

SURVIVAL GUIDE FOR ERASMUS STUDENTS

— UNIVERSITY OF TECHNOLOGY AND ECONOMICS —



*New country
New experiences
Same goals*

OUR UNIVERSITY

University of Technology and Economics is a non-public higher education institution created through the merger of two Warsaw institutions: Helena Chodkowska University of Management and Law founded in 1992 and The College of Customs and Logistics founded in 2001. Therefore, the University has two locations in the capital city of Warsaw – Jutrzenki Campus and Jagiellońska Campus.

The educational offer of the University includes the following fields of study:

Jutrzenki Campus	Jagiellońska Campus
Logistics Security Criminology and Criminalistics Law Enforcement Service National Security Management Health Security Management Economic Security Transport – Freight forwarding – Logistics Company Management and Marketing Financial Engineering Psychology in Business Law in Business Public Administration Transport Economics Company Management and Finances Financial Analysis Financial and Management Accounting	Construction Construction and Maintenance of Roads Transport Maintenance of Cars International Logistics Customs Services for Business International Tourism

INTRODUCTION

Dear Erasmus Student!

We are glad you have chosen our University. We will do our best to make your stay here a rich and memorable experience. We hope you will find this Survival Guide useful. The guide includes basic information about studying and living in Poland.

INTERNATIONAL RELATIONS OFFICE

Our International Relations Office coordinates academic cooperation of the University with its partner institutions. It serves the incoming students with help and guidance in all matters connected with studying and living in Poland. We are open from Monday to Friday between 8 A.M. to 4 P.M. (Jagiellońska Campus) and between 8.00 A.M. to 4.00 P.M. (Jutrzenki Campus).

Jutrzenki Campus	Jagiellońska Campus
International Relations Office Jutrzenki 135, 02-231 Warsaw, Poland Phone: +48 (0) 22 262 88 28 e-mail: aleksandra.tkacz-sawicka@uth.edu.pl	International Relations Office 82F Jagiellońska Str., 03-301 Warsaw, Poland Phone: +48 (0) 22 262 88 28 e-mail: aleksandra.tkacz-sawicka@uth.edu.pl

GRADING SCALE

Polish grading scale	ECTS grading scale
5.0 – excellent	A
4.5 – very good	B
4.0 – good	C
3.5 – satisfactory	D
3.0 – sufficient	E
2.0 – fail	F/FX

GETTING TO AND ABOUT...

The easiest way to get to Warsaw is by air. Warsaw Chopin Airport is only 30 minutes away from the city centre if you travel by bus. Check the airport website to find out which way to go once you have landed.

Warsaw can also be reached by train. Warsaw Central Railway Station is situated in the heart of the city so you will have no problem with getting anywhere.

Jagiellońska Campus is located in Warsaw district called Praga Północ. You can get there by tram and by bus. The stop for the Campus is PIMOT.

Jutrzenki Campus is located on the opposite side of the Vistula River in Warsaw district called Włochy. You can get there by bus. The stop for the Campus is Łopuszańska or Zajezdnia Kleszczowa.

Trams and buses will be your main means of transport. They both have quite a dense network with stops all over the city. They run from 5 a.m. till 11 p.m. Night bus service is also available. You can get the tickets at the newsagents' as well as at the ticket machines located at the stops and on some buses. The tariffs include time-limit, single-fare, short-term and long-term tickets. A holder of a valid Polish student ID is entitled to a 50% discount.

Warsaw also boasts a single line underground service (METRO) joining the north and the south of the city. METRO operates between 5 a.m. and 0.40 a.m., with trains running every 3-4 minutes at peak hours and every 6-7 minutes outside them.

Useful websites

http://www.lotniskochopina.pl/en/passenger?cl=en&set;_language=en

<http://www.ztm.waw.pl/>

RESIDENCE PERMIT AND MEDICAL CARE

NON-EU / NON-EEA / SWISS CITIZENS

A temporary residence permit may be required when your stay in Poland is longer than the period covered by your visa or other legal basis of stay. Since 27 April 2026, applications are submitted electronically through the MOS (Case Handling Module).

IMPORTANT DEADLINE

Submit the application no later than the last day of your legal stay. If submitted on time and formal requirements are met, your stay remains legal while the case is processed.

EU / EEA / SWISS CITIZENS

You generally do not apply for a temporary residence permit. For a stay longer than 3 months, complete the residence-registration procedure and obtain a Certificate of Residence Registration for an EU Citizen.

ERASMUS+ STUDENT MOBILITY

Some non-EU students with a valid student residence permit or long-stay visa from another EU Member State may use the student-mobility procedure in Poland, if the legal conditions are met (up to 360 days).

MEDICAL CARE

For formal information on health care and residence matters, always check the official sources below.

MOS: mos.cudzoziemcy.gov.pl

Gov.pl: [residence information for foreign nationals](https://gov.pl)

EXPERIENCE POLAND.

