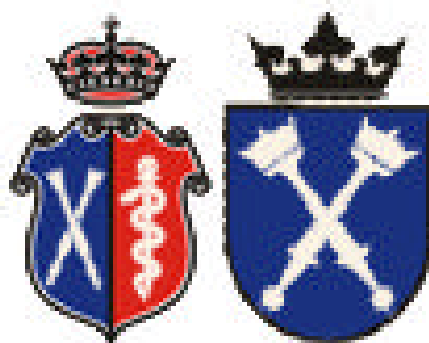


**INSTITUTE OF PUBLIC HEALTH  
FACULTY OF HEALTH CARE  
COLLEGIUM MEDIUM  
JAGIELLONIAN UNIVERSITY**



**WELCOME GUIDE**

**KRAKOW 2004**

## Welcome from School's director

The Institute of Public Health in the Faculty of Healthcare Jagiellonian University Medical College is the former Cracow School of Public Health, a name which has become engrained in the memory of many people, as it was the first school of public health in Poland. If you wish to find out more about the development of our institution, please visit the section titled History. Both under the former and the present names, we conducted and continue to conduct research and development activities as well as training within the broadly understood field of public health. The focus of our interest and work is issues relating to those aspects of health care that fall outside medicine, such as: health organisation and health economics, social aspects of health care systems, administration and management, epidemiology, health promotion, issues of community health, managing pharmaceuticals and medical materials, computerisation and issues relating to the dissemination of information within health care. Detailed information about our research and development activities can be found on the pages of individual Departments of the Institute, including the activities, achievements and publications of individual faculties as well as the e-mail addresses of personnel to facilitate direct contact.



The Institute is a member of the Association of Schools of Public Health in the European Region ([ASPHER](#)), an associate member of The NETWORK of Community Partnerships for Health through Innovative Education, Service, and Research, and participates in the activities of the European Political Science Network. As an organisational unit of Jagiellonian University, we conduct large-scale educational activities, such as undergraduate and Master's courses in Public Health. We also offer postgraduate courses and specialist training. You are also welcome to use our Library for information on the Institute's collections of books, periodicals, audio-visual materials and computer databases, as well as information services offered by the library.

Information about all of our activities can be found on the website: <http://www.izp.cm-uj.krakow.pl/english/index.htm>. The Information for Students page contains information specifically for present and future students of the Institute. In order to locate an individual, a department or a specific item of information promptly, please use the search engine on this page. On typing your query, you will be directed immediately to the relevant site. If some of your questions regarding the general activity of the Institute remain unanswered on these pages, please contact: [izp@izp.cm-uj.krakow.pl](mailto:izp@izp.cm-uj.krakow.pl) We will do our utmost to respond to your queries and comments efficiently.

On behalf of the Institute's staff, I invite you to become a full participant of our learning environment.

Director of the Institute of Public Health

*Professor Stanisława Golinowska, Ph.D.*

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## **Before you leave home**

### **Visa and residence permit**

Non EU students need to arrive in Poland with a student's visa obtained at a Polish Embassy or Consulate. Visa should be collected in person. The foreigner is not allowed to stay in Poland with visas more than 6 months in the period of 12 months. Please be advised that next visas will not be issued. Students coming with a 90 day visa and staying in Krakow longer should apply for a temporary residence permit 45 days before the expiry of the visa.

The Department of Citizens Affairs requires the following documents to issue or extend the permit:  
statement from University unit certifying the student status

- residence permit application forms (available at the office)
- five current passport photographs
- certified registration of residence
- health insurance document
- declaration of sufficient resources to cover the living expenses and accomodation without working or any resources to public funds
- copy of passport
- certified translation of birth certificate

Temporary residence permit is issued for 1 year and must be prolonged each following year. It is necessary to maintain the continuity of legal stay in Poland! Applications for prolongation of temporary residence permit should be submitted at least 60 days before its expiration date.

Wydział Spraw Obywatelskich (Department of Citizens Affairs)

ul. sw. Sebastiana 32/1

31 049 Krakow

tel. +48 12 422 31 05, 422 30 19

[www.malopolska.uw.gov.pl](http://www.malopolska.uw.gov.pl)

Monday: 9.00-17.00

Tuesday, Wednesday, Friday: 8.00-15.00

Temporary residence permit should be collected in person. Before issuing a temporary residence permit the governor may summon the applicant to explain the important reasons for submitting the application.

Students should apply for a new temporary residence permit in case of:

- Change of name, surname, address in Poland and other data in the card,
- Change of appearance making impossible the identification of the person,

- Damage or loss of the available card.

#### CHARGES

- Decision of the temporary residence permission: 300 PLN, 150 PLN (for extending of decision)

- For issuing Temporary Stay Card

normal 50 PLN

reduced 25 PLN (for students)

augmented 150 PLN (in case of damage or loss of the card).

Upon arrival in Krakow all students must register their residence for the duration of their stay in Poland. Students staying in student's hostels receive residence forms in the Administration Office and submit them at:

Referat Ewidencji Ludnosci (Census Department)

al. Powstania Warszawskiego 10

31 549 Krakow

tel. +48 12 61 69 337

[www.krakow.pl.samorzad](http://www.krakow.pl.samorzad)

Monday: 8.00-16.30

Tuesday, Wednesday, Friday: 8.00-15.00

#### **Health insurance**

Foreign students have to purchase a health insurance policy in their own countries before arrival in Poland. Students can also purchase health insurance in Krakow. A month rate is ca. 34 PLN.

Detailed information can be obtained at:

Narodowy Fundusz Zdrowia

Wydział Obsługi Ubezpieczeń

ul. Batorego 24

30 135 Krakow

infoline: 9488

[www.nfz-krakow.pl](http://www.nfz-krakow.pl)

[nfz@bci.krakow.pl](mailto:nfz@bci.krakow.pl)

Monday-Friday: 8.00-16.00

Apart from public medical care system there is also a well developed private sector offering individual medical insurance.

