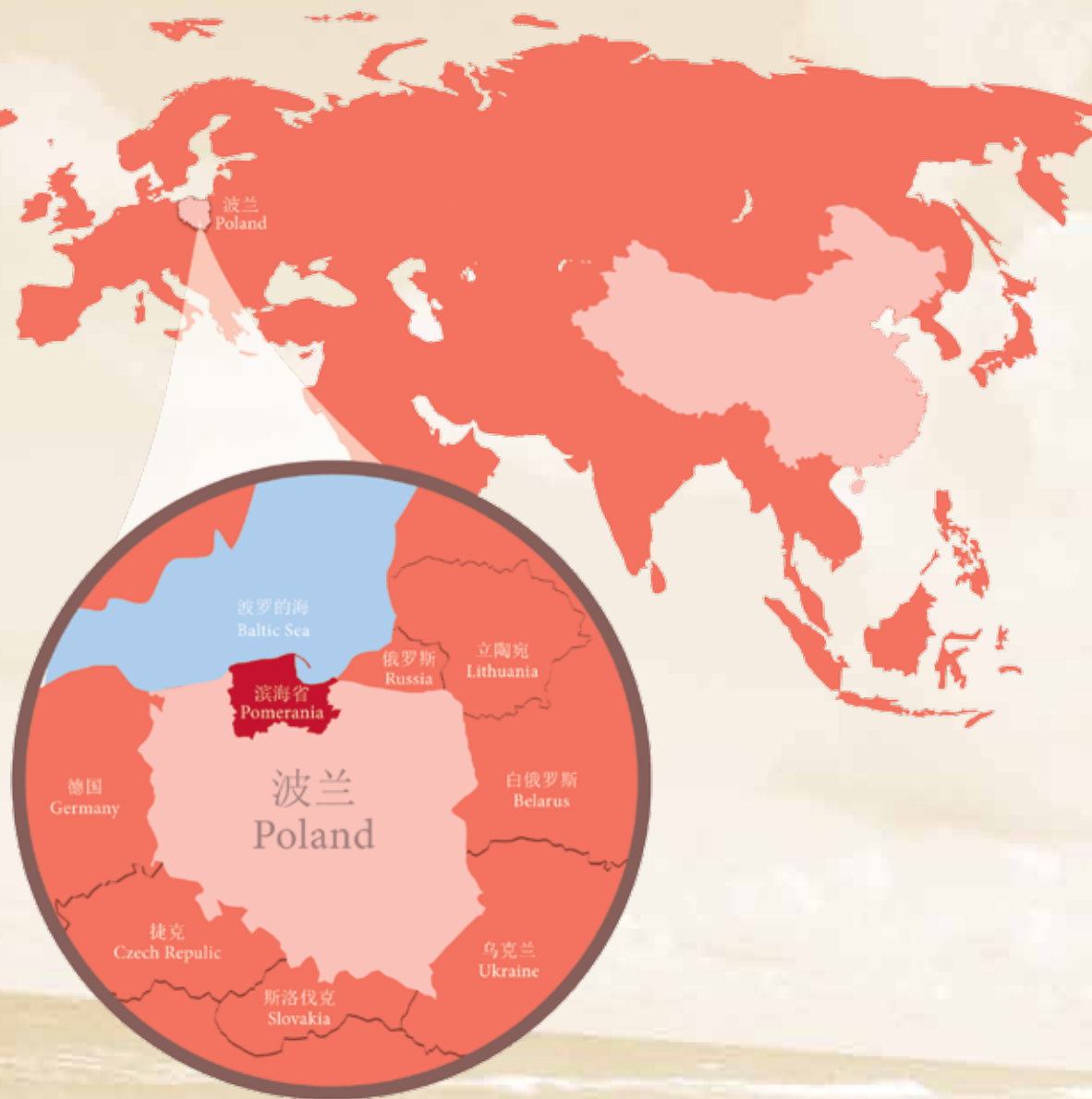




欢迎来到滨海省



Welcome to Pomorskie



Poland

Poland is situated in Central Europe between Germany, the Czech Republic, Slovakia, Lithuania, Belarus, Ukraine and Russia.

The country is located at the Baltic Sea. Poland is the 9th largest country in Europe and the 6th most populous member of the EU. The official language is Polish and the majority of the population is able to communicate in English.

