

MEDICAL

UNIVERSITY OF GDAŃSK

POLAND



STUDENT GUIDE



POLAND

- The capital of Poland – Warsaw
- The longest river Wisła (Vistula), length 1047 km
- Member of the EU, a Schengen state
- Bordering on Germany to the west; the Czech Republic and Slovakia to the south; Ukraine, Belarus to the east; and the Baltic Sea, Kaliningrad Region (part of Russia) and Lithuania to the north.

www.poland.pl
www.poland.gov.pl

TABLE OF CONTENTS

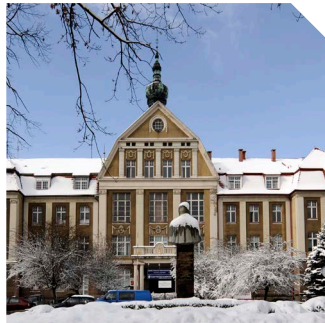
CLIMATE IN POLAND	6	ADDITIONAL TERMS.....	39
DINING OUT.....	7	FOREIGN ACCREDITATIONS.....	40
POLISH CUISINE.....	8	MUG'S INTERNATIONAL RECOGNITION.....	40
WHAT MAY PUZZLE OR SURPRISE YOU IN POLAND.....	10	INTERNATIONAL RELATIONS.....	41
GDAŃSK.....	14	ERASMUS+.....	42
SOPOT.....	18	INTERNATIONAL ALUMNI RELATIONS OFFICER.....	44
GDYNIA.....	20	ORIENTATION WEEK.....	45
WORTH VISITING IN TRICITY.....	21	ACCOMMODATION.....	48
HOW TO GET TO GDAŃSK.....	22	STUDENT CANTEENS.....	48
PUBLIC TRANSPORT.....	23	STUDENT ORGANISATIONS.....	50
WHO WE ARE	28	VISAS AND LEGALIZATION OF STAY IN POLAND.....	54
HISTORY.....	29	MEDICAL CARE.....	56
STUDY PROGRAM.....	30	DETAILS.....	58
STUDY IN ENGLISH.....	31	COST OF LIVING.....	58
DOCTORAL STUDIES	32	MONEY AND BANKING.....	58
RESEARCH ACTIVITY.....	33	POST OFFICES.....	59
OUR HOSPITALS.....	34	SHOPPING	59
MEDICAL SIMULATION CENTRE.....	35	BARGAINING AND TIPS.....	59
LIBRARY.....	36	FOOD AND SERVICES ON CAMPUS.....	60
NEW SPORTS CENTRE.....	37		
ORGANISATION OF THE ACADEMIC YEAR.....	38		



FREEDOM OF CULTURE

CLIMATE IN POLAND

POLAND'S CLIMATE IS INFLUENCED BY A CONTINENTAL CLIMATE FROM THE EAST AND A MARITIME CLIMATE FROM THE WEST.



WINTER

lasts from December to March and includes short or long periods of snow. High up in the mountains, snow stays well into May. January and February are the coldest months. The temperature sometimes drops below -15°C.



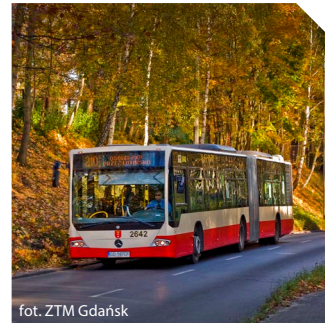
SPRING

starts in March and is initially cold and windy, later becoming pleasantly warm and often sunny.



SUMMER

which begins in June, is predominantly warm, but hot at times, with plenty of sunshine interlaced with heavy rains and thunderstorms. Summer can occasionally be cold, wet and disappointing. July is the hottest month with temperatures reaching over 30°C.



AUTUMN

comes in September and is at first warm and usually sunny, turning cold, damp and foggy in November. Gdańsk has a marine west coast climate with cold, cloudy, moderate winters and mild, windy summers with frequent showers and thunderstorms. The average annual hours of sunshine for Gdańsk are 1600, similar to other Northern cities.

DINING OUT

GDAŃSK, Sopot AND GDYNIA HAVE A WIDE RANGE OF RESTAURANTS, BARS, PUBS AND FAST FOOD BARS, FROM INEXPENSIVE TO EXCLUSIVE ONES. ALONGSIDE A GOOD SELECTION OF RESTAURANTS SPECIALIZING IN TRADITIONAL POLISH CUISINE, THERE'S A NEW TREND TOWARDS CULINARY VARIETY.

Modern European and Mediterranean-influenced dishes have made their way onto most restaurant menus, and ethnic establishments offering anything from Jewish, Mexican to Japanese and Arabic cuisine are well established. Vegetarians will find good restaurants as well. There are also a number of global fast food undertakings such as McDonald, KFC, Burger King, Subway. The Polish fastfood establishments offer a variety of hamburgers, hot dogs, toasted sandwiches (zapiekanki) and kebabs. Cafes, apart from tea and coffee, offer cakes and other sweet desserts. Bars (Bar mleczny, Bar studencki etc.) offer traditional Polish dishes – they are popular among students due to fast service and lower prices than most restaurants.



POLISH CUISINE

IF YOU WANT TO TRY TRADITIONAL POLISH CUISINE, STOP COUNTING YOUR CALORIES. IT IS RICH IN VARIOUS KINDS OF MEAT (PORK, CHICKEN, BEEF), FAMOUS FOR ITS VARIETY OF BREAD AND DELICIOUS SAUSAGES.

The most typical ingredients used in Polish cuisine are sauerkraut, beetroot, cucumbers (gherkins), sour cream, potatoes, mushrooms, sausages and smoked sausage. A meal owes its taste to the herbs and spices used; such as marjoram, dill, garlic, caraway seeds, parsley or pepper. The most popular and traditional Polish dishes are:



PIEROGI (POLISH DUMPLINGS)

are made of thinly rolled-out dough filled with a variety of fillings. The most popular fillings are meat, sauerkraut and mushrooms, seasonal fruit (blueberries, strawberries and cherries), buckwheat, sweet cottage cheese or boiled potatoes with fried onions (called Russian dumplings).



GOŁĄBKİ (CABBAGE ROLLS)

is a typical traditional Polish dish made of minced pork with some rice, onion, mushrooms, wrapped in white cabbage leaves. There are also other variations of fillings such as poultry, mutton or without meat.



**KOTLET SCHABOWY
(BREADED PORK CHOP)**

is one of the most delicious and the oldest Polish dishes. The pork breaded cutlet coated with breadcrumbs (served with bones or without) can be perfectly served with buttered potatoes and cabbage salad.



**KAPUŚNIAK
(CABBAGE SOUP)**

is a savory vegetable soup made with carrots, celery, onions, cabbage, diced tomato and spices.



**BIGOS
(CABBAGE STEW)**

is a very traditional Polish dish and its basic ingredients are sauerkraut, fresh cabbage (sometimes used only sauerkraut), various types of meat and sausages, dried mushrooms, prunes, onions and spices.



GULASZ (GOULASH)

is originally from Hungary, but the Polish recipe has been slightly changed. It is a stew of meat served with potatoes and vegetables, seasoned with fried onion and peppers.



**ŻUREK
(SOUR RYE SOUP)**

is a hearty, traditional Polish soup, with a sour broth, often served in elaborate rye-bread bowls.

WHAT MAY PUZZLE OR SURPRISE YOU IN POLAND

- When you visit someone's home, you might be asked to take off your shoes.
- Some men continue the tradition of kissing a woman's hand instead of shaking it.
- Polish people tend to eat a rather large breakfast, have a sandwich (or two) for lunch. Dinner is served between 15-17 and often consists of a soup and main dish
- When flying, Polish passengers often thank the pilot for a soft landing by applauding.
- Polish celebration of a name day.
- Polish people tend to believe that shaking hands while standing in a doorway brings bad luck.
- If invited to somebody's house for a meal, it is good to bring a gift – flowers are the most common choice.
- If you travel on public transport, be prepared for a display of old fashioned courtesy: young people give up their places to the elderly, while gentlemen make way for ladies.
- There is a custom of letting women through doorways first.
- In early January we listen to the concerts organized by the Great Orchestra of Christmas Charity and we donate money to equip hospitals throughout Poland.



FEBRUARY/MARCH

Tłusty czwartek (Fat Thursday = Doughnut Day) – celebrated on the last Thursday of the carnival. On that day we bake, or more often buy and eat lots of delicious doughnuts with marmalade.

Ostatki, Śledzik (Shrove Tuesday) – the last day of the carnival, just before Lent. Many people, especially youngsters, go out in the evenings.

APRIL

Prima Aprilis (April Fools' Day) – on the 1st of April you can be sure that someone will try to trick you.

MAY BREAK / MAY DAYS

Majówka – it is a time to celebrate both the spring time and workers' rights. Many people in Poland enjoy May 1st by being outdoors, as it marks a time when the weather becomes warmer in the spring. It is part of a holiday season known as Majówka, which includes Poland's Constitution Day, celebrated on May 3rd. There are occasional marches to promote workers' rights in some major cities.

JUNE

Sobótka (St. John's Night in June) – in villages, towns and cities located by a river, lake or the sea people gather at one place in the late evening to observe the spectacle of wreaths decorated with burning candles floating on the water. Local authorities often organise open air music concerts.

NOVEMBER

Święto Niepodległości (National Independence Day) – 11th of November. This is a public holiday in Poland, an anniversary of Poland's regaining independence in 1918 after 123 years of partitions by Austria-Hun-

gary, Germany and Russia.

Andrzejki (St. Andrew's Day) – 30th of November. It is a very mysterious evening - people, especially young girls, pour hot, melted wax into a bowl of cold water, the shape of the melted wax tells the future. Other fortune-telling games are played as well.

