

UTH

**UCZELNIA
TECHNICZNO-HANDLOWA**
im. H. Chodkowskiej
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SURVIVAL GUIDE FOR ERASMUS STUDENTS

UNIVERSITY OF TECHNOLOGY AND ECONOMICS

Academic year 2018/2019



www.UTH.edu.pl



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.

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

- 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

Jagiellońska Campus:

- Construction
- Construction and Maintenance of Roads
- Transport
- Maintenance of Cars
- International Logistics
- Customs Services for Business
- International Tourism

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

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).

CONTACT DETAILS:

Jutrzenki Campus

International Relations Office

Jutrzenki 135, 02-231 Warsaw, Poland

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Jagiellońska Campus

International Relations Office

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website: www.uth.edu.pl



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 http://www.lotniskochopina.pl/en/passenger?cl=en&set_language=en 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.

Jagiellonska 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.

Check the following <http://www.ztm.waw.pl/> website to plan your routes around Warsaw. 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 the following types of tickets: time-limit, single-fare, short-term and long-term. 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.

ACCOMODATION

University of Technology and Economics does not provide incoming students with accommodation. However, you can count on your mentors to give you assistance in this process. You have the following options: you can rent a flat together with other students; you can stay at a hotel or student hostel; you can stay in a dormitory of another university. Please start looking for accommodation well in advance. You will find numerous offers in English at <http://www.polishforums.com/housing-offered-45/>

As for the costs, renting a flat in Warsaw might cost you from 300 to 600 Euro per month, depending of course on the area and the standard. The price of a double room in a dormitory is about 130-150 Euro per month.

If you follow this link:

<http://www.hostels.com/warsaw/poland?source=hostelscomother&gclid=CKqI3vGd8acC> you will find plenty of nice hostels in Warsaw.

RESIDENCE PERMIT AND MEDICAL CARE

If you are an EU or EEA citizen and your stay in Poland does not exceed the period of 3 months, there is no need for legalizing your stay. If you are a citizen of a non-EU country you have to obtain a visa from the consulate of Poland in your country of residence. For all formal issues connected with visa and residence permit as well as medical care: please look up the website of the Polish National Agency:

<http://www.erasmus.org.pl/coming-poland-formal-issues>

EXPERIENCE POLAND...



POLAND in facts and numbers

Capital	Warsaw
Population	38.1 m
Area	312,679km ²
Time zone	GMT +1
Language	Polish
Currency	1 Zloty (PLN) = 100 Groszy
International dialing code	+48

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.

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



When you are calling from a landline phone:

- 999: Ambulance
- 998: Fire Brigade
- 997: Police
- 981: Road Assistance
- 986: Municipal Police



When you are calling from a mobile phone:

- 112: general number for emergency

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 rosół³ – equivalent of broth, barszcz – beet soup and żurek – sour rye soup.

EATING OUT

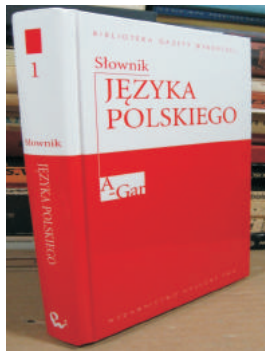
Warsaw is brimful of places offering various cuisines. Restaurants serving food from all corners of the world can be found here <http://www.warsawtour.pl/en/eating-out.html>.

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 cheap 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 low prices (the price of soup and the main course is about 10 Polish zloty – about €2.5).

FOOD PRICES (approximate)

Loaf of bread	3zł – €0.75
Carton of milk	2zł – €0.50
Butter	3zł – €0.75
Cheese (150g)	3zł – €0.75
Yoghurt (0.2ml)	1zł – €0.25
Carton of juice	3zł – €0.75
Coke (1l)	3zł – €0.75
Pizza (medium)	20zł – €5
Cup of coffee	8zł – €2
Beer (0.5l)	3zł – €0.75 (in stores) 8zł – €2 (in bars)

POLISH CRASH COURSE



Good morning	Dzień dobry
Good evening	Dobry wieczór
Hi	Cześć
Goodbye	Do widzenia
Good night	Dobranoc
Thank you	Dziękuję
Please	Proszę
Excuse me	Przepraszam
How much is it?	Ile to kosztuje?
I don't understand	Nie rozumiem
Railway station	Dworzec kolejowy
Coach station	Dworzec autobusowy
Post Office	Poczta
Shop	Sklep
Hospital	Szpital

Note: /cz/ is pronounced like /ch/ in the word 'church', /dz/, /drz/ - like /j/ in 'journey', /sz/ - like /sh/ in 'shop', /rz/ - like /s/ in 'leisure'

Good luck!
Powodzenia!