

Practical Information

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• **Conference location**

We are happy to invite you to Poznan, one of the major Central European cities located in western Poland, centrally situated between country's capital city – Warsaw – and Berlin. This year's event will be hosted by [Adam Mickiewicz University](#), one of the top Polish academic institution and is organized by the [Faculty of Law and Administration](#) and the [Center for Migration Studies](#). Almost all of the lectures and presentations will be held in Collegium Iuridicum Novum, conveniently situated in close proximity to the city center and beautiful Park Cytadela (address: [Al. Niepodległości 53](#)).

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• **Travel**

Poznan can be easily approached by several ways:

Plane:

Lawica Airport in Poznan is connected to major European cities by flights operated by both low-cost and national airlines. There are direct flights to Poznań from more than 20 cities in Europe, including Barcelona, Bristol, Eindhoven, Glasgow, London, Malmo, Milan, Oslo, Paris and Warsaw. It may be also worth considering to fly either to Warsaw (to **Chopin Airport** – mostly national airlines, **Modlin Airport** – budget flights) or Berlin (**Schönefeld** or **Tegel Airport**) as both of the cities have frequent and fast train and bus connections to Poznan. For the information how to get from one of these airports to the railway stations, please check their websites.

Train:

There is a train from the main railway station in Warsaw (Polish: Warszawa Centralna) to Poznan (Poznań Główny) every hour. The travel takes between 2,5 and 3,5 hours and costs around 60-120 zloty (roughly USD\$15-31). The tickets can be bought either at the ticket counter at the railway station or on the internet [here](#). There are also four direct trains from Berlin (Berlin Hauptbahnhof or Berlin Ostbahnhof) to Poznan every day. The approximate time of the journey is 2,5 hours and the cost equals between 19 and 45 euros (approx. USD\$21-50) (([booking](#) the ticket in advance might make it cheaper). For the information about railway routes between Poznan and any other cities please use one of the above links.

Bus:

Another way to get to Poznan is by taking a bus. **Polskibus** offers tickets from/to both Berlin (3 hours, 15-120 zloty (approx. USD\$4-31)) and Warsaw (4-5 hours, 25-100 zloty (approx. USD\$6.50-26)), many other Polish cities but also Prague, Bratislava or Tallinn. You can also have a look at offers from companies such as **Sindbad** or **Simple Express**.

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• Visa information

Poland has been part part of the Schengen Area since 2007. The Schengen Area is a territory consisting of 28 countries without controls of internal borders. The only thing that participants coming from this zone will need is a valid ID card. There is also no visa requirements for citizens of several other countries not belonging to Schengen, as long as they do not intend to stay in the EU for longer than 90 days (here is the full [list](#) of them). Those who need to apply for a visa should visit the page of the [Ministry of Foreign Affairs Republic of Poland](#) where exact information on the visa application process can be found. You can also contact the Polish Embassy or Consulate situated closest to you ([here](#)). Please

make sure before starting the whole procedure that your passport is valid and has enough space for a new visa.

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• Accommodation

There is a broad range of hotels and hostels in Poznan. You can find some of the options divided into 3 categories by standard and prices below (to search for other possibilities you can access pages such as www.booking.com, www.hotels.com).

We were able to negotiate reduced rates for participants of the conference in some hotels. Names of those who agreed are marked green. In order to use the discounts please indicate that you are *IASFM conference participant* while booking your room.

