

Akademia WSB
WSB University



Co-funded by
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Guidebook for future volunteers

in Dabrowa Gornicza





Introduction

- Welcome to Sosnowiec! This city in southern Poland, part of the Silesia region, is friendly, dynamic, and well-suited for international volunteers.

About the cities

Dąbrowa Górnicza

A spacious, green city in Silesia, known for its large lakes, natural areas, and industrial heritage. The *Pogoria* lake complex is especially popular, offering beaches, bike paths, and a relaxing atmosphere that contrasts with its mining past.

Sosnowiec

A city with a unique character, located on the border between Silesia and the Zagłębie region. It's known for its wide parks, diverse architecture, and landmarks like *Sielecki Castle*. The renovated *Stawiki* area is a favorite spot for walking, sports, and recreation.

Katowice

The capital of Silesia and a modern city constantly evolving. Famous for its vibrant cultural scene, the UFO-shaped *Spodek* arena, and its revitalized city center. Katowice blends its industrial roots with a strong focus on art, music, and innovation.

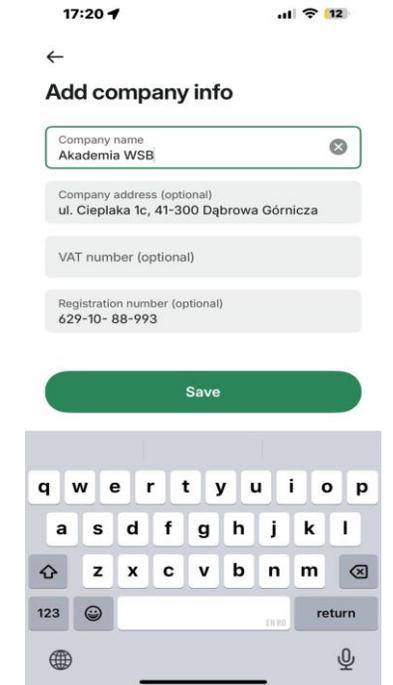
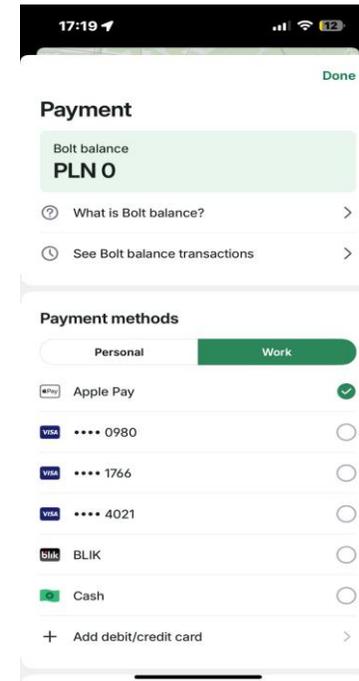
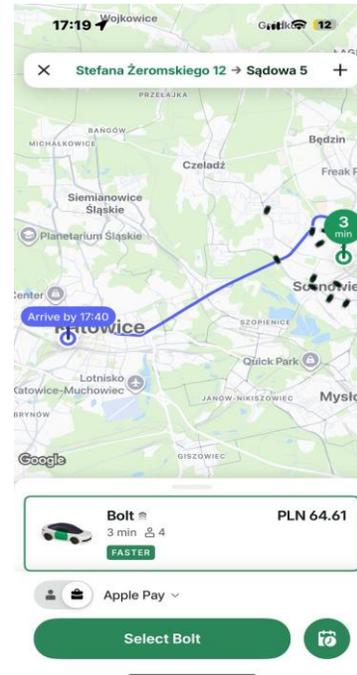


2. To join the city

From Krakow Airport (KRK) take the

FlixBus (station 2 at the exit of the airport) to Katowice Sadowa 5 and from there a Bolt to Sosnowiec (1–2 hours depending on the connection). ul. Stefana Żeromskiego 12, 41-200 Sosnowiec

Also use a Bolt Business Trip with the WSB informations so you can get a reimbursement based on invoice. (if you have a night flight) if you have a day flight 808 bus will take you from Katowice Piotra Skargi to Pogon Orla, 2 mins away from your accommodation in Sosnowiec.





