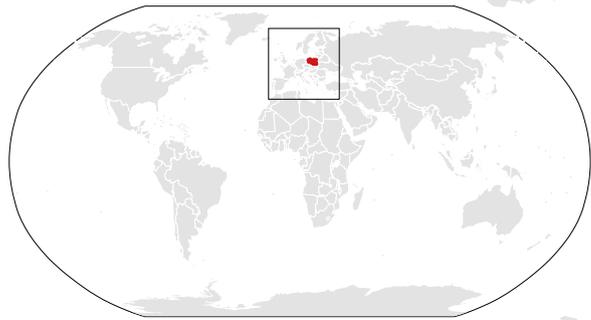


MEDICAL

UNIVERSITY OF GDAŃSK



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.



fot. City Hall of Sopot

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 .



fot. ZTM Gdańsk

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.

TRADITIONS POLISH HOLIDAYS

JANUARY

Święto Trzech Króli (Epiphany) – 6th of January, twelve days after Christmas. It is often viewed as the last day of the Christmas season (the end of the 12 days of Christmas).

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.

MARCH/APRIL

Wielki Czwartek, Wielki Piątek, Wielka Sobota (Triduum Paschale) (Maundy Thursday, Good Friday and Holy Saturday)

– during the very last three days of the Lent special ceremonies are held in churches. On Holy Saturday people bring food in small baskets which are blessed during the mass and shared for breakfast at home afterwards.

Lany poniedziałek (Easter Monday)

– the Monday after Easter Sunday. Children and adults pour water on one another, wish good health and give small gifts.

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

Boże Ciało (Corpus Christi)

– Day of Thanksgiving for the Institution of Holy Communion. You can see processions led by children scattering flower petals.

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

Wszystkich Świętych (All Saints' Day)

– 1st of November. People go to cemeteries to light candles and pray for their relatives, friends or strangers who have passed away.

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!

Wigilia (Christmas Eve)

– 24th of December. Before a solemn dinner we share a holy wafer with one another. During the whole evening we sing Christmas carols. The dishes served are very special and usually associated with Christmas Eve exclusively. Every region has its own dishes. Many people go to church for a midnight mass.



TRADITIONS 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).



GOŁABKI (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 friend 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. This dish is also called żurek starowiejski.

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 fast food 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.



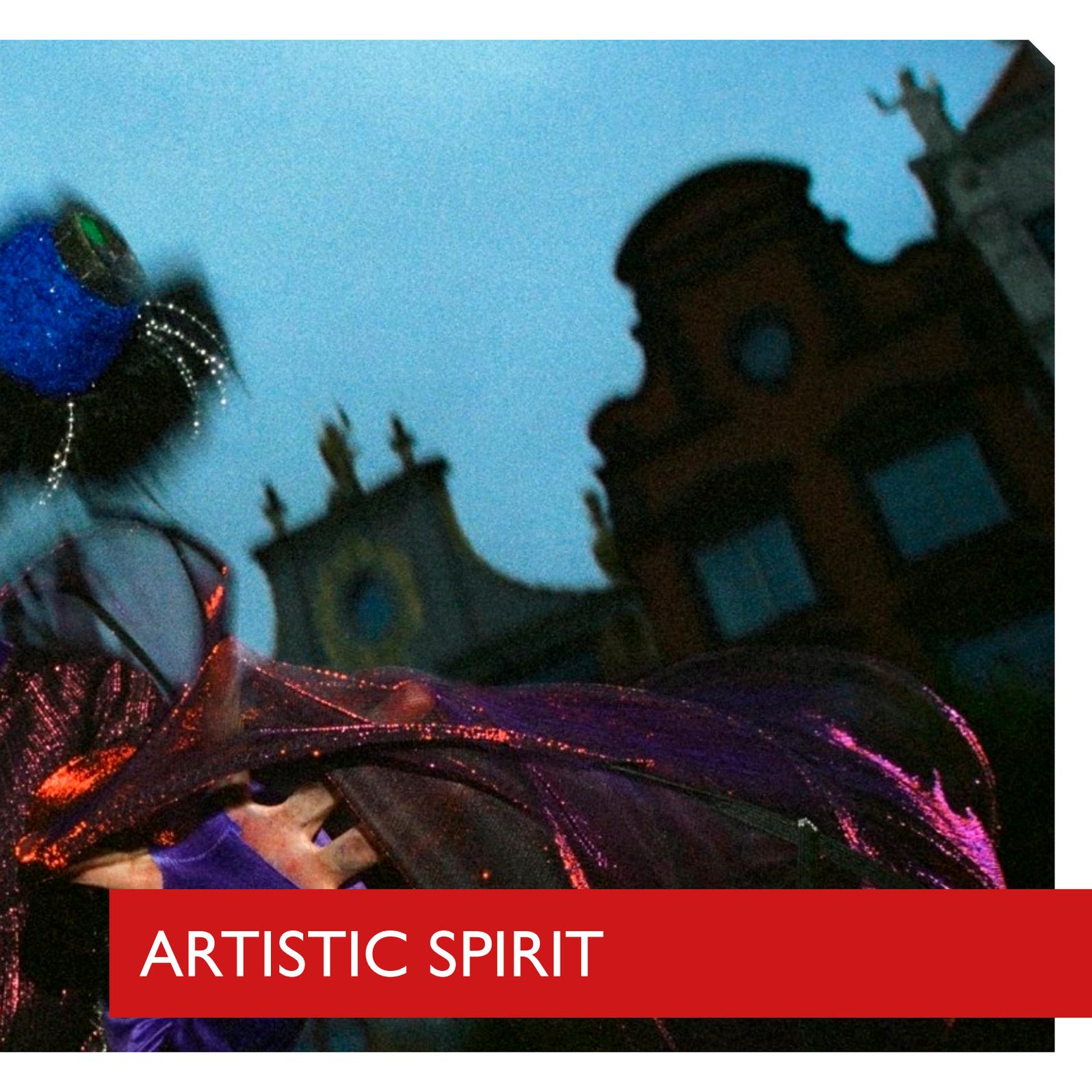
One of the most popular places in Tricity - Brovarnia and Green Way