DECEMBER

Mikołajki (St. Nicholas Day) – 6th of December. It's a sign of the coming Christmas. Supposing that you were good it is very probable that early in the morning you will find a gift in your shoes. They must be clean of course!



ARTISTIC SPIRIT

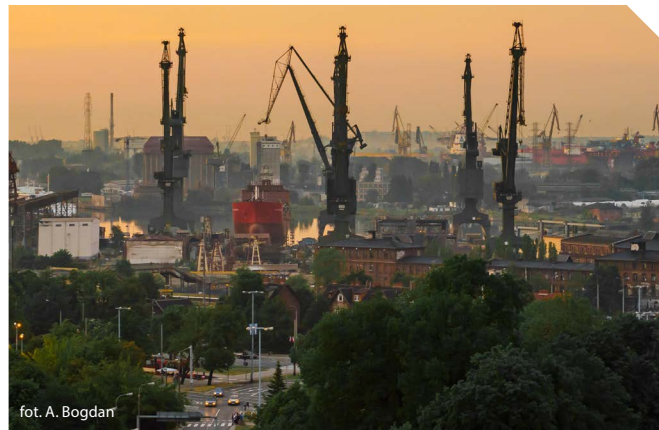
GDAŃSK

GDAŃSK IS A PORT CITY BY THE BALTIC SEA AND ONE OF POLAND'S OLDEST CITIES. OVER ITS THOUSAND YEARS OF EXISTENCE THE CITY HAS WITNESSED EVENTS WHICH HAVE CHANGED THE COURSE OF WORLD HISTORY. GDAŃSK WAS IN THE TOP 3 OF EUROPEAN DESTINATIONS IN 2017.

www.europeanbestdestinations.com



fot. M. Podlewski



fot. A. Bogdan

SPACE OF FREEDOM

There is no Gdansk without freedom. Courage, freshness, but first and foremost freedom. It was no coincidence that in Gdansk the phenomenon of Solidarity, a non-violent civic movement and its leader Lech Wałęsa led to the fall of communism in Europe. Early

er in European history, Gdansk offered a safe haven for courageous individuals who would have been burned at the stake for their thoughts and actions that went against the grain. It was a place where cultures, languages, religions and nations coexisted and shared ideas.

ON THE EUROPEAN TRAIL

Gdansk's most beautiful spots are related to its historical centre. This area, although almost completely destroyed during World War II, was rebuilt thanks to the determination of its people and nowadays the pictur-

Here, in Gdansk, you changed the course of the history of Europe and the world (...)

The values which Solidarity fought for are the pillars of the common values, under the rule of law, which today constitute the European Union.

Justice, freedom and solidarity are the pillars of Europe.

José Manuel Barroso



fot. Przemysław Burda

esque townhouses rising above the Długie Pobrzeże Street (Long Riverfront) welcome the visitors to the heart of Gdansk.

Gdansk's best known historic sites are located within the Głównie Miasto (Main Town) district, chiefly along the stately Droga Królewska (Royal Route). It was here that the life

of esteemed merchant families concentrated centuries ago and where deals were made, the elite congregated making breakthrough decisions.

Today, the spirit of those times is still present in the historical, lavishly decorated townhouses and charming streets. There is only one difference. Instead of the hubbub of merchants

and the jingle of Gdansk Ducats you can hear the laughter of young people walking down Ulica Długa (Long Lane) and Długi Targ (Long Market) or relaxing next to the 17th century Fountain of Neptune, who has been the city's protector for centuries.

FREEDOM OF CULTURE

Gdansk guarantees a unique atmosphere and a unique experience. The atmosphere comes from the old and beautiful historic monuments and the scent of the sea. Tempting shops and 20 kilometres of beaches. Cultural events and nature reserves that cannot be found anywhere else. Restaurants, cafes and clubs and the spirit of freedom and tolerance which has emerged many times over the thousand-year multi-national history of Gdansk.

Lonely Planet



fot. M. Szajewski – City Hall of Gdańsk

Concerts in the shipyard, a Theatre in a Window, a gallery on walls, dance on the beach: the entire city is an artist-friendly space. In Gdańsk, art does not hide inside the walls of cultural institutions, but fills the streets instead. The city often becomes a giant stage, gallery and concert hall. Rather than merely taking advantage of its one thousand years of cultural achievements, Gdańsk keeps creating ever new events. While drawing on its wealth of tradition, it meets the demands of even the most refined audience.

With its many centuries of tradition, Jarmark św. Dominika (St. Dominic's Fair) attracts crowds of tourists each August. Merchant stalls and street theatre troupes, parades and concerts in the Main Town are only a few of the attractions of this three-week long celebration. Gdańsk is the perfect place to talk about the solidarity of artists or about the universal sense of art

which rises above political, ethnic or religious divisions. This is the idea behind the Solidarity of Arts Festival each August, whose ambition is to unite artists and the public around high art.

THE WORLD CAPITAL OF AMBER

Situated at the crossroads of historic amber trading routes, Gdańsk is also known as the World Capital of Amber. The amber jewelers of Gdańsk have developed their own methods of crafting the so-called Gold of the Baltic and the quality of their pieces is unparalleled in the world.

THE TASTES OF GDAŃSK

Among Gdańsk's impressive historical monuments there is a lively dynamic, European metropolis, full of cafes and restaurants, offering delicacies from throughout the world: Mexican burritos, French cheeses, Russian blinis, Greek souvlaki, Italian pizza, Japanese sushi and of course tradi-



fot. M. Szajewski – City Hall of Gdańsk

tional Gdańsk products such as the famous fresh fish made according to an original recipe or Goldwasser vodka, with its flakes of genuine gold.

With the Baltic Sea coast and sandy beaches which stretch for miles on one side and woody moraine hills on the other side Gdańsk is much more than just magnificent historical monuments; it is also a perfect place for active leisure. The beach between Brzeźno and Sopot is a favourite route for strollers and cyclists, and in the winter, one can also see winter bathing enthusiasts swimming in the Baltic. There are numerous cafes to stop off for a cup of coffee and the seaside restaurants tempt passers-by with the scent of freshly cooked fish.

Gdańsk is also a city of gardens and parks. The biggest of all is the Park in Oliwa, established in the 12th century by the Cistercian Order, a park



fot. M. Szajewski – City Hall of Gdańsk

which combines French harmony with English fancy. Every afternoon you can see couples, students and senior citizens strolling and relaxing, while children run around. The generally quiet nooks of Oliwa Park make a beautiful setting for cultural events.

Yet another natural recreational area in Gdańsk is the Trójmiejski Park Krajobrazowy (Tricity Landscape Park), a large forest complex which surrounds the city. Cyclists who want something more challenging than the flat seaside routes can put their muscles and their bikes to the test on the Park's rolling post-glacial hills. Gdańsk is known as the most bicycle-friendly city in Poland. A dense network of bicycle lanes was developed here in recent years, both for recreation and for commuting. The newest lanes have a cyclist-friendly surface and many safeguards to facilitate a safe ride. You can reach most of the

tourist attractions and neighborhoods in Gdańsk by bike.

Within the Tricity Landscape Park there are also exotic animals to see at the City Zoo, which is the largest in Poland. With its 136 ha of abundant fauna and flora, it is bound to take the visitors' breath away.

SPORT THRILLS

The people of Gdańsk enjoy winter sports as well as cycling, but it is football that stirs the greatest emotions here. It is no wonder then that when Gdańsk was chosen as one of the host cities for the UEFA EURO 2012 (European Football Championship) there was real euphoria. The Erga Gdańsk Stadium was built especially for this event and is among the most beautiful sports facilities in Europe. It resembles an amber nugget, while its structural elements are modelled after

a ship's frame, to underscore the city's maritime tradition. It was considered EURO's most beautiful arena.

Ergo Arena, a modern sports and entertainment hall opened in 2010 at the border between Gdańsk and Sopot, also often attracts sports fans with spectacular international sports events. It is one of the most advanced venues of this kind in Europe and easily, the most innovative one in Poland. The modern structure can accommodate as many as 15 000 fans; its excellent acoustics and vast area guarantee the highest quality concert and theatre spectacle experience.

SOPOT

SOPOT IS THE SUMMER CAPITAL OF POLAND, HAVING A SPECIAL ATMOSPHERE AND ARTISTIC SPIRIT. ITS LONGEST WOODEN PIER IN EUROPE AND THE MUSIC FESTIVALS AT OPERA LEŚNA (FOREST OPERA) ATTRACT TOURISTS FROM ALL OVER POLAND AND FROM ABROAD. THEY STROLL ALONG THE ULICA BOHATERÓW MONTE CASSINO STREET (FONDLY KNOWN AS MONCIAK), RELAX, MEET FRIENDS AND ENJOY THE WONDERFUL SUMMER NIGHTS EITHER AT THE SEASIDE OR IN THE NUMEROUS CAFES, PUBS AND CLUBS. MONTE CASSINO STREET LEADS DOWN TO THE PIER AND IS ONE OF THE MOST POPULAR AND WELL KNOWN STREETS IN POLAND. IN THE SUMMER IT BECOMES THE STAGE FOR TRAVELING MUSICIANS, ARTISTS AND STREET PERFORMERS.

