



# Information note

## ITU and National Institute of Telecommunications

Title	Technical, business and regulatory aspects of Artificial Intelligence and Metaverse for future Internet and telecoms
Dates	23/10/2025 – 24/10/2025
Location	National Institute of Telecommunications (Instytut Łączności), Szachowa str 1, Warsaw, Poland, conference room 756

### 1. TRAINING COURSE VENUE

National Institute of Telecommunications (Instytut Łączności)  
Szachowa str 1, 04-894 Warsaw, Poland  
Conference room 756

Google maps: 55FW+4J Warszawa

[https://www.google.pl/maps/place/55FW%2B4J,+Warszawa/@52.1728125,21.1939876,17z/data=!3m1!4b1!4m5!3m4!1s0x471ecc669a869f01:0x6616401079e0c32!8m2!3d52.1728125!4d21.1965625?entry=tту&g\\_ep=EgoyMDI0MDgyNi4wLWlKXMDSoASAFQAw%3D%3D](https://www.google.pl/maps/place/55FW%2B4J,+Warszawa/@52.1728125,21.1939876,17z/data=!3m1!4b1!4m5!3m4!1s0x471ecc669a869f01:0x6616401079e0c32!8m2!3d52.1728125!4d21.1965625?entry=tту&g_ep=EgoyMDI0MDgyNi4wLWlKXMDSoASAFQAw%3D%3D)

### 2. DETAILS OF ARRIVAL AND LOCAL TRANSPORT

Chopin Airport (Lotnisko Chopina) is the main airport in Warsaw: <https://www.lotnisko-chopina.pl/en/index.html>

The center of Warsaw, where most of the recommended hotels are located, can be reached by public bus 175 (or N32 by night) or by train (line S3).

### 3. ONSITE REGISTRATION

Registration at the training venue will be possible from 9:00 to 10:00 AM on the first day of the training (23 October 2025).

### 3. VISA REQUIREMENTS

Information on visa requirements/exemptions can be found here:

[https://en.wikipedia.org/wiki/Visa\\_requirements\\_for\\_European\\_Union\\_citizens](https://en.wikipedia.org/wiki/Visa_requirements_for_European_Union_citizens)

Those participants who need an entry visa for Poland, should apply in advance at the Poland or relevant consular post in their country.

In case you need a visa invitation, please contact [s.laskowski@il-pib.pl](mailto:s.laskowski@il-pib.pl) as soon as possible

#### 4. ACCOMODATION

Participants should make their own arrangements with regards to accomodation.

The following hotels are near to the training course venue or allowing easy access to the site.

- **HOTEL Novotel Warszawa Centrum \*\*\*\***  
Marszałkowska Street 94/98, Warsaw  
[www.novotel.com](http://www.novotel.com)
- **HOTEL Holiday Inn Warszawa Józefów \*\*\*\***  
Telimeny Street 1, 05-420 Jozefow  
[www.holiday.aquila.pl](http://www.holiday.aquila.pl)
- **HOTEL Metropol \*\*\***  
Aleje Jerozolimskie 45, Warsaw [www.hotelmetropol.com.pl](http://www.hotelmetropol.com.pl)
- **HOTEL Sobieski \*\*\*\***  
Plac Artura Zawiszy 1, 02-025 Warsaw  
[www.sobieski.com.pl](http://www.sobieski.com.pl)
- **HOTEL Boss \*\*\***  
Żwanowiecka Str. 20, 04-849 Warsaw  
[www.hotelboss.pl](http://www.hotelboss.pl)

Hotel Boss is placed about 15 minutes walk from the training vanue. From Novotel, Metropol, Holiday Inn, and Sobieski Hotels participants can travel by the train from Warsaw Central Station to Miedzeszyn stop (Direction Otwock) or by public bus 521 or private line bus „Minibus” from Warsaw Center to Szachowa stop.

#### 5. CURRENCY

The local currency is Polish Zloty (PLN).

1 PLN = 0,23 USD

Visa and Master Card are accepted.

Banks are typically opened from 9:00 am to 5 pm

#### 6. ELECTRICAL APPLIANCES

The country code of Poland is +48.

For more information about the sim card registration process and requirements please visit one of the following sites:

- Plus - <https://www.plus.pl/registration>
- T-mobile - <https://www.t-mobile.pl/c/simregistration>
- Orange - <https://www.orange.pl/lp/for-foreigners>
- Play - <https://www.play.pl/en/kampania/rejestracja>

The electric supply in Poland is 230 volts, 50 hertz.

Types of electricity plugs used in Poland: C, E & F. Please refer to the images below.



## 7. LANGUAGES

The training course will be held in English. The official language spoken in Poland is Polish.

## 8. SECURITY

Most visitors to Poland experience no difficulties. Poland has a low rate of violent crime and a moderate level of street crime. There is no high risk of terrorism.

List of diplomatic missions in Poland can be found here:

[https://en.wikipedia.org/wiki/List\\_of\\_diplomatic\\_missions\\_in\\_Poland](https://en.wikipedia.org/wiki/List_of_diplomatic_missions_in_Poland)

## 9. MEDICAL AND HEALTH

There is no any special suggestion relating the requirements for medical insurance.

Tap water is suitable for drinking.

## 10. WEATHER

Information about temperature in Poland can be found here:

<http://www.accuweather.com/pl/pl/warsaw/274663/november-weather/274663>

Time Zone in Poland: GMT+2

## 11. TRAINING COURSE COORDINATION

Course coordinator	ITU coordinator
Name: Sylwester Laskowski Title: Chief Training Specialist Email address: <a href="mailto:s.laskowski@il-pib.pl">s.laskowski@il-pib.pl</a> Phone +48 22 51 28 230	Name: Celia Pellet Title: ITU ATC coordinator Email address: <a href="mailto:Celia.Pellet@itu.int">Celia.Pellet@itu.int</a>