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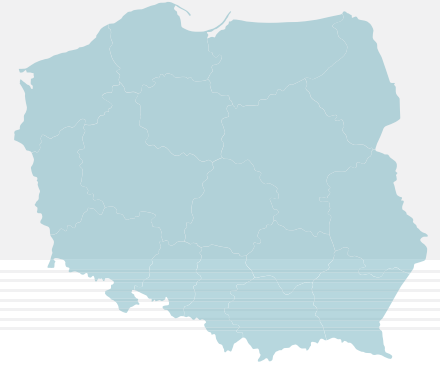
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WELCOME TO POLAND



An assignment to Poland is a unique and exciting opportunity to experience a foreign country. The closest full-service U.S. Army Garrison is USAG Bavaria at Grafenwöhr, which is roughly six hours away; however, you should have access to all you need during your time at USAG Poland.

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 great food and art scenes. 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.

As USAG Poland is a growing garrison with ever-expanding services, check the garrison website or social media for the most up to date information.

USAG POLAND NEWCOMERS WEBSITE



IN-PROCESSING

Garrison in-processing occurs every Tuesdays 9:30-10:30 a.m. and is followed by an off-post housing brief. Culture college is every Wednesday from 8 a.m.- 3 p.m. at Camp Kosciuszko in Bldg. 28. This is required for all personnel and contractors are highly encouraged to attend as well. There are three days of classes and activities along with a checklist that soldiers must complete within seven days.

INSTALLATION LOCATIONS

CAMP KOŚCIUSZKO

Marcelinska 15
61-001, Poznań

FOS ŻAGAŃ

Baza Amerykanska Zarska
68-100, Żagań

FOS POWIDZ

Witkowska 8
62-430, Powidz

AAFES

All USAG Poland installations have an AAFES store. They range from traditional stores in buildings to mobile containers to flea-market type rodeos. Check with your local Garrison Support Element for open hours.

FOOD DELIVERY

These services are common across Poland, and will deliver meals to off-installation addresses from local restaurants:

- Uber Eats
- Pyszne

GROCERY STORES

For grocery delivery

- Frisco
- Wolt
- Glovo

Common small grocery stores

- Lidl
- Żabka
- Netto

Larger supermarkets

- Tesco (24-hour Supermarket)
- Spar
- Kaufland
- Auchan
- Biedronka

MAILING SERVICES

The post office in Poznań has basic USPS retail functions where you can mail a parcel or letter out the same way you can at a USPS Post Office in the U.S. For outgoing mail, there are two ways to mail letters and packages:

- A personal USPS Click-N-Ship® account (created by you). You can also use this account to order stamps directly to your PSC box if you wish. Click-N-Ship® enables 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. Learn more at cns.usps.com.

- Pirate Ship® is another personal shipping software available for your use. You can create an account for free and Pirate Ship has partnerships with both USPS and UPS. If you need help, they have live online chat support for 14 hours a day as well as a support email for out-of-office hours. Learn more at pirateship.com.

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.

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. ■



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SERVICES IN POLAND

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.

Poland is a member of the European Union; however, it has not yet adopted the Euro. The Polish currency is the zloty (PLN). A single zloty is equal to 100 of the coin currency, Grosz.

The cost of living is generally lower in Poland than in the U.S. However, you should be aware that you will have upfront expenses as part of your in-processing and establishing yourself 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 malls, 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 BANKS

- mBank: mbank.pl/en
- ING: ing.pl
- Millennium: 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: wise.com
- N26: 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.

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.

While the exchange rate of currency changes daily, here is a rough estimate for these European currency values. You will use Euros in many of the other EU countries outside of Poland.

- 1 USD = 4 Polish zloty (PLN)
- 1 Polish zloty (PLN) = 1 U.S. quarter

EAGLE CASH CARD

What it is: Eagle Cash Card is a card that can be used to exchange funds at our disbursing offices. The card would be linked to your bank account, allowing you to be able to pull funds from your bank account and exchange them for foreign currency. Some AAFES sites only accept the Eagle Cash card.

Where you can get it: There are three sites within Poland that conduct disbursing operations. Poznan, Powidz, and Zagan are the three sites to obtain an Eagle Cash Card. Poznan: Camp Kosciuszko, Bldg. 28 room 33.

Hours of operation:

Monday to Wednesday 9 a.m. – 4 p.m.
Friday 9 a.m. – 3 p.m. (Closed Thursdays).

How you get an Eagle Cash Card: Show up in person at one of our locations and fill out a FS Form 2887. You'll need to bring a CAC issued by military/federal government, and a cell-phone with access to your banking information. As we will confirm that the routing and checking account number match to prevent any potential issues when withdrawing funds.

How to use it: After you been issued an Eagle Cash Card (ECC), you will come into one of our disbursing offices and request to pull funds for either Zloty or Euros. You'll need a CAC/photo ID and the Eagle Cash Card to pull out funds.

Daily load limit: A total of \$350 worth of Zloty/Euros.

Rent: You must have a memorandum on file indicating the rent amount, and the duration of the lease signed by their supervisor. Once a lease has been signed, you must also bring in a copy of a signed lease agreement to withdraw funds for rent. (A lease draft is acceptable on first rent withdrawal) Limits of withdrawal depend on what the memorandum states and the lease agreement.

continued on page 10

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LEGAL SERVICES

Your on-installation Legal Office can help with simple notaries and powers of attorney on a walk-in basis. Complex notary services and other legal advice is available by appointment.

V Corps Legal Assistance Office
(Camp Kosciuszko):
vcorps.osja-legal-assistance.mil@army.mil

Trial Defense Service Europe:
usarmy.bavaria.7atc.mbx.trial-defense-services.mil@army.mil
DSN (314) 599-7737

- Powers of Attorney are recommended for spouses so they may handle paperwork if the military sponsor is not available due to training or deployment.
- Dependents wanting to work while overseas should have their sponsors reach out to their servicing personnel or legal office.
- Tax preparation services are no longer handled by legal offices, but there are numerous free options for simple return preparation.
- Other legal services offered include wills, medical directives, Servicemembers Civil Relief Act (SCRA) issues, estate planning, immigration, debt or credit problems, and other non-criminal issues.
- Assistance with military criminal issues is provided by Trial Defense Service offices.

CELL PHONES

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.

