

POLAND

Basic Data



波兰
基本信息

Official name: Republic of Poland

国名: 波兰共和国

Location: in the very centre of Europe. Between 49° 00' and 54° 50' northern geographic latitude and between 14° 08' and 24° 09' eastern geographic longitude



地理位置: 位于欧洲的中部。在北纬49° 00'和54° 50', 东经14° 08'和24° 09'之间

Neighbouring countries: Russian Federation, Lithuania,

Belarus, Ukraine, Slovakia, Czech Republic, Germany. Its northern border runs along the Baltic Sea coast

邻国: 俄罗斯联邦共和国, 立陶宛, 白俄罗斯, 乌克兰, 斯洛伐克, 捷克共和国, 德国。北部直达波罗的海



Climate: moderate with average temperature

between 7 and 10° C

气候: 平均气温在摄氏7-10度

Area (sq. km): 312685

面积(平方公里): 312685

Population: 38,230,000

人口: 38,230,000

Language: Polish

语言: 波兰语



Capital: Warsaw

(1.6 million people)

首都: 华沙(人口160万人)

Main cities: Lodz, Krakow, Gdansk, Szczecin, Poznan, Wroclaw, Katowice

主要城市: 罗兹, 克拉科夫, 格但斯克,

什切青, 波兹南, 弗罗茨瓦夫, 卡托维茨

Administrative division: since 1999 there is three-level division: 16 voivodships (provinces), 314 powiats and 66 cities with powiat level (municipality level), 2478 gminas (commune level)

行政区域: 自1999年波兰行政区域按三级划分: 16个省, 314个县, 66个县级市, 2478个乡(最小的行政区划单位)

Usage of the area: agriculture (61.4%), forests (29.5%), lakes and rivers (2.1%), wasteland (1.5%), transport and residential (4.5%), others (1.0%)

国土资源: 农田(61.4%), 森林(29.5%), 湖泊和河流(2.1%), 荒地(1.5%), 公路及住宅占地(4.5%), 其他(1.0%)



Authority: legislative - Sejm (lower house of Parliament), Senate (upper house of Parliament); executive: President, Council of Ministers; judicial: courts and tribunals

国家机构: 立法—众议院(下议院), 参议院(上议院); 行政机构—总统, 部长会议; 司法机构—法院, 法庭

To find Polish exporters please contact/ 如需寻找波兰出口商请联系:

TRADE & INVESTMENT PROMOTION SECTION, EMBASSY OF POLAND

波兰驻华大使馆贸易和投资促进处

2 Ritan Lu, Jianguomenwai, 100600 Beijing, China/ 中国北京建国门外日坛路2号

tel./ 电话: (0086 10) 65321888, 65321235; fax./ 传真: (0086 10) 65324958

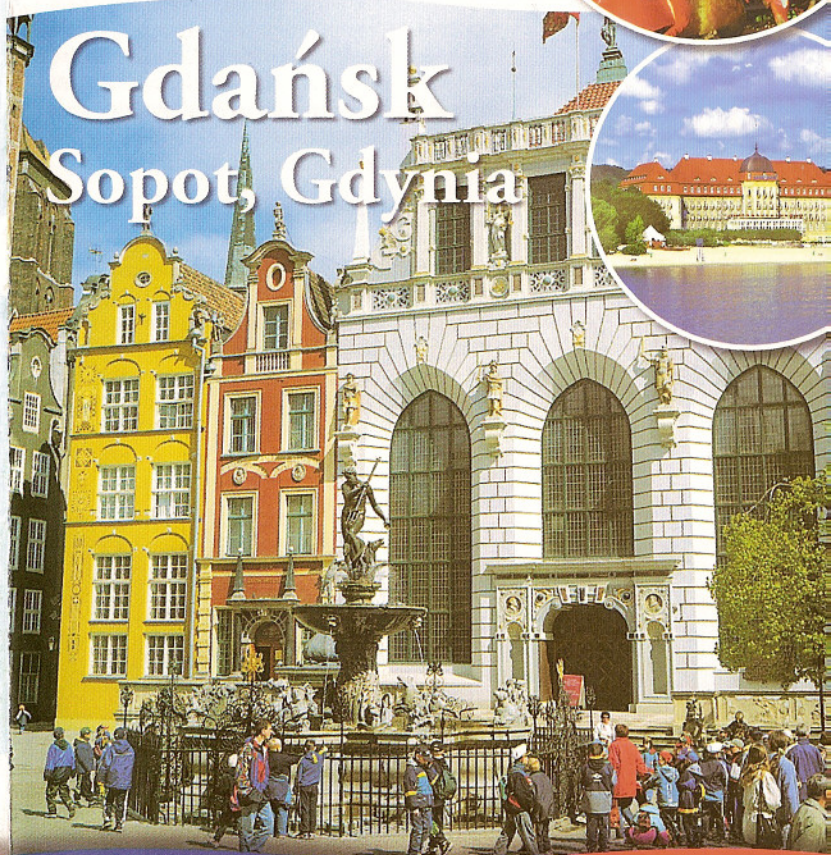
internet/ 网址: <http://www.polecom.com.cn> e-mail/ 电子信箱: polcom@public3.bta.net.cn