WHAT MAY PUZZLE OR SURPRISE IN POLAND

- Poland is a very religious country and on a Sunday you may see crowds going to church, young as well as old
- The month before Christmas is a holy time (advent), not a time for parties. Similarly, the time of Lent before Easter
- On Christmas Eve – 24th of December Poles share a holy wafer with families and friends wishing all the best to each other
- Around Christmas time priests visit families to bless their homes
- 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 or alcohol are the most common choices
- If you travel on public transport, be prepared for a display of old fashioned courtesies: 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.







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.



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

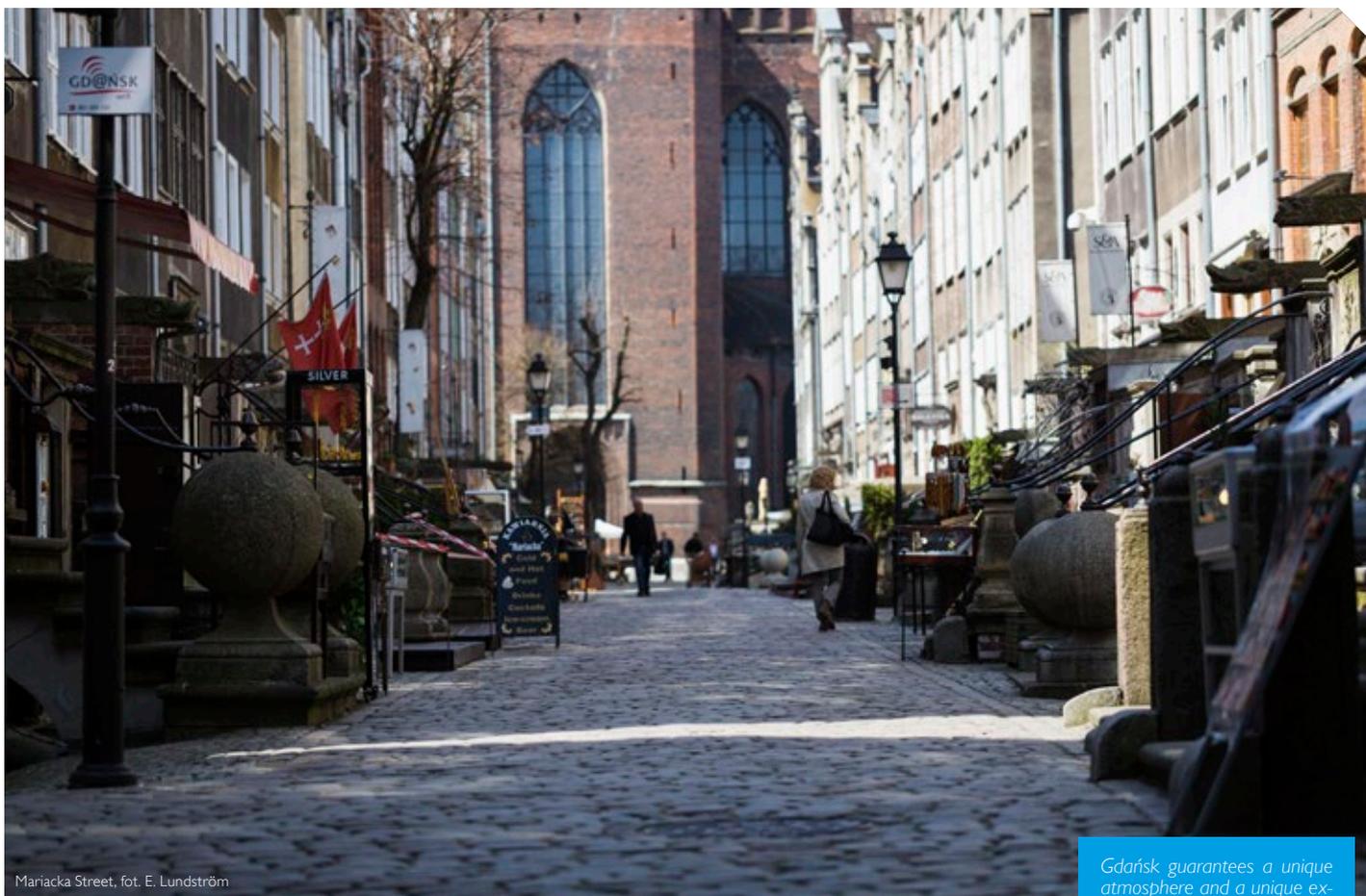
Gdańsk's most beautiful spots are related to its historical centre. This area, although almost completely destroyed during World War II, was rebuilt thanks to the determination of its people and nowadays the pictur-