* Prices from 40 to 120 zloty per night (approx. USD\$10-\$31) depending on the room standard

- **Hill Hostel** (10% off), Zamkowa ½ (15 minutes by foot)
- **Frolic Goats Hostel** (10% off) Wroclawska 16/6 (20 minutes by foot)
- **Cinnamon Hostel**, Gwarna 10 (15 minutes by foot to the conference venue)
- **Zespół Pokoi Gościowych PAN**, Wieniawskiego 17/19 (8 minutes by foot)
- **Akademik Polonez**, Aleje Niepodleglosci 36 (5 minutes by foot)
- **Tey Hostel**, Swietoslawska 12 (20 minutes by foot)
- **Rosemary's Hostel**, Wroclawska 13 (20 minutes by foot)

** Prices between 120 and 250 zloty per night (approx. USD\$31-65)

- **Novotel Poznan Centrum** (229,00 PLN single room; 279,00PLN double room) (attention: there is also one more Novotel, far away from the city center), Plac Andersa 1 (15 minutes by taxi)
- **Ibis** (155,00 PLN single room; 179,00PLN double room), Kazimierza Wielkiego 23 (15 minutes by taxi)
- **Hotel Rzymski** (204,00 PLN single room; 288,00PLN double room) Aleje Marcinkowskiego 22 (15 minutes by foot)
- **Apartamenty Pomarańczarnia**, Rybaki 12 (20 minutes by foot)



- **NH Poznan**, Swiety Marcin 67 (20 minutes by foot)
- **City Solei Boutique Hotel**, Wenecjanska 10 (10 minutes by taxi)
- **Hotel Ikar**, Kosciuszki 118 (5 minutes by foot)

***** Prices above 250 zloty per night (approx. USD\$65)**

- **Sheraton** (280,00PLN+VAT single room, 330,00PLN+VAT double room), Bukowska 3/9 (20 minutes by foot)
- **Mercure** (260,00PLN single room, 290,00PLN double room), Roosevelta 20 (15 minutes by foot)
- **PURO Poznan Old Town** (10% off) Stawna 12 (10 minutes by foot)
- **Hotel Kolegiacki** (259,00PLN single room, 279,00PLN double room), Plac Kolegiacki 5 (20 minutes by foot)
- **Garden Hotel** (250,00PLN single room, 280,00PLN double room), Wroniecka 24 (10 minutes by foot)
- **Andersia**, Plac Andersa 3 (15 minutes by foot)
- **Brovaria**, Stary Rynek 73 (15 Minutes by foot)

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- **City of Poznań**

We will make every effort to make sure that the conference will meet your expectations. We have planned lectures by guest speakers from major research institutions and numerous parallel sessions with presenters from all around the world, so please expect to have your schedule full. At the same time however we would like to encourage you to take some time (come a few days earlier or leave later, if possible) to enjoy Poznan, its attractions and local cuisine or go to one of the other Polish cities (or Berlin), which are not that far away at all.

Poznan is the capital of Wielkopolska region (Greater Poland). The city is steeped in Polish tradition and history, as it belongs to the oldest ones in Poland. It was the country's first capital (together with Gniezno) and has played important role for centuries. Badly damaged during World War II, it has been beautifully restored (especially Stary Rynek – the Old Market Square). Today, with the population slightly above 500 000, it is a vibrant



cultural and educational center with wide range of historic attractions, museums, restaurants and bars.

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- **Local attractions**

→ **Stary Rynek** – one of the finest old market squares in Europe, situated on the foot of the ruins of the King's Castle (Zamek Przemysła). What is worth seeing is the Town Hall in Renaissance style, beautifully renovated, with its unique attraction in a form of two goats (that became the symbol of Poznań), which appear directly under its roof everyday at noon. Another must-see spot is the Fara Church. It is one of the most beautiful baroque churches in Poland, famous also for its organs. Stary Rynek amazes not only with its architecture, but also with the number of restaurants, cafés and bars. Its definitely the heart of the city.

→ **Święty Marcin and Półwiejska street** – we encourage you to take a walk along these two streets. You will pass by the main buildings of Adam Mickiewicz University, Grand Theater and Castle (see CK Zamek below). Before entering Stary Rynek turn right to get to Półwiejska street, the main pedestrian area with numerous shops. The street starts with Stary Marych (a figure of a man with a bike – a character from an old radio broadcasts dedicated to Poznan and its residents) and leads directly to Stary Browar (see below).

