



Funded by
the European Union



Welcome to Wrocław!

Your Erasmus+ Journey Starts Here!

Congratulations on your decision to join us at the International University of Logistics and Transport in Wrocław for your Erasmus+ adventure! We're excited to welcome you to our city. To make your arrival as smooth as possible, here's a handy guide to help you get started.

ARRIVAL IN WROCLAW - GETTING TO YOUR ACCOMMODATION

When you arrive in Wrocław, you'll need to head to your accommodation. Depending on the time of your arrival, you may need to follow these steps:

FROM THE AIRPORT TO YOUR ACCOMMODATION: Wrocław's Copernicus Airport is well-connected to the city center, making your arrival smooth and stress-free. You can take bus number **106** during the day or night bus **206** directly to the city center. From there, it's easy to catch a tram or another bus to reach your accommodation. If you prefer a more direct option, you can use a taxi or popular ride-sharing apps such as **Uber** or **Bolt**.

ARRIVING ON A WEEKEND OR IN THE EVENING: If you arrive on a weekend or in the evening, dormitory registration may not always be immediately available. In most cases, though, **it is possible** to check in – but only if the dormitory is informed in advance. That's why you must notify either us or the dormitory directly about your planned arrival time, especially if you're arriving outside regular office hours.

If you don't provide this information in advance, you might need to stay in a hostel or temporary accommodation until check-in becomes possible.

IMPORTANT NOTE 1: The exact address of your accommodation will be shared with you closer to your arrival date, once you've been assigned to a specific dormitory our university collaborates with. In the meantime, please make sure to stay in touch with us and keep us informed about your travel plans, including your arrival date and time. This will help us coordinate your check-in smoothly.

IMPORTANT NOTE 2: A deposit must be paid in advance to the dormitory's bank account via bank transfer, prior to your arrival. Unfortunately, it is not possible to pay the deposit in cash or by card upon arrival. You will receive the exact amount and bank account details once you have been assigned to your dormitory.

USING PUBLIC TRANSPORTATION IN WROCŁAW

HOW TO DOWNLOAD AND USE „JAKDOJADE” APP

To navigate the public transportation system in Wrocław easily, we recommend downloading and using the **„Jakdojade” app**. This app will help you find the best routes for buses and trams, including real-time updates and schedules.

DOWNLOAD THE APP:

- For Android users: Visit the **Google Play Store** and search for „Jakdojade” app.
- For IOS users: Visit the **App Store** and search for „Jakdojade” app.

SET UP THE APP:

- Open the app after installation.
- Allow the app to access your location for accurate route suggestions.
- Choose your preferred language.

USING THE APP:

- **Search for Routes:** Enter your starting point and destination. The app will provide multiple routes using buses and trams.
- **Check Schedules:** View the schedules of different routes to plan your journey effectively.
- **Real-Time Updates:** Get real-time updates on the arrival times of buses and trams.
- **Buy Tickets:** You can also purchase tickets directly through the app for added convenience.

By using the „Jakdojade” app, you can ensure a smooth and hassle-free travel experience around Wrocław, making it easier to explore the city and get to your accommodation efficiently.

TICKETS AND FARES

Time tickets, one-time tickets and fixed-term tickets can be bought at newsagent's shops or points of sale, ticket machines at bus/tram stops and electronic ticket punches in buses and trams (one-time tickets and time tickets).

USEFUL LINKS:

- [Buses and trams](#)
- [How and where to buy public transport tickets in Wrocław](#)
- [Ticket Prices](#)

Students under the age of 26 who are enrolled at Polish higher education institutions are eligible for a 50% discount on public transport tickets. To use the discount, you must obtain a valid student ID card.

Wrocław boasts a fantastic public transportation network, with reliable trams and buses that make exploring the city easy and enjoyable. With the Jakdojade app and the information above, navigating the city will be a piece of cake!

