

Dear Student,

Poland has been participating in SOCRATES-Erasmus since 1998. More than 200 Polish universities take part in the programme now and co-operate with around 1300 European universities. During the past 8 years Polish universities have gained considerable experience in receiving foreign students. This experience, along with their academic tradition, ensures a high quality of teaching and appropriate administrative services. The period of studies you will complete at a Polish university certainly will be fully recognised by your home institution as part of your degree programme. Your future employer will also appreciate the value of the experience gained in our country.

There are various types of higher education institutions throughout Poland. They include some of the oldest universities in the world and they provide a wide range of degree courses. But apart from the educational opportunities, Poland has also much to offer in other areas. You would certainly enjoy a number of cultural events, the beauty of unspoilt nature, interesting historical places and monuments, diverse leisure and sport facilities.

We can assure you that the period of studies in Poland can be truly enjoyable and rewarding part of your degree. You will learn what it means to be a student in Poland, you will find friendly and welcoming colleague-students here. We hope you will gain a new perspective of your subject area by experiencing how it is taught in our country.

This brochure aims at providing you with some basic information about our country, its higher education sector, and higher education institutions participating in the Erasmus programme. We do hope that the information presented on the next pages will inspire you to learn more about our beautiful, dynamic and bustling with activity country and that you will be curious enough to choose Poland as a destination country for your Erasmus mobility.

Come and study in Poland!

Erasmus Team
of the Polish SOCRATES National Agency

2 « Republic of Poland



Republic of Poland

Area:

312 685 sq. km

Location:

Central Europe. Poland borders on Germany, the Czech Republic, the Slovak Republic, Ukraine, Belarus, Lithuania, and Russia. Its northern border - 440 km long - runs along the Baltic Sea coast.



Capital city:

Warsaw (1,6 million)

Major cities:

Gdańsk, Cracow, Łódź,
Poznań, Szczecin, Wrocław

Population:

38,23 million

Flag:

White and red



Official language:

Polish

Political system

Parliamentary republic

Since May 2004

Member State of the European Union

Country

Poland is situated in the centre of Europe and covers 312 685 square kilometres.

This makes it the ninth largest country in Europe, after Russia, Ukraine, France, Spain, Sweden, Germany, Finland and Norway.

Poland is a relatively low-lying country. 91.3 percent of its territory lies below 300 m above sea level. Although predominantly lowland, Poland has a varied landscape, from the coastal plain along the Baltic Sea, and the lake districts in the North, through the lowlands in Central Poland, to the uplands and mountains in the South. Two main mountain ranges are situated in southern Poland: the Carpathians with the highest mountain chain - the Tatra, and the Sudety Mountains. The longest rivers are the Vistula (1047 km), Oder (854 km), Warta, and Bug. Poland has some 9,300 lakes with surface areas over 1 ha.

Poland lies in the central part of the European continent, the geometrical centre of which is near Warsaw. This is where the lines from Nordkyn in Norway to Matapan Cape in Greece, and from Cabo da Roca in Portugal to the central Urals intersect.

The country is divided into 16 voivodships (provinces, województwa), subdivided into districts (powiaty) and local government communes (primary level units, gminy).

The main big regions of Poland:

- Małopolska (Lesser Poland), South-Eastern part of Poland
- Mazowsze i Podlasie (Mazovia and Podlavia), Central-Eastern Poland
- Mazury (Masuria), lake district in the North-East
- Pomorze (Pomerania), Northern part of Poland along the Baltic Sea coast
- Śląsk (Silesia), South-Western part of Poland
- Wielkopolska (Greater Poland) Western-Central Poland

Polish sites on the UNESCO World's Cultural Heritage List:

- Wieliczka Salt Mine
- Cracow's Historic Centre
- Białowieża Forest
- Nazi Concentration Camp of Auschwitz-Birkenau
- Historic Centre of Warsaw
- Old City of Zamość
- Medieval Town of Toruń
- Gothic Castle of the Teutonic Order in Malbork
- Unique monastic complex and Pilgrimage Park in Kalwaria Zebrzydowska
- Evangelical Churches of Peace in Jawor and Świdnica
- Wooden Churches of Southern Małopolska

Climate

Poland has a moderate climate with both maritime and continental elements. Generally, in northern and western Poland the climate is predominantly maritime, while the eastern part of the country has a distinctly continental climate with harsh winters and hotter, drier summers.

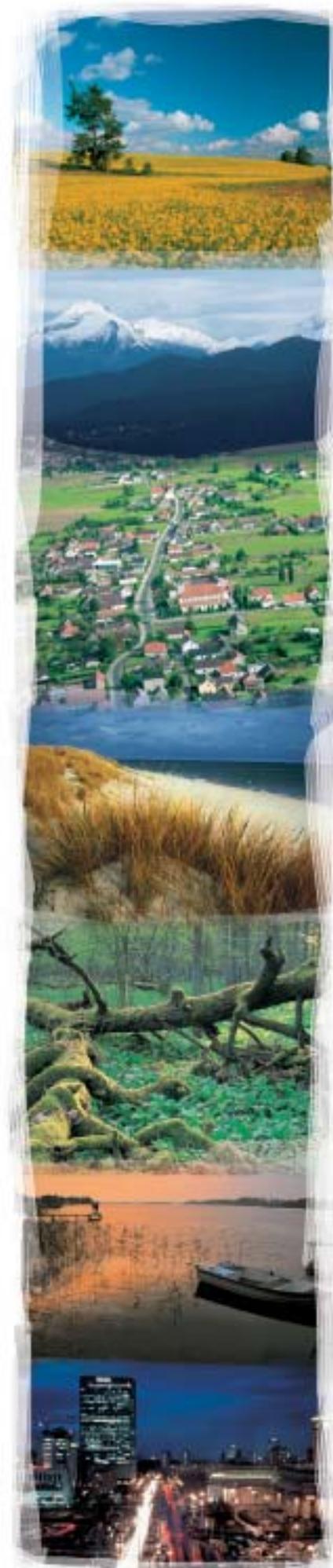
The long-awaited summer, with temperatures above 20°C, begins in May and is about four months long.

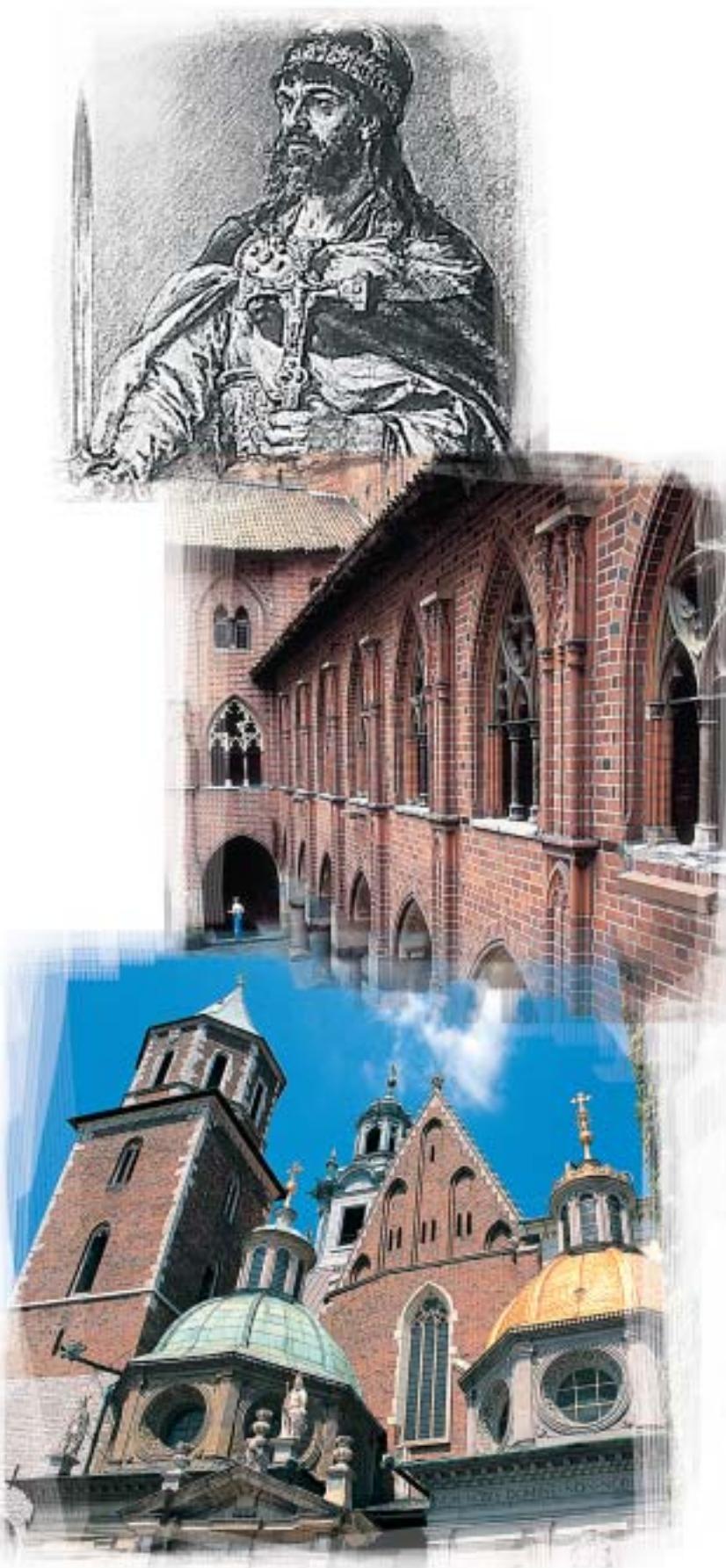
The hottest month is July with the average temperature standing at 16-19°C.

The hottest area is central and south-west Poland. Hot days, when the temperature exceeds 25°C, occur from May to September.

In autumn, the average temperature drops to between 5°C and 15°C.

The coldest month in Poland is January. Cold continental air flowing in from the east in January makes the eastern part of Poland one of the coldest areas in the country. Sub-zero temperatures are recorded between November and March.





History

6th cent. AD. - arrival of Slavonic tribes on the territories of present-day Poland

9th - 10th centuries - first Slavonic states between Oder and Vistula; the state of "Polanie" in the West of this territory, gives name to Poland (Polonia, Polska). Gniezno, near Poznań, is the first capital of Poland.

966 - the baptism of Mieszko, first known ruler of Poland (Piast dynasty), and accession of Poland to the Roman branch of Christianity.

mid 11th cent. - Cracow (Kraków) becomes the capital city.

14th/15th cent. - the reign of Władysław Jagiełło from the Jagiellonian dynasty originating from Lithuania.

1364 - the foundation of the first Polish university - the Cracow Academy, later (1400) reactivated as Jagiellonian University.

1409-1411 - great war with the Teutonic Order; 1410 - the battle of Grunwald (Tannenberg) in which Polish and Lithuanian armies defeated the Teutonic forces.

1569 - the Union of Lublin; Poland and Lithuania form a federative state. The new country is to be ruled by monarchs freely elected by a national assembly of the "noble estate".

1576-1586 - reign of Stefan Batory (Istvan Batory, prince of Transylvania)

1587 - 1668 - reign of Vasa dynasty in Poland

1596 - Warsaw becomes the capital city

17th cent. - century of wars with Sweden, Russia, Ukrainian Cossacks and Turkey.

