University of Lodz

is a home to innovative new media ideas such as the SmartUni app.

Our students get the best mobile application in Europe!
The SmartUni app was awarded as the most innovative mobile application by the 2015 EUPRIO Conference in Italy. It is designed for foreign students of the University of Lodz, as well as foreign candidates. The SmartUni App is an innovative, interactive guide for the newcomers and it gives insight into all main areas of student life at the UL, including classes, staff, exchange programmes and university events.
Facts and figures

FOUNDATION DATE
1945

37,000 Number of students

2020 Number of international academic agreements

1700 Number of international students per year

700 Number of Erasmus+ agreements

2221 Academic staff

220
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

Admission
Room no. 12
21/23 Matejki Street,
90-237 Łódź
Tel: +48 42 635 4237
Fax: +48 42 635 4789

Exchange students
Room no. 419
21/23 Matejki Street,
90-237 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 **90 fields of study** and **160 specializations**. In addition, the University offers several doctoral programmes, more than **50 postgraduate study programmes** (including an MBA programme, and those financed by the ESF),
as well as studies in English, French, German and Spanish. More than 37,000 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 PhD students.

The students, together with those studying in Łódź 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 230 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 700 agreements with almost 400 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 Łódź. The University of Lodz also takes part in other exchange and research programmes, such as Campus Europae, Scholarship and Training Found (EEA and
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; currently the university takes part in “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 = European Credit Transfer and Accumulation System. ECTS helps in recognition 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 TOMASZOW MAZOWIECKI
Study offer in Polish

A
• Accounting
• Administration
• Archaeology

B
• Banking and Digital Finance
• Biology
• Biomonitoring Studies
• Biotechnology
• Business Management and Analysis

C
• Chemical Analysis
• Chemistry
• Computer Science
• Cosmetic Chemistry
• Cultural Regionalistics
• Cultural Studies

D
• Data Analysis

E
• Ecobusiness Economics
• Economic Analysis
• Economics
• Enterpreneurship and Innovation Management
• Environmental Protection
• Ethnology
• European Studies

F
• Finance and Accounting
• Finance and Investment
• Financial Market
• Foreign Philology (a range of programmes)
• Forestry

G
• Genetics
• Geography
• Geoinformation
• Geomonitoring

H
• History of Art
• History
• Human Resource Management

I
• Informatics and Econometrics
• Information in Digital Environment
• International Cultural Studies
• International Economic Relations
• International Finance
• International Journalism
• International Relations

J
• Journalism and Social Communication

L
• Law
• Library and Information Science
• Linguistics for Business
• Logistics
• Logopedics with Audiology
M
- Management
- Marketing
- Mathematics
- Microbiology

P
- Pedagogy
- Philosophy
- Physics
- Polish Philology
- Polish-German Studies
- Political Science
- Public Management
- Psychology

R
- Real Estate Investments
- Regional Studies
- Religious Studies

S
- Social Analysis
- Social Policy
- Social Work
- Sociology
- Spatial Economics
- Sustainable City Economics

T
- Tax Law and Accounting
- Teaching of Chemistry
- Tourism and Recreation

W
- 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 GEOGRAPHICAL SCIENCES

• Climatology
  Bachelor’s Degree
• Geography
  Bachelor’s and Master’s Degree
• Spatial Economy
  Master’s Degree

FACULTY OF INTERNATIONAL AND POLITICAL STUDIES

• American Studies
  Bachelor’s Degree
• American Studies and Mass Media
  Master’s Degree
• **Asian Studies**  
  Bachelor’s and Master’s Degree

• **Cultura-Sociedad-Politica**  
  Masters Degree (instructed in Spanish)

• **European Studies**  
  Master’s Degree

• **Estudios Americanos**  
  Bachelor’s Degree (instructed in English and Spanish)

• **Formation Franco-Polonaise de Gestion (MBA)**  
  Postgraduate studies (instructed in French)

• **Intercultural Communication**  
  Bachelor’s and Master’s Degree

• **International Gender Studies**  
  Master’s Degree (available only within Erasmus Mundus Programme - GEMMA)

• **International Marketing**  
  Bachelor’s and Master’s Degree

• **International Marketing Management**  
  Postgraduate (non-degree) studies

• **Political Management**  
  Master’s Degree

• **Security Studies**  
  Bachelor’s Degree

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**FACULTY OF LAW AND ADMINISTRATION**

• **School of American Law**  
  Postgraduate studies

• **School of French Law**  
  French university-level diploma and Master’s Degree (instructed in French)

• **School of German Law**  
  Postgraduate studies (instructed in German)
FACULTY OF MANAGEMENT

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

FACULTY OF MATHEMATICS AND COMPUTER SCIENCE

- Computer Science
  Bachelor's and 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 these BA programs, you need B2 level of Polish

FACULTY OF PHYSICS AND APPLIED INFORMATICS

- Nanotechnology
  Bachelor's Degree
**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**

21/23 Matejki Street  
90-237 Łódź  
Poland  

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

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**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**

21/23 Matejki Street  
90-237 Łódź  
Poland  

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

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**Office of Career Services**

**Office of Career Services** is to help students and alumni of the University of Lodz in navigating 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 groups).

