



# *Let's Create a City!*

*A Handbook for Newcomers  
to Wrocław*

# wiewiórski

law firm

Wiewiórski Law Firm, established in 2004, specialises in providing services to foreign investors. Our clients – including, among others, many companies from the group of the ten largest investors in Wrocław Agglomeration – employ over 10 000 people in the Region and represent almost all the business sectors present in Lower Silesia – from R&D to the machinery production.

We offer our clients comprehensive legal assistance in conducting business. Due to our contacts with the owners, managers, employees of companies and their families we are also aware of the problems of private nature they encounter on a daily basis when living in Poland. The solutions to some of them are presented below:

## Obligation for foreigners to register as a resident – “registration for residential purposes”

A foreigner staying on the territory of the Republic of Poland must meet the obligation of registration for residential purposes. This means that a foreigner is required to declare the place of permanent or temporary residence (where period of residence is up to 3 months and over 3 months) in the relevant commune office.

A foreigner who is a citizen of a European Union Member State, a citizen of a member state of the European Free Trade Association (EFTA) – a party to the European Economic Area agreement, or a citizen of the Swiss Confederation staying on the territory of the Republic of Poland is obliged to register as a resident in the place of permanent or temporary residence, in the case of a period of residence exceeding 3 months, not later than on the 30th day counting from the day of arriving at that place.

A foreigner who is not a citizen of the above countries and stays on the territory of the Republic of Poland is obliged to register as a resident in the place of permanent or temporary residence not later than on the 4th day counting from the day of arriving at that place, unless his/her stay on the territory of the Republic of Poland does not last more than 14 days.

A foreigner who leaves the place of permanent or temporary residence is obliged to cancel the registration not later than on the day of leaving that place. However, if the period of temporary residence is equal to the period declared at registration, the person leaving the place of such residence is relieved from the obligation to cancel the registration.

## Mandatory vaccinations – does the Polish mandatory vaccination schedule apply to the children of foreigners?

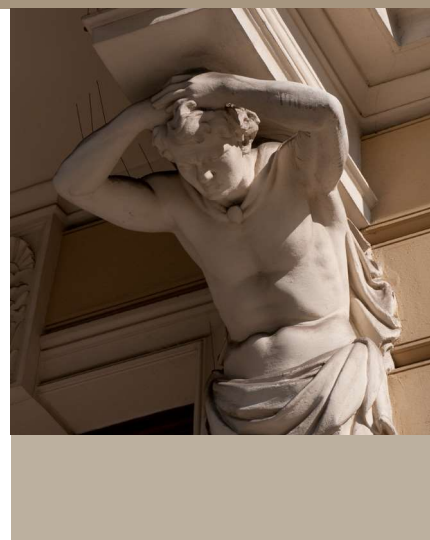
Persons staying on the territory of the Republic of Poland for a period shorter than three months are relieved from the obligation to receive mandatory protective vaccinations, with the exception of post-exposure vaccinations. After three months such persons are required to receive mandatory protective vaccinations in accordance with the same principles as Polish citizens (the vaccinations are free of charge).

By 31 October each year a Protective Vaccination Programme (PVP) for the following year is announced to the public with detailed instructions regarding the application of each vaccine arising from the then current epidemiological situation.

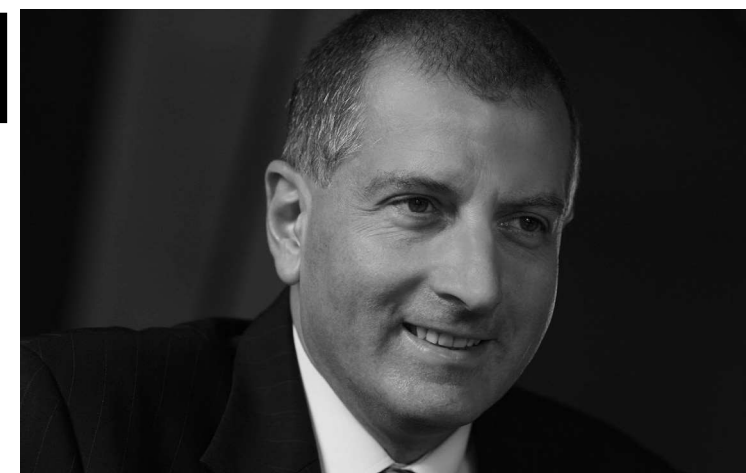
PVP specifies the list of mandatory (free) and recommended (paid for) vaccinations for defined categories of people.

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# [wrocław]



**If this is your first visit to Wrocław, you are in for a pleasant surprise. The meeting place of people, cultures and religions, today is a vibrant and colorful spot, constantly developing. I am convinced that Wrocław will prove to be not only a good place for you to work, but also a great place to live.**

Whether you are making the move to Wrocław to join your company or to accompany a spouse or partner, getting your bearings in a new place can be a daunting task. This publication aims to help expats and their families to become oriented quickly in Wrocław so they can settle down and enjoy life in this intriguing and fun metropolis on the Odra River.

Wrocław is full of young people. As a university town, it is home to more than 145,000 students that are enrolled in 30 higher education institutions. Though, Wrocław's youth and dynamism can also be attributed to its history. In the aftermath of the devastation and shifting national borders

wrought by the Second World War, Wrocław was entirely resettled by Poles, who in a pioneering spirit began raising the city from wartime destruction and making it their new home. So in effect, everyone is a newcomer to Wrocław.

This unique heritage explains in part why Wrocław is a particularly friendly and accessible city. The superior quality of life is enhanced by Wrocław's location on verdant islands that are connected by almost 200 bridges. The city's busy calendar of cultural events offers something for everyone year round. The natural beauty of the surrounding countryside also makes Wrocław an ideal gateway for week-

end excursions or longer vacations. So welcome to Wrocław. We hope that you too will soon be calling it home.

Rafał Dutkiewicz  
Mayor of Wrocław



## Check out these places

Top tourist attractions in Wrocław

### MARKET SQUARE (RYNEK)

The Market Square pulses with life day or night. The Old Town Hall (Ratusz) is one of the most important historic monuments in Poland. A pearl of gothic and renaissance architecture, the building is rich in beautifully carved stone details and boasts a striking astronomical clock. Many of the colorful buildings on the Market Square have retained their historic names: Under the Seven Electors, Under the Golden Sun, Under the Golden Dog and the Hansel and Gretel houses.



### THE QUARTER OF FOUR DENOMINATIONS (DZIELNICA CZTERECH WYZNAŃ)

To actually "feel and see" some aspects of the multiculturalism of Wrocław it is essential to visit the **Quarter of Four Denominations**,

also known as the **Four Temples Neighbourhood** or the **Site of Mutual Respect**. It is an area within the Old Town district, where a Synagogue, a Lutheran Church, a Roman Catholic Church and an

Eastern Orthodox church stand near each other and cooperate closely, developing a special "four temples cultural path".

### CATHEDRAL ISLAND (OSTRÓW TUMSKI)

Cathedral Island is the oldest part of Wrocław. Picturesquely situated along the Odra River, this former stronghold today offers a feast to the eye and senses. Don't miss the Cathedral of St. John the Baptist, the spiritual center of Wrocław. Also take a stroll through the lovely Botanic Garden. Established in 1811 as a research institute of the University of Wrocław, the Garden showcases plant collections brought to Wrocław from natural habitats around the world.

### PANORAMA OF THE BATTLE OF RACŁAWICE (PANORAMA RACŁAWICKA)

For a fascinating view of 19th century mass media, visit the Racławice Panorama, a monumental painting that depicts the Battle of Racławice of April 4, 1794. Painted to commemorate the 100th anni-

versary of the pivotal moment of the Kościuszki Insurrection, the Panorama today attracts some 1,600 visitors on a daily basis. The work measures 120 x 15 meters, and is displayed in a specially-constructed rotunda.

