



UNIVERSITY
of LIFE SCIENCES
in Lublin

WELCOME GUIDE





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INTRODUCTION

Hello,

it is a great pleasure to welcome you at the University of Life Sciences in Lublin. We hope that your stay here will be rewarding for you in many ways. It will be a chance to gain knowledge and experience and above all, it will definitely be an amazing adventure giving you plenty of opportunities to meet many friends.

Coming to a foreign country to study is a great challenge. The following guide contains information that will help you learn more about ULSL, Poland and Polish culture and how you can spend your free time actively, what you can visit or where to eat and do your shopping. It is important that you feel safe during your stay in Lublin so at the end of the guide you will find contact details to the relevant units at the university and offices in Lublin.

Let your journey with ULSL begin!

ABOUT ULSL



For over 70 years, the University of Life Sciences in Lublin has been combining academic tradition with a modern approach to science and education. As a multi-profile university, it integrates agricultural, biological, veterinary, technical, economic and social sciences.

The excellent, newly established research and teaching centres create favourable conditions for the development of innovative solutions in all areas of the University's activity. The University of Life Sciences in Lublin promotes science, economy and society through the education of students, the development of academic staff and scientific research as well as services to the environment in three key human interest areas:

- ✦ Techniques, technologies and organization of food production
- ✦ Development and protection of the human environment
- ✦ Health, healthy lifestyle

Over 70,000 graduates and valuable research projects implemented so far are the best recommendation for the University.

The University premises are situated in several places. The main campus is located in Akademicka Street and Głęboka Street. It consists of older buildings, commissioned for the University use in the 1950s and the the most recent ones erected in the years 2000-2015:

- ✦ Collegium Agronomicum II (2000)
- ✦ Congress Center (with an auditorium for 600 people) (2001)
- ✦ The Regional Centre for Agricultural Scientific Information (Main Library) (2012)
- ✦ The Centre for Investment and Implementation of New Technologies in Agricultural Engineering (2013)
- ✦ Innovative Centre of Animal Pathology and Therapy (ULS) (2015)
- ✦ a modern seat of the Faculty of Foodscience and Biotechnology in Skromna Street (2005)

CAMPUS MAP

100 M

LESZCZYŃSKIE

SPADOCZONWIARZY

CZWIARTAKÓW

WYSOCKIEGO

CYPRIANA GODEBSKIEGO

WETERANÓW

BELINIĄKÓW

BEMA

LANGIEWICZA

JÓZEFA SOWIŃSKIEGO

LESŁAWA PAĆI

9

IOZIEGO RADZIŹEWSKIEGO

GŁĘBOKA

AKADEMICKI PARK

PANA TADEUSZA

SKROMNA

GŁĘBOKA

JÓZEFA SOWIŃSKIEGO

FILARETÓW

RYWIDA

NOWOCRÓDZKA

HRYNIEWIECKIEGO

PIASTOWSKA

PIASTOWSKA

LEONA URBONIEWSKIEGO

LESZKA CZARNEGO

BOLESŁAWA CHROBREGO

LEONA WYCZOŁ

SASKI GARDEN

GO

ALEJE RACŁAWICKIE

WETERANÓW

IDZIEGO RADZISZEWSKIEGO

IDZIEGO RADZISZEWSKIEGO

ARTURA GROTTGERA

MARII CURIE-SKŁODOWSKIEJ

THE CAMPUS

CENTRUM

UNIWERSYTECKA

OBROŃCÓW POKOJU

AKADEMICKA

AKADEMICKA

HENRYKA RAABEGO

OFIAR KATYŃIA

BIŁAŁA

KEY

1. Collegium Zootechnicum
2. The Main Library
3. The Congress Center
4. Collegium Agronomicum I and II
5. Collegium Veterinarium
6. The Innovative Centre for Animal Pathology and Therapy
7. The Centre for Investment and Implementation of New Technologies in Agricultural Engineering
8. Sports and Recreational Centre
9. The University dormitories
Cebion, Dodek, Eskulap

FELIN

GŁĘBOKA

6

7

KOWSKIEGO



EDUCATION SYSTEM

The University of Life Sciences in Lublin offers studies at three levels of education (first-cycle, second-cycle, third-cycle studies - doctoral studies), uniform master's studies and supplementary courses - post-graduate studies. The multi-level education system operates according to the principles of the Bologna Process and the European Credit Transfer System (ECTS).

First-cycle studies

lasting from 3 to 3.5 years, a graduate is awarded the title of Engineer (bachelor's degree) and may continue studying at the second-cycle - master's level.

Second-cycle studies

lasting from 1.5 to 2 years and available for first-cycle graduates; after completing his/her studies, a graduate receives a professional title - a master's degree in engineering or a master's degree.

