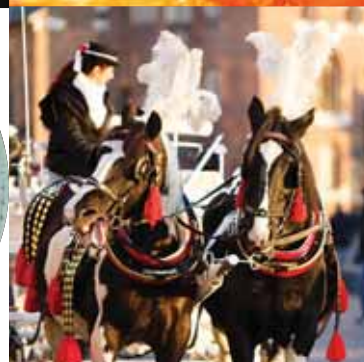
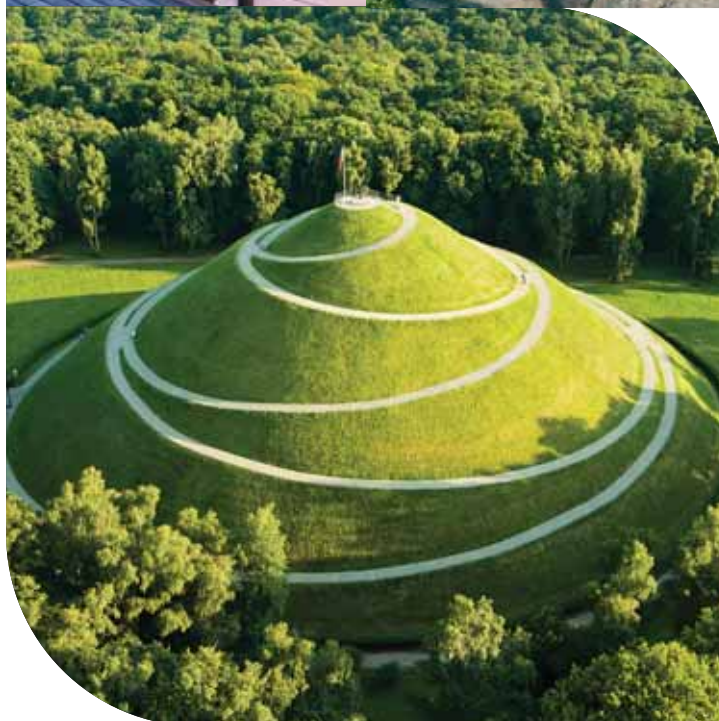
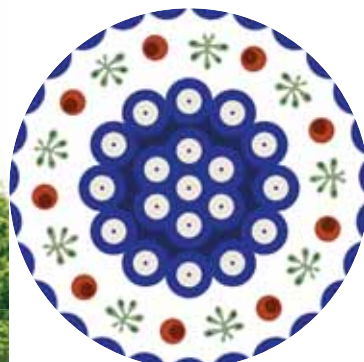
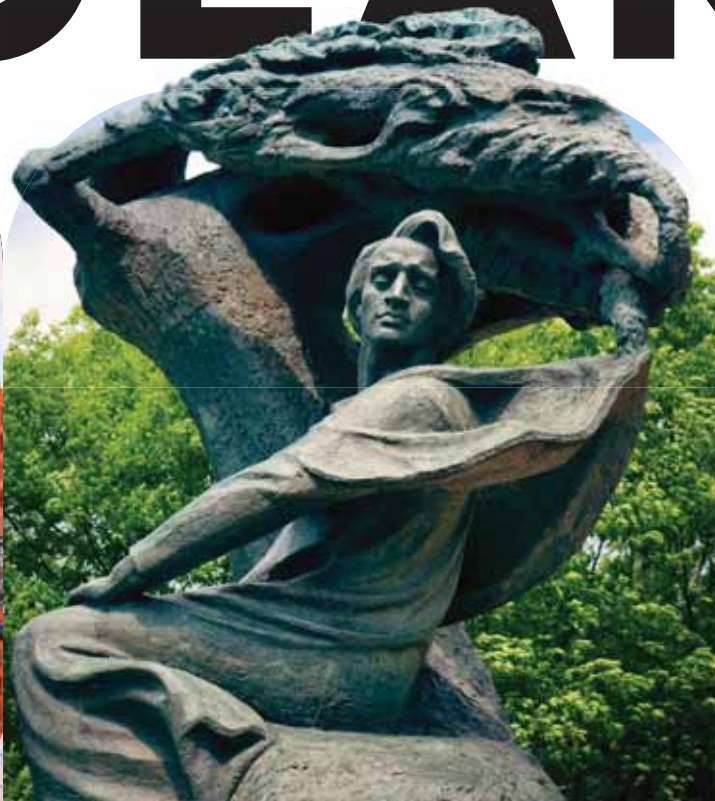


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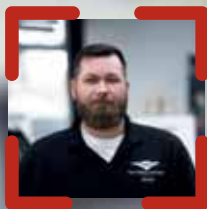


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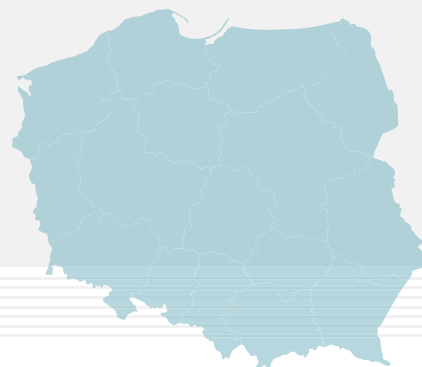


**bavaria@patriot-autos.net**

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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 Tuesday 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 Amerykańska 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](https://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](https://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](https://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 złoty.