### CENTENNIAL HALL IN SZCZYTNIICKI PARK

Designed by Max Berg, constructed for the World Expo in 1913, it is one of the top masterpieces of the 20th century architecture. Its characteristic **Pergola**, a 640 meter-long structure built in the shape of a semi-ellipse, is an integral part of the Centennial Hall's Exhibition Grounds. The Hall's inscription on UNESCO World Heritage List in 2006 emphasizes the importance of this facility. Today it belongs to the complex of the **Wrocław Congress Center**. An ad-



ditional attraction is the adjacent largest **Multimedia Fountain** in Poland and one of the largest in Europe. It covers the surface of nearly 1 hectare, and 800 lights and 300 water jets have been arranged in its bed. The water show is synchronized with music, which creates amazing artistic impressions. Just a few steps further away is yet another breathtaking tourist attraction – the **Japanese Garden**. And all this is within the grounds of one of the oldest municipal parks in Europe – **Szczytnicki Park** – the area of 100 ha. Yet one more attraction must be visited while in this part of the city: **Wrocław Zoo**. It is the oldest zoological garden in Poland and one of the oldest in Europe. The area of 33 ha is filled with attractive, thematic expositions of fauna from various continents (the Madagascar pavilion, Sahara, brown bear enclosure, pavilion for rhinos). Most recent project that is still under construction covers the complex of enclosures presenting various ecosystems directly connected by a water environment of Africa – "Afrarium – life-giving waters of Africa".



### MAIN RAILWAY STATION (WROCLAW GŁÓWNY)

The first building of the Main Railway Station in Wrocław was constructed in 1841-42 in the classical style. Due to the increasing number of passengers in 1855-57 a completely new project by Wilhelm Grapow in neo-Gothic style was realized. Damaged in 1945 and reconstructed in 1949 it is a monumental building with beautiful platform hall and amazing ticket hall dating back to 1899-1904. During 2010-2012 general renovation and reconstruction works were carried out making the Main Railway Station in Wrocław the most representative building of this type in Poland.





## At a Glance

The 17th century poet Nicolaus Henelius called Wrocław the “Flower of Europe”, the famous historian Norman Davies calls it “a Microcosm of Central Europe”, it is nationally acknowledged as the Polish Venice, some others define it as **Poland’s cultural epicentre** as well as the world capital of avant-garde theatre thanks to Jerzy Grotowski’s Laboratory Theatre...

Wrocław, the capital city of Lower Silesia, is located in the southwestern part of Poland near Germany and Czech Republic, on the banks of the Odra River. It is the fourth largest Polish city, **with one of the most highest youth population** in Poland and was historically a place of coexisting nationalities and cultures.

Between 2006 and 2010 Wrocław had the fastest pace of economic progress in Poland and invested **EUR 2.5 billion on infrastructure, sport venues and cultural events**. It ranks one of the most attractive place for career development.

Apart from Wrocław’s reputation as business leader in this part of Europe – 5 thousand new job places in 2012 alone – the city and its surroundings are also a world-class tourism destination: Wrocław’s Old Town boasts **the second largest medieval market square in Europe**, the region is often compared to the French

Loire Valley thanks to the number of hundred year old castles located here, not to mention health resorts, closed down mines and underground factories. Busy nightlife, festivals and tourist attractions such as the UNESCO listed Centennial Hall make Wrocław an exciting hot spot.

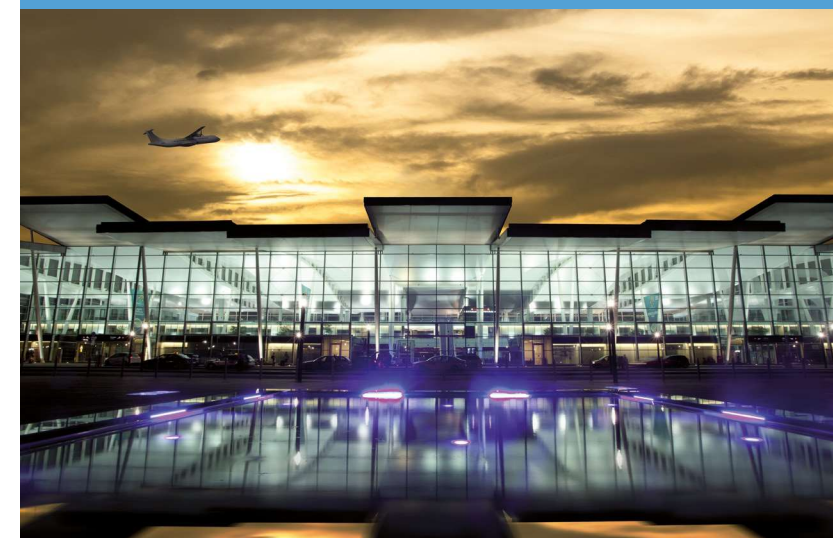
### BASIC FACTS ABOUT WROCLAW:

- Population: well over 650,000
- Lower Silesia, one of Poland’s 16 regions, is inhabited by almost 3 million people (almost 8% of Poland’s population)
- Approx. 145,000 students enrolled in 30 higher education institutions
- Hosted games for the 2012 Euro Cup
- Wrocław awarded the European Capital of Culture title in 2016: increases people’s access to culture
- 1,5 h flight to some of the main capitals in Europe
- 34th largest EU city when it comes to population
- 25 islands and almost 200 bridges
- Over 150 boot-sized dwarfs scattered throughout the city!

- Legend:**
- 350 km to Wrocław
  - 1.5 h to Wrocław by air



## Getting There



Situated in the geographic center of Europe, Wrocław is easy to reach by air, road and rail. The city is three hours by car from Berlin and Prague and five from Warsaw. Five European capitals are within 400 kilometers of the metropolis.

Wrocław Copernicus Airport (IATA: WRO), with its modern terminal opened in 2012, is located ten kilometers from the historic centre of the city. Like other regional airports in Poland, Copernicus has grown significantly over last years and continues to expand its services for international business travelers and tourists. In 2012, the airport served 2 million passengers, and this number is constantly increasing.

Wrocław Airport connects the city with major European transfer hubs (Frankfurt, Munich, Warsaw, Copenhagen) and with many other places in whole Europe.



List of direct connections to Wrocław:

Destination	Flights per week
Alicante*	2
Barcelona Girona*	2
Bologna	2
Bournemouth*	2
Bristol	2
Brussels Charleroi	2
Copenhagen	18
Cork	2
Chania (Crete)*	2
Doncaster Sheffield	4
Dortmund	2
Dublin	8
Düsseldorf	6
East Midlands	4
Eindhoven	4
Frankfurt	20
Gdańsk	8
Glasgow Prestwick	3
Liverpool	3
London Luton	5
London Stansted	8
Malaga*	2
Malmö	2
Malta*	2
Milan Bergamo	2
Munich	27
Oslo Rygge	4
Oslo Torp	4
Paris Beauvais	2
Rome Ciampino*	4
Shannon	2
Venice Treviso*	2
Warsaw	44
Zadar*	2

\*Summer flights



# Transport

Regular city transport operates from around 5 a.m. and continues until 11 p.m. Wrocław boasts a much extensive public transport system, its dense net of connections enables you to reach every district of the city. Timetables are displayed on all tram and bus stops. We strongly recommend using trams, as they usually have independent tracks and are not subject to traffic jams.

The tram and bus routes are always the same price (3 PLN full-price single ride, 50% discount for school children, students and old age passengers), they are valid on both means of transport. For buses the first digit indicates the main character of the vehicle, so then 1 (e.g. 122) means it is a local bus, the lines starting with 2 are night buses whereas the ones marked with numbers from 300 are meant for rush hour and to deal with extra passenger load. 700 indicates a temporary line, 600 and 900 usually go outside the city. Lettered lines (A, C, D, E, K, N) are express buses, they have slightly higher fares and skip some stops.



Finding the best route has just gotten easier with the website [www.jakdojade.pl](http://www.jakdojade.pl), available also in English: it simply consists of a city map, click where you are, where you want to be and at what time you want to leave/arrive and it will generate the best route options for you giving you the stop names, scheduled itineraries and the expected duration of travel.

Tickets can be purchased in stands/kiosks, ticket machines are available both at a number of bus/tram stops and inside the vehicles (they allow only credit/debit cards).

You need to validate your ticket just after getting on a tram/bus, make sure you always have a valid one and a valid international student ID or Euro 26 in case you have bought a discount ticket!