波兰位于欧洲中部，与德国、捷克、斯洛伐克、立陶宛、白俄罗斯、乌克兰和俄罗斯接壤，北部濒临波罗的海。波兰国土面积居欧洲第9位，人口总数居欧盟第6位，官方语言为波兰语，大部分居民可用英语进行交流。

Welcome to Pomorskie!

On one side there are forests, crystal lakes, picturesque cliffs and sandy dunes, on the other - bustling life of Tri-City Metropolitan area. The region is a mix of thousand years of history and contemporary splendor.

Our region is one of the 16 provinces of Poland. It is located in the northern part of the country and on the southern shore of the Baltic Sea. This part of Poland is easy to access through direct air connections with almost 50 European cities, such as London, Barcelona, Berlin or Milan.

More inspirations at: www.pomorskie.travel

欢迎来到滨海省！

郁郁苍苍的森林，水晶般明澈的湖泊，风景绮丽的峭壁和丰姿绰约的沙丘——当这些与三联城的繁华相遇，悠悠数千载历史与璀璨的现代生活水乳交融。

滨海省是波兰十六省之一，位于波兰北部，波罗的海南岸，与近50个欧洲城市间有直飞航班，包括伦敦、巴塞罗那、柏林和米兰。

更多详情请浏览：www.pomorskie.travel



Gdansk

If you wish to feel the atmosphere of an old European city whose history began over a thousand years ago– discover Gdansk. Now it is a vibrant capital of the region that kept its original urban system of the medieval city with narrow streets and unique architecture.

格但斯克

若你为往事越千年的欧洲古城心驰神往，格但斯克探秘之旅定不会令你失望。省会城市格但斯克依然保留着中世纪城市风貌，曲径通幽的街巷和风格独特的建筑风韵犹存。



Must see in Gdansk

- Long Street and Long Market (ulica Długa and Długi Targ) – the most representative street in Gdansk, part of the Royal Route.
- St. Mary’s Church (Bazylika Mariacka) – the biggest gothic church in Europe built of red brick.
- Main Town Hall - Gothic-Renaissance building, located at the corner of Long Street and Long Market (ulica Długa and Długi Targ).
- The Neptune Fountain, - Located in the front of the Artus Court (Dwór Artusa) – is known as the symbol of Gdansk

格但斯克必游景点：

- 长街和长街市场（波兰文：和Długi Targ）——格但斯克最富代表性的街道，也是皇家大道的一部分。
- 圣玛利亚教堂（波兰文：Bazylika Mariacka）——欧洲最大的哥特式教堂，以红砖筑成。
- 市政大厅——哥特式文艺复兴建筑，位于长街和长街市场（波兰文：Ulica Długa和Długi Targ）交叉处。
- 海神喷泉——位于阿特斯议法院（波兰文：Dwór Artusa）正前方，被誉为格但斯克的象征。

- The Long Bridge (Długie Pobrzeże) - a charming boulevard on the Motława river with many restaurants and amber stores.
- „The Last Judgment” – Triptych painted in the 15th century and attributed to the German painter Hans Memling. It is one of the most valuable paintings in Poland, displayed in the National Museum in Gdansk
- Oliwa Cathedral – Cistercian church and monastery with world famous organ. The place where the International Organ Music Festival takes place every year. It’s one of the oldest music events in Poland, through years it has gained a strong position in the calendar of Europe’s most important music festivals.
- Oliwa Park – rare and beautiful, one of the few so well preserved and maintained garden complexes in Poland.

- 长桥——（波兰文：Długie Pobrzeże），莫特拉瓦河上风姿绰约的林荫大道，餐厅和琥珀店比比皆是。
- 《最后的审判》——德国画家汉斯·梅姆林（Hans Memling）于15世纪创作的三联画，是波兰艺术瑰宝之一，陈列于格但斯克的国家博物馆。
- 奥利瓦大教堂——西多会教堂和修道院，其管风琴世界闻名。这里是波兰历史最为悠久的音乐盛会——一年一度的国际管风琴音乐节举办地，这也是欧洲最重要的音乐盛典之一。
- 奥利瓦公园——这里拥有瑰奇秀美的景色，是波兰为数甚少保存完好的园林群之一。





Goldwasser

Goldwasser – “golden water” – currently the most famous alcoholic beverage from Gdansk, is a unique blend of alcohol and various herbs, spices, gold, legend and Gdansk history.

Brewing traditions. The rich history of brewing in the City is being continued today: you can try local beers, brewed according to traditional recipes in Gdansk restaurants.

