

WELCOME TO POLAND



CITIES WORTH VISITING

www.szczecin.eu



Szczecin

Major seaport and growing business destination neighboring Germany

www.poznan.pl



Poznan

Important business, trade, educational and cultural centre

www.wroclaw.pl



Wroclaw

Biggest city in western Poland with thriving business, education and culture

uml.lodz.pl



Lodz

Third-largest city located in central Poland and former industrial hub

www.katowice.eu



Katowice

Centre of the Silesian Metropolis area key to Poland's economy

www.um.warszawa.pl



Warszawa

Capital city of Poland with over 1.7 mln inhabitants

www.trojmiasto.pl



Tricity

Agglomeration of three important cities: Gdansk, Gdynia and Sopot

www.rzeszow.pl



Rzeszow

Largest city in southeastern Poland with growing investments

www.krakow.pl



Krakow

Historical capital, second largest business destination and city most popular with tourists

GETTING AROUND POLAND: TRANSPORTATION TIPS



Poland by Bus

en.e-podroznik.pl
Flixbus.com/polskibus

Poland by Plane

LOT.com
Lotnisko-Chopina.pl
en.ModlinAirport.pl
Momondo.com
WhichBudget.com
skyscanner.pl



Poland by Train

Eurail.com/eurail-passes
InterCity.pl/en
RailEurope.com
Rozklad.pkp.pl

WEATHER IN POLAND

The only thing predictable about Polish weather is that it's impossible to predict!



SPRING

Average temperature: 5°C - 15°C
Even with the warmer temperatures, throw a rain jacket into a small backpack to keep dry from the always-lingering possibility of showers.



SUMMER

Average temperature: 25°C - 30°C
The best moment to travel and enjoy the beauty of Warsaw and Poland



AUTUMN

Average temperature: 5°C - 15°C
Cold nights. People usually wear a bit warmer clothes. Very often it rains during this period, especially in November.



WINTER

Average temperature: -4°C - 1°C
Cold and snowy or windy and rainy. You can expect everything from the weather here. Be sure to have warm sweaters, winter coats, hats, gloves, sturdy boots, and thick socks.



Time change:

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 take one hour back.



LIVING IN WARSAW: A GUIDE

Legal Support by Lazarski University

Please notice that we can help you
with TRC (Residence Permit) and
visa issues

You can address all the questions to
Mr Lukasz Wieczorek

Room 41 Ground floor Sector E
Tuesday 9 AM - 5 PM
Friday 9 AM - 5 PM

E-mail: l.wieczorek@lazarski.edu.pl



ACCOMMODATION

Lazarski University
Accommodation Department
Room 208, Sector D, Floor 2
Mobile: (+48) 502 373 084
E-mail: accommodation@lazarski.edu.pl
Monday - Friday 9 AM - 5 PM

Prices with Lazarski assistance:

- Lazarski houses
- 750 EUR/semester
- Students dorms
- 500 EUR/semester
- Flat-studio
- 400 EUR/month



WANT TO DO THAT
BY YOURSELF?
CONSIDER THIS



Sample Prices (Warsaw, AUG 2018)



Youth Hostel
PLN 120 per night for
double room

5-star Hotel
PLN 800 per night for
double room



Dorm room
PLN 450 per month for
double room

Single rooms:
PLN 900 per
month



Studio Flat
PLN 1 800 per
month

PUBLIC TRANSPORT IN WARSAW

Metro

The two metro lines. You can change the line on Świętokrzyska station. Metro runs based on approximate hours from 5 a.m. to 1 a.m. On Friday and Saturday nights metro runs until 3 a.m. with a stable 15 minute frequency. In case of unanticipated service interruptions or planned works the metro service may be suspended with buses or trams marked with a pictogram or the letter "Z".

Bus lines

Standard bus lines are numbered from 100 to 399. These buses stop at all stops (with few exceptions). Bus lines 400 to 599 are the quicker lines that do not stop at low traffic areas. Night lines buses are marked with the letter "N" followed by a number, e.g. "N11". Selected night lines are, at the same time, zone lines— their routes run across Zone 1 and 2. On all buses described above the same tickets are valid.