A great addition to Wrocław's transport options is represented by the city's automatic bike rental system, which was inaugurated during summer 2011. Over 200 bikes are available to pick up and drop off across 32 stations. You need to register on the system via the company's website [www.nextbike.pl](http://www.nextbike.pl). After filling in the usual details you must then make a deposit of 1 PLN. Alternatively you can register using the terminal itself, which has instructions in English. The first twenty minutes are free, while taking a bike for 20 to 60 minutes is just 2 PLN.

In Wrocław you will find many taxi companies with stickers on their fleet including corporation logo, short corporation number and pricelist on passenger window. Many taxi phone operators speak English so it is recommended to ask how much approximately to avoid unpleasant surprises. Rates from the airport to the center should not cost more than 35 PLN. Cars are normally marked with phone number containing five digits, like: 19XXX. To order a taxi with one click try a Wrocław-based company's app, more info here: [www.taxi5.pl](http://www.taxi5.pl).





## You Are Not Alone

Poles are known for their hospitality, and overall they are open to curious about newcomers. Particularly, it was seen and appreciated during UEFA European Football Championship, co-hosted by Poland. Increasingly, people speak English (approx. 35% of Wrocław's inhabitants and almost 90% of Wrocław's students), along with other foreign languages, and they are willing to point the way or help in other situations.

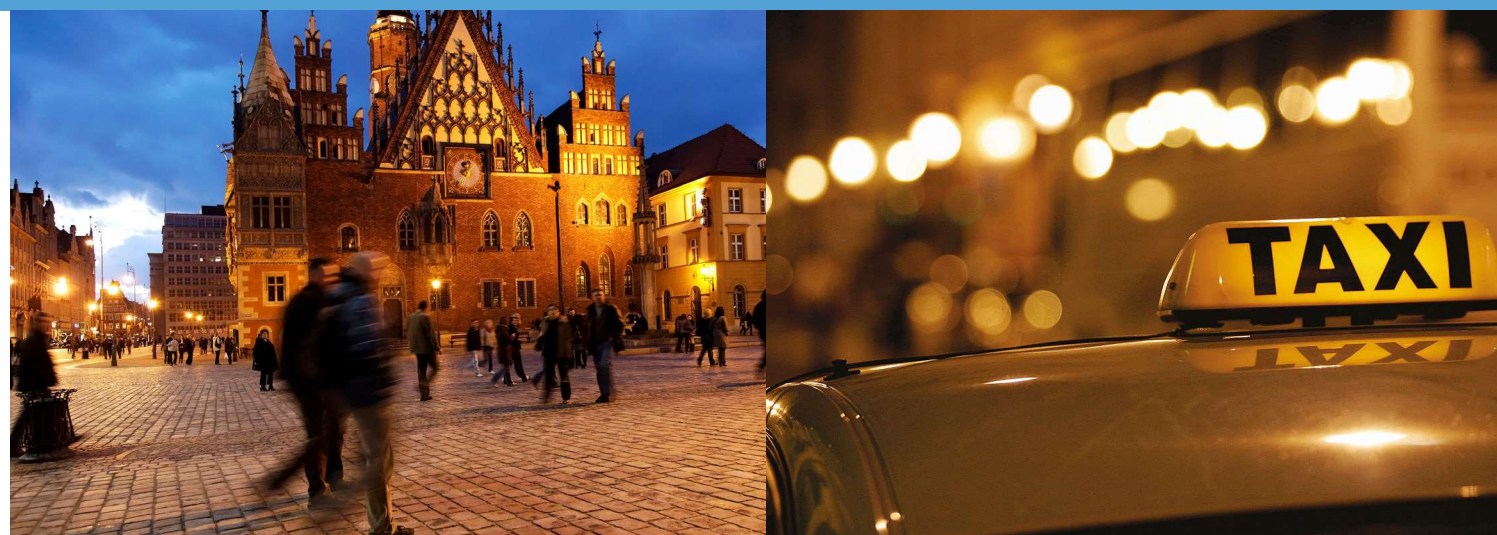
In recent years the size of the expat community in Wrocław has grown significantly, largely due to the success in attracting international investments to the city and region. Today many global companies run their operations in Wrocław, e.g. IBM, Google, HP, Dolby, Credit Suisse, Nokia Siemens Networks, Volvo, Whirlpool.

### LEARNING POLISH

If you are intent on learning Polish, you have a number of options in terms of schools and study programs. Some schools offer private tutorials, group lessons and even courses on-line. Others include entertaining extracurricular programs such as city walks in Polish that aim not only to help you kick-start your practical Polish, but also assist you in getting settled quickly in the city by directing you to the best places to shop, get your hair done or where to spend your free time. Some even offer summer language courses for adults and camps for children.

### GETTING STARTED IN POLISH

While the language may seem difficult – especially the seemingly endless combinations of consonant clusters that make pronunciation a real challenge – Poles tend to be very receptive to foreigners who try to communicate in Polish. So break the ice!



Here are 15 useful words and phrases to help you get started:

Cześć! [chesht]	Hi, Goodbye (like Ciao in Italian)
Dzień dobry [gin dobry]	Good morning, Hello
Dobry wieczór [dobry vyechohr]	Good evening
Dobranoc [dobranotz]	Good night
Proszę [proshe]	Please or you're welcome
Dziękuję bardzo! [jeankooye bard-zo]	Thank you very much
Jak się masz? [yak shye mash]	How are you? (informal)
Tak/Nie [tak/nye]	Yes/No
Przepraszam [psheprashaam]	Excuse me/I apologize
Nie mówię po polsku. [nye moovye po polsku]	I don't speak Polish
Poproszę piwo [poproshe peevo]	I'd like a beer, please
Na zdrowie! [na zdrowye]	Cheers! To your health!
Do zobaczenia we Wrocławiu! [dough zobaachenya ve vrotswaviyu]	See you soon in Wrocław!

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## Costs of Living

In terms of shopping, whether you prefer making your purchases in sleek new shopping centers and hypermarkets or filling your wicker baskets at a quaint market halls or neighbourhood stores, shopping in Wrocław is a breeze. The newly built shopping complexes in the city center and at the edges of town provide easy access and variety under one roof. But small neighbourhood businesses have not lost their appeal in Wrocław. Additionally, specialty stores are appearing in and around the city that cater to the growing international community.

While rental costs in Poland tend to be higher than most expats expect, many have found that prices of food and other leisure time activities are lower than in their home countries. Here we try to give you a sense of basic costs.

Taking the July 2012 Economist's Big Mac Index as a starting point, a Big Mac in Poland costs on average PLN 9.1, as compared to the \$4.33 you would pay in the United States or the €3.58 in the Euro Zone (based on February 2013 exchange rates, the price of a Big Mac in Poland equals \$2.91 and €2.17).

For a family of three you might expect to spend PLN 1,000–1,500 a month for groceries and the occasional meal out.

Below is a list of the prices of individual items often thrown into a weekly shopping basket (as of February 2013):

Item	Price in PLN
Coffee in a restaurant	7.00
Lunch in a restaurant	30.00
Bus/tram – one way ticket	3.00
Public transport – monthly pass	60.00
Parking (per hour)	3.00
Taxi (per kilometer)	3.00
Beer (in a pub)	7.00
Pizza	20.00
Petrol/Gas (1 liter E95)	5.30
Cinema ticket	15.00
Haircut	40.00

Other costs:

Item	Price in PLN
Bread (1/2 kg)	3.00
Milk (1 liter)	2.50
Eggs (10)	4.50
Butter (0.2 kg)	4.50
Apples (1 kg)	3.50
Tomatoes (1 kg)	6.50
Yoghurt (0.15 liter)	1.50
Cheese (1 kg)	25.00
Chicken (1 kg)	6.00
Ham (1 kg)	20.00
Water (1.5 liter)	2.00
Orange juice (1 liter)	4.00
Candy bar	1.50
Daily newspaper	1.50
Brand-name cigarettes	13.00





# Formalities

Entering Poland

As to the general rule, while holding a valid travel document, citizens of European Union (EU), European Economic Area (EEA) and third-party states have the right to enter the territory of the Republic of Poland if they:

- hold a valid visa or are exempted from the obligation to possess a visa, or
- hold a valid residence card.

There are two types of visas:

1. Schengen visa: „C” visa which is for a stay of up to 90 days per six months in Schengen area, „A” visa which is for transit through transit area of airports located in Schengen territory.
2. National „D” visa: Long term visa for a stay of over 90 and up to 365 days in Poland. Please note that the national visa allows to stay in other Schengen countries for up to 90 days per six months.

