



HOW TO TRAVEL RESPONSIBLY IN POLAND



tips for travellers/visitors

Welcome to Poland

When travelling to our beautiful and culturally rich country, we encourage you to make informed and responsible decisions that protect the environment, respect local customs and communities, and support local businesses.

USE LOW-EMISSION TRANSPORT



IN CITIES

Choose environmentally friendly means of transport such as trams, buses, metro (in Warsaw) or bicycles. In Krakow, for example, you can visit the "Jakdojade" website to use public transport and buy tickets. In city centres, get around on foot - walking is a great way to explore and keep fit while minimising your ecological footprint. Visiting without a car allows you to see many places of interest and feel their atmosphere, which you won't see from the passenger seat. If you can, choose eco-friendly means of transport such as bicycles or scooters.

BETWEEN THE CITIES

Poland has a well-developed railway network connecting both large and smaller cities. PKP Intercity's trains offer passengers comfortable travel conditions and travelling by rail saves time. For example, a train journey from Warsaw to Krakow takes less time than by car, and it reduces the carbon footprint in real terms compared to travelling by car or plane.

If you can't take the train, consider travelling by bus - a very popular means of transport in Poland. Buses reach many of Poland's lesser-known but worthwhile destinations. This way you can get to know the local culture, cuisine and regional customs.

DRINK TAP WATER



Drinking tap water in Poland is safe in most places. You needn't fear - water in Poland is healthy, tasty and regularly tested. More and more cities are running information campaigns to encourage their residents and tourists to drink tap water. Such campaigns help to reduce plastic waste and cut down on single-use packaging. In Krakow, tap water is safe and drinkable. You can find water refilling points in the Planty park, the Krakowskie Błonia park, the Vistula boulevards or the Market Square. In Warsaw, similar points are located on the Vistula Boulevards, in Łazienki Park and in many parks.

So remember to take a reusable water bottle with you.

Take care of your health, proper hydration and the environment.

SEGREGATE AND RECYCLE WASTE



In Poland, you will easily find recycling bins for plastic, glass, paper and organic waste in public places, hotels and restaurants. Make environmentally friendly choices - segregate rubbish according to local rules and dispose of it responsibly. By separating waste, you are helping local communities to reduce the amount of rubbish going to landfills and to promote recycling.

BUY RESPONSIBLY



Don't buy illegal souvenirs. Pay attention to the souvenirs you buy. Protect Poland's cultural and natural heritage. Ask about the origin of objects, their age and the conditions under which they were exported from Poland.

Avoid buying items that may come from or be made from endangered or protected species, as well as cultural goods and artefacts.

Pay attention to European **legislation** on the protection of **endangered animal or plant species** or products derived from them.

Support local makers by choosing local, handmade products. Make sure your purchase helps promote the regional economy and culture. Don't buy products from random sellers - always ask for receipts or certificates of origin.

RESPECT



LOCAL CULTURE

Respect local traditions, customs and norms. When visiting places of historical or cultural value, remember the dress code, and maintain solemnity and respect for the place. Pay attention to photography restrictions. When visiting religious sites, dress modestly (covering shoulders and knees) and behave respectfully, speaking quietly. Respect the hours of entry.

Strengthen the local economy by eating at local restaurants and choosing regional cuisine. Shop with regional makers/artisans and use local services. Visit regional art fairs, and art galleries and taste traditional delicacies.

Contact with local culture, art and cuisine not only broadens your experience and makes your trip more attractive, but also reduces the environmental costs associated with transporting goods from abroad

Ask us for recommended venues or locations before you arrive - we'll be happy to put together a list for you.

LOCAL RESIDENTS

Remember to respect the norms of social coexistence in the places you visit. Observe the rules of curfew, local customs, and holidays. Use bicycles and scooters on designated paths, bearing in mind the health and safety of others.

Understanding local customs and treating locals courteously will enrich your travel experience and help you learn about the local area and build positive relationships with local communities.

NATURE

When visiting Poland's national parks, forests and nature reserves, always stick to marked trails. Respect nature, do not pick plants or disturb wildlife. Remember that taking care of the ecosystem helps preserve these places for future generations. Respect other visitors and maintain peace and quiet. Always take your rubbish with you so that nature remains clean and beautiful. Follow the rules about campfires and burning to keep yourself and others safe.

STAY SAFE WHILE TRAVELLING



Be careful with your belongings, especially in crowded places such as public transport or tourist attractions. Remember to protect your identity documents - make photocopies or save files to the cloud. Keep an eye on your money and credit cards.

In an emergency, call 112 to summon the police, fire brigade or medical assistance. Hospitals in Poland and on-call pharmacies are available 24 hours a day, 7 days a week (in large cities).

Be aware of the regulations on smoking and alcohol consumption. Smoking is banned in public places such as restaurants, bars, bus stops and train stations. Make sure you only smoke in a permitted area, follow local regulations. Take care of your health and clean air. Avoid drinking alcohol in public places - you could be fined for doing so.

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