Poland is a member of the European Union; however, it has not yet adopted the Euro. The Polish currency is the złoty (PLN). A single złoty 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 złoty 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](https://mbank.pl/en)
- ING: [ing.pl](https://ing.pl)
- Millennium: [bankmillennium.pl/en](https://bankmillennium.pl/en)

## MOBILE APPS

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

- Wise: [wise.com](https://wise.com)
- N26: [n26.com/en](https://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 złoty (PLN)

1 Polish złoty (PLN) ≈ 1 U.S. quarter

## EAGLE CASH CARD

The EagleCash Stored Value Card Program will be discontinued by the end of the fiscal year 2025. The card was used as a way to link to your bank account, allowing you to be able to pull funds in Zloty or Euros.

## 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](mailto:vcorps.osja-legal-assistance.mil@army.mil)

Trial Defense Service Europe:  
[usarmy.bavaria.7atc.mbx.trial-defense-services.mil@army.mil](mailto: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.

*continued on page 10*



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*continued from page 8*

## 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](https://orange.pl/lp/for-foreigners)
- ▶ T-Mobile: [t-mobile.pl/c/na-karte/en](https://t-mobile.pl/c/na-karte/en)
- ▶ Plus: [plus.pl](https://plus.pl)
- ▶ Play: [play.pl/nowy](https://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](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

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



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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. Tickets can be purchased 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](http://www.ztm.poznan.pl)
- [www.mpk.poznan.pl/rozkład-jazdy](http://www.mpk.poznan.pl/rozkład-jazdy)
- [jakdojade.pl/Poznan](http://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](http://aaa.com/vacation/idpf.html).

*continued on page 14*

REST, RECHARGE, REPEAT



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Bukowska 3/9 street, Poznan

*continued from page 12*

## REGISTERING YOUR VEHICLE

POV Registration Office  
Camp Kościuszko, Poznań  
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 Poznań'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
- U.S. 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 discount 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 (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. ■

Check out our  
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](mailto: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.

## 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 the U.S. 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](http://www.otodom.pl) and [www.olx.pl](http://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.

*continued on page 18*



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[www.parktenisowy.pl](http://www.parktenisowy.pl)

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court  
online now!**





*continued from page 16*

## 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.

## 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](http://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 30 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](http://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.

## HOUSEHOLD GOODS

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.

Three shipments:

- 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 your Polish home.
- Transformers are to be negotiated with the landlord.
- Check with your landlord for specifications on appliance size. ■

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# HEALTHCARE IN POLAND



## CAMP KOŚCIUSZKO TROOP MEDICAL CLINIC

Camp Kościuszko, Poznań, Bldg. 1  
DSN: 314-538-8731  
Comm: +49 152-3463-2277

### 24-HOUR NURSE ADVICE LINE

- Call: 00-800-4759-2300
- Chat or Video Chat:  
[www.mhsnurseadvice.com/home](http://www.mhsnurseadvice.com/home)

Civilian employees with health insurance should contact their carrier for information about using their benefits overseas. The carrier will provide a list of participating medical providers and explain the process to gain access to care.

## 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**

### TRICARE-APPROVED ER IN THE POZNAŃ AREA:

Provincial Hospital in Poznań  
(Szpital Wojewodski w Poznaniu)  
ul. Juraszow 7/19, Poznań 60-479  
[www.lutycka.pl](http://www.lutycka.pl)

## PREFERRED POLISH HEALTH- CARE FACILITIES

For services other than primary care, patients are referred to a host-nation medical facility for specialized care.

Polish facilities offer the highest quality medical care. Although there are a few differences in cultural and medical practices, Troop Medical Clinic staff work in collaboration with Polish medical partners, ensuring a positive outcome and experience for all patients.

Linguists are available to accompany you to your off post medical appointments.

### ► **Samodzielny Publiczny Zakład Opieki Zdrowotnej**

- [szpitalmswia.poznan.pl](http://szpitalmswia.poznan.pl)
- Has Emergency Room

### ► **Regional Hospital**

- [lutycka.pl](http://lutycka.pl)

### ► **Lux Med**

- [luxmed.pl](http://luxmed.pl)

### ► **University Hospital**

- [skp.ump.edu.pl](http://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](http://tricare-overseas.com/beneficiaries/resources/beneficiary-app).

## DENTAL CARE

Soldiers should contact the Troop Medical Clinic for guidance regarding dental care.  
Phone: +49 152-3463-2277

Civilian employees with dental insurance should contact their carrier for information

about using their benefits overseas. Carrier will provide a list of participating dentists and explain the process to gain access to care.