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.



fol. M. Szajewski – City Hall of Gdańsk

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 PGE Arena Gdańsk was built es-

pecially 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 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

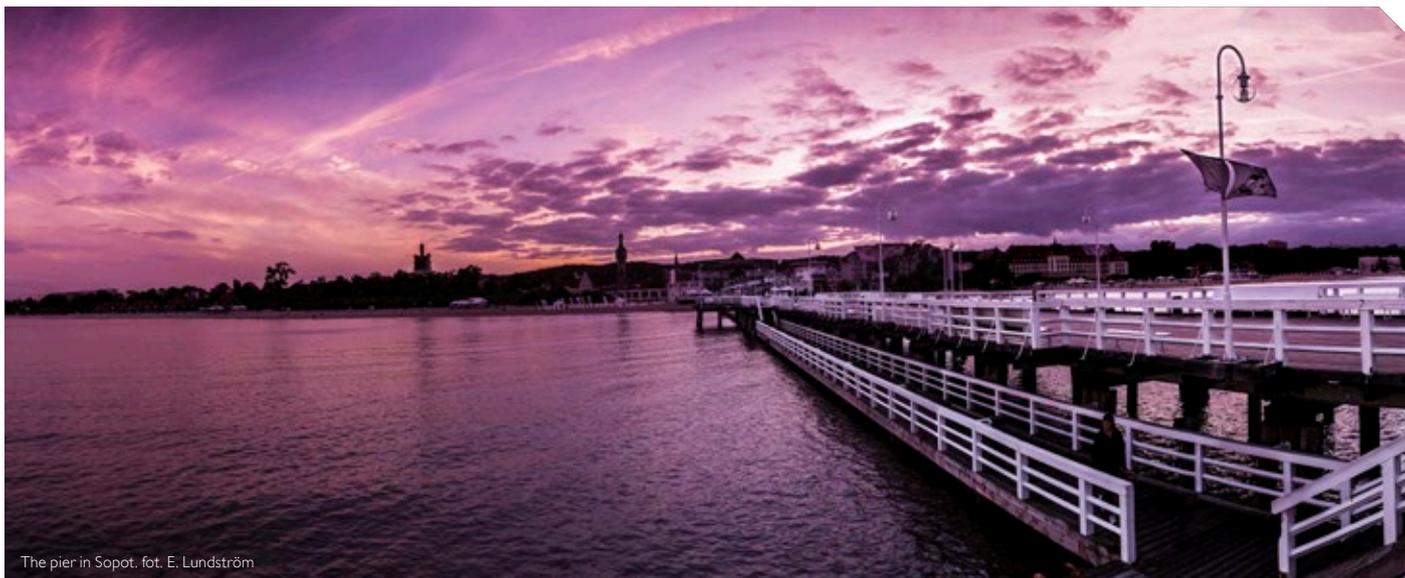
that is the Europe's longest wooden pier cuts over 511 m into the sea. Built in the 1820 – initially as a wooden jetty – it is the most easily recognized sight in town.

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 Przystań 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 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 sledging (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

- **MUZEUM HISTORYCZNE MIASTA GDAŃSKA (THE GDAŃSK HISTORY MUSEUM)** – www.mhmg.gda.pl
- **MUZEUM NARODOWE (THE NATIONAL MUSEUM)** – www.muzeum.narodowe.gda.pl
- **NARODOWE MUZEUM MORSKIE (NATIONAL MARITIME MUSEUM)** – www.cmm.pl
- **MUZEUM ARCHEOLOGICZNE W GDAŃSKU (ARCHEOLOGICAL MUSEUM)** – www.archeologia.pl
- **CENTRUM EDUKACJI ARCHEOLOGICZNEJ “BŁĘKITNY LEW” (ARCHEOLOGICAL EDUCATION CENTRE “BLUE LION”)** – www.blekitnylew.pl
- **WYSTAWA “DROGI DO WOLNOŚCI” (“ROADS TO FREEDOM” EXHIBITION)** – www.ecs.gda.pl
- **AKWARIUM GDYŃSKIE (GDYNIA AQUARIUM)** – www.akwarium.gdynia.pl
- **TEATR MUZYCZNY W GDYNI (MUSIC THEATRE IN GDYNIA)** – www.muzyczny.org
- **CENTRUM EXPERYMENT (THE EXPERYMENT SCIENCE CENTRE)** – www.experymet.gdynia.pl
- **AQUAPARK** – www.aquaparksopot.pl
- **HIPODROM SOPOT (THE SOPOT HIPPODROME)** – www.hipodrom.sopot.pl



fot. T. Kamiński, The Experymet Science Center

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.



fot. ZTM Gdańsk

BUSES, TRAMS AND TROLLEY BUSES

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

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.

The bike means freedom, health and great fun!

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.

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 13% 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

796

ENGLISH DIVISION STUDENTS



269

PH.D. CANDIDATES



962

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.