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

LOCAL PHONE/INTERNET PROVIDERS

- ▶ Orange Polska: orange.pl/lp/for-foreigners
- ▶ T-Mobile: t-mobile.pl/c/na-karte/en
- ▶ Plus: plus.pl
- ▶ Play: 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 Wi-Fi. If you don't want to be limited to Wi-Fi 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: 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 ■



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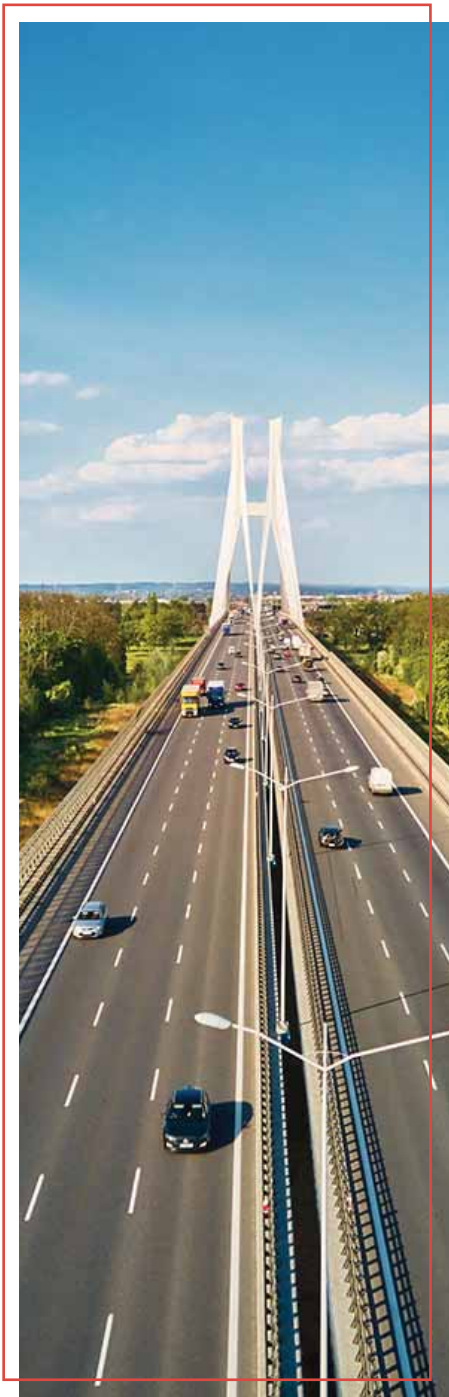
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TRANSPORTATION IN POLAND »



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

PUBLIC TRANSPORTATION

In Poznań, public transport is organized by Zarząd Transportu Miejskiego (ZTM) - Urban Transport Authority.

- Download the free “**Jakdojade**” app to coordinate public transportation by bus or tram. You purchase your tickets on the app.
- Many shopping centers are within walking or biking distance of the base and housing developments.

Poznań Tram and Bus Stops

- www.ztm.poznan.pl
- www.mpk.poznan.pl/rozklad-jazdy
- jakdojade.pl/Poznan

Taxis: Uber, Free Now, Bolt

DRIVER'S LICENSES

All military and civilian personnel, their family members and any DOD employees stationed in Poland must get a U.S. Army in Europe (USAREUR) driver's license if they will be driving a privately-owned vehicle (POV) or government-owned vehicle (GOV).

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.

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.

Visit aaa.com/vacation/idpf.html.

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REGISTERING YOUR VEHICLE

POV Registration Office
Camp Kościuszko, Poznan
Bldg. 28, Room 18

The POV Registration Office should be one of your first stops if you plan to drive a POV in Poland. Appointments with an off-installation inspection station and Poznan's registration department (DMV) are needed. It is important to schedule these two appointments through the POV Registration Office as soon as possible. It is recommended to schedule them prior to your arrival, and especially prior to your vehicle's arrival in Poland.

To start the registration process, be prepared to send the following documents to the POV Registration Office.

- Orders
- US Driver's License
- Passport
- Car title / registration (U.S. vehicles)
- Registration / title (EU vehicles)

VEHICLE INSPECTION

Each vehicle must be inspected before your Polish DMV registration appointment. After the first inspection, the vehicle needs an annual inspection. Before the initial inspection in Poland, make sure that your car is in a good technical state and that you don't have tinted windows on the front side windows as they are not legal in Poland. There is an option to take off tinting at the inspection station, free of charge. Please see the garrison website for a list of exemptions from Polish technical requirements.

FUEL

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

INSURANCE

In Poland you have two types of insurance:

- OC – Liability insurance (compulsory)
- AC (Autocasco) – Full coverage insurance (non-compulsory)

See the POV Registration Office for a list of Polish insurance options. USAA does not currently insure vehicles in Poland.

To insure your vehicle in Poland, it must first be registered in the Polish system, the local DMV, which is done via your appointment with the POV Registration Office.

There is an option to get short term insurance (30+ days) that allows you to drive with your U.S. plates, if needed. With short term insurance you can use the vehicle prior to your Polish DMV registration and before you get a Polish insurance plan, but it is recommended to keep this driving to a minimum.

SHIPPED VEHICLES

If you shipped a vehicle to Poland, it will take at least 45-60 days to arrive. 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.

The owner must bring the vehicle's valid registration documents for pick up.

► Requirements

Make sure you hand-carry the following original documents when traveling overseas:

- ✓ 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 from previous station (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 and 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. The process to obtain such authorization might take weeks or months, so 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, and 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 they can be driven.

PURCHASING A CAR

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.

- 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. ■

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European Road Guide





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HOUSING IN POLAND



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.

CAMP KOŚCIUSZKO/POZNAŃ HOUSING OFFICE

Bldg. 28, Room 34
DSN: 314 538-8822
COMM: +48 451-071-332
Email: usarmy.poznan.usareur.list.asg-p-housing-office@mail.mil

There is no on-post housing. All personnel will live off post if they are on PCS orders.

All service members must check in to the Housing Office within 48 hours of their arrival. 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 variety of services.

- 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.

Prepare to pay up to three months' rent upfront to cover first month's rent, realtor fee and security deposit. Ensure that you are financially prepared for this. If you foresee a monetary shortfall before arriving, you are authorized to request one month of advance Overseas Housing Allowance (OHA).

TEMPORARY LODGING

Upon arrival, Temporary Lodging Allowance (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). The Housing Office is able to grant up to 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.

- Upon arrival, Temporary Quarter Subsistence Allowance (TQSA) is received for temporary lodging, meals, and laundry.
Note: This entitlement is not automatic.

FINDING OFF-POST HOUSING

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. It is a common practice in Poland to have a heated drying rack.

Traditionally in Poland, a lease agreement would 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. 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.

- 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).

