



New Mobile App
Coming soon



University of Lodz
International Relations Office

65 Narutowicza Street
90-131 Łódź
Poland

iso@uni.lodz.pl
www.iso.uni.lodz.pl



STUDENTS GUIDE / UNIVERSITY OF LODZ



STUDENTS GUIDE

University
of
LODZ



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70th ANNIVERSARY *of* the University of Lodz

In 2015, the University of Lodz celebrates the 70th anniversary of its foundation. On this occasion, we invite you to participate in the variety of events we offer, such as the UL Alumni World Convention 2015, the Joint Meeting of Lodz Universities' Senates, or, probably the most significant part of the celebration, namely the Conferment of Honorary Doctorate upon Prof. Umberto Eco. This honourable event will take place on 24 May 2015.

Umberto Eco is an Italian philosopher, essayist, semiotician, literary critic, and novelist. He is best known for his groundbreaking 1980 historical mystery novel: "Il nome della rosa" (The Name of the Rose), an intellec-

tual mystery combining semiotics in fiction, biblical analysis, medieval studies, and literary theory. Eco has also written academic texts, children's books and numerous essays. He is the founder of the Dipartimento di Comunicazione (Department of Media Studies) at the University of the Republic of San Marino, the President of the Scuola Superiore di Studi Umanistici (Graduate School for the Study of the Humanities) at the University of Bologna, a member of the Accademia dei Lincei (since November 2010), and an Honorary Fellow of Kellogg College, University of Oxford.

University of Lodz

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*Come to Lodz
and have fun*

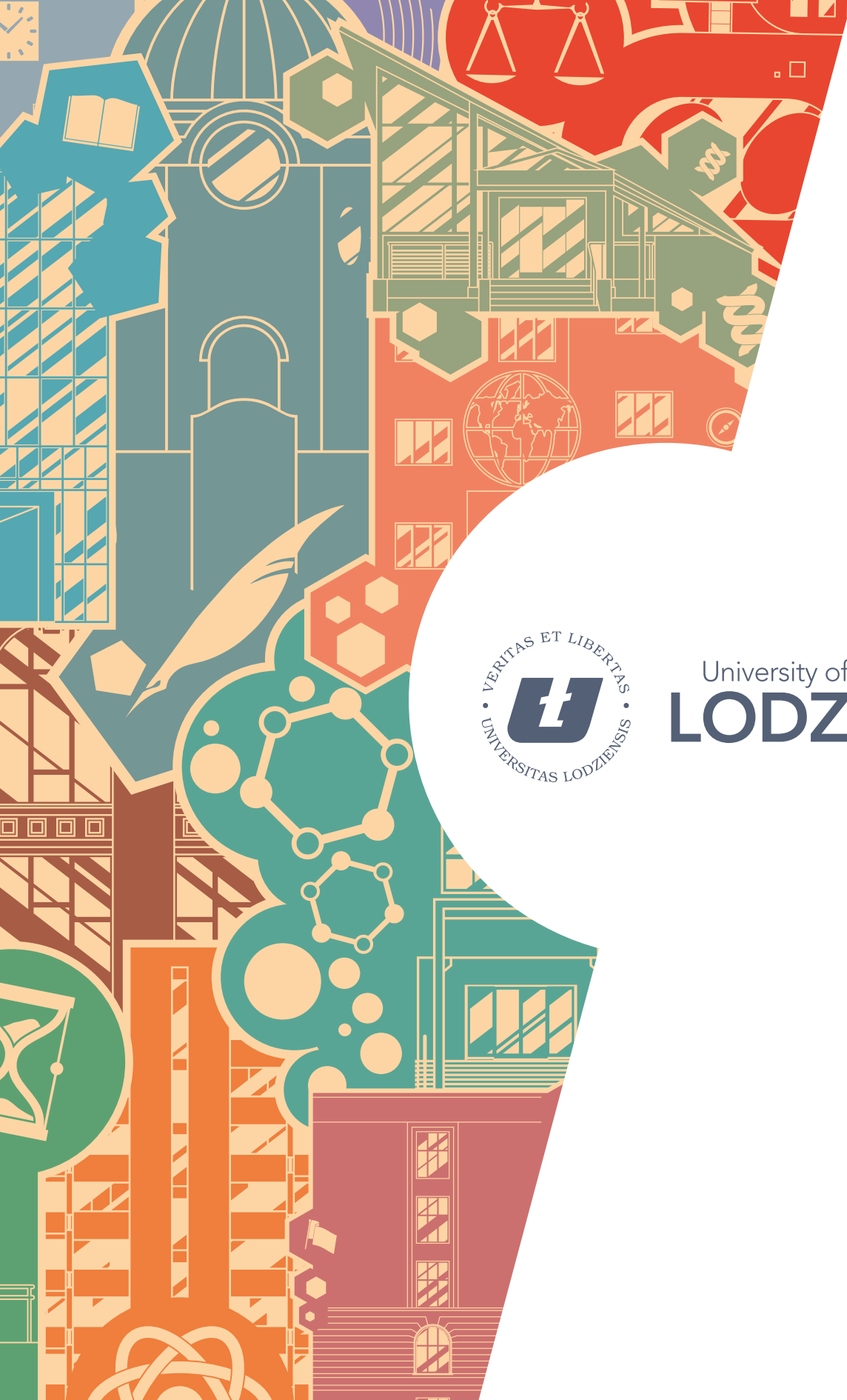
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Poland

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Did you know that...

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University of
LODZ

Basic info



Country name (English): **Poland**

City name (English): **Lodz**

Country name (Polish): **Polska**

City name (Polish): **Łódź**

Name of institution (English): **University of Lodz**

Name of institution (Polish): **Uniwersytet Łódzki**

Erasmus Institutional Code: **PL LODZ01**

Website (Polish): **uni.lodz.pl**

(English): **iso.uni.lodz.pl**

E-mail address

International Relations Office: **bwz@uni.lodz.pl** - for partner institutions

International Students Office: **iso@uni.lodz.pl** - for international students

Contact details

Degree-seeking students

Room no. 8
65 Narutowicza Street,
90-131 Łódź

Tel: +48 42 635 4237

Fax: +48 42 635 4789

Erasmus / other mobility students

Room no. 7
65 Narutowicza Street,
90-131 Łódź

Tel: +48 42 635 4790

Fax: +48 42 635 4789

Semester period

1 October – mid February (Winter)

late February – 30 June (Summer)

Erasmus application deadline

30 June (for Winter Semester or whole year)

15 December (for Summer Semester)

Introduction



For decades, the University of Lodz has been one of the biggest and most popular Polish universities.

It was established in 1945. The 12 faculties, and a branch unit of the University provide programmes in 70 fields of study and 182 specializations. In addition, the University offers several doctoral programmes, more than 70 postgraduate study programmes (including an MBA programme, and those financed by the ESF), as well as studies in

English, French, Russian and Spanish. More than 40,000 students attend the University of Lodz. This figure includes students of all levels: those of first- and second-level degree programmes, as well as postgraduate, and doctoral students.

The students, together with those studying in Lodz within Erasmus+ Programme, come from about **80 different countries**. In this truly international atmosphere everyone can experience the cultural diversity of both the city and the institution. The interest in studying at the University of Lodz is determined not only by high quality of instruction, but also by modern programmes of study adapted to the changing demands of the labour market. The University treats international cooperation as a way to foster its development and continue the city's tradition. Our institution regularly hosts guest speakers, renowned politicians, businessmen and cultural representatives from Poland and abroad.



International cooperation

International relations of the University are visible in various areas. Currently, within direct cooperation agreements, the school cooperates with about **200 partner institutions** from all over the world. The mobility of students is high priority for the University of Lodz, both within university mobility programme (including countries outside the European Union) and within the Erasmus+ Programme. Within the Erasmus+ Programme, the University has so far signed **600 agreements** with over **300 partner institutions**. These institutions give our students, whether local or foreign, the possibility of spending a semester, or a year, abroad. In return, we welcome many guests from abroad spending a period of their studies in Lodz. The University of Lodz also takes part in other exchange and research programmes, such as Campus Europae, Scholarship and Training Found (EEA and Norway Grants), Compostela Group of Universities, Erasmus Mundus.

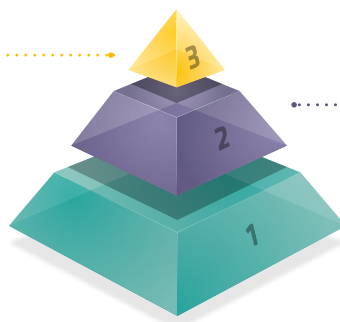


The University of Lodz actively participates in many international educational programmes, such as international research and development programmes. This includes a long-term implementation of projects within research and industry consortia under the EU Framework Programmes for Research and Technological Development (the University has participated in the Framework Programmes since their 4th edition, and partaken in the 5th, 6th and 7th editions; now the university is preparing for the “Horizon 2020” – the latest research and innovation programme, proposed by the European Commission).

Polish UNIVERSITY STUDIES

— are divided into —

3
LEVELS



Doctoral degree

PhD (**4 years**)

Master's degree

graduate (**2 years**)

Bachelor's degree

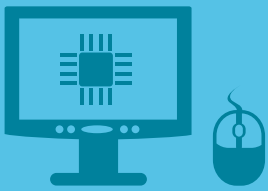
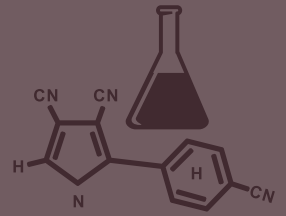
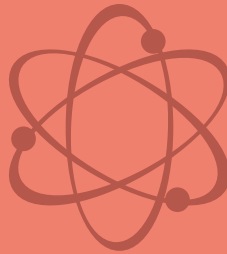
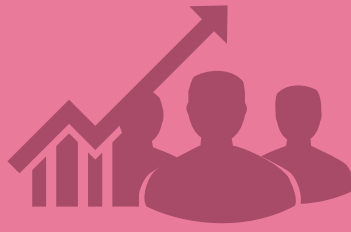
undergraduate (**3 years**)





ECTS credits

ECTS = European Credit Transfer and Accumulation System. ECTS helps in recognition process of a student's studies between different institutions and national education systems. In Poland, one academic year corresponds to **60 ECTS credits**.



