



WELCOME POINT'S GUIDE

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1. WELCOME TO THE MEDICAL UNIVERSITY OF GDAŃSK!

Dear Colleagues, International Students at the Medical University of Gdańsk, we are most pleased and happy to welcome you to Poland, Gdańsk, and our academic community.

Thank you for choosing our University. Thank you for your trust. We truly hope that your period of studies at the Medical University of Gdańsk will be a time of efficient and successful learning, multiple successes, fine relationships and much fun. A great adventure, a positively memorable experience, worth all the effort and sacrifice you have taken.

Many of you have traveled long distances and left family and friends in your home countries, far away from Poland. For many of you this country is not only very new and largely unknown, but also very different in many ways from what you have been used to. Different language, culture, maybe also climate. We realize how challenging it is and how brave you had to be to take this step. And, based on your elder peers' accounts, you may be stressed about how much one needs to study to be successful.

But do not worry. Have no fear. Do not panic. Be optimistic. Build positive relations with your Colleagues, help and support each other, get involved with student organizations and student scientific groups, take the opportunity to meet your peers and staff by participating in sports, cultural and charity events. Take good care of your sleep, diet and exercise. Keep a safe balance between your study time and fun time. Everything is going to be alright. As usual.

And always remember: our teaching staff is here to help you study, to guide you through the jungle of facts and information on a variety of subjects and disciplines, facilitating your way to competence and to your diploma. Our administrative staff, and especially the Welcome Point, the Department of Internationalization and your Dean's Offices are here to help you feel safe, comfortable and connected to your new home away from home.

We wish that our University becomes your favorite place to explore the universe of medical sciences, your appreciated nest where universal values of equality and respect, kindness and trust, tolerance and understanding are observed and practiced, bringing everyone peace, joy, satisfaction and perfect conditions for learning, personal growth and enjoying life and friends.

It would be wonderful if you liked to share with us your culture, customs, language, music, cuisine and arts. At the Medical University of Gdańsk we appreciate diversity and will always welcome your contribution to making our University yet more open, more colorful, more inspiring.



Marzena Kołtoniak, Welcome Point

Emilia Wiśniewska, Welcome Point

Jacek Kaczmarek, International Relations Alumni Office
Admission Office

2. ABOUT THE MEDICAL UNIVERSITY OF GDAŃSK

The MUG is one of the oldest and the best medical universities in Poland. Its academic tradition can be traced back to the University of Stefan Batory in Vilnius which was established over 100 years ago.

2.1 GENERAL INFORMATION

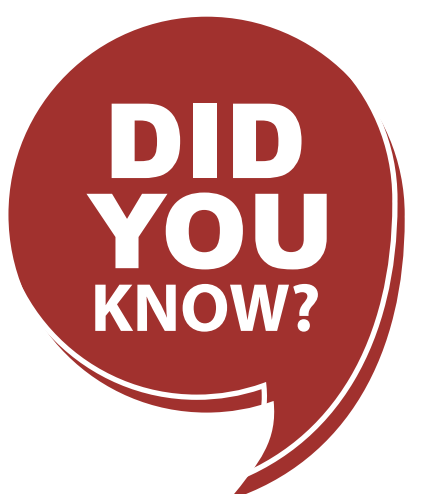
We conduct 17 programs in Polish (1st degree studies, 2nd degree studies, uniform Master's studies) and 8 programs in English.

ALL STUDY PROGRAMS IN ENGLISH:

- 1 6-year M.D. Program
- 2 5,5-year Master in Pharmacy Program
- 3 2-year Master in Sustainable Drug Discovery
- 4 3-year Bachelor of Nursing Program
- 5 1-year Premedical Course

& 4-year The First Doctoral School

- 6
 - Medicine
- 7
 - Pharmacy
- 8
 - Health Sciences



*we are ranked 1st among
medical schools in Poland*

2. ABOUT THE MEDICAL UNIVERSITY OF GDAŃSK

THE MUG HOSPITAL BASE



The Medical University of Gdańsk is the founding body of four healthcare institutions, the University Clinical Centre (UCC) and the University Maritime and Tropical Medicine Centre (UMTMC), University Centre of Family Medicine, University Dental Centre.

The MUG's clinical hospitals are highly specialized facilities with the highest rating, i.e. offering the highest healthcare level. Hospitals guarantee unique (not only in Poland) treatment method including multi-organs transplantations (heart, kidneys, lungs, liver, pancreatic islets, cornea, bone marrow), mechanical thrombectomy, oncological radiotherapy and chemotherapy, children and adult hematology, invasive cardiology and electrocardiology, as well as hyperbaric medicine and tropical diseases.

RESEARCH UNIVERSITY

From October 30th 2019 the Medical University of Gdańsk officially holds the prestigious ministerial title of a research university. It is 1 of 10 universities in Poland and the only medical university that was awarded a place in this prestigious group elected by the Ministry of Science and Higher Education.

Priority Research Areas are oncology, cardiology and cardiovascular medicine, biochemistry, genetics and molecular biology.



2. ABOUT THE MEDICAL UNIVERSITY OF GDAŃSK

STUDENT ACTIVITIES



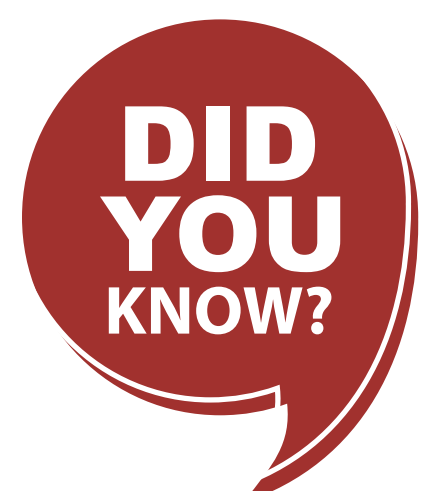
Students of the MUG

- actively participate in national and international symposia
- undertake valuable initiatives for the benefit of the Pomeranian region and Poland in general
- popularise knowledge about health, disease prevention and treatment methods in society
- organise events focused on prevention, e.g. White Saturdays, Vampirads, Marrow Hero, Tram Called Desire, Chisel Cancer



