

# Wrocław Medical University Guide

welcome  
centre

  
WROCLAW  
MEDICAL UNIVERSITY

 **NAWA** POLISH NATIONAL AGENCY  
FOR ACADEMIC EXCHANGE



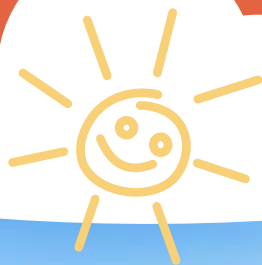


## Dear Readers

*We are happy to present a guide to Wrocław and the Wrocław Medical University. Hopefully, our guide will encourage you to visit Poland, Wrocław and our university. As one of the most interesting cities on the Polish map, Wrocław is a significant academic centre in the country. There are over 100,000 students in the city, with almost 10,000 from abroad. In addition to basic information about Poland, Wrocław and the University, the guide includes some tips to help you prepare for your arrival in Poland, find your feet in the city and deal with student affairs and organisational issues.*

*We hope that you will find the content in this guide useful and that its contents will make you feel at home in Wrocław and the our University. See you there!*

**International Relations Office of the Wrocław Medical University**



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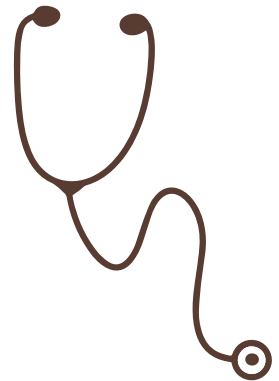
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# 1. University

In 1950, 2109 students – future doctors, dentists and pharmacists – studied within our walls. At present, the Wrocław Medical University educates more than 6,000 students in medicine and dentistry, pharmacy, medical analysis, nursing, midwifery, medical emergency, physiotherapy, dietetics and public health, in addition to doctoral and postgraduate courses.

We aim to provide our students with the best possible conditions for learning and development, which the Centre of Medical Simulation has significantly expanded. Future pharmacists and analysts take classes in the high-end laboratories of the Faculty of Pharmacy, while paramedics perfect their skills using virtual reality. Students prepare for the practice of working with patients at the University's Clinical Hospital, ranked among some of the largest and most modern clinical facilities in Poland.





The Wrocław Medical University is also successful in gaining a prominent position in globally recognised university rankings.



## 2. Student affairs

### 2.1. Submitting original documents



Required documents to be submitted to the Admissions Office

- Passport and visa,
- Secondary school diploma with a list of grades - one that qualifies the candidate for higher education at the university level in the country of issue,
- Translation of secondary school graduation certificate and transcript of marks into Polish – if original documents are in English, translation into Polish may be submitted after receiving the conditional admission decision,
- English language certificate – if your native language is not English, e.g. IELTS, TOEFL,
- Copy of passport or other identity document,
- Application form – signed by the candidate,
- Medical note confirming the ability to study in the chosen field (if required),
- Health and accident insurance,
- Confirmation of payment for the first semester of study made after admission,



- Certificate from the National Criminal Register (KRK) and signed Appendix 1 to the application – for more information: <https://www.umw.edu.pl/pl/aktualnosci/new-statutory-obligation-students-0> [access: 26.07.2024]

The current course offer may be found at: <https://www.umw.edu.pl/pl/dla-nowo-przyjetych-studentow/wskazowki-dla-poszczegolnych-wydzialow> [access: 26.07.2024].

## 2.2. Participation in university events

There are many events organized at the university to help familiarize themselves with the institution, so prospective students are eager to attend such events as: Welcome Days, Orientation Week (Erasmus+), academic year inauguration, faculty matriculation and organizational meetings with the year supervisor.

## 2.3. Checking in at the dormitories

Persons who have been allocated a place in a student residence for a given academic year are required to report to the Student Residence Section for accommodation by the deadline listed on the website: <https://www.umw.edu.pl/pl/jednostki/dzial-spraw-studenckich> [access: 26.07.2024].

The following documents must be present at the time of accommodation:

- current identity document;
- if applicable, student identity card or university admission decision;
- a photograph for the resident's card, 3.5 cm × 4.5 cm;
- confirmation of payment of rent (applies to residents who have individual bank accounts generated by UMW).

## 2.4. Registering at the Town Hall information desk

At the Town Hall you will receive a form for temporary residence registration. Once received and completed, you will be given your PESEL personal identification number (if you are over 18).



## 2.5. Visiting the dean's office

When you visit the dean's office, you can receive additional information about the organisation of the academic year and the study programme.

## 2.6. Student e-mail

### E-MAIL

Our e-mail is a web-based service for students at the University. It is used to communicate with academics, the dean's office and other WMU staff. The use of e-mail is the right and responsibility of every student.



This system allows you to use your e-mail anywhere with an Internet connection and a web browser. The rules for using the e-mail system are governed by the Order of the Rector of the Medical University 4/XV R/2012, as amended.

### ACCESS TO THE E-MAIL SERVICE:

<https://student.umw.edu.pl/> [access: 26.07.2024]

You must have an active CSA account to log in to your e-mail account. Problems with e-mail operation should be reported via the e-potrzeby portal, via e-mail to [admin@umw.edu.pl](mailto:admin@umw.edu.pl) or directly to 784 11 11

### ACCESS TO TEAMS (OFFICE 365)

As part of university work, every student has access to the MS Office365 portal. To log in to MS Teams or download the MS Teams app, please visit:

[www.microsoft.com/pl-pl/microsoft-teams/log-in](http://www.microsoft.com/pl-pl/microsoft-teams/log-in) [access: 26.07.2024]

If you have any questions or need support in setting up your Office 365 account, or if you encounter any other difficulties, please contact us at [office365@umw.edu.pl](mailto:office365@umw.edu.pl).

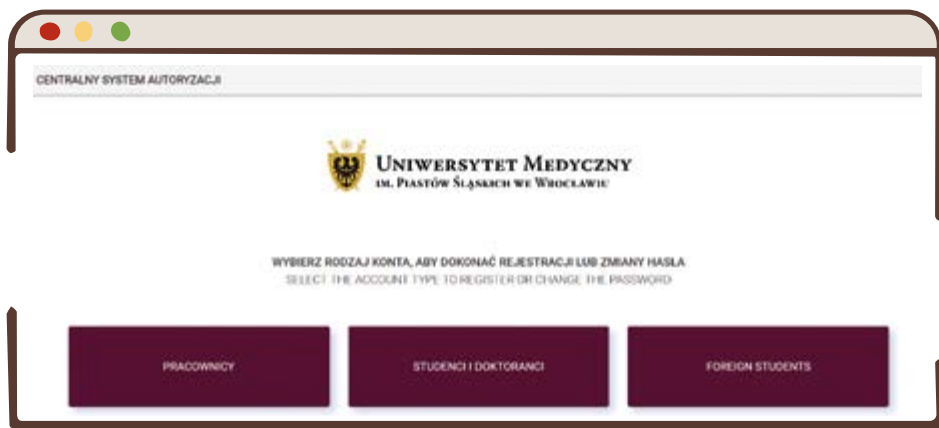
NOTE: Please only contact us from your student e-mail address: [@student.umw.edu.pl](mailto:@student.umw.edu.pl).

## 2.7. Creating an account in the BAZUS system

You should register an account yourself on the Central System of Authorization (CSA) website:

<https://csa.umw.edu.pl/>

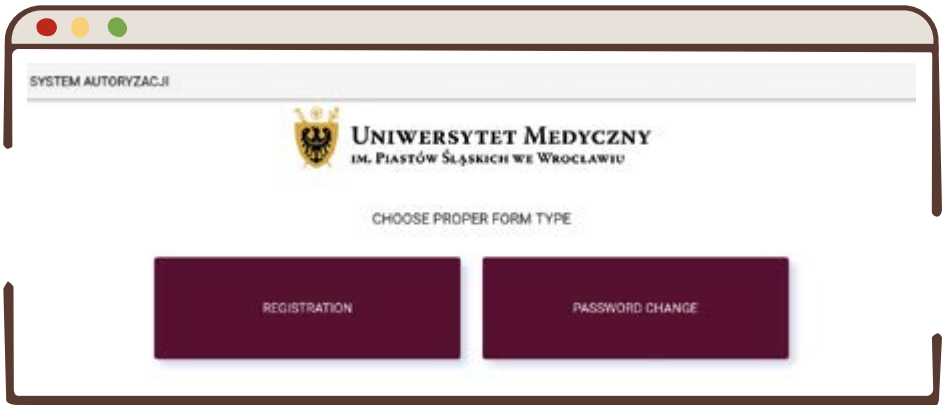
[access: 26.07.2024].



Once you have correctly filled in the form, you will receive a unique personal identifier (login) and your account will immediately become active. Without any further steps, you can use the services authorised with the CSA access. If you have any problems with the functioning of

the system, or if you are unable to register an account, please contact the **IT Centre on 71 784 11 11**.

Now, you should change your password. The account password is changed based on the student's data, i.e. name, surname, and **PESEL** number.



Once you have selected the Students and Doctoral Students tab and then Change Password, complete the form and click the **CHANGE PASSWORD** button.