1655 - 1660 - Swedish invasion known as "the Deluge"

1683 - defeat of the Turkish army near Vienna: the victory of Polish and Austrian armies under the command of the King Jan III Sobieski

Second half of the 18th cent.

- Enlightenment in Poland. Gradual introduction of several political and social reforms.

1764-1795 - reign of Stanislas Augustus Poniatowski, the last king of Poland

1773 - foundation of the Commission of National Education, the first ministry of education in Europe

1788-1792 - Sejm Wielki - the Great Parliament, the last Sejm of the independent Poland. The most enlightened part of the gentry try to introduce necessary political and social reforms.

1791 - the Sejm proclaims the Constitution of 3rd May introducing a modern constitutional monarchy system; the first modern constitution in Europe. However the internal crisis, conflicts and dependence on neighbouring powers resulted in the fall of the state of Poland.

1772, 1793 and 1795 - 3 stages of partitioning of Poland between Russia, Austria and Prussia. Poland disappears from the map of Europe for 123 years.

End of 18th, beginning of 19th cent.

- first flow of emigration. Creation of Polish legions within Napoleon's army. Their song, Mazurek Dabrowskiego, later becomes the national anthem.

19th cent. - Period of attempts to regain national independence and constant efforts to save the national identity.

1830-1831 - the November Insurrection (Powstanie listopadowe); 1863-1864 - the January Insurrection (Powstanie styczniowe); both against the Russian authorities (on the territory occupied by Russia) and both terminated with the defeat of the insurgents.

1914 - 1918 - I World War

1918 - restitution of the Polish state after the collapse of the partitioning powers. In accordance with the treaty of Versailles, Poland is granted access to the Baltic Sea (Gdansk was to remain a Free City). Wielkopolska region joins Poland after a successful uprising of its population. Józef Piłsudski, the Commander of the Polish Legions during World War I, becomes the National Leader.

1920 - war between Poland and Bolshevik Russia.

1921 - introduction of a modern constitution; Poland is a parliamentary republic.

September 1939 - Nazi Germany invades Poland; beginning of the Second World War.

17 September - the Soviet Union attacks it from the East; after a month of fighting, Germany and USSR enact another partition of Poland.



The Nazis murdered over 2 million Poles and about 3 million Jewish citizens of Poland. Several hundred thousand Poles and Jews were deported to the east by the Soviet authorities, where many of them died. The entire territory of Poland underwent radical and bloody ethnic cleansing in the period **1939 - 1945**.

1940 - creation of the Polish government in exile (London).

Underground organisations are created on the territories of occupied Poland, which leads to the creation of a true Underground State.

Polish forces fight on every front (Narvik, the French campaign, Battle of Britain - **1940**, Tobruk - **1941/42**, Normandy, Monte Cassino - **1944**). The biggest Polish Army unit in the West is General Anders' II Corps created in USSR and fighting in Italy in **1944**.

1943 - uprising in the Warsaw Jewish ghetto, crushed by the Nazis.

1944 - the Warsaw Uprising, 63 days of fighting in the capital city by Polish underground military organisations. Large participation of very young people. The uprising was crushed.

Allied conferences in Tehran (**1943**) and Yalta (**1945**): Poland's eastern territories are given to the USSR, in the West and North, Poland is granted territories along the Oder River, together with part of the former Eastern Prussia. Poland finds itself in the Soviet sphere of influence.

1948 - 1956 - Stalinist era. Poland ruled absolutely by the communist party with help of political police and "Soviet advisers". Period of repression directed against political opposition.

1956 - Stalinism is officially condemned in the USSR; the liberal course of the "Polish

October" (**Oct. 1956**). It is however quickly abandoned.

1970 - strikes in several coastal cities, workers fight against the police forces and the army.

1976 and next years - increased number of strikes and workers' protests followed by repression.

1978 - Karol Wojtyła, the Cardinal of Cracow, elected Pope (John Paul II)

Late 70's - beginning of a general strike.

1980 - emergence of an independent trade union organisation, "Solidarity", headed by a Gdańsk worker Lech Wałęsa. "Solidarność" becomes an inspiration to the independent circles within the communist block.

December 1981 - introduction of martial law by General Jaruzelski, head of state. Opposition activists are interned, strikes crushed with the help of the army.

Martial law (1981- 1983), does not solve Poland's problems. The economic crisis, strong opposition against the government. "Solidarity" operates illegally under Wałęsa's leadership.

Winter 1989 - as a result of the negotiations between the opposition and the Party, an agreement was signed, calling for partially free elections to the Parliament.

1989 - re-introduction of the office of the President as the head of state.

June 1989 - the election brings victory to "Solidarity". Although the Parliament elects Gen. Jaruzelski President, a "Solidarity" candidate, Tadeusz Mazowiecki, becomes Prime Minister.

1989 - the country's name and constitution are changed: the Republic of Poland instead





of People's Republic of Poland. The events in Poland precipitate the fall of the entire communist block. The Yalta order ceases to exist.

January 1990 - the communist Party is dissolved and a multi-party system is introduced. In the years that followed, new parties form, split, combine; rival parties emerge also out of the "Solidarity" camp.

1990 - the Sejm passes privatisation laws

December 1990 - Lech Walesa wins the presidential election.

1995 - Aleksander Kwaśniewski elected President; re-elected in 2000.

1997 - Poland boasts a modern constitution.

1999 - Poland joins NATO

1 May 2004 - Poland's accession to the European Union

For more information see:
www.poland.gov.pl

8 Political system

Political system

Legislative Authority:

Parliament: Sejm (lower chamber) and Senate

Executive authority:

President of the Republic of Poland

The Council of Ministers (Government)

Poland is a parliamentary republic headed by the President of the Republic.

The bicameral **Parliament** consists of the 460 members of the Sejm (lower chamber) and of the 100 members of the Senate. Members of the Sejm and the Senate are elected by General Election for a four-year term.

The **President** of the Republic of Poland, elected by direct popular vote for five years, is the head of state.

The **Government** or Council of Ministers - has the executive power; it is headed by the Prime Minister, appointed by the President. The government is formed by the party winning the elections or a parliamentary coalition.

Polish parliamentary traditions reach back to the 15th century, when the first Polish Sejm was established, a system unique in Europe, later called the democracy of the gentry.

The Kingdom of Poland of those times - sometimes referred to as the "Republic" or Commonwealth of the Nobility - was one of the very few countries in which the monarch had to consider the opinions of the majority of the noble estate in matters like taxes, war and peace, and civil rights.

In the 18th century Polish reformers passed Europe's first modern constitution (1791), called the Third of May Constitution. Unfortunately it was never given the opportunity to be applied in practice; by 1795 Poland had lost its independence for 123 years. The country regained it in 1918.





Population

In the year 2005 Poland had a population of 38.1 million, 61% of whom lived in 887 towns and urban areas and 39% in rural ones. The overwhelming majority of the population are native Poles. The minorities account for about 3-4 percent of the population, which is equivalent to some 1.5 million people. The biggest minorities in today's Poland are the Germans (living mainly in Silesia), Ukrainians and Belorussians. Other sizeable minorities: Lithuanians, Slovaks, Jews, Roma, Russians, Macedonians and Greeks.

Poland is predominantly Roman Catholic (about 34 million baptised). Other religions and denominations are represented by a large number of relatively small communities (among them the greatest are: Orthodox, Greek Catholic, Evangelical-Augsburgian).

Polish language

Polish is an Indo-European language belonging to the West Slavonic group. It is an inflected language with seven cases, three genders in the singular and two in the plural. Verbs are conjugated by person, tense, mood, voice and aspect. There are nasal vowels, which is unique among Slavonic languages. Very characteristic are groups of consonants, as "sz", "prz", "trz" etc.

The Nobel Prizewinners

MARIA CURIE SKŁODOWSKA, physics (with P.Curie) - 1903; chemistry - 1911

HENRYK SIENKIEWICZ, literature - 1905, for the novel "Quo vadis"

WŁADYSŁAW REYMONT, literature - 1924, for the novel "The Peasants"

CZESŁAW MIŁOSZ, literature - 1980

LECH WAŁĘSA, Nobel Peace Prize - 1983

WISŁAWA SZYMBORSKA, literature - 1996

Customs and traditions

Poles are seen as a nation of fun lovers who enjoy festivities, traditions and centuries-old customs. Links with tradition are felt the strongest during the greatest religious feasts.

February/ March:

Tłusty czwartek (“Fat” Thursday) - last Thursday of the carnival. On that day we bake, or more often buy and eat lots of delicious doughnuts with jam filling.

Ostatki - the last day of the carnival. Very many people, especially youngsters, go out in the evening.

March/April:

Easter

A typical Easter custom is the tradition of decorating eggs. Decorating Easter eggs has become an element of folk culture, with distinct regional differences.

Holy Saturday - people bring baskets of their Easter food to church for a special blessing.

Lany poniedziałek (wet Monday) - the Monday after Easter. Children and adults pour water on one another, wish good health and give small gifts.

May/June:

Corpus Christi - religious processions led by children scattering flower petals.

Sobótka - on St. John’s night in June. In villages and cities located by a river, lake or sea people gather in the late evening to observe wreaths decorated with burning candles floating on the water.

Music concerts at the open air are often organised.

November:

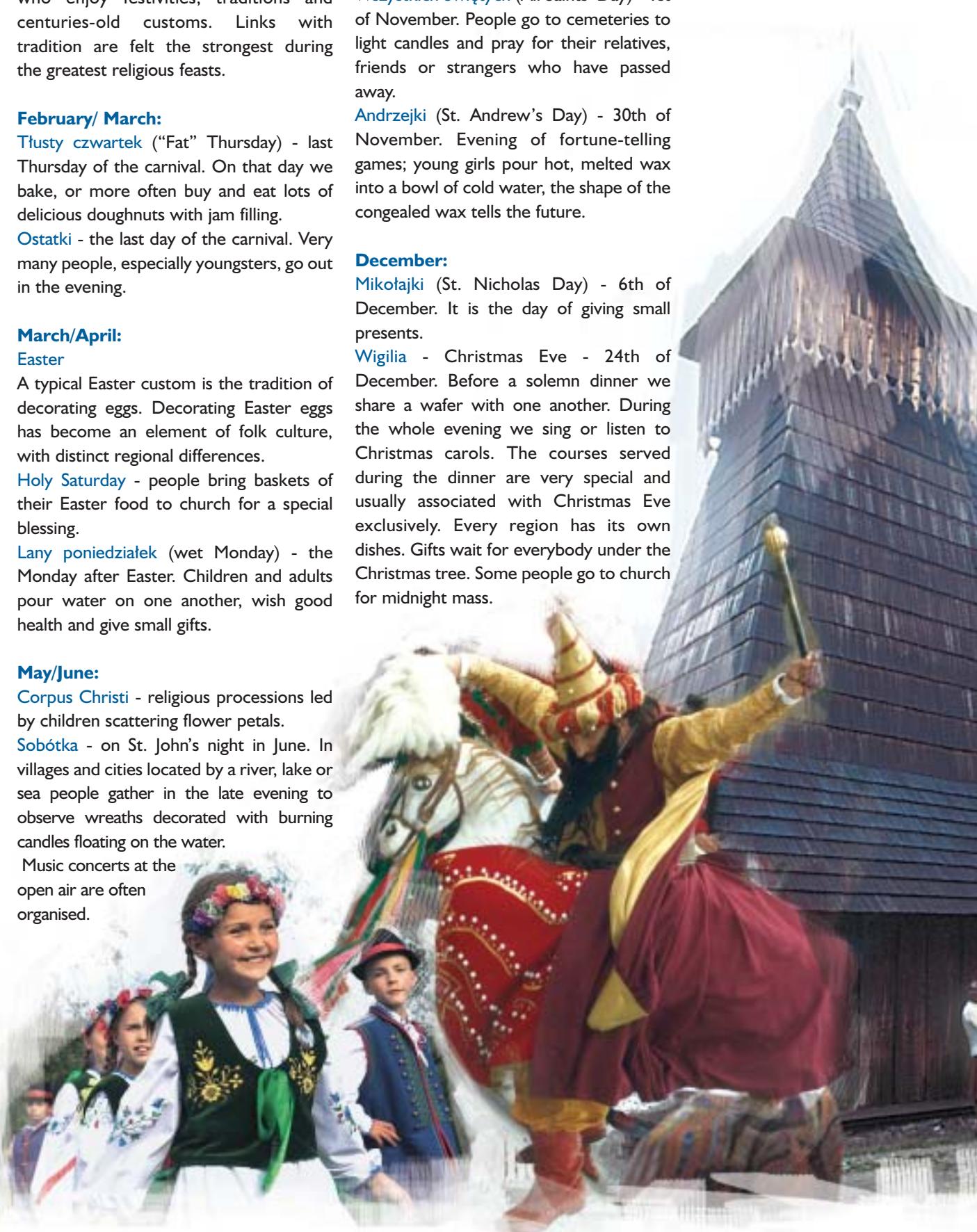
Wszystkich Świętych (All Saints’ Day) - 1st of November. People go to cemeteries to light candles and pray for their relatives, friends or strangers who have passed away.