► House Hunting online

Polish sites like www.otodom.pl and www.olx.pl provide the best overview of available housing. The housing team will also coordinate viewings in your local area.

► House Hunting 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.

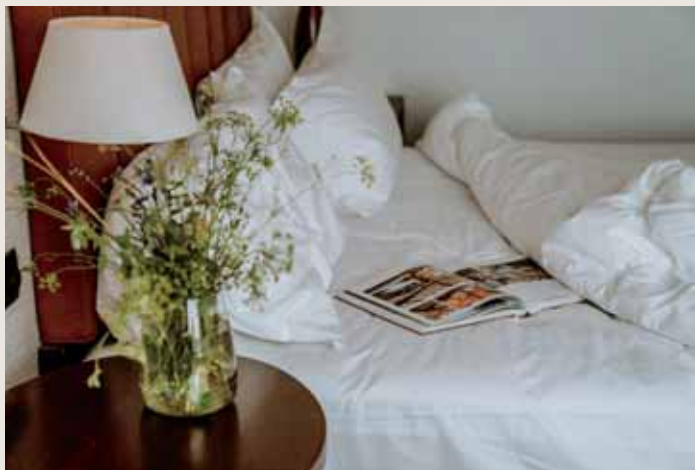
If you elect to use a real estate agent to locate housing, **you may not be reimbursed**. Civilian employees may have the opportunity to claim partial reimbursement. Please consult the Garrison Housing Office or your Civilian administrator before agreeing to utilize a real estate agent.

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.
- Many apartments in Poland come fully furnished with a bed, refrigerator, washer (no dryer), dresser/closet and television.
- It is important that you **do not sign** any lease agreement until the Garrison Housing Office has reviewed it.

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Sheraton Poznan Hotel
3/9 Bukowska Street, Poznan
www.marriott.com/pozi



Sheraton Grand Krakow
7 Powisle Street, Krakow
www.marriott.com/krksi



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ALLOWANCES

Service members on PCS orders typically receive a monthly OHA.

- You must aggressively seek off-post housing while at 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.
- 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 LQA

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.

- 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.

PAYING RENT AND UTILITIES

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.
- 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)

AFN Provides programming from current U.S. networks and prime channels. You can use a decoder and satellite for AFN when living on the German economy, or sign up for the AFN Now streaming service.

► Streaming Services

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. Examples include Amazon Prime, Netflix, Hulu, etc.

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.). Ship light as many of the apartments or homes are fully or partially furnished.

- Unaccompanied Baggage (UB) up to 350 lbs.
- Household goods (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.

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 that point, 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.

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. ■

MERCURE

HOTEL

POZNAŃ CENTRUM



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HEALTHCARE IN POLAND



During your time in Poland, you might need 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.

CAMP KOŚCIUSZKO MEDICAL TREATMENT FACILITY

Bldg. 14
DSN: 314-538-8731
Comm: +49 (0)611-524-8731
Emergency: +48 261-543-142

EMERGENCY CARE

There are no emergency care services on-post. 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 POLISH HEALTHCARE FACILITIES

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.

▶ Samodzielny Publiczny Zakład Opieki Zdrowotnej

- szpitalmswia.poznan.pl
- Has Emergency Room

▶ Regional Hospital

- lutycka.pl

▶ Lux Med

- luxmed.pl

▶ University Hospital

- 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. Learn more about this app and/or download the app at tricare-overseas.com/beneficiaries/resources/beneficiary-app. ■

EMERGENCY NUMBERS

Ambulance	112
Fire	112
Police	112

RESTAURANT

THE TIME

RESTAURANT RECOMMENDED BY THE
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- info@autopieper.com



www.autopieper.com



LIFE

» IN POLAND

KEY SERVICES

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
[safehelpline.org](https://www.dodsafehelpline.org)

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

Restricted Reporting

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

Unrestricted Reporting

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 counseling
- Can receive legal counseling from Special Victim Counsel (SVC)
- Can receive a Military Protective Order (MPO)

COUNSELING OPTIONS

All installations across USAG Poland have dedicated space for counseling and support from Military and Family Life Counselors, Chaplains, behavior health specialists, and other personnel.

Chaplain

Chaplains offer counseling for all personnel regardless of religious preference. Discussions with chaplains are 100% percent confidential. In addition, the chapel offers retreat and class-

es in life skills, marriage and family topics and personal resiliency.

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 www.militaryonesource.mil to learn more.

Military Crisis Line (MCL)

Available 24/7 for free confidential mental health support.

- Call: 844-702-5495
- DSN: 988
- Text: 838255
- Online chat: www.veteranscrisisline.net

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.

continued on page 26

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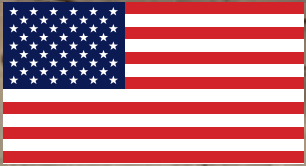
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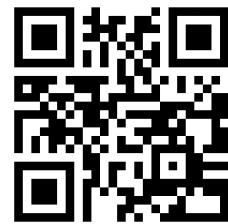
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Tel.: +49 (0)631 534 810 9

Location Opelkreisel
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67663 Kaiserslautern
Tel.: +49 (0)631 35113 41

Location Baumholder
Kuseler Straße 20
55774 Baumholder
Tel.: +49 (0)6783 185 0711

Location Landstuhl
Bruchwiesenstr. 38-40
66849 Landstuhl
Tel.: +49(0)151 74364761

Location Hofheim
Nordring 15-21
65719 Hofheim
Tel.: +49 (0)162 6677661

Location Spangdahlem
Bellinger Str. 1
54662 Herforst
Tel.: +49 (0)6562 9656235

330i sedan



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Included Factory Packages: M Sport Package, Convenience Package, Driving Assistance Package, Remote Engine Start, Heated front Seats

2024 330i RWD 4-Door Sports Activity Vehicle, 2.0-Liter TwinPower Turbo inline 4-Cyl., 255 hp & 295 lb-ft Torque, 0-60 in 5.6 sec, 25 city/ 34 highway, 311 grams CO2/Mile, WLTP: 330i Automatik l/100km 7,3-6,6 g/km 166-148

or

YOUR EULER MILITARY SALES PRICE \$44,390
(incl. \$400 Delivery)

AWD

Your Euler Military Sales Savings **-\$10,535**

Included Factory Packages: M Sport Package, Parking Assistance Package, Premium Package, Shadowline Package, Remote Engine Start, Harman Kardon Sound System

