

MEDICAL UNIVERSITY OF GDAŃSK,
POLAND

**PRACTICAL GUIDE
FOR INCOMING STUDENTS**

Academic year 2008/2009

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POLAND

LOCATION

Poland is situated in the eastern part of Central Europe. It shares land borders with Germany, Slovakia, the Czech Republic, Ukraine, Belarus, Lithuania and Russia (Kaliningrad District). The northern border, 440 kilometers in length, is the Baltic Sea coast line.

The country is divided into 16 provinces (województwo), which are subdivided into 308 counties (powiat) and the counties – into 2489 communes (gmina, primary level units).

The official language is Polish. Compared to other European countries, Poland is homogenous as regards nationality. It is estimated that no more than 3% of the total population is made up of national minorities. Poland is the seventh largest country in Europe. It has some 38 million inhabitants. Warsaw is the capital city. The Vistula is the longest river (1047 km).

POPULATION

The largest cities (with the number of inhabitants):

- Warsaw (1,7 mln)
- Łódź (0,8 mln)
- Kraków (0,76 mln)
- Wrocław (0,85 mln)
- Poznań (0,57 mln)
- Gdańsk (0,46 mln)
- Szczecin (0,42 mln)
- Bydgoszcz (0,36 mln)
- Lublin (0,35 mln)
- Katowice (0,31 mln)

CLIMATE

Winter is usually cold and snowy (the average temperature for January is -2,5°C); summer is warm with showers and thunderstorms (the average temperature for July is 17°C); spring and early autumn are very pleasant with moderate temperatures and lovely colours. Although in summer it can be hot and dry with temperatures reaching over 30° Celsius, in winter the temperature falls below zero (occasionally reaching -20° or more). Temperature varies in different regions of Poland. It depends on the height above sea level and the distance from the Baltic Sea. In the summer, for instance, temperatures are lower in northern Poland because of the Baltic Sea. The lowest temperatures are in the mountains and the highest in western and central Poland. For current weather conditions search the Internet:

www.pogoda.onet.pl,
www.twojapogoda.pl,
www.weather.com

TIME

The time zone is GMT plus 1 hour. When talking about time we very often say 13.00 or 20.00 instead of 1 or 8 pm. Twice a year the time changes: one hour forward in March, and one hour back in October.

PLACES WORTH SEEING

We have quite a few natural regions – the mountains (Carpathian and Sudeten Mountains) in the south, the plains in central Poland, the lake district (Mazury) in the north-east and the Baltic Sea coast in the north. Every region and city offers unique places to visit. The list below gives an idea of how varied they are.

1. **Warsaw** - when visiting our capital city you should not miss the chance to visit the Old Town with its unforgettable Marketplace and the Royal Castle (both completely destroyed during World War II and carefully reconstructed afterwards). At Łazienki Park, a big romantic 18th century park close to the city centre, which was the summer residence of the last Polish king Stanisław August Poniatowski, there are lakes, the Palace on the Water, the amphitheatre, and the Monument to Frederick Chopin, where piano concerts are held in summer. Along the so-called Royal Track there are many historical buildings but also an elegant shopping street – Nowy Świat. Wilanów Palace and its gardens are also frequently visited by tourists and inhabitants of Warsaw. You can also visit the National Theatre and the Opera, the Palace of Culture, and much more... If you have more time, you can visit Żelazowa Wola, where Chopin was born, or the primeval Kampinos Forest; both close to Warsaw.
2. **Kraków** - the former capital of Poland (11th -17th century) and one of the most beautiful cities. You can visit the Wawel (the castle of Polish kings and the place where the legendary dragon of Kraków had its cave); the Jagiellonian University (founded in 1364 is the oldest institution of higher education in Poland and one of the oldest in Europe); St. Mary's Church (Kościół Mariacki) – a magnificent church next to the Market Square (the largest medieval square in Europe); and Kazimierz – an old Jewish district. Kraków is registered on the UNESCO World Heritage List. Every tourist will discover their own "magical" Kraków.
3. **Wieliczka** - a medieval (and still working) salt mine with underground galleries, halls with works of art sculpted in salt, and lakes. Out of 300 km of underground routes, approx. 2 km is open to tourists. The biggest underground chamber has enough room for 500 people. A trip through the underground corridors takes about 2.5 hours. The salt mine is on the UNESCO World Heritage List. Wieliczka is located only 12 km from the centre of Kraków.
4. **Gdańsk** - thanks to its location at the delta of the Vistula river, the city was a centre of international trade in the 16th century. Gdańsk witnessed historical events such as the outbreak of World War II and the establishment of Solidarność. The city is famous for the annual Dominican Fair, which takes place in August, at which time thousands of tourists visit Gdańsk and neighboring Gdynia and Sopot. When you are in Gdańsk we recommend you to take a walk along Długi Rynek and Długa Street, visit the Cathedral of the Virgin Mary (you can climb up the tower and admire the view of the city), the Townhall, Artus Court, and the Cathedral in Oliwa. Along the whole coastline (from Krynica Morska to Szczecin) is a stretch of sandy beaches popular among tourists all year round.
5. **Malbork** – site of the largest medieval castle in Europe. It was built in the 13th century as the seat of the Great Master of the Teutonic Order. You need 4 hours to visit the entire complex consisting of several buildings.

6. **Częstochowa** - with Jasna Góra, a fortified monastery and church, is the most venerated Polish sanctuary. Every year it attracts thousands of pilgrims.
7. **Zakopane, Karpacz, Krynica or Wisła** – famous as places to go skiing in the winter, and for walking, climbing and hiking in the summer. In the South we have rocks in fantastic shapes, caves and valleys.
8. **Biskupin** - an archaeological reservation. Excavations revealed a settlement built of wood over 2700 years ago. The Lusatian culture's fortified settlement was built on a swampy peninsula of about 2 ha..
9. **Jura Krakowsko-Częstochowska** - with the Eagles Nest Trail, is a region of calcareous rocks with picturesque ruins of medieval castles.
10. **Mazury** - the land of a thousand lakes amid old forests. If you like sailing, this is the place for you. We have over 900 lakes in Poland each with a surface area of more than 1 hectare.
11. **National Parks** - there are 22 of them in different regions. Unforgettable views, plants, birds, fish and other animals of different species living at large, crystal clear streams, rivers, rushes... They all create attractive scenery for those who love contact with nature.
12. **Tatra Mountains** - the only mountains of the Alpine type in this part of Europe. The whole Tatra Park range is part of a National Park. The expedition to Kasprowy Wierch, climbing up Giewont, Rysy (the highest peak of the Polish Tatry – 2499m), trips to Czarny Staw, or Morskie Oko (lakes), are all very popular among tourists.

These and many other wonderful places are waiting for you to discover them...

MUSEUMS, THEATERS, MOVIES

Every city has cultural centres. Theatres, museums (National Museums in Gdansk, Krakow, Poznan, Szczecin, Warsaw, Wroclaw), art galleries, concert halls, movies, libraries and sport facilities are everywhere. You can find pubs, clubs and discos in big and smaller cities. Most regions and cities have their own websites.

CUSTOMS

Thanks to our ancestors we have a set of customs rooted in past centuries. Let's have a look at a few.

February/ March:

- **Tłusty czwartek (Fat Thursday)** - celebrated on the last Thursday of the carnival. On that day we bake, or more often buy and eat lots of delicious doughnuts with marmalade.
- **Ostatki** - the last day of the carnival, just before the Lent. Many people, especially youngsters, go out in the evening.

March/April:

- **Wielki Czwartek, Wielki Piątek, Wielka Sobota (Triduum Paschalne) (Eastern Thursday, Friday, Saturday)** - during the very last three days of the Lent special ceremonies are held in churches. On Easter Saturday we bring food packed in small baskets to church to be blessed.
- **Lany poniedziałek (wet Monday)** - the Monday after Easter. Children and adults pour water (sometimes perfumes or cologne) on one another, wish good health and give small gifts.

- **Prima aprilis (April Fools' Day)** - on the 1st of April. You can be sure that somebody will try to pull your leg on this day!

May/June:

- **Corpus Christi** - you can see processions led by children scattering flower petals.
- **Sobótka** - on St. John's night in June. In villages, towns and cities located by a river, lake or sea people gather at one place in the late evening to observe the spectacle of wreaths decorated with burning candles floating on the water. Local authorities often organise open air music concerts.

November:

- **Wszystkich Świętych (All Saints' Day)** - 1st of November. People go to cemeteries to light candles and pray for their relatives, friends or strangers who have passed away.
- **Andrzejki (St. Andrew's Day)** - 30th of November. It is a very mysterious evening - people, especially young girls, pour hot, melted wax into a bowl of cold water, the shape of the congealed wax tells the future. Other fortune-telling games are played as well.

December:

- **Mikołajki (St. Nicholas Day)** - 6th of December. It's a sign of the coming Christmas. Supposing that you were good it is very probable that early in the morning you will find a gift in your shoes. They must be clean of course!
- **Christmas Eve** - 24th of December. Before a solemn dinner we share a wafer with one another. During the whole evening we sing Christmas carols. The courses served are very special and usually associated with Christmas Eve exclusively. Every region has its own dishes. Some people go to church for a midnight mass.

CUISINE

Our cuisine is varied. We have traditional dishes, such as **schabowy** (a pork chop), **bigos** (cabbage cooked with vegetables and meat), **gołąbki** (chopped pork and rice wrapped up in a cabbage leaf, then cooked in a tomato sauce) or **pierogi** (pasta with mushrooms, meat or fruits) on the other hand, we do eat more and more salads and vegetables. For breakfast we usually have cereals, tea, coffee or milk, yoghurt, or toast, sometimes sandwiches or eggs. Many people have lunch in the early afternoon. Dinner, served in the late afternoon, is the main meal. Salads, potatoes, salad, rice or pasta with meat are often served. A piece of cake or fruit is a good dessert.

POLITICAL SYSTEM

Poland is a republic governed by a president elected by popular vote for a five-year term. The bicameral National Assembly (Zgromadzenie Narodowe) consists of the Sejm and the Senate. The Prime Minister is appointed by the president and confirmed by the Sejm.

Poland joined the NATO alliance in 1999.

