

INFOPACK
Transnational Meeting

Łódź/Poland
2022



Akademia
Humanistyczno-Ekonomiczna w Łodzi

Dear partners,

In the next pages you will find some useful information about your upcoming visit.

GENERAL INFORMATION

Lodz is the third largest urban centre in Poland with a population of about 742,000. Although the history of Lodz goes back a long way (it obtained city rights in the 15th century), its greatest development and later boom happened in the 19th century, when Lodz became a centre of the cloth industry.

Since then, the town has struggled with many difficulties, contradictions and differences, which were vividly documented in the novel *The Promised Land* written by Polish Nobel Prize-winning author Wladyslaw Reymont. He portrayed the multinational society of Lodz, where Poles, Jews and Germans lived together, with the inhuman face of early Polish capitalism where the rich exploited the poor. The contrasts can still be seen in the architecture of the city, where luxurious mansions coexist with redbrick factories and old tenement houses.



Today Lodz is a significant cultural centre, internationally known for its Film School, a cradle for the best Polish cameramen, actors and directors, including Andrzej Wajda and Roman Polanski. The local Museum of Art has the best collection of contemporary Polish art in the country. The city is thriving with industry and business rapidly developing, moving

away from textiles, which has been in decline since 1991.

(<https://www.staypoland.com/>)



**Akademia
Humanistyczno-Ekonomiczna w Łodzi**

MEETINGS LOCATION



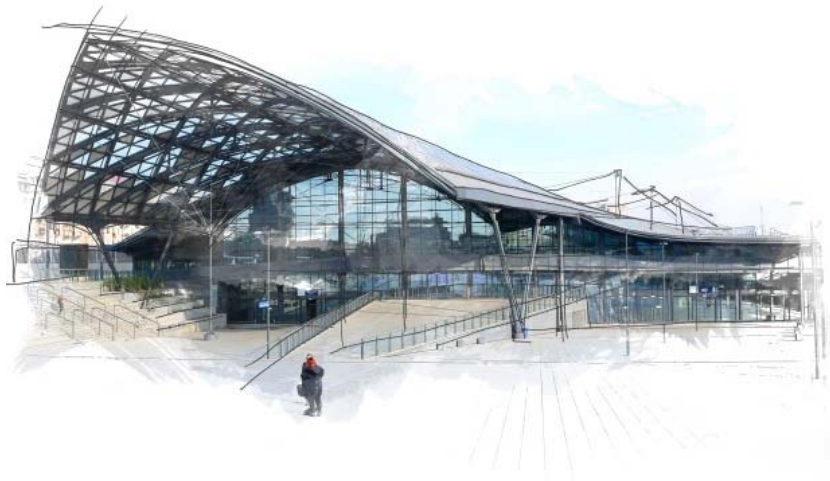
*Akademia Humanistyczno-Ekonomiczna w Łodzi,
ul. Sterlinga 26*

The University of Humanities and Economics (Akademia Humanistyczno-Ekonomiczna w Łodzi) is based on ***Sterlinga 26 street***. Building is located in the 19th century factory sites. In those well-preserved and restored walls with a unique industrial atmosphere are organized educational, cultural and business events. There is also a canteen. (<https://www.ahe.lodz.pl/>)