Foreign students must buy additional accident insurance valid for the academic year. It costs 20 PLN and can be paid in Collegium Novum, Room 47, Monday-Friday 9.00-13.00.

## **What to pack: checklist**

**Bring the "Welcome guide".** You need them!!

**Do not bring too many books or stationery.** Until the course begins it is impossible to know which books to buy and which to borrow from the library. Most books required will be available in Krakow and stationery is not expensive.

**Dictionary and basic reference books in your own language** relating to your subject can be very useful, but don't bring too many books.

**An International Driving Licence** is useful (see the section on Driving license).

**Students offered University rooms** should remember that cutlery, crockery, cooking utensils are not provided. (Duvets are provided in family accommodation). Some basic items will be useful for the first day but do not bring very much.

**Electrical equipment**, particularly computers, from home may not be compatible with the Polish electrical supply. Check before departure. Most simple electrical items (e.g. hairdryers, radios, kettles) are not expensive here.

**Warm clothing.** Bring at least one warm sweater or cardigan and a jacket and an umbrella. Students from tropical climates may find it difficult to find suitable clothing at a reasonable price at home. It may be cheaper to buy winter clothing in Krakow. Wool and cotton garments are far warmer than ones made of synthetic fibres. For students used to winter weather, it is worth bringing winter clothes from home.

**Clothing for warm weather** as well. On hot summer days you will need cool clothing.

**National or traditional dress** from home. There are often occasions when students wish to wear national costume for cultural evenings, social events and special occasions or even every day.

**Students requiring head covering** or long sleeves to meet religious requirements please bring your uniform with you.

**Photographs** of people and places at home that are special to you can help ease loneliness and make a room feel like home. A special item from home — a picture or ornament for example — can help you feel at home. Favourite books or posters, tapes or CD's.

**Souvenirs/small items** for gifts.

**Lap-top computers** and other fragile valuables should be carried in hand luggage and not checked in.

**Make sure you can carry your own luggage** for up to 500 metres. You may have to do this! Your carry-on/hand baggage should include enough personal articles to last for your first night in Krakow (clean underwear, warm jacket, toothbrush, and medication etc.). This is just in case your luggage is delayed in transit. Don't pack fresh food or plants!

**Make sure** your luggage is clearly labelled in English.

## **Living in Poland**

### **How do I get there?**

How to get to Krakow by plane:

Kraków has an international airport (Balice) just on the outskirts of the city with connections to: Warsaw, Frankfurt, London, Paris, Rome, New York, Copenhagen, Chicago, Zurich, Vienna.

City buses Number 192 and Number 208 take you from the airport to the Krakow centre.

Town and airport offices:

Polish Airlines LOT

LOT, ul.Basztowa 15, tel. 0801 30-09-52

LOT (Airport-Balice) tel. 411-67-00

[www.lot.com](http://www.lot.com)

How to get to Krakow by rail and bus:

There are many international connections both with big cities and with smaller towns. High standard trains are worth recommending: IC - InterCity, EC - EuroCity, EN - EuroNight. The railway and bus central stations are situated close to each other in the centre of Kraków. Tickets for both domestic and international trains can be obtained from Orbis bureau (located at 41 Rynek Główny [Main Market Square], and at the Main Railway Station.)

Central railway station (Dworzec Główny) - Plac Dworcowy 1

[www.pkp.pl](http://www.pkp.pl)

International departures and arrivals - tel. 422-22-48

Domestic departures and arrivals - tel. 94-36, 422-41-82

Railway services in Poland are much cheaper than in Western Europe, and at the same time their quality usually compares with European standards. The fastest connections are as follows: Krakow (Katowice) - Warszawa, Poznan -Warszawa and Wroclaw - Poznan, operated by express trains, IC and EC. A journey by a fast train from Krakow to Warszawa takes 2 h 35 min (on the distance of 292 km.)

Central bus station: Worcella St. (adjacent to Central railway station):

[www.pks.krakow.pl](http://www.pks.krakow.pl)

Information: tel. (48 12) 93-16

International Route - tel. (48 12) 422-12-38

Poland has got a well developed network of coach connections with most of European cities and a few ones beyond this continent. The journey by coach is usually slightly longer than by train on the same route. For Krakow, you may get there using the services of Eurolines, Orbis-Travel, Pekaes Bus, PPKS Bus, Radtur, Jordan, Intercars, Bermuda, Delta Travel and many other foreign transport companies.

## Maps

### Map of Poland:

[www.lib.utexas.edu/maps/poland.html](http://www.lib.utexas.edu/maps/poland.html)

Some interactive maps of Poland you will find at:

[http://www.poland.pl/directory/index.htm?category\\_id=693](http://www.poland.pl/directory/index.htm?category_id=693)

### Maps of Krakow:

<http://www.cracow-life.com/map/krakow-map-zoom.php>

[www.krakow.pl/turystyka/pla.php3](http://www.krakow.pl/turystyka/pla.php3)

[www.wirtualnykrakow.and.pl/mapa1.htm](http://www.wirtualnykrakow.and.pl/mapa1.htm)

The centre of Krakow is presented here on the right side.

### Public transport in Krakow:

Kraków has an extensive tram and bus network, all available for the same price. At night you may travel by night buses, which have special numbers and are more expensive.

A weekly pass entitles you to unlimited travel on normal daily city buses and trams. There are also a cheaper passes for one or two buses or a trams. All transportation passes are sold at ticket offices at various points in the city. There is one at the corner of Podwale and Studencka streets; it is open Monday-Thursday from 9.00 to 20.00, on Friday from 9.00-19.00 and on Saturday from 9.00-14.00. Single tickets may be purchased in kiosk (newsstand) close to the bus/tram stops, or from the driver immediately upon boarding.

For people below 26 years of age, the student ID card ((a small black booklet) you get from the University authorizes the holder to buy half-fare train tickets in Poland and a reduced price student pass for local transportation in Kraków (inner city area).