Andrzejki (St. Andrew’s Day) - 30th of November. Evening of fortune-telling games; young girls pour hot, melted wax into a bowl of cold water, the shape of the congealed wax tells the future.

December:

Mikołajki (St. Nicholas Day) - 6th of December. It is the day of giving small presents.

Wigilia - Christmas Eve - 24th of December. Before a solemn dinner we share a wafer with one another. During the whole evening we sing or listen to Christmas carols. The courses served during the dinner are very special and usually associated with Christmas Eve exclusively. Every region has its own dishes. Gifts wait for everybody under the Christmas tree. Some people go to church for midnight mass.



Polish cuisine

Polish cuisine was influenced by many cooking traditions and is very diversified; each region has its own specific dishes as well.

One Polish speciality is a profusion of excellent smoked meats, especially sausage (*kielbasa*), popular throughout the world, made according to traditional recipes and smoked over juniper or fruit-tree twigs.

An important part of the main Polish meal of the day is soup. Among the popular soups in the country there are *barszcz* - beetroot soup, *zurek* - made of rye-flour, cooked with mushrooms, and served with potatoes, diced sausages and hard-boiled eggs; wild mushroom soup thickened with sour cream, tomato soup, *rosół* - poultry or beef bouillon served with noodles, and many others.

Meat is prepared in a variety of ways: roasted, stewed, fried, grilled. Perhaps the best-known Polish culinary classic is *kotlet schabowy* - fried pork loin chop coated in breadcrumbs and served with potatoes and cabbage. Try also roast pork loin stuffed with prunes!

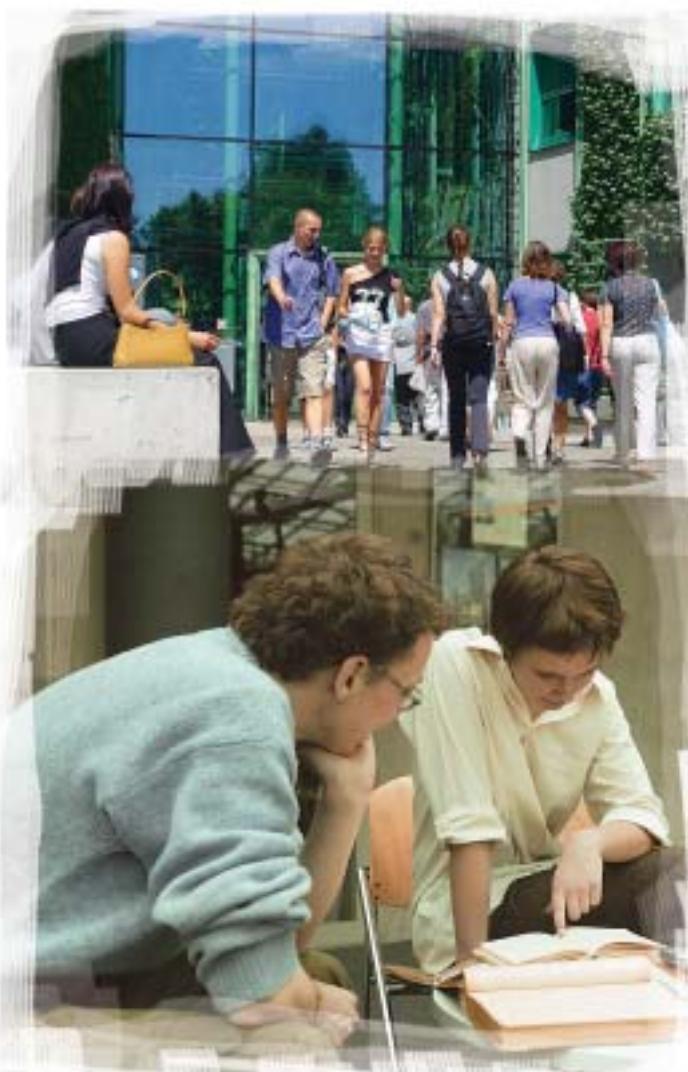
Restaurants styled "peasant" or "rustic" offer traditional or regional dishes. Some typically peasant food is today served in the best restaurants. One of Polish "national" dishes is *bigos*, made of brined cabbage with a variety of meats, smoked meats and mushrooms.

Polish cuisine is also noted for superb dumplings, especially pierogi with varied stuffing.

Pastries and cakes are a traditional type of dessert. Although our traditional cuisine seems a bit heavy, vegetarian dishes are also very popular.

In Poland you will find a profusion of vegetables and delicious fruits, especially renowned are apples and extremely tasty strawberries.





Basic statistical data

In recent years, the number of students has been constantly growing (reaching 1 953 832 in the academic year 2005/06) and this tendency can still be observed. It is worth emphasising that this is mostly related to an increase in the number of part-time students enrolled in the state higher education institutions as well as to the development of diversified study systems in non-state higher education institutions. In 2005/06 there were 445 higher education institutions in Poland (including 130 public institutions).

In 2004/05 there were ca 391 500 graduates.

In 2005/06, 49% of students were registered for full-time studies (950 000). 10 092 foreigners were registered as regular students in Polish higher education institutions. The largest groups of foreign people studied at the universities (3 703), medical academies (2 466), schools of economics (1 793) and technical universities or other technical schools (780).

In 2005/06 the number of doctoral students was 32 725 in total. There were 87 789 academic lecturers, including 19 633 professors.

Higher education

Institutions and degree courses

The Polish higher education system allows for both state (public) and private (non-public) institutions of higher education. There are two main categories of higher education institution: university-type and non-university institutions (in a university-type HEI at least one unit is authorised to confer the academic degree of "doktor", i.e. offers at least one doctoral programme). Higher education institutions in Poland offer the following educational possibilities:

- first cycle studies of two types:
 - studies leading to the professional title of "licencjat", of 3 to 4 years' duration,
 - studies leading to the professional title of "inżynier", of 3.5 to 4 years' duration
- second cycle studies of 1.5 to 2 years' duration (Master type), leading to the professional title of "magister" or an equivalent degree, and accessible for graduates of first cycle studies;
- long-cycle studies of 4.5 to 6 years' duration (Master type) leading to the professional title of "magister" or an equivalent degree;
- third cycle studies - doctoral programmes, provided by the university-type schools as well as some research institutions (first of all the Polish Academy of Sciences).

Admission

1. Access to degree programmes in a higher education institution is open to persons who:

- hold a secondary-school leaving certificate, if applying for admission to a first-cycle programme or a long-cycle programme, or
- hold the degree of magister, licencjat, inżynier or an equivalent degree, if applying for admission to a second-cycle programme,

and fulfil admission conditions defined by a given higher education institution.

2. Admission conditions and procedures as well as forms of study for each field of study are specified by the senate of a higher education institution. A relevant resolution of the senate is published not later than by 31 May of the year preceding the academic

year which it refers to and should be announced at the institution's web site.

3. Admission to first-cycle programmes and long-cycle programmes is based primarily on results of the secondary-school leaving examination. The senate of a higher education institution specifies, which results of the secondary-school leaving examination provide the basis for admission to degree programmes.

The date of enrolment varies according to the institution and branch of study.

Foreign students who want to enrol should contact directly the chosen university, its faculty or international relations office, in order to obtain appropriate detailed information on the conditions of admission.

Fees

Higher education is free of charge at full-time day courses in public sector institutions. However, there are two exceptions to this rule: (1) charging fees is permitted in the case of courses that are repeated by a student as a result of his/her unsatisfactory achievements; (2) students applying for admission have to pay an administrative fee which amount is fixed by an institution, but cannot exceed the maximum defined annually by the minister of education (in June 2006 the maximum was 85 zloty i.e. ca 21 EUR, except for studies in the field of arts, architecture and urban planning - 150 zloty i.e. ca 38 EUR).

The majority of state higher education institutions organise fee-paying part-time studies.

Tuition fees in either state or non-state establishments of higher education vary greatly, and the amount depends not only on the real cost of studies, but also on the interest displayed in different fields of study.

Assessment and qualifications

On the completion of first-cycle studies (duration from 3 to 4 years) students are awarded the title of licencjat or inżynier (equivalent of Bachelor-type degree) and a diploma of completion of studies. On completion of second-cycle and long-cycle

studies (Master-type) students are awarded the title of magister (or equivalent).

In order to graduate, students have to submit and defend a diploma project or thesis (except for some study areas) and pass a diploma examination.

From 2004/05, the Diploma Supplement is compulsorily annexed to all Polish higher education qualifications. It contains full information on studies completed and the academic qualifications acquired by the diploma holder.

The ECTS system has gradually been introduced in Polish higher education institutions and will become compulsory as from the academic year 2007/08 (for all programmes which start in the academic year 2007/08).

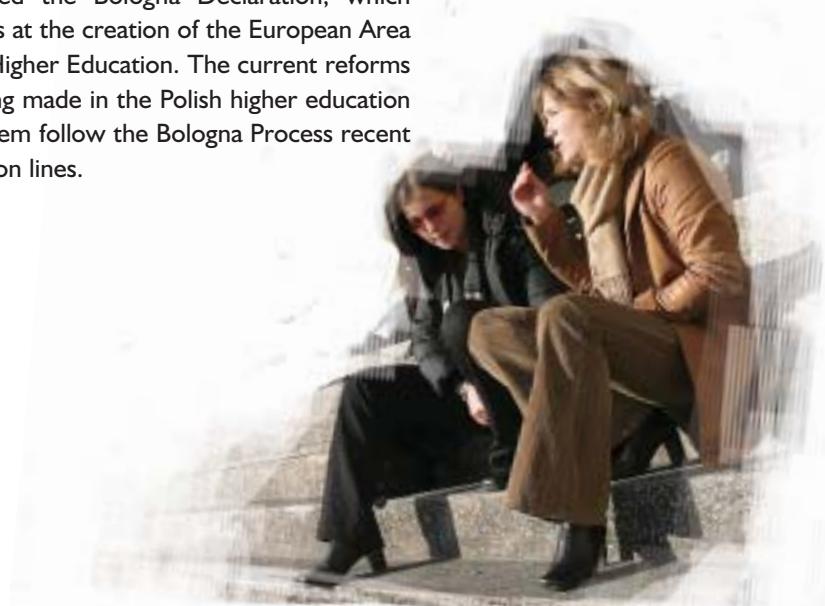
Quality assurance

The quality system in Polish higher education institutions includes both state accreditation (compulsory) and "environmental" accreditation (voluntary).

