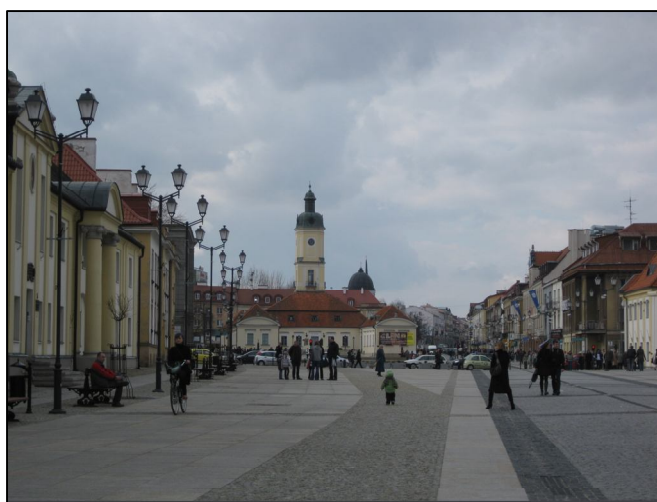


GUIDE FOR EVS VOLUNTEERS



IN BIAŁYSTOK

Białystok, March 15, 2010

Hi,

My name is Giulia and actually I am an EVS volunteer in Podlaskie as you will be very soon ☺

I will try to give you all the main details to start your EVS experience in Białystok telling you about your coordinating organization, your hosting place, your future home, the town of Białystok and other important information.

I hope this advises will be useful for you and helps you to feel at home from the first days.

This short guide will be just the beginning of a fundamental experience in your life I hope you will enjoy it as much as possible!!!!

Ciao ciao!

Giulia

NOTE: Most of the web addresses you will find in this guide lead to websites only in Polish. Remember you can use Google Translator (in the tools bar on top of Google Homepage) to obtain an approximate translation of the web pages you are interested in.

INDEX

1. ANAWOJ: your first friends in Podlasie

1.1 ANAWOJ will provide you with: accommodation, money for food, pocket money, bus tickets, language courses ...

2. About Podlaskie and Białystok

2.1 Details about Podlaskie

2.2 Where is Białystok?

2.3 Białystok curiosities

2.4 History pills

2.5 Weather in Białystok

2.6 How to move in Białystok and outside

2.7 Something about złoty

3. Good things to know when you live as a volunteer in Białystok

3.1 "Evs volunteer's pubs"

3.2 About restaurants in Białystok

3.3 Let's dance (discos)

3.4 Other entertainments (theatres, museums, cinemas and sport facilities)

3.5 Where I can connect to the internet?

3.6 And if I want to call home?

3.7 I need to make my laundry!

3.8. Supermarkets, shopping malls, etc.

3.9 What can I do if I need a doctor?

4. Your EVS project:

4.1 Where will you possibly sleep? (some flats usually Anawoj rent for its volunteers)

4.2 Our hosting places

4.3 Some of your future friends

1. ANAWOJ: your first friends in Podlasie

At your arrival in Białystok the first person you will meet will be Monika or/ and Anna-Sophia, they are two coordinators from **ANAWOJ - association for international and intercultural exchange** (your coordinating organization).



Monika Olszewska
e-mail evs@anawoj.org
mobile.0048-51649631

Anna-Sophia Pappai
e-mail: anawoj@interia.pl
mobile0048-510602826

Anna-Sophia is a very lovely German. Long time ago she came to Poland also as EVS volunteer. Two years after her Voluntary Service she founded the ANWOJ association and started to work in field of EVS. She lives in Michałowo (it's around 36 km from Białystok) together with her husband Wojtek and her two children Kamil-Felix and Milena-Luiza.

She will be dealing with the financial part your EVS project (\$\$\$!) and she will intermediates with your hosting organizations and with the Polish National Agency.

About Monika I am sure you will like her very much since the first moment you know her. She is very kind and helpful and she will be, together with your mentor, one of the most important people in your EVS experience.

Monika will be your main contact with ANAWOJ and you have to call her for anything related to your living conditions and the language course.

Regarding ANAWOJ organization it is important to know that their program is aimed at the general public - above all young people which are living in the country or which are out of work, scholars, students, etc.

ANAWOJ fields of work are:

- organization of intercultural and international exchange by participation in the EVS, preparing, sending and company at the volunteers
- organization of workshops and seminars in the local, regional and international level
- educational works in the sector of European integration and the European Voluntary

Service (at schools, in employment agency, at university)

- animation of the cultural life by trainings, seminars, exhibitions, concerts and cultural events
- organization of intercultural and international exchange by participation in the EVS, preparing, sending and company at the volunteers
- organization of workshops and seminars in the local, regional and international level
- educational works in the sector of European integration and the European Voluntary Service (at schools, in employment agency, at university)
- animation of the cultural life by trainings, seminars, exhibitions, concerts and cultural events
- spreading tourism and cultural diversity of the countries (history, culture, religion, nature, environment of trade and economy) - let people know better countries and encourage them to stay and work abroad
- organization of meetings with young people to create the leisure-time-activity, to discuss the problems of the present and the future, to talk about discrimination and stereotypes and to improve language skills



As you can see they make plenty of things but no worry they can always find time to listen to you and help you in case you may have some obstacle during your project time.

