed.

SETTING UP YOUR MAILBOX

Have your sponsor set up an APO box for you prior to your arrival. You will be able to order goods directly from the U.S. and have them delivered to your APO address in Poland. Many stores in the U.S. ship items to APO at domestic prices. Check the shipping policies of the retailer as to whether they can ship to P.O. boxes, ask a stateside relative to ship the item to you or use an APO/FPO/DPO forwarding service for a fee. Keep in mind that APO-to-APO shipping is free to and from most OCONUS base post offices. For example, if a member is stationed in Kuwait and is PCSing to Poland, they can

ship belongings to Poland through the APO post office for free.

► Size restrictions to APO

Packages may not exceed 66 pounds and size is limited to 42 inches maximum length and 72 inches maximum length and girth combined. Visit the U.S. Postal Service website (www.usps.gov) for additional item restrictions.

Poznań:

Your Name
PSC 1 650 Box XXX
APO AE 09103-XXXX

FOS Żagań:

Your Name
PSC 1 603 Box XXX
APO AE 09008-XXXX

FOS Powidz:

Your Name
PSC 1 601 Box XXX
APO AE 09017-XXXX

Note: The +4 of your ZIP code will depend on the box number assigned to you. The +4 of the ZIP is for all box numbers that fall within a certain range.

► Mailing Services

The APO in Poznań has basic USPS retail functions where you can mail a parcel or letter out same as you can at a USPS Post Office in CONUS. For outgoing mail, there are two ways to mail letters and packages:

- A personal USPS click and Ship account (this is created by you). You can also use this account to order stamps directly to your PSC box if you wish.
- Click and Ship or services like Pirate Ship will enable you to print your own mailing labels. Once you have an account, complete the data about the package to include, height, width, length, weight, addresses, and customs information. If you need assistance, visit the Post Office.

As a reminder, the APO service is provided for you as an authorized patron. The Post Office may not be used as part of any home-based business or used to provide a tax-free import for local nationals or others not entitled to the service themselves. ■

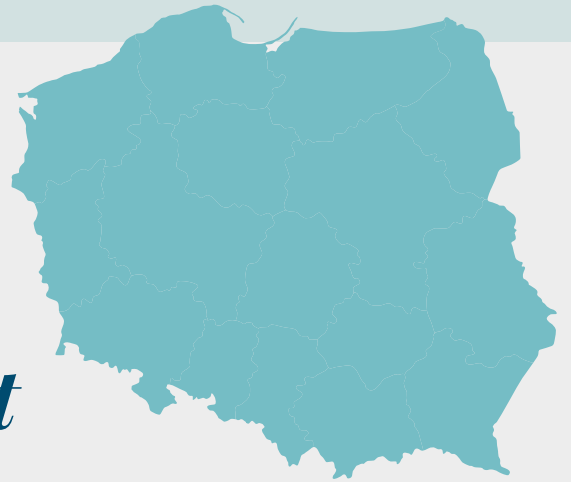


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TFYS/US

WELCOME TO POLAND

Your Arrival Checklist



ARRIVAL

- Enroll in TRICARE or applicable insurance and complete medical in-processing.
- Sign up for an APO box if your sponsor has not already done so.
- Visit ACS office or representative for transition assistance.

MONEY

- Determine entitlements with Finance Office.
- Research online bill-pay options.
- Contact U.S. banks to close accounts, as needed.

CARS

- When car arrives or is purchased, visit installation POV registration office, then get insurance.
- Obtain a parking pass through your unit's signature card official as it is required to park on installation.
- Obtain USAREUR-AF driver's license after completion of JKO training.

HOMES

- Check in with the Housing Office for in-processing and sign up for housing brief (all paid E-5 and above).
- Establish TLA and OHA.
- Prioritize needs and wants.
- Visit Housing Office for list of approved buildings.
- Schedule appointments to tour homes.
- Ensure Housing Office inspects property and reviews contract.

- Sign paperwork after review by Housing Office (all leases must be done by Housing Office).

MEDICAL

- Add local emergency numbers to cell phone.
- Register with TRICARE or applicable insurance provider.
- Establish relationships with local medical providers.

EMERGENCY MANAGEMENT

- Sign-up for AtHoc emergency alerts (purple globe on CAC-enabled computer.)

PETS

- Find local clinic that provides veterinary and emergency care.

PERSONAL ENRICHMENT

- Update your resume and research volunteer opportunities through your unit, local USO, Red Cross or other support function. There is always a need for volunteers and ways to benefit the local community and fellow soldiers.
- Visit the Army Education Center to discuss how to further your education online. Email USAG Rhineland-Pfalz, Germany at usarmy.rheinland-pfalz.id-europe.mbx.garrison-education-ctr@army.mil for questions. For the Camp Kościuszko Testing Center, email usarmy.poznan.id-europe.mbx.aces@army.mil.

EVERYDAY LIVING

- Make copies of important phone numbers and program cell phone.
- Plan trips to explore Europe with the help of europe.stripes.com.
- Learn basic Polish phrases.
- Stay informed about MWR events and programs. ■

Scan here for current USAG Poland newcomer information:










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- Via Pordenone 40	- 33081 Aviano (PN)	T. +39-0434-660 036

Getting Connected



Upon arrival in Poland, getting cell phone and internet service is vital and allows you to stay connected. In accordance with the Service Members Civil Relief Act, a service member can bring a copy of military orders to their U.S. phone carrier to cancel their current contract if desired. If you keep your U.S. phone plan, be sure to unlock your existing phone before departure to obtain Polish phone service or have a dual SIM phone to maintain two phone plans.

► **Local Phone/Internet Providers:**

- Orange Polska: <https://www.orange.pl/lp/for-foreigners>
- T-Mobile: <https://www.t-mobile.pl/c/nakarte/en>
- Plus: <https://www.plus.pl/>
- Play: <https://www.play.pl/nowy/>

► **Google Voice**

Google Voice will allow you to port your U.S. number for a fee (\$20) so you can keep it. You can then use a local SIM card to have a local number and U.S. number simultaneously (with a dual-SIM phone.)

Google Voice allows free calls to the U.S. using WiFi. If you don't want to be limited to WiFi and haven't gotten a local SIM yet, Google Fi is a paid phone plan that uses T-Mobile's cell towers. Starting either of these processes is much easier while still in the U.S. Visit Google Voice's website for more information. <https://voice.google.com/>

► **Pre-pay option**

Allows you to purchase data packages for weekly, monthly and subscription-based services.

► **What to bring to set up a cell phone plan:**

- Passport
- Military ID

► **Apps to communicate internationally for free:**

- Skype
- Facebook Messenger
- WhatsApp
- Facetime
- Google Chat ■

Note: When you arrive, put your phone on airplane mode to avoid unexpected charges.

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GET YOUR FREE COPY WHAT YOU'LL FIND INSIDE



European Road Signs

Car Buying Guides

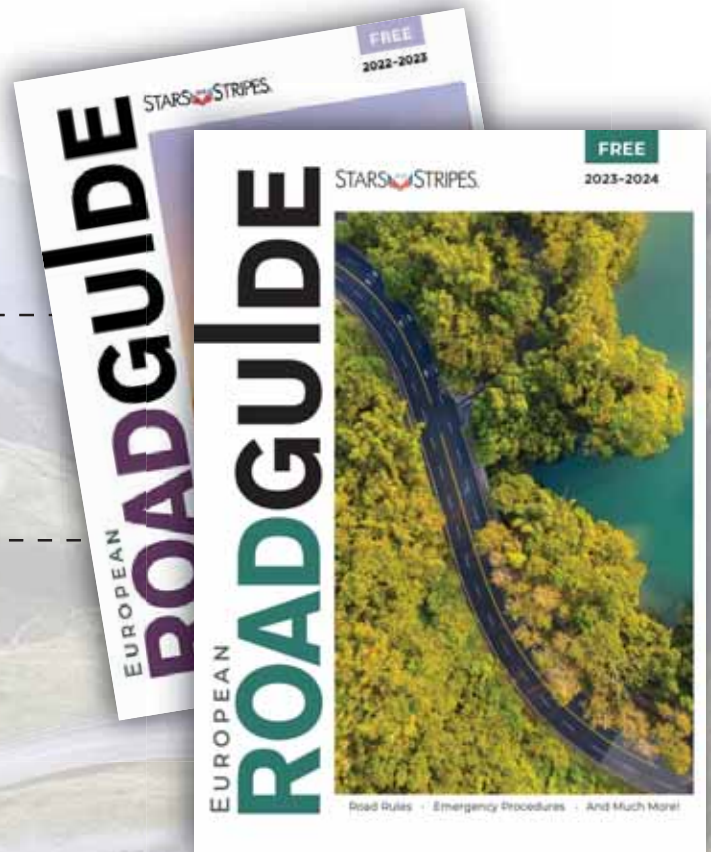


Emergency Phrases

European Road Rules



The Stripes European Road Guide will be available at your installation's A&FRC, ACS and FFSC!