The State Accreditation Committee, established in 2002, covers the entire higher education area and is responsible for the education quality evaluation. Its opinions and decisions have a legal effect.

The Polish higher education system in the European Higher Education Area

Along with 29 other countries, Poland signed the Bologna Declaration, which aims at the creation of the European Area of Higher Education. The current reforms being made in the Polish higher education system follow the Bologna Process recent action lines.





Mobility of Polish students

From 1990 Polish students could participate in the mobility activities of the TEMPUS programme. The participation of Polish higher education institutions in the TEMPUS programme resulted also in a gradual implementation of credit transfer systems based on the ECTS and a more flexible system of studies. In the whole period of the TEMPUS programme circa 13,000 students were granted scholarships to foreign higher education institutions in various EU member states. Simultaneously with the TEMPUS programme, a student exchange was carried out within the CEEPUS initiative (Central European Exchange Programme for University Studies). Student mobility and initiatives directed toward improving the educational offer were smoothly taken over by the SOCRATES-Erasmus programme.

Student exchange in SOCRATES-Erasmus

Polish participation in the SOCRATES-Erasmus programme dates from 1998/99. The number of participating universities has been constantly growing (from 46 in 1998/99 to 240 in 2006/07), as well as the number of students and academic teachers taking part in the exchange programme. The largest group interested in the opportunities offered by the programme are students. The number of Polish students who will undertake a period of study at the partner university abroad within Erasmus in 2006/07 will probably reach 12 500.

Number of Polish universities participating in Erasmus

1998/1999	46
1999/2000	74
2000/2001	98
2001/2002	98
2002/2003	120
2003/2004	151
2004/2005	187
2005/2006	217
2006/2007	240

Number of outgoing Polish students

1998/1999	1 426
1999/2000	2 813
2000/2001	3 691
2001/2002	4 322
2002/2003	5 419
2003/2004	6 278
2004/2005	8 388
Total:	32 337

Number of incoming students

1998/1999	220
1999/2000	466
2000/2001	614
2001/2002	753
2002/2003	1 054
2003/2004	1 459
2004/2005	2 332
Total:	6 898

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.

International relations offices, Erasmus co-ordinators

International relations offices are the main university units responsible for international co-operation and the exchange of students and staff. In some universities there are also other specialised administrative units, such as exchange or international programmes offices.

The university Erasmus co-ordinators with the co-operation of the faculty Erasmus co-ordinators provide foreign students who wish to participate in the Erasmus exchange with the most appropriate information about opportunities to study and stay at a given academic centre. Each university participating in Erasmus offers its ECTS Course Catalogues or detailed Guides for foreign students.

The contact data of the Erasmus co-ordinators or contact persons in the Polish universities are available on the web site of the SOCRATES National Agency, Erasmus programme: www.frse.org.pl





Courses of Polish Language

Courses of Polish language and culture or survival Polish with orientation programmes are organized by most (if not all) universities hosting foreign students in our country. This type of course can last for a few weeks just before the academic year or can be run throughout the whole semester. Depending on their level, length and number of classes the courses aim at teaching basic communication or improving a student's existing knowledge of Polish. The courses usually end with a final exam, and the participants receive a certificate. In some cases one can get ECTS credits for a course of Polish.

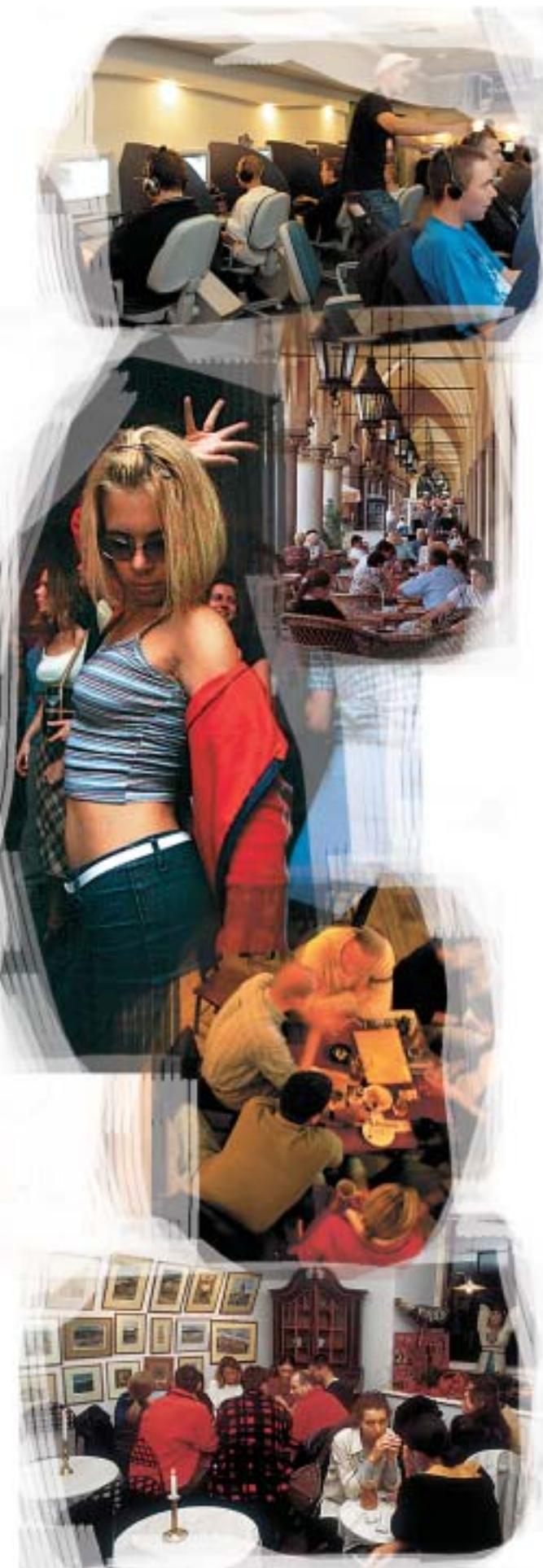
Each year chosen Polish institutions offer Erasmus Intensive Language Courses (EILC) to incoming Erasmus students. Appropriate information, which is updated every year, can be found on the Internet page of the European Commission and the Polish SOCRATES National Agency.

Courses taught in foreign languages

The language of instruction is Polish, but many universities offer also courses taught in foreign languages, mainly in English. Information is available on universities' websites, from the SOCRATES-Erasmus coordinators, international relations offices and directly at the faculties.

Information on the possibilities for studying in English can be also found at the website of the Conference of Rectors of Academic Schools in Poland (KRASP): www.krasp.org.pl.





Accommodation

Many Polish Universities have their own dormitories (akademiki) which are managed by the university's administration. The dormitories may differ from one another in standard. Usually there are rooms housing 2-3 students, but single rooms are also available.

Details concerning accommodation are the subject of arrangements between the student (his home university) and the host university prior to student's arrival.

Foreign students have also the possibility of renting a private apartment. In this case, it is advisable to sign a lease for the period of rental. The host university should help students in finding appropriate accommodation.

Canteens, restaurants

Each university has usually its own canteens serving meals at reasonable prices. At the faculties there are often local cafeterias. In the city diverse restaurants, bistros, salad bars and pizzerias offer a variety of food.

Students' life, students' organisations

Students' councils, unions and different associations are active in all higher education institutions. They provide students with high quality services and representation. These organisations also provide help and assistance to foreign students and allow them to integrate with local young people. The Erasmus Student Network is a European wide student organisation aiming to support and develop student exchange. The ESN sections are active in 21 Polish universities. More details about ESN in Poland can be found at the website: www.esn.pl.

In each academic city there are students' clubs, academic centres of culture and sport facilities which offer many possibilities for spending time actively.

Coming to Poland – formalities

EU/EEA citizens

Legalisation of stay

An EU student can enter Poland with his/her ID document (a valid travel document e.g. passport, or another document certifying his/her identity and citizenship). If a student intends to visit Poland's neighbouring countries (not all of them are EU Member States), a passport is recommended.

For stays of up to 3 months no legalisation of stay will be necessary. For stays exceeding 3 months, an EU student will have to register the residence in the Department of Citizens Affairs of the Voivodeship Office (province administration, in Polish Urząd Wojewódzki).

In order to legalise the stay, EU students should have health insurance and sufficient resources to cover their expenses without needing social security support.

Documents that have to be submitted by the student to the Voivodeship Office in order to obtain the residence permit:

1. copy of travel document (passport or other ID document),
2. health insurance document (European Health Insurance Card) with a copy,
3. official letter of acceptance from the Polish university (with information about the planned period of study),
4. declaration about sufficient resources to cover the subsistence costs in Poland,
5. application for registering residence.

Passport photos may be useful.

Institutional Erasmus co-ordinators at Polish universities will help students to obtain the residence permit.

Citizens of the EEA countries are subject to the same conditions as EU citizens.

Citizens of Switzerland can enter Poland only on the basis of a valid passport.

Non-EU/EEA citizens

Visa requirements

The students of a non-EU/EEA country can enter the territory of Poland on the basis of a valid travel document (passport) and a visa (if required). The student has to obtain a visa from the consulate of Poland in his/her country of residence.

The visa should cover the whole planned period of stay in Poland. Prolongation of a visa in Poland is only possible in cases of force majeure or situations impossible to foresee while applying for the visa in the consulate. Detailed information is available in the Polish Consulates.

Persons who have received a visa for the whole period of stay in Poland are not obliged to apply for a residence permit.