Here you have all ANAWOJ details:



STOWARZYSZENIE MIĘDZYNARODOWEJ I MIĘDZYKULTUROWEJ WYMIANY ANAWOJ

Ul. Gródecka 4
16-050 Michałowo
POLSKA
tel./fax: 0048 85 7179145
e-mail: anawoj@interia.pl
<http://www.anawoj.org>

1.1 ANAWOJ will provide you with:

- **A room:** ANAWOJ will rent for you a flat in the city of Białystok where you will live together with other volunteers or students. Each volunteer has a single room (with access to shared bathroom and kitchen). In the flat you will find blankets, bed sheets and towels as well as all the kitchen equipment you may need.

Here you have my room...sorry for the confusion!!!



- **Money for food:** at the beginning of each month the co-organisation will give you a fix amount (400,- PLN per month) to buy own food. You will be responsible for your own meals. You will have to collect all the "faktura" (invoices) of you food shoppings no worry it is easy and your coordinators will explain you exactly how to deal with it.
- **Pocket money:** you will receive 85,0 Euro per month (the amount in PLN changes depending on the exchange rate of the day you receive it). Anna-Sophia will give you this money at the beginning of each month.



- **Local transports card:** ANAWOJ will provide you a ticket for all busses in the city for one or three months. Buses in Białystok work quite well and with this ticket you can use them all a part from the night buses you will have to pay directly at the bus driver (they are more expensive than the daily ones and the local transport card is not valid to use them).

- **Polish lessons:** knowing some basic Polish is very important to live in Białystok. The language course will be organized by the co-ordinating organisation and you will have your lessons with a private teacher.

My teacher, Ula (Ursula), is a very nice and young girl that helped me a lot with my nonexistent Polish level.



Me and Ula (she is the beautiful one on the right!)

- **Mobile and internet:** at your arrival your coordinator will give you a Polish SIM card (the mobile card) with some credit inside. Please do not forget to bring a card-independent mobile to use it.

About the internet you usually have it in the office from the hosting and co-organisation. Anyway, further on I will give you some info about internet connection options and internet cafes in Białystok.

- **A lot of help in the first days and during all your stay:** one of ANAWOJ coordinator will receive you at your arrival in Białystok, will take you to your new house and will give you all the important information you will need for your stay as a volunteer.

At work you will meet regularly your mentor to check on your progress and to help you solving any problem. The mentor will also organise (once a week) meetings for staff and volunteer, where you can discuss together the incidences connected with work.

In any case, remember you can always contact your mentor as well as your coordinator for any problem you may have and they will be happy to help you.

- **National Agency trainings:** you will attend the on-arrival and mid-term-training organised by the National Agency. The first one usually takes place in Warsaw and it lasts 5 days. It is a very helpful way to meet new friends (others volunteers in Poland), to interchange knowledge and to learn more about the EVS project. The mid-term-training is a 3 days workshop usually organized in the south part of Poland. It will help you to evaluate how your project is going on. All the transport, meals and accommodation expenses will be assumed by ANAWOJ.

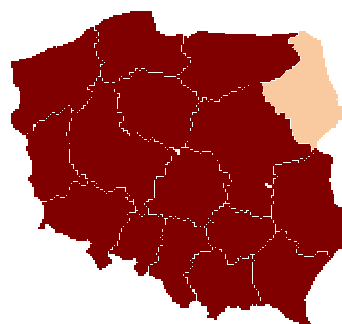


2. About Podlaskie and Białystok

If you are interested in having some general information about Poland you can visit the web site of the Guide for EVS volunteers in Poland.

This is a very useful instrument to learn more about Poland and Polish people that you can find in the Polish National Agency www.mlodziez.org.pl , in the “Akcja 2” part where the “Pliki i formularze” are (is the last file in the second page and it is called “Kieszonkowy przewodnik Wolontariuszka Europejskiego”).

2.1 Details about Podlaskie



Podlaskie is a beautiful voivodeship situated in the North-East of Poland and marking the EU Schengen border with Lithuania and the EU border with Belarus.

The area of the region is about 20.180 km² with 1.224.000 inhabitants.

Its main attractive is the nature: thanks to its 4 national parks (Białowieża National Park, Biebrza National Park, Narew National Park and Wigry National Park), 3 landscape parks and more than 90 nature reserves, it gained the nickname of “Green Lungs of Poland”.