Goldwasser——“金水”——是格但斯克最具特色的酒精饮料，由烈酒，草本植物和香料调配而成，蕴含着金子、传说和格但斯克的悠久历史。

酿酒传统：格但斯克悠久而丰富的酿酒历史至今长盛不衰：游客在格但斯克的餐厅中可品尝到古法酿造的当地啤酒。



Sopot

Enjoying fresh sea breeze with the sound of seagulls and waves gently striking the shore next to the longest wooden pier in Europe...sounds perfect? There is no better place to experience summer leisure than Sopot.

索波特

沐浴在清甜的海风中，聆听海鸥快活的啼鸣，徜徉在欧洲最长的木制港口，沉浸于波浪轻拂沙滩的脉脉温情……不由感叹此景只应天上有？索波特是享受夏日惬意的绝佳之选。



Must see in Sopot

- Grand Hotel –built in 1927, legendary SPA and wellness centre, over the years it hosted world’s biggest celebrities, just to name a few: Marlena Dietrich, Greta Garbo, Charles de Gaulle, Annie Lennox, Vladimir Putin, Shakira.
- Crooked house – bizarre design of this building made it an important stop on the walking route in Sopot.
- The longest wooden pier in Europe - symbol of the health resort, beautiful walking promenade with the sea beneath the feet and luxurious yacht marina.

索波特必游景点：

- 大饭店——建于1927年，超乎想象的水疗和健身中心吸引了全球诸多名流慕名前来，其中包括玛莲娜·迪特里茜、葛丽泰·嘉宝、戴高乐、安妮·蓝妮克丝、普京、夏奇拉。
- 怪屋——这座建筑不同寻常的搞怪设计使之成为索波特徒步观光路线的必游景点。
- 欧洲最长的木制港口——健康度假村的象征，风光旖旎的徒步路线，温柔的海水轻拂脚底，奢华的游艇码头尽收眼底。



Gdynia

Dynamically growing city, open to people and business. The place where many festivals, cultural events, artists’ and travellers’ meetings are held. The city has always been strongly connected to the sea. The largest passenger ships call at Gdynia every year.

格丁尼亚

这座欣欣向荣的城市正向游客和投资者敞开热情的怀抱，多姿多彩的节庆和文化活动使艺术家和旅行者慕名而至。这座城市与海洋有着不解之缘，巨大的客轮每年停泊于格丁尼亚。



Must see in Gdynia

- Kosciuszko Square - favourite spot for walking, place for concerts, festivals and other events.
- Southern Pier – the first pier of the harbour built here in 1921, over 600 meters long, famous for two magnificent ships moored there: ORP Blyskawica – WWII destroyer and Dar Pomorza - tall ship dating back to the beginning of the 20th century.
- Gdynia Aquarium – wonderful place that reveals secrets of the underwater world.

索波特必游景点：

- 柯斯丘什科广场——无论是闲情散步或是举办音乐会，节庆或其他活动，这里都是最受青睐的绝佳去处。
- 南码头——1921年海港建成后的第一座码头，长约600米，以两艘停泊于此的巨轮著称——二战时期的驱逐舰 ORP Blyskawica 以及20世纪初的巨轮Dar Pomorza。
- 格丁尼亚水族馆——带您探索海底世界的珍奇奥秘。

Amber

“Baltic Gold” – the most common name used to refer to 40 million years old fossilised tree resin. Amber is an extraordinary and mysterious substance with healing properties recognised as early as in the Middle Ages. People believed in its incredible healing power and positive energy. Today we know that this stems from negative ions, which alleviate rheumatic pains and inflammations, while stimulating the nervous system.

The contemporary Amber Route provides a journey through the tradition of many centuries, which has left its footprints in Pomorskie. The Amber Route consists of breath-taking museum exhibitions, fairs and galleries. It also includes beaches where the opportunity to find a piece of amber is the highest on the entire Baltic coast.



琥珀

这些有着四千万年历史的树脂化石素有“波罗的海的金子”的美誉。自中世纪起，琥珀便被人们认为是具有疗愈功能的珍奇神秘之物，人们对其奇妙的治愈作用和正能量深信不疑。如今我们知道这种作用来自于负铁离子，可以减轻风湿导致的疼痛和炎症，并对神经系统有刺激作用。

今天的“琥珀之路”穿越了历经数个世纪，在滨海省留下足迹的传统。琥珀之路包括了令人叹为观止的博物馆展出，集市和美术馆，游客还可前往海滩一试运气，这里是整个波罗的海沿岸找到琥珀几率最高的海滩。





Contemporary artists are especially fond of this grateful material. The offer of design products and jewellery made of amber is impressive. Modern trend focuses primarily on a combination of amber with other luxury materials - such as gold, silver and pearls.