2024 330i xDRIVE AWD 4-Door Sport Sedan, 2.0-Liter 4-Cyl. TwinPower Turbo, 255 hp & 295 lb/ft Torque, 0-60 in 5.4 sec, 34 hwy / 25 city, 313 Grams CO2 /Mile, WLTP: 330i xDrive Automatik l/100km 7,8-7,0 g/km 176-158

M340i xDrive Sedan



YOUR EULER MILITARY SALES PRICE \$54,390
(incl. \$400 Delivery)

M AWD

Your Euler Military Sales Savings **-\$12,735**

Included Factory Packages: Parking Assistance Package, Premium Package, Shadowline Package, Remote Engine Start, Power tailgate, Harman Kardon Sound System, Drive Recorder

2024 M340i xDRIVE AWD 4-Door Sport Sedan, 382 HP/ 369 lb/ft 3.0-Liter Twin-Power Turbo 6-Cylinder
0 – 60 mph: 4.1 sec, mpg: 30 hwy / 22 city, CO2: 356 grams/mile
WLTP: M340i xDrive Automatik l/100km 8,5-7,8 g/km 192-177

continued from page 22

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.

Emergency Communication Messages

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 online atredcross.org/HeroCareNetwork 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 needed about the service member

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

Information needed 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 decide 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. They track weekly the number of people that visit. Additional supplies can be found in Bldg. 52, in the MWR on the 3rd Floor and in the cabinets next to the coffeemaker on the first floor of Bldg. 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.

Workshops

- 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 the installation 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 you American Red Cross Site Lead and visit www.redcross.org/volunteer/become-a-volunteer.html.

USO

The United Services Organization (USO) offers family programs, seasonal and weekly events, local area information and much more. There is often a snack bar, computers, DSN access, printers, Wi-Fi, gaming and a place to relax.

- USO Powidz | Witkowska 8, 62-430 Powidz poland.uso.org/usopowidz
- USO Drawsko Pomorskie | LSA Konotop, 78-500 Drawsko Pomorskie poland.uso.org/dpta
- USO Zagan | Forward Operating Site (FOS) Sweitoszow, Koszarowa 7, 59-726 Świątoszów | Supports multiples FOS locations including Zagan, Karliki, Sweitoszow, Boleslawiec and Trzebień poland.uso.org/zagan

- USO Bemowo Piskie | Ul, Kętrzyńskiego, 12-230 Bemowo Piskie | Also supports service members in Lithuania, Estonia and Latvia | poland.uso.org/bpta

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 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: 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: pl.usembassy.gov/embassy-consulate/embassy

U.S. Consulate General Krakow

ul. Stolarska 9

31-043 Krakow

Tel.: +48 12 424 5100

Fax: +48 12 424 5103

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

WELCOME TO POLAND!
VISIT US AT ONE OF OUR USO CENTERS:



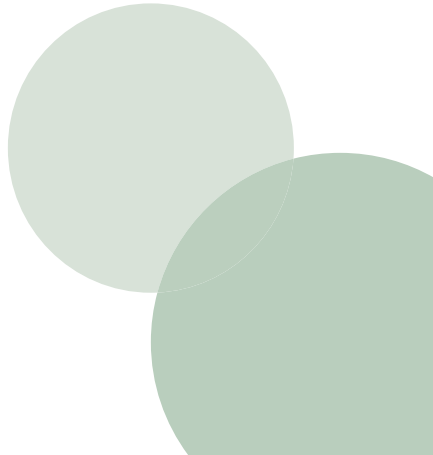
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AVIANO: Piazza Duomo, 22
CALAMBRONE: Ciale del Tirreno, 361
CATANIA: Via Canfora 49
NAPOLI: Via Degli Scimpioni n. 9 800125 Napoli
VICENZA: Via Rossato, 7

PET INFORMATION



As of January 1, 2024, Service Members PCSing to Poland can be reimbursed up for one household pet, either cat or dog, up to \$2,000 to cover costs related to the transportation of a pet. Civilians are advised to claim pet PCS costs under MIHA.

ARRIVING IN POLAND

Pets younger than three months are not allowed to enter Poland. Before you ship or travel with your pet, you must obtain:

- ✓ All pets must have a valid rabies vaccination taken at least 21 days before they arrive in Poland.
- ✓ 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 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 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>.

Restricted Dog 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) verses "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: aphis.usda.gov/aphis/pet-travel
- USDA Pat Travel to Poland: aphis.usda.gov/aphis/pet-travel/by-country/eu/pettravel-poland
- Polish Veterinary Inspectorate: wetgiw.gov.pl/english/travelling-with-pets-from-third-countries

VACCINATIONS

Poland accepts 1-, 2- and 3-year vaccines. The following lists the vaccines that must be kept current.

► Dogs

- Rabies vaccination
- Distemper combo vaccination (DA2PP)
- Leptospirosis vaccination in the pet's lifetime. Two doses of leptospirosis vaccine is recommended (primary and booster).

► Cats

- Rabies vaccination
- Feline distemper (FVRCP) vaccine in the pet's lifetime

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.

VETERINARY CLINICS

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

Local Veterinarians in Poznań

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



Tips for traveling
with your pet

PERSONAL ENRICHMENT



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.

PROFESSIONAL DEVELOPMENT

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
 - 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

Volunteering is a wonderful way to get involved in your community. Volunteering can help you gain experience and network in the military world, but also in your host nation.

- 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.
- Do you enjoy writing? Submit travel or lifestyle stories to contentteam@stripes.com for publication on the StripeEurope.com website.

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 the DoD. Learn more about your educational options with the Education Counselor located on Camp Kościuszko Bldg. 28, Room 26 or via email at usarmy.jbsa.imcom-hq.mbx.g1-aces-virtual-education-center@army.mil.

LANGUAGE LEARNING

Camp Kościuszko

MWR, Bldg. 52

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

For details, visit MWR or email mwrpolishles-son@gmail.com ■

LIVING LIKE A LOCAL



Once you arrive in Poland and get settled in, you can immerse yourself in the local culture.

FOOD AND DINING

- Many restaurants in cities have English menus but have a translator app ready.
- Water is usually served in bottles: still or sparkling.
- Obiad (translated as lunch or dinner) is the largest meal of the day and is eaten between 1 and 5 p.m. and is usually a soup and a main dish, and sometimes dessert.
- Reservations are recommended for popular restaurants as well as for most restaurants on weekends and holidays.