Long-term studies - uniform master's studies

lasting from 5 to 6 years, after completing the uniform master's studies, a graduate receives a master's degree and may continue studying at doctoral school.

Doctoral school

lasting 4 years, graduates with a master's degree may apply for admission to the doctoral school, a graduate receives a professional title - the doctor's degree.

Postgraduate studies (non-graduate programs)

depending on the course - they last from 1 to 2 years. Graduates receive a diploma of postgraduate studies.



ASSESSMENT



The attendance of students in classes is obligatory, thereby being the condition for passing the semester and the academic year. Students attend both lectures and classes, the latter in the form of auditory, laboratory, field, optional classes, diploma seminars and internships. The ULSL uses a standard assessment system for Polish universities. The grading scale is from 5, which is the best rating, up to 2 which is the lowest rating and means that you did not pass the test.

In class, you will be assessed primarily for the level of knowledge gained, as well as active participation in the class and commitment. In some classes you will have to prepare projects (individually or in a team), presentations or essays. Typically, courses end with an exam at the end of the semester or academic year. It may happen that a given course does not require an exam and the assessment will be based on the average of all the marks from tests written during the semester and attendance in the classroom.

| ECTS GRADE | POINTS | MARK | POLISH-IN WORDS | ENGLISH-IN WORDS |
|------------|----------|------|------------------|------------------|
| A | 91-100% | 5.0 | BARDZO DOBRY | EXCELLENT |
| B | 81-90% | 4.5 | DOBRY PLUS | VERY GOOD |
| C | 71-80% | 4.0 | DOBRY | GOOD |
| D | 61-70% | 3.5 | DOSTATECZNY PLUS | SATISFACTORY |
| E | 51-60% | 3.0 | DOSTATECZNY | SUFFICIENT |
| F | 50% - 0% | 2.0 | NIEDOSTATECZNY | FAILED |



EXCHANGE STUDENTS

Being a student at the University of Life Sciences in Lublin, you have an opportunity to take part in the Erasmus Plus Programme and study one or two semesters at a selected university. It will be treated as an integral part of your study period. What's more, if you want to expand your knowledge and gain professional experience during the summer break, you can go on Erasmus internship to another university, a clinic, a farm, a company or other institution that meets the conditions set out in the programme regulations.



Taking part in the Erasmus Plus Programme is a chance to visit new places, get to know interesting people and cultures in many countries.



STUDY BUDDY

Our university offers a multidisciplinary study programme with a large number of courses taught in English, therefore we host incoming students from around Europe each year. It is our concern that they feel welcome and safe at ULSL that's why we've initiated a Study Buddy programme. To become a Study Buddy at our university you must be outgoing, ready to help foreign students accommodate to Lublin living conditions and above all, prove a communicative level of a foreign language (in most cases English).

The Erasmus+ office is located in the main library building:

15 Akademicka Street
20-950 Lublin
3rd floor, room 309
e-mail: erasmus@up.lublin.pl
www.up.lublin.pl/english



ACADEMIC CALENDAR

The academic year begins on October 1 and consists of two semesters * - winter and summer. Each semester ends with an exam session **. During the winter semester, in December there is a Christmas and New Year break. In the sum-

mer semester, in March or April there is a break to celebrate Easter. The holiday break starts in June and ends on September 30. During the holidays, students take compulsory and voluntary internships.

| | | | |
|------------------------------------|------------------------------------|---------------------------------------|------------------------------------|
| 1st January | 6th January | March or April | 1st May |
| New Year's Day | Epiphany | Easter Sunday and Easter Monday | Labour Day |
| 3rd May | A Thursday in June | 1st November | 11th November |
| Constitution Day | movable Corpus Christi | All Saints Day | National Independence Day |
| 25th December | 26th December | | |
| Christmas | Boxing Day | | |

* semester - the period in which lectures and classes take place, ends with an exam session. The winter semester lasts from October to January, the summer semester from February to June.

** Exam session - a period free from classes and lectures in which the exams take place. It takes two weeks.



STUDENT LIFE



Scientific, cultural and social development of students is very important to us – we try to support all initiatives in this field, in particular those which take place in the framework of students' organizations.

There are fifty active scientific circles. Their members – under the guidance of tutors – have the opportunity to conduct interesting research projects and may participate in national and international symposia and conferences.

Student Government Council, together with Faculty Councils organize each year a number of projects in the field of development of soft skills: trainings and meetings with business people. The biggest project is the organization



of Lublin Student Culture Days called Felinada. Every year in May concerts in the open air, close to the dormitories, attract thousands of people. Periodically, charity events are also organized, especially during the winter holiday season.

Our artistic groups with a long tradition play an important role in the life of the University: Academic Choir as the second oldest students' choir in Lublin (1952) and Song and Dance Group "Jawor" (1960) also with a rich history of artistic activity. Both groups travel around the world, take part in international competitions and win the first prizes.



