

# Riskline / Destination Report

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# POLAND

## Overall risk level

<b>Low</b> Take normal safety precautions	<b>Moderate</b> Take normal safety precautions	<b>Medium</b> Exercise caution	<b>High</b> Reconsider travel	<b>Extreme</b> Defer non-essential travel
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The Overall Risk Level will be determined by the higher of the Security Risk Level and Covid-19 Risk Level.

## Security risk level

<b>Low</b> Take normal safety precautions	<b>Moderate</b> Take normal safety precautions	<b>Medium</b> Exercise caution	<b>High</b> Reconsider travel	<b>Extreme</b> Defer non-essential travel
Safe, with few security risks	Generally safe, with some predictable security risks	Not completely safe, but typically presents predictable security risks	Can be dangerous and may present unexpected security risks	Extremely dangerous and presents unpredictable security risks
Travel is possible with an expectation of routine disruptions and delays	Travel is possible with an expectation of routine disruptions and delays	Travel is possible, but there is a potential for disruptions	Travel is possible, but there is a potential for disruptions	Chaotic; travel impossible

## Covid-19 risk level

<b>Low</b> Take normal safety precautions	<b>Moderate</b> Take normal safety precautions	<b>Medium</b> Exercise caution	<b>High</b> Reconsider travel	<b>Extreme</b> Defer non-essential travel
Travellers should take normal precautions when travelling to <b>Low Risk</b> locations, which have limited or no restrictions on international travel and domestic activities.	Travellers should take normal precautions when travelling to <b>Moderate Risk</b> locations, which have few restrictions on international travel and limited or no restrictions on domestic activities.	Unvaccinated travellers should exercise caution when travelling to <b>Medium Risk</b> locations, and vaccinated travellers should take normal precautions. These locations may have some restrictions on international travel, but few restrictions on domestic activities.	Unvaccinated travellers should reconsider their need to travel to <b>High Risk</b> locations, and vaccinated travellers should exercise caution. These locations may have severely restricted international travel and partially restricted domestic activities.	Unvaccinated travellers should defer non-essential travel to <b>Extreme Risk</b> locations, and vaccinated travellers should reconsider their travel. These locations may have severely restricted international travel and domestic activities.

# Overview

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## Upcoming Events

There are no upcoming events scheduled

# Travel Advisories

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## ● Moderate risk: Schengen Internal Border Controls

Travellers should anticipate possible disruptions or delays to travel at affected borders until at least the end of 2023, due to the reintroduction of border controls at select crossings within the Schengen Area and ensure all identification and travel documents are valid and compliant with the latest entry requirements.

The temporary reintroduction of Schengen border controls is an exceptional measure adopted by countries to address a sudden threat to public order or internal security. Shortly after Hamas attacked Israel on 7 October 2023, two terrorist attacks took place in France and Belgium, and bomb alerts triggered high-security measures at several European airports. The escalation of violence in the Middle East prompted several members of the 27-country Schengen Area to introduce temporary border controls due to an increased risk of possible infiltration by violent extremists and increased illegal migrations by sea via the Eastern Mediterranean and the Balkan region through land routes. These threats, along with Russia's war against Ukraine, the threat of espionage by foreign states and potential sabotage of critical infrastructure have also prompted the implementation of enhanced border control measures during previous months.

The following extraordinary border control measures are in place as of 18 December 2023:

- **Austria:** controls at the land borders with the Czech Republic until 16 February 2024, at land borders with Slovakia until 3 February 2024 and at land borders with Slovenia and Hungary until 11 May 2024;
- **Czech Republic:** controls at the land borders with Slovakia until 3 January 2024;
- **Denmark:** controls at all internal Schengen Area borders, and ports with ferry connections to Germany until 11 May 2024;
- **France:** controls at all internal Schengen Area borders until 30 April 2024;
- **Germany:** controls at land borders with Poland, Czechia and Switzerland until at least February 2024 and at land border with Austria until 11 May 2024;
- **Italy:** controls at land border with Slovenia until 19 December;
- **Norway:** controls at ports with ferry connections to the Schengen area until 11 May 2024 and controls at internal borders, particularly air borders, through 18

December;

- **Poland:** controls at land border with Slovakia until 2 January 2024;
- **Slovakia:** controls at land border with Hungary until 22 January 2024;
- **Slovenia:** controls at land borders with Croatia and Hungary until 22 June 2024;
- **Sweden:** controls at all internal Schengen Area borders until 11 May 2024.

EU citizens must carry a passport, ID or driving licence valid for the duration of their stay. For non-EU citizens, the passport must be valid for at least three months after the date of departure, issued within the last ten years and have two blank pages. Travellers with a Schengen visa are advised to ensure their stay does not exceed the 90-day period allowed within 180 days. Authorities could require Schengen visa holders to show additional documentation, such as proof of insurance, financial means, accommodation or return tickets. Due to delays and queues, travellers are advised to allow for additional travel time at affected borders. Follow security forces' instructions and observe the conditions for crossing the border at authorised points. This may involve traffic controls and vehicle inspections by officials due to increased security measures.

## ● **Medium risk:** Impact of Russian Invasion of Ukraine on Central and Eastern Europe

Exercise caution for travel to Finland, Latvia, Lithuania, Estonia, Poland, Slovakia, Hungary, Romania and Moldova until further notice due to the impact of the Russian invasion of Ukraine.

Russia's invasion of Ukraine has triggered the displacement of over 20 million people, with more than five million applying for temporary residence in another country. As the war shows no signs of abating, new waves of displacement are possible in the long-term.

The majority of Ukrainian refugees find their way to Poland, Slovakia, Hungary, Romania and Moldova, either to escape the violence temporarily or to enter the European Union (EU). The largest influx of people has been recorded in Poland, with over 11.8 million Ukrainians crossing the **Poland-Ukraine border** since the invasion began in February 2022, and more than 1.6 million applying for temporary residence. The influx has resulted in a 15 percent increase in the population of **Warsaw** alone, as the city absorbs some 300,000 refugees from the first wave of departures, driving rental prices up by as much as 30 percent. Over 119,000

refugees have relocated to the Baltic states.

Ukrainian airspace remains closed to commercial airlines until further notice. While borders remain open, except for the crossing between Ukraine and Moldova's **Transnistria region**, crossing points can be closed with little or no warning. Cross-border rail and road transport continue to operate but there is a risk of sudden interruptions. Along border areas, services may be severely taxed and accommodation options may be scarce. Additionally, due to high demand, stores and pharmacies in those areas have experienced depleted supplies of food, medicine and water. Some countries' embassies have established temporary consular services near crossing points; contact your embassy or foreign ministry for further details on locations and services offered. As of 13 September 2023, all vehicles bearing license plates registered in Russia will be denied entry to EU member states. The governments of Finland, Poland, Lithuania, Latvia and Estonia have indicated that nationals of Russia and Belarus entering their countries are subject to travel restrictions, with exceptions for humanitarian cases, family reunification and accredited diplomats.

There is a small risk of the conflict spilling over the **Poland-Ukraine border**, the main supply route for the North Atlantic Treaty Organisation (NATO) and EU military assistance to Ukraine, with the majority of supplies flown into **Rzeszów-Jasionka Airport (RZE/EPRZ)**, located in the southeastern Polish **Subcarpathian voivodeship**, before being shipped overland to western Ukraine. Russia has threatened to target these shipments but has not in actuality yet done so. Security has been increased at border crossings and roads on the **Poland-Ukraine border**, particularly at night, when convoys are most active. In Poland, two civilians were killed on 15 November 2022 when a Ukrainian air defence missile crash-landed on a farm in **Przewodów, Lublin voivodeship**.

Latvia, Lithuania, Estonia, Hungary, Slovakia, Romania, Bulgaria and Finland, following the latter's entry into NATO on 4 April 2023, have become bases for increased numbers of NATO troops. While Russia has threatened provocations over the strategic **Suwałki Gap** between Lithuania, Poland, Belarus and the Russian exclave of **Kaliningrad**, no concrete actions have yet materialised aside from occasional airspace incursions. Romanian authorities have prohibited all manned and unmanned aircraft operating at an altitude below 4,000 metres (13,123 feet) within a 20-30km (12-19 miles) envelope along the **Romania-Ukraine border** from **Sulina** to **Galați** due to repeated airspace violations by Russian drones targeting the Ukrainian **Port of Izmail** on the **Danube River**.

In February 2023, Polish authorities shut down the **Bobrowniki checkpoint** on the **Poland-Belarus border** indefinitely for security reasons. The **Šumskas** and **Tverečius checkpoints** on the **Lithuania-Belarus border** were closed in August 2023 until further notice over security reasons and Latvian authorities also announced that the **Silene checkpoint** on the **Latvia-Belarus border** will be closed for security reasons. From 30 November until at least 14 January 2024, the **Finland-Russia border** is closed, due to repeated illegal entry attempts into Finland from Russia. The **Vaalimaa** and **Niirala border crossings** were temporarily reopened on 14-15 December.

Food and fuel supplies across these countries are not yet under pressure, however, the influx in people and the halt of both Russian and Ukrainian goods has contributed to food inflation across the EU. Domestic tensions are likely to rise the longer Ukrainians are forced to remain in host countries; Poland's long-running disputes with Ukraine and Slovakia over agricultural exports have continued during the conflict, with farmers blocking highways along the **Poland-Ukraine** and **Slovakia-Ukraine borders** over the issue. Semi-regular protests both in support of Ukraine or in support of Russia take place in major cities, though these rarely result in clashes.

As the war continues, anti-refugee sentiment and aid fatigue will likely drive domestic unrest and protests. However, all neighbouring countries have managed the influx with the help of aid organisations and have not yet shown signs of significant social or economic instability. In border areas, limit outdoor exposure and, whenever possible, remain sheltered in a hardened facility away from windows.