Faculties



**FACULTY OF BIOLOGY
AND ENVIRONMENTAL PROTECTION**



FACULTY OF ECONOMICS AND SOCIOLOGY



FACULTY OF PHILOLOGY



FACULTY OF PHILOSOPHY AND HISTORY



**FACULTY OF PHYSICS
AND APPLIED INFORMATICS**



FACULTY OF CHEMISTRY



**FACULTY OF MATHEMATICS
AND COMPUTER SCIENCE**



FACULTY OF GEOGRAPHICAL SCIENCES



**FACULTY OF INTERNATIONAL
AND POLITICAL STUDIES**



FACULTY OF EDUCATIONAL SCIENCES



FACULTY OF LAW AND ADMINISTRATION



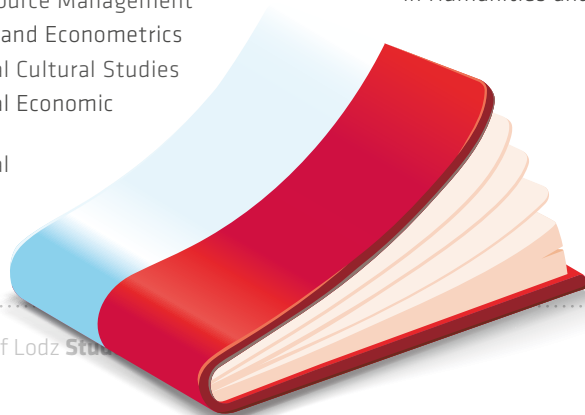
FACULTY OF MANAGEMENT



BRANCH IN TOMASZÓW MAZOWIECKI

Study offer in **Polish**

- Accounting
- Administration
- Archaeology
- Biology
- Biomonitoring Studies
- Biotechnology
- Business Management and Analysis
- Chemical Analysis
- Chemistry
- Computer Science
- Cosmetic Chemistry
- Cultural Regionalistics
- Cultural Studies
- Ecobusiness Economics
- Economic Analysis
- Economics
- Environmental Protection
- Ethnology
- European Studies
- Finance and Accounting
- Finance and Investment
- Foreign Philology
(a range of programmes)
- Forestry
- Genetics
- Geography
- Geoinformation
- Geomonitoring
- History of Art
- History
- Human Resource Management
- Informatics and Econometrics
- International Cultural Studies
- International Economic Relations
- International Relations
- Journalism and Social Communication
- Law
- Library and Information Science
- Linguistics for Business
- Logistics
- Logopedics with Audiology
- Management
- Marketing
- Mathematics
- Microbiology
- Pedagogy
- Philosophy
- Physics
- Polish Philology
- Polish-German Studies
- Political Science
- Public Management
- Psychology
- Regional Studies
- Social Analysis
- Social Policy
- Social Work
- Sociology
- Spatial Economics
- Tax Law and Accounting
- Tourism and Recreation
- Western Civilization Studies
- Inter-Departmental Studies
in Mathematics and Natural Sciences
- Individual Inter-Departmental Studies
in Humanities and Social Science



Study offer in foreign languages

FACULTY OF BIOLOGY AND ENVIRONMENTAL PROTECTION

- **Ecohydrology**

Master's Degree (available also within Erasmus Mundus Programme - ECOHYD)

FACULTY OF ECONOMICS AND SOCIOLOGY

- **Economics**

Bachelor's Degree

- **Economics and International Business**

Master's Degree

FACULTY OF PHILOLOGY

- **English Studies**

Bachelor's and Master's Degree

- **Romance Philology**

Bachelor's and Master's Degree

- **German Philology**

Bachelor's and Master's Degree

- **Russian Philology**

Bachelor's and Master's Degree

*to start those BA programs, you need B1 level of Polish

FACULTY OF MATHEMATICS AND COMPUTER SCIENCE

- **Computer Science**

Bachelor's and Master's Degree

FACULTY OF GEOGRAPHICAL SCIENCES

- **Climatology**
Bachelor's Degree
- **Geography**
Bachelor's and Master's Degree

FACULTY OF LAW AND ADMINISTRATION

- **Administration**
Master's Degree
- **School of French Law**
French university-level diploma and Master's Degree (in French)

FACULTY OF INTERNATIONAL AND POLITICAL STUDIES

- **Asian Studies**
Bachelor's Degree
- **Intercultural Communication**
Bachelor's Degree
- **International Marketing**
Bachelor's and Master's Degree
- **American Studies and Mass Media**
Master's Degree
- **Cultura-Sociedad-Politica**
Masters Degree (instructed in Spanish)
- **International Gender Studies**
Master's Degree (available also within Erasmus Mundus Programme - GEMMA)
- **Political Management**
Master's Degree (instructed in English or Russian)
- **International Marketing Management**
Postgraduate (non-degree) studies
- **Formation Franco-Polonaise de Gestion (MBA)**
Postgraduate studies (instructed in French)

FACULTY OF MANAGEMENT

- **Business Management**
Bachelor's Degree
- **Management and Finance**
Bachelor's Degree
- **Polsko-Amerykańskie Podyplomowe Studia Executive MBA**
Postgraduate studies (partly in Polish)

Study offer



IRO

The International Relations Office (IRO) coordinates the cooperation with international partners of the University of Lodz. The office is also responsible for managing all international contacts and agreements, which also includes initiating all sorts of exchange programmes, Summer Schools, and other educational undertakings.



International Relations Office

65 Narutowicza Street
90-131 Łódź
Poland

E-mail: bwz@uni.lodz.pl
www.iso.uni.lodz.pl

ISO

International Students Office (ISO) is a part of IRO and it is a section of particular interest to foreign students: full-time, Erasmus+, and other exchange students. The general assumption is that the ISO provides an incoming student with assistance with everything related to taking up studies at the university. The ISO staff gives all the necessary information as well as helps to sort out certain study-related problems if they occur.



International Students Office

65 Narutowicza Street
90-131 Łódź
Poland

E-mail: iso@uni.lodz.pl
www.iso.uni.lodz.pl

Office of Career Services

Office of Career Services is to help students and alumni of the University of Lodz in navigating at the job market by supporting the search of internships and jobs and facilitating contact between students and employers. They organize University Job Fairs, trainings, workshops, appointments with employers, provide you with agreements of non-compulsory internships and career counseling (individuals and in groups).



Office of Career Services

E-mail: biurokarier@uni.lodz.pl
www.biurokarier.uni.lodz.pl

**SCHOOL of POLISH**

— for —
FOREIGNERS

*the oldest
school
— in —
Poland*

The University of Lodz takes pride in the first School of Polish for Foreigners in Poland which is the oldest centre of its kind in Poland. It has been in operation since 1952.

The main activities involve educating foreigners in the fields of the language, history and culture of Poland, training the future teachers of Polish as a Foreign Language, etc. The school runs courses which prepare foreign students for their studies in Poland in Polish language. It offers basic courses of Polish, as well as thematic Polish language courses in history, geography, biology, chemistry, physics, mathematics, and philosophy, with a view to giving prospective students the knowledge needed in Polish institutions of higher education.

**School of Polish for Foreigners**

21/23 Matejki Street
90-231 Łódź

Tel: +48 42 635 4700

Fax: +48 42 678 4706

E-mail: sjpdc@uni.lodz.pl
www.sjpdc.uni.lodz.pl

Study
with us!

Study v





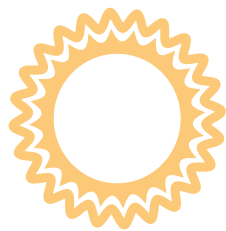
with us!



The winter semester

The semester starts in the first week of October and lasts till mid February, with a two-week break for Christmas holidays and a one-week vacation period in February. The winter semester examination session usually takes place at the end of January and at the beginning of February.





The summer semester

The semester starts in February and lasts till the end of September (however, classes last till mid June), with a one-week break for Easter vacations in March/April and summer holidays from the beginning of July to the 30th September. A period for examinations is reserved in June, and for make-up exams - in September.

Admission

Erasmus+ Exchange Programme - for Erasmus+ student

If you are an Erasmus+ Exchange Student (Erasmus+ Programme within European Union) and you have been nominated by your University to come to Lodz, please visit [HTTP://ISO.UNI.LODZ.PL/ERASMUS/BEFORE-ARRIVAL](http://iso.uni.lodz.pl/erasmus/before-arrival) where you will find all the necessary information on the on-line registration procedure. Each year the deadlines for completing the registration are: **30 June for Winter** semester and whole academic year, and **15 December for Summer** semester. After successful application, you will receive an official Letter of Acceptance and we will book your accommodation in the dormitory (please remember the number of places in dormitory is limited).

Once you arrive in Lodz, you may come straight to the dormitory as the receptionist has a list of incoming students. The reception desks at the dormitories are open 24 hours a day from Monday to Sunday. On the following (working) day you should **report to the International Students Office** with your passport or ID, health insurance valid for the whole period of studies in Lodz. Also, you will get information how to get your student ID card (called *legitymacja*). If you come to the ISO as soon as possible, you can have your student ID card issued in as fast as two weeks (however, it may be issued no sooner than the first day of the semester). Student ID cards can be collected only from the Dean's Office of the appropriate Faculty of the University of Lodz.

Each semester is preceded by a free of charge, two-week Intensive Polish Language Course (more information: [page 29](#)). It is advised that students take part in this course so that they can get acquainted with Łódź and the University. Also, ISO will organize an informational meeting where you may meet your Erasmus+ coordinator to arrange or modify the plan of your studies at the UL.

Erasmus+ (Partner countries)

We are glad to inform you that the University of Lodz participates in the Erasmus+ Programme that has been extended to Partner institutions, also outside the European

Union. We invite Universities from all over the world to cooperate in the field of students exchange! Contact us at: ISO@UNI.LODZ.PL

Erasmus Mundus

The University of Lodz has become a partner in 5 Erasmus Mundus Action 2 projects: EFFORT, EMBER, EURICA, IANUS II and PUEDES. If you are an excellent student determined to study at the University of Lodz within one of the mentioned Erasmus Mundus Action 2 projects, please visit the website of a chosen project to find more information about your eligibility, application procedures and selection criteria, types of scholarships and study programmes offered. Once you receive confirmation that you have won the scholarship, we will contact you in order to guide you through the registration at the UL. For more information please contact us: iso@uni.lodz.pl.

