

FREE YOUR MIND



Your personalized
guide to the
University of Lodz



UNIVERSITY
OF LODZ

Poland

→ www.uni.lodz.pl



This guide belongs to:



A man with a full, reddish-brown beard and a bun hairstyle is looking upwards and to the right. He is wearing a dark green, textured knit sweater. The background is a solid, vibrant green.

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ESN UL

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University of Lodz:

- Faculty of Biology and Environmental Protection
- Faculty of Chemistry
- Faculty of Economics and Sociology
- Faculty of Educational Sciences
- Faculty of Geographical Sciences
- Faculty of International and Political Studies
- Faculty of Law and Administration
- Faculty of Management
- Faculty of Mathematics and Computer Sciences
- Faculty of Philology
- Faculty of Philosophy and History
- Faculty of Physics and Applied Informatics
- Faculty/Branch in Tomaszów Mazowiecki

Medical insurance (European Union)

Students from EEA / EFTA countries (EU + Iceland, Liechtenstein, Norway, Switzerland) have state-provided insurance guaranteed. They only need to obtain the EHIC card from their local branches of the National Healthcare Services.

This blue card gives the right to access state-provided healthcare, which means that its holders do not have to pay for the necessary medical services in Poland – the bill will be automatically covered by the insurance from their country.



Medical insurance (Non-EU nationals)

All UL international students are obliged to obtain individual insurance by themselves, whether in the Polish National Health Fund (NFZ) after arriving in Poland or at any private insurance company offering health insurance plans for the period of stay as a student in Poland. Every student **MUST** have valid insurance. **PLEASE REMEMBER THAT INSURANCE MUST COVER THE COSTS OF TREATMENT IN POLAND.** UL will not be responsible for any payments for medical services.

The Polish National Health Fund is the most convenient insurance option (no fees for doctor appointments in public health service).



Good to know:

According to Article No.15 of The Act of 15 April 2011 on the therapeutic activity (hereafter referred to as “the Act on the therapeutic activity”) the medical entity cannot refuse to provide a healthcare service to a person who needs such immediate healthcare service due to a threat to life or health.

Referring to the experiences of students from previous years, we present the most frequently asked questions related to the medical area:

- **If you have a toothache** – we advise you to make a private appointment (approximately 200 PLN for a standard filling/service).
- **If you need to consult a psychologist** – please contact the Academic Support Centre of UL: acw@uni.lodz.pl (visit can be arranged by an e-mail, you can also ask for advice via Skype).
- **If you are feeling unwell, need prescription for medicine, antibiotics, referral to a specialist** – please visit student's friendly medical unit: 14 Lumumby Street, Lodz (some doctors speak English).
- **If you need to go to consult a medical specialist** – you can do it only if you have a referral from a GP doctor (in public service, except for gynecologist, oncologist and psychiatrist that do not require a referral). In case of an urgent need for consultation you might consider a private visit.

- **In case of an emergency** – the closest to the university campus is the Central Teaching Hospital of the Medical University of Lodz, located in 22 Kopcynskiego street, often called the Barlicki Hospital.
- **Pharmacies** sell a wide range of medical products that will help you in case of a cold, flu, headache and other common diseases. However, many drugs need to be prescribed by a doctor.



In case of a serious and sudden medical condition that pose danger to your health or life, CALL AN AMBULANCE.

Dial 112 from your mobile

The EMERGENCY MEDICAL SERVICE is located in 137/141 Sienkiewicza street.

City of Lodz **Public Transport**

The city transport network in Lodz consists of tram and bus services. It is operated by MPK Łódź.

(website: www.mpk.lodz.pl – Polish and English)

This is a local company, therefore you cannot use bus or tram tickets from other Polish cities.

A single ticket, known in Polish as ‘bilet’, can be bought from any newsagent’s booth or a ticket machine placed in the street or inside the bus or tram. It indicates the time limit for which it is valid. The expected length of the trip is given on the timetable at the stop: you may need to add 5 or 10 minutes during the rush hours. Just after entering the bus, or the tram, you must validate your ticket on your own. The puncher (usually a brown or orange box at the eye level) stamps the date and time on your ticket.