All the details on what kind of visa to apply for and what documents to submit you will find in Polish Embassies or Consulates in your country. To locate the nearest Polish diplomatic outpost visit: [www.msz.gov.pl/en](http://www.msz.gov.pl/en) and click on Poland's missions abroad.

Every country has its rules and procedures. Here we touch on the key formalities you will most likely have to go through to legalize your stay in Poland.

## RESIDENCE REGISTRATION

Polish law requires that citizens and temporary residents inform the authorities of their place of stay while in Poland. While rarely checked, the piece of paper confirming your place of residence (in Polish: meldunek) is a prerequisite for completing other formalities such as acquiring a temporary resident permit or a work visa. While the owner of your rented apartment or house does not need to be present for the actual registration, you will need their cooperation in order to complete the process. In particular, at the time of registration, you must present a rental contract that contains information skimming the landlord's legal basis of ownership of the house or apartment.

## RESIDENCE PERMITS

In Wrocław, resident and work permits are handled by Department for Civic Affairs and Foreigners in the Lower Silesian Voivodship Office (Dolnośląski Urząd Wojewódzki. Abbreviation: DUW), the representative of the central government in the region.

Under European law, EU citizens have a right to reside in any of all member-states, so their process for temporary residence is fairly straight forward and somewhat automatic. For other foreigners, the process takes longer and is more complicated. Most importantly, for non-EU citizens in particular, you must launch the application process for temporary residence 45 days before your right to stay in Poland expires. While the procedures may differ depending on the country of origin, in applying for temporary residence, be prepared to:

**1. Complete the temporary residence application form. The application is in three languages, but must be completed in Polish.**

**2. Attach a copy of your passport or another valid travel document.**

**3. Attach a copy of the document confirming your place of stay in Poland.**

**4. Attach a copy of the document confirming your legal right to occupy the apartment or house you are living in.**

**5. Attach a confirmation that you are covered by medical insurance.**

**6. Demonstrate you have enough funds to support yourself while in Poland (might be a credit card, a recent bank statement or an employment contract).**

## WORK PERMITS

Citizens of the European Union and Iceland, Norway, Liechtenstein and Switzerland do not need a permit to work legally in Poland. However, they must secure a temporary resident permit if they intend to work for more than 90 days in the country. Non-EU citizens must receive a work permit to get a job in Poland. Work permits for foreigners are handled by the Department for Civic Affairs and Foreigners at DUW. The actual application for a work permit is made by the employer.



## READ MORE ABOUT IT

Make sure you get reliable professional advice to help you navigate quickly through the Polish legal system as it pertains to your particular situation. But if you would like to read more about the rules and regulations regarding living and working legally in Poland, check out the websites below:

[www.udsc.gov.pl](http://www.udsc.gov.pl)

Practical information in English, French and German.

[www.poland.gov.pl](http://www.poland.gov.pl)

Loads of information. Click on Foreigner in Poland

[www.paiz.gov.pl](http://www.paiz.gov.pl)

Click on the Polish Law link for information about living, working and running a business in Poland.

[www.duw.pl](http://www.duw.pl)

The webpage of DUW. Click on English, German or French button to obtain required language version.

[www.msz.gov.pl/en](http://www.msz.gov.pl/en)

Official Site of the Ministry of Foreign Affairs of the Republic of Poland.

## INFOLink

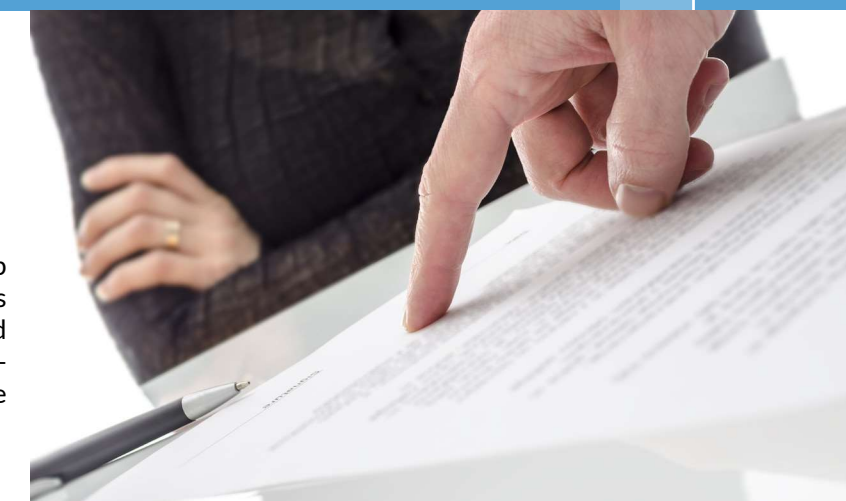
INFOLINK is a webpage, dedicated to foreigners residing in Wrocław, one can find loads of useful information and advice on formalities to be dealt with while staying in the city as well as on various everyday-life tasks, procedures and activities. Additionally some suggestions on possibilities of spending free time in Wrocław and the region are presented there. INFOLINK is an information portal, but it is also possible to meet the workers and volunteers of INFOLINK in person at pl. Dominikanski 6, in Wrocław and to get their assistance in filling out documents in Polish. When necessary there are also legal and psychological advisors available.



[www.infolink.wroclaw.pl](http://www.infolink.wroclaw.pl)



How to find us!







International Friends of Wrocław (IFW)

#### WHAT IS IFW?

IFW is a social organization with members from many different countries around the world, including of course Poland. International Friends of Wrocław serves as an informal social club and support network for international families or singles living and working in Wrocław. It also provides a great opportunity for locals to meet people from all around the world and discover foreign cultures.

Club members meet and socialise regularly in spacious premises located near the city centre.

#### WHAT DO WE DO FOR OUR MEMBERS?

IFW provides help and support for expats and newcomers to Wrocław and surrounding areas. IFW represents an ideal networking place to make new interesting friends and is also a great source of valuable information to facilitate access to local offices and services. The IFW represents a great meeting place for expats and Poles alike; we organise regular multicultural events which include cultural debates and discussions, cooking events, trips and excursions, language classes, arts & crafts activities, guided walks, etc.

#### WHO IS IFW FOR?

Everybody; people from different countries around the world who either live in Poland and/or are just here for the short term, Polish nationals who would love to get a better insight into international cultures and languages and who might like to share their culture with others.

**CONTACT DETAILS:**  
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www.ifw.org.pl  
ul. Marszałka Józefa Piłsudskiego 44a  
Wrocław



## Housing Basics

Finding housing in any new city can be a real challenge. Wrocław is no exception. The housing market here has changed dramatically in recent years: new apartment complexes and homes have cropped up across the city; at the same time, historic buildings are undergoing renovation adding diversity in terms of choice of living options.

But with the boom in the real estate market, and accompanying improvement in quality, housing prices have gone up significantly. Indeed, one thing that surprises newcomers is that housing costs in Wrocław can reach the level found in many West European cities – whether you're looking to rent or buy.

Based on experience of some foreigners living in Wrocław, finding a good real estate or relocation agent may be the key to getting settled and feeling at home.

Before meeting with real estate agent, be prepared to answer some basic questions:

#### 1. How large an apartment do you need?

- How many people will be living with you?
- How many rooms are required?

#### 2. What is your budget?

- How much money can you spend on housing on a monthly basis?

#### 3. What are your lifestyle priorities?

- Do you want to live in the center of action in the Market Square or are you looking for a quieter setting surrounded by parks, greenery and recreation centers?
- Is it important to be within walking distance to your work? Do you need an easy access to public transport? Do you need a guarded parking facility or a private garage?

When considering which neighbourhood is the best for you, it may be useful to determine first whether your priority is living in close proximity to work, your children's school, shopping centers or recreation complexes. To help you narrow down your search, the map on pages 16-17 is intended to introduce you to key city neighbourhoods where a wide choice of quality rental property is available.

Once you find an apartment you will need to negotiate a rental contract. According to many expats, a properly worded rental contract is key to moving forward with these apartment-related formalities, and, more importantly, for registering your whereabouts for legal purposes and securing temporary Polish residency too.

