

## WELCOME TO REDZIKOWO, POLAND

This guide provides information for Government and contractor personnel traveling to and performing duties at the Aegis Ashore (AA) Missile Defense Facility located at Redzikowo, Poland (PL). Information provided below is accurate as of February 2022.

### HISTORY

The Republic of Poland is a country in Central Europe, bordered by Germany to the west, the Czech Republic and Slovakia to the south, Ukraine and Belarus to the east, and the Baltic Sea, Kaliningrad Oblast and Lithuania to the north.



Many historians trace the establishment of a Polish state to 966 when Prince Mieszko converted to and established Christianity as a primary religion in the area. The Kingdom of Poland originated in 1025 with the coronation of Boleslaw Chrobry as the first king. In 1569, it cemented a longstanding political association with the Grand Duchy of Lithuania by signing the Union of Lublin forming the Polish–Lithuanian Commonwealth. The Commonwealth ceased to exist in 1795 when the Polish territory was partitioned among the Kingdom of Prussia, the Russian Empire and Old Austria. Poland regained independence (as the Second Polish Republic) at

the end of World War (WW) I on November 11, 1918. Poland celebrates this day as its Independence Day.

Two decades later, on September 1, 1939, Germany invaded Poland marking the start of WWII. Seventeen days later the Soviet Union invaded as part of the Molotov–Ribbentrop Pact. Sadly, more than six million Polish citizens lost their lives in the war, in which most were killed through genocide. In 1944, Poland became a client state of the Soviet Union and was renamed the People's Republic of Poland in 1952. It remained the People's Republic of Poland until the Revolution of 1989 when the communist government was overthrown. Poland then adopted a new constitution establishing itself as a democracy and rechristened itself the "Third Polish Republic" with Lech Walesa as its first democratically elected president.

The Slupsk Air Base (actually adjacent to the small town of Redzikowo) is a former Air Force Base constructed in the 1930s as a German military flight school. During WW II, the base expanded considerably. From 1946 to 1952, a Polish Army unit utilized it. From 1952 to 1999, the 28<sup>th</sup> Wing of the Polish Air Force used the base. In the 1980s and 1990s, there was concurrent military and civilian aviation use at the site. The Polish Airline, LOT, operated a passenger terminal and small cargo facility until 1989 when White Eagle Company took over the facilities. This operation ended in 1996 and the terminal and cargo facilities were demolished. The air base ceased to be operational in 2001. The Wojskowa Administracja Koszar (WAK) – Billets' Military Administration currently administers the limited upkeep of the site under the Ministry of National Defense (MoND) jurisdiction.

## CLIMATE

The climate throughout the country is mostly temperate. It is oceanic in the north and west and becomes gradually warmer and continental towards the south and east. Summers are generally warm, with average temperatures between 18° C (64 °F) and 30° C (86.0° F) depending on the region. Winters are very cold with average temperatures around 3° C (37° F) in the northwest and -6° C (21° F) in the northeast. Precipitation falls throughout the year, although in the east winter is drier than summer. Natural disasters, such as tornados, earthquakes, hurricanes, tsunamis, volcano eruptions are uncommon. However, summer sees more abundant precipitation and regional flooding may occur. Very often the base experiences high winds, which during the winter, have a similar feel to the wind chill of Chicago.

## CURRENCY



The currency unit used in Poland is the Polish Złoty (pronounced: zwoty - ['zwɔtɨ]). The symbol for the złoty is “zł”, which may also be written as PLN. This distinguishes the new notes from old notes following the redenomination of the currency in 1995. PLN banknote denominations are as follows: 10, 20, 50, 100 and 200 zł.

Poland issues whole zloty coins in 1, 2 and 5 zł denominations (\$1 U.S. ≈ 3.95 PLN, 1 PLN ≈ \$0.25). Fractional coins called grosz (grosh) come in: 1, 2, 5, 10, 20 and 50 grosz denominations (100 grosz = 1 zł). As a rule, you can divide prices in PLN by a factor of four (4) to obtain value in U.S. dollars.

For currency exchange, look for Automated Teller Machines (ATM) (Bankomat) bearing symbols for international networks such as STAR and PLUS. Visitors are encouraged to exchange money only at the airport, banks, hotels or offices of the Polish Tourist Office and licensed exchange houses. Keep in mind, even though licensed, currency exchange facilities located at airports, bus stations, train stations and popular tourist locations may not be optimal for currency exchange due to their lower than normal exchange rates. There are no banks located on base. There are many banks in Slupsk readily available. Most hotels and larger stores accept major credit cards. If you are planning to make a credit card purchase, verify the retailer accepts the card first. Some, but not all, credit/debit cards are accepted. While use of debit and credit cards has increased, cash is still preferred.