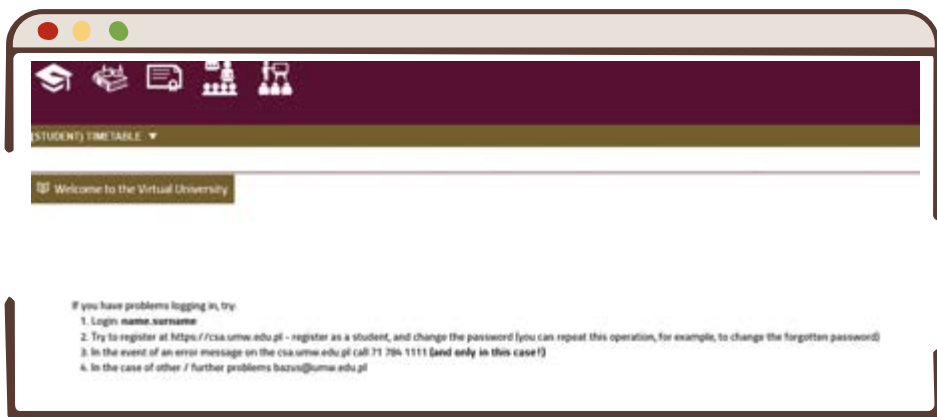
## BAZUS (Virtual University):

Students at the Wrocław Medical University have the opportunity to log into their account via the website and view their data, check account numbers, grades received and entered, study history, personal data, subjects enrolled, etc. An account in the virtual university also allows students to personally enrol in elective courses – the ability to use this function, however, depends on the dean's office.

### Login page address:

<https://wu.umw.edu.pl> (hereinafter referred to as WU)

[access: 26.07.2024].



## University Cloud

Every student has access to the University's Cloud service, where they can store and share files. The available memory for each student is 1GB.

### The website is available at:

[student.cloud.umw.edu.pl](https://student.cloud.umw.edu.pl) [access: 26.07.2024]

To log in, use the CSA account you have created

Problems with the functioning of the cloud should be reported via the e-potrzeby portal or by e-mail to **admin@umw.edu.pl**

## Access to eduroam

The “eduroam” service is being launched at the Wrocław Medical University to allow employees and students wireless Internet access within the WMU area. In addition, as part of the account set up at the Medical University, it is also possible to access this network at many universities around the world as part of a university-wide project.

Homepage: **[eduroam.umw.edu.pl](https://eduroam.umw.edu.pl)** [access: 31.07.2024].

The screenshot shows the homepage of the eduroam service for Wrocław Medical University. The page features the university's logo and name at the top, followed by the word "eduroam" and its logo. A navigation menu is located on the left side, and a central section contains two "ATTENTION" notices regarding domain changes and network access. On the right, there are links to "eduroam in Poland" and "eduroam worldwide". The footer includes contact information for the university's IT department.

**Menu**

- Home
- Polish eduroam policy
- Configuration
- Range
- Contact

**ATTENTION**

From September 17, 2021, the domain will be changed from **umw.wroc.pl** to **umw.edu.pl** therefore the e-mail addresses will also change  
**name.surname@umw.wroc.pl** will be changed to **name.surname@umw.edu.pl**  
and student e-mail addresses **name.surname@student.umw.wroc.pl** will be changed to **name.surname@student.umw.edu.pl**

**ATTENTION**

From March 18, 2021, the Certification Center for the Medical University of Wrocław was changed. If there is a problem with connecting to the eduroam network on Apple devices and old operating systems (Windows 8 and earlier), please download the new installer for your operating system again.

**ATTENTION** GET new configuration for IOS7.

Eduroam service allows interested institutions to run authenticatable access to the network on its area. Moreover employees and students of Institution that uses eduroam are allowed to connect to all eduroam networks over the world.

**Additional links:**

- eduroam in Poland
- eduroam worldwide

Centrum Informatyczne Uniwersytetu Medycznego we Wrocławiu  
Wydział I, Północna 5, 50-367 Wrocław, tel +48 (71)794-11-11

## 2.8. Payment of the student card fee

To obtain the student card, students pay a fee of PLN 22 to their individual bank account number shown on the contract.

## 2.9. eLegitymacja and mStudent – applications for students

The mLegitymacja for WMU students is available on the **mObywatel** app. This is a student ID card on your phone that works just like a traditional document. You can show it on your phone and confirm your student status and benefit from discounts and exemptions. mLegitymacja can be issued for students who hold a valid student ID and Polish citizenship, obtainable via the website:

<https://mlegitymacja.umw.edu.pl/>

[access: 26.07.2024].



Along with mLegitymacja, a mobile application, **mStudent**, has also been launched. Both are available on Google Play and App Store. The app allows you to quickly check essential information without having to log in to the Virtual University.



The English version has been prepared for English Division students.

Within the application, you can check:

- information on your personal data included in the Bazus system,
- grades (including the average of your studies),
- course of study,
- information on scholarships.

WMU students and staff are also able to use the Eduroam wireless network in the John Paul II Hall at the University's Clinical Hospital (ul. Borowska 213).



## 3. Stay

### 3.1. Polish telephone number

If you plan to use a Polish SIM card, you should remember a key obligation – SIM card registration. The cashier or attendant will ask you for proof of identity, so don't forget to take it with you. Outlet operators can be found in most shopping centres.



There are four main mobile operators in Poland:

**Play** – [www.play.pl](http://www.play.pl) [access: 26.07.2024],

**T-Mobile** – [www.t-mobile.pl](http://www.t-mobile.pl) [access: 26.07.2024],

**Plus** – [www.plus.pl](http://www.plus.pl) [access: 26.07.2024],

**Orange** – [www.orange.pl](http://www.orange.pl) [access: 26.07.2024].

### 3.2. Permission and legalisation of stay

#### **EU CITIZENS:**

**you must have a valid proof of citizenship**  
(identity card or passport).

## **BOTH EU AND NON-EU CITIZENS:**

if you come to Poland for less than **3 months**, you do not need to register anywhere. However, if you are coming for a **semester** or an entire period of study, you must remember that registration is mandatory for your stay to be legal. To complete the registration procedure, you will need to find the voivodeship office with jurisdiction over your place of residence. Here are the contact details of all 16 voivodeship offices in Poland: <https://www.bip.gov.pl/subjects/index/7489>, [access: 31.07.2024] (offices are located in Wrocław, Warsaw, Opole, Katowice, Kielce, Bydgoszcz, Rzeszów, Białystok, Gdańsk, Lublin, Gorzów Wielkopolski, Łódź, Kraków, Olsztyn, Poznań and Szczecin; additional delegations may also be located in smaller provincial cities such as Jelenia Góra, Wałbrzych or Legnica in Lower Silesia).

## **NON-EU CITIZENS:**

if you are from outside the EU, you need a valid passport with a visa (depending on the country you are coming from).

**SCHENGEN VISA HOLDERS (TYPE C)** – issued when the intended stay in the Schengen area does not exceed 90 days in any 180-day period.

**NATIONAL VISA HOLDERS (TYPE D)** – entitles the holder to enter and stay in the territory of Poland for more than 90 days, either continuously or in the form of several consecutive visits; the period of validity of a national visa cannot exceed 1 year.



### **What documents are needed when applying for a type C or D visa?**

- Valid passport;
- Completed and signed visa application form;
- Photo, 3,5 cm × 4,5 cm;
- Valid proof of payment for a visa;
- Document proving that you have medical travel insurance;
- Document confirming the purpose of stay (study, international exchange);
- Document proving adequate financial resources to cover living expenses;
- Other documents that may be necessary for getting a visa.

Please note that Poland is a Schengen country, so a visa allows you to travel around Europe (but only to other countries in the Schengen area).

### **TEMPORARY RESIDENCE PERMIT**

To obtain a temporary residence permit, you must provide the following documents:

- Completed and signed application form;

- Four photos, 3,5 cm × 4,5 cm;
- Photocopy of a valid travel document (original for inspection);
- Document confirming your student status in Poland;
- Valid proof of health insurance;
- Important proof of sufficient financial resources to study and live in Poland.

The first temporary residence permit for the first year of study is granted for a period of 15 months. Suppose your studies are covered by an EU or multilateral programme, including mobility measures or an agreement between two or more universities providing intra-EU mobility. In that case, the first permit is granted for 2 years.

If your studies justify a stay in Poland shorter than 1 year, the first permit is granted either for the entire academic year or for a period of study extended by 3 months.

Subsequent temporary residence permits for study may be granted for a period of study extended by 3 months but for no longer than a total of 3 years.

**Important payment information:**

- Stamp duty: PLN 340
- Fee for issuing a residence card: PLN 100
- Foreigners whose purpose of stay is to study at a post-secondary school or university are entitled to a fee reduction of PLN 50 for the issue of a residence card.