EXPLORING WROCŁAW AND BEYOND

GETTING AROUND WROCŁAW

TRAMS AND BUSES: Wrocław's tram and bus system is fantastic and user-friendly! You can purchase tickets at kiosks, ticket machines, or on your phone with a handy app. Regular tickets cost around **4.60 PLN**, while reduced tickets are just **2.30 PLN**.

CITY BIKES: Experience Wrocław like a local by renting a bike from the [Wrocław City Bike](#) system. Enjoy the first 20 minutes for free, and from 21 to 60 minutes, it's just 3 PLN—a great deal for a quick ride!

GETTING TO THE UNIVERSITY: Find the nearest tram or bus stop and set off on your journey to our university. Our university is located in the vibrant Karłowice district on **Sołtysowicka 19B Street**. To get here, simply take bus lines 116, 119, or A and get off at the "Koszarowa" stop. Alternatively, you can take bus lines 105, 118, 130, or 132 and get off at "Plac Daniłowskiego," which is only a 10-minute walk from the campus.

EXPLORING THE CITY CENTER: Discover the heart of Wrocław! It's easy to explore the city center on foot or with public transport.

TRAVELING FROM „WROCŁAW GŁÓWNY” RAILWAY STATION

Wrocław Główny is the main railway station and a great starting point for traveling around Poland. It's served by PKP Intercity, Przewozy Regionalne, and Koleje Dolnośląskie. Here's how quickly you can reach some major cities from Wrocław:

- **WARSAW:** 3 hours 36 minutes
- **KRAKÓW:** 3 hours 14 minutes
- **POZNAŃ:** 2 hours 26 minutes
- **SZCZECIN:** 6 hours
- **GDAŃSK:** 5 hours

Wrocław Główny opens the door to exploring the diverse and dynamic cities of Poland — adventure awaits!

MUST-SEE SPOTS IN WROCŁAW

JAPANESE GARDEN: Stroll through this ideal walking spot, featuring hundreds of original plants, trees, bushes, and flowers. Don't miss the authentic Japanese buildings, including the gate and the tea pavilion.

MULTIMEDIA FOUNTAIN: Experience Poland's largest fountain and one of Europe's biggest! With 800 lights, 300 water jets, and 3 fire jets, the Wrocław Multimedia Fountain puts on spectacular shows from May to October, combining stunning lights and music.

SKY TOWER VIEWPOINT: Soar to the 49th floor in just one minute and enjoy breathtaking panoramic views of Wrocław. The lift accommodates 20 people, making it a quick and easy adventure.

HYDROPOLIS: Dive into the world of water at Hydropolis, opened in December 2015. Each room features multimedia tablets with fascinating details about groundbreaking underwater discoveries, the nature of water, and its role in human life.

OSTRÓW TUMSKI: Surrounded by the Oder River, this historic district boasts fantastic architecture. Highlights include the Gothic St. John Baptist Cathedral and the Holy Cross Church. Visit the Archdiocese Museum, Wrocław's oldest continuous museum, showcasing sacred art and historical treasures like the Henrykowska Book.

WROCŁAW ZOO: Discover Poland's oldest and richest zoo in terms of fauna. Explore animals from every continent and environment, including Madagascar, Sahara, and Europe pavilions, and admire nearly 250 fish species in the unique Africarium.

PERGOLA: Built in 1913 at the Centennial Hall, the Pergola is a popular spot for walks and concerts. It features 750 vine-covered columns surrounding the multimedia fountain, making it a favorite for photo shoots among tourists and residents.

OLD TOWN HALL: Visit the historic Old Town Hall located in the eastern part of Rynek, where city council meetings once took place. Explore the rooms at Rynek 30 and soak in the historical ambiance.

THE MARKET SQUARE: One of Poland's largest markets, covering 3.8 hectares. It's the perfect place to spot the famous Wrocław's dwarves and enjoy the bustling atmosphere.

BOTANICAL GARDEN: Located close to Ostrów Tumski, this garden is home to about 7,500 plant species and hosts many events. It's a must-visit for nature lovers.