Tram lines

Trams have numbers between 1 and 79. The more basic tram connections on the tram line are numbered from 1 to 39. The trams tend to be faster as they have their own lanes and lines through the city. There are however lines you can take that go well beyond the Warsaw boundaries and into the greater metropolitan areas on the outskirts of Warsaw.

Urban Rapid Rail (Szybka Kolej Miejska – SKM)

Trains of SKM are marked with the letter "S" and a number. The route of SKM runs across two zone tickets. Rules for paying fares are the same as in the case of zone bus lines.

Koleje Mazowiecki trains are also local trains but not from the city, they belong to the Masovian Voivodeship. Therefore different fare rules apply for most routes.

More details: www.ztm.waw.pl

TICKETS, WARSAW CITY CARD, STUDENT ID



Tickets

20 min ticket – 3,40 PLN
75 min ticket – 4,40 PLN
90 min ticket – 7 PLN
24 hours ticket – 13 to 26 PLN (depends on Zone)

FOR STUDENTS – 50% DISCOUNT!

Where to buy: ticket machines, kiosks bearing the green and yellow RUCH logo, anywhere with a sign Bilety.

DO NOT AVOID BUYING TICKETS!

There are plain clothes ticket inspectors who regularly stalk the lines, dishing out 266zl tickets to those without valid tickets.



Warsaw City Card

A card with an imprint of a user photo and their personal data on the reverse page. Issue of the first Card is free of charge. Next one costs 14,00 PLN.

How to get it:

- visit the ZTM Passenger Service Centre - attach a photo;
- download the application from the website www.ztm.waw.pl fill it in, attach a photo and send it by post ;
- fill the application in on the website

In case of losing or theft of a card, it is possible to recover an unused part of the coded ticket.



Student ID Card

A carrier of long term tickets similar to Warsaw City Card. A 30-day city travel card and a 90-day city travel card may be coded on it.

Both exchange and degree-seeking students need to pay the fee of PLN 17 (~4 EUR) to receive the card.

You can put money on your student card at any ticket selling point - ticket machines, the ZTM Passenger Service Centre .

30 days ticket – 55 PLN
90 days ticket – 140 PLN

More details: www.ztm.waw.pl

USEFUL MOBILE APPLICATIONS



Jakdojade
Covers public transportation routes in major Polish cities



Going.
Shows cultural events in your immediate location



Veturilo
Urban bike system. It is a good complement to public transport in Warsaw.



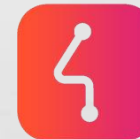
Uber
Taxi app available in major cities



Skycash
Mobile payments, including parking and tickets



Lime
Electric scooter rental in Warsaw



4mobility
Register and use the most convenient cars for minutes in the city

These are only few examples. The range is much wider 😊

BANK ACCOUNTS

In Poland each bank has a different process regarding accounts for foreign citizens. For more specific details, it is best to inquire in the bank's branch itself !



- **Documents:** Passport and/or residence card or ID



- **Fees:** Opening a bank account is free of charge but there are other fees involved once you set it up. Make sure you realise what changes will be involved every month



- **What you get:** Make sure the offer you become interested in provides you with the best possible set of products you can get from a bank.



- **Language:** Banks usually can provide you with services in English. However, check whether the account, documents, ATMs are possible to be managed in other languages than Polish.



- **Online Banking:** It is possible to use cashless payment methods through websites, mobile apps and other banking services.

Useful app :



Transferwise
Allows for International money transfers



- **Currency exchange:** Most Kantors (Polish), moneychangers offer very good rates for major currencies (USD, EUR, GBP) and are honest but you should always (!) check current rate online on the internet and compare with the offered rate. Avoid changing at airports.

Examples of popular Polish banks

❖ Alior Bank

❖ ING Bank Śląski

❖ Bank Millennium

❖ Bank Pekao S.A.

❖ mBank

❖ PKO Bank Polski

POLISH PHONE NUMBER & INTERNET

? Using your old number

- May be tricky. Consider roaming costs.

? Get new Polish number

- Present you valid passport, ID or residence card to register your SIM card.

? How to top up account

- Online, in network's store, or by buying credit in convenience store, supermarkets, post offices etc.