THE PIER

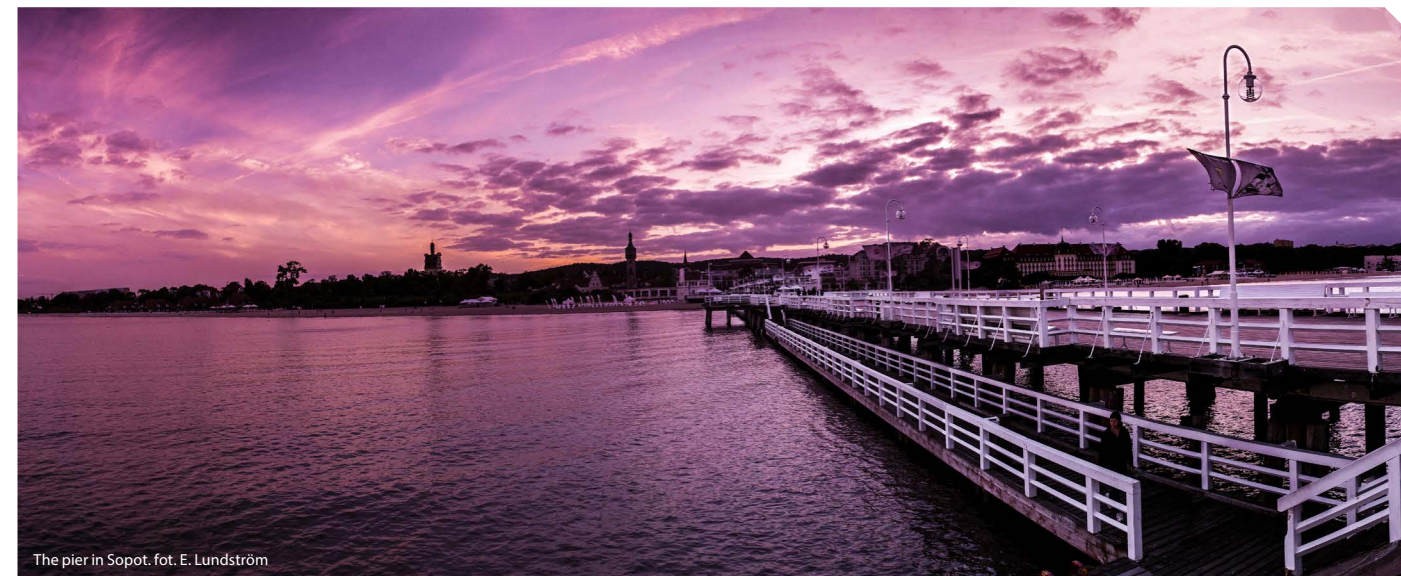
that is Europe's longest wooden pier cuts over 511 m into sea. Built in 1827 – initially as a wooden jetty – it is the most easily recognized sight in town.

THE FISHING HARBOUR

is undoubtedly a place worth seeing, in the southern part of the beach, near the outlet of the Potok Karlikowski (Karlikowski Stream) and the Przysań Bar. Every day one can buy freshly caught fish and see an exhibition of typical boats and fishing gear here.

THE HIPPODROME SOPOT

beautifully extended over an area of 40 hectares, the site of horse races which can be watched from a beautifully restored, hundred year old pavillion, numerous festivities, open-air events and concerts.



The pier in Sopot. fot. E. Lundström

AQUAPARK SOPOT

is the first establishment in the Pomeranian Voivodeship to offer comprehensive leisure and water recreation services. Aquapark Sopot has become the favourite leisure destination of local residents and a great attraction for tourists visiting Gdańsk throughout the year. Apart from pools Aquapark offers its customers the World of Sauna, bowling and Pick&Roll Club.

Sopot offers a rich calendar of artistic and cultural events, which contribute to the specific nature of the town. Undoubtedly, since 1961, the song festival constitutes the biggest attraction of the town. At the end of August, the whole town is focused on the event which takes place at the **OPERA LEŚNA (FOREST OPERA)**. It is a beautifully located amphitheatre with seats for 4 500 people and its location, among forested hills, creates great acoustics. Each year hundreds of people come to the town to listen to the stars performing on a natural stage in Sopot. During the festival, different types and styles of music are presented.

www.sopot.pl

Crooked House located on Monte Cassino Street, fot. City Hall of Sopot



GDYNIA

GDYNIA IS A YOUNG, BUT QUICKLY EXPANDING CITY SITUATED RIGHT ON THE SEASHORE, OFFERING MANY TOURIST ATTRACTIONS AS WELL AS SPLENDID SHOPPING OPPORTUNITIES AND A LOT OF ENTERTAINMENT. IT WAS FOUNDED IN 1926 AS A PORT CITY. BECAUSE OF ITS UNIQUE LOCATION, YOU WILL EASILY CATCH GREAT VIEWS OF THE SEA AND BEAUTIFUL SCENERY, AND ALSO FIND LONG PROMENADES, BEAUTIFUL WATERFRONTS, MARINAS AND YACHT CLUBS.



View of Gdynia fot. M. Bejm from archives City Hall of Gdynia

Gdynia offers excellent conditions for various sports, including extreme sports for the daring, hang gliding, ballooning, scuba diving, dog sledging (or carting) or winter sea-bathing in ice-cold water.

Gdynia is a city of festivals. A major European musical event – the Open'er Music Festival – has been held at the Gdynia-Kosakowo airport in July for the last few years. More than 100 thou-

sand people from all over the continent come to the three-day event annually. The line-up is always packed with big names of the music industry as well as the best young, rising stars. So far, the festival has staged, among others, artists like Placebo, Massive Attack, Faithless, Snoop Dogg, Pharrell Williams, Manu Chao, Franz Ferdinand, Björk, Beastie Boys, Muse, Sonic Youth or The Roots.

Gdynia also hosts Globaltica – the summer World Music Festival. Among its stars were Cesaria Evora – the icon of world music, Goran Bregović, and the reggae legend Burning Spear. However, the oldest and best known festival held in Gdynia is the Polish Film Festival, considered the most important event in Polish cinematography.

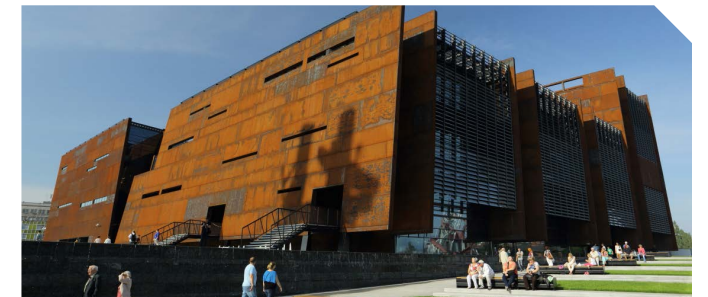
www.gdynia.pl

WORTH VISITING IN TRICITY

- **EUROPEJSKIE CENTRUM SOLIDARNOŚCI (EUROPEAN SOLIDARITY CENTRE)**
- **NARODOWE MUZEUM MORSKIE (NATIONAL MARITIME MUSEUM)**
- **MUZEUM NARODOWE (THE NATIONAL MUSEUM)**
- **MUZEUM ARCHEOLOGICZNE W GDAŃSKU (ARCHEOLOGICAL MUSEUM)**
- **MUZEUM II WOJNY ŚWIATOWEJ (MUSEUM OF THE SECOND WORLD WAR)**
- **MUZEUM BURSZTYNU (AMBER MUSEUM)**
- **MUZEUM HISTORYCZNE MIASTA GDAŃSKA (HISTORICAL MUSEUM OF THE CITY OF GDAŃSK)**
- **TEATR SZEKSPIROWSKI (THE GDANSK SHAKESPEARE THEATRE)**
- **CENTRUM HEWELIANUM (HEVELIANUM CENTRE)**
- **CENTRUM EDUKACJI ARCHEOLOGICZNEJ “BŁĘKITNY LEW” (THE “BLUE LION” ARCHAEOLOGICAL EDUCATION CENTRE)**
- **CENTRUM EXPERYMENT (THE EXPERYMENT SCIENCE CENTRE)**
- **AKWARIUM GDYŃSKIE (GDYNIA AQUARIUM)**
- **TEATR MUZYCZNY W GDYNI (MUSIC THEATRE IN GDYNIA)**
- **AQUAPARK**



fot. T. Kamiński, The Experyment Science Center



European Solidarity Centre, fot. Grzegorz Mehring / Archiwum ECS

HOW TO GET TO GDAŃSK



BY PLANE

The airport is 15 km from the city centre and easily reached by bus or taxi. The airport offers ca. 40 direct flight connections to airports in Poland and Europe.

Gdańsk Lech Wałęsa
Airport Gdańsk
Rębiechowo
Słowackiego str. 200
www.airport.gdansk.pl



BY CAR

There are four main routes leading directly to the Tricity: the E28 from the west via Gdynia; the E75 from the south via Gdańsk; the E77 from Warsaw which comes into the city via Gdańsk from the east.



BY TRAIN

Polish National Railways (PKP – Polskie Koleje Państwowe)
www.pkp.pl



BY FERRY

Polferries operates a ferry service between Gdańsk and Nynäshamn, Sweden.
www.polferries.pl

Stena Line operates a ferry service between Gdynia and Karlskrona, Sweden.
www.stenaline.pl

Finnlines operates a ferry service between Gdynia and Helsinki/Rostock.
www.finnlines.com



BY BUS

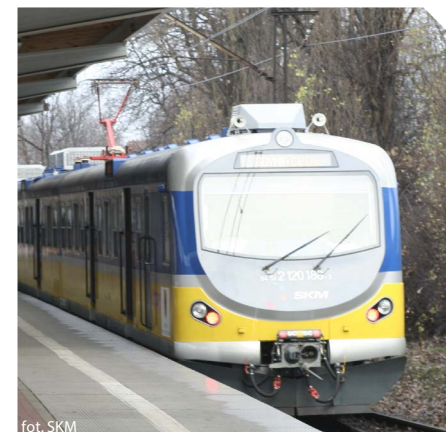
You can travel to Poland by bus using one of the many international firms, such as Eurolines, Eurobus, Orbis Transport, Euro-Trans and many others.