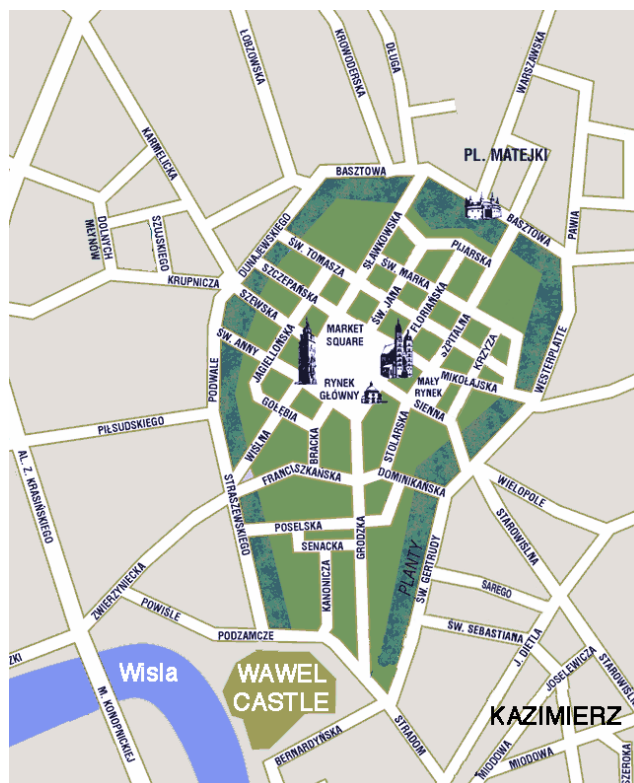
The overall timetable and the addresses of all MPK ticket outlets are available on the website:

[www.mpk.krakow.pl](http://www.mpk.krakow.pl)

You can also find more information at:

[www.krakow.pl/komunikacja](http://www.krakow.pl/komunikacja)

[www.wirtualnykrakow.and.pl/transport1.htm](http://www.wirtualnykrakow.and.pl/transport1.htm)



### **Other transport in Krakow**

There is also the possibility to travel by privat buses or minibuses. Generally they start from the Central Station.

You can also travel by taxi - ordered by phone, they arrive immediately and offer considerable reductions which means that even a rather lengthy drive within the city limits should not exceed PLN 20 or 30 (for example to get from the centre to the Balice Airport, you should expect a charge of PLN 30-50, depending on the company chosen). Please remember that some taxi drivers do not speak other languages!

Some taxi companies: 919, 9621, 9661, 636 36 36, 6444111.

If you come by car - traffic restrictions in the city center:

The centre of Krakow has been divided into 4 zones. O, A and B zones are closed to traffic (accept persons granted special permits). Parking in zone C is restricted to 2 hours, paid with parking cards which can be purchased in kiosks.

There are several hiring agencies where you can hire a car: the cheapest one is Polonez, a Polish make; the charge is usually 90-100 zl for 24 hours plus extra payments for the kilometres you drive. It is much more expensive to hire a foreign car: we recommend you to use the services of such firms as Hertz or Avis, which are well known in Europe. The charges range from 250 to 400 or 500 zl for 24h, depending on the make of the car and the time when you hire.

If you want to bike, there is some places to rent a bike, e.g. ul. sw. Anny 4. But please, be careful, there are some bike thieves in Poland ☹

### **Where can I stay?**

#### **School residences**

Students beginning the education at the University can apply to the Dean of the Faculty of Health Care for accommodation in University students' halls of residences, usually in double or triple rooms. The cost is 270 per month per person (October 2004).

You will find the Dean of the Faculty of Health Care and the students' office at ul. Michalowskiego 12.

The address of the Hall of Residence is:

Dom Studencki

ul. Badurskiego 17A

Krakow



**Rent a flat**

There is a possibility to rent a flat – each September-October students' organisations can give you information about offices helping to rent a flat in Krakow. It may be for example the agency at Studencka street.

**Temporary accommodation**

You can choose to book a room for the first days in a new place and then to find something for you – maybe a flat? In that case it is recommended to come first to a students' summer hostel "Synapsa":

<http://www.housing.cm-uj.krakow.pl/index.php?w=a>

or to a hotel for medical college at Grzegorzeczka 20 (tel. +48 12 421 91 66). There are also other possibilities depending on how much would you like to spend of course. It could be one of Dizzy Daizy hostels:

<http://www.hostel.pl/t/index.php?action=showHostels&city=40>

or other places you can find at:

[http://www.cracow-life.com/krakow/where\\_to\\_sleep/hotels.php](http://www.cracow-life.com/krakow/where_to_sleep/hotels.php)

**Coming as a family**

Coming as a family you will probably need the information about the bigger flat. You can ask about the agency helping you at the International Office. If you wish your children go to the school, you should contact the Education office (Basztowa street 22 ) and see the list of public and private schools at:

[http://www.krakow.pl/edukacja/placowki\\_o/?id=wykaz.html](http://www.krakow.pl/edukacja/placowki_o/?id=wykaz.html)

## What can I do ...

### **... if I get ill? Healthcare in Poland and emergency numbers**

On January 1st. 1999 a new National Health Service System was introduced in Poland. The new solutions are supposed to change some rules of health care, which would be closer to the EC standards. Since the date of 1st of November 1999 7.5% of each insured Pole's income goes directly to the System and not to national budget - as before. A new institutions - Twelve Health Insurance Agencies named "Kasy Chorych" manages the financial resources. It contracts medical services, takes care of their quality and fees. The system is based on physician of first contact. He is responsible for our health, manages the course of treatment, refers for additional examinations, consultations and, when it is necessary, to hospital. Sometimes you might be asked to pay the bill in public health centres. Often it is illegal. You can also use private medical consultation. The cost of such consultation in private practice in Krakow is 40 -80 zlotys. For the lab tests you will pay separately. Be sure to ask always for a receipt when paying the bill. Most university physicians speak at least on e foreign language (majority of them speak English, German, in Cracow often French). The younger a physician, the better chance he/she speaks at least one foreign language. Some private practices announce in newspapers that physicians employed there speak foreign languages. Such information, for example can be found on the some private practices situated in the Main Market in Krakow. Generally speaking the level of physicians' professional skilfulness in different parts of Poland is uneven, but in Cracow, a city of long university tradition and wide range of international contacts, it is really good. Every physician is obliged to help in an emergency situation. It is not important where you are from, whether you have or you do not have any documents or money with you, they should help you. Refusal of professional help in such situation may result in deprivation of professional entitlement.

