Guide for International Students
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Poland is one of the largest countries in Eastern Europe, comparable in size to Italy or Germany, located in the Central European time zone. The number of its citizens is estimated at approximately 38 million. Poland is a country with an established system of democratic government, rich history, huge cultural heritage, beautiful landscapes, fauna and flora. In May 2004 Poland joined the European Union.
Poland has a rich cultural heritage. The lifestyle and mentality of the Polish people have been shaped for over a thousand years. The Polish national culture originated under the influence of two traditions: Latin and Byzantine. It is the result of an ongoing dialogue between people of different nationalities living in Poland. The Polish people have always welcomed foreign authors and creators and have been interested in the achievements of other nations. In the 19th and 20th centuries, cultural activity dominated political and economic activity for many Poles. Probably this is the reason why Polish creativity is so varied.

THE MOST INTERESTING CYCLIC EVENTS IN POLAND

- International Festival of Orthodox Church Music “Hajnówka”, Białystok, last week of May.
- Chopin Concerts in the Royal Łazienki Gardens, Warsaw, every Sunday from May until September.
- “Malta” International Theatre Festival in Poznań, June.
- Mozart Festival, Warsaw, June.
- International Organ Music Festival in the Oliwa Cathedral, Gdańsk, June-August.
- Jewish Culture Festival in Cracow, July.
- Knight tournaments in Gniew, Ogrodzieniec and Bytów, July and August.
- International Festival of Street Theatres, Cracow, August.
- International Festival of Highland Folklore in Zakopane, end of August.
- International Festival Wratislavia Cantans, Wrocław, beginning of September.
- Archaeological Festival in Biskupin, September.
- "Jazz Jamboree", Warsaw, October.
- "Warsaw Autumn" Festival.
The length of the Polish coastline is 440 km. The Polish coast offers all things necessary to spend free time in an interesting way: health resorts and spas, popular sandy beaches, as well as a number of smaller, quieter localities. The Baltic Sea coast area allows visitors to spend time actively; you can try windsurfing, beach ball, tourist cruises and other attractions here.
The Great Mazurian Lake District, located in the North of Poland, is one of Poland's most popular vacation spots. The great number and beauty of the lakes make the Mazurian landscape exceptional compared with other regions of natural heritage. It is worth to spend free time here, especially choosing one of the many forms of active recreation: cruises, sailing, canoeing rallies, windsurfing, balloon flights, and hiking.
Fans of hiking trails and mountain summits will surely come to love the mountain ranges located in Poland. In our country, there are many amazing hilly landscapes and mountain nooks that enable tourists to both relax and spend time actively. Poland has a number of mountain regions: Tatra Mountains, Beskidy, Bieszczady, Pieniny, Góry Świętokrzyskie and Karkonosze, and the Crown of the Polish Mountains, the collection of the highest peaks of all mountain ranges, consists of 28 summits. The Polish mountainous regions offer extraordinary views and astounding landscapes. They welcome enthusiasts of hiking, climbers, and all tourists looking for peace and relaxation as well as active recreation.
THE POLISH JURASSIC HIGHLAND

The Cracow – Częstochowa Upland spreads in the South of Poland. It is a beautiful region of diverse landscape and rich architectural heritage. It is cherished by enthusiasts of extreme sports, ecotourism, and cultural and historical tourism.
Poland is a country of many beautiful, large and small cities with interesting historical districts, castles, palaces, churches and monasteries.
The capital of Poland, Warsaw, is a dynamically developing city, where you can meet open-minded and friendly people. Warsaw was notoriously tried by history, but after a difficult period of socio-economic changes it has become an inspiring place to live in and learn.

Currently, Warsaw is the largest centre of higher education in Poland, with 1.65 million citizens including approximately 300,000 students. It is the centre of economic, political and cultural life of the country, while the city's location makes it an important communication and transport centre in Europe.
Warsaw is a place where everyone can find something interesting. During one year, you can take part in many film premieres, theatre openings, and music festivals. Warsaw is a city that never sleeps. In the evening you can visit one of its many pubs and dance clubs.
PLACES WORTH SEEING

The Old Town
In 1980 the Old Town was included in the UNESCO World Heritage List. A walk through the streets of the Old Town brings relaxation from the bustle of city life. Colourful small alleys, squares and cafés create a unique atmosphere here.