## MENTAL HEALTH

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

### CHAPLAIN

Chaplains offer counseling for all personnel regardless of religious preference. Discussions with chaplains are 100 percent confidential. In addition, the chapel offers retreats and classes in life skills, marriage and family topics and personal resiliency.

### MILITARY & FAMILY LIFE COUNSELORS (MFLCS)

MFLCs provide free non-medical sessions with child behavioral specialists are anonymous and may occur in individual, couple, family or group settings.

- MFLCs at Camp Kościuszko are located in Bldg. 28, Room 39 | Phone: 202-913-3124

### 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](http://www.militaryonesource.mil) to learn more.

To call Military OneSource from Poland, dial 00-800-111-3177 or 00-800-111-7599. You may also call collect at 703-253-7599.

### BEHAVIORAL HEALTH OFFICE

The behavioral health office is available for active-duty servicemembers and offers mental health assistance and programs.

- Camp Kosciuszko: + 49 152-3463-2277

### 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](http://www.veteranscrisisline.net) ■







# KEY SERVICES IN POLAND

## MWR

Visit [poland.armymwr.com](http://poland.armymwr.com) for details on gyms, recreational facilities and special events at your installation.

## Army Community Service

From family readiness to financial health—and much more—Army Community Service (ACS) delivers programs tailored to your needs. They help maintain community readiness and resiliency through a wide range of educational opportunities, special events, individualized counseling services and other offerings. To reach our Financial Readiness Program and Relocation Readiness Program, please email [us-army.poznan.id-europe.mbx.fmwr-army-community-service@army.mil](mailto:us-army.poznan.id-europe.mbx.fmwr-army-community-service@army.mil).

## Fitness Facilities

There are fitness facilities offering 24/7 access at Bols, DCTC, LSA South, Karliki, Powidz, Poznan, SK, SW, Torun, TRZ and Zagan.

## Library

You can access thousands of e-books and audiobooks via [army.dodmwrlibraries.org](http://army.dodmwrlibraries.org). In addition, the library offers access to online video streaming, fitness classes and foreign language lessons.



Here is a step-by-step guide to accessing the Libby app with DoD ID

## Outdoor Recreation (ODR)

Camp Kościuszko | Bldg. 28  
ODR offers trips and tours around Poland and Europe, starting from a variety of installations.

## Recreation Centers

MWR recreation centers are the hub for relaxation, entertainment and community engagement. Designed to support Soldier's morale and readiness, the center offers a variety of programs, activities and services tailored to enhance your quality of life. Whether to unwind after duty, connect with friends, or explore new hobbies, there is something for everyone. From gaming and movie nights to workshops and special events, the Rec Center is here to help you make the most of your free time.

## 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 at [redcross.org/HeroCare-Network](http://redcross.org/HeroCare-Network) 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.

*continued on page 26*



## Your Health. Closer Than Ever.

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[www.autopieper.com](http://www.autopieper.com)

*continued from page 24*

**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 your American Red Cross Site Lead and visit [www.redcross.org/volunteer/become-a-volunteer.html](http://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](http://poland.uso.org/usopowidz)
- USO Drawsko Pomorskie | LSA Konotop, 78-500 Drawsko Pomorskie  
[poland.uso.org/dpta](http://poland.uso.org/dpta)
- USO Żagań | Forward Operating Site (FOS) Sweitoszow, Koszarowa 7, 59-726 Świętoszów | Supports multiples FOS locations including Zagan, Karliki, Sweitoszow, Boleslawiec and Trzebień  
[poland.uso.org/zagan](http://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](http://poland.uso.org/bpta)

## 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](http://safehelpline.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)

## 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.

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 com-



mand 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: 314-538-8781  
Email: VictoryCorpsIG@army.mil

## 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](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: [pl.usembassy.gov/u-s-citizen-services/](https://pl.usembassy.gov/u-s-citizen-services/)  
Emergency number: +48 22 504 2156