## ● **Moderate risk: Seasonal Influenza in the Northern Hemisphere**

Seasonal influenza occurs in the **Northern Hemisphere** from October through May, peaking between December and February. Unvaccinated elderly adults, young children and people with chronic health conditions are at a higher risk. Travellers should ensure they have an up-to-date flu vaccine before departure.

Seasonal influenza is an infectious disease with mostly respiratory symptoms caused by several different influenza viruses, with types A and B causing seasonal epidemics. It is easily transmitted, predominantly via droplet and contact routes and by indirect spread from respiratory secretions on hands, tissues, etc.

Infectious aerosols may also play a role in influenza transmission. The incubation period ranges from one to four days, usually around two days. The symptoms include a sudden onset of fever, cough (usually dry), headache, muscle and joint pain, severe feeling of unwell-being, sore throat and a runny nose. Children may also present symptoms of vomiting or diarrhoea. While most people suffer mild illness and recover from fever and other symptoms within a few days to a week or two without requiring medical attention, people of high-risk groups, including pregnant women, children under five years, individuals of age 65 years or older and individuals with chronic or immunosuppressive medical conditions, may suffer from severe illness or death.

Annual influenza epidemics are estimated to cause from three to five million cases of severe illness globally, and around 290,000 to 650,000 respiratory fatalities. However, up to 75 percent of the infections are estimated to be asymptomatic. In temperate climates, which in the **Northern Hemisphere** includes **the United States, Canada, Mexico, Europe, Russia** and other countries, flu season runs primarily between October and May. In **tropical regions**, influenza may occur throughout the year. The 2022/2023 influenza season marked the return of influenza virus activity at almost pre-pandemic levels. The season was characterised by an earlier start and an earlier peak in positivity compared to the four previous seasons, with seasonal influenza A viruses accounting for the majority of infections globally.

The most effective way to prevent seasonal influenza is vaccination. Health authorities recommend a yearly vaccine, particularly to high-risk groups and healthcare workers, as the immunity from vaccination wanes over time. However, the effectiveness of vaccines against seasonal influenza varies annually based on several factors, including how well the inoculation is matched with the most prevalent strain of the virus in circulation. For instance, current vaccines tend to work better against influenza B and influenza A(H1N1) than against influenza A(H3N2). The World Health Organisation (WHO) and national health authorities monitor influenza activity in order to implement timely prevention and control strategies, including vaccination campaigns, as a means to avoid overcrowding of clinics and hospitals and high levels of worker/school absenteeism and productivity losses during peak illness periods. The WHO does not recommend any unique measures for travellers or travel restrictions due to seasonal influenza.

Travellers are advised to ensure they have an up-to-date flu vaccine before departure. Adhere to general hygiene measures, such as regular hand washing

with proper drying of the hands, good respiratory hygiene – covering mouth and nose when coughing or sneezing, using tissues and disposing of them correctly, avoiding touching one’s eyes, nose or mouth, avoiding close contact with sick people and early self-isolation of those feeling unwell, feverish and having other symptoms of influenza to minimise the risk of infecting others in the community. Seek symptomatic treatment and additional medical attention if health deteriorates. Those at high risk for developing severe or complicated illnesses are advised to seek antiviral treatment in addition to symptomatic treatment.

# Summary

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## Overall ● Moderate Risk

Poland is a **Moderate Risk** destination: take normal safety precautions.

## Security ● Moderate Risk

Moderate Risk locations are generally safe, with some predictable security risks. Travel is possible with an expectation of routine disruptions and delays.

## Covid ● Low Risk

In March 2022, international travel fully resumed and domestic restrictions were lifted.

## Political Instability ● Moderate Risk

President Andrzej Duda and his nationalist Law and Justice (PiS) party have held on to power since 2015 while pursuing divisive domestic policies that have sparked mass protests in recent years. These policies include an abortion ban, anti-LGBT legislation, limiting foreign ownership of the media and a judicial overhaul that has been criticised by the European Union (EU) as detrimental to the rule of law. Nevertheless, the recent election of Donald Tusk of the Civic Coalition (KO) as prime minister should reconcile the country with the European institutions.

## Conflict ● Medium Risk

Poland's ties with Russia are severely strained due to historic conflict between the two nations and, more recently, Russia's 2022 invasion of Ukraine, which has subsequently increased the risk of a direct conflict between NATO and Russia.

## Terrorism ● Low Risk

The country is not a target or a haven for known terror groups. Its ties to the United States (US) may attract the attention of terror groups in the future but this is unlikely. Emergency response services are reliable.

## Unrest ● Moderate Risk

Protests occur regularly across the country, particularly in **Warsaw, Kraków, Wrocław, Gdańsk, Łódź** and **Poznań**, and, although predominantly peaceful, they have occasionally resulted in violence. The PiS government's domestic policies are among the most common causes for mobilisation, but the country is also home to far-right, ultra-nationalist, neo-Nazi and football hooligan groups that often hold rallies and clash with police and one another.

## Crime ● Moderate Risk

Petty crime, including pickpocketing, mugging, and theft from vehicle, is common in large cities, particularly in tourist areas and public transportation sites. While violent crime is uncommon, hate crimes towards the LGBTQ+ community and people of colour are on the rise. Residential break-ins are declining, but American business families have reported being targeted by ground-floor burglaries. Credit card fraud, including overcharge scams, is an emerging concern in bars and clubs frequented by tourists.

## Natural and Environmental ● Moderate Risk

Winter weather can trigger overland travel disruptions, particularly in **eastern and northeastern voivodeships**, due to mediocre road infrastructure and maintenance, but blizzards and avalanches are not common. Emergency response services are sufficient.

## Local Travel ● Low Risk

Vehicular travel can be dangerous in rural areas due to poor road conditions but it is safe across the rest of the country. Public transport services are widely available, safe and cheap, including rail, ferry and flight connections.

## Health and Medical ● Low Risk

Medical services across the country, including in rural areas, meet international standards. The majority of medical professionals are multilingual.

## Political Overview : ● Moderate Risk

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Poland is a semi-presidential representative democracy where the president is the head of state and the prime minister head of government. Poland's parliament is divided into the more powerful lower house (Sejm) and the upper house (Senate), which has the power to amend and delay legislation and block amendments to the constitution.

In the 2020 presidential election, right-wing incumbent Andrzej Duda was narrowly re-elected president with 51 percent of the vote over rival Rafał Trzaskowski of the Civic Platform (PO). During the race, Duda appealed to supporters with his trademark social conservatism, while Trzaskowski pledged to rebuild the country's strained relationship with the EU. The country's illiberal shift has continued, increasing tensions between the country and the EU. Poland's government remains at odds with the EU over its anti-LGBTQ+ policies and attacks on the independence of the judiciary and press.

Since gaining control of the presidency and parliament, the PiS has taken an increasingly confrontational position on several issues, pushing back against deeper integration with the EU and the acceptance of refugees proportionally across EU member states. Most notably, the PiS launched a reform to significantly alter the structure of the judiciary, a move vehemently opposed by the EU Commission. The reform involved lowering the retirement age of judges from 70 to 65 years. The reform forced over 100 judges to retire before it was withdrawn amid heavy EU scrutiny and European Court of Justice (ECJ) rulings. In contrast, the government has maintained a hard line on limiting abortion access, despite large protests taking place since a near-total ban was codified in 2020, as anti-abortion sentiment remains very strong in Poland. Restrictions on foreign investment and immigration also remain broadly popular in defiance of EU criticism.

While Polish opposition parties and the EU feared that the right-wing government would erode democratic standards and the rule of law, parliament elected pro-European Donald Tusk of the Civic Coalition (KO) as prime minister, with a mandate to form a coalition government with the Third Way and the New Left, thus ending the reign of the populist Law and Justice party (PiS), which lost its majority in the October 2023 parliamentary elections and failed to find any allies. Tusk's government will have to deal with judicial institutions that PiS has profoundly reformed, and will have to restore an independent judiciary, strengthen women's rights and depoliticise schools, among other issues, while ensuring the unity of its coalition.

Poland joined the North Atlantic Treaty Organisation (NATO) in 1999 and the EU in 2004. Poland's foreign relations are heavily influenced by its history of repeated invasions and partitions by neighbouring countries, particularly Russia. The ongoing Russian invasion of Ukraine has renewed these fears, leading the Polish government to send weapons and humanitarian support to Ukraine, while pushing for even tougher sanctions on Russia and Belarus. While hosting over 1.5 million Ukrainian refugees, tensions between Poland and Ukraine remain low, with little public backlash over the refugee influx, though an extended conflict could result in less favourable attitudes arising.

## Recent incidents

13 December 2023 - 14 December 2023

### ● **Moderate risk:** Tusk to be inaugurated Prime Minister in Warsaw on 13 December - Update

President Andrzej Duda will inaugurate incoming administration at the Presidential Palace in Warsaw on 13 December, after the parliament voted Donald Tusk of the Civic Coalition (KO) to become a Prime Minister with a mandate to form a coalition government with the Third Way and New Left, putting an end to the rule of the populist Law and Justice (PiS) party which lost its majority in October and was unable to find allies.

17 October 2023 - 18 October 2023

### ● **Moderate risk:** PiS wins election, loses majority - Update

Final election results indicated that the ruling Law and Justice (PiS) won 35.38 percent of the votes but lost its majority, while the liberal Civic Coalition (KO) came in second with 30.70 percent; the voter turnout was 74.38 percent. The Third Way party secured 14.40 percent, the New Left 8.61 and the Confederation 7.16 percent. The Civic Coalition, New Left and Third Way announced plans to form a coalition government, while PiS was expected to struggle to find allies.