For more information about the Podlaskie Region you can visit the following web sites:

- www.bialystok.pttk.pl
- www.turystyka.wrotapodlasia.pl
- www.podlaskieit.pl



Narew National Park



Bisons in Białowieża National Park

2.2 Where is Białystok?



Białystok, with its nearly 300,000 inhabitants, is the biggest city of north-eastern Poland and the capital of the Podlaskian Province. It is an administrative, economic, cultural and scientific centre. It is situated in the extreme Polish North-East area and the town is approx 50 km to the Byelorussian border.

2.3 Białystok curiosities

- According to a legend, the Białystok **name** comes from “biała” that in Polish means “white” and “stok” that in 1320, when a Lithuanian prince first invented the name of the town, meant “a small brook that runs down the hills”. Actually you can still see the Biała River flowing through the town
- 32% of the city constitutes the **green areas** including two nature reserves: Las Zwierzyński and Antoniuk
- Białystok main (and only) **square** was recently renovated in 2008 and the most curious thing is its shape: it is one of not many triangular markets

The Biała River





The Rinek yesterday and today

- Until 1939 about 50.000 **Jews** leaved in the city. Today the Jewish population in Białystok is composed only by several people (no Jewish religious active community is present nowadays)
- The **multi-religious** character of the town, due to its location, is emphasized by various religious groups: Roman Catholic, Orthodox (about 25% of citizens), Jewish, Protestants and Muslims
- Ludwik Zamenhof, the creator of the international language **Esperanto** was born here
- Białystok is a great outing place, due to national **parks** located in the Podlaskie Province: Białowiecki, Biebrzański, Narwiański and Wigierski National Parks and Landscape Parks: Puszcza Knyszyńska, Łomżyński Doliny Narwi and Suwalski Landscape Parks
- Dżiga Wiertow, a very famous films director, was born here

2.4 History pills

- 1514 – the **first mention** of Białystok in written sources
- 1617 – Krzysztof Wiesiołowski found the building of brick Catholic church of the small White Church
- 1645 – Białystok was included into **Tykocin country** and became property of the Polish-Lithuanian Commonwealth
- 1659 – Aleksandra Katarzyena Czarniecki gave the Tykocin country (along with Białystok) as a part of her dowry to Jan Klemens **Branicki**. In that period Białystok was a village with no more than 40 buildings
- 1692 – Białystok was granted **city rights** by king August II Mocny
- 18th century – thanks to **Jan Klemens Branicki** (grand-son of the 17th century one, grand crown hetman, first lay



The White Church

senator and opponent to the Polish throne...WOW!) and his wife, Białystok had a very culturally developed court. They also ordered to construct a lot of important infrastructures among which a hospital and the city hall.



Jans Klemens Branicki
and his wife
Isabela Branicka



- 1862 – a railroad from Warsaw to Petersburg was opened giving the impulse to the fast development of the city and **textile factories**
- beginning of the 20th century – Białystok had about 70.000 inhabitants
- 1939 – 1944 (World War II) – reprisals of the people and destruction of 75% of Białystok