In accordance with the Constitution, the Republic of Poland is a Parliamentary Republic. The President, whose office is restricted to two five-year terms, is the Head of State. In July 1989 a joint session of the Sejm and Senate elected General Wojciech Jaruzelski as Poland's first President since 1952. Presidents have been elected by direct popular vote since 1990, as a result of which Lech Wałęsa became the first President elected by the

nation. He was defeated in the next election and a representative of the left wing – Aleksander Kwaśniewski was elected President. Since 2005 Lech Kaczyński has been the President of Poland. The Parliament (National Assembly) is the main legislative body. The 460 members of the Sejm (Lower Chamber) and 100 members of the Senate (Upper Chamber) are elected every four years. Every Polish citizen of 18 years of age and over can vote. The Government (Council of Ministers) is the main executive body. It is formed by the winning party (or parliamentary coalition) with the Prime Minister as its head.

RELIGION

The majority of the population declares themselves to be Roman Catholics (about 90% of Polish people). There are also other religious groups among which orthodox and protestant are the most widespread (respectively 1,4% and 0,4% of the population).

Freedom of conscience and freedom of religion are guaranteed by the Polish Constitution. The Church and the State are independent and autonomous. There is no official religion in Poland. The Roman Catholic Church is the biggest Church in Poland. The overwhelming majority (nearly 90.3%) of the population are Roman-Catholic if the number baptisms is taken into consideration (34.9 million baptised people).

The Church has the right to run educational institutions, i.e. kindergartens and schools of all types according to canon law regulations and official principles scheduled in relevant Acts (e.g. the Act on the education system, or higher education Act).

POLAND FROM THE FOREIGN POINT OF VIEW

Here are some little differences which may puzzle or surprise foreigners in Poland.

Some of these are still common:

- Paying for the toilet in some restaurants or bars.
- Trying to send a parcel in the post office may require a special kind of string.
- Having to be quiet in your flat after 10 p.m. but being allowed to start loud work again at 6 a.m.
- Flowers for every occasion (but always an uneven number!).
- Polish celebration of a name day.
- Christmas dinner is eaten on Christmas Eve often with the carp in jelly (delicious!).
- The direct translation of "I'm sorry, I'm afraid we haven't got any of that at the moment, try again tomorrow or would you like me to order some for you" in a shop is *'Nie ma'* said in a tone of voice that makes you feel guilty for having even asked.
- Despite the fact that a handshake is a typical greeting in Poland, some men might kiss hands of women. Women (and sometimes men) who are close friends will kiss each other on both cheeks.
- Time of eating meals differs considerably from that in other European countries. Thus, breakfast is eaten early in the morning, then at about 4 p.m. there is usually a two-course dinner (soup and the main course), finally supper is consumed at about 7-8 p.m. (it often consists of sandwiches or yoghurts). There is no lunch break at work.

As it takes time to understand the different behavior in a new culture and know how to react, here are some comments for newcomers:

- Poland is a very religious country and on a Sunday you will see huge crowds going to church, young as well as old.
- The month before Christmas is a holy time (advent) not a time for parties. Similarly, the time of Lent before Easter.
- You should cross a street at zebra crossings but watch out as cars sometimes do not seem to have to stop!
- Lectures at the university may start sometimes 15 minutes later (so-called 'academic quarter' acceptable BUT NOT BY EVERYONE among university students and teachers)
- Students usually wear formal clothes (often a white blouse/shirt and dark skirt/trousers) during university exams.
- English is still not so common in Poland (not in the countryside at least), German is more popular among middle-aged and older people.

GDAŃSK, SOPOT, GDYNIA

GDAŃSK

The Tri-city (or *TriCity*, also called *Treble City*, in Polish *Trójmiasto*) is an urban area consisting of three Polish cities: Gdańsk, Gdynia and Sopot. They are situated adjacent to one another, in a row, on the coast of the Gdańsk Bay, the Baltic Sea, in Eastern Pomerania (the Pomeranian Voivodeship), northern Poland. The Tricity metropolitan area has a population of over 1 million people. The name *Trójmiasto* was used informally or semi-formally only until 28 March 2007 when the "Tricity Card" (in Polish "Karta Trójmiasta") was signed as a declaration of the cities' cooperation.

The history of Gdańsk begins around 2500 BC, when settlement activity in the area of today's city started. Ten centuries ago, in March 997 the Slavonic name URBS GYDDANYZC was first recorded in "The Life of St. Adalbert" written in Rome by the monk John Canaparius.

Gdańsk has played an important role in the history of neighbouring states and especially of Poland throughout its thousand-year history. Its convenient location, where Poland's principal river – the Wisła (the Vistula) – meets the Baltic Sea, has shaped the city's character and has made it one of the most lively centres of trade in this region of Europe. Gdańsk is a northern European city, which can be seen from its architecture, culture and science. When walking around the Old Town, you can still see frescos, monuments of kings (Kazimierz Jagiellończyk, Zygmunt August, Jan Sobieski), created centuries ago. Previously, many German and Polish settlers had made their way to the town, as did the Flemish, the Scots, the Jews, the Dutch, the Italians, the French and the Scandinavians. Many famous people of various nationalities come from our city. Gdańsk citizens included famous scientists, such as Jan Hevelius, the astronomer who was born and worked here; Daniel Fahrenheit, the inventor of the thermometer scale still used in America; Arthur Schopenhauer, the world famous philosopher – called the saddest Gdańsk citizen. Gdańsk has always been a city attracting open minds due to its spirit of tolerance. Klaus Kinski, the famous actor, was born in Sopot. The Nobel Prize winner Gunter Grass comes from Gdańsk and his books describe former and contemporary visions of the city. The idea of "Solidarność", the first free trade union in an Eastern European Russia-dependent country, which gave birth to a great social movement, was also born in our city.

The 16th century is a golden period in the history of Gdańsk. The town, a member of the Hanseatic League, became a marine and economic power, one of the most prosperous in Europe. At that time magnificent churches, public buildings, patricians' and rich burghers' houses were built.

Gdańsk twice became a Free Town. First, as a result of the Treaty of Toruń (1466), then after the First World War, when the Treaty of Versailles (1919) established the Free City of Danzig (Gdańsk) in 1920, under the auspices of the League of Nations, via the Commissioner General of the Polish Republic. The existence of the Polish minority among the German majority and the increase in the power of the Nazis (1934-1939) provided a background for confrontation. After World War II, which began with the attack by Hitler's Germany on Westerplatte, Gdańsk was completely destroyed. After being reincorporated into Polish territory, Gdańsk was carefully restored.

SOPOT

Sopot is the summer capital of Poland, having a special atmosphere and artistic spirit. With what is the longest wooden pier in Europe and the Music Festival in Opera Leśna, it attracts lots of people from all over Poland and different countries of the world. They come to walk down Monte Cassino Street, relax, meet friends and enjoy the wonderful summer nights either at the seaside or in the numerous cafes, pubs and clubs.

GDYNIA

The history of Gdynia starts in the 13th century. It was a small village owned by monks. In 1922 the Senate of the Republic of Poland passed a law to build a sea port, later open to merchant and navy ships. In 1926 Gdynia officially became a city. Nowadays, Gdynia is one of the fastest growing cities in Poland and it attracts many companies to the region, thanks to its good location.

MEDICAL UNIVERSITY OF GDAŃSK

HISTORY

The Akademia Lekarska in Gdańsk was founded on October 8th, 1945. Its history is related to the centuries-old tradition of medical practice of surgeons associated in the Surgeons Guild (active since 1454), as well as teaching and medical and scientific research, particularly in Gdańskie Gimnazjum Akademickie (Atheneum Gedanese) established in 1558. This institution set up the Department of Science and Medicine (physices et medicinae), which was managed and supervised by eminent scholars. Among the most famous lecturers were: Joachim Oelhafius, a native of Gdańsk, who in 1613 was the first to perform a public autopsy of a newborn child in Northern Europe, and doctor Jan Adam Kulmus, the author of the anatomical atlas "Tabulae anatomicae", published in 1932. The work was released in numerous editions and was translated into many languages. The Gimnazjum Akademickie represented a high standard of achievement and its graduates were accepted in the third year of medical studies at universities in Western Europe. After the closing of the Gimnazjum Akademickie at the beginning of the 19th century, it was not until the first years of the 20th century that another academic school was established.

The traditions of pharmaceutical sciences in Gdańsk date back to the times of Johannes Placotomus, the author of superb books and founder of the first pharmacy in Gdańsk in 1527, and Johannes Schmiedt, alias Fabritius, the co-author of the oldest Polish pharmacopoeia, published in 1665.

In 1935 the Gdańsk Senate, already represented mostly by German nationalists (members of NSDAP) went about establishing Akademia Medycyny Praktycznej (Die Staatliche Akademie für Praktische Medizin zu Danzig) on the basis of the municipal hospital built between 1907 and 1911. Teaching medicine in the newly opened college involved clinical courses. In 1940, following the introduction of pre-clinical courses, the college's name was changed to Medizinische Akademie in Danzig, making it full 5-year medical studies.

After the end of World War II, Akademia Lekarska was founded in Gdańsk. In 1950 its name was changed to Akademia Medyczna (The Medical University of Gdansk). Among the professors of the newly established college, there were many eminent Polish scholars from the University of Stefan Batory in Vilnius, who had come to Gdańsk after Vilnius was incorporated into the Soviet Union, and a handful of scholars from other pre-war Polish academic centers. Initially, Akademia Lekarska conducted studies in two majors: medical and pharmaceutical. In May 1947 the Faculty of Stomatology was created and later on in January 1950 the name was changed to the Subfaculty of Dentistry at the Faculty of Medicine. In 1975 Medical University of Gdansk (MUG) opened a branch in Bydgoszcz, which in 1984 became an independent college. In 1993, as a joint unit of Medical University of Gdansk and Gdańsk University, the Intercollegiate Faculty of Biotechnology was founded. In the academic year 2005/2006 Medical University started the Faculty of Health Sciences.

Ever since its creation, Medical University of Gdańsk has paid special attention to the development of its teaching and clinical framework. Many new research institutes and clinics have been established, the equipment has been modernized, new facilities have been created and all the buildings including the campus have been equipped with computers and a computer network. Currently, MUG offers education in nearly all medical professions and classes can also be conducted in English.

... AND NOW

The Medical University of Gdańsk is the largest medical academic institution in the Northern Poland. The Medical University of Gdańsk educates more than 5 000

undergraduate and postgraduate students in four Faculties: Faculty of Health Sciences, Faculty of Medicine, Faculty of Pharmacy, and the Intercollegiate Faculty of Biotechnology of the University of Gdańsk and the Medical University of Gdańsk. Teaching activities are carried out by nearly one thousand of academic teachers with over one hundred of them holding the professor's position. Students may choose to live in the comfortable campus, placed close to the main university buildings and the modern library.