Sometimes cash is the only acceptable payment method.

## TIME ZONE

The entire territory of Poland is in the Central European Time Zone (GMT +1). It is normally six hours ahead of Eastern Standard Time (EST), and nine hours ahead of Pacific Standard. Poland observes Daylight Savings Time (DST) between March and November, along with the rest of Europe. However in 2021 Europe observed DST on 1 November, while DST in the United States happened on 07 November 2021. Same with the Spring. DST happened in the Sates on March 13<sup>th</sup>, but will happen in Poland on March 27<sup>th</sup> 2022.

## ELECTRICITY

Poland uses European electrical service of 220 Volts (V), 50 Hertz (Hz). Electrical devices require adapters and converters. Adapters are European (round-pronged) plugs. Do not confuse adapters with converters, which reduce European 220V current to 110V used in the U.S. A

power converter is necessary for any appliance requiring 110V. Be aware converters will not change from 60Hz to 50Hz, so clocks will not keep time accurately.



**NOTE:** The failure to use a converter between European 220V and U.S. 110V will almost certainly result in catastrophic damage to the electric appliance.

Many common electronic items such as computers, tablets, cell phones and music players can operate on 50Hz or 60Hz by using the adapter plug and either 220V or 120V. Please review the owner’s manual or check the power cord before plugging in any electrical equipment. Additionally, Italy although located in Europe, has its own type of outlet and receptacles. Which differ from the rest of Europe.

**THE UNITED STATES EMBASSY**

In case of an emergency such as hospitalization, lost or stolen passport or arrest, please contact the United States (U.S.) Embassy at one of the numbers listed in Table 1.7 below.

United States Embassy Contact Information

<b>The United States Embassy</b> Aleje Ujazdowskie 29/31 Warsaw, Poland	<b>United States Consular Agency (Nearest )</b> UI Paderewskiego 8 Poznan
Tel + 48 22-504-2000	Tel: +48-61-851-8516
Tel +48 22 625 0055 (after hours)	
Fax + 48 22 628 8298	

**EMERGENCY PHONE NUMBERS**

Poland uses 112 as its single emergency number akin to 911 in the U.S. Alongside 112, the table below lists specific emergency service numbers available within Poland.

Emergency Numbers

<b>Emergency Service</b>	<b>Number</b>
Emergency (Ambulance/Fire/Police)	112
Hospital	999
Police	997
Fire	998

**TRANSPORTATION SERVICES**

This section talks about several different ways of getting from Gdansk and Slupsk. It also provides information regarding transportation services within Slupsk as well as services between Slupsk and nearby Ustka.

**Rail Travel between Gdansk and Slupsk**

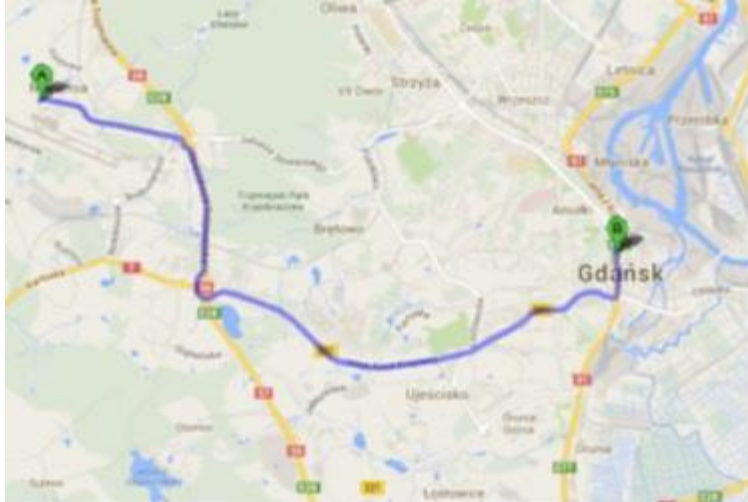
Please note the city of Gdansk is an example only since Gdansk Airport is the final destination when traveling to Poland. However, the guidelines below apply throughout the country. Train travel in Poland is relatively fast and inexpensive and is another viable transportation option. Travelers may go from the Gdansk airport (Gdansk Port Lotniczy) to the Gdansk main train station (Gdansk Glowny) and then on to Slupsk exclusively by rail. From Gdansk to Slupsk, the travel time is about two (2) hours. The picture below provides a map of the rail service in this region.