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)

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASmus CODE	WEB SITE	STATE/ NON-STATE
Państwowa Wyższa Szkoła Zawodowa im. Papieża Jana Pawła II w Białej Podlaskiej	State Higher Vocational School in Biala Podlaska	Biała Podlaska	PL BIALAO1	http://pwsz.bialapodlaska.pl	S
Politechnika Białostocka	Białystok Technical University	Białystok	PL BIALYST01	www.pb.bialystok.pl	S
Akademia Medyczna w Białymostku	Medical University of Białystok	Białystok	PL BIALYST02	www.amb.edu.pl	S
Wyższa Szkoła Finansów i Zarządzania w Białymostku	University of Finance and Management in Białystok	Białystok	PL BIALYST03	www.wsfiz.edu.pl	N
Uniwersytet w Białymostku	University of Białystok	Białystok	PL BIALYST04	www.uwb.edu.pl	S
Wyższa Szkoła Administracji Publicznej im. Stanisława Staszica w Białymostku	Białystok School of Public Administration	Białystok	PL BIALYST05	www.wsap.edu.pl	N
Wyższa Szkoła Ekonomiczna w Białymostku	Białystok School of Economics	Białystok	PL BIALYST06	www.wse.edu.pl	N
Bielska Wyższa Szkoła Biznesu i Informatyki im. Józefa Tyszkiewicza	Bielsko College of Business and Computer Science	Bielsko-Biała	PL BIELSK001	www.tyszkiewicz.edu.pl	N
Akademia Techniczno-Humanistyczna w Bielsku-Białej	University of Bielsko-Biała	Bielsko-Biała	PL BIELSK002	www.ath.bielsko.pl	S
Wyższa Szkoła Bankowości i Finansów w Bielsku-Białej	Bielsko-Biała School of Banking and Finance	Bielsko-Biała	PL BIELSK004	www.wsbif.edu.pl	N
Wyższa Szkoła Informatyki i Zarządzania w Bielsku-Białej	Academy of Computer Science and Management in Bielsko-Biała	Bielsko-Biała	PL BIELSK005	www.wsi.edu.pl	N
Wyższa Szkoła Ekonomiczno-Humanistyczna w Bielsku-Białej	Undergraduate School of Economics and Humanities	Bielsko-Biała	PL BIELSK006	www.wseh.pl	N
Uniwersytet Kazimierza Wielkiego	Kazimierz Wielki University in Bydgoszcz	Bydgoszcz	PL BYDGOSZ01	www.ab-byd.edu.pl	S
Uniwersytet Techniczno-Przyrodniczy im. J. i J. Śniadeckich	University of Technology and Life Sciences	Bydgoszcz	PL BYDGOSZ02	www.utp.edu.pl	S
Akademia Muzyczna w Bydgoszczy	Academy of Music in Bydgoszcz	Bydgoszcz	PL BYDGOSZ04	www.amuz.bydgoszcz.pl	S
Wyższa Szkoła Środowiska w Bydgoszczy	Environment Protection College in Bydgoszcz	Bydgoszcz	PL BYDGOSZ05	www.wsos.edu.pl	N
Wyższa Szkoła Gospodarki w Bydgoszczy	The University of Economy in Bydgoszcz	Bydgoszcz	PL BYDGOSZ06	www.tih.pl	N
Kujawsko-Pomorska Szkoła Wyższa w Bydgoszczy	Kujawy and Pomerania Higher School	Bydgoszcz	PL BYDGOSZ08	www.kpsw.edu.pl	N
Górnośląska Wyższa Szkoła Przedsiębiorczości im. Karola Goduli w Chorzowie	Upper Silesian Academy of Entrepreneurship	Chorzów	PL CHORZOW01	www.gswp.edu.pl	N
Politechnika Częstochowska	Technical University of Częstochowa	Częstochowa	PL CZESTOC01	www.pcz.czest.pl	S
Akademia im. Jana Długosza w Częstochowie	Jan Długosz University in Częstochowa	Częstochowa	PL CZESTOC02	www.wsp.czest.pl	S
Akademia Polonijna w Częstochowie	Polonia University in Częstochowa	Częstochowa	PL CZESTOC03	www.ap.edu.pl	N
Wyższa Szkoła Zarządzania w Częstochowie	Częstochowa University of Management	Częstochowa	PL CZESTOC04	www.wsz.edu.pl	N
Wyższa Szkoła Lingwistyczna w Częstochowie	College of Foreign Languages in Częstochowa	Częstochowa	PL CZESTOC05	www.wsl.edu.pl	N

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASMUS CODE	WEB SITE	STATE/ NON-STATE
Wysza Szkoła Biznesu w Dąbrowie Górnictwa	Academy of Business in Dąbrowa Górnica	Dąbrowa Górnica	PL DABROWA01	www.wsb.edu.pl	N
Państwowa Wysza Szkoła Zawodowa w Elblągu	State Higher Vocational School in Elbląg	Elbląg	PL ELBLAG01	www.pwsz.elblag.pl	S
Elbląska Uczelnia Humanistyczno-Ekonomiczna	Elbląg University of Humanities and Economy	Elbląg	PL ELBLAG02	www.euh-e.edu.pl	N
Uniwersytet Gdański	University of Gdańsk	Gdańsk	PL GDANSKO1	www.univ.gda.pl	S
Politechnika Gdańskia	Gdańsk University of Technology	Gdańsk	PL GDANSKO2	www.pg.gda.pl	S
Akademia Medyczna w Gdańsku	Medical University of Gdańsk	Gdańsk	PL GDANSKO3	www.amg.gda.pl	S
Akademia Muzyczna w Gdańsku	Academy of Music in Gdańsk	Gdańsk	PL GDANSKO4	www.amuz.gda.pl	S
Akademia Sztuk Pięknych w Gdańsku	Academy of Fine Arts in Gdańsk	Gdańsk	PL GDANSKO5	www.asp.gda.pl	S
Akademia Wychowania Fizycznego i Sportu w Gdańsku	J. Śniadecki University School of Physical Education and Sport	Gdańsk	PL GDANSKO6	www.awf.gda.pl	S
Wysza Szkoła Bankowa w Gdańsku	Gdańsk School of Banking	Gdańsk	PL GDANSKO8	www.wsb.gda.pl	N
Wysza Szkoła Zarządzania w Gdańsku	Gdańsk Management College	Gdańsk	PL GDANSKO10	www.wsz.pl	N
Akademia Morska w Gdyni	Gdynia Maritime University	Gdynia	PL GDYNIA01	www.am.gda.pl	S
Wysza Szkoła Administracji i Biznesu im. E. Kwiatkowskiego	E. Kwiatkowski Business and Administration School	Gdynia	PL GDYNIA02	www.wsabip.pl	N
Pomorska Wysza Szkoła Humanistyczna w Gdyni	Pomeranian School of Higher Education in Gdynia	Gdynia	PL GDYNIA05	www.pwsh.edu.pl	N
Prywatna Wysza Szkoła Zawodowa w Giżycku	Private Higher Educational Institute in Giżycko	Giżycko	PL GIZYCKO01	www.karolex.com.pl	N
Politechnika Śląska	Silesian University of Technology	Gliwice	PL GLIWICE01	www.polsl.gliwice.pl	S
Państwowa Wysza Szkoła Zawodowa w Gorzowie Wlkp.	State Higher Vocational School in Gorzów Wielkopolski	Gorzów Wielkopolski	PL GORZOW01	www.pwsz.pl	S
Wysza Szkoła Biznesu w Gorzowie Wlkp.	Higher School of Business in Gorzów Wielkopolski	Gorzów Wielkopolski	PL GORZOW02	www.wsb.gorzow.pl	N
Wysza Informatyczna Szkoła Zawodowa w Gorzowie	Information Technology Higher Vocational School	Gorzów Wielkopolski	PL GORZOW03	www.wisz.edu.pl	N
Kolegium Karkonoskie	Karkonosze College	Jelenia Góra	PL JELENIA01	www.kk.jgora.pl	S
Wysza Szkoła Gospodarki Euroregionalnej im. Alcide de Gasperi	Alcide de Gasperi University of Euroregional Economy	Józefów	PL JOZEFOW01	www.wsge.edu.pl	N
Państwowa Wysza Szkoła Zawodowa w Kaliszu	State Higher Vocational School in Kalisz	Kalisz	PL KALISZ01	www.pwsz.kalisz.pl	S
Universytet Śląski	University of Silesia	Katowice	PL KATOWICO1	www.us.edu.pl	S

« Polish higher education institutions »

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASmus CODE	WEB SITE	STATE/ NON-STATE
Akademia Ekonomiczna w Katowicach	Karol Adamiecki University of Economics	Katowice	PL KATOWIC02	www.ae.katowice.pl	S
Śląska Akademia Medyczna w Katowicach	Medical University of Silesia	Katowice	PL KATOWIC03	www.slam.katowice.pl	S
Akademia Muzyczna w Katowicach	Academy of Music in Katowice	Katowice	PL KATOWIC04	www.am.katowice.pl	S
Akademia Wychowania Fizycznego w Katowicach	Academy of Physical Education in Katowice	Katowice	PL KATOWIC05	www.awf.katowice.pl	S
Śląska Wyższa Szkoła Zarządzania w Katowicach	Silesian Higher School of Management	Katowice	PL KATOWIC06	www.swsz.katowice.pl	N
Górnośląska Wyższa Szkoła Handlowa im. W. Korfantego	Katowice School of Economics	Katowice	PL KATOWIC07	www.gwsh.pl	N
Akademia Sztuk Pięknych w Katowicach	Academy of Fine Arts in Katowice	Katowice	PL KATOWIC08	www.aspkat.edu.pl	S
Wyższa Szkoła Bankowości i Finansów w Katowicach	Higher School of Banking and Finance in Katowice	Katowice	PL KATOWIC09	www.wsbif.pl	N
Wyższa Szkoła Zarządzania Marketingowego i Języków Obcych	Higher School of Market Management and Foreign Languages	Katowice	PL KATOWIC10	www.gallus.pl	N
Śląska Wyższa Szkoła Informatyki	Silesian Higher School of Computer Science	Katowice	PL KATOWIC11	www.swsi.edu.pl	N
Politechnika Świętokrzyska	Kielce University of Technology	Kielce	PL KIELCEO1	www.tu.kielce.pl	S
Akademia Świętokrzyska im. J. Kochanowskiego	Pedagogical University in Kielce	Kielce	PL KIELCEO2	www.pu.kielce.pl	S
Wszechnica Świętokrzyska	Świętokrzyska University	Kielce	PL KIELCEO4	www.ws.edu.pl	N
Wyższa Szkoła Ekonomii i Administracji w Kielcach	School of Economics and Administration	Kielce	PL KIELCEO5	www.wseia.edu.pl	N
Wyższa Szkoła Administracji Publicznej w Kielcach	Higher School of Public Administration in Kielce	Kielce	PL KIELCEO7	www.wsap-kielce.edu.pl	N
Wyższa Szkoła Zarządzania Gospodarką Regionalną i Turystyką w Kielcach	Higher School of Regional Economy Management and Tourism	Kielce	PL KIELCEO8	www.promotorplus.edu.pl/wszgrit/	N
Wyższa Szkoła Technik Komputerowych i Telekomunikacji w Kielcach	University of Computer Engineering and Telecommunications	Kielce	PL KIELCEO9	www.wstkt.com	N
Państwowa Wyższa Szkoła Zawodowa w Koninie	State Higher Vocational School in Konin	Konin	PL KONINO2	www.pwsz.konin.edu.pl	S
Politechnika Koszalińska	Technical University of Koszalin	Koszalin	PL KOSZALI01	www.tu.koszalin.pl	S
Bałtycka Wyższa Szkoła Humanistyczna	Baltic Higher School of Humanities	Koszalin	PL KOSZALI02	www.bwsh.edu.pl	N
Uniwersytet Jagielloński	Jagiellonian University	Kraków	PL KRAKOW01	www.uj.edu.pl	S
Akademia Górnictwo-Hutnicza	AGH University of Science and Technology	Kraków	PL KRAKOW02	www.agh.edu.pl	S
Politechnika Krakowska	Cracow University of Technology	Kraków	PL KRAKOW03	www.pk.edu.pl	S
Akademia Ekonomiczna w Krakowie	Cracow University of Economics	Kraków	PL KRAKOW04	www.ae.krakow.pl	S
Akademia Pedagogiczna w Krakowie	Pedagogical University of Cracow	Kraków	PL KRAKOW05	www.ap.krakow.pl	S