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Knowing that dining is an integral part of a hotel experience, we recommend you fantastic Tex-Mex cuisine at American restaurants SomePlaceElse at Sheraton Poznan Hotel and Sheraton Grand Krakow, exquisite Polish kitchen at Polskie Smaki at Sheraton Sopot Hotel and the famous fine-dining restaurant inAzia at Sheraton Grand Warsaw. The Roof Top Terrace at Sheraton Grand Krakow offers scenic views of the city's historic Wawel Castle and the river. The list of the outlets is long and at each of them you will enjoy wonderful culinary experience.

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www.marriott.com/wawsi

Sheraton Poznan Hotel
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www.marriott.com/pozsi

Sheraton Sopot Hotel
10 Powstancow Warszawy
Street, Sopot
www.marriott.com/gdnsi



INTERNATIONAL BANKING

Getting an account through a local bank or international banking mobile app will eliminate headaches when paying bills, transferring money, making purchases, getting cash and managing funds between U.S. dollars and Polish zloty.

Even though Poland joined the European Union in 2004, it has not yet adopted the Euro. The Polish currency is the zloty (PLN). A single zloty is equal to 100 Grosz.

While the cost of living in Poland is generally lower than in the U.S., be aware of the initial expenses you might spend upfront, as part of your in-processing and settling in Poland. Discuss your entitlements and allowances with your current finance office for your respective location.

MONEY EXCHANGES

You can change money in banks or Kantors (exchange offices). Banks will likely charge a commission/currency exchange fee, whereas the Kantors (found in every mall, rest stops and at the airports) usually provide better exchange rates and don't charge a commission. It is recommended to avoid exchanges located in airports, as they provide less advantageous rates.

ATMs

ATMs are widely available throughout Poland. Check with your CONUS bank or credit union for currency conversion fees and daily limits (some banks, such as USAA, will waive international ATM fees), also consider not accepting conversion offers which increases the ATM fee/cost. When using a debit/credit card, it's generally better to charge the purchase in the local currency. Not using the local currency may increase your purchase by eight percent.

DEBIT & CREDIT CARDS

- ▶ Some Polish businesses accept debit and credit cards, but some may not.
- ▶ It's always best to carry Polish Zloty when off installation.
- ▶ There might be transaction fees when using debit cards, so using cash is often the most efficient option.

LOCAL BANK OPTIONS

- ▶ mBank, www.mbank.pl/en
- ▶ ING, www.ing.pl
- ▶ Millennium, www.bankmillennium.pl/en

MOBILE APPS

These "portable" international banks are a great tool to get local bills paid in zloty, and often with competitive exchange rates and low fees.

- ▶ Wise, www.wise.com
- ▶ N26, www.n26.com/en

MONEY TRANSFERS

- ▶ You can use a local MoneyGram vendor for money transfers.
- ▶ Mobile apps like TransferGo, Wise and N26 facilitate money transfers as well. You will need the recipient's local bank account number or their International Bank Account Number (IBAN) to complete a transfer.



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BEWARE OF FEES

- ▶ ATMs may require transaction fees depending on your account services. Be aware of these charges prior to withdrawing money and compare the conversion rate. ■

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SHIPPING YOUR VEHICLE OVERSEAS

- As per JTR Entitlement, service members may be entitled to ship a vehicle based on their orders and length of tour.
- Civilians PCSing from non-European duty locations will be authorized to ship one vehicle to Poland at government expense. Once you receive your PCS orders, schedule your drop off appointment and verify document requirements at <https://www.pcsmypov.com>.
- Decide between selling your other vehicles, keeping them in storage or leaving them with a friend or family member. PCS orders can allow for NTS (non-temporary storage) of a vehicle and household goods (HHG). Submit orders on Defense Personal Property Program (DPS) at <https://dps.move.mil> to start the process. Personnel need to contact their local transportation office to reserve pick up dates. More info on storing a vehicle can be found on [MyPOVStorage.mil](https://www.mypovstorage.com).

► Requirements

Make sure you hand-carry the following original documents:

- ✓ Original title
- ✓ Original Bill of Sale (Very important - This is your primary proof of ownership in Poland. If you cannot locate it, ask the dealer for a duplicate.)
- ✓ Current registration document (the actual registration document, not just a fee payment confirmation).
- ✓ Vehicle recall verification (proof you took care of any factory recalls)
- ✓ Current and valid license plates
- ✓ Driver's record from your previous insurance company covering the last seven years. If you don't have a clear title for your vehicle (i.e. your bank holds a lien on the title), there are additional requirements/paperwork needed prior to shipping your vehicle from the U.S. You will need a prior written bank consent to register the vehicle in Poland - please note that the process to obtain such authorization might take weeks/months, but it is essential that you complete it before shipping your vehicle.
- ✓ If your vehicle is old, or has body damage, it might be difficult to pass the required local inspection: Repairs may be required to complete the inspection.
- ✓ Vehicles shipped directly to Poland must have a valid registration (U.S. plate, import plate, or EU plate). Vehicles

must have basic insurance before it can be driven.

Recommendation is to minimize driving on these plates until Polish plates are issued.

Note: It will take at least 45-60 days for your car to arrive after shipping. It's important that you do not send any of your vehicle documents with your HHG. Bring the documents in your personal baggage. Vehicles must be picked up in person at the Poznań-Ławica Airport. Owner must bring the vehicle's valid registration documents for pick up.

DRIVER'S LICENSES

The U.S. Army in Europe (USAREUR) driver's license is recommended but not mandatory. This allows service members, civilians and their family members to drive in Poland and Germany without attaining a local Polish driver's license. As part of the Enhanced Defense Cooperation Agreement (EDCA), Polish authorities will recognize a U.S. driver's license from a service member, civilian, dependent or contractor as long as they are at least 18 years old. You may be issued a translation of your license, so please present this along with your U.S. license when requested by Polish authorities.

► USAREUR-AF Online Driver's License Testing

The USAREUR-AF Driver's Certificate training and exam can be taken on Joint Knowledge Online (JKO). Individuals with a Common Access Card (CAC) can login to JKO and create an account. Non-CAC holders must request a sponsored account by signing up with JKO. Sponsored accounts must use the USER ID and PASSWORD issued by JKO to access the system.

Log into JKO and search the catalog for the course code USA 007. The course must be completed before the exam, USA 007B. Once completed, the scores are valid for 60 days. You must apply for a USAREUR license within the 60-day window. After, you must retake the exam for your score to be considered valid.

► Getting your License

- ✓ Bring your certificate of completion to the POV registration office, along with your U.S. driver's license, U.S. Forces ID Card, international driver's license, official orders and proof of payment.
- ✓ If over the age of 65, bring a current vision test from an optometrist.

continued on page 16

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continued from page 14

Note: USAREUR licenses applications in Poland are routed through registration offices in Germany, so additional processing time may be required.

► International Drivers Licenses and State License Extensions

We recommend all personnel obtain an International Driving Permit (IDP) from AAA prior to arrival. Generally, international drivers [from outside of the European Union (EU)] require an IDP for driving in Poland or to rent a vehicle. Make sure your state license is valid throughout your stay, as the military exceptions granted by some U.S. states which allow military members to drive on expired licenses ARE NOT ACCEPTED OVERSEAS.

- ✓ Additional Resource: <http://www.aaa.com/vacation/idpf.html>

BUYING A CAR IN POLAND

You have the option to buy a new or used car from dealers and private sellers in Poland. Buying a vehicle in compliance with U.S. specification from another military member is tax free. Be aware that vehicles sold in local dealerships are not in compliance with U.S. specification. If you buy a vehicle in Poland, contact your local vehicle registration office for guidance.

Keep in Mind

- All vehicles are required to be insured and registered (registration first, insurance second) with the POV registration office.
- There is no established value-added tax (VAT) program in Poland. If you wish to purchase a vehicle and take advantage of a VAT program, members can purchase a vehicle from a dealer in Germany and drive or ship the vehicle to their duty station in Poland.

OTHER MEANS OF TRANSPORTATION

Common options that permanent-party personnel use to get around are motorcycles, mopeds, scooter rentals, bicycles and public transport, where available.