Polska

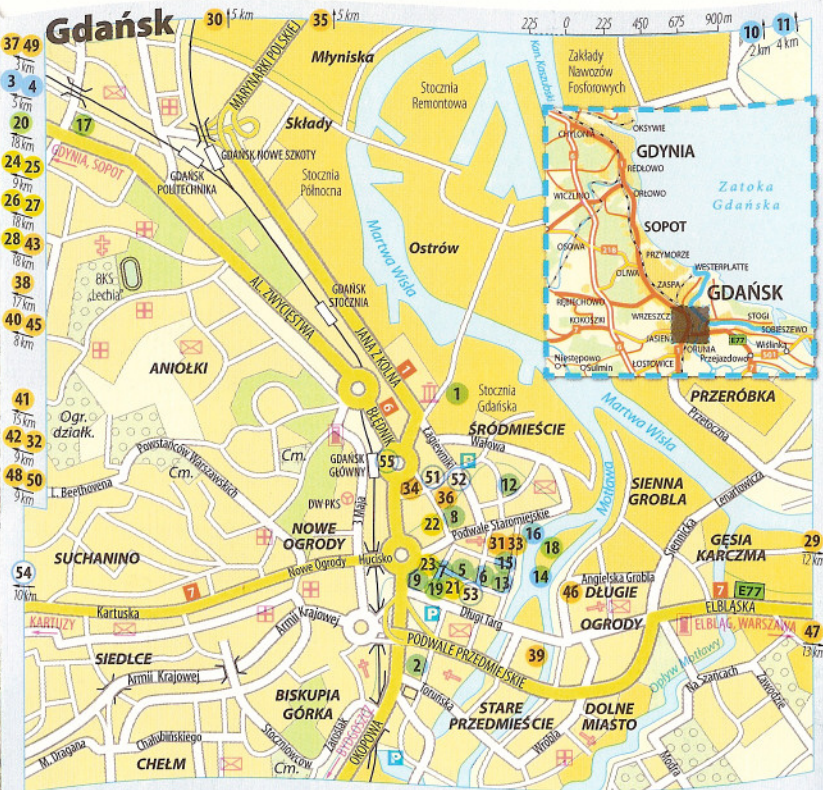


Poland

Gdańsk Sopot, Gdynia



Gdańsk



BRANCHES OF THE POLISH TOURIST ORGANISATION ABROAD

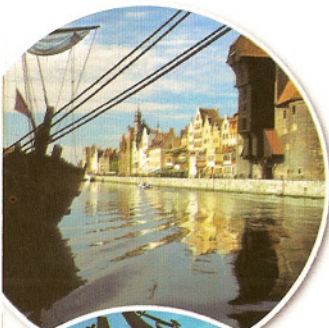
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- **BELGIUM** - Brussels
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- **FRANCE** - Paris
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- **GERMANY** - Berlin
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www.polen-info.de, info@polen-info.de
- **GREAT BRITAIN** - London
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www.visitpoland.org, info@visitpoland.org
- **HOLLAND** - Amsterdam
tel. +(31-20) 625 35 70, fax 623 09 29
www.poleninfo.info, poleninfo@planet.nl