The public transport covers **two zones**:

Zone 1 – the city of Łódź

Zone 2 – all suburban routes outside of Łódź

The stop, which is the border of the zone, is marked on the timetable as #

Tickets for 20, 40 and 60 minutes are valid in both zones – 1 and 2 – regardless of the borders. Within the time limit of the ticket, you can change to any bus/tram service.

But brace yourself for ticket inspectors: they dress casually (except ID tags), appear suddenly (often on a random part of the route), rarely communicate in English and may fine you for the lack of a valid ticket. You must either pay the inspector a penalty fee or present your personal ID to have the fine receipt issued. You can pay a penalty fee with 60% discount within 7 days. If you forgot your valid personalized MIGAWKA card or student ID, you can show a forgotten document within 7 days at the Customer Office of MPK-Łódź. You will pay only the handling fee and the penalty will be canceled.



Below you can find tips on how to travel in Lodz, safely and without fine:

- **Buses and Trams timetable** – visit the website: www.mpk.lodz.pl.
- **Transfers** – Is it possible to change from tram to bus? Yes, but within the ticket time limit.
- **Monthly pass** – MIGAWKA meaning monthly ticket, you can buy it at: www.migawka.lodz.pl.
- **Night transport after 10 o'clock pm** – after 10:00 pm trams and buses go to the depot, and we use night buses.
- **Travel only with valid ID card** – when using public transport you must always have a student's ID card with you, otherwise you pay a fine.
- **Ticket control** – Ticket inspectors must carry a service card with their ID number. If you get a fine, it must include the bank account number.



To use reduced tickets you must be able to present a valid UL Student ID card to the ticket inspectors. A reduced ticket costs half price of a regular ticket and is called ‘bilet ulgowy**’.**

Ticket prices (in PLN)

20-minute: 3,00 / 1,50*

(extended to 40 min until 31.12.2020)

40-minute: 3,80 / 1,90*

(extended to 60 min until 31.12.2020)

1-month: 96 / 48*

3-month: 240 / 120*

**student discount price*

Ticket prices as of July 2020.



Dormitories

Frequently asked questions:

- **Reception desk is open 24/7**
- **How to apply?** – You apply during admission. You will get all the details via email, or in the enrollment system.
- **How to pay for the dorm?** – Bank transfer.
- **Do I have to pay a deposit?** - Yes, payable on arrival, preferably at the bank.
- **INTERNET is for free after submitting a request to the dormitory network administrator.**
- **Can people from outside the dormitory come and visit me?**
They are welcome after showing an ID. Ask at the Reception in advance until what time your guests can stay in the Dormitory.
- **What to do if something breaks in my dorm room?** Report it as soon as possible to the Reception.



International Relations Office

International Relations Office (IRO), in Polish: *Biuro Współpracy z Zagranicą (BWZ)*, provides information and counselling for international exchange and degree students.

Contact for exchange students:

e-mail: iso@uni.lodz.pl

Telephone number: **(+48) 42 635 47 90**

Address: **3 Uniwersytecka Str., 90-137 Lodz**

Office hours: **Monday to Friday, from 7:30 am to 3:30 pm, room no. 7**

Contact for full time students studying in Polish or English:

e-mail: admission@uni.lodz.pl

Telephone number: **(+48) 42 635 42 37**

Address: **3 Uniwersytecka Str., 90-137 Lodz**

Office hours: **Monday to Friday, from 7:30 am to 3:30 pm, room no. 1**

Once you fulfill recruitment and registration at IRO, you will handle most of your cases at the Faculty.

Matters at the Faculty:

- **You will sign the agreement for studies** (only full time studies).
- **You will get your Student ID card.** First, you need to pay for your Student ID card at the bank, then go to the Dean's Office to show proof of payment. You will receive your Student ID card in a week or two. Remember! Each Faculty has a different bank account number.
- **You will receive your individual e-mail address: unilodz.eu.** Communication from UL will always come to this e-mail address. It will also allow you to log in to USOS.