A rental contract must include information about apartment owner, in particular, their legal basis for ownership, such as a notary act. Once again, most expats recommend using a reputable real estate or relocation agency to assist in not only finding the right apartment, but also helping manage the contract process. A good real estate agency will also help you avoid being over-charged on rent.

The role of the real estate agency includes:

- Negotiating and preparing a proper rental agreement
- Preparing a hand-over report
- Photographing the apartment at the time of signing contract
- Recording the opening balance on utility matters
- If needed, arrange for a sworn translation of rental contract and assist in finding a multi-lingual lawyer accustomed to dealing with an international clientele.
- On average the agency fee will run approximately the equivalent of one month's rent.

#### REAL ESTATE IN POLISH

Whether surfing the Internet, scouring the newspaper or working with the agent, this list of key Polish words should assist you in your hunt:

Nieruchomość	Real estate
Biuro nieruchomości	Real estate agency
Umowa najmu	Rental contract
Mieszkanie	Apartment/flat
Dom	House
Sypialnia	Bedroom
Salon	Living room
WC	Toilet
Łazienka	Bathroom
Kuchnia	Kitchen
Piętro	Floor (as in 1st, 2nd, 3rd floor)
Ogród	Garden
Ulica	Street
Dzielnica	Neighbourhood/Area
Czynsz	Rent
Koszty eksploatacyjne	Facility or maintenance charges



**STARE MIASTO (OLD TOWN)**

It is not only Wrocław's historical centre but also its social and cultural centre. Rental property is available in two areas:

- Rynek (Market Square) – the city's most splendid architecture, properties usually on upper floors without lifts.
  - Rent prices: PLN 45-80/m<sup>2</sup>.
  - Rent prices in new buildings: PLN 65-95/m<sup>2</sup>.
- Just-off Rynek – within a radius of a 15 minute walk, with most buses and trams passing through the area it offers a richer variety of options.
  - Many new buildings with monitored entrances and underground parking. Usually furnished and equipped with electrical equipment.
  - Pre-war townhouses can vary in quality. Most refurbished apartments are available in buildings awaiting general renovation. Apartments can feature high ceilings and very spacious rooms.
  - Rent prices in new buildings: PLN 35-60/m<sup>2</sup>.
  - Rent prices of older flats: PLN 30-45/m<sup>2</sup>.

**MUCHOBÓR-MAŚLICE - THE AREA AROUND THE STADIUM**

Muchobór is the area closest to the airport, however the Wrocław Motorway Bypass allows to easily reach it from the other abovementioned areas as well. Poorer tram and bus connections when compared to the eastern half of Wrocław. Housing mainly available in three-four storey buildings with dedicated parking spaces or underground garages. Usually furnished, average apartments sizes range from 30-100 m<sup>2</sup>.

- A preferred area to settle down for people looking for peace and quiet.
- In the vicinity the brand new stadium hosting matches, world-class concerts and huge cultural events.
- Rent prices: PLN 30-40/m<sup>2</sup>.

**WROCLAW - SOUTH**

Encompassing some nine neighbourhoods this enormous area runs from the center of town to the city's southern edge. Large parks and green spaces offer ample recreation opportunities. Housing is mixed: historic single family and multi-family dwellings, newly built apartment complexes.

- Rentals very often found in new developments of a high standard with garage and security. Detached houses and villas with private gardens also available.
- Close to Aquapark.
- Shopping centers in neighbourhood (including Sky Tower) and good access to shopping complexes at Bielany Junction.
- Within 15 minutes to city center and the A4 Motorway.
- Access by car: Excellent.
- Public transport: trams and buses.
- Rent prices: PLN 25-90/m<sup>2</sup>.

**BIELANY**

Situated just outside the city limits to the south of Wrocław and the A4 Motorway.

- Housing is mixed: new single family homes, newly built apartment complexes, old, pre-war structures.
- Access by car: Excellent both to the city center as well as to the motorway and motorway bypass.
- Public transport: buses.
- Near to LG and Toshiba Technology Park and the shopping centers at Bielany Junction.
- Rent prices of apartments: PLN 18-70/m<sup>2</sup>.
- Rent prices of houses: PLN 18-47/m<sup>2</sup>.

**PSIE POLE (DOG'S FIELDS)**

Runs from midtown Wrocław to the far northeast edge of the city. The nearest shopping center and the multiplex is the Korona complex at Krzywoustego street. In the area numerous supermarkets and small local stores. Convenient access by car and public transport: buses and for some areas by tram and train as well.

- Large area starting from the Kromera Square and its surroundings and in the north-east direction leading outside of the city.
- Nice colorful neighbourhoods, lots of green and open spaces also by the Odra and Widawa, rivers, some historic, some brand new developments featuring single-family detached and terrace houses.
- Access to the city center either by bus, tram or train.
- In the proximity entrance onto the Wrocław Motorway Bypass.
- Rent prices: PLN 30-50/m<sup>2</sup>.

**ŚRÓDMIEŚCIE (MIDTOWN)**

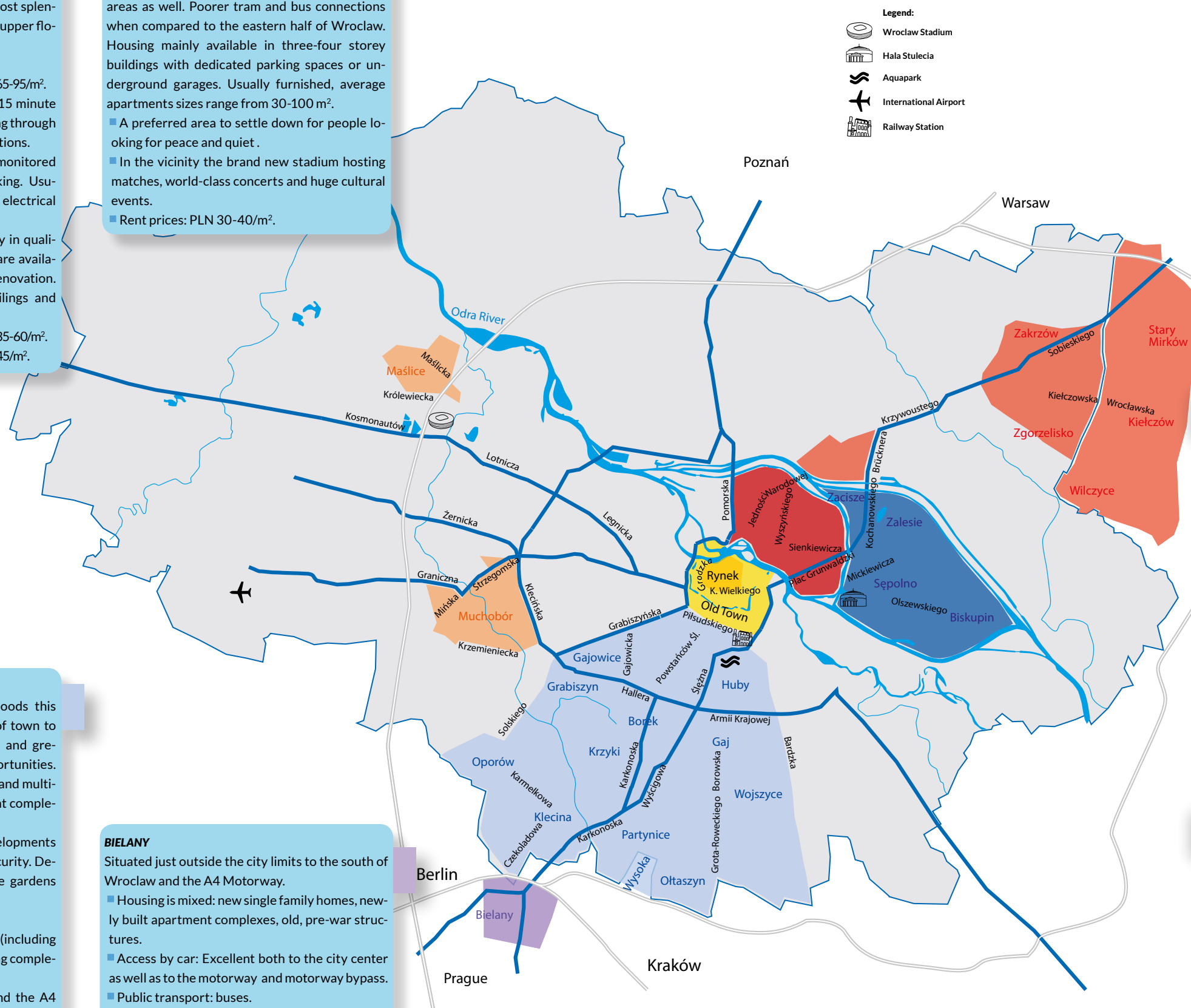
A mostly historic neighbourhood dominated by old townhouses dating back to the early 20th century. Pre-war apartments are large and spacious; many have undergone extensive interior modernization. Overall, the area becomes more and more attractive due to several revitalization projects and some new investments.

