

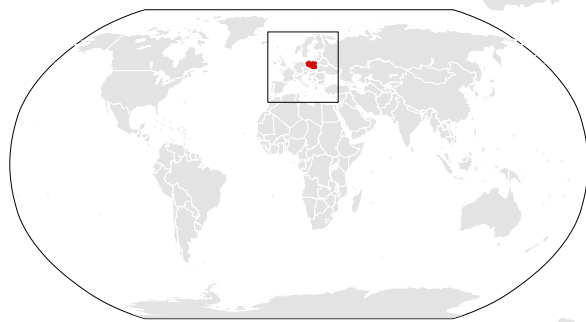
MEDICAL

UNIVERSITY OF GDAŃSK

POLAND



STUDENT GUIDE



POLAND

- The capital of Poland is Warsaw
- The longest river is the 1047 kilometer-long Wisła (Vistula)
- Member of UE, part of Schengen Agreement
- Bordered by Germany to the west; the Czech Republic and Slovakia to the south; Ukraine, Belarus to the east; and the Baltic Sea, Kaliningrad Oblast (part of Russia) and Lithuania to the north.

www.poland.pl

www.poland.gov.pl



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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. THERE ARE FOUR SEASONS.



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 .



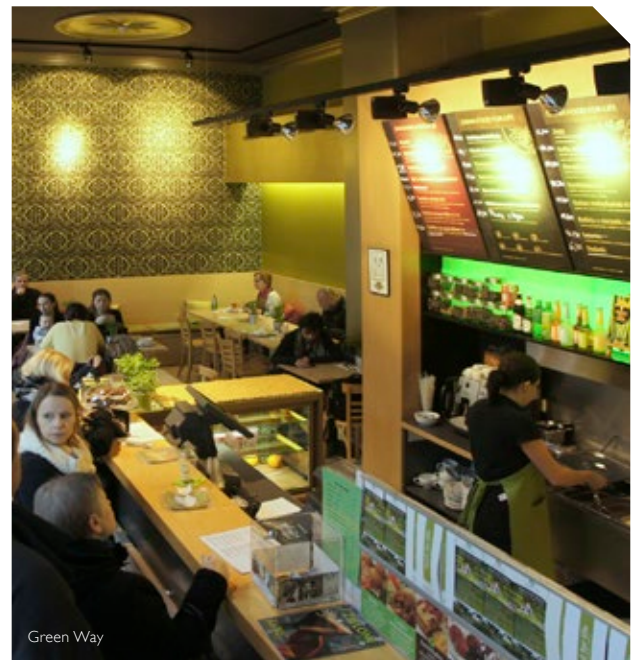
AUTUMN

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

CITIES 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, toasts (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 ROLL)

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 CUTLET)**

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

is a sour cabbage soup with meat and carrot.



BIGOS

is a very traditional Polish dish and its basic ingredients are shreds 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.



ŻUR OR ŻUREK

is sour soup with potatoes, Polish white sausage and egg. Depending on the part of Poland it came from it may contain mushrooms as well.

WHAT MAY PUZZLE OR SURPRISE IN POLAND

- When you visit someone's home, you might be asked to take off your shoes
- Drivers thank each other by flashing the hazard lights
- Some men continue the tradition of kissing a woman's hand instead of shaking
- 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 form 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 the Lent. Many people, especially youngsters, go out in the evening.

APRIL

Prima Aprils (April Fools' Day) – on the 1st of April. You can be sure that someone may try to trick you on this day.

MAY

Majówka (May Day Picnic) – it is a time to celebrate both the spring time and workers' rights. Many people in Poland enjoy May 1 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 3. 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 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

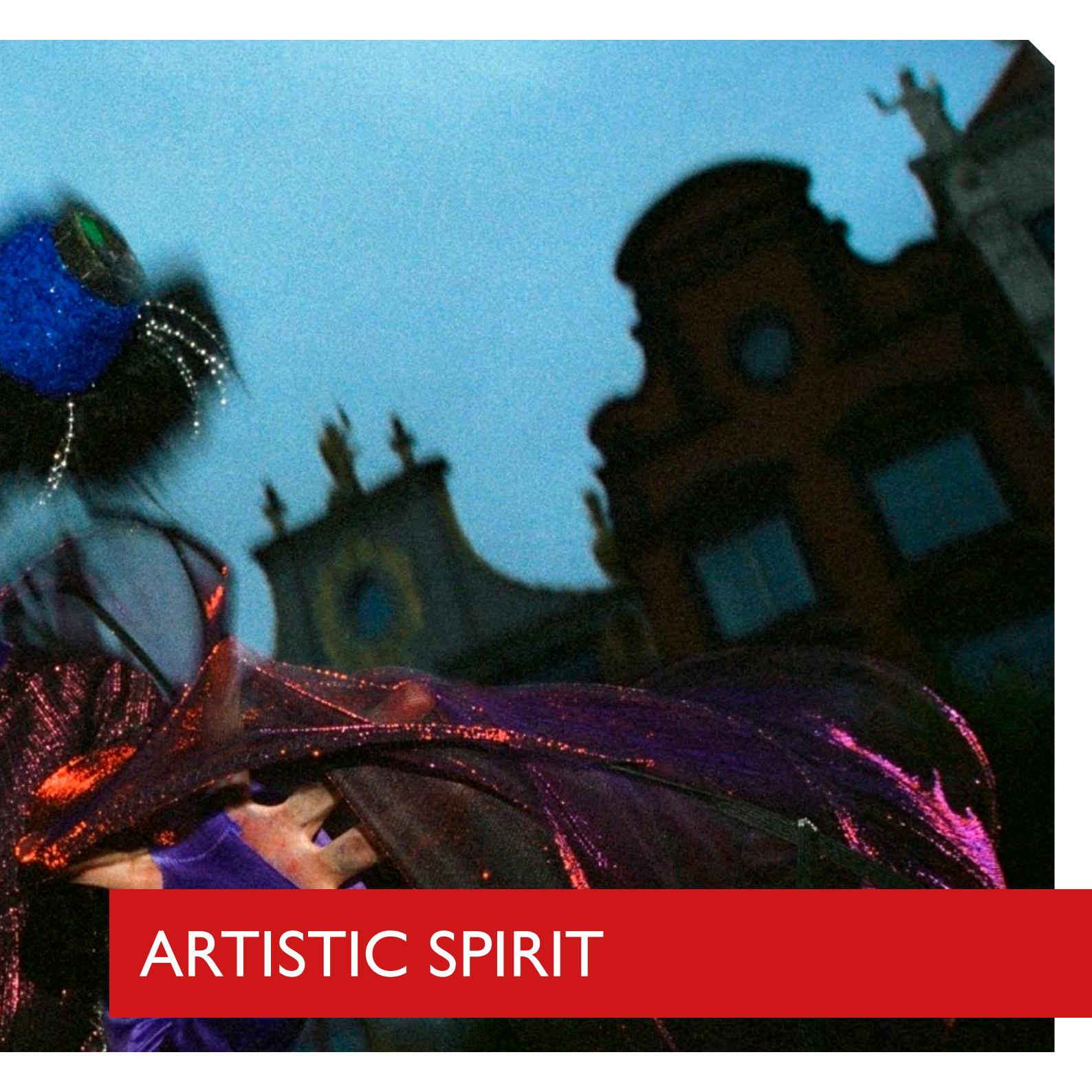
Święto Niepodległości (National Independence Day) – 11th of November. This is the public holiday in Poland, an anniversary of Poland's regaining independence statehood in 1918 after 123 years of partitions by Austria-Hungary, Germany and Russia.