STUDY IN POLISH

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	medical analytics	---
1st degree studies:	1st degree studies:	1st degree studies:
physiotherapy	---	---
nursing	nursing	nursing
midwifery	midwifery	midwifery
emergency medicine	---	---
electroradiology	---	---
dental techniques	dental techniques	---
dietetics	---	dietetics
public health	---	---
environmental health	---	---
2nd degree studies:	2nd degree studies:	2nd degree studies:
physiotherapy	---	physiotherapy
nursing	---	nursing
midwifery	---	---
dietetics	---	---
public health	---	public health
environmental health	---	---

Besides above MUG offers four intercollegiate faculties: Biotechnology UG&MUG, Mechanical-Medical Engineering Technical University of Gdańsk and MUG, Medical Physics UG&MUG and Speech Therapy UG&MUG.



INVASIVE MEDICINE CENTRE

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.

INTERNATIONAL RELATIONS

BESIDE THE ACTIVITIES OF EACH FACULTY AND DEPARTMENT MUG HAS ALSO IT'S 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 600 scientists. In years 2008-2012 they published papers with the total a Impact Factor of over 5000. At the same time we received 74 Polish research grants (total value of €10 million), 19 international grants (€3 million) and 12



projects financed from the EU structural funds (nearly €8 million). In 2011-2012 the MUG was ranked 8th among 121 Polish scientific institutions in terms of the total number of research grants received.

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. At this time, the MUG owns 25 patents. 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.

Numerous studies show that the young people demonstrate the greatest creativity and innovation in research. Therefore, the leading goal of our University is involving students in research projects. Cooperation of young open-minded scientists with experienced researchers results in a wide range of projects and partnerships with institutions in Poland and abroad.

The MUG focuses its research on innovative medications and new clinical treatment of diseases that are currently incurable.

STUDY IN ENGLISH

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

M.D. PROGRAMME ENGLISH DIVISION

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 680 foreign students and all classes are conducted in English. Students come from Sweden, United States of America, Saudi Arabia, Great Britain, Norway, Germany and Spain.

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, medical 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 make a selection of candidates on the basis of their final scores from entrance exam, scores from High School Diplo-

ma in biology and chemistry and optional score from additional oral examination (Admission Committee's decision).

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

- register on-line in electronic candidate's database (available at University website: www.admission.mug.edu.pl)
- fill on-line 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).

www.mug.edu.pl

Depending on their citizenship, candidates should apply for M.D. programme via recruitment company that University cooperate with or directly via MUG University Admissions Office. More information www.admission.mug.edu.pl

3-YEAR 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 will be qualified for studies at the MUG based on their high school leaving exams from biology, English and an additional subject of their choice (either chemistry, physics or mathematics) and an optional score from the additional oral examination (upon the decision of the Admission Committee). 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 to the MUG Admissions Office. More information www.admission.mug.edu.pl

Candidates interested in applying for 3-year NURSING programme should:

- register on-line in electronic candidate's database (available at University website: www.admission.mug.edu.pl)
- fill on-line 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
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

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 October to 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. program at the Medical University of Gdańsk in the next academic year.

1st semester curriculum:

General Biology I, Inorganic Chemistry, 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, 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 on-line in electronic candidate's database (available at University website: admission.mug.edu.pl)
- fill on-line application form for Premedical Course
- submit package of required documents to University Admissions Office.





ENGLISH LANGUAGE COURSE

The aim of this course is to provide with balanced practice in all English language skills. The course is designed to develop a range of comprehensive skills and makes students familiar with medical vocabulary.

It should also help students to develop efficient learning strategies and encourage them to become independent learners.

The English course lasts from February to June/July (one semester).

Graduation of ENGLISH LANGUAGE COURSE (IELTS test) gives an opportunity to be accepted for the Premedical Course at the Medical University of Gdańsk.

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. Admission Committee make a selection of candidates on the basis of their final scores from High School Diploma in biology and chemistry or relevant subjects.

Course curriculum:

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

Candidates interested in applying for English Language Course should:

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

CONTACT

Anna Kiszka
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

ORGANIZATION 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	23th of December	to	1st 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				February/March
summer examination session				June
summer holidays	from	July	to	September



ADDITIONAL TERMS

- Orientation course for the 1st year English Division 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.



FEES

6-YEAR M.D. PROGRAMME

Admission fee **2 000 PLN**
Tuition fee for the first year
of study **43 000 PLN**
Tuition fee for the second to the sixth year
of studies **40 000 PLN** per year

3-YEAR NURSING PROGRAMME

Admission fee **2 000 PLN**
/ polish citizens **1 000 PLN**
Tuition fee for the year
of study **23 000 PLN**

PREMEDICAL COURSE

Tuition fee for Premedical
Course is **33 000 PLN**

ENGLISH LANGUAGE COURSE

Tuition fee for the English Language
Course is **5 000 EUR**

ORIENTATION WEEK

Fee for the one-week orientation
programme is **1 000 PLN**
NOTE: Erasmus students may
also participate free of charge.