Map of Rail Service between Gdansk and Slupsk

If taking the train from Gdansk to Slupsk, take a taxi or the #210 bus (3N at night runs the same route as 210 during the day) from the airport to the train station in Gdansk. There is also a newly built train line running from GDN to Gdansk Main. The following tips apply if the traveler chooses to take the train from GDN to Gdansk Main (Gdansk Glowny):

- a. There is no ticket booth at the airport – tickets for this leg are purchased from the conductor on the train and cost PLN 3.50 (about \$.85). The conductor accepts cash only and exact change is much appreciated. As of December 2015, there are no round trip tickets sold on this train.
- b. Travel time to the city center is two to three times faster by rail since the train is unaffected by traffic. A comparable taxi ride will cost approximately PLN 80.
- c. Trains run every 10-15 minutes during normal business hours.
- d. There are monitors at ground level that tell you the end station (direction of travel), time of arrival at this station and the track (“tor”). Check before going up the stairs to the platform.
- e. The track nearest to the airport terminal is Track #2; Track #1 is on the far side of the station. There are no signs to designate this on the ground level.
- f. Train doors do not open automatically – press the button to enter and exit the train car.



Route from Gdansk Airport to Gdansk Main Train Station

A photo of the Gdansk Main Train Station is provided below.

To obtain a ticket for fast/express train from Gdansk Main (Gdansk Glowny) to Slupsk, ask for the express ticket on the ground level of the main station. Cash and major credit cards are accepted at this train station. Platform (“peron”) stairs lead to the tunnels and provide access to other tracks, the main station and an easy way to cross the street to the east and get to old town. Please refer to <http://old.rozklad-pkp.pl/bin/query.exe/en?> for train connections in Poland.



Gdansk Main Train Station

When returning to the airport from Gdansk Main (Gdansk Glowny), see the following tips:

- a. There is a ticket machine in the tunnel where passengers can buy tickets for the trip to the airport. Ticket machine process is as follows:

Select English.

Select “City Ticket”.

Two boxes of Polish text will appear without English translation. Select the Second Box.

Select “Regular” fare category and input the number of tickets desired (e.g. if two people are traveling together select 2).

Pay the fare, currently PLN 3.50/ per person as of Dec 2015. This ticket machine accepts coins, paper bills and major credit cards as a form of payment.

A photo of the train to the airport is provided below. Only this style of train goes to the airport.



Train From Gdansk Main to GDN

The nearest train station to Redzikowo Base is located in downtown Slupsk, approximately 6 km from the Base. See a photo of the Slupsk Train Station below.



Slupsk Train Station

There are several trains between Slupsk and Gdansk each day.

### **Train Categories**

There are four (4) train categories:



REG – Regional. Local train, slowest, stops at every train station (villages, hamlets, small cities).



TLK, IR, RE, D – Twoje Linie Kolejowe (Your Railway Lines), InterRegio, Regio Express.