**Office of Career Services**

**E-mail:** biurokarier@uni.lodz.pl  
www.biurokarier.uni.lodz.pl
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.
STUDY WITH US!

Study with us
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.
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 Łódź, 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 and a health insurance valid for the whole period of studies in Łódź. 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. 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 31). 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 during which you will get the most essential information about your stay in Łódź.

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
Bilateral exchange programme

Mobility Direct

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 or one academic year (tuition fee free) as an exchange student. You will attend courses prepared especially for the exchange programs with other international students from all over the world, take part in events that will widen your knowledge about Poland and its culture, make new friends and get high quality education. Last academic year we hosted about 350 international students within this program, mostly from Kazakhstan, Georgia, China, Ukraine, Russia, Azerbaijan, Belarus and others. For more information about Mobility Direct, 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. 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 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 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.
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).

Visit the online admission system: [www.admission.uni.lodz.pl](http://www.admission.uni.lodz.pl)

### Required documents

- an application form
- original school certificates and diplomas with transcript of records
- medical certificate and health insurance policy
- 2 passport photographs
- an English (or other) language certificate
- a copy of the passport or ID
- administrative 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.

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 50% for students of Polish origin. The non-refundable administrative fee is 100 Euro.

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**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 Łódź.

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,
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.

Other programmes with partner institutions

The University of Lodz also participates in study programmes with other higher institutions in Asia. They are 2+2 programmes or 1+3, etc. where the students start the studies in their home university and finish at the UL.
Student organizations and science clubs

At the UL there are many student science clubs, also known as research societies. Not only you can meet like-minded people and make friends, but also discuss and gather information for your presentations, as well as diploma projects, or thesis, or even future research publications. Membership at one or more of them can give you extra points at admission for the PhD level. Some societies admit members from other Faculties, or even other schools.

The whole list of student organizations and science clubs can be found in the SmartUni App:

HTTP://SMART.UNI.LODZ.PL/EN
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 registration will take place at the beginning of each semester. 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 Łódź, 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.

Some of the most popular and interesting projects of ESN UL include:

- **Mentor programme**: it is a project developed by ESN. It joins volunteers together, whose mission is to help newcoming exchange students during the first stressful days abroad. Mentor is always willing to help with issues with documentation, accommodation, but also showing you around the city. But above all mentor is your friend!

- **ESN Olympics**: following the “healthy mind in a healthy body” principle, the group is involved in organizing sports and recreational events (eg. football tournaments, Sports Days, Paintball, Tennis Table, Tennis Table Soccer, winter camps). They are a helpful and outgoing group of people whose mission is to bring fun to exchange students by combining passion for sport and competition in the spirit of fair play.

- **Tandem**: it is a language exchange programme, which raises awareness of cultural differences among exchange students. Apart from meeting on language lessons every week, Tandem also organizes themed evenings, whose aim is to present traditions of different countries.

- **Social Erasmus**: it is an ESN international project that aims to involve exchange students through volunteering activities to take social action, fostering change in the society. Its main activities are Erasmus Hall, which is based on the involvement of international students in painting the walls in hospitals, and Erasmus Forest where students from abroad are involved in planting of trees.

Erasmus Student Network
University of Lodz
www.lodz.esn.pl

E-mail: esn@uni.lodz.pl
MAP
Main buildings of the University of Lodz
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 rejestracja pobytu obywatele UE. For students, the registration of stay is issued for one year. Once issued, the registration of stay also allows the person to work in Poland. The registration of stay 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 Łódź 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. 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,
- 4 photographs,
- 2 application forms (known as wniosek o zezwolenie na pobyt).

If you are a full-time student and you are a visa or residence permit (karta pobytu) holder, you can start working without any additional requirements. 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.

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**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](http://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 Heath Fund (58 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 Sienkiewicza 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 71)

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**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 two medical units. The first one, "Akademickie Centrum Medyczne Szpital Świętej Rodziny", is a health care centre specialized in multiple areas of medical care dedicated to foreign students. It offers English speaking doctors and helpline. It is located in the city centre (near Galeria Łódzka and Silver Screen) and easily accessible by public transport; an office and a medical room is also available at the UL's Dormitory no. 14. It provides services both within the Polish National Health Found (NFZ) and commercial ones. Another medical unit on the UL campus is 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.

