



WROCLAW UNIVERSITY  
OF ENVIRONMENTAL  
AND LIFE SCIENCES

2018-19



# WELCOME GUIDE FOR INTERNATIONAL STUDENTS

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# 01 WELCOME TO WUELS



Dear Students,

Welcome to the Wrocław University of Environmental and Life Sciences, located in a beautiful city, in the region of Lower Silesia, in the south-west of Poland. Every year more than 140 000 students are enrolled at different universities in the city and I am sure you will be very happy to join our academic community.



Our university has participated in exchange programs for almost 20 years and we are very proud of a steadily increasing number of international students from all over Europe and other parts of the world. We offer high quality education and learning facilities, accommodation in the halls of residence and other services that will be an added value to your student life and personal development. You will have an opportunity to attend sports activities and lessons of Polish language with some elements of Polish culture, which will help you integrate into the students' social life in Wrocław.

This Orientation Guide for International Student will give you some idea of what you can expect by choosing our University as the destination of your study abroad within the International programme.

I believe you will find it inviting, useful and helpful.

Our administrative and academic staff as well as our students will take care of you throughout the entire period of your stay in Wrocław. We will make every effort to make you feel at home and take the best of your time at our university.

I wish you a safe journey to Poland.

See you in Wrocław soon.

Prof. dr hab. inż. Tadeusz Trziszka  
RECTOR

## 1.1 UNIVERSITY AUTHORITIES



### RECTOR OF THE WUELS

**Prof. Tadeusz TRZISZKA**  
Tel. +48 71 32 05 101, +48 71 32 84 418  
E-mail: [rektor@upwr.edu.pl](mailto:rektor@upwr.edu.pl)



### VICE-RECTOR FOR RESEARCH AND INTERNATIONAL RELATIONS

**Prof. Jarosław BOSY**  
Tel. +48 71 320 5479  
E-mail: [prorektor.nauka@upwr.edu.pl](mailto:prorektor.nauka@upwr.edu.pl)



### VICE-RECTOR FOR STUDENT AFFAIRS AND EDUCATION

**Prof. Józef SOWIŃSKI**  
tel. +48 71 320 1044  
e-mail: [prorektor.studenci@upwr.edu.pl](mailto:prorektor.studenci@upwr.edu.pl)



### VICE-RECTOR FOR INNOVATION AND BUSINESS COOPERATION

**Prof. Anna CHEŁMOŃSKA-SOYTA**  
tel. +48 71 320 1025  
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### VICE-RECTOR FOR DEVELOPMENT

**Prof. Adam SZEWCZUK**  
Tel. +48 71 320 5108, +48 71 320 5163  
e-mail: [prorektor.rozwoj@upwr.edu.pl](mailto:prorektor.rozwoj@upwr.edu.pl)



### CHANCELLOR

**Msc Marian RYBARCZYK**  
tel. 71 320 5109  
e-mail: [marian.rybarczyk@upwr.edu.pl](mailto:marian.rybarczyk@upwr.edu.pl)

## 1.2 WUELS IN NUMBERS

MORE THAN

**9 000**

FULL- AND PART-TIME STUDENTS



around

**400**

INTERNATIONAL STUDENTS

AROUND  
**200**  
PHD STUDENTS

THE YEAR WUELS WAS FOUNDED **1951**



WROCLAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

**730**  
ACADEMIC STAFF



PROFESSORS

**260**

AROUND  
**2000**  
PLACES IN DORMITORIES



**6**  
DORMITORIES

**28**

FIELDS OF STUDY

**5**

FACULTIES

**2** CAMPUSES

**46** STUDENTS RESEARCH CLUBS



**SPORT SECTIONS** **19**



**39** CONTRACTS ON BILATERAL SCIENTIFIC COOPERATION WITH FOREIGN PARTNERS FROM **15** COUNTRIES AROUND THE GLOBE

**RECTOR ELECTED FOR A TERM OF 4 YEARS**



**CHANCELLOR IS IN CHARGE OF ADMINISTRATION**



## 1.3 STUDENT'S GOVERNMENT

Hi!

First of all, it is a great pleasure for us to count you within our students, and that you undertook the decision to study in our campus. Trust us, you will not regret it! Indeed, we firmly believe that the right to a quality education is the perfect path to bridge the gap between different culture "Moza Bint Nasseé".

You may ask yourself, what is this student government for, what is it functions? And you are right to have those question in mind.

Our main role, is to help other students and put all our effort to make the campus life as active as possible. We organize such things as integration parties, thematic rave-up, and we help students through their everyday problems. We do also like to promote our academic environment, by cooperating with different national and international cooperation, or even by engaging ourself into charitable action, carrying on for exemple fundraising, registration to bone marrow donors database's, or simply, helping each other in the simplest ways! As we said, we considere other cultures as a real part of the university life, that's why, during the academic year, we like to organize differents event with Erasmus Student Network, such as our



International Dinner which take place every year.

If you have any question, any problem, need a translation, or maybe if you want to also contribute to the student life, you can always contact us at any time, we will be very glad to help you, we are here for that! We even have a special member in our gouvernement for foreing students and internationalisation. You can also contact us by :

[www.facebook.com/StudenciUpwr](https://www.facebook.com/StudenciUpwr)

[samorzad@upwr.edu.pl](mailto:samorzad@upwr.edu.pl)

Or come to visit us in our office, room 1, Main building, 42 Skłodowskiej-Curie Street.

We keep forward to hear about you soon, and hope that you will have a nice stay at our University and Poland!



You can find here the composition of our student government. If you need anything specifically, or have some idea, you can directly contact them:

- | **Anna Lipowska:** President
- | **Bartek Jakubiak:** Vice – President, member for social and volunteer affair
- | **Julita Drzazga:** Vice – President, member for Entrepreneurship
- | **Adrian Szczepaniak:** Member for Culture and Sport
- | **Alicja Zarębska:** Member for Didactic and Legal Affairs
- | **Daniel Drzewiecki:** Member for Development
- | **Patryk Skorupski:** Member for Financial and Economic Affairs
- | **Sławomir Banaś:** Member for Structures and Organizations
- | **Wiktoria Drwięga:** Member of the Board for Promotion and Media
- | **Martyna Morawska:** Representative of the Student Government for Student Scientific Circles
- | **Safoura Reza:** Representative of the Student Government for Foreign Students and Internationalization



The staff is truly open to foreign students, understanding you and always trying to make your student life comfortable. The education quality is great, and it gives you lot of opportunities of development into your future profession.

Safoura Reza, France  
Veterinary Medicine Uniform Master Programme



At the WUELS the teachers are nice and they will understand your problems at the beginning or during your academic period. Wrocław has many places to hang out with your friends, including clubs, so you can easily choose the one that fits your needs.

Irbin Manuel Veeliz Isidro, Spain  
Biology Master Programme

For me studying at WUELS is an international experience. I like the programme. Hope I can learn a lot. Also had a good start for the second semester with knowledgeable professors and lecturers.

Rafeeq Hussain Khader, India  
Laboratory Techniques in Biology Master Programme



The university has very good teachers and classmates. The learning environment at this school makes me feel very happy. I have benefited from the combination of the school's landscape. The people here are very friendly and Polish food is delicious.

Ji Yang, China  
Landscape Architecture Master Programme

Most of my professors are approachable and helpful and really inspire interest in their subject. The facilities in the university are also very good. I am proud to tell everyone of my experiences after I go back to Ireland.

Máirín-Rua Ni Aodha, Ireland  
Veterinary Medicine Uniform Master Programme



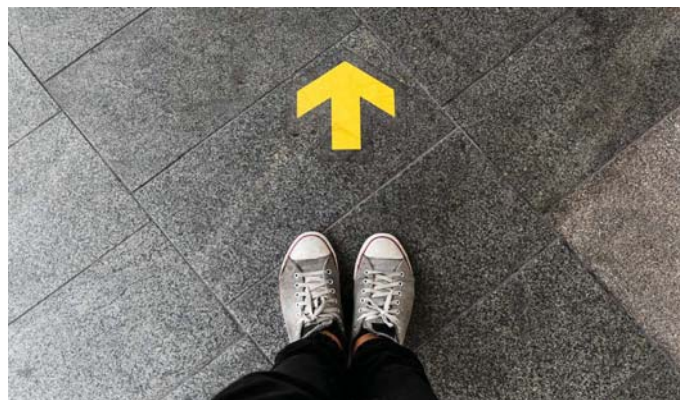
I like the way the members of staff react to my questions every time I make enquiries. They are very friendly and they make sure all my problems are solved. Again, I love the team spirit of the students in my class. There is no sign of xenophobia or marginalization in as much as I am a foreigner.

Micheal Anosike, Nigeria  
Environmental Protection Master Programme



## 02 HOW TO USE THIS GUIDE

WROCLAW IS SAID TO BE THE CITY OF THE MEETING PLACE. THE CITY THAT UNITES AND INSPIRES.



Living in **Wrocław** and study at the **WUELS** offers you a unique and exciting opportunity to learn about Polish culture but also about people and their lifestyle. There are few times in our lives when we have a chance to live so close to many different people. This is the time you will see more world, **YOU WILL DEVELOP** your language skills, you will find new interests, you will make lifelong friends, you will have an opportunity for personal development and life experience.



This guide has been written having you in mind and hoping that the information it contains will help you answer your questions and prepare well for your study in Wrocław.

It is advisable to read the entire guide because the information included in it will be relevant to you in the future. We recommend you to download the guide on your mobile. You will then have all the necessary information and useful telephone numbers if anything comes up.

#### ANY QUESTIONS?

If, after reading the information, you still have some questions please do not hesitate to contact any of the people listed in this guide. They will be pleased to help you. If you have more general questions and you are not sure who is the person in charge, please contact

the **International Student Support Office:**

[isso@upwr.edu.pl](mailto:isso@upwr.edu.pl)

#### DID YOU KNOW?

**DID YOU KNOW THAT 65 793 FOREIGN STUDENTS FROM 166 COUNTRIES STUDY IN POLAND?**



## YOUR WROCLIFE STARTS NOW

WE WANT TO THANK YOU FOR YOUR INTEREST IN STUDYING AT THE WUELS AND CONGRATULATE YOU ON BECOMING OUR STUDENT!



WE WILL HELP YOU DISCOVER POLAND, LEARN ABOUT POLISH CULTURE AND BECOME SETTLED IN YOUR NEW HOME

# 03

## WROCLAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

A RENOWNED HIGHER EDUCATION INSTITUTION, FOCUSED ALSO ON INTERCULTURAL AND SOCIAL INTEGRATION



### 3.1 SERVICES FOR INTERNATIONAL STUDENTS

#### INSTITUTION

**Uniwersytet Przyrodniczy we Wrocławiu**  
**Wrocław University of Environmental and Life Sciences = WUELS**

COUNTRY/ CITY: Poland / Wrocław  
WEBSITE: [www.upwr.edu.pl/en](http://www.upwr.edu.pl/en)  
ADDRESS: 25 C.K. Norwida Street; 50-375 Wrocław, Poland

#### INTERNATIONAL STUDENT SUPPORT OFFICE

ADDRESS: 42 Skłodowskiej-Curie Street; room 2  
E-MAIL: [anna.capik@upwr.edu.pl](mailto:anna.capik@upwr.edu.pl)  
OPENING HOURS: Monday–Friday between 7.30am and 3.30pm, except Wednesday, when we have prebooked appointments.  
To book an appointment, please email [isso@upwr.edu.pl](mailto:isso@upwr.edu.pl)

#### ERASMUS OFFICE

ADDRESS: 42 Skłodowskiej-Curie Street; room 201 (2nd floor)  
E-MAIL: [jadwiga.bolechowska@upwr.edu.pl](mailto:jadwiga.bolechowska@upwr.edu.pl)  
OPENING HOURS: Monday–Friday between 9.00am and 2.00pm.  
Wednesday office closed.