LIBRARY



The Main Library of the University of Life Sciences is located in a modern building in the center of our campus. The collection contains approximately 380,000 volumes of books, journals and special collections. On the second and third floor there are reading rooms and rooms for "quiet learning" and the most commonly-used books and journals (with archival resources). Students have an open access to Library resources, they choose from the shelves the copies they need to use on the spot.

In order to borrow a book from the library collection you need to have a valid electronic student ID card or library card.

How to order a book?

- Go to bg.up.lublin.pl, find BG CATALOG and search for the book you need.
- The waiting time for the book pick up request (PL – reverse) is about 30 minutes. Books ordered electronically outside the opening hours of the Library can be picked up the next day from 8.30.
- The items ordered from the library warehouse are stored in the Rental Room for 2 days.

Useful information:

- UL5L students can borrow up to 10 books for a period of 6 months.
- If necessary, the reader can extend the time of the loan by himself/herself (twice).
- You can return the books either in the Lending Room in the Main Library building at a given time or you can also use the book return slots during the opening hours of the AGRO II building.

IMPORTANT

There are fines for failure to meet the deadline for returning borrowed books. The amount of the penalty will be calculated by the computer system for each day of delay. Payments of the fine are made in the Lending Room.

In the case of loss or destruction of the book, the reader is obliged to buy the same or a newer edition of the book.



SPORT FACILITIES

AND LEISURE ACTIVITIES

There are many reasons for the University to be proud of students' successes and achievements. The Physical Education and Sports Centre is an interfaculty unit that conducts physical education classes as well as sport activities in cooperation with the University Club of the University Sports Association. The following sports sections are available for students: swimming section, indoor climbing section, basketball section, indoor rowing section, powerlifting section, mountain cycling section, football section, table tennis section, sailing section. Many of the section members are the medalists of the Polish University Championships. The Sports and Recreational Centre houses a fullsize sports hall, a swimming pool and an aquapark, a modern body-building gym, an aerobic exercise hall, a dance hall, fitness and combat sports halls and a climbing wall. Physical Education classes as well as University Sports Association training sessions take place here. The University Horse Riding Centre offers classes for students wishing to develop their horse riding skills. The University has also the Didactic and Sailing Station located at Piaseczno lake.





ABOUT POLAND

Poland is located in central Europe and impresses with a varied natural environment. It is a family country of Nicolaus Copernicus, Maria Skłodowska-Curie, Chopin and many outstanding personalities. The greater part of the northern border of Poland is covered by the Baltic Sea, and further to the south is the lake district and extensive lowlands. In the south, there are upland areas and two mountain ranges: Karpaty and Sudety, closing the southern border of Poland.



Official name: The Republic of Poland
(in Polish: Rzeczpospolita Polska)

Short name: Poland (in Polish: Polska)

National flag: Colour: top – white, bottom – red

Language: Polish

Capital: Warsaw

Population: 38 million

Area: 312 685 km² Poland is the 9th biggest country in Europe, and 69th in the world.

Border countries: Russia, Lithuania, Belarus, Ukraine, Slovakia, Czech Republic, Germany

Religion: Roman Catholic (about 93%), Eastern Orthodox, Protestant and others

Currency: 1 zloty (PLN) = 100 grosz
(EUR 1 = approx. PLN 4)

Climate: Continental; moderate, changeable weather. We strongly recommend taking warm clothes as in winter temperature may reach -25°C! However, in summer the average temperature is 20°C.

Local time: GMT + 1 hr

Electricity: 230 V/50 Hz (European plug)

Calling code to Poland: +48

Calling code to Lublin: +81

Emergency telephone numbers: 112

*European emergency number, to be used in the event of: fire, traffic accident, burglary, theft, violence, etc.



HOW TO GET TO LUBLIN



Lublin is located in the east of Poland. You can easily get here by train, by bus and by car or by plane. Lublin has its own airport in Świdnik, which is 18 minutes from the city center. There is a direct train connection between Lublin Airport and Lublin (Central Station Lublin) - the journey takes 15 minutes.

Find out more at: www.airport.lublin.pl

You can use flights to other major cities in Poland, e.g. Warsaw, Krakow, Katowice, Poznan. You can get to Lublin by train or bus from each of these cities.

Information in English on the subject of journeys with the option of buying an on-line ticket you can find on the websites:

en.e-podroznik.pl/

www.lotnisko-chopina.pl/pl

From the airport Chopin in Warsaw (which is closest to Lublin) you will get to Lublin with a private bus line that goes directly from the airport to the main bus station in Lublin - cost: approx. PLN 50.00; travel time: 3 hours.





