



Newcomers' Information Booklet



ESTABLISHED
1953

AMERICAN SCHOOL OF WARSAW

ul. Warszawska 202 Bielawa
05-520 Konstancin-Jeziorna
Poland

Main Reception: + 48 22 702 8500

Guest Wifi Password - WarriorWay2021

TABLE OF CONTENTS

1. [A NOTE FROM THE PTO PRESIDENT](#)
2. [COUNTRY AMBASSADORS' INFORMATION](#)
3. [ABOUT ASW PTO](#)
4. [ASW VOCABULARY](#)
5. [IMPORTANT SCHOOL INFORMATION](#)
6. [INFORMATION TO GET YOU THROUGH YOUR FIRST WEEKS](#)
7. [PARENT TECHNOLOGY GUIDE](#)
8. [LIFESTYLE INFORMATION](#)
9. [MEDICAL/EMERGENCY INFORMATION](#)
10. [COMMUNICATING IN POLISH](#)
11. [POLISH HOLIDAYS](#)
12. [SCHOOL CALENDAR](#)

Welcome Message



Hello everyone!

My name is Maria Daifoti and I come from Athens, Greece. I am married to Nick and we have two daughters in ASW, Nino in 4th grade and Zoe in 8th grade. Together with our dog Whiskey we arrived in Warsaw in 2018 and since then I have been an active member of our school's community. I have a background in journalism and international relations and I was working for 12 years as a reporter of foreign news in a big TV station in Athens.

Besides my PTO commitment I enjoy my yoga and Pilates classes, my passion for painting, jewelry making and dancing. What I have loved about Warsaw, since day one, is the opportunity to take long walks and bike in the beautiful parks of the city. This is the best time for me to clear my head and recharge my batteries - I totally recommend it!

Even though I am Greek I consider myself an international citizen and what I have enjoyed most during this time of expat life is getting to know people from all the parts of the world. The more I engage in the international community the more I realize that we have more things in common than differences. We share the same feelings and the same worries, but we express them in a different way. As you can imagine, I do it in my "big fat Greek" way!

I have lived in Italy, England and Bulgaria and have always been grateful for the great gift of international friendships. Maybe this year, you might be able to see me laughing out loud with my friends in the cafeteria but I will be communicating with you via eNotes once a week and I will be only a Zoom away for our PTO coffee mornings, for simple chatting and for making sure that our parents' community will stay strong during this period of uncertainty.

Volunteering, for me, is a blessing and I feel that this world will only get better if we stay united! Because as Pink Floyd once sang, 'Together we stand, divided we fall'!

My life motto is 'use your dreams to make your reality'! So this year, we will dream together to achieve a much better reality! And there is no better way than volunteering for our PTO!

Welcome to our school! Always happy to chat with you.

Greeklly yours,

Maria Daifoti (tel 0048573917219)

PTO President 2021-22

Country Ambassadors Information

Hello 'new families', welcome to ASW!

The feeling of being new in a class, school, neighborhood, or another country is ever so familiar. At that time, finding your comfort zone definitely makes life easier.



When we moved from India to Warsaw 2 years back, we had our fair share of challenges in the first few weeks. Whilst trying to enjoy and settle down in this beautiful city, we were missing our familiar food, people, and a little bit of our customs and traditions. What really came in as a blessing at that time was an introduction to one of the Indian families who then took us to the Indian stores, restaurants and even included us in their celebrations!

Whilst we, at ASW, are a very strong, supportive international community, we feel that a little help from someone from your country will certainly help smoothen things as you settle down here. ASW Parents representing different countries have kindly volunteered to help you through this phase, and thereafter. They are called "Country Ambassadors".

As Mahatma Gandhi says, "A nation's culture resides in the hearts and in the soul of its people." So, please write to me to request the contact details for your Country Ambassador, and let the magic begin!

My name is Rupali Dua, and I have two High Schoolers in ASW this year, Pranit in Grade 12 (Senior) and Aarit in Grade 9. My husband works with an American bank.

We look forward to meeting you sometime soon!

Email: ptovicepresident@aswarsaw.org

Phone: +48 791 509 068

PARENT TEACHER ORGANIZATION - Your PTO!

WHAT IS IT?

The American School of Warsaw has an active Parent Teacher Organization (PTO). The mandate of the PTO is to provide parental support for ongoing school activities, to encourage communication, and to build positive relationships among the students, teachers, staff administrators and parents with particular emphasis on assistance to new families. PTO objectives and activities are coherent with the core values of the American School of Warsaw.

There are many events and activities organized by the PTO that offer opportunities for the community to socialise and participate. For questions about PTO events and activities, please feel free to ask an Executive Board member, or contact the PTO Event Coordinator, Aloma Iocolano by email at ptoeventcoord@aswarsaw.org

WHO IS IN IT?

All the parents of students enrolled for the school year, ASW faculty, staff and administration make up the general membership of the ASW PTO. Membership is for a nominal fee of 100 pln per child. Attendance at meetings and social events is voluntary, but there are opportunities to be involved at various levels.

The PTO is governed by an Executive Board, elected by members once a year, which meets once every four to five weeks. Various subcommittees, chaired by board members and grade parents, serve to organize special events and activities throughout the year. PTO General Meetings are held monthly and are open to the public. We welcome your attendance. However, due to COVID Restrictions last year, our monthly meetings were taking place on Zoom. So, please check your weekly eNotes for notifications. Hopefully, once things get better, we will return to our previous gatherings in the school.

We welcome you to join the PTO activities. ***We need everyone's participation to make ASW the best community and school experience for our children! Please consider offering your unique talents and volunteer, especially during this challenging time.***

Don't forget to like our Facebook page '[ASW PTO](#)' and our groups within the page. We believe that this is one of the best ways to interact with our community and make friends, and receive notifications about the PTO's activities. Every fortnight there is a Town Hall Live with the ASW School Director Mr. Jon Zurfluh, who keeps us updated with the pandemic situation and the school's initiatives.

PTO FACEBOOK GROUPS

- ASW Parents (join for Town Hall live stream)
- ASW Foodies (**Do not forget to buy a physical copy of the ASW Cookbook!**)
- ASW PTO BUY AND SELL
- ASW BOOK CLUB

PTO GENERAL MEETING

PTO General Meetings take place every month, usually on a Friday, from 8:45am - 10:00am (if in school) or from 9:30am - 10:30am (if on Zoom). Please join us for these meetings to find out information on the latest events happening in school.

The first PTO General meeting will be held on Friday, August 20th from 8.45am, outside the HS office. We would love to see your happy, smiling faces there, and have our first coffee together!

PTO EXECUTIVE BOARD FOR 2021-22



Maria Daifoti - President, ptopresident@aswarsaw.org (GREECE)

Rupali Dua - Vice President, ptovicepresident@aswarsaw.org (INDIA)

Emma Murphy - Store Manager, ptostore@aswarsaw.org (UK)

Aloma Iocolano - Event Manager, ptoeventcoord@aswarsaw.org (USA)

Stefania Signorelli - High School & Seniors Rep., ptohsrep@aswarsaw.org (ITALY)

Domicella Incisa di Camerana - Middle School Rep., ptomsrep@awarsaw.org (ITALY)

Eveline Bouwens - Elementary School Rep., ptoesrep@aswarsaw.org (The Netherlands)

Ines Poitout - Treasurer, ptotreasurer@aswarsaw.org (Portugal)

PTO EVENTS IN 2021-2022

The PTO's first priority is to keep our community safe. The PTO Board will evaluate all risk factors and, whenever possible, will aim to bring our community together, either by organizing different activities or by altering the existing ones.

Stay tuned to our Facebook Parents group, eNotes and other school communications for news of upcoming events.

Examples of regularly scheduled events on the PTO calendar include:

- PTO Welcome Back Mixer
- Fall BBQ
- UN Day
- Zombie Run
- Jingle Bell Run
- PTO Book Fair
- Studniówka (Senior dance)
- Family Bingo
- PTO Upper School Luncheon
- Staff Appreciation Day
- Spring Fair

ASW VOCABULARY

Abbreviations used often in communication

ASW – American School of Warsaw

PTO - Parent Teacher Organization

CEESA – Central and Eastern European Schools Association, is a collaborative community of international schools.

SCIS – Sports Council of International Schools

eNotes – weekly email from the Director, US Principal, ES Principal, PTO President, Activities and Athletics Directors

PowerSchool - where grades and homework are posted for Middle and High School

ES – Elementary School

MS – Middle School

HS – High School

US - Upper School (Middle and High School)

Grade Rep – Parent grade representative from ES/MS/HS

Seniors Committee - Group of Seniors' mums who organise events and activities only for Senior kids

UN day – United Nations Day

Warriors – the collective name of the sports team at ASW

MPR - Multi Purpose Room, located in the Annex Building, A001

IMPORTANT SCHOOL INFORMATION

SCHOOL ADDRESS

American School of Warsaw,
ul. Warszawska 202 Bielawa,
05-520 Konstancin-Jeziorna
T: +22 702 85 00
W: <http://www.aswarsaw.org/>

SCHOOL HOURS - Schedule Summary – 2021-2022

Monday/Tuesday/Thursday/Friday

08:00 Earliest Arrival
08:20 Grade 11-12 Start of Day
08:30 PK-10 Start of Day
15:30 Grades PK-5 End of Day
15:20 Grades 11-12 End of Day
15:35 Grades 6-8 End of Day
15:40 Grades 9-10 End of Day

Wednesday

08:45 Earliest Arrival
09:30 All Students Start of Day
15:35 Grades 6-8 End of Day
15:40 Grades 9-12 End of Day

WIFI ACCESS

When on campus you can connect to the school's WIFI network for free. Connect to the **"ASW Guest Wireless"** network with the password: *WarriorWay2021*.