Our University aside from educational activity highly focuses on scientific research, which is proved by the top positions in the ranking of the Polish Ministry of Science and Higher Education and many awards gained by its researchers, among many others a prestigious Award of the Foundation for Polish Science received by the Professor Roman Kaliszan in 2003 and Professor Janusz Limon in 2004.

The University constantly modernizes its clinical and teaching facilities. In year 2007 the process of modernization of the main teaching hospital, Academic Clinical Centre has been launched. The investment is co-financed by the state budget with the subsidy of 480 mln Polish zlotys (ca 140 mln EUR).

The University participates in the international cooperation with more than 50 universities and scientific centers, i.e. carries the wide exchange of students and teachers in the framework of the Lifelong Learning Programme and is an active member of many European organizations and institutions. Since their foundation our school takes also an active part in the working of two regional organizations – ScanBalt and Baltic Sea Region University Network.

FACULTIES

Departments are the basic units of the Medical University of Gdańsk (MUG). The departments are managed by Deans, who supervise employees employed in the particular department. Department Councils are units responsible for passing resolutions. They create the main directions for the development and activities of a department.

FACULTY OF MEDICINE WITH SUBFACULTY OF DENTISTRY

The Faculty of Medicine was established in 1945. Its goals are inextricably linked with the centuries-old tradition of medical and natural science practices in Gdańsk, particularly in Gimnazjum Gdańskie (*Gymnasium Gedanense*) founded in 1558, and later given a more academic name (*Gymnasium Academicum sive Illustre, Atheneum Gedanense*).

Eminent doctors ran the department of medicine and anatomy, created in Gimnazjum Gdańskie. The most recognized lecturer was Joachim Oelhafius, a native of Gdańsk, mostly renowned for being the first in Northern Europe to perform a public autopsy. Equally outstanding was the anatomist Jan Kulmus, whose large anatomical atlas "Tabulae anatomicae" was published in Gdańsk in 1932. The work was released in numerous editions and was translated into several languages.

The Faculty of Medicine educates its students in three majors – medical (homogenous 6-year MSc studies) and medical stomatological (homogenous 5-year MSc studies), as well as dental techniques (3-year 1st degree BSc studies). The Faculty's high level of education was confirmed by the Accreditation Committee for Medical Universities working at the Conference of Presidents of Medical Universities, and by The State Accreditation Committee, which granted the Faculty a 5-year-long accreditation for both MSc majors. Moreover, classes in the medical major are also conducted in English (since 2002).

The Faculty of Medicine together with the Subfaculty of Dentistry educates 2363 students. Among them there are 434 foreign students who attend classes in English at the medical English-speaking Department. Those students come from European Union Member States, the United States of America, Canada, India and Nigeria.

Graduates can continue their education at the Faculty of Medicine within the framework of a 4-year-long PhD study programme in which a few dozen doctors participate. Throughout its 62 years of activity, the Faculty has educated 13,474 doctors, 4,520 dentists and 91 Bachelors of Science.

The Faculty comprises 69 Departments, Institutes and Clinics and the elementary teaching tasks are performed by 662 university teachers, including 98 independent research workers, 40 of whom have a professor's degree. As a result of dynamic research activities, the Faculty can pride itself on as many as 1831 PhD programmes, 290 post doctorate programmes and more than 160 people who were awarded the degree of professor. Teaching is supported by resources and equipment situated in nearby elementary educational facilities, as well as clinical and pre-clinical facilities.

Noteworthy among teaching facilities is the structure which houses the Theory Departments, with a cubature of 62.300 m³, put to use in 1975, with three amphitheatre-style lecture halls, housing 12 departments and institutes, with modern research equipment and an educational facility *Atheneum Gedanese Novum* on Aleja Zwycięstwa, along with fully-equipped seminar rooms and an elegant lecture hall *Auditorium Primum*.

Practical clinical classes take place in the Academic Clinical Centre (Akademickie Centrum Kliniczne) and in some of the health-care institutions in Gdańsk. The Academic Clinical Centre is the largest hospital in Northern Poland, which administers a few dozen buildings situated in the following streets: Dębinki, Smoluchowskiego and Kliniczna. Most of these buildings were erected between 1908 and 1927. The current educational activities and health-care services are performed in 58 clinics and institutes with more than 1200 hospital beds.

The hospital facilities are regularly modernized and clinics and institutes are supplied with modern diagnostic and therapeutic equipment. In 2007 construction work started on a modern clinical hospital – the Centre for Invasive Medicine, which will contain mostly surgical units, modern lecture halls and a recreational complex.

Aside from organizing practical classes aiming at preparing students for their profession, and postgraduate studies, the clinics perform highly specialized diagnostic and therapeutic services, not only for the people from the Tri-city and neighbouring towns, but also for the whole of Northern and Central Poland. Research in both elementary and clinical analysis is undergoing constant development. In the ranking of the Ministry of Science and Higher Education for 61 medical faculties and institutes, the Faculty of Medicine MUG was awarded first place in the category of medical research units.

Since 1998 the Faculty of Medicine has been participating in the SOCRATES/Erasmus Programme and currently, in –The Lifelong Learning Programme, both of which organize student exchanges with partner universities of the European Union and enable lecturers to give lectures abroad. We have also introduced the European Credit Transfer System (ECTS).

FACULTY OF PHARMACY WITH SUBFACULTY OF LABORATORY MEDICINE

The Faculty of Pharmacy MUG primary goal is to educate Masters of Science and Masters of Medical Analysis who will be able to face the growing competition connected with the fact that Poland is a member of the European Union.

The Faculty of Pharmacy educates students in two majors – pharmacy (homogenous 5-year MSc studies) and medical analysis (homogenous 5-year MSc studies). The Faculty's high level of education was confirmed by the Accreditation Committee for Medical Universities, which granted the Faculty accreditation for both MSc majors. Classes in pharmacy are also conducted in English.

The Faculty has a 5-year-long accreditation from the Minister of Health for running specialized courses in retail pharmacy, hospital pharmacy, pharmaceutical analysis and industrial pharmacy. In cooperation with the National Research Institute OINpharma in Warsaw (Ośrodek Informacji Naukowej) and the Pharmaceutical Faculty of Medical University in Warsaw, the Faculty of Pharmacy in Gdańsk organizes 3-semester postgraduate studies in industrial pharmacy.

Currently, as many as 856 students study at the Faculty of Pharmacy and throughout its 60 years of activity, it has educated 4,872 Masters of Pharmacy, 76 Bachelors of Science

and 62 Masters of Medical Analysis. Both MSc and PhD students can go abroad and study within the framework of The Lifelong Learning Programme.

The Faculty consists of sixteen Departments and Institutes, the Library, the Medicinal Plant Garden, the Postgraduate Training Centre, two computer rooms and a pharmacy. Among the Faculty's staff there are 113 university teachers, including 7 full professors, 10 associate professors and 10 teachers with a post doctorate degree. A dozen or so PhD students perform their research within the full-time PhD study programme.

One of the Faculty's goals is intensive research into medications that will meet worldwide standards. This can be achieved by strengthening its cooperation with the country's pharmaceutical industry and by participating in international research programmes. Teams of scientists are especially interested in obtaining and analyzing synthetic medications, as well as examining their biological properties. They also wish to come up with new forms of synthetic and natural medications. The Faculty is considered to be the leading Polish scientific centre in cooperating with the pharmaceutical industry.

Thanks to dynamic research activities, the Faculty has awarded 222 PhD's (the first one in 1950) and 55 with post doctorate degrees (the first one in 1967). The MUG's Senate filed a motion for conferring an honorary doctorate upon the following professors: Stanisław Byczkowski (1985), Alan R. Katritzky (1994) and Irving W. Wainer (2006).

In the ranking of the Ministry of Science and Higher Education for 61 medical faculties and institutes, the Faculty of Pharmacy was awarded first place in the category of medical research units. We came third in Poland, so we are behind only two research units of the Polish Academy of Science (PAN) – The Department of Medical Biology in Warsaw and The Institute of Pharmacology in Krakow.

FACULTY OF HEALTH SCIENCES WITH SUBFACULTY OF NURSING

The Faculty of Health Sciences at the Medical University of Gdańsk was created in the year 2006. Students have the ability to major in the so-called paramedical sciences/associate sciences, such as: nursing, obstetrics, physiotherapy, medical rescue service, electro radiology, and since 2007, dietetics and public health as well. The following majors have acquired accreditation: obstetrics, nursing, and physiotherapy. The accreditation of public health major is in progress. Nursing, obstetrics, physiotherapy and public health majors are both 1st degree (BSc) and 2nd degree (MSc) studies. MSc studies in dietetics are planned to be conducted in the future. BSc majors in the medical rescue service and electro radiology can continue their studies in the public health major. BSc studies take 3 years and MSc 2 years to complete.

1719 people study at the Faculty of Health Sciences, which is 1/3 of the students of the Medical University of Gdańsk. 143 people are employed in the Faculty:

- 20 independent academic research workers: 3 full professors, 11 associate professors, 6 teachers with a post doctorate degree, including 9 titular professors.
- 123 other employees, including 52 with a PhD

In addition, classes are conducted by 18 PhD students.

28 Institutes and clinics alongside the units of the Interdepartmental Institute of Maritime and Tropical Medicine, including educational facilities of the Department of Nursing seated at 38 Do Studzienki street, the Electro Radiology Major seated at 7 Dębinki street, the Physiotherapy Major seated at 7 Dębinki Street, Social Sciences seated at 15/19 Tuwima street, all make up the educational facilities of the Faculty of Health Sciences.

The research outline of the Faculty of Health Sciences includes research in the following fields: nursing studies, medical rescue service, public health, health-care economics, medical law, radiological and radioisotopic research, psychology, parasitology, molecular medicine, dietetics and many more.

The Faculty of Health Sciences cooperates with the Nursing Department of Florida University in Gainesville (USA), the University of Karlskrona (Sweden), the HENRE network for the education of electrocardiologists and a number of Swiss centers (physiotherapy).

The development plans for the Faculty of Health Sciences include building an educational centre in the development areas of the Medical University of Gdańsk, as well as the development of teaching and scientific research based in the Interdepartmental Institute of Maritime and Tropical Medicine and Redłowo Hospital in Gdynia.

INTERCOLLEGIATE FACULTY OF BIOTECHNOLOGY UG-MUG

The Intercollegiate Faculty of Biotechnology is a joint unit of Gdańsk University and the Medical University of Gdańsk. Founded in 1993, the unit offers studies in biotechnology on three levels: 3-year BSc studies, 2-year MSc studies and 4-year PhD studies. Currently, the Faculty educates 122 prospective Bachelors of Science, 76 Masters of Science and 45 PhDs.