#### ADMISSION OFFICE

ADDRESS: 25 C. K. Norwida Street 25, A5 building  
E-MAIL: [admission@upwr.edu.pl](mailto:admission@upwr.edu.pl)  
OPENING HOURS: Monday–Friday between 8.00am and 3.00pm

#### VETERINARY MEDICINE MASTER PROGRAMME

E-MAIL: [aver.studies@upwr.edu.pl](mailto:aver.studies@upwr.edu.pl)



### 3.2 ACADEMIC INFORMATION

Understanding the structure and requirements of studying at WUELS is crucial to your academic success. The following information will help you prepare, manage and eventually do well in your studies.

#### DO I KNOW?

- WHERE THE INTERNATIONAL STUDENT OFFICE IS
- THE ACADEMIC CALENDAR
- HOLIDAYS IN POLAND
- WHAT SERVICES ARE AVAILABLE ON THE CAMPUS
- WHERE THE LIBRARY IS LOCATED
- WHEN I WILL HAVE MY EXAMS



**Wroclaw University of Environmental and Life Sciences** focuses its wide-ranging activities on education and research covering life science agriculture environment and related sciences, such as veterinary medicine, geodesy and cartography or biotechnology. The profile of WUELS and its mission are directly linked to the programs dealing with rural development, animal health,

environmental protection, land management and food quality, with full respect paid to social support and interaction. The knowledge acquired and the research projects realized at WUELS make provision for future development, regarding all aspects of environmentally sustainable development, friendly to human and animal welfare.



THE MISSION OF THE UNIVERSITY IS TO PROVIDE TOP QUALITY EDUCATION WHILE CONSTANTLY WORKING ON CURRICULA CORRESPONDING TO THE CURRENT LABOUR MARKET DEMANDS.

**55** CONTRACTS ON BILATERAL SCIENTIFIC COOPERATION WITH FOREIGN PARTNERS FROM 23 COUNTRIES AROUND THE GLOBE



#### WUELS PARTICIPATES IN:

- ERASMUS+
- CEEPUS
- TEMPUS
- PROF. STANISŁAW TOŁPA SCHOLARSHIP

The University students and academics go for study or practical training and research abroad. Hundreds of international students come and study at the five faculties. Over the last years the University has educated many international students from all over the world, e.g. **Norway, UK, India, South Africa, Japan, China, USA, Germany, Ukraine, Australia**, and many more.

**WUELS** is an innovation leader in terms of the number of patents—it ranks second in the country. Three faculties have been awarded the Leading National Research Centre status (KNOW).

#### DID YOU KNOW?

WUELS OFFERS 3 MASTER'S PROGRAMS GRANTING A DOUBLE POLISH AND CHINESE DEGREE AS A RESULT OF THE 30-YEAR COOPERATION WITH CHINESE HIGHER EDUCATION INSTITUTIONS.



#### PROGRAMS OF STUDY IN ENGLISH

- MSc FOOD TECHNOLOGY AND HUMAN NUTRITION
- MSc IN HORTICULTURE MSc IN LABORATORY TECHNIQUES IN BIOLOGY
- VETERINARY MEDICINE - UNIFORM MASTER STUDIES
- DOUBLE POLISH-CHINESE MASTER'S DEGREE IN: LANDSCAPE ARCHITECTURE, HORTICULTURE, AND ANIMAL PRODUCTION

#### FACULTIES

- BIOLOGY AND ANIMAL SCIENCE
- BIOTECHNOLOGY AND FOOD SCIENCE
- ENVIRONMENTAL ENGINEERING AND GEODESY
- LIFE SCIENCE AND TECHNOLOGY
- VETERINARY MEDICINE

### 3.3 ACADEMIC CALENDAR

The academic year is organized in **2 semesters**

#### WINTER SEMESTER

- CLASSES START ON THE FIRST DAY OF **OCTOBER**
- CLASSES END AT THE END OF **JANUARY**
- EXAM PERIOD:** from 4th Feb to 12th Feb

#### SPRING SEMESTER

- CLASSES START IN **FEBRUARY**
- CLASSES END IN **JUNE**
- EXAM PERIOD:** from 13th Jun to 30th Jun from 2nd Sep to 13th Sep

#### FREE DAYS AND HOLIDAYS 2019

- JANUARY**
  - 1 New Year's Day
  - 6 Epiphany

- November**
  - 1 All Saints' Day
  - 11 Independence Day

- APRIL**
  - 21 Easter Sunday
  - 22 Easter Monday

- December**
  - 25 Christmas Day
  - 26 2nd Day of Christmas

- MAY**
  - 1 Labour Day
  - 2 Flag's Day
  - 3 Constitution Day

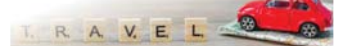
- JUN**
  - 20 Corpus Christi

- AUGUST**
  - 15 Assumption Day

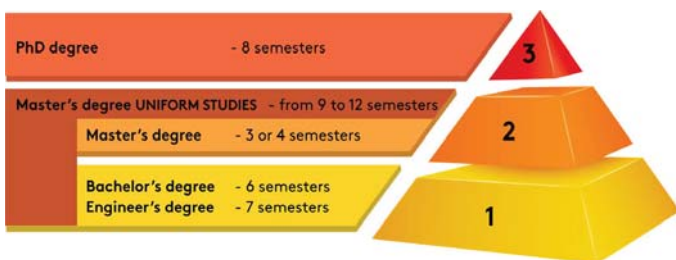
#### WINTER BREAK

28.01.19–10.02.19  
**SUMMER VACATION**

01.07.19–30.09.19



### 3.4 Polish University studies are divided into 3 levels:



### 3.5 LOCAL GRADES AT WUELS\*

\*CUMULATIVE FOR THE UNIVERSITY

ECTS GRADE	% OF SUCCESSFUL STUDENTS ACHIEVING THE GRADE	DEFINITION	LOCAL GRADE
A	20,76%	EXCELLENT – outstanding performance with only minor errors	5.0
B	17,22%	VERY GOOD – above the average standard but with some errors	4.5
C	24,71%	GOOD – generally sound work with a number of notable errors	4.0
D	18,48%	SATISFACTORY – fair but with significant shortcomings	3.5
E	17,80%	SUFFICIENT – performance meets the minimum criteria	3.0
Zaliczenie	1,02%	Workload is satisfactory, classes do not end in an exam	Zal.
FX	–	FAIL – some more work required before the credit can be awarded	2.0
F	–	FAIL – considerable further work is required	2.0

### 3.6 LAB COATS

We recommend you to buy them in a second-hand shop located at 82 Sepa Szarzyńskiego street. They also have goggles. If you forget your coat for a lab you can go to the main building of our University and rent one at the reception. The price is PLN 1,00 and you have to leave your student ID card as a deposit there.

You can buy things like scalpels etc. at the shop “Cezal” located at 42/44 Sienkiewicza street.



#### FOR VETERINARY STUDENTS:

If you have any clinical classes, you need a full surgical suit (coat or shirt, trousers, SURGICAL CAP and SHOES for change - e.g. sneakers or crocs). The colour does not matter.

For laboratory classes, a white coat is OK—you can also use your surgical shirt. If you have classes with farm animals, you also need galoshes (rubber shoes). It is good to have an extra coat as well.

### 3.7 E-MAIL / INTERNET / ELECTRICITY



#### INTERNET

As a student at the University you will have a university email address which will be useful for communicating with professors or your academic advisor.

For all our students WiFi is available on the campus and in the dormitories-accessible by password and configuration of computer setting.

#### ELECTRICITY

In Poland power plugs and sockets (power points) are of type E. The standard voltage is 230 V and the standard frequency is 50 Hz (the plugs have two male contact points).

### 3.8 CENTRAL LIBRARY

All WUELS students can borrow books from the Central Library. Please ensure that you bring your Student ID card.

29 C.K. Norwida Street, 50-375 Wrocław

#### OPENING HOURS:

from Monday to Friday: 08:00 am–7:00pm  
Saturday: 10:00 am–3:00pm

Get all the information [LEARN MORE](#)



### 3.9 DINING

The WUELS has some restaurants and cafes located in the university buildings. The restaurant serves a variety of warm meals, salads and fruits at reasonable prices. Cafes, apart from tea and coffee, offer cakes and other sweet desserts.

A2 —25 NORWIDA STREET

C3 — 24A PLAC GRUNWALDZKI

F1 —37 CHEŁMOŃSKIEGO STREET

E12 —38 CHEŁMOŃSKIEGO STREET

Outside the University you can find several canteens and restaurants where you can eat at reasonable prices as well. Also you can find fast food restaurants, such as McDonalds, KFC, Burger King, Subway.

They offer a variety of crepes, hamburgers, zapiekanki (Polish toasts), kebabs etc. You can eat traditional Polish dishes at BAR MLECZNY – they are popular with students due to fast service and lower prices than at other restaurants.

In Wrocław you can find nearly every kind of restaurant you can imagine. Whether you like Chinese, Japanese, Indian, Greek, Italian or Mexican food, you can be sure you will find the right place for dining.



### 3.10 STUDY BUDDY PROGRAM



### 3.11 WELCOME DAYS

The Welcome Days are a series of events before each semester, intended to help international students adjust to their new life at the WUELS.

During the Welcome Days, the students will be informed about the details and whereabouts of the WUELS campus, libraries, study rooms, sports facilities, computer labs and Wi-Fi system, etc.



## 3.12 STUDENTS' ACTIVITIES AT THE UNIVERSITY

### RESEARCH CIRCLES

In addition to the classes and lectures, the students with a real passion for research have a choice of **46 CIRCLES**, such as: international students' of veterinary medicine association, exotic animals, anthropologists, biotechnologists, land management engineers, etc.



### ART

The University fosters the activities of numerous artistic groups and student clubs, such as:

- Salsa Dancing
- The University of Folk Dance and Song Group "Jedliniok"
- The University Choir

The latter two groups are proud of their achievements and tours around the globe.



### SPORT

The students may take advantage of using WUELS sport facilities, like: indoor swimming pool, gyms, sports hall, tennis and pool tables. The Sports Centre offers training, like: basketball, volleyball, gym training, swimming, etc.



## 3.13 LEARNING POLISH LANGUAGE

If you want to study in Polish language at the Wrocław University of Environmental and Life Sciences, please contact the School of Polish Language for Foreigners at one of Wrocław higher education institutions:

### WROCLAW UNIVERSITY OF TECHNOLOGY

Office of International Affairs (Building C-13, room 1.14, 1st floor):

- 🏠 23-25 Wybrzeże Wyspiańskiego Street, 50-370 Wrocław
- ☎ +48 71 320 41 63
- ✉ [admission@pwr.edu.pl](mailto:admission@pwr.edu.pl)

### UNIVERSITY OF WROCLAW

Registration and submission of documents takes place in the Admissions Office for Foreigners:

- 🏠 15b Plac Nankiera (room 6) 50-140 Wrocław, Polska
- ☎ +48 71 3752570
- 🌐 [sjpk@uwr.edu.pl](mailto:sjpk@uwr.edu.pl)



### LEARN POLISH WITH THE NATIVES

The city of Wrocław offers a unique opportunity to sign up for FREE classes with the natives!

Get all the information [HERE](#) and join in!

## 3.14 STUDENT'S ID

If you are a full-time student, these cards are serious money savers. The Student ID card will allow you to benefit from discounts and special offers.



## 3.15 PSYCHOLOGICAL CONSULTATIONS

WUELS offers free psychological consultations for students with emotional discomfort, anxiety or interpersonal difficulties. They help students who need support in understanding and solving problems affecting the quality of their daily life and general well-being.