### 3.3. Legalising your stay – non-EU citizens

#### Required documents:

- an application form with attachment(s) – completed in Polish; it is helpful to use the online application form of the Office for Foreigners. Remember to print it out and submit it at your meeting at the Office;
- 4 current photos, 3,5 cm × 4,5 cm;
- a copy of a travel document (passport); they will ask you to present the original document at the meeting;
- confirmation of payment: PLN 340 or PLN 440, depending on the permit;
- proof of health insurance and payment of the last monthly fee;
- proof of sufficient financial means to cover living costs in Poland. The minimum monthly amounts required are: PLN 776 for a single person and PLN 600 for each family member living in Poland; these are net amounts without accommodation costs;
- proof of accommodation and its costs: e.g. an apartment lease agreement with the latest monthly bills for electricity, gas, water, etc.



### 3.4. Insurance and health care

In case of illness, bring your identity card or passport, along with your student card and proof of insurance covering medical expenses.

If you are an EU citizen or from the European Economic Area: health care is free if you have an EHIC card (European Health Insurance Card), which you must obtain in your country of residence before coming to study. The EHIC card entitles you to arrange medical appointments in public healthcare facilities within the European Union.



If you are a citizen of a non-EU country you must have a private insurance policy covering medical expenses and accident and death insurance before you arrive in Poland or after you have obtained your student card, or you must sign an insurance contract with the Polish National Health Fund (NFZ). The NFZ is the institution in charge of financing health services. The monthly fee is approximately PLN 50.

**Without health insurance, you will have to cover all medical costs yourself.**

## **Dolnośląski Oddział Wojewódzki NFZ**

(Lower Silesia Regional Branch of the National Health Fund)

### **Customer service**

ul. Generała Romualda Traugutta 55, 50-416 Wrocław

e-mail: kancelaria@nfz-wroclaw.pl

fax: 71 797 93 25

Contact 24/7:

tel. + 48 800 190 590



### **Hospitals, clinics, pharmacies:**

#### **Uniwersytecki Szpital Kliniczny im. Jana Mikulicza-Radeckiego**

ul. Borowska 213, 50-556 Wrocław

tel. +48 71 733 11 10

#### **Dolnośląski Szpital Specjalistyczny im. T. Marciniaka**

ul. Gen. A. E. Fieldorfa 2, 54-049 Wrocław

tel. +48 71 306 44 19

#### **Szpital Specjalistyczny im. A. Falkiewicza**

ul. Warszawska 2, 52-114 Wrocław

tel. +48 71 377 41 00



**Samodzielny Publiczny Zakład Opieki Zdrowotnej Ministerstwa  
Spraw Wewnętrznych i Administracji we Wrocławiu**

ul. Ołbińska 32, 50-233 Wrocław

tel. +48 882 132 802

**4. Wojskowy Szpital Kliniczny z Polikliniką SP ZOZ**

ul. R. Weigla 50-981 Wrocław

tel. +48 71 72 10 373

**Wojewódzki Szpital Specjalistyczny we Wrocławiu**

**Ośrodek Badawczo-Rozwojowy**

ul. H. M. Kamieńskiego 73A, 51-124 Wrocław

tel. +48 45 95 95 454

**Wojewódzki Szpital Specjalistyczny im. J. Gromkowskiego**

ul. Koszarowa 5, 51-149 Wrocław

tel. +48 71 326 13 25

**Polon Pharmacy**

ul. M. Curie-Skłodowskiej 41/43, 50-369 Wrocław

tel. +48 71 328 30 54

**Ziko Pharmacy**

plac Grunwaldzki 16, 50-384 Wrocław

tel. +48 71 778 97 85



## **Dbam o zdrowie Pharmacy / DOZ Vaccination point**

plac Grunwaldzki 22, 50-363 Wrocław

tel. +48 800 110 110

### **3.5. Bank account**

To set up a bank account, consult your bank adviser and determine your situation.

Say that you are a student or participant in a course or exchange.

Show a document entitling you to stay in Poland (visa, permanent or temporary residence card).

Specify your status (resident, EU citizen, non-EU citizen).

Required documents:

- Address of residence (correspondence) in Poland,
- PESEL number,
- Passport number and series with expiry date,
- Student card.

You must be at least 18 years of age. After graduation, remember to close your bank account if you intend to leave the country.

Bank opening hours are usually 9 am to 5 pm.

Many banks, including international banks, are located in Wrocław.

Most of them will allow you to have a bank account and the differences in the offers are not significant.

As with mobile operators, bank outlets can be found in shopping centres or within the city centre.

### Examples of banks:

**Alior Bank**, [www.aliorbank.pl](http://www.aliorbank.pl) [access: 26.07.2024]

**Bank Pekao SA**, [www.pekao.com.pl](http://www.pekao.com.pl) [access: 26.07.2024]

**Santander Bank Polska**, [www.santander.pl](http://www.santander.pl) [access: 26.07.2024]

**Credit Agricole Bank**, [www.credit-agricole.pl](http://www.credit-agricole.pl) [access: 26.07.2024]

**ING Bank Śląski**, [www.ingbank.pl](http://www.ingbank.pl) [access: 26.07.2024]

**Millenium Bank**, [www.bankmillennium.pl](http://www.bankmillennium.pl) [access: 26.07.2024]

**PKO Bank Polski**, [www.pkobp.pl](http://www.pkobp.pl) [access: 26.07.2024]

**mBank SA**, [www.mbank.pl](http://www.mbank.pl) [access: 26.07.2024]



## 3.6. Travelling around Wrocław (by bicycle, bus, tram, taxi, car, on foot)

### BUSES AND TRAMS

Daily buses and trams run from 5 am to 11 pm on weekdays and from 6 am to 10 pm on public holidays. Night buses run between 11.30 pm and 5.00 am every half hour, starting from the bus station (PKS Bus Station), where they set off to all parts of the city. Regular/normal (“Normalny”) bus routes are numbered 100 to 149. The fare for the faster bus (“Przyspieszony” with the numbers 4..) is the same as for the normal bus. More expensive are the suburban (“Podmiejski”) buses (numbers 6...), the express buses (“Pospieszny” marked with letters) and the night buses (numbers 240 to 259).

If you want to easily plan your route using public transport in Wrocław, check out the website:

<http://wroclaw.jakdojade.pl> [access: 26.07.2024]



## URBAN CARD

The Wrocław Urban Card is a convenient, multifunctional carrier of electronic services and products in prepaid card format. The card encodes Wrocław Municipal Transport tickets. Benefits for URBANCARD users include the ability to recover a ticket in the event of theft or loss of the card, the wide availability of e-ticketing outlets, ease and convenience of use, security of transactions, multifunctionality and durability of the card, as well as the possibility to implement new services supported by the card. With the card, you can travel on trams, buses and trains within Wrocław. An interesting option is a Wrocław URBANCARD with a payment function. Here, you can apply for an URBANCARD, pick up your card, buy tickets and make a complaint about the Wrocław Urban Card:

**ul. Grabiszyńska 9, entrance from ul. Piłsudskiego** (at pl. Legionów)  
(Mon-Fri: 8 a.m. to 6 p.m., Sat. 8 a.m. to 2 p.m.), tel.: 71 341 12 00



More information in English on the Urbancard website:

<http://urbancard.pl> [access: 26.07.2024]

## WROCŁAW CITY BIKES (WRM)



If you like to start using the WRM system, set up an account. Fill out our registration form, accept the Terms of Service and make the initial fee payment. Click on the verification link which you will receive after registering in an email message sent to the email address you submitted. You will also obtain PIN via a text message to the telephone number indicated during registration and in a second email message sent to your email address. You will need this PIN while using the Wrocław Rower Miejski system. That's all it takes for you to become a user of WRM bikes. You can register through the WRM website, mobile application or by means of the **Contact Centre which is open 24/7 at +48 71 738 11 11**

The initial fee amounts to 10 PLN and it will be credited towards rental charges. The first 20 minutes of each rental of a standard bike is free. Read our price list.

**Remember:** in order to keep your account active, you must maintain its balance at least in the amount of 10 PLN.

If you want to rent a bike, use the mobile application. Approach the selected bike and use the application to scan the QR code placed on the given bike or enter the bike number and select RENT A BIKE. A standard bike and an electric bike can be rented via the RFID proximity card, which was previously paired with your account.

Move your RFID card close to the reader. The card reader is located on the bike luggage carrier.



In addition, you can rent a bike via the **Contact Centre, which is available 24 hours a day at +48 71 738 11 11.**

If you want to return a bike, secure it by manually fastening the o-lock, which is located on the rear wheel. It is the only way to correctly complete the rental. The bike will be returned automatically after fastening the lock.

## TAXI



Always choose a (licensed) taxi company, never a so-called “independent” taxi. A taxi company is cheaper and available by phone. Remember that it is cheaper from 6 am to 11 pm and from 11 pm to 6 am it becomes more expensive. Licensed taxis must have a sign with the word “taxi” and the word “Wrocław” on the side door,

along with the side number and price list pasted on the window. They also have to be equipped with a cash register with a taximeter. There is one zone of taxi fares and kilometre rates approved by the City Council, and they are the maximum prices. A ride from the airport to the city centre on a weekday will cost around PLN 40, and on a day off or at night around PLN 60.