LUBLIN CITY



Lublin is the capital of Lublin Voivodship, a city with a rich history belonging to the oldest cities in Poland. Settlements in this area date back to the 6th-7th centuries. It received city rights in 1317. Owing to its location near the European Union's eastern border with Ukraine and Belarus, Lublin is an important centre for both international and economic relations.

It is also one of the largest academic centres in Poland: four universities run their activities here – including the University of Life Sciences in Lublin, as well as state research institutes. Students represent a significant part of Lublin's population, which is reflected in its unique atmosphere.

FACTS AND FIGURES

- the area of the city of Lublin 14 747 ha
- about 340,000 residents
- about 65,000 students
- 9 higher education institutions, including 5 public ones
- over 200 fields of study at public and private universities
- about 6,500 foreigners from almost 100 countries





PLACES TO VISIT



Lublin impresses visitors with its 700-year history hidden in the alleys, walls of tenements and streets. It is best to start visiting the city with a walk around the Old Town following the path of historical wealth and the oldest traditions still alive. More than 70 % of original buildings have survived in the Old Town. Within its walls there are many architectural monuments from various ages in history: the Krakowska Gate and Grodzka Gate as well as the the Gothic Tower, richly decorated Renaissance tenements, the Crown Tribunal, the Cathedral, the Trinitarian Tower, the Basilica of St. Stanislaus and Dominican monastery or the Old Theater. In the Old Town there is also Po Farze Square, and outside the city walls there is the Lublin Castle with the Holy Trinity Chapel and Donjon. The Old Town of Lublin is inscribed on the list of Monuments of History.

For lovers of nature, we recommend a visit to the Botanical Garden, in which you can admire a collection of about 1,600 species of trees and shrubs, 3,000 species of plants and 1,600 species of greenhouse plants. You can also visit a historic manor of the Kosciuszko Family .

Near the Botanical Garden there is The Open Air Village Museum. While walking around the museum you can get the impression that you have gone back in time. There are historic farms, wooden churches, windmills and cottages with original interiors and agricultural equipment, as well as old court and urban buildings.





CAFES AND RESTAURANTS

One of the many advantages of Lublin is the wide range of restaurants where you can eat tasty dishes prepared from products provided by regional producers and suppliers. In Grodzka Street and Złota Street in the Old Town, you will find several dozen restaurants with a view of the Old Town where you can have lunch or dinner. Krakowskie Przedmieście Street is this part of the city of Lublin where all

entertainment takes place, with a vibrant night life and an abundance of great pubs, clubs with dance music and cafes to enjoy. If you want to eat deliciously at affordable prices you must visit the Academic Town in Radziszewskiego, Akademicka and Langiewicza Streets. In Lublin there are several places dedicated to vegetarians and vegans. Details and exact addresses of the premises can be found at:

www.tripadvisor.co.uk/Restaurants-g274818-Lublin_Lublin_Province_Eastern_Poland

Enjoy your meal !





CULTURE AND ENTERTAINMENT



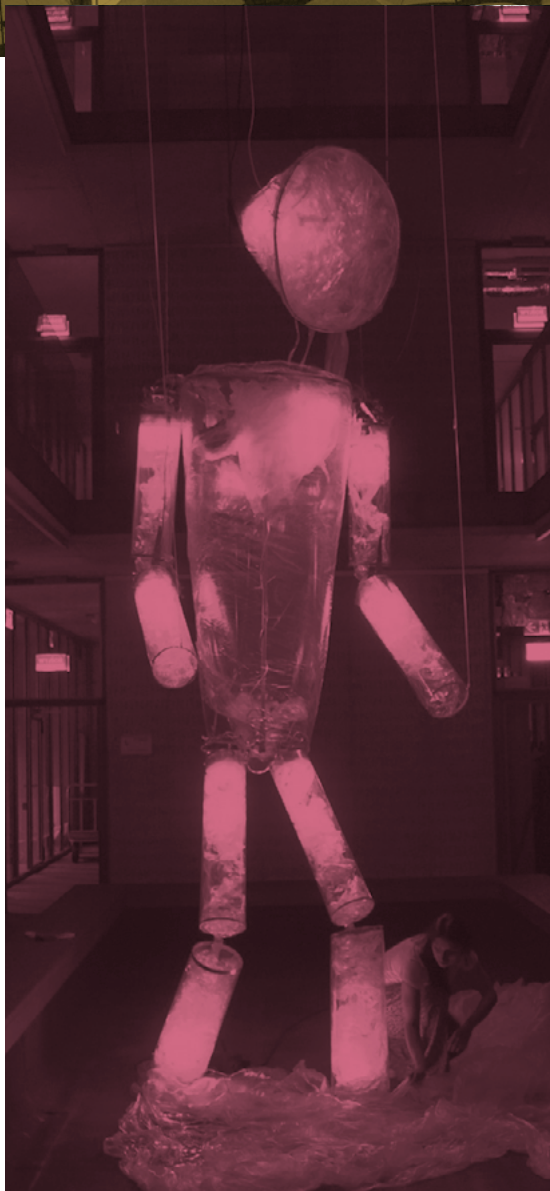
Lublin is an international cultural center in the eastern part of Poland. Students from Poland and abroad represent a significant part of Lublin's population, which is reflected in the city's unique atmosphere. Student Culture Days is a series of events organized by students for students: concerts and accompanying activities that last throughout May.