16 October 2023 - 17 October 2023

- **Moderate risk: Opposition parties to secure a parliamentary majority - Update**

Preliminary results indicated that the ruling right-wing Law and Justice (PiS) won the parliamentary election with 37 percent of the vote, but failed to secure a parliamentary majority against Pro-European Donald Tusk's Civic Coalition (31.6 percent), the Third Way (13 percent) and the New Left (eight percent), which together would total around 250 seats in parliament, which could constitute a government majority.

15 October 2023 - 16 October 2023

- **Moderate risk: Parliamentary elections scheduled on 15 October**

President Andrej Duda announced that parliamentary elections will be held on 15 October. The ruling right-wing Law and Justice (PiS) is unlikely to secure an overall majority even if it wins a third consecutive term in power.

## Conflict : ● Medium Risk

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Poland is a member of the North Atlantic Treaty Organisation (NATO) and the European Union (EU), both of which provide security and prevent any risk of conflict with its neighbours to the West. Poland enjoys a strong alliance with the United States (US) with ever-increasing military support.

**Secessionist Movements: Silesia** is located in the southwestern corner of the country. Secession is supported by the Silesian Autonomy Movement (RAS), which has confined itself to political action and does not have significant popular support in the region.

**External Conflicts:** After the break-up of the Soviet Union, Poland moved away from the former Soviet sphere by joining the EU and NATO. Tensions with Russia have been high since the 2010 Smolensk air disaster, when Polish Air Force Flight 101 crashed in fog en route to a WWII memorial ceremony in Russia, killing then president-Lech Kaczyński, brother of PiS leader Jarosław Kaczyński, and dozens of other high-ranking officials. Though officially classified as an accident, many PiS politicians insist that the Russian government was partly to blame for the crash. Tensions with Russia significantly worsened over Russian President Vladimir Putin's decision to invade Ukraine in 2022, followed by nuclear weapons threats and the public revival of centuries-old claims on Polish territory. Tensions with Belarus also remain high due to Belarusian President's Aleksandr Lukashenko domestic crackdowns and cross-border provocations by Belarusian border guards, who in recent years have transported refugees from third countries to the **Poland-Belarus border** and allowed them to cross with forged documentation. A border fence is under construction on the Polish side to limit illegal crossings and additional sanctions and road closures have steadily reduced overland travel between the two countries.

In contrast, the Polish government has significantly improved its relationship with Ukraine's government in recent years, easing visa restrictions, addressing controversies over minority rights and providing large quantities of military and humanitarian aid, though some sensitive issues, particularly over agricultural policy, remain. Relations with Germany and Lithuania, despite historic grievances and trade disputes, remain largely positive and have been strengthened in shared opposition to Russia's military activities. Escalation of the fighting in Ukraine or direct intervention by NATO raises the risk of conflict between Poland and Russia, the latter of which in the event of hostilities would attempt to occupy the **Suwałki Gap** in **Podlaskie**

**voivodeship** as it would provide a land corridor between Belarus and Russia's Kaliningrad exclave and deprive Lithuania of overland access to Poland. The US Armed Forces maintain a military base at **Camp Kościuszko** in **Poznań voivodeship**, and **Rzeszów-Jasionka Airport (RZE/EPRZ)** in **Subcarpathian voivodeship** has become an important transit point for NATO aid to Ukraine since 2022.

**Strength of Military Forces:** In recent years, the Polish government has reorganised the country's military structure by initiating the General Command of All Armed Forces that replaced separate commands of different armed forces. Poland currently has over 114,000 active-duty troops and is purchasing large quantities of new military equipment from South Korea, the US and other EU member states.

# Terrorism

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**Domestic Terrorism:** Poland has no recent history of domestic terrorist attacks, although neo-Nazi groups and right-wing extremism pose a small risk. In the past, Polish security services have raided apartments belonging to members of the Blood and Honour neo-Nazi group where they found papers documenting plans to attack Jewish targets across the country. There have been no major terror plots by any of domestic groups/individuals in recent years.

**International Terrorism:** There is little risk of international terrorism in Poland. Poland is a strong ally of the US, and while this support could lead to the country being targeted by anti-US militants, this has not materialised.

**Response Preparedness:** Due to a lack of terrorist threat in the past, authorities may not be as well prepared to deal with a significantly sized attack as their Western European counterparts. However, the Ministry of National Defence has increased its spending on anti-terrorism departments within the Military Police for response training and equipment. Disaster response services are of a high-quality.

## Recent incidents

30 November 2023 - 01 January 2024

- **Medium risk:** LOT Polish cancels flights between Israel's Ben Gurion Airport and Poland through 31 December - Update

LOT Polish Airlines indicated that regularly scheduled flights between Tel Aviv Ben Gurion Airport (TLV/ LLBG) in Israel and Warsaw Chopin (WAW/EPWA) and Kraków John Paul II (KRK/EPKK) airports in Poland remain cancelled through at least 31 December, due to the ongoing Hamas-Israel War in Gaza.

08 November 2023 - 30 November 2023

- **Medium risk:** LOT Polish cancels flights between Israel's Ben Gurion Airport and Poland through 29 November - Update

LOT Polish Airlines website indicated that there were no available or scheduled flights between Tel Aviv's Ben Gurion International Airport (TLV/ LLBG) in Israel and Polish airports, namely Warsaw Chopin Airport (WAW/EPWA) and Kraków John Paul II International Airport (KRK/EPKK), through 29 November due to the ongoing conflict between Hamas and Israeli forces.

31 October 2023 - 09 November 2023

- **Medium risk:** LOT Polish cancels all flights between Tel Aviv's Ben Gurion Airport and Poland through 8 November - Update

LOT Polish Airlines website indicated that all scheduled flights between Tel Aviv's Ben Gurion International Airport (TLV/ LLBG) in Israel and Polish airports, namely Warsaw Chopin Airport (WAW/EPWA) and Kraków John Paul II International Airport (KRK/EPKK), were cancelled through at least 8 November due to the ongoing conflict between Hamas and Israeli forces.

16 October 2023 - 01 November 2023

- **Medium risk:** LOT Polish Airlines extends flight cancellations to Tel Aviv's Ben Gurion Airport until 31 October - Update

LOT Polish Airlines officials extended the cancellations of flights between Warsaw Chopin Airport (WAW/EPWA) in Poland and Tel Aviv's Ben Gurion International Airport (TLV/ LLBG) in Israel until at least 31 October due to the ongoing conflict between Hamas and Israeli forces in Israel and Gaza.

## Unrest : ● Moderate Risk

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**Protests and Demonstrations:** Demonstrations and protests occur regularly in Poland, particularly in the spring and summer months. Protests by trade unions and farmers are very common as are gatherings in **Warsaw** outside embassies and consulates by the large Russian, Belarussian and Ukrainian expatriate communities. In recent years, the PiS government has increasingly come under fire from the opposition and their supporters for passing a series of measures that critics say threaten Poland's rule of law, judicial independence and its citizens' access to free and objective media. Since these new policies, such as the implementation of strict abortion laws, and the decrease in retirement age for judges have been proposed and implemented, mass protests have taken place in major cities across Poland. Though these have only occasionally compelled the government to change course, they are likely to continue so long as such policies continue to be pursued.

While protests usually pass without incident, travellers are advised to avoid all such demonstrations on an ongoing basis and note that any large rally is likely to cause localised disruptions to travel.

**Extremist Gangs/Football Violence:** Poland has a growing problem with neo-Nazi gangs and violence between football team supporters. The two are closely linked, with neo-Nazi groups using football fixtures to settle scores with rival gangs. There are two main groups of rival fans, although other teams are also affected. The fans of opposing football teams organise mass fights with each other. Matches between many major and minor league clubs regularly result in large-scale fan violence and in the past, this has included deadly clashes and mass injuries at football grounds, public transport hubs and in city centres. Monitor local news reports closely to find out times and locations of football match fixtures. Avoid travel in towns scheduled to host football matches.

**Strikes:** Poland has had a history of striking. Transport strikes by unionised workers are common in the country. Strikes in Poland are rarely violent but travellers should keep distance from large striking groups in the event violence might erupt.

**Annual Protests:** Poland's Independence Day on 11 November is celebrated with multiple parades and events across the country, however recent years have seen festivities spiral into violence in **Warsaw**. Far-right and ultra-nationalist groups have attacked parades and organised their own marches and rallies that have escalated to

violent clashes with police involving tear gas and rubber bullets.

Other dates on which remembrance marches may take place in urban areas include 19 April (1943 Warsaw Ghetto Uprising), 4 June (1989 Legislative Elections), 1 August (1944 Warsaw Uprising) and 13 December (1981 Declaration of Martial Law).

## Recent incidents

22 December 2023 - 23 December 2023

### ● **Moderate risk:** Truck drivers protest in Szczecin, West Pomeranian voivodeship

Local media reported that dozens of truck drivers took part in a protest caravan from Wolframowa Street/Kijewo Junction to Wały Chrobrego in Szczecin, West Pomeranian voivodeship, during afternoon hours local time, to protest the European Union (EU) transport policy for Ukrainian carriers.

20 December 2023 - 21 December 2023

### ● **Moderate risk:** PiS supporters rally at TVP offices in Warsaw and Opole

Local media reported that dozens of Law and Justice (PiS) supporters rallied at Polish Television (TVP) offices in Warsaw and Opole to protest the removal of the former PiS-appointed management from the public broadcaster following the installation of the new coalition government.

18 December 2023 - 19 December 2023

### ● **Moderate risk:** Polish haulers to resume blockade at Yahodyn-Dorohusk border crossing with Ukraine from 18 December - Update

Polish cargo truck drivers announced that they will resume their blockade at the Yahodyn-Dorohusk border crossing between Poland's Lublin voivodeship and Ukraine's Volyn oblast from 18 December, to protest European Union (EU) transport policy for Ukrainian carriers. Blockades also remain ongoing at the Korczowa-Krakovets, Hrebenne-Rava-Ruska, Medyka-Shehyni and Uhryniv-Dolhobychuv crossings.

