


ERASMUS TRAVEL GUIDE



Poland & Szczecin
Edition



Welcome to Poland – First Impressions

What students should expect

- Poland is generally safe, affordable, and student-friendly
- People may seem reserved at first but are helpful and kind
- English is widely spoken among young people and students

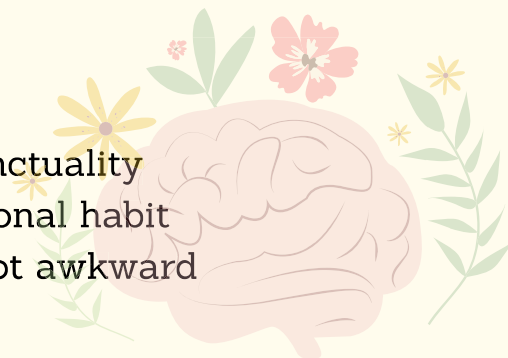
Weather & seasons

- Four distinct seasons
- Cold winters (November–March) – warm clothes required
- Summers are warm and ideal for travel and festivals



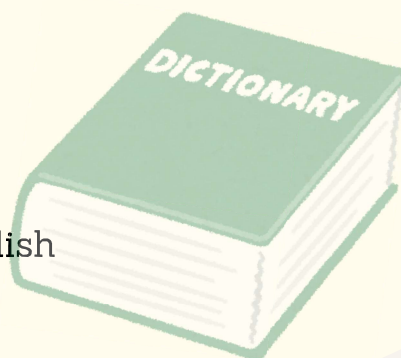
Cultural mindset

- Poles value privacy, honesty, and punctuality
- Complaining about weather is a national habit
- Silence in public spaces is normal, not awkward



Language survival pack

- Cześć – informal hello and goodbye
- Dziękuję – thank you
- Przepraszam – sorry / excuse me
- Nie mówię po polsku – I don't speak Polish



Living Like a Local – Everyday Practicalities

Grocery shopping

- Biedronka & Lidl – cheapest supermarkets
- Żabka – convenience store on every corner (open Sundays)
- Cashless payments are standard



Public transport

- Trams and buses are punctual and clean
- Tickets must be validated
- Heavy fines for not having a ticket



Accommodation

- Student dormitories – cheaper, more social
- Private apartments – more independence
- Shared flats are common among Erasmus students



Discover Szczecin – City, History & Student Life

City overview

- Green, spacious city near Germany
- Strong maritime and multicultural history
- Calm atmosphere compared to larger Polish cities

Must-see attractions

- Wały Chrobrego – panoramic viewpoints
- Pomeranian Dukes' Castle – history & events
- Old Town & Philharmonic area

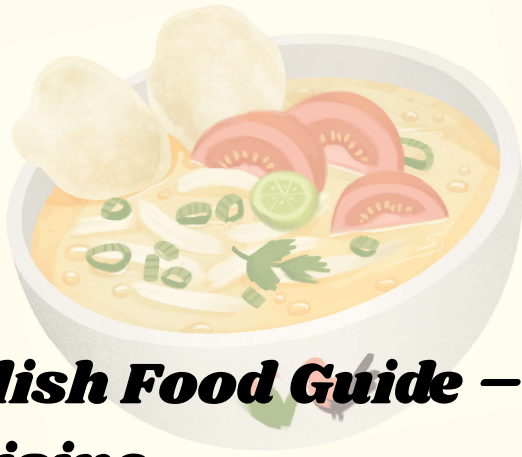
Student lifestyle

- Active Erasmus community
- ESN events, pub crawls, language exchanges
- Affordable nightlife compared to bigger cities

Nature & relaxation

- Parks, lakes, river walks
- Bike-friendly city
- Perfect for slow travel and outdoor activities

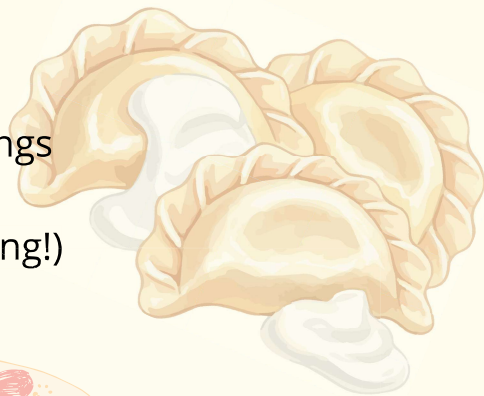




Polish Food Guide – Culture Through Cuisine

Traditional dishes

- Pierogi – dumplings with various fillings
- Bigos – hunter’s stew
- Żurek – sour rye soup (often surprising!)