A lot of hotspots around city

Euroam Wi-Fi in all University facilities

Internet access by SIM card

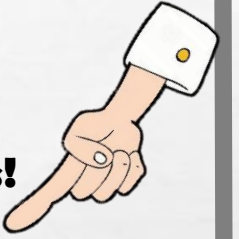
If you are renting the flat, there is a high possibility that you will have Internet connection there. If not, ask landlord to provide it. Be careful with creating any legally binding agreement with Internet provider.

There are four major mobile networks: **ORANGE, T-MOBILE, PLAY and PLUS**. Their outlets are located in city centers, shopping malls and even small towns.

Always remember that public networks are not as secure as private ones and make sure to avoid risky operations online.

SAFETY ISSUES

**This
matters!**



In general, Poland is a safe country for foreigners, and most visitors and tourists experience no difficulties. Anyway please keep in mind the following:

- Make sure you know how to contact your embassy in Warsaw
- Monitor your alcohol consumption
- Be careful when using public transport. It is easy to get robbed in a crowd
- Avoid situations that could be dangerous
- Let everyone know you have arrived safely, keep your family updated on your travel plans and your contact information (phone numbers, e-mail addresses)
- keep useful numbers in your mobile phone. Set an ICE contact (in case of emergency)
- Keep your money and valuables safe, never leave any documents, mobile phones, money, other valuables in easily accessible and visible places
- Avoid carrying large amount of cash with you

Please inform us - erasmus@lazarski.edu.pl - of any emergency situation so that we can be in touch with your home University coordinator and assist you as necessary.

UNEXPECTED SITUATIONS



Police is not your enemy!

Their main goal is to serve and protect you, and to maintain public order and security. **If you lose anything (e.g. documents) go immediately to police station.**

Emergency numbers:

- 112 - an all-service number
- 999 - ambulance
- 998 - fire brigade
- 997 - police

Please inform us - erasmus@lazariski.edu.pl - of any emergency situation so that we can be in touch with your home University coordinator and assist you as necessary.

TIPS FOR STAYING SAFE AND LEGAL



Stamp your ticket or face a fine
(it is a silly way to waste your money 😊)



Jaywalking and road safety
Only cross roads at marked pedestrian crossings, or face a fine. Obey the little red man – he can save your life.



Public drinking & smoking
It is illegal to drink alcohol and smoke in a public place. It doesn't matter if you're sucking back cans on the corner of the street or sipping cocktails with your pinky extended at a riverside picnic. Obviously, this doesn't apply to outside seating provided by licensed premises.



Public drunkenness
Get picked up drunk on the street and you could find yourself locked up for the night, and paying several hundred zloty for the privilege.



Drinking and driving

The legal blood-alcohol level for driving in Poland is ZERO. Note that Polish drinking and driving laws also apply to bicycles.



The honey trap

Two gorgeous ladies stop you on the street and invite for a drink. Follow them to 'a little bar' they know, buy them a couple of cocktails, and you'll find yourself facing a bill for several hundred zloty, backed up by large gentlemen with shaved heads offering to escort you to a cash machine.



Public disorder

If things start kicking off, don't be tempted to stick around and watch the fun. The Polish police are going to come down on troublemakers like a bag full of anvils, and you don't want to be there when it happens.

MEDICAL SERVICES



COMPULSORY

**International students in Poland
have to have health insurance.
This is your obligation!**

You can always use the services of a walk-in clinic located in sector C of the building of Lazarski University. You will be provided with help with basic illnesses.



PRIVATE MEDICAL FACILITIES IN POLAND

Most foreigners in Poland use private health care to supplement the public sector, thus avoiding the long waits and bureaucracy of the public health care system. There are many private institutions offering health care in Poland (e.g. LUX MED, Damian, Enel Med) as well as a wide range of specialized doctors. You can find almost all specialities and clinics that offer special treatments and operations. Note that costs will be significantly higher than in the public sector.

Recommended prices for public sector healthcare – 10 EUR monthly and private sector healthcare – 40 EUR monthly.

Useful app:  **ZnanyLekarz**

ZnanyLekarz
Find a doctor online
and arrange the visit

FOOD

Yes, one of the most important things for students



Where to shop?