To find more information about sightseeing, museums and monuments in Wrocław please check [visitwroclaw.eu](https://www.visitwroclaw.eu) website.

WEATHER

The weather in Wrocław can be a bit of a rollercoaster, especially in the fall and spring. It can be freezing cold one day and pleasantly warm the next. Although Wrocław is one of the warmer cities in Poland, winters can be quite cold, sometimes dropping to -20°C. Remember to pack warm winter clothes!

ELECTRICITY ESSENTIALS

Poland uses electricity at 230 Volts, 50 Hertz. If your device doesn't support these specifications, you'll need a voltage converter. Also, Polish outlets require plugs with two round pins, so you may need a plug adapter if your device has a different plug shape.



PESEL NUMBER INFO FOR STUDENTS

If you're staying in Poland for more than 30 days, you need a **PESEL** number! Short-term visits (under 30 days) don't require this.

To register your residence in Wrocław, visit the City Office. The nearest office for PESEL registration is:

Urząd Miejski Wrocławia Centrum Obsługi Mieszkańca
Aleja Marcina Kromera 44
51-163 Wrocław

Here's what you'll need:

- **Passport** and one of the following documents confirming your legal stay in Poland: **visa**, residence card, residence permit (issued by the Lower Silesian Voivodeship Office).
- **Completed PESEL Application Form** (available online or at the City Office).
- **Proof of residence**, such as: lease agreement, student housing agreement, property ownership deed, a written and signed confirmation from the property owner allowing you to register at their address.

Don't worry – we'll go there with you!

We understand that registering your residence and getting your PESEL number might feel complicated, but you're not alone. We'll go to the City Office together, so you'll have help with the forms and the process. No need to stress – we'll guide you step by step.

Registration and getting your PESEL number are free!

POLISH PHRASES TO GET YOU STARTED

While many people here speak English, knowing a few Polish phrases can make your experience even better. It's a great way to connect with locals and navigate your surroundings with ease.

Here are some useful phrases to help you get started:

Dzień dobry - Good morning

Dziękuję - Thank you

Przepraszam - Sorry / Excuse me

Gdzie jest...? - Where is...?

Ile to kosztuje? - How much does it cost?

Pomocy! - Help!

Nie rozumiem - I don't understand

Proszę - Please / You're welcome

Tak - Yes

Nie - No

Jak się masz? - How are you? N

Nie mówię po polsku - I don't speak Polish

Mówisz po angielsku? - Do you speak English?

Dzień dobry - Good morning

Dobry wieczór - Good evening

Do widzenia - Goodbye

Dobranoc - Good night

Do zobaczenia - See you soon

Nie wiem - I don't know

Nie rozumiem - I don't understand

Dziękuję - Thank you!

Dzięki - Thanks [informal]

Przepraszam - I'm sorry/Excuse me

Na zdrowie! - Cheers!/Bless you!

Możesz powtórzyć? - Can you repeat?

Jestem studentem/studentką - I am a student (male/female)

Gdzie jest najbliższy przystanek? - Where is the nearest bus stop?

Kiedy odjeżdża następny tramwaj? - When does the next tram leave?

Czy mogę prosić o rachunek? - Can I have the bill, please?

Jaka jest lokalna specjalność? - What is the local specialty?

Czy mogę zapłacić kartą? - Can I pay by card?

Interacting with Polish students and locals is a great way to practice your Polish and immerse yourself in the language. They can offer valuable tips, and conversations with them will help you learn and understand the language more naturally.

So, use these phrases, engage with the community, and enjoy your time in Wrocław!

COST OF LIVING IN WROCŁAW

Understanding the cost of living in Wrocław will help you budget effectively during your stay.