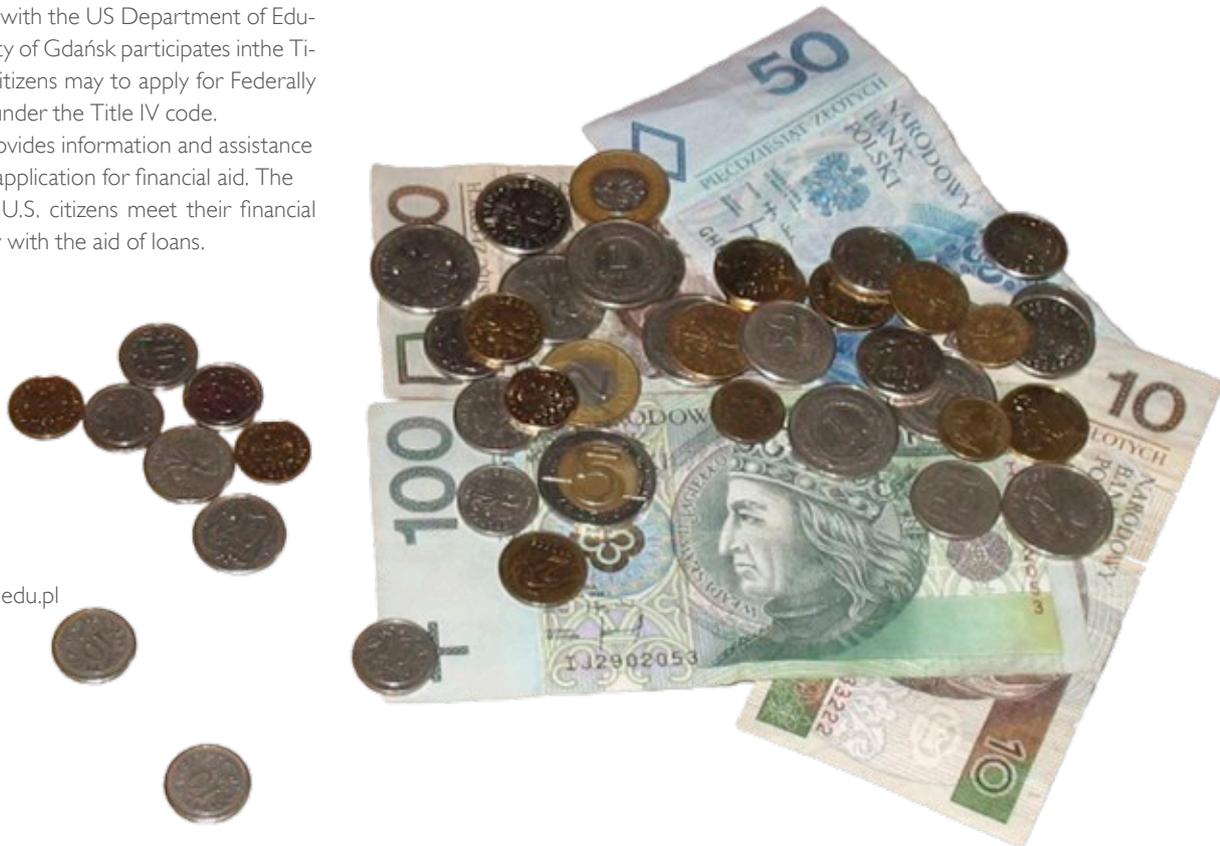
FINANCIAL AID

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 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:

Ewa Kraus
Financial Aid Office
located in Atheneum
Gedanense Novum building
Dean's Office
Room 305 , 2nd floor
Tel. +48 58 349 10 62
Fax: +48 58 349 10 68
E-mail: financial.aid@gumed.edu.pl



ERASMUS+

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 WITH SUBFACULTY OF DENTISTRY

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

Paweł Wiczling, Ph.D.
Department of Biopharmaceutics and Pharmacokinetics
al. J. Hallera 107, 80-416 Gdańsk, POLAND
E-mail: wiczling@gumed.edu.pl

ERASMUS+ FACULTY CONTACT

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

ERASMUS+ DEPARTMENTAL CO-ORDINATOR, FACULTY OF HEALTH SCIENCES WITH SUBFACULTY OF NURSING

Marcelina Skrzypek-Czerko, Ph.D.
Department of Neurological Psychiatric Nursing
ul. Dębinki 7, 80-211 Gdańsk, POLAND
E-mail: marcelinaskrzypek@gumed.edu.pl

ERASMUS+ FACULTY CONTACT

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

ERASMUS+ DEPARTMENTAL COORDINATOR, INTERCOLLEGIATE FACULTY OF BIOTECHNOLOGY UG&MUG

Anna Ilnatowicz, Ph.D.
Department of Biotechnology of UG&MUG
ul. Kładki 24, 80-822 Gdańsk, POLAND
E-mail: Ilnatowicz@biotech.ug.gda.pl

ERASMUS+ FACULTY CONTACT

E-mail: halina@biotech.ug.gda.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-Kiszcza
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.



Foreign students in Malbork

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 for Ph.D. in Medicine and in Pharmaceutical Sciences is **PLN 20 000** per semester. Entrance exam – **PLN 1 000**.





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, the student club "Medyk", a grocery shop and a photocopy shop. It is the location of the headquarters of the Student Government. There is also a canteen, which offers meals at student-friendly prices. All the dormitories are connected to the Internet.