3. To join the University

From Sosnowiec you can take the 21 tramway to Dabrowa Gornicza centrum or 807 bus. Then you have another 5 mins of walk and you are there. Google maps will be your best friend.

4. Local Transport



In Silesia, all public transport (buses + trams) is managed by **ZTM Metropolia**.

✓ **Essential App: Jakdojade**

The app allows you to:

- Find the fastest route
- Check real-time schedules
- Buy tickets
- Track your journey

How to use it:

1. Download the app (iOS / Android).
2. Allow location access.
3. Type your destination.
4. Select the suggested route.
5. Buy your ticket directly in the app.

Very important: In Poland, electronic tickets are validated **inside the app**, NOT on a machine in the bus.

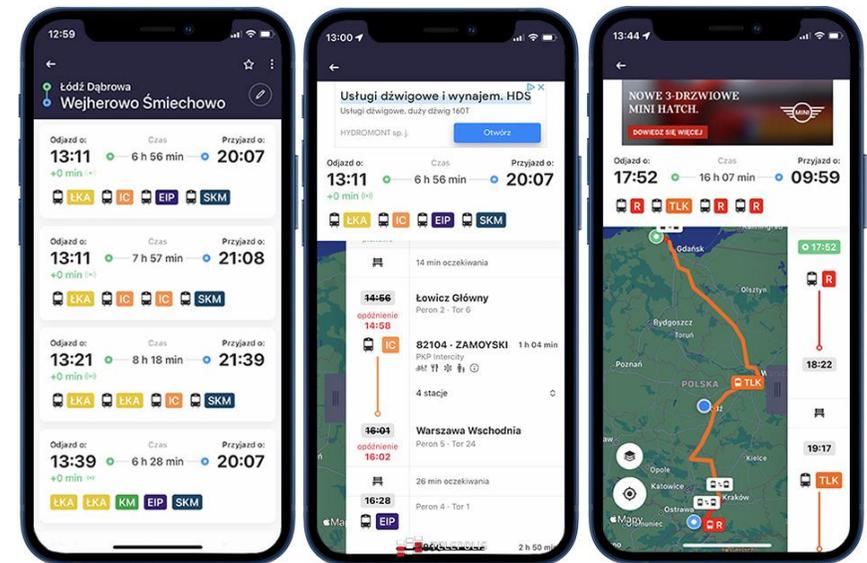
5. How to Take the Bus

You must add **least 10 zł of credit** to your Jakdojade wallet (bank card).

Once inside the bus, open your ticket in the app :

- Scan the **QR code** displayed inside the bus (usually on windows or near doors).
- Your ticket becomes "**VALIDATED**"