- **HUNGARY** - Budapest
tel. +(36-1) 269 78 09, fax 269 78 10
www.polska-tourist.info.hu, bakonyi@polska.datanet.hu
- **ITALY** - Rome
tel. +(39-06) 482 70 60, fax 481 75 69
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- **JAPAN** - Tokyo
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www.poland-tourism.pl

Polish Tourist Organisation



Gdańsk (population of just under 500,000) is situated on the Bay of Gdańsk on the Baltic Sea and close to the delta of Poland's longest river, the Vistula. The city is the main part of the urban development that includes Sopot and Gdynia and is known as the Tricity


The earliest records of Gdańsk go back to 10th century. In the mid-14th century it joined the Hanseatic League, the most powerful trading organization in northern Europe, which ensured the city's rapid growth and power. Gdańsk's greatest period of prosperity lasted until the end of the 16th century. Seventy five percent of Polish exports, chiefly grain, were shipped through the port of Gdańsk to all parts of Europe. Settlers came to Gdańsk from Germany, the Netherlands, England, Scandinavia, Russia, the Czechia, Hungary, France, Scotland and Italy. The city's political system was a form of a free mercantile republic.



During World War II, which actually began in Gdańsk with the Nazi assault on the Westerplatte peninsula, the city suffered enormous damage. It was also shelled by the Russian Red Army in 1945 when many buildings were totally destroyed. The majority of the historical buildings in Gdańsk were rebuilt after the war.

The very recent history of the Tricity area (Gdańsk, Gdynia & Sopot) is important for all Poles. It was here that the strikes of 1970, 1980 and 1988 began, ultimately leading to the demise of communism. Lech Wałęsa led the 1980 strike at the shipyard in Gdańsk, which became the cradle of the Solidarity movement. The trade-union leader went on to become a Nobel Peace Prize laureate and Poland's President. The memory of the past is still very much alive in the city. Three large crosses stand at the entrance to Gdańsk Shipyard to commemorate the workers killed in 1970.

GDAŃSK'S GLORIOUS PAST




You may want to start with a stroll through historic Gdańsk along the Royal Way, the several-hundred-metre long main axis of the old city. The Royal Way starts from the Renaissance Wyzynna (Upland) Gate (1586-1588), once part of the city's western fortifications. Right behind it is the Torture House and the Prison Tower, built in the 14th century and subsequently converted. Nearby, on the left-hand side, is the Great Armoury (1600-1609) – Gdańsk's former arsenal. This building is considered Gdańsk's best example of Dutch Mannerism. Nearby is the Złota (Golden) Gate (1612-1614), another example of Mannerist architecture. This gate opens onto



Długa Street, where the wealthiest Gdańsk residents used to live. Among the many houses with interesting façades is the Uphagen House, 12 Długa St., which has been a museum since 1910.



At the far end of Długa Street stands the Main Town hall with its spire from the turn of the 13th century. The Town Hall interiors in the Dutch Mannerism style are considered to be one of Europe's most sumptuous decorations. The Town Hall opens up onto Gdańsk's most characteristic area – the wide Długi Targ (Long Market) Street with its beautiful, perfectly reconstructed houses, including the famous Golden House.

The real gem here is Artus Manor from the second half of the 15th century, which housed the assembly of Gdańsk burghers. The magnificent late-Gothic façade conceals spacious interiors, which house a 10-m-tall Renaissance ceramic-tile stove and amongst others ancient ship models. The building's huge cellars contain a wine bar and restaurant. In front of the Artus Manor is the large 17th-century Rococo Neptune fountain, the symbol of the city and a popular meeting place.



The wide perspective of Długi Targ Street is closed off by the huge, palace-like Green Gate, dating from the mid-16th century, initially planned to be a royal residence. Behind the Green Gate, on the canal, is the start of the boulevard running to the Old Port. Walking along Długie Pobrzeże, it's worth turning into the second gate, Mariacka Gate, to enter the fairy-tale Mariacka Street, the most beautiful corner of Gdańsk's Old Town. This little street ends at the monumental St. Mary's Basilica, a huge building that can hold up to 25,000 people. The city's ample architectural heritage includes the Old Town Hall erected between the 16th-17th centuries. Its showpieces are the entrance hall and the mayor's study. Another very characteristic Gdańsk landmark is the Medieval Dock Crane.