Poznań Public Transport

- Tram and Bus Stops: www.ztm.poznan.pl/ • www.mpk.poznan.pl/rozklad-jazdy/ • jakdojade.pl/poznan/
- Taxis: Uber, Free Now, Bolt

You may choose to use a motorcycle but be sure to register it. Please check in with the installation's POV registration office.

VEHICLE INSPECTION

Each vehicle is required to be inspected annually. Ensure that your vehicle always has the required equipment at all times, not just for its annual inspection.

REGISTERING YOUR VEHICLE

At Camp Kościuszko in Poznań, the POV registration and USAREUR Poland Licensing office is in Building 28, Room 31. This should be one of your first stops if you are planning on driving a POV in Poland. Appointments with an off-installation inspection station and Poznań's registration department will be needed, so it is important to get these appointments scheduled through the POV registration office as soon as possible.

To start the registration process, bring:

- ✓ Orders
- ✓ International driver's license
- ✓ Passport
- ✓ Car title (U.S. vehicles)
- ✓ Registration/title (EU vehicles)

FUELING YOUR VEHICLE

There is no gas station on the installation, so you will have to fuel up on the economy. There are no fuel cards.

CAR INSURANCE

A common method of obtaining car insurance is getting comprehensive insurance from Geico. Liability insurance for Poland is not provided, however. Liability insurance can be purchased through PZU or another local insurance provider.

Note: USAA does not cover vehicles in Poland.

To insure your POV in Poland, you need to register it under the Polish system, with the local DMV through POV Registration and USAREUR Poland Licensing office first. ■



- ★ short term car rental
- ★ long term car rental
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Housing in Poland is modern, but you'll have the option of selecting historical apartments and houses as well. Houses and apartments in Poland may be a different size or layout than you are used to, however the Housing Office will assist you in finding something that fits your needs. It's best to go in and take a look inside.

From House Hunting to Finding a Home



Houses can range from fully furnished to unfurnished. Do not ship your U.S. washer, dryer, microwave, oven or refrigerator due to different voltage requirements. Poland uses a different voltage than the U.S.; be sure to look at your appliances to see if they are dual voltage or not. Poland is 220V and US is 110V. Purchase plug adapters and transformers in advance for electronics that are dual voltage. There are no loaner services available; however, a majority of the apartments are equipped with washing machines. Dryers are typically not available and storage space is limited. Polish residences sometimes have heated drying racks as this is a common practice.

Read more on the moving process at <https://move.mil>.

PRIVATE HOUSING

- ▶ Private homes are assessed by the Housing Office or found by a realtor.
- ▶ You are responsible for rent and utilities.
- ▶ You will receive Overseas Housing Allowance (OHA) or Living Quarters Allowance (LQA).

- ▶ The Housing Office will provide you with the lease agreement based on what allowance you are authorized (LQA, OHA or Per Diem).

Finding Private Housing

Searching online:

- ▶ Visit www.homes.mil and make an account.
- ▶ Look for private rentals that have been approved by the Housing Office.

Note:

Check the site daily, as houses will come and go quickly — especially during peak PCS season, which is June to September.

Searching for a residence in person:

- ▶ Stop by the Housing Office to get an approved real estate agency listing. There will be more private rentals to select from by talking to the staff than online.
- ▶ If you elect to use a real estate agent to locate housing, you may not be reimbursed. Civilians may have the opportunity to claim partial reimbursement. Please consult with the Garrison Housing Office or your Civilian administrator before

agreeing to utilize a real estate agent.

- ▶ One to two months of advance payment may be required. Deposits are usually two months cold rent, meaning the rent without the cost of utilities.
- ▶ Traditionally in Poland, a lease agreement typically must have collateral, which would be another owned property of the tenants or permanent quarters elsewhere. Landlords want the ability to remove someone for non-payment after three months, and with this condition, called "okazjonalny" (meaning "occasional") in the lease, it gives them that leverage. Ask the Housing Office to review your lease BEFORE signing. The contract should be in English if you do not know Polish.

VIEWING A HOME

- ▶ Go in person to the Housing Office to request a day and time to view a home.
- ▶ If utilizing the real estate agency, which is also available in the Housing Office, the agency will be the one to show you a home.
- ▶ It is important that you **do not sign** any lease agreement until the Garrison Housing Office has reviewed it.

continued on page 18

NOVOTEL
HOTELS & RESORTS
POZNAN CENTRUM

- ★ 4 star hotel with 326 spacious rooms right in the heart of the City of Poznan
- ★ Winestone restaurant: place to taste regional & international cuisine
- ★ Wise Café: French style cafeteria with wide selection of pastries
- ★ 2000 m2 Conference Center to earn & burn All points for up to 1000 participants
- ★ Ultra prime location with shopping malls/ train stations/ old town square market just across

MERCURE
HOTEL
POZNAN CENTRUM

- ★ Spacious rooms up to 32m²
- ★ Two restaurants & bar
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- ★ 30 % discount on laundry
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- ★ Central location, 10 minutes walk to the Old Square Market

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H3376@accor.com tel. +48 618587000



Mercure

H3393-re@accor.com tel. +48 618558966

LODGING ACCOMMODATIONS UPON ARRIVAL

Personnel E-5 and above will live off base. Ensure that you are financially prepared for this by saving beforehand. If you foresee a monetary shortfall before arriving, you are authorized to request one month of advance OHA.

TEMPORARY LODGING ALLOWANCE (TLA)

► The Housing Office is able to grant up to a maximum of 60 days Temporary Lodging Allowance (TLA) for service members or a maximum of 60 days of Temporary Quarters Subsistence Allowance (TQSA) for government civilians. For this reason, it is recommended that you ship your HHG early.

NO ON-BASE HOUSING

- All personnel regardless of rank will live off post in Poznań if they are on PCS orders.
- All service members must check in to the Housing Office within 48 hours of their arrival.

HOUSING OFFICE

► The Housing Office is a one-stop shop for all personnel who will reside off base. Staff will assist newcomers in locating a residence off base by:

- ✓ Providing a list of approved rental agents and managers.
- ✓ Assist with translation between your landlord
- ✓ Negotiate and finalize your rental contract
- ✓ Covering detailed housing market information
- ✓ Leasing contract administrative services
- ✓ Housing-showing service

ALLOWANCES

Service members on PCS orders typically receive a monthly Overseas Housing Allowance (OHA).

► Upon arrival, TLA is received for temporary lodging and meals. You may receive up to 30 days of incoming TLA, with an approved extension up to 60 days. TLA will be paid and processed in 10-day increments (processed

by the Housing Office). You must aggressively seek off-post housing while on TLA. You are required to view three listings within the first 15 days and then a minimum of five listings each additional week while on TLA.

- A Certificate of Non Availability (CNA) may be required for military personnel to reside off post and will be issued by the Garrison Housing Office for soldiers not assigned to the barracks.
- Your OHA rate is based on your rank and location. Visit www.defensetravel.dod.mil/site/oha.cfm to get the current OHA amount.
- Another financial entitlement is Dislocation Allowance (DLA). DLA is used to offset or reimburse expenses due to a PCS. Talk to the Finance Office for more information.

Government Civilian Personnel on PCS/TCS orders typically receive a monthly Living Quarters Allowance (LQA)

- Upon arrival, Temporary Quarter Subsistence Allowance (TQSA) is received for temporary lodging, meals, and laundry. Note: This entitlement is not automatic.
- You should have received an LQA Determination of Eligibility from the Civilian Human Resources Agency. If not, please see your civilian administrator prior to locating temporary lodging. TQSA may be approved up to 60 days and submissions must be made every thirty days.

Move-In Housing Allowance (MIHA)

- MIHA is a one time allowance to cover the move-in costs associated with moving into a new place at the start of a PCS.
- MIHA is approximately \$514. Use www.defensetravel.dod.mil/site/oha.cfm to get the current MIHA amount.
- Check with the Housing Office for any other allowances you may be entitled to.

Military and Civilian Personnel on Long-Term TDY orders receive Per Diem.

► Personnel should consult with their Organizational Defense Travel Official to determine if "Rental/Contract" housing is authorized. If authorized, please visit the Housing Office to determine your options.

Note: Per Diem is adjusted on a monthly basis, therefore your authorized lodging rate may fluctuate monthly.

PAYING BILLS

► The tenant pays the landlord/property management directly. This includes rent and

utilities such as electricity and water.

- It is preferable to pay via a certified check or an electronic fund transfer using an IBAN. See page 12 for more banking and bill page information.
- The first month's rent is due on the move-in date.
- Rent is due every month on the move-in date.
- Keep a record of all your rental and utility payments.

Electricity

► The electric bill will be maintained under the landlord's name, so you pay it alongside your rent amount.