DORMITORY PRICES IN THE 2013/2014 ACADEMIC YEAR

For English Division students:

Double room: 870 PLN per room/monthly

Single room: 570 PLN per room/monthly

For Erasmus students:

Double room: 435 PLN per person/monthly

Tripple room: 290 PLN per person/monthly

Prices may various depending on each academic year regulations.

CONTACT

Dom Studenta nr 2 (Dormitorium no. 2)

Janusz Dąbrowski, M.A.

ul. Dębowa 11

80-204 Gdańsk

Tel. +48 58 349 13 50

Fax: +48 58 349 13 31

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 00-48660682422, MAGDA 00-48792299323



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 Main Library users can use the 28 computer workstations with access to the Internet; in the Library the wireless access to the Internet is also provided.

Three reading rooms are available to Library visitors: Main Reading Room, Periodicals Reading Room and Scientific Information Reading Room as well as Multimedia Computer Room. There is free access to their collections.

The reading rooms have the total of 119 seats.

The Main Library conducts e-learning classes for MUG students at the undergraduate and doctorate levels.

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: 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 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

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 Gdansk in academic year 2013/2014.

PREMEDICAL CURRICULUM

Semester I: Communication Skills, Basic Learning Techniques, General Biology I, Inorganic Chemistry, 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 candidate database and submit completed application package by regular mail to the Admission Office, Medical University of Gdansk within the deadline set by the University. Applications from non-school graduates. Applicants for a 6-year M.D. program at the Medical University of Gdansk who have not been accepted are welcome to apply for the Course.

CONTACT

Anna K. Gajda
Admission Office
ul. Zygmunta
80-201 Gdansk
phone: 58 349 10 00
e-mail: 2013



Det allra bästa
GDAŃSK



UNIVERSITY OF GDAŃSK

MEDICAL UNIVERSITY OF GDAŃSK

GDAŃSKI UNIWERSYTET MEDYCYNY



MEDICAL UNIVERSITY OF GDAŃSK

PREMEDICAL COURSE

PREMEDICAL COURSE OVERVIEW

The PREMEDICAL COURSE is organized by the Medical University of Gdansk for high school graduates who wish to pursue a medical education. The course is a one-year program consisting of pre-medical subjects. The course starts from November 2013 to May 2014 and is divided into two semesters. Graduation of PREMEDICAL COURSE gives participant an opportunity to be accepted for the 6-year M.D. program at the Medical University of Gdansk in academic year 2013/2014.

PREMEDICAL CURRICULUM

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

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MEDICAL UNIVERSITY OF GDAŃSK



MEDICAL UNIVERSITY OF GDAŃSK POLAND

PRACTICAL GUIDE FOR INCOMING STUDENTS



Academic year 2013/2014



GDAŃSK

AL COURSE

MEDICAL UNIVERSITY OF GDAŃSK

UNIVERSYTET
CZNY

MEDICAL UNIVERSITY OF GDAŃSK
POLAND

PRACTICAL G

**USEFUL
INFORMATION**

Academic year 2013/2014



ENGLISH LANGUAGE COURSE

ENGLISH LANGUAGE COURSE OVERVIEW

aim of this course is to provide students with balanced practice in all English language skills, i.e. reading, listening, speaking and writing as well as language components of grammar vocabulary. Students will be exposed to a wide variety of written and recorded texts on various topics pertaining to modern life, with exercises designed to develop a range of problem-solving skills and build receptive and active vocabulary, paying particular attention to written and natural forms of phrase. The course will also focus on developing active skills giving students a chance to practise new vocabulary in a variety of contexts through pair work, plays and all-class 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 and independent learners. All classes are conducted in English.

course lasts from October 2013 to January/July 2014 and is divided into two semesters.

ENGLISH LANGUAGE COURSE (IELTS) help gives participant an opportunity accepted for the Premedical Course at the Medical University of Gdańsk.

ENGLISH LANGUAGE COURSE CURRICULUM



STUDIA Z PRZYGODA
PRZYSZŁOŚCI

MEDICAL UNIVERSITY OF GDAŃSK

POLAND

Research and Development

MEDICAL UNIVERSITY OF GDAŃSK

GDANSK
www.gdmu.gd

Практический Путеводитель

MEDICAL UNIVERSITY OF GDAŃSK

PREMEDICAL COURSE

CONTACT
Anna Kizka

fol. 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, entry B, room no.42

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)
- 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 Residence Permit for a defined period of time in Pomeranian Voivodship Office in Gdańsk. First Temporary Residence Permit is issued for 15 months and the next one for period not longer than 3 years.

Documents required to apply for a Temporary Residence Permit:

- 3 filled Applications for Residence Permit for a defined period of time
- 4 photographs
- 4 copies of passport
- 4 copies of visa
- 4 copies of residence confirmation
- birth certificate translated into the Polish language
- confirmation of payment
- 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.

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

The image shows a Polish application form for a temporary residence permit. The form is titled "WNIOSK O UDZIELENIE ZEZWOLENIA NA ZAMIESZKANIE NA CZAS OZNACZONY" (Application for the Issuance of a Residence Permit for a Defined Period of Time). It includes fields for personal data, date of application, and a section for "DANE OSOBOWE CUDZOZIEMCA / PERSONAL DATA OF THE FOREIGNER / COORDONNEES". The form is tilted and partially obscured by a shadow.