### Examples of taxi companies:

- **ZTP Radio Taxi**, tel. +48 71 196 22;
- **Radio Taxi Express**, tel. +48 71 196 28;
- **MPT Radio Taxi**, tel. +48 71 191 91;
- **Radio Taxi Serc**, tel. +48 71 196 29;
- **Super Taxi**, tel. +48 71 196 63;
- **Radio Taxi Blues**, tel. +48 71 196 61.



## 3.7. Travelling in Poland (buses, trains, discounts)

### BUSES AND COACHES

In Poland, public transport services are provided by a number of companies, both nationwide and regional. They provide international, long-distance, intercity, suburban and local services. Tickets can be purchased at bus stations or sometimes directly



from the bus driver before the start of your journey. Timetables and ticket prices can be found on the websites of the PKS companies in each region/city or on the websites of private companies.

The main bus station in Wrocław is located near the railway station, at the address:

**ul. Sucha 1, 50-086 Wrocław**

You can obtain information directly on-site or via the telephone hotline

+48 502 055 839 (mon-fri 6:00 – 22:00 | sat-sun 10:00 – 18:00).

This portal can be useful for planning a bus journey:

<https://www.e-podroznik.pl/> [access: 26.07.2024]



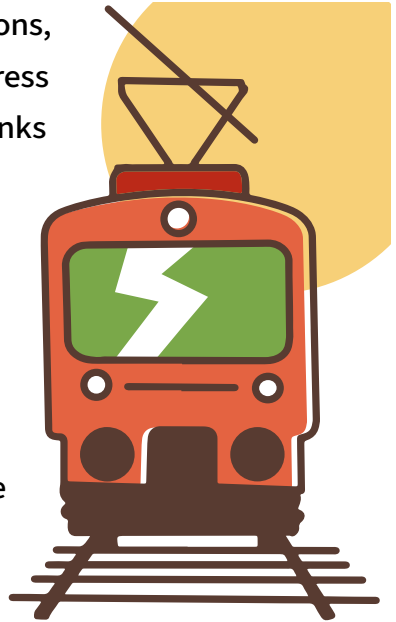
## TRAIN

Rail services in Poland are provided by a number of public and commercial operators. However, the dominant operator is Polskie Koleje Państwowe (PKP), which combines several companies offering national and international services. The Polish rail industry is constantly modernising its infrastructure to improve travel times, conditions and passenger comfort.

You can now choose from around 100 trains running

daily between popular tourist destinations, major cities in Poland (Intercity and Express trains) and beyond. Poland has rail links to many European cities, including Prague, Vienna, Bratislava, Berlin, Brussels, Paris and Budapest.

In the Lower Silesia area, regional connections are operated by Koleje Dolnośląskie or Koleje Polregio. Make sure which carrier operates your chosen route and that you have the correct ticket, as their prices may vary, and the ticket from a different provider may not be recognised by the inspector.



**ATTENTION:** Pupils and students up to 26 years of age and PhD students up to 35 years of age are entitled to a 51% discount on the full fare, provided they have a valid student card issued in Poland (which must be presented to the conductor on request).

## DRIVING



In Poland, right-hand traffic is mandatory, and vehicles are overtaken from the left.

When driving a car or other vehicle in Poland, you must have a driving

licence, a vehicle registration certificate and a document confirming that you have third-party insurance (Green Card).

The vehicle should be equipped with a warning triangle, fire extinguisher, reflective waistcoat and first aid kit, which is not mandatory but recommended.

Do not use a mobile phone while driving unless you have a headset or hands-free kit.

Drivers must use dipped-beam headlamps or daytime running lights all year round.

All passengers (with the exception of visibly pregnant women, taxi drivers and those on sick leave) must wear seatbelts in both front and rear seats.

## Driving licence

If you want to drive in Poland, you should check the following rules, which determine whether you can use your national driving licence in Poland:



- driving licences issued by EU Member States, Switzerland, Norway, Liechtenstein, or Iceland, may be used in Poland up to the expiry date stated on the document. Then you need to apply for a Polish driving licence.
- if you are a national of a country other than those listed above and wish to drive immediately upon arrival, you should hold an international driving licence issued in your country of origin,

which is valid for up to three years or until the expiry date of your national driving licence, whichever is shorter.

- driving licences from other countries are not valid in Poland. They must be converted into a Polish driving licence, which can only be done after 185 days of legal residence in Poland. You can apply for a driving licence earlier if you present documents proving your right to reside in Poland for more than 185 days. This can be a visa or a residence permit.

The procedure for exchanging a driving licence for a Polish document differs depending on whether or not the driving licence held conforms to the model set out in the Geneva Convention on Road Traffic (1949) or the Vienna Convention on Road Traffic (1968). In the case of a convention-compliant driving licence, it is sufficient to submit the following documents to the district office (transport department) competent for the place of residence to obtain a Polish document. However, if your driving licence does not comply with the convention model, you will additionally have to take a partial state examination – a written theoretical test in English, German or Polish.

### **List of required documents:**

- Completed application form,
- Copy of the national driving licence,
- Certified translation of national driving licence into Polish,
- Copy of your residence card, visa or other document confirming

your right to reside in Poland, or a certificate that you have been studying for at least six months,

- Proof of payment,
- Colour photograph measuring 35 x 45 mm.

## Car rental in Poland



Polish rental companies offer many types of cars for hire. The average price for a monthly rental is EUR 1,000, but you can find a small car for EUR 400 per month. Sometimes, certain discounts allow you to pay even less for your car.

In some cities, there is a system that allows you to rent a car for minutes, hours or even a few days. Cars waiting on the street in various parts of the city can be accessed via mobile apps. The rental cost includes fuel charges, time of use and driven kilometres.

### Examples of rental companies:

- [www.rentcars.pl](http://www.rentcars.pl) [access: 26.07.2024]
- [www.carnet.pl](http://www.carnet.pl) [access: 26.07.2024]
- [www.mobcars.pl](http://www.mobcars.pl) [access: 26.07.2024]
- [www.carjet.pl](http://www.carjet.pl) [access: 26.07.2024]
- [www.carace.pl](http://www.carace.pl) [access: 26.07.2024]



## 4. Scholarships and services

### 4.1. Scholarships

At the Wrocław Medical University, you can apply for a social scholarship/social scholarship in an increased amount, a scholarship for people with disabilities, a rector's scholarship, a student aid and a student loan. In their first year of study, Olympians can apply for the rector's scholarship. In subsequent years of study, this scholarship can be awarded on the basis of a high average score, and academic, artistic or sporting achievements.

In addition, Olympians who have been admitted to university thanks to their achievements can apply for a scholarship through the Student Scholarship Programme.

Applications for social scholarships, scholarships for people with disabilities and the rector's scholarship are accepted in the first half of October.

Deadlines and detailed information on the individual scholarships that can be obtained at the Wrocław Medical University can be found at: <https://www.umw.edu.pl/pl/informacje-ogolne-dla-studentow/przewodnik-po-stypendiach> [access: 31.07.2024]



## 4.2. Student dormitories, guest houses and private student houses

The Medical University has two student halls of residence on ul. Wojciecha z Brudzewa 10-12.



**The Jubilatka Student House** has 104 double rooms with en-suite bathrooms (shower and washbasin) and 4 single rooms with a shower outside the room. Each room has a fridge, a roomy wardrobe and desks. The Student House shares 4 kitchens, 4 laundry facilities and 24 toilets.

**The Bliźniaki Student House** has 202 triple rooms and 48 double rooms on offer. Each room is equipped with a fridge, a roomy wardrobe and desks. Toilets, showers, kitchens and laundries are located in the corridor (72 toilets, 12 kitchens and 12 laundries). On the ground floor, there are two study rooms and a common room with a large TV, a PlayStation, billiards, table football and board games.



In addition, the dormitories have wireless internet, vending machines with coffee, drinks and snacks, a clinic, spacious parking, bicycle sheds, 24-hour reception, and building monitoring.

Applications for a place for the academic year are to be submitted by students/doctoral students in person or by registered post to the Student Services Office at the Bliźniak Student House, ul. Wojciecha z Brudzewa 12, 51-601 Wrocław. More information about student residences <https://www.umw.edu.pl/pl/kierunek-lekarski/oferta-domy>, [access: 31.07.2024].



For further information, please contact the administration of the Student Homes on telephone number: **+48 71 348 42 32**.

## FLATS FOR RENT

Those wishing to rent an individual flat can look at advertisements on a number of portals. Unfortunately, most of them are only available in Polish. Ask someone speaking Polish for help. Here are some examples:

- [www.milestone.net](http://www.milestone.net) [access: 26.07.2024],
- [www.gratka.pl](http://www.gratka.pl) [access: 26.07.2024],
- [www.domiporta.pl](http://www.domiporta.pl) [access: 26.07.2024],
- [www.wgn.pl](http://www.wgn.pl) [access: 26.07.2024],
- [www.olx.pl](http://www.olx.pl) [access: 26.07.2024].





**Student Depot private dormitory** – offers single and double rooms, located on ul. Robotnicza 96. The service includes high-speed internet access, a free fitness area, utilities included in the rent, 24/7h security and a work & chill area.