→ **Cathedral Island** – is known as a spot on which Poznan was founded and where Poland adopted Christian baptism in 966. This is also where the first church (still existing Cathedral) was built. The Cathedral Island is located very close to Malta, an artificial lake with a number of attractions along its edges (like a ski slope or ice rink).

→ **Cytadela Park** – the biggest Park in Poznań, located in close proximity to Collegium Iuridicum Novum, where the conference will take place. It contains military cemeteries and remains of some fortifications. It is also the area where sculptures of famous Polish artist Magdalena Abakanowicz are on display.

In Poznan you will also find a great number of museums and exhibitions organized in less typical surrounding (more information on them, as well as on *Poznan City Card* and discounts it offers you can find [here](#)).

→ **National Museum** – one of the biggest museums in Poland, it has a rich collection of Polish painting (from the 16th century on), as well as some foreign collections and numismatic ones, Aleje Marcinkowskiego 9

→ **Archaeological Museum** – it has permanent collections devoted to: The Prehistory of Greater Poland, Life and Death in Ancient Egypt and The Archeology of Sudan, Wodna

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- **Weather**

Poznan is situated within a zone with relatively cold winters and warm summers. While in winter snowfalls and temperatures below zero are common, in summer temperatures might often reach 30°C or more. For the conference light summer clothes should be enough, but be also prepared for possible thunderstorms that may occur sometimes in the evenings. And since better safe than sorry... check the weather forecast before coming.

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- **Language**

Polish belongs to the subgroup of West Slavic languages and is closely related to Czech and Slovak. It is the second most widely spoken Slavic language (after Russian). Its alphabet is based on Latin script but has 9 additional letters (ą, ć, ę, ł, ń, ó, ś, ź, ż). What makes learning it into quite a challenge is the fact that Polish is an inflectional language, which means that there are 7 cases that define the usage of the noun in a sentence. Those who would like to give it a try anyway we encourage to take one of the on-line free courses ([here](#) or [here](#)). Nevertheless, communication in English should not be a problem (especially with younger people as the study of a foreign language – usually English – is compulsory at Polish schools).

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- **Food**

Most Poles eat a light breakfast in the morning (usually some sandwiches with tea or coffee), dinner at around 2 or 3pm, and supper at 6 or 7pm. A dinner usually consists of a soup, followed by a main course such as meat with vegetables (very often pickled ones).

Among popular dishes in Poland you may want to try are:

Czerwonywony barszcz – sour hot beetroot soup, often served with dumplings

Żurek – sour flour soup, served with white sausage and hard-boiled egg

Pierogi – dumplings, stuffed with meat, cottage cheese and onion or fruits

Bigos – pickled cooked cabbage with various meats and vegetables, usually served with bread

Gołąbki – cabbage stuffed with meat and rice

Tatar – raw minced meat with chopped onion and raw yolk

(And typically from Poznan:)

Gzik – cottage cheese with diced radishes, onions and chives, usually served with baked potatoes

Rogale marcińskie – “Saint Martin’s croissants”, croissants filled with nuts, almonds and raisins

You may also want to use a chance to grab some of the cheap food-on-to-go options: **drożdżówka** (yeast cake with fruits or pudding), **zapiékanka** (baguette with mushrooms, cheese and some other toppings) or **kebab**. July will also be the perfect time to try fresh seasonal fruits and vegetables, which can be bought not only in the stores, but also in the markets or homemade ice cream which can be found in special little parlors.

* Budget

The cheapest option are so called “milk bars” (polish: bar mleczny). They were invented by the communist authorities in order to offer cheap meals to workers at the companies without canteens. The name comes from the fact that the meals were usually based on dairy and vegetables since the meat was rationed. Nowadays, in this unique surrounding you will meet people from all social classes – students, professors, businessmen, elderly, homeless.

