

FIYE
POLAND
NATIONAL
PROFILE
2020-2021



Poland National Profile 2020 - 2021

FIYE POLAND National Profile presents what the volunteer can expect from an exchange period 2020 – 2021 in Poland within the ICYE programme.

The document contains basic information about Poland, presentation of ICYE Poland and the types of projects available.

The information presented in the ICYE Poland National Programme should be considered carefully before the volunteer decides to join an ICYE Programme in Poland. If more information is needed, we will be very happy to answer all questions.

FIYE POLAND team

General Information About Poland



Area: 312 685 sq. km

Population: 38 million

Ethnic Groups: Polish 97,09%, German 0,38%, Belarussian 0,12%, Ukrainian 0,13%, others 2,28%.

Political System: Parliamentary Democracy.

Religions: Roman Catholic 95%, Eastern Orthodox, Protestant & others 5%.

Set in the heart of Europe, for centuries Poland has been a bridge between the East and West.

Bordered by Germany in the west, the Czech Republic and Slovakia in the south, and Russia, Lithuania, Belarus and Ukraine in the east, Poland also has a coastline on the Baltic Sea up north.

The capital city is Warsaw but there are other interesting major cities attracting many tourists such as Krakow, Gdansk, Szczecin, Wroclaw or Zakopane - the famous winter resort

There are 23 National Parks and some Primeval Forests. The Republic of Poland is divided into 16 provinces called voivodships.

Poland is a very picturesque country, rich in nature and full of different sights: from sandy beaches of the Baltic Sea, green and crystal-clear lakes in the Mazury region (in the North-East), green forests with plenty of mushrooms and forest fruit to the snow tipped Tatra mountains and other smaller mountain chains.

Poland joined the European Union in 2004 and belongs to the Schengen Area. One of the important aspects of its membership in these structures is the right to free travel between Schengen Countries (European Union countries except for the UK, Ireland, Romania and Bulgaria) for EU citizens but also holders of Schengen or Polish National visas.

Brief History of Poland

The history of Poland begins in the 10th century, after the Polish rulers accepted Christianity. The kingdom was suffering from inner and outer wars through the following centuries but managed to survive in the Medieval.

Since the 14th century the country had the same monarch with Lithuania. The union was strengthened in the 16th century and lasted until the very end of the 18th century. In the first centuries of its functioning the union made Poland one of the strongest states in Europe, but the ruling Jagiellonian dynasty was losing control over the more and more determined nobles. The Polish Parliament became the main legislative power in the middle of the 16th century. After the death of the last Jagiellonian king in 1569, Poland became an elective monarchy, a quasi-democratised state in the era of the absolute monarchies all around Europe.

The once powerful state gradually lost competitiveness against the stronger neighbours in the 17th and 18th century, and was partitioned by the former Austria, Prussia and Russia. The Poles kept the faith in independence alive through the 19th century, resulting in uprisings against the invaders in 1794, 1830, 1848 and 1863.

Poland regained its independence after the First World War for two decades but became the first to fall against the German and Soviet attack at the beginning of the Second World War. Many thousand Poles served in the armies of the Allied Forces. During the war 6 million Polish citizens, with 3 million of Polish Jews among them died; 2,5 million were transported to Nazi concentration camps.



After the Second World War Poland became a satellite state of the Soviet Union, under communist regime. The uprisings in 1956 and 1968 were suppressed. In 1989, led by a reform movement called Solidarity, Poland became the first Eastern European state to break free of the Communism.

The economy of Poland developed into one of the most robust in Eastern Europe. Poland joined NATO on May 27, 1999 and the European Union on May 1, 2004.

Climate

Poland has a continental climate, with moderate, changeable weather: cold, cloudy, moderately severe winters with frequent precipitation and mild summers with frequent showers and thundershowers. Summers are generally warm, with average temperatures between 18 and 30°C depending on a region. Winters are rather cold, with average temperatures around -6°C to 3°C. Precipitation falls throughout the year, although, especially in the east; winter is drier than summer.