The Flix Bus coach operators offers inter-city connections between Gdańsk and several other main Polish cities.
www.flix.pl

PKS Gdańsk
The PKS coach operator offers regional and inter-city connections with several destinations.
www.pks.gdansk.pl

PUBLIC TRANSPORT

ALTHOUGH THE TRICITY FORMS ONE URBAN ORGANISM EACH CITY HAS ITS OWN PUBLIC TRANSPORT. TRAM AND BUS SERVICES IN GDAŃSK ARE OPERATED BY ZTM GDAŃSK (WWW.ZTM.GDA.PL) AND IN GDYNIA BY ZKM GDYNIA (WWW.ZKMGDYNIA.PL).



fol. SKM

MUNICIPAL RAILWAYS (SKM)

The fastest and cheapest way to go across the Tricity is to take the SKM train (Szybka Kolej Miejska/Fast City Rail). The great advantage here is complete independence from the local traffic congestion which causes many a headache when traveling by car during rush hours. SKM runs every 7-15 minutes during the day, every 30 minutes after 10 p.m.



If you have a valid student card (with current semester sticker) and are under 26, you can buy student tickets (51% discount) for the SKM and PKP.

www.skm.pkp.pl



fol. ZTM Gdańsk

BUSES, TRAMS AND TROLLEY BUSES

You can also choose the network of buses, trams and trolley buses as well as the taxis (the most convenient but also the most expensive). As long as you have a valid student card, you can buy student tickets for trams, buses and trolleys (no age restrictions).



Water Trams, fot. M. Szajewski – City Hall of Gdańsk

DIFFERENT KINDS OF BUS AND TRAM TICKETS

Single journey tickets entitle the bearer to a single journey on one bus or one tram only. These tickets are valid from the time they are validated until leaving the vehicle. The tickets should be validated immediately on boarding the vehicle.

Time tickets entitle to many journeys during 1 hour or 24 hours, allowing you to transfer to a different bus or tram. During the first journey the ticket should be validated immediately on boarding the vehicle. From this time on, the ticket is valid for the time indicated by its nominal value. Tickets may be purchased:

1. In ticket vending machines
2. In numerous kiosks situated in the city
3. Directly from bus and tram drivers. Passengers may purchase a single fare ticket (only 1 hour and 24 hours tickets) from the vehicle driver. Passengers shall have the exact amount of money.

DISCOUNT TICKETS

Discount tickets can be purchased by students who hold a valid European Youth Card – EURO 26 STUDENT or the International Student Identity Card (ISIC) issued outside Poland (up to the age of 26) and to students who hold a valid student card issued by Polish universities.

There is also an option to buy a monthly or even a semester ticket for the public transportation in Gdańsk. Such ticket is electronically encoded into the chip in your student ID card.

CITY CARD

For those who stay in Gdańsk for some time a great solution is a City Card. It's an electronic card, which can store a season ticket selected by the holder and is valid in Gdańsk public transport. E-ticket does not have to be validated. It is verified by the ticket inspector with a reader.

Bearer City Card can be purchased at ZTM Customer Service Points after paying 10 PLN as a deposit. It is recommended to submit the application via Internet. The card preparation time will be shorter than in case of the application submitted personally at the collection point.



fot. ZTM Gdańsk



fot. J. Springer

tomer Service Points after paying 10 PLN as a deposit. It is recommended to submit the application via Internet. The card preparation time will be shorter than in case of the application submitted personally at the collection point.

TICKETS IN GDYNIA AND Sopot

Gdynia has its own tickets; therefore it is impossible to use Gdańsk time-tickets there. Moreover in Gdynia there is no distinction in the value of the ticket as far as the time of the travel is concerned. Each validated ticket is valid for a single tour only. Students have the right to use half price tickets (again the students cards are requested).

Trolley-buses support the public transport network of Gdynia. The fare is the same as for buses.

In Sopot both Gdynia and Gdańsk tickets are valid, although the fares might differ. Only in buses going to Gdańsk one is obliged to use time-tickets. On other routes each stamped ticket is valid for a single ride.

METROPOLITAN TICKET

When you want to move easily through the Tricity throughout Gdańsk, Sopot and Gdynia. The 24 hour and 72 hour metropolitan tickets entitle the bearer to use trains and public transport in Gdańsk, Sopot and Gdynia.

www.mzkzg.org

BIKES

Gdańsk is a biker-friendly place with more and more bicycle paths and routes. Bike paths running along sea shore from Sopot to Gdańsk and Gdynia.

The bike means freedom, health and great fun!



fot. M. Szajewski - City Hall of Gdańsk



MEDICAL UNIVERSITY
OF GDAŃSK

WHO WE ARE

THE MEDICAL UNIVERSITY OF GDAŃSK (MUG) IS THE LARGEST MEDICAL UNIVERSITY IN NORTHERN POLAND, LOCATED IN ONE OF THE MOST BEAUTIFUL CITIES IN EUROPE WITH AN OLD TOWN AND BEAUTIFUL SANDY BEACHES.

According to the 2018 higher education ranking of the Perspektywy Education Foundation, the MUG is the first medical school in the country and ranks among the top ten of the best Polish state universities (8th place). The University provides education to over 6 000 students including Ph.D. and postgraduate students in four Faculties:

- Faculty of Health Sciences
- Faculty of Medicine
- Faculty of Pharmacy
- Intercollegiate Faculty of Biotechnology of the University of Gdańsk and the Medical University of Gdańsk.

International students constitute near 16% of MUG students and represent more than half of all international students studying in Gdańsk. Didactic activity is carried out by nearly 1000 academic teachers with over 100 of them holding the rank of professor.



HISTORY

THE MEDICAL UNIVERSITY OF GDAŃSK WAS FOUNDED ON OCTOBER 8th 1945. ITS HISTORY IS CONNECTED TO THE CENTURIES-OLD TRADITION OF SURGICAL PRACTICE ASSOCIATED AT THE LOCAL SURGEON GUILD, AS WELL AS THE MEDICAL TEACHING AND RESEARCH AT THE GDAŃSKIE GIMNAZJUM AKADEMICKIE (ATHENEUM GEDANENSE) ESTABLISHED IN 1558.



White Sunday

STUDY PROGRAM

- Medicine (Polish and English)
- Dentistry
- Dental Techniques
- Pharmacy (Polish and English)
- Medical Analytics
- Nursing (Polish and English)
- Midwifery
- Nutrition and Dietetics
- Electroradiology
- Enviromental Health with Occupational Safety and Health
- Rescue and Emergency Medicine
- Physiotherapy
- Public Health – Management in Health-care System
- Psychology of Health
- Pharmaceutical and Cosmetic Industry
- + doctoral studies (level 3)



MUG offers four intercollegiate faculties:




- Biotechnology UG&MUG
- Mechanical-Medical Engineering Technical PG&MUG
- Medical Physics UG&MUG and Speech Therapy UG&MUG.

STUDY IN ENGLISH

THE MUG OFFERS VARIOUS COURSES (PRE-STUDIES), 6-YEAR M.D. PROGRAMME, 5.5 YEAR PHARMACY PROGRAMME, 3-YEAR NURSING PROGRAMME WHICH ARE ALL TAUGHT FULLY IN ENGLISH.



CONTACT
Anna Kiszka
Paulina Zwolińska
MUG Admissions Office
al. Zwycięstwa 41-42
80-210 Gdańsk
Tel.: + 48 58 349 13 90
E-mail: admission@gumed.edu.pl
www.admission.mug.edu.pl

 /AdmissionsMedicalUniversityofGdansk
 https://twitter.com/admissions_mug
 https://www.instagram.com/admission_mug



DOCTORAL STUDIES

THE FIRST DOCTORAL SCHOOL WAS ESTABLISHED AT THE MEDICAL UNIVERSITY OF GDAŃSK. IT IS AN ORGANIZED FORM OF EDUCATION IN THE FOLLOWING DISCIPLINES: MEDICAL SCIENCES, PHARMACEUTICAL SCIENCES AND HEALTH SCIENCES.

The Doctoral School Council operates as the part of the Doctoral School. It consists of the headmaster of the school and its deputies, the chairman of the disciplinary councils or their elected deputies, deans or the appointed deputy deans involved in the implementation of the doctoral school education.

The establishment of the MUG Doctoral School is directly related to the implementation of the governmental Act 2.0. Previous doctoral studies (the 3rd level studies) have been replaced with the education of Ph.D. students in doctoral schools. Doctoral studies that commenced before academic year 2019/2020 will be conducted on the current principles, however, no longer than until December 31st, 2023.

The doctoral school will be run by the entire university, and not – as in the case of doctoral studies – an eligible university unit. The division between full-time and external studies will no longer exist and the doctoral school will be free of charge for all Ph.D. students. Each participant of the doctoral school will receive a scholarship.



RESEARCH ACTIVITY

THE MEDICAL UNIVERSITY OF GDAŃSK WAS SELECTED TO THE ELITE GROUP OF 10 BEST POLISH UNIVERSITIES AWARDED IN THE PRESTIGIOUS COMPETITION “INITIATIVE OF EXCELLENCE – RESEARCH UNIVERSITY”.



The results of the first edition of the program “Initiative of Excellence – Research University” were announced on October 30, 2019 in Warsaw. Obtaining the status of a research university confirms the MUG’s leading position in the field of research, development and implementation, as well as an impulse to compete with leading centers in Europe and in the world.

Thanks to the funds provided to the MUG by the Foundation for Polish Science as part of the International Research Agenda programme (Międzynarodowe Agendy Badawcze – MAB), a research centre has been established that specialises in research on genetic aberrations acquired as a risk factor for cancer and other diseases. Leaders of the project “Mutations acquired during lifetime that lead to increased risk for human disease, with focus on cancer” (acronym 3P-Medicine – Preventive, Personalised, Precision) are Prof. Arkadiusz Piotrowski, Ph.D.



from the Department of Biology and Pharmaceutical Botany and Prof. Jan Dumański from the Department of Immunology, Genetics and Pathology at the University of Uppsala.

