

Staying in Warsaw

The Irving Fisher Committee Workshop hosted by Narodowy Bank Polski

Warsaw, 14–15 December 2015

On the occasion of the Irving Fisher Committee Workshop hosted by Narodowy Bank Polski (NBP), we would like to provide you with some helpful information about the workshop, as well as about the city and some useful services.

Workshop

The workshop will be held in the **Regent Warsaw Hotel's** *Ballroom* on the ground floor. The conference registration desk will be located in the foyer next to the *Ballroom*.

The Regent Warsaw Hotel is located in the walking distance from the Royal Łazienki Museum and it is situated next to the Royal Route. From there, it takes less than 20 minutes by bus to reach Krakowskie Przedmieście and the Old Town where you may find galleries, museums as well as charming cafes and popular restaurants.

The participants may make their own accommodation arrangements. For your convenience, Narodowy Bank Polski has negotiated preferential rates at the Regent Warsaw Hotel (www.regent-warsaw.com) – the meeting venue. You will receive a separate email with booking instructions.

Preliminary programme

14 December 2015 (Monday)

Workshop

08.30–09.00	Registration/welcome coffee
09.00–09.30	Opening remarks Marek Belka, President, Narodowy Bank Polski Turalay Kenç, Deputy Governor, Central Bank of the Republic of Turkey and Chairman of the Irving Fisher Committee on Central Bank Statistics
09.30–11.10	Session 1: Micro and macro views on financial stability: different perspectives of the risks affecting financial systems
11.10–11.30	Coffee break
11.30–13.10	Session 2: New statistical frameworks for financial stability analysis: experiences and challenges for micro and macro data integration
13.10–14.30	Lunch
14.30–16.10	Session 3: Closing data gaps for financial stability assessment: the importance of micro level data sources and harmonization
16.10–16.30	Coffee break
16.30–18.10	Session 4: Central credit registers: entity-level information transformed into knowledge about macro-stability threats

Dinner hosted by NBP

19.00	Dinner will be organized at a restaurant. <i>Transfer will be provided.</i>
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15 December 2015 (Tuesday)

Conference

08.30–09.00	Welcome coffee
09.00–10.40	Session 5: The experience of emerging markets' statistical institutions in combining micro and macro level data: different approaches, a common goal
10.40–11.00	Coffee break
11.00–13.00	Session 6: Intensifying cooperation between national and international institutions: from a national perspective to the global financial system
13.00–14.30	Lunch

Social Programme

15.00	Meeting at the hotel lobby
15.00–19.00	Social programme: Chopin Museum Warsaw Uprising Museum Walk around the Old Town

Dinner hosted by BIS

19.00	Dinner organized at a restaurant.
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Staying in Warsaw

Weather

The weather in Poland can be tricky at times. December can be snowy or rainy, cold and freezing, so please make sure you check the weather forecast before your departure. The ten day forecast is available at: <http://www.weather.com/weather/tenday/Warsaw+Poland+PLXX0028>.

We recommend taking scarves, gloves, hats, as well as warm winter coats and shoes.

Warsaw Tourist Attractions

Warsaw, the capital of Poland, is a vibrant and thriving European metropolis. This modern and friendly city has plenty to offer for everyone: interesting museums, numerous green areas and parks, charming cafes and restaurants. Please find below the most interesting places to visit in Warsaw:

- **Royal Castle** – a castle that formerly served as the official residence of the Polish monarchs (from the 16th century to the Partitions of Poland at the end of 18th century). It is located in the Castle Square, at the entrance to the Warsaw Old Town.
- **Old Town** – the oldest part of the city. It is one of the most prominent tourist attractions in Warsaw. In the heart of it there is the Old Town Market Place where many of restaurants, cafes and shops are located.
- **Royal Route** – the former communication route that led southward from the city's Old Town. The route, with other parts of Warsaw Old Town, is one of Poland's official national Historic Monuments.
- **Royal Łazienki Museum** – harmonious synthesis of 18th century architecture (which contains some of Europe's architectural gems, such as the Palace on the Isle and the Old Orangery) and historic gardens.
- **Museum of King Jan III's Palace at Wilanów** – is composed of the palace, its decorations and works of art, gardens and sculptures located in the park. The residence bears traces of its former inhabitants, their interests and habits, and the collection of art amassed here over the years. The Wilanów Museum commemorates past events which make up the history of the Republic of Poland.
- **Palace of Culture and Science** – Viewing Terrace “XXX Floor” – the Palace is the tallest building in Poland. It is 231 meters tall, which includes a 43-metre high spire. The terrace, at 114 meters, is a well-known tourist attraction with a breathtaking panoramic view of the city.
- **Warsaw Rising Museum** – dedicated to the Warsaw Uprising of 1944. In order to present a full picture of the people involved, it collects and maintains hundreds of artifacts, ranging from weapons used by the insurgents to love letters.