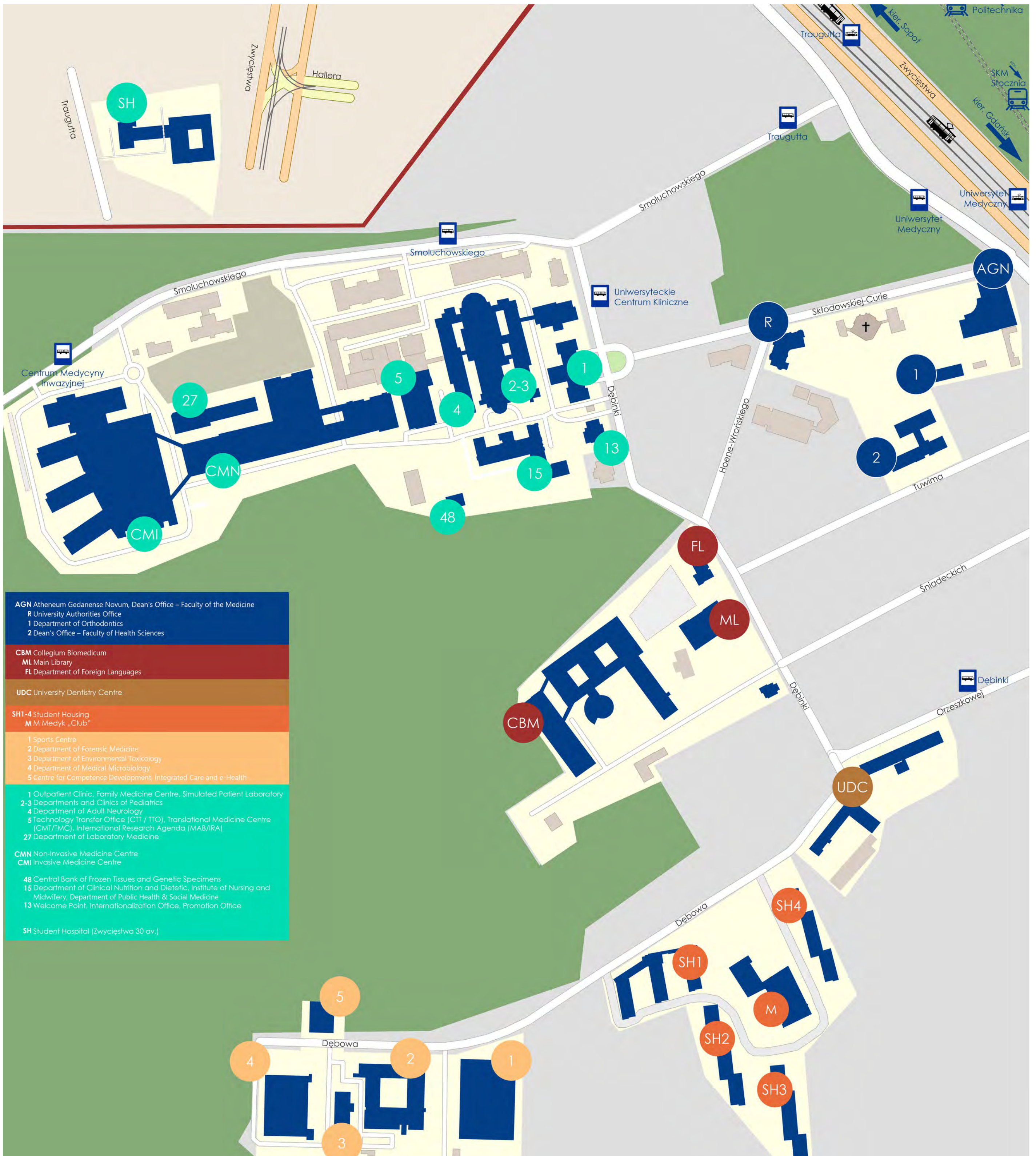
YOUNG SCIENTIST PROGRAM

- a program addressed to students interested in the development of personal competences and conducting research work
- students carry out their research projects under the supervision of an experienced researcher
- project participants have the opportunity to improve their competences through workshops on project methodology and participation in certified training



we have a modern teaching and clinical infrastructure, numerous simulation and multimedia labs

2.2 THE MUG CAMPUS



**DID
YOU
KNOW?**

we have a new Sports Centre with futsal, handball, basketball and volleyball pitches, as well as gymnasiums for aerobics, squash, Asian martial arts and wrestling

2.2 THE MUG CAMPUS

HOW TO GET TO THE MUG CAMPUS?

From the airport

By bus:

110 – destination Gdańsk-Wrzeszcz station

122 – destination Galeria Bałtycka

210 – destination Dworzec Główny (main Railway station – City Center)

By regional train to Gdańsk-Wrzeszcz station

By private transport TAXI / RENTAL CARS

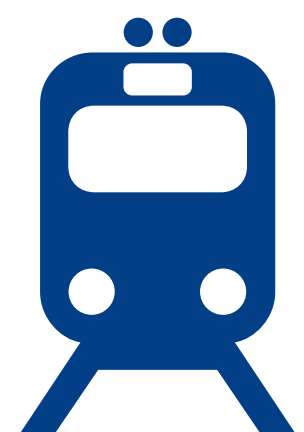


Main Campus – Gdańsk Aniołki

By tram: 2, 3, 4, 6, 9, 12 (Uniwersytet Medyczny)

By bus: 115, 131, 283 (Uniwersytet Medyczny, Dębinki, Smoluchowskiego, UCK, CMI)

Fast Urban Railway (SKM) – destination Gdańsk Politechnika station



Pharmacy Campus – Wrzeszcz Dolny

By tram: 2, 3, 4, 5, 8 (Mickiewicza)

By bus: 124 (Mickiewicza)

Fast Urban Railway (SKM) – destination Gdańsk Politechnika station or Gdańsk Wrzeszcz station



UCMTM Campus – Gdynia Redłowo

By bus: W, 105, 121, 125, 180, 252 from Gdynia

Fast Urban Railway (SKM) – destination Gdynia Redłowo



2.3 WELCOME POINT

Welcome to a friendly space where foreign students and guests can receive all necessary help in facing numerous problems related to living in Poland, Gdańsk and those starting their studies at our University.

This essential unit was established within the structures of the Department of Internationalization which coordinates Welcome Point, drawing from the practices and experiences of other foreign partner universities. The main purpose of our Welcome Point is to help foreign guests and students in settling in Poland, which often differs drastically from living in their home country, especially in terms of culture. Welcome Point's task is to manage all the information and counseling starting from the time before their arrival in Poland, through your entire stay at the University to any assistance you might need after graduating. It also actively cooperates with the academic community in terms of integration of our new incoming students by organizing special international events such as Cultural Days, Integration Coffees and sport activities. Above all else, our Welcome Point was created to support and establish strong relations with the candidates, students and alumni.

Assistance for students:

- visa
- residency
- accommodation
- healthcare
- insurance
- any other matters which newly
- admitted members may find troubling

Assistance for guests and employees:

- official and legal issues
- work and volunteering for an
- accompanying person
- education for children (nursery,
- kindergarten, primary school, high school
- accommodation
- healthcare
- insurance



To receive assistance please come to

7 Dębinki Street

80-211 Gdańsk

Building no. 13, ground floor

(+48) 58 349 17 87

welcome@gumed.edu.pl

2.4 THE MUG FACILITIES

LIBRARY

The Medical University of Gdańsk Main Library is the largest medical library in the Pomeranian region. Just like MUG Faculty of Pharmacy Library, it is open to all students interested in medical literature. Over 4700 active readers (from over 9200 registered) use the Libraries' resources and services. Spacious interiors await our students with 27 computer stations, 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 machine (free of charge) and paid printing/copying machines are also available.

The library of the University is located at
1 Dębinki Street
80-211 Gdańsk
near Collegium Biomedicum building
(+48) 58 349 10 40
biblioteka.sekretariat@gumed.edu.pl



we have the largest medical library in Pomeranian region

2.4 THE MUG FACILITIES

SPORT CENTER

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

All MUG students can be a member of a MUG sports team. Willing students need to register directly with the trainers during their working hours.

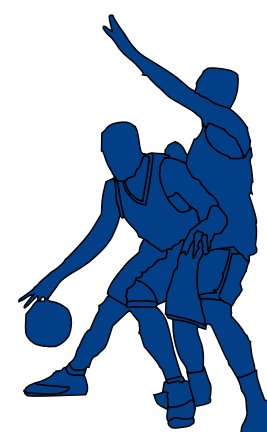
A list of sports teams:

- Football futsal for men
- Football futsal for women
- Football on the grass
- Sports aerobics
- Women's volleyball
- Men's volleyball
- Women's basketball
- Men's basketball
- Men's swimming
- Women's swimming
- Marital arts



The gym and the squash court can be used by the MUG students, interns, employees, members of the MUG Academic Sports Club (AZS GUMed) and foreign guests outside of the scheduled time.

The Sports Center is located at
21 Dębowa Street
80-204 Gdańsk
(+48) 58 349 1281
sport@gumed.edu.pl

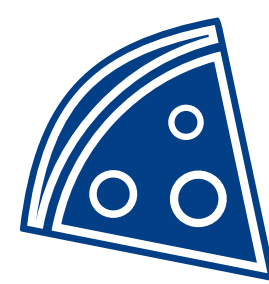


2.4 THE MUG FACILITIES

STUDENT CANTEENS

Students may enjoy meals in many cafeterias, restaurants and student canteens located on or near the campus. Most of them are buffet breakfast or lunch, but there are also salad bars and bakery shops. Here are some of them:

- Bufet Studencki, Collegium Biomedicum bldg, 1 Dębinki Street
- Loveat (salad bistro), MUG Library, 1 Dębinki Street
- Shake and salad shop, Collegium Biomedicum bldg, 1 Dębinki Street
- Trattoria la Cantina (Italian restaurant), 7D/1 Dębinki Street (next to Welcome Point)
- Bistro Uzdrowisko, CMI bldg, 17 Smoluchowskiego Street, 1st floor
- Food Care, CMN bldg, 17 Smoluchowskiego Street, ground floor
- Pello Cafe, CMN bldg, 17 Smoluchowskiego Street, 1st floor
- Good Food restaurant, CMN bldg, 17 Smoluchowskiego Street, 2nd floor
- Bufet Studencki, AGN bldg, 41/42 Zwycięstwa Street
- Yellow Bar, 109 Hallera Street



3. USEFUL INFORMATION FOR FOREIGN GUESTS

ALL VISITS

A foreign guest is a person who does not have a Polish citizenship and / or is a resident outside of the Republic of Poland and / or whose home institution is located outside of the territory of the Republic of Poland.

Accepting a foreign guest requires notification to the Department of International Relations by sending the application completed by the unit that hosts such a guest at least 14 days before the planned visit to the address adrian.bakun@gumed.edu.pl.

LONG-TERM VISITS (I.A. JOB OPPORTUNITIES)

If the purpose of the visit is employment at the MUG – the hosting unit of the MUG should ask for more details and information at the MUG HR Department kadry@gumed.edu.pl.