The Royal Łazienki Gardens
Founded in the 17th century, the Royal Łazienki Gardens was the summer residence of Stanisław August Poniatowski, the last king of Poland. It was designed as a place of architectural splendour, an exceptional implementation of the Enlightenment ideal of high culture meeting beautiful enchanting nature.
The Warsaw Uprising Museum
The Museum was opened on the sixtieth anniversary of the outbreak of the Warsaw Uprising as a tribute from Warsaw's citizens to those who fought and died for Poland's freedom and for its capital during World War II. The Museum is located in a former tram power station, a monument of industrial architecture from the beginning of the 20th century. It is a place for those who want to learn about the history of Poland and Warsaw, a lesson that cannot be missed.
**The Copernicus Science Centre**

The Copernicus Science Centre promotes modern scientific communication through interactive exhibitions addressed to various age groups (children, young people, adults). Visitors discover the secrets of nature and conduct scientific experiments on their own, and they have great fun at the same time. The biggest attraction of the Centre is the Copernicus Sky, a planetarium, where cosmos is at your fingertips.

**The Artistic Praga**

Praga is the district of Warsaw located on the right bank of the Vistula river. Unlike other areas of the capital, it survived the World War II destruction of the city to become a fascinating place, chosen by artists for their ateliers, galleries and alternative theatres. Praga is home to many fashionable clubs, and it is valued for its unique atmosphere. Many post-industrial buildings located in the district have been converted into galleries, pubs, cultural centres and cinemas. Many Pragian streets preserve original urban architecture, are lit by old street lamps, and paved with pre-war cobblestone.
Since 2001 the School's premises is the Palace of Culture and Science. The building is located in the heart of Warsaw, at the junction of the city's two main streets: Marszałkowska and Aleje Jerozolimskie, right next to the Central Railway Station, the Centrum Underground station, numerous tram and bus stops. Many tourist attractions of Warsaw are located in the vicinity of the School's premises: the Old Town and the Royal Route including Krakowskie Przedmieście, Nowy Świat and Aleje Ujazdowskie.

The Palace of Culture and Science itself is home to numerous institutions of culture and science: theatres, cinemas, museums, branches of the Polish Academy of Sciences, concert halls, a swimming pool and various other education and art institutions for children and young adults. Restaurants, cafés, clubs and bars in and near the Palace create favourable conditions to rest, dine and relax.
INTERNATIONAL RELATIONS OFFICE

PALACE OF CULTURE AND SCIENCE
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tel./fax. +48 22 624 88 35
www.erasmus.wszechnicapolska.edu.pl

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INSTITUTE OF PHILOLOGY AND PEDAGOGY
BACHELOR DEGREE STUDIES

PEDAGOGY
- Early Childhood and Preschool Education
- Socio-Cultural Animation
- Andragogy – Organization of Adult Education
- Speech Therapy for Education Establishments
- Resocialization Pedagogy and Addiction Prevention
- Family Pedagogy

PHILOLOGY
- German Philology
- Russian Philology
- Spanish Philology
- English Philology
- Swedish Philology
- Italian Philology
- French Philology

PUBLIC HEALTH
- General Specialization in Public Health with elective courses
- Healthy Nutrition with Elements of Dietetics
MASTER DEGREE STUDIES

PEDAGOGY

Early Childhood and Preschool Education
Early Childhood and Preschool Education with English
HR Consultancy
Occupational Orientation and Guidance
Intergenerational Relations Pedagogy
Educational Therapy

PHILOLOGY

English Philology
Spanish Philology
Russian Philology

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Palace of Culture and Science, 8th floor, room 803A
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INSTITUTE OF ADMINISTRATION AND FINANCE
BACHELOR DEGREE STUDIES

ADMINISTRATION
Administration in a Company
Local Government Administration
Administration in Tourism and Recreation
IT in Administration

FINANCE AND ACCOUNTING
Company Finance
IT in Banking
Control and Audit

INTERNAL SECURITY
Detective Investigation for Economic Needs
Criminology
Public Order and Safety Protection
Social Pathology Prevention
Terrorism Prevention
### MASTER DEGREE STUDIES

#### INTERNAL SECURITY
- Security Analysis
- Public Order and Safety Protection
- Economic Intelligence and Counterintelligence
- Crisis Management

#### FINANCE AND ACCOUNTING
- Audit (preparation for the profession of statutory auditor)
- Tax and Financial Advisor
- Company Finance and Accounting
- Public Finance
- Finance and Law in the EU
- Company Finance Management

### CONTACT:

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+48 22 656 61 93
The School's Library is located on the School's premises, at Karmelicka 10. The Library has numerous collections of books whose subject matter corresponds to the study programmes offered. The Library catalogue is organised and made available in the LIBRA 2000 computer software, accessible from the library computers and via the Internet. This software allows users to search the library collections by author, title, content or book series. It provides information about the availability of the wanted item and allows users to make reservations of the required publications.