14 December 2023 - 15 December 2023

## ● **Moderate risk: Activists to stage protest in Warsaw**

Local sources reported that activists associated with Gazeta Polska, a right-wing to far-right magazine, plan to demonstrate in front of the Telewizja Polska building (Polish Television building) in Powstańców Warszawy Square (Warsaw Uprising Square) in Warsaw from 16:00 local time (15:00 GMT) in defence of public media and in support of freedom of speech.

# Crime : ● Moderate Risk

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**Petty Crime:** Petty crimes, including pickpocketing, mugging, and vehicle theft, are common in the capital and other large cities, particularly in the Upper Silesia region where unemployment rates are high. Tourist areas and public transportation sites like train stations are frequent targets for pickpockets. Thieves operate in small groups, often blending in with crowds and distracting travellers to steal their valuables. The 175 bus that runs from the Warsaw Chopin Airport reports a high incident rate of petty crime incidents, mainly pickpocketing. Criminals have been known to impersonate plain-clothed police officers, offering assistance to victims of theft and subsequently requesting their bank details.

Beware of your surroundings, do not leave your belongings unattended and exercise general personal safety for travel. Only carry what is needed, do not flash expensive valuables or large sums of money, and keep cash, identification and mobile phones in front pockets, or in a zipped or concealed pocket or pouch rather than in a bag. Secure belongings when using public transport or when frequenting markets and other crowded public areas; secure bags diagonally across the body against the chest, keep bags within sight and away from the street. Refrain from using mobile phones or laptops in congested public places; avoid putting bags containing valuables on the ground. Avoid walking in poorly lit and isolated areas. Stay in groups. Reject rides or drinks from strangers and never leave drinks unattended. Exercise extreme caution when purchasing and consuming alcohol in public venues. Do not accept pamphlets in the street or shopping centres; these could be impregnated with potent and disorienting drugs, which permeate the skin. If you start to feel unwell, tell staff or close friends and do not leave the venue alone or with strangers. Shout to attract attention, if needed.

**Violent Crime:** Acts of violent crime, particularly against foreign nationals, are rare but do occur. Hate crimes towards the LGBTQ+ community and people of colour are on the rise, and the police response to such crimes is often insufficient due to the current government's right-wing attitudes towards immigration and gay rights.

Commonsense measures are best kept to ensure against becoming the victim of a violent crime. Travellers are advised to remain vigilant at all times and exercise general personal safety for travel: avoid walking alone at night, do not venture down roads with poor lighting and few access points. Be careful when using taxis and public transport and plot route bypasses around rowdy crowds. Seek local advice for areas to

avoid. If you are held-up by an armed robber do not become confrontational as any resistive behaviour may cause more violence by the attackers.

**Property Crime:** Residential break-ins in Poland are declining, but they still do occur. Some burglaries are committed through unlocked front doors. Thieves either target homes after surveying or randomly try open doors. An ongoing pattern previously reported describes Americans who lost items from their garage because they left their gate open and door unlocked. A new trend involves ground-floor burglaries during the night, where burglars access unsecured or poorly secured windows or doors to steal valuables without disturbing the sleeping family on upper floors. American business families have reportedly been affected by this type of burglary.

Travellers are advised against leaving valuables in hotel rooms. Deposit important items in the safe. Be sure to lock hotel/house doors, even when you are present. Home invaders often conduct thorough investigations of their victims' routines and whereabouts prior to an attack. Avoid visible displays of wealth and check for signs of being followed when returning to one's place of residence. If you do happen to be burgled, remain cooperative as perpetrators are likely to be armed and any resistive behaviour may cause more violence by the attackers.

**Organised Crime and Gangs:** Poland has become a main gateway for the trafficking of drugs and people into Western Europe. Particularly the towns of Pruszkow and Wolomin are known to have large-scale criminal syndicates operating within them in recent years. Crime groups are also known to be involved in money laundering, car theft, unlicensed taxi rings, electronic and brand-name counterfeiting, and prostitution. Russian criminal groups have been known to operate within Poland, most notably the Uralmash mafia. However, organised crime activity including violent crime is unlikely to affect foreign nationals.

Violence is often contained within inter-gang rivalries, though bystanders may be caught up in drive-by shootings, street shootings and armed or arson attacks. Avoid the epicentres of criminal activities, which are often located on the outskirts of urban areas. Seek local advice on specific areas to avoid. Restrict travel in unfamiliar areas to daylight hours. Visitors should avoid association with members of any groups or individuals they suspect of being involved in such activities.

**Vehicle Crime:** Vehicle theft is commonplace in Poland, although there has been a decrease in recent years. Thieves often target luxury vehicles that have registration documents and keys. They employ tactics such as gentle bumps to prompt victims to inspect their cars, allowing the thief to quickly steal the vehicle. Another method

involves gesturing towards a supposed problem and luring the driver to stop, where other accomplices steal the car. Thieves also target parking lots, particularly near larger grocery chains, to steal keys from unsuspecting owners. Instances of criminals posing as police officers to flag down vehicles have also been reported.

**Break-ins:** Expensive-looking vehicles, especially 4x4s, or vehicles with visible valuables are commonly targeted. Visitors should park cars in well-lit areas, preferably in private parking lots with security and ensure that all valuables, including vehicle's papers/insurance, are removed from the vehicle. Lock car doors at all times and make sure windows are rolled up. If renting a vehicle, ensure that it is fitted with a secure car alarm.

**Theft:** A common tactic for confrontational theft is for thieves to smash a car window or pull open passenger doors when cars are stopped at traffic lights, before stealing items such as bags, GPS, radios, phones or wallets. Motorists may also be signalled to stop by the occupants of another car pointing at their tyre and indicating a problem. Alternatively thieves may force victims out of their vehicle at knife or gunpoint in order to steal the vehicle. Avoid driving at night and exercise caution when stopped at traffic lights or in tunnels. Never stop at the indication of another driver. If you are being followed, drive to the nearest police station or public area. Stop at the nearest town or service station if you think you may have a genuine problem with your vehicle.

**Carjacking:** Avoid leaving or returning to your place of work or residence at the same time every day. Vehicles equipped with a coded key or a key fob tend to be increasingly targeted as they make it easier to hijack with jamming devices. Hijackers also tend to stage breakdowns, flagging victims for assistance. Two cars are often used to box the victim in and force them to stop. Leave a safe distance between yourself and the car in front of you at traffic stops, limiting speed as much as possible to avoid stopping in order to keep the vehicle moving and gain time before the light turns green. Hijackers are often armed and extremely willing to use deadly force so resistance is discouraged. Stay calm and move slowly and exit your vehicle avoiding eye contact with the assailants. Keep your hands in clear sight at all times.

**Fraud and Scams:** Credit card fraud and ATM fraud are growing concerns in Poland. Travellers increasingly report incidents of drink spiking and credit card overcharging at bars and clubs frequented by tourists. Unregulated taxi rings also operate across the country, often run by crime gangs. There have been reports of overcharging and assault incidents in unregulated taxis and cars booked through ride-sharing apps.

**Unlicensed Taxis:** Travellers are advised to use only licensed taxis, as unlicensed taxis

may overcharge and drivers are not regulated or may be colluded. Always negotiate or confirm the fare before setting off. Consider having a hotel shuttle or registered chauffeur meet you at the airport upon arrival, particularly if arriving after dark. Avoid hailing taxis off the street and opt for private, non-shared taxis; ensure the taxi is empty in the back before getting into the vehicle. If you have to put luggage in the boot, pay the driver after getting it back. If you are tricked, write down the taxi's licence plate and call the police. Ride-share apps may provide a safe alternative.

**ATM fraud:** Always refuse unsolicited assistance while at an ATM, and avoid ATMs other than at malls and banks. Keep a 24-hour emergency number for ATM cards on hand to prevent illegal withdrawals from the account if such incidences occur.

**Credit Card fraud:** Visitors should only use credit cards when an electronic transaction is possible and when the transaction can be completed directly in front of them. Never let a clerk, sales assistant or waiter take a card to another location for the transaction to be processed. If this cannot be avoided, visitors should insist upon going with the individual to the point of sale to witness the transaction. Keep an eye on the card at all times. Always ensure that you receive a receipt and check the amount to be correct.

**Hate Crime:** Racially motivated crimes and hate crimes towards the LGBTQ+ community have increased in frequency over the last years amid growing anti-immigrant and anti-LGBTQ sentiment in the Polish public. The current government's right-wing attitudes towards immigration and gay rights hinder efforts to combat hate crimes and result in poor police response.

Travellers are advised to exercise general caution, particularly in the vicinity of places of worship and sexual and other minority, refugee and community centres and during large public gatherings; keep a low profile. If possible, avoid any demonstrations over minority rights, police violence, foreign military intervention and religious controversies – such as abortion and same-sex marriage, dietary laws and religious dress codes – as these issues may trigger confrontations among protesters and may involve confrontation with security forces.

**Kidnapping:** Kidnappings are not a particular concern in Poland, as isolated instances do not reflect a broader trend targeting travellers or foreign nationals. Polish authorities have previously dismantled an organised syndicate involved in kidnapping a teenager from Poznań and planning similar kidnappings targeting members of wealthy families. While the presence of similar groups targeting individuals with substantial financial resources is possible, it currently poses no explicit risk to travellers, as there have been no recent incidents involving foreign nationals.

Response of law enforcement officials, in the event of a kidnapping, is likely to be reliable.

Travellers should remain aware of their surroundings and follow the latest advisories for their destination. Maintain communications and your itinerary with local contacts, authorities or embassy staff, especially in locations with a higher risk of kidnapping. Consider a local guide or security escort for the highest risk locations.

