

WELCOME PACK FOR INTERNATIONAL STUDENTS 2018/2019

It is a pleasure to welcome you to the International University of Logistics and Transport in Wrocław. We are proud that you have chosen our University as your Erasmus+ destination. We hope to make your stay in Wrocław an exciting and valuable experience.

In order to ensure that your time here with us is as enjoyable and productive as possible, we have prepared this pack which contains some important background information on Poland, Wrocław, as well as practical information on the international University of Logistics and Transportation.

ABOUT THE UNIVERSITY

The International University of Logistics and Transport in Wrocław, IULT (Polish: Międzynarodowa Wyższa Szkoła Logistyki i Transportu we Wrocławiu, MWSLiT) is a private university established in 2001 in Wrocław. The University was founded in cooperation with the French group École Supérieure Internationale de Commerce (ESIDEC) in Metz. At graduation our students receive two diplomas: a Polish one and a French one, the latter being issued by the "École Supérieure Internationale de Commerces" in Metz, France. We are aware that one of the crucial elements of education, taken into consideration by the labour market, is the cooperation with the leading European, national and regional companies from the transport-logistics-forwarding sector. It has been the invaluable source of practical skills which are acquired by our students right from the first year of their education. Our University does not limit its offer to traditional majors and didactic methods. We strive to react to current needs of the labour market and to scientific and professional interests of students. At present we already introduced distance learning, courses run in English and dual studies. Studies at IULT in Wrocław are not only about learning. The University takes up numerous activities that aim at integrating academic community. It facilitates mutual exchange of ideas and experiences as well as creates ground for personal development.

Our University is located on Sołtysowicka street in the area of Wrocław called "Karlówice".



The easiest way to get there is by buses **116, 119** or **A** and take off on “**Koszarowa**” bus stop.

You can also take buses **105, 118, 130, 132** and take off on “**Plac Daniłowskiego**” bus stop which is in walking distance from the University (10 minutes).

There is a **Wi-Fi** network available at the University that allows students to connect wireless devices to the Internet.

ABOUT THE CITY

Wrocław - the Academic City

- Largest city in the western Poland (the fourth largest city in Poland)
- Population: 700 000 habitants
- Location: south –western Poland
- Area: 292,82 km²
- 3 million tourists per year

Wrocław is the historical capital of Silesia and Lower Silesia. Today, it is the capital of the Lower Silesian Voivodeship. The history of the city dates back to thousand years, and its extensive heritage combines almost all religions and cultures of Europe. A thriving multicultural centre, Wrocław is home to a growing student community and acts as the financial, cultural and commercial hub of western Poland, hosting a wide variety of music and theatrical events. Wrocław is a university city

with a student population of over 130 000, making it one of the most youthful cities in the country. Wrocław was among the 230 cities in the Mercer Consulting Company's world ranking "Best Cities to Live" in 2015 and was the only Polish city to have been included in this ranking as a city aspiring to be a business center.

Official Websites and Social Media:

Tourist Portal of Wrocław: <http://www.wroclaw.pl/informacja-turystyczna>

City of Wrocław: www.wroclaw.pl

Facebook: <https://www.facebook.com/wroclaw.wroclove/>

Twitter: https://twitter.com/wroclaw_info?lang=es

Instagram: https://www.instagram.com/wroclaw_official/

CLIMATE

Poland's weather can be very unpredictable, especially in autumn and spring – absolutely freezing one day and beautifully warm the next day. Wrocław has a humid continental climate. It is one of the warmest cities in Poland, however winters in Poland are usually quite cold, so don't forget to bring your warm winter clothes. The temperature sometimes may drop even to -20°C.

COMMUNICATION

The English language has been commonly taught in Polish schools for many years and majority of people, especially in tourist sites, speak English better or worse. You should have no problems with communicating in English, especially with young people.

ELECTRICITY

Electricity in Poland is 230 Volts, 50 Hertz. If your device doesn't accept these parameters, you will need a voltage converter. Outlets in Poland only accept plugs with two round pins. A plug adapter must be used if a plug has a different shape.



LOCAL TRANSPORT:

Wrocław offers a good public transportation network. The **trams and buses** are reliable and allow easy access to points all around the city. Students enrolled at Polish higher education institutions who are under 26 years old are entitled to a 50% discount on public transport tickets. Tickets can be bought in vending machines, which are located at bus stops and vehicles (inside of a vehicle it is only possible to pay with your debit card). You can also purchase the ticket online and encode it in every ticket machine. For more information, please visit: <http://www.urbancard.pl/en/index.html>.

If you arrive in Wrocław by plane, there is a public bus that will take you to the city center. The only bus arriving at the **airport** is the bus no. 406 which appears approx. every 30 minutes. If you arrive at night, there is a night bus which arrives approx. every hour. Both will take you to the city center, close to the train station. Tickets are one-ride or temporary. For more information on tickets and tariffs please check: <http://mpk.wroc.pl/en/tickets/tickets-types-and-prices>. You can also check the schedules and plan your trip with the online public transport route planner: <http://www.wroclaw.pl/en/public-transport-route-planner> or download the “**Jak dojadę**” mobile application (available in English). Strongly recommended!