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 AND OVER ITS THOUSAND YEARS OF EXISTENCE THE CITY HAS WITNESSED EVENTS WHICH HAVE CHANGED THE COURSE OF WORLD HISTORY. GDAŃSK IS IN THE TOP 3 EUROPEAN DESTINATION IN 2017.

www.europeanbestdestinations.com



SPACE OF FREEDOM

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

Earlier in European history, Gdańsk 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

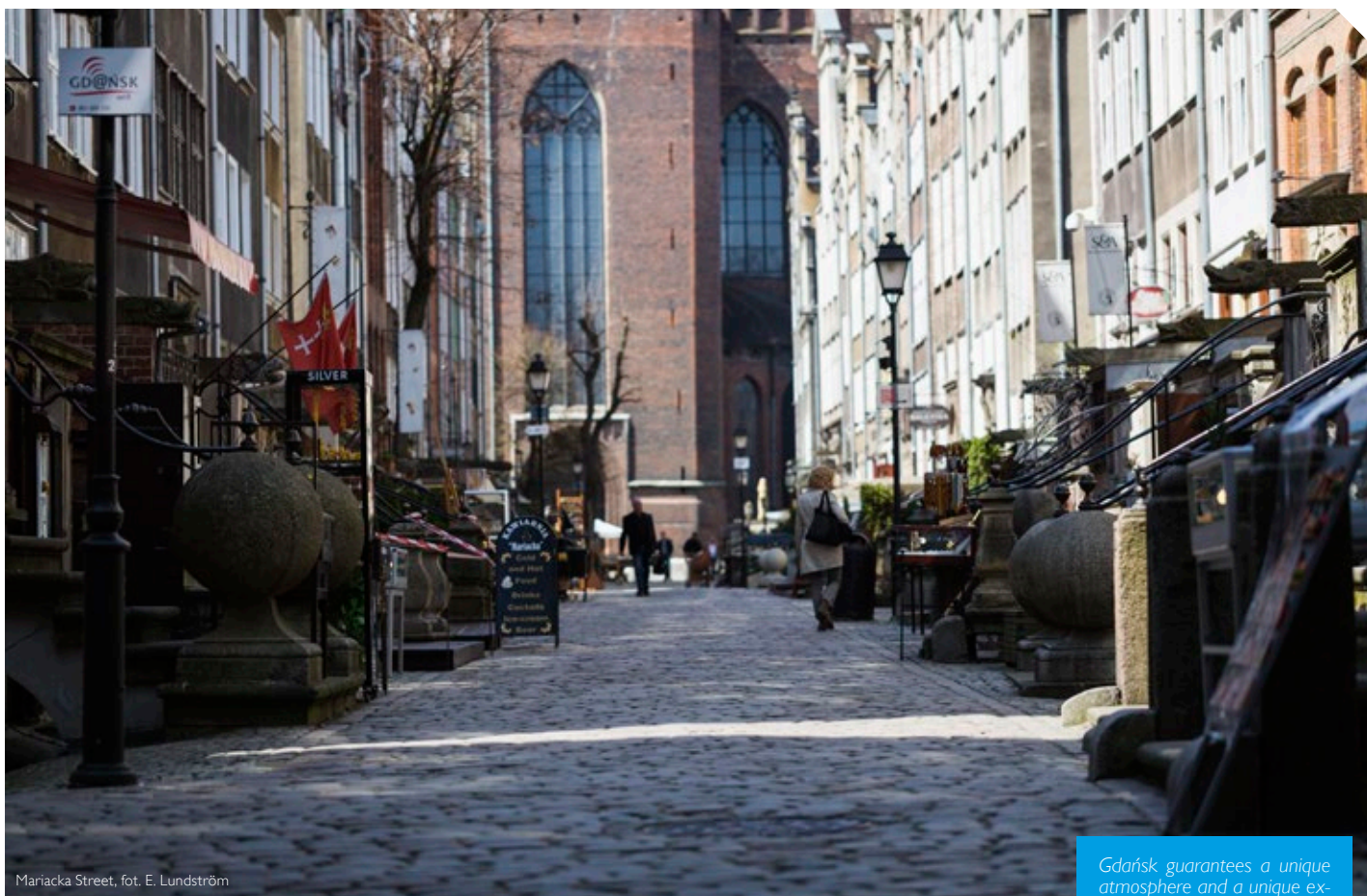
Gdańsk's most beautiful spots are related to its historical centre. This area, although almost completely destroyed during World War II, was rebuilt thanks to the determination of its people and nowadays the pictur-

Here, in Gdańsk, 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



Mariacka Street, fot. E. Lundström

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

Gdańsk'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 dif-

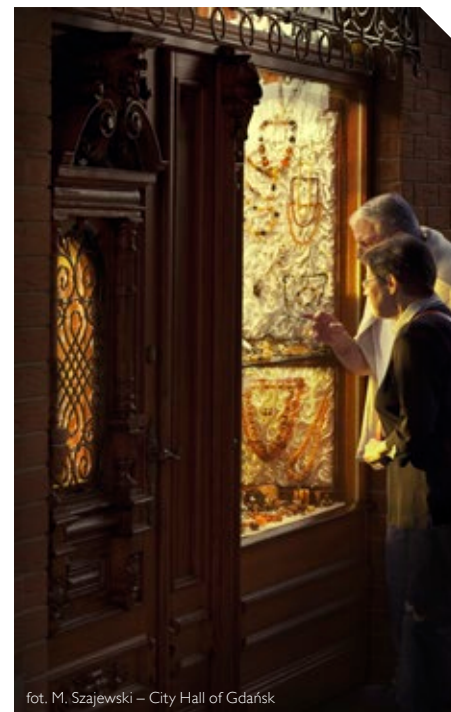
ference. Instead of the hubbub of merchants and the jingle of Gdańsk Ducats you can hear the laughter of young people walking down Ulica Długa (Long Street) and Długi Targ (Long Market) or relaxing next to the 17th century Fountain of Neptune, who has been the city's protector for centuries.

Gdańsk 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 Gdańsk.

Lonely Planet



fot. M. Szajewski – City Hall of Gdańsk



fot. M. Szajewski – City Hall of Gdańsk

FREEDOM OF CULTURE

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 the even the most refined audience.

With its many centuries of tradition, Jarmark Dominikański (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 traditional 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 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.