### U.S. Embassy Warsaw

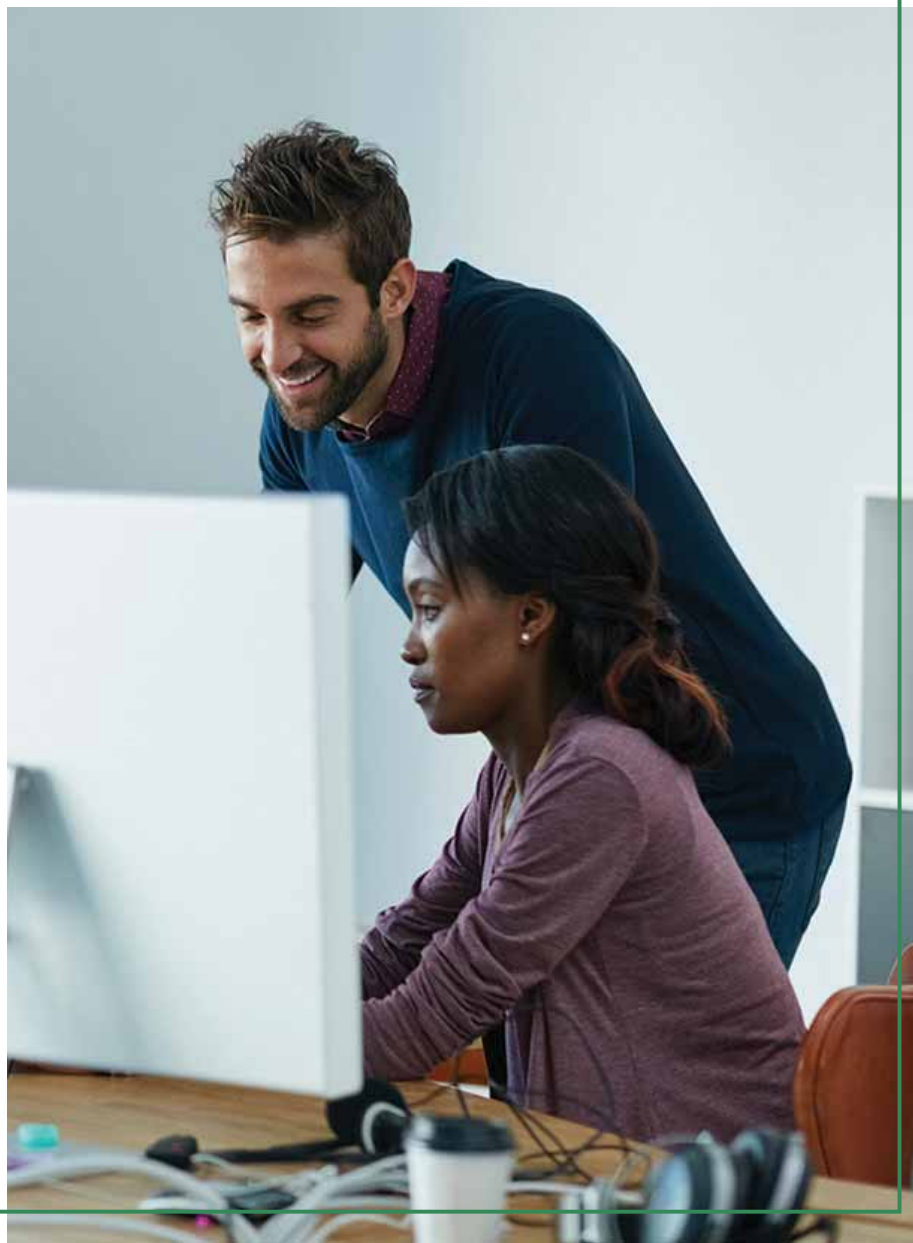
Aleje Ujazdowskie 29/31  
00-540 Warsaw  
Tel.: +48 22 504 2000  
Fax: +48 22 504 2342  
Web: [pl.usembassy.gov/embassy-consulate/embassy](https://pl.usembassy.gov/embassy-consulate/embassy)

### U.S. Consulate General Krakow

ul. Stolarska 9  
31-043 Kraków  
Tel.: +48 12 424 5100  
Fax: +48 12 424 5103  
Web: [pl.usembassy.gov/embassy-consulate/krakow](https://pl.usembassy.gov/embassy-consulate/krakow)

### Consular Agency Poznań

ul. Paderewskiego 8 room 06  
61-770 Poznań  
Tel: +48 61 851 8516  
Fax: +48 61 851 8966  
Web: [pl.usembassy.gov/embassy-consulate/consular-agency-poznan](https://pl.usembassy.gov/embassy-consulate/consular-agency-poznan) ■



# PET INFORMATION



When PCSing overseas or outside the continental United States, service members may be authorized a Pet Transportation Allowance for the transportation costs of one pet. The reimbursement cap is \$2,000.

## 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>.

### 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](https://aphis.usda.gov/aphis/pet-travel)
- USDA Pat Travel to Poland: [aphis.usda.gov/aphis/pet-travel/by-country/eu/pettravel-poland](https://aphis.usda.gov/aphis/pet-travel/by-country/eu/pettravel-poland)
- Polish Veterinary Inspectorate: [wetgiw.gov.pl/english/travelling-with-pets-from-third-countries](https://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](https://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](https://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](mailto: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](mailto:contentteam@stripes.com) for publication on the [StripeEurope.com](http://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 at Camp Kościuszko.

### Education Counselor

Camp Kościuszko

Bldg. 28, Room 26

[usarmy.jbsa.imcom-hq.mbx.g1-aces-virtual-education-center@army.mil](mailto:usarmy.jbsa.imcom-hq.mbx.g1-aces-virtual-education-center@army.mil) ■



# LOCAL CULTURE



## LEARNING POLISH

Here are a few resources available for you to learn Polish.

### Google Translate

This app allows you to type or speak words in Polish to see and hear translations. You can also turn on the image feature and hover your phone over the Polish text to translate in real-time. It also offers a real-time dictation function that is convenient for conversations.