- Historic multi-storey buildings without lifts as well as newly built apartment complexes of high standards.
- Limited dedicated parking.
- Excellent location for easy access to Old Town.
- Public transport: buses and trams.
- In the close proximity the **Pasaż Grunwaldzki** shopping center and the cinema complex.
- Rent prices in historic buildings: PLN 25-35/m<sup>2</sup>.
- Rent prices of new apartment complexes: PLN 40-80/m<sup>2</sup>.

**WIELKA WYSPA (THE BIG ISLAND)**

The Big Island features charming, historic neighborhoods with large parks and ample recreation opportunities along the river. The famous attractions of this area are the ZOO and the Centennial Hall with its Multimedia Water Fountain, Pergola and the Japanese Garden. Largely pre-war single family and multifamily dwellings; rentals are also available in vintage 1970's blocks. If renovated, living standards can be very comfortable.

- Easy access to the city center by public transport: buses, trams.
- The nearest shopping center and the multiplex is the Pasaż Grunwaldzki.
- Rent prices: PLN 25-50/m<sup>2</sup>.





# Education

A key concern for parents when relocating is getting their children settled in quality education institutions. At present five international schools operate in Wrocław: the Wrocław International School (WIS), the German-Polish primary school Diakonia, the Ekola International School, the American School of Wrocław and BISC.

However, depending on personal family priorities and the education systems in countries of origin, some international families have placed their children in Polish public and private schools, and they've been pleased with the results. Many expats have discovered that Polish public schools are open to newcomers and work hard to meet specific learning needs of foreign students. Parents have also been pleased by the high academic standards available. Finally, the children of expats tend to adapt extraordinarily well: they catch on to Polish quickly and thrive in the multicultural setting.

## KEY INTERNATIONAL SCHOOLS

**Wrocław International School (WIS)** is an IB World School. The first school in Poland authorised to deliver both the Primary and Middle Years Programmes of the International Baccalaureate. Founded in September 2002, WIS offers a quality education to students from various backgrounds and nationalities, in a safe, supportive and vibrant learning environment. This will include a new, purpose built campus which will be opening in September 2014!  
[www.fem.org.pl](http://www.fem.org.pl)

### Diakonia – Polish-German Primary School

This school offers a versatile development of every pupil. Classes are conducted in Polish and German. This entity is supported by the cooperation of Lower Silesia and Saxony region.  
[www.diakonia.pl/education](http://www.diakonia.pl/education)

### The Ekola International School

EKOLA is a school which offers genuine international education, that implies coexistence of cultural diversities, multinational community of teachers and students (American, Taiwanese, German, Korean, Polish, French, Mexican, Ukrainian, Russian, etc.) and authorization from International Baccalaureate Organization to offer the teaching programme which leads to worldwide-recognized IB Diploma examinations.  
[www.ekola.edu.pl/international-school-of-ekola.html](http://www.ekola.edu.pl/international-school-of-ekola.html)

**BISC Wrocław** was opened in September 2006 in response to an invitation from the city of Wrocław. The city is growing rapidly and the city council saw the



need to increase international educational provision in the city. BISC Wrocław is a fully accredited examination centre with the British Examining Board, AQA (The Assessment and Qualifications Alliance) and CIE (Cambridge International Exams).  
[www.bisc.wroclaw.pl](http://www.bisc.wroclaw.pl)

**American School of Wrocław** offers quality child care in a unique classroom setting with small child/staff ratios. Your child will receive the individual care, guidance, and the solid educational foundation they deserve in this new and enriching approach to childcare. The theme based curriculum meets the needs of each child on their individual level. This curriculum focuses on art, music, math, writing and phonics. Learning centers are set up to offer guided experiences that will allow children to develop in all areas – intellectually, socially and emotionally.  
[www.asw.org.pl/en](http://www.asw.org.pl/en)



### BILINGUAL MIDDLE SCHOOLS

Gimnazjum is the Polish term for the three year lower secondary schools that teach children aged 13–16. At present five public bilingual middle schools operate in Wrocław where courses are taught in both a selected foreign language and in Polish.

### BILINGUAL CLASSES IN HIGH SCHOOLS

Liceum is the Polish term for the three year secondary schools that teach students aged 16–19. The high schools' curricula are designed to prepare students heading to university. Upon completion of a high school, students take a qualification exam referred to in Polish as the Matura (Maturity Exam). At present four public bilingual high schools operate in Wrocław.

Bilingual middle schools	Languages	Website
Gimnazjum 10	Spanish-Polish	<a href="http://www.gimnazjum10.wroc.pl">www.gimnazjum10.wroc.pl</a>
Gimnazjum 26	English-Polish	<a href="http://www.gim26.wroc.pl">www.gim26.wroc.pl</a>
Gimnazjum 30	French-Polish	<a href="http://www.gim30.edu.pl">www.gim30.edu.pl</a>
Gimnazjum 48	German-Polish	<a href="http://www.lo13.wroc.pl">www.lo13.wroc.pl</a>
Gimnazjum 49	English-Polish	<a href="http://www.lo14.wroc.pl">www.lo14.wroc.pl</a>

Bilingual Classes in High Schools	Languages	Website
Liceum 5	English-Polish	<a href="http://www.lo5.wroc.pl">www.lo5.wroc.pl</a>
Liceum 8	French-Polish	<a href="http://www.lo8.wroc.pl">www.lo8.wroc.pl</a>
Liceum 13	German-Polish	<a href="http://www.lo13.wroc.pl">www.lo13.wroc.pl</a>
Liceum 14	English-Polish	<a href="http://www.lo14.wroc.pl">www.lo14.wroc.pl</a>

## PRIMARY EDUCATION

A broad range of private and public pre-schools and elementary schools exist in Wrocław that can cater well to the needs of international families. For specific recommendations or suggestions, please contact us or the International Friends of Wrocław, your embassy or consulate.

### The Polish School System

School	Ages	Grade
Pre-school	3–6	
Primary School	6–13	0–6
Lower Secondary School (Gimnazjum)	13–16	1–3
Upper Secondary School/ High School (Liceum)	16–19	1–3





## Getting Out

Wrocław is labeled “The Meeting Place” – it should come as no surprise given the amount of pubs and clubs which could easily cater for a city twice its size!

The city has definitely established itself as a major Polish bright spot for after-work activities. The variety of picturesque beer gardens scattered throughout the Market Square (Rynek) as soon as winter leaves the city are a more than inviting place to sit and watch the world go by. In **Pod Fredrą**, **Bernard Pub** or **Casa de la Musica** it is not just about having fun and taking pretty photos, but also letting one's sight drawn by renewed tenements of marvelous beauty, which no one would suppose were destroyed in 50% after World War II. So if you would like to begin your journey by discovering what once the best of Poland was then a visit to **Karczma Lwowska** restaurant is a must.

Just five minutes' walk west of the Rynek, **Pasaż Niepolda** (address 51 Ruska street) offers quite a number of pubs and clubs to explore, all having a huge selection of drinks and designed around a theme. Their sheer variety together with the city solid reputation as university town ensure this area is always busy.



The neighbourhoods off this place feature the old White Stork Synagogue and numerous galleries, fashionable boutiques, cafes and restaurants along Włodkowska Street. A good news for movie fans is that all films are screened in their original language with Polish subtitles whereas since the beginning of 2013 the biggest Polish arthouse (**Kino Nowe Horyzonty**) has been opening up to foreign audiences: all Polish films that will premiere there will be shown with English subtitles!