Convenience stores:

- ABC
- Delikatesy Centrum
- Dino
- Groszek
- Małpka Express
- Żabka

Discount stores:

- Aldi
- Biedronka
- Lidl
- Netto

Supermarkets:

- Lewiatan
- MILA
- Piotr i Paweł
- POLOmarket
- Stokrotka

Hypermarkets:

- Auchan
- Carrefour
- Kaufland
- Tesco

Important!



In 2019 in Poland, only the following Sundays are shopping days:

- January 27
- February 24
- March 31
- April 14
- April 28
- May 26
- June 30
- July 28
- August 25
- September 29
- October 27
- November 24
- December 15
- December 22
- December 29

Basically, in 2019, trade is allowed on the last Sunday of every month and additionally on one Sunday preceding Easter as well as on the two Sundays preceding Christmas.

Trade ban does **NOT** include cinemas, restaurants, cafés, small local stores where the owner can work, stores at gas stations, flower shops, pharmacies.

Additionally, you can use these apps:



Pyszne.pl
Biggest food delivery company in Poland



UberEats
Food ordering and delivery platform





PRICES



**Comparison of food prices between Poland and Norway
(according to Numbeo; August 2018)**

Product	Poland	Norway
Milk (1 liter)	0.55 €	1.81 €
Loaf of Fresh White Bread (500g)	0.64 €	2.69 €
Rice (white), (1kg)	0.75 €	2.56 €
Eggs (regular) (12)	1.74 €	3.78 €
Local Cheese (1kg)	5.24 €	10.51 €
Chicken Breasts (Boneless), (1kg)	3.61 €	11.97 €
Apples (1kg)	0.68 €	2.74 €
Water (1.5 liter bottle)	0.42 €	2.15 €
Tomato (1kg)	1.21 €	3.33 €
Potato (1kg)	0.41 €	2.02 €

Exchange rate: EUR 1 = PLN 4.32

Happy Holidays

NATIONAL HOLIDAYS

Happy Holidays

In 2019, there are the following bank holidays in Poland:

January 1 – New Year

January 6 – Epiphany

April 21 – Easter

April 22 – Easter Monday

May 1 – Labor Day


May 3 – Constitution Day

June 9 – Pentecost

June 20 – Corpus Christi

August 15 – Army Day and the Assumption of Mary

November 1 – All Saints Day

November 11 – Independence Day 

December 25 – Christmas

December 26 – Christmas

Important!

Please note that stores in Poland are closed during bank holidays (with the exception of some small local stores and gas station stores).

FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN

Don't forget about having rest! Warsaw is amazing city with lots of opportunities to have fun!



In Warsaw, there are more than 70 museums you can choose from. It's not that boring as you could think. You will be surprised with Copernicus Science Centre 😊



One of the best ways to experience cities is from up high. Warsaw skyline is quite characteristic, with its contrasting Palace of Culture rising amidst sleek and modern skyscrapers. Visit The Palace of Culture and Science, have a drink at The Marriott Sky Panorama Bar or enjoy the view from the Tower of St. Anna church.



There are a lot of places to go out for a drink with friends. For example, "Pawilony" is a little area in Nowy Świat street with 25 tiny pubs! It's a perfect place to start the evening, to meet a friend or to do the hell of a pub crawl. Also, there are a lot of shot bars in Warsaw, enough to satisfy any taste.



Most of the museums, attractions and the Old Town are on the left side of the Vistula river. Yet, you should not neglect the right side. The river bank on this side is rough, wild and authentic.

A unique little gem in Warsaw's Praga district, the Neon Museum is the biggest collection of neons in Europe and the only one in Poland.

The Tibetan Gallery is an "open-air street art gallery" showing Tibetan culture and history. This gallery is the first of its kind in the world.

Obviously, these examples are only tiny part of a wide variety of attractions that you can visit. Discover Warsaw and you will fall in love with this city! ❤️

Always be careful and remember about your own safety!

An aerial photograph of the Lazarski University building, a large, modern, white structure with a curved facade and a prominent green glass section. The building is surrounded by a parking lot filled with cars and is situated in an urban environment with other high-rise apartment buildings in the background. A large, bold, orange text overlay with a black outline reads "WELCOME TO LAZARSKI UNIVERSITY". The text is centered over the building and is enclosed in a thin yellow rectangular border.

