

GEOPLANET
SCHOOL



GUIDE

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THE NICOLAUS COPERNICUS ASTRONOMICAL CENTER POLISH ACADEMY OF SCIENCES

The Nicolaus Copernicus Astronomical Center of the Polish Academy of Sciences is an astronomical institute in Poland. Its main subjects of research include: stellar astrophysics, binary systems, circumstellar matter, dense matter and neutron stars, black holes, accretion processes, structure and evolution of active galaxies, extrasolar planets and gravitational waves.

CAMK PAN was and is involved in major international projects such as SALT, H.E.S.S., CTA and LIGO-Virgo observatories, and satellite missions of Herschel, INTEGRAL, Fermi and ATHENA. Institute headquarters in Warsaw house the space flight station of the first Polish astrosatellite mission BRITE-PL. The institute operates a network of robotic telescopes located in Argentina, RSA, and Australia, called SOLARIS, used to search for planets around binary stars and to provide data for the EU Space Situation Awareness project. An autonomous unit of CAMK PAN, AstroCeNT, conducts interdisciplinary R&D projects related to searches for dark matter and studies of gravitational waves. Our newest initiative is Observatory Cerro Armazones (OCA), being erected in Chile next to the construction site of the European 40-m ELT telescope. OCA will be dedicated to precise calibration of distance indicators and measuring of the Hubble constant.

SCIENTIFIC SECTOR

- Director | **Prof. Rafał Moderski** | room 111
- Deputy Director | **Prof. Agata Różańska** | room 113
- Student Office | Fulfill all docs | complete formalities | receive Student Card |
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AstroCeNT
ul. Rektorska 4, Warsaw

Nicolaus Copernicus Astronomical Center
Headquarters, ul. Bartycka 18, Warsaw

INSTITUTE OF GEOLOGICAL SCIENCES POLISH ACADEMY OF SCIENCES

The Institute of Geological Sciences of the Polish Academy of Sciences (IGS PAS) was established in 1956 as the Research Centre of Geological Sciences in Warsaw. The Laboratory of Geology and Stratigraphy of the Polish Academy of Sciences in Kraków, which was set up in 1954, has been incorporated into the Research Centre as its Kraków branch. In 1979, a resolution of the Board of the Polish Academy of Sciences raised the Centre to the rank of Institute. Today, the Institute of Geological Sciences has three research centers, located in Warsaw (its headquarters), Kraków and Wrocław.

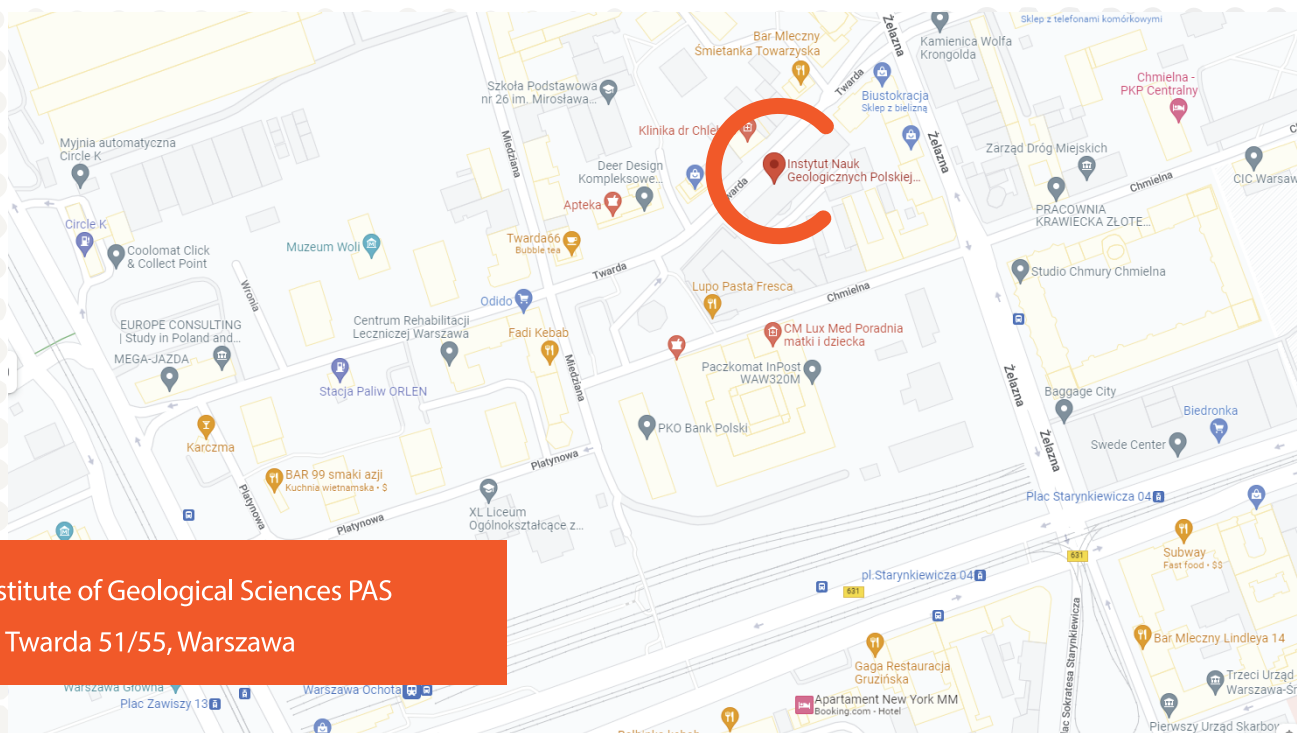
Institute of Geological Sciences Polish Academy of Sciences (IGS PAS) is a scientific institute whose main mission, defined in its statute, is the conducting of research in the area of Earth sciences and planetary geology, and the dissemination of results and education in the Institute's fields of expertise. The Institute specializes in studies into the age of rocks and minerals, their origins, the evolution of orogens and reconstruction of the palaeoenvironment. Our mission is designed so as to contribute to a better understanding of the geosystem, and to the usage of this knowledge for the needs of modern society - among other things through its input in technological innovation.