USOS (www.usosweb.uni.lodz.pl) – **University Study-Oriented System, the platform where you can find information about your subjects and grades.**

- USOS account activation and login details have to be collected from the Dean's Office.
- Timetable of your classes, as well as lecturers and their duty hours can be checked on the website, in USOS, and sometimes you can receive it by email from the Dean's Office.



A person with a shaved head, seen from behind, wearing a bright red hoodie. The hoodie has white text printed on the back. The person is standing in front of a large, out-of-focus crowd of people, likely at an outdoor event or gathering. The background shows a green field and a grey wall.

**TRUST ME,
I'M A MENTOR!**

Erasmus Student Network is one of the largest international student organizations in Europe with its section at our University – ESN UL

Working groups: Event, Travel, Tandem, LEO, Party, Social Inclusion, Erasmus Games. JOIN ESN UL!

Mentor programme: help for students, trainings, self-development, mentor's package (hoodies, pins, printed guides).

Objectives: take care of UL international students, organization of entertainment and cultural events for them, language exchange, promotion of Erasmus+ exchange, promotion of values such as tolerance, equality and cultural diversity.

Contact:

Facebook: **Erasmus Student Network University of Lodz**

e-mail: **president.uni.lodz@esn.pl**

www.lodz.esn.pl

Recruitment of new members: first half of October of each year.

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What to do in Lodz?

Lodz – a city of endless possibilities, city of education and art, theaters, multiplex cinemas, studio cinemas with soul, concerts, outdoor cinemas, lectures and workshops – on every subject.

Many free events:

- **Łódź of Four Cultures Festival:** www.4kultury.pl
- **Light Move Festival:** www.facebook.com/LightMoveFestival
- **Transatlantyk Festival:** www.transatlantyk.org
- **Fotofestiwal:** www.fotofestiwal.com
- **Łódź Design Festival:** www.lodzdesign.com
- **Soundedit:** www.soundedit.pl

- **International Festival of Comics and Games**
www.komiksfestiwal.com
- **Cinergia Festival:** www.cinergiafestival.pl
- **STREET ART/Lodz City Mural Trail**

Free time – make the most of it at the UL and in the city!

- **UL study clubs:** www.uni.lodz.pl/strona/szczegoly/kola-naukowe
- **Career Office at the University of Lodz:** www.biurokarier.uni.lodz.pl
- **The University Sports Association (AZS):** www.azs.lodz.pl
- **'Juwenalia'** – students festival
- **Młodzi w Łodzi [Young Łódź]:** www.mlodziwlodzi.pl
- **The Academic Song and Dance Ensemble KUJON:**
www.facebook.com/azpitkujon



Smile – it makes others follow the same attitude and suddenly the world gets better :)

Spend time with other students!

Study together, have fun together, integrate. Learn the „Polish way” to better adapt to living in Lodz!

Cultural differences

#United in Diversity! We have so much in common and at the same time we may have different: **view of the world, emotions, customs, traditions, faith** and that is what makes us amazing! Ask questions and communicate, help one another when the help is needed!

Important: with mobile phones, pre-paid services are very popular, but make sure your phone has no network lock. Before making your first call, register your number - fill out the form and show your ID or passport at the network store or its partner point (i.e. Żabka, Ruch, Poczta Polska – check full list at the specific network’s website).





Useful links

Facebook

www.facebook.com/polishuniversity

Instagram

www.instagram.com/universytet_lodzki

Library

www.lib.uni.lodz.pl

Events in Łódź

www.centrumwydarzen.lodz.pl

Lodz City Guide

www.inyourpocket.com/lodz

The Office for Foreigners

www.udsc.gov.pl/en

Foreign Affairs Department of the Lodz Voivodship Office

www.paszporty.lodzkie.eu



**Did you like it here? Why not send us
a postcard from your home country!**

International Relations Office
University of Lodz
3 Uniwersytecka Street, 90-137 Lodz, Poland

Thank You :)

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Contact

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