**WELCOME TO
LAZARSKI
UNIVERSITY**

LAZARSKI UNIVERSITY

British Degrees
through our double-degree
Programs with Coventry
University in Great Britain



No 3

among non-public universities
in Poland according to

Perspektywy

No 1

RZECZPOSPOLITA



The faculty members are experts with many years of educational and practical experience. The programs combine the best theoretical knowledge with its latest practical application.



**More than 80% of students
in our English-language
programs come from outside
Poland, from 41 countries.**

More info: <https://www.lazarSKI.pl/en/>



UNIVERSITY FACILITIES

Medical Center

- Medical advice and general check-ups
- Treatment for basic illnesses

Library

- Over **180 000** books
- **Virtual Library of Science**
- Online journals and magazines

Rest areas

- Table tennis
- Sector E, first floor

Food Courts

- Two **restaurants** with home-made food
- **2 coffee shops**

Sport Facilities

- 2 gyms
- Swimming pool

ACADEMIC CALENDAR

TERMINARZ / ACADEMIC CALENDAR GRID Wiosna 2019 / Spring 2019

52		LUTY/ FEBRUARY MARZEC / MARCH					KWIECIEŃ / APRIL					MAJ / MAY					CZERWIEC / JUNE					LIPIEC / JULY				
Po	Mo	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22			
Wt	Tue	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23			
Śr	We	27	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24			
Cz	Th	28	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25			
Pt	Fr	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26			
So	Sa	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26			
Nd	Su	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27			

Pretty nice one, huh?

Legenda / Legend:

XX Święta
Holidays

XX Dni wolne od zajęć
No classes

2 Zielone Świętki - termin zjazdu EIZ

19 Graduacja

28 Koniec semestru II

Dni zajęć / Instruction days

XX Studia stacjonarne
Full-time studies

XX Studia niestacjonarne - Wydz Ekonomii i Zarządzania
Weekend studies

XX Studia niestacjonarne - Wydz Prawa i Administracji
Weekend studies

Sesja egzaminacyjna / Examination session

XX Sesja podstawowa
Basic session

XX Sesja poprawkowa
Re-sit session

sesja dla 3 roku WEiZ - języki obce

XX Obrony prac dyplomowych
Diploma

Sesja poprawkowa po sem I
Re-sit session

RULES AND REGULATIONS

We know it's boring ,
but it's really important tho



I. Attend classes

Students' presence in all classes is obligatory. Absence in 3 classes without serious reasons may lead to failing the course.

II. Respect the examination rules

No student may enter the examination room fifteen minutes or more after the commencement of an examination. Own materials and/or equipment are forbidden in examination rooms. All types of cheating attempts are forbidden in examination rooms.

III. Avoid unfair practices

Lazarski University shall use anti-plagiarism software as well as other means to identify and reprimand acts of plagiarism.

IV. You can be penalized

In cases where students are found to be guilty of unfair practice, the Committee of Inquiry may issue the penalties (e.g. disqualification of the student from any future examination; reduce the degree result; cancel the student's marks in part or in whole).

V. Appeal

The student may appeal to the University Appeals Board chaired by the University's Rector from the decisions of the Committee of Inquiry.