Polish Language

Polish is a Slavic language (like Russian or Czech). It belongs to the Lechitic subgroups of West Slavic languages. It is one of the official language of the European Union. Its written standard is the Polish alphabet, which has 9 additions to the letters of the basic Latin script (ą, ę, ó, ł,ń, ś, ć, ż, ź).

Here are few useful Polish words and phrases if you want to get closer to local people:



<i>Good morning, Good afternoon</i>	<i>Dzień dobry</i>	<i>[dsyeni dobry]</i>
<i>Goodbye</i>	<i>Do widzenia</i>	<i>[doh vidsenya]</i>
<i>Hi, Bye</i>	<i>Cześć</i>	<i>[cheshch]</i>
<i>Yes</i>	<i>Tak</i>	<i>[tahk]</i>
<i>No</i>	<i>Nie</i>	<i>[nye]</i>
<i>Thank you</i>	<i>Dziękuję</i>	<i>[dsyenkooyeh]</i>
<i>Please</i>	<i>Proszę</i>	<i>[prosheh]</i>
<i>I'm sorry / excuse me</i>	<i>Przepraszam</i>	<i>[pshehpraasham]</i>
<i>Cheers!</i>	<i>Na zdrowie!</i>	<i>[nah zdroyeh]</i>
<i>I don't speak Polish</i>	<i>Nie mówię po polsku</i>	<i>[nye mooyeh poh polskoo]</i>

Culture

In this brochure we are presenting just a few authors, musicians and film directors who are known abroad and whose works the volunteers can find in their countries. As an example of contemporary cultural phenomena, we are presenting the most popular music festivals which are a great chance to see the biggest stars but also get to know Polish music and art scene.



Literature

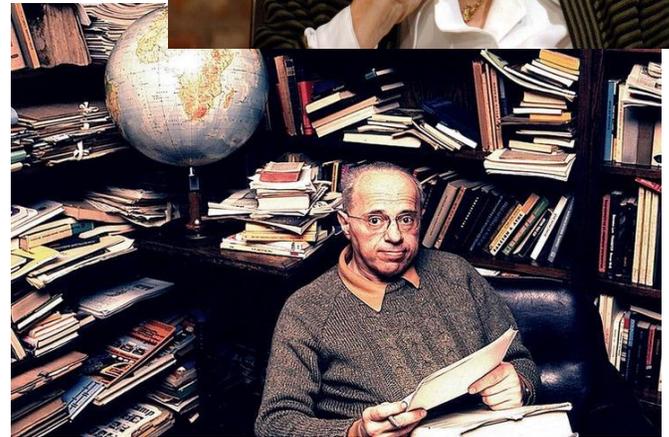
According to one of the best-known Polish writers for centuries Polish literature focused more on drama and poetic self-expression mostly because of historical circumstances. Nowadays, Polish literature presents a great variety of genres.

Polish Nobel prize in literature laureates include Henryk Sienkiewicz best known for his historical novels such as Quo Vadis (which was translated into 61 languages), Wladyslaw Reymont who won the prize for his four volume novel Chłopi (Peasants) which portrays the peasants life in 19th century Poland, the Polish born Isaac Bashevis Singer, poet and writer Czeslaw Milosz author of The Captive Mind and Pole's beloved female poet Wislawa Szymborska.

Wisława Szymborska (1923 – 2012) - a poet and translator, who was awarded the Nobel Prize for Literature in 1996 at the age of seventy-three.

Ryszard Kapuscinski (1932 – 2007) - a reporter, journalist, traveler, photographer, poet and writer. He is the most pre-eminent writer among Polish reporters.

Stanisław Lem (1921 – 2006) - best known for his science fiction and philosophical/futurological books. His works were translated to 41 languages.



Cinema

Polish cinematography is almost as old as cinematography itself. The biggest achievement of the Polish cinematography was so called Polish Film School (c. 1955 – 1963) which influenced trends in cinema in other countries. The most famous filmmakers of Polish origin are Roman Polanski, Krzysztof Kieślowski, Agnieszka Holland, Andrzej Wajda and Andrzej Żuławski.