If the password changes for any reason, please check for posters on display in public areas containing the new WIFI password.

School back gate

There is a private road at the back of the school. There is also a security gate that is open for vehicles, bikes and pedestrians during the following hours: Monday - Friday 7:00-19:00. Closed on weekends. You must use your school badge to gain entrance.

School ID Badges

Please be reminded that showing your badge at the entrance, whether in a car or on foot, is just the first step. You should then promptly put your badge on and wear it while on campus. Please register all visitors that you are escorting, with the guards at the gate or at the front security desk. Parents and visitors not wearing badges will be increasingly stopped and checked for this necessary credential.

Access to the campus outside of these operational hours (including weekends and holidays):

Students who are on campus during operational hours, but depart after these hours may not return except according to the following stipulations:

- Students in Grades 6-12 must show school identification to be allowed on campus after hours and only for approved activities.
- Elementary students in grades PK-5 may be on campus after hours only under the direct supervision of their parent/adult guardian.
- Adults must have a parent identification to gain access to the campus after hours and must wear this identification at all times. **(Follow COVID guidelines issued by the school)**.
- No outside visitors or guests are allowed on campus after hours without prior arrangement. Visitors at all times require prior approval by the appropriate divisional or departmental office and clearance by security.

The school will announce in advance our operational hours during vacations and holidays and campus closures, when the school will not be accessible to anyone due to maintenance or other concerns.

Please note: Due to the Covid-19 pandemic, new health protocols continue to be in place for the 2021/2022 school year, which may

affect access to campus for parents and other non-staff adults. Please check eNotes, weekly emails from the Director, Powerschool and Townhall for updates.

School Calendar Link

You can find the school academic calendars on the school website under '[Quicklinks](#)'. A copy of the 2021-2022 school calendar can be found at the end of this booklet.

Parking Lot Rules

In order to access campus, you must display a yellow parking permit in the windscreen. It must be in a visible place in your car at all times when you visit campus. Yellow parking permits are issued by security.

Please only use the parking spaces available to visitors (see the map-->). Park between the lines. Do not park on yellow lines/curbs.

During pick up/drop off, you must stay in your vehicle when using the 'Kiss & Go' zone. Take special care near pedestrian crossings.

Security will control and enforce the above rules. Violations of these rules may result in losing vehicle access campus. Drivers will be notified of violations as follows:

Offense # Action

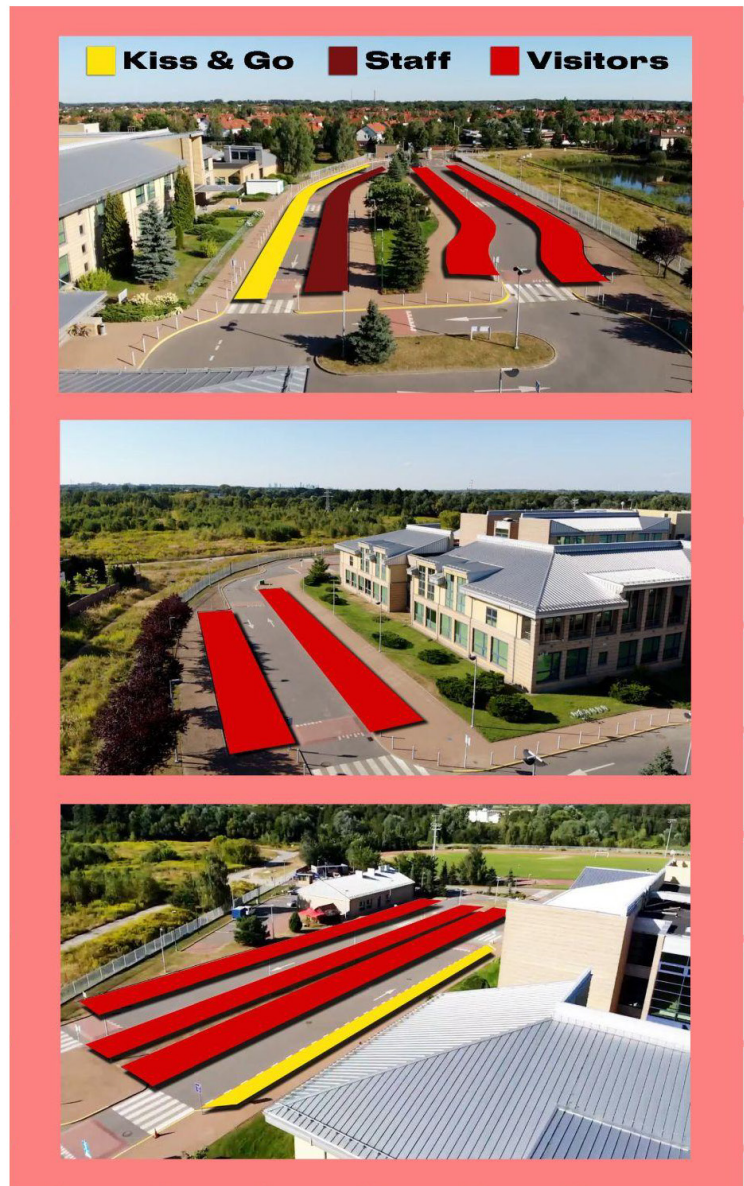
1 & 2 Letter from Head of Security

3 Letter from Director of Finance & Operation

4 Letter from Director

5 Letter informing driver of loss of vehicle access to campus for 30 days

Violations will be removed from records 18 months from the date of violation.



Warrior Wearhouse

Warrior Wearhouse is the PTO store where you can purchase school spirit items, such as clothing, bags, sports uniforms along with beautiful Polish Pottery, stationery items and gifts. Once school reopens, the store can be accessed online <https://go.rallyup.com/aswptostore>

Charity/Volunteer Work



At the American School of Warsaw, students develop as kind and caring human beings. They take a stand that concern for others is a constant and important part of their lives in and outside of school. They engage in many service initiatives integrated into the PYP, MYP, and DP programs.

Early years students engage in the PYP garden. The garden provides an interactive and authentic learning space where

students and adults learn about sustainable behaviors while developing ATL skills and the Learner Profile attributes.

In Upper School, students participate in numerous service clubs, such as Reach Out Club, Hand4Paw, Warsaw Volunteer Mission, and many more.

We are also proud of the ASW parent community, which actively engages in the local organizations bringing kindness and support to those in need.

We invite you to read stories from our Service Learning programs on the official [ASW website](#), where you can see how our students engage in projects aiming to support our local community.

(Ms. Ligita Stawarz - Istawarz@aswarsaw.org)

Babysitting & Petsitting

ASW HS kids volunteer for babysitting and pet sitting for other ASW families. Please contact Ms. Ligita Stawarz (Istawarz@aswarsaw.org), Service Learning Department, for names, availability and contact numbers. Should you wish to include your child, please email Ms. Stawarz.

School Cafeteria

Students can use the cafeteria services. Please contact cafeteria@aswarsaw.org for more details.



Conversation group - Polish 🇵🇱🇵🇱🇵🇱

Are you from the US, Sweden, Korea, China, Germany or any country other than Poland? Do you want to learn about Polish culture? Do you want to know how to greet your neighbors? Would you like to be able to say “thank you” for coffee in Polish or buy the tickets to the cinema? Join PTO Introduction to Polish Language and Culture Group! It is a great way to learn important Polish vocabulary and phrases that can immediately be put to use. You will learn practical information relating to daily life in Poland, as well as gain a good understanding of Polish customs and holidays.

PTO Introduction to Polish Language and Culture Group will be led by Izabela Górnicka-Zdziech, mother of two ASW graduates. Izabela's background includes working as a Polish teacher, journalist and writer.

Izabela is the author of the book “Polish Film Mosaic” based on Polish biography movies for the students learning Polish. She provides private individual and group classes.

Please contact Izabela Górnicka-Zdziech izabelazdziech@gmail.com for more information.

Conversation group - English

The ASW PTO offers free English conversation groups within the school grounds. Registration will take place within the first few weeks of school. Please contact Kay LaBanca (ktraester@gmail.com) or Emma Murphy (peachriverteacher@gmail.com) for more information. Read below to learn more about our English teachers:

Kay LaBanca:



Ever since arriving in Warsaw in September 2020, Katharine (Kay) LaBanca has been excited about the tireless efforts of ASW staff to help all students grow academically, emotionally, and socially. Her two young sons, William (7) and Daniel (5), are entering second grade and Kindergarten respectively and have thrived at the school.

A lifelong educator of all ages, Kay brings a diverse career in K-12 and higher education to her English Conversation Group teaching. She has taught PreK through adult learners in China, India, South Korea, the United States, and now here in Warsaw. Since 2017, she has owned a private practice that allows her to create differentiated curriculum for students of all ages while bridging the gaps between what they are learning in school and what they need to know to succeed in life. She loves helping nontraditional learners meet — and exceed — their potential. Kay also consults with and writes curriculum for US-based private learning centers.

Kay graduated summa cum laude with her Bachelor's Degree from Colgate University in 2005 and earned her Masters of Education Degree in Learning and Teaching from Harvard University in 2007.

Kay currently serves as the Chairperson for the ASW Board of Trustees. She has co-lead the English Conversation Group with Amy Dewey since December 2020.