✉ [poradnia-rozwoju@upwr.edu.pl](mailto:poradnia-rozwoju@upwr.edu.pl)

## CHECKLIST

- PASSPORT AND YOUR STUDENT ID CARD (IF YOU HAVE ONE) IN A ZIPPER BAG TO PREVENT DAMAGE
- DEBIT AND CREDIT CARDS
- SOME POLISH CURRENCY
- HEALTH AND ACCIDENT INSURANCE
- THIS GUIDE
- FLIGHT, BUS OR TRAIN TICKETS (IF APPLICABLE)
- ACCOMMODATION CONFIRMATION
- YOUR NAME WRITTEN IN LATIN ALPHABET
- EMERGENCY CONTACT: NAMES AND NUMBERS OF RELATIVES OR FRIENDS
- ELECTRICAL EQUIPMENT YOU MAY NEED
- COPIES OF MEDICAL REPORTS AND HISTORY
- DRIVER'S LICENSE
- ADAPTOR PLUGS FOR ELECTRICAL ITEMS
- CONTACT DETAILS FOR:
  - WUELS
  - your embassy or consulate in Poland
  - your accommodation provider

### AFTER YOU ARRIVE AT THE WUELS:

- INFORM YOUR FAMILY THAT YOU HAVE ARRIVED
- COLLECT YOUR WELCOME PACK
- ATTEND WELCOME DAY
- OPEN A POLISH BANK ACCOUNT



We strongly recommend you not to put all your personal documents translated into English or Polish (passport, money, documents, important addresses and telephone numbers) in one bag. Keep them with you and in your hand luggage, but keep them separated. It is advisable to have photocopies of all your important documents and contact telephone numbers.

You will need some cash for a start (about PLN 100,00) or a credit card for immediate expenses.

Upon arrival, please bring all the documents to the Admission Office (**THIS DOES NOT APPLY TO ERASMUS STUDENTS**):

- PASSPORT
- SECONDARY SCHOOL DIPLOMA WITH GRADES (FOR UNDERGRADUATE COURSES)

- BACHELOR'S DIPLOMA WITH FULL ACADEMIC TRANSCRIPT (FOR POSTGRADUATE COURSES)

- ENGLISH LANGUAGE CERTIFICATE OR CERTIFICATE WHICH CONFIRMS THAT THE LANGUAGE OF INSTRUCTION AT YOUR SCHOOL WAS ENGLISH

- STUDIES IN POLISH: POLISH LANGUAGE CERTIFICATE

- MEDICAL CERTIFICATE STATING THAT YOU MAY STUDY IN THE AREA OF STUDY CHOSEN

- HEALTH INSURANCE AND ACCIDENT INSURANCE

- PERSONAL DATA FORM PRINTED FROM THE REGISTRATION SYSTEM AND SIGNED

- CONFIRMATION OF PAYMENT FOR STUDY TUITION FEES, ADMISSION FEE AND THE ID STUDENT CARD



## 3.16 EVENTS AND ORGANISATIONS FOR YOU

In this section we tell you where you can meet people and make friends and contacts during your study. You can:

- ▮ Participate in the orientation events for new students
- ▮ Attend pup evening
- ▮ Join university student circles or societies
- ▮ Join international students organization:

[AGEE](#)  
[AIESEC](#)  
[ESN UP WROCLAW](#)  
[ESN UE WROCLAW](#)  
[ESN PWR](#)



## 04 PRACTICAL INFORMATION

## 4.1 BEFORE ARRIVAL IN WROCLAW

### 4.1.1 STUDENT VISA

#### STUDENTS FROM THE EU AND EEA COUNTRIES

Students who are citizens of any of the member States of the European Union and European Free Trade Association (EFTA) do not need a VISA to study and stay in Poland.

However, if the stay exceeds three months, the student is obliged to register the residence.

You should register with the Voivodship Office (Dolnośląski Urząd Wojewódzki we Wrocławiu; Plac Powstańców Warszawy 1; 50-153 Wrocław; tel. 801 43 00 86).

#### STUDENTS FROM NON-EU/EEA COUNTRIES

A visa is necessary for all those students from non-EU countries who plan to reside in Poland for more than 3 months. A student visa to enter and legally remain in Poland must be applied for at the Polish Consulate in the student's country of origin or residence (search for the Polish Consulate in your home country please click [LEARN MORE](#)).

#### PLEASE NOTE:

IF AN EU/EFTA STUDENT INTENDS TO VISIT POLAND'S NEIGHBORING COUNTRIES (NOT ALL ARE IN SCHENGEN ZONE), A PASSPORT AND THE VISAS ARE REQUIRED.

CHECK IF YOU NEED A VISA TO COME TO POLAND. DETAILS WHICH COUNTRIES ARE EXEMPT FROM VISA REQUIREMENTS CAN BE FOUND ON THE WEBSITE OF THE MINISTRY OF FOREIGN AFFAIRS; [LEARN MORE](#)

THE GENERAL GUIDELINE PUBLISHED BY THE OFFICE FOR FOREIGNERS; [LEARN MORE](#)



#### THE PROCESS OF OBTAINING POLISH STUDENT VISA IN ONLY 4 STEPS:

- 1 apply for a Visa at the Consulate of the Republic of Poland in your country: [www.e-konsular.gov.pl](http://www.e-konsular.gov.pl)

#### THERE ARE TWO KINDS OF VISAS FOR THE STUDENTS:

**TYPE C** short-term (C) Visa allows the holder to stay in Poland up to 90 days within a period of 180 days.

**TYPE D** long-term (D) Visa entitles the holder to stay in Poland for one year. Extension is allowed only under exceptional circumstances. If a student after one year wants to prolong his/her stay in Poland it is advisable to apply for a temporary residence permit.

- 3 Submit all the documents with a printed and signed application form and pay the visa fee. Please remember that applications are to be personally submitted by the visa applicants. Now your application is complete. After 15 days you will know the results of the process.

- 4 Collect your visa from the Polish Consulate or Embassy. Now you can start packing and go to study in Wrocław. Congratulations!



- 2 Collect the following documents

- APPLICATION FORM
- PASSPORT
- BIOMETRIC PHOTO
- SUFFICIENT MEANS TO SUPPORT YOURSELF
- HEALTH INSURANCE
- DOCUMENTS STATING THE PURPOSE OF YOUR STAY

**PLEASE NOTE:** The documents required may vary depending on the consulate, so please visit the consulate's website for detailed instructions.

“ It is important to integrate into the local community. I've made lots of friends locally and it's helped me understand local behaviours. ”

Michał  
Veterinary Medicine



## 4.2 VALIDITY OF YOUR PASSPORT

Six months remaining validity is strongly recommended; at least three months remaining validity beyond planned departure from the Schengen zone is required.

## 4.3 FINDING A JOB IN POLAND

All foreigners with a valid student status have full right to be legally employed in Poland, with no restrictions!

## IF YOU ARE A POLISH CITIZEN AND YOU WANT TO APPLY TO ALL STUDY COURSES OFFERED BY WUELS THEN YOU NEED TO APPLY VIA THE IRK SYSTEM.



To go to IRK please click [HERE](#)

## 4.4 HOW TO GET TO WROCLAW

## BY PLANE

Wroclaw International Airport has connections to many European cities i.e. Warsaw, Alicante, Barcelona-Girona, Bologna, Bornemouth, Bristol, Brussels, Chania, Copenhagen, Cork, Doncaster Sheffield, Dortmund, Dublin, Düsseldorf, East Midlands, Eindhoven, Frankfurt, Gdansk, Glasgow, Lisbon, Liverpool, London, Lviv, Madrid, Malaga, Malmo, Malta, Milan, Munich, Newcastle, Oslo, Oslo Torp, Palma de Mallorca, Paris, Pisa, Rome, Shannon, Stockholm, Tel Aviv, Tenerife, Venice and Zadar. [Learn](#)



## HOW TO GET THERE

## BY TAXI

## BY BUS

Bus line 106 travels from/to Main Station and Central Bus Station every day every 20 minutes.

## WRO AIRPORT EXPRESS

A shuttle bus operates on the route Airport—Plac Dominikański—Central Bus and Railway Station. The fare is ~ EUR 2.5 or PLN 10,00 (to be paid directly to the driver by cash or by credit card).



## BY BUS

[Learn more about timetables and destinations.](#)

International and domestic buses arrive and depart from the bus station which is located just very close to the main railway station. You can check the connections and the fares on the following websites:

pkspolonus.pl  
flixbus.com  
en.neobus.pl  
eurolines.com

You can arrive in Wroclaw by one of many roads linking Poland to the neighboring countries. Since Poland has been a member of the Schengen Zone, checkpoints on border crossings with other EU countries have been removed. There is still border control on the borders with Ukraine, Belarus and Russia.

## BY FERRY

[Learn more](#)

By ferry to Poland (from Sweden or Denmark) and next by car, train, bus or plane to Wroclaw



## BY TRAIN

[more](#)

Wroclaw is a hub in the Polish railway network. It is linked to all main cities in Poland and also holds international connections. The main railway station is situated in the city center and can be easily reached by local trams and buses.

Trains-with a Polish student ID card or with an ISIC you have a 50% discount. There are some extra discounts if you buy tickets earlier on the internet. There is usually no Wi-Fi and electricity is quite rare (electrical power points are usually to be found in long distance trains). Usually trains run on time, but if you travel during the times of big holidays (Christmas, Easter, All Saint's Day etc.) they may be REALLY crowded.

## 4.5 ACCOMMODATION

Finding somewhere to live is a crucial part of successful study experience in Wroclaw. Whatever your choice, it is vital to fully understand all your options and be aware of your rights and responsibilities. After the deadline, residential options are often chosen on a first-come, first-serve basis, so it is a good idea to make a decision and apply as early as possible.

## DO I KNOW?

- WHAT ACCOMMODATION OPTIONS I HAVE?
- WHAT ARE THE RELEVANT FACTORS TO BE CONSIDERED?
- WHAT THE COMMUT TIME TO WUELS IS?
- WHAT I NEED TO BUY TO GET STARTED?
- HOW MUCH WILL I NEED TO PAY?

EACH FRIEND REPRESENTS A WORLD IN US, A WORLD POSSIBLY NOT BORN UNTIL THEY ARRIVE, AND IT IS ONLY BY THIS MEETING THAT A NEW WORLD IS BORN.

ANDRÉS BUNY

## 4.5.1 WHAT ARE MY ACCOMMODATION OPTIONS IN WROCLAW?

### 1 YOU CAN STAY IN ONE OF 6 DORMITORIES AVAILABLE FOR THE STUDENTS.

Each dormitory is unique in terms of location, size and furnishing. This also applies to the size of the rooms which are either single or double.

#### WHY TO CHOOSE LIVING IN THE DORMITORY?

a) Because it offers you a unique atmosphere and exciting opportunity to meet new people from all over the world.

b) It is cheaper to live in dormitories because unlike apartments, the Internet, water, electricity, heating, duvets, pillows, a workout room are free in a dorm. Bed linen are included and can be changed in the dormitory services every month. Washing machines (paid) are available. All rooms are furnished. Cooking utensils (e.g. pots or cutlery are not available).



## RAJ

The Raj Dorm has won a country-wide competition as the most comfortable dormitory in Poland! The rooms in RAJ are arranged in modules/units for 2 or 4 persons to share a kitchen and a bathroom (2 single rooms or 2 double rooms in a module).

Other facilities:

TV room, photocopiers, a workout room, bike storage, table tennis. Health Center and a small shop on the ground floor.



## ARKA

The rooms in the dormitory are arranged in modules/units. This means that residents of more than one room share a toilet and a shower. The rooms in the units are for a maximum number of 8 or 10 persons (a single toilet and a shower are shared by 4 double rooms or 2 triples and 2 doubles).

Other facilities: TV room, 2 study rooms, a workout room, a small shop on the ground floor, a billiards room and parking spaces.



## LABIRYNT

The rooms in the dormitory are arranged in modules for 5 persons (1 double + 1 triple room) to share a kitchen and a bathroom. You will need your own kitchen utensils (plates, cups, pots, pans, etc.).

Other facilities: TV room, photocopiers, a workout room, volleyball and basketball courts, a small shop downstairs.



## ZODIAK

The dormitory has 261 places including: double, and triple rooms with a bathroom and a shared kitchen.