SPORTS 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 Energa 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.

www.gdansk.pl

www.gdansk4u.pl/en

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 (HEROES OF MONTE CASSINO STREET), 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

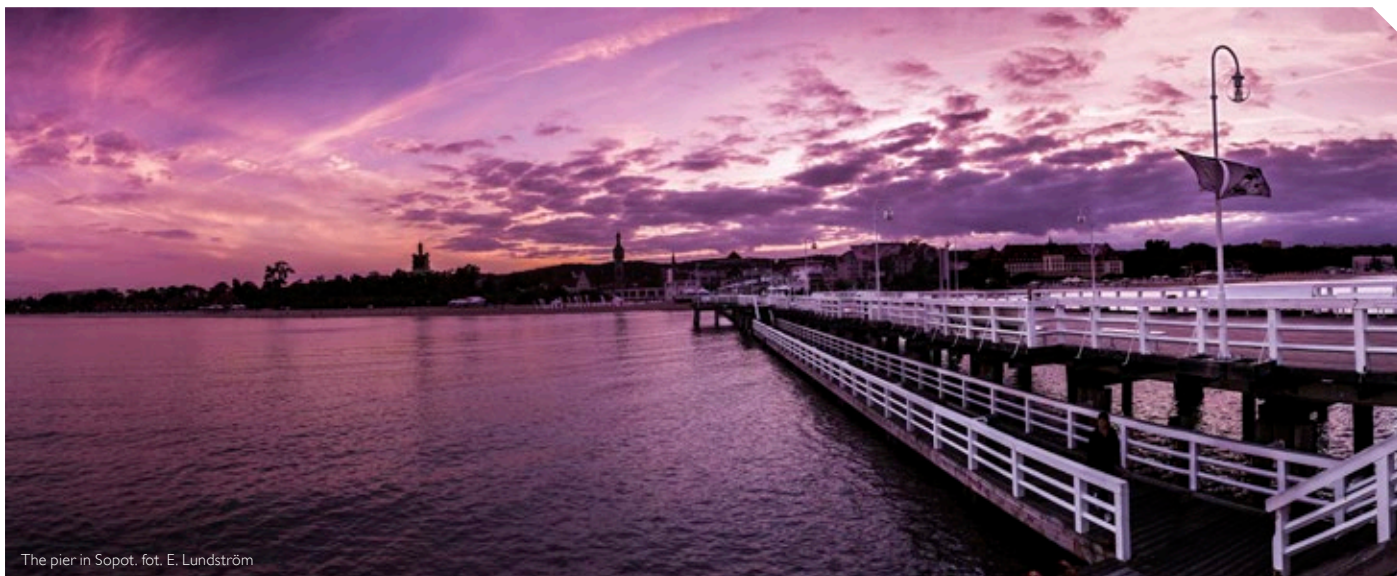
that is the Europe's longest wooden pier cuts over 511 m into the sea. Built in the 1820 – initially as a wooden jetty – it is the most easily recognized sight in town.

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 Province 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 the attraction of the town. At the end of August, the whole town is focused on the event. 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 UNUSUAL 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 sledding (or carting) or winter sea-bathing in ice-cold water.

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

More than 100 thousand 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)** – www.ecs.gda.pl
- **NARODOWE MUZEUM MORSKIE (NATIONAL MARITIME MUSEUM)** – www.cmm.pl
- **MUZEUM NARODOWE (THE NATIONAL MUSEUM)** – www.muzeum.narodowe.gda.pl
- **MUZEUM ARCHEOLOGICZNE W GDAŃSKU (ARCHEOLOGICAL MUSEUM)** – www.archeologia.pl
- **MUZEUM II WOJNY ŚWIATOWEJ (MUSEUM OF THE SECOND WORLD WAR)** – www.muzeum1939.pl
- **MUZEUM BURSZTYNU (AMBER MUSEUM)** – www.mhmg.pl/oddzial/8/muzeum-bursztynu
- **MUZEUM HISTORYCZNE MIASTA GDAŃSKA (THE GDAŃSK HISTORY MUSEUM)** – www.mhmg.gda.pl
- **TEATR SZEKSPIROWSKI (THE GDANSK SHAKESPEARE THEATRE)** – www.teatrszekspirowski.pl
- **CENTRUM HEWELIANUM (HEVELIANUM CENTER)** – www.hewelianum.pl
- **CENTRUM EDUKACJI ARCHEOLOGICZNEJ “BŁĘKITNY LEW” (ARCHEOLOGICAL EDUCATION CENTRE “BLUE LION”)** – www.blekitnylew.pl
- **CENTRUM EXPERYMENT (THE EXPERYMENT SCIENCE CENTRE)** – www.experiment.gdynia.pl
- **AKWARIUM GDYŃSKIE (GDYNIA AQUARIUM)** – www.akwarium.gdynia.pl
- **TEATR MUZYCZNY W GDYNI (MUSIC THEATRE IN GDYNIA)** – www.muzyczny.org
- **AQUAPARK** – www.aquaparksopot.pl



fot. T. Kamiński, The Experiment Science Center



European Solidarity Centre, fot. Grzegorz Mehring / Archiwum ECS

HOW TO GET TO GDAŃSK



BY PLANE

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
Tel. (+48 58) 348 11 63,
fax: (+48 58) 345 22 83
www.airport.gdansk.pl



BY CAR

There are four main routes leading directly to the Tri-city: 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 and the A1 highway also from the south.



BY TRAIN

Polish National Railways (PKP – Polskie Koleje Państwowe)
Tel. (+48 58) 94 36,
(+48 58) 721 52 60
www.pkp.pl



BY FERRY

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

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

Finnlines operates 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 other. The Polski Bus coach operators offers inter-city connections between Gdańsk and several other main Polish cities.

www.polskibus.com

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

PUBLIC TRANSPORT

ALTHOUGH TRICITY FORMS ONE URBAN ORGANISM EACH OF THEM HAS ITS OWN PUBLIC TRANSPORT. TRAMS AND BUSES SERVICES IN GDAŃSK ARE OPERATED BY ZTM GDAŃSK (WWW.ZTM.GDA.PL) AND IN GDYNIA BY ZKM GDYNIA (WWW.ZKMGDYNIA.PL).



fot. 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.



Tickets may be bought in a ticket office – tickets must be stamped before entering the train or in ticket machines on the platform and you don't need to stamp them. There is also an option to buy a semester ticket.

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

www.skm.pkp.pl



fot. 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 stamped until leaving the vehicle. The tickets should be stamped 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 stamped 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. www.ztm.gda.pl/en/index.php/ztm/more/student_card

CITY CARD

For those who stay in Gdańsk for some time the 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. The Card is only a carrier of the ticket and does not constitute the ticket itself and therefore doesn't entitle to use public



fot. ZTM Gdańsk



METROPOLITAN TICKET

When you want to move easily through Tricity it is recommended to purchase a metropolitan ticket (a single-fare ticket or multiple-fair ticket with the possibility of transferring to different modes of transportation) in order to travel 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 city of Sopot to Gdańsk and Gdynia.

transport, unless it has a valid ticket encoded. E-ticket does not have to be validated. It is verified by the ticket inspector with a reader.

ets (details see Trams). On other routes each stamped ticket is valid for a single ride.

The bike means freedom, health and great fun!

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.

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 stamped 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-tick-



fot. M. Szajewski - City Hall of Gdańsk





**MEDICAL UNIVERSITY
OF GDAŃSK**

WHO WE ARE

THE MEDICAL UNIVERSITY OF GDAŃSK IS THE LARGEST PUBLIC MEDICAL UNIVERSITY IN THE NORTHERN POLAND. THE UNIVERSITY PROVIDES EDUCATION TO NEAR 6 000 STUDENTS, 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 of nearly 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.