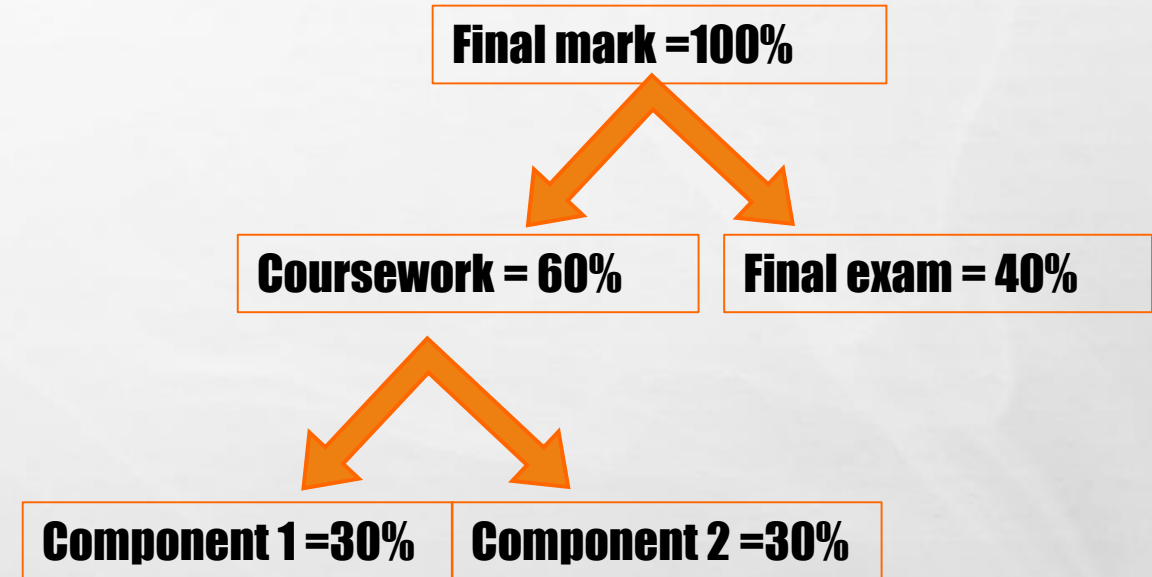
To be well informed about your rights and obligations, study Programme Handbooks and LU Rules & Regulations (constantly available for students in the LU Resources)



GRADING SYSTEM



- Students are informed about exams 4 weeks before the examination session. The schedule is available on the virtual system.
- The final mark must be **at least 40% to pass a course**. 35% is a marginal pass and can create a tricky situations.
- The components with a mark below 40% must be reassessed. Pay attention that the after the re-sit exam the highest mark you can receive is 40% (D).
- If you did not pass during the re-sit session you need to retake the course (do not do that, it's not worth it 😊)
- There is only one chance during semester to raise your mark by maximum 2%.



Possible components of coursework: in-class, midterm, papers, projects, presentations.

Usually they are combined in the following way: 1 in-class exam + 2 in-class exam; paper + midterm

For more details, check LU Rules & Regulations



GRADING SYSTEM



HOW TO CHECK WHETHER I HAVE PASSED A MODULE AT ŁAZARSKI UNIVERSITY

Marking scheme:

70-100% - A

60-69% - B

50-59% - C

40-49% - D

35-39% - E (Marginal fail)

0-34% - F



Is my total module mark \geq than 40%?

YES

No

Is the final exam mark \geq than 35%?

YES

I need to resit the final exam during the resit session. My mark will be capped at 40%.

Is the average mark for coursework (not for each and every element) \geq 35%?

YES

No

I need to resit coursework during the resit session. If I failed both in-class exams, there will only be one resit exam. If I failed an essay, the resit will be due during the resit session. My mark will be capped at 40%.

It is a pass! Congratulations!



If you are confused do not hesitate to ask students/teachers for an explanation.

For more details check LU Rules & Regulations

POLISH LANGUAGE

- Any attempt to learn Polish makes you a superhero in Pole's eyes and learning it is certainly a proper brain exercise. Are these reasons not enough to make you give Polish a try?



As an Erasmus student you can learn Polish language for free in Łazarzki University ! It will be delivered weekly, adjusted to time possibilities of a student group, 3h of classes a week, awarded with 6 ECTS credits.

**If you have such a wish let us know :
erasmus@lazarzki.edu.pl**

Some useful Polish expressions

English	Polish
Yes	Tak /tak/
No	Nie /nyeh/
I'm sorry / Excuse me	Przepraszam /psheh-PRAH-shahm/
Please/Here you are	Proszę /PROH-sheh/
Thank you	Dziękuję /jen-KOO-yeh/
Good morning	Dzień dobry /jen DOH-brih/
Goodbye	Do widzenia /doh vee-DZEN-ya/
Good night	Dobranoc /doh-BRAH-notz/
Hi / Bye	Cześć /cheshch/

beActive!

OUT-OF-CLASS ACTIVITIES

Sport Activities

For more info contact
Sport Department
sport@lazarski.pl



Student Union

Integration events,
parties, conferences,
workshops

Debate Club

Lazarški Dance Crew

Music Band



**THANK
YOU!**