There are several cultural centers in Lublin, where exhibitions, concerts, performances and shows take place, e.g. Center for the Meeting of Cultures, Henryk Wieniawski Lublin Philharmonic, Juliusz Osterwa Theater, the Old Theater, etc. Every year large festivals and cultural events are organized, such as the Night of Culture, the Magicians' Carnival, the Jagiellonian Fair and the European Festival of Taste, attracting audiences from all over Poland and abroad.

lublin.eu/en/

spotkaniakultur.com/en/

<http://ck.lublin.pl/en/>





LUBLIN REGION



Lublin Voivodship with its numerous national and landscape parks, tourism infrastructure, including a well-developed network of bicycle paths and places full of still unspoiled and pure nature, encourages active forms of leisure. Ecology, with particular emphasis on food and agriculture is one of the strategic priorities of the region.

The Lublin region is the national leader of agricultural and horticultural crops, including hops, raspberries, currants and strawberries. In recent years, there has been an increase in the production and processing of healthy, certified food and the development of organic farms.

One of many advantages of the Lublin region is the abundance of nature but it also offers places and monuments related to different cultures and religions interpenetrating with each other.

ZAMOSC

Zamość - an ideal city, inscribed as the only object in the Lublin region on the UNESCO World Heritage List is a magical place that offers residents a wide range of cultural events on a daily basis. More info on page: www.turystyka.zamosc.pl/en

KAZIMIERZ DOLNY

The picturesque Kazimierz Dolny is a town which after the Second World War was reborn as an artistic and tourist center. All-Polish festivals take place here, as well as summer concerts of organ and chamber music in Farze. Museums and numerous art galleries are worth visiting.

NALECZOW

The Nałęczów health resort has been entered in the register of monuments of the Lubelskie Voivodeship as an architectural and landscape complex. An important monument is the Spa Park from the mid-18th century with historic sanatoriums, a diverse tree stand and the most valuable architectural monument of Nałęczów - the Małachowski Palace. Around Nałęczów there is a dense network of loess gorges with rich, lush vegetation. The healing properties of the microclimate of Nałęczów and the surrounding area result in self-lowering of blood pressure and reduction of cardiovascular diseases.

People who like to spend their free time actively must visit Zwierzyniec, from where you can set off for canoeing trips and located among forests - the Janów Lubelski, where kilometers of bicycle paths await tourists.



LUBLIN CUISINE

delicious flavour guide to Lublin
and its surroundings

Lublin Voivodeship derives what is the most valuable from its vast agricultural areas and focuses on ecological food production. Traditional Lublin cuisine is quite simple but abundant in high-quality ingredients such as groats, especially millet and buckwheat groats, vegetables and fruit (raspberry is most popular), fresh cold-pressed oils (linseed oil) or various types of honey. You can trace many similarities to and signs of the influence of neighbouring, borderline cuisines as well as Jewish inspirations.

On the next page you will find our recommendations for the best dishes from the Lublin region:

Cebularz lubelski the Jews from Lublin Old Town are known as the pioneers in baking this delicious wheat and yeast flat-cake topped with onion, cheese and poppy seed. It has become one of culinary symbols of the Lublin region, ranked among other traditional products protected with the designation of origin. Best served still warm with butter spread.

Forszmak it is something between a thick meat soup and a goulash. Being quite a filling dish, it is composed of various kinds of meat, pickled cucumbers, onion, tomatoes and sometimes even champignon mushrooms and peppers. It is most often served in restaurants and banquet halls.

Pieróg biłgorajski although it resembles a freshly cooked pâté, there is no doubt it is 100 % vegetarian. Baked with buckwheat groats, potatoes, cottage cheese, eggs and sour cream, it is really delicious both freshly served as well as fried with a bit of butter.

Pieróg jaglany a specialty of the Lublin region long before millet groats have become so popular. Jagty – another name for millet groats in Polish- are made of millet that has been successfully cultivated in this region since the Middle Ages. Enriched with cheese and eggs it is a sweet and nourishing cake with a crispy or yeast crust.

Pierogi z kaszą dumplings with groats filling are the most typical of the Lublin region e.g. buckwheat groats with cheese and mint, millet groats with cheese and sugar or farina. Quite a nourishing dish, mostly served in bars and student canteens.