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).
For more information on travelling to Poland and Łódź see page: 40 and 72
Transport

Located in the center of Poland, Łódź 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”, first get off at “Politechniki/Politechnika” stop (near the Sukcesja mall) and then change to tram, line 15 or 15A (get off in Pomorska Street, at the “Matejki”, “Lumumby”, or “Konstytucyjna” stop – depending on your dormitory).

- 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.pl), or: by rail link* 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). Łódź 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; tram no. 12 goes directly to the Campus). 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](http://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 Łódź consists of tram and bus services, and it is operated by MPK Łódź (website: [www.mpk.lodz.pl](http://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 or ticket machine in the street or bus/tram, 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). 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 zł) 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 zł) 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 Łódź 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 (6 Tramwajowa 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 zł (student ticket price).

*Prices as of January 2016.*

The Łódź 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, many 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 zł, 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 2 zł, a 1 kg parcel to Warsaw: 13 zł, a same-sized priority parcel to Japan: 89 zł (as of March 2016). 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](http://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.-8 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](http://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, Auchan, 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...
Useful info

There are a number of pharmacies (e.g. at 55 Narutowicza Street), and a number of store-equipped filling stations in the town, which are open 24/7.

## Cost of living

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

Prices and currency rates as of May 2016
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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 November</td>
<td>All Saints’ Day</td>
</tr>
<tr>
<td>11 November</td>
<td>Independence Day</td>
</tr>
<tr>
<td>24 December – 1 January</td>
<td>Christmas Break</td>
</tr>
<tr>
<td>6 January</td>
<td>Epiphany</td>
</tr>
<tr>
<td>Thursday to Monday</td>
<td>Easter Break</td>
</tr>
<tr>
<td>– moveable feast, between late March and late April.</td>
<td></td>
</tr>
<tr>
<td>1 May</td>
<td>Labour Day</td>
</tr>
<tr>
<td>3 May</td>
<td>Constitution Day</td>
</tr>
<tr>
<td>Thursday – moveable feast, depends on Easter Sunday; May/June</td>
<td>Corpus Christi</td>
</tr>
</tbody>
</table>
Łódź has earned the name of Polish capital of street art. Much of the street art you can see in Łódź are large-scale murals on house walls. They are a part of a large-scale project of the local Urban Forms foundation, undertaken to beautify the city center. The authors include eminent Polish urban painters (e.g. ETAM Crew, Raspazjan, M-City), but a range of international stars have also made their mark, including Chilean INTI, Spain’s Aryz, and Brazil’s Os Gêmeos. With about 50 murals, you can experience a tourist trail with a difference.

1. Kenor (Spain)
2. Messy Desk (Hong Kong)
3. Etam Crew (Poland)
4. Aryz (Spain)
5. Os Gêmeos (Brazil) / Aryz (Spain)
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).
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)

3rd floor
- Social Sciences (H)

Ground floor
- Lending department
- Return machine

2nd floor
- Central room: Political Sciences (I)
- Law (K)
- Room in the wing: Auxiliary Sciences of History (C)
- History (D, E, F)

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)
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 and one in the Dormitory no. 14.

Sports

First-cycle studies include physical education in their curriculum. The UL Centre for Physical Education and Sports is at 20/26 Styrska 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. Students sign up for PE classes via the USOS platform (www.usosweb.uni.lodz.pl) with login data from your Dean's Office. 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).
Come to Łódź and have fun!
City of 4 cultures

The city of Łódź 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 Łódź 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.

Hollyłódź / Festivals

Łódź 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 Łódź. Moreover, you can learn the history of Polish cinematography in the Museum of Cinematography, the only one of its kind in Poland.

**Philharmonic and Opera**

Proud of high culture, the Łódź 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)).

**EC1 and Planetarium**

The Centre of Science of Technology is located inside Łódź’s historic former power plant, where you can find scientific exhibitions, cultural events, and planetarium shows. The EC1 complex includes a library, a planetarium, a 3D cinema, art galleries, and conference rooms (1-3 Targowa Street). [http://www.planetariumec1.pl](http://www.planetariumec1.pl)

**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 Łódź 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). If you feel like dancing, why not go to the Lordis, Loża, Kokoo or Dom. In the morning, you can have breakfast at Drukarnia, Columbus Coffee, or Breadnia. Also, check out some
of the best veg bars (Green Way, W Te Pędy, Zbożowa). Above all, do not forget about the OFF Piotrkowska, a former factory yard, now filled with life (138/140 Piotrkowska Str.; why not see culture spots, try varied cuisine, and buy local clothing).