POLISH WORDS FOR RESTAURANTS

- **Kawiarnia:** Coffee Shop
- **Pijalnia:** Drinking Room
- **Pijalnia Wodki i Piwa:** Vodka and Beer Drinking Room
- **Restauracja:** Restaurant
- **Gospoda:** Tavern, Pub, Restaurant, Rest House

POLISH FOODS TO TRY

► Breakfast

- **Kasza Manna** | This simple semolina porridge is a staple in Polish kids' (and busy adults') diets. Its base consists of only three ingredients: Semolina, milk and sugar. However, you can make it your own with whatever else you want to add such as fruits, jams, nuts, honey, etc.
- **Racuchy z Jabłkami** | While it may look hard to say, this is another simple Polish dish, pancakes with apples. Simply add thinly sliced or grated apples to your pan

continued on page 34



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continued from page 32

cake batter and fry. The result is crispy on the outside and fluffy on the inside.

- **Kielbasa Breakfast Skillet** | You can use a variety of Polish foods to create this savory breakfast. Sliced Polish sausage and potato pancakes (placki ziemniaczane) can be the base to which you add your favorite skillet ingredients such as eggs, vegetables or cheese.

► Lunch

- **Żurek** | If soup in a bread bowl is your go-to Panera Bread meal, then you will feel right at home with this sour rye soup dish that has been served in a bread bowl since its inception. It consists of fermented rye, egg and sausage and is also known to be a good answer to a hangover.
- **Zapiekanki** | Nothing says lunch like a sandwich. These open-faced sandwiches are made with half a baguette and a combination of meats, mushrooms, peppers, cheese and topped with ketchup. They are a great late-night snack after dancing at the disco.
- **Rosół** | This brothy chicken bowl is a great way to dip your toe into Polish foods. This hearty soup consists of onion, celery, chicken, parsley and leeks and is meant to utilize leftovers.

► Snack

- **Oscypek** | You can only find this cheese in Poland. It is so in demand that the EU financially supports farmers and cheese makers in Poland so that they can produce enough of it. It has a unique taste and appearance that is created from smoking sheep's milk and shaping it into ovals or barrels.
- **Chleb Żytni with Pflaumenmus** | For a sweet snack, spread some Polish plum jam on Polish rye bread. The cinnamon sticks and bourbon vanilla sugar add a tasty kick to the jam.
- **Naleśniki** | Polish crepes can be sweet or savory. Stuff these thin crepes with meats, cheeses, vegetables, jams, chocolate or whatever you like to satisfy any snack craving.

► Dinner Main Courses

- **Gołąbki** | This traditional pork-stuffed cabbage is a great main dish, or even an appetizer or side dish. Tomato puree tops cabbage stuffed with pork shoulder, rice, onion and bread crumbs.
- **Kotlet Schabowy** | This is a Polish take on German schnitzel. You can never go wrong with fried breaded pork cutlets.

- **Ryba Po Grecku** | This fish dish is made from the white fish of your choice, tilapia, perch or pike and smothered in a vegetable and tomato sauce.

- **Kielbasa** | You cannot talk about Polish food without talking about Polish sausage. You can make it with whatever meat you have handy, and it goes great with potatoes, pasta or rice.

► Side Dishes

- **Kluski Śląskie** | These dumplings hail from Poland's southwest region of Silesia and incorporate the delectable ingredients of potatoes and bacon.
- **Mizeria** | This cucumber salad is similar to tzatziki in taste. This combination of cucumber, vinegar, sour cream, dill and seasonings goes great with a meat and potato dish.
- **Pierogi** | These dumplings are the most well-known and popular of the Polish dishes and it is no secret why. Stuffed with savory fillings such as cheese, meats or vegetables, there is a pierogi recipe for everyone. You can often find walk-up windows or dine-in options to try them.

► Dessert

- **Paczki** | Polish donuts are made from a sweet, yeasty dough that is fried and filled with your choice of jam, cream, chocolate or lemon curd.
- **Sernik** | What makes this cheesecake Polish, is the use of twaróg cheese, a variation of cottage or quark cheese. Top with fruits or chocolate to make it to your liking.
- **Pierniki** | These gingerbread treats are both a dessert and a souvenir from the city of Toruń. You can see this treat in cookie or cake form and is mostly a Christmas treat, but you can eat it all year.

SHOPPING

TRAVELING POST EXCHANGE

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 imported items will be significantly more expensive.

Camp Kosciuszko is about one to two miles from the main business district in Poznań; however, there are also parks, shopping options, apartments and grocery stores a couple of blocks off-post.

- ✓ 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.

COMMON STORE NAMES

- Home Improvement stores (like Home Depot): OBI, Castorama, Leroy Merlin
- Discount Store Chains: Action, Dealz
- Supercenters (like Walmart): Kaufland
- Furniture Stores: IKEA; Galeria Polskie Meble (Poznań)
- Budget Clothing Stores: Kik, Primark, C&A, H&M, TKMaxx
- Bookstore: Empik, BookaRest (Poznań)
- Arts and Crafts: Tedi

RECREATION

- MWR and helping agencies at your installation are always cooking up new events for the military community to enjoy.
- Visit the StripesEurope.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. armedforcesentertainment.com/upcoming-tours

TRASH AND RECYCLING

Recycling is a requirement in Poland. 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.

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.

Your nearest recycling center or "Ekoport," is the place to drop off bulk or hazardous waste. ■

TRASH AND RECYCLING

Biodegradables/Compost

Branches
Bread
Egg shells
Flowers/plants
Fruit
Hay and straw shavings
Nutshells
Paper towels
Tea bags
Untreated wood
Vegetables
Wood chips

Paper

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

Non-paper Packing Material

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

Residual

Ashes
Cat litter
Diapers
Facial tissues
Feminine products
Meat (including bones)
Mirrors
Non-packaging metals/plastics
Seafood (including shells)
Soiled paper products
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 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

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POLISH

LANGUAGE

Ready to learn Polish? Local nationals appreciate your attempt to speak their language. 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 GREETINGS

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

FORMAL GREETINGS

Good Day Dzień dobry (jane DOH-brih)
 Good evening Dobry wieczór (DOH-brih VYEH-choor)
 Goodbye 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

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)

RESOURCES FOR LEARNING POLISH

► GOOGLE TRANSLATE APP

This app allows you to type, photograph or say words in one language and quickly translate them into another language. It also offers a real-time dictation function that is convenient for conversations.

► LIBRARY

Through the Army MWR library websites, you can access Mango Languages courses and the Mango App to learn Italian for free on your computer or mobile device. Visit www.dodmwrlibraries.org for access.