Roman Polański (born 1933) - one of the most famous Polish directors and an Oscar winner. He created such movies as *China Town*, *Rosemary's Baby*, *Frantic*, *Death and the Maiden*, *The Ninth Gate*, *The Pianist*, and *Oliver Twist*.

Andrzej Wajda (born 1926) - a film and theatre director, one of the most prominent members of the "Polish Film School". He is known especially for a trilogy of war films: *A Generation* (1954), *Kanał* (1956) and *Ashes and Diamonds* (1958). In 2003 he was awarded with an honorary Oscar for lifetime achievement.

Classical Music

The most famous Polish composer was Fryderyk Chopin, but it is worth getting to know the achievements of the contemporary Polish School of Composers and its representatives: Krzysztof Penderecki, Wojciech Kilar or Henryk Mikołaj Górecki.

Fryderyk Chopin (1810 – 1849) - a Romantic composer and virtuoso who wrote almost entirely for the piano.

Krzysztof Penderecki (born 1933) - a contemporary Polish composer, conductor. He has been Awarded numerous distinctions, including several Grammys and the award for the best composer at the Midem Festival of Cannes (2000).



Festivals

In the last years Poland faced a real boom in music, film and theatre festivals. Lovers of any kind of music from pop and rock to reggae and country music will definitely find an event for them. Below we are presenting the most popular music feasts.



Pol'and'Rock Festival is a huge and free music event which takes place at the beginning of August in Kostrzyn nad Odrą in western Poland. The massive event is firmly rooted in the ideals of peace, friendship, and love, and it might be the last vestige of the world, where people of all creeds and beliefs can co-exist peacefully together. The festival, which attracts thousands of guests each year, not only boasts a diverse line-up of performers, catering to people with very different music tastes, but also creates a vibrant, diverse community, where everyone can feel welcome and appreciated.

OPEN'ER FESTIVAL - Music festival which takes place in the beginning of the summer on the North coast of Poland, in Gdynia. Every year it gathers well-known artists from all over the world.



Polish Cuisine

Traditional Polish cuisine is hearty. It is rich in meat, especially pork, chicken and beef (depending on the region), winter vegetables such as cabbage and a lot of cream and eggs. It uses various kinds of noodles and dumplings as well as cereals such as kasha.

Examples of traditional dishes are pierogi, zurek, placki ziemniaczane and barszcz czerwony.



Transport

Flying to Poland

Most of European major airlines fly to and from Poland. Poland's national carrier LOT Polish Airlines is based in Warsaw, Star Alliance member and it is world's one of the oldest airlines still in operation. LOT Polish Airlines flies to 101 destinations across Europe, Asia and North America.



There are also low-cost airlines that fly to Poland are:

- Ryanair,
- Wizzair,
- Norwegian,
- EasyJet.

The projects offered by ICYE Poland are located in Masovian region. It is important that you fly to one of Warsaw airports: Warsaw Chopin Airport or Warsaw Modlin Airport.

Warsaw Chopin Airport is one of the biggest airports in Poland, easy to reach from all over Europe and from the USA and Asia (convenient connections by Finn Air and Emirates). Warsaw Chopin airport is operated by regular airlines whereas Warsaw Modlin Airport by cheap airlines (currently Ryanair). Below you will find links to the airport websites, which can help you to find flight timetables:

Warsaw Chopin Airport: <http://www.lotnisko-chopina.pl>

Warsaw Modlin Airport: <http://www.modlinlotnisko.pl>

Travelling to Poland by Bus or Train

Road connections with Poland are good and are getting better, but there are still border delays, especially when crossing from the East European countries. Train and bus fares from some European destinations can be comparable to discounted air fares.

You can get to Poland by couch using some of these operators:

- Eurolines Polska – connections with a number of bigger and smaller European cities.

<http://www.eurolinespolska.pl>

- Gullivers – connections from Germany.