## **There are no recent incidents**

# Law

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The Polish legal system is based on continental civil law. The judiciary is fairly reliable but can suffer from corruption at lower levels.

# Corruption

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**Corruption:** Travellers are unlikely to experience corruption in Poland, but may be asked for small payments, such as false booking fees for train or plane tickets. Police patrol officers have occasionally been reported to solicit bribes during routine traffic stops, although this is not widespread. Residents may come across corruption in everyday life, particularly low-level administrative corruption. If you make a complaint it is unlikely that more senior employees will act or take note. The Polish government has made a commitment to eradicating judicial corruption, although there is still a small chance residents may experience it. Significant corruption in business is not widespread in Poland. Nevertheless, payments or other small incentives may be expected for the closing of deals. Additionally, high level relationships between Polish businesses may affect a Western business's chance of winning open tender contracts even if they present the best offer.

# Security Services

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**Security Services:** While the Polish Police may not be as efficient as their Western European counterparts, great efforts are being made to increase training and hiring requirements. The police can generally be relied upon in an emergency, although response times may vary widely depending on time of day and location. The majority of police officers are professional and trustworthy. Low-ranking patrol police officers have occasionally been reported to solicit bribes, but over the past year there have been significant decreases in the number of corruption complaints. Since fines for traffic violations can be collected by a police officer on site, a common ruse is to negotiate money of a lesser amount than the fine. Those who hesitate to pay are often subjected to lengthy safety checks of their vehicles, delaying them for long periods of time. The creation of a new anti-corruption bureau in the police has made a positive impact and any incidences of corruption should be reported to them. Obtaining information such as the time, location, badge and name of the officer or tag number of the police vehicle involved is important. Drivers are encouraged to follow established traffic regulations and to not pay bribes.

# Natural Risks : ● Moderate Risk

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Winter weather can trigger overland travel disruptions, particularly in **eastern and northeastern voivodeships**, due to mediocre road infrastructure and maintenance, but blizzards and avalanches are not common. Emergency response services are sufficient.

## Avalanches

Avalanches can range from a small shifting of loose snow to the displacement of enormous slabs of snow. Avalanches typically occur on slopes greater than 27 degrees and are commonly associated with heavy snowfall and strong winds. The risk of avalanches increases during new snowfall, wind-deposited snow and after earth tremors. Avalanches can also occur as a result of excessive use of a slope by skiers, snowmobilers and snowboarders.

There is a danger of avalanches in mountainous regions during the winter season (November-March). Avalanches can easily make mountain passes, particularly secondary ones, impassable.

If you are planning to travel over snowy mountainous terrain, there are several preparatory steps that should be taken. Be sure to carry an avalanche transceiver, snow probe, shovel, first aid kit and mobile phone for use in the event of an emergency. Ensure every member of the party is carrying a map with the same route marked on it. Have this route checked locally for avalanche risk information before setting off for the day. Should you find yourself caught in an avalanche, use your arms to create an air pocket in front of your face.

## Blizzards

Blizzards occur when severe winter storm conditions are accompanied by strong winds, producing wind-driven snow, dangerous wind chill and excessive accumulation of snow (drifting). Heavy accumulations of ice and snow can immobilise a region and paralyse a city, disrupting supply chains and compromising emergency and medical services. Electrical wires, telephone poles and lines and communication towers are

vulnerable to disruption. Even small accumulations of ice may produce extreme hazards for motorists and pedestrians. Prolonged exposure to the cold may result in life-threatening medical conditions, including frostbite and hypothermia.

There is a danger of blizzards in mountainous regions during the winter season (November-March).

Refrain from going outdoors during severe blizzards as prolonged exposure to the cold may result in life-threatening medical conditions, including frostbite and hypothermia. If you must go outside, cover your mouth to protect your lungs and walk carefully on snowy, icy pavement. Bear in mind that several layers of lightweight clothing will keep you warmer than a single heavy coat. Motorists should drive with deference to road conditions and avoid driving during severe snowstorms, while pedestrians should walk slowly on icy ground, particularly near stairs.

## **Flooding**

A flood is an overflow of water that submerges land that is usually dry. It is normally triggered by an extended period of heavy rainfall and can be exacerbated by poor drainage systems in the affected area.

Poland has a history of serious flooding, mainly along the **Oder** and **Vistula Rivers**, and areas on these rivers' flood plains remain highly vulnerable. In recent years, one of the worst floods was in June 2021, when dozens of roads and buildings, including public transportation hubs were flooded in and around **Krakow** and **Poznan**.

If instructed of the possibility that flash-flooding may affect the area you are in, monitor local updates and move immediately to higher ground away from rivers, streams, creeks and storm drains. Though flash-flooding is commonly attributable to excess upstream precipitation, be aware that flooding can occur without typical warning signs of rain clouds or heavy rain. This is especially true near streams, drainage channels, canyons and other areas known to flood suddenly. If you happen across a flooded road in your car, turn around and drive in the opposite direction. When trapped on a flooded road, vacate your vehicle immediately and climb to higher ground.

## Windstorms

Windstorms are generally categorised as storms with wind speeds strong enough to cause at least light damage to trees and buildings. Windstorms typically do not bring heavy rainfall.

Windstorms in Poland are known to cause material damage, such as trees being torn down and can cause casualties and halt rail service.

Because meteorologists can commonly predict the likely onset of a storm, the most effective way to mitigate physical risk is to monitor local weather updates and consider deferring travel in the event of a storm alert. Anticipate possible disruptions to overland travel caused by downed trees and power lines during and following strong gusts of wind. Confirm the viability of overland travel routes before departure.

## Recent incidents

02 December 2023 - 03 December 2023

### ● **Moderate risk: Adverse weather triggers flight disruptions at Kraków Airport**

Local sources indicated that multiple flights were delayed and cancelled at Kraków John Paul II International Airport (KRK/EPKK) since morning hours local time due to a winter storm.

23 November 2023 - 25 November 2023

### ● **Moderate risk: Red weather warnings issued for coastal areas through 24 November**

Meteorological authorities issued a red warning for strong winds for all coastal areas, including Kołobrzeg, Ustka, Łeba and Gdańsk, through at least early morning hours local time on 24 November. Orange warnings for strong winds were also issued for parts of southern Lesser Poland and southern Subcarpathia.

# Health and Medical: ● Low Risk

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## Overview

Medical services across the country, including in rural areas, meet international standards. The majority of medical professionals are multilingual.

## Before you travel

Consult your doctor or a healthcare provider who specialises in travel medicine at least six weeks before your departure. If you have a medical condition, you should also share your travel plans with your doctor.

## Outbreaks and Other Diseases

### Malaria

There is no risk of malaria transmission.

### Yellow Fever

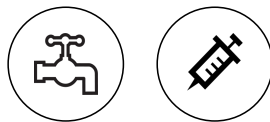
There is no risk of Yellow Fever infection.

## Vaccinations, Medicines and Documentation

**Note:** Requirements and recommendations for vaccines and other medicines as well as Yellow Fever vaccine are based on guidelines from the United States Centers for Disease Control and Prevention (CDC) Yellow Book 2024. All other entry requirements

are based on Riskline research.

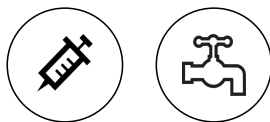
## Routine vaccines



Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include

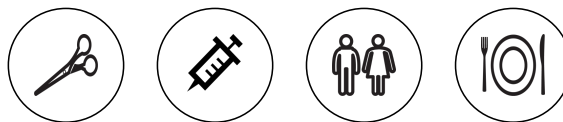
- Chickenpox (Varicella)
- Diphtheria-Tetanus-Pertussis
- Flu (influenza)
- Measles-Mumps-Rubella (MMR)
- Polio
- Shingles

## COVID-19



All eligible travellers should be up to date with their COVID-19 vaccines.

## Hepatitis A



Recommended for unvaccinated travellers one year old or older going to Poland.

Infants 6 to 11 months old should also be vaccinated against Hepatitis A. The dose does not count toward the routine 2-dose series.

Travellers allergic to a vaccine component or who are younger than 6 months should receive a single dose of immune globulin, which provides effective protection for up to 2 months depending on dosage given.

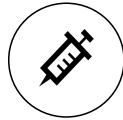
Unvaccinated travellers who are over 40 years old, immunocompromised, or have chronic medical conditions planning to depart to a risk area in less than 2 weeks should get the initial dose of vaccine and at the same appointment receive immune globulin.

## Hepatitis B



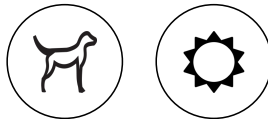
Recommended for unvaccinated travellers younger than 60 years old traveling to Poland. Unvaccinated travellers 60 years and older may get vaccinated before traveling to Poland.

## Measles



Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as part of the routine childhood vaccination series.

## Rabies



Poland is free of dog rabies. However, rabies may still be present in wildlife species, particularly bats. CDC recommends rabies vaccination before travel only for people working directly with wildlife. These people may include veterinarians, animal handlers, field biologists, or laboratory workers working with specimens from mammalian species.

## Tick-borne Encephalitis



For travellers moving or traveling to TBE-endemic areas

TBE vaccine is recommended for persons who will have extensive exposure to ticks based on their planned outdoor activities and itinerary.

TBE vaccine may be considered for persons who might engage in outdoor activities in areas ticks are likely to be found.

### Required documentation

#### Yellow Fever entry requirement (Source: USA CDC):

None

#### Other entry requirements:

##### Health Insurance document

For travellers requiring the issuance of a Schengen visa to enter the country, they must purchase travel insurance with a minimum coverage plan of USD33,000.