**Milestone Student Apartments** – offers single, double and triple rooms. They are located on ul. Bolesława Prusa 9. Included in the price of the flat is access to the gym, shared areas, internet, monthly cleaning, events for residents.

### 4.3. University canteens:

**Bistro Bezamel**, ul. Marcinkowskiego 2A – bistro offering dishes by weight. Its offer includes lunches, sandwiches, snacks, cakes, hot and cold drinks.



**Cynamon Bar**, pl. Grunwaldzki 23-27 – bistro with a weighted buffet located near the campus. Cynamon Bistro offers a menu consisting of Polish, Chinese, Turkish and Italian dishes.

## 5. Support for students

### 5.1. Welcome Centre

# welcome centre

The Welcome Centre provides information support for international students and guests. In addition, it conducts integration activities and is a hub for grassroots initiatives for both students and university employees.

The Welcome Centre also provides information on administrative and living matters. We will support you in the first days of your stay at our university and in Wrocław.

The Welcome Centre is located on the ground floor of the Centre for Scientific Medical Information (CNIM) on ul. Marcinkowskiego 2-6 and is open Monday to Friday from 9:00 to 15:00.

**Contact:** [welcome@umw.edu.pl](mailto:welcome@umw.edu.pl), tel: +48 71 784 2829,

**Welcome Centre** ([umw.edu.pl](http://umw.edu.pl))

[access: 26.07.2024]



**Instagram:** **Welcome Centre**

[access: 26.07.2024]

## 5.2. Students with disabilities:

The university offers various forms of support for people with special needs, among others:

- supporting the candidate in the recruitment process, including enrolment,
- creating conditions to speed up the handling of administrative matters, e.g. in dean's offices,
- ensuring appropriate adaptation of the university's infrastructure,
- scholarship for people with disabilities,
- supporting in the teaching process (adaptation and availability of teaching materials, foreign language learning, physical education classes),
- providing support services, including assistants, specialist transport,
- psychological consultations (also remote),
- renting assistive technology (specialised equipment and software) to people with visual, hearing and mobility impairments,
- ensuring the full participation of the university community in cultural and sporting events,
- providing an accessible working environment,
- organising training, team-building trips, conferences,
- cooperating with organisations supporting people with special needs.

**The Office for Persons with Disabilities**

Telephone number: +48 71 324 14 69

## 6. Life in Poland

Poland is located in the central part of Europe, acting as a bridge between East and West, both geographically and culturally. The country is the perfect destination for tourism enthusiasts, offering an extremely diverse range of attractions. One day, you can enjoy the sunrise over the Baltic Sea, and the very next day, you can savour the views from the tops of the mountains. Poland's cities, rich in numerous and impressive monuments, provide the perfect starting point for a journey into the impressively lush forests, which are resplendent with their unique flora and fauna. Poland provides everyone with the opportunity to find an attraction that suits their interests.



## 6.1. Basic information about Poland

The most important information you should know about our country is:

- Official name: **Republic of Poland**;
- Capital city: **Warsaw**;
- Population: **approx. 38 million**;
- Main rivers: **Vistula, Oder**;
- Polish area code: **+48**;
- Poland's largest cities by population: **Warsaw, Kraków, Wrocław, Łódź, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Białystok, Katowice**;
- Main religion: **Roman Catholic**;
- Currency: **Polish złoty (PLN)**;
- Internet domain: **.pl**;
- Power plugs and sockets: **type E, 230 V/50 Hz**.



## 6.2. Public holidays and religious (Roman Catholic) celebrations

**Holidays and public holidays:**

- 1 January – New Year;
- 6 January – Epiphany;
- March/April – Easter (Sunday and Monday);

- 1 May – Labour Day;
- 3 May – Constitution Day;
- May/June – Corpus Christi (Thursday);
- 15 August – Assumption of the Blessed Virgin Mary;
- 1 November – All Saints’ Day;
- 11 November – Independence Day;
- 25-26 December – Christmas.

**No classes are held on these days. Banks and shops are also closed.**

**Other special holidays:**

- 14 February – Valentine’s Day;
- February – Fat Thursday (movable holiday);
- 8 March – Women’s Day;
- 2 May – Flag Day;
- 26 May – Mother’s Day;
- 1 June – Children’s Day;
- 23 June – Father’s Day ;
- 30 September – Boys’ Day;
- 6 December – St. Nicholas’ Day.



## 6.3. Polish cuisine

Polish cuisine is gaining increasing international recognition, standing out against other popular culinary traditions such as Italian, Greek or Mexican. Its uniqueness lies in its rich palette of unique flavours that combine the sharpness of mustard, the sweetness of traditional desserts, the complexity of fermented products and the depth of umami flavour.



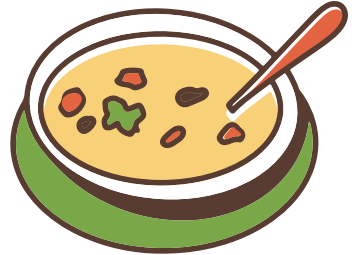
### Typical Polish dishes and delicacies include:

- **Pierogi** – this is probably the most iconic dish, which is also known outside our country. The most popular version of these is Russian dumplings stuffed with potatoes and cottage cheese. Dumplings come in many flavours: you can have dumplings stuffed with meat, which are often served together with a bacon-based roast, dumplings with buckwheat groats, or dumplings with fruit;



- **Kotlet schabowy** – a coated pork schnitzel, reminiscent of the Wiener Schnitzel popular in Austria;
- **Pickled cucumber** – a characteristic element of Polish cuisine that includes a wide range of pickles. Sauerkraut and juices made from fermented vegetables are also popular in Poland;
- **Oscypek** – smoked sheep cheese produced in the Polish mountains;
- **Gołąbki** – prepared by stuffing white cabbage leaves with rice and minced meat and served with tomato or mushroom sauce. The gołąbki are cooked over a fire or baked in broth;

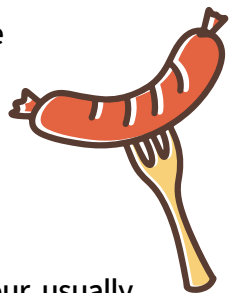
- **Rosół** – a broth made from meat and vegetables, traditionally served with thin noodles, sliced cooked carrots and green parsley. It often forms the base for other soups;



- **Bigos** – a traditional dish based on sauerkraut and a mixture of different meats. Each family has its own recipe for bigos, often passed down from generation to generation. It can include mushrooms, dried prunes and various spices such as bay leaf or juniper;



- **Kaszanka** – the recipe for kaszanka varies from region to region, but the most popular version contains buckwheat, blood and offal (including liver, lungs, skins and fat) in an intestinal casing. In Poland, it is a popular product for barbecues;
- **Kiełbasa** – a typical Polish smoked sausage often served with pickled mushrooms, cucumbers, chervil, mustard or vegetable salad;
- **Żurek** – a soup made from fermented rye flour, usually served with a boiled egg and sausage;
- **Szarlotka** – cake with apples and cinnamon on a short or semi-short pastry; in restaurants often served warm with ice cream or whipped cream;
- **Drożdżówka** – a sweet roll available with a variety of fillings such as curd, poppy seeds, pudding or seasonal fruits;
- **Pączki** – the Polish version of doughnuts, which are deep-fried with a variety of fillings, e.g. rose, advocaat, pudding. In Poland, there is even a celebration of doughnuts – Fat Thursday – which is a movable holiday celebrated the day before Lent begins.



In addition, it is worth noting that the contemporary catering market in Poland offers a wide range of restaurants and bars serving high-quality vegan and vegetarian cuisine.



## 6.4. Safety

The protection of public order and internal security on the territory of the Republic of Poland is provided by the Police and the Municipal Guard. Visitors to Poland can be reassured that officers patrolling the streets not only guard against potential dangers but also assist in finding the right path and information on existing rights and citizens' obligations.



## 7. Life in Wrocław

### 7.1. History and tourist attractions

Wrocław is a picturesque city located in western Poland, on the River Oder, and is the capital of the Lower Silesia region, as well as its largest city. It was founded in the 10th century by the Polish prince Mieszko I of the Piast dynasty. Throughout the Middle Ages, Wrocław flourished as an important centre of trade, culture and science. The city has been a melting pot of different ethnic and religious groups. It has a rich multicultural history.



Wrocław was and still is famous for its impressive Gothic architecture, including the magnificent St. John the Baptist Cathedral and the Market Square with its iconic Town Hall, which is one of the largest old town squares in Europe. In the 18th century, after the partition of Poland, Wrocław became part of the Kingdom

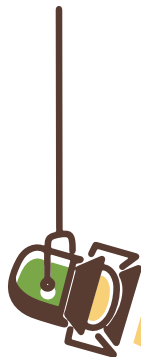
of Prussia and underwent a period of rapid modernisation and industrialisation, becoming a major centre for trade, industry and education. During the Second World War, Wrocław suffered severe damage. In the decades that followed, the post-war city was created as a mosaic of restored historic buildings and socialist-era structures.