Koguty Kazimierskie sweet yeast cakes in the shape of a rooster. They are exclusively baked in Kazimierz Dolny by the Vistula river, which gives a good reason for visiting this picturesque town. On condition that you are able to refrain yourself from eating them before, they can be a great idea for an attractive gift.

Buraczaki or buraczarze sugar beet cakes - really sweet, although with no sugar additives. It could be a challenge to find them in a bakery or a shop, but you can easily buy them in eco-food markets or in agrotouristic farms in season, namely in autumn.



IMMIGRATION

Citizens of EU / EEA countries do not have to apply for a visa to enter Poland. The border is crossed on the basis of a valid identity document: identity card or passport. If they intend to stay for less than three months, they do not need to register their stay as a foreigner. However, if they stay in Poland for more than 3 months, they must legalize their stay.

Students from countries and from outside the EU / EEA should apply for an educational visa through the Polish consulate or embassy in their country.

Citizens of the European Union (EU), European countries of the Economic Area (EEA) or Swiss planning to study and stay in Poland for more than 3 months must register within the first three months of their arrival in Poland.

Citizens of non-EU / EEA countries must register their stay at least 45 days in advance before their current visa expires / residence permits.

**Voivod's Office of Lubelskie,
Citizens' Affairs and Foreigners**

Department , Foreigners ' Affairs Unit

(in Polish: Lubelski Urząd Wojewódzki,
Wydział Spraw Obywatelskich i Cudzoziemców,
Oddział ds. Cudzoziemców)

20-914 Lublin

ul. Spokojna 4

tel.: 81 742 45 59

Office hours:

Mondays, Thursdays: 7:30 am – 3:00 pm

Tuesdays: 7:30 am – 3:30 pm

Wednesdays: 9:00 am – 3:00 pm

Fridays: 7:30 am – 2:30 pm

Information on how to legalize your stay in Poland you will find on website:

www.migrant.info.pl

www.study.lublin.eu/en

REQUIRED DOCUMENTS TO REGISTER THE STAY BY CITIZENS OF EU/EEA MEMBER COUNTRIES

- Application for registering the residence filled out in Polish (1 original + 3 photocopies)
 - Photocopy of a valid travel document (e.g. an ID card or a passport – all pages) + original document to show for verification)
 - 5 current colour photographs sized 4.5 cm x 3.5 cm
 - Confirmation of registration for temporary residence from Lublin City Office
 - Certificate from ULSL confirming that you are studying at ULSL
 - Proof of medical insurance (e.g. European Health Insurance Card – EHIC or other)
- Proof of sufficient financial funds to live in Poland (it may be a certification from the university of origin about the Erasmus grant, a bank statement or your written declaration of the sufficient funds for the stay in Lublin)
- ** All documents submitted in foreign languages should be translated into Polish by a sworn translator. After the registration the EU/EEA citizens will be given a certificate of registration of residence.

REQUIRED DOCUMENTS TO LEGALIZE THE STAY BY CITIZENS OF NON-EU/EEA MEMBER COUNTRIES

- Application Form filled out in Polish (1 original + 3 photocopies)
 - 3 photocopies of a valid travel document (e.g. a passport – all pages) + original document to show for verification
 - 4 current colour photographs sized 4.5 cm x 3.5 cm
 - Confirmation of registration for temporary residence from Lublin City Office
 - Proof of legal title to the apartment (if applicable)
 - Proof of sufficient financial funds to cover the costs of living and studying in Poland and return to the country of origin (it may be a certification from the university of origin about the Erasmus grant, a current bank statement certifying regular bank transfers to your account)
 - Certificate confirming the admission to or continuing the studies issued by ULSL
 - (available at Admissions Office – Promotion and International Exchange Office)
 - Proof of health insurance or confirmation of covering health treatment costs on the territory of Poland by the insurer
 - Original receipt of the payment of PLN 340 for granting a residence permit and then after being granted a residence permit you will be obligated to pay PLN 50 for the issuance of a residence card
- Foreigners whose purpose of stay is to receive education in a post-elementary school and a university are entitled to a reduction in the fee for issuing a residence ticket in the amount of PLN 25].
- ** All documents submitted in foreign languages should be translated into Polish by a sworn translator. After being granted a residence permit you will be issued a residence card. You should keep the residence card with you at all times.



INSURANCE AND HEALTH CARE

In Poland, you can treat yourself in public healthcare institutions (outpatient clinics and hospitals) – free of charge and exclusively for insured persons as well as in private clinics and hospitals - payable.

Insured persons have the right to unpaid health care (illness and injury prevention, early detection of diseases, treatment, patient care, disability prevention and rehabilitation). You can insure yourself by paying a contribution to the National Health Fund which finances health care in Poland.