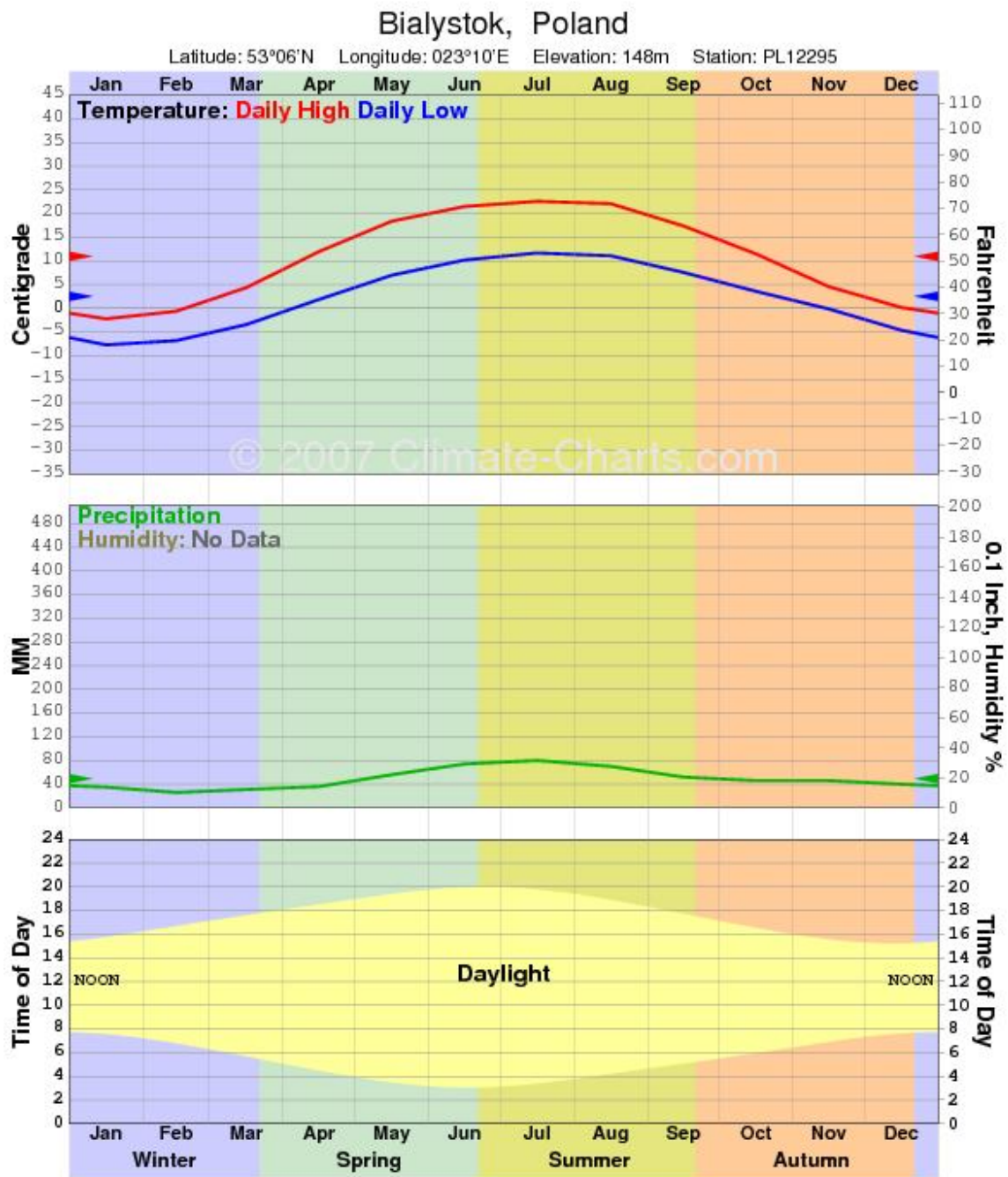


- 27 July 1944 – Białystok was **liberated from the German** occupation thanks to the help of the Red Army
- 1989 – like the rest of Poland, Białystok was **liberated to the Russian** hegemony thanks to the “Autumn of the Nations” and became part of the Polish Republic
- 1999 – Białystok became capital of the new **Podlaskie Province**

The Red Army entering in Warsaw

2.5 Weather in Białystok

In Podlaskie you will find the continental climate. This means that you will see very cold and snowy winters with average temperature between 3 and -8°C and warm and sunny summers (but with a lot of rain) which can arrive up to 30°C.



2.6 How to move in Białystok and outside

Moving in Białystok is very easy and fast.

The best way to travel in the city and in the nearest areas is the **bicycle**. Anyway you always have to take care with the “dominant” cars...Polish drivers are aware they are driving the biggest mean on transport and do not care at all of the other street users.



A bus in Białystok

In the city you can find a lot of paths officially reserved to cyclists but shared with pedestrians in the reality.

Walking is also a good way to move and see the town at the same time. The city centre is quite small and you can easily go walking for one side to the other.

If you don't like making exercises, you can always take one of the many **buses** that go through the town. Daily buses fares start at 5 a.m. and finish at 11 p.m. and the bus tickets can be bought in many kiosks and grocery shops (don't forget to stamp it once you enter the bus).

About night buses, there are only a few lines that also provide night service and you will have to buy a different (more expensive) ticket directly inside the bus also in case you own a monthly card for buses.

In case you go out during the night and you want to come back by **taxi**, no problem, usually the tariffs are affordable. In any case, I would suggest you to not to catch the first taxi you say unless it has a telephone number and a regular taxi number written on it. A good idea is to call one and it will arrive in a few minutes. Here you have a couple of telephone numbers for taxi companies: OK Taxis 800400400 (phone call free of charge) or Radio Taxi 8577323232 (local phone calls tariff).

If you have to move outside the city you have two options: the trains or the buses.

The two stations are on in front of the other a few kilometres far from the city centre.

Trains are a very good way to move in Poland and they are quite cheap and comfortable. You can find all the information about the routes and schedule in the website www.pkp.pl. Unlikely most of the train station staff do not speak English so, in the first days of your stay in Poland, better if you can buy your tickets in the internet or ask somebody to write you on a piece of paper all your travel details.

If you are very late and have no time to buy your ticket before boarding the train, no problem, you can take the train and, once you are inside, look for the controller and pay him the total amount of the ticket more an extra fee for this service...if you do not notify the ticket controller in advance you may be fined.

Just to let you know...an international railroad Berlin –Warsaw – Sankt Petersburg runs across the city...this means that going to Berlin from Białystok takes around 9 hours, but you have to change train in Warsaw.