FACTS AND FIGURES



5 751

TOTAL NUMBER
OF STUDENTS,
INCLUDING

849

ENGLISH DIVISION
STUDENTS



276

PH.D. CANDIDATES



976

TEACHING AND
RESEARCH STAFF



19

PROGRAMMES OF
STUDY AND

+ 4 INTERCOLLEGIATE



1 210

HOSPITAL BEDS

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 IN POLISH

MUG offers degree programmes at Bachelor's (1st degree studies) and Master's (Master cycle, 2nd degree studies) programme in Polish. All awarded degrees are globally recognised. A Bachelor course takes 3 years (6 semesters), 2nd degree studies 2 years (4 semesters) and Master cycle studies 5-6 years (10-12 semesters).

FULL-TIME STUDIES field:	EXTERNAL STUDIES (evening) field:	EXTERNAL STUDIES (part-time) field:
Master cycle studies:	Master cycle studies:	---
medicine	medicine	---
dentistry	dentistry	---
pharmacy	pharmacy	---
medical analytics	---	---
health psychology	health psychology	---
physiotherapy	physiotherapy	---
1st degree studies:	1st degree studies:	1st degree studies:
emergency medicine	---	---
electroradiology	---	---
dental techniques	dental techniques	---
dietetics	---	dietetics
public health	---	---
nursing	---	---
midwifery	---	---
environmental health	---	---
2nd degree studies:	2nd degree studies:	2nd degree studies:
physiotherapy	---	physiotherapy
nursing	---	nursing
midwifery	---	midwifery
dietetics	---	---
public health	---	public health
environmental health	---	---
pharmaceutical and cosmetics manufacturing	---	---

ADMISSIONS OFFICE

Medical University of Gdańsk
al. Zwycięstwa 41-42, 80-210 Gdańsk
www.admission.mug.edu.pl

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

Besides above MUG offers four intercollegiate faculties: Bio-technology UG&MUG, Mechanical-Medical Engineering Technical UG&MUG, Medical Physics UG&MUG and Speech Therapy UG&MUG.



MAIN HOSPITALS

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. The Centre is also an education site and contains a 288-seat lecture hall, several seminar rooms and a computer lab. 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 Non-Invasive Medicine Centre is under construction at moment. When finished, the building will consist of 4 buildings: 3 arranged in a U-shape and the 4th building connected with them. The grounds of the NIMC will consist of several plant-filled courtyards, along with a restaurant and other services for the patients and their visitors. It is expected that the NIMC will have a maximum bedspace of 687 (not including the bedspace at the day wards and the post-anesthesia unit).

INTERNATIONAL RELATIONS

BESIDE THE ACTIVITIES OF EACH FACULTY AND DEPARTMENT MUG HAS ALSO INTERNATIONAL COOPERATION CENTER – RECTOR'S OFFICE OF STRATEGY AND INTERNATIONAL RELATIONS. THE OFFICE IS DEVIDED INTO UNITS AND SECTIONS, WHERE ONE IS RESPONSIBLE FOR INTERNATIONAL RELATIONS (IRO).

All mobility programmes, international cooperation and international projects (except the research ones) are coordinated by IRO.

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 focused on cultural differences and international cooperation in higher education.

The MUG also participates in regional and worldwide 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 (eg. dual Ph.D. programme).

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



During the 4th International Exhibition&Conference on Higher Education in Rijad

RESEARCH ACTIVITY

RESEARCH IS THE KEY ACTIVITY OF THE MEDICAL UNIVERSITY OF GDAŃSK (MUG). IN TURN, INNOVATIVE RESEARCH PROVIDES US WITH AN EXCELLENT FOUNDATION FOR UP-TO-DATE TEACHING.



The scientific excellence of the MUG was confirmed in 2012 when the Polish Ministry of Science and Higher Education recognized the Faculty of Pharmacy with Subfaculty of Laboratory Medicine as one of six National Leading Scientific Centres (KNOW). Our institution is one of six research centers in Poland that received KNOW status in July 2012. This recognition is associated with over €10 million in grants which will be spent to strengthen the research potential of the Faculty, create attractive conditions for research and to build a recognizable brand in the research world.

The research at MUG is carried out by almost 800 scientists.



fot. G. Krzyżewski

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 policy was to establish clear internal regulations in regards to IP ownership and a sustainable commercialization process of research.



Since numerous studies shows 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 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.

STUDY IN ENGLISH

MUG OFFERS VARIOUS COURSES (PRE-STUDIES), THE 6-YEAR M.D. PROGRAMME, 3-YEAR NUTRITION AND DIETETICS PROGRAMME, 3-YEAR NURSING PROGRAMME AND THE PH.D. PROGRAMMES WHICH ARE ALL TAUGHT FULLY IN ENGLISH.

6-YEAR MEDICAL DOCTOR PROGRAMME

Candidates from all of the world have a possibility to apply for a 6-year M.D. Programme at English Division, Faculty of Medicine at the Medical University of Gdańsk. The extended curriculum is based on strict European and US standards. After having graduated from the Faculty of Medicine students receive a diploma of physician (M.D.) and subsequently they can apply for a license to practice medicine in their country.

The Faculty educates near 800 students and all classes are conducted in English. Majority of students come from Sweden, Norway, India, Saudi Arabia, Canada, Iraq, UK and Germany.

The curriculum of the first 3 years of studies comprises theoretical medical sciences, introduction to clinical sciences in the form of first aid and nursing module, introduction to medicine, paediatrics, internal diseases, epidemiology, history of medicine, history of philosophy, medi-

cal sociology, medical ethics, medical psychology, computer sciences with biostatistics and foreign languages. From the IV year of studies the course includes basic clinical sciences. Studies also offer a selection of elective courses. Course completion requirements for particular years of study include also completion of summer student's internship in nursing, internal diplomas and the title of a M.D. During the VI year of the M.D. Programme, students have an obligatory practise at the hospital.

HOW TO APPLY

Candidates for 6-year M.D. Programme have to be at least High School graduates and hold High School Diploma with grades/results in biology and chemistry. During the admission process University organize obligatory entrance exam in biology and chemistry at the level of high school. Admission Committee selects candidates on the basis of their final scores from entrance exam, scores from High School Diploma in biology and chemistry and score from optional oral exam-

ination (Admission Committee's decision).

Candidates with IB Diploma in biology HL and chemistry HL have an interview only.

Topics given at www.admission.mug.edu.pl

Candidates interested in applying for 6-year M.D. Programme should:

- register online in electronic candidate's database (available at University website: www.admission.mug.edu.pl)
- fill online application form for 6-year M.D. Programme
- submit package of required documents to University Admissions Office or relevant recruitment company (depending on candidate's citizenship).

Depending on their citizenship, candidates should apply for M.D. Programme one of the recruitment companies that University cooperates with or directly via MUG University Admissions Office.

More information www.admission.mug.edu.pl

3-YEAR BACHELOR OF NURSING PROGRAMME

The Medical University of Gdańsk has modern Nursing Skills Lab with special equipment and teaching aids such as manikins. The graduates of our programme will be prepared to practise nursing independently all of the world. They will provide health services, recognize nursing needs and problems of the patients and their families, plan and perform the nursing care and provide preventive, diagnostic, therapeutic, rehabilitation and education services.