Here are some common expenses:

- **Bread (500g loaf):** 5-6 PLN
 - **Milk (1l):** 3-4 PLN
 - **Eggs (10 pieces):** 12-15 PLN
 - **Beer (0.5l):** 8-12 PLN
 - **Coffee:** 15-20 PLN
 - **Fast Food Meal:** 20-30 PLN
 - **Water (1.5l bottle):** 2-3 PLN
 - **Fresh Fruits (1kg):** 5-10 PLN
 - **Fresh Vegetables (1kg):** 3-7 PLN
 - **Cheese (200g):** 8-12 PLN
 - **Chicken Breast (1 kg):** 25-35 PLN
 - **Rice (1 kg):** 4-8 PLN
 - **Pasta (500g):** 3-6 PLN
 - **Yogurt (150g):** 2-4 PLN
 - **Butter (200g):** 7-10 PLN
 - **Basic Meal at a Student Cafeteria:** 15-25 PLN
 - **Lunch at a restaurant:** 40-70 PLN
 - **Public Transportation Ticket (single ride):** 3-5 PLN
 - **Monthly Public Transportation Pass:** 90-100 PLN
 - **Cinema Ticket:** 20-35 PLN
 - **Gym Membership (monthly):** 100-150 PLN
 - **Haircut (men's):** 30-50 PLN
 - **Haircut (women's):** 50-100 PLN
-

TIPS for Budgeting in Wrocław:

Use Student Discounts: Many places offer discounts for students, so always carry your **student ID**.

Cook at Home: Preparing your own meals can be significantly cheaper than eating out.

Shop at Local Markets: Buying fresh produce from local markets can be cheaper and offer better quality than supermarkets.

Public Transportation: Use buses and trams instead of taxis to save money on transportation.

Free Activities: Explore free or low-cost activities in Wrocław, such as parks, museums (on free admission days) and student events.

Student Social Groups: Joining student organizations or social groups can lead to discounts on events, trips, and other activities.

MUST-TRY POLISH DELICACIES!

If you're eager to dive into local flavors, Wrocław has some culinary treasures you simply can't miss:

Ogórki Kiszzone: These Polish-style pickled cucumbers are a staple appetizer. Homemade versions are especially delicious and offer an authentic taste of Polish cuisine.

Oscypek: This smoked cheese made from salted sheep's milk is a regional specialty. Handcrafted by shepherds in the Polish mountains, it's a delightful treat to enjoy when exploring the Tatra Mountains.

Żurek: This hearty sour rye soup is a Polish classic, often served with sausage and a boiled egg. For an extra touch of tradition, you might find it served in a bread bowl!

Pierogi: These beloved dumplings come with a variety of fillings, including cheese & potatoes, meat, mushroom & cabbage, sweet curd cheese, and fruit. They are one of the most iconic Polish dishes and a must-try.

Goląbki: Cabbage rolls stuffed with a savory mix of meat, rice or groats, onions, and spices, all simmered in a rich tomato sauce. Comfort food at its finest!

Bigos: This dish combines sauerkraut with various meats such as pork, sausage, and beef, along with mushrooms and spices. It's a flavorful and satisfying meal, perfect for colder days.

Kielbasa: Polish sausage, or kielbasa, is a staple in Polish cuisine, available in many varieties and often enjoyed grilled or fried, with mustard or sauerkraut.

Barszcz: A beetroot soup, served hot, often enjoyed with dumplings or sometimes accompanied by sour cream and hard-boiled eggs.

Kotlet Schabowy: This is the Polish version of the wiener schnitzel. In Poland, it's normally served with generous portions of boiled cabbage and chips. It's often the main course in traditional restaurants.

Rosół: The beloved Polish chicken soup, holds a special place in Polish cuisine, cherished for its comforting warmth and nourishing flavors. This traditional soup features chicken simmered alongside aromatic vegetables like carrots, celery, and onions, resulting in a flavorful and robust broth.

Pączki: These Polish donuts are a favorite pastry—round, deep-fried, and filled with jam, pudding, or other sweet fillings. They're often dusted with powdered sugar or icing, and sometimes even topped with bits of dried orange peel.