Ambulance service in emergency case: 999

Health service information: 422 05 11

Health Centre for the Jagiellonian University: ul. Armii Krajowej 5, tel. 637 21 00 ext. 21

### **... about money matters? Currency equivalence, cost of living, opening a bank account**

The value of the Polish zloty (PLN) for October 2004 is as follows, but it fluctuates:

1 Euro = 4.45 PLN (October 2004)

1 USD = 3.5 PLN (October 2004)

1 USD = 3.5 zl

1 EURO = 4.4 zl

Polish money is counted in zloty (zl or PLN) and grosz (gr). 100 groszy = 1 zloty The coins are issued in 1gr, 2 gr, 5gr, 10gr, 50gr, 1 zl, 2 zl, and 5 zl. The bank notes are issued in 10 zl, 20 zl, 50 zl, 100 zl, and 200 zl.

The cost of living in Kraków is approximately:

1. Room in the dormitory  
(single, modestly equipped) 970 - 1100 zł/month
2. Private accommodation  
(small apartment) 1000 - 1200 zł/month
3. Board (average cost of one meal):  
dinner: student restaurant 10 zł

Products made in Poland are less expensive than the goods imported from the West. If you want to travel, frequently buy fresh fruit and vegetables in the winter, make phone calls abroad and lead an active social life you spend a few hundred PLN per month (excluding the costs of accommodation). Depending on your life-style and habits the cost of living will vary too.

Sample prices (in zlotys) of goods are:

Bread	2-3
Butter	3
Cheese (1kg)	16
Ham	18
Mineral water (1,5l)	1.7
Tomatos (1 kg)	5
Apples (1kg)	2
Chocolate	2,5
Yoghurt (small)	0.8
Beer (0,5l)	3-10
Vodka (0,5l)	13-25

As an international student, you can choose between two bank accounts in Poland:

- Polish currency bank account (ROR type) - You will be required to present your passport, a letter from the School Office confirming your status and temporary residence card.
- Foreign currency bank account (C type) - Besides your passport, you are required to present a customs declaration stamped by the Polish customs office at the port of entry confirming the amount of foreign currency you are bringing to Poland.

You can also open a deposit account – if you have funds you do not need to use immediately.

Credit Cards: VISA, American Express, Eurocard, Eurocheque are widely accepted at hotels, tourist offices, major stores and banks in large Polish cities.

All of the town center banks and many private offices (Kantor) provide money exchange.

### **... if I want to drive? Driving licence equivalencies, how to get a driving licence in Poland**

If you stay in Poland for more than 6 months you should ask for the Polish driving licence. If you come from the country listed in the regulation No 2004.24.215, appendix 4 (there are 59 countries listed in

the document) you do not need to pass any examination. If you come from the country not listed you must pass the theory examination at Malopolski Osrodek Ruchu Drogowego, ul. Koszykarska. The fee is about 18 Euros (October 2004).

More about that:

Urząd Miasta Krakowa

Wydział Komunikacji

Referat Praw Jazdy

al. Powstania Warszawskiego 10, pok. 814

31 549 Krakow

tel. +48 12 61 69 367, 61 69 347

fax +48 12 61 69 371

**... to have access to a private telephone line, to order an Internet access?**

The most popular in Poland is Telekomunikacja Polska S.A. – let call it TPSA. If you wish do not have access to the line in the place you rent you should apply to TPSA. They will only need the document confirming your rights to the flat, so the contract and also your identity card/passport. Until the end of 2004 the price for this is only 10 PLN (2.2 Euros!).

The service may include Neostrada – the access to Internet. The cheapest TPSA rate for Internet in October 2004 is more or less 14 Euros per month.

More information:

[www.tp.pl](http://www.tp.pl)

or the information number in Poland: 9393

The other possibility is to choose in Krakow is Netia S.A., generally a little bit cheaper than TPSA. For the private line they will also ask you for any kind of financial document, detailed on the meeting with the Netia representing.

Contact:

[www.netia.pl](http://www.netia.pl)

tel.: 0801 802 803, ext. 2 and then 1.

## Living in Krakow

### History

At the heart of Europe, Krakow has received visitors from far and wide since Homo Sapiens arrived on the continent.

The Slavic tribe of the Wislanie conquered the lowlands of Malopolska around the 7<sup>th</sup> century CE, their mighty warlord Krak built his castle on the steep limestone rock of Wawel, jutting up from treacherous swamps.

Legend has it that a dragon with fiery breath was roused from his century-long slumbers in the caverns below the castle by the noise of humans above.

In some versions of the story, King Krak slew the dragon with his sword, in

others, a young shoemaker tricked the monster into eating a sheepskin filled with sulphur and salt. Whichever version is "true", the city that grew up below the castle walls named Krakow in honour of its legendary founder.

Krakow first appears in written history thanks to a Jewish merchant travelling in an Arab caravan from Spain along the old Roman trade routes in the mid-10<sup>th</sup> century. Ibrahim ibn Yaquub describes the Wislan city as "Kakva" and not yet united with the Polan tribe based in Gniezno to the northwest. Only a couple of decades later, however, Prince Mieszko I had united the two tribes into the first Polish state.