The Library reading room offers computer workstations with access to the Internet and to the legal database LexSigma. It is possible to use headphones and CDs to learn foreign languages.
The academic year consists of two terms. The first term starts in October and ends in February; while the second term starts in March and ends at the turn of June and July. Due to possible changes in the academic calendar, it is advisable that students visit our Internet website or contact the International Relations Office to stay updated.
YOU CAN GET TO WARSAW:

By airplane:
www.lotnisko-chopina.pl
www.modлинairport.pl
Polish airlines: www.lot.com

You can find cheap flights to and from Poland on the following websites:
www.skyscanner.pl
www.whichbudget.com
www.kayak.pl

From the Chopin airport you can get to the city centre:
**by taxi** (approx. 20-30 PLN, from 2-2.60 PLN per km, day fare)
You can also order a cheaper taxi from:
Grosik Taxi: +48 22 6464646 (1.60 PLN per km, day fare)
Glob Cab Taxi: +4819668 (1.60 PLN per km, day fare)
**by a public bus:**
Lines 148, 175, 188, N32 (N stands for a night line)

From the Modlin airport you can get to the centre:
**By a Koleje Mazowieckie train:**

**By modlinbus:** www.modlinbus.pl
The modlinbus line connects the Warsaw-Modlin Airport and the Centre of Warsaw.
By train
You can check international and national railway connections on the Polish State Railways website: www.rozklad-pkp.pl

By coach
You can find international coach connections to and from Warsaw on the Eurolines website: www.eurolinespolska.pl

Before you arrive... plan your journey!
Below we have presented several examples for students to get an idea about the living costs in Poland. The prices may differ according to city, but on average the monthly living cost of a student in Poland is between 300 and 600 Euro.

**STUDENT ID**

All students receive a student ID which entitles them to a 50% discount on public transport in the city and a 37% discount on Polish State Railways tickets (providing the student is not older than 26). The ID also entitles students to use university libraries, sport centres and other facilities, as well as to have discounts in cinemas, theatres and museums.
There are several possibilities of accommodation for students. Costs of renting depend on location and the quality of lodging, with monthly prices typically ranging from 75 to 200 EUR in student dorms or hostels, and from 100 to 500 Euro in private apartments. Usually, international students rent and share larger apartments in the city centre. Rental prices in the city centre can be slightly higher, but living in the city centre allows you to lower the costs and time of transport. Sharing rental costs among friends makes it possible for students to find accommodation at an affordable price.

- If you are a disabled person, please inform us about that in advance before your arrival, so that we can fully meet your needs in terms of class schedule, exams or accommodation.
- If you need help from our university in finding a place in a student hostel or a flat, please inform us about that 2 weeks before your arrival.

You can also find offers of apartments and rooms for rent on the following websites:

www.gumtree.pl
www.easyexpat.com
www.warsaw.craigslist.pl
Students from outside the European Union enrolled in full-time (weekday) studies can work in the Republic of Poland without a work permit, on the basis a temporary residence permit, that is a permit for residence issued for a fixed period of time.

**Important!** A foreigner may be issued a temporary residence permit for a fixed period of time if he or she intends to, among other situations, start or continue full-time studies, professional training or work in Poland.

Students of part-time (weekend) studies and those who, for any other reason, do not have a residence permit, depending on their country of origin, have the following possibilities of working during studies:

- Citizens of Belarus, Georgia, Moldova, the Russian Federation and Ukraine may take up short-term jobs in Poland (for a period of time not exceeding 6 months in 12 consecutive months) without the need of obtaining a work permit. An employer who intends to engage such a foreign citizen is obliged to submit an appropriate declaration to the Province Employment Office which has jurisdiction over the employer's premises or address of residence (the procedure takes approx. 10 minutes).

- Persons from outside the countries executing the free movement of workers (such as the aforementioned) may work in Poland after obtaining a work permit, which is issued by a Province Governor who has jurisdiction over the employer's premises. There is a procedure and a fee payable by the employer.
EMERGENCY TELEPHONES

FROM A LANDLINE PHONE:

999: Medical emergency service  
998: Fire Brigade  
997: Police  
981: Emergency road service  
986: Municipal police  
112: general emergency number

When you are calling from a mobile phone, you also need to choose an area code of the city, for example 22-997 to connect with a police station in Warsaw, except when you are calling the general emergency number 112, for which you do not need an area code. The operator will redirect a 112 emergency call to the appropriate emergency service. However, in exceptionally serious situations, it is best to directly use the number of the relevant emergency service (999, 998, or 997), because the general emergency number 112 can work incorrectly in some regions.

Other useful telephone numbers:
ZTM Public Transport Information line – Warsaw: (22) 94 84
LOT Polish Airlines Information line – current information about:
- international departures: (22) 650 39 43
- international arrivals: (22) 650 42 20
Free medical care in Poland is available to students from the EU/EEA under the condition that they have a valid health insurance, a valid passport and a student ID. Students from non-EU/EEA countries are advised to buy their own international medical insurance before arrival. Otherwise, they are required to sign a health insurance agreement with the National Health Fund and to pay the insurance fee.