The studies include basic sciences (anatomy, physiology, pathology, genetics, biochemistry and biophysics, microbiology and parasitology, pharmacology, radiology), social sciences (psychology, sociology, pedagogy, medical law, public health, philosophy and ethics in nursing), basic nursing care (basics of nursing care, health promotion, primary care, dietetics, physical examination and research in nursing) and specialist care (internal medicine, pediatrics, surgery, obstetrics and gynecology, psychiatry, anesthesiology, rehabilitation, neurology, geriatrics, palliative care, basics of emergency medicine, and nursing: internal, pediatric, surgical, obstetric-gynecological, psychiatric, emergency, neurological and geriatric nursing, as well as nursing of patients with disabilities).

The graduates will be able to work in public and private health care facilities and continue their studies at nursing and/or various courses as a part of postgraduate education.

The extended curriculum is based on strict European and US standards.

After having graduation, the students receive a

diploma in Nursing and subsequently can apply for a license to practice nursing in their country.

HOW TO APPLY

Candidates for 3-year Bachelor of Nursing Programme have to be at least High School graduates and hold High School diploma with grades/results in biology, English and an additional subjects of their choice (either chemistry, physics or mathematics). Admission Committee selects candidates on the basis of their final scores from High School diploma in required subjects (given above) and score from an optional oral examination (Admission Committee's decision).

The topics for oral examination will be announced on the Admission website www.admission.mug.edu.pl.

Depending on their citizenship, candidates should apply for the Nursing Programme via one of the recruitment companies that University cooperates with or directly via MUG Admissions Office.

More information www.addmission.mug.edu.pl

Candidates interested in applying for 3-year BACHELOR NURSING PROGRAMME should:

- register online in electronic candidate's database (available at University website: www.admission.mug.edu.pl)
- fill online application form for 3-year Nursing Programme
- submit package of required documents to University Admissions Office or relevant recruitment company (depending on candidate's citizenship).

CONTACT

Anna Kiszka

Paulina Zwolińska

MUG Admissions Office

al. Zwycięstwa 41-42

80-210 Gdańsk

phone/fax: + 48 58 349 13 90

E-mail: admission@gumed.edu.pl

www.admission.mug.edu.pl



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https://twitter.com/admissions_mug



https://www.instagram.com/admission_mug



3-YEAR BACHELOR OF NUTRITION AND DIETETICS PROGRAMME

The extended curriculum is based on strict European and US standards and includes basic sciences (anatomy, physiology, pathology, genetics, biochemistry and biophysics, microbiology and parasitology, pharmacology), social sciences (psychology, sociology, public health, ethics), basic dietetic science (fundamentals of dietetics, health promotion, clinical nutrition) and specialist care (internal medicine, pediatrics, oncology, nephrology, surgery, rehabilitation, geriatrics).

Upon graduation from the Nutrition and Dietetics Programme, students receive a Bachelor Diploma. Graduate will implement health services, recognize dietetic needs and problems of the patient and their family, plan and provide the nutritional care of people in health and illness and to provide preventive, therapeutic and education services. The student will be prepared to develop individual dietary programs for people who are overweight or obese, for the elderly, children and patients with lifestyle diseases. Also, the graduate will be able to take nutritional care of patients fed enterally and parenterally. The graduate will be able to work in public and private health care facilities, food departments at various institutions and continue their studies at second degree studies in dietetics.

HOW TO APPLY

Candidates for 3-year Bachelor of Nutrition and Dietetics Programme have to be at least High School graduates and hold High School Diploma with grades in biology (or health sciences), English and an additional subject of their choice (either chemistry, physics or mathematics). The Admission Committee selects the candidates on the basis of their scores from High School Diploma in required subjects (given above) and score from an optional oral examination (Admission Committee's decision).

Candidates interested in applying for the 3-year Bachelor of Nutrition and Dietetics Programme (English Division) should:

- register online in electronic candidate database (available at: admission.mug.edu.pl)
- fill online application form for 3-year Bachelor of Nutrition and Dietetics Programme
- submit a complete application package by regular mail to the Admissions Office at the Medical University of Gdańsk or agent.





PREMEDICAL COURSE

The course aims to meet the needs of High School graduates who wish to pursue medical education but who have taken few or none of the core science courses required for successful preparation to medical school.

The course lasts from beginning of October to the end of May and is divided into two semesters. All classes are conducted in English. Graduation of PREMEDICAL COURSE gives participant an opportunity to be accepted for the 6-year M.D. Programme at the Medical University of Gdańsk in the next academic year.

1st semester curriculum:

General Biology I, Inorganic Chemistry with Elements of Laboratory Diagnostics, Medical Terminology I, English Language I, Polish Language I, Basic Learning Techniques, Communication Skills, Freshman Seminar.

2nd semester curriculum:

Introduction to Anatomy and Physiology, Introduction to Cytophysiology and Microscopic Anatomy, General Biology II, Ecology, Organic Chemistry with Elements of Biochemistry, Physics, Medical Terminology II, English Language II, Polish Language II.

HOW TO APPLY

Candidates have to be at least High School graduates and hold High School Diploma with grades/results in biology and chemistry or relevant subjects. The Admission Committee selects candidates on the basis of their High School grades from biology and chemistry (or other relevant subjects) and English language skills (confirmed by certificate).

Candidates interested in applying should:

- register online in electronic candidate's database (available at University website: admission.mug.edu.pl)
- fill online application form for Premedical Course
- submit package of required documents to University Admissions Office.

PRE-HEALTH COURSE

The Pre-Health Course aims to meet the needs of high school graduates who wish to pursue a health education but who have taken few or none of the core science courses required for successful preparation to health school.

The course lasts from the beginning of October to the end of May and is divided into two semesters. All classes are conducted in English. It is assumed that the level of English of the students is roughly equivalent to Level A2. Prior to the course, students will be asked to write a placement test, so that the classes of particular groups are best suited to their needs to help them achieve at least B2 level. As the main objective of the course is to prepare students for their studies at university, they are expected to pass IELTS academic examination at the end of the course to receive an international recognition of their skills. Graduation of Pre-health Course gives participant an opportunity to be accepted for 3-year Bachelor of Nursing Programme or Bachelor of Dietetics Programme at the Medical University of Gdańsk in the next academic year.

Ist semester curriculum:

Culture, Grammar, Listening and speaking, Reading and vocabulary, Phonetics, Polish, Writing.

II semester curriculum:

Basic Learning Techniques, English Language Course, General Biology, Introduction to Anatomy and Physiology, Medical Terminology, Polish Language Course, Premedical Chemistry with Elements of Biochemistry.

HOW TO APPLY

Candidates have to be at least High School graduates. The Admission Committee selects the candidates on the basis of their scores from High School Diploma in biology (or health sciences), English and an additional subject of their choice (either chemistry, physics or mathematics).