SCIENTIFIC SECTOR

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- Research Office | Fulfil all docs | complete formalities | **Elżbieta Gogacz** | phone 22 697 87 00
- Head of the Ph.D. Studies | **dr hab. Edyta Zawisza** | phone 22 697 88 13

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- Administration Department | phone 22 697 87 53
- HR Department | **Jolanta Kotowicz** | phone 22 697 87 22



Institute of Geological Sciences PAS
ul. Twarda 51/55, Warszawa

SPACE RESEARCH CENTRE POLISH ACADEMY OF SCIENCES

The Space Research Center of the Polish Academy of Sciences is the oldest and only interdisciplinary scientific and research institute in Poland, the entire substantive activity of which is related to research of space around the Earth, the Solar System and the Earth, with the use of space technologies and satellite technologies.

CBK PAN collaborates with the world's largest institutions in the field of space exploration, including running its own experiments as part of NASA and ESA missions, and cooperates with Centre National, Études Spatiales, JPL Center of NASA, Princeton University and many others.

CBK PAN scientists and engineers participate actively in international space missions. CBK PAN's cooperation with the two largest space agencies NASA and ESA began in the 1990s. So far, CBK PAN has participated in more than 70 missions, including such pioneering ventures as Voyager, Themis, MMS, Cassini-Huygens, Rosetta, and ExoMars. Another 12 major missions are in progress, including ESA's flagship endeavors, the ARIEL space observatory and the exploration of a comet from outside the Solar System, the Comet Interceptor.

- **Director of the CBK PAN | Prof. Iwona Stanisławska | stanis@cbk.waw.pl**
- **Deputy director for scientific affairs | Prof. Jolanta Nastula | nastula@cbk.waw.pl**
- **Coordinator of the GeoPlanet Doctoral School of the CBK PAN | Prof. Wiesław Macek | macek@cbk.waw.pl**
- **Secretariat of the GeoPlanet Doctoral School | [Monika Kowalczyk | studium@cbk.waw.pl](mailto:studium@cbk.waw.pl)**



CENTER FOR THEORETICAL PHYSICS POLISH ACADEMY OF SCIENCES

The Center for Theoretical Physics of the Polish Academy of Sciences (CTP PAS) was founded in 1980 with the mission of creating the leading institute for theoretical physics in Poland.

The institute gathers researchers from **quantum information, astrophysics, cosmology, mathematical physics and ultracold gases**. Researchers of CTP PAS address fundamental questions, like the nature of dark matter and dark energy, quantum to classical transition, but also scientific problems important for applications, like certification of quantum devices.

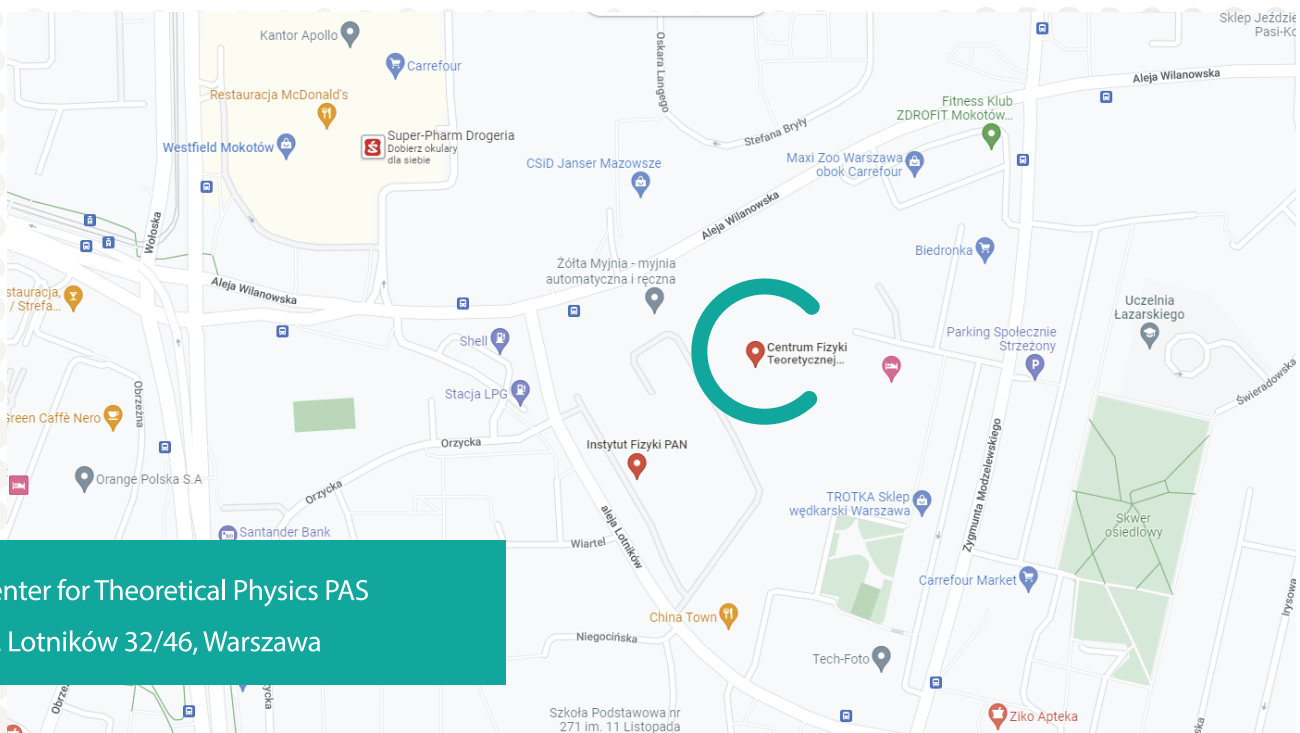
The CTP PAS has access to the prototypes of quantum computers on which we implement quantum algorithms and develop noise mitigation techniques.