Poland is situated in the heart of Europe. It offers its visitors a vast variety of nature's attractions, starting from the mountainous south, through the Great Mazurian Lakes and finally coming to the coast of the Baltic Sea in the north. If you are a skiing fan, sea lover, sailing enthusiast or you simply love nature ? Poland is the country for you.

Warsaw ? the capital city of Poland is a thriving agglomeration. The biggest city in the country boasts almost ninety higher education institutions and as many as three hundred thousand students, among them about four thousand internationals. Such a high number of young people in the city cannot fail to have an enlivening effect on the overall atmosphere of Warsaw. The city's vibrant nightlife gives the impression that it never goes to sleep.

POLAND IN FACTS AND NUMBERS

Capital Warsaw
Population 38.1 m
Area 312,679 km²
Time zone GMT +1
Language Polish
Currency 1 Zloty (PLN) = 100 Groszy
International dialing code +48

CLIMATE IN POLAND

Poland is situated in a moderate climatic zone. Generally, northern and western parts of the country predominantly have a maritime climate, with rather mild, humid winters and cool, rainy summers. The east of Poland, however, has more of a continental climate with harsh winters and hotter, drier summer.

EMERGENCY NUMBERS

Landline	Mobile
999: Ambulance	112: general emergency number
998: Fire Brigade	
997: Police	
981: Road Assistance	
986: Municipal Police	

POLISH CUISINE

Polish cuisine is rich in meat, especially beef, chicken and pork, as well as different kinds of noodles. As in other Slavic cuisines, the use of kasza and other cereals is notable. Poles love their pierogi which remind Italian ravioli but are slightly bigger. They can have different fillings, e.g. minced meat, mushrooms and sauerkraut, cottage cheese, potatoes and onion and many others.

The traditional cuisine demands a lot of preparation but Poles enjoy their festive meals, especially on Christmas Eve. Polish people also adore soups, such as popular rosół – equivalent of broth, barszcz – beet soup and żurek – sour rye soup.

EATING OUT

Warsaw is brimful of places offering various cuisines. Restaurants serving food from all corners of the world can be found here.

What can be interesting for a foreigner, though, is a remnant of the communist era – bar mleczny – milk bar. Milk bars were originally created in the sixties to serve inexpensive meals based on milk products. With the fall of communism, most of these bars closed down. However, some survived and you can experience the atmosphere of the old days. Milk bars attract mainly students because they offer inexpensive meals.

ACCOMMODATION

University of Technology and Economics (UTH) does not offer on-campus accommodation. The students arrange their accommodation on their own. Thus below you will find a lot of useful tips and information to help you find your accommodation quickly and effectively!

The cost of renting a flat in Warsaw varies and depends on the area and standard, ranging from 500 to 600 Euro per month (for the whole flat). The price of a room is about 200-300 Euro per month. Sometimes it is possible to stay in a dormitory of another university, if they have vacancies but due to the recent situation, it may be difficult.

Finding suitable accommodation in Warsaw might be a bit tricky and time consuming, so you are advised to start looking for it about 2 months before arrival. You may need to stay in a hotel or a youth hostel for some time before you find your proper dwelling.

In order to help you find a proper dwelling, we have started collaboration with the renown international organization called Spotahome.

Spotahome is Europe's leading online platforms specialising in mid to long term furnished accommodation. Spotahome allows users to rent verified homes online from anywhere in the world, in 100 cities located in 28 countries, saving the user time, energy and money. Booking your new home on Spotahome is 100% safe and scam-free thanks to our Fraud

Protection Booking System: As an extra security step, your first payment is made through Spotahome. We will transfer this money to the landlord 48 hours after you move in, unless you contact us with a problem.

Find and book your new home 100% online on Spotahome!

Tenants can get a 30% discount on the reservation fee by using the promo code UTH30.

Contacts:

- www.spotahome.com
- partners@spotahome.com

Apart from Spotahome, you can also use different options.

• You can consult the following sites:

- <https://erasmusu.com/en>
- <https://123.mzuri.pl/apartments-for-rent/>
- pepehousing.com
- www.rentsent.pl
- <https://studentdepot.pl/>
- <https://lifeboxsa.pepebooking.com/>

- **Recommended hostels:**

□ <http://okidoki.pl/>

□ <https://greenwood-hostel.hotel-warsaw.net/en/>

- **Some of the students find accommodation with:**

□ www.airbnb.pl

• In addition, you might wish to surf the website of the Erasmus National Agency in Poland at the following address:

□ <http://www.erasmus.org.pl/information-foreign-students>

to get more information about studying in Poland and about our country as such.

• For specific information concerning studying in Warsaw, please visit:

□ www.studyinwarsaw.pl

• **Another thing, you might want to visit the following website about Warsaw. It is informative, fun and highly recommended :)**

□ <https://warszawawarsaw.com/en/>

Here are tips and info about accommodation from A Student's Guide to Poland .