Formalities should be completed before the employment process starts.

After receiving the acceptance for guest's arrival, our Welcome Centre will send the guest a welcome letter, an invitation and a support & needs survey (regarding the assistance with accommodation, social matters, legal issues, subsistence allowance, etc.).



4. ACCOMMODATION

The MUG students (including exchange students) have an opportunity to stay in the University dormitories.

The dormitories are located on campus, very close to the didactic buildings. The campus consists of four dormitories with space for 1000 students. It is also the location of the University Student Government.

The fees:

- from October to June for a double room – 1 180 PLN per month (590 PLN per person)
- from July to September and during the Orientation Week for a double room is 40 PLN per day (20 PLN per person)

Prices may vary depending on new regulations that may be imposed each academic year.

Internet connection and all media costs are included. Every floor has a kitchen and sanitary facilities such as shower, restrooms and laundry. Each Dorm have also quiet study rooms.

Room (a double only, size: approx. 20 m²) equipment:

- furniture: writing desk and a swivel chair, 2 chairs, 2 beds, wardrobe
- utensils: bedsheets, pillow, blankets, duvets, fridge, electric kettle, microwave, wash, bowl, mirror, Wifi and TV (access only)

Dormitory amenities (corridor):

- kitchen with gas/electric cooker
- bathroom with showers and WC
- laundry room with washing machine and dryers

Student Campus

The head – Beata Trzebniak

beata.trzebniak@gumed.edu.pl

13 Dębowa Street, 80-204 Gdańsk

(+48) 58 349 13 50

akademiki@gumed.edu.pl

For these students who decide not to stay in dormitory and would like to rent an apartment or a room in the city, here are some of the options:

Accommodation For Students <https://moestate.pl/kontakt/>

Student Depot Gdańsk www.studentdepot.pl/en

YOUNIQ GDAŃSK www.youniq-students.com/Gdansk

Collegia www.collegia.pl/en/

5. ORIENTATION WEEK

Special, mandatory week of orientation activities for first-year medical, pharmacy and nursing students including exchange (Erasmus+) students. It's a series of activities that were designed to introduce new students to medical school life and to help them launch a career as a medical professional. Some of the activities include:

WELCOME AND OVERVIEW

The tutors of the first year meet with first-year class to present an overview of the school's history, philosophy, grading system, transitioning to the volume and pace of studying at a medical school, student advising and counseling, and gives a detailed description of MUG unique basic science and clinical curriculum. Students have the opportunity to meet MUG authorities, especially those responsible for students affairs. The overview concludes with a questions and answers session. Next, students are divided into groups and meet their peers. After that, they are taken for a campus tour.

SHARING OUR IDENTITIES – MEDICAL FACULTY OF MUG

This joint session gathers together the student leaders, volunteer and social interest groups (e.g. English Division Student Council, Phi Delta Epsilon – Gdańsk, Association of Norwegian Students Abroad Gdańsk, The Student Scientific Society, The Erasmus Student Network, Resource Team, The Academic Sport Association) that are recruiting first-year students. The leaders provide literature and answer questions about the activities. First-year students can join different social clubs. Separate orientation activities organized and conducted by individual groups continue thereafter

POLISH LANGUAGE COURSE

This course gives newly admitted students a basic knowledge of Polish language, which is necessary in everyday life. During the course participants will practice speaking and writing skills. This will help the students to communicate effectively and to create relationships.



5. ORIENTATION WEEK

INDUCTION CEREMONY

The Induction Ceremony is a symbolic induction into the community of Medical University of Gdańsk. The Ceremony was created to be a 'solemn and celebratory'. During this event, the students will hear about the main values of their future studies: service to others, professionalism, altruism, humanism, and balance. Present at this ceremony, second-year students will welcome their new colleagues into the medical profession.

SOCIAL EVENTS

Social activities include a welcome party for students. Additional activities are organized and conducted by the second-year students.



STUDENT RESOURCES

Students attend sessions devoted to the services available to them and essential to their medical school experience. They receive general information on Public Safety and the Student Health Plan.



6. OFFICIAL AND LEGAL ISSUES

Poland has been a member of the European Union since 2004. According to the article 46 of the EU Council, Poland became a member of the Schengen Area in 2007. This means that arriving in Poland is associated with several rules and regulations.

6.1 VISA INFORMATION



C-TYPE VISA

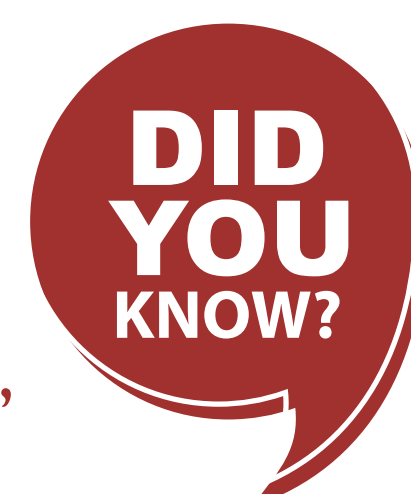
The Uniform Schengen Visa is valid in the Schengen Area and permits its holder to remain in the territory of all of the Schengen Area Member Countries for a maximum of 90 days during a 180-day period.

Schengen Visa with limited territorial validity is valid in the territory of one or more Schengen Area Member States, but not in all the Schengen Area Member States and permits its holder to remain in their territories for a maximum of 90 days during a 180-day period.

Required documents:

- A travel document (passport document) – valid for at least three months after the planned date for leaving the Schengen Area or, in the event of multiple visits, after the planned date for the last leave of the Schengen Area, contains at least two blank pages and was issued during the last ten years
- Visa application form
- A photograph
- A proof of visa payment
- A medical travel insurance whose coverage amounts to not less than EUR 30,000, valid throughout the Schengen Area, and covering all expenses that may arise in connection with the need to return for medical reasons, a medical emergency, urgent hospitalisation or death

we provide a friendly space where foreign students can receive necessary help in facing numerous problems related to living in Poland, Gdańsk and starting their studies at our University
– Welcome Point



6. OFFICIAL AND LEGAL ISSUES

Supporting documents:

- A document confirming the purpose of travel
- A document confirming possession of adequate financial resources to cover the costs of living during the planned stay and to cover the costs of return to the country of origin or residence, or to cover the costs of transit to a third country, which will certainly give permission for entry, or documents confirming that the applicant can legally obtain such funds
- A document concerning accommodation or possession of financial resources to cover the costs of accommodation
- A document that permits to assess whether the applicant will leave the Schengen Area before the visa expires
- Supporting documents may be different depending on the country where a visa application is submitted. For more details, please contact the relevant consular post

D-TYPE NATIONAL VISA

A D-type national (long term) visa permits to enter the territory of the Republic of Poland and to stay continuously or for several successive times in this territory for a total duration of more than 90 days during the period of validity of the visa, but not longer than one year.

A D-type national visa also permits to travel in the territory of other Schengen Area Member States for up to 90 days during a 180-day period, during the validity period of the visa.

Required documents:

- A travel document (passport document)
- Visa application form
- A photograph
- A proof of visa payment
- A medical travel insurance whose coverage amounts to not less than EUR 30,000, and covering all expenses that may arise in connection with the need to return for medical reasons, a medical emergency, urgent hospitalisation or death, or medical insurance within the meaning of Polish regulations on health care benefits financed out of public funds



6. OFFICIAL AND LEGAL ISSUES

Supporting documents:

- A document confirming the purpose of travel and conditions of stay
- A document confirming possession of adequate financial resources to cover the costs of living during the planned stay and to cover the costs of return to the country of origin or residence, or to cover the costs of transit to a third country, which will certainly give permission for entry, or documents confirming that the applicant can legally obtain such funds
- A document that permits to assess that the applicant will leave the territory of the Republic of Poland before the visa expires
- Other documents that confirm other circumstances referred to in the visa application

Supporting documents may be different depending on the country where a visa application is submitted. For more details, please contact the relevant consular post.

6.2 LEGALISATION OF STAY

6.2.1 Registration of Residence for EU Citizens



According to Polish law, every EU citizen is obliged to register their stay in Poland after 3 months of living here. The registration should be done no later than the next day after the said period.