► 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

January 1
New Year's Day

January 6
Epiphany

**March 31-
April 1, 2024**
April 20-21, 2025
Easter Holidays

May 1
Labor Day

May 3
Constitution Day

May 19, 2024
June 8, 2025
Whit Sunday

May 30, 2024
June 19, 2025
Corpus Christi

August 15
Assumption Day

November 1
All Saints' Day

November 11
Independence Day

December 25-26
Christmas Holidays

WOMEN'S SIZES

Shoes

US	EU
5	35-36
5.5	36
6	36-37
6.5	37
7	37-38
7.5	38
8	38-39
8.5	39
9	39-40
9.5	40
10	40-41
10.5	41

Dresses/Shirts/Pants

US	EU
2 (XS)	32
4 (XS/S)	34
6 (S)	36
8 (M)	38
10 (M)	40
12 (L)	42
14 (L-XL)	44
16 (XL/1X)	46
18 (1X-2X)	48-50
20 (2X)	50-52

Bras (Cups AA-E)

US	EU
32	70
34	75
36	80
38	85
40	90
42	95
44	100
46	105

MEN'S SIZES

Shoes

US	EU
8	41
8.5	42
9	43
10.5	44
11.5	45
12	46
13	47
14	48

Suits/Coats

US/UK	EU
36	46
38	48
40	50
42	52
44	54
46	56
48	58

Pants

Inches	CM
28	71
30	76
32	81
34	86
36	91
38	97
40	102

CHILDREN'S SIZES

Clothing

US	EU/UK
2T	92
3T	98
4	104
5	110
6	116
6X	122
7	128

8	134
9	140
10	146
11	152

Shoes

US	EU
11	28
12	30
13	31

1	32
2	33
3	34
4	36
5	37
6	38
7	39
8	40
9	41

INFANT SIZES

Clothing

US	EU/UK
NB	56
3 MO	62
6 MO	68
9 MO	74
12 MO	80
18 MO	86

Shoes

US	EU
0	15
1	16
2	17
3	18
4	19
5	20

6	22
7	23
8	24
9	25
10	27

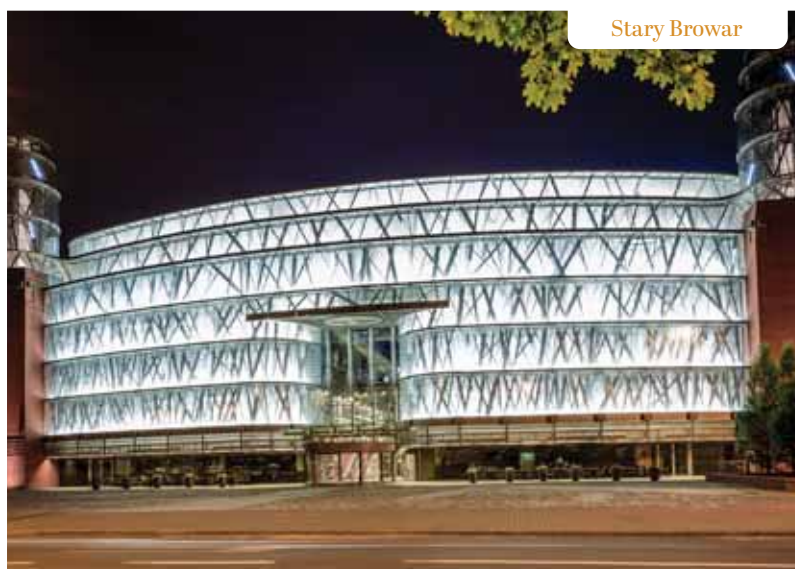
Get to Know Poznań

By Kat Nickola

Poznań is full of cultural events and delicious international fare, with a special dedication to historical storytelling, rendering it quite an exciting destination.

There are plenty of walkable green spaces in Poznań, but the Palm House is my favorite escape to a tropical bubble in the Woodrow Wilson Park, about a 15-minute walk from Camp Kościuszko. Nearby is City Park. The site of a former military barracks, it now has a dazzling 5-star hotel, a spa and 16 restaurants, so even if you don't stay overnight, it's an elegant area to stroll through.

An 11-minute rental scooter ride away from City Park, I instantly fell for a shopping mall called Stary Browar, not just for the shopping but the unique brick architecture from its origin as a brewery. The setting is as charming as the rest of the city in all its friendliness.



Stary Browar

For the History Buff

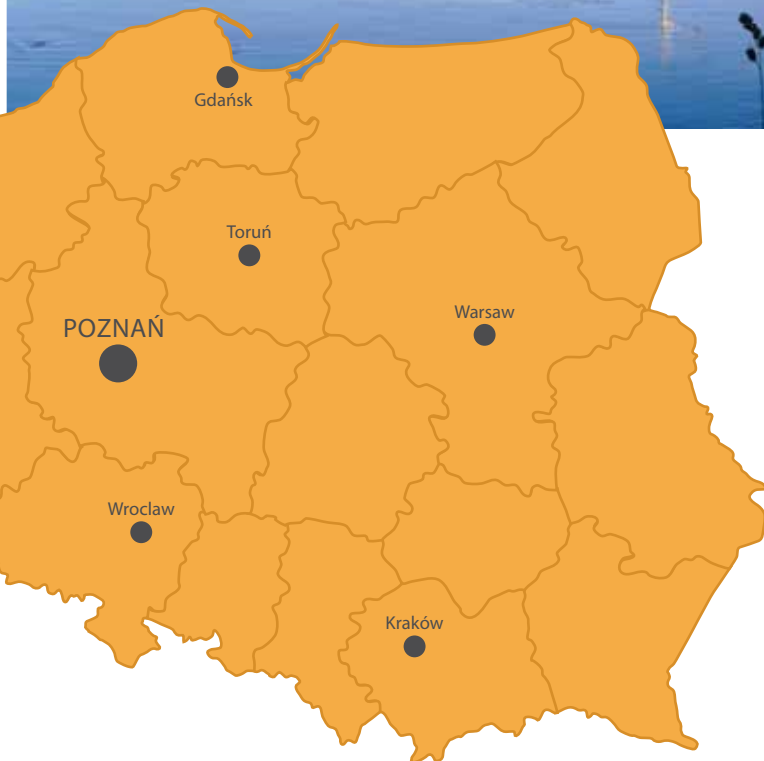
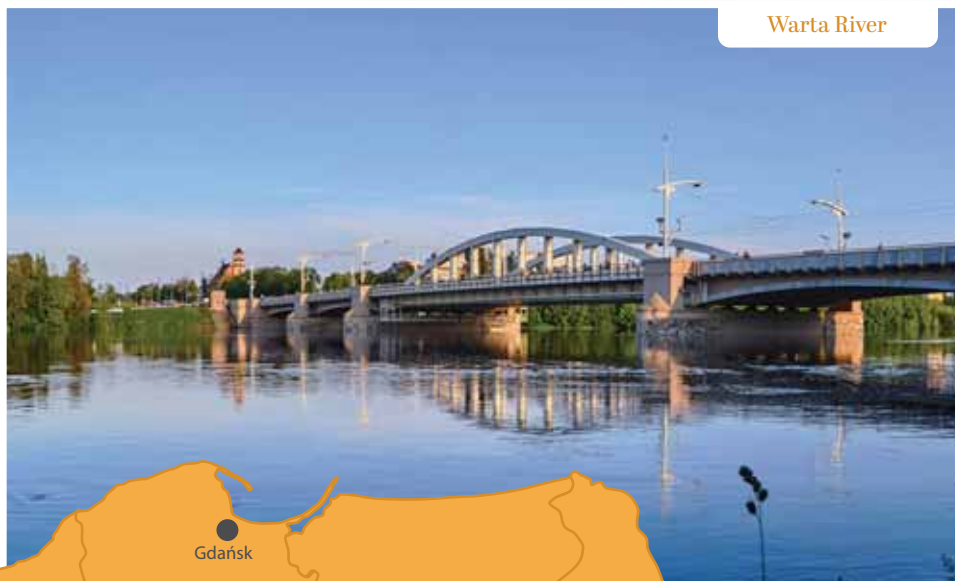
Inside the Town Hall is the Museum of Poznań, with a fascinating array of displays plunging you into political movements, conflicts and culture. The Greater Poland Museum of Independence oversees five branches throughout the city, such as the Museum of Martyrology of Greater Poland which was established in a previous concentration camp and the Museum of Armored Weapons in Poznań, which displays heavy tanks and weaponry used in World War II. The National Museum in Poznań houses an archeology department covering European and ancient histories. Also visit Ostrów Tumski, or "Cathedral Island" as its sometimes called, in the middle of the Warta River and home to the 1,000-year-old Poznań Cathedral where the first monarch of Poland was baptized.