<http://www.gullivers.de/>

- Ecolines – a lot of connections with Polish cities, especially from East Europe <http://www.ecolines.net>

- FlixBus – Flixbus is a German brand which offers intercity bus service in Europe and the United States

FLIXBUS

Visa Regulations

Who needs a visa to enter Poland?

Citizens from European Economic Area countries (European Union countries + Iceland, Liechtenstein and Norway) and from Switzerland do not require visa to enter Poland and can stay for either short- or long-term project. If their stay is longer than 3 months, they will have to register it in a voivodship office (details below).

There is another group of countries whose citizens do not need visas unless their stay exceeds 90 days:

Albania (only for holders of biometric passports), Andorra, Antigua Barbuda, Argentina, Australia, Austria, Bahamas, Barbados, Bosnia and Herzegovina (only for holders of biometric passports), Brazil, Brunei, Canada, Chile, Costa Rica, Dominica, East Timor, El Salvador, Grenada, Guatemala, Honduras, Hong Kong (Special Administrative Region), Israel, Japan, Macao (Special Administrative Region), Macedonia (only for holders of biometric passports), Malaysia, Mauritius, Mexico, Moldova (only for holders of biometric passports), Monaco, Montenegro (only for holders of biometric passports), New Zealand, Nicaragua, Panama, Paraguay, Saint Kitts and Nevis, Samoa, San Marino, Serbia (only for holders of biometric passports), Seychelles, Singapore, South Korea, Taiwan (for holders of passports which include an identity card number), Trinidad and Tobago, United Arab Emirates, United States of America, Uruguay, Venezuela.

Volunteers coming from countries not mentioned in any of the groups above as well as long term volunteers coming from the countries listed in the paragraph above need to hold a visa to enter Poland.



It is worth to mention that Poland does not have embassies in all the countries, however in some cases the nearest embassy organises consular duties in neighbouring countries. The list of Polish embassies is placed on the website of the Ministry of Foreign Affairs:

http://www.msz.gov.pl/en/travel_to_poland/polands_missions_abroad/

Types of Visas

Depending on the length of the project the volunteer will have to apply for either a Schengen C-type Visa (up to 90 days) or a National D-type Visa (for stays between 91 and 365 days).

Volunteer coming for long-term projects should apply for the National Visa - type D. This kind of visa entitles the visitor to stay in the country for a period between 90 and 365 days, it also allows to stay in other Schengen countries for up to 90 days within every six months period. The National Visa is granted as one or multiple entry visa. If the volunteer is granted the National Visa valid for the whole stay, there is no need to apply for any other document once the volunteer is in the project. However, if the volunteer is granted just a Schengen Visa entitling to stay in Poland and other Schengen countries for up to 90 days, he/she will have to apply for a temporary residence card. Usually the volunteer receives the National Visa for long-term projects, but it is always an individual decision of the consul.

Volunteers coming for STePS projects should apply for a Schengen Visa for the whole period of the project. Schengen Visa is granted as one or multiple entry visa. It entitles to stay in Poland but also to travel within the Schengen Zone. If the volunteer has the Schengen Visa covering the whole stay, there is no need to apply for any other documents once the volunteer is in the project.

Details of the visa procedure

1. Application

Application must be submitted on-line via <http://www.e-konsulat.gov.pl> then printed from the e-system. Printed and signed application + all required documents must be submitted in person. Submitting documents require making an appointment also through the e-consulate (theoretically the waiting time should not be longer than 2 weeks but according to our experience in some countries it takes weeks to get the appointment.) Some partners use travel agencies to get an appointment. In case of problems we try to intervene, but the results depend on the will of the consulate.

2. Decision

The decision granting visa is usually issued within 15 days but may be prolonged up to a month in complicated cases.



3. Basic documents needed to obtain Polish National Visa:

- Travel document.
- Completed and signed visa application form.
- Biometric photo.
- Visa fee.
- Health insurance.
- Supplementary documents confirming:
 - the purpose of the visit,
 - possession of sufficient funds to cover the cost of entry, stay and departure from the territory of Poland;
 - the necessity of staying in the territory of Poland for more than 90 days within a half year period.