Mobility Direct

- bilateral exchange programme

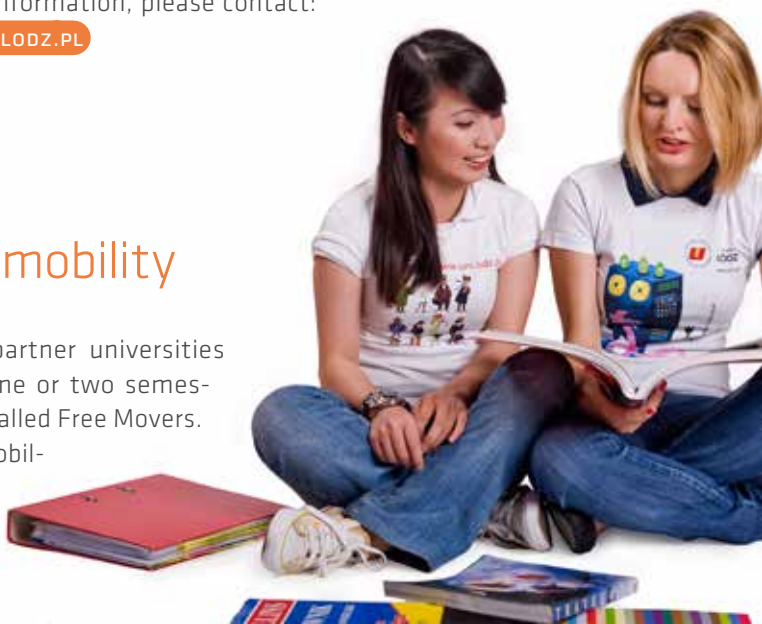
If you are a student of a partner institution of the University of Lodz anywhere in the world, it is possible that you come to study at our university for one semester (tuition free) as an exchange student. For more information, please contact:

iso@uni.lodz.pl or visit WWW.ISO.UNI.LODZ.PL

Free Mover

- individual student mobility

International students from non-partner universities get the opportunity to study for one or two semesters at the University of Lodz as so-called Free Movers. Free Movers are students that join mobility programme entirely on their own initiative. They are visiting students from universities mostly



without bilateral exchange agreements with the University of Lodz. Free Movers may choose from the lectures of undergraduate courses of studies offered by all the Faculties, but they will be enrolled at the Faculty which matches most of their choices. Each semester the University of Lodz has a pleasure to host about 200 students from such countries as Ukraine, Kazakhstan, Georgia, China, Belarus, Russia, Japan, and many more. They join classes with Erasmus+ students. For more information, please contact iso@uni.lodz.pl or visit WWW.ISO.UNI.LODZ.PL

A degree-seeking student

All candidates willing to study at the University of Lodz should contact the International Students Office at iso@uni.lodz.pl or **(+48) 42 635 4237**, where all the necessary information will be provided.

 There are **three** schemes of applying for the studies

1

For those who can study on the same terms as Polish citizens

Citizens of the EU Countries, or EFTA countries being part of the EEA (i.e. Iceland, Liechtenstein, Norway), and Switzerland; holders of a valid Polish Card (*Karta Polaka*), foreigners who have been granted the permission to reside in Poland, all of them register in the online recruitment system called IRK WWW.REKRUTACJA.UNI.LODZ.PL and follow the instructions there. The scheme also applies to certain other cases regulated by binding law.

2

For those who were granted scholarships

- in most cases, the applicants are accepted just on the basis of scholarship or the referral attached to scholarship

Students can study as: the Republic of Poland scholarship holders, exempted from tuition fees but not eligible for scholarships, or as holders of scholarships granted by the sending institution (such as an embassy of the home country) with no tuition fees incurred. They are most often accepted on referral from an accredited School of Polish Language for Foreigners, or Ministry of Science and Higher Education.



For other applicants who want to study in Polish or foreign languages

- a tuition fee basis

Enrollment in short

First, the applicant is required to complete a set of documents and submit them to ISO (these may be copies/scans of the documents, since the student needs to bring the original documents with him/her after being admitted to the university).

Required documents

- an application form
- original school certificates and diplomas with transcript of records
- statement proving that the certificate/diploma allows the candidate to study at the university level in their country
- medical certificate and health insurance policy
- 3 passport photographs
- an English (or other) language certificate
- a copy of the passport or ID
- application and tuition fee

READ MORE AT: [HTTP://ISO.UNI.LODZ.PL/STUDY-IN-ENGLISH/ADMISSION-PROCEDURE](http://iso.uni.lodz.pl/study-in-english/admission-procedure)

Then, if the applicant's documents are initially accepted by the Faculty Coordinator, ISO explains the applicant the procedure and, upon a specified payment, sends him/her a Conditional Acceptance Letter. The candidate is accepted conditionally, because, to be officially accepted, he/she needs to provide all of the required original documents on his/her arrival. Conditional Acceptance Letter is needed to get a student visa. In order to get the visa, the applicant needs to contact the Polish Embassy or Consulate in his/her home country.

An applicant must have his/her school certificate or diploma with the transcript of records legalized at the Polish Embassy in the country of their origin. Also, the candidate should get a statement proving that the certificate/diploma allows him/her to study at the given university level in their country – the statement should be issued by the Embassy or, preferably, from the Ministry of Education.

Upon arriving in Poland, a student is required to present all the original documents listed above plus some other documents, including health insurance, etc. (listed on our website). Students wishing to obtain a room in the university dormitory need to fill in the accommodation request which is available on the International Students Office's website: [HTTP://ISO.UNI.LODZ.PL/STUDY-IN-ENGLISH/REQUIRED-DOCUMENTS](http://iso.uni.lodz.pl/study-in-english/required-documents) (a place in a double room in the university dormitory costs about 350-400 PLN a month). The tuition fee for studies is from 2000 to 3000 Euro a year. The tuition is reduced by 30% for students of Polish origin. The non-refundable application fee is 200 Euro.

Scholarships

International students who wish to study in Poland and want to avoid costs of education can apply for various state scholarships (funded by governmental institutions; not to be confused with the notion of UL student benefits). Such scholarships either exempt them from paying a tuition fee, or serve as a financial support in covering their living expenses in Lodz.

Foreigners of Polish origin applying for a scholarship awarded by the Government of the Republic of Poland should contact the Polish Embassy or the Polish Consulate at their permanent place of residence to receive further information concerning the scholarship. Students who are holders of the Polish Government Scholarship may receive the following benefits in the course of their education in the Republic of Poland on a one-time basis:

- relocation allowance during the first year of studies,

- hardship allowance,
- allowance for diploma thesis preparation.

Applicants who are not of Polish origin may inquire, at the Polish Embassy in their countries of residence, about inter-governmental agreements, thanks to which students are entitled to receive co-financing or commence studies without fees and scholarship benefits (free of charge studies). Information on this issue may also be obtained at the Bureau for Academic Recognition and International Exchange.

BUREAU FOR ACADEMIC RECOGNITION AND INTERNATIONAL EXCHANGE



28/30 Ogrodowa Str.
00-896 Warszawa
Poland

Tel: +48 22 552 7990/7991
E-mail: biuro@buwiwm.edu.pl
www.buwiwm.edu.pl

CENTRE FOR EAST EUROPEAN STUDIES AT UNIVERSITY OF WARSAW



26/28 Krakowskie
Przedmieście
00-927 Warszawa
Tel: +48 22 552 7990/7991

Fax: +48 22 552 1887
E-mail:
bialorus.studium@uw.edu.pl
www.studium.uw.edu.pl



Students who are Belarusian citizens are entitled to apply for the Konstanty Kalinowski Scholarship. This refers to Belarusian citizens who have matriculation certificates but could not commence or continue studies at Belarusian universities due to political or other reasons. Details related to the conduct of entrance examinations and organization of a preparatory course are given by the Centre for East European Studies (Studium Europy Wschodniej).

Other programmes with partner institutions

The University of Lodz also participates in mutual study programmes with other higher institutions in Asia and Africa. They are 2+2 programmes or 1+2, etc. where the students start the studies in their home university and finish at the UL. Students receive two diplomas: from their home institution, and a Polish diploma.

International Students Buddy Network (ISBN)

International Students Buddy Network is an organization for all incoming university students run by UL students with the help of ISO. It is placed in the dormitory No. 14, and the main purpose of ISBN is to serve the incoming foreign students with any kind of help including assisting them while learning about Poland, Lodz, the university and in other aspects of their new life in Poland.

ISBN

Dormitory No. 14

E-mail: buddyunilodz@uni.lodz.pl

www.facebook.com/ISBN.UL



FOR ERASMUS STUDENTS ONLY



Polish Language Course

It is advised that Erasmus students arrive 2 weeks before the actual start of semester to take part in a free of charge, two-week Intensive Polish Language Course. You may apply for it by choosing the appropriate option in the on-line Registration Form. Some students can continue the 2-week course so that it lasts the whole semester. However, the places in the semester classes are limited, so the priority will be given to students who are first to send us the whole set of registration documents (with the Polish course included in their Learning Agreement) as well as to students of Slavic Philology. For this course students may get 4 ECTS for one semester.



Module course: “Poland – History, Culture and Society”

The University of Lodz offers you a module course designed especially for exchange students. During this course you will get acquainted with the country you had chosen for your study exchange. The module lasts for one semester and is offered in both semesters (winter and summer) and ends with an exam (a written test in English). Students may get 4 ECTS (awarded only when the exam is passed). The textbook for this course is available at the ISO for free.



Events for Erasmus Students

Each Semester, the International Students Office and students organizations offer incoming students an interesting integration programme which enables them to get to know Poland, Polish history, the city of Lodz, local customs and traditions, as well as make new friends. The programme includes integration trips to attractive parts of Poland, excursions to interesting spots in our city and the country side, visits to museums and theaters, Christmas and Easter meetings where traditional Polish dishes are served and students can experience how these holidays are celebrated in Poland. The costs

of participation in these events are partly or fully covered by the University of Lodz. We recommend the programme as our students really enjoy it!

Erasmus Student Network (ESN)



Erasmus Student Network University of Lodz (ESN UL) is formed by students and for students. They are here to help international students to understand the Polish reality and fully integrate with both Polish and other exchange students, as well as they invite students to unforgettable parties, going outs and other great undertakings.

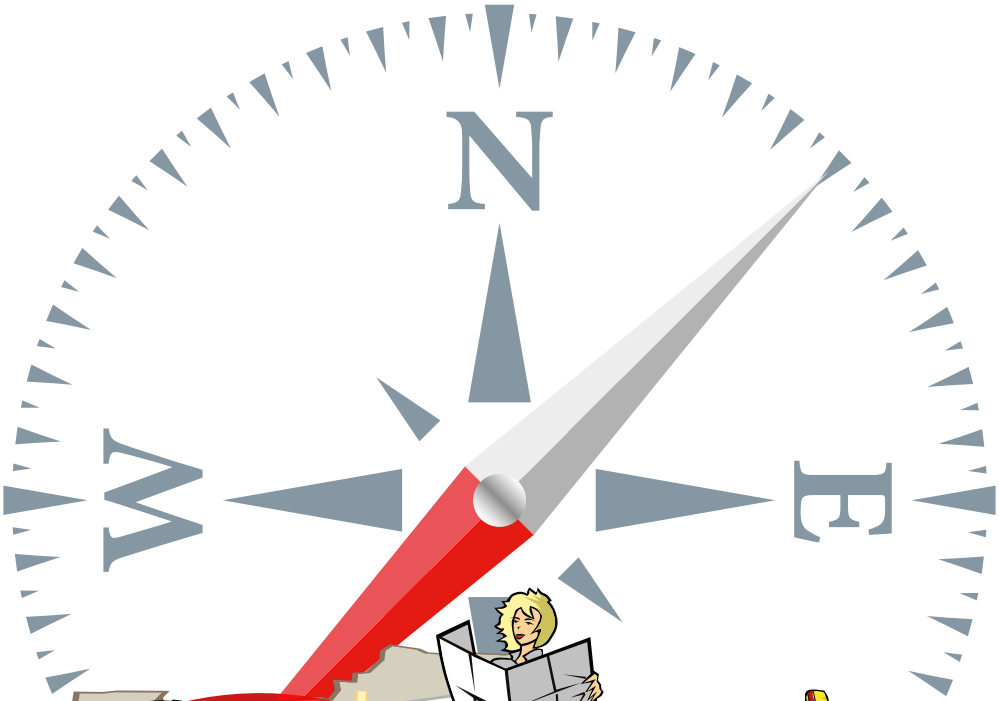


Erasmus Student Network

University of Lodz
www.lodz.esn.pl

E-mail: esn@uni.lodz.pl





MAP

Main buildings
of the University of Lodz

Kopcińskiego

Pomorska

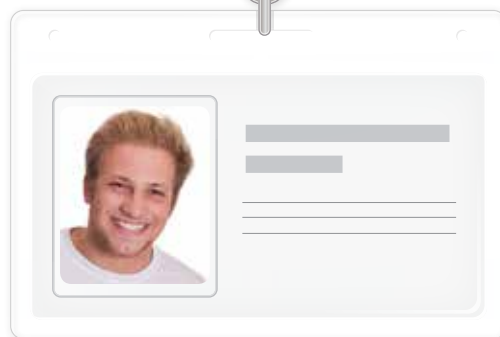




Useful

Info

Visa / Temporary residence permit



Ministry of Foreign Affairs

Polish Embassies abroad:

WWW.MSZ.GOV.PL/EN/TRAVEL_TO_POLAND/POLANDS_MISSIONS_ABROAD

Foreign Embassies in Poland:

WWW.MSZ.GOV.PL/EN/MINISTRY/DIPLOMATIC_PROTOCOL

EU/EEA citizens

An EU citizen can enter Poland with his/her official EU identification or a valid travel document, such as a passport or any other document certifying his/her identity and country of citizenship. For stays of up to three months no official permit is necessary. For stays exceeding three months, an EU citizen will have to obtain a temporary residence permit, known in Polish as *karta pobytu obywatela UE*. For students, the residence permit is issued for one year. Once issued, the resi-

dence permit also allows the person to work in Poland. The residence permit and the right to work also extend to the immediate family, such as a spouse and children. This document will be issued by the Department of Citizens and Migration Affairs operated by the Lodz Voivodeship regional government.

NON-EU/EEA citizens

A citizen of a non-EU/EFTA country can enter Poland with a valid travel document (such as a passport) and a visa, if required. A citizen of a non-EU country has to obtain the visa from the Polish Embassy or Consulate in his/her country of residence. The short-term visa

- entitles a person to stay in Poland up to three months. The long-term visa is valid for up to one year. To obtain the residence permit, please follow the explanation given below. When you receive it as a student, in most cases you are also
- allowed to work in Poland.

RESIDENCE PERMIT

Residence permits will be granted to citizens of other countries who have health insurance and sufficient resources to cover their expenses without the need of any kind of government support. Documents that have to be submitted by the student to the Łódź Voivodeship Office – Unit for Foreigners – in order to obtain the residence permit are:

- copy of the travel document (such as a passport or other identification document in case of EU citizens),
- health insurance document,
- official confirmation of student status from the Polish university (with information about the planned period of study),
- official statement from student's home university declaring grant received (if awarded) or/and other proof of financial sources (funds for living), such as a bank statement,
- photographs,
- 2 application forms (known as *wniosek o zezwolenie na pobyt*).

When receiving a residence card, the work permit within Poland is obtained at the same time. Persons whose visa ends, may apply for a residence card and submit the required documents up to the last day of the visa validity. The first residence card is issued for 15 months, and the next one may be also granted for a longer period. The visa can be issued for a maximum of 12 months.

THE DEPARTMENT FOR CITIZENSHIP AND MIGRATION AFFAIRS OF THE LODZ VOIVODESHIP OFFICE



103 Piotrkowska Street
90-425 Łódź
Tel: +48 42 664 1704

Fax: +48 42 664 1703
E-mail: so@lodz.uw.gov.pl
<http://paszporty.lodzkie.eu>

Health care

The students from non-EU/EEA countries should purchase health insurance in their home country, before departure. According to state health regulations, foreigners (except for EU/EEA citizens, see below) have to pay for a medical consultation. The cost is then reimbursed by the health insurance company. More information can be found on: WWW.NFZ.GOV.PL



Should the insurance company in the home country not pay benefits abroad, students must get insurance after arriving in Poland. To obtain health insurance a student can apply to a local branch of the National Health Fund (56 Kopcinskiego Street). A copy of the person's passport and confirmation of student status from the university (in Polish) will be necessary. Monthly payment is about 45 zł.

In the event medical care is required, a student from EU member country staying temporarily in Poland is entitled to free health care with a European Health Insurance Card (EHIC) issued in his/her country. It is advisable that the student has a copy of this document. The student is required to present this document along with official identification card directly to health care provider.

A non-stop emergency medical service center (Pogotowie Ratunkowe) is in 137/141 Sienkiewiczza Street (in the neighborhood of Galeria Łódzka). You may use their service in emergency cases, such as injuries, when no other service is available. See also: emergency numbers ([page 69](#))

NATIONAL HEALTH FUND



58 Kopcińskiego Street
 90-032 Łódź

E-mail: dwm@nfz-lodz.pl

Tel: +48 42 275 4003

Fax: +48 42 275 4912



Before seeing a doctor it is necessary to register at the registration desk and to present an insurance policy and student identification card, known as *legitymacja* in Polish. The UL campus features a medical unit, called the Palma. To register there for the first time, a student has to fill in a special form available on the site (in Polish). It is advisable to go there with a person speaking good Polish to avoid communication problems.



THE ACADEMIC HEALTH CENTRE PALMA

14 Lumumby Street
 91-404 Łódź

Tel: +48 42 633 0416

+48 42 633 4200

A person preferring the private health service can look for a specialist in a local newspaper listing or a directory. One visit costs about 90 zł. Medications can be bought in a pharmacy, known in Polish as *apteka*. You can find one in the Campus, at 3 Tamka Street (at the walkway between Tamka Street and Dormitory No. 10).



European Union

Distance to Łódź



Transport

Located in the center of Poland, **Lodz** is easily accessible by all means of transport:

1

By plane



- to Łódź Władysław Reymont Airport (WWW.AIRPORT.LODZ.PL) and then by bus, service 55 (direction: “Janów”, get off at the “Brzeźna/Piotrkowska” stop, in the southern part of the city center), or service 65 (direction: “Świtezianki”, get off at the “Plac Barlickiego” stop, in the western part of the city center). Then ask for directions (eg. a shop assistant, or a taxi driver) to Lumumby Street (Polish: ulica Lumumby, „oo-LEE-tsa loo-MOO-mby”), or show them your dormitory’s address. It should be no more than 20 minutes away.
- to Warsaw Frederic Chopin Airport (WWW.LOTNISKO-CHOPINA.PL) and then: by rail link, bus (service 175) or taxi to Warszawa Centralna Train Station (and then by train to Lodz), or by bus directly from the airport to Lodz.
- to Warsaw Modlin Airport (WWW.MODLINAIRPORT.PL) and then directly to Łódź Kaliska Bus Station by “Modlinbus” (www.modlinbus.com), or: by rail link* or by bus (WWW.MODLINAIRPORTEXPRESS.PL) to Warsaw Downtown (and then by train or inter-city bus to Lodz).

*wait to validate the ticket when the train starts, as it's valid for a specific number of minutes, rather than whole trip.

2

By train



frequent and fast connections with Warsaw (travel time: about 2 hours), and with other cities in Poland (WWW.PKP.PL). Lodz currently has four railway stations: the Warsaw-bound Łódź Widzew situated in the East of town (bus no. 85 links to UL neighborhood), Łódź Chojny in the South, Łódź Żabieniec in the North, and the current main station Łódź Kaliska, with international transit trains, located in the Central-West part of the city (trams: no. 10, 12, 14; buses: 80, 98, 99). Note that, at present, the PKP is no longer the only railway operator. So, when you are buying a ticket, always say the time of departure, to be sure you get the correct operator’s ticket (major operators are: TLK, InterRegio and PKP Intercity).

3 By inter-city bus



to Łódź Kaliska Bus Station (WWW.EN.E-PODROZNIK.PL)

From Łódź Kaliska to the University Campus you can take tram service no. 12 (direction Stoki).



CITY TRANSPORT



The city transport network in Lodz consists of tram and bus services, and it is operated by MPK Łódź (website: WWW.MPK.LODZ.PL - Polish and English). This is a local company, therefore you cannot use bus or tram tickets from other Polish cities. A single ticket, known in Polish as *bilet* "BEE-let", can be bought from any newsagent's booth, and comes in three time varieties (adult/student price in PLN): 20-minute (2,60 / 1,30), 40-minute (3,40 / 1,70) and 60-minute (4,40 / 2,20). **Attention! Until 31th October 2015, a 20-minute ticket is valid for 40 minutes and a 40-minute ticket is valid for 60 minutes. It is due to modernization of roads in Lodz.** The expected length of the trip is indicated on the timetable at the stop: you may need to add 5 or 10 minutes during the rush hours. Just after entering the bus, or the tram, you validate your ticket on your own. The puncher (usually a brown or orange box at the eye level) stamps the date and time on your ticket. Within the time limit of the ticket, you can change to any bus/tram service within the whole town. But, brace yourself for ticket controllers: they dress casually (except ID tags), appear suddenly (often on a random part of the route), rarely communicate in English, and may fine you for the lack of a valid ticket. Once fined, do not pay in cash right away: genuine controllers will issue you a fine receipt.

To use student tickets you must be able to show a valid Student's ID when ticket controllers appear. Student tickets are known as *bilet ulgowy* "BEE-let ool-GAW-vy". There are also handy 24-hour tickets (in Polish: *bilet dobowy*, "BEE-let daw-BOV-ee"; 12,00 / 6,00 PLN) which work on the same principles as the ones described above: however, not all agents have them. Some tickets may also be available from a driver (but pay the exact amount): a single-fare ticket (3,80 / 1,90 PLN) does not entitle to change the vehicle and is valid from the moment of validating it in this particular vehicle only.