If you prefer to move by **bus** you can use the PKS buses (www.psk.bialystokpl). Travel with these busses is a real adventure...you will feel like leaving in the 80's. However the connexion are very good and with PKS you can reach also the most far and unknown Polish village.

Better be at the departure point well in advance because sometimes buses can leave earlier than the scheduled time.

You can buy the tickets both at the bus station and inside the bus asking at the bus driver and telling him your final destination.

2.7 Something about złoty

The official currency in Poland is the złoty (symbol PLN) its exchange rate changes daily. Anyway to give you some idea, today (March 26, 2010) the change is:

1 PLN = 0,26 EUR
1 EUR = 3,87 PLN

It seems that from 2015 Poland will enter in the European Monetary Union and from that moment the Euro will become the official currency here too.

I think it could be helpful for you to know an approximation of some prices in PLN just to give you an idea.



Internet hour in an internet café	5 PLN
Newspaper	1,50 – 2 PLN
Shampoo	5 – 8 PLN
Fruit juice (1 lt)	4 PLN
Bread (1 baguette of 250 gr)	0,90 PLN
Milk (1 lt)	2 PLN
Big Mac hamburger (in Mc Donalds')	7,60 PLN
Ice cream	2,50 – 3 PLN
Coffee (in a bar)	5-9,00 PLN
Tea (in a bar)	5,00 PLN
Bear (in a pub)	5 – 8,00 PLN
Cinema ticket	20,00 PLN
20 cigarettes	9-12,00 PLN

Please remember these prices are taken on the 15 of March 2010 and they aren't any definitive prices you can trust in.

3. Good things to know when you live as a volunteer in Białystok

3.1 “Evs volunteer’s pubs”

The great variety of pubs existing in Białystok can drive you mad! You can find all kinds of pubs with not a big price difference.

Usually in the weekend most of them are full of people and it could be slightly difficult to find a seat in the most famous ones. The city centre is plenty of pubs (mainly located in Lipowa street and in Rynek Kościuski street).



In the summer a lot of outdoor cafes are very lively places where get a beer and some snack to eat.

As chocolate lover I can not omit to mention **Wedel** (in the main square in front of the old town hall) where they serve exclusively chocolate made tasty desserts.

Wedel Chocolate Café

Sonja, a French volunteer living in Białystok too, gave me a couple of suggestions more for you:

- **6 scian** (ul. Warszawska)
- **Czarci Pub** (ul. Legionowa)

3.2 About restaurants in Białystok

Białystok offer a big choice of restaurants and discover them is a very funny thing. As in each big town you can find all kind of cuisine, from the typical Polish “Bary Mleczne” (which translation in “Milk Bars”) where you can eat for just a few złoty homemade-like dishes to very high standard restaurants.

A lot of them are mainly situated in the city centre as the most pubs and entertainment facilities.

I usually prefer to eat in typical (and cheap) places, so here below you will find a list of some good bar and restaurants which, in my opinion, worth the taste.

- **Astoria** (ul. Sinkiewicza 4) – here you can have very cheap and good quality buffet dishes... 4 Białystok citizens suggested me this well known restaurant...not bad, right?!!!

- **Podlasie** (Rynek Kościuski 15) – a “milk bar” I never tried, but some Polish friend suggested it to me as a very good canteen-like bar

- **Esperanto Café** (Rynek Kościuski 10) – not as cheap as the previous one and much less typical, but they serve very good soups and salads. It is situated in the middle of the town hall in Białystok square

- **Lejdis** (ul. Grochowa 3) – an elegant restaurant where you can eat great and big salads as well as other dishes. (“I wouldn’t recommend pizza or broccoli soup☺” - com. by Monika)

As each Italian person I can not live without eating pizza. The two options in this case are to make my own pizza or go to a pizzeria. In this last occasion I would suggest you to go to

- **Pizza Italia** (ul. Świętojańska 21) – close to Galeria Alfa and the Philharmonic. The pizzas you can eat here are not 100% Italian style but the ingredients they use come from Italy and are a very high quality standard

Anyway discovering new places to eat is a very good way to understand the local customs and way of life that is why, apart from these few suggestions, I hint you to try as much as you can.



A Milk Bar

3.3 Let's dance (discos)

If you like dancing in the night, you are very lucky: in Białystok there is the largest super-discothèque of Poland which name is **Music Park A1** (ul. Komunalna 5).

Others well known discos are inside the main hotels of the city and in the students clubs inside the universities buildings like the **Herkulesy** or the **Gwint** (situated the first in the building of the Medical University and the second in the Technical University one).

Those interested in “club music” frequently go to the **Metro** club in ul. Białówny 9/1, while jazz lovers may choose the **Odeon** club located in ul. Akademicka 10/1.

The Białystok Cultural Centre (see next paragraph) apart of organizing many other events, sometimes offer disco nights.

3.4 Other entertainments (theatres, museums, cinemas and sport facilities)

Białystok has a very interesting cultural life with a lot of concerts, shows and events.