### Duolingo

Duolingo is a gamified app to help you learn and practice new languages. It provides you with a pre-test so you can begin your training wherever you are in your Polish learning.

### Mango Languages

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

Visit [www.dodmwrlibraries.org](http://www.dodmwrlibraries.org) for access.

## POLISH HOLIDAYS

**January 1:** New Year's Day

**January 6:** Epiphany

**April 20-21, 2025:** | Easter Holidays  
**April 5-6, 2026:**

**May 1:** Labor Day

**May 3:** Constitution Day

**June 8, 2025:** | Whit Sunday  
**May 24, 2026:**

**June 19, 2025:** | Corpus Christi  
**June 4, 2026:**

**August 15:** Assumption Day

**November 1:** All Saints' Day

**November 11:** Independence Day

**December 25-26:** Christmas Holidays

## 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 pancake 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.

*continued on page 32*

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continued from page 30

### ► 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 brothly 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

## 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**

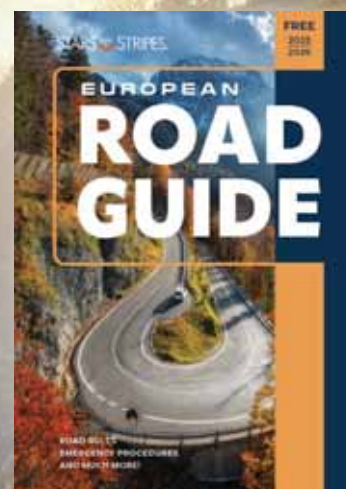
Batteries/chemicals/detergents/pesticides  
Construction waste  
Cooking oil  
Electronics  
Furniture  
Large branches  
Lightbulbs  
Mercury thermometers  
Other oils  
Paint  
Scrap metal  
Tires  
Trees

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# TOP SITES NEAR YOU

By USAG Poland Public Affairs

*Nicolaus Copernicus University*

## POWIDZ MILITARY COMMUNITY

### TORUŃ

Toruń is home to one of Poland's oldest and most prestigious universities, **Nicolaus Copernicus University**, which attracts students and researchers from all over the world. The city has a vibrant academic and cultural scene, with numerous festivals, concerts, and events year-round.

This charming Polish town sits on the **Vistula River**, the longest river in Poland. The scenic riverfront is perfect for leisurely walks, boat tours and offers beautiful views of the city's historical skyline.

Did you know Toruń is the birthplace of Nicolaus Copernicus, the man who figured out that the Earth revolves around the Sun? Explore his life at the **Copernicus House Museum** and feel your inner astronomer awaken!

Wander through the well-preserved medieval streets of **Toruń's Old Town**, a UNESCO World Heritage site, and be amazed by the stunning gothic architecture. The **Town Hall** and the **Teutonic Castle** are sights you won't soon forget.

And if you have a sweet tooth, you're in luck! Toruń is known as the "Gingerbread Capital" of Poland. Indulge in this local delicacy as you explore the city and don't miss the fun, interactive **Museum of Gingerbread**.

With its beautiful riverfront, vibrant cultural scene, and delicious gingerbread, Toruń is a town that will capture your heart (and your stomach!).

### POWIDZ

Powidz is a picturesque town nestled on the shores of stunning **Powidz Lake**. Here, you'll find a water lover's paradise, with opportunities for sailing, fishing and kayaking amidst the sparkling waters. Surrounding the lake, lush forests beckon you to explore their hidden trails, offering a tranquil escape for nature enthusiasts.

As you delve deeper into Powidz, uncover its intriguing past as a significant **military airfield**, adding a fascinating historical dimension to your visit. During World War II, Powidz was home to a significant German airfield. After the war, it was used by the Polish Air Force and remains an active military base today. Visitors with an interest in military history can explore the area's aviation past, adding an intriguing layer to the town's history.

Powidz is located in the **Wielkopolska** region, known for its stunning natural beauty, including



vast forests and natural reserves. The area is rich in wildlife, offering a great destination for nature enthusiasts, with plenty of opportunities for hiking and birdwatching.

## GNIEZNO

Just a short trip from Powidz lies **Gniezno**, a city that resonates with national significance as the birthplace of the Polish state. Step back in time as you wander through its charming streets, imagining a time when kings were crowned within its walls.

No visit to Gniezno is complete without experiencing the awe-inspiring **Gniezno Cathedral**, a UNESCO World Heritage Site. Marvel at its stunning Romanesque and Gothic architecture and be captivated by the intricate bronze doors depicting scenes from Polish history.

## DRAWSKO POMORSKIE COMBAT TRAINING CENTER (DCTC)

Tucked away in northwestern Poland, Drawsko Pomorskie offers a unique blend of historical intrigue and natural beauty.

History buffs will be captivated by the remnants of a 14th-century **Teutonic Knights castle**, whispering tales of medieval conflicts. The castle ruins are a great spot for history enthusiasts to explore and learn more about the region's role in medieval European conflicts.