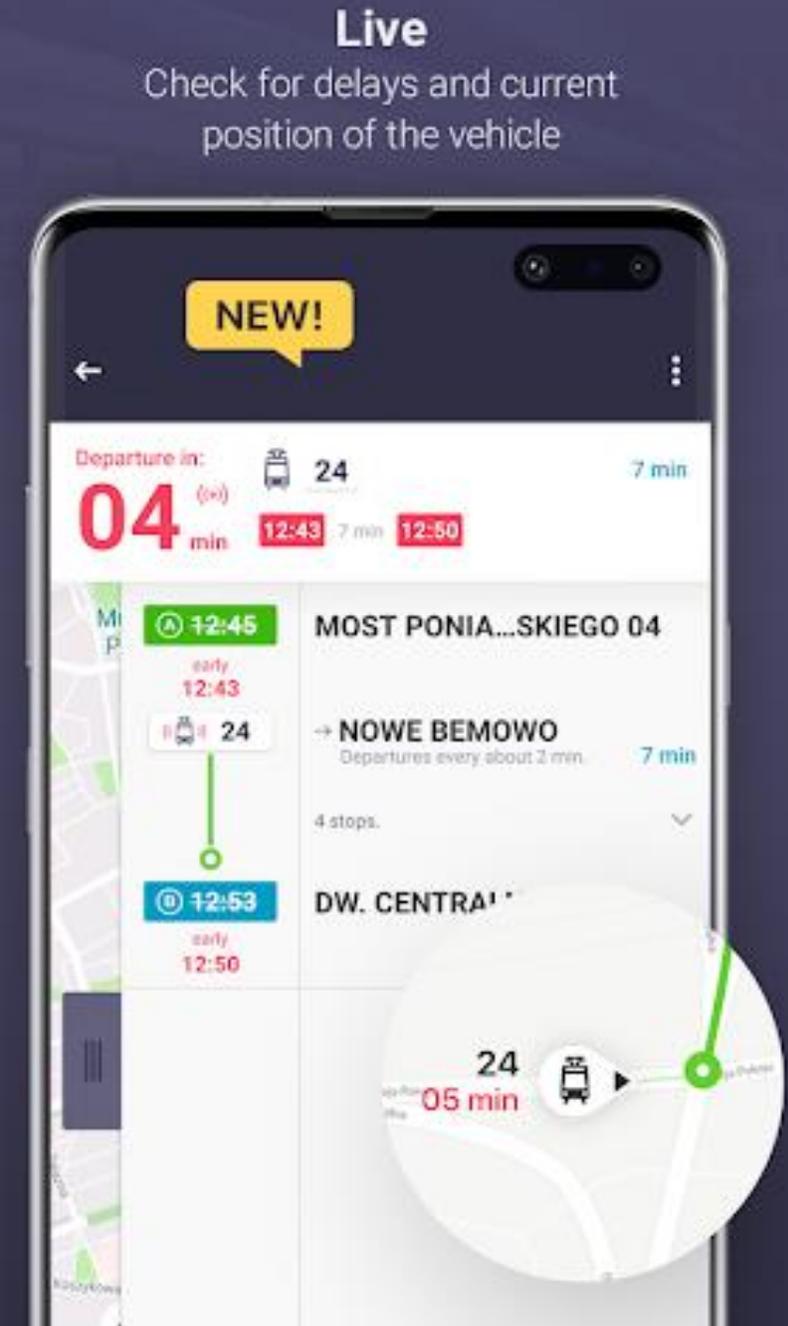
Buses do **NOT stop automatically** at every stop. You must press a red or yellow button to request a stop.



How to Take the Tram

The system works the same way as buses.

- Search the route on Jakdojade.
- Buy a ticket.
- Press the button to open the doors.
- Press the button to request your stop.



How to take the Train

- First you need to buy the train tickets few days before your trip to another city, if you buy them from the station due to some tax fees the price will be higher. Side note* use an international student card and the price would be 50% off.
- The train station from Sosnowiec is Sosnowiec Główny, 3 Maja 16, 41-200 Sosnowiec. Search for your platform and enjoy your ride.
- You can visit Krakow, Warsaw, Gdansk, Wroclaw, Chorzow, Tarnow, one each weekend of your staying here in Poland.



Krakow and Wisla

Because I showed you how easy is to travel by train in Poland, I must show you some really beautiful attractions near you.

Wisła

Mountain town in southern Poland, perfect for skiing, hiking, and nature. Birthplace of the Vistula River.

Kraków

Historic city with a medieval center, Wawel Castle, and vibrant culture.



5. Districts and Attractions

Dabrowa Gornicza

Pogoria lake (Pogoria Shopping Center also:))