As you explore Wrocław, trying these traditional dishes will give you a deeper understanding of Polish cuisine and culture. Enjoy your culinary adventure and savor every bite of these Polish delights!

STAY CONNECTED AND INFORMED

To keep up with events in Wrocław and explore the city, follow these social media profiles on Instagram, Facebook, and TikTok:

SOCIAL MEDIA TO FOLLOW:

Miejsca we Wrocławiu: Discover Wrocław like never before with [@miejscawewroclawiu_pl](#)! This vibrant account showcases the coolest spots, hidden gems, and must-see events in the city. Perfect for locals and tourists alike, this is your guide to discovering the best places Wrocław has to offer.

Kocham Wrocław: Fall in love with Wrocław all over again with [@kocham.wroclaw](#)! This enthusiastic profile highlights the beauty of the city, from picturesque streets to vibrant events. Follow to get inspiration on what to see, where to go, and how to make the most of your time in this amazing city.

@wroclaw_official: This is the official profile of the city of Wrocław! The account provides the latest information about Wrocław, cultural events, monuments, and attractions in the city. Follow to discover the charm and energy of Wrocław every day.

@esn_poland: Erasmus Student Network (ESN) is an organization that supports students participating in the Erasmus program and other international exchanges. ESN helps students from all over the world adjust to their new environment by organizing events, trips, and meetups. With ESN, you can easily connect with fellow students, explore the local culture, and make the most of your time abroad.

ERASMUS GROUPS (Facebook):

ERASMUS WROCLAW – Join this Facebook group to meet fellow Erasmus students, find out about events, and share your experiences.

ERASMUS STUDENTS WROCLAW – Join this group to connect with other Erasmus students in Wrocław. Share your experiences, ask questions, and stay updated on the latest events and activities designed specifically for Erasmus students.

WROCLAW INTERNATIONAL – This group is perfect for internationals living in or visiting Wrocław. Get to know people from all over the world, find out about international events, and participate in activities that celebrate cultural diversity in the city.

LANGUAGE EXCHANGE CLUB WROCLAW – Improve your language skills and make new friends at the same time! This group organizes regular meetups where you can practice different languages with native speakers and other learners, creating a fun and educational experience.

EMERGENCY CONTACTS

In case of an emergency, feel free to call these numbers free of charge, even if you don't have phone credit:

997 – Police
998 – Fire Department
999 – Ambulance
112 – General emergency

EXTRA TIPS FOR A SMOOTH STAY

STUDENT ID: Don't forget your student ID – it might give you discounts on transport and at various places around the city.

STAY SAFE: Wrocław is a friendly and safe city, but it's always smart to stay aware of your surroundings and keep an eye on your belongings.

OTHER USEFUL INFO

PUBLIC HOLIDAYS

1 Jan 2025	New Year's Day
6 Jan 2025	Epiphany
Easter Sunday	date varies (movable in spring)
Easter Monday	day after Easter Sunday (movable)
1 May 2025	Labour Day
3 May 2025	Constitution Day
Pentecost Sunday	seventh Sunday after Easter (movable)
Corpus Christi	second Thursday after Pentecost (movable)
15 Aug 2025	Assumption of the Blessed Virgin Mary/Armed Forces Day
1 Nov 2025	All Saints' Day
11 Nov 2025	Independence Day
24 Dec 2025	Christmas Eve
25 Dec 2025	Christmas Day
26 Dec 2025	Second Day of Christmas

ERASMUS+ COORDINATORS

For any questions or support, our International Cooperation Office is here to help. Don't hesitate to reach out to us — we're always ready to assist you during your studies!

Head of International Cooperation Office: Maria Zaręba - Hidous
Erasmus+ Contact Person: Justyna Brzyska & Małgorzata Oleszczak
E-mail address: erasmus@msl.com.pl
Phone number: +48 71 324 68 42 (ext. 212)

Enjoy your Erasmus+ adventure in Wrocław!