- **National Museum** – one of the largest museums in Poland and the largest in Warsaw. It houses an amazing collection of ancient art, an extensive gallery of Polish painting since the 16th century, and collection of foreign paintings (e.g. Italian, French and Flemish). The Museum boasts the Faras Gallery with Europe's largest collection of Nubian Christian art.
- **Copernicus Science Centre** – a science museum which contains over 450 interactive exhibits that encourage visitors to carry out some experiments and discover the laws of science for themselves.
- **National Stadium** – a football stadium with retractable roof. It is the home stadium of national football team of Poland. The stadium is also a multipurpose venue able to host sporting events, concerts, cultural events and conferences.
- **Places related to Fryderyk Chopin** – Fryderyk Chopin was undoubtedly the most famous Varsovian. In Warsaw he studied music and gave his first concert. On the walk of the city you can come across places he lived in. The most important place is the Holy Cross Church, where his heart is interred. Also Żelazowa Wola – about 50 km outside of Warsaw – the place where Chopin was born is worth visiting.
- **Maria Skłodowska Curie Museum** – devoted to life and work of Polish Nobel laureate who received this award twice. The holdings include photographs, letters, documents, the scientist's personal artifacts, as well as films about her, physics and chemistry. It is the only biographical museum in the world devoted to the discovery of polonium and radium.
- **Polin. Museum of the History of Polish Jews** – currently functions as an educational and cultural centre with an opulent cultural program, including temporary exhibitions, films, performances, concerts, debates, workshops and lectures. The Core Exhibition presents the thousand-year history of Polish Jews.

For more information please visit [Warsaw Tour](#).

Public transport

Public transport in Warsaw is well organized, serving the city with buses, trams and Metro (subway). One-day ticket (cost PLN 15 – ca. EUR 3.59) entitles you to an unlimited number of journeys for 24 hours from its validation. Single fare transfer ticket costs PLN 4.40 – ca. EUR 1.05. The type of ticket you should use is called 'normal' ('full-price ticket'), and may be purchased at newsagent's or in public transport vending machines, available at many bus stops, tram stops and metro stations.

You may also download a smartphone application [jakdojade.pl](#) – it will help you to move around the city without getting lost. It is available in English, but in order to use it you will need to have an access to the Internet on your smartphone. Warsaw is covered with 4G mobile network.

Taxi and transportation within the city

Taxi corporations recommended by **Warsaw Chopin Airport** available just outside the arrival hall:

ELE SKY TAXI	+48 22 811 11 11	www.eletaxi.pl
SUPER TAXI	+48 22 578 98 00	www.supertaxi.pl
SAWA TAXI	+48 22 644 44 44	www.sawataxi.com.pl

The estimated cost of the taxi transfer from the airport to the city centre is approx. PLN 40 (approx. EUR 9.57), but it depends on the time and day of the travel.

If you need to order a taxi to travel within the city during your stay, please ask your hotel concierge for help or recommendations.

SHOPPING & SERVICES

Currency & Exchange

Polish Złoty (PLN) is the official currency in Poland.

PLN 1 = 100 groszy

EUR 1 = ca. PLN 4.18 *

USD 1 = ca. PLN 3.84 *

** Exchange rates of Narodowy Bank Polski, table of 7 August 2015*

ATMs are widespread around the city and you can pay by card nearly everywhere. Please note, that you may be charged an extra fee, depending on your bank policy.

We strongly recommend to exchange currency at the airport, in banks, post offices or at hotels.

Credit Card

MasterCard, Maestro and Visa are widely accepted. American Express and Diners Club have limited acceptability.

Tax

Value-added tax (VAT) is 8% or 23% depending on goods and services.