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

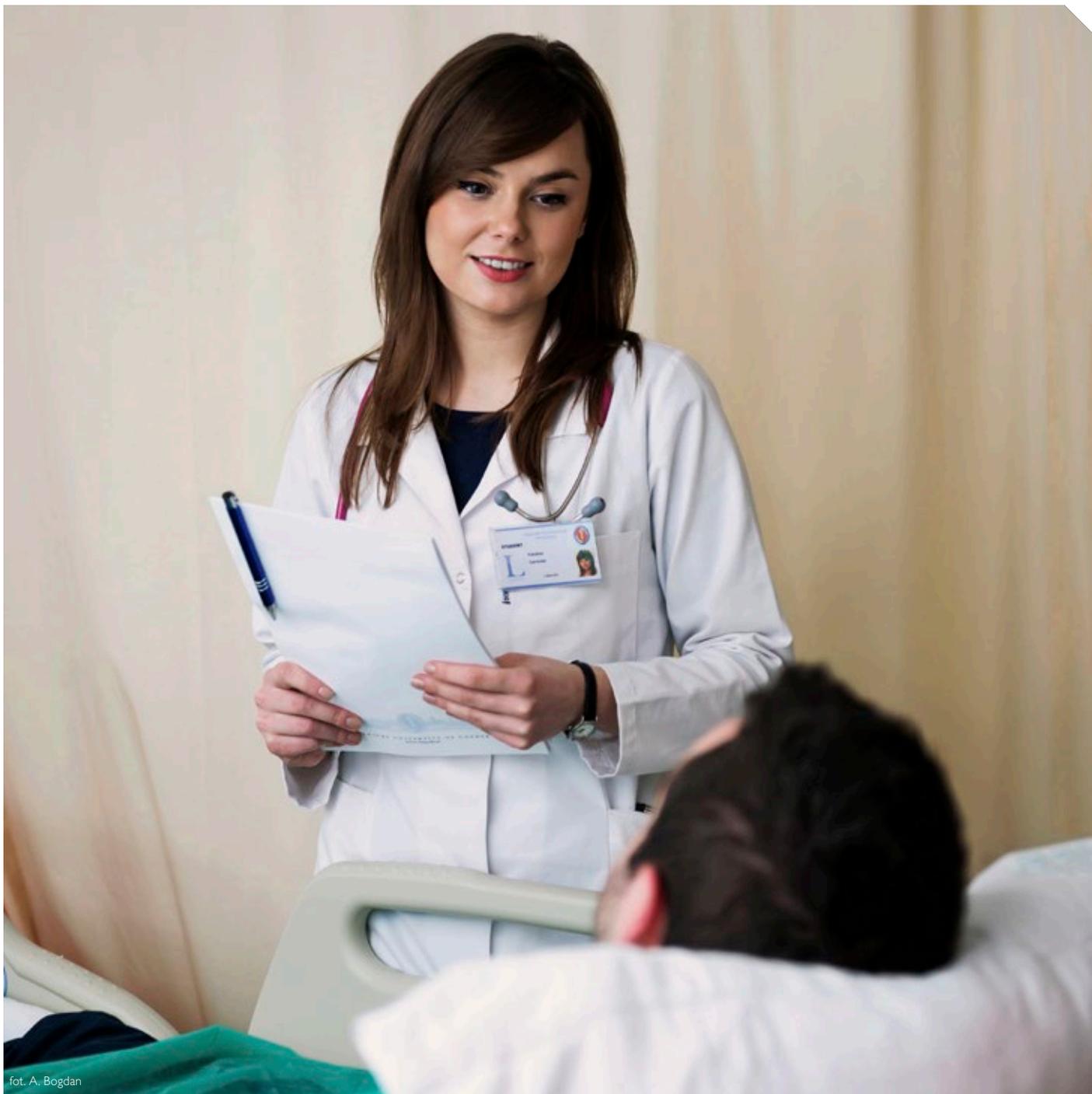
(new building at Smoluchowskiego str. 17) open 24 hours/day

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:

www.msz.gov.pl (Ministry of Foreign Affairs)

www.nfz.gov.pl (National Health Fund)



fot. A. Bogdan

DETAILS

COST OF LIVING

milk (1 l)	3 PLN	pasta (0,5 kg)	4-10 PLN
yoghurt	1,5-2 PLN	apples (1 kg)	3-4 PLN
mineral water (1,5 l)	2,5 PLN	chocolate	3-10 PLN
tea	3-10 PLN	beer (0,5 l)	3-8 PLN
coffee	5-15 PLN	chips	3-5 PLN
bread	3 PLN	cinema ticket	15-25 PLN
butter	3-5 PLN	theatre ticket	25-20 PLN
ham (1 kg)	15-25 PLN	haircut	15-100 PLN
cheese (1 kg)	15-40 PLN	Taxi (1 km)	2,5-3,0 PLN

MONEY AND BANKING

- Polish currency is Polish złoty (PLN or zł), 1 złoty equals 100 groszy (gr). There are 5 banknotes: 10, 20, 50, 100, 200 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.



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.