Our cooperation with the business world is also developing constantly. Technology transfer is managed by Business Point, a unit established in cooperation with local technological parks (Gdańsk and Gdynia). Development of scientific projects is supported in order to implement the research results into the market. The MUG Innovation and Technology Office is constantly developing, to enable our scientists protection of their knowledge. Like other academic institutions, MUG’s policy focuses on creating and disseminating knowledge and optimizing benefits from intellectual assets. The challenging issue is how to commercialize the IP arising from research in order to provide maximum value to the economy, society and the university itself. The key point for developing an effective IP poli-



cy was to establish clear internal regulations in regards to IP ownership and a sustainable commercialization process of research. Since numerous studies show the greatest creativity and innovation of younger people involved in research projects, the leading idea of our University is including students in the research projects. Cooperation of young open-minded scientists with experienced researchers results in a wide range of research projects both national and with international partnership.

The main area of research in the Medical University of Gdańsk are innovative drugs and clinical treatments that would revolutionize current therapies of incurable diseases and improve existing treatments.

OUR HOSPITALS



MAIN HOSPITALS

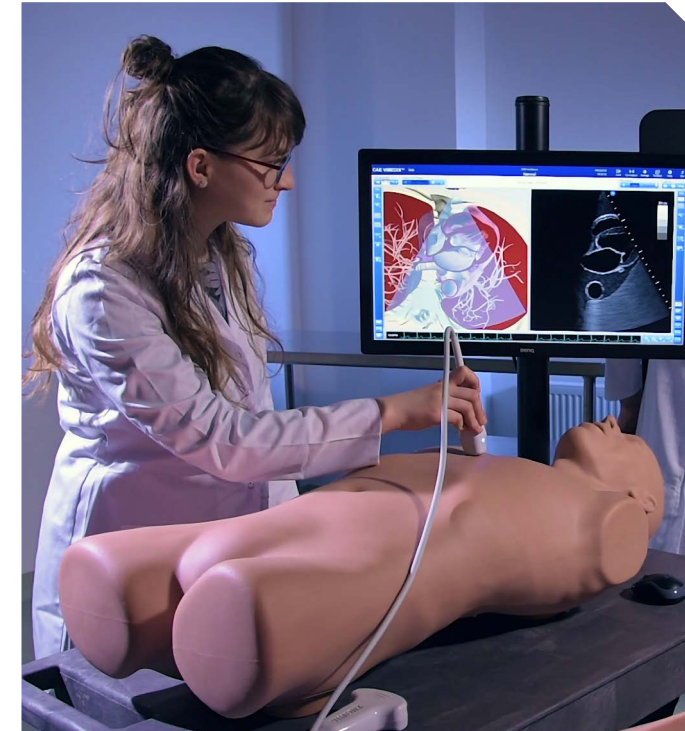
The majority of the practical clinical classes take place at the Invasive Medicine Centre which is regarded as one of the most modern hospitals in Europe. All operating theaters are equipped with audio/video gear, which allows transmission of live broadcast to the didactic rooms as well as recording and storing the footage from operations.

The Invasive Medicine Centre and the Non-Invasive Medicine Centre of our university hospital jointly constitute a clinical and research complex, which is unique on the European scale.

MEDICAL SIMULATION CENTRE

MEDICAL UNIVERSITY OF GDAŃSK STUDENTS IMPROVE THEIR PRACTICAL SKILLS AT THE MEDICAL SIMULATION CENTRE NOT ON THE PATIENT, BUT ON PHANTOMS, ADVANCED HUMAN SIMULATORS;

- 21 simulation rooms
- nursing skills simulation lab
- physical examination simulation lab
- dental simulation lab



LIBRARY

THE MAIN LIBRARY OF THE UNIVERSITY IS SITUATED AT UL. DĘBINKI 1
NEAR THE COLLEGIUM BIOMEDICUM BUILDING.

The Medical University of Gdańsk Main Library is the largest medical library in the Pomorskie region. Together with the MUG Faculty of Pharmacy Library, it is open to all patrons interested in medical literature. Over 4700 active patrons (from over 9200 registered patrons) use the Libraries' resources and services.

Spacious interiors await our patrons, with 27 computer stations and 246 seats and:

- 2 reading rooms,
- Scientific Information Reading Room,
- 6 individual and group study rooms (18 seats total).

The latest medical literature is available on the shelves of the Study Area.

MUG students and staff may access wireless network eduroam on their own devices and plug them into the outlets built into the tables in the reading rooms.

Self-service scanning (free of charge) and paid printing/copying are also available.



More information: www.biblioteka.gumed.edu.pl/en

NEW SPORTS CENTRE

The Sports Centre building includes a sports arena (1100 m²) with futsal, handball, basketball and volleyball pitches, as well as gymnasiaums for aerobics, squash, Asian martial arts and wrestling. There is also a tribune for 748 seats, gym lockers and showers, fully accessible, as well as an underground garage with 103 parking spaces and stands for 22 bicycles.



ORGANISATION OF THE ACADEMIC YEAR

ACADEMIC YEAR LASTS FROM OCTOBER TO SEPTEMBER

Winter term	from	October	to	February
classes and lectures proper	from	October	to	January
winter holidays	from	about 23rd of December	to	about 2nd of January
winter examination session	from	January	to	February
winter break			February	

Summer term	from	February	to	September
classes and lectures proper	from	February	to	June
spring holidays			March/April	
summer examination session			June	
summer holidays	from	July	to	September (summer repeat examination session)



ADDITIONAL TERMS

- Orientation Week for the 1st year English Division studies and Erasmus+ students takes place in the last week of September
- Examination session terms do not concern students of block system who enter the continuous examination session (exams are held directly after the end of classes in a given subject)
- Summer training, according to the programme of studies, is mandatory during summer holidays.



FOREIGN ACCREDITATIONS

CONFIRM THE HIGH ACADEMIC LEVEL OF TEACHING OFFERED
BY THE MEDICAL UNIVERSITY OF GDAŃSK

- **Medical Board of California (MBC)**
Accreditation for medical studies in the Polish language at the Faculty of Medicine
- **Medical Council of India (MCI)**
Accreditation granted to the Faculty of Medicine
- **Medical Council of Thailand (TMC)**
Accreditation granted for the Faculty of Medicine for 5 years (until 2022)
- **National Committee on Foreign Medical Education and Accreditation (NCFMEA)**
Accreditation for the Faculty of Medicine (and other medical schools in Poland) valid until 2020
- **Accreditation of Ministry of Health and Medical Education of the Islamic Republic of Iran**
- **The Hashemite Kingdom of Jordan Ministry of Higher Education & Scientific Research**

MUG'S INTERNATIONAL RECOGNITION

- **World Federation for Medical Education and the Foundation for Advancement of International Medical Education and Research (WFME)** WFME is a non-governmental organization which initiated official relations with the World Health Organization (WHO) representing medical education, physicians education and training all over the world
- **Academic Ranking of World Universities (ARWU)**
The world's oldest university ranking, also known as the Shanghai Ranking
- **CWTS Leiden Ranking**
The ranking edition was prepared on the basis of bibliometric indicators from four years (2013-2016) and covers 938 universities from all over the globe.
- **Best Global Universities**
the U.S. News ranking, based on schools' academic research and reputation, allows the students to compare universities around the world

INTERNATIONAL RELATIONS

ALL MOBILITY PROGRAMMES, INTERNATIONAL COOPERATION AND
INTERNATIONAL EDUCATIONAL PROJECTS ARE COORDINATED BY DEPARTMENT OF
INTERNATIONALIZATION.

Among the most popular programmes and projects are Erasmus+ (within EU), NUPACE (Japan) and the assistance programmes within Eastern Europe.

The IRO also organizes for its staff and guests from all over the academic world a series of training fo-

cused on cultural differences and international cooperation in higher education.

The MUG also participates in regional and world-wide organizations such as ScanBalt and the Baltic Sea Region University Network.

With over 50 agreements with foreign universities, the MUG cooperates in research, sharing best practices (eg. organizing a lecture series for foreign academics), internship and study programs (e.g. dual Ph.D. programme).

<http://intrel-en.gumed.edu.pl>



ERASMUS+

ERASMUS+ COORDINATORS

ERASMUS+ INSTITUTIONAL COORDINATOR

Ewa Kiszka, M.A.
DEPARTMENT OF INTERNATIONALIZATION
ul. M. Skłodowskiej-Curie 3A, 80-210 Gdańsk, POLAND
Tel. +48 58 349 11 61
Fax: +48 58 349 12 00
E-mail: ewa.kiszka@gumed.edu.pl

ERASMUS+ DEPARTMENTAL COORDINATOR, FACULTY OF MEDICINE

prof. Maria Alicja Dębska-Ślizień, M.D., Ph.D.
Department of Nephrology, Transplantology and Internal Diseases
ul. Dębinki 7, 80-211 Gdańsk, POLAND
E-mail: alicja.debska-slizien@gumed.edu.pl

ERASMUS+ VICE-DEPARTMENTAL COORDINATOR, FACULTY OF MEDICINE WITH SUBFACULTY OF DENTISTRY

Agata Żółtowska, DDS, Ph.D.
Department of Conservative Dentistry
ul. E. Orzeszkowej 18, 80-208, Gdańsk, POLAND
Tel. (+48 58) 349 1679
E-mail: agata.zoltowska@gumed.edu.pl

ERASMUS + FACULTY OF MEDICINE CONTACT

E-mail: erasmus.wl@gumed.edu.pl

If you wish to take part in exchange Programme
Erasmus+ you should contact
International Relations Unit

ERASMUS+ DEPARTMENTAL COORDINATOR, FACULTY OF PHARMACY WITH SUBFACULTY OF LABORATORY MEDICINE

Dr hab. Ilona Olędzka, Pharm.D.
Department of Pharmaceutical Chemistry
al. J. Hallera str. 107, 80-416 Gdańsk, POLAND
E-mail: ilona.oledzka@gumed.edu.pl

ERASMUS+ FACULTY CONTACT

E-mail: erasmus.wf@gumed.edu.pl



ERASMUS+ INFO

ERASMUS+ ID CODE:
PL GDANSK03
APPLICATION DEADLINE: 30 of June.