City Museum of the Sztygarka

Sosnowiec

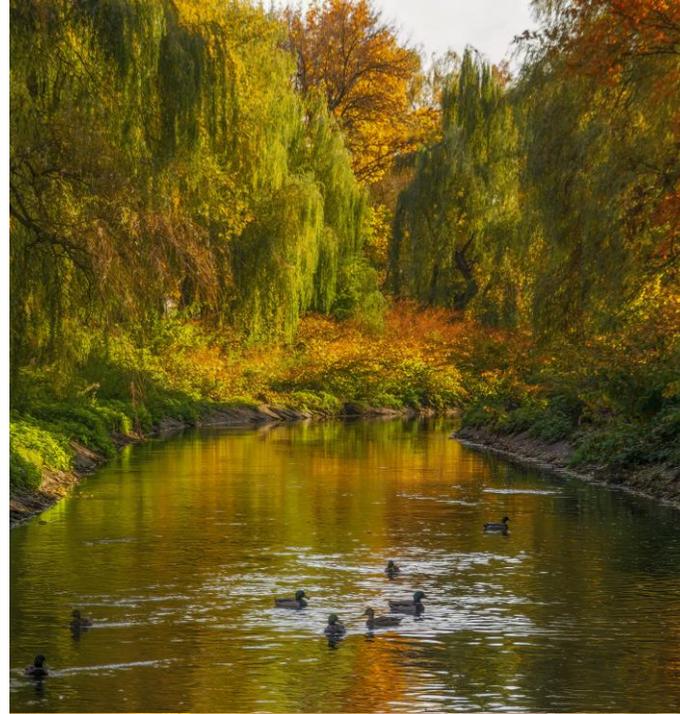
Exotarium Sosnowiec

Schoen Palace Museum

Katowice

Silesian Museum

Valley of the Three Ponds





7. Food and Drinks

Local Dishes

- **Pierogi** (Polish dumplings)
- **Żurek** (traditional sour rye soup)
- Gółąbki
- Gulasz
- Kompot

Popular Places

- Local cafés in the city center
- Traditional Polish restaurants
- Vegetarian and international options around university areas



8. Useful Polish words

- Dzień dobry = Hello
- Dobry wieczór = Good evening
- Jak się masz ? = How are you ?
- Przepraszam = Sorry / Excuse me
- Do widzenia = Good bye
- Dziękuję = Thank you
- Tak/Nie = Yes/No



9. Emergency

Emergency Contacts – Sosnowiec, Poland

- **General emergency number (Police, Fire, Ambulance): 112**
- **Police: 997**
- **Fire Department: 998**
- **Ambulance / Medical emergency: 999**

Local Hospitals / Clinics

- **Szpital Miejski w Sosnowcu** – Municipal Hospital, main emergency care
- **Prywatne kliniki** – Private clinics for minor issues
- Pharmacy- around the accommodation- Stefana Zeromskiego 14

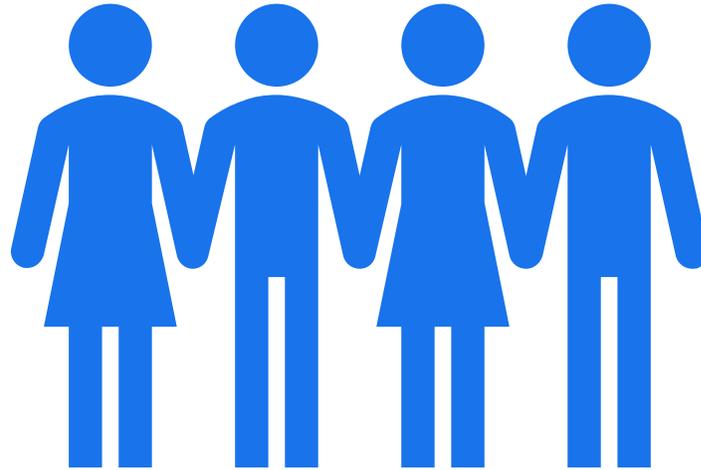
Safety Tips

- Keep your **ID and health insurance info** handy.
- Learn basic Polish phrases like “Pomocy!” (Help!) or “Gdzie jest szpital?” (Where is the hospital?).
- Emergency services respond quickly in urban areas.

Tips and tricks

- NEVER exchange your money at the airport, biggest scam. The course at the airport is 3.03 for euro, while in normal exchanges is 4.84.
- Is really usefull to have some cash money, but most of the time you can pay by card. Also, revolut have the best course and you should have an online card with zloty only so you won't have bank fees.
- Be really careful with your pockets, especially in crowded areas.
- Most of the shops are closed on Sundays, only zabka is open, so make sure you have enough groceries for the weekend.

Enjoy your volunteering in Poland !



Don't miss pierogi, żurek and other Polish treats!



**ENJOY YOUR STAY, LEARN A LOT AND MAKE NEW
FRIENDS!**