The main **rail station** is Wrocław Główny supported by PKP Intercity, Przewozy Regionalne and Koleje Dolnośląskie. Journey durations from Wrocław: Warsaw – 3h 36 minutes, Poznań – 2h 26 minutes, Szczecin - 6h, Gdańsk – 5h, Kraków – 3h 14 minutes.

Adjacent to the railway station is a **central bus station** located nearby with services offered by Eurolines, PKS and one of the most popular and cheapest carriers in Poland - **Polski Bus**: <http://www.polskiбус.com/en/timetables.htm>.

A number of private **taxicab** firms and **Uber** operate in the city.

Wrocław is a perfect place for **bike** lovers. There are 255 km of cycling paths and about 100 km paths on flood embankments. Wrocław has a bike rental network – **Wrocław City Bike**, operating every year from 1 March to 30 November. You can register and get more info on <https://wroclawskirower.pl/en/>.

COST OF LIVING





Meals:

The diversity and quality of restaurants, fast-food places and cafes in Wrocław is ever improving and the city's respectable number of international restaurants reflects its status as a thriving urban centre. Student's 'milk bars' are definitely the cheapest option – you can get your meal for even 5 PLN (around 1 EUR). The most popular ones are the following: "Miś", "Mewa", "Jacek i Agatka". They offer meat, fish and vegetarian meals, including pancakes and typical Polish dish "pierogi" (dumplings stuffed with meat, cottage cheese or cabbage). It is good to come first with a local student, as menu is only in Polish. There is a small student canteen inside of the University building that offers meals for approx. 8-12 PLN, and many other canteens close to the city center. For more recommendations on restaurants, quick-eats and special offers please visit: <https://www.inyourpocket.com/wroclaw/restaurants> or <http://wroclawuncut.com/category/food/>.

If you are keen on trying **local cuisine**, there are some dishes that you can't simply miss:

- **ogórki kiszzone** – Polish-style pickled cucumbers are commonly used as appetizers. The best ones are of course the home-made;
- **osypek** – smoked cheese made of salted sheep milk is a regional product. It is produced by shepherds in Polish mountains and is a must taste when you visit Tatra mountains;
- **żurek** – Polish sour rye soup served with sausage and boiled egg, sometimes served in a bowl made of bread;
- **pierogi** – dumplings stuffed with various fillings: cheese & potatoes, meat, mushroom & cabbage, sweet curd cheese, fruit, etc. It is definitely one of the best recognizable Polish food;
- **gołąbki** – cabbage rolls stuffed with meat, served in tomato sauce. Other ingredients include groats or rice, onion and spices;
- **pączki** – Polish donuts are one of the most typical pastries and most favorite. They are round deep-fried pieces of dough filled with jam, pudding or other sweet filling, covered with powdered sugar, icing or bits of dried orange peel.

Below you can find a list of example prices of some basic products in Wrocław:

| | | |
|---|---|---------|
|  | Basic lunchtime menu (including a drink) in the business district | 28 zł |
|  | Combo meal in fast food restaurant (Big Mac Meal or similar) | 17 zł |
|  | 500 gr (1 lb.) of boneless chicken breast | 9 zł |
|  | 1 liter (1 qt.) of whole fat milk | 2.89 zł |
|  | 12 eggs, large | 9 zł |
|  | 1 kg (2 lb.) of tomatoes | 6 zł |
|  | 500 gr (16 oz.) of local cheese | 12 zł |
|  | 1 kg (2 lb.) of apples | 2.86 zł |
|  | 1 kg (2 lb.) of potatoes | 2.04 zł |
|  | 0.5 l (16 oz) domestic beer in the supermarket | 2.94 zł |
|  | 1 bottle of red table wine, good quality | 29 zł |
|  | 2 liters of Coca-Cola | 5.28 zł |
|  | Bread for 2 people for 1 day | 2.42 zł |
| | | |
|  | 1 cocktail drink in downtown club | 23 zł |
|  | Cappuccino in expat area of the city | 12 zł |
|  | 1 beer in neighbourhood pub (500ml or 1pt.) | 9 zł |
|  | Hair shampoo 2-in-1 (400 ml ~ 12 oz.) | 12 zł |
|  | 4 rolls of toilet paper | 5.00 zł |
|  | Tube of toothpaste | 7 zł |

ACCOMMODATION

In case you are not assigned a place in a dormitory, you have to find suitable accommodation on your own. Prices range from 800 PLN TO 1200 PLN (single room). Most common websites where you can search for a room/flat in Poland are Gumtree: <https://www.gumtree.pl/> and OLX: <https://www.olx.pl/>.