SCIENTIFIC SECTOR

- Deputy Director for Scientific Affairs | **dr hab. Krzysztof Pawłowski** | room 307
- Research Office | Fullfil all docs | complete formalities | receive Student Card | room 301
- Head of the Ph.D. Studies | **dr hab. Maciej Bilicki** | room 304B

ADMINISTRATION AND FINANCE SECTOR

- Deputy Director for General Affairs | room 310
- Financial and Accounting Department | room 302
- Project Management Department | room 310
- Procurement Department | room 301
- Administration Department | room 301
- HR Department | room 301
- IT Department | room 305



THE INSTITUTE OF GEOPHYSICS POLISH ACADEMY OF SCIENCES

The Institute of Geophysics of the Polish Academy of Sciences is a multidisciplinary institute engaged in advanced research, teaching and service provision in cutting-edge geophysical sciences and is one of the largest research center in Poland working towards understanding and monitoring the environment.

It plays the leading role in the exploration of the Earth, the atmosphere across hydrosphere and the deep interior of the Earth. The research is focused on fundamental issues in the physics of the processes taking place on our globe and covers the following areas: **seismology, lithospheric research, geophysical imaging, theoretical geophysics, geomagnetism, atmospheric physics, hydrology, environmental hydrodynamics and polar and marine research.**

The IG PAS manages the Polish Polar Station at Svalbard - unique place with international status which performs monitoring in this part of Arctic and the Polish Antarctic Station A.B. Dobrowolski - scientific station located in East Antarctica (Bunger Hills).

SCIENTIFIC SECTOR

- **Deputy Director for Research | Dr Mariusz Majdański | room 211**
- **Research Office | Fulfil all docs | complete formalities | receive Student Card | room 223**
- **Head of the Ph.D. Studies | Dr Krzysztof Kochanek | room 431**

ADMINISTRATION AND FINANCE SECTOR

- **Deputy Director for Administration and Finance | room 206**
- **Financial and Accounting Department | rooms 206, 207, 204, 232A**
- **Project Management Department | rooms 234, 232, 204A**
- **Procurement Department | room 229**
- **Administration Department | room 221**
- **HR Department | rooms 236, 235**
- **Promotion Department | rooms 227, 233**
- **Science Communication and Education Department | rooms 532, 507**
- **IT Department | rooms 211**



THE INSTITUTE OF GEOGRAPHY AND SPATIAL ORGANISATION POLISH ACADEMY OF SCIENCES

Stanisław Leszczycki Institute of Geography and Spatial Organization Polish Academy of Sciences (IGSO PAS) was founded in 1953. The Institute is an important research centre in Poland in the fields of socio-economic geography, physical geography, landscape ecology as well as spatial organization. Within the framework of the Institute, the Central Library of Geography and Environmental Protection is operating, this being one of the largest library centres of the kind in the world. The mission of the Institute is to:

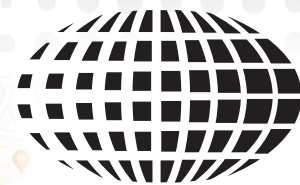
- conduct theoretical and application research in the field of geography and spatial management, in particular in Poland and Central Europe. The research topics focus on the broadly understood human-environment relationships;
- support the education and improve skills of young employees at the doctoral and post-doctoral level;
- disseminate knowledge of the achievements of Polish geography.

The Institute aims to become a leader among geographic institutions in Poland and Central Europe. Based on a rich environmental and socio-economic databases, it tends toward creation of the strongest center for spatial research in this region of Europe. It builds its competitive advantage thanks to highly qualified scientific staff and complementary scientific and technical service.

The Institute consists of research departments that implement current topics with a global dimension. In the structure of the academic staff the largest group are young scientists with Ph.D. degree. The share of scientists from related fields and foreigners is increasing among employees.

The material basis for the Institute's research activities are high-budget research projects implemented by teams created for this purpose, consisting of the Institute's employees and people from outside the Institute, employed for the duration of the project.

- **DIRECTOR | Assoc. Prof. Michał Słowiński | Room 340**
- **DEPUTY DIRECTOR FOR RESEARCH | Assoc. Prof. Marek Więckowski | Room 322**
- **DEPUTY DIRECTOR FOR ADMINISTRATION | Dr Jarosław Baranowski | Rooms 412, 442**
- **INSTITUTE COORDINATOR FOR GEOPLANET SCHOOL | Prof. Jerzy Solon | Room 430**
- **Financial and Accounting Department | Rooms 446, 447**
- **Administration | Room 445**
- **IT Officer | Room 424**



Institute of Geography
and Spatial Organisation
Polish Academy of Sciences

Stanisław Leszczycki Institute of Geography and Spatial Organization PAS
ul. Twarda 51/55, Warszawa