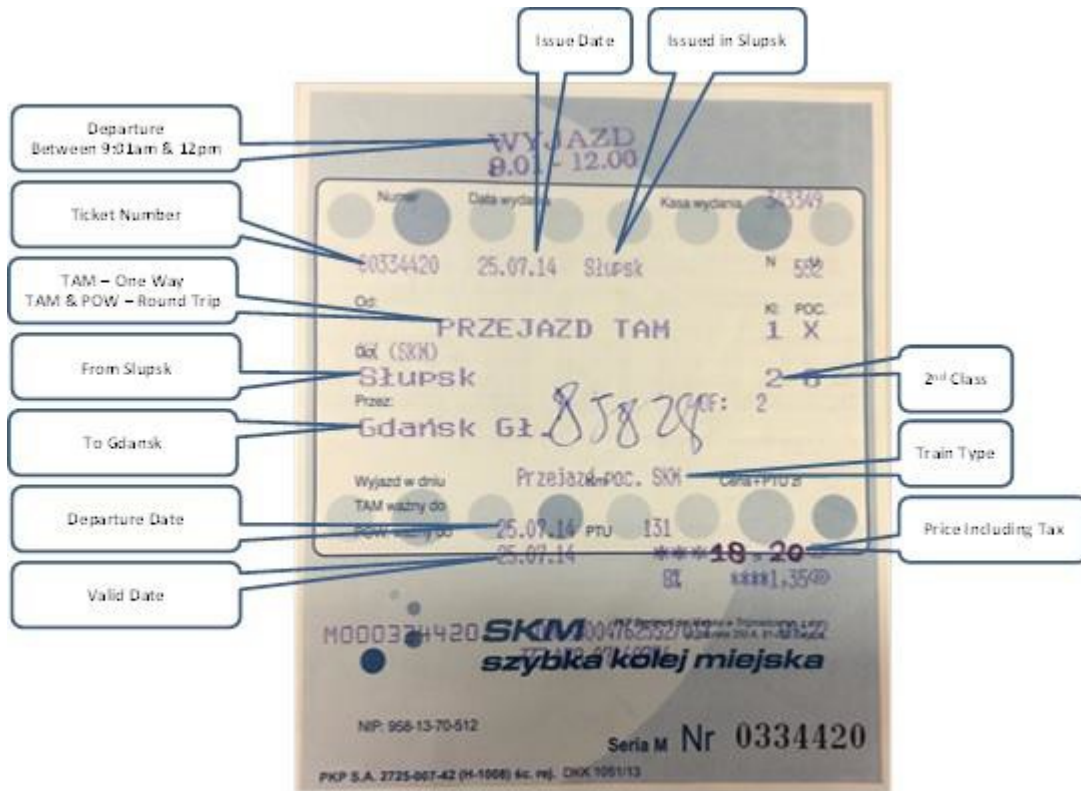
Faster than REG, stops only in bigger cities and towns (i.e., Slupsk).



EC/IC/EIC/Ex – EuroCity, InterCity, ExpressInterCity, Express. Faster than TLK, IR, RE, D train and stops only in major cities and metropolises (i.e. Gdansk, Warsaw, Krakow, etc.). Allow three (3) hours if taking a REG train from Gdansk to Slupsk (18 PLN, ~ \$4.50). Taking a TLK, IR, RE, D line will only take two (2) hours, but will cost twice as much (40 PLN, ~\$10). Credit cards are accepted as a form of payment at Gdansk/Slupsk train stations, but may not be an option at smaller stations. Therefore, make sure you have cash.

To ensure you catch the right train, arrive at least 30 minutes early at the station. Ticket lines may be long depending on the day of the week. Bigger cities, like Gdansk, also have multiple stations (peron) and lanes (tor) for trains arriving and departing. Please pay close attention to the track station/lane your train is departing from. Your train ticket has a window during which it will be valid (usually three (3) hours). You may enter the train without a ticket or with an invalid ticket. You can purchase a ticket from a conductor but the price will be higher than if you had purchased one beforehand.

“Bilkom” is a free phone application available in English and German allowing you to plan your trip. It requires you to input the date and time of travel, as well as the origin and terminal station. It will then give you all possible connections with estimated time of arrival and all stations in between.



Example REG/SKM Train Ticket from Slupsk to Gdansk

### GDN Train Station

GDN has a co-located train station (see below). However, currently it does not have a direct connection to Slupsk. One should take the train towards Gdansk Main (Gdansk Głowny), exit the train and buy a ticket to Slupsk there.



GDN Train Station

### Shuttle Service



The BOSS contract provides Airport shuttle service to and from GDN upon request. The Office Management Assistant handles coordination for that service. A photo of the airport is provided in the picture below.



Gdansk Lech Walesa International Airport (GDN)

## Buses

### Shuttle Bus from GDN to Slupsk

“Air-Transfer” is a local company with years of experience in providing a variety of transportation services. One of the services offered is the GDN-Slupsk-GDN route shuttle service. Depending on the day of the week, they offer between five (5) and seven (7) runs. Tickets are available for purchase on their web site at [www.air-transfer.pl](http://www.air-transfer.pl).

This service is also available in English. One may also make reservation and submit payment over the phone at +48 512-370-778.

For more information regarding Air-Transfer schedules, prices and ticket booking procedures please visit <http://air-transfer.pl/buy-ticket/?lang=en>.

The picture below shows the Air Transfer Shuttle Bus pick-up site at the Gdansk airport.