To start with I want to mention **The Białystok Puppets Theatre** where they organize shows both for children and adults. Furthermore after the performances you can sometimes meet the artists in the "Kawiarnia Lalek" (Puppet Café).

Another relevant place is **The Białystok Culture Centre - BKO** (ul. Legionowa 5) where once per year they organize a good blues music festival as well as different and interesting events like concerts, exhibitions, film playing and many mainly during weekends.

If you like classical music you can assist to some of the very good concerts helded in The **Podlasie Opera and Philharmonic** situated near Galeria Alfa.



The Puppets Theatre



About museum, the most important are:

- **Polaskie Museum** (inside the old town hall) - here you can find a lot of archaeological and ethnological objects related with the regions history and the Gallery of Polish Painting (18th to 20th century)

- **Białystok Country Museum** (in the near village of Osowicze) – this is a “skansen” (open air ethnological museum) where some historical wooden architecture buildings typical of this area many years ago is conserved

- **Military Museum** (ul. Kilińskiego 7) – this museum was founded to document the history of military system in the region

- **Arsenał Gallery** (ul. Mickiewicza 2) – the city's contemporary art gallery offer temporary exhibitions of both local and foreign artists

Many small private galleries with artefacts and works by local artists are located in the city centre and the pieces you can find there are a perfect reflection of the atmosphere of the local land.

Young photographers, who are members of photography associations, often present their works at the following places: Białystok Culture Centre, the Spodki Gallery and the buildings of the Province Centre of Art Animation.

Here you also have a short list of **events** in Białystok:

- Nationwide Festival of Belarusian Song (February)
- Kaziukas Fair (March)
- Shanty Festival “KOPYŚĆ” (April)
- Easter Fair (April)
- Festival of Contemporary Art (May)
- International Orthodox Church Music Festival (May)
- Hip Hop Groove Festival (May)
- Podlasian Days of Muslim Culture (June)
- St John's Day Fair (June)
- Białystok City Days (June)

- Zachor – Jewish Culture Season (June)
- Cathedral Organ Concerts (July-August)
- Summer Concerts in the Branicki's Gardens (July-August)
- Folk Meetings (September-October)
- Ukrainian Culture Festival (November)
- Bard's Autumn – Bardauska-ja Vosień (November)
- "Autumn with the Blues" Festival (November)
- Podlasian Independent Short Film Festival "Żubroffka" (December)
- Białystok Zamenhof Days (December)

In the Polish **cinemas** a lot of films are shown in the original version with subtitles in Polish; however you can also find dubbing films in which only one person is dubbing all the characters...quite strange!

The most Białystok citizens use to go to cinemas located inside the big shopping malls (Galeria Alfa and Galeria Biała). As in all European big cinemas, here you will have very big armchairs, a lot of space for your legs and a wide selection of films among which you can choose.

Films in 3D are projected only in the Galeria Alfa cinemas rooms.

Anyway if you are looking for some kind of more traditional place, you still have the opportunity of going to one of the old and much more intimate cinemas such as the Ton, the Pokój and the Forum cinemas.

Last but not least I want to mention the **sport facilities** you can find in Białystok.

All around the town is plenty of sport halls, swimming pools, gyms, etc.

The main square has also become a sporting place: in winter they organize here a ice ring while in summer it turns in a perfect roller skaters area.

For water lovers, in Białystok you have many swimming pools as well as the "Dojlidy", a big water reservoir used for doing water sports and recreation situated in ul. Plażowa.

If you miss football matches, no problem, you can go to see the local football team (Jagiellonia Białystok) playing in the Civic Stadium.

In the town you can also find three horseback riding clubs where you can have horse riding lessons.

3.5 Where I can connect to the internet?

Nowadays a lot of Polish houses have internet connexion, so it is possible that you can have the possibility of have internet directly from home.

Many wi-fi areas are available in the city like the one in the Poniatowskiego Park.

If you are not taking your laptop with you, you have two different options: use the computer located in your hosting organization or go to an internet café.

I read that in Białystok are the following internet cafes:

- Café Internet (ul. Białówny 4)
- Internet cafés (ul. Monte Cassino 8B)
- Piramida (ul. Grochowa 2)
- Siata (ul. Krucza 6/3)
- Empik SJO Internet Café (ul. Białówny 9/1)

In the University of Białystok, in the Languages Department for English and French you can use their computers with the internet connexion during 1 hour for free, but first of all you have to register in the Department. With this registration you will also have the possibility of use the Department library with a lot of books in English.

3.6 And if I want to call home?

If you have the internet connexion to call home will be easier and cheaper thanks to Skype (www.skype.com).

In case you will need to use public telephone you have to remember that they work only with phone cards (not coins).

Phone cards can be bought at the post offices or in the kiosks and the minimum credit you can buy is 10 PLN.