Emma Murphy:



Both British and Irish, Emma Murphy moved to Warsaw from Amsterdam in December 2020. She has a son (Kaden) in grade 8 and a daughter (Orla) in Grade 6. Her degree is in Computing and Informatics, but she stopped working in IT when she had her children.

Emma loves learning, so she trained to be a Secondary School Computer Science teacher. However, when she and her family moved to Amsterdam, she trained to teach English to adults too. Emma is beginning a new degree in International Studies this fall. She will be studying online with the Open University.

Emma spent a lot of time learning Dutch when she lived in the Netherlands, but now that she lives in Poland, she is learning Polish. Before she left the United Kingdom, she enjoyed using Duolingo to explore other languages too.

She is looking forward to meeting new people and sharing her love of learning.



Volunteer Opportunity for ASW Parents

ASW's Service Learning Department has established a partnership with the school No 78 at the Children's Memorial Hospital (Centrum Zdrowia Dziecka).

[Return to Table of Contents](#)

Parents volunteers visit the hospital on Tuesday mornings to craft with the hospitalized children & their families. No Polish or degree in crafting is needed - just a positive attitude!

If you are interested in joining the group please contact Celeste Borge at celesteborges@gmail.com

Cultural Outings with Kinga Czernik (ASW CULTURE CLUB)



Hello Parents! Welcome to Warsaw, a fascinating city full of hidden gems. My name is Kinga, I have one kid at ASW (G.11). As a Varsovian who grew up in this area, I'm still discovering the city and its surroundings and I'm happy to have the opportunity to share this passion with you. Over 3 years ago I started ASW Culture Club - sightseeing outings for the school parents community, organized every 6-7 weeks. Depending on the season, the weather and... COVID we do walks, visit museums or do workshops where we discover Polish traditions.

I also have the opportunity to show the beauty of Poland by giving presentations on PTO coffee mornings as well as posting on Facebook group 'ASW Parents'.

If you have more questions you reach me out on FB Messenger (Kinga Czernik). Enjoy your stay in Poland!

INFORMATION TO GET YOU THROUGH YOUR FIRST WEEKS

EMERGENCY NUMBERS

Ambulance (English-speaking) 1+9677 (Medicover hospital)

Poland's National Ambulance - 999 (dispatcher may not speak English)

Police - 997 or 22 826 2424

Fire - 998

Cell phone emergency number - 112

Central Emergency Station - 22 525 12 99

HOSPITALS WITH WALK-IN EMERGENCY AND URGENT CARE SERVICES

Damiana Medical Center (Individual Medical Center for private foreign patients)

T: 602 183 733

Address: ul. Wałbrzyska 46, Warsaw

Medicover (Emergency department including children's emergency, English speaking Doctors)

T: 22 857 2000

Address: Al. Rzeczypospolitej 5, Warsaw (Nowy Wilanów)

Carolina Medical Centre (Ultra modern Orthopaedic Clinic with Emergency Room. X-ray, ultrasound, MRI & other diagnostic services available)

T: 22 355 82 00

Address: ul. Pory 78, Warsaw

GENERAL MEDICAL ASSISTANCE

Healthcare International (General Physician)

Dr. Dorota Ossowska

T: 22 858 0101, 606 336 677

Email: office@health-care.pl

Address: ulica Choragwi Pancernej 50, 02-951 Warszawa

Physiotherapist

Christine Kögl, T: 22 622 5208, 602 274 149

Veterinary Clinics - Animaless (All specializations), T: 502 348 466

TRANSPORTATION

Taxi Services

Radio Taxi (MPT): 22 1 9191

Sawa Taxi: 22 644 44 44

Halo Taxi: 22 1 9623

Wawa Taxi: 22 1 9644

Uber: Download and use the Uber app

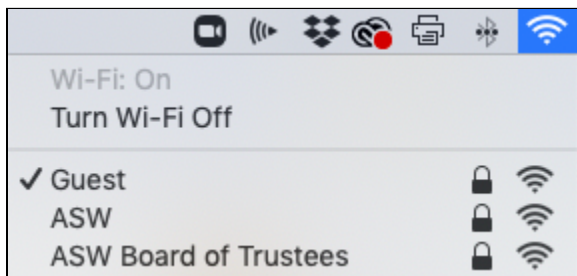
Buses, Trams & Metro

Public transportation in Warsaw is good. The website and mobile App www.jakdojade.pl is the easiest way to map routes. Many kiosks sell tickets, and there are also ticket machines at stations and on buses (ask for 'bilet normalny'). Please note, children between the age of 7 and 16 are able to purchase their bus tickets with a 50% discount ('bilet ulgowy'), but they must carry a document with a photograph and date of birth (an ISIC card for example). Children over 16 are required to purchase full price tickets. The website for the Public Transport Authority of Warsaw also has a website that is useful and can also be searched in English (look for the British Flag on the webpage) www.ztm.waw.pl

ASW Parent Technology Guide

WiFi

When you are on campus you can access wifi using the 'Guest' wireless network; the password changes annually so please check for notices around the school. For 2021 the password is: 'WarriorWay2021'



PowerSchool

PowerSchool - is a web portal that ASW uses to store personal details relating to your children and only you can see this information. It holds information like school report cards, consent forms, Parent/Teacher Conference sign-ups and invoices. Point your mobile's web browser or computer browser to psweb.asw.waw.pl.

If you have forgotten your login, or are having trouble logging in contact:

Elementary School Office Manager: Ms. Dorota Buksowicz

(esoffice@aswarsaw.org x3000)

Middle School School Office Manager: Ms. Gosia Gerbert

(msoffice@aswarsaw.org x2000)

High School School Office Manager: Ms. Kasia Wodnicka

(hsoffice@aswarsaw.org x1000)

OK4School

OK4School is a web/mobile app for daily attestation of health and exposure risks. Its use is one of the important elements of our defense system against SARS-CoV-2. The app is available at: app.ok4school.com
Should you have any questions, technical support is available at support@ok4school.com

CHQ

CHQ is an online activities management system that ASW uses for clubs, athletics, activities and trips. It allows the school to manage sign-ups and keep track of attendance. Parents who wish to enroll their children in a club, sport or after school activity must go through CHQ in PowerSchool.

If you need support with CHQ, please contact Stephen Sidaway at ssidaway@aswarsaw.org

Solivoda (Cafeteria)

The ASW cafeteria is catered by an outside company called Solivoda. They have a system that allows parents to load money on student accounts and make food selections for lunches, view purchase history and request restrictions on purchases. The ASW portal to Solivoda's services can be accessed through PowerSchool, or by going to asw.solivoda.com/.

Calendars

[Calendars](#) - will give you a view of the school calendars and important dates to help you stay on top of events you need to know about. Every student's ASW Google account provides them with their own personal calendar.

Go to: aswarsaw.org/quicklinks/calendar

High School students have access to grade level assessment calendars as well.

News

eNotes - School wide news, PTO news, Elementary, Middle and High School highlights, as well as Athletics and Activities can be found in the weekly newsletter sent to your email, and are also available in PowerSchool. It also has links to a wealth of information from all departments of the school.

Seesaw - Elementary School

The Seesaw App is used from Pre-K to Grade 5, and you will want to download it for [iOS](#) or [Android](#). It is used by the teachers and students to communicate with parents, and is an important part of our reporting process. Your child and their teachers will post to Seesaw to share their learning, plus teachers will use Seesaw to send you messages and reminders. Seesaw is private so you will only see posts created by your child and their teacher, and you can reply by leaving a comment or a voice recording.

Your teacher will send you an invitation to view your child's Seesaw account.

Google Classroom - Upper School

Google Classroom is one of the learning management systems used by students and teachers in the Upper School. Google Classroom is used to share resources and provides a platform for disseminating classroom content.

Email

Parent email addresses are maintained in PowerSchool. Parents can review and update their email contact details in PowerSchool from the Demographic Change page.

Teachers will only send information to the email account maintained in PowerSchool by you. Please check your email regularly, as we communicate via email regularly.

Cialfo - Upper School

The counselors will provide you with more details about this platform which helps students align their interests to long-term college and career goals. There are many tools in [Cialfo](#) that help guide students on their path to postsecondary education.

Turnitin - Upper School

Upper School Students may be required to use Turnitin to submit assignments when requested to do so by their teachers. Turnitin quickly checks that the work submitted is original.