Air Transfer Shuttle Bus Pickup Site

### **Bus # 210 from GDN to Gdansk Main**

Inbound bus # 210 travels to the main train station (Dworzec Glowny) in Gdansk where one can purchase a local or express train ticket to Slupsk

Outbound bus #210 travels to Osowa train station. The bus will take about 25 minutes to get from GDN to the Osowa train station where the train schedule varies based on the time of the day and the day of the week. One must also keep in mind that local train stations may not be equipped with ATM. English speaking personnel have the capability to accept credit/debit cards.

For more information regarding schedule and prices of bus # 210, see [www.ztm.gda.pl/rozklady/](http://www.ztm.gda.pl/rozklady/). This page is in Polish only.

### **Bus # N3 from GDN to Gdansk Main**

Inbound bus N3 runs every day, once an hour, between 2317 hours and 0408 hours as a nighttime extension of bus #210.

### **Buses in Slupsk**

The City of Slupsk has a very well developed web of public transportation. Buses there run from 0600 hours to 2400 hours. A comprehensive list of all buses, their routes and schedules are available on <http://zimslupsk.com/>. This web site is mostly in Polish, but contains some useful information in English. Upon selection of a bus stop, the web site will display a route with the number of intermediate stops and average time to get to the final destination. One-time tickets are available for purchase at kiosks, usually located in a close proximity of bus stops, or from the bus driver. Be advised to have exact change. The driver may not have change, especially if paying with larger bills. A one-time ticket costs 2.5 PLN.

To get from Slupsk city to the Base at Redzikowo, take bus line number 4. It takes approximately 15-20 minutes to get to Redzikowo Osiedle (bus stop name in front of the base's gate) depending on where you are coming from. If bus transportation is the preferred way of getting from the city to the Redzikowo Base, it is highly recommended that you purchase a weekly/monthly/quarterly ticket. Those need no validation upon bus entry and will be significantly cheaper than their one-time-only equivalent for the duration of TDY.

### **Buses from Slupsk to Ustka**

City buses do not have a standard service route established between Slupsk and Ustka. Fortunately, there are several companies providing that service. Dana, Nord and PKSS Slupsk all originate from the downtown Slupsk bus station (next to train station) and go to Ustka almost on an hourly basis except on weekends. Ramzes starts its route at Jantar shopping center and heads towards Ustka once an hour except on weekends.

[http://zimslupsk.com/Rozklad\\_Slupsk\\_Ustka,53](http://zimslupsk.com/Rozklad_Slupsk_Ustka,53).

### **Taxi**

#### **GDN Taxi**

Taxi services are readily available at GDN. Despite the fact that most taxis work for legitimate companies, there are those that are part of individual businesses. Personnel should go to the taxi line in front of the airport for a sanctioned taxi. Legitimate taxis should have their rates posted on back windows. Ask for receipt up front, even if you do not need it for cost reimbursement purposes. It ensures the driver turns the meter on and charges you correct fair. Day time fares are on the order of 3PLN/km and night ones are about 4PLN/km. Average distance between GDN and Gdansk main train station is 17km, therefore average fare is about 50PLN - 70PLN (\$17 - \$23), depending on time of day.

Based on the above, direct taxi service from GDN to Slupsk should costs around \$120.

### **Slupsk Taxi**

Taxi services are also readily available in city of Slupsk. They charge the same rate as in Gdansk, which is about 3PLN/km during the day and 4PLN/km during the night. Hotels have an extensive list of taxi services and a well-established relationship with local taxi companies. Therefore, getting a taxi via hotel guarantees a fair price for the service.

### **DINING**

The Installation Galley had its “soft” opening on December 15<sup>th</sup> 2021, and began full operations for Breakfast, Lunch, Dinner and Midnight Rations(MIDRATS) on 03 January 2022. With moving onboard the installation, a Sailors BAS is used for eating within the installation.

### **MORALE, WELFARE AND RECREATION**

The Redzikowo Site has a decent sized gym, located inside the MPF, there is not a chapel, but we do have a room used for various services provided by our local priest Fr Lukas. The regional chaplain, who is located out of Rota, Spain, visits on average once a month. There is not a commissary, but we do have a Small NEX. We do have a morale, welfare and recreation site director. But certain amenities are not available due to our small installation size. However, opportunities off-site are fully available as they would be to any typical tourist, which usually are at a discounted cost.