Other facilities: fitness centre, billiard, table tennis, and the TV room equipped with home theatre. There is a car park next to the building.



## CENTAUR

The dormitory has 238 places including: single, double, and triple rooms with a bathroom and a shared kitchen.

Other facilities: a bike storage room, billiard, table tennis, laundry and drying facilities, TV room, a shop, health care and dentistry centre.



## TALIZMAN

The dormitory has 201 places including: double and triple rooms, with a bathroom and a shared kitchen.

Other facilities: TV room, gym, photocopiers, bike storage room, on the ground floor: Health Center and a small shop.



Location of the dormitories of the Wrocław University of Environmental and Life Sciences is their great advantage. Four of them: Centaur, Labirynt, Talizman, and Zodiak are in the city centre in the vicinity of Plac Grunwaldzki.

Arka and Raj are in the green areas of Biskupin. The prices indicated in the Table apply to the dates covering the academic year, not the holiday period from July 1st to September 30th (person/month).

DORMITORY	ARKA	CENTAUR	LABIRYNT	TALIZMAN	ZODIAK	RAJ
ROOM						
<b>modules</b>						
single	-	435 PLN	441 PLN	-	-	618 PLN
double	423 PLN	420 PLN	432 PLN	-	-	549 PLN
triple	417 PLN	414 PLN	420 PLN	414 PLN	414 PLN	-
<b>no modules</b>						
single	-	-	-	-	-	630 PLN
double	-	-	420 PLN	-	-	-
triple	-	-	414 PLN	-	-	-
<b>moderate room</b>						
single	549 PLN	-	-	-	-	-
double	474 PLN	465 PLN	-	465 PLN	465 PLN	-
triple	-	-	-	-	429 PLN	-



IF YOU WANT TO BOOK A ROOM PLEASE SEND THE APPLICATION FORM BY MAIL TO:

ERASMUS\* STUDENTS:  
[jadwiga.bolechowska@upwr.edu.pl](mailto:jadwiga.bolechowska@upwr.edu.pl)

FIRST YEAR STUDENTS:  
SCHOLARSHIP AND FUNDING:  
[admission@upwr.edu.pl](mailto:admission@upwr.edu.pl)

OTHER MATTERS:  
[dss@upwr.edu.pl](mailto:dss@upwr.edu.pl)

## DEPOSIT

The deposit amount of PLN 400,00 shall be paid to the bank account (see below) upon arrival, but in no case later than one week after the check-in date. If you do it from your bank account, please make sure that the bank account holder (our university receives the exact amount of PLN 400,00). The bank charges must be paid from your bank account!

## BANK DETAILS

BANK HOLDER:

UNIWERSYTET PRZYRODNICZY WE WROCŁAWIU

ACCOUNT NUMBER:

21 1020 5242 0000 2102 0029 2201

PAYMENT FOR:

(DEPOSIT - YOUR FIRST NAME AND SURNAME, NAME OF DORMITORY)  
(E.G.) DEPOSIT - JORGE ESTRADA - ARKA

The deposit paid shall be used to cover any expenses incurred due to damage and losses in the dormitory caused by the resident(s) but not being the result of emergency circumstances which may have occurred irrespective of any human actions or interference.

The deposit shall also be a security amount in case the resident moves out at an earlier date than that defined in the Application Form-  
[LEARN MORE](#)

IF THE CHECK-OUT DATE OF THE STUDENTS COMING FOR THE FIRST SEMESTER IS EARLIER THAN JANUARY 30TH OR JUNE 1ST FOR THE STUDENTS COMING FOR THE SECOND SEMESTER OR THE WHOLE YEAR, THE DEPOSIT SHALL NOT BE PAID BACK.



## 2 YOU CAN STAY IN PRIVATE RENTAL PROPERTY: FLAT OR ROOM

### TIPS :: BEFORE YOU RENT A FLAT

- CAREFULLY READ YOUR RENTAL AGREEMENT BEFORE SIGNING IT
- INSPECT THE PROPERTY BEFORE YOU SIGN
- PHOTOGRAPH ANY EXISTING DAMAGES
- MAKE SURE YOU RECEIVE AND KEEP A COPY OF YOUR RENTAL AGREEMENT
- PAY ATTENTION TO THE DETAILS REGARDING THE END OF YOUR RENTAL AGREEMENT
- WHAT IS THE LOCAL AREA LIKE?
- IS THERE CENTRAL HEATING?
- DO KITCHEN APPLIANCES SUCH AS WASHING MACHINES AND DISHWASHERS WORK?
- ARE POTS, PANS AND KITCHEN EQUIPMENT IN GOOD CONDITION?
- DOES THE SHOWER WORK PROPERLY?
- HOW CLOSE IS IT TO WUELS?
- HOW CLOSE IS IT TO PUBLIC TRANSPORT?
- WHAT IS NEARBY? (SHOPS, HOSPITALS, PARKS, ETC.)
- IS THERE ADEQUATE HEATING?
- IS IT NOISY?
- IS THE AREA SAFE?

Renting an apartment is a suitable choice if what you value most is your own independence. You live by your own rules and the ones stated in your lease agreement. Your room gives you privacy and intimacy, you decide when you invite people over and you don't need to ask for permission to organize a party.

An apartment—like elsewhere in the world, the price and quality of private accommodation can vary considerably. In Wrocław you will find everything from empty rooms to fully furnished flats on the market.

You can rent a room, have a flat-share (it is a living arrangement in which several people share the cost of living together in one flat. Each person has his/her own bedroom, but shares the kitchen, bathroom and sometimes the cost of the internet, TV etc.).

You can find more advertisements for rooms and apartments here:

- | [PEPEHOUSING.COM](http://PEPEHOUSING.COM)
- | [WROCLAW.DLSTUDENTA.PL](http://WROCLAW.DLSTUDENTA.PL)
- | [WROCLAW.INSTANCJE.PL](http://WROCLAW.INSTANCJE.PL)
- | FACEBOOK
- | LOCAL NEWSPAPER

### REMEMBER

Living and working in a community requires individuals to show each other mutual respect and consideration. Students need comfort for sleep and study, and they have the right to privacy.

We are from different homes, cultures. If you don't understand, ask questions, talk, and think. There is nothing insignificant in the world. It all depends on the point of view. Communication is the key to any healthy relationship.



### NOTE

There are a lot of great things about living with housemates but some of them are messy, rude or inconsiderate. While we cannot force your housemates to behave appropriately, we can give you some tips to help. International Student Support Office can provide you with a Roommate's Code.

Now consider the pros and cons of living in a dorm or renting a flat. When you finally make up your mind what to do just pack your bags and get ready for your life-changing experience!

IN POLAND THE USUAL TIME FOR CURFEW IS 10PM-6AM. AT THE TIME IT IS ADVISABLE NOT TO MAKE NOISE OR DISTURB YOUR NEIGHBORS.

## 4.6 HEALTH AND MEDICAL CARE

### EU/EFTA STUDENTS

The European Health Insurance Card (EHIC) is the only valid medical insurance document in the European Union. **EU/EFTA students should apply for this insurance card before they come to Poland.** The student can benefit from free health services at health care providers who have concluded a relevant contract with the National Health Fund (NFZ – Narodowy Fundusz Zdrowia).

### NON-EU STUDENTS

Students who come from non-European countries have a private insurance (required for the visa application). But this insurance covers only accidents and do not cover general practitioner's consultation.

For a general medical care insurance students may buy their insurance policy from the NFZ as in the voluntary healthcare insurance basis or from a private insurance company. (NFZ – Narodowy Fundusz Zdrowia).

### THE PROCESS OF RECEIVING HEALTH INSURANCE FROM NFZ (NATIONAL HEALTH FUND):

The sign-up process requires some paperwork and patience.

- 1 You need to go to NFZ:  
2 Dawida Street, 50-527 Wrocław.  
Mon-Fri 08:00 – 16:00 and submit the following documents:

- Certificate confirming your student status and its duration
- Passport
- Student ID card

And now you can sign the paper of application for your health insurance.

- 2 After two weeks you will be able to sign the contract.
- 3 With the contract you will go to Social Insurance Office – **ZUS** to process and register this contract.
- 4 Cost: PLN 46,80 per month – payment via bank transfer.

### DID YOU KNOW?

EVERY FOREIGNER STAYING IN THE POLISH TERRITORY IS OBLIGED TO HOLD A VALID INSURANCE COVERING COSTS OR MEDICAL CARE IN POLAND.

IF YOU NEED AN APPOINTMENT WITH A DOCTOR, PLEASE CALL 71 322 03 69 OR GO DIRECTLY TO DORMITORY „TALIZMAN”: 63 GRUNWALDZKA STREET; WROCLAW

HEALTH CENTERS (NFZ) ARE OPEN  
- FROM MONDAY TO FRIDAY, FROM 8AM TO 6PM  
- AFTER 6:00 PM ON WEEKDAYS AND ON SATURDAYS, SUNDAYS AND HOLIDAYS.  
HEALTHCARE IS PROVIDED BY THE SO CALLED 24 HOUR-MEDICAL SERVICE UNITS THAT ARE CONTRACTED FOR SUCH SERVICES BY THE NFZ.

### STUDENTS WITH THE EUROPEAN HEALTH INSURANCE CARD (EHIC) OR HEALTH INSURANCE FROM NFZ ARE ENTITLED TO THE FOLLOWING:

- | primary healthcare benefits, i.e. check-up and medical consultations. The consulting doctor may next direct you to diagnostic tests, to a specialist doctor or a hospital
- | you can visit all specialist that are contracted for such services by the NFZ

- | NFZ insurance covers all diagnostic procedures
- | NFZ insurance covers stays at the hospital
- | in the case of an emergency medical transport is free of charge

### POLISH PRIVATE HEALTHCARE

Apart from the public medical care system (NFZ), there is also a well-developed private sector offering individual medical care.

If you want to book a visit (in English):  
Medicover - tel. 500 900 500  
LUX MED - tel. 22 33 22 888.

One visit will cost you between 100 and 250 PLN, depending on the kind of consultation.



6.11 ALL NIGHT OPEN PHARMACIES IN WROCLAW



- 54/56 H. Sienkiewicza St
- 24 Krucza St
- 7a 1 Maja Sq
- 39-41 Św. Wincentego St
- 49A Gen. K. Pułaskiego St
- 17/18 T. Kościuszki St



EMERGENCY ALERT	112
POLICE	997
FIRE	998
AMBULANCE	999
ROAD ASSISTANCE	981

4.7 PHOTO REQUIREMENTS

Please note that the same photograph will be used for your student ID and dormitories. You will be required to bring the exact same paper photo to the admissions office upon arrival.

Your profile picture must be:

- IN COLOR
- MINIMUM ACCEPTABLE DIMENSIONS ARE 600 X 800 PIXELS
- TAKEN WITHIN THE LAST 6 MONTHS TO REFLECT YOUR CURRENT APPEARANCE
- TAKEN IN FRONT OF A PLAIN WHITE OR OFF-WHITE BACKGROUND
- TAKEN IN FULL-FACE VIEW DIRECTLY FACING THE CAMERA
- BOTH EYES OPEN
- FACE CONSTITUTES ABOUT 70%-80% OF THE TOTAL PHOTO
- IF HEADGEAR IS WORN ON RELIGIOUS OR MEDICAL GROUNDS THEN THE FACE MUST NOT BE COVERED



Your profile picture CANNOT be:

- A SELFIE
- A PHOTO OF A PRINTED PHOTO (E.G. FROM YOUR PASSPORT)
- BIGGER THAN 2MB
- TOGETHER WITH A FRIEND
- TAKEN ON A PARTY
- WITH A PET
- OLDER THAN 6 MONTHS
- WITH FACE PAINT
- WITH SUNGLASSES, BASEBALL CAPS OR OTHER ITEMS WHICH WOULD HINDER IDENTIFICATION

05 WROCLAW—EUROPEAN CAPITAL OF CULTURE



- Wrocław is the fourth largest city in Poland and the biggest city in the west of the country.
- Being the most important city of Lower Silesia, it is its administrative, economic and cultural capital.
- Wrocław our Venice of the North is situated on the Odra river and is a unique city with 12 islands and 112 bridges.
- Wrocław has around 1 mln residents including 120 000 Polish and international students.
- Wrocław was the European Capital of Culture in 2016.
- In 2018 Wrocław was elected Best European Destination 2018.
- Wrocław has a well-developed system of communication. There is an international airport providing flights to many key cities in Europe. Bus and train connections are available to destinations in and outside the country.
- Wrocław is located close to many European capital cities: only 270 km to Prague, 350 km to Berlin, 380 km to Warsaw and 390 to Vienna.