Street food & snacks

- Zapiekanka – Polish-style baguette
- Pączki – sweet donuts
- Milk bars – cheap traditional meals



Eating habits

- Lunch is the main meal
- Dinner is often lighter
- Homemade food is culturally important



1-DAY TRIPS

Świnoujście – Baltic Sea trip

Transport:

regional train (approx. 1.5 h)

Attractions:

- Wide sandy beach
- Lighthouse (the highest in Poland)
- Fort Gerharda
- Promenade walk

Food:

- Rucola Restaurant Café
- Karczma Polska Na Wydmach
- Ice cream & waffles by the beach



Berlin – international city break

Transport:

train or FlixBus (approx. 2–2.5 h)

Attractions:

- Brandenburg Gate
- Reichstag Dome (online booking required)
- Museum Island
- East Side Gallery
- Alexanderplatz

Food:

- Currywurst
- Mustafa's Gemüse Kebap
- Markthalle Neun



2-DAY TRIPS

Gdańsk – Sopot – Gdynia (Tricity)

Transport:

train (approx. 5–5.5 h, overnight stay recommended)

Day 1 – Gdańsk:

- Old Town & Long Market
- Medieval Crane (Żuraw)
- WWII Museum



Day 2 – Sopot & Gdynia:

- Sopot Pier
- Beach time
- Kościuszko Square in Gdynia

Food:

- Mandu Pierogarnia
- Bar Przystań (seafood)

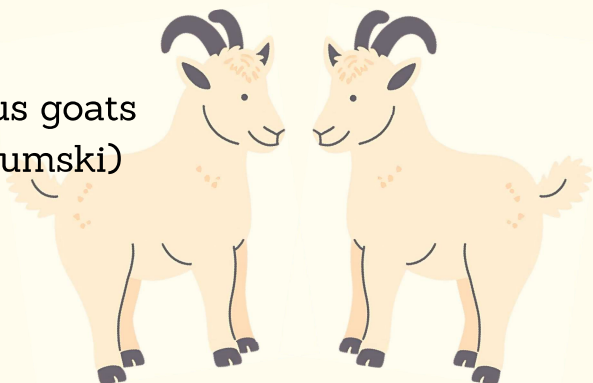
Poznań

Transport:

train (approx. 3 h)

Attractions:

- Old Market Square & famous goats
- Cathedral Island (Ostrów Tumski)
- Malta Lake



Food:

- Pyra Bar (regional cuisine)
- Modra Kuchnia

3-DAY TRIPS

Kraków + Auschwitz

Transport:

train (approx. 7–8 h)

Day 1:

- Main Market Square
- Wawel Castle
- Kazimierz district

Day 2:

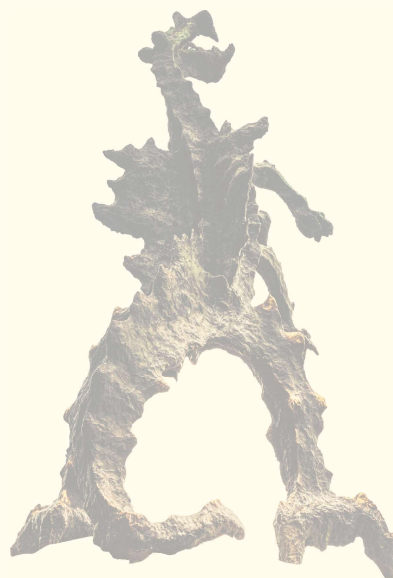
- Auschwitz-Birkenau Memorial
(guided tour recommended)

Day 3:

- Wieliczka Salt Mine
- Cafés in Kazimierz

Food:

- Milkbar Tomasza
- Zapiecek



Wrocław

Transport:

train (approx. 5 h)

Attractions:

- Market Square
- Cathedral Island
- City game: searching for Wrocław dwarfs

Food:

- Bar Mleczny Miś
- Pancerna Bistro



Prague – Central Europe classic

Transport:

night train, FlixBus or BlaBlaCar (approx. 7–8 h)

Day 1:

- Old Town Square & Astronomical Clock
- Charles Bridge
- Evening walk along the Vltava River

Day 2:

- Prague Castle & St. Vitus Cathedral
- Lennon Wall
- Lesser Town (Malá Strana)

Day 3:

- Petrin Hill viewpoint
- Local markets or museums
- Relax in traditional Czech cafés

Food:

- Trdelník (sweet street food)
- Lokál (Czech cuisine)
- Street food and beer halls





PRACTICAL TIPS

- Student ID = discounts for transport and museums

Cheap transport options:

- POLREGIO
- FlixBus
- BlaBlaCar

Accommodation:

- hostels
- Airbnb
- student dorms (summer)

Useful apps:

- Jakdojade
- Koleo