Mieszko also introduced the new religion of Christianity and, with it, scribes and priests who began writing the history of Poland in Latin.

After a period of massive social unrest in the north, in part due to the enforcement of Christianity on a still largely Pagan population, the capital of Poland was moved from Gniezno to the tamer city of Krakow by King Kazimierz the Renewer.

By the 12<sup>th</sup> century, Krakow was a boom town and many important monuments of Romanesque architecture survive today from this period, most famously St Andrew's church on ul. Grodzka and the tiny chapel of St Adalbert on the Main Square.

In the 14<sup>th</sup> century the vigorous reign King Kazimierz the Great brought Gothic building projects on a massive scale to Krakow. Among his many achievements was the original founding of our University in 1364.

When Poland was joined with Lithuania by the marriage of Queen Jadwiga and Grand Duke Jagiello, Krakow was suddenly geographically far from the centre of the territory it ruled. However, the city remained a vibrant centre of religion, culture, education and international trade for centuries.

In 1596, King Zygmunt III felt need to move his administrative capital to what was then the tiny village of Warsaw, in order to be closer to an empire that threatened to break away at any moment.

From the 17<sup>th</sup> century onwards, the kingdom of Poland suffered defeat after defeat and watched its vast territory whittled away piece by piece.

Finally, the aristocracy's willingness to sell their votes in what had become an electoral monarchy resulted in a series of territorial annexations that completely divided the ancient kingdom amongst its neighbours Prussia, Austria and Russia. Poland ceased to exist in 1795.



In 1918 Poland regained its sovereignty as a result of the Treaty of Versailles. Both town and University discovered new energy and Krakow became a hothouse of art. and learning. Many of the outlying villages around Krakow developed into suburbs.

The sudden blossoming of inter-war Poland was cut short by the Nazi invasion in 1939. Whereas the capital city of Warsaw was practically razed to the ground during the Jewish Ghetto Uprising and liquidation (1943) and Warsaw Uprising (1944), Krakow was spared by the Nazis largely thanks to its ancient ties to the German-speaking world. Only 70 km away, however, loomed the concentration camp of Auschwitz-Birkenau where millions of human beings, predominantly Jews, from all over Europe died in horrifying circumstances.

The fall of communism at the end of the 1980s was in part hastened by the election of the Archbishop of Krakow, Karol Wojtyla, as Pope John Paul II.

As the city grew in prosperity, a large number of renovation projects were undertaken in the 1990s. The Wawel castle complex, the Main Square, Mariacki church and the Kazimierz district have all been restored to their former glories. Transportation has been upgraded with improvements to the main station and Balice airport. Where communism failed to bring viable industry to Krakow, capitalism has encouraged international business to put down roots. The tourist industry is booming as people all over the world re-discover the startling beauty of Krakow, a city which was enrolled to the UNESCO cultural heritage list in 1978.

More about the history of Krakow:

<http://www.cracow-life.com/info/info.php>

[http://www.krakow.pl/en/our\\_city/?id=dzieje](http://www.krakow.pl/en/our_city/?id=dzieje)

## **Tourism**

Kraków is a major tourist destination in Central Europe.

Information about various guided tours and lists of art galleries and museums are available at:

Florińska 37 - tel. (48 12) 421-77-64, 939

Sw. Jana 1 - tel. (48 12) 421-77-87

You will also find great information at:

<http://www.krakow.pl/en/turystyka/>

<http://www.cracow-life.com/>

When you are in Krakow you must see at least:

The Royal Route with the Wawel Castle: [http://www.krakow.pl/en/our\\_city/?id=a\\_wzdluzp](http://www.krakow.pl/en/our_city/?id=a_wzdluzp)

University Route: [http://www.krakow.pl/en/turystyka/university\\_route.php](http://www.krakow.pl/en/turystyka/university_route.php)

The Krakow Route of Saints: <http://www.krakow.pl/en/turystyka/trasy/?id=swieci/trasa.html>

St Stanislaus Route: [http://www.krakow.pl/en/turystyka/st\\_stanislaus\\_route.php](http://www.krakow.pl/en/turystyka/st_stanislaus_route.php)

Jewish Heritage Route: [http://www.krakow.pl/en/turystyka/jewish\\_heritage\\_route.php](http://www.krakow.pl/en/turystyka/jewish_heritage_route.php)

Most important places near Krakow are:

Wieliczka – with its unique Salt Mine - see <http://www.wieliczka.com.pl/index.html> –everything here is sculpted in salt!

Auschwitz-Birkenau (Oswiecim-Brzezinka) – the former concentration camp;

Tatra Mountains – if you like – it's 90 km from Krakow and the ticket is really cheap (if you go by private bus it's less than 3 Euros).

### **Krakow Tourist Card**

The two or three day card entitles the holder to free travel on city buses and trams and to free entry in up to 32 Krakow museums. The Card is valid on city buses and trams day and night, it is also valid on the city bus route no 192 to Krakow's international airport. Krakow has a rich and varied array of museums. Some of them have unique collections of art and are located in some of the city's most architecturally valued buildings. Cardholders can also make use of the various discounts on offer in selected restaurants and shops as well as local trips and excursions. The card is in your name and cannot be transferred to someone else. The card is valid only with the date entered by the seller and the holder's signature. The two days card is valid beginning from midnight of the day indicated on the reverse side and expires at midnight of the next day. The card for three days is valid from midnight of the day indicated for three days including the day indicated on the card. The card expires at midnight of the last day of validity indicated on the card. The Card is the size of a credit card and it is made of plastic.



Price of the Card:

45 PLN for two days card

65 PLN for three days card

[www.krakowcard.com](http://www.krakowcard.com)

### **Climate**

Krakow lies in a region of temperate climate. Weather changes are frequent due to the friction of humid air masses arriving from the Atlantic Ocean and dry, continental masses of air incoming from the East. The average annual temperature fluctuates between 6° to 10° C. July is the warmest month and January the coldest. Western winds, conducive to rain fall, blow during Summer, whereas during Winter there are predominantly eastern winds, decreasing the amount of precipitation.