REQUIRED DOCUMENTS:

1. Application Form
2. Learning Agreement
3. Questionnaire
4. Health Certificate
5. Copy of passport or ID
6. A confirmation of Your Third Party Insurance
and Emergency Insurance certificates

Documents are available on home page of the International Relations Office

<http://intrel-en.gumed.edu.pl>

and should be sent by regular post to:

CONTACT

Karolina Derda
International Relations Office
Medical University of Gdańsk
ul. M. Skłodowskiej-Curie 3A
80-210 GDAŃSK, POLAND

First of all I have to tell my opinion about the whole trip: FANTASTIC :) I've had a very very great time together with other erasmus students. My impression about your north part of country can not put it into words :) and about studies – I guess I didn't see such a modern hospital as Yours with such kind teachers. Best luck for all future Erasmus! Viva la medicina!

– Sofia, Portugal



Tricity – I love that idea! There's nothing more interesting than Gdańsk, no better parties than in Sopot and no better place for a pint than Gdynia! I wish I lived in one of those, but I have one problem – I can't decide which one!

– James, Ireland

Life, course and project were in english so my english became much more professional and I think about working in a foreign country after that. I also learned some polish, the local language, I knew nothing of polish before. And now I can say "Jak sie masz?" without any foreign accent! Oh and I've met my wife here. Best wishes honey!

– Davide, Italy

I loved my stay in Gdańsk – it was Euro 2012 time. Beautiful sea, sun, women, great game, teachers, experience – what do You need more?

– Jose, Spain

INTERNATIONAL ALUMNI RELATIONS OFFICER

The university is a place where great things happen. It is here that the joint efforts of the teachers and students result in the latter's better understanding of the world's complexity and particular domains of the science, making them prepared for the challenges of their professional careers. These several years also constitute an important formative period, when students develop their maturity, social responsibility and awareness of global issues.

Upon graduation from the Medical University of Gdańsk, our alumni enter diverse working environments in various countries and serve varied patient populations. They become our key am-

bassadors and a valuable source of feedback and inspiration in our unceasing pursuit of excellence at teaching, student services and campus life.

Therefore, the Medical University of Gdańsk intends to develop and maintain long-lasting and mutually beneficial relations with our international alumni. We wish to communicate to our alumni the good news about positive changes within the university, announce interesting events concerning education, science and medical care, and to encourage your participation in MUG's educational and science projects and social events addressing both international alumni and

the whole academic community of MUG. The university will greatly appreciate our alumni's involvement in teaching quality-targeted projects, as well as marketing and recruitment activities.

For successful management of the relations with our international alumni the Medical University of Gdańsk appointed the International Alumni Relations Officer.

CONTACT

Jacek Kaczmarek, M.D., Ph.D.
Tel./fax +48 58 349 13 58
E-mail: iaro@gumed.edu.pl



ORIENTATION WEEK

The MUG offers all its new students and incoming Erasmus students a one-week orientation programme before the beginning of the academic year. A number of activities are designed to introduce students to the realities of school life in MUG and to formally induct new students into the profession of medicine.

Major activities include Welcome and Overview, Sharing Our Identities, Polish Language Course, Matriculation Ceremony, Social Events, Student Resources, Stress Management/Mental Health.

The Orientation Week helps the incoming students become acquainted with the MUG campus, student life, the teaching structure at the MUG and accommodation.

The Computer Education Center and Main Library staff provide students with a comprehensive overview of the MUG internal computer network (Extranet) and library resources. Students take a tour of the library and learn how to access its printed and online resources.

Last but not least, the Orientation Week also gives the new students some knowledge of the Polish language. During the course participants will practice speaking and writing skills. It helps participants to communicate effectively and to create relationships.

SOCIAL EVENTS

Social events include the Integration Party organized at the end of the Orientation Week. New MUG students together with the Erasmus students from the University of Gdańsk, Gdańsk University of Technology, Academy of Fine Arts in Gdańsk meet and share their experiences. Additional activities – trips around the city with sightseeing are organized and conducted by second-year students and Erasmus Students from MUG organization (ESMug).

At the end of each Orientation Week and in cooperation with other universities in Gdańsk we organize a city-wide Integration Party.





STUDENT LIFE

ACCOMMODATION

EVERY STUDENT OF MUG OR A STUDENT WHO COMES TO STUDY AT MUG WITHIN THE LIFELONG LEARNING PROGRAMME (OR BILATERAL AGREEMENTS SIGNED BY MUG) CAN LIVE IN ONE OF THE MUG DORMITORIES.

The Dormitories are situated on campus, very close to the didactic buildings. The campus consists of four dormitories with space for 1000 students. It is the location of the Student Government. There is also a canteen, which offers meals at student-friendly prices and the student club "Medyk". All the dormitories are connected to the Internet.

CONTACT

Dom Studenta nr 3 (Dormitorium no. 3)
Beata Trzebniak
ul. Dębowa 13
80-204 Gdańsk
Tel. +48 58 349 13 50
Fax: +48 58 349 13 50
E-mail: beata.trzebniak@gumed.edu.pl

*Prices may vary depending on each academic year regulations.

STUDENT CANTEENS

STUDENT CANTEENS ARE LOCATED IN THE CAMPUS (DĘBOWA STR.), COLLEGIUM BIOMEDICUM BUILDING (DĘBINKI STR.), ATHENEUM GEDANENSE NOVUM BUILDING (ZWYCIĘSTWA STR.) AND IN THE FACULTY OF PHARMACY BUILDINGS (HALLERA STR.).

Depending on the canteen – breakfast and dinners are served. The cost of full breakfast and dinner is about 10-15 PLN each. The Campus canteens are usually open 5 days a week during the academic year except for Christmas and Easter and serve meals – breakfast from 7.45 a.m. to 12 a.m., dinner from 12.15 p.m. to 3.45 p.m. on working days, and from 12.15 p.m. to 2 p.m. on weekends.



STUDENT ORGANISATIONS

ERASMUS STUDENTS MEDICAL UNIVERSITY

OF GDAŃSK – ESMug

The main activity of ESMug is to take care of Erasmus incoming students through the Tutor Program from the beginning of their studies at the MUG. ESMug is a non-profit student organization, which was created to support the development of international student exchange especially within the framework of Erasmus program.

Erasmus incoming students should contact ESMug in the case of problems with accomodation, who/where/what/when and all questions concerning non-study problems (not related to subjects and learning agreement, etc.). ESMug aims to integrate students from abroad by creating an opportunity to meet and spend time together. Providing help and care to students during their first days in Gdańsk is one of its most important tasks. Due to the fact that ESMug and USS share an office, you can obtain ESN contact information in the USS office.

CONTACT

ul. Dębowa 7, room 6 (Student Club Medyk), GDAŃSK

Tel./fax: +48 58 349 13 03

E-mail: erasmus.students@gumed.edu.pl

www.facebook.com/Erasmus.Students.MUG

THE UNIVERSITY STUDENT GOVERNMENT – USS

The University Student Government (USS) speaks for students both inside and outside the University. It participates in making important decisions for the University. It evaluates the authorities’ provisions in all important matters for students. It undertakes initiatives to improve the quality of teaching. The USS supports organizations within the University. It co-organizes Neptunalia, a student festival held in Gdańsk in May. It facilitates the implementation of ideas beneficial both for the students and inhabitants of Pomorskie province.

CONTACT

ul. Dębowa 7, room 6 (Student Club Medyk), GDAŃSK

Tel./fax: +48 58 349 13 03, Tel. +48 58 349 13 04

E-mail: uss@gumed.edu.pl

www.uss.gumed.edu.pl

THE STUDENT SCIENTIFIC SOCIETY – STN

The MUG Student Scientific Society (STN MUG) is an organization with over 50 years of history, associating students and coordinating their activities within the Student Scientific Clubs at our University. The society organizes the annual International Scientific Student Conference www.issc.gumed.gda.pl and the Student Teaching Presentation Competition “eSKaPaDa” series. STN MUG is also involved in spreading information about scientific events around the country and abroad and about possibilities of financing student scientific research.

CONTACT

ul. Dębowa 7, room 7 (Student Club Medyk), GDAŃSK

Tel. +48 58 349 13 05

E-mail: stn@gumed.edu

www.stn.gumed.edu.pl

THE UNIVERSITY SPORTS ASSOCIATION – AZS

The University Sports Association coordinates and organizes sports activities in the form of sports sections and extracurricular sport groups. These sections are professional in character, with training taking place a few times a week under a coach’s supervision. The members of the section take active part in competitions both locally and on a national scale. The extracurricular activities are purely recreational. The University Sports Association also organizes intercollegiate competitions. For a few years it has been responsible for the sports part of “Medykalia” – the Students’ Culture Days.

YOUNG PHARMACY

As a student organization, Young Pharmacy has been operating at the Faculty of Pharmacy MUGs since 2001 and it is a student section of the Polish Pharmaceutical Society. It cooperates with the International Pharmaceutical Students’ Federation (IPSF) and the European Pharmaceutical Students’ Association (EPSA). The associated students are members of EPSA Working Committees which deal with different aspects of pharmacist activities. In cooperation with IPSF Young Pharmacy takes part in the Student Exchange Programme. This programme gives students the opportunity to pursue traineeship in pharmacies or industry in countries all over the world; (countries from Europe, North and South America, Asia, Africa, Australia

and Oceania take part in the programme).

CONTACT

al. Gen. J. Hallera 107, room 18, GDAŃSK

E-mail: mf@gumed.edu.pl

PHIDE GDAŃSK – PHI DELTA EPSILON

INTERNATIONAL MEDICAL FRATERNITY

PhiDE was established in 1904 by 9 medical students at Cornell University Medical College in New York, USA. Today it counts over 27 000 members all over the world in the USA, Canada, UK, Sweden, Carribean, Mexico and Poland. PhiDE is committed to supporting a new generation of health care professionals and addressing the complex agendas of contemporary men and women seeking careers in medicine.