TELEVISION SERVICE

American Forces Network (AFN)

- Provides programming from current networks and prime channels.
- You will need a decoder and satellite for AFN, available online or you can watch through the mobile app AFN Now.

Streaming Services

- Examples—Amazon Prime, Netflix, Hulu, etc.
- Show variety and availability may be limited because you are outside of the U.S. Use of a Virtual Private Network (VPN) can allow you to access certain U.S. programming.

HOUSEHOLD GOODS ARRIVAL

First Steps

Contact your local transportation office when you have your orders to schedule your three authorized shipments (total weight cannot exceed 18,000 lbs):

- Unaccompanied Baggage (UB) up to 350 lbs
- HHG being shipped to Poland
- Non-Temporary Storage (NTS)

Since NTS is authorized for this location, you may want to leave some of your larger furniture and appliances in storage for the duration of your overseas tour.

Note:

- Since there is no temporary furniture program, consult with the Household Goods and Transportation Office to figure out which option is best for you.
- Ship light as many of the apartments or homes are fully or partially furnished.

- ▶ Once your household goods arrive, make sure every box that was shipped has arrived.
- ▶ Mark each item off your inventory list as everything is being unloaded.

Inspect Your Home

In order to avoid liability for damages to your home or property caused by the movers, take note of the damages on your household goods paperwork. Note everything that isn't right such as missing boxes or damaged goods. Be sure to make copies of all the paperwork and take pictures of any damages.

Filing a Claim

- ▶ You have 75 days to submit a notice of loss or damage report in the Defense Personal Property System from the scheduled delivery date.
- ▶ From there, you will have nine months to submit your claim in order to be eligible for a full replacement value.

- ▶ Be sure to have photos and receipt purchases of your damaged goods.
- ▶ Keep any paperwork until all claims are processed.

QUICK APPLIANCE TIPS

- ▶ You will need a power converter/transformer to use your American electronics (110-v plug in) in your Polish home.
- ▶ Transformers are to be negotiated with the landlord.
- ▶ Check with your landlord for specifications on appliance size. ■



CAMP KOŚCIUSZKO/ POZNAŃ HOUSING OFFICE

DSN: 314 538-8822

Email: usarmy.poznan.usareur.list.asg-p-housing-office@mail.mil





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4. USO Zagan

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REQUEST SUPPORT

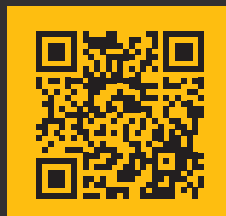






City Park Poznań is a facility with an impressive military history located in close proximity to the very center of Poznań, **at 26 Wyspiańskiego St.** In the past, the 15th Uhlans Regiment was garrisoned here. Nowadays it is a architectural project unique in Europe that merges both tradition and modernity.

Interested in the history of City Park Poznań? Read more here:



Nearby City Park there are beautiful green parks ideal for relaxing and jogging, along with shopping malls and the Poznań International Fair. Visiting City Park, you get the impression of being in a small town, where you will find a boutique five-star hotel, a wellness zone, a beauty salon, a barber, a medical center, and above that, bars, cafes and restaurants which are some of the best in Poznań. There are also residential apartments for rent with access to a wellness center including a sauna area, swimming pool and gym, as well as a concierge service.

Can you believe that all these places are just steps away from you?

Explore City Park Poznań and enjoy our services:

- a five-star hotel, one of the best in Poland
- luxury apartments and office spaces for rent and for sale
- 16 restaurants
- wellness center and gym
- medical center
- an exclusive shopping mall
- conference rooms
- green areas
- 24-hour concierge assistance who will do the shopping and take care of your laundry
- art and business in one facility

CITY PARK

PLACE TO ENJOY

How about spending your day at City Park? Whether you are in the mood for activities like golf or billiards, whisky tasting or dining out, as well as a day to take care of your beauty and health, we have a variety of special offers for you:

Beauty & Health



At City Park, we provide you with some of the highest quality beauty services in Poznań. In our facility you will find **MANI LA Beauty Salon** with attractive offers: facial treatments, laser hair removal, manicures and pedicures. There is also a barber and hairdresser nearby.



For massage lovers, we recommend our massage center **City Garden SPA**, signed by the French brand L'Occitane, where our therapists are known for their relaxation treatments and professional physiotherapy. We also have a hyperbaric chamber, which has a health-promoting effect, and a wellness center with saunas, a swimming pool and a salt cave. If you like fitness, visit our intimate gym and take advantage of the personal trainer's services.

Culinary Meet & Greet



For more than 10 years, **CUCINA 88 Restaurant** has been recommended for its casual premium dining experience, seasonal menu, authentic pizza from the wood oven, wine store, and in-house pastry workshop. Above all, CUCINA 88 is possible because of a wonderful team, led by head chef Artur Szwacki. We are happy to show you around the restaurant, tell you about our favorite wine labels, lobster aquarium and our own farming. We will do everything to make you feel comfortable. We are open every day, so visit CUCINA 88 for early breakfast, lunch or even late dinner. Enjoy live music on Fridays and Saturdays from 7pm.

Join **CUCINA's** wine club today!



Whisky Bar 88 is the award-winning bar that has been opened for more than 10 years now. It offers the largest collection of whisky labels in Poland. Enjoy your favorite drinks here! The menu features the best burger in town. Visit Whisky Bar 88 for soccer and other sports broadcasts on the big screen. Whisky Bar 88 is open daily from 6:00 pm until the last guest.



The greatest highlight of the **UŁAN BROWAR** restaurant is the outstanding craft beer brewed in-house. Enjoy the taste of our local beer and cuisine inspired by the traditions of Greater Poland. With more than 1,350 square meters of space, UŁAN BROWAR provides many opportunities for casual and corporate events. The music stage hosts concerts, popular stand-ups and sports broadcasts. Playing golf or billiards? Try our pool tables and "Golf Pin" golf area!

See you in Poznań!
City Park Team

City Park Poznań

26 Wyspiańskiego St, 60-751 Poznań

+48 600 019 700

www.cityparkhotel.pl



HEALTH & DENTAL CARE IN POLAND

During your time in Poland, the need may arise for you to visit a clinic or hospital. Local clinics provides routine primary medical care and services. For services other than primary care, patients are referred to a host-nation medical facility for specialized care.

TREATMENT DIFFERENCES

While there may be some cultural and treatment differences in Poland, rest assured that the medical standard of care you receive is the highest quality. Although there are a few differences in medical practices, medical staff are in constant collaboration with the host-nation medical partners, ensuring a positive outcome and experience for all patients.

TROOP MEDICAL CLINIC

Camp Kościuszko

Routine medical care is provided in Building 1, Rooms 111 and 112. In case of an emergency, dial 112 or go to local emergency room.

Sick call: 8–11 a.m. come with a DD 689
 Appointments: 1–4 p.m.
 Medic training: Wed.-Thurs. 2–4 p.m.
 Class VIII inventory/ordering: Fri. 2–4 p.m.

Commercial: +49 (0)611-524-8731
 DSN: 314-538-8731

EMERGENCY CARE

There are no emergency care services on installation. If you get injured off post or need to be seen immediately for an emergency, it is recommended that you go to one of the preferred hospitals.

Emergency off post: Dial 112
 ZW Polish Military Police: +48 724-940-311

Preferred Network Medical Facilities

- ▶ Samodzielny Publiczny Zakład Opieki Zdrowotnej <https://www.szpitalmswia.poznan.pl/>
 - ✓ Has Emergency Room
- ▶ Regional Hospital <https://lutycka.pl/>
- ▶ Lux Med <https://www.luxmed.pl/>
- ▶ University Hospital <https://www.skp.ump.edu.pl/>

A useful mobile app for Tricare beneficiaries is My Care Overseas, which connects you with localized provider information, translation services and active referrals.

- ▶ Always carry a list of medications and allergies as well as your insurance card and ID card. ■

EMERGENCY NUMBERS

Ambulance	112
Fire	112
Police	112

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worldwide.erau.edu/militarydegrees

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- WIELKA 7, POZNAŃ
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UPINSMOKE.PL

[@UPINSMOKEBBQPOZNAN](https://www.instagram.com/UPINSMOKEBBQPOZNAN)



Life for your PETS

→ *in Poland*



If you are authorized to bring your furry friend to Poland, it will be at your own expense. Arrange pet shipping well in advance by contacting your CTO or airline.