### **Gastronomy**

Polish food itself is of high quality and many foreign visitors are delighted by even a plain dish or its single ingredient. Foreigners tend to enjoy eating Polish meat products.

The main ingredient of Polish meals are potatoes eaten in large quantities, as the Poles cannot imagine their dinner without these vegetables. Naturally, in each restaurant a selection of other garnish is offered. A great many of salad bars and vegetarian restaurants are being opened. For those who prefer eating cheap meals, *Bar Mleczny* may be a highly recommended place. You should not be misled by its name, as it is only customary. There is a whole chain of Bary Mleczne in many cities and towns; low prices and no alcoholic drinks are their common feature. However, the food quality vary: sometimes it is acceptable, sometimes may not be particularly high.

There are numerous pretty good restaurants which serve dishes of foreign cuisine; to the most popular ones belong Chinese or Vietnamese restaurants, but you may find also Italian, Greek, Hungarian, French, or even Jewish, Russian, Ukrainian, Turkish or Arabic restaurants.



You will find the variety of restaurants at:

[http://www.cracow-life.com/krakow/restaurant\\_directory.php](http://www.cracow-life.com/krakow/restaurant_directory.php)

[http://www.cracow-life.com/krakow/where\\_to\\_eat/restaurants.php](http://www.cracow-life.com/krakow/where_to_eat/restaurants.php)

Some cheap places for students are:

Jadłodajnia, ul. Sienna 11

Oleandry, al. 3 Maja 5

Some *bar mleczny*'s:

Dworzanin, ul. Florianska 19

Kazimierz, ul. Krakowska 24

Pod Filarkami, ul. Starowislna 29

Ordering by phone:

Pizza Banolli 431 20 00

Telepizza 422 41 36

Zdrowosytnia 632 96 83



Dinners at better restaurants cost about 50-100 zł (12-25 zł) and more. In an average pizzeria you will usually spend not more than 20-25 zł per person, in Bar Mleczny: 10-15 zł (2.5-3.5 zł).

### **Customs and national holidays**

Krakow is a city of tradition where the past meets the present, and the imaginary the real. Krakow is the city of myths, legends and dreams. City traditions are dominated by customs that date from the 13th and 14th centuries, although numerous stories and tales create the colour of this place. Krakow is said to have been visited by Doctor Faustus himself who cooperated with Master Twardowski, a court alchemist in search of the philosopher's stone. Two unique legends are connected with Tartar raid, which broke into the history of Krakow in a very violent way. Every hour you can hear a bugle call whose travel whose sound travels towards the four quarters of the world from the tower of St. Mary's Church. It is dramatically interrupted, as it was in the past when an enemy arrow hit the bugler. The other legend is associated with the fascinating personage "lajkonik". According to the story, it was a Vistula River raftsman in a Tartar disguise on horseback who rode from the battlefield with a message that the "infidel" invasion had been stopped. The fascinating "lajkonik" still rides his wooden horse across the Market Square. Like centuries ago, during St. John's night, the shortest night of the year, Krak's castle inhabitants come down to the Vistula River. With the imposing castle in the background, they float wreaths down the river, thus recalling the old pagan custom. The celebration is accompanied by a huge open-air show, firework display and performances that bring various events from the city's history back to life. After all, Krakow will always remain a living legend.

### **National holidays:**

1<sup>st</sup> of November

11<sup>th</sup> of November

25<sup>th</sup>-26<sup>th</sup> of December

1<sup>st</sup> of January

Easter – Sunday and Monday

1<sup>st</sup> of May

3<sup>rd</sup> of May

Corpus Christi – Thursday

### **Communication, exchanges, integration**

#### **How do I learn the language**

Every summer the Jagiellonian University School of Polish Language and Culture offers 3-, 4- and 6-weeks programs for students, teachers and professors from all over the world. Tuition fees, including 40 USD of non-refundable registration fee are:

1049 USD for 3-weeks programme,

1345 USD for 4-weeks programme

1779 USD for 6-weeks programme

Deadline for application is May 31 for programmes beginning on July 1<sup>st</sup>, June 30 for programmes beginning on July 24<sup>th</sup> – or until there are places available.

Contact:

School of Polish language and Culture

Ul. Garbarska 7a

31-113 Krakow

tel. +48 12 429 64 27, 422 77 01

[www.uj.edu.pl/SL](http://www.uj.edu.pl/SL)

[plschool@uj.edu.pl](mailto:plschool@uj.edu.pl)

### **How do I get to know the local culture (including cultural tips)**

It can be done via Internet:

[http://www.krakow.pl/kultura\\_en/](http://www.krakow.pl/kultura_en/)

<http://www.animatec.com/KARNET/indexgb.php>

### **Practise and meet people !**

#### **What about social life outside the school?**

You will find contacts to different Associations and Clubs here:

[http://www.krakow.pl/kultura\\_en/index\\_n.php?INS\\_TYP=5](http://www.krakow.pl/kultura_en/index_n.php?INS_TYP=5)

You can also have many useful informations about students' social life in the free of charge students' magazine "Pod Prad". The number for first coming students is available in the Students' Office in October. They also have their website: [www.podprad.pl](http://www.podprad.pl).

There are also another places for academic social life, especially in religious aspect, acting in some churches in Krakow. The main churches with rich academic activities are: Dominicans, St Anna's church, Franciscans church, so called "Mogila" in Nowa Huta. It is not only prying but also singing, tourism, voluntariat etc.