**Note:** Documentation requirements are subject to change. Consult your destination embassy or consulate prior to departure for confirmation.

## While you are there

### Emergency Numbers

Emergency	<b>112</b>	Common emergency number
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### Emergency services

Emergency services provided are of a high quality and reliable in urban areas, but

access times may be slower in rural areas. Emergency medical staff are highly trained, and ambulances are well stocked with necessary supplies.

## **Evacuation**

It is very unlikely medical evacuation would be required for injury or illness.

## **Routine care**

Private clinics are available in most major cities and possess a high level of professional care and modern equipment. Travellers are advised that when seeking care outside of metropolitan areas, or away from popular travel destinations, they are likely to encounter regional public health facilities with outdated equipment that may lack trained specialists and multilingual staff.

## **Medicine**

High quality prescription drugs are widely available, and over-the-counter medicines are readily available in stand-alone pharmacies as well as at supermarkets and corner shops, though prices may be higher than average international standards for non-prescribed medications. While travellers are unlikely to experience any difficulties in entering the country with their own prescription medicine, it is advisable that all prescription drugs are kept in their original container noting the patient's name.

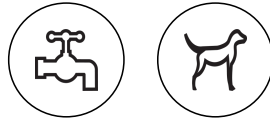
## **Payment**

Polish citizens and legal residents in employment qualify for the free public healthcare system; residents of the European Economic Area (EEA) qualify for basic emergency care. Travellers with a European Health Insurance Card (EHIC) will receive the same emergency care as Polish nationals, free of charge. Up-front payment is expected for all routine non-emergency care, specialist visits and any follow-up treatments for prior emergency care. A typical outpatient care visit will typically be within the range of PLN100-150 (EUR24-36), and around PLN300 (EUR72) per day for private care hospitalisation.

## **Ailments**

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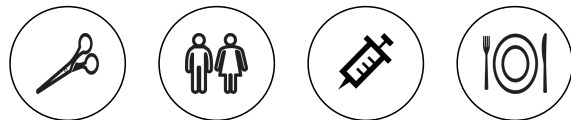
## Avian Influenza (Bird Flu)



The H5N1 virus (avian influenza or bird flu) was reported in Poland in 2007. However, there have been no further confirmed cases or cases of human infection.

*Avian influenza is a class of viral infections, including H5N1 and H7N9, which can be transmitted through contact with wild or domesticated birds. Symptoms are flu-like, and include fever, muscle aches, coughing, as well pneumonia and – in severe cases – respiratory failure. Treatment includes a course of antivirals.*

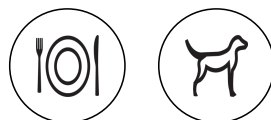
## Hepatitis (A, B, C, D and E)



Outbreaks of hepatitis A in Poland pose a low risk to visitors, but travellers should observe proper sanitation practices, especially in rural areas, due to the risk of infection. The overall hepatitis B carrier rate in the general population is estimated at less than two percent, and hepatitis C is endemic at between one and two percent. Sporadic and rare cases of hepatitis E are reported annually, but the risk to travellers is extremely low.

*Hepatitis is inflammation of the liver. The three main variations (A, B and C) are caused by infections from parasites, bacteria or viruses, but are transmitted by different means.*

## Lyme disease

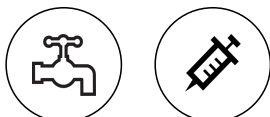


Foreign visitors intending to visit rural and forested areas in the Warmian-Masurian and West Pomeranian voivodeships, in Bialowieza National Forest and in the Carpathian Mountains. are advised to undertake preventative measures to reduce the risk of tick-borne transmission.

*Lyme disease is a bacterial infection transmitted by ticks and is most prevalent in rural areas. Early symptoms include fever, swollen lymph nodes, fatigue headaches and a 'bullseye' shaped rash around the tick bite; later symptoms include arthritis, facial paralysis, memory loss, swollen joints, increased rashes and headaches and heart palpitations. In most cases Lyme disease can be treated with a course of antibiotics; a small number of cases may develop into Post-treatment Lyme Disease Syndrome (PTLDS), which may persist for a number of months.*

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## Measles

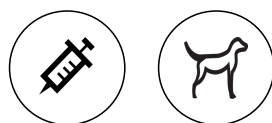


Since 2011, at least several hundred cases of measles have been reported nationwide, a recurrence of the disease possibly triggered by a decrease in immunisations. All travellers should ensure they have been vaccinated against measles.

*Measles is a highly contagious viral infection transmitted via coughing and sneezing from infected persons. Cold-like symptoms as well as fever are initially presented before a skin rash develops three to five days later. The measles vaccine is effective at preventing the disease. There is no treatment once infected beyond rehydration and bed rest.*

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## Rabies



Most rabies in Poland is confined to animals, particularly bats.

*Rabies is a serious viral infection, transmitted through close contact with saliva from infected animals (i.e. bites, scratches or licks on broken skin and mucous membranes). Travellers who suspect they may have come into contact with a rabies-infected animal should seek immediate emergency attention: post-exposure treatment has a high success rate if administered early. Late-stage rabies (when symptoms begin to occur) is untreatable and fatal.*

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## Tick-borne Encephalitis (TBE)



Greater than 70% of reported cases diagnosed in Podlaskie and Warmian-Masurian provinces in northeast. Most of remainder of country has endemic foci.

*Tick-borne encephalitis (TBE) is a viral infection usually transmitted through the bite of an infected tick. Typically the disease occurs in two stages. The first is a mild-flu like illness. The second is a potentially serious infection of the central nervous system (brain and spinal cord). TBE can at times be fatal in up to 20 percent of cases. Long-term neurological complications are common. Individuals are at increased risk if they visit areas where TBE is known to occur particularly in woodland or grassland. Travellers may reduce the risk of infection by avoiding risk areas and taking bite prevention measures.*

## Recent incidents

11 September 2023 - 12 September 2023

- **Moderate risk: Legionnaires outbreak continues in Subcarpathia - Update**

Officials registered 166 cases and 23 related fatalities of Legionnaires disease in Rzeszów, Dębica, Ropczyce-Sędziszów, Nisko, Łańcut, Kolbuszowa, Przeworsk, Jasło, Stalowa Wola and Przemyśl, Subcarpathia, as of 11 September.

23 August 2023 - 24 August 2023

- **Moderate risk: Legionnaires outbreak reported around Rzeszów, Subcarpathia**

Officials registered over 72 cases and three related fatalities of Legionnaires disease in Rzeszów, Dębica, Ropczyce-Sędziszów, Nizański, Stalowa Wola and Przemyśl, Subcarpathia.

04 January 2023 - 05 January 2023

- **Moderate risk: EU recommends member states to require COVID-19 test for arrivals from China - Update**

European Union (EU) officials recommended on 4 January that member states require a negative COVID-19 test no older than 48 hours prior to departure for all travellers from China. Officials also advised air travellers to and from China to wear medical face masks and members states to implement random testing upon arrival as well as conduct wastewater monitoring at airports. The recommendation is not legally binding; members states may enforce mandates.

# Covid-19: ● Low Risk

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## Summary

In March 2022, international travel fully resumed and domestic restrictions were lifted.

**What is the current nationwide Policy?:** None

**Policy starts:** 28 March 2022

**Policy ends:** indef

**Policy explanation:**

All remaining domestic measures were lifted on 28 March 2022.

**Policy source:** <https://www.gov.pl/web/coronavirus/temporary-limitations>

**Last update:** 17 October 2023

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## Infection

**Infection Level:** Moderate

**Infection rate:** 14.32 cases per 100k in the last 14 days

**As of date:** 09 November 2023

**Hotspots:** -

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## International Travel

### International Flights

**Is there a ban on international commercial flights?** Partial  
**Through what date?** indef

### **Flight Ban Explanation:**

LOT Polish Airlines flights are operating to dozens of destinations, including Amsterdam, Frankfurt, Milan, Munich and Paris. Flights are also available on a limited number of long-distance routes, including services to major hubs in the United States, Incheon, Tokyo and Toronto.

Following the European Union (EU) Commission announcement that all EU airspace will be closed to Russian-owned, Russian-registered and Russian-controlled aircraft, including private planes and for overflights, all flights to and from Russia will be banned until further notice, in line with EU sanctions on Russia over its invasion of Ukraine.

Until further notice, LOT Polish Airlines suspended all flights between Warsaw Chopin Airport (WAW/EPWA) in Poland and St Petersburg Pulkovo (LED/ULLI) and Moscow Sheremetyevo (SVO/UUEE) airports in Russia.

**Last Update:** 05 December 2023

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## **Entry and Borders**

**Is there a ban on entry for any travellers?** No  
**Through what date?** indef

### **Travellers from where are banned?**

**Land border:** Partially Open

**Maritime border:**

### **Entry Rules Explanation:**

Effective 28 March 2022, all travellers, regardless of departure country, no longer need to present proof of COVID-19 vaccination, recovery or a negative

test certificate to be allowed entry.

Security in the Poland-Belarus border region has been heightened due to the flow of migrants. However, on 1 July Polish authorities lifted the state of emergency introduced along the border. Effective 10 February until further notice, the Bobrowniki border crossing point with Belarus is closed due to security reasons. Effective 1 June until further notice, freight transport utilizing trucks, trailers, semi-trailers and vehicle combinations registered in Belarus and Russia will be suspended at the Kukuryki border crossing point with Belarus.

Polish authorities are building a barrier along its land border with Russia's Kaliningrad exclave. Traffic on the border with Russia takes place only through border crossings of Grzechotki and Bezledy. From 15 March 2020, traffic through Gołdap and Gronów border crossings is suspended. From 2 October until further notice, officials are banning vehicles bearing Russian license plates as part of sanctions against Russia over its invasion of Ukraine.