**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 Helios Sukcesja (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: Art Museum MS Łódź (several locations), Galeria FF (Photography), Galeria ASP (Academy of Art), Metropolitan Gallery ([mgs.lodz.pl](http://mgs.lodz.pl)), Wschodnia Gallery, Atlas Sztuki Gallery,
Central Museum of Textiles (with open-air museum of town’s life), Museum of the City of Łódź, 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 incrusted 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 brings you an expanding a network of bicycle tracks. Cycle lanes can be a part of the roadway or 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, 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)
A public bike-sharing system for Łódź, operated by Nextbike, opened recently. It includes 100 stations across the city, and allows its users a free 20-minute ride (after that time 1-hour ride costs 1 złoty). [www.lodzkirowerpubliczny.pl](http://www.lodzkirowerpubliczny.pl)

**Sports arena**

Like any major town, Łódź 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](http://www.aquapark.lodz.pl)).
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)

Sport

Robert Lewandowski
(football player)

Agnieszka Radwańska
(tennis player)

Marcin Gortat
(basketball player)

Justyna Kowalczyk
(cross country skier)

Robert Kubica
(racing driver)
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, the Palace of Culture and Science (built in 1955 and still being the tallest building in Poland) and the Museum of History of Polish Jews (awarded as the European Museum of the Year 2016). Warsaw is around two hours away from Łódź by car.

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 three hours away from Łódź.
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 4 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 northwest 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 2 hours away from Łódź (to the north). 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, Międzybórz, Augustów. The Masurian Lake District is around five and a half hours away from Łódź. [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 2 and a half hours away from Łódź. [WWW.WROCLOW.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 five and half hours away from Łódź, and about two and a half hours away from Kraków. [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

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 2014 and 2015 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”.

- In September 2015, the UL’s SmartUni App project placed second in an EUPRIO all-European marketing campaign contest, leaving 15 competitors behind. The DAAD (German Academic Exchange Service) listed the SmartUni App among 9 best promotional tools used at universities in Europe.

- 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 (former President of the European Commission).

- In May 2015 the UL celebrated 70th anniversary of its foundation! One of the most important events that took place during this event was 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

Police Station in Łódź:
ul. Sienkiewicza 28/30

DUTY OFFICER PHONE:
tel. 42 665-14-00, 665-14-01
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 Campus 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 Łódź:

- 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
- go-poland.pl
- www.foreignersinpoland.com

Travel:

- rozklad-pkp.pl/en/
- airport.lodz.pl
- en.e-podroznik.pl
### Survival Polish

<table>
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<th><strong>English</strong></th>
<th><strong>Polish</strong></th>
<th><strong>Pronunciation</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Good morning/afternoon</td>
<td>Dzień dobry</td>
<td>Jenn DAWB-ry</td>
</tr>
<tr>
<td>Hello/Hi ; also: Bye</td>
<td>Cześć</td>
<td>CHESH</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Do widzenia</td>
<td>Daw vidz-ENya</td>
</tr>
<tr>
<td>How are you?</td>
<td>Jak się masz?</td>
<td>YUCK shem mush?</td>
</tr>
<tr>
<td>I am sorry ; also: Excuse me</td>
<td>Przepraszam</td>
<td>P’shep-RUSH-um</td>
</tr>
<tr>
<td>Thank you / Thanks</td>
<td>Dziękuję/Dzięki</td>
<td>JENK-OO-yeah / JENKy</td>
</tr>
<tr>
<td>Stop!</td>
<td>Stop!</td>
<td>STAWP</td>
</tr>
<tr>
<td>Please / Here you are</td>
<td>Proszę</td>
<td>PRAW-shai</td>
</tr>
<tr>
<td>I know</td>
<td>Wiem</td>
<td>V’yam</td>
</tr>
<tr>
<td>I understand</td>
<td>Rozumiem</td>
<td>Raw-ZOOM-yam</td>
</tr>
<tr>
<td>Do you know? / (...Sir/Ma?)</td>
<td>Czy wiesz? / (Czy wie Pan/ Pani?)</td>
<td>Chee V’YESH? Chee V’YEAH pun / punny ?</td>
</tr>
<tr>
<td>I don’t know</td>
<td>Nie wiem</td>
<td>N’YEAH v’yam</td>
</tr>
<tr>
<td>I don’t understand</td>
<td>Nie rozumiem</td>
<td>N’yeah raw-ZOOM-yam</td>
</tr>
<tr>
<td>Yes</td>
<td>Tak</td>
<td>TUCK</td>
</tr>
<tr>
<td>No</td>
<td>Nie</td>
<td>N’YEAH</td>
</tr>
<tr>
<td>When?</td>
<td>Kiedy?</td>
<td>K’YEAH-ddy?</td>
</tr>
<tr>
<td>English</td>
<td>Polish</td>
<td>English</td>
</tr>
<tr>
<td>------------------</td>
<td>----------------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>What?</td>
<td>Co?</td>
<td>TSAW?</td>
</tr>
<tr>
<td>What is this?</td>
<td>Co to jest?</td>
<td>TSAW taw yes?</td>
</tr>
<tr>
<td>Where?</td>
<td>Gdzie?</td>
<td>gi’YEAH?</td>
</tr>
<tr>
<td>Where is...?</td>
<td>Gdzie jest...?</td>
<td>G’JAY yes...?</td>
</tr>
<tr>
<td>….. my dormitory?</td>
<td>….. mój akademik?</td>
<td>….. mooy acka-DEMM-ick?</td>
</tr>
<tr>
<td>How?</td>
<td>Jak?</td>
<td>YUCK?</td>
</tr>
<tr>
<td>I don’t speak Polish</td>
<td>Nie mówię po polsku</td>
<td>N’yeha MOVE-yam paw PAWL-skoo...</td>
</tr>
<tr>
<td>Do you speak English / French?</td>
<td>Mówisz po angielsku / francusku?</td>
<td>MOVE-ish paw UNG-yell-skoo? / FRUN-tsoo-skoo?</td>
</tr>
<tr>
<td>Excuse me, Sir/Madam!</td>
<td>Proszę pana/pani!</td>
<td>PRAW-shem PUN-ah / punny...</td>
</tr>
<tr>
<td>What is your name?</td>
<td>Jak masz na imię?</td>
<td>YUCK mush nah EE-m’yeah?</td>
</tr>
<tr>
<td>My name is...</td>
<td>Mam na imię...</td>
<td>MUM nah EEM-yeah...</td>
</tr>
<tr>
<td>1, 2, 3</td>
<td>Jeden, dwa, trzy</td>
<td>YED-den, dvah, tshee</td>
</tr>
<tr>
<td>4, 5, 6</td>
<td>Cztery, pięć, sześć</td>
<td>CHTURR-y, pench, shesh</td>
</tr>
<tr>
<td>7, 8, 9</td>
<td>Siedem, osiem, dziewięć</td>
<td>SHED-demm, OSH-em, JEV-ench</td>
</tr>
<tr>
<td>0, 10, 100</td>
<td>Zero, dziesięć, sto</td>
<td>ZURR-aw, JESH-ench, STAW</td>
</tr>
<tr>
<td>* (times)</td>
<td>* (razy)</td>
<td>RUZ-zy</td>
</tr>
<tr>
<td>+ (plus)</td>
<td>+ (plus)</td>
<td>PLOOS</td>
</tr>
<tr>
<td>= (equals)</td>
<td>= (równa się)</td>
<td>ROOV-nah shaih</td>
</tr>
</tbody>
</table>
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qzone.qq.com - University of Lodz
flickr.com/photos/promocja_ul/
youtube.com/user/PromocjaUL
Did you know that...

**Hello guys! I’m Lionel.** When I came to Poland I knew hardly anything about Poland and Łódź. 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 Argentinean, but currently I study at a Spanish university, and I’ve decided to spend half a year in Łódź 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 Łódź 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

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

Hello! I’m 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 Łódź has truly international academic atmosphere.

Anastasia
We’ve made it! Many hours spent on preparing this guide really paid off. It was fun, we hope you will like it!
We would like to thank every single person who contributed to the final outcome:

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2016
Łódź - tram map

Map from: mpk.lodz.pl
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Szpital Świętej Rodziny

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ul. Wigury 19 (19 Wigury Street), Lodz
Phone: 42 254 96 91
Helpline No.: 796 33 29 33
www.swietarodzina.com.pl

Office/surgery on campus:
XIV DS (Dormitory No. 14)
ul. Matejki 21/23
(21-23 Matejki Street), Lodz
Phone: 42 635 47 49

* planned treatment is free of charge with a valid insurance with the National Health Fund or with an insurance company which has already signed an agreement with our medical centre for the particular area of health service

* emergency cases visits and diagnostic tests are free of charge for holders of EKUZ card, Pole's Card or the Polish National Health Fund (NFZ) insurance

The Medical Centre offers also commercial services, which guarantee the highest quality and fast arrangement of visits, especially to specialized physicians.