Wrocław is known as a “Meeting Place” which manifests itself on many levels. Through the centuries of its history, it has been home to many cultures, ethnic groups and peoples. Speaking of the diversity and openness of Wrocław, it is impossible not to mention such a unique place as the Quarter of Four Denominations – at a distance of approx. 300 m an Orthodox church, an Evangelical church, a Catholic church and a synagogue stand next to each other.

In 2021, Wrocław joined the Intercultural Cities Programme (ICC), which aims to promote policies and practices that enhance interaction, mutual understanding and respect between diverse cultures

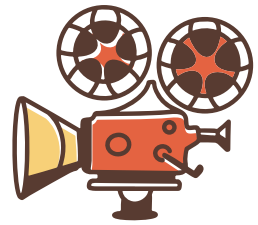




and ethnic groups. In 2016, the capital of Lower Silesia was awarded the title of European Capital of Culture. Various institutions and initiatives have been set up as part of the city's award, including, for example, the Nowe Horyzonty Cinema, which offers a repertoire of arthouse films, film reviews and festivals (Nowe Horyzonty Film Festival), workshops and educational activities for children and young people. Wrocław is famous not only for its film festival, but since 1966, it has also hosted the Wratislavia Cantans International Festival, the Przegląd Piosenki Aktorskiej (Actors' Song Review), the International Jazz on the Oder Festival and some of the world's most famous opera productions for instance, in the Centennial Hall. Speaking of the city's cultural aspects, it is impossible not to mention the Ossoliński National Institute and the Ossolineum Library, which is currently the largest book collection of the Polish Academy of Sciences. Wrocław is also one of the better-connected cities in Poland – it has an international airport, many railway stations, river ports and is connected to the A4 motorway leading from the direction of Berlin to the border crossing with Ukraine. By plane, you can reach major European cities from Wrocław in approx. 2 hours. In 2018, Wrocław received the European Best Destination award for the best tourist region in Europe. The most recent award that



Wrocław can boast of is winning the “European Cities and Regions of the Future” ranking in the medium-sized cities category.



As mentioned above Wrocław is also known as the Meeting Place. The official slogan promoting the city originated from a homily delivered on 1 June 1997 in Wrocław by Pope John Paul II at the conclusion of the 46th International Eucharistic Congress.

“Wrocław is a city located at the meeting point of three countries, which history has linked very closely. It is, in a way, a meeting city, it is a city that unites. Here, the spiritual traditions of East and West can meet”.

## Highlights of Wrocław

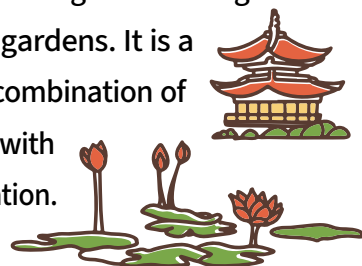
Wrocław's main attractions include:

- **Market Square** – the historic centre of Wrocław with its characteristic colourful buildings, lively cafés and Gothic Town Hall.
- **St John the Baptist Cathedral in Wrocław** – a stunning city landmark with twin towers and a beautiful interior decorated with wall paintings and stained-glass windows.
- **Panorama Ractawicka Museum** – an art museum in Wrocław,



exhibits a 360-degree painting depicting the Battle of Ractawice, one of the momentous events in Polish history.

- **Ostrów Tumski** – the oldest part of Wrocław, this island is home to St. John the Baptist Cathedral and historic architecture. Nicolaus Copernicus, who was scholastic at Wrocław’s Holy Cross Church from 1503 to 1538, lived temporarily on Ostrów Tumski.
- **Wrocław Zoo** – the oldest and largest zoo in Poland, which is dedicated to the interspecies conservation of animals.
- **Centennial Hall** – an iconic building, the “pearl of Wrocław modernism,” a UNESCO World Heritage Site, designed by the architect Max Berg.
- **Wrocław Multimedia Fountain** – a fountain surrounded by a pergola is located in Szczytnicki Park by the Centennial Hall. Designed by architects Max Berg and Hans Poelzig for the Centennial Exhibition.
- **Botanical Garden of Wrocław University** – a peaceful oasis in the city centre with a variety of plants, greenhouses and picturesque landscapes. The garden, which belongs to the University of Wrocław, was created in 1811.
- **Japanese Garden** – this garden has been arranged according to the design rules of traditional oriental gardens. It is a symbol-filled example of the harmonious combination of natural forces and human action. It attracts with its architecture, arrangement and rare vegetation.



- **Market Hall** – a vibrant market with fresh produce, local crafts and Polish vendors of traditional products.

A unique attraction of Wrocław is a path along which you can travel and explore the city, the Wrocław Dwarf Trail (there are approx. 400!) – the dwarves in the form of small carved statues symbolise one of the many legends set in Lower Silesia. The appearance of dwarves in the urban space of Wrocław is linked to anti-communist activists in the 1980s who put the images of dwarves on murals proclaiming “anti-socialist” slogans, which were painted over by the authorities of the People’s Republic of Poland. In the second half of the 1980s, the activists’ idea spread to an unprecedented scale, taking the name “Orange Alternative.” Its participants placed dwarf symbols on walls and posters used during protests and happenings using the stencil graffiti method. One of the Orange Alternative’s actions took on an international profile – it was an anti-government protest of approximately several thousand participants wearing dwarf hats, which made its way through the streets of the city. For many years, the symbolism of the dwarves was forgotten, but in 2003, one of the advertising agencies proposed to the Wrocław City Promotion Office to use the image of the dwarf once again as one of the symbols of the capital of Lower Silesia.

Wrocław also has no shortage of culinary events and places where you



can taste cuisine from all over the world. Every year, at the beginning of June, Wrocław's Market Square hosts the "Europa na widelcu" festival, where a fair of regional dishes and products, culinary demonstrations and a European feast await.

### **Wrocław festivals:**

**Jazz on the Oder** – a jazz festival of great renown that began its history in 1964. It hosted world stars such as Pat Metheny, Paco de Lucia, Al di Meola, Kenny Garret, Dave Holland, Diana Krall, Cassandra Wilson, Lizz Wright and Robert Glasper. The festival also includes the prestigious Jazz Individuality competition.



### **International Film Festival Nowe Horyzonty**

– an art cinema festival and film competition located at the Nowe Horyzonty Cinema on ul. Kazimierz Wielki, established in 2001. It takes place in late July and early August. To date, guests of the Festival were, for instance, Agnès Varda, Terry Gilliam, Peter Greenaway, Carlos Saura, Asghar Farhadi, Leos Carax, and Gaspar Noé. The festival's repertoire annually includes a section with discoveries, debuts and lesser-known representatives of independent cinema, as well as a section dedicated to a retrospective of a selected director of arthouse cinema.

**International Festival Vratislavia Cantans** – a music festival held annually in September since 1966, focusing mainly on singers, currently organised by the National Forum of Music in Wrocław. In recent years, the festival has hosted, among others, Philippe Herreweghe, Sir John Eliot Gardiner, Zubin Mehta, Cecilia Bartoli, Julia Lezhneva, Philippe Jaroussky, Mariusz Kwiecień, Jordi Savall, Marcel Pérès and ensembles such as the Israel Philharmonic Orchestra, Collegium Vocale Gent, Akademie für Alte Musik Berlin, Monteverdi Choir, Gabrieli Consort & Players, Il Giardino Armonico, The Swingle Singers and English Baroque Soloists.



**International Poetry Festival Silesius** – the International Poetry Festival, held for the first time in 2016, which accompanies the awarding of the Silesius Poetry Prize of Wrocław.

**PPA** – the Actors' Song Review has been organised since 1976 in Wrocław, during which the Actors' Song Interpretation Competition and many concerts and musical performances take place.

**Art Review Survival** – an annual artistic event held by the Art Transparent Foundation in unusual urban spaces, most often, in abandoned buildings that serve as exhibitions for the duration of the festival. The festival presents works/installations by young artists outside the walls of cultural institutions.

## Lower Silesia: the values and attractions of the region

In addition to the tourist, cultural and historical wealth of the city of Wrocław, it is also worth noting the qualities of Lower Silesia as a whole and planning a trip outside the city.

What the Lower Silesian region is primarily famous for are historic castles, palaces and mansions. The mountainous, large part of Lower Silesia should not be forgotten either. The Sudeten Mountains stretch across the south of the region and consist of a variety of ranges. The Table Mountains and the amazing rock blocks - Szczeliniec and Błędne Skały a dozen or so years ago became the set for the film "The Chronicles of Narnia." In addition, the Lower Silesian region also boasts three UNESCO-listed monuments.

In addition to Wrocław's Centennial Hall, two Protestant churches are on the UNESCO list: the Church of Peace in Jawor and Świdnica.



## The most important attractions of Lower Silesia outside Wrocław

**Książ Castle** – an impressive castle located near Wrocław, famous for its beautiful architecture, gardens and intriguing history.

**Mount Ślęża** – a recreational weekend destination for many Wrocław residents. Mount Ślęża is the highest peak of the Ślężański Massif and the Sudeten foothills. Its relative altitude is over 500 m. On the top of the mountain, there is a church, a chalet, a TV mast, an observation tower, a millennium cross from the year 2000 and Slavic stone cult sculptures. The mountain was the religious centre of solar worship for the local tribes and dates back to the Bronze Age. At the foot of the mountain is the village of Sobótka.