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASMUS CODE	WEB SITE	STATE/ NON-STATE
Akademia Rolnicza im. Hugona Kołłątaja	Agricultural University of Cracow	Kraków	PL KRAKOW06	www.ar.krakow.pl	S
Akademia Muzyczna w Krakowie	Academy of Music in Cracow	Kraków	PL KRAKOW09	www.amuz.krakow.pl	S
Akademia Sztuk Pięknych w Krakowie	Academy of Fine Arts in Cracow	Kraków	PL KRAKOW10	www.asp.krakow.pl	S
Państwowa Wyższa Szkoła Teatralna w Krakowie	Ludwik Solski State School of Drama in Cracow	Kraków	PL KRAKOW11	http://pwst.krakow.pl	S
Akademia Wychowania Fizycznego w Krakowie	B. Czech Academy of Physical Education	Kraków	PL KRAKOW12	www.awf.krakow.pl	S
Krakowska Szkoła Wyższa im. A. F. Modrzewskiego	A. F. Modrzewski Cracow College	Kraków	PL KRAKOW17	www.ksw.edu.pl	N
Wyższa Szkoła Ekonomii i Informatyki w Krakowie	School of Economics and Computer Science in Cracow	Kraków	PL KRAKOW18	www.wsei.krakow.pl	N
Wyższa Szkoła Filozoficzno-Pedagogiczna Ignatianum	University School of Philosophy and Education Ignatianum	Kraków	PL KRAKOW19	www.ignatianum.edu.pl	S
Wyższa Szkoła Europejska im. ks. Józefa Tischnera	Tischner European University	Kraków	PL KRAKOW20	www.wse.krakow.pl	N
Państwowa Wyższa Szkoła Zawodowa w Krośnie	State Higher Vocational School in Krośno	Krośno	PL KROSN01	www.pwsz.krosno.pl	S
Wyższa Szkoła Gospodarki Krajowej w Kutnie	Higher School of National Economy	Kutno	PL KUTNO01	www.wsgk.com.pl	N
Wyższa Szkoła Zarządzania w Kwidzynie	Kwidzyn School of Management	Kwidzyn	PL KWIHZ01	www.wsz.kwidzyn.edu.pl	N
Państwowa Wyższa Szkoła Zawodowa w Legnicy	State Higher Vocational School in Legnica	Legnica	PL LEGNICA01	www.pwsz.legnica.edu.pl	S
Wyższa Szkoła Menedżerska w Legnicy	Legnica University of Management	Legnica	PL LEGNICA03	www.wsmlca.edu.pl	N
Państwowa Wyższa Szkoła Zawodowa w Lesznie	State Higher Vocational School in Leszno	Leszno	PL LESZNO01	www.pwsz.edu.pl	S
Uniwersytet Łódzki	University of Łódź	Łódź	PL LODZ01	www.uni.lodz.pl	S
Politechnika Łódzka	Technical University of Łódź	Łódź	PL LODZ02	www.p.lodz.pl	S
Uniwersytet Medyczny w Łodzi	Medical University of Łódź	Łódź	PL LODZ03	www.am.lodz.pl	S
Akademia Muzyczna im. G. i K. Bacewiczów	G. and K. Bacewicz Academy of Music	Łódź	PL LODZ04	www.amuz.lodz.pl	S
Wyższa Szkoła Humanistyczno-Ekonomiczna w Łodzi	Academy of Humanities and Economics in Łódź	Łódź	PL LODZ07	www.wshe.lodz.pl	N
Wyższa Szkoła Administracji Publicznej w Łodzi	School of Public Administration in Łódź	Łódź	PL LODZ08	www.wsap.pl	N
Spółeczna Wyższa Szkoła Przedsiębiorczości i Zarządzania w Łodzi	Academy of Management in Łódź	Łódź	PL LODZ09	www.swspiz.pl	N
Wyższa Szkoła Marketingu i Biznesu w Łodzi	Higher School of Marketing and Business in Łódź	Łódź	PL LODZ10	www.wsmib.edu.pl	N
Wyższa Szkoła Informatyki w Łodzi	Higher School of Computer Science in Łódź	Łódź	PL LODZ14	www.wsinf.edu.pl	N
Wyższa Szkoła Studiów Międzynarodowych w Łodzi	Łódź Academy of International Studies	Łódź	PL LODZ15	www.wssm.edu.pl	N

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASmus CODE	WEB SITE	STATE/ NON-STATE
Wyzsza Szkoła Finansów i Informatyki w Łodzi	The Professor Chechliński College of Finance and Computer Science	Łódź	PL LODZ17	www.wsfii.lodz.pl	N
Wyzsza Szkoła Kupiecka	University of Trade in Łódź	Łódź	PL ZGIERZ01	www.kupiecka.pl	N
Państwowa Wyzsza Szkoła Informatyki i Przedsiębiorczości w Łomży	State College of Computer Science and Business Administration in Łomża	Łomża	PL LOMZA03	www.pwsip.edu.pl/en	S
Uczelnia Zawodowa Zagłębia Miedziowego w Lubinie	UZZM Lubin Regional College	Lubin	PL LUBIN01	www.uzzm.mckk.pl	N
Uniwersytet Marii Curie-Skłodowskiej	Maria Curie-Skłodowska University	Lublin	PL LUBLINO1	www.umcs.lublin.pl	S
Katolicki Uniwersytet Lubelski Jana Pawła II	The John Paul II Catholic University of Lublin	Lublin	PL LUBLINO2	www.kul.lublin.pl	S
Politechnika Lubelska	Lublin University of Technology	Lublin	PL LUBLINO3	www.pol.lublin.pl	S
Akademia Rolnicza w Lublinie	University of Agriculture in Lublin	Lublin	PL LUBLINO4	www.ar.lublin.pl	S
Akademia Medyczna w Lublinie	Medical University in Lublin	Lublin	PL LUBLINO5	www.eskulap.am.lublin.pl	S
Wyzsza Szkoła Przedsiębiorczości i Administracji w Lublinie	College of Enterprise and Administration	Lublin	PL LUBLINO6	www.wspa.lublin.pl	N
Wyzsza Szkoła Ekonomii i Innowacji w Lublinie	Higher School of Economics and Innovation in Lublin	Lublin	PL LUBLINO9	www.wsei.lublin.pl	N
Wyzsza Szkoła Gospodarki i Zarządzania w Mielcu	School of Economy and Management in Mielec	Mielec	PL MIELECO1	www.wsgiz.edu.ptc.pl	N
Górnośląska Wyzsza Szkoła Pedagogiczna im. Kardynała A. Hlonda	Cardinal Hlond Upper Silesian School of Pedagogy	Mysłowice	PL MYSLOWI01	www.wsew.edu.pl	N
Wyzsza Szkoła Biznesu - National Louis University w Nowym Sączu	Higher School of Business - National Louis University	Nowy Sącz	PL NOWY SA01	www.wsb-nlu.edu.pl	N
Państwowa Wyzsza Szkoła Zawodowa w Nowym Sączu	State Higher Vocational School in Nowy Sącz	Nowy Sącz	PL NOWY SA02	www.pwsz-ns.edu.pl	S
Państwowa Wyzsza Szkoła Zawodowa w Nysie	State Higher Vocational School in Nysa	Nysa	PL NYSA01	www.pwsz.nysa.pl	S
Wszechnica Mazurska	Masurian Academy	Olecko	PL OLECK001	www.wm.olecko.pl	N
Uniwersytet Warmińsko-Mazurski w Olsztynie	University of Warmia and Mazury in Olsztyn	Olsztyn	PL OLSZTYNO1	www.uwm.edu.pl	S
Wyzsza Szkoła Informatyki i Ekonomii Towarzystwa Wiedzy Powszechnej	University of Computer Science and Economics in Olsztyn	Olsztyn	PL OLSZTYN05	www.wsie.olsztyn.pl	N
Olsztyńska Wyzsza Szkoła Informatyki i Zarządzania im. prof. Tadeusza Kotarbińskiego	Olsztyn Academy of Computer Science and Management	Olsztyn	PL OLSZTYN06	www.owsii.z.edu.pl	N
Uniwersytet Opolski	Opole University	Opole	PL OPOLE01	www.uni.opole.pl	S
Politechnika Opolska	Technical University of Opole	Opole	PL OPOLE02	www.po.opole.pl	S
Wyzsza Szkoła Zarządzania i Administracji w Opolu	Academy of Management and Administration in Opole	Opole	PL OPOLE03	www.wszia.opole.pl	N

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASMUS CODE	WEB SITE	STATE/ NON-STATE
Wysza Szkoła Biznesu i Przedsiębiorczości w Ostrowcu Świętokrzyskim	University of Business and Enterprise in Ostrowiec	Ostrowiec Świętokrzyski	PL OSTROWI01	www.wsbip.edu.pl	N
Wysza Szkoła Biznesu w Pile	Higher School of Business in Pila	Pila	PL PILA01	www.wsb.pila.pl	N
Szkoła Wysza im. Pawła Włodkowica w Płocku	Pawel Włodkowic University College in Płock	Płock	PL PLOCK01	www.włodkowic.pl	N
Państwowa Wysza Szkoła Zawodowa w Płocku	State Higher Vocational School in Płock	Płock	PL PLOCK02	http://pwsz.plock.net.pl	S
Uniwersytet im. Adama Mickiewicza	Adam Mickiewicz University	Poznań	PL POZNAN01	www.amu.edu.pl	S
Politechnika Poznańska	Poznań University of Technology	Poznań	PL POZNAN02	www.put.poznan.pl	S
Akademia Ekonomiczna w Poznaniu	Poznań University of Economics	Poznań	PL POZNAN03	www.ae.poznan.pl	S
Akademia Rolnicza w Poznaniu	August Cieszkowski Agricultural University of Poznań	Poznań	PL POZNAN04	www.au.poznan.pl/socrates	S
Akademia Medyczna w Poznaniu	K. Marcinkowski University of Medical Sciences in Poznań	Poznań	PL POZNAN05	www.amp.edu.pl	S
Akademia Muzyczna w Poznaniu	I. J. Paderewski Academy of Music in Poznań	Poznań	PL POZNAN06	www.amuz.poznan.pl	S
Akademia Wychowania Fizycznego w Poznaniu	E. Piasecki University School of Physical Education	Poznań	PL POZNAN08	www.awf.poznan.pl	S
Wysza Szkoła Hotelarstwa i Gastronomii w Poznaniu	Academy of Hotel Management and Catering Industry	Poznań	PL POZNAN10	www.wshig.poznan.pl	N
Akademia Sztuk Pięknych w Poznaniu	Academy of Fine Arts in Poznań	Poznań	PL POZNAN12	www.asp.poznan.pl	S
Wysza Szkoła Bankowa w Poznaniu	School of Banking in Poznań	Poznań	PL POZNAN13	www.wsb.poznan.pl	N
Wysza Szkoła Handlu i Usług w Poznaniu	Poznań Trade and Commerce College	Poznań	PL POZNAN14	www.wshiu.poznan.pl	N
Wysza Szkoła Komunikacji i Zarządzania w Poznaniu	Higher School of Communication and Management	Poznań	PL POZNAN15	www.wskiz.poznan.pl	N
Wysza Szkoła Nauk Humanistycznych i Dziennikarstwa w Poznaniu	School of Humanities and Journalism	Poznań	PL POZNAN16	www.wsnhid.pl	N
Wysza Szkoła Umiejętności Społecznych w Poznaniu	Higher School of Social Knowledge in Poznań	Poznań	PL POZNAN17	www.wsus.poznan.pl	N
Wysza Szkoła Handlu i Rachunkowości w Poznaniu	Higher School of Trading and Accounting in Poznań	Poznań	PL POZNAN18	www.wshir.poznan.pl	N
Wysza Szkoła Języków Obcych w Poznaniu	Poznań College of Foreign Languages	Poznań	PL POZNAN19	www.wsjo.poznan.pl	N
Wysza Szkoła Logistyki w Poznaniu	Higher School of Logistics in Poznań	Poznań	PL POZNAN22	www.wsl.com.pl	N
Wysza Szkoła Zawodowa "Kadry dla Europy"	European Career College	Poznań	PL POZNAN23	www.kde.edu.pl/page.php	N
Wysza Szkoła Administracji i Zarządzania w Przemyślu	School of Public Administration and Management	Przemyśl	PL PRZEMYS01	www.wsaiz.edu.pl	N