Effective 19 September until further notice, Russian citizens with a Schengen visa for tourism, business, sports, or cultural purposes are denied entry via land. From 26 September, the ban applies also to Russian nationals entering via airports and seaports. Exceptions will be made for humanitarian and family reasons, lorry drivers and diplomats.

Until at least 2 January 2024, authorities are conducting internal border controls, amid an effort to prevent human smugglers. Arrivals, including those from within the Schengen area, may be required to show IDs, passports, visas and additional documentation at the internal border with Slovakia.

**Entry Rules:** [https://granica.gov.pl/index\\_wait.php?p=b&v=en&k=w](https://granica.gov.pl/index_wait.php?p=b&v=en&k=w)  
<https://www.gov.pl/web/coronavirus/travel>  
<https://niezalezna.pl/481282-wiekszy-ruch-na-przejsciach-z-rosja-niz-przed-rokiem>

**Last Update:**

## Testing

**Do travellers need to take a COVID-19 test** No

**When?**

**Is it mandatory or optional?**

**Test Type:**

**Minimum age requirement:**

**Pre-travel test validity, in hours:**

**After arrival test days:**

**Testing Explanation:**

**Testing Rules:** -

**Last Update:** 22 December 2023

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## Health and Travel Documentations

**Do arriving travellers need any health and/or travel documentation?** Yes

**Documentation Explanation:**

**Health Insurance document**

For travellers requiring the issuance of a Schengen visa to enter the country, they must purchase travel insurance with a minimum coverage plan of USD33,000.

**Last Update:** 17 October 2023

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## Tracing App

**Do travellers need to use a contact tracing app after arriving?** No

**Tracing App Explanation:**

**Last Update:** 20 November 2023

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## Quarantine on Arrival

**Who needs to quarantine on arrival** None

**Travellers from where need to quarantine?**

**How many days is quarantine?**

**Is it self-quarantine or operated by the government?**

**Quarantine Explanation:**

**Quarantine Rules:** <https://www.gov.pl/web/coronavirus/travel>

**Quarantine mandate list:** <https://www.gov.pl/web/coronavirus/travel>

**Last Update:** 2023-12-19

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## Exit

**Is there a ban on exit for any travellers?** No

**Are there special requirements to exit?** No

**Exit Requirements Explanation:**

## Exit Requirements

(URL):

<https://www.gov.pl/web/coronavirus/travel>

Last Update:

19 December 2023

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## Vaccination

**Percent vaccinated with at least one dose:** 61.041 as of 01 Oct 2023

**Percent fully vaccinated:** 56.83 as of 09 Nov 2023

**Is vaccination mandatory for entry?** No

**Fully vaccinated are exempt from:** -

**Minimum age for vaccine requirements for travel:**

**Exemptions for vaccine requirements for travel:**

**"Fully vaccinated" is defined by the destination as:**

**Accepted vaccines, validity and special age restrictions:**

**Is mixing of vaccine doses authorised?** N/A

**Are specific combinations of mixed doses required?**

**"Boosted" is defined by the destination as:**

**Accepted boosters:**

**"Recently recovered" is defined by the destination as:**

Recovery status is valid from days until after .

**Vaccination certificates accepted:**

**Vaccination certificates accepted in the following languages:**

**Recent recovery document required:**

**Recent recovery document accepted in the following languages:**

### Explanation:

Effective 28 March 2022, all international travel restrictions, including requirements to provide a negative test, proof of vaccination or recovery, were lifted.

<b>Sources:</b>	<a href="https://www.gov.pl/web/coronavirus/temporary-limitations">https://www.gov.pl/web/coronavirus/temporary-limitations</a>
<b>Last change to vaccination policy:</b>	28 March 2022
<b>Last Update:</b>	17 October 2023

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## Other International Travel Restrictions

**Exit Requirements Explanation:**

**Last Update:**

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## Domestic Situation



### Areas on Lockdown

**Last Update:**

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### Areas under Curfew

**Last Update:**

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### Domestic Travel

**Domestic Travel Explanation:**

**Last Update:**

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### Other Domestic Restrictions

**Last Update:**

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## Resources

**Government COVID Site:** <https://www.gov.pl/web/coronavirus>

There are no recent incidents

# Local Travel : ● Low Risk

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## Travel Safety

**Air Travel: Warsaw Chopin Airport (WAW/EPWA)** is Poland's largest and busiest international airport, while international flights also operate out of other international airports in the country, such as **Kraków International Airport (KRK/EPKK)**.

Taxis are available outside both **Warsaw** and **Kraków** airports, but travellers should be advised to only use taxis from the official taxi stands. Do not use taxis which are offered to you unsolicitedly.

**Airspace:** LOT Polish Airlines flights are operating to dozens of destinations, including Amsterdam, Frankfurt, Milan, Munich and Paris. Flights are also available on a limited number of long-distance routes, including services to major hubs in the United States, Incheon, Tokyo and Toronto.

Following the European Union (EU) Commission announcement that all EU airspace will be closed to Russian-owned, Russian-registered and Russian-controlled aircraft, including private planes and for overflights, all flights to and from Russia will be banned until further notice, in line with EU sanctions on Russia over its invasion of Ukraine.

Until further notice, LOT Polish Airlines suspended all flights between Warsaw Chopin Airport (WAW/EPWA) in Poland and St Petersburg Pulkovo (LED/ULLI) and Moscow Sheremetyevo (SVO/UUEE) airports in Russia.

**Borders and Entry:** Effective 28 March 2022, all travellers, regardless of departure country, no longer need to present proof of COVID-19 vaccination, recovery or a negative test certificate to be allowed entry.

Security in the Poland-Belarus border region has been heightened due to the flow of migrants. However, on 1 July Polish authorities lifted the state of emergency introduced along the border. Effective 10 February until further notice, the Bobrowniki border crossing point with Belarus is closed due to security reasons. Effective 1 June until further notice, freight transport utilizing trucks, trailers, semi-trailers and vehicle combinations registered in Belarus and Russia will be suspended at the Kukuryki border crossing point with Belarus.

Polish authorities are building a barrier along its land border with Russia's Kaliningrad

exclave. Traffic on the border with Russia takes place only through border crossings of Grzechotki and Bezledy. From 15 March 2020, traffic through Gołdap and Gronów border crossings is suspended. From 2 October until further notice, officials are banning vehicles bearing Russian license plates as part of sanctions against Russia over its invasion of Ukraine.

Effective 19 September until further notice, Russian citizens with a Schengen visa for tourism, business, sports, or cultural purposes are denied entry via land. From 26 September, the ban applies also to Russian nationals entering via airports and seaports. Exceptions will be made for humanitarian and family reasons, lorry drivers and diplomats.

Until at least 2 January 2024, authorities are conducting internal border controls, amid an effort to prevent human smugglers. Arrivals, including those from within the Schengen area, may be required to show IDs, passports, visas and additional documentation at the internal border with Slovakia.

**Road Travel:** Traffic moves on the right in Poland. The country has a high road fatality rate due to an increase in the number of cars on the roads, poor lighting conditions at night, unpredictable weather, alcohol consumption of other drivers and poor road quality. Snow and ice conditions can make roads hazardous in the winter period. Travellers must have an International Driving Permit (IDP) to drive in Poland if they do not have an EU licence. Police might levy a fine immediately if you have committed a traffic offence or have been involved in an accident.

**Rail Travel:** Trains are one of the most popular ways to get around the country and services are generally good. There are local, regional, intercity and international services by public and private operators with connections onwards to Kyiv, Vilnius, Vienna, Berlin, Bratislava, Budapest, Prague, and, until the Russian invasion of Ukraine in 2022, Minsk and Moscow. Fares are affordable and safety is good.

## Public Transport

**Buses:** Buses in Poland are reasonably inexpensive and tickets can be purchased from kiosks or from the bus driver. Buses often serve far-reaching areas that are not served by trains.

**Ferries and Boats:** Ferries from **Szczecin** and **Gdańsk** regularly run to Sweden and Denmark, with further connections onward to Germany and Lithuania. Service is reliable though subject to changing weather conditions on the **Baltic Sea**.

**Taxis:** Taxis are readily available at major hotels and designated stands. Most drivers accept credit cards. When taking a taxi from the street, do not get into a taxi that does not have the name of the company on the side or does not have a meter, as these might charge significantly more.

**Trams:** Major cities such as **Bydgoszcz, Częstochowa, Elbląg, Gdańsk, Gorzów Wielkopolski, Grudziądz, Katowice, Kraków, Łódź, Olsztyn, Poznań, Szczecin, Toruń, Warsaw** and **Wrocław** all have tram/trolleybus networks. The Warsaw Metro also serves the capital region.

**Vehicle Hire:** Vehicles are available to rent from a number of internationally recognised companies. In Poland, you must be at least 21 years of age to rent a vehicle and have held your licence for at least a year. Some highways in Poland may be subject to tolls.

## Recent incidents

20 December 2023 - 01 January 2025

- **Low risk:** Belarusian officials extend visa-free entry scheme for nationals of Latvia, Poland and Lithuania until 31 December 2024

Belarusian authorities extended the 30-day visa-free travel scheme for nationals of Latvia, Poland and Lithuania to enter Belarus, until 31 December 2024. The scheme was initially scheduled to end on 31 December of the present year.

15 December 2023 - 16 February 2024

- **Moderate risk:** German authorities extend temporary border controls with Poland, Switzerland and the Czech Republic until at least February 2024 - Update

Until at least February 2024, German authorities will continue conducting internal border controls due to increased people smuggling threats. Arrivals, including those from within the Schengen area, may be required to show IDs, passports, visas and additional documentation at land border crossings with Poland, Switzerland and the Czech Republic.