**Czocha Castle** – a picturesque castle from the 13th century, founded by the family of the Silesian Piasts. The castle is full of legends and mysteries. Visitors can explore its secret passageways, stylish chambers and unique exhibitions under the supervision of a guide.

**Karkonosze National Park** – a picturesque national park in the Karkonosze Mountains, ideal for hiking, skiing and admiring nature.

**Church of Peace in Świdnica** – a UNESCO World Heritage Site and one of the largest wooden churches in Europe, known for its impressive architecture and history.

**Church of Peace in Jawor** – a historic wooden Evangelical church built between 1654 and 1655.



**Srebrna Góra Fortress** – a unique object in the scale of European cultural heritage and one of the most important attractions of Lower Silesia. It was founded between 1765 and 1777 near the town of Srebrna Góra in Lower Silesia. At the time of its construction, it was one of the most modern fortifications of its kind in Europe.

**Książański Landscape Park** – a picturesque park surrounding Książ Castle, offering hiking trails, picnic spots and beautiful scenery.  
Polanica-Zdrój – a charming town known for its spas, mineral springs and historic architecture.

**“Riese” complex** – a powerful World War II fortification consisting of many corridors and bunkers.

**Bystrzyckie Lake** – a body of water located in the valley of the Bystrzyca River creating an amazing landscape with surrounding nature located near Grodno Castle.

**Gold Mine in Złoty Stok** – this is a historic gold mine located on the border between Poland and the Czech Republic with the only underground waterfall in Poland.

## 7.2. Religious organisations

### Roman Catholic Churches:

- Roman Catholic Parish of the Sacred Heart of Jesus  
Plac Grunwaldzki 3, 50-377 Wrocław
- Parish of the Blessed Virgin Mary of Częstochowa  
Aleja Jana Kochanowskiego 11, 51-601 Wrocław
- Roman Catholic Church of St Lawrence  
ul. Bujwida 51, 50-368 Wrocław

### Orthodox Churches:

- Orthodox Cathedral of the Nativity of the Holy Mother of God  
ul. Św. Mikołaja 40, 50-128 Wrocław
- Parish Church of Saints Cyril and Methodius in  
Wrocław ul. Św. Jadwigi 13, 50-266 Wrocław

### White Stork Synagogue

ul. Pawła Włodkowica 5

### Islamic Cultural-Educational Center

aleja Jana Kasprowicza 24A

In addition, there are many other religious associations in Wrocław. These include the Seventh-day Adventist Church, the Baptist Church in Poland, the Evangelical Lutheran Church in Poland, the Pentecostal Church in Poland, the International Society for Krishna Consciousness, the Muslim League in Poland and many others.

## 7.3. Supermarkets

There are a small number of supermarkets in the city centre. You can find Carrefour Market on Grunwaldzka 67 Street and Biedronka supermarket on 12-14 Grunwaldzki Square. However, much larger supermarkets with a wider range of products and household goods are located further away from the centre.

You can find Żabka grocery and convenience stores at many points in the city. These shops are often open seven days a week until late at night. Small private shops can operate similarly.

It is worth remembering that many shops are closed on Sundays under the Sunday trading ban law. The exceptions are the so-called “shopping Sundays”, of which there are now seven a year – then shops are open.



## 7.4. Shopping centres and restaurant venues



Wrocław has a lot of restaurants, food trucks and other places with a rich gastronomic offer. There are also shopping malls, the largest of which are:

- **Pasaż Grunwaldzki**  
(Plac Grunwaldzki 22, 50-363 Wrocław);
- **Galeria Dominikańska**  
(Plac Dominikański 3, 50-159 Wrocław);
- **Wroclavia**  
(ul. Sucha 1, 50-086 Wrocław);
- **Magnolia Park**  
(ul. Legnicka 58, 52-204 Wrocław)



## 7.5. Cinemas, theatres and music

### Cinemas:

- **Multikino** in Pasaż Grunwaldzki (plac Grunwaldzki 22, 50-363 Wrocław);
- **Nowe Horyzonty Cinema** (ul. Kazimierza Wielkiego 19a-21, 50-077 Wrocław);



- **DCF** – Lower Silesian Film Centre (ul. Marszałka Józefa Piłsudskiego 64a, 50-529 Wrocław);
- **Cinema City IMAX** Wroclavia (ul. Sucha 1, 50-086 Wrocław);
- **Helios Cinema** in Magnolia Park (ul. Legnicka 58, 52-204 Wrocław).



## Theatres:

- **Wrocław Comedy Theatre** (pl. Teatralny 4, 40-051 Wrocław);
- **Capitol Musical Theatre** (ul. Marszałka Józefa Piłsudskiego 67, 50-019 Wrocław);
- **Wrocław Pantomime Theatre** (al. Dębowa 16, 53-121 Wrocław);
- **Ad Spectatores Theatre**, ul. Hubska 44-48, 50-502 Wrocław);
- **Teatr Polski** (ul. Gabrieli Zapolskiej 3, 50-032 – Jerzy Grzegorzewski Main Stage; ul. Świdnicka 28, 50-068 Wrocław - Chamber Stage; ul. Orłąt Lwowskich 20c, 53-605 Wrocław – Scene at Świebodzki);
- **Wrocław Puppet Theatre** (pl. Teatralny 4, 50-051 Wrocław).



## Music:

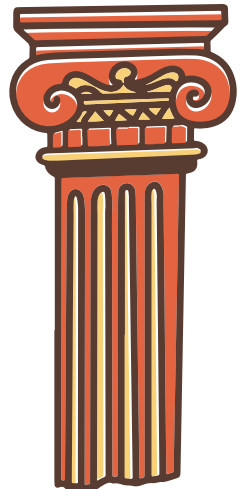
- **Wrocław Opera** (ul. Świdnicka 35, 50-066 Wrocław);
- **National Forum of Music** (pl. Wolności 1, 50-071 Wrocław).



## 7.6. Museums and botanical gardens

### Museums:

- **National Museum** (pl. Powstańców Warszawy 5, 50-153 Wrocław);
- **Panorama Racławicka Museum** (ul. Jana Ewangelisty Purkyniego 11, 50-155 Wrocław);
- **Zajezdnia History Centre** (ul. Grabiszyńska 184, 53-235 Wrocław);
- **Four Domes Pavilion** (ul. Wystawowa 1, 51-618 Wrocław);
- **Archaeological Museum** (ul. Cieszyńskiego 9, 50-127 Wrocław);
- **Military Museum** (ul. Cieszyńskiego 9, 50-127 Wrocław);
- **MWW Contemporary Museum Wrocław** (pl. Strzegomski 2a, 53-681 Wrocław);
- **Museum of Architecture** (ul. Bernardyńska 5, 50-156 Wrocław);
- **Theatre Museum in Wrocław** (pl. Wolności 7a, 50-071 Wrocław);
- **Natural History Museum, University of Wrocław**, (ul. Sienkiewicza 21, 50-335 Wrocław);
- **Museum of Bourgeois Art in the Old Town Hall** (Sukiennice 14/15, 50-107 Wrocław);
- **Pharmacy Museum of the Faculty of Pharmacy of the Wrocław Medical University - House of the Silesian Apothecary** (Kurzy Targ 4, 50-103 Wrocław);
- **University of Wrocław Museum** (pl. Uniwersytecki 1, 50-001 Wrocław).



## Botanical gardens:

- **Botanical Garden of Medicinal Plants of the Wrocław Medical University** (al. Jana Kochanowskiego 10-14, 51-601 Wrocław);
- **Botanical Garden of the University of Wrocław** (23 Henryka Sienkiewicza St., 50-335 Wrocław);
- **Japanese Garden in Wrocław** (ul. Adama Mickiewicza 1, 51-618 Wrocław).



## 7.7. Sport

There is no shortage of places in Wrocław for both passive and active sporting activities. As far as sports events are concerned, it seems that the most popular in the city are the matches of the Śląsk Wrocław football team and events related to the Sparta Wrocław speedway team, which also plays international matches.



In addition, Wrocław also has basketball teams, Śląsk and Śląska Wrocław, and volleyball team, VolleyWrocław, as well as an American football team, Panthers Wrocław.



The city of Wrocław offers many opportunities for those looking for active forms of leisure. For runners, there is an annual marathon in the city, in addition to many park areas or places to run on the banks of the Oder. In addition, practically everywhere in Wrocław, wherever you live, there is a place nearby where you can practice sport: small and large fitness clubs, sports centres, swimming pools, etc.



**Below are some of them:**

### **Sports centres:**

- **Wrocław Spartan Training Centre**  
(ul. Lubinska 53, 53-623 Wrocław, <http://spartan.wroc.pl/>, [access: 31.07.2024]);
- **Ice Rink**  
(ul. Spiska 1, 50-562 Wrocław, <https://spartan.wroc.pl/spiska/>, [access: 31.07.2024]);
- **Krajewski Leisure Centre**  
(ul. Krajewskiego 2, 54-239 Wrocław, <https://spartan.wroc.pl/krajewskiego/>, [access: 26.07.2024]);
- **Wrocław Climbing Centre Zerwa**  
(ul. Szczecińska 17D, 54-517 Wrocław <https://zerwa.pl/>, [access: 26.07.2024]);
- **Akademia Ruchu SHAKTI HALA** (ul. Ruska 47-48A - in the courtyard, 50-079 Wrocław, <https://akademiaruchu.com.pl/>, [access: 26.07.2024]).