ARRIVING IN POLAND

All pets must have a valid rabies vaccination taken at least 21 days before they arrive in Poland. Pets younger than three months are not allowed to enter Poland. Before you ship your pet, you must obtain:

- ▶ EU Health Certificate, which cannot be older than 10 days before arriving in Europe. Military vets are usually familiar with this certificate, but civilian vets may need several weeks lead time to order the certificate from the Department of Agriculture.
- ▶ Electronic microchip (ISO 11784/11785) 15-digit or compatible pet microchip implant. If your pet already has a microchip implant that is not ISO compatible, you can bring your own microchip scanner (or you can rent it from the your microchip's manufacturer)
- ▶ EU pet passport certifying a valid anti-rabies vaccination. If more information is required please visit: <https://www.pettravel.com/immigration/poland.cfm>

VACCINATIONS

Poland accepts 1-, 2- and 3-year vaccines.

- ▶ **For dogs** - Proof of at least one valid/current:
 - ✓ Rabies vaccination
 - ✓ Distemper combo vaccination (DA2PP)
 - ✓ Leptospirosis vaccination in the pet's lifetime. Two doses of leptospirosis vaccine is recommended (primary and booster).

- ▶ **For cats** - Proof of at least one valid/current:
 - ✓ Rabies vaccination
 - ✓ Feline distemper (FVRCP) vaccine in the pet's lifetime

RESTRICTED BREEDS IN POLAND:

- ▶ American Pitt Bull Terrier
- ▶ Ca de Bou (Perro de presa Mallorquin)
- ▶ American Bulldog
- ▶ Dago Argentina (Argentine Mastiff)
- ▶ Perro de Presa Canario
- ▶ Tosa Inu
- ▶ Rottweiler
- ▶ Akbash Dog
- ▶ The Anatolian Shepherd dog, Moscow Guard Dog
- ▶ The Caucasian Shepherd Dog

TRANSPORTATION AND QUARANTINE

Cat and dog transportation and quarantine charges are not a separately reimbursable expense but may be claimed as Miscellaneous Expense Allowance (MEA) as authorized for civilian employees. To qualify, civilians must elect "actual" expense (itemized) versus "flat rate".

Non-transportation and handling pet-related expenses are not reimbursable. See the DTMO website for details on these expenses. When a traveler does not use a City Pair Program airfare because a pet cannot travel on the same aircraft, the Government is not financially responsible for costs greater than the most economical travel method.

Additional Resources:

- ▶ USDA Pet Travel Information: <https://www.aphis.usda.gov/aphis/pet-travel>
- ▶ USDA Pat Travel to Poland: <https://www.aphis.usda.gov/aphis/pet-travel/by-country/eu/pettravel-poland>

- ▶ Polish Veterinary Inspectorate: <https://www.wetgiw.gov.pl/english/travelling-with-pets-from-third-countries>

VETERINARY CLINICS

With no veterinarian on installation to see personal pets, you will want to find a veterinarian for take care of your furry friend's medical needs.

Local Veterinarians in Poznań

- ▶ Przychodnia weterynaryjna SunVet, Facebook: <https://www.facebook.com/przychodniasunvet/>
Phone: +48 (0)730-810-030
Address: Brzask 10/205, 60-369
- ▶ Veterinary Practice A.Golec M.Rybski S.C.
Website: <http://www.weterynarzpoznan.com/>
Phone: +48 (0)603-936-999
Address: Marcelińska 100/202, 60-324

TRAVELING WITHOUT YOUR PET

If you plan on traveling while in Poland, be sure to seek out a reputable local boarding facility or trusted friend to look after your pet.

BEAT THE HEAT

During the summer months, be sure to keep your pet hydrated and provide booties to protect their paws on the hot ground. For airline travel, note that most airlines will not ship pets during the summer months. ■

Personal & Professional DEVELOPMENT



Service members and civilian personnel can find many opportunities to gain a new perspective, leadership skills, emotional intelligence and mentorship inside of and beyond their units.

Camp Kościuszko

V Corps Retention Forward Career Counselors
Bldg. 1. Room 123-124

For more Army retention and career opportunities information, install the Go Reup mobile app on the Google Play or the App Store.

ARMY PERSONNEL TESTING CENTER

USAG Poland has opened a Testing Center at Camp Kościuszko, to help soldiers achieve their career goals without needing to travel to Germany. For more information, email usarmy.poznan.id-europe.mbx.aces@army.mil.

Some of the tests offered are:

- ✓ Defense Language Aptitude Battery (DLAB)
- ✓ Defense Language Proficiency Test (DLPT)
- ✓ Armed Forces Classification Test (AFCT)
- ✓ English language comprehension exam
- ✓ Oral Proficiency Interview
- ✓ Selection Instrument for Flight Training
- ✓ Armed Services Vocational Aptitude Battery (ASVAB)

VOLUNTEERING

More often than not, volunteering is the main avenue people take to connect with their new home and create a community that makes their time here memorable and fun. Volunteering can help you gain experience and a network in the military world, but also your host nation.

Start Making Connections

- ▶ Visit the installation's helping agencies or morale functions, such as MWR, the American Red Cross and the United Service Organizations (USO).
- ▶ Reach out to various offices across the installation that align with the career field you're interested in. You never know if they need volunteers or are willing to let people shadow them.

PERSONAL ENRICHMENT

Like many other overseas locations, it can be a challenging environment at first to find opportunities for self-improvement.

EDUCATION

Taking the time to advance your education can help you excel in the future. Educational opportunities come with a variety of programs at online universities partnered with DoD.

LANGUAGE LEARNING

Camp Kościuszko

MWR, Bldg. 52

Class meets two times a month, at 7 p.m.

For details, visit MWR or email: mwrpolishlesson@gmail.com

OTHER PERSONAL ENRICHMENT AVENUES

- ▶ Start DIY projects you've always wanted to do.
- ▶ Spend time in the gym and establish healthy habits.
- ▶ Travel! Living in Poland means exploring Europe is easier than ever.
- ▶ Start a blog – whether it be travel, fitness, military living, etc. Contribute your articles and photos to www.europe.stripes.com for a chance to get published online and in various magazines.

Find what works for you — whether you volunteer with an amazing organization, further your education or set goals for yourself. What matters is utilizing your time in Poland to benefit your future to the best of your ability. ■



KEY Services

Counseling & Offices to Know

SEXUAL HARASSMENT / ASSAULT RESPONSE AND PREVENTION (SHARP)

Camp Kościuszko
V Corps SHARP Representatives
Bldg. 1, second floor, first door on the right.

Operation Atlantic Resolve SHARP Hotline:
+49-162-133-0182 or DSN 314-538-8725

V CORPS Ft Knox SHARP Hotline:
DSN: 502-851-3779

U.S. Army Europe and Africa 24/7 Sexual
Assault Hotlines:
DSN: 314-53-SHARP (537-4277)
+49 (0)611-143-53-SHARP (537-4277)
SHARP hotline (Poland, Lithuania, Latvia,
Estonia): DSN: 314-569-4567
+49 (0)9641-70-569-4567

DoD Safe Helpline: 1-877-995-5247
<https://safehelpline.org/>

Types of Reporting

- ▶ Restricted
 - Contact the Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA) or Healthcare Provider
 - Command is NOT notified
 - SARC and VA can provide care for survivor and supportive services
 - Can receive medical care
 - Can receive counselling
 - Can receive legal counselling from Special Victim Counsel (SVC)
 - Can be changed to an unrestricted report at anytime

Note: A Chaplain can provide confidentiality but cannot take a report and will not notify command.

- ▶ Unrestricted
 - Contact the Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA) or Healthcare Provider.

- Command IS notified
- SARC and VA can provide care for survivor and supportive services
- Can receive medical care
- Can receive counselling
- Can receive legal counselling from Special Victim Counsel (SVC)
- Can receive a Military Protective Order (MPO)

SPIRITUAL SERVICES

▶ Camp Kościuszko
Chaplain: Chaplain Sprouse
benjamin.j.sprouse.mil@army.mil
Signal: 540-487-2947

▶ Powidz
Private Organizations: Ministry to the Military–Freedom Outreach, weekly meetings at Powidz Community Center
[Website: https://mttm.org/](https://mttm.org/)

MILITARY ONESOURCE

Military OneSource provides free and confidential non-medical counseling over the phone, secure video or online chat.

This counseling addresses issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss. It does not address active suicidal or homicidal thoughts, sexual assault, child abuse, domestic violence, alcohol and substance abuse, or serious mental health conditions.

Visit <https://www.militaryonesource.mil/> to learn more.

INSPECTOR GENERAL

The mission of the IG is to act as an extension of the “eyes, ears, voice and conscience” of the DoD. The IG must continually assess matters affecting the performance of mission, the state of readiness, economy, efficiency, discipline and morale of service members, civilians and families.