**Pomorski Urząd Wojewódzki
(Pomeranian Voivodeship Office)
39 Rzeźnicka Street (back entrance of the building)
1st floor, room 93
Contact no. (+48) 58 307 73 40
No appointment needed.
Visits are available from 9 am to 1:30 pm**

6. OFFICIAL AND LEGAL ISSUES

Required documents:

- 3 copies of a temporary residence permit application form completed in accordance with instructions
- 3 copies of a data page of the passport
- 4 recent colour photographs, undamaged, size 45x35 mm
- A valid document (3 photocopies)
- If the purpose of the stay is work – a work agreement under which a person is employed
- If the purpose of the stay is studying – a confirmation of a student status;
- A valid insurance (the original and a copy of the front and back page), if an international one – a sworn translation needed
- Sufficient funds (702 PLN per month for a period of 10 months)
- Tenancy agreement or a letter from a dormitory
- PESEL number document (the original and a copy) – if applicable



6.2.2 Temporary Residence Card for Non-EU Citizens

Every non-EU citizen who stays in Poland more than 3 months can obtain a Temporary Residence card which entitles them for a legal stay and work for up to 3 years (depending on the case, can be shorter). The card also allows to cross Polish and Schengen borders unlimited number of times. The application must be submitted no longer than on the last day of a legal stay (e.g. last day of visa/previous Temporary Residence card validity).

**Pomorski Urząd Wojewódzki
(Pomeranian Voivodeship Office)
39 Rzeźnicka Street (back entrance of the building)
1st floor, room 97
Contact no. (+48) 58 307 74 66
Appointments at the Pomeranian Voivodeship Office
are scheduled via Welcome Point.**

6. OFFICIAL AND LEGAL ISSUES

Required documents:

- 2 copies of the application for a temporary residence permit completed in accordance with the instructions
- 4 recent colour photographs, undamaged, size 45x35 mm
- A valid travel document (1 photocopy)
- Confirmation from the university of acceptance for studies or continuation of studies, or a certificate of participation in training course
- Proof of payment of the required tuition/course fee, if they are payable
- Documents confirming having health insurance or coverage by the insurer of the cost of treatment in Poland
- Evidence of sufficient funds to cover the costs of living and return travel to the country of origin or residence and the cost of tuition/ training course

PROCESS FEE (Please pay online and take the confirmation of the transaction with you to the visit)

ADRESAT (RECEIVER): POMORSKI URZĄD WOJEWÓDZKI

ADRES (ADDRESS): 80-810 Gdańsk, ul. Okopowa 21/27

NUMER RACHUNKU (ACCOUNT NUMBER): 93101011400169131391200000

TYTUŁEM (TITLE): POBYT TYMCZASOWY

KWOTA (AMOUNT): 340 PLN

CARD FEE (Please pay online and take the confirmation of the transaction with you to the visit)

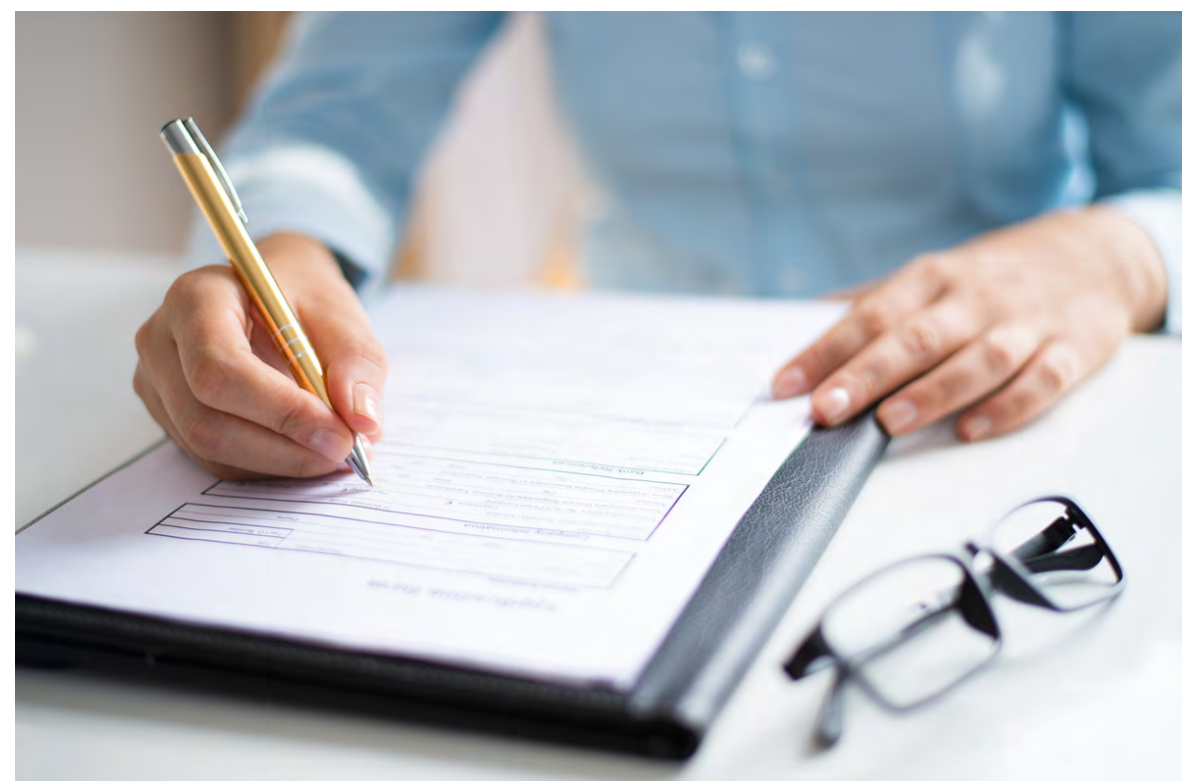
ADRESAT (RECEIVER): POMORSKI URZĄD WOJEWÓDZKI

ADRES (ADDRESS): 80-810 Gdańsk, ul. Okopowa 21/27

NUMER RACHUNKU (ACCOUNT NUMBER): 07101011400169132231000000

TYTUŁEM (TITLE): KARTA POBYTU

KWOTA (AMOUNT): 25 PLN



6. OFFICIAL AND LEGAL ISSUES

6.3 PESEL AND REGISTRATION OF THE ADDRESS OF RESIDENCE

PESEL is a Polish identification number. It's needed for any processes at the City Hall, Voivodeship Office, insurance, healthcare, banks, taxes, employment, etc. It's not mandatory for foreigners, however, it is required for some of the processes mentioned.

Registration of Address – every foreigner is obliged to register their address at the City Hall. EU and EFTA countries citizens – no later than 30 days after arrival (if overall stay is longer than 3 months).

Other foreigners – no later than 4 days after arrival (if overall stay is longer than 30 days).

Required documents:

- Application form
- A passport or identity card
- Tenancy agreement or a stamp and a signature from the dormitory manager
- PESEL (original and a copy) – if applicable

Application form

<https://www.gdansk.pl/akcja/pdf/202006150544/zgloszenie-pobytu-czasowego>

The whole registration procedure at the City Hall takes about 20 min.

At the time of registration of the address, PESEL number will be assigned automatically.

Urząd Miejski (City Hall)
8/12 Nowe Ogrody Street
80-803 Gdańsk
Contact no. (+48) 58 524 45 00

Opening hours:
Monday, Tuesday and Thursday from 8 am-4 pm
Wednesday 8 am-5 pm
Friday 8 am-3 pm

6. OFFICIAL AND LEGAL ISSUES

6.4 NATIONAL CRIMINAL RECORD CERTIFICATE

A National Criminal Record certificate stating whether a person has been entered into the registry as a convict, a temporarily detained or a person for whom a warrant for their arrest has been issued. It can be required for employment purposes.

COST: 30 PLN (you can make a wire transfer online or at the post office or pay cash in court)

ODBIORCA (RECEIVER): MINISTERSTWO SPRAWIEDLIWOŚCI

ADRES (ADDRESS): al. Ujazdowskie 11, 00-950 Warszawa (Bank: NBP O/O Warszawa)

NUMER RACHUNKU (ACCOUNT NUMBER): PL 77 1010 1010 0400 1922 3100 0000

TYTUŁEM (TITLE): Your name and last name and the same date that is on your application form

Application form

https://arch-bip.ms.gov.pl/Data/Files/_public/bip/krk/formularz_krk_osoba.pdf

Sąd Okręgowy w Gdańsku (Regional Court in Gdańsk)

Punkt Informacyjny Krajowego Rejestru Karnego

(National Criminal Record Information Point)

30/34 Nowe Ogrody Street

80-803 Gdańsk

Go to Centrum Obsługi Interesantów, level -1; stairs on the left from the main entrance or take an elevator (near the coatroom)

manager: Małgorzata Drabiuk

Contact no. (+48) 58 321 31 72, (+48) 58 321 31 56 or (+48) 58 321 31 57

Opening hours:

Monday 8:30 am-6 pm

Tuesday-Friday 8:30 am-3 pm

No appointment needed.