Imperial Castle



Warta River



For the Art Lover

Whatever you do, take a moment to enjoy the large murals that dot the city like a free art gallery. Be sure to check out the 3D Mural Śródka on the east side of the Warta River. In the city center, the Imperial Castle is a cultural center that, despite its name, was only built in the early 20th century. Five blocks away, is the Royal Castle, a reconstruction of a 13th-century fortification that was gravely damaged in World War II. It now houses a fantastic Modern Art Museum.



For the Sports Enthusiast

Venture east of the city to Malta Lake any time of the year. Malta Ski has a two-person carriage rollercoaster and toboggan run beside lots of family-friendly attractions in the summer. In the winter, you can get a little skiing and snowboarding in using their slope before you head to the big ski resorts.

If you're not afraid of heights, check out Pyrland Park in the nearby woods, which includes a rope park and team-building activities. It's a great spot if you're looking for morale day options or to hang out with friends.

If you miss catching a live game, Poznań's football team, Lech Poznań, plays at Stadion Poznań. It may not be American football, but the fandom's fervor will have you caught up in the excitement, nonetheless. You can buy tickets at www.lechpoznan.pl. ■

Old Town Gdańsk

By Stacy Roman

As one of the oldest cities in Poland, the stunning coastal city of Gdańsk is full of stories and history. Ruled by Prussians, Germans and Poles, the combined cultural influence can be felt everywhere. From the moment you arrive, you'll notice a stark resemblance to the Dutch capital, Amsterdam. Tall, gabled facades tower over the cobblestone streets below. The city center, or Main Town, is home to the imposing St. Mary's Basilica, Neptune's Fountain, the storied Long Market and shops featuring exquisite amber jewelry from local artists. Because of the old town feel, it's easy to confuse Main Town with the actual Old Town, which is a quaint and quiet area just north of the more touristy part of the city.



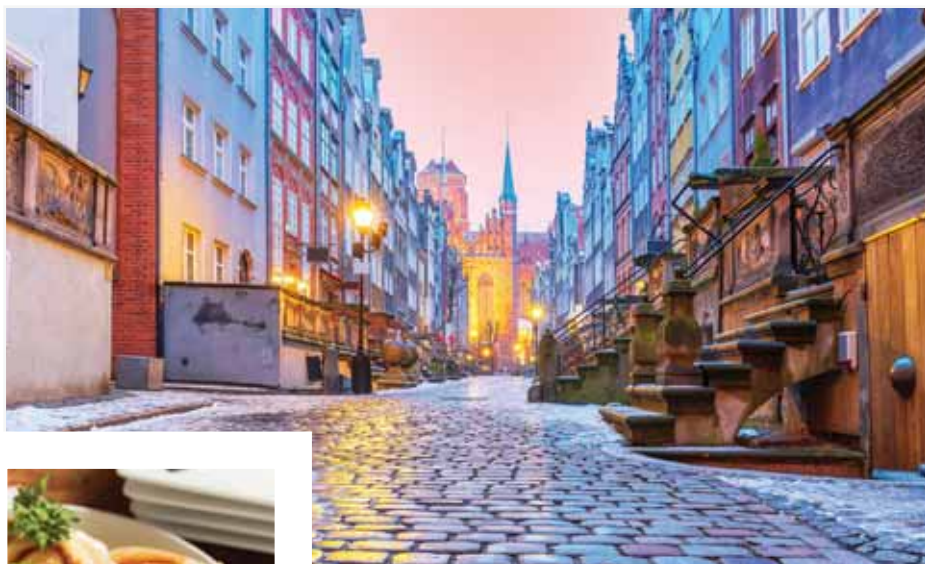
What to do

A mere 15-minute walk from bustling Main Town Gdańsk, Old Town offers a small glimpse into the everyday life of its locals. It's easy to navigate the maze of tree-lined streets. Be sure to check out the Old Town City Hall. Originally built in the late 1500s, the ornate red brick structure now houses a local culture museum. If you head further north, you'll discover the Monument to the Fallen Shipyard Workers of 1970. The three looming steel crosses were erected to memorialize the 42 protesters who were killed in an uprising against extortionate prices of goods set by the communist regime. Not far from the monument is the European Solidarity Center. This museum documents the Gdańsk and Polish life experience behind the iron curtain after World War II and is well worth a visit.