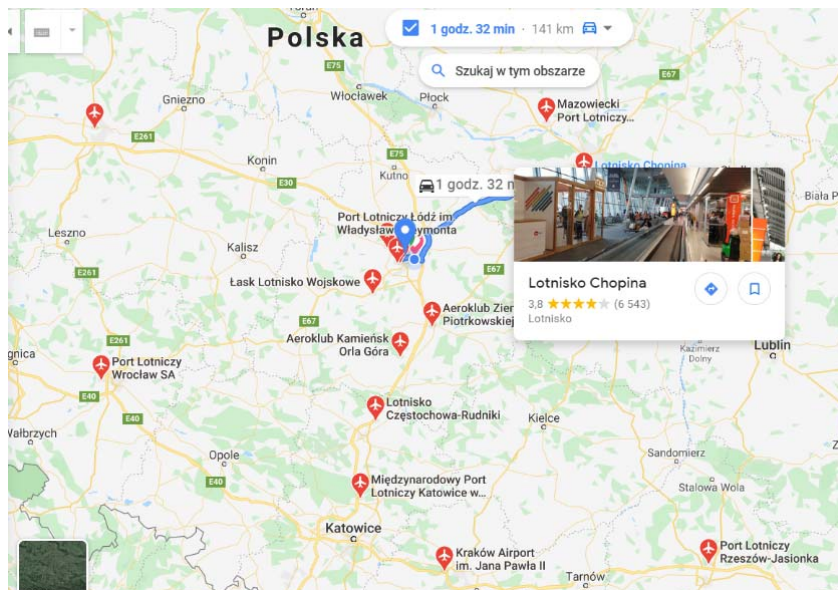


**Akademia
Humanistyczno-Ekonomiczna w Łodzi**

HOW TO REACH ŁÓDŹ



- Warsaw-Chopin Airport (WAW) (140 km)



There is a train from Chopin Airport (Okęcie) to Warszawa Centralna (Warsaw Central Station) /Warszawa Zachodnia (Warsaw West Station) and from Warszawa Centralna / Warszawa Zachodnia to Łódź Fabryczna

- Chopin Airport to/from Warszawa Centralna/ Warszawa Zachodnia/ (ticket in ticket machine, cost 4,40 PLN) – travel by city train SKM



Akademia
Humanistyczno-Ekonomiczna w Łodzi

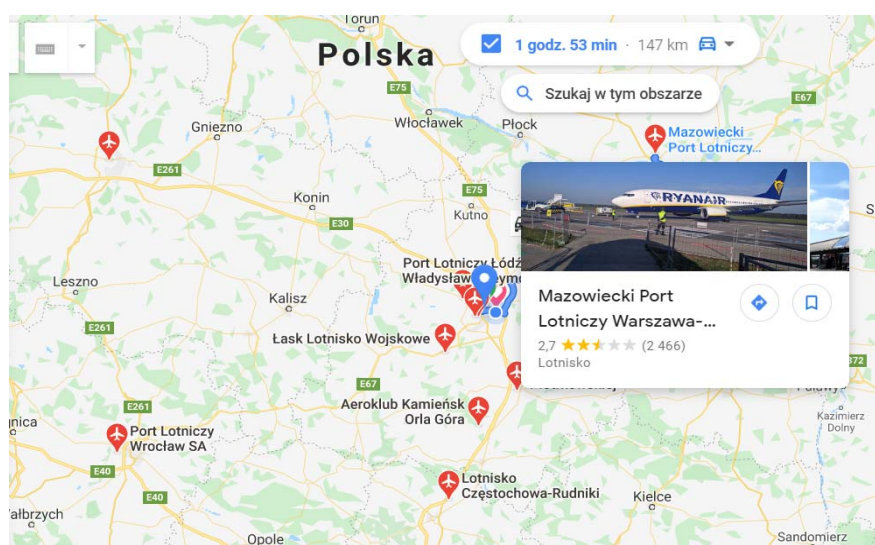
· Warszawa Centralna/ Zachodnia to/from Łódź Fabryczna
(the price is around 40 PLN in the ticket window or online, it will be much more expensive on the train)

Here you can check timetable and buy ticket: <https://rozklad-pkp.pl/en>

Bus connection to/from Lodz is also provided.