7. HEALTH AND SAFETY CARE

According to article 68 of the Polish constitution, every Polish citizen has a right to have access to free healthcare provided by the National Health Fund (NFZ). Temporary residents and other visitors also have an opportunity to be a part of the fund under certain conditions.

7.1 HEALTH INSURANCE

EU residents

If you have a valid blue European Health Insurance Card, you do not need any additional insurance. You are entitled to receive free health care services. In order to receive primary healthcare services you should go to a doctor who had signed a contract with the National Health Fund (NFZ). Take the card with you.

How to sign-up for health insurance (for non-EU citizens)?

1. Gather your documents (passport and a confirmation that you are a student from the University)
2. Sign-up for the insurance at the NFZ office
3. Register your agreement at ZUS Office (applicants have to fill out and submit ZUS form at Social Security Institution – ZUS in Gdańsk)
4. Make your first payment (at a post office or your bank) – information about the amount of the contribution is available in NFZ branches or on NFZ website
5. Contributions for each calendar month should be paid by 15th day of the following month for the previous month (e.g. by 15 May for the month of April)

Required documents:

- Application form
- A valid passport
- A certificate of enrollment in Polish from the Dean's Office – this certificate does not need to be signed by the Dean, the Dean's Office stamp is enough

7. HEALTH AND SAFETY CARE

What are the benefits of the NFZ insurance?

- Access to all hospitals (free of charge) and private clinics in Poland who have agreement with NFZ
- EHIC card, which is accepted in all EU countries
- Covers the cost of visits to all specialists and all diagnostic procedures (lab tests, x-rays, etc.)
- Covers emergency procedures cost (ambulance, etc.)
- Hospitalization
- Reduces the costs of prescribed medications

What do you have to do when you are sick?

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

**Centrum Medycyny Rodzinnej
(MUG Hospital Family Medicine Center)
Building 1
7 Dębinki Street
Monday-Friday 7.45-18.00**

- In case of a life-threatening medical emergency please visit:

**Centrum Medycyny Inwazyjnej
(MUG Emergency Room)
17 Smoluchowskiego Street
If you need an ambulance, call 112 or 999
open 24/7**

How to make an appointment with the doctor?

- To make an appointment in-person (please take your EHIC card with you):

**Centrum Medycyny Rodzinnej
(MUG Hospital Family Medicine Center)
Building 1
7 Dębinki Street**

- Or call (+48) 58 349 16 08

7. HEALTH AND SAFETY CARE

7.2 CIVIL LIABILITY INSURANCE (OC)

1. All MUG students are obliged to purchase civil insurance
2. Civil liability insurance (OC) protects students in case they are sued for damages resulting from performing activities in relation to the studies at Medical University in Gdańsk that were caused to a third party
3. All details are sent via e-mail at the end of October by the Dean's Office

7.3 PSYCHOLOGICAL COUNSELING

Acute psychiatric consultation and psychological counselling for MUG students is available on 24/7 basis and is provided by the Department of Psychiatry UCC. In each case, please refer to the Clinical Emergency Department UCC where first, a psychiatrist consultation takes place, followed by a psychological management.

**Department of Psychiatry
(at UCK – Uniwersyteckie Centrum Kliniczne)
7 Dębinki Street
Building 25**

**Counselor and psychotherapist:
Alicja Raczak Ph.D.
Department of Clinical Psychology MUG
15 Tuwima Street, room 108
Psychological consultation (contact to schedule a meeting)
alicja.raczak@gumed.edu.pl**

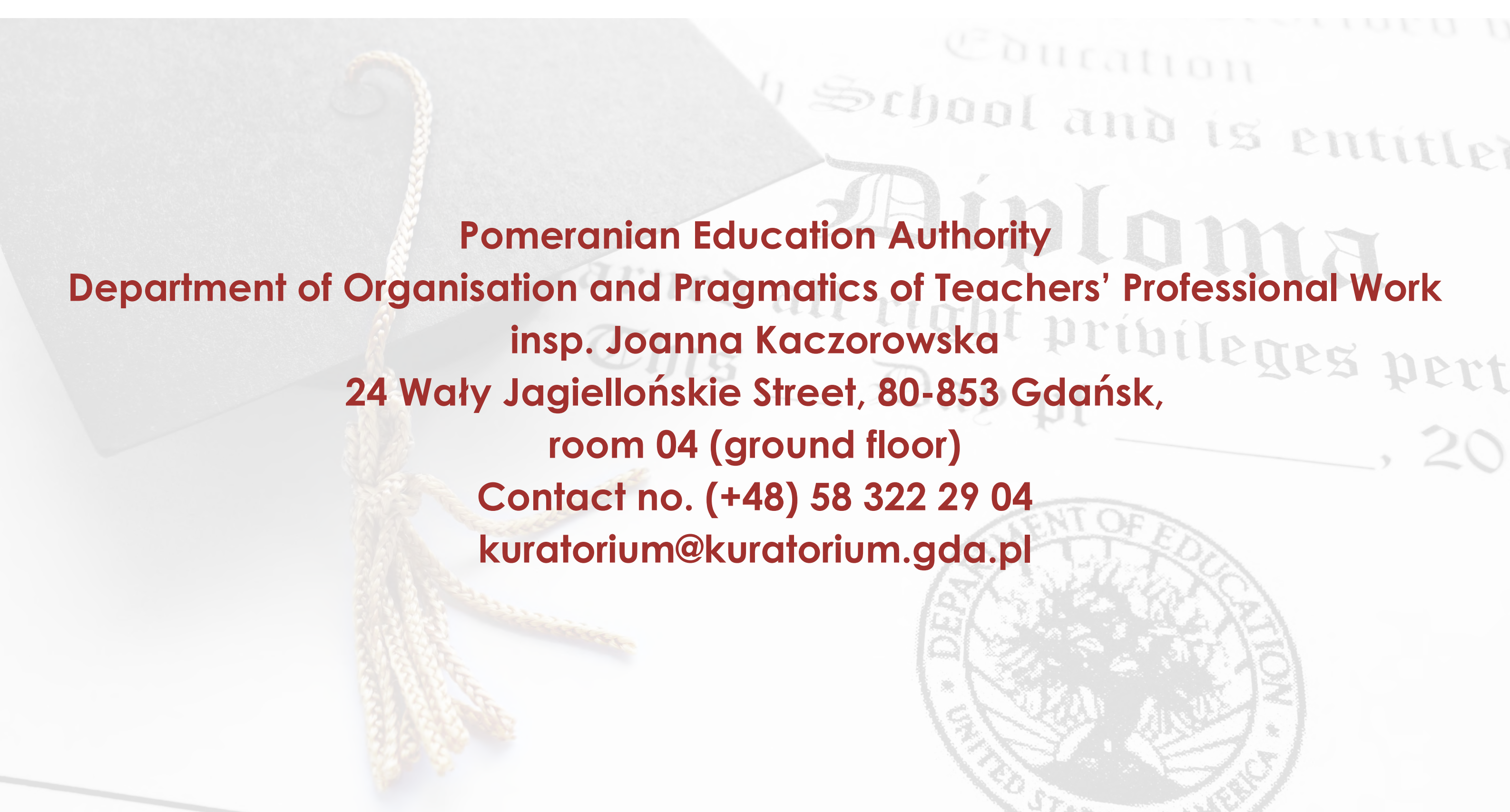
8. RECOGNITION OF FOREIGN SCHOOL CERTIFICATES AND DIPLOMAS

For foreigner who DO NOT come from one of these countries: Australia, Austria, Belgium, Bulgaria, Canada, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Israel, Italy, Japan, Korea, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Mexico, Netherlands, New Zealand, Norway, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey, United Kingdom, USA. Other nationalities are obliged to recognize their high school diploma.

Required documents:

- Application form
- High school diploma/certificate legalized by the educational authorities of the country of origin or by the diplomatic representation or Consular Office of the country in which the diploma/certificate was issued or said document with apostille (original and a copy)
- Sworn translation of the documents into Polish (original and a copy)

The decision may be appealed against to the Minister of National Education through the education superintendent within 14 days from its receipt.



Pomeranian Education Authority
Department of Organisation and Pragmatics of Teachers' Professional Work
insp. Joanna Kaczorowska
24 Wały Jagiellońskie Street, 80-853 Gdańsk,
room 04 (ground floor)
Contact no. (+48) 58 322 29 04
kuratorium@kuratorium.gda.pl

9. STUDENT ORGANIZATIONS

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 takes actions 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.

7 Dębowa Street, room 6 (Student Club Medyk)

(+48) 58 349 13 03/(+48) 58 349 13 04

uss@gumed.edu.pl

www.uss.gumed.edu.pl

THE STUDENT SCIENTIFIC SOCIETY – STN

MUG Student Scientific Society (STN) 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 as well as about possibilities of financing student scientific research.