## Swimming pools:

- **Wrocław Spa Centre**  
(pl. Teatralny 10-12, 50-055 Wrocław, <https://www.spa.wroc.pl/>, [access: 26.07.2024]);
- **Swimming pools of the Military Sports Training Centre**  
(ul. Raławicka 62, 53-146 Wrocław);
- **University of Economics swimming pool, Study of Physical Education and Sport**  
(ul. Kamienia 35/37, 53-307 Wrocław; [http://www.swfis.ue.wroc.pl/o\\_nas/9669/obiekt\\_swfis.html](http://www.swfis.ue.wroc.pl/o_nas/9669/obiekt_swfis.html), [access: 26.07.2024]);
- **Rogowska Fitness Academy swimming pool**  
(ul. Rogowska 52A, 54-440 Wrocław <https://fitness-academy.com.pl/basen/rogowska>, [access: 26.07.2024]);
- **Aquapark Wrocław**  
(ul. Borowska 99, 50-558 Wrocław, <https://aquapark.wroc.pl/>, [access: 26.07.2024]).



## 7.8. Student life



At the beginning of the year, a number of universities in Wrocław organise the so-called **Hazing** (usually falls in October and November). It has become accepted as an event dedicated mainly to first-year students and treated as their introduction to the student world. It is customary for the hazing to last two or three days and include many activities, e.g. sports competitions or a food truck rally with cuisines from various parts of the world, but its main focus is on concerts by some of Poland's biggest music stars, as well as student bands.

**Juvenalia** – a celebration of academic life in Wrocław, during which students from all Wrocław universities receive a symbolic key to the city. For a few days, all university campuses bustle with even more intense student life. A colourful procession of students passes through the city of Wrocław, with concerts and other events dedicated to and organised by students taking place at various points around the city.



## Poland's best-known music festivals:

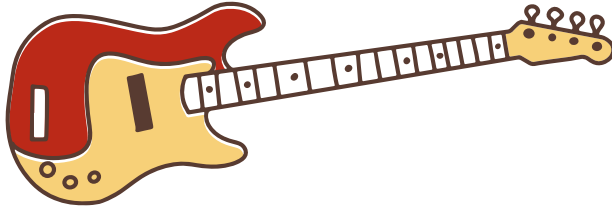
**Open'er Festival** – a festival that has been taking place in Gdynia since 2003 with big stars, featuring artists from various music genres on several dedicated stages.

**Pol'and'Rock Festival** – a festival organised by the Great Orchestra of Christmas Charity Foundation, inviting international stars to its stages. In addition to concerts, talks with well-known people from the worlds of culture, politics, art, the media or social life have their permanent place within the festival. The festival is entirely free to the public, as it is a general form of thanking volunteers for their work during the Grand Finale of the Great Orchestra of Christmas Charity.

**Orange Warsaw Festival** – a festival that has been held in Warsaw since 2008. Its stages showcase artists representing music genres such as rock, indie rock, pop and electronic music.

**Off Festival** – a festival taking place in Katowice, presenting artists of broadly defined alternative music from all over the world.

**Sunrise Festival** – an electronic music festival that has been taking place since 2003. It now takes place in Podczel on the site of the former airport and hosts around 100 artists each year.



## Discounts and bonuses for students in Poland

The student card entitles you to many discounts in Poland. These include:

- up to 51% discount on selected public transport, including long-distance trains,
- discounts in cinemas, theatres, museums\*,
- discounts in certain restaurants, pubs and cafés\*,
- discounts at certain entertainment venues, e.g. bowling alleys, gyms, ice rinks\*.

*\* Some venues only offer discounts on certain days of the week. The most popular day for student discounts being Thursday and hence the now well-established Polish phrase “student Thursday.”*



## 8. Transport

### 8.1. Airlines

Currently transferring airlines at Wrocław Airport are Eurowings, KLM, LOT, Lufthansa, Ryanair, Swiss, Wizz Air, and Air Dolomiti.



### 8.2. Buses

The bus station in Wrocław is located at the rear of the main railway station.

It serves both intercity

and local lines. Buses from companies transporting passengers to/from all major European cities also stop here.

**Larger companies involved in international transport:**

- **FlixBus** (<https://www.flixbus.com/>, [access: 26.07.2024]);
- **Sindbad** (<https://www.sindbad.pl/en/home>, [access: 26.07.2024]);
- **EUROBUS** (<https://www.eurobus.pl/>, [access: 26.07.2024]);
- **Polonus** (<https://pkspolonus.pl/>, [access: 26.07.2024]);
- **Lux Express** (<https://luxexpress.eu/en>, [access: 26.07.2024]);
- **RegioJet** (<https://www.regiojet.com/>, [access: 26.07.2024]).

## 8.3. Trains

### Possible directions:

Warszawa/Gdynia/Kraków - Berlin,

Vilnius - Kraków,

Warsaw - Salzburg - Warsaw,

Katowice - Vienna - Katowice,

Warsaw - Vienna - Warsaw,

Przemyśl - Graz - Przemyśl,

Gdynia - Vienna - Gdynia,

Warsaw - Ostrava - Warsaw,

Warsaw - Prague - Warsaw,

Przemyśl - Prague - Przemyśl,

Przemyśl - Budapest - Przemyśl,

Warsaw - Prague - Warsaw,

Terespol - Budapest - Terespol,

Terespol - Prague - Terespol,

Kraków - Prague - Kraków,

Chałupki - Berlin - Chałupki,

Rzepin - Graz - Rzepin,

Rzepin - Budapest - Rzepin,

Warsaw - Budapest - Warsaw,



## 8.4. Airport transfer



**Public transport** to the city: day line 106, day line 129, nightline 206, weekend line P.

Taxis: **Taxi Plus** +48 601 711 058, **Partner Taxi** (+48) 173 398 983.

Estimated fares: (Partner Taxi, Taxi Plus): Airport - Wrocław Fashion Outlet - PLN 40, Airport - City Centre - PLN 75-85, Airport - Main Railway Station - PLN 80-90.

- **Car rental** - Wrocław Copernicus Airport is located in the southwestern part of Wrocław, approximately 10 km from the city centre. The airport is a half-hour drive from the city centre.



## 9. Additional information

### 9.1. Costs of living



Accommodation (single room)	€ 200-500 + utilities approx. € 50
Residence permit for non-EU nationals	Approx. € 12 - for students, approx. € 24 full cost
Meal (university canteen)	Approx. € 5-8
Eating out (outside the university)	Approx. € 7, depending on the type of cuisine
Going to the museum	Approx. € 5-10
Food products	Bread approx. € 1-1.50, fruit approx. € 1-2, milk approx. € 1.50, cake approx. € 1.50

<b>Transport</b>	Single ticket (local transport) € 1
<b>Health insurance for non-EU students</b>	€ 12 per month
<b>Annual tuition fees for 1 year of study</b>	MEDICINE            PLN 56 000 STOMATOLOGY    PLN 65 000
<b>Milk</b>	Approx. € 0.9
<b>Bread</b>	Approx. € 1.1
<b>Rice</b>	Approx. € 1.4
<b>Eggs (12pc)</b>	Approx. € 3
<b>Apples (1kg)</b>	Approx. € 0.9
<b>Bananas (1kg)</b>	Approx. € 1.6
<b>Oranges (1kg)</b>	Approx. € 1.7
<b>Tomatoes (1kg)</b>	Approx. € 2.5
<b>Potatoes (1kg)</b>	Approx. € 0,8

Onions (1kg)	Approx. € 1.1
Lettuce (head)	Approx. € 1.1
Water (1.5l)	Approx. € 0.6

*Prices calculated on the basis of the € exchange rate as at 15.05.2024.*

## 9.2. Emergency telephones



**112** - Emergency Call Centre - pan-European emergency number

**999** - Ambulance

**997** - Police, Police Station Wrocław-Śródmieście,

ul. Grunwaldzka 6, 50-355 Wrocław, tel.: 47 871 43 58)

**998** - Fire brigade

**986** - Municipal Police,

(ul. Na Grobli 14/16, 50-421 Wrocław, tel.: 71 347 16 35)

Thank you for reading the Guide!  
We hope that you will have only  
good memories of the University,  
Wrocław and Poland. You are also  
welcome to contact the Welcome  
Centre to help create further  
and better versions of the Guide.



## Notes

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# Notes

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welcome  
centre



WROCLAW  
MEDICAL UNIVERSITY

### **Welcome Centre**

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welcome@umw.edu.pl

<https://welcome.umw.edu.pl/home>

**NAWA** POLISH NATIONAL AGENCY  
FOR ACADEMIC EXCHANGE

### **Wrocław Medical University**

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