05 December 2023 - 16 December 2023

- **Moderate risk:** German authorities extend temporary border controls with Poland, Switzerland and the Czech Republic until 15 December - Update

Until at least 15 December, German authorities will continue conducting internal border controls due to increased people smuggling threats. Arrivals, including those from within the Schengen area, may be required to show IDs, passports, visas and additional documentation at land border crossings with Poland, Switzerland and the Czech Republic.

04 December 2023 - 03 January 2024

- **Moderate risk:** Poland extends temporary border controls with Slovakia until 2 January 2024 - Update

Until at least 2 January 2024, authorities in Poland will continue conducting temporary border controls at border crossings with Slovakia, amid an effort to prevent human smuggling. Arrivals, including those from within the Schengen area, may be required to show IDs, passports, visas and additional documentation.

# Destination Hotspots

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**Cities, Towns, Villages:** The vast majority of Polish territory is safe to visit for foreign nationals. Visitors should not encounter any significant difficulties when visiting major towns and cities. During the summer months, be careful when frequenting outside cafes and restaurants, especially in the **Old Town market squares** of **Warsaw, Krakow, Poznan** and **Gdansk**. In extremely remote parts, such as small rural villages and hamlets, a foreign national may become the object of local curiosity. Although you are unlikely to encounter any problems with people in these areas, it is best to avoid attracting too much attention.

In **Warsaw**, extra caution should be observed in the northern part of the **Praga district**, particularly at night.

The towns of **Pruszkow** and **Wolomin**, near **Warsaw**, host rival mafia groups. Although they appear primarily a threat only to each other, some small risks may still be encountered by travellers. It is best to avoid any known members of these groups or involving yourself in any of their known criminal operations (unlicensed taxis and prostitution).

Muggings have been reported in the tri-cities area of **Gdynia, Sopot** and **Gdansk**, including during the day. Always keep your valuables on your person in a secured purse, pocket, or pouch. It is best not to display large amounts of wealth.

# Safety

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## Emergency Numbers

Emergency		Common emergency number
Police	<b>112</b>	
Fire	<b>997</b>	
Ambulance	<b>998</b>	
	<b>999</b>	

**Banks and Money:** Upon arrival it is necessary that travellers entering Poland with more than EUR10,000 complete a form to declare currency, including traveller's cheques. This form will then need to be stamped by Polish Customs, retained by the traveller and presented upon departure. If you are found with undeclared funds, the funds will be confiscated and you may face prosecution.

**Beaches and Public Areas:** Poland has many lakes and a large coastline with many beaches. Very few beaches have lifeguard supervision. Consult locals for advice before swimming, as strong currents or changeable weather conditions may pose unseen dangers.

**Begging:** Large urban areas in Poland often have problems with aggressive begging. While intimidating, beggars rarely physically assault travellers and will usually leave you alone if ignored.

**Corruption:** Travellers are unlikely to experience corruption in Poland, but may be asked for small payments, such as false booking fees for train or plane tickets. Police patrol officers have occasionally been reported to solicit bribes during routine traffic stops, although this is not widespread. Residents may come across corruption in everyday life, particularly low-level administrative corruption. If you make a complaint it is unlikely that more senior employees will act or take note. The Polish government has made a commitment to eradicating judicial corruption, although there is still a small chance residents may experience it. Significant corruption in business is not widespread in Poland. Nevertheless, payments or other small incentives may be expected for the closing of deals. Additionally, high level relationships between Polish businesses may affect a Western business's chance of winning open tender contracts even if they present the best offer.

**Drugs and Alcohol:** The legal age for purchase or consumption of alcohol is 18 years old. This law is enforced and anyone found to be breaking it will be arrested. Drunkenness in public is not accepted and police may take you to a clinic - which you will have to pay for - until you sober up. Drink driving laws are well enforced, despite a lack of police resources. The legal limit is 0.2 milligrams of alcohol per millilitre of blood. Those caught over this limit, but under 0.5 mg/ml are subject to a fine, while those found to be over 0.5mg/ml may face imprisonment of up to two years.

Polish drug laws penalise those caught with even small amounts of illegal substances. Drug laws are strictly enforced for trafficking or production offences, irrespective of the drug involved. Long prison sentences are common for these offences. In the past, travellers have been caught up in drug stings while trying to buy drugs for personal use. It is best to avoid all contact with drugs and known drug dealers or traffickers in Poland.

**Food and Drink:** Although tap water is commonly considered safe to drink, in rural areas there have been incidences of drinking water supplies being contaminated. To be on the safe side, drink bottled water instead, which is widely available across the country.

**Import and Export:** EU customs regulations apply in Poland. These allow anyone over 17 years to import up to 200 cigarettes or 50 cigars or 250 grams of rolling tobacco. One litre of spirits or two litres of wine or beer are also allowed. Perfume is restricted to 50 grams per person. Some works of art made prior to 1953 are considered of high value and subject to an exportation ban.

**Photography:** Taking pictures of Polish military buildings or other national security-related objects is illegal. A number of foreign nationals have been deported over the issue since the Russian invasion of Ukraine in 2022.

**Security Services:** While the Polish Police may not be as efficient as their Western European counterparts, great efforts are being made to increase training and hiring requirements. The police can generally be relied upon in an emergency, although response times may vary widely depending on time of day and location. The majority of police officers are professional and trustworthy. Low-ranking patrol police officers have occasionally been reported to solicit bribes, but over the past year there have been significant decreases in the number of corruption complaints. Since fines for traffic violations can be collected by a police officer on site, a common ruse is to negotiate money of a lesser amount than the fine. Those who hesitate to pay are often subjected to lengthy safety checks of their vehicles, delaying them for long periods of

time. The creation of a new anti-corruption bureau in the police has made a positive impact and any incidences of corruption should be reported to them. Obtaining information such as the time, location, badge and name of the officer or tag number of the police vehicle involved is important. Drivers are encouraged to follow established traffic regulations and to not pay bribes.

# Culture

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**Cultural Sensitivities:** Although much has changed in the past decade, Poles are still regarded as culturally conservative in their outlook. Although Poles are highly self-critical and will invariably complain amongst themselves about their country's shortcomings, they do not take kindly to hearing such criticism from foreign nationals. Poland's troubled history, including the invasions and war crimes committed against the country by both Germany and Russia/the USSR are sensitive issues, especially the Holocaust, which was carried out on Polish territory during World War II by Nazi Germany.

The subject of the Katyn Massacre (1943) and other mass killings perpetrated by the Soviet Union on formerly Polish lands that are now part of Russia, Ukraine, Lithuania and Belarus is also very sensitive.

**Religious Sensitivities:** Religion plays an important role in Polish society. Poland is a majority Roman Catholic country and churches are crowded on Sundays. Avoid taking pictures in church during mass and dress appropriately when visiting religious sites. Although negative reactions are unlikely to occur, it is wise to keep your religious denomination private to avoid confrontations. Due to widespread religious beliefs, debates over homosexuality and abortion can be tense and cause large protests in major Polish cities.

# Specific Traveller Advice

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## Female Travellers

**Local Customs and Laws:** There are no local customs or laws that a female traveller should take into consideration in Poland. Familiarise yourself with your destination prior to travel, and be respectful and mindful of any possible cultural sensitivities, which may include dress, behaviour and topics of discussions.

**Safety:** There are minimal safety concerns female travellers should take into consideration in Poland. Sexual assault and rape do occur; however, visitors to the country are not likely to face an additional risk as most perpetrators of assault are known to their victim. While isolated incidents of street harassment and assault are reported in large cities, it is not a widespread or rampant concern. Police and emergency services maintain a high degree of professionalism and female travellers will not encounter any problems dealing with first responders or reporting crimes to local authorities. Ensure you receive a copy of the police report. Exercise personal safety awareness if walking alone at night. Stick to main, well-lit streets and avoid walking through desolate areas or unfamiliar neighbourhoods. Refrain from wearing headphones while walking in the evening.

**Health and Wellness:** Women have access to some specialised gynaecological and reproductive health services, medicines and products in Poland. A full range of feminine hygiene products and specialised care are available. Prescriptions are required to purchase emergency contraceptives. Abortions are only permitted in cases of rape, threat to the woman's health and severe foetal defect. Travellers seeking abortions under other circumstances may visit clinics in Germany.

## LGBT+

Homosexuality is legal in Poland. There are many legal protections for LGBT+ persons in the country, including anti-discrimination laws and laws concerning gender identity or expression. Same-sex marriage is illegal; however, unregistered cohabitation is recognised. LGBT+ activity and persons are somewhat socially accepted. Despite the legal status of LGBT+ rights, social conservatism may be prevalent in some parts of the country, mostly due to the prevailing influence of the Catholic religion. Travellers may prefer to be discreet about sexual orientation and avoid excessive public displays of affection in areas where attitudes towards the LGBT+ community is unknown or generally not accepted. Use caution in conversations about sexuality or LGBT+ issues with strangers or recent acquaintances. Consider booking hotel rooms with two

separate beds. Transgender travellers may wish to consider having their passport and identification changed to reflect new gender before travelling.

### **Technology & Communication Risk**

Travellers are unlikely to face risks related to information and communication technology (ICT) in Poland.

Internet access and social media have no restrictions. While there are laws prohibiting hate speech, which includes the expression of racial, ethnic, or religious intolerance, this is unlikely to affect travellers. There are no concerns related to device searches or sensitive technology. Device searches and inspections at the border are unlikely. There are no restrictions in relation to bringing or operating sensitive equipment, which may include photo cameras, satellite phones, drones, and other GPS systems, in the country. State or criminal penetration of private data is unlikely. Authorities implement minimal state surveillance of ICT networks in the country.

Travellers should exercise basic ICT safety precautions. However, travellers should note that ICT laws and practices are subject to change on short notice, and travellers are recommended to confirm the legality/appropriateness of their specific ICT needs prior to departure.

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