7 Dębowa Street, room 7 (Student Club Medyk)

(+48) 58 349 13 05

stn@gumed.edu.pl

www.stn.gumed.edu.pl



9. STUDENT ORGANIZATIONS

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7 Dębowa Street, room 7 (Student Club Medyk)

(+48) 58 349 13 05

stn@gumed.edu.pl

www.stn.gumed.edu.pl

THE UNIVERSITY SPORTS ASSOCIATION – AZS

The University Sports Association coordinates and organizes sports activities in a form of sports teams and extracurricular sport groups. These teams are professional in character and train few times a week under a coach's supervision. Members of the team take active part in competitions both locally and on a national level. 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.

azs@gumed.edu.pl

<https://centrumsportu.gumed.edu.pl/58337.html>

9. STUDENT ORGANIZATIONS

YOUNG PHARMACY

As a student organization, Young Pharmacy has been operating at the Faculty of Pharmacy MUGs since 2001 and it is a student club of the Polish Pharmaceutical Society. It works 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. Young Pharmacy, in cooperation with IPSF, takes part in the Student Exchange Programme. This programme gives students the opportunity to pursue internship in pharmacies in countries all over the world (countries from Europe, North and South America, Asia, Africa, Australia and Oceania take part in the program).

al. gen. J. Hallera 107, room 18
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, Caribbean, Mexico and Poland. PhiDE is committed to support a new generation of healthcare professionals and address the complex issues of seeking a career in medicine. PhiDE strives to integrate medical student members with premedical students, practising physicians, and retired 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 in Gdańsk, active volunteering in Trójmiasto (Tricity) and mentoring and tutoring fellow MUG students. Staying true to the motto, "Facta Non Verba" (Deeds Not Words), PhiDE regularly organizes philanthropic events ranging from food and clothes drives, to fund raising events such as educational workshops.

phide@gumed.edu.pl
www.phide.mug.edu.pl
Instagram/Facebook: @gdanskphide

9. STUDENT ORGANIZATIONS

SWEDISH MEDICAL STUDENTS ABROAD ASSOCIATION – MSF

MSF – Gdańsk is working to help to introduce Swedish students to the Swedish medical job market, finding internships and residencies.

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 educational, cultural, political and economic interests of Norwegian students abroad. ANSA has over 600 student volunteers. The volunteers organize various events and represent ANSA at different universities. Members and volunteers can apply for financial support from ANSA to help organize various social and cultural events while studying abroad. If a student encounters problems during their studies abroad (e.g. with their university, their insurance, Lånekassen etc.), they can turn to ANSA's Student Adviser for help and advice

Storgata 19, 0184 Oslo, Norway

(+47) 22 477 600

president@ansa.no

www.ansa.no

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



we steadily gain higher positions in both national and international rankings including CWTS Leiden Ranking and Academic, Ranking of World Universities (Shanghai), Best Global Universities Rankings (US NEWS) i World Federation for Medical Education and the Foundation for Advancement of International Medical Education and Research (WFME)

9. STUDENT ORGANIZATIONS

RESOURCE TEAM

Resource Team is a mentor group at GUMed run by older students to help others in their preclinical studies, admin tasks, and easing transitioning into university life in Gdansk. They offer one-on-one peer support through their mentorship program and share personal experiences, especially with the first-year students as they start their medical studies which can otherwise seem daunting. They organize plenty of exciting events, academic and otherwise. They have introduced the concept of interactive weekly quizzes and case studies in their Instagram stories and hold Anatomy, Histology and Pathomorphology mock exams as well. In addition, they're planning various sport and cultural events integrating with the Polish division and celebrating the diversity amongst international students. Resource Team works closely with other organizations of GUMed like IRO and Welcome Point.

Facebook: <https://www.facebook.com/GdanskResourceTeam/>

Instagram: @resourceteamgdansk

<https://www.instagram.com/resourceteamgdansk/>

Email: resourceteamgdansk@gumed.edu.pl

THE INTERNATIONAL FEDERATION OF MEDICAL STUDENTS ASSOCIATIONS

IFMSA is an international student organization that brings students together to exchange ideas, discuss and initiate projects - all to create a healthier world. It aims to provide members with the skills necessary to become qualified health leaders in the future. It advocates for the pressing issues of current health system problems.

IFMSA-Poland Gdańsk Local Committee was founded in 1952 and is the oldest committee of IFMSA-Poland. They operate within six committees including two exchange programs. Their projects include suturing workshops, but also discussion panels regarding sexual and reproductive health. If you like improving your surgical skills, working with people or if you are good at coordinating projects – make sure to join them. As a Local Committee we are not exclusive only to Polish Division students, but English Division students are welcome as well.

7 Dębowa Street, room 2 (Student Club Medyk)

ifmsa@gumed.edu.pl

www.ifmsa.gumed.edu.pl

Facebook: IFMSA-Poland Oddział Gdańsk

Instagram: @ifmsa_poland_gdansk

9. STUDENT ORGANIZATIONS

NORSK MEDISINSTUDENTFORENING – NMF

Is a suborganization of Den norske legeforening (Norwegian doctors association) for medical students. They are working daily for their members to have the best conditions during and after medical education. They are working with LIS1 regarding wage and working conditions for medical students with and without temporary license, international exchange for Norwegian students and MedHum, which is Nmf's annual humanitarian action.

They organize different workshops throughout the year in Gdańsk (CPR, IV injections, suturing, blood samples and more).

As an Nmf member you will have access to exclusive benefits: Apple discount, Norwegian discount, discount on several hotels, international exchange participation, Storebrand insurance, discount to all of Nmf's workshops etc.

Facebook/ Instagram: @nmfgdansk

SOUTH ASIAN STUDENTS SOCIETY – SASS

A student organization aiming to connect different South Asian ethnicities at the Medical University. The society hopes to be a source of familiarity and comfort for students living so far away from home.

The main goals include guiding students through their academic journey, here at the MUG, conducting medical workshops and alumni interactions, hosting exciting cultural events, and introducing MUG students to some delicious ethnic food.

AFTER HOURS

Both students and university staff can enjoy MUG's cultural and recreational offer. In addition to MUG Choir 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 University.



10. MOBILITY OPPORTUNITIES

ERASMUS+

Since 1998 the Medical University of Gdańsk has actively participated in Erasmus + Program. Each year the number of MUG students abroad increases. Nearly 60 partner universities from different countries of the European Union and beyond participate in exchanging students and staff.

Erasmus+ is an EU's program created to support education, training, youth and sport in Europe. Its budget provides opportunities for European citizens to study, train, and gain experience abroad.

Student mobility may be carried out in any participating country, in every field of study and at any level (short-cycle university / bachelor / master / doctorate).

Types of mobilities for students:

1. A period of study abroad at a partner higher education institution. The period of study abroad must be part of the student's academic program. It's possible to study abroad only at a partner university.
2. Internship abroad at an enterprise, research institute, laboratory, organization or any other suitable workplace. Internships abroad can be done during the studies in any cycle and right after graduation. Whenever possible, internship should be an integral part of the academic program. It's possible to do an internship at any institution abroad in the EU.

Duration of the student mobility:

- Long-term course / internship from 2 to 12 months: mobility and optional online part of the course;
- Short-term internship from 5 to 30 days combined with a compulsory (optional for PhD students) online part (min./max. duration unspecified);

3. Ph.D. students' mobility:

Postgraduate and recent doctoral students can take advantage of the short- or long-term international mobility related to studies or internships. It is suggested that mobility should be complemented with an online component.

10. MOBILITY OPPORTUNITIES

Students can benefit from Erasmus+ international exchange multiple times, either as a student or as a trainee, but the total number of times may not exceed 12 months within one cycle of study. In case of medicine and pharmacy programs, the mobility can last for up to 24 months.

NEW OPPORTUNITIES STARTING FROM 2022

Mobility outside of the participating countries: up to 20% of the total budget allocated to the University.

Need help or have any questions?

Contact the Department of International Relations at

www.intrel.gumed.edu.pl

e-mail: erasmus@gumed.edu.pl

Facebook: <https://www.facebook.com/InternationalRelationsOfficeMUG/>

Instagram @IROofMUG



10. MOBILITY OPPORTUNITIES

CEEPUS

CEEPUS Program – Central European Exchange Program for University students. The main objective of the CEEPUS Agreement is to support the academic exchange in terms of education, student work placement and academic teacher training. The said agreement provides funding for academic mobility, and therefore, allows to strengthen cooperation between HEIs in countries which are parties to the Agreement.