Library

The ASW Library has a large collection of books and magazines for all ages, as well as 24/7 access to a wealth of e-resources and online research databases. Students and parents can take advantage of our subscriptions and our databases both on and off campus. For more information, visit the [ASW Library homepage](#).
(aswarsaw.libguides.com/home)

Your PTO

[PTO](#) - The ASW PTO has created an excellent resource for newcomers. The aim of the PTO is to provide a crucial link between the teaching faculty, the administrative staff, the parents and the students. This is made possible by organizing different events throughout the year. The PTO is a volunteer organization, and we encourage all of you to participate.
(aswarsaw.org/community/parents)

LIFESTYLE INFORMATION

All stores and malls in Poland are closed on Sundays except for the listed shopping Sundays (please check www.kidsinthecity.pl for updates)

GROCERIES (SKLEPY SPOZYWCZE)

Popular Chains - Auchan, Carrefour, Biedronka, Lidl, Bazar Okulska, Leclerc, Kaufland, Makro (Bulk shopping), Selgros (Bulk Shopping), Zabka (for quick needs, open on Sundays also)

Online groceries - Glovo app, Everli, www.frisco.pl, www.tesco.com.pl, www.fresh24.pl

GROCERY VOCABULARY

Here are a few translations for basic grocery items, for a thorough list of grocery terms, please refer to our 'Polish your Polish' handbook put together by our school community:

Cream for Coffee... Smietanka 12%	Chicken..... kurczak
Sour cream Smietana 18%	Pork..... wieprzowe
Heavy cream..... Smietanka 30%	Beef..... wołowina
Cottage Cheese.... Serek Wiejski	Minced..... mielone
Butter..... Masło	Flour..... mąka
Baking Powder..... Proszek do pieczenia	Lamb..... jagniecina
Puff Pastry..... Ciasto Francuskie	Turkey..... Ndyk
PĄCZKI..... Traditional Polish doughnut with rose jam filling (Singular = pączek)	

INTERNATIONAL GROCERY SHOPS

British - www.britishshop.pl, www.britishcornershop.co.uk

Greek - www.melideli.pl, www.kalimera.com.pl

Indian - www.littleindia.pl, www.indianhouse.pl

Italian - www.tutto-bene.pl, Delikatesy Włoskie Facebook page (Italia Wilanow), Piccola Italia

American - www.cosslodkiego.com.pl

Korean - www.koreahouse.pl, ul. Wawozowa 33 lok. U3, T: 22 649 33 76

French - www.lapetitefrance.pl

Asian - Sklep ASIAN HOUSE, Ul. Piekna 52, Wejscie od strony ul. Poznanskiej 1, Warszawa, The Afro-Asian shop, ul. Kazimierzowska 43 lok. C, <http://www.shilla.com.pl>

Lebanese - Cedros, al.Solidarności 61, T: 22 670 11 66 www.lecedre.pl

Hungarian - Papryka, ul. Zwyciescow 22, T: +48 22 616 0257
www.papryka-salami.pl

Oriental Vegetarian - Samira, www.samira.pl

Kuchnie Swiata - www.kuchnieswiata.pl

BUTCHER SHOPS (RZEZNIK)

Crazy Butcher, Befszyk, Mustafa, Harbi, Jatka, Polna Market (Fresh Turkey for Thanksgiving), Le Diplomate.pl (Good for lamb and organic chicken)

Note: In Poland, lamb tends to be mutton. (Polish for lamb is 'jagnięcina' [yagniechina].)

FISH & SEAFOOD (RYBY I OWOCE MORZA)

Bazar Okulska, House of Fish, Smaki Fiordow, Polna Fish Market (www.bazarpolna.pl), Ryby fish stall (Sadyba market), Ryby (Ul. Witkoska 6, near Puławska in Mokotów), Crevette Mayo (High quality seafood)

DELICATESSENS

Blikle Delikatesy, Krakowski Kredens, Spizarnia

RESTAURANTS (RESTAURACJA)

Greek - El Greco, Mr. Greek Souvlaki, Mykonos, Paros, Meltemi

Italian - La Civetta, Trattoria Rucola, San Lorenzo, Dziurca od Klucza, Spacca Napoli, 360, Otto Pompieri, Pomodoro (www.pomodoro.pl), Quattro Canti Trattoria(www.quattrocanti.pl), Milanovo

Indian - Buddha, Bollywood Lounge, Kashmir, Veda, Namaste India, Moje Curry, Bombay Masala

Thai - Thai Thai, Thai Me Up, Miss Thai, Khuk, Azia, Swing

Chinese - Modern China, Azia, Panska 85

Mexican - YeYe, La Sirena, Frida

Spanish - Tapas

Polish - Rozanna, Belvedere, Mokotowska 69, Akademia, Stary Dom, Park Cafe (International food)

Turkish - Lezzet, Leila, Anatolia, Lokanta, Maho

American - Taste Burger, Whiskey in the Jar, TGIF, Hard Rock

Korean - Gung

Vietnamese - Viet Lab

Japanese - Sushi Zushi, Kimi Sushi, Sakana Sushi, Tokyo Sushi, Izumi Sushi, Kiku

Cafes (Pastries and savouries) - Charlotte, L'emotion, Caffe Nero, Costa Coffee, Starbucks, Znowu Sie Upieklo, Wanda, Bulke Bibulke, Wiele Dobrego, Batida, Deseo

Food Halls - Hala Koszyki, Hala Gwardii, Hala Mirowska

Burgers - WARBURGER on Stanisław Broniewski Square – corner of Jarosława Dąbrowskiego and Puławska, TASTE BURGER Przyczółkowa 400, Brooklyn Restaurant & Bar Al. Jana Pawła II 18

Stajnia Wilanow Pizza and Grill Restaurant and Horse Riding Stables on ul. Przyczolkowa, www.stajnia-wilanow.pl.

LAUNDRY/DRY CLEANERS (PRALNIA)

Drycleaners can be found at main shopping centers. International Hotel chains also offer dry cleaning services.

MALLS (CENTRUM HANDLOWE)

Zlote Tarasy, Galleria Mokotow, Sadyba, Arkadia, Outlet Mall Piaseczno, Centrum Janki, Blue City, Reduta, Promenada, Vitkac (for luxury brands)

Online shopping: Italian handmade shoes and bags - www.follow-me.com.pl

Outdoor Market: Stary Papiernia, Hala Mirowska, Sadyba

SPORTING GOODS STORES

Decathlon, GoSport, Intersport, 4F

SOME KEY SHOPPING VOCABULARY

Open = Otwarte	Monday – Poniedziałek (pn.)
Closed = Zamknięte	Tuesday = Wtorek (wt.)
Push = Pchać	Wednesday = Sroda (sr.)
Pull = Ciągnąć	Thursday = Czwartek (csw.)
Entrance = Wejście (foot traffic)	Friday = Piątek (pt.)
Exit = Wyjście (foot traffic)	Saturday = Sobota (so.)
Entrance= Wjazd (vehicle)	Sunday = Niedziela (ni.)
Exit=Wyjazd (vehicles)	Monday – Friday = p.m.. – pt.
Ground Floor = Parter	Escalator = Schody ruchome
First Floor = Pierwszepietro	Changing Room = Przymierzalnie
Second Floor = Drugiepietro	Lift/Elevator = Winda
Basket = Koszyk	

BAKERY (PIEKARNIA)

E. Wedel, A. Blikle, Wawel, Słodki Slony, Cafe Vincent, Jan Piekarz, Gladem Cakes

SALONS (FRYZJER)

PARKS (PARKI/OGROD)

1. Warsaw University Library Rooftop Garden, ul. Dobra 56/66
2. Warsaw University Botanical Garden, ul. Ujazdowskie 4, a collection of 7000 plants and flowers, www.garden.uw.edu.pl
3. Park Odyńca, Off ul. Odyńca near Niepodleglosci in Mokotow. Dog free zone with lots of climbing frames, slides on special kid-friendly surface and slopes for bikes and scooters.
4. Pole Mokotowskie, Enter from Niepodleglosci or Zwirki I Wigury. Playground area, cycling track, slopes for skaters and bikers, dog friendly, and popular open-air pub “Lolek” (nice roaring fire).
5. Park Ujazdowski, al. Ujazdowski, just north of Lazienki Park. Large playground, well-tended garden, dog free.
6. Powsin Park, in Kabacki Forest. Play area, outdoor chess, outdoor swimming pool, varied levels of a ropes/challenge course, walking and biking trails, cross-country ski rental in winter. A Warsaw favorite! www.parkpowsin.pl

7. Lazienki Park, al. Ujazdowskie. Beautiful for strolling, or riding the swan boat near the Palace on the Water, or feeding the squirrels. Play area near the southern end of the park, but no bikes or skateboards.
8. Park Zeromskiego, At the Plac Wilsona metro stop, Zoliborz.
9. Wilanow Palace Gardens, ul. Stanisława Kostki-Potockiego 10/16, www.wilanow-palac.pl/index_en.php.
10. Konstancin Park

FOOD DELIVERY

Pyszne.pl, Uber eats, Wolt, Fitness Catering App - NTFY

TOURIST PLACES - Please refer to - Kids in the City
(KIDSINTHECITY.PL)

OTHER USEFUL INFORMATION

Every effort has been made to ensure that the information below is up to date and accurate. If you have any updates please send them to ptopresident@aswarsaw.org or ptovicepresident@aswarsaw.org

ART GALLERY

Zacheta Gallery – pl. Malachowskiego 3 Contact Zofia Dubowska at 22 827 58 54 (z.dubowska@zacheta.art.pl). www.zacheta.art.pl

ART LESSONS

Lourdes Estrada – Lourdes is an experienced painter who offers painting classes and lessons to adults and children E:
lourdesestrada430@gmail.com.

BAG REPAIR SERVICE

ul. Czerwonego Krzyża 2 (entrance from ul. Solec), T: 601 851 420
ul. Hoża 42- T: 22 6298774

BALLET SHOP

BATTU BALLETT - <http://battuballet.pl>

SKLEP BALETOWY SAWART – www.sklepbaletowy.pl

BEAN BAGS

www.fatty.pl

BED AND BREAKFAST

Villa Le Matin ul. Słomczyńska 23, Konstancin-Jeziorna, T: 22 756 33 75.