Candidates interested in applying for the Pre-Health Course should:

- submit complete required documents by regular mail to the Admissions Office at the Medical University of Gdańsk.
- register online in electronic candidate database (available at University website admission.mug.edu.pl)
- fill online application form for Pre-Health Course



foto. A. Bogdan



CONTACT

Anna Kiszka
Paulina Zwolińska
Admissions Office
al. Zwycięstwa 41-42
80-210 Gdańsk

Tel./fax: + 48 58 349 13 90

E-mail: admission@gumed.edu.pl

www.admission.mug.edu.pl



[/AdmissionsMedicalUniversityofGdansk](https://www.facebook.com/AdmissionsMedicalUniversityofGdansk)



https://twitter.com/admissions_mug



https://www.instagram.com/admission_mug



According to an agreement with the US Department of Education, the Medical University of Gdańsk participates in the Title IV, HEA Program. U.S. citizens may to apply for Federally Guaranteed Stafford loans under the Title IV code. The Financial Aid Office, provides information and assistance regarding the eligibility and application for financial aid. The Financial Aid Officer helps U.S. citizens meet their financial obligations to the University with the aid of loans.

CONTACT:

Magdalena Myszkier
Financial Aid Office
located in Atheneum
Gedanense Novum building
Dean's Office

Room 308 , 2nd floor

Tel. +48 58 349 16 36

Fax: +48 58 349 10 68

E-mail: financial.aid@gumed.edu.pl

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 23th 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.



ERASMUS+

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

ERASMUS+ COORDINATORS

ERASMUS+ INSTITUTIONAL COORDINATOR

Ewa Kiszka, M.A.
Head of International Relations Office
ul. M. Skłodowskiej-Curie 3A, 80-210 Gdańsk, POLAND
Tel. +48 58 349 11 61
Fax: +48 58 349 12 00
E-mail: ekiszka@gumed.edu.pl

ERASMUS+ DEPARTMENTAL COORDINATOR, FACULTY OF MEDICINE

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

ERASMUS+ FACULTY CONTACT

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

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

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

ERASMUS+ FACULTY CONTACT

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

ERASMUS+ DEPARTMENTAL COORDINATOR, FACULTY OF HEALTH SCIENCES WITH SUBFACULTY OF NURSING

Anna Roszmann, Ph. D.
Department of Neurological Psychiatric Nursing
ul. Debinki 7, 80-211 Gdańsk, POLAND
E-mail: aniar@gumed.edu.pl

ERASMUS+ FACULTY CONTACT

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



ERASMUS+ INFO

ERASMUS+ ID CODE:

PL GDANSK03

APPLICATION DEADLINE: 30th of June.

REQUIRED DOCUMENTS:

1. Application Form
2. Accommodation Form
3. Learning Agreement
4. Questionnaire
5. Health Certificate
6. 2 photographs
7. Copy of passport or ID
8. A confirmation of Your Third Party Insurance and an Emergency Insurance certificates (example – EURO26, ISIC, etc.).

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, M.A.

Dawid Spychała, M.A.

International Relations Office

Medical University of Gdańsk

ul. M. Skłodowskiej-Curie 3A

80-210 GDAŃSK

Tel./fax: +48 58 349 12 00

E-mail: erasmus@gumed.edu.pl

POLSKA/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 live 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 GUEST STUDENTS

THE MEDICAL UNIVERSITY OF GDAŃSK IS OPENED FOR INTERNATIONAL GUEST STUDENTS. THEY CAN STUDY MEDICINE FOR ONE, AT MOST TWO SEMESTERS AT THE MEDICAL UNIVERSITY OF GDAŃSK WITHOUT BEING PART OF A SPECIFIC EXCHANGE PROGRAM AND ON A PAYMENT BASIS. GUEST STUDENTS RECEIVE TRANSCRIPTS OF RECORDS. THERE IS NO DEGREE GRANTED TO THOSE STUDENTS. IN ORDER TO BECOME A GUEST STUDENT, AN INTERNATIONAL STUDENT HAS TO UNDERTAKE COURSES OF AT LEAST 10 ECTS/SEMESTER.

THE APPLICATION DEADLINES

- for the winter semester and full academic year – 30th of June
- for the summer semester – 30th of November

REQUIREMENTS

A Guest Student must have approval of the home university and have sufficient english knowledge on the minimum level B2.

Guest Students are required to pay the tuitions fees of the University

1 ECTS = 160 EUR

APPLICATION PROCEDURES

Complete all required documents and send originals by regular post to the address below:

International Relations Office

The Medical University of Gdańsk
ul. M. Skłodowskiej-Curie 3A
80-210 Gdańsk

Guest students may choose from the all courses of studies offered by the Faculty of Medicine. All courses are fully taught in English.

REQUIRED DOCUMENTS

- Application Form
- Questionnaire
- Learning Agreement (approved by home University)
- Health Certificate
- motivation letter
- English Language Certificate (at least B2 level)
- Transcript of Records
- 2 photos
- copy of passport or ID
- a confirmation of health insurance.



ACCORDING QUESTIONS CONCERNING
ADMINISTRATIVE MATTERS – PLEASE CONTACT
INTERNATIONAL RELATIONS OFFICE:

Karolina Derda
E-mail: k.derda@gumed.edu.pl

Dawid Spychala
E-mail: d.spychala@gumed.edu.pl

ACCORDING TO THE CURRICULUM MATTERS AND
LEARNING AGREEMENT PROBLEMS OR MERYTHORICAL
QUESTIONS – PLEASE CONTACT THE DEAN'S OFFICE:

Aleksandra Kroll-Kiszcak
E-mail: akroll@gumed.edu.pl

ABOUT THE ACCOMODATION INFORMATION
– PLEASE CONTACT JANUSZ DĄBROWSKI
E-mail: jandabrowski@gumed.edu.pl

More information at <http://intrel-en.gumed.edu.pl/23589.html>

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, the student life, the teaching structure at the MUG and accommodations.

The Computer Education Center and Main Library staff provide students with a comprehensive review 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.



Students during Cooking Day



International party at the Wróblówka lodge

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 Orientation 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.

The Party takes place at Wróblówka, a hunting lodge where traditional food (roasted boar, bread with lard) as well as vegetarian dishes are offered along with our regional Kashubian music and dance.

Additional activities – trips around the city with sightseeing are organized and conducted by the second-year students and Erasmus Students from MUG organization (ESMug).

DOCTORATE STUDIES

THE MEDICAL UNIVERSITY OF GDAŃSK PROVIDES DOCTORATE STUDIES IN ENGLISH FOR DOMESTIC AND INTERNATIONAL STUDENTS.

PH.D. IN MEDICINE

This is a four-years-lasting Ph.D. course, which provides all necessary training to make participating postgraduate students leaders in the clinical and basic medicine. If you are medical doctor, veterinarian, biologist, biotechnologist or hold an equivalent life science graduate diploma, you are invited to take a part in this extraordinary adventure.

Doctorate Studies in our university guarantees academic training in each and every branch of modern medicine. From neuroscience and genetics to oncology, surgery and psychiatry. You will join vibrant scientific community devoted to discover secrets of human body and to find new ways to help patients. We will support your efforts to go beyond the borders. Each Ph.D. student has individual tutor from experienced senior staff, who assists and advises throughout the whole Ph.D. studies.

Doctorate Studies are opened for domestic and international students (both EU and non-EU citizens may apply) holding M.D. or M.Sc. diploma or equivalent.

CONTACT

prof. Piotr Trzonkowski, M.D., Ph.D.