If you are on a tight budget just look for the best deals - happy hour most often start at 6 p.m. – although at **Salvador** you can come at any time of the night and grab a quality tequila shot at the cheapest price in Wrocław!

This is only a small flavour of what Wrocław has to offer, just pick up a venue and experience the city!



## Celebrate Culture

For more than a half a century, Wrocław has forged an international reputation for its lively cultural scene. Chosen as the **European Capital of Culture 2016** (together with San Sebastián in Spain), Wrocław is a city that celebrates culture – on a large scale. Whether you are an aficionado of the fine arts and theater, or you enjoy street festivals and hip galleries, you will not be bored in Wrocław. Throughout the year, big events are organized by both leading cultural institutions and private groups. The musical traditions of the city where Chopin, Brahms and Paganini gave concerts are still alive today. Wratislavia Cantans attracts classical music fans from around the world, and the Wrocław Opera performs its rich repertoire in the superbly restored opera house. The city's cultural life is augmented by interesting initiatives: International Film Festival T-Mobile New Horizons, International Theatre Festival Dialog, Festival of Jewish Culture Simcha or the Brave Festival which promotes indigenous cultures and their art traditions.

Additionally, Wrocław conducts several cultural investments. Currently under construction are the National Forum of Music - the biggest music hall in Poland and one of the biggest in Europe - and the Capitol Music Theatre.

### CULTURAL CALENDAR

February /	Meeting of Shanty and Folk Music
March / April /	Wrocław Jazz Festival <i>Jazz on the Odra River</i> Singing Actor's Festival Festival of Polish Contemporary Music <i>Musica Polonica Nova</i> Festival of Creative Advertisement <i>Wizualia</i> Literary Festival <i>Port Literacki</i> Amateur and Independent Film Festival KAN Ethno Jazz Festival
May /	Festival of Jewish Culture <i>SIMCHA</i> <i>Thanks Jimi</i> Festival <i>May With Early Music</i> International Festival
June / July / August /	<i>Brave Festival - Against Cultural Exile</i> International Film Festival T-Mobile New Horizons Chamber Music Festival <i>Evenings in the Arsenal</i>
September /	International Festival of Oratorio and Cantata Music <i>Wratislavia Cantans</i> Lower Silesian Science Festival
October /	International Theatre Festival <i>Dialog Wrocław</i> International Festival of Storytelling <i>Opowiadania</i>
November /	Wrocław Industrial Festival Jazz Festival <i>Jazztopad</i> Wrocław Guitar Festival <i>Gitar+</i>



**pod Fredra**  
RESTAURACJA

Wrocław, Rynek - Ratusz 1  
+48 71 341 13 35  
restauracja@podfredra.pl  
[www.podfredra.pl](http://www.podfredra.pl)



Both restaurants, located in the Old Market Square, offer a great variety of traditional Polish and Eastern Polish cuisines, served in the cozy rustic interiors.



**Karczma Lwowska**  
Restauracja

Wrocław, Rynek 4  
+48 71 343 98 87  
karczma@lwowska.com.pl  
[www.lwowska.com.pl](http://www.lwowska.com.pl)





## Explore the Region

One of the lures of life in Wrocław is the easy access the city offers to the historic sites and unspoiled nature of the surrounding province of Lower Silesia. Whether you want to pop out of town for an evening meal and a drive through the countryside, or pack up and spend a weekend away from home with the family without getting on a plane, Lower Silesia offers everything from rugged mountains to pristine lakes; from castles and monasteries to health resorts.

Once outside the city, you can visit historic monuments of international acclaim, including the two Churches of Peace in Jawor and Świdnica that were added to UNESCO's World Heritage List in 2001. If you enjoy bird watching or kayaking, then don't miss the Barycz River Valley – Poland's largest scenic park – where you will find the biggest complex of ponds in Europe.

The Lower Silesia landscape is dotted with more than 160 castles and palaces. Some have been carefully restored and transformed into classy hotels and conference centers, while others function as museums or are preserved as mythical ruins.



The beautiful Sudety Mountains can be reached in 1.5 hours by car from Wrocław. All year round the Sudety's peaks and trails tempt lovers of rock climbing, paragliding, hiking, biking and skiing. Numerous in the region ski resorts offer perfect conditions for snow enthusiasts. The dramatic rock formations and beautiful vistas make the mountains a perfect destination for active holiday enthusiasts. But the hidden treasures of Lower Silesia are its natural springs and spa towns that have brought tourists to the region for centuries. Ornatly decorated hotel complexes and pump rooms attract spa-goers and health seekers from near and far.

Rural tourism, known locally as agrotourism, has undergone a veritable boom over the last decade. Farmers across Lower Silesia have revamped their properties and created inviting guesthouses that offer city dwellers quaint retreats to escape the hustle and bustle of urban life.



## Looking for something to do?

### Check out these sites:

[www.wroclaw.pl](http://www.wroclaw.pl)  
[www.itwroclaw.pl](http://www.itwroclaw.pl)  
[www.wroclaw-life.com](http://www.wroclaw-life.com)  
[www.wroclawweekly.pl](http://www.wroclawweekly.pl)  
[www.activepoland.com](http://www.activepoland.com)  
[www.junglebook.uni.wroc.pl](http://www.junglebook.uni.wroc.pl)  
[www.rekreacja.wroc.pl](http://www.rekreacja.wroc.pl) (in Polish)  
[www.okis.pl](http://www.okis.pl) (in Polish)  
[www.cojestgrane.pl](http://www.cojestgrane.pl) (in Polish)  
[www.wroclaw.naszemiasto.pl](http://www.wroclaw.naszemiasto.pl) (in Polish)

## The Active Life

With so much nature available within the city limits – one third of it is taken up by parks and other green and open spaces – leading an active lifestyle is not difficult in Wrocław. Moreover, the facilities present in and around the city allow for the pursuit of virtually all sports. Swimming pools, fitness clubs, yoga schools, different types of dancing schools and clubs (modern, jazz, hip-hop, flamenco, and lots of others) complement the local free time activities offer.

Fans of golf can take advantage of three professional golf courses in Wrocław and its immediate environs. Swimming pools and fitness clubs are available in most neighbourhoods across the city.

Today Wrocław is also home to one of the largest water parks in Europe, which includes a wide range of pools and a full-service health spa.

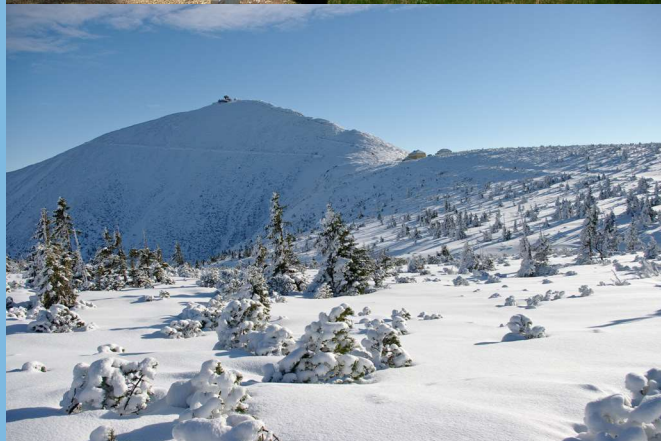
One of the most important investments into sport infrastructure is the new Municipal Stadium built for the needs of UEFA EURO 2012 European Football Championship.

Wrocław is also home to one of only three horse race-tracks in Poland. Built in 1905-1907, Partynice is a great place to spend free time with family and friends in an amazing historic setting.

## Aquapark Wrocław

Aquapark Wrocław, with mln 1.2 clients yearly, is the best such object in Poland. It also sets up Polish standards and trends in the field of online services and sales (e-shop). Thanks to dedication of the employees and the cooperation of the Wrocław municipality Aquapark Wrocław provides wide variety of activities: recreational (5 swimming pools, 10 saunas, 2 restaurants), rehabilitation (Spa&Wellness) as well as sports (swimming pool and fitness). In 2011 the company's efforts of providing high quality and vast variety of services were distinguished by awarding it the "Godło Jakości Obsługi" Prize (Service Quality Emblem).