→ Bar Caritas, Plac Wolności 1

→ Bar Apetyt, Szkolna 4

→ Bar Przysmak, Podgórna 2

** Medium

→ **Gospoda Poznańska**, Stary Rynek 82

→ **Pyszna Chatka**, Wrocławska 18

→ **Manekin**, Kwiatowa 3

→ **Nastawnia**, Park Wieniawskiego

→ **Pyra Bar**, Strzelecka 13

→ **Ptasie Radio**, Kościuszki 74/3

→ **Gołębnik**, Wielka 21

→ **U mnie czy u ciebie**, Gwarna 3

→ **YetzTu** – ramen bar, Krysiewicza 6

*** Luxury

→ **Modra Kuchnia**, Mickiewicza 18/2

→ **Zagroda Bambińska**, Kościelna 43

→ **Wiejskie Jadło**, Stary Rynek 77 (Entrance Franciszkańska street)

→ **Ratuszowa**, Stary Rynek 55

→ **Nowa Bażanciarnia**, Stary Rynek 94



- **Piano Bar**, Półwiejska 42
- **Brovaria**, Stary Rynek 73
- **Momo**, Szewska 2

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- **Currency**

Though Poland is a part of the European Union, we still use our own currency – zloty (you can also see the abbreviations zł, zł or PLN). It is near to impossible to use any other money to pay so be prepared either to use an ATM to withdraw your money (among acceptable cards are: Visa, Visa Electron, Mastercard, Maestro and some others. In case of any doubts or questions, please contact your bank before coming) or exchange the money in a bank or one of the exchange offices (please remember that they may be closed on Saturdays and Sundays). Just to give you some orientation: 1 EUR \approx 4,2 PLN, 1 USD \approx 3,8 PLN, 1 GBP \approx 5,7 PLN. Please keep in mind that the exchange rates and transport prices may still change and are given here only to give you some idea about the expenses you might encounter while being in Poland.

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- **Shopping**

For purchasing souvenirs you may want to swing by some of the shops or street stands located by Stary Rynek and Półwiejska (pedestrian area in the city centre). You can also visit one of numerous shopping malls, e.g.:

- Poznań City Centre, Matyi 2 (By the main railway station)
- Stary Browar, Półwiejska 42 (City centre)
- Galeria Malta, Maltańska 1 (By the Malta Lake)

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- **Other cities easily accessible from Poznań**

Each of the cities below is situated in close proximity to Poznan and can be reached conveniently by **train** or bus (e.g. **polskibus**) with one way ticket prices from 30 to 60 złoty.

→ **Warsaw** – 3 hours by train, capital city of Poland, visit: Old Town with Royal Castle, Market Square and Barbican; Wilanow Palace, Łazienki Park, Muzeum of the History of Polish Jews (POLIN), Warsaw Uprising Museum

→ **Wrocław** – 3 hours by train, city of many bridges, situated on the river Oder and on the foot of Sudeten Mountains, historical capital of Silesia, visit: the Old Town with Market Square, Town Hall, Market Hall and Royal Palace, Cathedral Island

→ **Gdańsk** – 3-4 hours by train, situated on the Baltic coast, strategic port within the Hanseatic League, city where the Solidarity movement under the leadership of Lech Wałęsa was born, visit: Royal Way with city gates, Long Lane and Long Market surrounded by buildings in historical style, Artus court, Zuraw Crane; you can also visit Sopot or Hel and enjoy your time at one of many beaches.

→ **Kraków** – 6-7 hours by train, situated at the foot of Carpathian Mountains, one of the oldest cities in Poland, for years leading center of Polish cultural and academic life, former capital of the country, visit: historic center, which consists of the Old Town, Kazimierz and Wawel Castle, you may also want to travel to Wieliczka salt mine or Auschwitz-Birkenau camp.

→ **Berlin** – 3 hours by train, capital city of Germany, known for cultural and historical site and intensive nightlife, visit: Museum Island, Berlin Wall Memorial, Checkpoint Charlie, Alexanderplatz and with TV tower (Berliner Fernsehturm), German Parliament building.

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