Use a Polish mobile phone card is another option you have, but it is quite expensive to call to foreign countries...don't forget it!

3.7 I need to make my laundry!

Usually in most flats you can find the washing machine, but if this is not your case, you can always make your laundry in the public laundries. You will have to pay for washing and again for drying. Remember always to take with you your soap and clothing softener conditioner.

In Białystok you can find a public laundry in ul. Suraska.

3.8 Supermarkets, shopping malls, etc.

You will have no problem in find supermarket all day long. In each quarter of Białystok there is a shop open until 10 p.m.



Big shopping centres are present in the town such as Auchan, Carrefour, Lidl, etc.

Biedronka is a Polish chain of very cheap (the cheapest I saw till now!) retail stores and you can find its shops all around the town. Its symbol is a smiling ladybird.

You also have two big shopping malls near the city centre which names are Galeria Biała and Galeria Alfa. Here you will find a lot of different shops as well as a big supermarket (only in Galeria Biała), cinemas and restaurants. These two places are very important in town

and they represent very crowded and loved places where Białystok inhabitants use to pass a lot of time (also thanks to the leisure options they offer).

3.9 What can I do if I need a doctor?

I hope you will never need a doctor, but if it happens here you can find some suggestions.

The **emergency medical service** is in ul. Poleska 89, while the **dentist emergency unit** is located in ul. Bohaterów Monte Cassino 13A.

If you have to attend one of this two places, as well as each time you will need a medical consultation, remember to bring with you your ID card (or passport) and the insurance card you had for your EVS project.

With these documents you can also attend normal doctors in case you have some not urgent problem. You can choose between public or private healthcare centres. Usually it is easier and faster to have an appointment in the second ones, but, as for what I heard, public healthcare system is quite good in Poland.

For example Sonja had to attend a dentist and she went to a private clinic called Eskulap Przychodnia Stomatologiczna (ul. Malmeda 6) where she said she found a very good service.

The telephone number for the **Medical Emergency Service** is **999**.

4. Your EVS project:

To complete this part of **YOUR** guide I need the help of Monika and Anna-Sophia. They will fill in these last paragraphs with all the information related to your stay so that you can already make you a small idea about your future experience in Białystok.

4.1 Where will you possibly sleep? (some of the flats usually Anawoj rent for its volunteers)

Here you can see some photos of the flats usually Anawoj rent. We do not yet know which will be your home, but don't worry, we always make sure about the cleanness and security of the houses our volunteers live in.



4.2 Our hosting places

Here you can see all the projects Anawoj works with...find your one and read more about your future friends' projects.

2008-PL-66:

Regionalny Oddział Polskiego Towarzystwa Turystyczno - Krajoznawczego w Białymstoku



RO PTTK w Białymstoku is a local branch of Polish Tourism Society. The main aims of our organization are: creating and facilitating possibilities of touristic activities, promoting and developing knowledge of our region and the rest of Poland, administering of marked touristic routes in Poland. Their philosophy is to do voluntary activities, particularly of educational and touristic nature, in order to teach people how to respect cultural and environmental heritage of Poland and

Europe.

Their activities are based on our voluntary work, our members are working in our office according to a schedule, so that each day there is somebody there. There are about 10 people working frequently in the organisation and for bigger events there are about 20 people more to help. Their target group are especially pupils of primary and secondary schools from Białystok and the region. They also work with adults in the educational field (workshops for guides etc.)

More information: www.bialystok.pttk.pl



2010-PL-53:

Specjalny Ośrodek Szkolno-Wychowawczy

The Special Educational School Centre Waldemar Kikolski in Białystok, is a public educational school for mentally handicapped at different levels: light, moderate, severe and profound. The educational Centre has a jurisdiction of the Podlaski Voivodeship. The headquarters is located in Białystok, at number 40 Antoniuk Fabryczny Street in the former boarding school, which is modernised and adapted for the invalid and retarded. At the moment adapting the Centre involves huge financial investments. The Educational Control is done by the State Educational Control Board.

The retarded Educational Centre receives children who are qualified to special education and possesses a certificate of retardation and permission from the city council of Białystok. At the moment the educational has 120 handicapped children, 15 of these children (with profound level of mental handicap) are attending daily. Eight are directed to the centre by the juvenile court order due to inability of parental care. In relation to these retarded children to retarded centre act as parents and home. These obligations are: feeding, clothing, schooling accessories, pocket money, social security, health insurance and public medical care. The aim of the centre is to prepare these mentally handicapped children to integration with society and the ability to act self-efficient.

The structure of the Centre:

- Primary School for mentally handicapped with light, moderate and severe level.
- Gymnasium Number 24 for mentally handicapped with light level and for mentally handicapped with moderate and severe level.
- Boarding school.

- Revalidation and Educational Group Activities for mentally handicapped with profound level.