“It is truly a city that never sleep! Even if you don't waste time for eating and sleeping, it's impossible to see it all”

Miguel ERASMUS STUDENT

## 5.1 PLACES WORTH SEEING IN WROCLAW

- **RYNEK (THE OLD MARKET SQUARE)** – THE MAIN OLD CITY SQUARE
- **OSTRÓW TUMSKI** – HISTORIC QUARTER WITH THE CATHEDRAL
- **CENTENNIAL HALL** – UNESCO WORLD HERITAGE SITE
- **PANORAMA RACŁAWICKA** – A LARGE PAINTING SHOWING THE BATTLE OF RACŁAWICE
- **WROCLAW ZOO AND AFRICARIUM** – ONE OF THE OLDEST IN EUROPE
- **PERGOLA FOUNTAIN** – A MULTIMEDIA FOUNTAIN
- **JAPANESE GARDEN**
- **BOTANICAL GARDEN**
- **CITY STADIUM** – THE ARENA OF EURO 2012
- **AQUAPARK** – WROCLAW WATER PARK
- **HYDROPOLIS** – IS AN ULTRA-MODERN EXHIBITION DEDICATED TO WATER
- **WUWA** – WORKPLACE AND HOUSE EXHIBITION
- **WROCLAW'S DWARFS**
- **SKY TOWER OBSERVATION DECK**



## 5.2 LEGENDS OF WROCLAW

### THE LION NEXT TO THE ENTRANCE TO THE WROCLAW CATHEDRAL



On the both sides of the main entrance to Wroclaw's cathedral there are two stone sculptures. At the first glance the sculptures are similar to nothing special but in fact one of them presents a lion, the other one an eagle. The legend has it that if a woman wants to meet her future lover, she needs to touch the lion sculpture, but if a man wants to meet his future love he has to touch the sculpture of an eagle.

If you ever have been to Cathedral Island and the Dumpling gate in Wroclaw then you have seen the stone dumpling on top of the gate. Once upon a time there was a honest man who really liked eating Silesian dumplings that nobody could make as good as his wife. When she died, he was very sad. One day he came to Wroclaw. The day was hot so he fell asleep at the front of the gate of Saint Idzi Church. His wife saw him from heaven – Silesian dumplings. Then he woke up and started to eat them but he decided to keep one dumpling as a souvenir. But the last dumpling was made of rock. It sort of "slipped" from his hand and jumped on the arc of the gate. The news of this event spread widely and rapidly, people wanted to destroy the dumpling on the arc but it fossilized and clung so hard that stayed there till today.

### THE LEGEND OF THE DUMPLING GATE



### THE LEGEND ABOUT WROCLAW BEGINNING



The first permanent settlers in Wroclaw were the Slavic Silesian tribe, who built a stronghold on the island of Ostrow Tumski. In the 9th century this settlement was absorbed into Czech territory. Possible the name Wroclaw comes from the name of the Czech duke Vratislav I who founded it about a thousand years ago. It wasn't until around 990AD that Prince Mieszko I, of the Piast dynasty and founder of the Polish state, seized control of Wroclaw and incorporated the region of Silesia into Poland.

### WROCLAW DWARVES

Mostly bronze, often cheeky, and each about a foot tall, these are Wroclaw's dwarves. They are located almost in every corner of city's Old Town. The first dwarf was "Papa Dwarf", placed on Świdnicka Street in 2001. This father of the dwarves is slightly larger than the others. Papa was placed on this main street into the city as it was here that the Orange Alternative, an anti-communist underground movement that claimed the dwarf as its symbol. Few years later the mayor of the city of Wroclaw decided to continue the tradition of having dwarf statues and hired a sculptor, to make five small dwarf statues to adorn the main touristy sights of Wroclaw's old town.



They were an instant hit and soon the city demanded more and more dwarves, each one representing a different profession or an aspect of everyday life.

Do you dare to go searching?

Don't hesitate! Find them all now! [LEARN MORE](#)

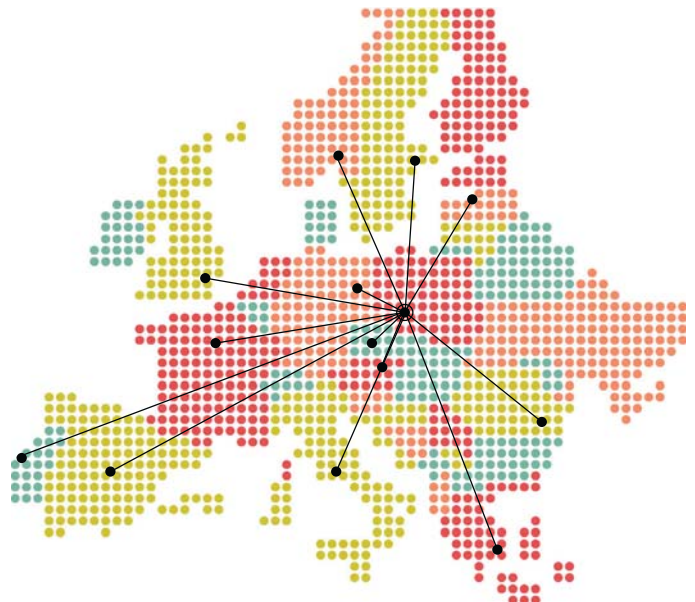
### FREE WALKING TOURS

Wroclaw also offers Free Walking Tours with certified guides. Fees are paid on a voluntary basis. [LEARN MORE](#)



## 5.3 DISTANCES

PRAGUE	270 km	ROME	1117 km
BERLIN	350 km	PARIS	1282 km
VIENNA	390 km	LONDON	1327 km
BUDAPEST	595 km	OSLO	1375 km
LVIV	625 km	MOSCOW	1452 km
AMSTERDAM	964 km	ATHENS	1552 km
BUCHAREST	1018 km	MADRID	1991 km
BRUSSELS	1040 km	LISBON	2460 km



## 5.4 CULTURE AND FREE-TIME

Wrocław has numerous museums and galleries. You'll find a full list at the aforementioned portal [www.Wroclaw.pl](http://www.Wroclaw.pl).

**NATIONAL MUSEUM IN WROCŁAW**  
Pl. Powstańców Warszawy 5, 50-153 Wrocław  
[mwr.art.pl](http://mwr.art.pl)

**MUSEUM OF ARCHITECTURE**  
Bernardyńska 5, 50-156 Wrocław  
[ma.wroc.pl](http://ma.wroc.pl)

**PANORAMA OF THE BATTLE OF RACŁAWICE**  
Purkyniego J. E. 11, 50-155 Wrocław  
[panoramaaclawicka.pl](http://panoramaaclawicka.pl)

**OLD JEWISH CEMETERY**  
Ślężna 37/39, 3-110 Wrocław  
[muzeum.miejskie.wroclaw.pl](http://muzeum.miejskie.wroclaw.pl)

**THE ARSENAL IN WROCŁAW**  
Cieszyńskiego A. 9, 50-079 Wrocław  
[muzeum.miejskie.wroclaw.pl](http://muzeum.miejskie.wroclaw.pl)

**ROYAL PALACE—HISTORICAL MUSEUM**  
Kazimierza Wielkiego 35, 50-077 Wrocław  
[muzeum.miejskie.wroclaw.pl](http://muzeum.miejskie.wroclaw.pl)

**MUSEUM OF BOURGEOIS ART**  
Sukiennice 14/15, 50-107 Wrocław  
[muzeum.miejskie.wroclaw.pl](http://muzeum.miejskie.wroclaw.pl)

**MUSEUM OF THE UNIVERSITY OF WROCŁAW**  
Plac Uniwersytecki 1, 50-137 Wrocław  
[muzeum.uni.wroc.pl](http://muzeum.uni.wroc.pl)

**MWW WROCŁAW CONTEMPORARY MUSEUM**  
Pl. Strzegomski 2A, 53-681 Wrocław  
[muzeumwspolczesne.pl](http://muzeumwspolczesne.pl)

**HISTORY CENTRE ZAJEZDNIĄ**  
Grabiszyńska 184, Wrocław  
[zajezdnia.org](http://zajezdnia.org)

**MUSEUM OF PHARMACY**  
Kurzy Targ 4, 50-103 Wrocław  
[muzeumfarmacji.am.wroc.pl](http://muzeumfarmacji.am.wroc.pl)

**FOUR DOMES PAVILION**  
Wystawowa 1, 51-618 Wrocław

**HENRYK TOMASZEWSKI THEATRE MUSEUM IN WROCŁAW**  
pl. Wolności 7, Wrocław

**HUMAN MUSEUM**  
Kućnicza 35, Wrocław  
[antropo.uni.wroc.pl](http://antropo.uni.wroc.pl)

**MOVIE GATE WROCŁAW**  
pl. Solny 10a, Wrocław  
[moviegate.pl](http://moviegate.pl)

**ENTROPIA GALLERY**  
Rzeźnicza 4, Wrocław  
[www.entropia.art.pl](http://www.entropia.art.pl)

**CENTRE OF CULTURE "ZAMEK"**  
pl. Świętojański 1, 54-076 Wrocław  
[zamek.wroclaw.pl](http://zamek.wroclaw.pl)

**NEON SIDE GALLERY**  
Ruska 46c, 50-079 Wrocław

### THEATERS

**MUSICAL THEATRE CAPITOL**  
Marszałka Józefa Piłsudskiego 72, 50-020 Wrocław  
[teatr-capitol.pl](http://teatr-capitol.pl)

**WROCŁAW PUPPET THEATRE**  
Pl. Teatralny 4, 50-051 Wrocław  
[teatrlalek.wroclaw.pl](http://teatrlalek.wroclaw.pl)

**WROCŁAW OPERA**  
Świdnicka 35, 50-066 Wrocław  
[opera.wroclaw.pl](http://opera.wroclaw.pl)

**POLISH THEATRE**  
Gabrieli Zapolskiej 3, 50-032 Wrocław  
[teatrpolski.wroc.pl](http://teatrpolski.wroc.pl)

**BWA AWANGARDA GALLERY**  
Wita Stwosza 32, 50-149 Wrocław  
[bwa.wroc.pl](http://bwa.wroc.pl)

**BWA DIZAJN GALERIE**  
Świdnicka 2-4, 50-067 Wrocław  
[bwa.wroc.pl](http://bwa.wroc.pl)

**POLISH THEATRE—NA ŚWIEBODZKIM STAGE**  
Pl. Orłat Lwowskich 20, 53-605 Wrocław  
[teatrpolski.wroc.pl](http://teatrpolski.wroc.pl)

**POLISH THEATRE—CHAMBER STAGE**  
Świdnicka 28, 50-024 Wrocław  
[teatrpolski.wroc.pl](http://teatrpolski.wroc.pl)

### LIBRARIES

You can use our WUELS library for free, but if you want to find more books you have following options:

**MEDIATEKA**  
plac Teatralny 5, 50-001 Wrocław  
[biblioteka.wroc.pl/mediateka](http://biblioteka.wroc.pl/mediateka)

You can borrow books in a lot of languages—english, spanish, french, russian.