Since 2001, the Faculty has been participating in a 3-year vocational studies programme in biotechnology – “Job Creation Oriented Biotechnology Diploma”- coordinated by the University of Perugia. Every year, around 50% of the students of the Intercollegiate Faculty of Biotechnology take part in the international exchange under the Socrates/Erasmus Programme.

The Faculty was accredited by the State Accreditation Committee (2005) and by the University Accreditation Committee (2002, 2007). In the ranking of the Ministry of Science and Higher Education, the Faculty has always been awarded the first place, while press rankings place it every year among the three best units offering studies in biotechnology.

The Faculty prides itself on its 14 independent academic research workers, 6 of whom are professors; and 26 PhD workers.

The Faculty’s research teams participate in projects 5 and 6 of the Framework Programme, as well as other national and international projects, primarily in the scope of molecular diagnostics of human, plant and animal diseases. Between the years 2001 and 2005, the Intercollegiate Faculty of Biotechnology was the coordinator of the “BioMoBiL” Centre of Excellence, financed within the 5th framework project of the European Union. The Faculty is also a member and co-founder of the ScanBalt association bringing together “life science” colleges, clinics and companies from Scandinavian and Baltic countries. The Faculty’s laboratories are equipped with modern facilities, including confocal microscopes, flow cytometers, DNA sequencers, pherometers, devices for breeding and cryopreservation of bacterial, plant and animal cells, gel documentation systems, ultra whirlpools, simple and gradient thermocyclers, as well as Real-Time PCR.

The Faculty’s research teams, which belong to Gdańsk University, have their seat in the modern building of the Institute of Biotechnology. Since 2005, the MUG teams have operated in the building of the Tri-City Academic Animal Experimental Centre.

INTER-FACULTY UNITS

The interdepartmental units complement the offer of other departments. Their main aim is to organise and provide training in the area of their specialisation to students from various departments.

The units may also conduct research and provide services. The interdepartmental units are supervised by the Vice-Rector for Didactics.

INTERDEPARTMENTAL INSTITUTE OF MARITIME AND TROPICAL MEDICINE

The Interdepartmental Institute of Maritime and Tropical Medicine in Gdynia is one of the oldest research institutions in Poland. Founded in 1938, it was given the name Maritime Medicine Institute. Initially, it was a branch of the National Institute of Hygiene and it became an independent institution after 1939. It was reopened in 1947 and incorporated

into the structure of the Medical University of Gdańsk, preserving the outline of research work. In 1957 it became an independent institution and one of the departmental institutes of the Ministry of Health. It was seated in several buildings in the Tri-city (in Gdańsk-Wrzeszcz and in Gdynia). In 1985 it was granted a seat in Gdynia-Redłowo, where all the institutes, laboratories and clinics were situated, together with maintenance staff. On October 1st, 2003 it was once again incorporated into the structure of the Medical University of Gdańsk as the Interdepartmental Institute of Maritime and Tropical Medicine. It extended its academic activity by introducing didactics for students (also in English), PhD students of all the faculties of the Medical University, as well as doctors and other health-care workers who acquire specialization under the tasks and missions at CMKP in Warsaw.

The main area of activity of the Interdepartmental Institute of Maritime and Tropical Medicine is research and development work in the field of maritime and tropical medicine, hyperbaric medicine, toxicology and environmental protection; legislative activities for the sake of the work code and regulations concerning health-care requirements for workers; diagnostics and treatment in the field of work pathology, maritime pathology, tropical pathology and underwater pathology. In the latest ranking of the Minister of Science and Higher Education, the Institute was among the first in the category of research units.

For 56 years the Interdepartmental Institute of Maritime and Tropical Medicine has been publishing the English science periodical 'International Maritime Health' (previously named: Bulletin of Maritime and Tropical Medicine), one of the oldest periodicals in the world in this field.

The Interdepartmental Institute of Maritime and Tropical Medicine consists of 9 departments (one of which consists of two institutes and one clinic) and clinics. Moreover, there are three national specialized reference centres: the National Hyperbaric Centre, the National Centre for Maritime Medicine and the National Centre for Tropical Medicine, whose workers supervise the St. Lucas Health Centre in Kifangondo in Angola.

Thanks to grants from the Ministry of Science and Higher Education, we have been able to modernize the institutes and laboratories, which will allow them to obtain accreditation. We will also be a BSL-3 laboratory (bio-safety level 3), which will facilitate new research and diagnostic work in accordance with UE requirements.

DEPARTMENT OF FOREIGN LANGUAGES

The Department of Foreign Languages (SPNJO) is an integral inter-facultative unit of MUG. Its staff attaches great importance to the quality of teaching and the standards of foreign language pedagogy, paying attention to all the specific aspects of medical branches and related sciences.

Our department offers courses in the selected modern language (currently, you can choose English, German, French, Spanish and Polish for foreigners) and Latin in medicine. Classes are held at different levels in accordance with the guidelines of the European Committee.

The SPNJO teachers run tutorials for anyone in need of extra help with materials. Moreover, the staff of SPNJO holds language exams for students (scientific exchanges, practice abroad, PhD study programmes) and for the staff (in the framework of their specialization and in defending their PhD thesis).

Within its scope of commercial activity, the department also organizes foreign language courses (general and specialized) for the staff and the students of MUG.

DEPARTMENT OF SPORT AND PHYSICAL EDUCATION

The Department of Sports and Physical Education organizes compulsory physical activities for students of all the faculties of the Medical University of Gdańsk (MUG). The Department offers the following facilities:

- gymnasiums for team sports (basketball, volleyball, unihockey, football and futsal)
- aerobics halls with mirrors, wall bars and good amplification.
- full-sized football field with a track
- two gyms
- four locker rooms with showers

All the physical exercises, except for judo and swimming, take place at the Faculty of Pharmacy in Gdańsk on 107 Hallera Street.

In addition to this, all sport lovers are invited to participate in extra activities within the different sports sections. The members of The University Sports Association take part in games within the Intercollegiate League (Liga Międzyuczelniana) of the Tri-city's colleges. The Medical University in Gdańsk has its own representation in the following sports disciplines:

- sport aerobics
- female and male volleyball
- female and male basketball
- judo for males and females
- swimming for males and females
- football

SCIENCE & RESEARCH

The Medical University of Gdansk attaches great importance to supporting the development of scientific activity. When the ranking system of the Ministry of Science and Higher Education (previously named: Research Committee) was established, the Medical University of Gdańsk introduced and continues to enhance the internal system of parametric assessment of particular research units. Today, three faculties of the MUG – Medicine, Pharmacy, and the Intercollegiate Faculty of Biotechnology pride themselves on the highest positions in the abovementioned ranking, similarly to the unique Interdepartmental Institute of Maritime and Tropical Medicine. The Faculty of Health Sciences, founded in the year 2006, is preparing for the parametric assessment of the Ministry of Science and Higher Education and it has also submitted an application to be granted the right to award PhD degrees.

The main funding sources for research are: statutory activity (118 research topics), commissioned projects, development projects, own projects, promoter projects, post doctorate projects (altogether 109 projects), own research (345 research topics), and research support activity (37 projects). Moreover, the academic teachers perform scientific research under contract with external entities, primarily with pharmaceutical enterprises (19 service and research projects). The University staff also carries out projects financed by the EU framework programmes and other community initiatives, as well as structural funds, including the Sector Operational Programme –Increased Enterprise Competition.

Performing advanced scientific research requires the most modern equipment. The following items have recently been purchased with the extended financial aid of the Ministry of Science and Higher Education:

- FACS Aria cell sorter
- Chip electrophoreser (type: Experion Electrophoresis System)
- micromatrix analysis scanner
- PCR Chromo4Four apparatus – Color Real Time PCR System
- system of registering and analyzing animal behavior in an open area
- system of animal fear-conditioning

A significant element of the MUG's science infrastructure is the recently opened collegewise animal centre – the Tri-city's Academic Animal Experimental Centre, available to other Pomeranian research units.

The high level of research work and the highest qualifications of our academic teaching staff are reflected in individual distinctions, among many – the Polish Nobel Prizes – the prize awarded by the Foundation for Polish Science to professors: Roman Kaliszan in 2003 and Janusz Limon in 2004. In the previous academic year the Prime Minister gave the award for scientific activity to professor Jacek Jassem and post doctorate teacher Michał Markuszewski was the laureate of the prestigious academic scholarship of the Minister of Science and Higher Education. The scholarship was addressed to eminent young scientists in the category of research for the sake of scientific development.

INFORMATION FOR CANDIDATES FOR 6-YEAR M.D. PROGRAMME AT ENGLISH DIVISION, FACULTY OF MEDICINE

Candidates from all of the world have possibility to apply for 6-year M.D. Programme at English Division, Faculty of Medicine at the Medical University of Gdansk. The extended curriculum is based on strict European and US standards. After graduation from the Medical Faculty students will receive a diploma of physician (M.D.), certifying graduation in medicine from the Medical University of Gdansk, and can apply for a license to practice medicine in their country.

Candidates from **North, Central and South America** interested in study at the English Division, Faculty of Medicine, Medical University of Gdańsk at the 6-year M.D. programme should contact with:

Prof. Jaroslaw Krejza M.D., Ph.D.
1100 Beverly lane
Newtown Square, PA 19073
USA
ph.: 610 358 1550; 610 4575234; 215 662 3660
fax: 484 320 80 23, or 215 615 3681
e-mail: Jaroslaw.Krejza@uphs.upenn.edu
www.programmd.com
www.educationmd.com

Candidates from **Great Britain, Ireland, Germany, Italy, Spain, Portugal, Greece, Cyprus** and **Nigeria** interested in study at the English Division, Faculty of Medicine, Medical University of Gdańsk at the 6-year M.D. programme should contact with:

M&D Europe (UK) Ltd.
Challenge House
616 Mitcham Road
Croydon, Surrey
CRO 3AA
England
Tel: 0871 7171 291
Fax: +44 (0)870 487 1785
Calls from outside the UK: +44 (0)870 746 1144
Website: <http://www.studymedicine.co.uk/>

Candidates from **India** interested in study at the English Division, Faculty of Medicine, Medical University of Gdańsk at the 6-year M.D. programme should contact with:

OM CONSULTANTS
Zenofer Tower, Second Floor
No. 119 / 1, Jawaharlal Nehru Road

Jafferkhanpet, Chennai
INDIA – 600083
Phone: 0091 44 2474 2100
Fax: 0091 44 2474 2101
Mobile: 0091 98841 93351
E-mail: om.support@gmail.com
Website: www.omedu.com

Candidates from **Scandinavia** interested in study at the English Division, Faculty of Medicine, Medical University of Gdańsk at the 6-year M.D. programme should contact with:

Dr. Barbara Jedlińska
Selection Committee
Truedsgatan 2-F
215 67 Malmö, Sweden
Ph. +46 40 926325,
Mobile: +46 708 170671
Fax: +46 40 928898
e-mail: sel.com@jedlinski.com
Website: www.jedlinski.com

Candidates from countries outside **Poland, Scandinavia, India, Great Britain, Ireland, Germany, Italy, Spain, Portugal, Greece, Cyprus, Nigeria, North, Central and South America** interested in study at the English Division, Faculty of Medicine, Medical University of Gdańsk at the 6-year M.D. programme should contact with:

Anna Kiszka
Admission Office
Medical University of Gdansk
Al. Zwyciestwa 41-42
80-210 Gdansk
Ph: + 4858 349 13 90
Fax: + 4858 349 13 91
E-mail address: admission@amg.gda.pl
Website address: www.addmission.amg.gda.pl

Candidates will be selected by the Admission Committee on the basis of their final scores at high school, as listed in the High School Diploma provided by the applicant. Ranking of the eligible candidates and the decision of the Admission Committee on admission or rejection of a candidate will depend primarily on their scores in biology, chemistry, and physics.

