

REMINDER

WHAT SHOULD A TOURIST FROM ABROAD REMEMBER BEFORE COMING TO ZAKOPANE?

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Travel documents

- **Passport and Visa:** Check the visa requirements for your country before traveling to Poland. In some cases, an ID card is sufficient, especially for EU citizens.
- **Travel Insurance:** It is recommended to have health insurance for the duration of your stay, which covers potential medical costs. Additional insurance for possible accidents in the mountains may be necessary.

2

Currency and Payments

- **Polish Currency:** The official currency of Poland is the Polish zloty (PLN). It's advisable to have some cash, especially in smaller towns.
- **Credit/debit Cards:** Credit cards are widely accepted in larger cities and tourist areas. Ensure your card works in Poland and check the fees for foreign transactions. However, in many cases, cash payments will be strongly preferred.

3

Weather and Clothing

- **Weather Conditions:** The weather in the Tatras can change rapidly. Bring clothing suitable for ALL weather conditions, including warm clothes and waterproof shoes with a hard sole.
- **Sun Protection:** In summer, it's important to have a hat, sunglasses, and sunscreen with UV protection. Despite cooler temperatures, the sun in the mountains can be harmful.

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Language

- **Basic Phrases:** While many people in Zakopane speak English, it is useful to learn a few basic Polish phrases, which can be helpful in less touristy areas.
 1. Dzień dobry (Good day/Hello)
 2. Proszę (Please)
 3. Dziękuję (Thank you)
 4. Przepraszam (Sorry/Excuse me)
- **Translation Apps:** Translation apps on your phone can be very helpful!

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Transport

- **Schedules:** Check train and bus schedules in advance, especially if you plan to travel to smaller towns. Buses to trails outside Zakopane mainly depart from the Zakopane Bus Station. During the tourist season, there are plenty of them, without fixed departure times.
- **Taxis and Transport Apps:** Various types of taxis are available in Zakopane. Transport apps like Uber have not been widely adopted in the Podhale region and are not well received.

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Safety

- **Mountain Safety Rules:** Before heading out on a trail, check the weather forecast and be prepared for changing conditions. Always inform someone about your route and estimated time of return.
- **Emergency Numbers:** In Poland, the emergency number is 112. In the mountains, you can also contact the Tatra Volunteer Search and Rescue (TOPR) at 985 or +48 18 20 63 444

Looking for accomodation?

www.willasienkiewiczowka.pl

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Culture and Etiquette

- **Respect for Local Culture:** Respect local customs and traditions. In Zakopane, you will encounter the highlander culture, which is highly valued by the locals. In winter, always close the door behind you!
- **Proper Behavior:** Keep public places and trails clean, and do not leave trash behind. Whatever you bring into the Tatra National Park must be taken back with you!

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Health and Hygiene

- **Travel First Aid Kit:** Bring basic medications and first aid supplies. There are many pharmacies available in town. Remember that in Poland, many medications are only available with a prescription from a doctor!
- **Drinking Water:** Tap water in Zakopane is safe to drink and is considered some of the best quality in Poland. However, if you prefer, you can buy bottled water. Outside of Zakopane, it is advisable to avoid drinking tap water due to the water supply infrastructure!

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Attractions and Planning

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Looking for accomodation?
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