SOPOT AND OLIWA



During a short break in Gdańsk, it's worth visiting Sopot, located just along the coast. Founded in the mid-19th century, often called the Monte Carlo of the north, Sopot was from the very beginning a seaside resort and a place for holiday makers. The city offers a wide range of attractions in the summer, which includes numerous restaurants, cafés and night clubs. After a day at the beach, there's time for a stroll down the promenade and a concert at the beautiful Leśna (Forest) Opera. The pier is Sopot's unique feature – the half-kilometre-long wooden promenade is nearly 150 years old. Right



next to the beach is the Grand Hotel, Sopot's largest and most elegant hotel, built in the 1920s in the Emperor Wilhelm Baroque style. Halfway between Gdańsk and Sopot is Oliwa, famous around the world for its priceless organ in Oliwa Cathedral.

A few kilometres west of Sopot is Gdynia. This city was built between 1920 and 1930 on the site of an existing village. After the restoration of independence in 1918 Gdynia was to be Poland's main port and shipbuilding centre. Gdynia's modern centre is a favourite shopping area for local residents. These places include the nearby Marine Boulevard, at the foot of a scenic park in the direction of Sopot. From 1923 Gdynia has been the home of one of the world's largest shipyards.

LOCAL ATTRACTIONS

The area surrounding the Tricity is one of the best tourist regions in Poland. To the north, on the other side of the Bay of Gdańsk, is the Hel Peninsula. The peninsula features fishing villages and beautiful beaches, including **Chalupy, Jastarnia and Jurata**. Between the Tricity and the Hel Peninsula is the picturesque town and fishing port of **Puck**. World-class sailing and windsurfing events are held here because of the excellent sailing conditions in the **Bay of Puck**. In the nearby town of Rzucewo, on the edge of the Bay of Puck, is a hotel located in a beautiful neo-Gothic palace, surrounded by a lovely park.

The area near Tricity includes Kashubia and Żuławy. Kashubia, a densely forested region dotted with lakes and rivers, with exceptional natural features and folk culture. **Bytów**, with its Teutonic Knights' castle, and the towns of **Kościerzyna** and **Kartuzy** are typical of the Kashubian Lake District stretching south-west from Gdynia. You can stay here at one of many small hotels and B&B farms. The open-air museum near **Wdzydze Kiszewskie** presents original rural architecture with period fittings. A traditional country fair is held here every year in July. Local cuisine, games and music as well as arts and crafts attract many visitors. Żuławy, stretching southeast from Gdańsk, is a depression in the delta of the Vistula river, and lies below the level of the sea, and was originally developed by Dutch settlers. Arcaded houses, windmills and little village churches as well land reclaimed from the sea are characteristic of Żuławy.

In the nearby town of **Malbork** stands the Teutonic castle complex which has been recorded on the UNESCO List of World Heritage. From the 14th-century, for almost 150 years, the castle was the seat of the Grand Master of the powerful monastic order



of Teutonic Knights. Today it is a very interesting museum. Son et lumière performances and Medieval jousting tournaments are held here all summer long. Enthusiasts of older 'technology' and engineering will enjoy travelling along the 19th-century Elbląg Canal with its unique lock system requiring ships to be moved over land between waterways.

GIFTS AND SOUVENIRS

The perfect souvenir from a trip to Gdańsk or a vacation on the Baltic Sea is amber, resin fossilized millions of years ago. It can be found along the waterline, washed up by the sea onto the sandy Polish beaches. On sale in shops you will find necklaces made of this natural raw material, which is also believed to possess therapeutic properties, or silver jewellery decorated with amber – a Polish speciality. The country fair in Wdzydze is an excellent place to buy elaborate Kashubian embroidery, hand made by local artisans.