**PUBLIC LIBRARY BRANCH NO. 29**  
Mikołaja Reja 1, 50-338 Wrocław  
You can borrow books in english.

### PARKS

Wrocław offers a wide range of places for outdoor relaxation!

**JULIUSZ SŁOWACKI PARK**

**OLD TOWN GARDEN**

**OGRÓD OSSOLINEUM**  
Szewska 37, 50-139 Wrocław

**PARK SZCZYTNIKI**  
Adama Mickiewicza, 52-443 Wrocław

**JAPANESE GARDEN**  
Adama Mickiewicza, 51-618 Wrocław  
[ogrod-japonski.wroclaw.pl](http://ogrod-japonski.wroclaw.pl)

**SOUTH PARK**  
Andrzeja Waligórskiego, Wrocław  
[zsm.wroc.pl](http://zsm.wroc.pl)

**BOTANICAL GARDEN**  
Henryka Sienkiewicza 23, 50-335 Wrocław  
[ogrodbotaniczny.wroclaw.pl](http://ogrodbotaniczny.wroclaw.pl)

**SŁODOWA ISLAND**  
Wyspa Słodowa 1, 50-266 Wrocław  
[wyspa.wroclaw.pl](http://wyspa.wroclaw.pl)

**BIELARSKA ISLAND**  
Bulwar Słoneczny, Wrocław, Poland

### SPORT ACTIVITIES

You may take advantage of using WUELS sport facilities but you can also join:

#### FREE RUNNING GROUPS:

■ **NIGHT RUNNERS WROCŁAW (NR):** every Tuesday at 8pm in South Park (Park Południowy)—they start next to the Fryderyk Chopin statue

■ **NEW OPTIMAL ACTION (NOA):** meeting on Tuesdays, Thursdays and at weekends, in different places, for details follow their FB group

■ **PARK RUN:** every Saturday at 9am on the river banks (they start next to Jaz Opatowicki).

If you want to take part in a race – there are plenty of them in or around Wrocław. And the easiest way to get to know about them is to join one of the running groups or visit:

**HASTA LA VISTA SPORTS CENTRE**  
Hasta la Vista is a modern and professional sports centre offering a variety of activities, including squash, badminton, table tennis and gym.

Górska 5, 53-610 Wrocław  
[hastalavista.pl/](http://hastalavista.pl/)

**WROCŁAW STADIUM**  
Aleja Śląska 1, 54-118 Wrocław  
[stadionwroclaw.pl](http://stadionwroclaw.pl)

**MORSKIE OKO LIDO MOSIR**  
Body of water 5ha, beach 10ha. Paddling pool and playground for kids. 60-metre waterslide. Canoe rental. 2 beach volleyball courts and bars, summer cafes.  
Frederyka Chopina 27, 51-609 Wrocław

**WROCŁAW HORSE RACING TRACK PARTYNICE**  
Zwycięska 2, 53-033 Wrocław  
[torpartynice.pl](http://torpartynice.pl)

**CITY GOLF WROCŁAW**  
Oksywska 2a, 53-152 Wrocław  
[citygolf.wroclaw.pl](http://citygolf.wroclaw.pl)

**TARNOGAJ CLIMBING CENTRE**  
Nyska 59, 50-504 Wrocław  
[centrumwspinaczkowe.com](http://centrumwspinaczkowe.com)

Being in Wrocław during warm, sunny day, be sure to go on a river cruise and visit one of city's beaches. There are some great outdoor spots on the Oder River which scattered along its banks.

**OLYMPIC STADIUM**  
Aleja Ignacego Jana Paderewskiego 35, Wrocław

**AQUAPARK WROCŁAW**  
Borowska 99, 50-558 Wrocław  
[aquapark.wroc.pl](http://aquapark.wroc.pl)

### WROCŁAW BY NIGHT

Wrocław bars are flexible—no matter what the official closing times are, most will stay open until the last customer has crawled out.

More information: [www.inyourpocket.com](http://www.inyourpocket.com)

### CINEMA

More information: [www.wroclaw.pl/go/events](http://www.wroclaw.pl/go/events)

**DID YOU KNOW THAT WROCŁAW IS ONE OF POLAND'S LARGEST CULTURAL AND ACADEMIC CENTRES?**



# 06 OTHER INFORMATION



## 6.2 GETTING AROUND IN WROCLAW

### WALKING

Currently, Wrocław is one of the safest cities in Europe. You can walk alone during daylight and night.

Sightseeing on foot is perfectly feasible, weather permitting. You will find the most beautiful sights in the city of Wrocław within walking distance. And if you are tired of walking around, you can take the buses, trams or a bike.



### BY BIKE

Cycling is a good way of getting around. Wrocław has a good number of cyclists making use of some great bike paths and lanes. With a growing number of bike lanes and an eco-minded mentality to rely less on public transport and travel by bicycle, Wrocław is now becoming a cycle-friendly place. City bikes are available on a 24/7 basis from the beginning of April to the end of November.

### PUBLIC TRANSPORTATION

Wrocław has an excellent public transportation system that can take you virtually anywhere in the city. You can travel by bus, tram, taxi, uber, bike or Electric Scooter.

For all the public transportation schedule you can use "Jak dojadę?"—an awesome public transport app which provides detailed directions for the majority of cities in Poland. [LEARN MORE.](#)

### DID YOU KNOW?

HISTORICAL TRAMS RUN IN THE SUMMER SEASON, MOST OFTEN FROM MAY, EVERY WEEKEND (SATURDAY, SUNDAY) TILL 31ST OCTOBER.



### TRAM OR BUS

With an extensive route network, the tram is ideal for getting around over short distances. The service is available from 5 am to 11 pm and at weekends and on holidays from 6 am to 10 pm. Night buses travel from 11.30 pm to 5 am and meet at the PKS bus station from where they depart every 30 minutes and then take passengers to all parts of the city. As a student, you have 50% discount for the public transportation.

**PLEASE NOTE:**  
always take your Student's ID card with you.

## 6.1 CLIMATE AND CLOTHING

In Poland the climate is continental but weather changes constantly and can be very unpredictable a temperate climate with hot summers +30 C and cold winters -20 C (in mountains). Here's a weather forecast for Wrocław for the upcoming 16 days [LEARN MORE](#)

### AUTUMN

from September to November. If you arrive in Poland in Autumn – the weather is the most variable so take sweaters, jackets and shoes for rainy days.



### WINTER

from December to February. If you arrive in Poland in Winter —do not forget to take warm clothes and prepare to have fun in the snow!

### SPRING

from March to May. If you arrive in Poland in Spring – coats and sunglasses are recommended as well as umbrellas.



### SUMMER

from June to August. If you arrive in Poland in Summer – light clothes and sunglasses are obligatory, but umbrellas can be useful as well.

## BY MOTOR SCOOTER

With electric scooters you do not need a driving license to ride. All you need is your ID card. You also must be at least 21 years old. To start with, you need to download the [blinkee.city](#) application and register in the system.

## BY ELECTRIC SCOOTER "LIME"

the rental system works in a similar manner to the city bike—you simply need to use the app to locate the vehicle and 'unlock' it, then park and 'lock' the scooter in a safe place once finished. [www.li.me](http://www.li.me)

## UBER

Uber—also works in Poland, so if you don't want to wait for a tram just download the application and make the most of it) [web.facebook.com/uberPolska](http://web.facebook.com/uberPolska)



## 6.2 TIME

Poland uses Central European Time: (GMT + 01:00). Due to the Daylight Saving Time (DST) on the last Sunday of March at 2am we change time by adding one hour and on the last Sunday of October we turn clocks one hour back.



## 6.3 POST OFFICE

Post Office called Poczta is the place where you can pay local bills, send letters and parcels to any country. There is a 24/7 Post Office: Rynek 28, 50-065 Wrocław



## 6.4 RELIGION

### ROMAN CATHOLICS

1. Eucharist in the **English language**—every Sunday 4 pm at St. Charles Boromeo Parish Church (Kościół p.w. św. Boromeusza). Address: 58 Krucza Street.

2. **Mass in Spanish** is every second Sunday of the month at 4 pm in Church of Saint Lawrence (Kościół p.w. św. Wawrzyńca) Address: 51 Bujwida Street.

3. **Mass in German** is every Sunday at 10.00 am in the chapel of the Jadwizan's Sisters (Siostra Jadwizanek). Address: 29 Sępa Szarzyńskiego Street.

4. **Mass in Latin**—every Sunday at 9am and 6pm - Świętej Jadwigi Street (Wyspa Piasek), name of the church Kościół parafialny Najświętszej Maryi Panny na Piasku



### GREEK CATHOLICS

**Mass in Ukrainian** – 15 Plac Nankiera, Wrocław ; tel. +48 608 680 331

### JEWISH COMMUNITY

is located at 9 Włodkowica Street 50-072 Wrocław; tel. 71 343 64 01

### MUSLIMS

The mosque is located in the Islamic Center and its open every day during the praying time and on Friday at 1.00 pm (the jumuaa). Address: 24 Aleja Kasprowicza, Wrocław; Tel: 71 325 53 20

### LUTHERAN CHURCH

Address: 29 Kazimierza Wielkiego Street, 50-077 Wrocław

## 6.5 MONEY

Poland has not adopted the Euro. The currency of Poland is the zloty (zł) divided into 100 groszy (gr).

Where can you change foreign currency to zloty?

- **IN A KANTOR (AN CURRENCY EXCHANGE)**—licensed agencies to trade currencies. Kantor is perhaps the best option—you can negotiate the price if you exchange more than about 500 Euros.
- **IN A BANK**—the rate is usually less favorable.



## 6.7 SHOPPING

- **Shopping malls** - open from 9am to 9pm
- **Small shops** - open from Monday to Friday/Saturday from 10 am to 6 pm
- **Local shops** - open from 6.00am to 6.00pm.



### PLEASE NOTE

In Poland you will be able to do shopping on Sundays just in the last Sunday of the month. By 2020, even these are planned to be closed, so that every Sunday will be a shopping-free day. All the shops are also closed during the official holidays.



### SUPERMARKETS

Numerous supermarkets are located in the city of Wrocław: Auchan, Lidl, Biedronka, Kaufland, Tesco, Carrefour, Intermarche, Netto, Żabka, etc.

Supermarkets usually open from 8 am to 9 pm. There are also shops open 24 hours a day (TESCO, Delikatasy 24, etc.). In most shopping centres there are supermarkets, restaurants, cinema, souvenir shops, etc.

### FRESH FOOD MARKETS

If you prefer fresh food, you should head for one of Wrocław's traditional markets:

- **HALA TARGOWA** - located in a beautiful historic building
- **WROCLAW GOURMET BAZAAR** - 44 Hubska Street, open every Sunday from 11am to 4pm, admission free.
- **ORGANIC BAZAAR "KRÓTKA DROGA"** – 26 Białoskórnicza Street, every Sunday from 10am to 1pm

## 6.6 BANK ACCOUNT

Zloty (PLN) is the Polish currency unit, but the exchange rates are changing. It is advisable to check them in the Internet before arrival. Notes and coins are of the following denominations:

- **Coins:** 1, 2, 5, 10, 20 and 50 groszy, 1, 2 and 5PLN;
- **Banknotes:** 10, 20, 50, 100, 200 and 500PLN.

Opening a bank account in Poland will allow you to earn money in Poland. Any payment you receive from the employer or your scholarship will be paid directly to your Polish bank account.

### RECOMMENDED BANKS FOR INTERNATIONAL STUDENTS

PKO BANK  
MILLENNIUM BANK  
ING BANK



## THE LIST OF BANKS

Name	English online banking system	English support center	Is PESEL required?
Alior Bank	+	+	-
Grupa Santander	+	+	-
BGŻ BNP Paribas	+	+	-
Crédit Agricole	-	+	either a PESEL or a permanent residency
Euro Bank	-	-	+
Getin Bank	-	+	-
Idea Bank	-	-	-
ING	+	+	-
mBank	-	+	+
Millenium Bank	+	+	-
Nest Bank	-	-	-
PKO BP	-	+	-
Raiffaisen POLBANK	+	+	-

## 6.8 GENERAL COST OF LIVING IN WROCLAW

The cost of living depends on the student's lifestyle. Accommodation and food prices are about 30% lower than in other EU countries.