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASmus CODE	WEB SITE	STATE/ NON-STATE
Akademia Humanistyczna im. Aleksandra Gieyszta	Pultusk Academy of Humanities	Pultusk	PL PULTUSKO1	www.ah.edu.pl	N
Politechnika Radomska	Kasimir Pulaski Technical University of Radom	Radom	PL RADOM01	www.pr.radom.pl	S
Prywatna Wyższa Szkoła Ochrony Środowiska w Radomiu	Private College of Environmental Protection	Radom	PL RADOM02	www.pwsos.com.pl	N
Wyższa Szkoła Finansów i Bankowości w Radomiu	Higher Finance and Banking School in Radom	Radom	PL RADOM03	www.wsfib.edu.pl	N
Wyższa Szkoła Handlowa w Radomiu	Radom Academy of Economics	Radom	PL RADOM04	www.wsh.pl	N
Wyższa Szkoła Biznesu w Radomiu	Higher School of Business in Radom	Radom	PL RADOM05	www.wsb.com.pl	N
Wyższa Inżynierska Szkoła Bezpieczeństwa i Organizacji Pracy w Radomiu	Higher Engineering School of Work Safety and Organisation	Radom	PL RADOM06	www.wisbiop.pl	N
Wyższa Szkoła Inżynierijno-Ekonomiczna z siedzibą w Ropczycach	University of Engineering and Economics in Ropczyce	Ropczyce	PL ROPCZYCO1	www.wsie.edu.pl	N
Wyższa Szkoła Handlowa im. Królowej Jadwigi w Rudzie Śląskiej	Queen Jadwiga's School of Business	Ruda Śląska	PL RUDAO1	www.wshrs.edu.pl	N
Politechnika Rzeszowska	Rzeszów University of Technology	Rzeszów	PL RZESZOW01	www.prz.rzeszow.pl	S
Uniwersytet Rzeszowski	University of Rzeszów	Rzeszów	PL RZESZOW02	www.univ.rzeszow.pl	S
Wyższa Szkoła Informatyki i Zarządzania w Rzeszowie	Higher School of Information Technology and Management in Rzeszów	Rzeszów	PL RZESZOW03	www.portal.wsiz.rzeszow.pl	N
Akademia Podlaska	University of Podlasie	Siedlce	PL SIEDLCE01	www.ap.siedlce.pl	S
Wyższa Szkoła Finansów i Zarządzania w Siedlcach	Siedlce School of Finance and Management	Siedlce	PL SIEDLCE02	www.wsfiz.siedlce.pl	N
Akademia Pomorska w Słupsku	Pomeranian Pedagogical University in Słupsk	Słupsk	PL SLUPSKO1	www.pap.edu.pl	S
Wyższa Hanzeatycka Szkoła Zarządzania w Słupsku	Higher School of Management in Słupsk	Słupsk	PL SLUPSK02	www.wsz.słupsk.pl	N
Wyższa Szkoła Zarządzania i Marketingu w Sochaczewie	Higher School of Management and Marketing	Sochaczew	PL SOCHACZ01	www.wszim-sochaczew.edu.pl	N
Wyższa Szkoła Finansów i Rachunkowości w Sopocie	Higher School of Finance and Accounting in Sopot	Sopot	PL SOPOTO1	www.wsfir.gda.pl	N
Wyższa Szkoła Wychowania Fizycznego i Turystyki w Sopocie	Sopot Higher School of Physical Education and Tourism	Sopot	PL SOPOT02	www.wswfif.edu.pl	N
Wyższa Szkoła Zarządzania i Marketingu w Sosnowcu	University of Management and Marketing	Sosnowiec	PL SOSNOWI01	www.wszim.sosnowiec.pl	N
Wyższa Szkoła Turystyki i Ekologii w Suchej Beskidzkiej	Higher School of Tourism and Ecology	Sucha Beskidzka	PL SUCHA-B01	www.wste.edu.pl	N
Uniwersytet Szczeciński	Szczecin University	Szczecin	PL SZCZECI01	www.univ.szczecin.pl	S
Politechnika Szczecińska	Szczecin University of Technology	Szczecin	PL SZCZECI02	www.ps.pl	S
Akademia Morska w Szczecinie	Maritime University of Szczecin	Szczecin	PL SZCZECI03	www.am.szczecin.pl	S

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASMUS CODE	WEB SITE	STATE/ NON-STATE
Akademia Rolnicza w Szczecinie	University of Agriculture in Szczecin	Szczecin	PL SZCZECI04	www.ar.szczecin.pl	S
Pomorska Akademia Medyczna	Pomeranian Medical University	Szczecin	PL SZCZECI05	www.pam.szczecin.pl	S
Zachodniopomorska Szkoła Biznesu	West Pomeranian Business School	Szczecin	PL SZCZECI06	www.zpsb.szczecin.pl	N
Wysza Szkoła Administracji Publicznej w Szczecinie	Higher School of Public Administration	Szczecin	PL SZCZECI07	www.wsap.szczecin.pl	N
Wysza Szkoła Sztuki Użytkowej w Szczecinie	Higher School of Applied Arts in Szczecin	Szczecin	PL SZCZECI08	www.wssu.pl	N
Wysza Szkoła Ekonomiczno-Turystyczna w Szczecinie	Higher School of Economics and Tourism in Szczecin	Szczecin	PL SZCZECI09	www.wset.pl	N
Wysza Szkoła Integracji Europejskiej w Szczecinie	Academy of European Integration in Szczecin	Szczecin	PL SZCZECI10	www.wsie.pl	N
Małopolska Wysza Szkoła Ekonomiczna w Tarnowie	Małopolska School of Economics	Tarnów	PL TARNOW01	www.mwse.edu.pl	N
Państwowa Wysza Szkoła Zawodowa w Tarnowie	State Higher Vocational School in Tarnów	Tarnów	PL TARNOW02	www.wsz.tarnow.pl	S
Wysza Szkoła Biznesu w Tarnowie	Higher School of Business in Tarnów	Tarnów	PL TARNOW03	www.wsb.tarnow.pl	N
Uniwersytet Mikołaja Kopernika	Nicolaus Copernicus University	Toruń	PL TORUN01	www.uni.torun.pl	S
Wysza Szkoła Bankowa w Toruniu	Toruń School of Banking	Toruń	PL TORUN02	www.wsb.torun.pl	N
Wysza Szkoła Zarządzania i Nauk Społecznych w Tychach	Higher School of Management and Social Sciences	Tychy	PL TYCHY01	www.wszins.tychy.pl	N
Walbrzyska Wysza Szkoła Zarządzania i Przedsiębiorczości	Walbrzych Academy of Business and Public Administration	Walbrzych	PL WALBRZY03	www.wwszip.pl	N
Uniwersytet Warszawski	Warsaw University	Warszawa	PL WARSZAW01	www.uw.edu.pl	S
Połitechnika Warszawska	Warsaw University of Technology	Warszawa	PL WARSZAW02	www.pw.edu.pl	S
Szkoła Główna Handlowa	Warsaw School of Economics	Warszawa	PL WARSZAW03	www.sgh.waw.pl	S
Akademia Pedagogiki Specjalnej im. M. Grzegorzewskiej	Maria Grzegorzewska Academy of Special Education	Warszawa	PL WARSZAW04	www.aps.edu.pl	S
Szkoła Główna Gospodarstwa Wiejskiego	Warsaw Agricultural University	Warszawa	PL WARSZAW05	www.sggw.waw.pl	S
Akademia Medyczna w Warszawie	Medical University of Warsaw	Warszawa	PL WARSZAW06	www.am.edu.pl	S
Uniwersytet Kardynała Stefana Wyszyńskiego	Cardinal Stefan Wyszyński University in Warsaw	Warszawa	PL WARSZAW07	www.uksw.edu.pl	S
Akademia Muzyczna im. Fryderyka Chopina	Fryderyk Chopin Academy of Music	Warszawa	PL WARSZAW09	www.chopin.edu.pl	S
Akademia Sztuk Pięknych w Warszawie	Academy of Fine Arts in Warsaw	Warszawa	PL WARSZAW10	www.asp.waw.pl	S
Akademia Teatralna im. Aleksandra Zelwerowicza	Aleksander Zelwerowicz State Theatre Academy	Warszawa	PL WARSZAW11	www.at.edu.pl	S
Akademia Wychowania Fizycznego w Warszawie	Józef Piłsudski Academy of Physical Education	Warszawa	PL WARSZAW12	www.awf.edu.pl	S

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASmus CODE	WEB SITE	STATE/ NON-STATE
Wysza Szkoła Handlu i Prawa im. R. Łazarskiego	Łazarski School of Commerce and Law	Warszawa	PL WARSZAW14	www.lazarski.pl	N
Akademia Finansów	University of Insurance and Banking	Warszawa	PL WARSZAW15	www.wsub.waw.pl	N
Wysza Szkoła Zarządzania w Warszawie	Polish Open University (POU)	Warszawa	PL WARSZAW16	www.pou.pl	N
Wysza Szkoła Zarządzania i Prawa w Warszawie	University of Management and Marketing	Warszawa	PL WARSZAW17	www.wsim.edu.pl	N
Europejska Akademia Sztuk	European Academy of Arts	Warszawa	PL WARSZAW18	www.eas.edu.pl	N
Wysza Szkoła Przedsiębiorczości i Zarządzania im. L. Koźmińskiego	L. Koźmiński Academy of Entrepreneurship and Management	Warszawa	PL WARSZAW21	www.wspiz.edu.pl	N
Wysza Szkoła Pedagogiczna TWP w Warszawie	Pedagogical University in Warsaw	Warszawa	PL WARSZAW23	www.wsptwpaw.edu.pl	N
Polsko-Japońska Wysza Szkoła Technik Komputerowych	Polish-Japenese Institute of Information Technology	Warszawa	PL WARSZAW28	www.pjwstk.edu.pl	N
Wysza Szkoła Handlu i Finansów Międzynarodowych	Graduate School of Business Economics - Higher School of International Commerce and Finance	Warszawa	PL WARSZAW30	www.wshifm.edu.pl	N
Wysza Szkoła Komunikowania i Mediów Społecznych	Giedroyć College of Communication and Media	Warszawa	PL WARSZAW31	www.wskims.edu.pl	N
Wojskowa Akademia Techniczna w Warszawie	Military University of Technology	Warszawa	PL WARSZAW33	www.wat.edu.pl	S
Collegium Civitas	Collegium Civitas	Warszawa	PL WARSZAW35	www.collegium.edu.pl	N
Europejska Wysza Szkoła Prawa i Administracji	European School of Law and Administration	Warszawa	PL WARSZAW36	www.ewspa.edu.pl	N
Szkoła Wysza Psychologii Społecznej w Warszawie	Warsaw School of Social Psychology	Warszawa	PL WARSZAW37	www.swps.edu.pl	N
Wysza Szkoła Ekologii i Zarządzania	Higher School of Ecology and Management	Warszawa	PL WARSZAW41	www.wseiz.pl	N
Wysza Szkoła Ekonomiczno-Informatyczna	University of Economics and Computer Science	Warszawa	PL WARSZAW43	www.wsei.pl	N
Wysza Szkoła Informatyki Stosowanej i Zarządzania	Warsaw School of Information Technology and Management under the auspices of the Polish Academy of Sciences	Warszawa	PL WARSZAW46	www.wsisz.edu.pl	N
Wysza Szkoła Turystyki i Rekreacji	College of Tourism and Recreation	Warszawa	PL WARSZAW50	www.wstir.edu.pl	N
Wysza Szkoła Informatyki, Zarządzania i Administracji	Warsaw Academy of Computer Science, Management and Administration	Warszawa	PL WARSZAW54	www.wsizia.edu.pl	N
Wysza Szkoła Zawodowa Kosmetyki i Pielęgnacji Zdrowia	Academy of Cosmetics and Health Care	Warszawa	PL WARSZAW56	www.wszkipz.pl	N
Wysza Szkoła Techniczno-Ekonomiczna	University College of Technology and Economics	Warszawa	PL WARSZAW57	www.wst-e.edu.pl	N
Wysza Szkoła Organizacji Turystyki i Hotelarstwa	Academy of Tourism and Hotel Management	Warszawa	PL WARSZAW58	www.wsotih.edu.pl	N
Wysza Szkoła Infrastruktury i Zarządzania	College of Agriculture, Infrastructure and Management	Warszawa	PL WARSZAW59	www.wsiizr.pl	N