The CEEPUS program offers:

- short-term grants as part of Network mobility
- short-term grants as part of the "Freemover" mobility
- short-term grants as part of the Summer Schools and Intensive Courses mobility

The following individuals are eligible to apply for CEEPUS foreign grants:

- students
- doctoral candidates
- research staff

More information www.ceepus.info
e-mail: adrian.bakun@gumed.edu.pl

NUPACE

The Nagoya University Program for Academic Exchange (NUPACE), established in February 1996, is a short-term student exchange program through which international students enrolled at Nagoya University's partner institutions are given the opportunity to study in Japan for four to twelve months. The NUPACE academic year runs from late September to August of the following year, and students are offered a choice of two admission periods: late September or early April.

Nomination Deadlines:

Mid-September Admission – 1st of March

Early April Admission – 1st of October

Application Deadlines:

The online application process must be completed, with all required documents uploaded, by the following dates:

Mid-September Admission – 15th of March

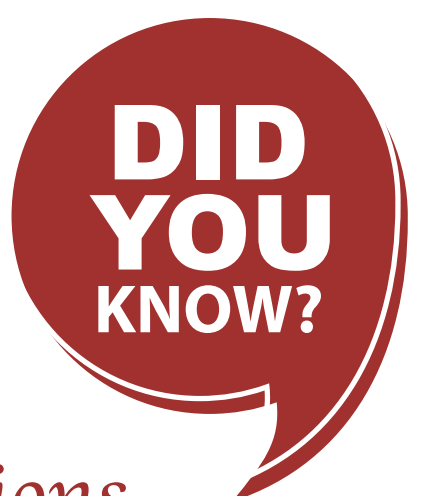
Early April Admission – 15th of October

More information <https://nupace.iee.nagoya-u.ac.jp>
e-mail: adrian.bakun@gumed.edu.pl

11. SPECIAL NEEDS ASSISTANCE

The Medical University of Gdańsk has a plenipotentiary for the disabled students, Dr. Habil. Tomasz Smiatacz, His tasks include: representing the interests of the disabled students in the University's community, to authorities of the University and outside, and determining the needs of the disabled (disposing of railing, facilitating access to didactic activities, rendering assistance during everyday issues, adjusting academic schedules if needed).

The majority of University buildings including the University Authorities building, Atheneum Gedanese Novum, Collegium Biomedicum, library, Department of Foreign Languages, Family Medicine Center, student dormitories and sport center are equipped with facilities such as adapted entrances, elevators, platforms to the upper floors, flat-surface corridors, restrooms accessible for the disabled, and dedicated parking spots.



we provide education in all medical professions

12. WORK AND VOLUNTEERING FOR AN ACCOMPANYING PERSON

As a career at the MUG can be time-consuming, with the studies, research and other university activities requiring giving up a lot of time, family members can engage in their own work career or some volunteering.

12.1 WORKING IN POLAND

You can legally work in Poland if:

- you are an EU or EEA or Switzerland citizen or
- you are statutorily exempt from the obligation to have a work permit

Other foreign nationals, in order to work legally in Poland, need to:

- have a document that allows them to stay in Poland which also gives them the right to work, e.g. Schengen visa, national visa (type 06), temporary residence permit

AND have:

- a permit that allows them to work in Poland
- an application for a work permit for a foreign national in Poland entered into a register of applications
- permit for a seasonal work (if applicable)
- certificate of entering the application in the register of applications for seasonal work (if applicable)
- or, alternatively, if they have a temporary residence and work permit issued as one document

Please note that a tourist visa (type 01) and temporary protection visa (type 20), as well as a temporary residence permit issued for a short-term stay DO NOT give a right to legally work in Poland.

The person submitting the application for a type A work permit is always the employer who wishes to employ a foreign national and is issued to a foreign national who works in Poland under a contract with an entity (employer) whose registered office, place of residence or branch, establishment or another form of organized business activity is located in Poland for a definite period of time, but not more than 3 years. To extend it, the application must be submitted not earlier than 90 and not later than 30 days. The procedure for issuing a work permit may last 1 month (30 days), and in particularly complex cases, even 2 months.

12. WORK AND VOLUNTEERING FOR AN ACCOMPANYING PERSON

In order to obtain a type A work permit:

- the amount of salary specified in the contract with the foreign national may not be lower than the salary of employees performing work of a comparable type or in a comparable position
- the amount of monthly salary of the foreign national may not be lower than the statutory minimum wage
- the employer needs to have a document from the starost (head of the poviat) competent for the main place of work of the foreign national, confirming the lack of possibility to meet the staffing needs of the employer based on the local register of unemployed persons and jobseekers (labor market test).

To stay and work legally in Poland, a foreign national should apply for a visa (the type that allows them to work) at the Polish consulate in the country of their residence. In order to receive it you need: work permit, an application for a work permit for a foreign national in Poland entered into a register of applications or a certificate of entering the application in the register of applications for seasonal work (previously obtained by the employer).

A foreign national can also legally work in Poland with a temporary residence permit which includes a work permit (as one document), permanent residence permit as well as EU long-term residency permit. In these cases, a foreign national doesn't need to apply for a separate work permit.

**Oddział ds. Legalizacji Zatrudnienia Cudzoziemców
(Department of Legalization of Employment)**

130 Legionów Street

81-472 Gdynia

1st floor, room no 109

Contact no. (+48) 58 558 67 11

Opening hours

Monday, Wednesday, Thursday, Friday: 9 am-2 pm

Tuesday: 11 am-6 pm



12. WORK AND VOLUNTEERING FOR AN ACCOMPANYING PERSON

Useful websites with job offers:

<https://www.pracuj.pl/>

<https://ogloszenia.trojmiasto.pl/praca-zatrudnie/>

<https://www.olx.pl/praca/gdansk/>

<https://www.gowork.pl/praca/gdansk>

12.2 VOLUNTARY WORK

A foreign national, who stays in Poland legally can do voluntary work. Voluntary service is NOT an employment, and therefore, they do not need a work permit to do it. This type of work falls under the Polish law. Hence, when signing a voluntary work agreement, the volunteer should have an accident insurance. Purchasing a civil liability insurance is not obligatory and is at the discretion of the volunteering institution

Useful websites with volunteering opportunities:

<https://wolontariatgdansk.pl/>

<https://pg.edu.pl/en/volunteer-center>

<https://ogloszenia.ngo.pl/wolontariat/oferuje>

<http://wolontariat.org.pl/>



13. EDUCATION (NURSERY, KINDERGARTEN, ELEMENTARY SCHOOL, SECONDARY SCHOOLS)

In Poland, education is compulsory for all children aged 7 to 18. This means that they are obliged to go to school on pain of legal consequences for their parents. This obligation also applies to children who do not have Polish citizenship, regardless of their parents' immigration status.

Polish school year lasts 10 months. It begins on September 1st and ends on the first Friday after 23rd of June. Lessons are conducted in schools five days a week, Monday through Friday. Weekends (Saturday and Sunday) are off.

The school year is divided into two semesters. The first semester ends in January or February. The second semester ends in June. The grades issued after the second semester are final for particular school year and are shown on the school certificate.

TYPES OF SCHOOLS IN POLAND

Polish education system is divided into the following stages:

1. Children aged 0-3 years (optional)

- nursery
- children's club

Institutions for children aged 0-3 are optional. Nurseries can be private (paid) and public (free). The number of places in public nurseries is limited.

2. Children aged 3-6 (mostly optional)

- kindergarten

Public kindergartens provide care for children (3 to 6; they can accept a 2.5-year old child in special circumstances) while their parents are at work, but also promote social (contacts with peers in their age group), and intellectual (educational activities) development. For foreign children, they are also a great opportunity to learn Polish. They are opened Monday through Friday and are closed on weekends.

13. EDUCATION (NURSERY, KINDERGARTEN, ELEMENTARY SCHOOL, SECONDARY SCHOOLS)

Local authorities determine how many hours of kindergarten is free (minimum 5 hours a day). They also set the hourly rate in a given calendar year - the rates vary between cities. As a rule, parents additionally pay for child's food and towards the parent committee. Sometimes, they are asked to purchase stationery. In addition to regular educational activities, most institutions offer various classes for an extra charge (e.g. dancing, art, English lessons). The total cost of a public kindergarten is approximately PLN 140-200 per month.

In order to apply for the kindergarten or school, you need to fill out the application form (a paper version or online). Children enrollment at public kindergartens usually starts in March. Priority is always given to children living in the district of the kindergarten. Local authorities may establish additional criteria for admitting children residing in another district. Every child who turns 3 and wants to attend a kindergarten must be admitted. It may turn out, however, that it will not be the kindergarten indicated by parents, but one with vacancies (sometimes further from the place of residence). If it is not possible to find a vacancy in a public kindergarten, you can use a private kindergarten. However, the fees are much higher.