Note: Invitation letter is provided by ICYE Poland and it contains all the information mentioned in the supplementary documents section. The types and number of supplementary documents may differ depending on the consular office. Some consulates require either a return ticket or a reservation of the return ticket. Some consulates only accept remote applications. Please check the visa procedure of the consulate.

4. Visa fee – 60 EUR or its equivalent in a local currency

In case the volunteer needs to apply for the temporary residence card there will be additional costs of:

- Fee for submitting the application: 340 PLN (about 80 EUR)
- Fee for issuing the card: 50 PLN (about 12 EUR)
- Translation of the insurance certificate and contract: up to 400 PLN (100 EUR)

5. Total time needed for the visa procedure:

2-4 weeks waiting for an appointment + 2 week of waiting for the decision.

Registration

For citizens of European Economic Area countries (EU Countries + Iceland + Norway + Lichtenstein + Switzerland)

In case of project exceeding 3 months the volunteer will have to register his/her stay in the voivodship office.

Documents required:

- Application form for registering the residence.
- Travel document or another document confirming your identity and citizenship.
- Confirmation of health insurance coverage (bringing European Health Insurance Card is the easiest option; in case of documents in other languages, translation to Polish will be needed, the cost is about 10 – 15 EUR per page).
- Project agreement with translation to Polish may also be needed (the cost is about 10 – 15 EUR per page).

Residence registration and the issue of a certificate of an EU citizen's residence registration is made immediately.

Information on FIYE Poland

FIYE Poland is a Polish non-governmental and non-profit organisation promoting and developing international voluntary service considered as a unique form of educational youth projects. We enable Polish youth to participate in the international voluntary service movement and support initiatives promoting solidarity, tolerance and intercultural understanding among young people. Through our activities we help youth with different backgrounds to develop personally and socially.

The seat of FIYE Poland is located in Warsaw, the capital of Poland.



Our Team

Person	Position	Remarks
Anna Pios	President of the board & office manager	Full Time
Sylwia Jedra	Hosting coordinator	Full Time
Grzegorz Sempach	Sending coordinator	Full Time

ICYE Poland Offers 2020-2021

The offer of ICYE Poland for 2020 – 2021 consists of following programmes:

	Period	Countr	Age	Lodging	Pocket Money	Insurance	Language Course
Short Term	1-4 months	Any	18-30*	Shared Flat or Host Family	No	Optional	No
Long Term	6 or 12 months	Any	18-30*	Shared Flat or Host Family	Yes	Yes	30 Lessons

*Upper limit is flexible

ICYE Poland Hosting Projects 2020-2021

Organization	Type	Location	Long Term	Short Term
Helenow	Education and therapy centre	Warsaw	√	√
Przedwiosnie	Municipal nursing home	Warsaw	√	√
Kindergartens	Municipal kindergartens	Pułtusk	√	√
Primary School	Municipal primary school	Pułtusk		√

What is provided in the ICYE Long Term Project:

- Pick up/drop off: Please arrive at Warsaw Chopin Airport or Warsaw Modlin Airport.
- Food and accommodation as described at each project in the Work Profile
- Work: 30 - 38 hours per week.
- Pocket money: 37 EUR/month.
- Language course: 30 lesson periods.
- Orientation meeting: group or individual orientation meeting.
- Mid-term: group or individual evaluation meeting
- Final evaluation meeting: group or individual evaluation meeting (within the last month of volunteer's stay).
- Support of FIYE coordinator, work coordinator and mentor (volunteer's "buddy").

What is provided in the ICYE Short Term Projects:

- Pick up/drop off: Please arrive at Warsaw Chopin Airport or Warsaw Modlin Airport.
- Food and accommodation as described at each project in the Work Profile
- Work: 30 – 38 hours per week.
- Orientation meeting: One day in FIYE Poland office.
- Final evaluation meeting: One day in FIYE Poland office.
- Support of FIYE coordinator, work coordinator and mentor (volunteer's "buddy").