Most international students live either in student dormitories or in flats.

DORMITORIES

In Poland dormitories (DORMS) are divided into state and private ones. STATE DORMS BELONG TO PUBLIC UNIVERSITIES. Thus, when

you enrol at a public university, you should be able to apply for a place in one of this institution's dormitories. In private dorms, students

from various private universities live together. State dorms usually offer single, double or triple rooms with an area of approximately 15–20

m². They are furnished with everything necessary for living and studying: beds (traditionally provided with pillows, blankets and linen), desks

for studying or computer work, and shelves and cabinets for personal belongings. The rooms have Internet access and some of them have a

fridge. In most state dorms, each floor is divided into segments comprising 2 or 3 rooms and a shared bathroom. On each floor, there is

usually an open access kitchen, a laundry room and a place to dry your clothes. You can also count on there being a dining room, a dedicated

place to study and a gym.

Private dorms provide rooms or even small flats (sometimes they include bathrooms or kitchenettes) with higher-quality conveniences such

as highspeed Internet access, a larger gym, and the building being enclosed or even offering a 24-hour security service. Usually, the cost of

accommodation in state dorms ranges between EUR 100 PER MONTH for a shared room. IN PRIVATE DORMS, it will be MORE

EXPENSIVE, AROUND EUR 350–450 PER MONTH. Before your arrival, make sure to check the amount of the deposit you are obliged to

pay at the beginning of your stay.

TIPS AND ONLINE SOURCES

FLATS

An alternative option for international students is renting a whole flat or just a room. It shouldn't be much more expensive than dorms if you

rent the flat together with friends and divide the total rent amount among yourselves.

THERE ARE MANY WAYS TO GO ABOUT THIS – HERE ARE SOME TIPS:

Join groups on Facebook that are dedicated to renting a flat, e.g. Wynajme mieszkanie [insert the name of the city you will be living in], etc.,

Remember that the flat should be situated in a well-connected location,

Don't overpay, so compare prices and ask about them on forums, e.g. on Facebook,

Do not send any advance payments before arriving in Poland – the best solution is to come to here a few days earlier and look for a flat or

room directly on the spot,

If you can't find a flat via a Facebook group, you can also try rental websites such as:

<https://www.olx.pl/> – OLX Poland

<https://www.gumtree.pl/> – Gumtree Poland

<https://www.otodom.pl/> – Otodom.pl

<https://gratka.pl/> – Gratka.pl

In our experience, the easiest way to find a flat is to join dedicated groups on Facebook as here you will find ads from the above-mentioned

rental websites. There is no shortage of offers, so you can find many great places. But remember that renting a flat by yourself is the most

expensive option, so if you have a limited budget, the best solution is to rent a room in a flat with other persons.

Unfortunately, sometimes scams do occur. That's why you have to be cautious and pay attention to every detail while looking for a place to

stay.

The map of Warsaw with names of districts below:



HERE ARE SOME TIPS TO HELP YOU AVOID DISAPPOINTMENT:

Set aside enough time to look through ads,

Check who owns the rental property,

Visit the flat before you sign anything or move in,

Bring a friend with you – that way you won't be as vulnerable to a landlord pressuring you into accepting terms you don't want to,

Ask your Polish friends or your Mentor/Buddy to explain prices and standards to you,

Get an agreement clearly stating information such as: how much the rent is, how long you can live there and what the terms are for giving

notice, being asked to move out, etc.,

Never pay anything without getting a written rental agreement beforehand, Make sure that the property (e.g. address, description) is

consistent with what is said in the rental agreement,

Document any already existing defects by means of photos before signing the agreement, so you are not charged for them later.

REMEMBER THAT IF IT SEEMS SHADY OR TOO GOOD TO BE TRUE, IT PROBABLY IS. IN SUCH A CASE, DON'T SIGN OR PAY ANYTHING.

When you decide to share a flat, it is a good idea to talk with your flatmates about rules regarding cleaning, noise levels, and having parties.

These are usually issues on which people disagree, which in turn can create a bad atmosphere between flatmates. It's better to set the rules

beforehand than resolve conflicts later on.

PUBLIC TRANSPORT:

Works very well in Warsaw.

Recommended application.

jakdojade.pl (you can check bus routes, timing, and means of transportations to different locations)

And finally, should you have any other questions or concerns please feel free to contact UTH Erasmus+ Coordinator! 😊

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STUDENTS WITH DISABILITIES

UTH provides services to candidates, students and employees with disabilities. Detailed information can be found here:

<https://www.uth.edu.pl/dla-studenta/biuro-ds-osob-niepelnosprawnych>

Support for candidates, students and employees with disabilities

For detailed information, please visit the UTH Office for Persons with Disabilities page above.

Good luck!

Powodzenia!

www.UTH.edu.pl