List of documents that candidate is obliged to submit to University Admission Office:

- a completed application form
- a completed affidavit of citizenship
- a copy of High School Diploma or its equivalent and copy of the relevant school document- all in candidate's native language certified by candidate's school or by a public notary

- an accurate English translation of the above original documents, translated and certificated by candidate's school or by a sworn translator
 - a certificate of proficiency in English (non-native speakers of English only)
 - a photocopy of the applicant's passport certified by a public notary
 - a completed Medical Health Certificate filled by candidate's doctor
 - original birth certificate
 - five recent (size 35mm-45mm) photographs signed at the back (head no covered)
-

Candidates from **Poland** interested in study at the English Division, Faculty of Medicine, Medical University of Gdańsk at the 6-year M.D. programme should contact with:

Anna Kiszka
Admission Office
Medical University of Gdańsk
Al. Zwycięstwa 41-42
80-210 Gdańsk
Ph: + 4858 349 13 90
Fax: + 4858 349 13 91
E-mail address: admission@amg.gda.pl
Website address: www.addmission.amg.gda.pl

Candidate should have on High School Diploma scores from biology, chemistry and physics on high level. If candidate doesn't have one, two or all of them he/she will be obligated to take an entrance examination from lacking subjects in Medical University of Gdańsk.

List of documents that candidate is obliged to submit to University Admission Office:

- a completed application form
 - a copy of High School Diploma or its equivalent
 - an accurate English translation of the above original document translated and certificated by a sworn translator (if document is in another language than Polish or English)
 - a photocopy Identity Card certified by a public notary or employee of University Admission Office
 - Medical Health Certificate filled by candidate's family doctor
 - five recent (size 35mm-45mm) photographs signed at the back (head no covered)
-

TUITION FEES and CHARGES for 6-year M.D. programme

Students from Poland:

- admission fee PLN 1,000
- tuition fee for the first to the sixth year of study PLN 30,000 per year

Students from North, Central and South America:

- admission fee PLN 2,000
- orientation week fee PLN 1,000
- tuition fee for the first to the sixth year of study PLN 32,000 per year

Students from other countries:

- admission fee PLN 2,000
- orientation week fee PLN 1,000
- tuition fee for the first year of study PLN 41,000
- tuition fee for the second to the sixth year of study PLN 30,000 per year

TERMS OF PAYMENT

For students from abroad:

- admission and orientation week fee should be paid by 30th June (concern students from Scandinavia) or by 1st September (concern students from other countries):
- tuition fee for each year should be paid in two installments:
 - * first by 15th November
 - * second by 15th February

Students who make their payment by cheque should do it relatively early, because cashing a cheque can take five weeks.

For students from Poland:

- admission fee should be paid by 1st October
- tuition fee for each year should be paid in two installments:
 - * first by 15th November
 - * second by 15th February

BANK ACCOUNT

The payment in PLN should be transferred to the following account:

Bank Zachodni WBK S.A.

1 0/Gdańsk

ul. 3-go Maja 3

Acc. No 72 1090 1098 0000 0000 0905 4878

Swift code / BIC code: WBK PPLPP

IBAN PL72 1090 1098 0000 0000 0905 4878

with the following details: First name, Last name - „English Division Medical University of Gdańsk – tuition fee for the year 2008/2009”

ORIENTATION WEEK

Medical University of Gdansk offers for the new students from abroad a one-week orientation programme before the beginning of the academic year. It helps them become acquainted with the student's life, conditions of education and accommodation.

Programme also include a visit to the city, which will present the possibilities available to them at the University, in the city and the region.

Fee for one-week orientation programme - PLN 1,000

Curriculum Overview for students of 6-year M.D. Programme, English Division, Faculty of Medicine, MUG

Academic Year 2008/2009

Subject	Total	ECTS
1st year		
Gross Anatomy	170	17
Histology	110	10
Cell Biology	30	3
Chemistry	55	5
Embryology	30	3
History of Medicine	30	3
First Aid and Medical Emergencies	30	3
Elements of nursing	10	1
Practical Training in Injections' Technique	8	1
Informative technology	30	2
Basic Polish	120	3
Latin	60	2
Physical education	60	0
Safety and good work practice	4	0
Library training online	2	0
Electives subjects	30	3
<i>Summer Elective Programme</i>		
Nursing Training in a hospital in Poland or in another country in Europe	140 (4 weeks)	4
	Total 919	60
* * *		
2nd year		
Physiology	170	15
Biochemistry	160	14
Biophysics	60	5
Medical Biology	45	4
Neuroscience	60	5
Medical Psychology	20	2
Parasitology	25	2
Basic Immunology	30	2
Biostatistics	20	2
Medical Polish	100	3
Elective subjects	30	2
<i>Summer Elective Programme</i>		
of outpatients care – Family Doctor (administrative service, work at the reception desk)	70 (2 weeks)	2
of temporarily assistance – in Outpatients' Department or Emergency Ward	70 (2 weeks)	2
	Total 860	60

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3rd year

Pathophysiology	80	6
Pathomorphology	110	8
Microbiology	80	6
Pharmacology	140	11
Laboratory Diagnostics	30	2
Introduction to Internal Medicine	110	8
Introduction to Paediatrics	80	5
Introduction to Clinical Psychiatry	30	2
Introduction to Surgery	30	2
Clinical Anatomy	15	1
Clinical Psychology	20	1
Sociology of Medicine	30	2
Elective subjects * (from academic year 2008/2009)	30	2
<i>Summer Elective Programme</i> of paediatrics in a hospital of internal medicine in a hospital	140 (4 weeks)	4
	Total 925	60

* * *

4th year

Pathomorphology	60	4
Paediatrics	120	6
Surgery (General)	90	5
Surgery (Trauma)	30	2
Internal Medicine – Cardiology	60	4
Internal Medicine – Nephrology	60	4
Internal Medicine – Hypertension	30	2
Internal Medicine – Gastroenterology	60	4
Pneumonology	40	2
Dermatology & Venerology	60	4
Introduction to Neurology	30	2
Introduction to Oncology	15	1
Psychiatry	60	4
Radiology	30	2
Nuclear Medicine	25	1
Clinical Genetics	60	3
Public Health	30	2
Hygiene and Ecology	30	1
Introduction to Dentistry	15	1
Elective subjects * (from academic year 2009/2010)	30	2
<i>Summer Electives Programme</i> 2 weeks of surgery in a hospital	70 (2 weeks)	2
2 weeks of internal medicine in a hospital	70 (2 weeks)	2
	Total 1070	60

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5th year

Internal Medicine – Hematology	60	3
Internal Medicine – Endocrinology	30	2
Internal Medicine – Toxicology & Emergency States in Internal Medicine	30	2
Internal Medicine – Diabetology	30	2
Internal Medicine – Cardiology	30	2
Infectious and Parasitic Diseases	75	4
Rheumatology	30	2
Clinical Allergology	30	2
Paediatrics	120	6
Neonatology	30	2
Surgery	60	3
Paediatric Surgery	30	2
Orthopaedics	45	3
Gynaecology and Obstetrics	90	4
Neurology	60	3
Psychiatry	60	3
Radiology	50	3
Clinical Pharmacology	25	1
Clinical Nutrition	25	1
Clinical Immunology	30	2
Laboratory Diagnostics	30	2
Elective subjects (from academic year 2010/2011)	30	2
<i>Summer Elective Programme</i>		
2 weeks of outpatient care – Family Doctor	70 (2 weeks)	2
2 weeks of gynaecology and obstetrics in a hospital	70 (2 weeks)	2
Total	1140	60

* * *

6th year

Surgery	30	2
Neurosurgery	30	2
Cardiac surgery	30	2
Vascular surgery	30	2
Gynaecology and Obstetrics	120	7
Family Medicine	105	6
Anaesthesiology and Intensive Care	60	4
Oncology	60	4
Laryngology	60	4
Ophthalmology	60	4
Gerontology & Geriatrics	30	2
Palliative Medicine	30	2
Medicine of Labor	30	2
Tropical Medicine	30	2

Hyperbaric Medicine	15	1
Forensic Medicine	50	3
Emergency and Disasters Medicine	60	4
Rehabilitation	30	1
Preventive Medicine	40	2
Ethics & Deontology	30	1
Epidemiology	20	1
Elective subjects (from academic year 2011/2012)	30	2
	Total 980	60