If you prefer books, you can go to:

Public Library

Rajska 1 Street

tel: (48 12) 362-59-07

Books may be borrowed at these hours:

Monday, Tuesday, Wednesday, Friday: 10.00 am - 6.00 pm

Thursday, Saturday : 10.00 am - 2.00 pm

Reading-Room hours:

Monday, Tuesday, Wednesday, Friday, Saturday: 8.00 am - 6.00 pm

Thursday: 12.00 - 6.00 pm

**What about social life at school:**

There are some organisations helping students, especially new ones. So, you can ask:



Student Self-government Organisation  
(Samorząd Studencki)

It carries out a variety of cultural and social activities. It also participates in the awarding of scholarships and allocating places in students' hostels. It consists of 6 commissions: for International Relations, Culture, Didactics, Economics, Law and Information.

[www.samorzad.uj.edu.pl](http://www.samorzad.uj.edu.pl)

[samorzad@adm.uj.edu.pl](mailto:samorzad@adm.uj.edu.pl)

Independent Students Association (Niezależne Zrzeszenie Studentów)

The Association is a social and political organisation which is inspired by European culture and aims at propagating democracy and human rights. It runs various sections, e.g. international relations, professional training, ecology, tourism.

[www.nzs.uj.edu.pl](http://www.nzs.uj.edu.pl)

[nzs@adm.uj.edu.pl](mailto:nzs@adm.uj.edu.pl)

Slowianki Song and Dance Ensemble (Zespół Piosni I Tanca Slowianki)

This group, founded in 1959, promotes songs and dances of Polish and southern Slavic nations, gives concerts all over the world. Recruitment is carried out in September and October.

[www.uj.edu.pl/slowianki](http://www.uj.edu.pl/slowianki)

[slowianki@if.uj.edu.pl](mailto:slowianki@if.uj.edu.pl)

Academic Choir (Krakowski Chór Akademicki Uniwersytetu Jagiellońskiego)

The Academic Choir of the Jagiellonian University, founded in 1878, is the oldest male-voice student choir in Poland and one of the oldest such choirs in Europe. The Choir has given 250 concerts in Poland and abroad, participated in various prestigious international and national festivals, sings at solemn celebrations at the University. The repertoire includes lay and religious music of Renaissance and Romantic masters as well as modern composers. Recruitment is carried out throughout the whole academic year.

Contact:

Ul. Kanonicza 6

31-002 Krakow

[choruj@adm.uj.edu.pl](mailto:choruj@adm.uj.edu.pl)

Academic Sports Association (Akademicki Związek Sportowy)

It offers sport activities in twenty sections and organises various sport events.

Ul. Piastowska 26

30-065 Krakow

tel. +48 12 636 80 00

### **Don't forget sending news to your family !**

#### **Telephone:**

The charge for every impulse (3 min) is 0.33 zł for local calls and 0.59 - 0.78 zł for long-distance calls, depending on the distance. It is much cheaper to make telephone calls between 10 p.m. and 8 a.m. and at weekends; it concerns also connections with mobile phones.

Public telephones require special tokens or magnetic cards that can be purchased at post offices, hotels and newsstand. Three kinds of magnetic cards are available: 25, 50 and 100 time units. There are also some magnetic cards for international calls which are cheaper than cards edited by TP (Telekomunikacja Polska).

#### **Mobile phone:**

In Poland you may use roaming without any difficulties. The digital phone network is operated in Poland by Era GSM, Plus GSM and Idea, and the analogue phone network by Centertel.

#### **Postal service:**

Post offices are open weekdays from 8.00 am to 8.00 pm.

The Main Post Office ul. Westerplatte 20

The post office adjacent to the central railway station is open 24/24, 7/7 (No. 53 Post Office ul. Lubicz 4).

Local phone information - 911

Domestic phone information - 913

#### **Cybercafes:**

You will find the list of them (with prices) here:

<http://www.krakow.pl/en/turystyka/cybercafes.php>

## Studying at the Institute of Public Health, Jagiellonian University Medical College

### General presentation of the Jagiellonian University



The organisational structure of the Jagiellonian University is unique in Poland. It consists of thirteen faculties, three of which form Collegium Medicum, that is: the Faculties of Medicine and Dentistry, Pharmacy, and Health Protection. It is the only University in Poland which has medical faculties. Those faculties, removed from the University on January 1, 1950, following the Soviet model, were re-incorporated in 1993. The University has also a number of extra- and inter-faculty units which serve the whole academic community. Courses taught in foreign languages and lectures by visiting foreign academics have been increasingly integrated into the syllabus, for instance, lectures in mathematics at the Faculty of Mathematics and Physics, or lectures given at the School of Foreign Laws (German, American and French) at the Faculty of Law and Administration and the School of Medicine in English. The high academic standards at the Jagiellonian University are confirmed by the fact that for several years now almost all faculties have received the highest A category in the official classification by the Polish Committee for Scientific Research. In the year 2000, the Jagiellonian University was placed at the first position in the ranking prepared by the Youth Educational Monthly *Perspektywy*, and in 2002 was placed at the first position in the rankings prepared by prestigious weeklies *Polityka* and *Wprost*.

The old Jagiellonian University, with its centuries-old tradition, is also a young and innovative school. It is constructing its new extensive and modern campus, called the Third Campus, between the districts of Zakrzówek and Pychowice, only four kilometres from the city centre. In 1999 the *Biological Research Centre* was opened, and in 2002 the Institute of Molecular Biology and Biotechnology, with the most modern infrastructure in Poland, and the Institute of Environment Protection were opened. The construction of the buildings to house all faculties of natural and theoretical sciences and the Faculty of Management and Communication is under way.

The Rector and the Deans have their offices in Collegium Novum, built in 1887, located in the Planty Gardens, among other University buildings which make up the Krakow 'Quartier Latin'. The cynosure among them is Collegium Maius, which was the first college with accommodation for professors (after 1400), and which in the nineteenth and in the early twentieth centuries housed the Jagiellonian Library. Now it accommodates the unique Jagiellonian University Museum, with its excellent collection of old scientific instruments and University treasures, and its gallery of professors' portraits, as well as the only permanent interactive exhibition in Poland. It bears witness to the fact that the University is the oldest Polish institution which has continued in spite of all political calamities which Poland suffered in the past.