BOWLING

Klub Arco - Accata Sp. z o.o. ul. Bitwy Warszawskiej 1920 r. 19,
www.arco-bowling.pl

Bowling & Billard club – <http://www.kregielnia-tb.pl>

BIRTHDAY PARTY IDEAS

1. Rob the Magician - Rob Fleming, T: 600 030 540. Rob the Magician donates his time and talent to support local charities, so it's good for us to support his business. Highly recommended, an expat favorite!
2. Made by You, ul. Górskiego 6, T: 531 935 135, paint your own pottery
W: www.madebyyou.pl
3. FRIENDS CREATIVE ACTIVITIES - ceramics, felting decoupage etc.
Address: Wał Zawadowski 103a, Warsaw, T: 606 380 602 .Website
www.friends-ca.pl
4. Nanny Express offers birthday party entertainment like face painting, balloon animals and group games. T: 22 858 33 28, E: office@nannyexpress.pl
5. Wodny Park
6. Fun Park Digiloo - Not only do they have a terrific indoor playspace AND lasertag area, but they are a great idea for birthday parties with private rooms; www.funparkdigiloo.pl
7. Art workshop at Zachęta Gallery
8. Plac Zabaw Lider - ul. Puławska 427 by the main entrance to the Auchan Supermarket in Ursynów offers several party packages, animators, a large indoor play area and themed party rooms such as Disney, Cars, Monster High, etc. they also have open play times www.liderplaczabaw.pl/plac-zabaw-warszawa
9. INCA PLAY – Al. Jerozolimskie 179; in the Blue City Mall; is the only miniature fun park in Warsaw where parents can have fun together with their children <http://www.incaplay.pl/en/about-us>
10. Suntago Waterpark- Biggest water park in Europe
11. Hangar 646 Mokotow (Trampolin), Domaniewska 37A, 02-672
12. AIRO - Trampolin Park, Lopuszanska 22
13. ESCAPE Room - www.escaperoom.pl
14. Trampoline rental, www.trampolina.eu, Polish only
15. Bouncy Castle rental, Peter Habrzyk, Peter_habrzyk@yahoo.com, Speaks English.
16. Event Club Paintball & Laser Tag, ul. Gierdziejewskiego 5 (near CH Factory) T: 694 122 122, paintball and megazone laser games

17. Formula M1 Go Karts, Centrum Handlowe M1/Marki, ul. Piłsudskiego 1, T: 532 199 104, www.formulam1.pl
18. F1 karting – ul. Jagiellońska 82
19. Golf Course - golfparkspoland.pl
20. Godan: www.godan.pl www.partybox.pl – party costumes, balloons etc
21. Sewing classes - Sewing Bees of Warsaw Facebook page
22. Face Yoga - Sarika Sake, Facebook page
23. Cake shops - Gladem Cakes (Liliya Sanghavi) - liliasanghavi@yahoo.com, www.glademcakes.pl, +48 508 644 053, Dorota Czarna T: +48 502 244 405

BOOKSTORES

Don't forget to use the school library!

Online for English books: www.thebooks.pl, allegro.pl, englishbooks.pl, americanbookstore.pl, bookcity.pl

STATIONERY & ART SUPPLIES

Empik, in all malls and various other locations (ul. Marszałkowska 116/122, corner of Nowy Świat & Jerozolimskie, Arkadia, Galeria Mokotów, Sadyba Best Mall, etc). Some foreign language press and books. www.empik.pl

CAMERA REPAIRS

OPTO- TECHNIKA for camera repairs. ul. Solec 18/20 lok. 103. T: 22 498 1825 ul. Wolska 69, T: 22 622 06 19 or 22 622 07 52, WWW: opto-technika.pl

CAR WASHES

“Myjnia” places throughout Warsaw where you can get your car sparkling clean. Some are self-service and require coins. Some are drive-thru style connected to a gas station.

NETWORK PROVIDERS - Orange, PLAY, www.polishwifi.com, www.netia.pl

CLOTHES & HOUSEHOLD ITEM DONATIONS

1. Warsaw Volunteer Mission, will accept donations of gently used clothing and household goods to distribute to poor families in Warsaw. www.wvm.org.pl
2. www.sueryder.org

CHRISTMAS MARKET

In the Old Town Square, vendors set up stalls from the beginning of December until December 24th. Drink the hot mulled wine while browsing traditional Polish crafts and sampling food stalls. Grilled cheese from the Zakopane region is quite tasty!

CONCERTS/THEATRE

1. Warsaw Philharmonic, ul. Jasna 5, check their online calendar at www.filharmonia.pl
2. Opera Narodowa at the stunning Grand Theatre, the largest opera stage in Europe www.teatr Wielki.pl

DANCE

1. Dance & Me Akademia Tanca, ul. Powsinska, Sadyba. T: 606 112 266 or kontakt@taniec24.pl, www.taniec24.pl
2. DanceZone, Borowa 61, Konstancin-Jeziorna. Salsa, hip, jazz, disco, cheerleading and mroe, all ages. Colin James at info@dancezone24.com.
3. Salsa Libre, ul. Solec 38. Swing your hips to the beat! www.salsalibre.pl, T: 22 458 24 44
4. Szkolla Tanca Towarzyskiego Fiesta, ul. Przedatki 1, Wilanow. Private or group dance classes for all ages. T: 22 642 20 02, www.taniec.us
5. Egurrola Dance Studio in KONSTANCIN. Website www.taniec.com.pl phone M: 601 20 20 20 T: 22 824 02 01 E: studio@egurrola.pl
6. Arthur Murray Dance Studio - www.arthurmurray.com

DOG WALKER & DOG HOTEL

1. Adam Zaremba-Czereyski, E: adam.czereyski@poczta.onet.pl, T: 604 249 159. English speaking. Highly recommended!
2. Ewelina Eggert, English speaking dog trainer - www.dogmasters.pl, ewelina.eggert@dogmasters.pl T: 605 314 031

DRIVING

1. EUROSZKOLA - +48 793 384 935
2. Easy Drive driving school - +48 512 695 947, T: 501 05 09 05
www.easydrive.com.pl

ELECTRICAL SUPPLY

The electricity here is 220V. Some people successfully run many 110 items using transformers, however the transformers are somewhat difficult to obtain in Poland and do not seem as good as the ones you can buy elsewhere. If you are already overseas and have transformers that work well, send them with your shipment. If you are in the US, order high-quality transformers online if you will be bringing 110v appliances with you.

Note: Check your appliances for voltage requirements as many US appliances are already wired for 110-240v electricity which covers both the US as well as Europe. Most cell phones and computers will fall into this category. Outlets in Poland have two round holes (like the rest of Europe). If you have appliances with dual-voltage capability, you should purchase plug adapters (which can be found at Saturn, an electronics store in several local malls as well as some airport electronics shops).

FACEBOOK

ASW Parents, ASW Foodies, ASW Book Club, ASW PTO Buy & Sell
Expats in Warsaw, Mums and Tots of Warsaw, Warsaw Expat Mums,
Foreigner in Warsaw

FAMILY PHOTOS

Bonita Foto - Andrzej Figlewicz, www.bonitafoto.pl
Joanna Grzyl - joannagrzyl@gmail.com

FITNESS CENTERS/HEALTH/EXERCISE

1. Fitness Centers can be found in major international hotel chains (Intercontinental, Regent, Marriott, and Sheraton) and in local neighborhoods. In local neighborhood gyms English may not be widely spoken.
2. Calypso Fitness Club-Formerly Gold's Gym
<http://www.calypso.com.pl/> T: 22 407 46 53
3. Orange Theory Fitness - www.otfpolska.pl
4. Loop Fitness - www.loopfitness.pl
5. Pilates in Warsaw – Pilates On - www.pilateson.pl, Pilates Maja - www.pilatesmaja.com
6. Yoga - My place and mindfulness - www.myplace-yoga.pl, Shibani Luthra - shibaniluthra68@gmail.com, Crossfit - www.miasteczko-crossfit.pl
7. L'Atelier Athletique - located in Stara Papierna Konstancin, al. Wojska Polskiego 3, T: 730 660 686 www.atelierathletique.pl
8. Year Round Ski Slope – near Blue City shopping mall, www.wosir.waw.pl, the slope offers skiing and snowboarding. T: 22 622 69 61

FLORISTS (Kwiaciarnia)

Bakalarska, Hala Mirowska, Flora Point (has seasonal decorations too)

HARDWARE STORES

Bricoman, Leroy Merlin, OBI

HORSE RIDING

1. Asia Dominik, Private trainer, works at various stables in the Warsaw area. T: 609 603 195
2. Stajnia Dydaktyczna SGGW In Ursynow at ul.nowoursynowska 100. Classes available for disabled. www.wolicasggw.republika.pl
3. Stajnia Chojnow, riding lessons for all levels. Solec 72, Baniocha, off the road from Piaseczno to Gora Kalwaria, T: 22 736 28 78 or 506 033 023. www.stajniachojnow.pl

4. Stajnia Wilanow, English-speaking trainer (Mr. Marek), restaurant, nice forest for long rides. On the road to ASW, enter from ul. Palacowej, ul. Przyczolkowa 227, T: 501 507 383.
5. Pa-Ta-Taj Szkoła Jazdy Konnej, ul.Krotka 9, Kanie near Otrębusy (25 mins from Warsaw, travel south-west on al. Jerozolimskie) T: 22 758 58 35. If you have children that want to get involved with ponies then suggest a visit to these Horse Riding School & Stables. The staff speak a bit of English and are very friendly. A group class starts from the age of 6yrs but you could start a private lesson earlier. There is also a little cafe where you can get a coffee or tea on chilly days. One word of warning! The final part of the road to the stables is very 'cross country' so be prepared for a bit of a bumpy ride, or get out and walk the last few minutes. Close by (a five minute drive) is a McDonald's for an easy lunch.
6. Horse Shop Stajnia - ul.Polna 28, Centrum T: 22 825 86 37. This is a shop full of treats for any budding rider.
7. Poster, ul. Sloneczna 115, Piaseczno
8. Ludowy Klub Sportowy Wolta, Żółwin, ul. Nadarzyńska 30, T: 22 758 91 27.
9. TKKF Ognisko Hubert, Several patient English speaking trainers with gentle horses. Located at ul. Statkowskiego 52. T: 22 842 15 10.
www.tkkfhubert.horsesport.pl
10. Wilczeniec, in Lomianki at ul. Koscielna Droga 10, Wiejski Country Club, horses range in race, size and temperament, instruction for beginners to advanced riders in English, French and Polish. T: 22 751 97 77. www.wilczeniec.pl