Shopping for food can be done in local shops or in supermarkets which offer lower prices. The overall monthly cost of living starts from 250 EUR (economical) up.



### SOME EXAMPLES OF PRICES ARE LISTED HERE:

- RENTING A FLAT 500 EUR
- RENTING A ROOM 140 EUR
- LUNCH 3-7 EUR
- FOOD 100 EUR/MONTH
- PRIVATE MEDICAL APPOINTMENT 30-60 EUR
- HAIRDRESSER 10-20 EUR
- CINEMA TICKET 5 EUR
- MOBILE PHONE 10 EUR
- GYM MEMBERSHIP 25 EUR

More detailed information about the prices can be found in the following link:

[www.numbeo.com/cost-of-living/in/wroclaw](http://www.numbeo.com/cost-of-living/in/wroclaw)

## MOBILE PHONE

We highly advise you to buy a Polish SIM Card for you stay. It enable easier contact between you, us and other interns. We have great range of choice for everyone. Using Polish phone cards is around 75% cheaper than normal calls from your phone.

- THE INTERNATIONAL CODE FOR POLAND IS **+48**.
- THE AREA CODE FOR WROCLAW IS **71**





## 6.9 SAFETY AND SECURITY

- Wrocław just as the entire area of Poland has a low rate of violence. There is no high risk of terrorism.
- Still, you should always watch out for petty theft and pickpockets, especially in crowded areas, tourist spots or public transport.
- If you decide to take a taxi, choose only an official taxi company.
- Change money only in a bank or a licensed exchange office (KANTOR). ATMs at commercial banks, large hotels, shopping malls, and airports are the safest.

## 6.10 LEGAL ISSUES

You can be fined by the police or by the municipal police for:

- Crossing the road in dangerous places
- Drinking alcohol in public
- Overspeeding
- Driving after drinking
- Driving without a seat belt
- Holding your phone while driving

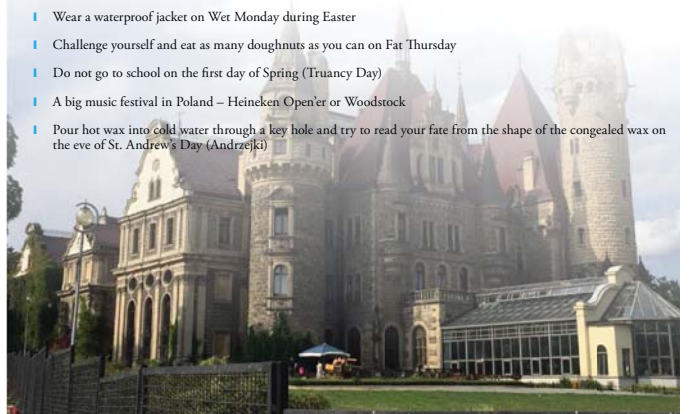
**ANY CRIME SHOULD BE REPORTED TO THE LOCAL POLICE BY CALLING: 997 OR 112.**



## 6.12 "20 THINGS TO DO IN POLAND"

YOU SHOULD TRY OR VISIT AT LEAST AT ONCE:

- Polish food like pierogi, bigos, żurek, barszcz, oscypek, placki ziemniaczane, korlet schabowy or some Polish sweets like sękacz, sernik, kremówka and sweets like krówka or prasie mleczo
- Eating in a Bar Mleczny or in a snack bar, they are similar to Spanish tapas bars, but serve Polish food and drinks
- Going by train from Zakopane to Hel... That's challenging!
- Sailing in the Masurian Lake District
- Canoeing on one of the rivers or canals in Suwalszczyzna or Drawskie region
- Skiing and snowboarding in the Tatra Mountains
- Wandering over the Bieszczady mountains
- Meet the Polish Bison in Białowieża National Park
- Climbing up the Palace of Culture and Science in Warsaw and enjoy great views from the terrace on the 30th floor
- Windsurfing or kitesurfing at Hel Peninsula
- Visiting a real Polish village
- Listening to Hejnał Mariacki (Cracow's Anthem), which is played by a trumpeter on the highest tower of St. Mary's Church in Cracow and discovering the history of the anthem
- Finding the dwarfs, as many as possible scattered all over the city of Wrocław
- Supporting the Poland football team or at least singing the song which Poles sing after seeing a game Nie się nie stało, Polacy, nic się nie stało (No big deal, Poles, no big deal) and supporting our Winter ski jumpers (it is another most popular, even a „national” sport discipline)
- Try to draw or dye an Easter egg
- Wear a waterproof jacket on Wet Monday during Easter
- Challenge yourself and eat as many doughnuts as you can on Fat Thursday
- Do not go to school on the first day of Spring (Truancy Day)
- A big music festival in Poland – Heineken Open'er or Woodstock
- Pour hot wax into cold water through a key hole and try to read your fate from the shape of the congealed wax on the eve of St. Andrew's Day (Andrzejki)



Source: Academic Planner for Erasmus+ students in Poland, Foundation for the Development of the Education System (FRSE), Warsaw 2014  
Foto: Mozzma Carls

## 6.13 GOOD TO KNOW

- POLISH CULTURE
- POLISH GEOGRAPHY
- POLISH POLITICAL SYSTEM
- POLISH LAW
- POLISH CUISINE
- POLISH CUSTOMS
- POLISH ETIQUETTE
- POLISH HUMOR

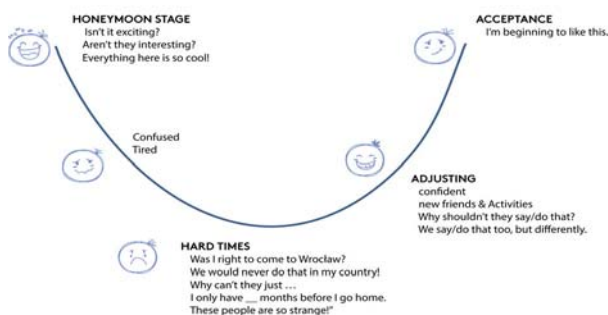


## 6.14 CULTURAL ADAPTATION

Research shows that most people who sojourn outside their home culture experience cultural adjustment in similar ways which, when charted, have come to be known as The U Curve of Cultural Adaptation or the U Curve.

The U Curve is a visual representation of what can happen when you are in a new culture and you experience a culture shock or culture transition. The people generally start at a high point, then experience a decline, or depression, before a leveling off period, then go through a critical "recovery" stage and end up more or less balanced, where they began.

## HOW MOST STUDENTS EXPERIENCE THE EARLY DAYS



## POLISH VALUES AND CUSTOMS

Life in Poland can be quite different from what you are used to, and sometimes the differences will pop up for you in surprising places. Learning what different behaviors mean can be difficult and interacting with Poles can be a major cultural issue.

The most important values in Poland are the **family and health**. Less important, but still significant values are honesty, quiet life, career, faith, respect as well as the value of homeland, material welfare, and freedom.

**REMEMBER: IF IN DOUBT, ASK QUESTIONS**



## TIPS FOR CULTURAL ADJUSTMENT AND INTERCULTURAL COMMUNICATION

During the **HONEYMOON STAGE** you just feel great. Everything in the new culture is great and you act as a tourist—you notice superficial elements of the new culture, such as food, local architecture or clothing.

As the time passes, you will encounter more problems, eventually becoming very frustrated and convinced that everything in your country is better than in the new one.

Now you experience the **HARD TIMES STAGE**. You can become depressed, anxious, regretful or helpless and you start to feel negative and critical towards the new culture.

If you want to get out of this stage quickly you should change your attitude, be open, show acceptance, trust and adaptability. This will lead you to another stage, where you are able to accept the differences and eventually feel more at home in the new environment.

Now you need to decide whether you prefer to be stuck at the bottom and isolate yourself from the new culture and feel frustrated, alienated, and hostile towards it or you can accept your situation and develop as you move through the Culture Shock/Transition by observing, listening, initiating interactions and asking questions. The key to achieve this is the attitude of openness, acceptance, trust and adaptability.

## THE ADJUSTING STAGE

In this phase frustrations are often subdued and you feel more familiar and comfortable with the cultures, people, food and languages of new environments.

The last phase is **THE ACCEPTANCE STAGE**, that does not mean that new cultures or environments are completely understood, rather it signifies realization that complete understanding is not necessary to function and thrive in the new surroundings. At this stage, you will have the familiarity and be able to draw together the resources you need to feel at ease. Now you can stay here or ... go home.

- Don't deny that you are experiencing culture shock.
- Travel.
- Don't be shy.
- Respect: The foundation of all intercultural communication is respect. By demonstrating respect you earn respect and help create more open and fruitful relationships.
- Develop awareness of your own cultural values and assumptions.
- Accept cultural differences and avoid stereotypes.

- Don't be afraid to ask questions if there is something you want to know or something you don't understand.
- Don't spend all your time with people from your country.
- Treat everyone you interact with as an individual.
- Keep a sense of humor.
- Be patient with yourself and the others as we all learn and develop together.
- Use resources to help you manage your adjustment and communication.
- And finally ENJOY THE EXPERIENCE.

If you are having difficulty with adjusting to life in Poland and that causes you any distress, then tell someone about your problems. You may wish to speak to a psychologist. Asking for help is not easy, but it is a sign of courage and can help you make the best of your time here.

Please contact:  
paradnia-rozwoju@upwr.edu.pl



### SOME OF THE ISSUES FOREIGN STUDENTS FACE

- Missing home
- Difficulties with understanding the lectures given in a foreign language
- Adjusting to major differences in the educational system
- Problems resulting from the differences in medical care
- Roommate conflicts
- Difficulties with making friends with Poles

OUR PSYCHOLOGIST IS READY TO HELP YOU SOLVE ANY PROBLEMS YOU HAVE FACED.



### ALL OF THEM CAN MAKE YOU FEEL:

- Sad
- Sick
- Lonely
- Confused
- Frustrated or angry
- Overwhelmed
- Stuck
- Loosing your self-confidence
- Tired because of your problems with sleeping
- Distressed because of your problems with concentration
- Inferior to others because of your problems with academic performance

### COOL INVENTIONS YOU DIDN'T KNOW THAT THEY WERE POLISH

> creativity



- MOVIE PROJECTOR/AEROSCOPE
- THE BULLETPROOF VEST
- THE WALKIE-TALKIE
- PARAFFIN LAMP
- MINE DETECTOR
- SOUND IN FILMS
- ESPERANTO
- PAPER CLIPS
- WINDSCREEN WIPER
- THE MINI COMPUTER-COMMODORE 64
- COTTON BUDS
- FIRST TYPE PLAYER "NAGRA"
- VITAMINS
- "BOB" HAIRCUT
- SUNSCREEN
- TOOTHPASTE

### 6.15 POLISH PHRASES YOU NEED TO KNOW

TRANSLATION	PHRASE	PRONUNCIATION
Good morning / Good afternoon	Dzień dobry	jane DOH-brih
Hi / Bye	Cześć!	tschetsch
Good evening	Dobry wieczór	DOH-brih VYEH-choor
Good night	Dobranoc	doh-BRAH-notes
Good bye	Do widzenia	doh vee-DZEN-ya
Please / Here you are	Proszę	PROH-sheh
Thank you	Dziękuję	jen-KOO-yeh
Thanks (informal)	Dzięki	JEN-kee
I'm sorry / excuse me	Przepraszam	psheh-PRAH-shahm
Yes	Tak	tahk
No / Not	Nie	nyeh
I don't know	Nie wiem	nyeh vyem
How are you?	Jak się masz?	yahk shay mahsh
Good, thank you.	Dobrze, dziękuję	dough-bsheh, gin-koo-yeh
I don't speak Polish	Nie mówię po polsku.	nyeh MOO-vyeh poh pohl-skoo
I don't understand	Nie rozumiem	nyeh roh-ZOO-myem
Cheers!/ Bless you!	Na zdrowie!	nah ZDROH-vyeh
Please write it down	prosze to napisac	prosheh toh napesach
My name is .....	mam na imie.....	mam nah eemyeh ...
Right / left	prawo/lewo	pravo / levo
Check-in	zameldowanie	zameldovanye
Checkout	wymeldowanie	wymeldovanye
I love you	Kocham cię	Ko-ham-chi-yea
Happy birthday!	Wszystkiego najlepszego!	wsh-ust-key-a-go-ni-lep-shea-go
Stop	Stop	stop
Nice to meet you	Miło mi	mee-wo mee
How old are you?	Ile masz lat?	ll-eh mash lat?
How much does this cost?	Ile to kosztuje?	ee-le-toe-kosh-too-yea