*Professor Stanislaw Waltos, Ph.D.*

## Services

### Libraries:

**Jagiellonian Library** - the main library of the Jagiellonian University

Jagiellonian University has a central library (Biblioteka Jagiellonska), as well as libraries within each faculty's respective institution. Registered students may use any of University's libraries.

Central Library (Biblioteka Jagiellonska) is located at

Al. Mickiewicza 22

tel: (48 12) 633-63-77, 634-55-79, 634-59-45 (operator)

fax: (48 12) 633-90-03

home page: [www.bj.uj.edu.pl](http://www.bj.uj.edu.pl); [http://www.bj.uj.edu.pl/index\\_en.php](http://www.bj.uj.edu.pl/index_en.php)

Books may be borrowed:

Monday-Friday: 10.00 am - 7.00 pm,

Saturday: 10.00 am - 2.00 pm

Reading-Room hours:

Monday-Friday: 8.00 am - 8.15 pm

Saturday: 8.00 am - 3.00 pm

### Medical Library

ul. Medyczna 7

tel.: (48 12) 658-01-11, 657-05-02

Monday, Tuesday, Thursday, Friday: 8.00 am - 7.00 pm

Wednesday: 8.00 am - 4.00 pm

Saturday: 9.00 am - 2.30 pm

[www.bm.cm-uj.krakow.pl](http://www.bm.cm-uj.krakow.pl); [http://www.bm.cm-uj.krakow.pl/en/default\\_en.asp](http://www.bm.cm-uj.krakow.pl/en/default_en.asp)

### Library of the Institute of Public Health

<http://www.izp.cm-uj.krakow.pl/english/index.htm#>

ul. Grzegorzeczka 20

**Computer Laboratory Room** is located at ul. Kopernika 7e.

Also, the computer (no 313) and study ( no 12) rooms are located at Dormitory, Grzegorzeczka 20 Street. It contains six computers with access to the Internet.

The Computer Laboratory of the Insitute of Public Health is located at ul. Grzegorzeczka 20. Students are required to deposit an identity cards to use the computer room.

### Bookshops

(with medical books in English)

### TOP MARK CENTER

Kraków, Lazarza 3/5 Street  
tel/fax (48 12) 421-76-49  
mob. tel.: 0501 45-14-18  
email: [tmcbeata@kr.onet.pl](mailto:tmcbeata@kr.onet.pl)

### **ABE Marketing**

Kraków, ul. Legionów Pilsudskiego 17  
tel/fax: (48 12) 296-33-37  
email: [krakow@abe.com.pl](mailto:krakow@abe.com.pl)

Note that you may have to wait up to 4-5 weeks after placing an order.

### **Parking:**

there is a car park near the building of the IPH.

### **Restaurants:**

There is a Romaria restaurant in the building of IPH, offering reduced prices for long-term guests and students. You may choose from several dishes, including vegetarian meals (5.8-9.8 zł). They also serve breakfasts.

### **Associations**

At the Jagiellonian University, there are over 90 student scientific associations. These organisations, just as the University Faculties, are of various age, some are over one hundred years old, while others date back several years. The members of the associations are recruited from among students, while their tutors are appointed from among the University academics. The aim of the associations is to direct the students' interests beyond the limits of curricula and syllabi, and enlarging the existing courses of study. Apart from organisation of sessions and conferences on particular subjects or joining several disciplines, the associations see to establishing contacts with academics and supporting academic achievements of their members. They also conduct self-teaching activities.

Apart from performing the statutory functions, the associations become the centres of social life. This is facilitated by common balls, trips or Christmas meetings. Especially this integration role of associations becomes important during the time of the credit system of studies, where the individual selection of courses discourages the traditional bonds between students of one group or year.

Associations at the Institute of Public Health are:

Epidemiology Students' Association  
Farmacoconomics Students' Association  
Human Nutrition Students' Association

### **Safety and security rules**

Emergency phones (no charge):

Police: **997**

Fire Brigade: **998**

Ambulance service: **999**

from mobile phone: **112**

Smoking policy: in the building at Grzegorzeczka 20 you can smoke in the special area (floor "0"). It is strictly forbidden to smoke in teaching rooms or in the offices.

Fire regulations comes from the University authorities and from Polish regulations. At every floor you will find fire extinguisher as far as the necessary equipment and the scheme of evacuation. All staff must be trained for emergency cases such as fire.

Rules concerning terrorism (bomb attacks, biological attacks) are also presented to students and staff and available in the Institute.

### **Other Frequently Asked Questions**

- How do I open a bank account?

Besides your passport you are required to deliver your customs declaration form (ask for it upon crossing border) which must describe how much money you have brought into Poland. The bank staff will be happy to give you advice on the different types of account and facilities.

The banks closest to Institute of Public Health are: PKO BP (the old, state-owned Bank with low rates), BPH S.A. and Raiffeisen Bank at Wielopole street.

- When do I get my accommodation?

For whole academic year, in September. If you come during the academic year, it depends on the date of your stay.

- Can I expect my first choice of residence?

Generally not, in some extra cases it could be possible. You must just notify that asking for the accommodation.

- How do I get access to the library?

You will simply need to have your Student Identity Card with you.

- How can I get my e-mail address?

The easiest is to choose one of free of charge services. The most popular are the addresses offered by onet.pl, wp.pl, gazeta.pl.

- I'm a new student. Can I get temporary work on campus and how?

At the moment we do not offer this possibility.

- I'm a new student. How do I contact students of the same nationality?

There is a special place for meeting foreign students from different schools, the address is ul. Sienna 5 – very close to the Main Square. For people studying at the same Institute or Faculty – you can simply ask at the Students' Office.

- How do I join Sports or Social Clubs?

You can contact one from the list mentioned in the chapter "social life". For students clubs you need to show your Student Identity Card.