### **MEDICAL SUPPORT**

**Dial 112 for all emergencies and 999 for medical emergencies only.**

U.S. Government and support contractor personnel receive limited medical support provided under the BOSS contract. Medical support is limited to first aid, triage and coordination of emergency evacuation as required. Individuals with medical conditions must bring prescription medications in quantities sufficient to last the duration of their tour at Redzikowo. Some of the local pharmacies do recognize U.S. prescriptions and will issue them as long as they are available. If you suspect you may run out of medication while in Poland, it is strongly recommended that you contact a local pharmacy in Slupsk and ask for availability of the particular medication. Those will have to be purchased as an out-of-pocket expense since U.S. health insurance is not honored in Poland. Certain medical expenses may be refundable upon filing a claim with one’s U.S. health insurance; however, that is something to coordinate prior to going to Poland.

Slupsk has a large new hospital (see picture below) which is the regional medical center. It is located at Hubalczykow 1 St. in Slupsk near the Costarama shopping center. **Ensure you follow the directions in the welcome aboard letter, due to medical limitations/restrictions within the country of Poland.**



Regional Hospital

Non-critical medical and dental support is also available through local HN providers. Medical repatriation services are not provided. Individual travelers should check with their parent organization or purchase an individual health insurance policy if one is not offered by their employer. Medical practices may not be the same as you experience in the U.S. HN doctors and medical facilities do not recognize most U.S. insurance companies. **Moreover, the Regional Hospital depicted above does not accept payment via credit/debit card. Service providers require payment in cash.**

Response times for emergency services vary widely depending on the region of the country and the nature of the emergency. For critical situations, Flight-for-Life helicopter services are available. The aforementioned regional hospital is approximately 5 km (10 min) from the base.

## SNAKES

Poland is home to four species of snakes to include the Grass Snake (*Natrix natrix*), the Aesculapian Snake (*Elaphelongsissima*), the Smooth Snake (*Coronella austriaca*) and the Adder (*Vipera berus*). Of the four snakes indigenous to Poland, only the Adder is poisonous. Their markings can vary, but the picture below shows the typical coloration. They are not regarded as especially dangerous. The snake is not aggressive and usually bites only when alarmed or disturbed. Bites can be very painful but are seldom fatal. Most bites occur March – October. In nearby Sweden, there are about 1,300 bites a year with an estimated 12% requiring hospitalization. Anti-venom is available and immediate medical attention should be sought for any snakebites.



Adder Snake

## INSECTS

The most common insects to the area are bees, hornets and mosquitos. They are normally active spring through fall. None are dangerous unless you are allergic to their sting.



Bee

Mosquito

Hornet

Common Area Insects

## LEISURE ACTIVITIES

This guide identifies specific points of interest such as towns, products, businesses, activities and lodging facilities that may be helpful during leisure. This information is for reference purposes only and does not constitute an endorsement for any business or activity. Individuals must check and verify all arrangements for accuracy.

## OFF BASE TRAVEL AND ACTIVITIES



In the COVID-19 environment certain precautions are followed. Which change based on the host nation requirements. When these restrictions are not in place, there are different ways to experience the history, culture and beauty of Poland. The diverse landscape, the blending of different cultures and great food are just a few examples of the country's unique features. There are several notable areas immediately adjacent to Slupsk. Słowiński National Park (Polish: *Słowiński Park Narodowy*) is a National Park situated on the Baltic coast due north of Redzikowo Base between Łeba and Rowy. The northern boundary of the Park consists of 32.5 km (20.2 mi) of coastline and is known for huge sand dunes. Besides beaches, there are hundreds of kilometers of hiking trails. The old city of Gdansk is extremely interesting. There are many old buildings beautifully restored. Gdansk is a center for the amber trade.

Gdansk was also a center of the Solidarity movement in the Polish struggle for democracy in the 1980's, and therefore has numerous monuments, museums and sites commemorating victory over communism.

Ustka and Leba, several miles north of Slupsk, are major tourist destinations during the summer months when people come to enjoy a beach vacation. Ustka, besides its access to the Baltic, is also famous for several remnants of WWII, including Blucher's Bunkers, accessible to tourists. Please call (+48) 698 669 446 or e-mail at [kontakt@twierdzaustka.pl](mailto:kontakt@twierdzaustka.pl) for more information. For those interested, Ustka also has its local casino, which is open 24/7. It is located on Marynarki Polskiej 57 Street.



Malbork Castle was an eastern outpost of the Teutonic Knights for centuries and lies a short distance southeast of the city of Gdansk. It was also a strategic point during the German occupation of Poland during WWII and is now renovated and open to the public. For more information please call +48 55 647 08 00 or visit [www.zamek.malbork.pl](http://www.zamek.malbork.pl).