MUSEUMS

1. The Warsaw Uprising Museum, ul. Grzybowska 79, T: 22 539 79 05, www.1944.pl
2. The Palace of Culture has a number of attractions such as a science museum and puppet theatre and cinema.
3. Poster museum – next door to Wilanow Palace. 10/16 St Kostki Potockiego Street, e-mail: plakat@postermuseum.pl, web site is in English www.postermuseum.pl,

4. The Jewish Historical Institute, ul. Tlomackie 3/5, Warsaw, T: 22 827 92 21, www.jhi.pl
5. The Jewish Museum Ul. Anielewicza 6, <http://www.jewishmuseum.org.pl/en>
6. Polish Military Techniki Museum – ul. Powsinska 13, Sadyba, outdoor display of military tanks and other equipment www.muzeumwp.pl
7. History of Warsaw Museum, Old Town Market Square 28, T: 22 635 16 25, www.mhw.pl
8. National Ethnographic Museum – ul. Kredytowa 1, www.pme.art.pl
9. Copernicus Science Centre -Wybrzeze Kosciuszkowskie 20. www.kopernik.org.pl/en

NOWY ŚWIAT (Means New World)

Is Warsaw's main street and a good place to walk around, eat and spend your summer days

Breakfast Picnics 'Targ Śniadaniowy' on weekends from 09:00 – 16:00. Check locations on the website www.tarsniadaniowy.pl fun for all the family. Great way to chill on a weekend.

PAINTED FURNITURE

Sherri MacDonald- Wlodarski (Canadian Polish) owns 'Brush' an *Annie Sloan* paint effects store in Konstancin opposite Stara Papiernia (paper mill). She will transform tired looking furniture into a shabby chic delight. ul. Pilsudskiego 3, Konstancin-Jeziorna. T:660 432 642

PAPER GOODS

1. Papierniczy in Stara Papierna Konstancin, art & crafts and paper products. T: 515 082 810 E: papierniczy@ebobo.pl
2. Flying Tiger Shop-looking for funky gifts and gadgets to suits all ages? Then try 'Tiger'. Great place to stock up on seasonal decorations and paper goods,(including tissue paper for present wrapping) www.tigershops.pl

PET NEEDS, KENNELS FOR DOGS AND PETS IN THE WARSAW AREA

Health booklet from Veterinarian is required at all kennels documenting full up-to-date vaccinations including flea and tick protection. Reservations should be made in advance.

1. Hotel dla Zwierząt (Hanna Hlebowicz), ul. Bielawa 9, (end of Lipowa)05-520 Konstancin-Jeziorna, T: 22 754 39 19
2. Pensjonat dla kotów i psów, Ewa Majka–vet, ul. Helitropów 19, Warszawa- Wawer, www.jelonek.pl/kothotel/main.htm, T: 22 612 77 96, For English call Urszula 608 389 901
3. Pensjonat dla psów (Danuta Ruta), Wólka Pracka, ul Zawadzka 8, 05-504 Złotokłós (past Piaseczno), www.rutowie.waw.pl/hotel_psow.html, T: 601 234 992, For English speak to Danuta's husband Dr. Andrzej Ruta T: 602 518 890, andrzej.ruta@wp.pl
4. Anna Michalak - Lachowicz, ul. Solidarności 3, RUNÓW (past Piaseczno), T: 501 572 839, 22 498 39 99
5. "Yoko" Lecznica i Pensjonat dla Zwierząt, ul. Pobrzańska 4, www.pensjonatyoko.com.pl, T: 22 811 30 06, Vet Office - Tomasz Zwirzchowski T: 602 251 278, Andrzej Książyk - T: 602 246 836
6. Azorres - Domowy Hotel dla Psów, ul.Irysów 7, Warszawa, www.azorres.pl, T: 510 257 940, hotel@azorres.pl
7. Hotel dla Zwierząt "Alfa", Hanna Borman, ul. Szkolna 5, 05-530 Dobiesz, South of Piaseczno, <http://www.hotelalfa.pl/hoT.php>, T: 504 075 520, repcja@hotelalfa.pl
8. Pensjonat Raj, Dr Anna Laudańska, ul. Poranna 7, Otrębusy, Southwest of Warsaw, www.hotelraj.pl, T: 22 758 59 02, 602 601 039, e-mail: info@hotelraj.pl
9. Profesjonalny hotel dla psów " Pod Brzozami Dor Gladiator", ul.Jatne 6A, 05-430 Celestyków, direction Lublin 30 minutes from Warsaw, www.dorgladiator.info.pl/?p=hotel, T: 22 789 81 57, 502 231 627, info@dorgladiator.info.pl

PET NEEDS, PET STORE

1. Maxi Zoo in Sadyba Best Mall and Galeria Mokotów (and other malls). Sells specialist pet foods. Regular pet food can easily be bought at grocery stores.
2. Crazy World Pets located in Stara Papierna, Konstancin
3. Kakadu, in area malls. Sells pet food and supplies.

PIANO TUNER

1. Piano Tuner, 602 153 567, 22 625 78 67, biuro@pianotuner.pl, www.pianotuner.pl.
2. Piano Tuner, Konrad Kucharski . He came highly recommended by the university music professors from the Chopin University. 604-316-538, konrad.kucharski@poczta.fm, www.konradkucharski.pl

PICTURE FRAMING

Mabellini Delio is a wonderful picture framing shop in Piaseczno (2 mins drive further on from Impresja pottery shop). Owner speaks perfect English. Prices are very reasonable. Address ul.Konarskiego 6a, Piaseczno 05-501
T: 22 357 8678, e-mail:mabellini@vp.pl

POLISH POTTERY/GIFTS

Poland is famous for its lovely blue and white pottery called Bolesławiec <http://ceramicboleslawiec.com.pl/> which is a town in southwestern Poland close to the German border. It can be bought locally, and bubble wrapped if needed as a present overseas. There are lots of different patterns, and you can mix and match the sets.

Anko Pottery, www.anko-pottery.com.pl

BMW Art, www.bmw.art.pl

Bolesławiec Pottery, www.ceramicboleslawiec.com.pl

Cepelia, www.cepelia.pl

Dariusz Art, www.dariuszzielinski.pl

Galeria Konstancin, www.brzostowska.com

Impresja, www.impresja.waw.pl

Lim, sklep@lim-kram.pl, www.lim-kram.pl

Kim's Center, www.kimscenter.com.pl

Lucja, Ul. Nowomiejska 1/3

Pima, Ul. Mazowiecka 7, Wesola, Stara Milosna

Pol Art, Old Town Square 10

Other shopping ideas for traditional Polish gifts

1. Polish silver and Amber jewelry
2. Batycki handbag
3. Cut glass from Silesia
4. Thick hand-knitted woolen sweaters and leather slippers produced by the 'Highlanders' of Zakopane
5. Large illustrated books of Polish landscape
6. Hand woven tapestries and embroidered tablecloths
7. Folk art & paper cuttings.
8. Oszczypek sheep's milk cheese
9. Decorated eggs especially at Easter time
10. Toruń ginger cake
11. Vodka, especially the Bison grass brand called Zubrowka, or Chopin Vodka
12. Goldwasser, a liqueur from Gdansk with flecks of gold (delicious!)
13. Hand painted Christmas decorations
14. Wooden boxes or chess sets from Krakow

POST OFFICE (Poczta Polska)

Can be found in every neighbourhood

SEAMSTRESS/DRESSMAKERS

1. Bogdanka, ul. Lechicka 14, T. 22 868 2581
2. Barbara Golebiewsaka, T: 22 642 75 59 or 604 568 405
3. Danuta, ul. Czerniakowska 28a, T: 22 840 14 08
4. Sadyba Best Mall, next to Coffee Heaven
5. Invisible mending service, Zakład Usługowy ul.Wilcza 26. Speak very little English

6. SCRAPBOOK SHOP Very close to Metro Wilanowska. Ul. Bukowinska 12 LOK.4 Tel: 730 300 314. www.scrapbookingshop.pl selling Martha Stewart products.

SKIING

Permanent skating rink (indoor, also used for concerts) - Torwar II ul. Łazienkowska 6a, T: 022-625-5306 / 022-621-4471 / 022-625-3254

Temporary ice skating rinks pop up at various places from Dec – end of March:

Shopping Mall Złote Tarasy

Tor Stegny (Sports Venue & Stadium - outdoor recreation and ice skating) ul. Inspektowa 1 (off ul. Idzikowskiego) T: 022-842-2192 / 022-842-2768

Palace of Culture and Science (outdoor), ul. Świętokrzyska

Downhill skiing is offered in Zakopane (about a seven-hour train south of Warsaw). People also ski in Slovakia and Austria.

Go Sledging/Sledding

Try Park Morskie Oko, between ul. Puławska and Belwederska in Old Mokotów, entrance between ul. Dąbrowskiego and ul. Madalińskiego, East side of ul. Puławska. Ordyńca Park has a great mini-hill for the children to slide down on their own. Also the park next to the Zoo has a decent slope that is good for eager slider's. If you live in town then go for a slide near apartments Holland Park on Książęca. There is a great hill that is quiet.