The best option for those who frequently use public transport is an electronic travel card known under its trade name *Migawka* "mee-GUV-ka", credit card-like (but not a typical top-up card), which is valid either for a specified route (cheaper) or all Lodz routes (still cheap). It can serve you for a lifetime: the value, and expiry date of seasonal tickets you prolong your

Migawka with, can be checked online, as well as they can be read by ticket controllers. The card can be issued at the MPK Office (77 Narutowicza Street), or by the network of MPK agents around the town (eg. at Łódź Kaliska station). To prolong the *Migawka*, you top it up with the amount of chosen 'seasonal ticket' at the MPK agent's. The most popular seasonal ticket is valid for 30 days and costs 40,00 PLN (student ticket price). *Prices as of January 2015*

The Lodz city transport system may also differ from other cities in the following ways:

- Luggage and animals are free of charge
- All night bus services cross at one stop in the centre of the town, and wait there for 5-10 minutes, allowing passengers to change in any direction
- All doors of the bus/tram car are used both for entering and exiting
- Railway trains are not a part of city transport, but of a country-wide network
- Be careful if a bus/tram has its service number tagged or altered into "do zajezdni", or "ZAJ" – it will change the route and head to the depot

There is a good web page that will help you to get around the city with public transport:

[HTTP://LODZ.JAKDOJADE.PL/?LOCALE=EN](http://lodz.jakdojade.pl/?locale=en)

Money

The currency of Poland is the *złoty* (code: PLN, "ZWAW-ti", local abbreviation: zł), divided into 100 *groszy* ("GRAW-shi", abbreviation: gr). Poland has not adopted the Euro, so you will need zlotys for cash payments. There are a few options: you can withdraw zlotys from the ATM's (several around the campus, a lot in the town, they feature English and certain other languages), you can exchange money in a bank (one in Lumumby Street, a lot in the town), or use a money exchange office called *kantor* (several in Piotrkowska and Narutowicza





streets). A *kantor* is perhaps the best option: it may offer a better rate when you exchange a large sum of money. Paying with bank cards, or credit cards, is popular in the town: however, not all shops accept this, and there is often a limit such as 5 or 20 PLN, below which you are to pay in cash. Pay pass is becoming increasingly popular. Cheques are rarely used. While paying in cash, do not be surprised when the shop assistant asks you for the exact amount, or refuses a larger note (such as 100 zł), due to lack of change.

Post office



Post office, called *poczta* “PAWCH-ta”, features a logo of a golden trumpet against a red background. This is the place where you can pay local bills, send letters and parcels to any country, and use EMS courier service. Sending a postcard costs 1,75 zł, a 2 kg parcel to Warsaw: 11 zł, a same-sized priority parcel to Japan: 74 zł (as of January 2015). Postcards and letters require stamps, bought from the *poczta* (and, regrettably, almost nowhere else). Registered letters and parcels need filling in a tiny form (sender and receiver’s details), and should be handed to the post office staff (while standard letters and postcards you may put in the postbox). Website: WWW.POCZTA-POLSKA.PL There is a 24/7 post office in the tall building at Łódź Kaliska station, and the post office nearest the UL Campus is in 115 Pomorska Street (weekdays 8 a.m.-7:30 p.m.).

Internet and Phones



A network of free WiFi hotspots is available throughout the city - check locations at: WWW.WIFI.UML.LODZ.PL/EN You can also expect hotspots at shops or restaurants. A registered UL Student may use both wireless and wired connection in the Main Library. UL Dormitories generally have some kind of internet access, and landline phones. With mobile phones, pre-paid services (of networks such as T-Mobile, Play, or Orange) are very popular and need no registration, but make sure your phone has no network lock.

Shopping



Local shops may be open from 6:00 a.m. to 6:00 p.m. on weekdays (it is better to check with a particular shop). You may expect shortened opening hours at weekends. We recommend purchasing food and basic household goods in large supermarkets (eg. Tesco, Real, E.Leclerc, and Carrefour) which are located throughout Lodz. They are open daily from 8:00 a.m. till 10:00 p.m. (approximately) and they offer very reasonable prices. Be wary of and make enough food supply before public holidays, when all supermarkets and malls close. Gas stations (eg. Orlen, BP, Lukoil, Statoil) are open non stop, and they usually allow limited shopping.

A very popular place for shopping is Bałucki Rynek, a large stall market in the northern part of Lodz where you can buy fresh fruit and vegetables at very low prices. For other, greater shopping needs, there are three major shopping malls in the city – Manufaktura, Port Łódź and Galeria Łódzka. And, in case you need to buy something in the middle of the night, there are two large supermarkets (Tesco), several pharmacies (eg. at 55 Narutowicza Street), and a number of store-equipped filling stations in the town, which are open 24/7.



Cost of living



What?	PLN	prices converted into:	
		EUR	USD
Dormitory rent (UL)	350-400	90-100	105-120
Flat rent (one bedroom in a shared flat)	500-600	120-145	150-180
Flat rent (M2 type flat: bedroom+kitchen+bathroom)	700-1000	170-245	210-300
Estimated monthly cost of food	500-600	120-145	150-180
Monthly ticket for public transport (for Student ID holders)	40	10	12
Lunch in a student canteen	10-12	2,5-3	3-3,5
Monthly mobile phone top-up	5-25	2,5-5	3-6
Beer (0,5 l, lager)	3 (shop), 9 (pub)	0,7-2,2	0,9-2,7
Spring water (1,5 l)	2	0,5	0,6
Loaf of bread	2,5	0,6	0,75
1 kg of cheese	20	5	6
Painkiller (pack of pills)	5-10	1,2-2,5	1,5-3
Taxi ride from outskirts to centre (day hours)	30-40	8-10	9-12
Book (bestseller)	40	10	12
Monthly health insurance	45-50	12-15	14-16

Prices and currency rates as of December 2014



Climate



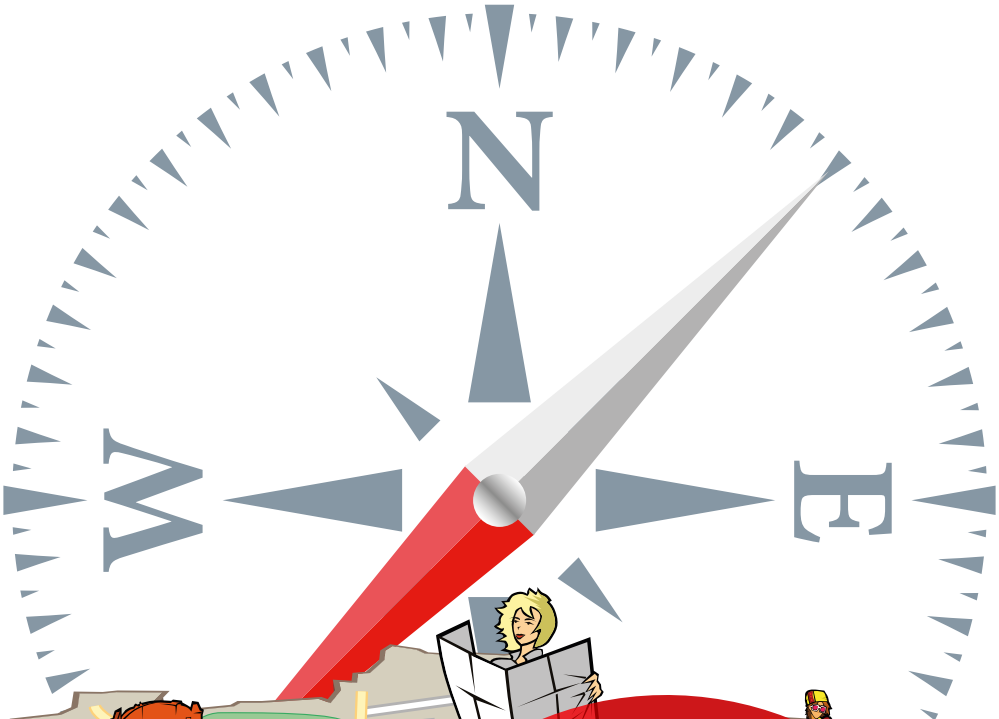
“The place is cool, but not cool enough for polar bears”, or “The statistically average Polish day is some 10°C, cloudy skies, and a lazy drizzle: it can be tomorrow”, are some views on local climate. Usually, the coldest month in Lodz is January (-2,5°C monthly average, but -15°C is not rare), and the warmest July (+18°C monthly average, but +30°C at times). An average Winter provides splendid weather for skiing in the mountains, and an average Summer is a mix of heat waves and showers. October, when all courses start, may generally require a light coat and a pocket umbrella.

Days off



1 November	All Saints' Day
11 November	Independence Day
24 December – 1 January	Christmas Break
6 January	Epiphany
Thursday to Monday – moveable feast, between late March and late April.	Easter Break
1 May	Labour Day
3 May	Constitution Day
Thursday – moveable feast, depends on Easter Sunday; May/June	Corpus Christi





MAP

Places of interest in Lodz



Piotrkowska

Pomorska





University Campus



Library (computer access)

.....

Main University Library (Biblioteka Uniwersytecka w Łodzi – BUŁ, 32/38 Matejki Street).

It is one of the largest and most modern libraries in Poland. The main parts of the Library (Open Access Area, Computer Catalogue, Lending Department) are open **Monday – Saturday, from 8 a.m. to 8 p.m.** Open Access Area – here books are located in open stacks. Students can borrow books by themselves, by taking them from shelves and checking them in with a self-service machine (for this a valid student ID is needed). WWW.LIB.UNI.LODZ.PL

Main University Library (BUŁ)

Subject Areas



1st floor

Literature, Languages (P)
Music, Architecture, Fine Arts (M, N)
Education (L)
General works (A)
Books, Bibliography, Library Science
(Z)

2nd floor

Central room:
Political Sciences (J)
Law (K)
Room in the wing:
Auxiliary Sciences of History (C)
History (D, E, F)

3rd floor

Social Sciences (H)

4th floor

Philosophy, Psychology,
Religion (B)
Geography (G)
Mathematics
and Natural Sciences (Q)
Medicine (R)
Agriculture (S)
Technology (T)
Military Science (U)
Naval Science (V)

Ground floor

Lending department
Return machine

Attention!



The books marked with a **red spine** may be used only within the Library main building.



The ones marked with a **blue spine** can be borrowed and carried outside the Library premises.

There are 4 main floors in the building. At each floor a number of desks with stationary computers are available. Students can also bring their own laptops or netbooks to the Library and ask staff for a password to Wi-Fi.

American Corner



– provides information about the United States. It is situated in the Library building on the 2nd floor. The American Corner is operated in partnership between the University of Lodz and the U.S. Embassy in Warsaw.



AMERICAN CORNER

www.amcorners.pl/lodz

Tel: +48 42 635 6264

Fax: +48 42 635 6231

E-mail: lodz@amcorners.pl

Campus



The UL has plenty of rooms available for students, in 10 dormitories at the Lumumbowo Campus (the name comes from Lumumby Street), and a teaching assistant residence hall in another part of the city. The Lumumbowo Campus, situated reasonably close to the city centre, and most Faculty buildings, is

surrounded by green spaces with beautiful trees, which gives it charming atmosphere any time of the year. The campus also includes the Centre for Physical Education and Sports, which is a modern complex featuring a sports hall, swimming pool, gyms, and a health and beauty salon. See the virtual walk across the campus at WWW.COS.UNI.LODZ.PL. The Campus includes a medical unit, a bank, and varied shops. The UL Dormitories have their reception desks open 24/7. They have cozy rooms at a really affordable rent, but will require a deposit on moving in. A short walk from the remaining dormitories, but in the very heart of the Campus, lies the UL Dormitory No. 14 (21/23 Matejki Street), a default location for full-time international students. The vicinity of 4 faculties, the UL Library, Polish school, 2 cash machines, and several places to have lunch and do shopping, makes it a perfect house, especially if you add the shiny, newly redecorated interiors, and the quiet, green neighborhood, perfect for long walks.