Under the insurance policy, students have the right to free medical care. Moreover, all international students may buy additional accident insurance. Detailed information can be found on the website of the National Health Fund: www.nfz.gov.pl.
Visas

Citizens of countries listed below can travel to Poland without a visa:
Andorra, Argentina, Australia, Austria, Belgium, Brazil, Brunei, Bulgaria, Chile, Croatia, Cyprus, The Czech Republic, Denmark, Estonia, Finland, France, Greece, Guatemala, Spain, Honduras, Hong-Kong (the Special Administrative Region of PRC), Ireland, Iceland, Israel, Japan, Canada, South Korea, Costa Rica, Liechtenstein, Lithuania, Luxemburg, Latvia, Macao (the Special Administrative Region of PRC) Malaysia, Malta, Mexico, Monaco, The Netherlands, Germany, Nicaragua, Norway, New Zealand, Panama, Paraguay, Portugal, Romania, El Salvador, San Marino, Singapore, Slovakia, Slovenia, Switzerland, Sweden, Uruguay, USA, Vatican, Venezuela, Hungary, Italy, United Kingdom of Great Britain and Northern Ireland.

Visa is compulsory for citizens of Russia, Ukraine and Belarus.

In December 2007 Poland signed the Schengen Agreement. Within the whole Schengen area, there is no passport control on borders; however, you need to carry an ID (national ID or passport). The Schengen Agreement countries include: Austria, Belgium, The Czech Republic, Denmark, Estonia, Finland, France, Greece, Spain, The Netherlands, Iceland, Lithuania, Luxemburg, Latvia, Malta, Germany, Norway, Poland, Portugal, Slovakia, Slovenia, Sweden, Hungary, and Italy. Two EU members remain outside Schengen: United Kingdom and Ireland.
**POZDROWIENIA - GREETINGS**

*Dzień dobry* - Good day, Good morning (universal greeting)  
*Witam* - Good morning! (more official)  
*Dobry wieczór* - Good evening!  
*Dobranoc* - Good night!  
*Do widzenia* - Good bye!  
*Do zobaczenia* - Good bye! (a bit informal)  
*Cześć* - Hi/Bye! (informal)  
*Hej* - Hi!  
*Na razie* - See you.  
*Smacznego* - Bon appetit!  
*Na zdrowie* - Cheers! To your health!  
*Pan (Pani) mówi za szybko.* - You speak too quickly.  
*Proszę powtórzyć.* - Repeat, please.  
*Proszę powoli.* - Slowly, please.

**UNDERSTANDING**

*Nie rozumiem.* - I do not understand.  
*Rozumiem tylko trochę.* - I understand just a bit.  
*Słucham?* - Pardon?

**INTRODUCING**

*Jestem Paweł* - I am Paul.  
*Jak się masz?* - How are you?  
*Jak się macie?* - How are you? (more people)  
*Jak masz na imię?* - What is your name?  
*Dokąd idziesz?* - Where are you going?  
*Pan* - Sir, Mr  
*Pani* - Mrs, Miss  
*Państwo* - a group of people to whom you refer with respect
ja - I
ty - you
Pan, Pani - you (politely referring to a man/woman)
on, ona, to - he, she, it
my - we
wy - you (referring to more persons)
oni - they

Jeszcze raz - once more
Trochę - a bit
..., wiesz? - you know?
Nie znam polskiego, mówię tylko po angielsku - I don’t speak Polish, I only speak English.

Tak - Yes
Nie - No
Jeden, dwa, trzy - One, two, three.
Co to jest? - What is it?
Ile to kosztuje? - How much is it?

Dziękuję (bardzo) - Thank you (very much)
Proszę - Please/Here you are
Przepraszam - Excuse me/I'm sorry!

Kawę czy herbatę? - Coffee or tea?
Dwa piwa - Two beers.

TRAVEL

Dokąd jedziesz? - Where are you going?
Autokarem? Pociągiem? Samolotem?
Kiedy masz pociąg (samolot) do Krakowa?
- When is your train (plane) to Krakow?
Muszę się przesiadać - I have to change (trains).

SHOPPING

Zapraszamy - Welcome/We invite you (a typical sign on Polish shops)
W czym mogę pomóc? - May I help you?
Smacznego! - Bon appetit!
Czy może Pan (Pani) coś polecić? - Is there something you can recommend? Dania mięsne / Dania bez mięsa - Meat dishes / Dishes without meat
przestawka, zupa, sałatka, sos, deser - starter, soups, salad, sauce, dessert
wołowina, wieprzowina, kurczak, indyk, jagnięcina, ryba - beef, pork, chicken, turkey, lamb, fish
ryż, ziemniaki, makaron, frytki, kluski - rice, potatoes, pasta, chips, dumplings
Smakowało? - Did you enjoy it? Did it taste well?
Rachunek poproszę - The bill, please.
WE WELCOME YOU!

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