HIGHER EDUCATION INSTITUTION	NAME OF THE INSTITUTION IN ENGLISH	CITY	ERASmus CODE	WEB SITE	STATE/ NON-STATE
Almamer Wyższa Szkoła Ekonomiczna z siedzibą w Warszawie	University of Economics in Warsaw	Warszawa	PL WARSZAW60	www.wse.waw.pl	N
Wschodnia Polska Szkoła Wyższa Towarzystwa Wiedzy Powszechnej w Warszawie	Wschodnia Polska College of Universal Education Society's in Warsaw	Warszawa	PL WARSZAW61	http://wszepolska.pl	N
Wyższa Szkoła Humanistyczno-Ekonomiczna	University of Humanities and Economics in Włocławek	Włocławek	PL WŁOCŁAW01	www.wshe.pl	N
Państwowa Wyższa Szkoła Zawodowa we Włocławku	State Higher Vocational School in Włocławek	Włocławek	PL WŁOCŁAW02	www.pwsz.wlclawek.pl	S
Uniwersytet Wrocławski	University of Wrocław	Wrocław	PL WROCŁAW01	www.uni.wroc.pl	S
Politechnika Wrocławska	Wrocław University of Technology	Wrocław	PL WROCŁAW02	www.pwr.wroc.pl	S
Akademia Ekonomiczna we Wrocławiu	Wrocław University of Economics	Wrocław	PL WROCŁAW03	www.ae.wroc.pl	S
Uniwersytet Przyrodniczy we Wrocławiu	University of Life Sciences in Wrocław	Wrocław	PL WROCŁAW04	www.a.z.wroc.pl	S
Akademia Medyczna we Wrocławiu	Wrocław Medical University	Wrocław	PL WROCŁAW05	www.am.wroc.pl	S
Akademia Muzyczna we Wrocławiu	Karol. Lipiński Academy of Music	Wrocław	PL WROCŁAW06	www.amuz.wroc.pl	S
Akademia Sztuk Pięknych we Wrocławiu	Academy of Fine Arts in Wrocław	Wrocław	PL WROCŁAW07	www.asp.wroc.pl	S
Akademia Wychowania Fizycznego we Wrocławiu	University School of Physical Education in Wrocław	Wrocław	PL WROCŁAW08	www.awf.wroc.pl	S
Wyższa Szkoła Zarządzania i Finansów we Wrocławiu	Wrocław College of Management and Finance	Wrocław	PL WROCŁAW10	www.wszif.wroc.pl	N
Wyższa Szkoła Handlowa we Wrocławiu	College of Business and Commerce in Wrocław	Wrocław	PL WROCŁAW12	www.wshwroc.edu.pl	N
Wyższa Szkoła Zarządzania "Edukacja"	College of Management "Edukacja"	Wrocław	PL WROCŁAW13	www.edukacja.wroc.pl	N
Dolnośląska Szkoła Wyższa Edukacji TWP we Wrocławiu	Lower Silesian University College of Education	Wrocław	PL WROCŁAW14	www.dswe.wroc.pl	N
Wyższa Szkoła Bankowa we Wrocławiu	Wrocław School of Banking	Wrocław	PL WROCŁAW15	www.wsb.wroclaw.pl	N
Miedzynarodowa Wyższa Szkoła Logistyki i Transportu	International Higher School of Logistics and Transport in Wrocław	Wrocław	PL WROCŁAW16	www.msl.com.pl	N
Dolnośląska Wyższa Szkoła Służb Publicznych "Asesor"	Lower Silesian College of Public Services "Asesor"	Wrocław	PL WROCŁAW19	www.asesor.pl	N
Wyższa Szkoła Filologiczna we Wrocławiu	Philological College of Higher Education	Wrocław	PL WROCŁAW20	www.wsf.edu.pl	N
Wyższa Szkoła Informatyki i Zarządzania Copernicus	Higher School of Information Technology and Management "Copernicus"	Wrocław	PL WROCŁAW21	www.wsiz.wroc.pl	N
Wyższa Szkoła Zarządzania i Administracji w Zamościu	College of Management and Public Administration	Zamość	PL ZAMOSCO1	www.wszia.edu.pl	N
Wyższa Szkoła Humanistyczno-Ekonomiczna im. J. Zamojskiego	Jan Zamoyski College of Economics and Humanities	Zamość	PL ZAMOSCO2	www.wszh-e.edu.pl	N
Uniwersytet Zielonogórski	University of Zielona Góra	Zielona Góra	PL ZIELONA01	www.uz.zgora.pl	S

Useful internet sites

Information on Poland:

www.poland.gov.pl
www.msz.gov.pl
www.prezydent.pl
www.poland.pl
www.polska.pl

official web site on Poland (by Ministry of Foreign Affairs)
 Ministry of Foreign Affairs
 President of the Republic of Poland

Higher education:

www.mnisiw.gov.pl
www.buwiwm.edu.pl
www.krasp.org.pl

Ministry of Science and Higher Education
 Bureau for Academic Recognition and International Exchange
 Conference of Rectors of Academic Schools in Poland

International programmes:

www.frse.org.pl
www.youth.org.pl
www.bkkk-cofund.org.pl
www.buwiwm.edu.pl

Erasmus National Agency
 Youth National Agency
 Leonardo da Vinci National Agency
 CEEPUS (Central European Exchange Programme for University Studies)

Culture:

www.culture.pl

Tourism:

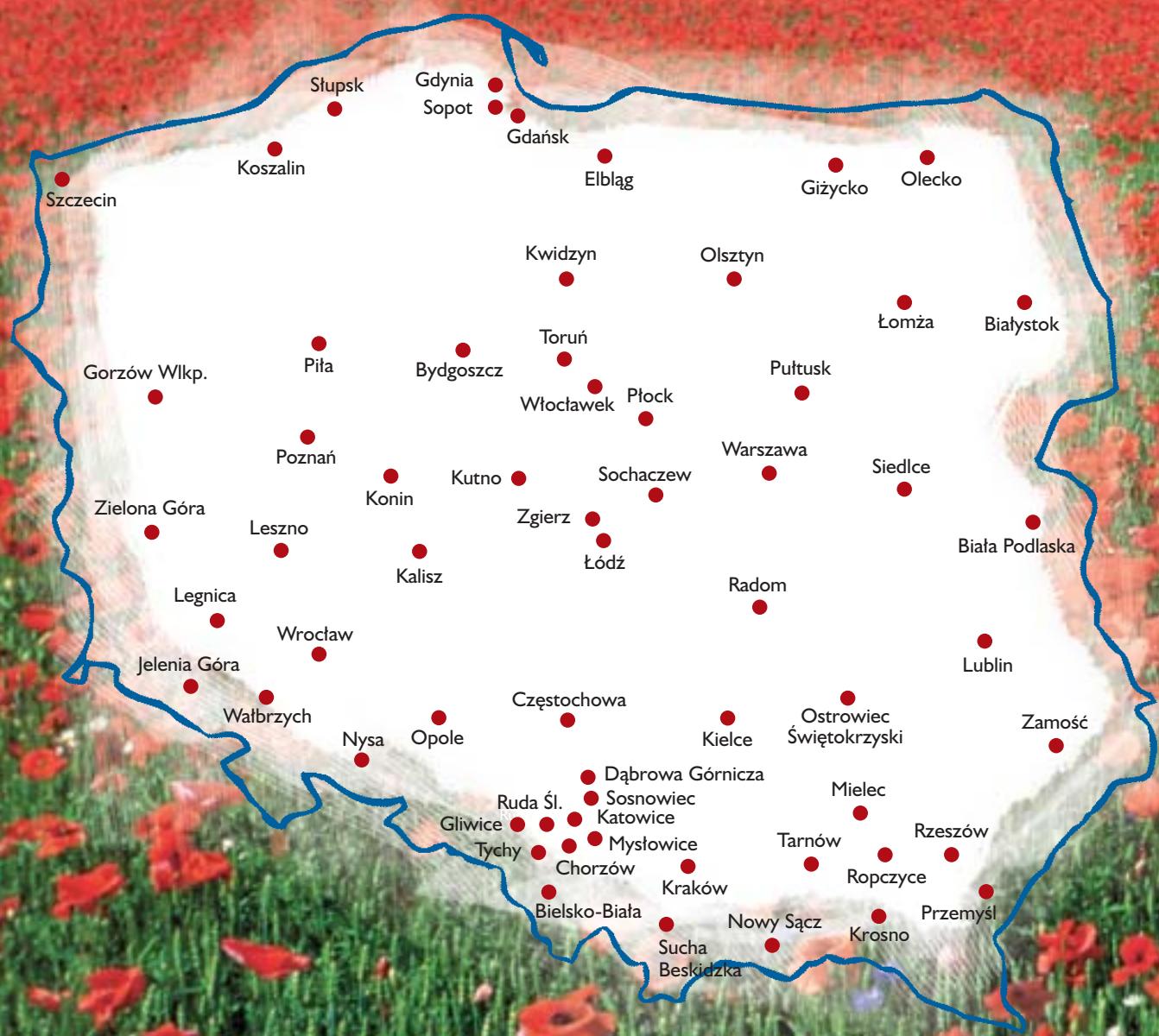
www.poland-tourism.pl

Transport:

www.lot.com.pl
www.pkp.pl

Polish Airlines LOT
 Polish Railways





Distance from Warsaw to:

Athens	1 606 km
Berlin	518 km
Bratislava	530 km
Brussels	1 122 km
Budapest	545 km
Helsinki	945 km
Lisbon	2 633 km
London	1 444 km
Madrid	2 287 km
Paris	1 365 km
Prague	518 km
Rome	1 318 km
Stockholm	808 km
Vienna	560 km
Vilnius	390 km