Disabled



Free transport from the dormitory to classes is available upon request to the BONiPU (NIEPELNOSPRAWNI@UNI.LODZ.PL). Dorms No. 7 and 11 are obstacle-free, while dorms No. 10 and 14 use lifts. The Main Library contains study rooms for visually and mobility impaired.

Canteen



The main UL Student Canteen is at 14 Lumumby Street (upstairs). It is open during all academic year: a student hungry for lunch may enter at any time between 12 a.m. and 6 p.m., grab a tray, choose one of 3 menus, and pay directly. There are also smaller canteens in most Faculty buildings.

Sports



First-cycle studies include physical education in their curriculum. The UL Centre for Physical Education and Sports is at 20/26 Styraska Street (just at the end of Lumumby Street). There are varied sports classes, from yoga, through swimming, to basketball, tailored to anyone from absolute beginners to keen players. An absence from classes generally means extra classes. A yearly doctor's leave exempts you from crediting. If you love sports, you can practice more with an academic sports club, the AZS WWW.AZS.UNI.LODZ.PL.





Sports



Come to **Lodz**
and have fun!



City of 4 cultures



The city of Lodz is located in the heart of Poland, at a crossing point of many important European routes. The local architecture and history attract a great number of tourists. The rapid 19th century development of the textile industry earned the place such nicknames as 'The City of Factory Chimneys', and 'The Promised Land'. This period in the history of Lodz was especially marked by the presence of four cultures. The Polish, Jewish, German, and Russian inhabitants contributed to the rich and diverse cultural background of our city, that the University strives to sustain.

Historical Buildings



Tenement houses and great residences are regaining their splendor, often given a new quality. You will find here some of the finest examples of Classicism and Italian Neo-Renaissance, through Neo-Baroque and Art Nouveau to Neo-Gothic and Neo-Roman styles of architecture. The revitalized structures have been transformed into lofts, commercial and entertainment complexes, and art centers. Nowadays, the complexes of the 19th century industrial age are unique in Europe. Two of such industrial complexes, erected by a famous textile manufacturer, Karol Scheibler, are situated within the Księży Młyn area. Another complex used to belong to Scheibler's chief competitor, Izrael Poznański. At present, the old Poznański complex is a shopping, leisure and culture centre called Manufaktura. Also, some old historical sites like palaces or manufacturers' houses are reconstructed and adapted for the University's needs.

Hollylodz/ Festivals



Lodz is the cradle of Polish cinematography and is famous for its film traditions. The Polish National Film, Television and Theatre School is invariably one of the best film schools in Europe. The most known graduates are: Krzysztof Kieślowski, Roman Polański, Krzysztof Zanussi, Jerzy Skolimowski and Andrzej Wajda. And just like on Hollywood Boulevard, one can find the Walk of Fame on Piotrkowska Street in Lodz. Moreover, you can learn the history of Polish cinematography in the Museum of Cinematography, the only one of its kind in Poland.



Pubs, cafes and restaurants



The city's night life focuses on Piotrkowska Street in the centre of town. Here are more than 100 pubs, restaurants, clubs, discos and cafes. The most time-honored Lodz pubs are: Łódź Kaliska (with art gallery), Stereo Krogs (for rock fans), Biblioteka, Piwoteka (serving more than 140 brands of beer), Irish Pub, Riff Raff (a great karaoke bar). Then there are new, and already trendy hangouts: 6 Dzielnica, Niebostan, Owoce i Warzywa, Lokal, Bistro, and ShotMe. If you feel like dancing, why not go to the Lordis, Łoża, Kokoo, Dom, or Bedroom. Above all, do not forget about the OFF Piotrkowska, a former factory yard, now filled with life (138/140 Piotrkowska Str.; try Meg Mu, an African restaurant, or Spaleni Słońcem, a hangout convertible into an open-air cinema). Average prices are: a glass of beer 7 zł and dinner for two people 60 zł. Transport is handy: many taxi stops in Piotrkowska, and lots of hotels at hand. In the morning, you can have the perfect breakfast at Drukarnia, Columbus Coffee, or Breadnia. Also, check out some of the best veg bars in Poland (Green Way, W Te Pędy, Zbożowa). Just visit Lodz and turn the night into an exceptional journey... you can continue the following day!

Philharmonic and Opera



Proud of high culture, the Lodz Philharmonic, named after Arthur Rubinstein (20/22 Narutowicza Str., [HTTP://FILHARMONIA.LODZ.PL](http://filharmonia.lodz.pl)), hosts international classical and jazz musicians in a stunning interior, and will satisfy the senses of true music lovers. However, for those who enjoy opera and ballet, the prominent Grand Theatre is an absolute must (Dąbrowskiego Sq., [WWW.OPERALODZ.COM](http://www.operalodz.com)).



Entertainment centers

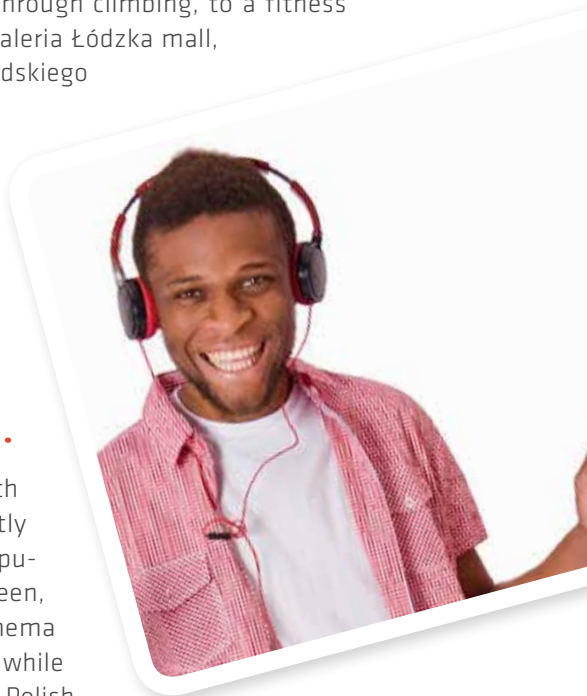


Make your afternoon spontaneous. Manufaktura offers a lot more than just shopping and eating out: from bowling, through climbing, to a fitness club. If you're not there but close to the Galeria Łódzka mall, the answer may be the nearby Silver Screen (5 Piłsudskiego Ave.) cinema complex, with pool tables, and arcade games. However, the city's premier pool and snooker club is the Frame (7/9 Narutowicza Str.).

Theatre and cinema



Films are mostly screened with the original soundtrack (mostly English) with Polish subtitles. Popular cinemas include the Silver Screen, the Cinema City (with Imax), and the Bałtyk Cinema (tickets 15-30 zł). Theatre plays (tickets: 20-80 zł), while performed by brilliant actors, are as a rule staged in Polish – best stages are the Grand Theatre, the New Theatre, and the Stefan Jaracz Theatre.



Galleries and Museums



Most of them have English websites, and admission rarely exceeds 10 zł: Galeria FF (Photography), Galeria ASP (Academy of Art), Metropolitan Gallery (miejskagalerialodz.pl), Wschodnia Gallery, Atlas Sztuki Gallery, Art Museum MS Lodz (several locations), Central Museum of Textiles (with open-air museum of town's life), Museum of the City of Lodz, and the Se-Ma-For Museum of Animation.

Botanical garden



An enormous enclosed green space in the west of the town, definitely worth visiting: it features a Japanese garden, hills incrustated with rock gardens, adorable ponds, all-coloured flowerbeds, and many rare species of plants. Admission: 6/3 zł (adult/student), open from 1 April to 31 October (36/38 Krzemieniecka Str.).

Łagiewniki Forest



Europe's largest urban park, containing clusters of ancient forest (200-year-old oaks), untouched streams, and flourishing wildlife. Popular destination for cyclists and joggers all year round, while barbecuers and sunbathers may congregate in Summer, especially by the lakes. Features a few holiday and conference centres, a few historical landmarks, and a few bars with open-air gardens. Easily reached by bus service 56 from the vicinity of the Grand Theatre.

Biking in Lodz



The growing biking trend is currently yielding a network of bicycle tracks (as yet, mainly limited to major arteries). Contrary to many Western cities, cycle lanes are not a part of the roadway, but they are usually separated from it by a strip of lawn. Cycling on pavements is generally discouraged: it may cost you a 50 zł fine, except for pavements wider than 2 m (i.e. roughly 4 square pavement tiles) but only at the side of roads where the speed limit is over 50 km/h. Still, if there is no cycle lane, you can use the rightmost part of the roadway. Front and rear lights are obligatory. See also the map: [HTTP://GIS.MAPA.LODZ.PL/ROWEROWALODZ](http://gis.mapa.lodz.pl/rowerowalodz)



Sports arena

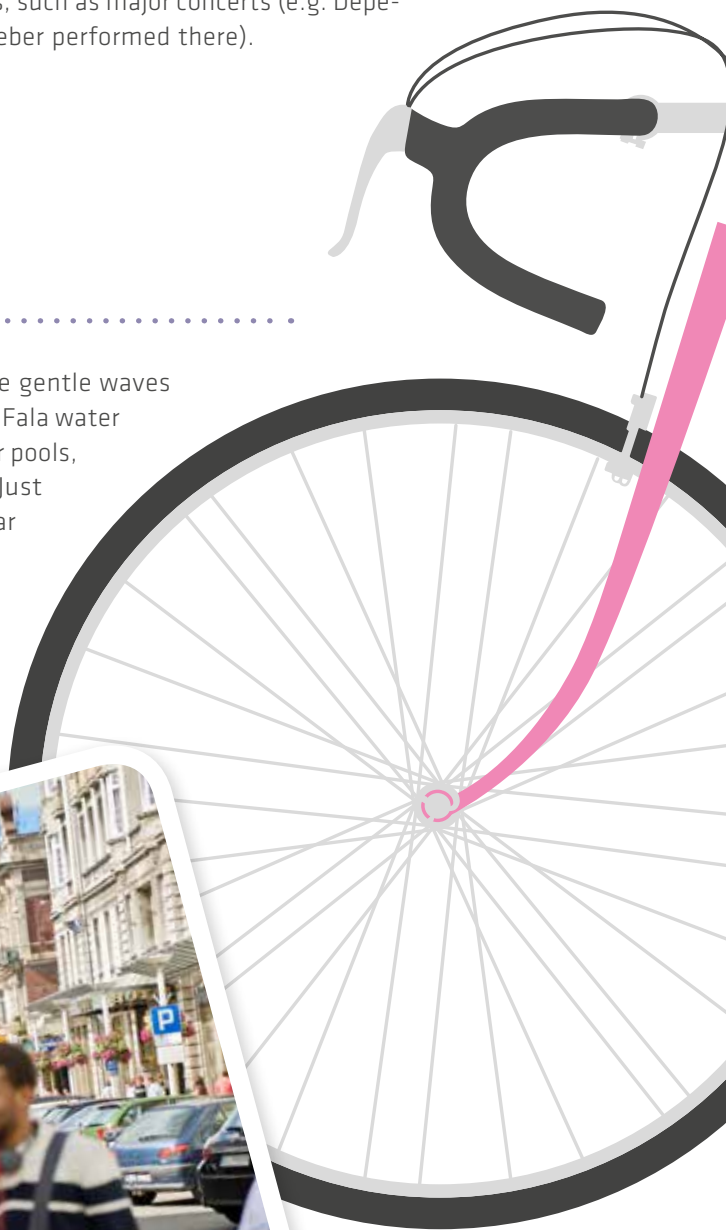


Like any major town, Lodz has a lot of sporting facilities, but what deserves special attention is the multi-purpose indoor arena in the west of the town, called Atlas Arena. It has over 10,000 seats, and repeatedly hosts volleyball championship (World League, World and European Championship), basketball games, boxing, as well as cultural events, such as major concerts (e.g. Depeche Mode, Slayer, Shakira, and Justin Bieber performed there).