To accomplish these objectives, PhiDE has mobilized its most important resources – the membership – to develop and implement the medical student program. PhiDE strives to integrate medical student members with premedical students, practising physicians, and emeritus members – a network of more than 35 000 members from whom medical student members can gain first-hand information about the medical profession.

In Gdańsk PhiDE’s main goals and mission include:

- Integrating English Division and Faculty of Medicine (aka “Polish Division”) students
- Working together to gain the most of our time and education here in Gdańsk
- Active volunteering in the Tricity
- Mentoring & tutoring our fellow MUG students

Their motto is: Facta Non Verba (Deeds Not Words).

CONTACT

E-mail: phide@gumed.edu.pl

www.phide.mug.edu.pl

INTERNATIONAL FEDERATION

OF MEDICAL STUDENTS’ ASSOCIATIONS (IFMSA)

The International Federation of Medical Students’ Associations (IFMSA) is the world’s largest and oldest organization associating students of medicine and young doctors. Every year about 30 students of the Medical University of Gdańsk take the opportunity to go abroad for a clerkship. The department in Gdańsk is one of the most dynamically developing IFMSA centres in Poland. It has about 170 active members and organizes annually about 30 events, addressed to a wide spectrum of the inhabitants of the Pomorskie province.

CONTACT

ul. Dębowa 7, room 2 (Student Club Medyk), GDAŃSK

E-mail: ifmsa@gumed.edu.pl

www.ifmsa.gumed.edu.pl

SWEDISH MEDICAL STUDENTS

ABROAD ASSOCIATION – MSF

MSF – Gdańsk is working to promote the career interests of Swedish MUG students and graduates. In other words, helping to integrate with the Swedish medical job market, finding internships and residencies.

CONTACT

E-mail: info@msfgdansk.se

<https://www.facebook.com/slfstudentutland/>

<http://slfsutland.se/omoss/lokalorter-2/polen/gdansk.html>

ASSOCIATION OF NORWEGIAN

STUDENTS ABROAD – ANSA

ANSA is a non-profit and independent organisation voicing the interests of Norwegian students who study abroad. Currently more than 23 000 Norwegian students are studying abroad in over 90 countries. ANSA aim is to maintain and promote the educational, cultural, political and economic interests of Norwegian students abroad. ANSA has over 600 volunteers who are students abroad. The volunteers arrange various events and represent ANSA where they study. Members and volunteers can apply for funds from ANSA to help organise various social and cultural events while studying abroad. If a student encounters problems during their studies abroad for example with their university, their insurance, Lånekassen etc. they can turn to ANSA’s Student Adviser for help and advice. Student adviser’s main responsibility is to help students through various difficult situations.

CONTACT

ANSA, Storgata 19, 0184 Oslo, Norway

Tel.: +47 22 47 76 00

E-mail: president@ansa.no

www.ansa.no

<https://www.facebook.com/ANSA.Sentralt>

AFTER HOURS

Both students and university staff are entitled to enjoy the school’s cultural and recreational offer. Alongside the MUG Choir, the Student Club “Medyk” and the activities offered by the Department of Sports and Physical Education, the University supports various events organized by the University Students Government and student organizations operating at the MUG.



USEFUL INFORMATION



VISAS AND LEGALIZATION OF STAY IN POLAND

Pomorski Urząd Wojewódzki (Pomeranian Voivodeship Office in Gdańsk)
Wydział Spraw Obywatelskich i Cudzoziemców (Department of Citizens' Affairs and Foreigners)
ul. Okopowa 21/27 (entrance from Rzeźnicka street)
80-810 Gdańsk, Poland
Tel. + 48 58 307 74 27
Fax: + 48 58 307 72 14
Opening hours:
Monday-Friday: 9-14, Tuesday: 11-18.

Submitting an application legalizing a stay will only be possible after prior registration of a visit to the Office via the Internet.

Online booking of visits to the Pomeranian Voivodeship Office in Gdańsk
<https://kolejkagdansk.ajhmedia.pl/?lang=en>

STUDENTS FROM EU COUNTRIES – REGISTERING THE RESIDENCE

If you are a EU citizen you can enter Poland on the basis of your ID document (or other valid document certifying your identity and citizenship).

For stays exceeding 3 months you are obliged to Register the Residence in Pomeranian Voivodship Office in Gdańsk. There is no charge for Registering the Residence.

Documents required to register residence:

- 2 filled Applications for Registering the Residence
- 2 copies of passport (or other valid document certifying your identity and citizenship)
- 2 copies of a permanent or temporary residence permit (if the applicant is subject to a registration duty)
- certification of enrolment for studies / course issued by the University
- health insurance document
- declaration about sufficient resources to cover the cost of living in Poland.

STUDENTS FROM NON-EU COUNTRIES

If you come from a non-EU country you can enter the territory of Poland on the basis of a valid passport and a visa (if required). You have to obtain the visa from the consulate of Poland in your country.

For stays exceeding 3 months or before Polish visa expires you are obliged to personally apply for a temporary residence permit in Pomeranian Voivodship Office in Gdańsk.

INSTRUCTION

Documents required to apply for a Temporary Residence Permit:

- 2 filled Applications for Residence Permit for temporary residence
- 4 photographs
- 2 copies of passport
- 2 copies of visa
- 4 copies of residence confirmation
- certification of enrolment for studies / course issued by the University
- confirmation of payment for tuition fee for studies / course
- health insurance document
- declaration about sufficient resources to cover the cost of living in Poland
- confirmation of payment for revenue fee.

For more details, visit Pomeranian Voivodship Office website: www.gdansk.uw.gov.pl/en

FOR ERASMUS+ STUDENTS

You need the following documents to apply for Polish visa:

- passport
- visa application form
- current passport photographs
- official statement from Polish university accepting you as an Erasmus student
- official statement from your home university declaring the grant received.

For details, please contact the Polish Embassy or Consulate in your country.

Persons who have received visa for the whole period of stay in Poland are not obliged to apply for a Temporary Residence Permit for their stay in Poland.

MEDICAL CARE

STUDENTS FROM EU/EEA COUNTRIES

A student from a member country staying temporarily in the territory of Poland is entitled to free health care on the basis of the European Health Insurance Card (EHIC) or in particular cases on the basis of a special certificate. The student is obliged to present one of these documents (it is advisable also to have a copy) together with an identity document directly to the health care provider (this information is valid for public health care institutions). The student can benefit from free health services at health care providers who have concluded a relevant contract with the National Health Fund (NFZ – Narodowy Fundusz Zdrowia). Students can also purchase a health insurance policy in their home country.

STUDENTS FROM NON – EU/EEA COUNTRIES

These students can sign-up for health insurance from the NFZ, the Polish government health insurance agency.

The sign-up process requires some paperwork and patience.

The main steps are:

- gather your documents
- sign-up at the NFZ office
- register your account at ZUS office
- make your first payment (at a post office or your bank)
- pick-up your insurance booklet (and EHIC if you want it) at the NFZ office.

BENEFITS OF THE NFZ INSURANCE

- accepted in ALL hospitals and most private clinics in Poland
- entitles you to get the EHIC card, which is accepted in all EU countries
- covers visits to ALL specialists
- covers all diagnostic procedures (lab tests, x-rays etc)
- covers emergency costs (ambulance, etc.)
- covers stays at the hospital, reduces costs of prescribed medications.

HEALTHCARE FOR MUG STUDENTS

In case you are sick, you are welcome to see an English-speaking doctor at the:

MUG Hospital Family Medicine Center (Centrum Medycyny Rodzinnej)
ground floor of Building 1 of the University Clinical Centre (MUG Hospital),
Dębinki str. 7.

Monday-Friday 7.45-18.

