



POLISH  
TOURISM  
ORGANISATION

# Poland. More than you expected

■ [www.polen.travel](http://www.polen.travel) #VisitPoland

# Poland and the Nordics

on the map of  
Europe



  
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# Poland and Covid-19

## General rules

- **Masks are obligatory only in the closed areas, inside the buildings, public transportation, shops, theaters and cinemas, churches etc.**
- **COVID-19 Pass, proof of recovery or negative COVID-19 test** (max 48 hrs prior to arrival) – no quarantine required.
- **Traveller Location Card is necessary** – to be filled in the plane.



# Travelling to **Poland**

Current flight connections to Poland from:

## **BERGEN**

- Gdańsk
- Kraków
- Szczecin
- Warszawa

## **OSLO**

- Gdańsk
- Kraków
- Szczecin
- Warszawa

## **OSLO TORP**

- Gdańsk
- Katowice
- Kraków
- Poznań
- Rzeszów
- Szczecin
- Warszawa
- Wrocław

## **STAVANGER**

- Gdańsk
- Kraków

## **TRONDHEIM**

- Gdańsk



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# 5 things you already know about **Poland**

- Kraków – the bestseller with Wawel Hill, Old Town and Kazimierz, trip to Wieliczka, Auschwitz and Zakopane
- Gdansk – Sopot – Gdynia – Poland's Riviera at the Baltic Sea
- Warszawa – the business capital, the unique history, a lot of Frédéric Chopin's music
- Shopping, hairdressers and dental services – good quality in very good prices
- Bisons in Białowieża National Park



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# 5 things you did not expect to see in Poland

Murals and street art

Easy to find in Bielsko-Biala, Gdansk, Lodz, Poznan, Wroclaw, Katowice, Krakow and Warszawa



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# 5 things you did not expect to see in **Poland**

**Culinary trails** – not only pierogi or bigos...

try out vegan-friendly Warszawa, visit the capital of potato – Poznan

Or... take part in the wine festival in Zielona Gora!



  
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# 5 things you did not expect to see in Poland

Kitesurfing in Hel and hiking in Jura – just two examples of active holidays in Poland.

Alternative sports fan? Watch **Intel Extreme Masters**, play live action role-playing game in Polish castles, or take part in **Multigenre Fan Convention Pyrkon** in Poznan.

  
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# 5 things you did not expect to see in Poland

Play golf or choose another game activity!

At the seaside, in the mountains or close to the big cities – there are over 35 golf courses with 9 and 18 holes



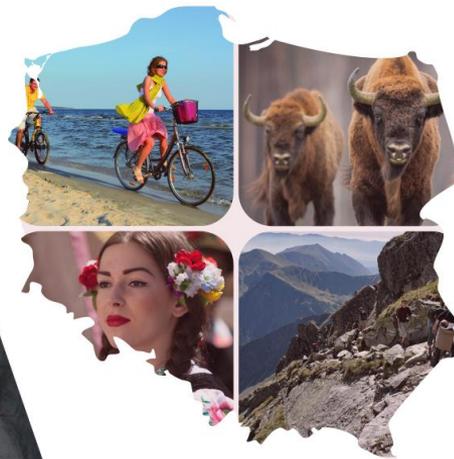
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# 5 things you did not expect to see in Poland

Spa underground?

Visit Wieliczka or Bochnia salt mines to stay overnight underground and enjoy this unique salty air... thalassotherapy, graduation towers, muds and mineral waters can be found in Poland as well.



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# Planning a trip to Poland

- [www.polen.travel](http://www.polen.travel) gives not only a lot of inspiration but also the updated information on current **restrictions and recommendations** in regards to COVID-19 status.
- Do not forget to register to our **newsletter** – there is a plenty of news coming once per month! And invitations for **fam trips**!
- **Poland Online Inspection** a new tool for group and MICE organizers! Check more [here](#)!



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# Do you need more info about **Poland**?

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