E-mail: ptrzon@gumed.edu.pl

www.phdinmedicine.mug.edu.pl

PH.D. IN PHARMACEUTICAL SCIENCES

The Ph.D. in Pharmaceutical Sciences prepares graduates for industry and research work based on extensive training in biopharmaceutics, applied pharmacy, hospital pharmacy, medical chemistry, pharmacokinetics, pharmacodynamics, molecular biology, toxicology, natural drugs, phytochemistry etc.

Doctorate Studies are opened for students (both EU and non-EU citizens may apply) holding M.Sc. diploma or equivalent.

Depending on individual progress, the Ph.D. degree is normally completed in 4 years (in special cases it can be further extended).

Ph.D. students will receive 22 credits in the compulsory classes and 23 credits in the elective courses. Optional courses prepare students for the academic teaching profession, particularly in terms of teaching methods and new technologies in the education of students.

There is an individual tutor for every Ph.D. student, usually a member of senior staff with Associate Professor degree or higher, who is directly responsible for the development of your research and position academic career development.

CONTACT

prof. Michał Markuszewski, M.D., Ph.D.

E-mail: markusz@gumed.edu.pl

www.phdinpharmacy.mug.edu.pl

TUITION FEE – 21.000 PLN/semester (≈5250 Euro/semester)

BENEFITS – health service, access to sport activities





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 headquarters 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)
Janusz Dąbrowski, M.A.
ul. Dębowa 13
80-204 Gdańsk
Tel. +48 58 349 13 50
Fax: +48 58 349 13 50
E-mail: jandabrowski@gumed.edu.pl

For those students who would like to rent apartment in the city please contact Accommodation for Students



**ACCOMMODATION
FOR
STUDENTS**

Apartments and rooms to rent
Tell us your expectation and we will
find you your dream apartment

WWW.E-AFS.COM
CONTACT@E-AFS.COM

TOM 0048660682422, MAGDA 0048792299323

*Prices may various depending on each academic year regulations.



STUDENT CANTEENS

STUDENT CANTEENS ARE LOCALIZED 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.

LIBRARY

THE MAIN LIBRARY OF THE UNIVERSITY IS SITUATED AT DĘBINKI STR. I 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

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 accommodation, 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 their headquarters, you can obtain ESN contact information in the USS office.

CONTACT:

Address: 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: mfgumed.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 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 the Swedish medical job market, finding internships and residencies.

CONTACT:

E-mail: info@msfgdansk.se

Facebook: SLF Student Gdansk

Instagram: [slfgdansk](#)

Website: SLF Utland Gdansk

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 its 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.



conducted in English. Graduation of PREMEDICAL COURSE gives participant an opportunity to be accepted for the 6-year M.D. program at the Medical University of Gdańsk in academic year 2014.

PREMEDICAL CURRICULUM

Semester I: Communication Skills, Basic Learning Techniques, General Biology I, Inorganic Chemistry I, Medical Terminology I, English Language Course I, Polish Language Course I, Physics I
Semester II: Introduction to Anatomy and Physiology, Introduction to Cytophysiology and Microbiology, General Biology II, Ecology, Organic Chemistry, Medical Terminology II, Physics II, Language II, Polish Language II

ADMISSION

Candidates for admission to the PREMEDICAL COURSE should register in electronic database and submit completed application package by regular mail to the Admission Office of the Medical University of Gdańsk within the deadline set by the University. Applicants who are not school graduates. Applicants for a 6-year M.D. program at the Medical University of Gdańsk who have not been accepted are welcome to apply for the Course.

CONTACT

Anna K.
Admission Office
at: Zwykła
80-201 Gdańsk
phone/fax:
e-mail: admi



Det allra bästa
GDAŃSK



MEDICAL UNIVERSITY OF



PREMEDICAL COURSE

PREMEDICAL COURSE OVERVIEW

The PREMEDICAL COURSE is organized by the Medical University of Gdańsk for the needs of high school graduates who wish to pursue a medical education. The course is one of the core science courses required for successful preparation for the entrance examination to the 6-year M.D. program. The course runs from November 2013 to May 2014 and is divided into two semesters. The course is conducted in English. Graduation of PREMEDICAL COURSE gives participant an opportunity to be accepted for the 6-year M.D. program at the Medical University of Gdańsk in academic year 2014.

PREMEDICAL CURRICULUM

Semester I: Communication Skills, Basic Learning Techniques, General Biology I, Inorganic Chemistry I, Medical Terminology I, English Language Course I, Polish Language Course I, Physics I
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CONTACT

Anna K.
Admission Office
at: Zwykła
80-201 Gdańsk
phone/fax:
e-mail: admi

UNIVERSITY OF GDAŃSK

MEDICAL

UNIVERSITY OF GDAŃSK



GDAŃSKI UNIWERSYTET MEDYCYNY



MEDICAL UNIVERSITY OF GDAŃSK POLAND

PRACTICAL GUIDE FOR INCOMING STUDENTS



Academic year 2013/2014

MEDICAL UNIVERSITY OF GDAŃSK

USEFUL INFORMATION

ENGLISH LANGUAGE COURSE

ENGLISH LANGUAGE COURSE OVERVIEW

English Language Course for students with balanced practice in all English language skills (reading, listening, speaking and writing) as well as language components of grammar and vocabulary. Students will be exposed to a wide variety of written and recorded texts on topics pertaining to modern life, with exercises designed to develop a range of inferential skills and build receptive and active vocabulary, paying particular attention to cohesion and natural range of phrases. The course will also focus on developing active skills. Students are chosen to practice new vocabulary in a variety of contexts through pair work, class and a debate discussions as well as through writing activities. At the same time, the course should also help students to develop efficient learning strategies and encourage them to be autonomous learners. The course will be held in English and in Italian. The course runs from October 2013 to January 2014 and is divided into two semesters: course of ENGLISH LANGUAGE COURSE (IELTS) will gain participant an opportunity accepted for the *Prima Università* at the Medical University of Gdansk.

LIFE LANGUAGE COURSE CURRICULUM

MEDICAL UNIVERSITY OF GDAŃSK

POLAND



Research and Development



GDANSK
www.gdansk.pl

MEDICAL UNIVERSITY OF GDAŃSK

Практический Путеводитель

PREMEDICAL COURSE

CONTACT
Anna Kluge

fot. A. Bogdan



VISAS AND LEGALIZATION OF STAY IN POLAND

Pomorski Urząd Wojewódzki (Pomeranian Voivodeship Office in Gdańsk)

Wydział Spraw Obywatelskich i Cudzoziemców (Department of Citizen 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.

INSTRUCTION

STUDENTS FROM EU COUNTRIES – REGISTERING THE RESIDENCE

If you are 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 Registering the Residence in Pomeranian Voivodship Office in Gdańsk. There is no charge for Registering the Residence.

Documents required to Registering the Residence:

- 4 filled Applications for Registering the Residence
- 4 copies of passport (or other valid document certifying your identity and citizenship)
- 4 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.