Note: To present an issue without fear of reprisal is the right of any service member, civilian or family member seeking IG help. It is highly encouraged that you afford your chain of command the opportunity to address your issue prior to submission of your Inspector General Action Request.

▶ Camp Kościuszko
IG NCO
Bldg. 1, Room 116/117
DSN: 314-568-8691
Email:
usarmy.knox.v-corps.list.inspector-general@army.mil

AMERICAN RED CROSS

▶ Camp Kościuszko
Bldg. 3, Rooms 3, 4 and 5
DSN: 314-538-2911
Follow on Facebook: American Red Cross
FOS Poznań – Camp Kościuszko

The office houses the Deployment Site Lead and the SAF Contingency Operations Deputy Director. The Deployment Site Lead is responsible for all Red Cross services on post. This includes:

- Casework/Delivery
- Site Management/Administration
- Resiliency
- Special Events
- Volunteer Recruitment

The SAF Contingency Operations Deputy Director oversees all American Red Cross deployment sites in the European Theater and supervises the deployment team members in theater.

▶ Casework/Delivery
The Hero Care Center is the clearing house for all emergency communication messages. They can be reached at 1-877- 272-7337, by request assistance on line redcross.org/Hero-careNetwork or through the Hero Care App,

a free app from the American Red Cross. Assistance is available 24 hours a day, seven days a week.

Emergency Communication Messages or ECMs can be started by someone back home or by the service member. ECMs are used for verification and notification of:

- Death
- Illness
- other time-critical family emergencies
- Birth notification to deployed service member
- Emergency financial assistance

Information on the service member

- Name
- Rank
- Branch of service
- Last 4 of SSN and/or date of birth
- Military unit address
- Phone number

Information about the emergency

- Name of family member
- Family member contact information
- Nature of the emergency
- Where the emergency can be verified

The Hero Care Center verifies all information before composing a delivery message and sending it to the deployment team for delivery to your command. Once delivered to command, command will deliver message to the service member.

Note: The American Red Cross DOES NOT make the decision about whether you go home. That is a command decision. The Red Cross provides information to help make that decision.

► Site Management/Administration

The Site Lead is responsible for the management and administration of the deployment site. This includes balancing the budget, recording data events, maintaining inventory of comfort kits and blankets, and maintain the Red Cross pantry called "The Drop Zone." Often this requires the assistance of volunteers.

► The Drop Zone

The Drop Zone is the primary pantry of the American Red Cross containing snacks, hygiene items, and other items donated to the Red Cross for the service members. Hours of operation are Monday through Friday, 7:30 a.m. to 5 p.m. or by appointment

with the Site Lead. Upon entry, please fill out the customer contact log. We track weekly the number of people that visit. Additional supplies can be found in Building 52, in the MWR on the 3rd Floor and in the cabinets next to the coffeemaker on the first floor of Building 2.

Note: Please be respectful and keep this room clean. Do not abuse the privilege.

► Resiliency

The American Red Cross offers a variety of courses/workshops for military, veterans and family members to help them deal with deployment. These are offered to the units by appointment on post as well as to your family members back in the States.

These include:

- Get to Know Us Before You Need Us
- Coping with Deployments
- Mind-Body Workshops
- Reconnection Workshops
- Communicating Clearly

► Special Events

- Working Through Anger
- Exploring Stress & Trauma
- Identifying Depression
- Working with Children

On post, the American Red Cross runs and supports a variety of special events. Events on post include, trivia, karaoke, IHL film series, athletic events, and watercolors. A weekly schedule is put out by the site lead via the signal groups, the Red Cross Facebook page, and flyers around post.

► Volunteer Recruitment

Volunteers are what makes the Red Cross operate. They are critical to the services they provide, the events they sponsor and support, and making sure things are maintained. There are many ways you can volunteer. No job is too small. It can also benefit you when it comes to promotion, giving you recognition and possibly even an award. Would you like to help make a difference? Talk with your American Red Cross Site Lead and visit: <https://www.redcross.org/volunteer/become-a-volunteer.html>

U.S. EMBASSIES

The U.S. Embassy provides emergency assistance, visa and passport services and travel advisories. As part of the Department of State's representation of American interests in

Poland, resources regarding business, education and culture are also part of their mission.

► Visit <https://pl.usembassy.gov> for more information.

► American Citizens Services (ACS)
ACS units at the U.S. Embassy in Warsaw, the U.S. Consulate General in Krakow, and the U.S. Consular Agency in Poznan offer services to citizens of the United States who are living or traveling in Poland.

Web: <https://pl.usembassy.gov/u-s-citizen-services/>

Emergency number: +48 22 504 2156

► U.S. Embassy Warsaw
Aleje Ujazdowskie 29/31

00-540 Warsaw Poland

Tel.: +48 22 504 2000

Fax: +48 22 504 2342

Web: <https://pl.usembassy.gov/embassy-consulate/embassy>

► U.S. Consulate General

ul. Stolarska 9

31-043 Krakow

Tel.: +48 12 424 5100

Fax: +48 12 424 5103

Web: <https://pl.usembassy.gov/embassy-consulate/krakow>

► Consular Agency Poznan

ul. Paderewskiego 8 room 06

61-770 Poznan

Tel: +48 61 851 8516

Fax: +48 61 851 8966

Web: <https://pl.usembassy.gov/embassy-consulate/consular-agency-poznan> ■



EVERYDAY LIFE IN POLAND

► Dining

- Many restaurants in cities have English menus, but have a translator app ready.
- Water is usually served in bottles: still or sparkling.
- Expect meals to last at least two hours.
- Lunch is around noon to 2:30 p.m.
- Dinner starts around 5 p.m. and may stay open until midnight.
- Some restaurants close between lunch and dinner.
- Be sure to ask for the check.

► Shopping

On-Installation:

- There is a traveling PX in Poland. Once a month the PX truck comes to Poznań. In addition, Powidz and Żagań host small PXs. Currently there is no commissary available.

Off-Installation:

- The cost of living in Poland is among the most inexpensive in the European Union (EU). Dining out and buying groceries is generally cheaper than in most other European cities but import items will be significantly more expensive. Prices for Polish products are very reasonable.

- You'll need a 50 cent or one euro coin to insert into shopping carts for use.
- Weigh your produce before checking out.
- Bring reusable bags for your groceries.
- If you forget a bag, you may pay for one at the register.
- Stores are closed on Sunday and holidays.

► Driving

- Europeans tend to drive faster and more aggressively than what U.S. drivers are used to.
- City streets are very narrow.
- Stay in the right lane unless passing.
- Follow traffic laws and regulations as you would anywhere else in the world.
- Pick up a copy of Stars and Stripes Europe's latest Road Guide for laws, road sign meanings and precautions in multiple countries.

► Recreation

- MWR and helping agencies at your installation are always cooking up new events for the military community to enjoy.
- Checkout the Stars and Stripes Europe (europe.stripes.com) community website for fun trips and tips for travelling in Europe. Check out the Armed Forces Entertainment website to see current music concerts, comedy acts, sports stars and other talent

tour coming to your area. <https://armedforcesentertainment.com/upcoming-tours/>

► Attire

- Some may find it offensive for service members to wear traditional host nation attire.
- Uniforms are authorized to be worn off installation during your daily routine, such as during your commute and going to lunch. Don't wear your uniform to bars or unofficial events.
- Clothing should be appropriate, neat, and conservative, without political / religious imagery or offensive logos / slogans.
- Personnel should always carry their ID card, but never display it in plain sight. ■



RECYCLING IN POLAND

Recycling is a requirement in Poland. 52 percent of domestic waste is recycled (as of 2020) so Poland, like its European neighbors, take recycling seriously. Each town can be on different trash and recycling pick-up schedules — so be sure to ask your landlord or neighbors for how and when to dispose of waste properly.

Here's a clear list of what to recycle:

Paper/Cardboard

Boxes (from cereal boxes to shoe boxes)
Cardboard
Envelopes
Paper
Paper bags
Reading materials (paperback books, newspapers, magazines, catalogs, mail)

Plastic/Metal

Aluminum foil
Bottle tops
Jar lids
Metal cans/packaging
Net bags for produce
Plastic bags (storage bags, bags that food comes in, grocery bags)
Plastic bottles/cartons
Styrofoam

Biodegradables/Compost

Coffee Grounds
Bread
Egg shells
Fruit
Nutshells
Paper towels
Tea bags
Vegetables
Branches
Wood chips

General Trash

Ashes
Cat litter
Diapers
Feminine products
Tissues
Meat (including bones)
Mirrors
Non-packaging metals/plastics
Seafood (including shells)
Soiled paper/cardboard (pizza boxes)
Vacuum cleaner bags

Glass

White, clear, green, brown, blue and other colored glass
Drinking glasses
Non-returnable glass jars/bottles
Other glass packaging

*No ceramics, porcelain, glass or metal/plastic lids

Bulk and Hazardous Waste

Batteries/chemicals/detergents/pesticides
Construction waste
Cooking oil
Electronics
Furniture
Large branches
Lightbulbs
Mercury thermometers
Other oils
Paint
Scrap metal
Tires
Trees

Note:

Deposit machines can be found at shopping centers, such as the most common convenience store chain in Poland, Żabka. These deposits take plastic and glass bottles, and aluminum cans in exchange for store points or discounts.