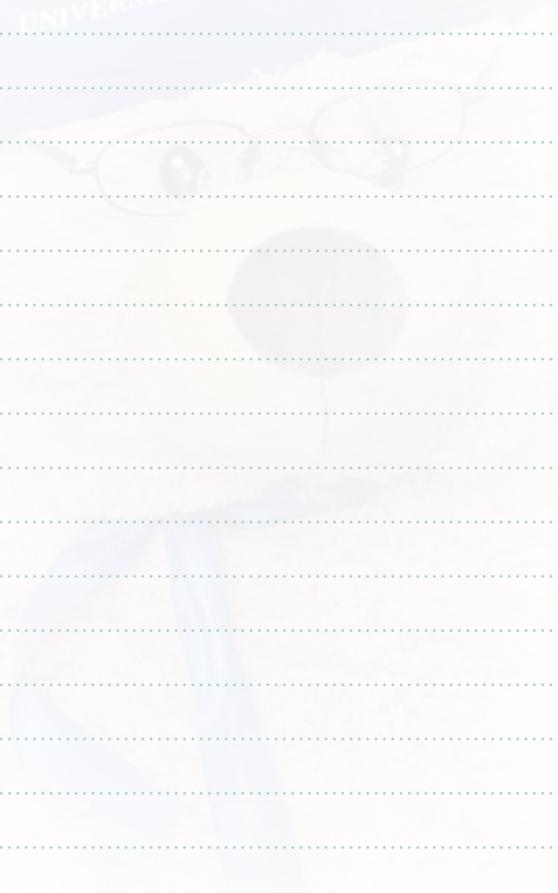
Tips are not mandatory in Poland and there is no obligation to give them. It should only be done when you are satisfied with the service. The usual amount of tips reaches 10% of the bill, in some better restaurants it is automatically added to the bill as the payment for service. Tips for hotel service 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.

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 2). 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.

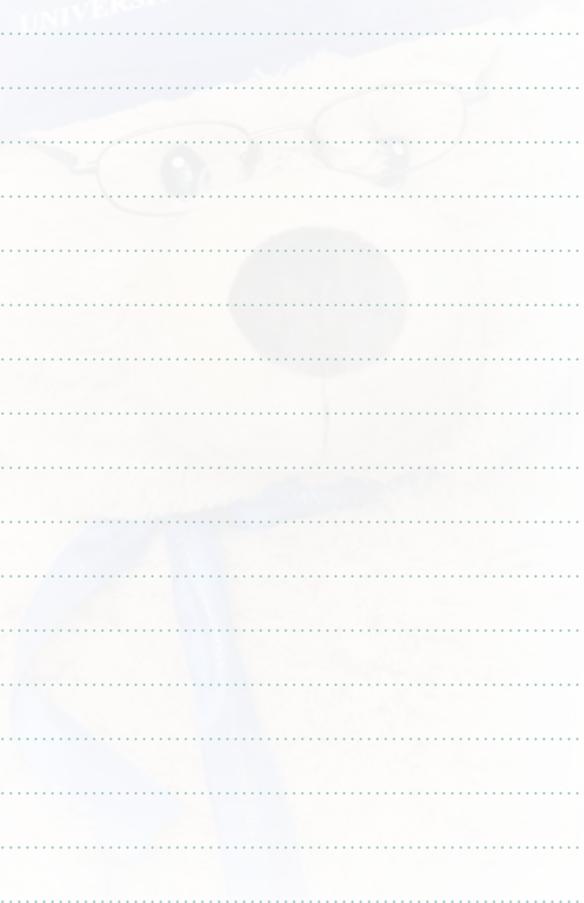
NOTES

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NOTES

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EMERGENCY INFORMATION

Write the phone number of your country's Embassy or Consulate

[active from early June to late September only]

English-speaking emergency number
666 599 999

Tourist Emergency Line
0 800 200 300

Ambulance **999**

Fire Department **998**

Police **997**

emergency telephone number
112



1. *I would like to report a crime* - **CHCĘ ZGŁOSIĆ PRZESTĘPSTWO**
2. *Right now I am on street* - **ZNAJDUJĘ SIĘ NA ULICY**
3. *I have been robbed* - **OKRADZIONO MNIE**
4. *I have been attacked/assaulted* - **ZAATAKOWANO/POBITO MNIE**
5. *I need medical help* - **POTRZEBUJE POMOCY MEDYCZNEJ**
6. *The offender ran in that direction* -
- **SPRAWCA UCIEKŁ W TAMTĄ STRONĘ**
7. *I am/I am not able to recognize him/her* -
- **JESTEM/NIE JESTEM W STANIE GO ROZPOZNAĆ**
8. *I live on street* - **MIESZKAM PRZY ULICY**
9. *My contact number is* - **MÓJ NUMER KONTAKTOWY TO**
10. *Please contact about this situation* -
- **PROSZĘ O POWIADOMIENIE W TEJ SPRAWIE**

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

NOTES

MEDICAL
UNIVERSITY OF GDANSK



HERE SHOULD BE A MAP OF OUR CAMPUS AND THE SURROUNDING AREA.

IT IS VERY USEFUL, SO IF IT ISN'T ATTACHED HERE JUST ASK YOUR CLASSMATE FOR IT ;-)



 /GdanskiUniwersytetMedyczny



 /MedicalUniversityOfGdansk

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