- The Amber Museum – department of Gdansk Historical Museum.
- The Amber Altar and monstrance in St. Bridget’s Church in Gdansk.
- Amber streets – Mariacka and DługiePobrzeże in Gdansk.
- Fairs of amber, jewellery and gemstones Amberif and AmberMart in Gdansk.

当代艺术家对这上天赐予的材料青睐有加，琥珀工艺品和首饰更是琳琅满目。潮流趋势：琥珀与其他昂贵材料——如金，银，珍珠等——巧妙混搭。

- 琥珀博物馆——格但斯克历史博物馆的一部分
- 格但斯克圣布里奇特教堂：琥珀圣坛和圣体匣
- 格但斯克Mariacka和Długie Pobrzeże：珊瑚街
- 格但斯克Amberif和AmberMart：琥珀，珠宝和宝石市场



The Gothic Castles Route

Travelling along the route of Post-Teutonic castles is an adventure with the history of the greatest and the best-preserved Gothic strongholds in Europe.

哥特城堡探秘之旅

沿着条顿时代后的城堡之路行进，游客将踏上欧洲最瑰丽，保存最完好的哥特城堡探秘之旅。

Castles on the route:

- The Castle in Malbork
- The Castle in Gniew
- The Castle in Kwidzyn
- The Castle in Sztum
- The Castle in Bytów
- The Castle in Czluchów

途经城堡包括：

- 马尔堡城堡
- 格涅夫城堡
- 克维曾城堡
- 什图姆城堡
- 贝图夫城堡
- 奇武胡夫城堡





Malbork Castle

The Malbork Castle is a magnificent example of a fortified monastery belonging to the Teutonic Order. It is the largest castle in the world by area and also the largest building in the world built of brick. In 1997 UNESCO recognized the Malbork Castle as the World Heritage

马尔堡城堡

美轮美奂的马尔堡城堡是条顿骑士团极富代表性的要塞之一，是世界上占地面积最大的城堡和规模最大的砖建筑。1997年，马尔堡城堡被联合国教科文组织认定为世界文化遗产。



Słowiński National Park

Seaside forest, large coastal lakes, marshes and peat bogs, with a holy mountain, a lighthouse, a historical village, a Nazi rocket-testing ground, and primarily the “Pomeranian desert” – the shifting dunes – it’s all to see in Słowiński National Park. Since 1977 it is a part of the the UNESCO MAB programme “Man and Bio-sphere”.

斯沃温斯基国家公园

郁郁葱葱的海滨森林，水域辽阔的海岸湖泊，沼泽和泥炭沼，以及圣山，灯塔，历史悠久的村落，纳粹遗留的火箭试验场，以及首屈一指的“波美拉尼亚沙漠”——移动沙丘，这一切在斯沃温斯基国家公园尽收眼底。自1977年以来一直作为联合国教科文组织人与生物圈计划的一部分。





Cuisine

Polish cuisine is well known for its natural ingredients, preservatives-free delicacies and unique tastes. In general, the regional cuisine offers a wide range of delicious local flavours. Tricity agglomeration and the Pomorskie Region offers cuisine from almost every corner of the world. Chinese restaurants and Asian cooking style will also help in satisfying the needs of every gourmet.

美食

波兰美食以纯天然食材，不添加防腐剂的精美菜肴和独特的风味著称，可供选择的美食种类繁多，令人惊叹。三城结合体以及滨海省几乎拥有来自世界各地的美味佳肴，其中，中国餐馆和亚洲料理也颇受美食爱好者青睐。



Golf ranges

The Pomorskie Region is a perfect place to enjoy golf. Full-size golf courses provide excellent service and keep up with the highest world standards. They are located among beautiful hills of Kashubian Switzerland.

高尔夫球场

欢享高尔夫时光，滨海省是绝佳选择。标准尺寸高尔夫球场服务卓越，与全球最高标准接轨。这些高尔夫球场点缀于Kashubian地区风光秀美的山间。





Shopping

Latest collections by world-famous designers in modern, large surface shopping centers as well as small charming shops with regional products - all is available in the Pomorskie Region. There is something for everyone... elegant products of world's top brands, souvenir shops located in charming old gates and cobbled streets as well as exclusive amber galleries that will catch everyone's eye.

