



POLSKIE TOWARZYSTWO MEDYCYNY PRACY

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Meeting of the UEMS-Occupational Medicine Section September 12-15.2019 Lodz

The following is the preliminary programme for the meeting in Poland, Lodz.

Lodz is the third-largest Polish city and is located in the centre of Poland, 120 km south-west of Warszawa. The name of the city means "boat" in Polish, although there aren't any large rivers or water areas here. Lodz is a city of contrasts which intrigues almost at every step. It is full of factories and, at the same time, it is very green; eclectic but also avant-garde. Lodz dazzles with the lavishness of factory owners' palaces and astonishes with artistic installations. Although the history of the city spans over six hundred years, the dynamic development of Lodz came a little less than 200 ago. From a small town it was in the beginning of the 19th century, it quickly became the "promised land" giving dozens of thousands of families hope for a better tomorrow. Around the city, you can find numerous traces of the multicultural working class melting pot. Lodz was such a pot up to World War II. After the war, having become the cinematic capital of Poland, it opened another important chapter of its history. In 2017 Łódź was inducted into the UNESCO Creative Cities Network and named UNESCO City of Film.

Today it is a creative city, a city of festivals, a city which is being discovered all over again. It is located in the very heart of Poland, at the crossing of two main highways – you could say that all the roads lead to... Lodz.

There're many places worth visiting like modern Manufaktura complex or long and beautiful Piotrkowska street. One of the most renowned streets in the country and also the longest Polish promenade is a symbol of the city. Tenement houses and palaces of Piotrkowska house shops, restaurants, cafés, restaurant yards, pubs, and music clubs. Piotrkowska pulsates with life all year round while fairs and festivals that take place in it, such as Festival of Street Art and Magic "Hokus Pokus", Light Move Festival, or Songwriter Festival, give it its unique charm.

When strolling along Piotrkowska, it is also worth glancing inside the renovated backyards, including the backyard of OFF Piotrkowska – one of the new wonders of Poland. It is also a good idea to look up. The facades of the buildings situated in Piotrkowska are laden with eclectic architectural details: caryatids, relieves, bay windows... Look under your feet and you will see the Alley of Stars pointing to the cinematic heritage of Lodz, and the Monument of Lodz Citizens – a lane of the street laid with almost 17 thousand paving blocks with a cast iron plate with names and last names of the city founders.

Travel

You can fly directly to Lodz. Lodz Airport is located in the south-western part of the city, 6 km away from the city centre and is named after Władysław Reymont. It offers regular air connections with Dublin, London (Stansted), East Midlands, Munich (since 28 March 2018) and Athens (since 12 May 2018). These directions are operated by Ryanair and Lufthansa. Ryanair offers tickets at attractive prices, but you have to take into account a number of

additional charges such as fees for printing an on-board card, dropping off your hand luggage at check-in, or dropping off your hold baggage. The airport has a new and comfortable passenger terminal.

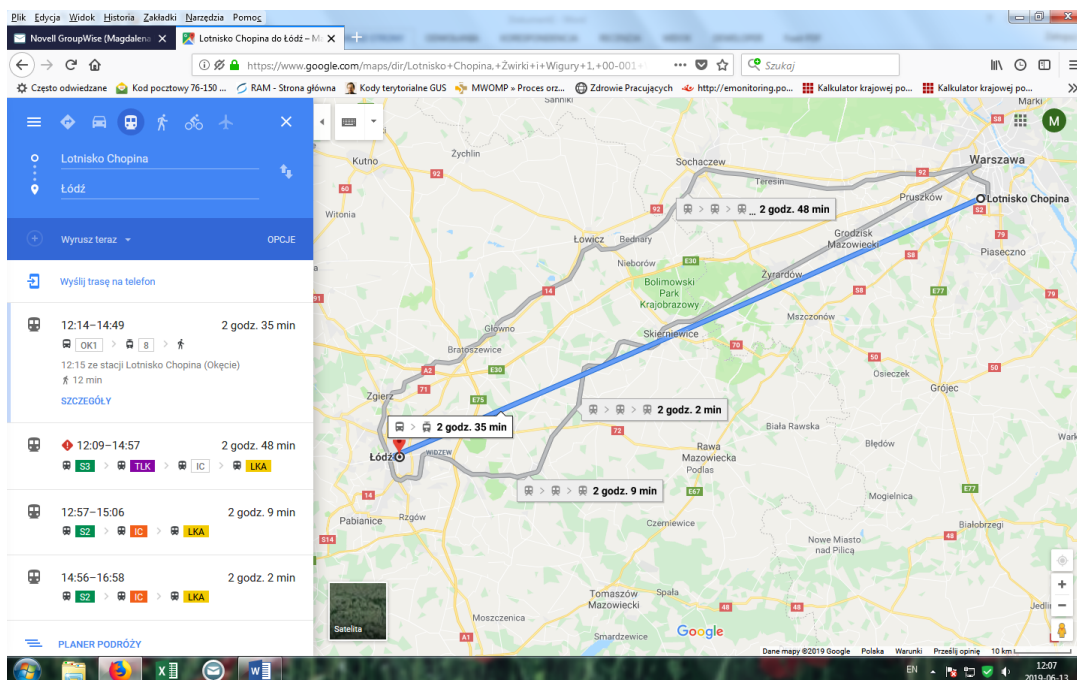
Most of flights are directed to **Chopin airport in Warsaw**. From Warsaw to Lodz you can travel by train:

- there is special train going from the airport to **Warszawa Zachodnia** or **Warszawa Centralna** from where you catch a train to Lodz – you buy tickets at the platform (<http://www.skm.warszawa.pl/index.php/en/>) - 20 minute ticket costs 3.40 PLN (less than 1 EUR);
- next you take a train to Lodz Fabryczna – tickets bought at cash offices at the station or at the website - <https://www.intercity.pl/en/>. It is enough to have ticket on your mobile. The price of the railway ticket is about 10 EUR – from 47 PLN the first class and from 31 PLN economy class.

Some trains go only to Lodz Widzew, which is also a possibility, although your journey to the hotel will take longer.

You can also choose OKbus, which goes directly from Chopin airport, however it is less frequent than trains - <https://www.okbus.pl/en>. The cost is 36 PLN and it goes to Lodz Kaliska.

<https://goo.gl/maps/Drr54GqpSi6dgGyt6>



City transportation

Hotels

For the participants of the conference, we suggest Vienna House Andel's Lodz, Ogrodowa 17, 91-065 Lodz, [+48 42 279 10 00](tel:+48422791000) - info.andels-lodz@viennahouse.com where you should provide a confirmation code which is **NOFER INSTITUTE**.

One night at Vienna House Andel's Lodz costs about 100 EUR.

If you prefer a cheaper hotel, there are many options, e.g.:

Hotel Campanile Łódź

Aleja Pilsudskiego 27 90307 LODZ Poland

[View map](#)

Phone: +48 42 664 26 00 Book +44 207 519 50 45

B&B Hotel Łódź Centrum

Al. Kościuszki 16

90-419 Łódź

Tel.: (+48) 42 2070040

Fax: (+48) 42 2070050

E-Mail: lodz@hotelbb.com

NOBO HOTEL

ul.Liściasta 86 / al.Włókniarzy

91-357, Łódź,

GPS coordinates

GPS: N51° 48' 32.7726", E19° 25' 29.4017"

google: 51.8091035 19.42483381

RECEPTION:

kom.: +48 604 527 908

tel: +48 42 234 14 61

e-mail: recepca@nobohotel.pl

There is also possibility of accommodation at the **Nofer Institute of Occupational Medicine** – at about 25 EUR, however the rooms have rather hostel standards, the breakfast is not provided and the payment is on site in cash (Polish zloties).

We want to point out that Institute.?

13th September (Friday)

On Friday, at 11.00-13.00, we invite you to Nofer Institute of Occupational Medicine – we will show you our main activities.

Afterwards we go to Gillette factory to see how occupational health services are organised.

We will spend there about 2 hours (14.00-16.00).

In the evening we will go to one of the Polish restaurants to try Polish food.

14th September (Saturday)

Saturday is the time of the meeting, which will take place at Nofer Institute of Occupational Medicine, Lodz, Teresy 8 street – details will be provided later.

In the evening we will have dinner at one of Manufaktura's restaurants.

15th September (Sunday)

For those who want to see Lodz – a detailed plan coming soon.