### 6.16 PUBLIC TRANSPORT ROUTE PLANNER



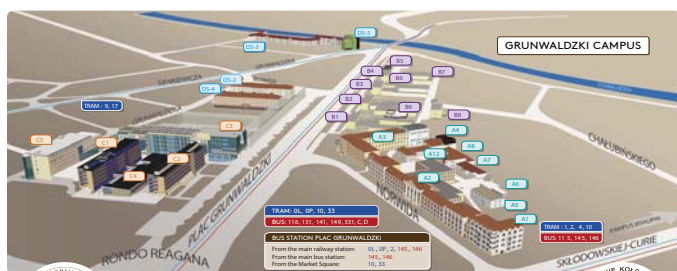
Plan your journey with public transport please visit: [komunikacja.ivroclaw.pl](http://komunikacja.ivroclaw.pl)

[Public transport route - LERAN MORE](#)

PLEASE NOTE: ALWAYS TAKE YOUR STUDENT'S ID CARD WITH YOU.



## 6.17 CAMPUS MAP



WROCLAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES



## BUILDING ADDRESSES

## A

**A1** ul. M. Skłodowskiej Curie 42

- | Student Council
- | Office of Development and Strategic Projects
- | Office of Organizational Studies System
- | Office of Student Affairs
- | Institute of Economical and Social Sciences
- | Interdepartmental College of Pedagogy
- | Department of Physics and Biophysics

**A2** ul. Norwida 25

- | Rector
- | Vice-president of Student Affairs and Education
- | Vice-president of University Development
- | Vice-president of International and Regional Cooperation
- | Vice-president of Science and Innovation
- | Chancellor
- | Administration
- | Continuing Education Centre
- | Computer Network Centre
- | Cash Desk
- | Department of Chemistry
- | Department of Physics and Biophysics
- | Department of Biostructure and Animal Physiology
- | Department of Agricultural Technology and Storage
- | Lecture Rooms: II R, III R, IV R, V R, Totpa's and Senate's

**A3** ul. Norwida 31

- | Dean's Office of Veterinary Medicine
- | Department of Biochemistry, Pharmacology and Toxicology
- | Department of Biostructure and Animal Physiology
- | Department of Food Hygiene and Consumer Health Protection
- | Department of Immunology, Pathophysiology and Veterinary Prevention
- | Department of Propagation and Farm Animal Clinic
- | Department of Pathology
- | Department of Internal Illnesses and Horses, Dogs and Cats Clinic
- | Lecture Rooms: I W, II W and III W

**A4** ul. Norwida 25

- | Wrocław University of Environmental and Life Sciences **Library**

**A5** ul. Norwida 25

- | Office of Information and Promotion
- | Office of Recruitment
- | Polish Teachers Association, NSSZ Solidarity
- | Department of Apparatus and Teaching Aid
- | Careers Office

**A6** ul. Norwida 25

- | Department of Maintenance and Repair Works



## BUILDING ADDRESSES

**A7** ul. Norwida 25

- | Institute of Histology and Embryology

**A8** ul. Norwida 25

- | Faculty of Biostructure and Animal Physiology

**A12** ul. Norwida 25

- | Research Development Department
- | Patent Agent's Office

## B

**B1** pl. Grunwaldzki 45

- | Department of Epizootiology with Birds and Exotic Animals Clinic

**B2** pl. Grunwaldzki 47

- | Department of Internal Illnesses, and Horses, Dogs and Cats Clinic
- | Experimental Diagnostics and Innovative Biomedical Technology Centre

**B3** pl. Grunwaldzki 49

- | Department of Propagation, and Farm Animal Clinic

**B4** pl. Grunwaldzki 51

- | Department and Surgical Clinic

**B5** pl. Grunwaldzki 51A

- | Department of Transportation

**B6** pl. Grunwaldzki 49A

- | Vivarium Department

**B7** ul. Mikulicza-Radeckiego 6

- | Entrance Gate

**B8** ul. Mikulicza-Radeckiego 6

- | Foreign Language Centre

## C

**C1** ul. Grunwaldzka 53

- | Department of Plant Protection
- | Institute of Geodesy and Geoinformatics
- | Institute of Soil Sciences and Environmental Protection
- | Department of Plant Nutrition
- | Department of Mathematics

**C2** pl. Grunwaldzki 24

- | Institute of Construction
- | Institute of Environmental Engineering
- | Institute of Shaping and Environmental Protection
- | Institute of Landscape

**C3** pl. Grunwaldzki 24A

- | Centre for Teaching and Research
- | Dean's Office of the Faculty of Natural Sciences and Technology
- | WPT Departmental Traineeship Office
- | Department of Crop Production
- | Department of Botany and Plant Ecology
- | Department of Agro-Ecosystems and Landscape Architecture
- | Department of Horticulture



## BUILDING ADDRESSES

- | Department of Genetics, Plant Breeding and Seeds
- | Institute of Economic and Social Sciences
- | Hall of John Paul II Lecture Rooms: IC, IIC, IIIC, IV C, 263, 264, 265 and 266

**C4** pl. Grunwaldzki 24

- | Institute of Geodesy and Geoinformatics
- | Institute of Landscape Architecture
- | Institute of Environmental Engineering
- | Faculty Technology Laboratory of Water and Wastewater

**C5** ul. Grunwaldzka 55

- | Dean's Office of Environmental Engineering and Geodesy
- | Institute of Landscape Architecture
- | Department of Spatial Economy

## E

**E1** ul. Koźuchowska 1/3

- | Department of Animal Physiology and Biostructure

**E2** ul. Koźuchowska 5B

- | Institute of Animal Breeding
- | Institute of Biology

**E3** ul. Koźuchowska 5

- | Laboratory of Electron Microscopy

**E4** ul. Koźuchowska 6

- | Department of Animal Anatomy
- | Institute of Animal Breeding

**E5** ul. Koźuchowska 7

- | Institute of Biology

**E6** ul. Koźuchowska 5A

- | Institute of Animal Breeding

**E9** ul. Koźuchowska 5C

- | Department of Animal Physiology and Biostructure

**E10** ul. Koźuchowska 7

- | Institute of Animal Breeding

**E11** ul. Chelmońskiego 38D

- | Institute of Biology

**E12** ul. Chelmońskiego 38C

- | Institute of Animal Breeding

**E13** ul. Chelmońskiego 38E

- | Department of Animal Nutrition and Feed Management
- | Dean's Office of the Faculty of Biology and Animal Science

- | Institute of Biology

- | Institute of Animal Breeding

- | Institute of Animal Breeding

- | Institute of Animal Breeding

- | Institute of Biology

- | Department of Environmental Hygiene and Animal Welfare

## F

**F1** ul. Chelmońskiego 37/41

- | Institute of Agricultural Engineering

**F2** ul. Chelmońskiego 37/41

- | Institute of Agricultural Engineering – machine hall

**F3** ul. Chelmońskiego 37/41

- | Institute of Agricultural Engineering – machine hall

**F4** ul. Chelmońskiego 37/41

- | Centre for Renewable Energy Resources

**F5** ul. Chelmońskiego 37/41

- | Institute of Agricultural Engineering

## BUILDING ADDRESSES

- F8** ul. Chelmońskiego 37/41
- Biotechnology Centre
  - Institute of Agricultural Engineering
- F11** ul. Chelmońskiego 43
- Department of Physical Education and Sport – **SWIMMING POOL**
- F12** ul. Chelmońskiego 43
- Department of Physical Education and Sport – **SPORT HALL**
- F13** ul. Chelmońskiego 37
- Centre of Food Science and Nutrition
  - Dean's Office of the Department of Food Science
  - Department of Agricultural Technology and Food Storage
  - Department of Human Nutrition
  - Department of Animal Products Technology and Quality Management
  - Department of Fruit, Vegetables and Cereals Technology
  - Department of Food Microbiology and Biotechnology



## DS STUDENT DORMS

- DS1** „Arka”, ul. Olszewskiego 25
- DS2** „Centaur”, ul. Grunwaldzka 65
- DS3** „Labyrinth”, ul. Sopocka 23
- DS4** „Talizman”, ul. Grunwaldzka 63
- DS5** „Zodiak”, ul. Grunwaldzka 106A
- DS6** „Raj”, ul. Pautscha 5/7

## 6.19 LIST OF PUBLIC UNIVERSITIES IN Wrocław

- Wrocław University of Technology
- Medical University of Wrocław
- Wrocław University of Environmental and Life Sciences
- Wrocław University of Economics
- Academy of Physical Education in Wrocław
- General Tadeusz Kościuszko Military University of Land Forces
- The University of Wrocław
- Academy of Fine Arts in Wrocław
- Evangelical School of Theology



- Karol Lipiński Academy of Music
- Państwowa Wyższa Szkoła Teatralna im. L. Solskiego w Krakowie Filia we Wrocławiu
- Papieski Wydział Teologiczny

## 6.18 USEFUL LINKS

- [INFOLINK.WROCLAW.PL](http://INFOLINK.WROCLAW.PL)
- [FUNDACJAUKRAINA.EU](http://FUNDACJAUKRAINA.EU)
- [TOURIST INFORMATION ABOUT POLAND](#)
- [POLISH NATIONAL AGENCY FOR ACADEMIC EXCHANGE](#)
- [INFORMATION PORTAL OF MINISTRY OF FOREIGN AFFAIRS](#)
- [POLAND ON THE INTERNET](#)
- [CIA FACTBOOK ABOUT POLAND](#)
- [POLAND AND POLISH COMMUNITY](#)
- [OFFICIAL WEBSITE OF POLISH HOTELS, TOURISM AND TRAVEL](#)
- [OFFICIAL WROCLAW WEBSITE](#)
- [WROCLAW-LIFE.COM](http://WROCLAW-LIFE.COM)
- [MSZ.GOV.PL/EN/TRAVEL\\_TO\\_POLAND/VISA](http://MSZ.GOV.PL/EN/TRAVEL_TO_POLAND/VISA)

## 6.20 SOCIAL MEDIA

It would be nice if you could follow us on facebook, instagram and twitter to receive most recent information about our activities. For further information, please visit our website:

[www.upwr.edu.pl/en](http://www.upwr.edu.pl/en)



## FAQ

## 1. WHAT IS PESEL?

PESEL is the Universal Electronic System for Registration of the Population i.a.:

- SURNAME AND FIRST NAMES, FAMILY NAME, EARLIER SURNAMES AND NAMES;
- DATE AND PLACE OF BIRTH;
- SEX;
- BIRTH CERTIFICATE NUMBER AND THE DESIGNATION OF CIVIL REGISTRY OFFICE;

A PESEL number is an identification number of a person.

## 2. WHAT IS ZUS?

ZUS (Zakład Ubezpieczeń Społecznych) - Social Insurance Office



ALL THE INFORMATION CONTAINED IN THIS GUIDE HAS BEEN CAREFULLY RESEARCHED AND ALL REASONABLE EFFORTS HAVE BEEN MADE TO AVOID ERRORS. PLEASE LET US KNOW SHOULD YOU HAVE ANY COMMENTS.

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