Districts that have the best connection with the city center are:

- The Old Town (Stare Miasto), Legnicka Street, Grabiszyńska Street and surrounding areas
- Śródmieście (Downtown) and Nadodrze: Jedności Narodowej Street, Poniatowskiego Street and surrounding areas
- Plac Grunwaldzki : Grunwaldzka street and surrounding areas

Our University is located on Sołtysowicka street (in a region of Wrocław called Karłowice) so you might also search for the flat on Sołtysowicka, Koszarowa, Kasprowicza Street and surrounding areas.

HEALTH INSURANCE

Health insurance is mandatory for all students for the whole duration of their stay in Poland.

EU/EFTA students are eligible for free health services in Poland provided they present European Health Insurance Card (EHIC) or a replacement certificate.

Non-EU/EFTA students are advised to buy medical insurance in their countries of origin or in Poland. Otherwise they will have to pay for any medical service. EU citizens without health insurance in their countries of residence and non-EU/EFTA citizens can sign a health insurance agreement with the Polish National Health Fund or with one of the private medical centers. For more information please visit: <http://www.nfz.gov.pl/new/index.php>.

ENTERTAINMENT

The city is well known for its large number of nightclubs and pubs. Many of them are in or near the Market Square (Rynek), the Niepolda Passage or the railway wharf on Bogusławskiego Street. There is also a plenty of festivals, plays, exhibitions, concerts, parties and general shindigs to sink your teeth into. During winter time from November till January there is a huge Christmas Market on the Market Square. There is rarely a dull moment. If you would like to know what is going on in the city, you can always check it on: <https://www.wroclaw.pl/go/events>, to be up-to-date with all the local events.

SIGHTSEEING

If we think about Wrocław's city centre in terms of districts, there are three essential areas that you should not allow yourself to miss. The first is obviously the **Old Town**, with the marvellously restored Market Square at its centre and its maze of cobbled streets, canals, bridges and church spires. The Old Town also includes the '**District of Mutual Respect**' – a unique neighbourhood southwest of the market square which includes almost side by side the places of worship of four different denominations, including the city's only surviving Jewish synagogue.

The Old Town may be the heart of Wrocław, but its soul is in **Ostrów Tumski**. This 'Cathedral Island' within easy walking distance northeast of the market square was the first part of Wrocław to be settled by Slavic tribes in the 9th century.

Finally, no visit to Wrocław is complete without a trip east of the Old Town to **Centennial Hall**. The city's only UNESCO World Heritage site, this outstanding piece of architecture turned 100 in 2013 and is surrounded by beautiful parks and gardens, including **Wrocław's Zoo** and a spectacular **multimedia fountain** (which turns into an ice rink in winter). To find more information about sightseeing, museums and monuments in Wrocław please visit <http://visitwroclaw.eu/en/places/visiting-and-attractions>.

OTHER USEFUL INFO

Public Holidays

| | |
|---------------|---|
| January 1st | New Year's Day |
| January 6th | Epiphany |
| April 21nd | Easter Sunday |
| April 22nd | Easter Monday / "Smigus Dyngus" – on this day young people throw water at each other and have water fights. |
| May 1st | Labour Day |
| May 3rd | Constitution Day |
| June 19th | Corpus Christi |
| August 15th | Assumption of the Blessed Virgin Mary & Polish Armed Forces Day (celebrating the battle of Warsaw in 1920) |
| November 1st | All Saints' Day |
| November 11th | Independence Day |
| December 25th | Christmas Day |
| December 26th | St. Stephen's Day |

Useful Expressions in Polish

- **Dzień Dobry** - Good morning / Good afternoon (jane DOH-brih)
- **Dobry wieczór** - Good evening (DOH-brih VYEH-choor)
- **Dobranoc** - Good night (doh-BRAH-notes)
- **Cześć** - Hi (cheshch)
- **Do widzenia** - Good bye (doh vee-DZEN-ya)
- **Proszę** – Please/Here you are (PROH-sheh)
- **Dziękuję** - Thank you (jen-KOO-yeh)
- **Dzięki** - Thanks [informal] (JEN-kee)
- **Przepraszam** - I'm sorry/Excuse me (psheh-PRAH-shahm)
- **Tak** - Yes (tahk)
- **Nie** - No/Not (nyeh)
- **Nie wiem** - I don't know (nyeh vyem)
- **Jak się masz?** - How are you? [informal] (yahk shay mahsh)
- **Nie mówię po polsku** - I don't speak Polish (nyeh MOO-vyeh poh pohl-skoo)
- **Nie rozumiem** - I don't understand (nyeh roh-ZOO-myem)
- **Na zdrowie!** - (lit. For health!): Cheers!/Bless you! (nah ZDROH-vyeh)

Emergency Phone Numbers

Calling these numbers is free of charge so you can dial them even if you do not have any credit on your phone:

997 – Police

998 – Fire Department

999 – Ambulance

112 – General emergency

ERASMUS+ COORDINATORS

In case you have any questions, please remember that the International Cooperation Office is here to help you with any issues you face, so please do not hesitate to contact us, should you need advice or support from us during your studies.

| Position | Name | E-mail Address | Telephone Number |
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We wish you the best of luck with your new courses and hope that you enjoy Wrocław and all it has to offer!