AquaPark Łódź (the Fala)



Are you ready to feel unique gentle waves surrounding your body? The Fala water park invites you to its indoor and outdoor pools, water slides and a world of saunas. Just a couple of minutes from the centre, near the awesome Zdrowie Park. Admission to swimming pool (for 1 hour, student price): 16 zł from Monday to Friday, 19 zł for Weekend and Holidays. Open daily 9 a.m.-10 p.m. (4 Unii Lubelskiej Ave., WWW.AQUAPARK.LODZ.PL).





Poland

Poland

– general info

Poland (officially: the Republic of Poland) is a country in Central Europe, bordered by Germany to the west, Czech Republic and Slovakia to the south, Ukraine, Belarus, Lithuania to the east. Poland's north border is lined by the coast of the Baltic Sea and the border of Kaliningrad Oblast (Russia's territory). Poland has around 38,5 million inhabitants and occupies an area of 312 628 square km. The capital of Poland is Warsaw (Warszawa). The only official language is Polish, which belongs to the Slavic group of languages. The ethnic composition of Poland is mostly uniform (98% Polish-born citizens).

Poland boasts its beautiful sandy beaches (at the Baltic Sea), large forest complexes (numerous national parks), diverse lake areas (e.g. The Masurian Lake District) and picturesque mountains (e.g. the Tatra Mountains). Climate in Poland is moderate and generally mild but characterized by frequent change of weather (temperatures like -15°C in Winter and 30°C in Summer, are not the norm but may occur at times). Poland has been a member of the United Nations since 1945, NATO since 1999 and the European Union since 2004. In 2007 Poland joined the Schengen area, which is a group of countries in Europe with no internal border control (there is a single external border control instead).

Famous Poles:

Nicolaus Copernicus
 (astronomer)

Fryderyk Chopin
 (pianist and composer)

Maria Skłodowska-Curie
 (physicist and chemist,
 Nobel Prize laureate)

John Paul II
 (the Pope: leader of the worldwide
 Catholic Church)

Lech Wałęsa
 (politician, Nobel Prize laureate)

Roman Polański
 (film director, Oscar winner)

Andrzej Wajda
 (film director, Oscar winner)

Krzysztof Kieślowski
 (film director)

Agnieszka Radwańska
 (tennis player)

Robert Kubica
 (racing driver)

Robert Lewandowski
 (football player)

Justyna Kowalczyk
 (cross country skier)

Interesting places/sites



Warsaw (Warszawa; approximate pronunciation: Vahr-SHAH-vah) – the biggest city and the capital of Poland, located on the Vistula River (Wisła). The city was completely destroyed during the WW II but rebuilt soon after it. The Old Town (reconstructed after the war) is listed on the UNESCO World Heritage Site list.

The most popular places to see in Warsaw are: Royal Castle and the Old Town, Royal Baths (Łazienki) – the largest park in Warsaw (in the city centre) with classicist buildings and a number of monuments, National Museum (one of the largest museums in Poland), Warsaw Uprising Museum (interactive), Copernicus Science Centre (interactive museum on the bank of the Vistula River), Fryderyk Chopin Museum (interactive), Wilanów Palace and the Palace of Culture and Science (built in 1955 and still being the tallest building in Poland). Warsaw is around two hours away from Łódź by car. WWW.E-WARSAW.PL

Cracow (Kraków; pronunciation: KRUCK-oof) – located in the southern part of the country (on the Vistula River) was once the capital of Poland. Nowadays it is one of the most popular Polish tourist spots, partly thanks to its historic centre being on the UNESCO World Heritage Site list. The architectural symbol of the city is the Wawel Hill, where the Gothic cathedral and the monumental Royal Castle with renaissance inner courtyard are located. Cracow boasts the Europe's 2nd largest market square (dominated by the Cloth Hall – Sukiennice), and numerous 13th and 14th-Century houses, and churches with their magnificent interiors (the most famous: St. Mary's Church). Worth visiting is also the district of Kazimierz, adjacent to the old town. Kazimierz used to be inhabited by Jewish

communities until the WW II. The city of Cracow is home to the oldest Polish university (and the second oldest in this part of Europe) – the Jagiellonian University. Cracow is around five hours away from Łódź. WWW.KRAKOW.PL/ENGLISH

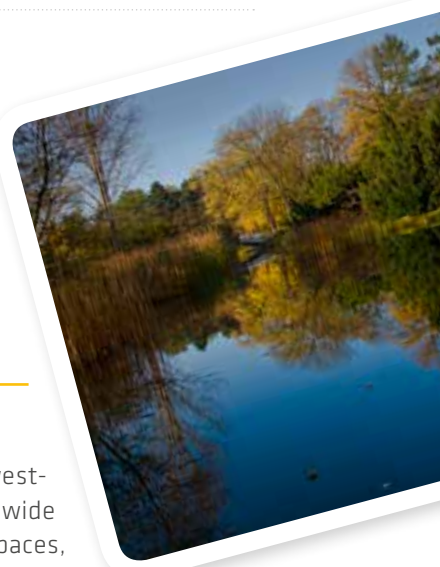


Wieliczka (pronunciation: v'yeah-LEECH-kah) – the world's only salt mine that had been in continuous operation for seven centuries is a UNESCO World Heritage Site. It's spread over nine levels and presents a magnificent world of underground corridors, chambers and chapels. Wieliczka Salt Mine lies only around ten kilometers away from the centre of Cracow. [HTTP://KOPALNIA.PL](http://kopalnia.pl)

Poznań (pronunciation: PAWS-nun) – is a city on the Warta river in west-central Poland. It is one of the earliest Polish cities and boasts a wide array of museums, beautiful churches, nicely landscaped open spaces, lakes and impressive architecture. The city's greatest leisure area - the Malta, which faces a beautiful lake, is an amazing destination for such holiday activities as skiing, sailing, or baths in thermal springs. The city's Cathedral, the oldest in the country, dates back to 10th century, and is a place of burial of the first Polish rulers. Poznań hosts many international, cultural and sporting events. An example is the famous Malta Festival each summer, drawing actors, musicians, and dance troupes from around the world. Poznań is 2 hours away from Łódź. [WWW.POZNAN.PL](http://www.poznan.pl)

Tri-city (Trójmiasto) – a complex of three cities on the Baltic Sea adjoining each other: Gdańsk, Sopot and Gdynia (Gdańsk is the eastern- and southernmost among them). The cities are linked by local public transport and to get there from Łódź you need around 6 hours. [HTTP://GUIDE.TROJMIASTO.PL](http://guide.trojmiasto.pl)

Gdańsk (pronunciation: g'dansk) is a historical seaport and nowadays one of the largest cities in Poland. The city is over a thousand years old and is the most popular and well known of the three cities thanks to its role in World War II, and the 1980s Solidarity movement that played a major role in bringing an end to the Communist rule across Central Europe. Gdańsk's main tourist attractions are located along or near Long Street and Long Market (Ulica Długa and Długi Targ), among them is the most recognizable symbol of the city: the Neptune's Fountain, as well as the medieval port crane (the largest of its time in Europe) and St. Mary's Church (the largest brick church in the world). Gdańsk is also famous for its amber craft which can be bought from many shops and street stalls.



Sopot (pronunciation: SAW-pawt) is the smallest town of the Tri-city, which lies between Gdańsk and Gdynia. It is a health resort and spa with the longest wooden pier in Europe. Sopot has beautiful sandy beaches. The city is also well known because of the International Song Festival held annually in summer.

Gdynia (pronunciation: G'DEAN-yah) is a seaport, the youngest of the three cities. Gdynia was built between 1921-1926 in order to provide Poland with a free access to the sea, since Gdańsk at that time was declared a “free city” and put under the League of Nations. The main tourist area in the city is Skwer Kościuszki (Kościuszko square), from which the Dar Pomorza and the Dar Młodzieży museum ships can be spotted. Gdynia is the host to the Gdynia Film Festival – one of the biggest film events in Poland which promotes Polish cinema. Annually in summer, the city also hosts the Heineken Open'er Festival – which is one of the most popular contemporary music festivals in Poland. To the north-west of the Tri-city lies the Słowiński National Park which is famous for its moving sand dunes, coastal lakes, and healthy microclimate (featuring pine essential oils).



Toruń (pronunciation: TAW-roon) – lies on the Vistula River and is the birthplace of Nicolaus Copernicus. The city was founded in the 14th century and since that time many of the buildings in the present Old Town have not changed and they retained their medieval look (among them, the Copernicus House). Thanks to its exquisite medieval red-brick Gothic architecture, the Medieval Town of Toruń was included in the UNESCO World Heritage List.



Toruń is also widely known for its gingerbread, which is recognized as part of its heritage, tradition and legend, and undoubtedly is the city's trademark. Toruń is around 3 and a half hours away from Łódź (to the north). [WWW.VISITTORUN.PL](http://www.visittorun.pl)

Masurian Lake District (Mazury; pronunciation: ma-ZOO-ry) – it is a vast region full of lakes and forests that covers the north-eastern part of Poland. It is a very popular summer holiday destination for those who like to sail or practise other water sports. The most popular towns in the region are: Giżycko, Mikołajki, Mrągowo, Augustów. The Masurian Lake District is around five and a half hours away from Łódź. [HTTP://MASURIANLAKEDISTRICT.COM](http://masurianlakedistrict.com)

Wrocław (pronunciation: V'RAW-tsluv) – the principal city of Lower Silesia (a region situated in the south-western corner of Poland, to the border with the Czech Republic and Germany). Wrocław is situated on several rivers which divide the city into several islands connected by over a hundred bridges. The Wrocław's Market Square with Town Hall - a fine example of Gothic - is the most popular tourist spot in the city, together with the tourist trail, where small figurines of dwarfs are placed, across different parts of the city. Worth seeing is also the oldest zoo in Poland and the pioneering example of reinforced concrete architecture – the Centennial Hall (a UNESCO World Heritage Site). Wrocław will be the European Capital of Culture 2016. The city is around 4 hours away from Łódź. [WWW.WROCLAW-INFO.PL](http://www.wroclaw-info.pl)

Zakopane (pronunciation: Zack-aw-PUN-eh) – is the town called „the winter capital” of Poland. Located in the very south of the country, Zakopane lies in a valley surrounded by the Tatra Mountains. Thanks to its location and easy accessibility either by car or public transport (trains, buses) Zakopane is the best gateway to the whole area of the Tatras.