INSTITUTE OF OCEANOLOGY POLISH ACADEMY OF SCIENCES

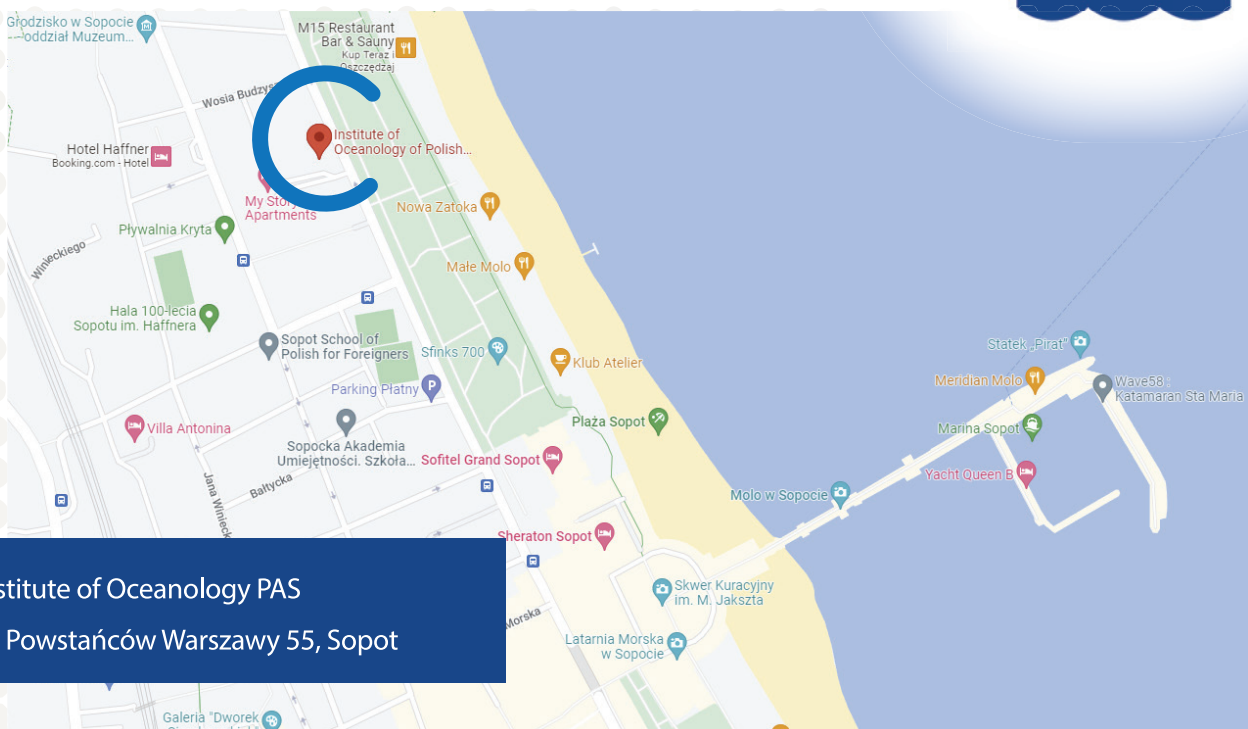
Institute of Oceanology Polish Academy of Sciences (IO PAN) was founded in 1983 in place of the Marine Station in Sopot which had existed since 1953.

The mission of the Institute of Oceanology is to conduct marine environmental research in order to expand knowledge of the processes and phenomena taking place there. Studies, which are carried out on the Baltic Sea and European Arctic Seas, focus these days on the following four strategic fields:

- I. The role of the oceans in climate change and its effects on European seas,
- II. The natural and anthropogenic variability of the Baltic Sea environment,
- III. Contemporary changes in the coastal ecosystems of shelf seas,
- IV. Genetic and physiological mechanisms of the functioning of marine organisms; the basics of marine biotechnology.

The Institute is the ship-owner operator of the research sailing vessel 'Oceania'.

- **DIRECTOR | Prof. Jan Marcin Węśławski**
- **DEPUTY DIRECTOR FOR RESEARCH | Assoc. Prof. Sławomir Sagan**
- **DEPUTY DIRECTOR FOR ORGANIZATION AND DEVELOPMENT | M.Sc. Joanna Przedzimirska-Ziółkowska**
- **GEOPLANET DOCTORAL SCHOOL COORDINATOR | Assoc. Prof. Tymon Zielinski**
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Institute of Oceanology PAS
ul. Powstańców Warszawy 55, Sopot

POLISH GEOLOGICAL INSTITUTE NATIONAL RESEARCH INSTITUTE

The Polish Geological Institute - National Research Institute (PGI-NRI), by fulfilling the tasks of the Polish Geological Survey (PGS) and the Polish Hydrogeological Survey (PHS), ensures the safety of the State in three main aspects: **energy, raw material supply and ecology**. While surveying Poland's geological setting and natural resources, it emphasizes underground space management for the development of the national economy. PGI-NRI monitors and predicts such phenomena as flooding, droughts, and landslides, which may pose a threat to society and infrastructure.

PGI-NRI is the main depository of geological information and other environmental data in Poland under the "Geological and Mining Act" and "Water Act".

PGI-NRI actively participates on the international forum. A priority in the area of cooperation includes activities within the EuroGeoSurveys and joint implementation of projects ordered by the European Commission.

MAIN RESEARCH AREAS: Sedimentary Basins & Petroleum Systems, Regional Geology, Geothermal Energy, Geophysics, Natural Hazards, Environmental Geology, Engineering Geology, Tectonics, Paleontology, Hydrogeology, Marine Geology, Quaternary Geology, Geological Mapping, 3-D Structure Modeling, Geological Processes Modeling.

LABORATORIES: Micro-area analysis (SHRIMP IIe/MC – Sensitive High Resolution Ion MicroProbe), chemical, geophysical, geoengineering, hydrogeochemical, petrographic/Accredited by the Polish Accreditation Center.

MONITORING: groundwater, landslides (S Poland), and geodynamics.