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 I 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

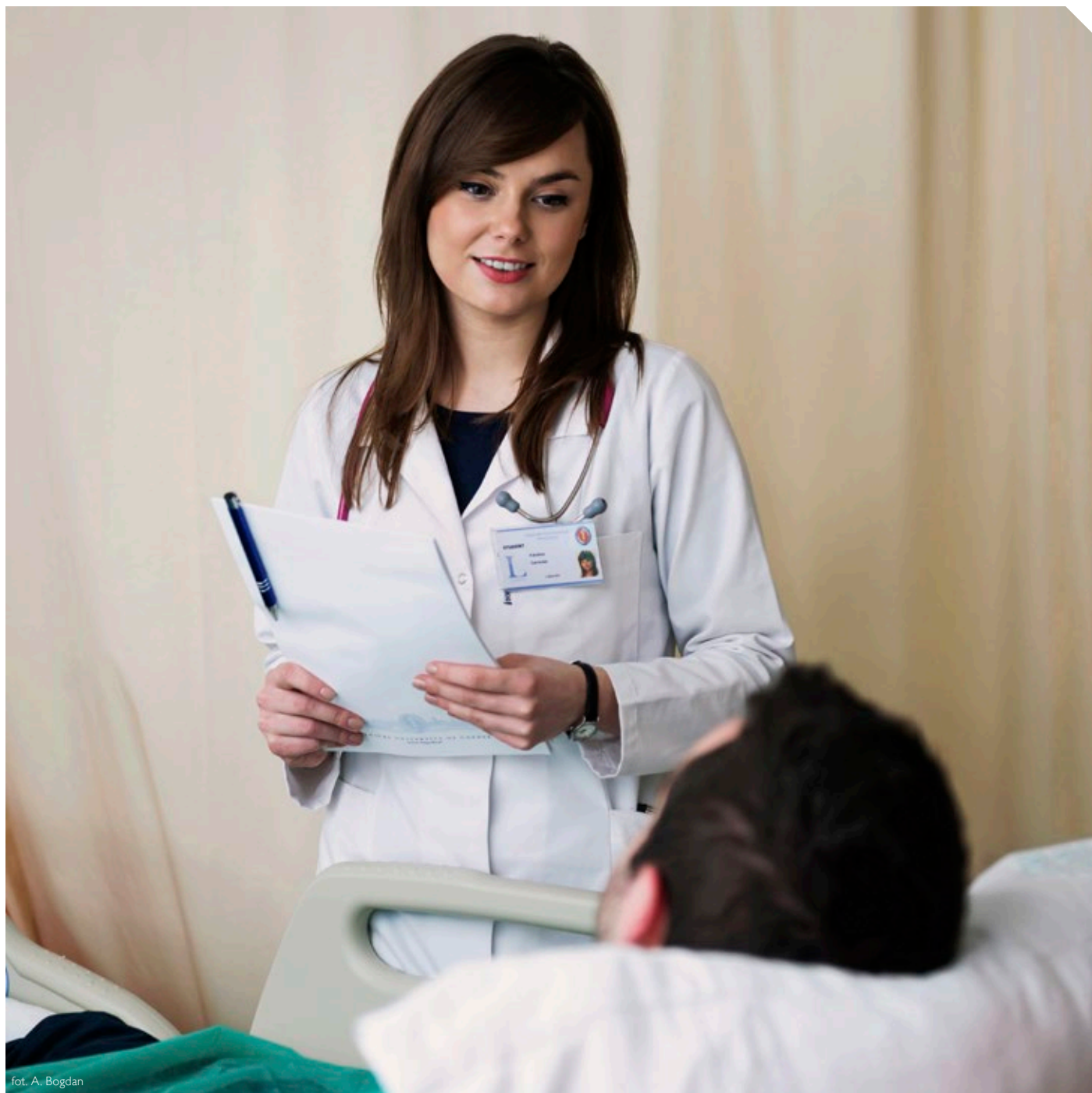
(new building at Smoluchowskiego str. 17) open 24 hours/day

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 see:

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	400-600 PLN (96-145 €)
Food	400-450 PLN (96-107 €)
Transportation	3-97 PLN (0,50-23 €)
Other expenses	200-250 PLN (48-60 €)
Total	1001,50-1397 PLN (240,50-335 €)

Mid-range budget

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

High budget

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

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 "kantors". 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.



fol. E. Lundström

SHOPPING

There are many local shops in residential estates 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 Co., 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 fruits 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.



ON OUR CAMPUS YOU CAN FIND

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 (pizzeria & restaurant)

ul. M. Skłodowskiej-Curie 3B

www.facebook.com/wloskarobotagdansk

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





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”

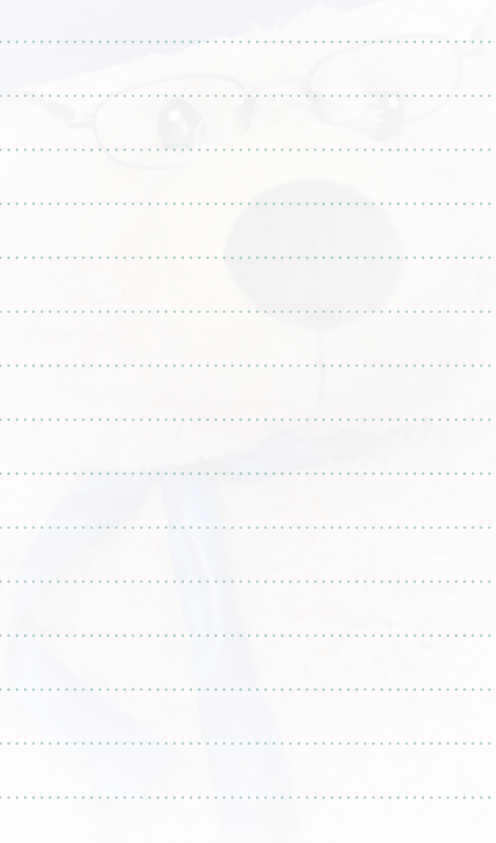
Phone: +48 58 19 660; +48 660 619 660

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 (Rector's Building, ground floor, room 3). It's open from Monday to Friday 8-15. We also have sturdy handbags made from sailing cloth and dozens of other useful MUG gear.

NOTES




MEDICAL
UNIVERSITY OF GDANSK



POLISH ENGLISH

Cześć	Hello
Dzień dobry	Good morning
Dobry wieczór	Good afternoon
Do widzenia	Good bye
Jak się masz?	How are you?
Dzisiaj	Today
Wczoraj	Yesterday
Jutro	Tomorrow
Za tydzień	In a week
Proszę	Please
Dziękuję	Thank you
Przepraszam	I am sorry
Tak	Yes
Nie	No
Nie rozumiem	I don't understand
Proszę powtórzyć	Could you repeat
Jestem zmęczony	I am tired
Nie podoba mi się	I don't like
Podoba mi się	I like it
Chłopak	Boy
Dziewczyna	Girl
Ile to kosztuje?	How much is...?
Gdzie?	Where?
Dlaczego?	Why?
Kiedy?	When?
Lubie Cię	I like you
Kocham Cię	I love you



 <https://www.facebook.com/AdmissionsMedicalUniversityofGdansk/>
 https://twitter.com/admissions_mug
 https://www.instagram.com/admission_mug/



 [/MedicalUniversityOfGdansk](https://www.facebook.com/MedicalUniversityOfGdansk)

 www.gumed.edu.pl
 www.mug.edu.pl