Shopping

For shopping you may try popular big shopping centres, for example:

- *Złote Tarasy*, near the Central Railway Station (4.2 km from Regent Warsaw Hotel; about 10 minutes by taxi, which is PLN 17 – ca. EUR 4.07),
- *Arkadia* near Warszawa Gdańska Railway Station (7.4 km from Regent Warsaw Hotel; about 20 minutes by taxi, which is PLN 25 – ca. EUR 5.98),

- exclusive shopping streets like Mokotowska, Bracka, Mysia, Chmielna and Krakowskie Przedmieście, situated in the heart of the city (approx. 2.2 km from Regent Warsaw Hotel; about 10 minutes by taxi, which is PLN 13 – ca. EUR 3.11).

Smoking

Smoking is not allowed in public places in general, including hotel's public areas. In public, smoking is allowed in dedicated areas only.

Electricity

The standard voltage for Poland is 220-240 Volts. Plug Type C, E, F. The outlet has two round holes.

Time Zone

Warsaw time in December is 1 hour ahead of the Coordinated Universal Time (UTC+1).

Useful phone numbers

Poland area code:	+48
Warsaw area code:	+48 22
Police:	997
Ambulance:	999
Fire brigade:	998
Emergency number to dial from mobile telephones:	112

Restaurants

If you want to discover Warsaw's restaurants, you can visit [Warsaw Foodie](#) or [Zomato](#) which provides up-to-date recommendations.

Polish cuisine

Polish cuisine is an important part of Poland's national heritage and culture. It was traditionally influenced by different nationalities and communities and it is famous for its use of berries, venison and aromatic mushrooms. The most popular dishes and products are the following:

- Pierogi – type of dumplings which come with different fillings (cottage cheese, cabbage & mushrooms, minced meat, fruit), served with cream, melted butter or pork scratchings.
- Żurek – soup made from soured rye flour and meat (boiled, smoked sausage, bacon, ham), served with hard-boiled eggs.
- Barszcz – (borscht) soup made from beetroots which can be served with small dumplings or potatoes. A very popular version of this soup is *chłodnik*, which is served cold with sour cream, soured milk, chopped radishes or cucumbers, dill, and parsley.

- Schabowy – pork cutlet coated with breadcrumbs, served with boiled potatoes and cabbage or sauerkraut.
- Makowiec – poppy seed cake, usually baked for Christmas.
- Oscypek – smoked cheese from the Tatra Mountains region (in the south of Poland), made of salted sheep's or cow's milk. It is an EU protected trade name since 2007.
- Sausages – one of the most popular meat products. Poles produce a great variety of sausages: cooked, smoked, dried, spicy, and mild. They are made from different kinds of meat.
- Bigos – known as a hunter's stew. It is traditionally made from a mix of cabbage, sauerkraut, and various cuts of meat (pork, ham, ribs, sausages), tomatoes, wild mushrooms, and prunes. It is necessary to cook it slowly for three days. Usually served with bread or potatoes.
- Śledzie – herring, prepared in any form, is the national favourite in Poland. It is a typical starter. There are numerous ways this marinated/pickled fish is served, e.g. with mustard and onion dressing, with a chopped onion, apple, and sour cream blanket, or simply with an oil and onion marinade with allspice and a bay leaf.
- Bread – Polish people are very picky when it comes to bread. The traditional bread is made of sour dough, has a crunchy crust and is moist inside. Other popular types of bread are made of rye and wheat with sunflower or pumpkin seeds. Sweet rolls are baked with pudding, jam or cottage cheese.
- Kremówka – is a Polish type of cream pie. It is made of two layers of puff pastry filled with whipped cream, vanilla pastry cream (custard cream) or creamy buttercream, and is usually sprinkled with icing sugar. Sometimes it is decorated with cream, whipped cream or covered with a layer of icing.
- Alcohol – Polish vodka is a recognized product, but it is not the only traditional alcohol drink. The other one is mead, which is made from natural bees' honey. The strongest of all is Śliwowica (plum brandy), containing between 70 and 80 per cent of pure alcohol.
- Toruń gingerbread – traditional Polish gingerbread that has been produced since the Middle Ages in the city of Toruń. A considerable factor behind the development of gingerbread-making in Toruń was its excellent location: situated on high-quality soil, the area provided fine wheat for flour, while nearby villages provided honey. The necessary spices were brought from remote countries, mainly India, via a route through the Black Sea and Lwów to Germany. Some also came by sea to the port of Gdańsk. Toruń holds an annual celebration – the Gingerbread Festival – in June.
- Zapiekanki – Polish street food made from a halved baguette grilled with mushrooms and cheese, sometimes also with ham or chives. Ketchup is a typical condiment.

CONTACT

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