Information on voluntary health insurance for foreigners can be obtained from the National Health Fund: www.nfz-lublin.pl/dobrowolne_ubezpieczenie_zdrowotne

Foreigners from EU Member States or Member States of the European Free Trade Association (EFTA) - the parties to the Agreement on the European Economic Area may benefit from free health care services provided they have a European Health Insurance Card. If they do not have a title to be insured in the country of residence, they are reported for insurance by the university under the rules applicable to Polish students.

Foreign nationals from other countries are entitled to conclude an agreement on voluntary health insurance with the National Health Fund. Conclusion of the contract is associated with the purchase of insurance and payment of a monthly health contribution. A foreigner may take out an insurance policy in their country or in Poland. The policy would protect them from consequences of unfortunate accidents or illness for the period of studying in Poland.

Foreigners of Polish origin duly documented within the meaning of the provisions on repatriation may be entitled to free access to financial health care services from public funds if they insure themselves voluntarily by entering into a contract with the National Health Fund. Premiums for health insurance are paid by the university.

Foreigners interested in health insurance should report to the Social Affairs Department for Students in Lublin, Langiewicza 6, room 17 in order to obtain accurate information and to complete formalities.



ACCOMMODATION



We offer 2,000 places in dormitories.

The University of Life Sciences in Lublin offers a wide range of rooms in Student Houses located in the city center at Kampus ul. Langiewicza - DS. Eskulap, DS. Dodek, DS. Cebion. The second location is Dobrzanski Street - DS. Manhattan, DS. Brodway in the Felin district, close to the Majdanek Museum and the Atrium Felicity shopping center. You can get there easily by bus from the city center.

Prices: **around 125 euro**

(shared with roommate)

Visit our website:

www.up.lublin.pl/students-hostel

Contact by e-mail: **[stypendia\[@\]up.lublin.pl](mailto:stypendia[@]up.lublin.pl)**

You can also rent in privately-owned residence halls or live off-campus. The cost of private residence hall units and single-occupancy rooms in student apartments varies between 400 and 600 PLN.





SHOPPING



There are several small grocery stores and bakeries on the campus, as well as chemical and paper articles and post offices. There are discount store chains in Lublin (Biedronka, Aldik, Lidl, Stokrotka). Grocery stores are open from 7:00 to 19:00. For larger purchases you should go to a supermarket or shopping center (CH) or a discount from one of the discount chains, which are usually open from 9:00 to 21:00, Monday to Friday, and on Saturday to 20:00. On Sundays, small grocery stores open later and close earlier. Supermarkets and shopping centers are closed on Sundays.

E.Leclerc, ul. Tomasza Zana 19

Mon. – Sat. 9:00 am – 10:00 pm

Sun. 10:00 am – 9:00 pm

bus lines: 11, 14, 19, 28, 37, 39, 42, 54, 78

trolleybus lines: 152, 155, 158

CHR Lublin Plaza, ul. Lipowa 13

Open all days 9:00 am – 9:00 pm

bus lines: 8, 15, 20, 32, 40, 44

trolleybus lines: 150, 151, 155, 158

Galeria Olimp, Aleja Spółdzielczości Pracy 34

Mon. – Sat. 10:00 am – 9:00 pm

Sun. 10:00 am – 8:00 pm

bus lines: 17, 18, 24, 31

Tesco, ul. Orkana 4

Mon. – Sat. 6:00 am – 11:00 pm

bus lines: 10, 26, 28, 45, 57

trolleybus lines: 151, 153, 157

Galeria Orkana, ul. Orkana 6

Mon. – Sat. 10:00 am – 9:00 pm

Sun. 10:00 am – 8:00 pm

bus lines: 10, 26, 28, 45, 57

trolleybus lines: 151, 153, 157

Decathlon (sports clothes and equipment),

Aleja Spółdzielczości Pracy 28, ul. Gęsia 1

Mon. – Sat. 10:00 am – 9:00 pm

Sun. 10:00 am – 8:00 pm

bus lines: 17, 18, 24, 31

Media Markt (electronic equipment),

ul. Tomasza Zana 31

Mon. – Sat. 9:00 am – 9:00 pm

Sun. 10:00 am – 7:00 pm

bus lines: 14, 19, 28, 37, 39, 42

trolleybus lines: 150, 152, 155, 158

CH Atrium Felicity,

Al. Wincentego Witosa 32

Gallery: Mon - Sat: 9:00 - 21:00

Auchan: Mon - Fri: 7:30 - 22:00

Sat: 7:00-22:00,

Leroy Merlin: Mon - Sat: 6:30 - 21:30,

Fabryka Formy: Mon - Fri: 6:30 - 22:30

Sat - Sun: 8:00 - 20:00

Cinema City: Mon - Sun: 9:30-22:30

bus lines: 1, 7, 14, 21, 36, 50, 55, 70, 73, ON2



PUBLIC TRANSPORT

Lublin is one of the three cities in Poland where, apart from the busses, one can also travel in the trolleybusses. All the information about the tickets, schedules, and planning the journey can be found at: www.ztm.lublin.eu

| TYPE OF FARE | STANDARD | DISCOUNT |
|--------------------|-------------|-------------|
| Single-ride ticket | 4.00 | 2.00 |
| A 30-minute ticket | 3.20 | 1.60 |
| A 60-minute ticket | 3.60 | 1.80 |