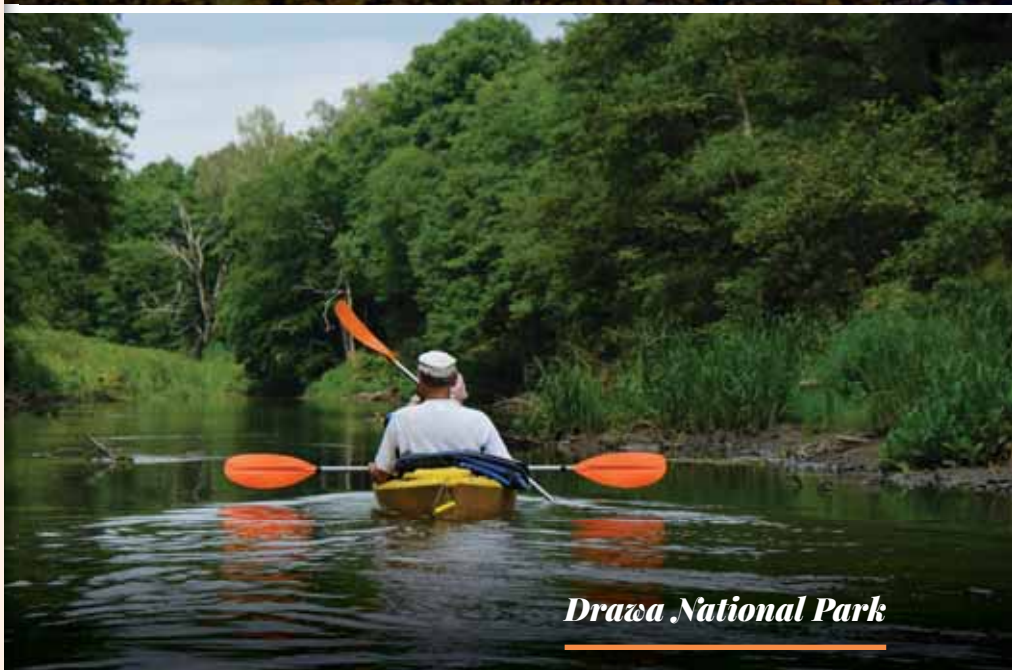
And for a glimpse into more recent history, the nearby **Drawsko Training Ground**, one of Europe's largest military training areas, stands as a testament to the region's strategic importance. The site is used by both Polish and NATO forces for military exercises, making it an important location for international defense cooperation. It's an area rich in military history, especially during the Cold War.

But Drawsko Pomorskie isn't all about the past! The town sits near the shores of the stunning **Drawsko Lake**, a haven for water sports enthusiasts and nature lovers alike. Imagine yourself sailing across the sparkling water, paddling along the peaceful shoreline, or casting a line for a relaxing afternoon of fishing.

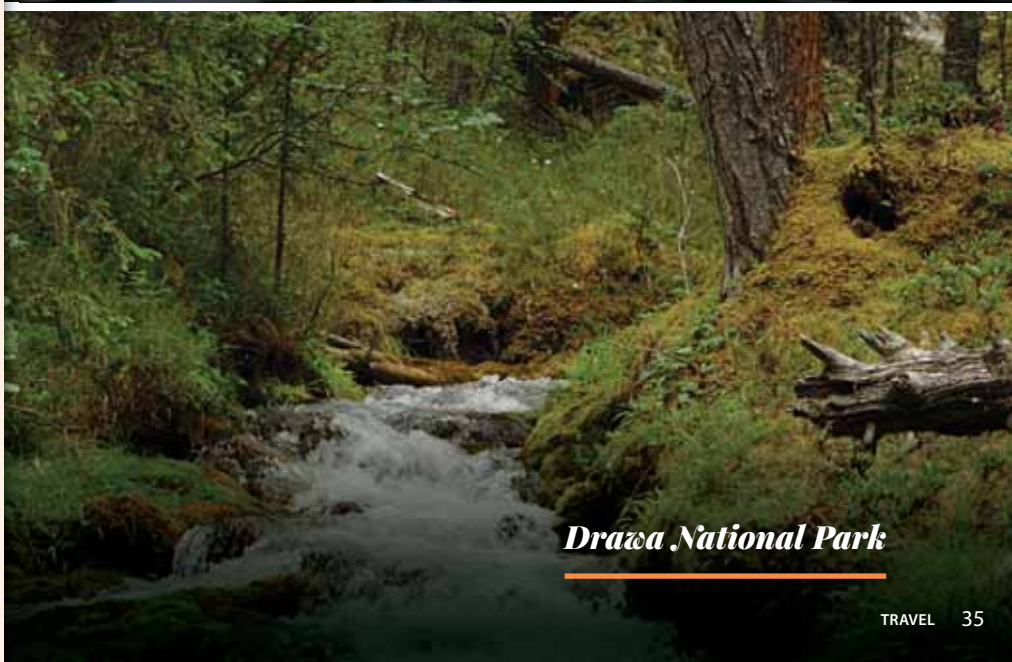
And just a stone's throw away lies the breathtaking **Drawa National Park**. This protected wilderness invites you to explore its pristine rivers, dense forests, and diverse wildlife. Hike through the unspoiled beauty, spot deer and wild boar, and breathe in the fresh air of this natural paradise.