MODELING: Computational Geology Laboratory, 3-D Structure Modeling.

GEOLOGICAL INFORMATION: Geological archives (almost 650 thousand documents and almost 900 thousand running meters of drill cores)/Databases: Central Geological Database, Hydrogeological Data Bank, Central Geoengineering Database/Geological Museum (500 thousand specimens)/Geological Library (about 140 thousand volumes of books and journals).

REGIONAL BRANCHES: Carpathian Branch in Kraków, Holy Cross Mountains Branch in Kielce, Lower Silesian Branch in Wrocław, Marine Geology Branch in Gdańsk, Pomeranian Branch in Szczecin, Upper Silesian Branch in Sosnowiec and Lublin Regional Geology Laboratory.

SCIENTIFIC SECTOR

- **Research and Development Director | Piotr Szrek, D. Sc. | piotr.szrek@pgi.gov.pl**
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Polish Geological Institute – National Research Institute
4 Rakowiecka Str., Warszawa

POLAND IN A NUTSHELL

Republic of Poland (RP)

National emblem



Flag



- Official language. *Polish.* | Capital city. *Warszawa (Warsaw).*
- Voivodeship cities. *Białystok, Gdańsk, Katowice, Kielce, Kraków, Lublin, Łódź, Olsztyn, Opole, Poznań, Rzeszów, Szczecin, Toruń, Warszawa, Wrocław, Zielona Góra*
- Political system. *Parliamentary democracy. Legislative power is exercised by the Parliament which consists of two Chambers (Sejm - 460 Sejm Deputies, Senat - 100 Senators), executive power is exercised by the Council of Ministers and the President, and judicial power is exercised by impartial courts.*
- Administrative structure. *The three-tier structure of the self-government consists of: the municipal self-government, the powiat self-government and the voivodeship self-government. Poland is divided into 2,478 municipalities, 314 poviats and 16 voivodeships (Dolnośląskie, Kujawsko-Pomorskie, Lubelskie, Lubuskie, Łódzkie, Małopolskie, Mazowieckie, Opolskie, Podkarpackie, Podlaskie, Pomorskie, Śląskie, Świętokrzyskie, Warmińsko-Mazurskie, Wielkopolskie, Zachodniopomorskie).*
- Location. *Poland is located in Central Europe, on the coast of the Baltic Sea. It borders Russia, Lithuania, Belarus and Ukraine in the East, Slovakia and the Czech Republic in the South, and Germany in the West. **Poland from the Baltic Sea to the Tatra Mountains.***
- International organisations (membership of Poland). *European Union (EU), the Schengen Area, North Atlantic Treaty Organisation (NATO), United Nations (UN), International Monetary Fund (IMF), United Nations Educational, Scientific and Cultural Organisation (UNESCO), United Nations International Children's Emergency Fund (UNICEF), World Health Organisation (WHO), World Trade Organisation (WTO), Organisation for Cooperation and Development (OECD) and many others.*
- Climate. *Moderate climate. Average temperatures in the summer range from 20°C to 34°C, in the winter from -15°C to +5°C. June is the warmest month. January is the coldest month.*
- Religions. *Catholicism - 87.58%, Orthodox Church - 0.41%, other religions.*
- Ethnic groups. *The state is nearly entirely ethnically homogenous. Poles account for approx. 97% of the population. The largest national minorities are: Germans, Ukrainians and Belarusians.*
- Currency. *As per the National Bank of Poland, the average EUR exchange rate for the first half of 2018 amounts to 4.2953 Zloty (PLN)1; PLN 1 is approx. EUR 0.23.*
- Emergency numbers. **997 - Police | 998 - Fire Brigade | 999 - Medical Rescue Service**
General emergency telephone number (free of charge) - 112
- Public holidays. *1 January - New Year | 6 January - Epiphany | Easter (moveable) | 1 May - Labour Day | 3 May - The 3rd of May Constitution Day | Descent of the Holy Spirit (Whitsun) - moveable | Corpus Christi - moveable | 15 August - Assumption of the Blessed Virgin Mary | 1 November - All Saints' Day | 11 November - National Independence Day | 25 and 26 December - Christmas*

POLAND | CULTURE AND TRADITIONS

The culture of Poland is closely connected with its intricate 1,000-year history. With origins in the culture of the Proto-Slavs, over time Polish culture has been influenced by its interweaving ties with the Germanic, Latin and Byzantine worlds as well as in continual dialog with the many other ethnic groups and minorities living in Poland. The people of Poland have traditionally been seen as hospitable to artists from abroad and eager to follow cultural and artistic trends popular in other countries. In the 19th and 20th centuries the Polish focus on cultural advancement often took precedence over political and economic activity. These factors have contributed to the versatile nature of Polish art.

Artists from Poland, including famous musicians such as Chopin, Rubinstein, Paderewski and Penderecki, and traditional, regionalized folk composers create a lively and diverse music scene.

Art in Poland has always reflected European trends while maintaining its unique character. The Kraków Academy of Fine Arts, later developed by Jan Matejko, produced monumental portrayals of customs and significant events in Polish history. Other institutions such as the Academy of Fine Arts in Warsaw were more innovative and focused on both historical and contemporary styles. Perhaps the most prominent and internationally admired Polish artist was Tamara de Lempicka, who specialized in the style of Art Deco. Lempicka was described as "the first woman artist to become a glamour star."

