BEFORE ARRIVING IN POLAND
Please note! As of 1 March, Poland lifted the restrictions and limits with the exception of: isolation of the patient and quarantine for housemates, quarantine upon arrival in Poland, the obligation to wear masks indoors.

The obligation to cover one’s mouth and nose applies in such areas as:
- common spaces (e.g. stairwell),
- buses, trams and trains,
- shops, shopping centres, banks, markets and post offices, cinemas and theatres, churches
- public offices, clinics, hospitals,
- schools and universities.

Passenger Locator Form
Every person crossing the Polish border is obliged to fill in the Passenger Locator Form (PLF). It is a standard international document introduced in the event of an epidemic risk. [https://aplikacje.gov.pl/app/klp/#/home](https://aplikacje.gov.pl/app/klp/#/home)

Rules for travellers arriving into Poland from within the Schengen Area
Persons vaccinated against COVID-19 are exempt from quarantine. This applies to persons who have a certificate of vaccination with a vaccine which has been granted a marketing authorisation within the European Union. Full vaccination is recognised 14 days after completion of the vaccination process. Travellers, regardless of their means of transport are subject to a 7-day entry quarantine, unless they meet one of the following conditions:
- They have completed a full vaccination cycle
- They have recovered from a SARS-CoV-2 infection (so-called “convalescents”) at most 6 months before arrival. Convalescents are obliged to present a document confirming recovery from the disease
- They present a negative COVID-19 test result, confirmed by an EU Digital COVID Certificate or by another document in Polish or in English. The test must be performed at most 48 hours before the border is crossed,
Rules for travellers arriving into Poland from outside the European Union, the Schengen Area

People travelling from outside the European Union, from outside the Schengen area, must present a negative COVID-19 test result. The test must be taken regardless of the means of travelling. Failure to take the test will result in quarantine. They are exempt from quarantine if they have a negative antigen or PCR test and meet one of the following conditions:

- They have recovered from SARS-CoV-2 (you are the so-called convalescent) no later than 6 months before arrival to Poland. Convalescents are obliged to present a document confirming recovery from the disease.

Insurance

For any trip abroad, it is worth taking out standard travel insurance. Their rates depend on the companies offering such services. As a rule, it is between a dozen and several dozen euros. Europa Insurance Company offers tourists and conference participants coming to Poland travel insurance covering the costs of treatment, accident consequences, as well as the costs of enforced quarantine or isolation related to COVID-19 (up to PLN 9,000)

If you wish to purchase insurance against quarantine in Poland, please contact us qm2022@symposium.pl

WE STAND WITH UKRAINE

Due to the war caused by Russia in Ukraine, we assure you that Poland is a fully safe country. Bordering Ukraine, located in Central Europe, Poland is safe, just like other countries that form the North Atlantic Treaty Organisation.

The entire meetings industry in Poland functions as before, we work without any changes. All hotels, restaurants, airports and shops are operating normally, offering a full package of services to customers. Neither the hours nor the rules of their operation have changed.

We stand in solidarity with Ukraine and have been helping it since the conflict began. There are already over one million refugees in Poland, mainly mothers with children, to whom we provide shelter, food and medical care. The traffic at the border with Ukraine is growing, with tens of thousands more refugees arriving every day. Many institutions in Poland run collections of goods and money for refugees. Verified collections are organised, among others, by the Polish Humanitarian Action. The money goes to people in Ukraine and to refugees. You can also donate money or make arrangements to send needed items via: [https://www.facebook.com/PolishHumanitarianAction](https://www.facebook.com/PolishHumanitarianAction) [https://helpukraine.center/en](https://helpukraine.center/en).

It is a time when there is agitation, anxiety among many of us. That is understandable. But we all need to show calmness and unity, which we very much hope for. We also hope for a swift and peaceful resolution to this conflict, which should ever and never have happened.
HOW TO JOIN THE ONLINE PLATFORM OF THE QUARK MATTER 2022 CONFERENCE?

The virtual conference will take place on the Zoom Events platform. The registered and confirmed attendees will receive an invitation from the platform (on March 29, 2022). After receiving an invitation follow the instruction, which is available for download at the link below. After signing in, you will get access to all conference sessions.

Important:
- If you do have a Zoom account, please check whether your Zoom username matches the email address used for the conference registration. If not, please make a new Zoom registration with that email address.
- If you do not have a Zoom account, please register now using your email address (the one in the conference database) as the Zoom username.

Instructions on how to access the online conference can be found here >> On 30, 31 March and 1 April between 14.00 and 16.00 CET, the zoom events platform will be open to presenters and attendees, where you will receive technical support and be able to practice your presentations live. In case of further problems, please contact technical support under qm2022@symposium.pl

POSTER SESSIONS

It is planned to have three one-hour long Poster Sessions: two on Wednesday (April 6) and one on Friday (April 8), They will be all organised in an online mode. Each poster session will be divided into 12 poster topical subsessions (rooms) that will be further divided into (up to) 15 breakout rooms. So each poster session will host about 180 separate poster presentations. The detailed (still preliminary) organization of poster sessions is displayed on indico
https://indico.cern.ch/event/895086/timetable/#20220406
https://indico.cern.ch/event/895086/timetable/#20220408

Note that the indico list of poster presentations in a given room is divided into 4-minute slots, which serves only to arrange the presentations into a vertical list. In reality, each poster presentation is planned for one hour.

For poster presenters: It is required that the poster presentations are uploaded to the indico in advance, by Tuesday (April 5) afternoon at the latest. It will allow the interested participants to view the posters earlier. The recommended presentation format is similar to that of a standard oral presentation, with the main difference that the number of pages for a poster should be up to 5. The poster presenter should join first the topical subsession and then the breakout room assigned to a given poster. To do so, use the button to the right of the “share screen” button (marked as 4 white squares) and join the room assigned to your poster. Use “share screen” to present your poster (as well as some additional materials). Wait for participants who are interested in your presentation.

For those who are going to view the posters: Since the poster sessions will be organised online, it is recommended for the onsite participants to return to their hotels or other places with a good internet connection to take part in the poster sessions. We are also going to arrange some places in the conference lobby for this purpose. The first step is to select the topical subsession of your interest and join this track. Once there, you go to the breakout room where the poster you want to see is presented. To do so, use the button to the right of the “share screen” button (one marked as 4 white squares) and choose a poster. You can then switch from poster to poster by leaving one breakout room and joining the other one within this topical subsession. You can also leave this topical subsession and join another one of your further interest.