By law, 6-year-old children have to attend either a kindergarten (as it's supposed to prepare them for school) or, optionally, they can start elementary school early.

3. Children aged 6/7-15 (mandatory)

- elementary school (8 grades)

The elementary education is free. Some schools offer preparatory classes for foreigners who don't know Polish in order to facilitate the education. School books can be borrowed free of charge from the school and have to be returned after the school year. Most schools have a common room available for children before or after classes (usually 7am-5/6pm). The admission to school is also conducted by district in which the school is located. The school is obliged to allow students living in the same district to go there. The admission is opened all year round and it's based on a school certificate from the previous school or an interview if a student doesn't have such a document. Last grade ends with an exam („Egzamin ósmoklasisty”).

13. EDUCATION (NURSERY, KINDERGARTEN, ELEMENTARY SCHOOL, SECONDARY SCHOOLS)

4. Children aged 15-18 (mandatory, a secondary school to choose from)

- 4-year high school
- 5-year technical school
- 3 years + 2 years of vocational school

All public secondary schools are free of charge. Students of any type of secondary school can decide whether they want to take Matura exam, which is needed in order to start studying at a higher education institution in Poland. Technical and vocational school end with an external exam. Students receive necessary qualifications for a particular profession.



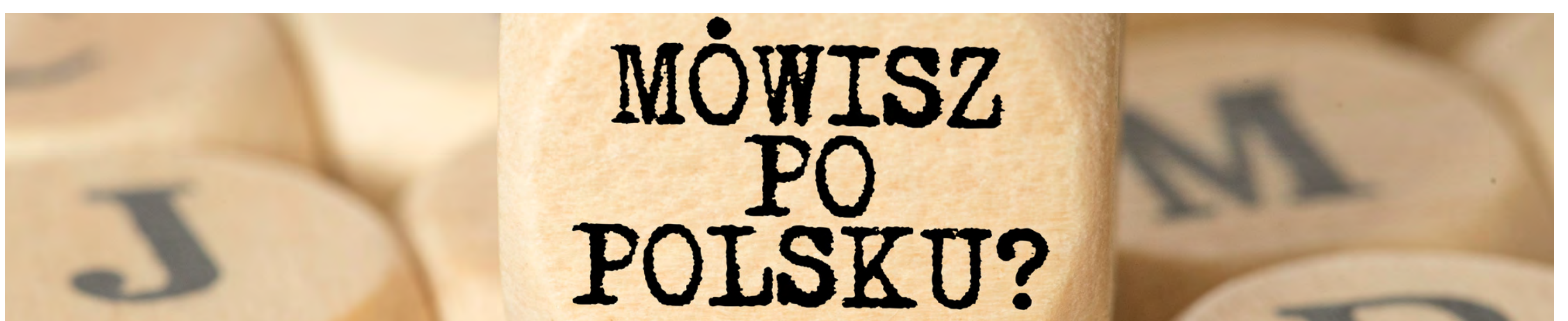
POLISH LANGUAGE COURSES

In addition to mandatory and elective Polish courses at MUG, you can master your language skills at these language schools:

<https://polski.ug.edu.pl/kursy/>

<https://ajp.gdansk.pl/>

<https://sopocka-szkola-jezyka-polskiego-dla-cudzoziemcow.business.site/>



14. UNIVERSITY CAMPAIGNS

The Medical University of Gdańsk organizes and participates in many activities and events in order to integrate local and academic community and to address the topic of tolerance, equality, inclusion and social dialogue.

14.1 CULTURE OF RESPECT CAMPAIGN

With the beginning of the academic year of 2020/2021, we initiated a campaign at the MUG to improve the quality of interpersonal relations, promote the milieu of mutual understanding, respect and empathy, and prevent any forms of discrimination, both inside and outside of the university space. The creators of this information and education campaign called it a "Culture of Respect".

As part of the campaign we have set up a web-based form to report incidents of discrimination or inappropriate treatment or behavior. We promote values which are important for the MUG community and are included in the Code of Ethics of the Medical University of Gdańsk, and good practices in the field of cooperation, inclusion and respect for diversity. We produce short videos with our students, PhD students and employees of various levels to encourage equal treatment, as well as making the recipients aware of the discriminatory nature of certain behaviors. In cooperation with external experts such as Polish Society of Anti-Discrimination Law (PSAL) and Gdańsk Equal Treatment Council, we conduct a series of online educational workshops called "Faces of Discrimination" dedicated to individual categories and forms of discrimination.



More information

<https://cultureofrespect.mug.edu.pl/>

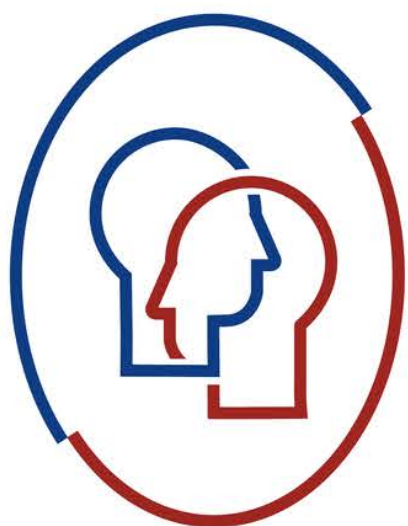


14. UNIVERSITY CAMPAIGNS

14.2 THE YEAR OF COMMUNICATION AND INTEGRATION

In order to recognize our social responsibility for fostering and reinforcing desirable values and to strengthen the position of the Medical University of Gdańsk (MUG) in Poland and abroad, we are announcing the commencement of The Year of Communication and Integration. It's a period of time devoted to improving and developing of these processes for the sake of successful functioning of our academic community. The Internationalization Office cooperates in that project and most of the activities are carried out with the funds obtained in Welcome to Poland project of the National Agency for Academic Exchange.

For this 12-month period we have planned over 70 activities and events of various kinds: cultural, sports, discussions, support campaigns, and celebrations, all of them are open and available to all members of our community. We organize Rector's Cup charity football tournament, yoga classes, and activities which familiarize students and employees with cultures, literature and customs of various countries. We celebrate festive days, enjoy conversations over a cup of coffee during Integration Coffee meetings, have fun at the integration parties, and more.



**The Year
of Communication
and Intercultural
Integration of the
Community of MUG**

**Feel invited! Join us!
You are welcome!**

**MUG – a university
open to the world!**



our Medical Simulation Centre consists of 21 simulation rooms, nursing skills simulation lab, physical examination simulation lab and dental simulation lab

15. USEFUL WEBSITES

<https://mug.edu.pl/>

<https://welcome.mug.edu.pl/>

TRANSPORTATION

<https://ztm.gda.pl/> (Gdańsk buses and trams)

<https://zkmgdynia.pl/> (Gdynia buses and cable cars)

<https://www.skm.pkp.pl> (fast urban railway)



HOTELS NEAR THE CAMPUS

<http://hotelimpresja.pl/>

<https://www.hotelvesper.pl/en/>



XEROX CENTER NEAR THE CAMPUS

<https://biblioteka.gumed.edu.pl/en/?strona=52> (MUG library)

<https://pl-pl.facebook.com/kseromagiel> (Magiel xerox center)



MEDICAL STORE

<https://diabetyk24.pl/>



EXAMPLES OF BANKS (TO OPEN A POLISH BANK ACCOUNT)

<https://www.pocztowy.pl/placowki-i-bankomaty?gl=1#mapa-placowek-i-bankomatow>
(for citizens of countries that aren't allowed to open a bank account in other banks)

<https://www.santander.pl/przydatne-informacje/placowki-i-bankomaty>

<https://www.bankmillennium.pl/o-banku/oddzialy-i-bankomaty>



EXAMPLES OF TELECOMMUNICATION

COMPANIES (SIM CARD, MOBILE INTERNET)

<https://www.play.pl/nowy/>

<https://www.plus.pl/>

<https://www.t-mobile.pl/>

<https://www.orange.pl/>



EXAMPLES OF HOME INTERNET AND CABLE PROVIDERS

<https://www.vectra.pl/>

<https://www.multimedia.pl/>

<https://www.upc.pl/>

16. ESSENTIAL CONTACTS

WELCOME POINT

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Welcome



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16. ESSENTIAL CONTACTS

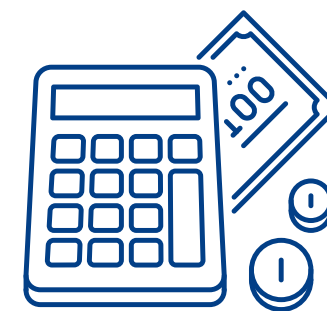
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