INFORMATION FOR LLP-ERASMUS STUDENTS

OUR LLP PARTNERS 2008/2009

1. Katholieke Universiteit Leuven – BELGIUM (www.kuleuven.ac.be) (Faculty of Medicine)
2. Vrije Universiteit Brussel – BELGIUM (<http://www.vub.ac.be>)
3. Medical University Plovdiv – BULGARIA (www.meduniversity-plovdiv.bg) (Faculty of Medicine)
4. Medical University of Varna – BULGARIA (www.mu-varna.bg) (Faculty of Medicine)
5. Masaryk University, Brno - CZECH REPUBLIC (www.muni.cz) (Faculty of Medicine)
6. Charles University in Prague – CZECH REPUBLIC (www.cuni.cz) (Faculty of Medicine)
7. Universität Bremen – GERMANY (www.uni-bremen.de) (Intercollegiate Faculty of Biotechnology)
8. Heinrich Heine Universität Dusseldorf – GERMANY (www.verwaltung.uni-duesseldorf.de) (Faculty of Medicine, Intercollegiate Faculty of Biotechnology)
9. Fachhochschule Flensburg University of Applied Sciences –GERMANY (<http://www.fh-flensburg/kt>)
10. Albert-Ludwigs Universität Freiburg – GERMANY (www.io.uni-freiburg.de) (Faculty of Medicine)
11. George – August University Göttingen – GERMANY (www.uni-goettingen.de) (Faculty of Medicine)
12. Ernst Moriz Arndt Universität Greifswald – GERMANY (www.uni-greifswald.de) (Faculty of Pharmacy)
13. Martin Luther Universität Wittenberg Halle - GERMANY (www.verwaltung.uni-halle.de) (Faculty of Pharmacy, Intercollegiate Faculty of Biotechnology)
14. Universität zu Köln – GERMANY (www.uni-koeln.de) (Faculty of Medicine)
15. Universität Leipzig – GERMANY (www.uni-leipzig.de) (Faculty of Medicine)
16. Hochschule Mannheim – GERMANY (www.fh-mannheim.de) (Intercollegiate Faculty of Biotechnology)
17. Universidad de Alcala de Henares – SPAIN (www.uah.es) (Faculty of Medicine)
18. Universitat Lleida – SPAIN (www.udl.es) (Faculty of Medicine)
19. Universidad de Santiago de Compostela – SPAIN (www.usc.es) (Faculty of Medicine)
20. Universite Joseph Fourier Grenoble – FRANCE (www.ujf-grenoble.fr) (Faculty of Medicine)
21. Universite de Limoges – FRANCE (www.unilim.fr) (Faculty of Pharmacy)
22. Universite Claude Bernard I Lyon – FRANCE (www.univ-lyon1.fr) (Faculty of Medicine, Subfaculty of Dentistry, Faculty of Pharmacy)
23. Universite de Reims – FRANCE (www.univ-reims.fr) (Faculty of Medicine, Faculty of Pharmacy, Intercollegiate Faculty of Biotechnology)
24. Universita Politecnica delle Marche, Ancona – ITALY (www.unian.it) (Intercollegiate Faculty of Biotechnology)
25. Universita degli Studi di Milano – ITALY (www.unimi.it) (Faculty of Medicine)
26. Universita degli Studi di Palermo – ITALY (www.unipa.it) (Faculty of Pharmacy, Faculty of Medicine)
27. Universita degli Studi di Perugia – ITALY (www.unipg.it) (Faculty of Medicine, Faculty of Pharmacy, Intercollegiate Faculty of Biotechnology)
28. Universita degli studi di Udine – ITALY (www.uniud.it) (Intercollegiate Faculty of Biotechnology)
29. Kaunas University of Medicine – LITHUANIA (www.kmu.lt) (Faculty of Pharmacy, Faculty of Medicine)
30. Avans University (Avans Hogeschool in Dutch) – HOLLAND (www.avans.nl) (Intercollegiate Faculty of Biotechnology)

31. University of Leiden – HOLLAND (www.edufwn.leidenuniv.nl) (Intercollegiate Faculty of Biotechnology)
32. University of Porto – PORTUGAL (www.sigarra.up.pt) (Faculty of Nursing Science)
33. Universitatea de Vest din Timisoara – ROMANIA (www.uvt.ro) (Intercollegiate Faculty of Biotechnology)
34. Blekinge Tekniska Hogskola/Blekinge Institute of Technology - SWEDEN (<http://www.bth.se>) (Faculty of Nursing Science)
35. University of Kuopio – FINLAND (www.uku.fi) (Faculty of Medicine)
36. University of Turku – FINLAND (www.utu.fi) (Faculty of Medicine, Intercollegiate Faculty of Biotechnology)
37. Comenius University in Bratislava – SLOVAKIA (www.uniba.sk) (Faculty of Medicine, Subfaculty of Dentistry)
38. Ankara Üniversitesi – TURKEY (www.ankara.edu.tr) (Faculty of Pharmacy, Faculty of Medicine)
39. Ondokuzmayis University – TURKEY (www.omu.edu.tr) (Subfaculty of Dentistry)
40. University of Bradford – UNITED KINGDOM (www.bradford.ac.uk) (Intercollegiate Faculty of Biotechnology)
41. University of Dundee – UNITED KINGDOM (www.dundee.ac.uk) (Faculty of Medicine)
42. Napier University, Edinburgh – UNITED KINGDOM (www.napier.ac.uk) (Intercollegiate Faculty of Biotechnology)
43. University of Glasgow – UNITED KINGDOM (www.gla.ac.uk) (Intercollegiate Faculty of Biotechnology)
44. SCHARR, University of Sheffield – UNITED KINGDOM (www.shef.ac.uk) (Faculty of Nursing Science)

KEY DATA

International Relations Office
 Medical University of Gdańsk
 ul. M. Skłodowskiej-Curie 3A
 80-210 GDAŃSK
 POLSKA / POLAND
 Tel.: +48 58 349 1200
 Fax.: +48 58 349 1200
 Email: intrel@amg.gda.pl
www.intrel.amg.gda.pl

Contact person for LLP – Dawid Spychała

tel./fax: (+48 58) 349 12 00
d.spychala@amg.gda.pl

Key data on the Institution:

Full legal name of Institution: Akademia Medyczna w Gdańsku
 Erasmus ID Code: PL GDANSK03
 Country: Poland
 Address: ul. M. Skłodowskiej-Curie 3a
 Town of University: Gdansk
 Postcode: 80-210
 Telephone (incl. country code): +48 58 349 10 00 (12 02) (12 01)
 Fax (incl. country code): +48 58 302 49 92
 Website: www.amg.gda.pl
 e-mail: rektor@amg.gda.pl

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E-mail: m.grzegorzczak@amg.gda.pl

BEFORE COMING TO POLAND

For students arriving in October for the winter semester, the completed forms must be sent **by 30 June**.

For students arriving in February for the summer semester, please send to this office **by 30 June** a list of names, or a confirmation of the number of students you expect to send. Application forms for the students should be submitted to IRO MUG **by 1 December**.

Required documents:

1. Application Form
2. Accommodation Form
3. Learning agreement
4. Medical Health Certificate completed by your doctor (including MRSA, HBV, HCV, tests as well as chest X-ray report will be requested upon acceptance)
5. 2 photographs

Documents are available from the home site of the International Relations Office <http://intrel-en.amg.gda.pl/127.html>

Please send all documents on the following address:

Dawid Spychała

International Relations Office
Medical University of Gdańsk
ul. M. Skłodowskiej-Curie 3A
80-210 GDAŃSK
POLSKA / POLAND
tel./fax: (+48 58) 349 12 00
d.spychala@amg.gda.pl

Each LLP-ERASMUS student coming to MUG has his own **mentor** - a Polish student (very often a former Erasmus student) who wants to help a foreigner during his/her stay in Gdansk, who knows and understands that the first few weeks are very confusing and is able to support (also socially) an international student during his/her study period in Gdansk. A *Mentor* is also a person who collects the student from the station/airport, who helps to deal with formalities and who helps us to organize some activities prepared within the Orientation Week for foreigners.

GRADES

Grades in Medical University of Gdańsk are given according to the following scale:

Mark	ECTS grades	Points scored out of total points available (%)
5.0	A	> 90
4.5	B	> 85
4.0	C	> 80
3.5	D	> 70
3.0	E	>= 60
2.0	F, G	< 60

COURSES OF POLISH

Our University offers you a course of the Polish language but it is not too intensive (3 hours a week). For this course you don't have to pay. Anyway, if you are ready to spend a bit of money you can also attend a course in the School of Polish Language for Foreigners in Sopot. The courses are organized in small groups. You can also attend individual lessons. We are sure that a lot of your Polish friends will find it splendid if you start talking to them in their own language!

VISAS AND RESIDENCE PERMIT

All foreign citizens – including undergraduate, postgraduate and doctoral students – who intend to reside in Poland for a period longer than six months, are obliged to apply for a Temporary **Residence Permit** for a specified period of time.

That document will be issued by:

Pomorski Urząd Wojewódzki
Wydział Spraw Obywatelskich i Cudzoziemców (Dept. Citizens Affairs and Foreigners)
ul. Okopowa 21/27, Gdańsk
Ph: +48 58 307 73 34 , enter B, room no. 42

Opening hours:

Monday - Friday: 9:00 – 14:00, Tuesday: 11:00 – 18:00.

Instruction:

Students from EU/EEA countries - temporary residence permit

If you are an EU citizen you can enter Poland with your ID document (a valid travel document e.g. passport, or another document certifying your identity and citizenship).

For a stay up to 3 months no legalization of stay will be necessary. For stays exceeding 3 months, you will have to obtain a temporary residence permit (Karta pobytu obywatela UE). In case of students, the residence permit is issued for one year. The residence permit - once issued - will also entitle its bearer to take up work.

This document will be issued by the Department of Citizens Affairs of the Voivodeship Office (province administration, in Polish Urząd Wojewódzki). Charge for issuing the residence permit is 30 Polish zloty (ca 7 Euro).

Documents that you will have to submit to the Voivodeship Office in order to obtain the residence permit:

- copy of the travel document (passport or other ID document)
- health insurance document
- official statement from Polish university accepting you as an Erasmus student (with information about the planned period of study)
- declaration about sufficient resources to cover the subsistence costs in Poland
- 2 photographs
- Application form (Wniosek o zezwolenie na pobyt, in Polish)

The Institutional Erasmus Co-ordinator at your host university will help you to obtain the residence permit.

If you are an EEA-country citizen, you are subject to the same conditions as the EU citizens.

If you are a citizen of Switzerland you can enter Poland only on the basis of a valid passport.

See also the web site of the Polish Ministry of Foreign Affairs, international version, "ADVISORY FOR CITIZENS OF THE EUROPEAN UNION TRAVELLING TO POLAND AFTER MAY 1 2004" or the web site of the embassy/consulate of Poland in your country.

VISA - Students from non-EU/EEA countries

If you come from a non-EU/EEA country, you can enter the territory of Poland on the basis of a valid passport and a visa (if required). You have to obtain the visa from the consulate of Poland in your country of residence. The short-term visa entitles you to stay in Poland up to 3 months, the long-term visa - to stay up to 1 year. In case of a study period longer than 3 months, you should apply for a long-term visa. The prolongation of visa in Poland is only possible in case of a force majeure or situation impossible to foresee in the time of applying for the visa in the consulate. The visa can be prolonged only once.