购物

从陈列于大型购物中心，由国际知名设计师最新发布的系列到销售当地产品的特色小店——一切尽在滨海省。人人都可找到心仪的商品——从国际一线品牌奢侈品到大隐隐于市的旅游纪念品商店，以及巧夺天工，令人赞叹的琥珀艺术品，应有尽有。



Health

Poland is becoming more and more popular medical destination every year. Among private and public hospitals there are some known for their highest quality of treatments. Prices of health services, comparing to other countries is cheaper and there are no waiting lists. International patients can receive treatment within a week of making the decision to travel to Poland. Additionally multilanguage stuff or translator service allows to feel safe and secure.

In Pomorskie Region it is possible to benefit from professional treatment in all health areas e.g.: Dentistry, Rehabilitation, Plastic & Esthetic Surgery, Ophthalmology.

医疗保健

因医疗旅游而前往波兰的游客人数逐年增加，一些私立及公立医院以高质量的医疗服务著称。医疗服务价格较之其他国家相对低廉，并且无需长时间等候。对于海外患者而言，前往波兰的决定一旦做出，一周之内便可接受治疗。此外，多语言的医护人员或翻译使患者更感安全。

滨海省的专业医疗服务全方位涵盖各种医学领域，例如牙科，复健，医学整形美容，眼科等。





Accommodation

The Pomorskie Region offers a large number of accommodation opportunities for different groups of customers. There are many four and five star hotels, apartments with unique design, attractive prices and services on top world's quality.

酒店

滨海省根据不同的游客需求提供了充足的住宿设施。许多四星和五星级酒店以及酒店式公寓设计独特，价格优惠，服务质量堪称国际一流。



Meetings, Conferences

A wide range of accommodation possibilities, excellent conference facilities in hotels and conference centres and leisure options make Gdansk and Pomorskie Region a very popular and interesting destination for various business events.

会议与会展

多种多样的住宿选择，酒店及会议中心内质量卓越的会议设施，以及琳琅满目的休闲游选择，这些使格但斯克乃至整个滨海省成为各种商务活动妙趣横生的举办地。

Transport

The region has a dense network of transport connections. About 50 international air destinations, sea ports in Gdansk and Gdynia, domestic highway and railway connections, provide high comfort of travelling and easy access to any desired place.

交通

该地区拥有稠密的交通网络：与大约50个国际城市之间的航线，位于格但斯克和格丁尼亚的海港，国内公路及铁路，这些都使旅行者尽享舒适的同时轻松便捷到达目的地。

Education

A wide range of learning courses in Gdansk, Sopot and Gdynia allows to study in many highly respected schools, among them: University of Gdansk, Gdansk University of Technology, Gdynia Maritime University.

The Medical University of Gdansk is especially worth considering as a place to receive education in two degrees: Medicine Doctor and Master of Pharmacy.

One of the reasons for worldwide recognition of Polish pianists are great music schools. Students and graduates were successful in competitions and festivals all over the country and abroad.

教育

格但斯克，索波特和格丁尼亚提供了多种赴名校深造的机会，其中包括格但斯克大学，格但斯克技术大学以及格但斯克海事大学。

格但斯克医科大学的双学位项目——医学博士和药学硕士——尤其值得考虑。

波兰盛产钢琴家，原因之一在于波兰声誉卓著的音乐学院，其在校学生及毕业生在国内外各种比赛和音乐节中屡屡斩获殊荣。



A nighttime photograph of a city square. In the foreground, a large, ornate bronze fountain with a central statue of a figure holding a long staff. Water flows from the statue's hands and the base of the fountain. In the background, historic European-style buildings with many windows are illuminated by warm streetlights. A full moon is visible in the dark sky.

You are cordially invited!
欢迎您们!

The publishing was created in cooperation with
Pomerania Development Agency Co. and Pomorskie Tourist Board.
滨海省经济发展局与滨海省旅游局合作出版发行

Agencja Rozwoju Pomorza S.A.



Pomorskie
Tourist Board

Photos: 图片来源：

Pomorskie Tourist Board

Archives of Gdansk City Hall

Pomorskie Voivodeship

City Hall of Gdynia

City Hall of Sopot

Gdynia Aquarium

Sierra Golf Club

Mercure Hotel Gdansk



REGIONAL PROGRAMME
NATIONAL COHESION STRATEGY



EUROPEAN UNION
EUROPEAN REGIONAL
DEVELOPMENT FUND



The Project has been co-financed by the European Union from the European Regional Development Fund