Polish cities and towns reflect a whole spectrum of European architectural styles. Romanesque architecture is represented by St. Andrew's Church, Kraków, and St. Mary's Church, Gdańsk, is characteristic for the Brick Gothic style found in Poland. Richly decorated attics and arcade loggias are the common elements of the Polish Renaissance architecture, as evident in the City Hall in Poznań. Traditional folk architecture in the villages and small towns scattered across the vast Polish countryside is characterized by its extensive use of wood as the primary building material. Some of the best preserved and oldest structures include wooden churches, and tserkvas primarily located across southern Poland in the Beskids and Bieszczady regions of the Carpathian mountains. Numerous examples of secular structures such as Polish manor houses (*dworek*), farmhouses (*chata*), granaries, mills, barns and country inns (*karczma*) can still be found across most regions of Poland.

Polish cuisine has evolved over the centuries to become highly eclectic due to Poland's history. Polish cuisine shares many similarities with other Central European cuisines. Polish cuisine is hearty and uses a lot of cream and eggs. Festive meals such as the meatless Christmas Eve dinner (*Wigilia*) or Easter breakfast could take days to prepare in their entirety. The main course usually includes a serving of meat, such as roast, chicken, or *kotlet schabowy* (*breaded pork cutlet*), vegetables, side dishes and salads, including *surówka* - shredded root vegetables with lemon and sugar (*carrot, celeriac, seared beetroot*) or sauerkraut (*kapusta kiszona, pronounced*). The side dishes are usually potatoes, rice or *kasza* (*cereals*). Meals conclude with a dessert such as *sernik* (*cheesecake*), *makowiec* (*poppy seed pastry*), or *napoleonka* (*cream pie*), and tea.

● www.mnw.art.pl/en/ ● www.1944.pl/en ● www.polin.pl/en ● muzeumpolskiejwodki.pl/en/



POLAND | MOST FAMOUS POLES

Scientists



Nicolaus Copernicus
Astronomer



Marie Curie-Skłodowska
Physicist/Chemist
Nobel Prize in 1903, 1911



Jan Heweliusz
Astronomer



Henryk Arctowski
Oceanographer
Antarctic explorer

Statemen



Lech Walesa
Leader of the Solidarity
President PL



John Paul II
Pope
Karol Wojtyła



Jan Matejko
oil on canvas



Stanisław Ignacy Witkiewicz
WITKACY

Musicians



Fryderyk Chopin
Composer, Pianist



Czesław Miłosz
Author
Nobel Prize in 1980



Wisława Szymborska
Poet
Nobel Prize in 1996



Olga Tokarczuk
Novelist
Nobel Prize in 2018

Writers

Film directors



Roman Polanski
Director
Oscar winner



Andrzej Wajda
Director
Oscar winner

Sportsmen



Robert Lewandowski
Football player



Iga Świątek
Tennis player

WARSAW, KRAKOW, GDANSK, WROCLAW, POZNAN ... | SHORT FACTS

Warsaw is the capital of Poland, one of the most dynamically-developing cities in Europe. Warsaw is steadily climbing the international rankings of the world's most attractive urban areas. Not only is Warsaw a political, economic, social and cultural centre, it is also an undisputed leader in Polish higher education and science. Old Town has been placed on the UNESCO list of World Heritage Sites as an outstanding example of a near-total reconstruction of a span of history covering the 13th to the 20th century. Warsaw offers its visitors the Wilanów Palace or the Royal Łazienki, but also modern museums packed with multimedia displays. You can satisfy your scientific curiosity at the Copernicus Science Centre, experience history in an extraordinary way at the Warsaw Rising Museum and Polin Museum of the History of Polish Jews, or visit the Chopin Museum, which holds the largest collection of Chopin memorabilia in the world. 21% of the city's area is taken up by green spaces. Some of the capital's most beautiful parks: Saski Park, Ujazdowski Park, the Royal Łazienki Park, the UW Botanic Garden and the UW Library roof garden are located in the vicinity of the city centre.



Krakow is a city with county rights, located in southern Poland on the Vistula river, as the second largest city in Poland both with regard to the population and surface area. It is a former capital of Poland, Royal Capital City and necropolis of Polish kings, as well as the capital of Małopolska Region.



Gdańsk is the Polish maritime capital with the population nearing half a million. It is a large centre of economic life, science, culture, and a popular tourist destination. Lying on the Bay of Gdańsk and the southern coast of the Baltic Sea the city is a thousand years old. Today, Gdańsk is the capital of the Pomeranian province and an important administration centre.



GDAŃSK
city of freedom





Lublin is the biggest town in Eastern Poland. The location of the town atop loessial rolling hills of the Lublin Upland in the valley of the Bystrzyca and its tributaries is one of its assets. In 1474 Lublin became the capital of the voivodship, a role it has continuously played to this day. During the years of the first Republic, Lublin, which was centrally located, was inhabited by different nationalities and religious denominations that constituted a rich and varied community.



Białystok is the largest city in north-eastern Poland and the capital of the Podlasie Voivodeship. It plays the role of the administrative, economic, scientific and cultural center of this part of the country, which due to its exceptional ecological values is called the Green Lungs of Poland. The city's location in an ecologically clean region full of tourist attractions and rich infrastructure make Białystok and its surroundings an attractive place to live, rest and develop tourism.



Łódź is an unusual city located in central Poland, at the intersection of highways and railways. Łódź is a city of contrasts which intrigues almost at every step. It is full of factories and, at the same time, it is very green; eclectic but also avant-garde. Łódź dazzles with the lavishness of factory owners' palaces and astonishes with artistic installations.



Poznań is a place where the energy of the New Europe is merged with the civilization of the West. A metropolis with over half-a-million residents, Poznań is situated in the most economically developed region of Poland, closer to Berlin than to Warsaw.



Wrocław is a city in western Poland and the largest city in the historical region of Silesia. It lies on the banks of the River Oder in the Silesian Lowlands of Central Europe. 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 over a thousand years, and its extensive heritage combines almost all religions and cultures of Europe.