It is therefore necessary to apply for a visa in a consulate for the whole planned period of stay in Poland.

You need the following documents to apply for Polish visa:

- passport
- visa application form
- current passport photographs
- official statement from Polish university accepting you as an Erasmus student
- official statement from your home university declaring the grant received

For details please contact the Polish Consulate in your country.

Persons who have received a visa for the whole period of stay in Poland are not obliged to apply for a residence permit for their stay in Poland (information taken from www.socrates.org.pl/erasmus/en/index.html)

Administrative fees:

submission of the application (fiscal taxation)	5 zł
each document attached to the application	0.50 zł
each page of a document confirmed with the original	3 zł
the Temporary Residence Permit	300 zł
the residence card	25 zł

STUDENT LIFE

THE ACADEMIC YEAR

The academic year in Poland begins on 1 October and normally ends at the end of June. It is divided into two semesters, each lasting for 15 weeks. The winter semester starts in October and lasts till mid February, with Christmas holidays of about ten days. The examination session usually lasts for two or three weeks, beginning in late January. The summer semester starts in mid February and ends in June, with a one-week break for Easter. Summer holidays last for three months - from the beginning of July to the end of September, but only for those students who passed all exams during the summer examination session (lasting about two-three weeks in June). The ones who did not succeed take the exam(s) in September.

ACCOMMODATION

Every student of Medical University of Gdańsk can live in one of the dormitories of the Medical University of Gdańsk residential campus in Dębowa Street. The dormitories are situated very close to the buildings where classes take place, campus includes four student hostels, the students club Medyk, student canteen and small food store.

Accommodation fee:

- English Division students – PLN 900 per month
- LLP-Erasmus students – PLN 831 per month
- students guests - PLN 30 per day

STUDENT ID

At the Dean's Office you will be given a Student ID of the Medical University of Gdańsk which gives you the right to get a reduced price on meals in Student Canteens, public transport (trams, busses, trolleybuses, trains, planes, ferries), cinemas, theatres, museums, discos, clubs all over Poland.

COMPUTERS AND E-MAIL ACCOUNTS

You can use computers in a few places: Library, Student Union office, Computer Laboratory in Collegium Biomedicum.

If you wish to set an e-mail account at the university (username@amg.gda.pl) you need to visit our website: https://int-sys.amg.gda.pl/en/new_student/. If you want to use your personal computer you should register your computer in Computer Centre which is situated in Outpatient Clinic, ul. Dębinki 7.

LIBRARY

The Main Library of the University is situated at Dębinki St. 1 near the Collegium Biomedicum building.

It is open in the following hours:

Mondays:	10:00 am – 2:00 pm
Tuesdays	10:00 am – 6:00 pm
Wednesdays	10:00 am – 2:00 pm
Thursdays	10:00 am – 2:00 pm
Fridays	10:00 am – 6:00 pm
Saturdays	10:00 am – 2:00 pm

The reading hall is open in the following hours:

Mondays:	10:00 am – 7:45 pm
Tuesdays	09:00 am – 7:45 pm
Wednesdays	09:00 am – 7:45 pm
Thursdays	09:00 am – 7:45 pm
Fridays	09:00 am – 6:00 pm
Saturdays	09:00 am – 3:00 pm

Main Library is a research place with emphasis on biomedical sciences. It offers the following services:

- Main room
- Reading hall (books and separately science magazines)
- Public access computers connected to the Internet
- Computer database centre
- Copy machine
- Cafe

STUDENT CANTEENS

Students' Canteens are localized in the Campus in Dębowa Street and in the Faculty of Pharmacy Buildings Hallera Street

Only dinners are served.

The Campus canteen is open 7 days a week during the academic year except for Christmas and Easter and serves meals from 12.15 p.m. to 3.45 p.m. on working days and from 12:15 p.m. to 2:00 p.m. at weekends and the Pharmacy canteen on weekdays in similar hours. Usually you have a choice of soups and main dishes (including vegetarian).

The cost of full dinner is about 9,5 PLN.

SHOPPING

A small shop is situated in the Student Campus, next to the Canteen. You can buy there some food, sweets and cosmetics.

MEDICAL CARE

Students from EU/EEA countries

A student from a member country staying temporarily in the territory of Poland is entitled to free health care on the basis of the European Health Insurance Card (EHIC) or in particular cases on the basis of a special certificate. The student is obliged to present one of these documents (it is advisable also to have a copy) together with an identity document directly to the health care provider (this information is valid for public health care institutions). The student can benefit from free health services at health care providers who have concluded a relevant contract with the National Health Fund (NFZ-Narodowy Fundusz Zdrowia). Students can also purchase a health insurance policy in their home country.

Students from non-EU/EEA countries

Non EU students should purchase health insurance in their home country, before departure. In the case of the ISIC or Euro<26 card, insurance is included in the card and it is not necessary to buy another one unless one wants to increase its scope or value. Erasmus students (having a local student's card issued by the host university) are usually allowed to consult doctors at academic medical care centres. According to state health regulations foreigners (except EU/EEA citizens, see above) have to pay for a medical

consultation. The cost is then reimbursed by the health insurance company. Apart from the academic and public medical care systems there is also a well-developed private sector. For more information see:

www.msz.gov.pl

(Ministry of Foreign Affairs), and:

www.nfz.gov.pl

(National Health Fund)

HEALTH INSURANCE

Students from foreign countries, who come and study in Poland, may choose to obtain voluntary health insurance.

The insurance covers the costs of basic medical services only. The insurance premium amounts to PLN 32.40 per month, i.e. ca. PLN 400.00 per annum. The cost of the insurance is covered by the insured person.

If there is a certain group of foreign citizens interested in the health insurance, then one person – their representative – should visit a local division of the National Health Fund (Narodowy Fundusz Zdrowia - NFZ) and sign the insurance contract.

Only then details of the bank account will be known, to which payment of the insurance premium should be made.

Payment must be made not later than 5th of each month.

Citizens of the EU must have the filled E-128 form

VACCINATIONS

No special kind of vaccination is required when you want to enter the Republic of Poland but during the winter season the flu is spread around the country so you may vaccinate yourself against it.

It is necessary to have immunization against Hepatitis B when you enter hospitals.

PUBLIC AND UNIVERSITY HOLIDAYS

1 October	Inauguration Ceremony
1 November	All Saints' Day
11 November	Polish Independence Day
25-26 December	Christmas
1 January	New Year
One week in March or April	Easter
1 May	Labour Day
2 May	National Flag Day
3 May	Constitution Day
Thursday in May or June	Corpus Christi
June - September	Summer holidays
15 August	Saint Mary's Assumption/Polish Army Day

AFTER CLASSES

Tri-city offers many student clubs and pubs where entrance is free for students and beer is very cheap in comparison to other pubs. The one situated closest to MUG is MEDYK,

which is placed next to the Canteen in the Campus. In this club the Student Union organizes most of the events such as: Incoming Students Party (Otrzęsiny), Days of Medical Students Culture (Medykalia), Halloween Party, integration parties. For Socrates/Erasmus students Orientation Week is organized at the beginning of the academic year where you can integrate with other students, Polish culture and life.

STUDENT ORGANISATIONS

THE UNIVERSITY STUDENT GOVERNMENT – USS

The University Student Government (USS) speaks for the views and interests of students both inside and outside the University. It participates in making important decisions for the University. It evaluates the authorities' provisions in all important matters for the students. It undertakes initiatives to improve the quality of teaching. The USS supports organizations within the University. It co-organizes Neptunalia, a May student festival all over Gdańsk. It facilitates the implementation of ideas beneficial both for students and the inhabitants of Pomerania. The USS has its office on Debowa 7 Street.

Contact details:

Address: ul. Dębowa 7, room 6 (Student Club Medyk)

tel./fax: +48 58 349 13 03, tel. +48 58 349 13 04

e-mail: uss@amg.gda.pl

www.uss.amg.gda.pl

THE STUDENT SCIENTIFIC SOCIETY – STN

The MUG's Student Scientific Society (STN MUG) is an organization with over 50 years of history, associating students and coordinating their activities within the Students Science Groups of our University. The society organizes the annual International Scientific Student Conference www.issc.amg.gda.pl and the Student Teaching Presentation Competition "eSKaPaDa" series. STN MUG is also involved in spreading information about scientific events around the country and abroad and about possibilities of financing student scientific research.

Contact details:

Address: ul. Dębowa 7, room 7 (Student Club Medyk)

tel.: +48 58 349 13 05

e-mail: stn@amg.gda.pl

www.stn.amg.gda.pl

THE ACADEMIC SPORT ASSOCIATION

The Academic Sport Association coordinates and organizes sports activities in the form of sports sections and extracurricular sport groups. These sections are professional in character, with training taking place a few times a week under a coach's supervision. The members of the section take active part in competitions both locally and on a national scale. The extracurricular activities are purely recreational. The Academic Sport Association also organizes intercollegiate competitions. For a few years it has been responsible for the sports part of "Medykalia" – the Students' Culture Days.

ERASMUS STUDENT NETWORK (ESN)

The Erasmus Student Network is a European student organization, made of 130 local sections operating at universities. It aims at supporting and developing student exchanges under the Lifelong Learning Programme. Its goal is to integrate students from abroad by creating the opportunity to meet and spend time together. Providing help and care to students during their first days in Gdańsk is one of its most important tasks. Due to the fact that ESN and USS share their headquarters, you can obtain ESN contact information in the USS office.

Contact details:

Address: ul. Dębowa 7, room 6 (Student Club Medyk)

tel./fax: +48 58 349 13 03

INTERNATIONAL FEDERATION OF MEDICAL STUDENTS' ASSOCIATIONS (IFMSA)

The International Federation of Medical Students' Associations (IFMSA) is the world's largest and oldest organization associating students of medicine and young doctors. The department in Gdańsk has been operating within the Medical University of Gdańsk since the founding of IFMSA Poland (1956). In the year 1964, the General Assembly, the annual meeting of all IFMSA members from around the world, took place in Gdańsk. The First Fixed Programme of IFMSA created in the department in Gdańsk was the holiday practice for medical students programme. This was followed by the scientific exchange programme. Every year about 30 students of the Medical University of Gdańsk take the opportunity to go abroad for practice. These were followed by SCOPH (Public Health), SCOME (Medical Education), SCORA (Reproductive Health) and SCORP (Human Rights and Peace). Unlike the previous ones, these programmes focused on regional activities. According to the "think globally, act locally" slogan, they implement ideas of life quality improvement within their respective area.