Please check various options here: <https://www.e-podroznik.pl> or
<https://www.flixbus.pl/>

- **Warsaw- Modlin Airport (WMI) (147 km)**



There are trains and buses to the Warsaw City Centre. You check available options here:

<http://www.mazowieckie.com.pl/>

<https://rozklad-pkp.pl>

There is also direct bus connection from Warsaw Modlin Airport to to Lodz Fabryczna by Flixbus or Contbus:

<http://www.contbus.pl/>

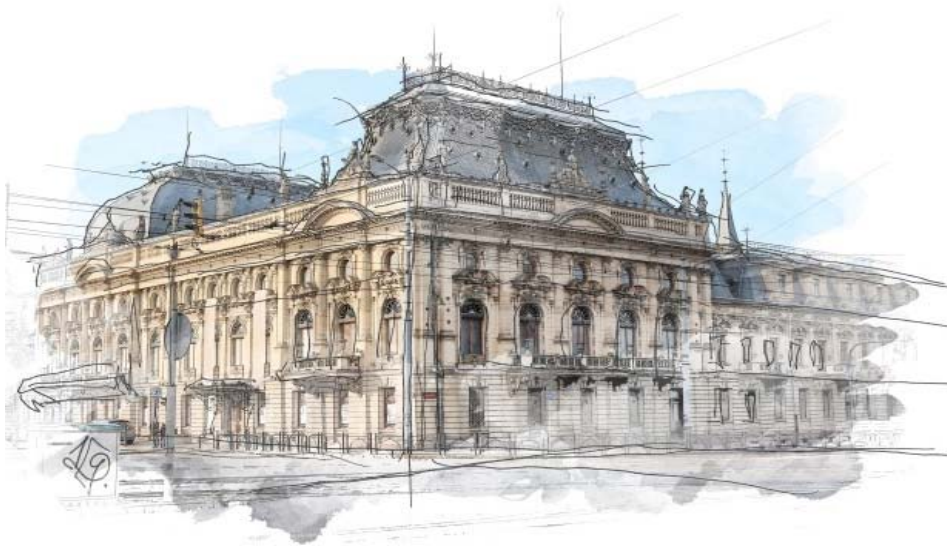
<http://www.flixbus.pl/>

In Lodz you can take a taxi or use public transport.

Check public transport connections here: <https://jakdojade.pl/lodz/trasa/>

The taxi from Warsaw airports to Lodz will cost approx. 400 - 500 PLN

ACCOMODATION



- ❖ Stare Kino Hotel, Piotrkowska 120 (2,2 km, 27 min walk)
- ❖ Ibis Hotel, Marszałka Józefa Piłsudskiego 11 (2,5 km, 30 min walk)
- ❖ Puro, Ogrodowa 16 (1,7 km, 20 min walk)
- ❖ Andels, Ogrodowa 17 (1,9 km, 23 min walk)
- ❖ City Center Rooms, Piotrkowska 91 (1,8 km, 20 min walk)
- ❖ Holiday Inn, Piotrkowska 229/231 (3,3 km, 41 min walk)
- ❖ Boutique Hotel's II, ul. Rewolucji 1905r. 8 (1km, 12 min walk)

All the hotels are close to the City Centre and Piotrkowska Street and also within walking distance from AHE. Taxi from mentioned hotels to AHE is around 25-30 PLN.

If you look for something different, please check www.booking.com and look in the district: Śródmieście)

***Please remember that in Poland the currency is Polish Zloty (PLN),
1 euro is aprox. 4,7 PLN and you can pay with your credit card
almost everywhere.***



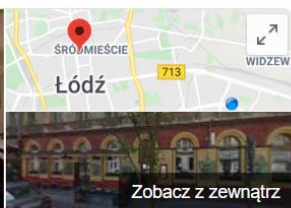
WHERE YOU CAN EAT IN THE CITY CENTER

Polish food:

Please check some recommendations here:

https://www.tripadvisor.com/Restaurants-g274837-c10637-Lodz_Lodz_Province_Central_Poland.html

Other:



ANATEWKA

Strona Trasa Zapisz

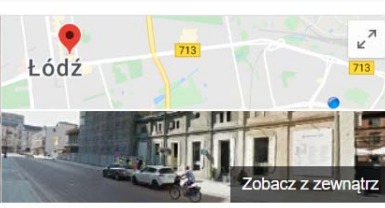
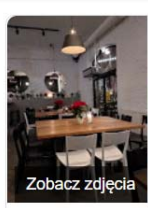
4,5 ★★★★★ 1 241 opinii z Google

\$\$\$ · Restauracja

Adres: 6 Sierpnia 2/4, 90-422 Łódź

Rezerwacje: anatewka.pl

Telefon: 519 303 635



MITMI restobar

Trasa Zapisz

4,2 ★★★★★ 371 opinii z Google

\$\$ · Restauracja

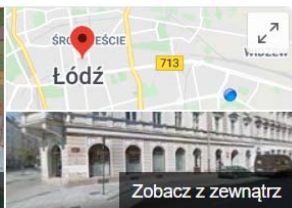
Lokalizacja: OFF Piotrkowska

Adres: Off Piotrkowska, Piotrkowska 138/140, 90-062 Łódź

✓ Odwiedzone przez Ciebie w zeszłym miesiącu

Godziny otwarcia: **Zamknięte** · Otwarcie: 10:00 ▾

Telefon: 508 523 566



Otwarte Drzwi

Strona Trasa Zapisz

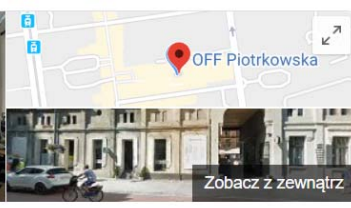
4,5 ★★★★★ 1 463 opinie z Google

\$\$ · Kuchnia włoska

Adres: Piotrkowska 120, 90-006 Łódź

Godziny otwarcia: **Zamknięte** · Otwarcie: 12:00 ▾

Telefon: 502 855 779



Drukarnia Skład Wina i Chleba Łódź

Strona Trasa Zapisz

4,2 ★★★★★ 884 opinie z Google

\$\$ · Restauracja

Lokalizacja: OFF Piotrkowska

Adres: Off Piotrkowska, Piotrkowska 138/140, 90-062 Łódź

Godziny otwarcia: **Otwarte** · Zamknięcie: 01:30 · Ponowne otwarcie: 10:00 ▾

Telefon: 42 672 80 01



Akademia
Humanistyczno-Ekonomiczna w Łodzi

FREE TIME:

- ❖ **Manufaktura:** Shopping and entertainment center: shops, restaurants, bowling center, fitness center, cinema, Museum of the Factory;



- ❖ **Piotrkowska Street:** architecture, restaurants, pubs, shops;



- ❖ **EC1- The City of culture:** architecture, history, museum.

Tourist information: <https://lodz.travel/en/>



...and many more! Please check: *Tourist information:*
<https://lodz.travel/en/>



**Akademia
Humanistyczno-Ekonomiczna w Łodzi**

USEFUL PHONE NUMBERS

- ❖ Emergency 112
- ❖ Police 997
- ❖ Fire fighters 998
- ❖ Ambulance 999



CORONAVIRUS INFORMATION

Important rules of entry and stay in the territory of the Republic of Poland:

From 28 March 2022 there is no obligation to fill in the Passenger Locator Form (PLF) before arriving in Poland.

From 28 March 2022 onwards, all restrictions on travel to the Republic of Poland are lifted, which means there is no obligation to:

- present COVID certificates when crossing the border;
- test for SARS-CoV-2;
- undergo the so-called entry quarantine.

Current Coronavirus information and recommendations in Poland you can find on the government page: <https://www.gov.pl/web/coronavirus/travel>

<https://reopen.europa.eu/en/map/POL/7011>

In case of any need you can contact:

Agata Matys-Malczewska +48 698 686 262 (phone and WhatsApp)
amalczewska@ahelodz.pl



Akademia
Humanistyczno-Ekonomiczna w Łodzi



We are looking forward
to seeing you!



Akademia
Humanistyczno-Ekonomiczna w Łodzi