You can find your nearest recycling center or "Ekoport," so that you can drop off hazardous waste.



Useful POLISH Phrases

Ready to learn Polish? Local nationals appreciate your attempt to speak their language. Also, many locals speak little or no English, so learning basic Polish will go a long way toward making life easier and more comfortable. Remember, practice makes perfect!

INFORMAL SALUTATIONS

Hi/Hello	Cześć (cheshch)
Hey	Hej (hey)
Bye Bye	Pa Pa
Good night	Dobranoc (doh-BRAH-notes)

FORMAL SALUTATIONS

Good Day	Dzień dobry (jane DOH-brih)
Good Evening	Dobry wieczór (DOH-brih VYEH-choor)
Good Bye	Do widzenia (doh vee-DZEN-ya)

POLITE EXPRESSIONS

Please (as in "Coffee, please")	Poproszę (po-PROH-sheh)
Please/Welcome (when giving something)	Proszę (PROH-sheh)
Yes	Tak (tahk)
No	Nie (nyeh)
I'm sorry/ excuse me	Przepraszam (pshe-pra-shaam)
Thank you	Dziękuję (jen-KOO-yeh)

ASSISTANCE OR CLARIFICATION

Do you speak English?	Mowisz po Angielsku? (moo-veesh poe ang-yell-skool?)
I don't understand	nie rozumiem (nyay-ROH-zoo-myem)
I don't speak Polish	nie mówię po polsku (nyay-MOO-veesh poe-pohl-skoo)

DINING

I'll have this	Poproszę to (po-PROH-sheh TOH)
Check, please	Proszę o rachunek (PROH-sheh oh Reh-HO-nek)
Waiter/waitress	Proszę Pana (PROH-sheh-pana)/ Kelnerka (kehln-airka)

SHOPPING

Do you have _____?	Czy masz (zjay-mahsh) _____?
How much?	Ile (EEH-lah)?

TRAVEL

Hotel	Hotel
Train station	stacja kolejowa (stat-SEE-yah KOHL-a-YOH-va)
Airport	Lotnisko (LOHT-neesko)
ATM	bankomat (bahn-KO-mat)
Gas station	stacja paliw (stat-SEE-yah -PAH-leev)

LEARNING THE LANGUAGE

Although the basics are great—nothing beats hearing the language spoken well. Make the most of your tour in Poland by trying to learn the language.

► MOBILE APPS ON THE GO

Google Translate allows you to type the word in Polish and hear how it is pronounced. You can use Google Lens to hover your phone over the Polish text to translate in real-time to English. Apps like Duo Lingo can also be useful.

► USE THE MWR LIBRARY ONLINE RESOURCES

DoD MWR Libraries offers Mango, an interactive program with more than 70 languages to learn. A quick verification of your eligibility at www.dodmwrlibraries.org and you can access 10 chapters of Polish for free.

► MWR

At Camp Kościuszko, MWR provides basic Polish classes to get you comfortable being off the installation and having a basic conversation with the locals. These classes are held every two weeks at 7 p.m. For details, visit MWR or email: mwrpolishlesson@gmail.com. ■



Conversions & Holidays

LENGTH

1 kilometer = 0.6 miles
 1 meter = 3.3 feet
 1 centimeter = 0.39 inches

WEATHER TEMPERATURE

°C.....°F
 0 32
 5 41
 10 50
 15 59
 20 68
 25 77
 30 86
 40 104
 50 122

POLISH PUBLIC HOLIDAYS

2023

June 8
Corpus Christi
June 23
Father's Day
August 15
Assumption Day/
Polish Armed
Forces Day
November 1
All Saints' Day
November 11
Independence Day
December 8
Immaculate
Conception
December 25
Christmas Day
December 26
St. Stephen's Day

2024

January 1
New Year's Day
January 6
Epiphany
March 31
Easter Sunday
April 1
Easter Monday
April 25
Liberation Day
May 1
International
Workers' Day
May 3
Constitution Day
May 19
Whit Sunday
May 30
Corpus Christi

WOMEN'S SIZES

Shoes	Dresses/Shirts/Pants	Bras (Cups AA-E)
US EU	US EU	US EU
5 35-36	2 (XS) 32	32 70
5.5 36	4 (XS/S) 34	34 75
6 36-37	6 (S) 36	36 80
6.5 37	8 (M) 38	38 85
7 37-38	10 (M) 40	40 90
7.5 38	12 (L) 42	42 95
8 38-39	14 (L-XL) 44	44 100
8.5 39	16 (XL/1X) 46	46 105
9 39-40	18 (1X-2X) 48-50	
9.5 40	20 (2X) 50-52	
10 40-41		
10.5 41		

MEN'S SIZES

Shoes	Suits/Coats	Pants
US EU	US/UK EU	Inches CM
8 41	36 46	28 71
8.5 42	38 48	30 76
9 43	40 50	32 81
10.5 44	42 52	34 86
11.5 45	44 54	36 91
12 46	46 56	38 97
13 47	48 58	40 102
14 48		

CHILDREN'S SIZES

Clothing		
8 134	1 32	
9 140	2 33	
10 146	3 34	
11 152	4 36	
	5 37	
Shoes	6 38	
EU US	7 39	
11 28	8 40	
12 30	9 41	
13 31		

INFANT SIZES

Clothing	Shoes	
US EU/UK	US EU	6 22
NB 56	0 15	7 23
3 MO 62	1 16	8 24
6 MO 68	2 17	9 25
9 MO 74	3 18	10 27
12 MO 80	4 19	
18 MO 86	5 20	



Poland

GET TO KNOW

YOUR NEW HOME

The Republic of Poland is a central European country and member of the European Union. It is made up of 16 distinct “voivodeships” or administrative districts. Warsaw is its largest metropolis and the nation’s capital. Poland has a population of 38 million who speak Polish, a Western Slavic language. As a flourishing and innovative country, the cities are bustling and the towns are friendly, with a great food and art scene. A thousand-year “Polski” legacy tells a story of survival in its people and culture, through wars, revolutions, and cultural tumult, to create the vibrant land and the ardent NATO ally that Poland is today.



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Bolesławiec: Visiting a Pottery Hub

By Kat Nickola

Any list of the best gifts from Poland will include cheese and vodka, amber jewelry, and pottery. Given a choice, the handmade Polish pottery, being both artistically beautiful and functional in a kitchen, is a clear winner.

Traditional pottery styles with dot patterns of indigo blue are still painted by hand in small family-run workshops in Bolesławiec, Poland. A day trip to this hub of Polish pottery will allow you to find one-of-a-kind pieces that make amazing gifts – whether for yourself or your loved ones.

A Prehistorical Pottery Hub

Bolesławiec is a town in what used to be known as Silesia. This historical area, primarily in Poland, was likely named for the Silings tribe: one of the many groups collectively known as the Vandals who occupied the area during Roman times. Silesian pottery was taken from the Vandals as they pushed into the Roman Empire. But the history of pottery in Bolesławiec extends further back than that. Natural clay deposits found near Bolesławiec have attracted people since prehistoric times. In fact, neolithic peoples lived in the region and their pottery is still a cultural marker for archaeologists. By the early Middle Ages, around 600 CE, the area was widely known for pottery. Bolesławiec was officially founded in the 1200s and has been part of many different nations including the Holy Roman Empire, the Hapsburg Empire and Prussia. The town and its pottery are still sometimes referred to by the German name Bunzlau.

Getting to Bolesławiec

Bolesławiec is in the western part of Poland about an hour's drive south of Zagan and makes a great day trip by car. Parking is easily available at the pottery workshops. Driving also makes it easy to transport and stash your hefty gifts while looking for treasures at the next store.

The town is roughly three hours from Poznań or Łask, and about six hours from Redzikow

and the Baltic coast. There are plenty of overnight accommodations in town for those coming from further afield, and it makes a fun weekend trip.

Though the area around Bolesławiec is best known for its extensive pottery workshops, the scenic central square (Rynek) is worth visiting and a great place to grab a bite to eat.