The Slupia River Basin offers a variety of outdoor activities including hiking, canoeing, kayaking and other activities. People with an interest in historical engineering may wish to tour the several operational low head hydroelectric plants operating on the Slupia River that together constitute the Waterpower. These plants, and the equipment they contain, are on average 100 years old and still fully functional. Power plant entry must be coordinated in advance with the staff (+48 059 841 6900).

Several miles west of Slupsk, in Swolowo, one can visit the Pomeranian Culture Museum. This museum consists of an entire village with reconstructed houses from the pre and post WWII era depicting rural life styles of that region of Poland. For more information visit [www.muzeum.swolowo.pl](http://www.muzeum.swolowo.pl), call (59) 832-48-97 or e-mail at [etnografia@muzeum.slupsk.pl](mailto:etnografia@muzeum.slupsk.pl). Nearby Redzikowo and Jaroslawiec offer a variety of water activities in their Aqua parks. Panorama Morska Aqua Park is the largest one near the Baltic coast. Please visit [www.aquapark.info.pl](http://www.aquapark.info.pl) for more information.

In northern Poland, especially the Slupsk and Ustka areas, they are famous for fishing. Besides the Baltic, there are an abundance of rivers and lakes offering great opportunities for fishing enthusiasts. In order to fish, however, one must have a fishing license. For more information on how to obtain one for in-land fishing, please call (59) 843-63-41 and for sea fishing please call (59) 846-84-94.

Bored with Slupsk and surrounding cities? You can visit cities (Warszawa, Zamość, Kraków, Łódź, Toruń, Katowice, Częstochowa, etc.) in other parts of Poland. Catch a bus, train or plane and visit those at your leisure. Please call (59)-842-42-56 or visit [www.pks.slupsk.pl](http://www.pks.slupsk.pl) for more information regarding bus schedules. Buses depart from the bus station at Kolataja 15a St. in Slupsk. The travel agency at Jantar shopping center offers a plethora of international trips and vacation options in addition to domestic ones. For those, call (59) 845-51-15 or visit [www.clubwakacje.pl](http://www.clubwakacje.pl).

## FOOD/RESTAURANTS

Polish food is primarily pork based, but poultry, beef and fish are also popular. Because Slupsk is close to the water, it is famous for various kinds of fish and seafood. In a traditional setting, lunch consists of a three-course meal starting with a soup, followed by the main dish (meat, potatoes and vegetables) and dessert.



Polish cuisine is a combination of dishes from other traditions such as German and Russian. Choices are virtually unlimited from traditional homemade cooking to fast food, which is becoming more and more popular. In major cities, most restaurants have a combination of traditional and international type foods. Most menus appear in Polish, English and German. In the countryside, typical Polish meals accompanied with native drinks are prevalent. Water is usually not free and it may come carbonated. Ice is not customary so be mindful, ask and be specific about your order. Tipping is customary. A 10% tip is standard, but that amount may vary.

Most places have a 10% limit on tipping if paying with credit/debit card. So, if the service was exceptional and you want to leave more than 10%, have cash available.

## SHOPPING AND RETAIL STORES



Shopping directly adjacent to Redzikowo is limited to one medium sized super market - Biedronka. However, shopping is easy and convenient throughout the city and rest of the country. Slupsk has a multitude of stores and shops of every type and description. You can find open markets of many kinds (vegetable, grocery, household items, cloth, etc.) throughout Slupsk. Additionally, Zabka, is a popular convenience store with various locations.

Malls, shopping centers and larger supermarkets are available in the city. Two of the biggest and most convenient are Jantar Shopping Center and Slupsk Gallery. They offer a tremendous selection of products including jewelry, clothing, home electronics and appliances, health and beauty aids, sport and recreation centers, food courts, movie theaters, and other venues.

Building supplies and products of that nature are available in Castorama or Fimal, which are similar to The Home Depot or Lowes in the U.S.

Most places accept credit and/or debit cards as a form of payment. Some honor American Express, but most do not due to the high fees.