CALENDAR OF CULTURAL EVENTS

- In mid- July the Gdańsk International Street and Open-Air Theatre Festival "FETA" is held: the historic streets become a living stage set for performers from all over the world. www.feta.pl
 - **St. Dominic Market** - the oldest Gdańsk festival (since 1260). Staged in the Old Town, it lasts for three weeks, starting on the last Saturday in July. Everything can be bought there, from lollipops to antique furniture. The festival presents many cultural side shows, performances, concerts and presentations. www.mtgz.pl
 - **The International Organ Music Festival in Oliwa** is a prestigious cultural event with nearly 50 years of tradition. The beautiful form and excellent sound of the Oliwa Cathedral organ attracts the best organists from the whole world to Gdańsk.
 - **The Shakespeare Festival** is held in Gdańsk each August. It is an international review of the most interesting theatre productions of the plays written by the Bard. www.teatr-szekspir.gda.pl
 - **The Gdańsk Carillon Festival** is a unique musical event in Poland. Every year in August various musical compositions, including Baroque pieces by Johann Sebastian Bach, are played by two sets of bells located in the Main Town Hall tower and the tower of St Catherine's Church.
 - **The International Song Festival** is held in August at the Leśna Opera in Sopot.
 - **Maritime Days** are organised in Gdynia in the summer.
- Other events – www.pot.gov.pl/kal





MUNICIPAL TRANSPORT

Bus, trolleybuses and commuter trains operate across the whole Tri-City area. Tramways operate only in Gdańsk. There are plenty of taxis at taxi stands, but it's cheapest to order a radio-taxi by phone – the drive to the customer is free of charge (telephone numbers of reliable taxi services are: 91 91, 91 92 and 91 97).

GDAŃSK'S MUSEUMS

- 1 • "Solidarity" Museum, www.fcs.org.pl – wystawa „Drogi do Wolności”, sala BHP Stoczni Gdańskiej, ul. Doki 1, tel. 769 29 20
- 2 • National Museum, Masterpieces of Old Art, ul. Toruńska 1, tel. 301 70 61, 301 68 04, www.muzeum.narodowien.gda.pl
- 3 • National Museum, Modern Art Gallery in the Abbots' Palace, ul. Cystersów 18, tel. 552 12 71
- 4 • National Museum, Ethnographic Museum in the Abbots' Granary, ul. Cystersów 19, tel. 552 41 39
- 5 • Historical Museum of Gdańsk, Main Town Hall and the Amber Museum, ul. Długa 47, tel./fax 767 91 00
- 6 • Artus Court, ul. Długi Targ 43/44, tel. 767 91 80
- 7 • Uphagen's House, ul. Długa 12, tel. 301 23 71
- 8 • Museum of Tower Clocks, ul. Wielkie Młyny, tel. 305 64 92
- 9 • Amber Museum, Targ Węglowy, tel. 301 49 45
- 10 • The Vistula Estuary Fortress, ul. Stara Twierdza 1, tel. 343 14 05
- 11 • Westerplatte – Guardhouse No 1, tel. 767 91 62
- 12 • Polish Post Office Museum in Gdańsk, ul. Obr. Poczty Polskiej 1/2, tel. 301 76 11
- 13 • Archaeological Museum, ul. Mariacka 25/26, tel. 301 52 28
- 14 • Central Maritime Museum, Spichlerze Otłowińska 9/13, tel. 301 86 11, www.cmm.pl
- 15 • Crane, ul. Szeroka 67/68, tel. 301 53 11
- 16 • Sotdek Ship-Museum, tel. 301 53 11

OPERA, MUSIC, THEATRE

- 17 • State Baltic Opera, Gdańsk, Al. Zwycięstwa 15, tel. 763 49 12
- 18 • Polish Baltic Philharmonics, Gdańsk, ul. Otłowińska 1, tel. 305 20 40
- 19 • Wybrzeże Theatre, Gdańsk, ul. Św. Ducha 2, tel. 301 70 21
- 20 • Muzyczny Theatre, Gdynia, pl. Grunwaldzki 1, tel. 621 60 24