The Railway Station in Lublin is located about 3km away from the city centre. It is possible to get there by busses: 001, 013, 028, 034, 045, and a trolleybus nr 150. There's a taxi station in front of the railway station.

Plac Dworcowy 1
20-408 Lublin
www.rozklad-pkp.pl

Central Bus Station is located in the city centre, right next to Castle Square. Nearby are public transport stops and bicycle stations. There is a waiting room at the station, open 24 hours a day.

Aleja Tysiąclecia 6
20-121 Lublin
www.en.e-podroznik.pl



LIVING COSTS

Lublin is a friendly and quite cheap place to live. The average cost of living for the student is 400 euros to cover the flat, board and study materials.

Monthly expenses (on average):

- rent in a shared flat (or dormitory ULSL) – 100-200 EU
- a meal in budget restaurant or student canteen - 3-6 EU
- a coffee in cafe or restaurant - 2-4 EU
- food/for month – 150 EU
 - Bread: 0,7-1,7 EU
 - Margarine, 500 g: 1-1,5 EU
 - Milk 2%, 1l: 0,5-1 EU
 - Eggs (10 pieces): 1-2 EU
 - Chicken breasts, 1 kg: 3,7-5 EU
 - Boneless pork, 1 kg: 3-4,5 EU
 - Spaghetti pasta: 1-1,5 EU
 - Domestic apples, 1 kg: 1-3 EU
 - Carrots, 1 kg: 0.4-1.5 EU
 - Potatos, 1kg: 1-3 EU
 - Tomatoes, 1 kg: 1-2,5 EU
 - Orange juice: 0,7-1,5 EU



USEFUL CONTACTS

Admissions Office

Promotion and International Exchange Office ULSL

University of Life Sciences in Lublin

13 Akademicka Street

20-950 Lublin

e-mail: admission@up.lublin.pl

e-mail: rekrutacja.ua@up.lublin.pl - *Information for candidates from Ukraine*
up.lublin.pl/english

Erasmus Plus Program

15 Akademicka Street - Main Library building

20-950 Lublin

3rd floor, room 309

e-mail: erasmus@up.lublin.pl

Voivod's Office of Lubelskie, Citizens' Affairs and Foreigners Department, Foreigners' Affairs Unit

4 Spokojna Street

20-914 Lublin

wsoic.lublin.uw.gov.pl/en

USEFUL WEBSITES IN ENGLISH

Study in Lublin - here you will find the necessary information about the legalization of stay, health service, etc.

www.study.lublin.eu/en

NAWA Polish National Agency for Academic Exchange,

www.nawa.gov.pl/en

About Lublin

www.lublin.eu/en

www.lublintravel.pl

About the Lubelskie Region

www.lubelskie.pl

About places to see in Poland

www.en.poland.gov.pl

www.poland.travel/en

About staying in Poland

www.staypoland.com



A BIT OF POLISH

Good morning/Good day – **Dzień dobry**

Hello, Hi – **Cześć**

How's it going? – **Jak leci?**

I'm doing well – **Dobrze**

It's bad – **Źle**

Good evening – **Dobry wieczór**

Good bye/Bye – **Do widzenia/Cześć**

Good night – **Dobranoc**

See you later – **Do zobaczenia później**

I'm sorry – **Przepraszam**

Thank you – **Dziękuję**

Pardon? – **Słucham?**

What? – **Co?**

I understand – **Rozumiem**

I don't understand – **Nie rozumiem**

I would like... – **Chciałbym/Chciałabym...**

How much does it cost? – **Ile to kosztuje?**

Student dormitory – **Akademik, dom studencki**

Faculty – **Wydział**

Dean's Office – **Dziekanat**

Student ID – **Legitymacja studencka**

Library – **Biblioteka**

Book – **Książka**

Ticket – **Bilet**

Newsagent's – **Kiosk**

Post Office – **Poczta**

Exchange office – **Kantor**

ATM/Cash dispenser – **Bankomat**

Money – **Pieniądze**

Publishing house:

University of Life Sciences in Lublin

Promotion and International Exchange Office

Lublin 2019

Edition I



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