The Highest Quality

Bolesławiec pottery is stoneware made from local clay and usually formed in a mold. They are first fired at a low 1500°F, then hand painted, dipped in a clear glaze and fired again at a scorching 2200°F.

Any pottery you buy in Bolesławiec will be hand-painted. You can check the bottom for a stamp with “Hand made in Poland” along with a signature or logo to verify authenticity. In addition, the Gat, or quality category, will be marked on the sticker label. Gat 1 is the highest quality with no imperfections while Gat 2 may have a slight painting error; both of these are food safe and usable in the oven, microwave, and dishwasher. Gat 3 and Gat 4 may have cracks or glaze problems, so they can't be heated but can still be used for food service and hand washed. Gat 5 is not food safe and should only be used decoratively.

Polish Pottery Patterns

The oldest pottery in Bolesławiec was made of brown clay with a brown glaze, and this antique-style form can still be found in some shops today. Most folks, however, come for the colorfully painted white clay pottery in the form of bowls, plates, mugs and baking dishes.

The most traditional painting style is the royal blue peacock pattern. Using white dots on blue became extremely popular as the pottery guild of the 1650s expanded its market toward the excessively wealthy royalty of Europe. Since that time, other complementary colors like orange and yellow have been incorporated into the traditional dot painting patterns.

There are plenty of other pottery patterns to choose from. Modern workshops have incorporated traditional floral designs, animal motifs and lots of different colors. A good selection of holiday-inspired items are also available.

In addition, some places will offer “unikat” or unique pieces for higher prices. The patterns on these have been designed by an accomplished ceramics artist, hand painted by them and signed.

Shopping for Pottery in Bolesławiec

One of the coolest things about visiting Bolesławiec is buying pottery straight from the workshop where it was crafted. The workshops are at the edge of town and in the small surrounding villages. Many offer wholesale prices and affiliate discounts for those staying in local hotels. Large factory workshops, such as Manufaktura in Bolesławiec have factory tours, workshops for kids and adults and even small museums.

Bolesławiec also has numerous ceramic (ceramika) stores with large stocks of pottery pieces from one or many of the local workshops. These are primarily located along Road 297 north of town and on Zgorzelecka Street to the west.

Note that most of the stores and workshops are closed or have limited hours on Sundays. Polish pottery makes an excellent souvenir or gift. It is not only beautiful but also durable and useful. Being stationed in Europe gives you the chance to travel to the pottery hub of Bolesławiec and hand-pick your own special pieces of useable art. ■

To help you navigate, Stars and Stripes Europe has put together a map of pottery workshops, stores, and other sites of interest in Bolesławiec.





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Your pottery adventure awaits!

ceramiczna-przygoda.pl

Visiting the manufactory:



Mon. - Fri.: 8 a.m. - 1.30 p.m.
Sat.: 8 a.m. - noon
Sun.: 10 a.m. - 1.30 p.m.



Duration of the tour: approx. 25 minutes



We offer group and individual tours in Polish, English and German (Earlier reservation is required)



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Reservations can be made:
Online: www.ceramiczna-przygoda.pl
via phone: +48 75 732 20 63, int. 3 or +48 508 709 323
via e-mail: turystyka@polish-pottery.com.pl

Workshops offer:



Factory tour (approx. 25 min.)
Painting the ceramics
(one piece per person, approx. 1 hr)



Time and duration of the activities:
Mon.-Fri.: 8 a.m. - 1:30 p.m.
Sat.: 8 a.m. - noon
Sun.: 10 a.m. - 1:30 p.m.

Tour plus the painting process takes approx. 1,5 hr



Special offers:
1 day ceramics painting workshops
1 day clay forming workshops
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For reservations and all inquiries, you can reach us:
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via phone: +48 75 732 20 63, int. 3 or +48 508 709 323
via e-mail: turystyka@polish-pottery.com.pl



MANUFATURA W BOLESŁAWCU
59-700 Bolesławiec, ul. Gdańska 30
tel. 757322062, int. 3 or +48 508 709 323
turystyka@polish-pottery.com.pl

Reservations are required,
please check our pricelist on:
www.ceramiczna-przygoda.pl

EMERGENCY NUMBERS

POLISH EMERGENCY SERVICES

Police	112
Emergency Medical Services	999
Fire	998

EMERGENCY SUPPORT

Polish MP (Off Installation)	+48 724-940-311
Host Nation Staff Duty.....	+48 785-208-265
U.S. Army Criminal Investigation Division	+49 162-720-3344
Area Support Group Poland Force Protection.....	+48 451-071-334
U.S. Army Counterintelligence Duty Phone	+48 451-071-326

CRISIS HOTLINES

Military OneSource.....	00-800-3429-6477
Veteran's Crisis Line	00-800-1273-8255/DSN 118
SHARP Hotlines	
USAG Poland / V Corps Operation Atlantic Resolve	+49-162-133-0182 or DSN 314-538-8725
V CORPS Ft. Knox	DSN: 502-851-3779
U.S. Army Europe and Africa 24/7 Hotlines.....	DSN: 314-53-SHARP (537-4277)
.....	+49 (0)611-143-53-SHARP (537-4277)
Poland, Lithuania, Latvia, Estonia Hotline	DSN: 314-569-4567
.....	+49 (0)9641-70-569-4567

COUNTRY CODES

Poland country code	+48
Germany country code:	+49

CAMP KOŚCIUSZKO

For DSN dial: 314-538-XXXX

American Red Cross.....	DSN #314-538-2911
Army Personnel Testing Center.....	usarmy.poznan.id-europe.mbx.aces@army.mil
Behavioral Health	+49 (0)611-143-538-8810
Directorate of Human Resources	+49 (0)611-143-538-8628
Directorate of Public Works/Work Orders (DPW)	+49 (0)611-143-538-8775
Finance Office.....	+49 (0)611-143-538-8885
Housing Office.....	+49 (0)611-143-538-8637
ID Card Office.....	+49 (0)611-143-538-8624
Installation Access Control (IACS)	+49 (0)611-143-538-8678
In/Out Processing.....	+49 (0)611-143-538-8628
Military Personnel Division	+49 (0)611-143-538-8632
MWR.....	+49 (0)611-143-538-8630
MWR Trips for Troops.....	+49 (0)611-143-538-8944
Passport/SOFA Office.....	+49 (0)611-143-538-8623
Postal Center.....	+49 (0)611-143-538-8676
Public Affairs.....	+49 (0)611-143-544-2000
Security Office (S2).....	+49 (0)611-143-538-8675
Transportation Office.....	+49 (0)611-143-538-8607
Troop Medical Clinic.....	+49 (0)611-524-8731
Vehicle Registration/Driver's Licensing.....	+49(0)611-143-538-8666
ZW Polish Military Police.....	+48 724-940-311



FOR MORE INFORMATION CONTACT:

For current information, visit <https://home.army.mil/poland>.

HELPFUL RESOURCES

FACEBOOK PAGE RESOURCES

International Poznań Friends:

<https://www.facebook.com/groups/265453946936337/>

Foreigners in Poznań:

<https://www.facebook.com/groups/ForeignersInPoznan/>

American Red Cross FOS Poznań - Camp Kościuszko:

<https://www.facebook.com/AmericanRedCrossPoznanPoland>

USO Powidz:

<https://www.facebook.com/usopowidz>

Americans & English Speakers in Poland:

<https://www.facebook.com/groups/126090120796412/>

USEFUL MOBILE APPS

- **Hero Care App**, from American Red Cross. Assistance is available 24 hours a day, 7 days a week.
- **Google Translate**, allows you to type the word in Polish and hear how it is pronounced.
- **Google Lens**, translate in real-time to English.
- **Duo Lingo**, for language learning. (Free and paid options)
- **Skype**, for communication with mobile data or WiFi.
- **Facebook Messenger**, for communication with mobile data or WiFi.
- **WhatsApp**, for communication with mobile data or WiFi.
- **Facetime**, for communication with mobile data or WiFi.
- **Google Chat**, for communication with mobile data or WiFi.

- **Wise**, international banking for paying bills and transfers.
- **N26**, international banking for paying bills and transfers.
- **AFN Now**, for Armed Forces Network programming, plus some U.S. shows.
- **AFN Go**, listen to AFN radio stations live, get the current exchange rate and more.
- **My Care Overseas**, from TRICARE and International SOS, a medical hub for tracking referrals, medical coverage and country-specific information.
- **DSN Europe**, phone number conversion to or from DSN numbers to commercial phone numbers.
- **Digital Garrison**, Army-wide app providing installation specific public information.



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www.marriott.com/wawwi
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