***Powidz Lake***



***Drawa National Park***



***Drawa National Park***





*continued from page 35*

## POZNAŃ MILITARY COMMUNITY

Get ready to be charmed by Poznań, a city where centuries-old traditions blend seamlessly with a youthful, modern spirit. Poznań is one of the oldest and most historically significant cities in Poland. It played a crucial role in the formation of the Polish state, as it was the site of the first Polish royal coronation and the capital of Poland in the 10th century. Today, it's a vibrant city that blends rich history with modernity.

Wander through the enchanting **Old Town**, a picturesque maze of colorful buildings and cobbled streets, and you'll feel like you've stepped back in time.

Speaking of the **Town Hall**, this architectural masterpiece from the Renaissance era dominates the Old Town square and is a must-see for any visitor. Be sure to catch the daily spectacle of the mechanical goats "butting heads" at noon on the Town Hall clock – a quirky tradition that perfectly captures Poznań's playful heart!

But Poznań isn't just about preserving the past; it's also a hub of innovation and creativity. Experience this firsthand at the **Poznań International Fair**, one of Europe's leading trade events, showcasing the latest in technology, fashion, and art from around the globe.

And with its renowned colleges like **Adam Mickiewicz University**, Poznań pulsates with a youthful energy that's contagious. Explore the vibrant cultural scene, from trendy cafes and lively pubs to captivating theaters and art galleries. With a year-round calendar of music festivals, exhibitions, and performances, there's always something exciting happening in Poznań.

## ŚWIĘTOSZÓW MILITARY COMMUNITY

### ŻAGAŃ

Żagań is home to an important military history, particularly in the 20th century. The town is known for its historical military barracks and its connection to the Polish Armed Forces, as well as the presence of NATO military units. The town's military heritage provides an interesting dimension for visitors with an interest in history, defense, and international relations.

In Żagań, step inside the magnificent **Żagań Castle**, a Renaissance masterpiece that once hosted noble families and now invites you to step back in time to the 16th century. The castle has been historically significant, having been the residence of noble families, including the prominent House of Hohenzollern.

Uncover the poignant history of World War II. The town's nearby **Stalag XIII-C** was one of the largest POW camps for Allied soldiers, including many Americans. The camp was part of the





history surrounding the famous “Great Escape” by British and Commonwealth prisoners, and visitors can learn about the town’s role in the war through museums and memorials.

For a moment of tranquility, find respite in the embrace of **Żagań Forest**, an area of pristine natural beauty, offering a peaceful escape. The Żagań Forest offers opportunities for hiking, cycling, and nature walks, with a rich diversity of flora and fauna. It is a perfect spot for nature lovers and those interested in exploring Poland’s natural beauty.

## ŚWIĘTOSZÓW

Świętoszów is home to one of the largest military training bases in Poland. It is also used by NATO forces for joint exercises. The base has historical significance, especially in the context of the Cold War, when it served as a strategic location for military training and defense operations in the region.

In Świętoszów you can delve into the fascinating world of its military base, tracing its evolution from a strategic Cold War outpost to a modern training ground for Polish and NATO forces. History enthusiasts can uncover remnants of World War II, including **bunkers and installations**, for a tangible connection to the region’s wartime past.

For those seeking adventure and breathtaking views, the nearby **Karkonosze Mountains** beckon with hiking trails leading to panoramic

vistas and invigorating outdoor experiences.

## BOLESŁAWIEC

Bolesławiec is internationally renowned for its unique and beautiful pottery, often referred to as “Polish pottery.” The town has been producing this distinctive, hand-painted stoneware for centuries. Visitors can explore local pottery shops and even visit workshops where artisans create and decorate the iconic pieces.

The annual **Bolesławiec Pottery Festival** is a major event where visitors from around the world come to admire and purchase handcrafted pottery, showcasing the town’s enduring craftsmanship.

Explore local shops and witness their artistry firsthand. Step back in time as you wander through Bolesławiec’s charming **Old Town**, admiring historic buildings and remnants of medieval walls that whisper tales of the past.



Find out where to shop  
for Polish pottery in  
Bolesławiec.

## SKWIERZYNA MILITARY COMMUNITY

A historic town with medieval roots, Skwierzyna has a rich history, with origins dating back to medieval times. The town was once part of the Kingdom of Poland and later the Prussian Em-

pire. Visitors can explore the charming old town, which still retains remnants of its historical architecture, such as the beautiful **St. Nicholas Church**, which dates back to the 14th century.