Today the department in Gdańsk is one of the most dynamically developing IFMSA centres in Poland. It has about 170 active members and organizes annually about 30 events, addressed to a wide spectrum of Pomeranian inhabitants. Last year more than 4 thousand people benefited from our projects. We run huge year-long projects, such as "Your Health is in your Hands", which consists of screening tests performed by medical students, peer education – HIV/AIDS education addressed to school children, Surgery Sewing Courses for medical students.

Contact details:

Address: ul. Dębowa 7, room 2 (Student Club Medyk)

e-mail: ifmsa@amg.gda.pl

www.ifmsa.amg.gda.pl

"YOUNG PHARMACY"

As a student organization, "Young Pharmacy" has been operating at the Faculty of Pharmacy MUGs since 2001 and it is a student section of the Polish Pharmaceutical Society. It cooperates with the International Pharmaceutical Students' Federation (IPSF) and the European Pharmaceutical Students' Association (EPSA). The associated students are members of EPSA Working Committees which deal with different aspects of a pharmacist's activities, such as: pharmacist education, promoting pharmaceutical information, professional development, coordination of events and projects related to pharmacy in Europe, public health and humanitarian work. In cooperation with IPSF "Young Pharmacy" takes part in a Student Exchange Programme. This programme gives students the opportunity to pursue a traineeship in pharmacies or industry in countries all over the world; (countries from Europe, North and South America, Asia, Africa, Australia and Oceania take part in the programme).

Contact details:

Address: Al. Gen. J. Hallera 107, room 18

e-mail: mf@amg.gda.pl

THE MUG TOURIST CLUB

Founded in 2004, the MUG Tourist Club is a student organization promoting active recreation. It organizes short 1-day or weekend trips, as well as longer trips during semester breaks. During these trips students explore enchanting places, admire works of culture and they can integrate with other students.

USEFUL INFORMATION

POLISH CURRENCY

Polish currency is called złoty (zł) and grosz (gr) 1 zł = 100 gr

The coins: 1 gr, 2 gr, 10 gr, 20 gr, 50 gr, 1 zł, 2 zł, 5 zł

The banknotes: 10 zł, 20 zł, 50 zł, 100 zł, 200 zł

COST OF LIVING

Depending on your life-style and habits you have different needs. Below you will find a list of sample prices of goods and services available in Poland. Please note that most of the prices are minimum prices. 1 Euro ~ 3,50 polish zloty (zł) (April 2008).

milk (1l)	2.5 zł	pasta (0,5 kg)	4 zł
yoghurt	1.5 zł	apples (1 kg)	3 zł
mineral water (1,5 l)	2.0 zł	chocolate	3 zł
tea	2-10 zł	beer (0,5 l)	2-8 zł
coffee	5-10 zł	chips	3 zł
bread	2 zł	cinema ticket	15-20 zł
butter	5 zł	theatre ticket	25-200 zł
ham (1 kg)	20 zł	haircut	15-80 zł
cheese (1 kg)	20 zł	Taxi (1km)	2 zł

BANKS

There are many banks in Poland. They are usually open from Monday till Friday, 9 a.m. to 6 p.m. You can open an account in Poland (usually only passport is needed) or get money directly from the account in your home country through a cash machine. If you decide to open a bank account in Poland and you do not speak Polish, we would advise you to ask a Polish colleague to accompany you. Credit cards are in common use in big cities. You can pay using card in shops, restaurants, pubs...

If you lose your card in Poland, you should immediately contact POLCARD in Warsaw (phone: 022/ 515 31 50 - 24 hours a day). If that fails however, you should contact your credit card supplier.

MONEY EXCHANGE

If you wish to exchange euro (or other currency) to PLN you have at your disposal exchange desks at border crossings, airports, railway stations, travel offices, hotels and special exchange counters called "kantors". No commission fee is charged at kantors. Traveler's check can be exchanged in most of banks, but not at private exchange counters. Cash machines (ATM) are very common.

POST OFFICES

Post offices (Poczta or Poczta Polska) are located throughout cities, often with branches at main railway stations. Post offices are usually open five days a week from 8 a.m. to 6 p.m. Post-boxes are green (for local mail) and red (for any other destination in Poland and abroad). For domestic letters and postcards (up to 50g) you pay 1.40 PLN (information about the price – April 2008).

MAKING PHONE CALLS

When you want to make a phone call you have to buy a magnetic telephone card. The cards are of 25, 50 or 100 units (cost respectively ...) and are available at kiosks and post offices. Public phones are located at many places - train stations, post-offices, universities, on the street.

EMERGENCY TELEPHONES

- Police: 997
- Fire brigade: 998
- Ambulance: 999
- When calling by mobile phone in emergency dial: 112

INTERNET CAFES

Every university has access to the Internet. Therefore, there should be no problem if you want to surf the web. You can also visit commercial Internet cafes, they are rather common especially in big cities. The prices for using the Internet in Internet cafes vary from 2 złoty to 3 złoty for an hour.

SHOPPING

Generally, shops are open from 9 a.m. to 6 p.m., Monday to Friday. Supermarkets are open seven days a week, often till late. There are also shops open 24 hours a day. Grocery shops are open from 6-7a.m. to 6-9 p.m. Local markets are popular places where you can buy food, vegetables and fruits of good quality.

EATING OUT

Cities have a wide range of restaurants, bars, pubs, and fast food bars, from inexpensive to exclusive ones. Some restaurants specialize in national cuisine - Polish, Italian, French, Chinese and so on. Vegetarians will find good restaurants as well. Cafes, apart from tea and coffee, offer cakes and other sweet desserts.

PUBLIC TRANSPORT

Every city has its own network of public transport. Tickets are available at kiosks and in some cities from drivers. Usually you also need a ticket for your luggage. Tickets must be punched just after you get on a bus. A valid ISIC card entitles you to reduced-price tickets (up to the age of 26). For details you should consult regulations on fares issued by a given city. Depending on the city, buses operate from 4 a.m. to 11 p.m., there are also night lines operating between 10 p.m and 4 a.m. However, whenever you travel late at night we would advise you to take a taxi. Usually it is cheaper if you order a taxi by phone.

In Gdansk one reduced price ticket costs 1.40 zł for 45 minutes, full price is double. However if you know you will be using public transport many times within the day or weekend you can buy a 24 hours or 30 days ticket.

PUBLIC TRANSPORT IN GDANSK

Municipal Railway (SKM) www.skm.pkp.pl

This is an excellent means of transport for short trips across the Tri-City. The network provides easy access to most districts of northern Gdańsk, Sopot and Gdynia. Tickets can be bought only at the Ticket Office at every station and must be stamped

before entering the train in the yellow stamping machine on the platform. Late in the evening tickets are available directly from the ticket inspector at the head of the train. A discount (37%) student ticket is valid only with a student card (to be shown during ticket control).

Tram (Tramwaj) www.zkm.pl

This is the most popular means of transport in Gdańsk. The network provides excellent links between the north and south of the city. Moreover, its lines reach most districts. Tickets for trams and buses in Gdańsk are priced according to the length of travel time they offer. The basic ticket is valid for a 10-minute journey; its multiple allows longer travel (for details see the table on the side). Switching trams or buses is allowed unless the time has expired. Therefore, for longer trips it is better to buy a ticket valid for the whole day (5 times the price). Tickets can be bought in every kiosk. Moreover, the tram driver sells a set of 3 basic tickets. Students have the right to use half-price tickets, yet a student card is requested during ticket control.

Buses (Autobus) www.zkm.pl

Buses are the main means of transport to more distant districts and the suburbs of Gdańsk, Sopot and Gdynia. At night (from midnight up to 4 a.m.) they are the only means of public transport available (note: special night fare). Gdynia has its own tickets and therefore, it is impossible to use Gdańsk time-tickets there. Moreover, in Gdynia there is no distinction in the value of the ticket as far as the time of travel is concerned. Each stamped ticket is valid for a single journey only. Students have the right to use half-price tickets (again student cards are requested). Trolley-buses support the public transport network of Gdynia. The fare is the same as for buses.

In Sopot, both Gdynia and Gdańsk tickets are valid, although the fares might differ. Only in buses going to Gdańsk is it necessary to use time-tickets (for details see Trams). On other routes each punched ticket is valid for a single ride.

Taxi www.katalog.trojmiasto.pl/komunikacja_i_transport/taxi

A taxi is the best solution when returning from late-night parties. It is not too expensive (from Sopot to the dorm about 30 zł, from the Old Town 15 zł). When taking a taxi, it is better to phone one than to take one from a taxi rank – you get a cheaper rate.

USEFUL LINKS

Poland

- Poland.pl - www.poland.pl
- Poland.com - www.poland.com
- GoPoland - www.gopoland.com
- Visit.pl - www.visit.pl

Important institutions in Poland

- Ministry of Health – www.mz.gov.pl
- Ministry of Science and Higher Education – www.mnisw.gov.pl
- Ministry of Foreign Affairs of the Republic of Poland – www.msz.gov.pl
- Bureau for Academic Recognition and International Exchange – www.buwiwm.edu.pl
- Polish Chamber of Physicians and Dentists – www.nil.org.pl

Tricity (Gdańsk, Sopot, Gdynia)

- Gdansk - www.gdansk.pl
- Gdansk-life - www.gdansk-life.com
- Gdansk-online - www.gdansk-online.eu
- Wikipedia - www.en.wikipedia.org/wiki/Gdańsk

- Wikimedia - www.wikimedia.org/wiki/Gdańsk
- Gdynia - www.gdynia.pl
- Sopot - www.sopot.pl
- Trojmiasto.pl - www.guide.trojmiasto.pl
- In your pocket - www.inyourpocket.com/poland/city/gdansk

Communication

- [Polish Airlines LOT – www.lot.pl](http://www.lot.pl)
- [Gdansk Lech Walesa Airport – www.airport.gdansk.pl](http://www.airport.gdansk.pl)
- [Via Michelin – www.viamichelin.com](http://www.viamichelin.com)
- [Railway guide – www.rozklad.pkp.pl](http://www.rozklad.pkp.pl)
- [PKP Intercity – www.intercity.pl](http://www.intercity.pl)
- [Trams & buses guide – www.zkm.pl](http://www.zkm.pl)
- [Fast town railway – www.skm.pkp.pl](http://www.skm.pkp.pl)
- [Wikitravel – www.wikitravel.org/en/Gdansk](http://www.wikitravel.org/en/Gdansk)
- [Coastal shipping company – Żegluga Gdańska – www.zegluga.pl](http://www.zegluga.pl)

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