The town and its surroundings are one of the most popular tourist destinations in Poland the whole year round. It offers a wide range of activities both in winter and summer: skiing, snowboarding, hiking, climbing, sleigh rides. Zakopane is also proud of its unique culture which comprises of wooden architecture, traditional food, local dialect, folk music and costumes. Zakopane is around seven hours away from Łódź, and about two and a half hours away from Kraków. [WWW.PROMOCJA.ZAKOPANE.PL](http://www.promocja.zakopane.pl)



Selected festivals

Film festivals

New Horizons Film Festival (Nowe Horyzonty)

held annually in July in Wrocław
www.nowehoryzonty.pl

International Festival of Independent Cinema Off Plus Camera

held annually in May in Cracow
www.offpluscamera.com/en/

Two Riversides Film and Art Festival (Dwa Brzegi)

held annually in summer in Kazimierz Dolny and Janowiec (towns on the Vistula River)
www.dwabrzegi.pl

Music festivals

Open'er Festival

held annually in July in Gdynia
<http://opener.pl/en>

Coke Live Music Festival

held annually in August in Cracow
<http://livefestival.pl/en>

Przystanek Woodstock

held annually in summer in Kostrzyn nad Odrą (a town in western Poland, at the border with Germany)
www.wosp.org.pl/przystanek_woodstock

Orange Warsaw Festival

held annually in summer in Warsaw
<http://orangewarsawfestival.pl/>



OFF Festival

held annually in August in Katowice (the principal city of Silesia, south of Lodz)
<http://off-festival.pl>

The International Chopin Piano Festival

is a piano festival held annually in August in Duszniki Zdrój (south-west of Poland, at the border with the Czech Republic)
www.festival.pl

Other festivals

Great Orchestra of Christmas Charity (WOSP) Grand Finale

is a one-day long, money-raising event – held annually on one Sunday in January throughout the whole country
<http://en.wosp.org.pl/>



FashionPhilosophy Fashion Week Poland

is the biggest fashion event in East-Central Europe – held twice a year (in April and October) in Łódź
www.fashionweek.pl

Light Move Festival

is about the art of light, displayed in the public space - held annually in October in Łódź
www.lightmovefestival.pl

International Design Festival

is an event presenting design in its various modes (industrial, graphic and fashion design, arts and crafts, architecture) – held annually in October in Łódź
www.lodzdesign.com



Did you know that...

- Marek Belka, head of the National Bank of Poland, former Polish Prime Minister, graduated from the Faculty of Economics and Sociology of the UL (he also holds a PhD from the UL).
- The UL has been awarded a number of Teaching Quality Certificates issued by the University Accreditation Commission.
- The Bachelor's level programme in Accounting, as well as the Master's level programme in Accounting and Finance, both offered at the UL Faculty of Management, have been accredited by the ACCA global professional accounting body.
- The UL Faculty of Law and Administration has been ranked 2nd among Polish law schools for qualifying graduates for professional internship in legal professions, as shown in the 2012 and 2013 rankings by the Polish Ministry of Justice.
- The UL has been awarded the 2013 „Quality of The Year” distinction for implementing the research project titled “Role of multidrug transporters in pharmacokinetics and toxicology - in vitro tests in pharmaceutical and clinical practice”.
- The UL ranked 4th among Polish Universities in the 2014 BRICS & Emerging Economies Ranking by Thomson Reuters, a part of the Times Higher Education global educational report.
- The DysTEFL “Dyslexia for Teachers of English as a Foreign Language” project coordinated from the UL has received the 2014 ELL (European Language Label) certificate.
- Many honorable people involved in education, art and politics have received honorary doctorate from the University of Lodz. Among others, there is The Rt Hon. Margaret Thatcher (former Prime Minister of UK) and Mr. José Manuel Barroso (current President of the European Commission).
- In May 2015 the UL is celebrating 70th anniversary of its foundation! One of the most important events that will take place during this event is awarding Umberto Eco, the famous scientist and writer, with the honorary doctorate.
- The UL and Microsoft cooperate to establish an innovative IT tool that will facilitate access to UL's content with a single login ID and password via Active Directory system. Thousands of students and employees already have access to the Office 365 suite.



Emergency numbers

European
Emergency
Number - **112**

Police - **997**

Fire brigade - **998**

Ambulance - **999**



Useful links

The University of Lodz:

- www.uni.lodz.pl
- www.iso.uni.lodz.pl
- <http://www.bir.uni.lodz.pl/biedermann/indexMin.html>
(Biedermann's palace virtual tour)
- www.lodz.esn.pl
- <http://cos.uni.lodz.pl/wp-content/ULspacery/ULosiedle/index.html> (UL Capmus tour)
- <http://cos.uni.lodz.pl/wp-content/ULspacery/CWFISUL/index.html>
(UL Sports Centre tour)
- www.eksoc.uni.lodz.pl/spacer/ (Faculty of Economics and Sociology virtual tour)
- www.wpanoramie.pl/wpialodz/ (Faculty of Law and Administration virtual tour)
- www.wz.uni.lodz.pl/spacer/ (Faculty of Management virtual tour)

A guide to Lodz:

- en.uml.lodz.pl
- www.lodzkie.eu (click on "the globe" icon to switch language)
- www.inyourpocket.com/poland/lodz
- www.lodz-online.eu

About Poland:

- polska.pl/en
- www.poland.travel/en-rus
- go-poland.pl
- www.nauka.gov.pl/en/
- www.foreignersinpoland.com

Travel:

- www.polskibus.com/en
- rozklad-pkp.pl/en/
- airport.lodz.pl
- en.e-podroznik.pl



Survival Polish

English	Polish	Pronunciation
Good morning/afternoon	Dzień dobry	Jenn DAWB-ry
Hello/Hi ; also: Bye	Cześć	CHESH
Goodbye	Do widzenia	Daw widz-ENya
How are you?	Jak się masz?	YUCK shem mush?
I am sorry ; also: Excuse me	Przepraszam	P'shep-RUSH-um
Thank you / Thanks	Dziękuję/Dzięki	JENK-OO-yeah / JENKy
Stop!	Stop!	STAWP
Please / Here you are	Proszę	PRAW-shai
I know	Wiem	V'yam
I understand	Rozumiem	Raw-ZOOM-yam
Do you know? / (...Sir/Ma?)	Czy wiesz? / (Czy wie Pan/ Pani?)	Chee V'YESH? Chee V'YEAH pun / punny ?
I don't know	Nie wiem	N'YEAH v'yam
I don't understand	Nie rozumiem	N'yeah raw-ZOOM-yam
Yes	Tak	TUCK
No	Nie	N'YEAH
Why?	Dlaczego?	D'lutch-EGG-aw ?
When?	Kiedy?	K'YEAH-ddy?

What?	Co?	TSAW?
What is this?	Co to jest?	TSAW taw yes?
Where?	Gdzie?	gj'YEAH?
Where is...?	Gdzie jest...?	G'JAY yes...?
.... my dormitory?	... mój akademik?	... mooy acka-DEMM-ick?
How?	Jak?	YUCK?
I don't speak Polish	Nie mówię po polsku	N'yeah MOVE-yam paw PAWL-skoo...
Do you speak English / French?	Mówisz po angielsku / francusku?	MOVE-ish paw UNG-yell-skoo? / FRUN-tsoo-skoo?
Excuse me, Sir/Madam!	Proszę pana/pani!	PRAW-shem PUN-ah / punny...
What is your name?	Jak masz na imię?	YUCK mush nah EE-m'yeah?
My name is...	Mam na imię...	MUM nah EEM-yeah...
1, 2, 3	Jeden, dwa, trzy	YED-den, dvah, tshee
4, 5, 6	Cztery, pięć, sześć	CHTURR-y, pench, shesh
7, 8, 9	Siedem, osiem, dziewięć	SHED-demm, OSH-em, JEV-ench
0, 10, 100	Zero, dziesięć, sto	ZURR-aw, JESH-ench, STAW
* (times)	* (razy)	RUZ-zy
+ (plus)	+ (plus)	PLOOS
= (equals)	= (równa się)	ROOV-nah shaih

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PromocjaUL?gl=PL&hl=pl](https://www.youtube.com/user/PromocjaUL?gl=PL&hl=pl)



VK

www.vk.com/uniwersytet_lodzki



人人网

bit.ly/ul-ren



Flickr

[www.flickr.com/
photos/promocja_ul/](https://www.flickr.com/photos/promocja_ul/)

Our students about us

Hello guys! I'm Lionel. When I came to Poland I knew hardly anything about Poland and Lodz. Now I'm convinced that I've made perfect decision. I'm proud to be a student of this university!

Lionel

Hi, I'm Flavia. I study Management at the UL and I really enjoy it! I'm happy that I've found a place where a high level of studies is combined with fantastic atmosphere.

Flavia

Hola! I'm Jere. I'm Argentinian, but currently I study at a Spanish university, and I've decided to spend half a year in Lodz as an Erasmus exchange student. It was an unforgettable experience and I met amazing people and new friends!

Jere



Hi there! I've spent a year at the University of Lodz as an exchange student. I recommend everyone doing the same, you will have a great time here!

Ihar

Cześć! My name is Malwina. I finished International Relations studies at the University of Lodz. Now I work at the best International Relations Office in Poland and I invite you to come to my university.

Malwina

Hello, I'm Alex. There are so many good things about Lodz and the University that it would take too much time to list all of them. Shortly, I advice everybody who wants to study to come to the University of Lodz and find out for yourself - I'm sure you'll enjoy it.

Alex

My name is Anastasia, I come from Ukraine, and I've been studying here for 2 years now. It is a wonderful University, and the city itself, too. I have a lot of Polish and foreign friends, as Lodz has truly international academic atmosphere.

Anastasia

Hello! I'm Liya, a Chinese girl that has just finished Master's Degree studies at the UL. It was a great experience to be a student here. I have gained the diploma, and friends for a lifetime!

Liya



Credits

We've made it! Many hours spent on preparing this guide really paid off. It was fun, we hope you will like it!

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