VETERINARIANS

1. Wila-Vet, 24 hour vet care, 22 642 77 55, ul. Kosiarzy 37, in Wilanow, www.wila-vet.pl
2. Multivet , ul. Gagarina 5, T: 22 841 40 22
3. Waldemar Stępień , ul. Jesiona 3, Szeligi, T: 22 722 30 91
4. Animal Hospital, Ursynowska Klinika Weterynaryna, ul. Strzeleckiego 10e, corner ul. Rosoła, T: 22 644 95 31, grooming and special pet foods sold.

WAKEBOARDING

1. LAKE PARK- (behind Bricoman in Wilanów) Address: Powsinek, Wilanów, Warszawa, Phone:531 580 580.Open from 09:00 – 22:00. You need to reserve the wakeboarding. Deck chairs, small beach, bar, restaurant, volleyball.
2. Wawawake - Wakeboarding facility near ASW with a cable and pull system. They speak some English. Bielawskie, Ul. Wspolna 63.
<http://wawawake.pl>

WINTER & SUMMER TIRES

Tires = “opony”. You will need to get your car tires changed twice a year to help you with the change in weather conditions. Suggest booking your car into a garage in October to have your winter tires put on (they do make a big difference to the grip in the snow), and change them back to summer tyres late April when there is no risk of snow returning.

Not required by law.

NIGHT DRIVERS

<http://www.nightdrivers.pl>, T: 511 12 12

COMMON ROAD SIGNS - A FEW RULES TO KNOW

koniec = end; **objazd** = detour; **uwaga** = warning; **wyjazd** = exit; **wjazd** =entry.

TRANSPORTATION AROUND POLAND

The fastest way to get around Poland is by train. There are 6 different stations in Warsaw; however, most trains depart from Warsaw Central Station (*Dworzec Centralny*). The station has been recently modernized. You need to be careful, as, in any large railway station pickpockets are not uncommon. International tickets are available at the counters on the top floor of the main hall. Information and domestic tickets can be obtained on the ground floor. InterCity (IC) and EuroCity (EC) trains are quicker, tickets

[Return to Table of Contents](#)

are slightly more expensive. You will find timetables all over the station and departures (*odjazdy*) on yellow timetables and arrivals (*przyjazdy*) on white timetables. You can also obtain information on the website at <http://pkp.pl> Tickets can be bought at the station as well as online. Major credit cards are accepted. Tickets can also be ordered from travel agencies at a small extra delivery cost. Second class travel is quite comfortable and in fact there is not that much difference between first and second-class.

Coach transport is also available and reasonably priced, however, the journey time is usually longer and some of the coaches may be of a poor standard. Most coaches arrive and depart from the Central Railway station.

Recommended to take coach PolskiBus.com (<http://www.polskibus.com/en/index.htm>). Prices are very reasonable. As announced on their web page they are “fast, cheap and comfortable” and have very good discounts.

MEDICAL/EMERGENCY INFORMATION (DETAILED)

BASIC EMERGENCY INFORMATION FOR WARSAW

Police - 997 or 22 826 24 24

Fire - 998

Ambulance – 999 (dispatcher may not speak English)

Emergency number for mobile phones – 112

Central Emergency Station - T: 22 525 12 99, is located at ul. Hoża 56 (on the corner of ul. Poznańska). They operate a fleet of highly advanced ambulances equipped with all the standard lifesaving devices and medicines. They usually reach their destination within 8 minutes of receiving the call. The central station is always in touch with the fire brigade and police, so you won't have to make any additional phone calls. There is also an emergency surgery and an out-patients' clinic on the premises, as well as a cardiological clinic with an Intensive Care ward and a first aid school that also offers CPR courses in English.

EMERGENCY INFORMATION SPECIFICALLY FOR EXPATS

If you have a life-threatening emergency, please call: Medicover Ambulance 22-19677 (English-speaking).

If you have a medical emergency that is not life threatening, we recommend that you call the emergency number for your general practice doctor (see practices listed below).

If you are not sure if an ambulance is necessary or if you do not already have a general practice doctor, these “on call” English speaking doctors are available to discuss the situation and take the necessary steps.

IMC at Damiana Medical Center, 602 183 733, ul. Wałbrzyska 46, Mokotów.

Inside Damiana Medical Center is an office called Individual Medical Center (IMC) specifically for private foreign patients which is separate from their regular “member” services. For medical emergencies, telephone the Doctor on call 602 183 733 who will evaluate the situation, come directly to your

location and/or call for an ambulance, and will arrange hospitalization, if necessary. Translation will be provided. The nurse is also on call at 600 032 111 You do not have to be a Damiana member to use this office. They offer direct billing services to most major international insurance companies.

Medical emergency cases can be dealt with directly by the Damiana (walk-in emergency room) at ul. Walbrzyska 46 in Mokotów.

Healthcare Family Practice, 22 858 01 01 or 604 77 47 44 or 606 33 66 77 ul. Chorągwi Panczernej 50, Warsaw – Wilanów. The doctors at Healthcare Family Practice are available from 8:30 a.m. until 5 p.m. (Mon-Fri) - call for information on working hours for Saturday. They will advise you by telephone and, if necessary, arrange for an ambulance and hospitalization. When the clinic is closed you can call: Medcover Hospital (22 857 20 00) or Lux Med clinics (22 33 22 888). They offer direct billing services to many major insurance companies.

ADDITIONAL EMERGENCY CARE PROVIDERS

Poison Control - Warsaw Acute Poison Control Center (Stoleczny Ośrodek Ostrych Zatruc) at PRASKI HOSPITAL, al. Solidarności 67, (24 Hrs) 22 619 66 54 or 22 619 08 97.

Falck Medycyna, 1-9675 or 22 535 91 51. Direct line to Warsaw dispatchers (English dispatchers). Falck has over 200 fully equipped ambulances operating in major metropolitan areas throughout Poland. You do not have to be a member to call for an ambulance.

LUX MED (English dispatchers), 22 430 30 30. Lux Med Medical Centre has ambulances available 24 hours a day. You do not have to be a member to call for an ambulance. For more information call their info line at: 22 458 7000

Hospital of the Ministry of Interior, ul. Wołoska 137, T: 22 508 15 00. For 24-hour emergency service and ambulance for adults.

CHILDREN'S HOSPITALS

1. Prof. J. Bogdanowicz CHILDREN'S HOSPITAL ('NIEKLANSKA HOSPITAL') has modern Trauma and Poison Control Unit ul. Nieklańska 4/24. Admissions Room (24hrs): 22 617 70 71. Switchboard: 22 617 60 51/59. www.szpitalnieklanska.org.pl
2. Pediatric Public Clinical Hospital (Litewska Hospital), (Samodzielny Publiczny Dzieciacy Szpital Kliniczny), ul. Marszałkowska 24 (Corner of ul. Litewska), Admissions Room (24 hrs) 22 522 73 44, 22 621 48 72, Switchboard: 22 522 74 55 www.litewska.edu.pl
3. Paediatrician Dr Wojciech Ozimek - Wilanów Area Centrum Ozimek Aleja Wilanowska 43D (next to Kresowiak Restaurant) online booking, www.ozimek.orangemail.pl or by text message 601 290 999 (Paediatrician, emergency medicine specialist and parasitologist.)

DENTAL OFFICES

Villa Nova Dental Clinic, Pryczółkowa 219, 02-962 Warszawa, T: 22 651 6622, www.villanova.pl (They offer 10% discount to the ASW community upon showing your school badges)

DERMATOLOGY

1. Lasermed Centrum Dermatologii Laserowej i Przeszczepiania Wlosow, ul. Hoza 58/60 (corner of ul. Poznańska), T: 22 627 15 84, www.lasermed.pl
2. Medical Center DERMIQ, Wielicka 38, 02-657 Warszawa, T: 888 208 820, dermiq.pl
3. Klinika Ambroziak, T: 22 111 5005

GYNAECOLOGIST

Agnieszka Tymińska, Gabinet Lekarskie Łucka, **Address:** ul. Łucka 18 (wejście na przeciwko Platinum Residence wieża B behind the Hilton Hotel) lok. 1801/1802 (1st Floor), Tel.: 22 654 24 64 or (22) 654 24 62 fax: (22) 654 24 61. E-mail: repcja@gabinety-lucka.pl

PHYSIOTHERAPY

Christine Kögl is an experienced Physiotherapist from Germany, and has been practicing for 14 years. Speaks German, Polish & English. Comes highly recommended. Appointments at her home near Konstancin (K.K.Baczynskiego) or in Centrum (ul. Mysliwiecka 10), E:

info@physiomed.pl, M: 602 274 149,

T: 22 622 52 08, F: 22 622 52 09, W: www.physiomed.pl.