2008-PL-1:

Bialostockie Towarzystwo Esperantystow

As part of their statutory operations they develop cultural and educational activities and make efforts to deepen the knowledge about other nations and countries with the use of the Esperanto language. By teaching this language they promote its practical and educational values. Using Esperanto they promote the idea of bringing nations together and peaceful co-operation among people of good will. They also use Esperanto to popularize the Polish history and culture abroad, and especially to promote the culture of the North-East region. They make efforts in order to satisfy the needs of the members of Bialystok Association of Esperantists with respect to improving their knowledge of Esperanto.

They implement the above objectives through language courses for children in kindergartens, children learning in schools at various levels, adults and students of the Third Age University (Uniwersytet III Wieku).

They are interested in cyclic events such as: workshops on practical uses of the Internet for the Esperanto youth, the Esperanto activity day on the death anniversary of Ludwik Zamenhof, Bialystok Zamenhof Days on the birthday of L. Zamenhof, art competitions for the best postcard design under the motto "Esperanto brings people together" addressed to children and youth, 9-days long collective summer trips of the members of the Association to foreign countries for the purpose of establishing personal contacts and contacts with Esperantist associations, giving demonstrative lessons and lectures in schools in September on the occasion of the World Foreign Languages Day and pointing out the role of Esperanto as a bridge language, bridge tournaments for Esperantist pensioners and retirees. In our club we run an information centre for people interested in learning the language or participating in both local and international Esperantist events.

For 7 years they have published an information bulletin (quarterly) on the Esperantist movement in Bialystok, Poland and worldwide.

Since they have received an assurance of premises from the Mayor of the City of Bialystok, they are beginning preparations for the opening of the Esperanto Centre of 600 sq. m in size with museum, academic and cultural sections.

Their informative actions and teaching activities are addressed to all group ages, but they also desire to develop a specific program in order to recruit young people.

They began to co-operate with young Esperantists from Slovakia and Lithuania in the field of communication without limits through the Internet. They are preparing internet Esperanto workshops that will take place in the spring and autumn of 2008. The aim of these young people is

to create a virtual Esperanto Centre reflecting the real one, but accessible from every corner of the world through the internet.

Their organisation does not employ full-time workers. All activities are conducted on a voluntary basis. They are in a lucky position, because the President of the Association is employed at the Bialystok Municipal Office as the authorized representative of the Mayor of Bialystok handling the issues of the 94th World Congress of Esperanto, so his work is in 100% connected with voluntary work, whereas the favourable interest of the self-government authorities may be used reasonably.

2008-PL-70:

Park Krajobrazowy Puszczy Knyszynskiej

Knyszyn Forest Landscape Park (KFLP) was established on 24th May, 1988 to protect natural precious heritage and create conditions for scientific research, tourism promotion and recreation. Knyszyn Forest is the largest protected area in Podlasie Province (Podlaskie Voivodeship-it is a province in north-eastern Poland created on January 1, 1999) and one of the largest in Poland. It is a perfect place for meetings, workshops, classes and special events.

KFLP's Service cares for this landscape park to preserve, protect and share the legacies of this land. It also protects the natural environment against uncontrolled degradation and excessive exploitation. It supervises new investments in order to guard nature, culture, landscape and esthetic values. Park's employees put a lot of effort to promote this unique region.

Depending on tasks the work is performed in the headquarter's office or outdoors in the park.

Their organization consists of the following sections:

- nature protection section,
- environmental protection section,
- tourism and education section,
- heritage and historical section

Main tasks of the park's services:

- Research, stock-taking of place and species protection
- Natural, historic and ethnographic documentation store and collection,
- Approval of new investments in the park area,
- Cooperation with local communities, ecological organizations other organization created for landscape park protection,
- Child education based on lectures, competitions, on-site training, museum's and educational path's tours,
- Organization and participation in fairs,
- Publishing activities.



4.3 Some of your future friends

Here you can find some other volunteer.

All of them are others EVS volunteers that are carrying out their projects actually or that came back recently after a similar experience as the one you will have soon.

Don't hesitate to contact them if you want to know more about the city, the work and the life in Białystok. (Anna-Sophia can give you their actual email addresses if you wish).

- Guy from Great Britain: current volunteer in hosting place 2008-PL-1
- Francois from France: current volunteer in hosting place 2008-PL-70
- Giulia from Italy/ Spain: current volunteer in hosting place 2008-PL-66
- Burak from Turkey: ex volunteer in hosting place 2007-PL-61/ 2010-PL-53
- Aleksandra from Macedonia: ex volunteer in hosting place 2007-PL-61/ 2010-PL-53
- Sonja from France: ex volunteer in hosting place 2008-PL-70
- Christophe from France: ex volunteer in hosting place 2008-PL-1

We all really hope this guide will be a helpful instrument for your exciting new experience as an EVS volunteer...and now...just enjoy your stay in Białystok!!!

Warm regards,

Giulia, Anna-Sophia & Monika