CLUBS

- 21 • Celtic Pub, Gdańsk, ul. Lektykarska 3, tel. 320 29 99, www.celticpub.pl
- 22 • Irish Pub, Gdańsk, ul. Korzenna 33/35, tel. 320 24 74, www.irish.pl
- 23 • Piękni, Młodzi i Bogaci, Gdańsk, ul. Teatralna 1, tel. 305 31 54
- 24 • Mandarynka, Sopot, ul. Bema 6, tel. 550 45 63
- 25 • Spatif, Sopot, ul. Bohaterów Monte Casino 54, tel. 550 26 83
- 26 • Pokład, Gdynia, Al. Zjednoczenia 11, tel. 660 34 31, www.poklad.pl

- 27 • Taboo, Gdynia, ul. 3-go Maja 27/31, tel. 782 01 73
- 28 • Ucho, Gdynia, ul. Św. Piotra 2, tel. 782 29 69, www.ucho.com.pl

SELECTED HOTELS AND B&B

- 29 • Barta***, Gdańsk, ul. Turystyczna 9a, tel. 308 09 99
- 30 • Dal***, Gdańsk, ul. Czarny Dwór 4, tel. 511 23 11
- 31 • Dom Aktora, Gdańsk, ul. Straganiarska 55/56, tel. 301 59 01
- 32 • Orbis Grand****, Sopot, ul. Powstańców Warszawy 12, tel. 551 00 41
- 33 • Hanza****, Gdańsk, ul. Tokarska 6, tel. 305 34 27
- 34 • Holiday Inn****, Gdańsk, ul. Podwale Grodzkie 9, tel. 300 60 00
- 35 • Lival***, Gdańsk, ul. Młodzieży Polskiej 10-12, tel. 522 02 00
- 36 • Mercure Hevelius***, Gdańsk, ul. Heweliusza 22, tel. 321 00 00
- 37 • Schronisko Młodzieżowe, Gdańsk, ul. Grunwaldzka 244, tel. 341 16 60
- 38 • Nadmorski****, Gdynia, ul. Ejsmonda 2, tel. 699 33 33
- 39 • Novotel Gdańsk Centrum***, ul. Pszenna 1, tel. 300 27 50
- 40 • Novotel Gdańsk Marina***, ul. Jelitkowska 20, tel. 558 91 00
- 41 • Olimp*, Gdynia, ul. Olimpijska 5/9, tel. 622 43 26
- 42 • Opera***, Sopot, ul. Moniuszki 10, tel. 555 56 00
- 43 • Orbis Gdynia***, ul. Armii Krajowej 22, tel. 666 30 40
- 44 • Oliwki*****, Gdańsk-Oliwa, ul. Bytowska 4, tel. 554 70 00
- 45 • Orbis Posejdon***, Gdańsk, ul. Kapliczna 30, tel. 511 30 00
- 46 • Podewils*****, Gdańsk, ul. Szafarnia 2, tel. 300 95 60
- 47 • Renusz***, Gdańsk, ul. Nadwiślańska 56, tel. 308 07 86
- 48 • Rezydent****, Sopot, Pl. Konstytucji 3 Maja 3, tel. 555 58 00
- 49 • Szydłowski***, Gdańsk, ul. Grunwaldzka 114, tel. 345 70 40
- 50 • Wanda***, Sopot, ul. Poniatowskiego 7, tel. 550 30 37

TRI-CITY ON THE INTERNET

- www.trojmiasto.pl • www.gdansk.pl
- www.sopot.pl • www.sopot.net • www.gdynia.pl

TOURIST INFORMATION IN GDAŃSK

- 51 • ul. Heweliusza 29, tel. 301 43 55, www.gdansk.gda.pl
- 52 • ul. Długa 45, tel. 301 91 51, www.ptk-gdansk.pl

OTHER INFORMATION

- 53 • Lech Wałęsa Airport, ul. Słowackiego 200, tel. 348 11 63, www.airport.gdansk.pl
- 54 • Railway Station Gdańsk Główny, ul. Podwale Grodzkie 1, tel. 94 36

Phoning Gdańsk Sopot and Gdynia from Poland use the prefix 058 from abroad +4858