Another practice is located in the 'Praga district' over the river (approx 15 mins from Best mall over the bridge) lovely young couple offering physio and a range of massages, both speak excellent English. Address: ul

ZWOLEŃSKA 127 lok.26, Międzyzylesie. T: 785 992 512, W:

www.osobistyterapeuta.pl

COMMUNICATING IN POLISH

SOME BASIC PRONUNCIATION

'cz' sounds like the 'ch' in beach

'j' like the 'y' in yea

'n' like the 'ny' in canyon

'r' is always rolled

'w' like 'v'

'dź' like the 'g' in George

'dz' like the 'ds' in beds

'c' like 'ts' in mats

'Ź' like the 'w' in win

'sz' like the 'sh' in ship

'rz' and 'ż' like the 'su' in treasure

BASIC USEFUL WORDS

POLISH WORD	PRONUNCIATION	MEANING
dzień dobry	dsjen do-bri	Good morning
dobry wieczór	do-bri-vyeh-choor	Good evening
dobranoc	dobrah-nots	Good night
do widzenia	do-vi-dsenia	Good bye (formal)
cześć	cheshch	hi / bye (informal)
tak	tahk	yes
nie	nyeh	no
proszę	prosheh	please/you are welcome
dziękuję	dsjen-koo-yeh	thank you
przepraszam	psheh-prasham	sorry
dobry	dobri	good
koniec	konyetz	end

wejście	veeyshchyeH	Entrance (foot traffic)
wyjście	veyshchyeH	exit (foot traffic)
wjazd	vyazd	entry (vehicle)
wyjazd	vyyazd	exit (vehicle)
objazd	obyazd	detour
plac	plats)	square
ulica	ulitza)	street
w lewo	flehvo)	to the left
w prawo	fprahvo	to the right
prosto	prohsto	straight
obok	obock	next to
tutaj	tootai	here (stop here)
zakaz	zuh-kus	forbidden (roadsigns)
wjazdu/wstępu	vyazdu/vstempu	no entry
znaczki	znuchkii	stamp (post office)
poczta	pochta	post office
list polecony	list poletsony	registered letter
zdjęcie	zdijenchie	picture/foto
otwarte	ot-varteh	open
zamknięte	samknienteh	closed
czynny	chynneh	open
nieczynny	nyeh-chynneh	closed/out of order

pchać	p-hatch	push
ciągnąć	chiangnach	pull
winda	vinda	lift/elevator
schody	s-hodeh	stairs
schody ruchome	s-hodeh roo-homeh	escalator
parter	parter	ground floor
pierwsze piętro	pyervshe pientro	first floor
drugie piętro	drugyeh pientro	Second floor
lekarz	lekash	doctor
stomatolog	stomato-log	dentist
toalety	toaletteh	bathroom

USEFUL PHRASES

PHRASE	PRONUNCIATION	MEANING
Czy mówi pan/pani po angielsku?	chi moovee pan/panee po angyelsku?	Do you speak English?
Nie mówię po polsku	nyeh moovyeh po polskoo	I don't speak Polish
Proszę to napisać	prosheh toh napeesatch	Please write it down
Proszę powtórzyć	prosheh povtooshytch	Please repeat it
Nazywam się	nasyvam shyeh	My name is
Gdzie są toalety?	gdsyeh sou toaletteh	Where are the toilets?

Która jest godzina?	kturah yest godsinah	What time is it?
Nie mam drobnych	nyeh mam drobneeh	I have no small money
Ile to kosztuje?	eleh toh koshtuyeh?	How much does it cost?
Nie ma	nyeh ma	There is no/there are no

USEFUL WORDS / PHRASES IN EMERGENCY SITUATIONS

English	Polish
Help	Pomoc
Please send the police	Proszę wezwać policję
Please send an ambulance	Proszę wezwać ambulans
There is a fire	Pali się
Please send the fire brigade	Proszę wezwać straż pożarną
My address is	Mój adres
My telephone number is	Mój telefon
My name is	Nazywam się
I don't speak Polish	Nie mówię po polsku

POLISH HOLIDAYS

Poland has many traditions and you will find the majority of official holidays are still family oriented. Some of the major days are:

SYLWESTER (NEW YEAR'S EVE)

December 31. (January 1 is the official New Year's Day holiday.) Fireworks are the order of the day.

THREE KINGS DAY (THE EPIPHANY)

January 6. Celebrates the revelation of God the Son as a human being in Jesus Christ. Commemorates either the visitation of the Biblical Magi to the Baby Jesus (Western Christians) or the baptism of Jesus in the Jordan River (Eastern Christians).

TŁUSTY CZWARTEK (FAT THURSDAY)

Last Thursday before the start of Lent. This is the last chance for Poles to eat to excess before Lent. The more donuts ("pączki" [ponchkee]) you can eat during this day, the luckier you are in the New Year.

FIRST DAY OF SPRING

March 21. This is mainly celebrated in the countryside with the burning or drowning of a scarecrow, which symbolizes winter.

PRIMA APRILIS (APRIL FOOL'S DAY)

April 1. Anything goes

EASTER - WIELKANOC (EASTER SUNDAY)

A very important religious and family holiday. Easter eggs in Poland means the appearance of beautifully hand painted wooden eggs called "pisanki".

ŚMIGUS-DYNGUS or LANY PONIEDZIAŁEK (EASTER MONDAY)

Celebrated by youngsters mostly. They go around town and soak anyone and everyone without recompense.

MOTHER'S DAY

May 26

CHILDREN'S DAY

June 1st

WSZYSTKICH ŚWIĘTYCH (ALL SAINTS' DAY)

November 1. On this day Poles congregate at cemeteries to commemorate the dead. Each of the graves will be decorated with flowers and candles, and many people will travel long distances so as to visit the graves of their beloved. This is a sight not to be missed and will leave an unforgettable impression.

WIGILIA (CHRISTMAS EVE)

One of the largest celebrations in Poland. Most people fast during the day before the evening meal. An extra place is always laid at the table for an unexpected traveler. Christmas trees are decorated and the gifts are hidden from the children until the first star appears in the sky, and then festivities begin. The meal always begins with the exchange of the “opłatek” –wafer- and greetings between all those present at the table. Tradition says that there should be 12 dishes served and no meat. The traditional fish is carp and no alcohol should be drunk. During and after the meal everyone groups together to sing Christmas carols and then attends midnight mass (Pasterka). All the children and others have to wait until after the meal to receive their presents.

BOŻE NARODZENIE (CHRISTMAS)

December 25. This day is usually spent with family and visiting those of the family who live further away.

BIRTHDAYS & NAME DAYS

Of course birthdays are celebrated, but names days are more important and greater emphasis is placed on these.

Official Public Holidays

1 January	New Year
6 January	Epiphany
March/April Sunday)	Easter Monday (the Monday following Easter
1 May	Labor Day
3 May	Constitution Day
May/June	Pentecost (7th Sunday after Easter)
May/June	Corpus Christi (9 th Thursday after Easter)
15 August	Assumption Day
1 November	All Saints Day

11 November Independence Day
25 & 26 December Christmas

Most, but not all, of these holidays are observed by shops and businesses. Certain holidays may affect the schedules of public transportation, so check before you leave home. A word of warning... avoid travelling on November 1st as every Polish person will be heading home to visit the graveyards for All Saints day. Car accidents are at an all time high these couple of days, so be extra careful.

ASW

Academic Calendar 2021/22



	August 2021	February 2022	
8/4-7 New teachers arrive	S M Tu W Th F S 1 2 3 4 5 6 7	S M Tu W Th F S 6 7 8 9 10 11 12	School Day – 8:30am to 3:30pm
8/15 – Assumption day	8 9 10 11 12 13 14	13 14 15 16 17 18 19	Wednesday late start – 9:30am
8/16 – New Student Orientation	15 16 17 18 19 20 21	20 21 22 23 24 25 26	
8/17 – First Day of School	22 23 24 25 26 27 28	27 28	2/21-25 – Winter Break
	29 30 31		
	September 2021	March 2022	
	S M Tu W Th F S 5 6 7 8 9 10 11	S M Tu W Th F S 6 7 8 9 10 11 12	
	12 13 14 15 16 17 18	13 14 15 16 17 18 19	
	19 20 21 22 23 24 25	20 21 22 23 24 25 26	
	26 27 28 29 30	27 28 29 30 31	
	October 2021	April 2022	
10/1 – PD Day	S M Tu W Th F S 3 4 5 6 7 8 9	S M Tu W Th F S 3 4 5 6 7 8 9	4/1 – PD Day
	10 11 12 13 14 15 16	10 11 12 13 14 15 16	4/18 – Easter Monday
10/20 – UN Day	17 18 19 20 21 22 23	17 18 19 20 21 22 23	4/18-22 – Spring Break
10/25-29 – Autumn Break	24 25 26 27 28 29 30	24 25 26 27 28 29 30	
	31		
	November 2021	May 2022	
11/1 – All Saints Day	S M Tu W Th F S 7 8 9 10 11 12 13	S M Tu W Th F S 8 9 10 11 12 13 14	5/1 – Labor Day
11/11 – Poland Independence Day	14 15 16 17 18 19 20	15 16 17 18 19 20 21	5/3 – Constitution Day
11/25 – U.S. Thanksgiving	21 22 23 24 25 26 27	22 23 24 25 26 27 28	5/28 – Graduation
	28 29 30	29 30 31	
	December 2021	June 2022	
	S M Tu W Th F S 5 6 7 8 9 10 11	S M Tu W Th F S 5 6 7 8 9 10 11	6/16 – Corpus Christi
	12 13 14 15 16 17 18	12 13 14 15 16 17 18	6/15 – Last day of School for Students
12/20-1/7 – Holiday Break	19 20 21 22 23 24 25	19 20 21 22 23 24 25	6/17 – Last day of school for Teachers
	26 27 28 29 30 31	26 27 28 29 30	
	January 2022		
	S M Tu W Th F S 2 3 4 5 6 7 8		
1/6 – Epiphany	9 10 11 12 13 14 15		
1/21 – Semester 1 ends	16 17 18 19 20 21 22		
1/24 – Semester 2 begins	23 24 25 26 27 28 29		
	30 31		

KEY

- no school for students
- no school for students, faculty or staff

Total student days – 179
Total teacher work days – 187