IN CASE OF A LIFE-THREATENING MEDICAL

EMERGENCY PLEASE VISIT

THE INVASIVE MEDICINE CENTRE

EMERGENCY ROOM

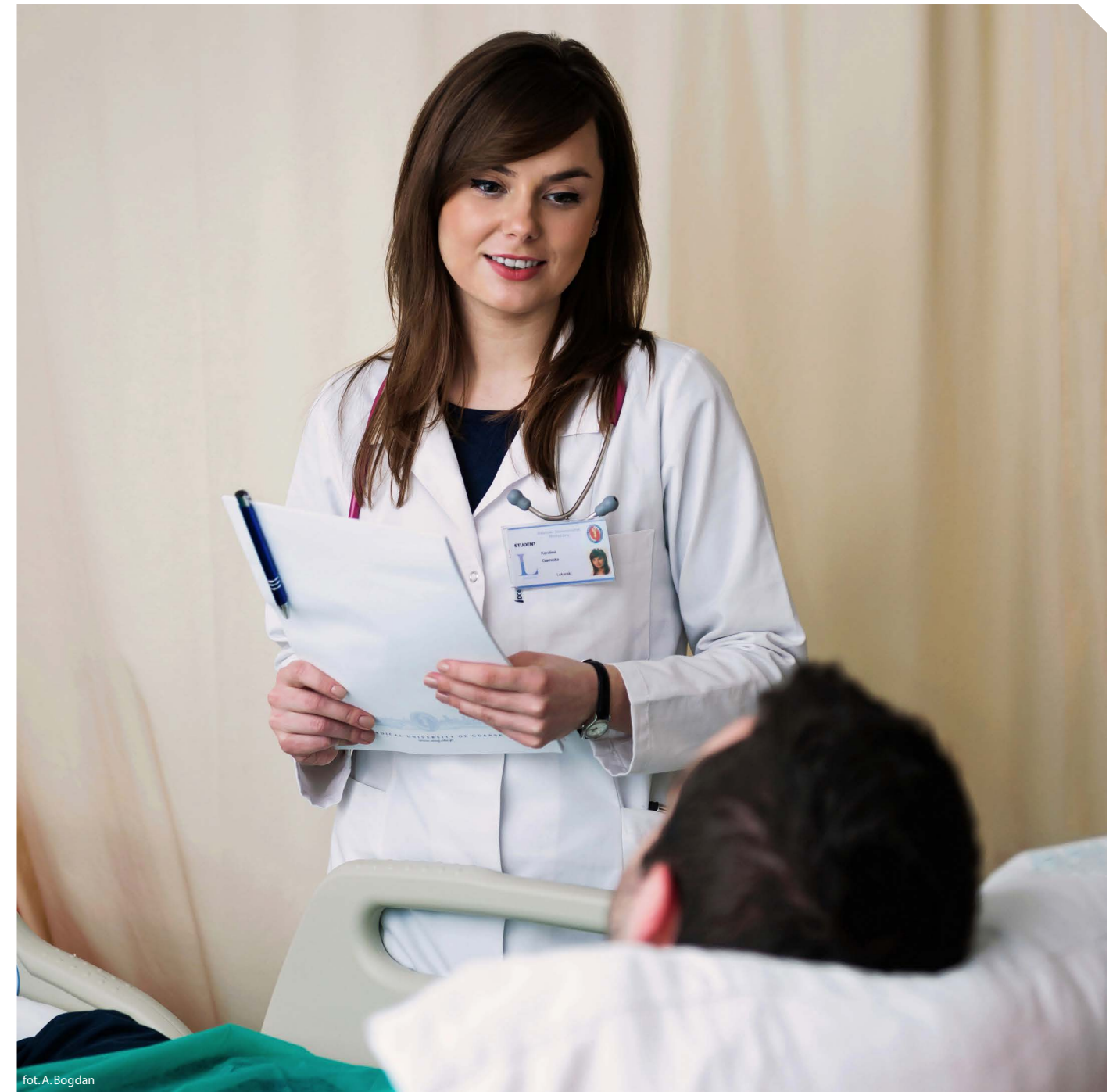
(new building at Smoluchowskiego str. 17) open 24 hours/day

Additionally non EU students should purchase health insurance in their home country, before departure. In the case of the ISIC or Euro<26 card, insurance is included in the card and it is not necessary to buy another one unless one wants to increase its scope or value. According to state health regulations foreigners (except EU/EEA citizens) have to pay for a medical consultation. The cost is then reimbursed by the health insurance company. Apart from the academic and public medical care systems there is also a well-developed private sector.

For more information visit:

Ministry of Foreign Affairs
www.msz.gov.pl

National Health Fund
www.nfz.gov.pl
www.nfz-gdansk.pl



fot. A. Bogdan

DETAILS

COST OF LIVING

Student living expenses per month (approx.)

Low budget

Lodging	PLN 400-600 (€ 96-145)
Food	PLN 400-450 (€ 96-107)
Transportation	PLN 1,5-97 (€ 0,50-23)
Other expenses	PLN 200-250 (€ 48-60)
Total	PLN 1001,50-1397 (€ 240,50-335)

High budget

Lodging	PLN 2000-2500 (€ 480-600)
Food	PLN 2500 (€ 600)
Transportation	> PLN 185 (> € 45)
Other expenses	> PLN 500 (> € 120)
Total	> PLN 5185-5685 (> € 1270-1366)

Mid-range budget

Lodging	PLN 600-1800 (€ 145-430 €)
Food	PLN 500-650 (€ 120-155 €)
Transportation	PLN 97-185 (€ 23-45 €)
Other expenses	PLN 400-450 (€ 96-107 €)
Total	PLN 1597-3085 (€ 384-737 €)

MONEY AND BANKING

- Polish currency is Polish złoty (PLN or zł), 1 złoty equals 100 groszy (gr). There are 6 banknotes: 10, 20, 50, 100, 200, 500 zł. Coins include: 1, 2, 5, 10, 20 & 50 groszy and also 1, 2, & 5 złotych.
- If you wish to exchange euro (or other currency) to PLN you have at your disposal exchange desks at border crossings, airports, railway stations, travel offices, hotels and special exchange offices called “kantór”. No commission fee is charged at kantors. Cash machines (ATM) are very common.
- You can open an account in Poland (usually only passport is needed) or get money directly from the account in your home country through a cash machine. Credit cards are in common use in the town. Pay Pass also became very popular.

POST OFFICES

Post offices (Poczta or Poczta Polska) are located throughout cities, often with branches at main railway stations. This is a place where you can buy a stamp, send a parcel or pay some bills. Post offices are usually open five days a week from 8 a.m. to 6 p.m. There is a 24 hours/day post office at the ulica Długa in Old Town.



SHOPPING

There are many local shops where you can buy groceries and household goods. Most of them are open from Monday to Friday, between 7 or 8 a.m. and 6 p.m., and on Saturdays until 2 p.m., and they are usually closed on Sundays. Shopping centres are open from 9 a.m. to 9 p.m., supermarkets usually from 8 a.m. to 9 p.m. Supermarkets are open seven days a week. There are also shops open 24 hours a day (TESCO, etc.). In most shopping centres there are supermarkets, restaurants, cinema, souvenir shops, etc. That is why shopping centres have become places most frequently visited by shoppers, as well as places where friends meet. Grocery shops are open from 6-7 a.m. to 6-9 p.m. Local markets are popular places where you can buy food, vegetables and fruit of good quality.

BARGAINING AND TIPS

Bargaining over the price is not a very well developed custom in Poland. In shopping centres and chain stores the customers almost never negotiate prices with the sales personnel. Only in the case of purchasing an expensive product (e.g. electronic equipment) you may try to negotiate a better price. Tips are not mandatory in Poland and there is no obligation to give them. It should only be done when you are satisfied with the service. The usual amount of tips reaches 10% of the bill, in some better restaurants it is automatically added to the bill as the payment for service. Tips for hotel service personnel may be between 5 and 20 PLN, depending on the standard of the hotel in which we stay. There is no custom of tipping taxi drivers in Poland.



FOOD AND SERVICES ON CAMPUS

RESTAURANTS:

Trattoria La Cantina (Italian food)

ul. Dębinki 7D
www.trattorialacantina.pl

Winne Grono. Restauracja i winiarnia (French food)

ul. Kopernika 17
www.winnegrono.com.pl

Włoska robota (Italian food)

ul. Marii Skłodowskiej-Curie 3
wloskarobota.it

BARS/CANTEENS:

Bar bistro „MOZAIKA”

ul. Dębinki 1 (Collegium Biomedicum building)
al. Zwycięstwa 41/42 (Atheneum Gedanense Novum building)

Student Canteen (on Student Campus)

ul. Dębowa 7

Smacznego Cafe Kebab Bar

ul. Dębinki 7 (building no. 9)
www.facebook.com/smacznegokebabcafebar

Bar Witaminka (healthy, vegetarian, gluten-free food)

ul. Dębinki 7 (CMI building, 1st floor)
www.barwitaminka.pl



fot. Trattoria La Cantina

CAFÉ

Raro Caffee

ul. M. Skłodowskiej-Curie 3
www.facebook.com/rarocaffe

MEDICAL STORES:

RH Plus

ul. Hoene-Wrońskiego 1

Ortomax

ul. Smoluchowskiego 17

Med-Studio “Dominika”

ul. Smoluchowskiego 17

APTEKA/PHARMACIES:

„Pod Wieżą”

ul. M. Skłodowskiej-Curie 5

„Przy Akademii”

ul. M. Skłodowskiej-Curie 3a

Apteka Mini

ul. M. Skłodowskiej-Curie 3

Apteka Dr. Max

ul. M. Skłodowskiej-Curie 5

Apteka UCK

ul. Dębinki 7

BAKERY

Piekarnia – Cukiernia

Andrzej Szydłowski

ul. M. Skłodowskiej-Curie 3

PHOTOCOPYING POINT

Magiel. Ksero

ul. Tuwima 23
www.facebook.com/kseromagiel

POST OFFICE

al. Zwycięstwa 47

SHOPS:

Carrefour Express

(normal & health food store)

ul. M. Skłodowskiej-Curie 3

Delicja. Grocery

ul. Dębinki 7

Grocery

ul. Śniadeckich 10

TAXI:

„Hallo TAXI Gdańsk”

Phone: +48 58 19 666; +48 58 301 59 59

„Neptun Taxi”

Phone: +48 58 19 686; +48 58 511 15 55

„AS TAXI”

Phone: +48 58 19 660; +48 660 619 660

DR GADŻET SHOP

Navy blue, sky blue and red... What are we talking about? The MUG surgical caps. If you are interested, please stop by the dr Gadżet shop (University Authorities Office, ground floor, room 3). It's open from Monday to Friday 8-15. We also have sturdy handbags made from sailing cloth and dozen of other useful MUG gear.

NOTES

MEDICAL
UNIVERSITY OF GDAŃSK



ENGLISH

POLISH

I don't speak Polish well

Nie mówię dobrze po polsku.

I don't understand.

Nie rozumiem.

Speak slowly, please.

Proszę mówić powoli.

Can you repeat that, please?

Czy możesz powtórzyć?

I don't know.

Nie wiem.

How are you?

Jak się masz?

Nice to meet you.

Miło cię poznać.

What is your name?

Jak się nazywasz?

My name is Emilia.

Mam na imię Emilia.

Can you spell it?

Czy możesz to przeliterować?

Where are you from?

Skąd jesteś?

I am from Poland.

Jestem z Polski.

Where do you live?

Gdzie mieszkasz?

How to get to the airport?

Jak trafić na lotnisko?

What's your number?

Podaj mi swój numer.

How to order a taxi?

Jak zamówić taksówkę?

How much is it?

Ile to kosztuje?



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