PUBLIC TRANSPORT

- In the larger towns the system of communication, public transport, is very well organised. Buses and trams have access to most parts of the urban built up areas. In the capital city there is also the Metro.

To use the town's transport system passengers have to be in possession of a ticket or form of transport pass. Traveling without these validated tickets can lead to a fine. Tickets (the same for trams, buses and Metro) can be bought at the Ticket Machine or in grocery shops in all towns. They can also be bought from the bus and tram driver. Ticket prices vary with each town, but are mainly in the same price range. **Students with having student ID card can have a 50% discount for both paper tickets or city card.**

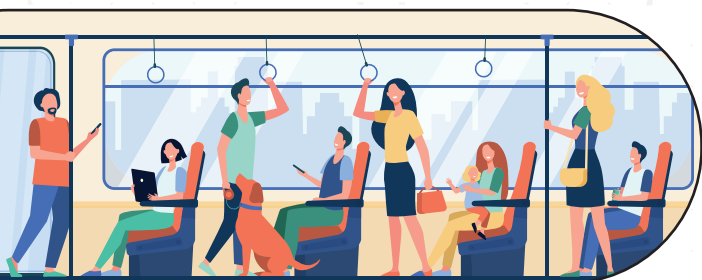
Some city transportation offices provide online registration service which you can access directly from their websites:

- Warsaw: <https://www.wtp.waw.pl/en/ticket-tariff/>
 - Kraków: <https://www.mpk.krakow.pl/en/prices-of-tickets/>
 - Gdańsk: <https://ztm.gda.pl/bilety/ceny-biletow,a,13>
 - Wrocław: <https://www.wroclaw.pl/komunikacja/mpk-wroclaw-ceny-biletow>
 - Poznań: <https://www.ztm.poznan.pl/en/cennik/>
 - Katowice: <https://www.metropoliaztm.pl/en/s/kup-bilet-i-doladuj-skup-2021>
- To quickly move around larger towns, you can also use city bikes. Every city has their own city bike system, but generally, you can rent the city bike through the **nextbike's mobile application.**
 - Polish national train operator, PKP Intercity, offers various types of trains that you can choose based on their price range and facilities. If you want to minimize the travel duration, consider buying EIP (Express Intercity Premium) and EIC (Express Intercity) tickets. If you are not in a hurry and want to enjoy the charm of the Polish railway, consider buying IC (Intercity) and TLK (Twoje Linie Kolejowe) tickets. The price range of these trains is always student-budget friendly. **You can buy the reduced-ticket for students on the PKP Intercity website or in the ticket booth.**

- **PANEK** rent a car:

Białystok, Bielsko Biała, Bydgoszcz, Bydgoszcz, Elk, Gdańsk, Gorzów Wielkopolski, Jelenia Góra, Katowice , Katowice, Koszalin, Kraków, Lublin, Łódź, Olsztyn, Opole, Piła, Poznań, Rzeszów, Szczecin, Torun, Wałbrzych, Warszawa, Wrocław, Zakopane, Zielona Góra.

- **UBER:** Get where you're going easily and reliably with the tap of a button. Choose the ride option that best suits your needs.





DURING YOUR STAY

| Your personal check-list

○ Polish visa (if necessary)



ENTRY REQUIREMENTS FOR EU CITIZENS. If you are a citizen of an EU member state the only thing you need to have to enter Poland is a valid travel document or a document confirming identity and citizenship (i.e. your national ID). **ENTRY REQUIREMENTS FOR NON-EU CITIZENS.** The two main documents you will need to enter Poland if you are not a EU citizen are a valid travel document (passport) and a visa (if required).

Visa

As a general rule you need a visa to enter Poland. There are, however, a number of countries that are free of this requirement. You can check if your country is on the list here: <http://www.msz.gov.pl>

Poland is a part of the Schengen zone, so you can apply for a Polish visa and travel all around Europe (excluding the United Kingdom, Ireland, Cyprus, Bulgaria, Romania, Croatia and states outside of the EU).

5 easy steps to get a visa.

- 1) Find a Polish consulate that can process your application: <http://mfa.gov.pl>
- 2) Read carefully ALL the information concerning visa application on the consulate's website.
- 3) Set a visa appointment with the consulate. In most cases you will have to register through the website: <http://www.e-konsulat.gov.pl>
- 4) Prepare the necessary documents, including: application form, travel document (passport), biometric photo, health insurance, sufficient means to support yourself, documents confirming the purpose of your stay. The specifics of the required documentation may vary among consulates, so confirm them with the consulate's website.
- 5) Submit all the documents including a printed and signed application form and the visa fee. Your visa application is complete. It will take up to 15 days for it to be reviewed.

○ Accommodation



The type of the accommodation depends on the thickness of your wallet. You may choose between renting a studio, a room in a shared apartment or a room in the dormitory.

The minimum price for renting a studio is about 2000 PLN/monthly, a room in the apartment ~850-1000 PLN/month plus „media” (gas, water, internet). The apartments are usually furnished with all the necessary utensils, devices and furniture.

Finding a permanent place in town needs at least 2 weeks. Therefore, in the meantime, you can stay either in one of the hostels in the city with a cheaper price or in apartments available on the Airbnb website.

Links that can be useful for accommodation finding:

<https://www.airbnb.pl>

<https://www.aohostels.com/en>

<https://www.booking.com>

<https://www.tripadvisor.com>

○ Health insurance



The health insurance system in Poland | Having health insurance is obligatory. When applying for a visa to Poland and legalising your stay in Poland, you always need to show insurance coverage confirmation. Healthcare services financed with public funds are available to persons covered by national health insurance on a compulsory or voluntary basis. This means that the insured who pay their contributions by a fixed date each month have free access to medical services covered by NFZ.