Zabka Convenience Store



Jantar Shopping Center



Galeria Slupsk Shopping Center



Castorama and Fimal Hardware Stores



## COMMONLY USED PHRASES IN THE POLISH LANGUAGE

ENGLISH	POLISH
Do you speak English?	Mówisz po angielsku? (Moo-vish po an-giel-skoo?)
I can't speak Polish	Nie mówię po polsku (Nie moo-vie po pol-skoo)
Hello	Cześć (Cheshch)
Good Day (morning/afternoon)	Dzień dobry (Tzieni do-bry) (Jen-do-brey)
Good Evening	Dobry wieczór (Do-bry vie-choor)
Good Night	Dobranoc (Do-bra-notz)
Good bye	Do widzenia (Do-vee-tze-neeah)
Thank you	Dziękuję (Tzeni-koo-ye)
How are you?	Jak się masz? (Yack shie mash?)
You're welcome	Proszę (pro-she)
Yes	Tak (tack)
No	Nie (neeye)
Good	Dobry (do-bry)
Bad	Nie dobry / Zły (neeye do-bry / zwy)
Sir/Mr.	Pan (pan)
Mrs./Miss	Pani (pa-nee)
Please	Proszę (pro-she)
Excuse me	Przepraszam (pshe-pra-sham)
Nice to meet you	Miło Cie poznać (me-wo tzie po-znatzi)
What is your name?	Jak masz na imię (Yack mash na e-meeye)

ENGLISH	POLISH
I am sorry	Przepraszam (pshe-pra-sham)
Help	Pomocy (po-mo-tzy)
I don't understand	Nie Rozumiem (neeye ro-zoo-meezem)
Where is the bathroom?	Gdzie jest toaleta? (gtzieh yest to-a-le-ta?)
I'm lost	Zgubiłem się (zgoo-bee-wem shie)
Where is...?	Gdzie jest...? (gtzee-eh yest)
Today	Dzisiaj (Tzee-shiay)
Yesterday	Wczoraj (fcho-ray)
Tomorrow	Jutro (U-tro)
Breakfast	Śniadanie (shneeah-da-nee-eh)
Lunch	Obiad (o-byad)
Supper/dinner	Kolacja (Ko-la-tzya)
Now	Teraz (te-raz)
Later	Później (poo-znee-ey)
Less	Mniej (mnee-ey)
More	Więcej (vee-yen-tzey)
I lost my bag pack	Zgubiłem plecak (zgoo-bee-wem ple-tzack)
I need a doctor	Potrzebuje doktora (po-tsheh-boo-ye dock-to-ra)
I need your help	Potrzebuje Twojej pomocy (po-tshe-boo-ye tvo-yay po-mo-tzy)
Tea	Herbata (her-ba-ta)
Coffee	Kawa (ka-va)
Water	Woda (Vo-da)

ENGLISH	POLISH
A beer please	Proszę Piwo (pro-she pi-vo)
A glass of red/white wine, please	Proszę lampkę czerwonego/białego wina (pro-she lam-pkeh chehr-vo-ne-go/bya-weh-go vee-na)
It was delicious	Było wspaniałe (by-wo fspa-nee-a-weh)
Enjoy/have a tasty meal (customary to say before each meal)	Smacznego (sma-chneh-go)
Excuse me, waiter!	Przepraszam, kelner? (psheh-pra-sham kel-nehr)
1	Jeden (yeh-den)
2	Dwa (dva)
3	Trzy (tshy)
4	Cztery (chteh-ry)
5	Pięć (pee-ew-tzi)
6	Sześć (sheh-shtzi)
7	Siedem (shee-eh-dehm)
8	Osiem (o-shee-ehm)
9	Dziewięć (tzi-eh-vee-ewtzi)
10	Dziesięć (tzi-eh-shee-ewtzi)
One minute	Minutę (me-noo-tew)
Can you show me on the map?	Pokaż mi na mapie (po-kash me na ma-pee-eh)
Street	Ulica (oo-lee-tza)
How much does it cost?	Ile to kosztuje (e-leh to kosh-too-yea)
No parking	Nie parkować (nee-eh par-ko-vatz)

ENGLISH	POLISH
Speed limit	Limit prędkości (lee-meet pren-tko-shtzee)
Gas Station	Stacja paliw (sta-tzya pa-leev)
I am an American	Jestem amerykańnikiem (ye-stem ah-meh-ryh-kah-nee-nem) – male Jestem amerykanką (ye-stem ah-meh-ryh-cahn-com)
I want to talk to the American Embassy	Chcę rozmawiać z ambasadą amerykańską (htzeh ro-zmah-viatz z ahm-bah-sah-dom ah-meh-rhy-cahnee-scohm)