Good eats

There is no shortage of fantastic food spots in Old Town Gdańsk. Ranging from inexpensive breakfasts and down-to-earth milk bars (similar to a low-key cafe) for a traditional Polish meal, there is plenty to choose from. For a quick and delicious breakfast, stop by. This no-frills spot offers tasty muffins, pastries, breads and steaming cups of coffee for a great price. Fancy a bite after checking out the museums and monuments? Head to Bar Iwona przy Drodze do Wolności. Popular with nearby shipbuilders and dock workers, this milk bar is a hidden gem. Enjoy a hearty meal of meaty goulash or borscht. You may have to get creative when ordering, as everything is in Polish.

After a fun afternoon of sightseeing, head to Pierogarnia Mandu Śródmieście. Located where Old Town meets Main Town, this renowned restaurant is a great place to taste one of Poland's national dishes—the pierogi. From savory game-filled dumplings to sweet desserts to finish off the night, you can sample a variety of the famous potato pockets of goodness. Or hit up Swojski Smak which offers a delicious take on classic Polish fare in a cozy atmosphere. Take a moment and discover the hidden beauty and culture of Old Town Gdańsk. You'll be amazed at the history and culture just waiting to be found. ■

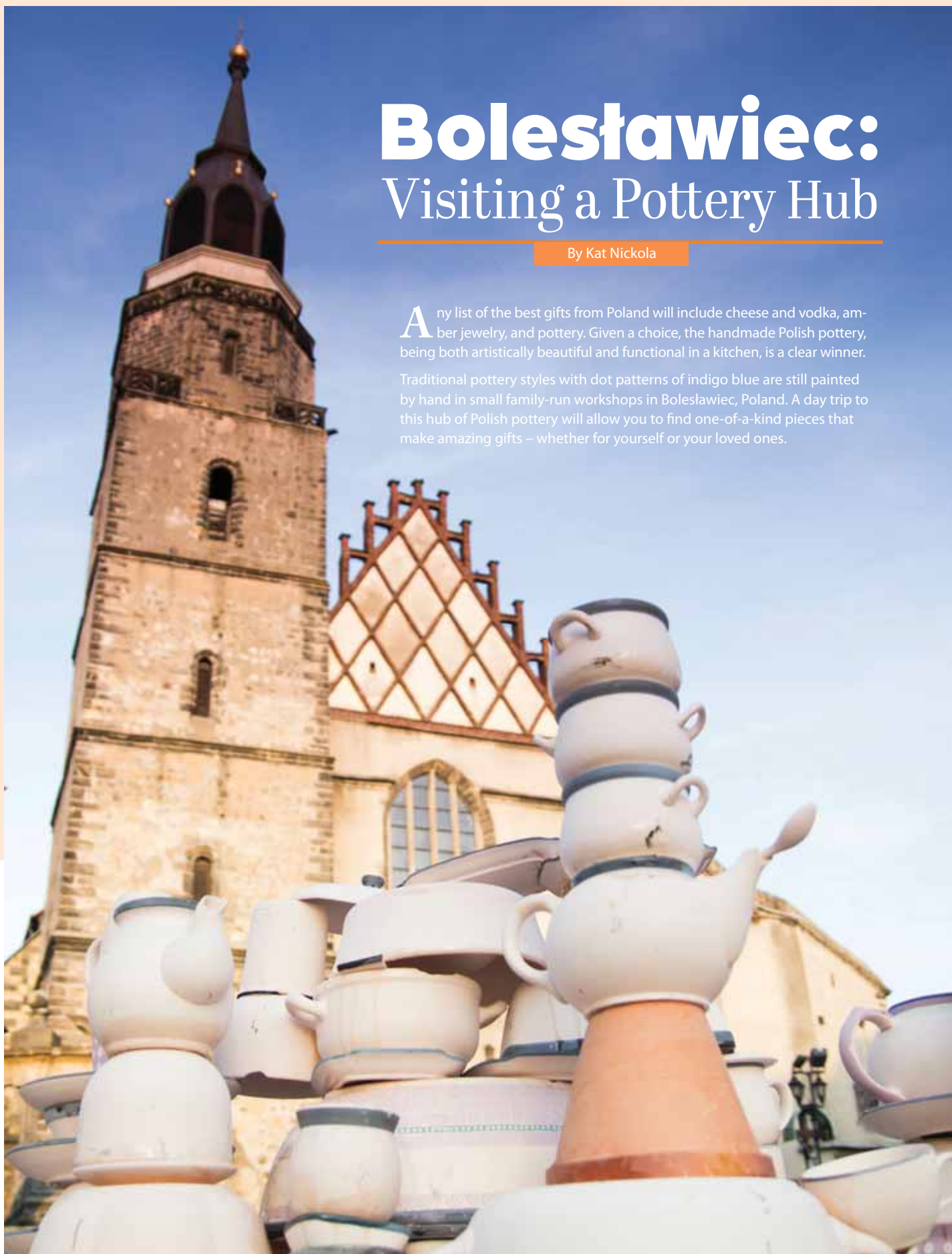


Bolesławiec: Visiting a Pottery Hub

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 with 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 Redzikowo 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. ■

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





Żurek

Polish Sour Rye Soup

Żurek, a traditional Polish soup, features fermented rye flour, known as “zakwas,” lending it a tangy complexity. Savory additions like smoked bacon, Polish sausage, potatoes, and onions enhance its flavor. Often served during holidays, it symbolizes family gatherings and cherished traditions. Cities like Krakow, Warsaw, Gdansk, Poznan, and Wroclaw are known for their delicious interpretations of Żurek. Its hearty warmth makes it perfect for cold days or festive occasions, showcasing Poland’s culinary expertise.

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Veteran's Crisis Line.....	00-800-1273-8255/DSN 118
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USAG Poland / V Corps Operation Atlantic Resolve	+49-162-133-0182 or DSN 314-538-8725
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U.S. Army Europe and Africa 24/7 Hotlines.....	DSN: 314-53-SHARP (537-4277)
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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

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>

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For DSN dial: 314-538-XXXX

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Army Personnel Testing Center.....	usarmy.poznan.id-europe.mbx.aces@army.mil
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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
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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
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ZW Polish Military Police.....	+48 724-940-311



FOR MORE INFORMATION CONTACT:
 For current information,
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POLAND TRAVEL RESOURCES



Top Ten Polish Sites



Kraków



Winter in Poland



Żywiec Brewery

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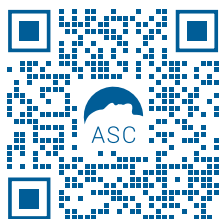


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