INDIVIDUAL INSURANCE | You should remember that certain employment contracts do not oblige the employer to insure their employees. So if your employment contract does not include the insurance, you have to obtain it individually, either in the public healthcare system (National Health Fund - NFZ) or in a private insurance company.

Public health insurance | In order to obtain the National Health Fund insurance, first you need to fill in the NFZ application form and submit it together with your identification document/passport, in one of the National Health Fund departments. In case of emergency NFZ will cover hospital costs.

The next step is signing a health insurance agreement. Then, within 7 days you need to go to the Social Insurance Institution (ZUS) to submit a form called ZUS ZZA in order to prove the signed agreement.

More on: <https://www.euraxess.pl/poland/information-assistance/healthcare>

You are obliged to declare also your family members who are not subject to any other health insurance coverage. Adding family members will not result in paying additional or higher contributions.

Private insurance | Numerous private insurance companies offer various customised insurance policies. You need to know that private insurance policies do not provide the same general and equal access to medical services as the public coverage does.

We recommend Lux Med: <https://www.luxmed.pl/en.html>

Also note that private policies often set delay periods meaning that you cannot benefit from certain services, usually the most expensive ones, before a certain period of time passes, e.g. you only can use rehabilitation or small surgery treatment after 60 or 120 days of paying the insurance contributions.

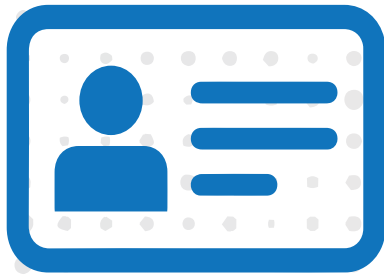
Taking the above into consideration, it is advisable to obtain the public National Health Fund insurance.

DOCTORAL STUDENTS | European citizens, who are PhD students in Poland, are insured by their university or institute, unless they are covered by other insurance entitlements, e.g. if they are not insured by their parents (regardless of where they live). Non-European doctoral candidates in Poland should ask at the university whether they will be insured because higher education institutions are not obliged by law to cover health insurance of the students. In such case they are required to take out insurance individually through the below-mentioned voluntary insurance procedure.

THIRD COUNTRIES | Arrangements for nationals of third countries are laid down in relevant bilateral inter-government agreements. For example, citizens of Albania, Bosnia and Herzegovina, Montenegro, Russia and Serbia have the right to free healthcare services in case of emergency (sudden illness or accident) because the expenses for the services are covered by the Ministry of Health.

Insured foreigners are obliged to hold a document confirming their status.

○ Personal Identification Number (PESEL)



EVERYTHING YOU NEED TO KNOW ABOUT PESEL NUMBER |

If you are an expat or a foreigner thinking of living in Poland PESEL number is one of a these things that you are going to need if you want to stay in Poland for longer than a few months, irrespective of being an EU citizen or not. The PESEL number is an identification number given to every Polish citizen when they are born and registered in Poland. Moreover, expats that meet certain criteria or apply for it also can get the PESEL number.

HOW TO OBTAIN THE PESEL NUMBER IF A PERSON IS A FOREIGNER | As mentioned previously, most expats will obtain their PESEL number automatically as a result of fulfilling a legal obligation of registering their place of living in the local City Council. In Poland, every person who decides to stay in Poland for longer is obliged to register where they live. However, Polish and EU citizens have 3 months to register their new place of living and non-EU citizens need to fulfil this obligation within 30 days from the moment they arrived in Poland. Once that obligation is fulfilled the local government automatically creates the PESEL number and sends the document to the provided address.

APPLYING FOR THE PESEL NUMBER | In a very rare situation, when a person is not living in Poland, but needs a PESEL number they can apply for it by: filling out the PESEL number form and bringing in to the local council of the district they live in with the copy of the rental agreement, specifically in Polish, which is signed by the owner, passport and temporary residence registration form which is available in the local councils.

Please make sure of getting a signature from the owner when you are making the rental agreement.

COSTS OF OBTAINING AND WAITING TIME | Obtaining the PESEL number is free, similarly to the registration of the address of stay in the local government office. It can take usually up to 30 days.

○ Residence Card

Don't forget to have legal status in Poland under control. Before your visa expires, you need to leave the country and apply for a new visa OR stay in Poland and apply for Residence Card. If you decide to apply for a Residence Card, you will need to start the procedure at least 1 month prior to the expiry date of your visa (Being in a safe side, do it 3 months before the visa expiry).

To submit your application, you will need to make an appointment first:

<https://inpol.mazowieckie.pl/login>

Address: Department of Foreigners, Legalization of Residence Section, located at 3/5 Marszałkowska St. in Warsaw, 1st floor, stands 10-11, only after prior arrangement for a specific day and time open: 10 am - 5:30 pm (Monday), 8 am - 3 pm (Tuesday, Thursday, Friday).

The list of required documents and application form can be found here:

<https://www.mazowieckie.pl/en/for-foreigners-1/residence/temporary-residence-pe/education>

Bank account

If you have a bank account from a bank somewhere else in Europe, you might as well know that many banks in Poland are owned by larger international banks, so it may be easier for you to open an account with them if you have an account with a sister bank.

These are:

Bank Pekao | UniCredit

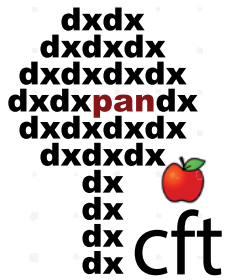
Santander Bank | Grupo Santander

Bank Millennium | Banco Comercial Português

ING Bank Śląski | ING Group

mBank | Commerzbank





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