Skwierzyna is situated along the **Oder River**, one of the major rivers in Poland. The river has played a vital role in the town’s development, historically serving as a key trade route. The scenic riverbanks offer great opportunities for activities like fishing, kayaking and nature walks.

Built in the 19th century **Skwierzyna Palace** is surrounded by beautiful parkland and reflects the town’s aristocratic past. Though not always open to the public, the palace remains a symbol of the town’s cultural heritage.

Skwierzyna is surrounded by lush **forests and nature reserves**, making it a great destination for outdoor enthusiasts. The area is ideal for hiking, cycling, and birdwatching. The nearby **Warta River** also offers water sports opportunities, creating a peaceful and natural escape for nature lovers.

Known for its agricultural traditions, Skwierzyna is located in a region that is well-known for farming. The area produces high-quality crops, especially fruits and vegetables. Visitors can experience the region’s agricultural lifestyle, and in the summer, enjoy fresh local produce at farmers’ markets and festivals. ■

# USAG POLAND

## DIRECTORY

### COUNTRY CODES

Poland country code ..... +48  
 Germany country code: ..... +49

### EMERGENCY NUMBERS

**112 is the primary emergency number across Poland and Europe.**

The operator will then connect you to the correct local emergency services.

For particular emergency situations, use the following numbers. You may need a local code as well.

For example, 22-997.

999 - ambulance

998 - fire brigade

997 - police

### EMERGENCY SUPPORT

Polish MP (Off Installation) ..... +48 (0) 724-940-311  
 Host Nation Staff Duty..... +48 (0) 785-208-265  
 U.S. Army Criminal Investigation Division ..... +49 162-720-3344  
 Area Support Group Poland Force Protection..... +48 (0) 451-071-334  
 U.S. Army Counterintelligence Duty Phone ..... +48 (0) 451-071-326

### CRISIS HOTLINES

#### 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

**Veterans & Military Crisis Line(MCL)**..... Comm: 844-702-5495/ DSN: 988/ Text: 838255  
 ..... Online: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### CAMP KOŚCIUSZKO

#### For DSN dial: 314-538-XXXX

American Red Cross Bolewslawiec ..... +48 (0)791-025-014  
 American Red Cross Poznan ..... +49-611-143-538-2911, DSN: 314-538-2911  
 Behavioral Health ..... +49 611-143-538-8810  
 Directorate of Human Resources ..... +49 611-143-538-8607  
 Directorate of Public Works (DPW) ..... +49 (611-143-538-8775  
 Finance Office..... +49 611-143-538-8885  
 Housing Office..... +48 (0) 451 071 332, DSN:314-538-8822  
 ID Card Office..... +49 611-143-538-8624  
 Installation Access Control (IACS) ..... +49 611-143-538-8678  
 In/Out Processing..... +49 611-143-538-8628  
 Military Personnel Division ..... +49 611-143-538-8632  
 MWR ..... +49 611-143-538-8630  
 MWR Trips for Troops ..... +49 611-143-538-8944  
 Passport/SOFA Office..... +49 611-143-538-8623  
 Postal Center ..... +49 611-143-538-8676  
 Public Affairs ..... +49 611-143-538-8630  
 Security Office (S2)..... +49 611-143-538-8675  
 Transportation Office..... +49 611-143-538-8607  
 Troop Medical Clinic ..... +49 152-3463-2277  
 Vehicle Registration/Driver's Licensing..... +49 611-143-538-8666



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

### FACEBOOK RESOURCES

**U.S. Army Garrison Poland**

**US Army V Corps**

**USAG Poland Family and MWR**

**American Red Cross FOS Poznan -  
 Camp Kościuszko**

**USO Powidz**

### POLAND TRAVEL RESOURCES



Top Ten Polish Sites



Kraków



Winter in Poland



Żywiec Brewery



GOOD SLEEP. GOOD DAY. GOOD LIFE.

# Did you know how risky snoring could be? We simply stop it.



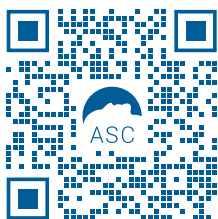
Prof. Dr. H. Schneider is a very well known specialist in sleep disorders such as snoring. Through his decades of research at Johns Hopkins University in Baltimore, he has the very latest knowledge and help to end dangerous snoring. Snoring bears great risks for your health such as developing diabetes, obesity, poor sleep and even heart attack or stroke.

**Moreover: Snoring affects your readiness at work, for travel and exploration.**

Join his Sleep Clinic in Frankfurt am Main, where he treats patients in a comfortable environment since 2009. Very easy to reach with stop directly in front of the clinic. Extensive examinations and tests are carried out by special measurements with state-of-the-art equipment.

**Do not hesitate to contact us today!**

Our medical services are covered by most  
U.S. Health insurances with direct billing services.



American Sleep Clinic  
Friedberger Landstraße 406  
60389 Frankfurt am Main  
+49 69 808 807-777 | Fax -779  
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