[www.aquapark.wroc.pl/en](http://www.aquapark.wroc.pl/en)







## Just in Case

Beyond education, another concern for international families relocating to a new place is the health care system. Health care facilities in Poland can be either public (publiczne) - state owned - or private (niepubliczne). Foreigners have access to public health care facilities provided that they (voluntarily) or their employers (compulsory) pay health insurance in Poland. While some expats have identified excellent doctors and clinics in the public healthcare system, most foreigners living and working in Wrocław have recommended signing up with a private medical center that offers wide range of packages for companies, families or individuals. Polish doctors usually speak at least one foreign language. Among the largest private health care centers we can list: Medicover ([www.medicover.pl](http://www.medicover.pl)), Luxmed ([www.luxmed.pl](http://www.luxmed.pl)) and Enel-Med ([www.enel.pl](http://www.enel.pl)).

Here are some of the benefits you can expect to receive:

Outpatient clinics with a range of specialists on hand during opening hours

Staff that are generally fluent in foreign languages

Preventive medical care

First aid and emergency treatments

A wide range of dental services

24-hour emergency hotlines: a healthcare professional will make an initial medical assessment over the phone, and if necessary will send a doctor to your home or an ambulance

Should hospitalization be necessary, some clinics operate their own private hospitals or can guarantee rooms for patients in existing private hospitals

Before you choose a health care provider or providers, consult with your embassy or consulate, other international families in Wrocław, or colleagues at your workplace to find out where they have found reliable medical professionals. A list of private medical companies can be found in the directory on page 25.



### EMERGENCY NUMBERS

Universal Emergency Number (for mobile phones)	112
Police:	997
Fire Department:	998
Ambulance:	999
Municipal Guard:	986
District Heating Emergencies:	993
Power Supply Emergencies:	991,
	+48 71 329 10 81
Gas Supply Emergencies:	992
Water Supply and Sewage Emergencies (Water Company):	994
Police officer (English)	+48 71 340 36 34

## Useful Contacts

### Municipality of Wrocław and Regional Authorities

#### Resident Service Centers

(Residence Registration, Car Registration, Driver's License, Identification Cards, etc.)  
tel. +48 71 777 77 77  
(information in Polish)

**Resident Service Center I**  
(Centrum Obsługi Mieszkańca I)  
Municipality of Wrocław,  
ul. G. Zapolskiej 2/4

**Resident Service Center II**  
(Centrum Obsługi Mieszkańca II)  
Municipality of Wrocław,  
pl. Nowy Targ 1/8

**Lower Silesian Voivodship Office**  
(Dolnośląski Urząd Wojewódzki - DUW)  
(Visas, Residence Permits, Work Permits)  
Department of Nationals' and Foreigners' Affairs  
pl. Powstańców Warszawy 1, 50-153 Wrocław  
www.duw.pl

### Consulates

#### Consulate of the Republic of Austria

Plac Solny 14A, 50-062 Wrocław  
tel.: +48 71 361 75 60  
fax: +48 71 361 75 60  
e-mail: konsulat austrii.wroclaw@onet.eu

#### Consulate of the Federative Republic of Brazil

ul. Mydlana 2, 51-502 Wrocław  
tel.: +48 607 700 840  
e-mail: krzysztof.trembecki@volvo.com

#### Consulate of the Republic of Bulgaria

ul. Piotra Skargi 7/1, 50-082 Wrocław  
tel.: +48 71 783 39 28  
fax: +48 71 346 01 36

#### Consulate of the Republic of Chile

ul. Świdnicka 39, 50-029 Wrocław  
tel.: +48 71 372 44 91  
fax: +48 71 343 45 97  
e-mail: konsulat chile@dig.wroc.pl

#### Consulate of the Czech Republic

ul. Buska 5a, 53-326 Wrocław  
tel.: +48 71 798 76 10  
fax: +48 71 798 76 14

**Royal Danish Consulate in Wrocław**  
Pasaż pod Błękitnym Słońcem  
Rynek 7 B, 50-106 Wrocław  
tel./fax: +48 71 372 39 50  
e-mail: adwokatk@keller.pl

**Consular Agency of the French Republic**  
ul. Rynek 58/300, 50 - 116 Wrocław  
tel.: +48 71 515 155 538  
e-mail: richard.kepinski@gmail.com

### Consulate General of the Federal Republic of Germany

ul. Podwale 76, 50-449 Wrocław  
tel.: +48 71 377 27 00  
fax: +48 71 342 41 14  
e-mail: info@breslau.diplo.de  
www.breslau.diplo.de

### Consulate of the Italian Republic

Plac Kościuszki 10/1, 50-028 Wrocław  
tel.: +48 71 343 71 97  
fax: +48 71 343 73 52  
e-mail: consolatoitaliano.wro@gmail.com

### Consulate of the Republic of Malta

ul. Mińska 38, 54-610 Wrocław  
tel.: +48 71 358 24 01,  
+48 661 378 230  
e-mail: mikulanka.consul@op.pl

### Consulate of the United Mexican States

ul. Przejście Garncarskie 12,  
50-107 Wrocław  
tel.: +48 71 344 77 21  
fax: +48 71 344 52 67  
e-mail: wroclaw@spiz.pl

### Royal Netherlands Consulate

ul. Kottłarza 21, 50-006 Wrocław  
tel.: +48 71 790 19 02  
e-mail: consnl@centrum-nederlandzkie.pl

### Consulate of the Slovak Republic in Wrocław

ul. Armii Ludowej 21, 51-214 Wrocław  
tel.: +48 71 785 03 69  
fax: +48 71 785 04 44  
e-mail: konsulat@slowacji.wroclaw.pl  
www.konsulat.slowacji.wroclaw.pl

### Consulate of the Kingdom of Sweden

ul. Mydlana 2, 51-502 Wrocław  
tel./fax: +48 71 302 13 00  
e-mail: adm.swecons.wro@volvo.com

### Consulate of Ukraine

ul. Jedności Narodowej 89, 50-262 Wrocław  
tel.: +48 71 788 44 50  
fax: +48 71 788 44 60  
e-mail: info@konsulat-ukraina.wroclaw.pl

### British Consulate

ul. Karkonoska 8 lok. 113B, 53-015 Wrocław  
e-mail: consulate@kmc.com.pl

### Polish Language School

**AB POLONIA Language Center**  
ul. Przyjaźni 38B/6, 53-030 Wrocław  
tel.: +48 666 850 510  
e-mail: info@abpolonia.pl  
www.abpolonia.pl/en

### Sports and Fitness Complexes

**Active Fitness Club**  
www.activefitness.pl

**ALTRA Fitness Club**  
www.altraclub.pl

### Bodyfit Fitness & Wellnes

www.bodyfit.pl

**Fitness Academy**  
www.fitnessacademy.pl

**Fitnesspoint**  
www.fitnesspoint.pl

**Hotel Gem**  
www.hotelgem.com.pl

**Jupiter Sport Squash & Fit**  
www.jupitersport.pl

**Platinum Sports Center**  
www.platinum-center.pl

**Pure Health & Fitness Express**  
www.purepoland.com

**Redeco**  
www.redeco.pl

**Spartan**  
www.spartan.wroc.pl

**Sportwerk**  
www.sportwerk.wroclaw.pl

**University School of Physical Education**  
www.awf.wroc.pl

**World Class Fitness**  
www.worldclass.pl

**Aquapark Wrocław**  
www.aquapark.wroc.pl

### Golf Clubs

**City Golf Wrocław**  
(driving range)  
www.citygolf.wroclaw.pl

**The Knight's Golf Club Krobielowice**  
www.golfclub.com.pl

**Toya Golf Country Club**  
www.toyagolf.pl

### Private Health Service

**EuroMediCare Specialist Hospital and Outpatient Clinic**  
www.emc-sa.pl

**LuxMed Medical Center**  
www.luxmed.pl

**MediCover Globis Center Wrocław**  
www.medicover.pl

**Enel-Med Medical Center - Arkady Wrocławskie Centre**  
www.enel.pl

If you would like to be constantly updated on what is going on in Wrocław and integrate with the wide expat community in the city then have a look at "Wrocław Uncut" which defines Wrocław as Poland's cultural epicentre, follow the adventures of "Un Italiano a Wrocław" and learn a little bit of Polish on "inPolish Language Academy for Foreigners".

### Let's Create a City! A Handbook for Newcomers to Wrocław

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