

**JESUIT  
UNIVERSITY  
IGNATIANUM  
IN KRAKOW**



**GUIDE BOOK  
FOR  
EXCHANGE  
STUDENTS**



# IGNATIANUM



Welcome Days, September 2017

# BASIC INFO

<b>Name of the host institution:</b>	Akademia Ignatianum w Krakowie (AIK) Jesuit University Ignatianum in Krakow
<b>Erasmus Institutional Code:</b>	PL KRAKOW19
<b>PIC:</b>	949545223
<b>OID:</b>	E10100244
<b>Website:</b>	<a href="https://www.ignatianum.edu.pl/">https://www.ignatianum.edu.pl/</a> <a href="https://www.ignatianum.edu.pl/international">https://www.ignatianum.edu.pl/international</a>
<b>Address:</b>	Akademia Ignatianum w Krakowie ul. Kopernika 26, 31-501 Krakow, Poland
<b>Location:</b>	
<b>Unit responsible for international affairs:</b>	Biuro Współpracy Międzynarodowej (BWM) International Relations Office (IRO)
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<b>Contact e-mail:</b>	<a href="mailto:iro@ignatianum.edu.pl">iro@ignatianum.edu.pl</a>
<b>Contact for issues related to Erasmus+ Programme:</b>	<a href="mailto:erasmus@ignatianum.edu.pl">erasmus@ignatianum.edu.pl</a>
<b>Contact for incoming students:</b>	<a href="mailto:incoming@ignatianum.edu.pl">incoming@ignatianum.edu.pl</a>
<b>Admission hours:</b>	Monday to Friday 9:00 - 13:00 Wednesday - closed
<b>Information for incoming students:</b>	<a href="https://www.ignatianum.edu.pl/students">https://www.ignatianum.edu.pl/students</a>

# POLAND IN BRIEF

**OFFICIAL NAME:** Republic of Poland (short form: Poland), Rzeczpospolita Polska (short form: „Polska”) in Polish

**OFFICIAL LANGUAGE:** Polish

**FLAG:** two horizontal stripes of equal width, the upper one white and the lower one red



**EMBLEM:** white eagle with a golden crown on a red shield



**POPULATION:** 38 million

**CAPITAL:** Warszawa (Warsaw)

**CURRENCY:** złoty, PLN

**COUNTRY CODE:** +48

**MAJOR CITIES:** Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Katowice, Białystok

**TIME ZONE:** Poland belongs to the Central Europe time zone GMT+1 hour/UTC+1hour

**LOCATION:** Central Europe. Poland borders: Germany, the Czech Republic, the Slovak Republic, Ukraine, Belarus, Lithuania and Russia. Its northern border runs along the Baltic Sea coast

WARSAW

KRAKOW

# KRAKOW IN BRIEF

- student city - with 21 higher educational institutions
- second largest city in Poland, almost 1 million inhabitants, including about 200 thousand students
- affordable to live in
- numerous cultural and student annually events
- cultural capital of Poland with more than 30 museums
- UNESCO World Heritage sites
- delicious traditional food

Cracovie    Κρακοβία    Krakov    क्राको    Cracow

Krakova  
Cracovia  
كراكوف



Krokuva    קרקוב    Cracovia    Kpakaḃ    Krakko



Krakau  
Ka'i'i  
Kpakiis



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# I. Jesuit University Ignatianum in Krakow



# General Info



Ignatianum is one of almost 200 Jesuit universities worldwide, continues over 450 years of the educational tradition of the Society of Jesus. The beginnings of the Ignatianum go back to the 1930s. Since then, it constantly develops its didactic and research activity locally and internationally, within the fields of humanities and social sciences.

The mission of the Ignatianum is driven by a principle:

*"ad maiorem Dei gloriam"*  
(for the greater glory of God)



## FACTS AND FIGURES

- 2 faculties
- 3700 students
- 250 teaching staff
- 50 conferences annually
- 80 international students
- more than 100 partner universities worldwide



## INTERNATIONAL MEMBERSHIPS

- European Federation of Catholic Universities (FUCE)
- International Federation of Catholic Universities (IFCU)
- International Association of Jesuit Universities (IAJU)
- Kircher Network
- European Jesuit Network (SCRIBANI)
- Higher Education for Social Transformation Programme (HEST)
- European Consortium for Arts Therapies in Education (ECArTE)

# International Relations Office (IRO)

One of the most important tasks of the **IRO** is the coordination of international incoming and outgoing mobility of students and staff members:

- within the framework of the European Union Erasmus+ Programme: Higher Education Student and Staff Mobility (Action KA103, Action KA107),
- within bilateral agreements,
- within CEEPUS.



INTERNATIONAL  
RELATIONS  
OFFICE

## LOCATION:

International Relations Office -  
the Main Building, 1st floor, room 104



[www.ignatianum.edu.pl/international](http://www.ignatianum.edu.pl/international)



[incoming@ignatianum.edu.pl](mailto:incoming@ignatianum.edu.pl)



+48 12 3999 590



@ErasmusIgnatianum



iro\_ignatianum



# Academic system in Poland

Bachelor's level (BA) = undergraduate (3 years)

Master's level (MA) = graduate (2 years)

Long study cycle = graduate (5 years)

PhD programmes = doctoral studies (4 years)

## ECTS credits

- ECTS = European Credit Transfer System
- A full semester's workload equals 30 ECTS
- An incoming exchange student may take maximum 30 ECTS per one semester
- 

Grading Scale & ECTS system at the Ignatianum

## Study Offer



### Faculties

Jesuit University Ignatianum in Krakow consists of two faculties:

- **FACULTY OF PHILOSOPHY**
- **FACULTY OF EDUCATION**

The educational programmes of the Ignatianum include both full-time and extramural studies, PhD studies as well as a variety of post-diploma courses.



### Language of instruction

The main language of instruction at the Ignatianum is Polish. Nevertheless, both faculties organise a selected number of courses, conducted entirely in English, which are offered to both Polish and international students.

# Educational Programmes



Field of study	BA	MA	5 years MA	PhD
Philosophy	✓	✓		✓
Cultural Studies	✓	✓		✓
Tourism and Recreation	✓			
Journalism and Social Communication	✓	✓		
Psychology			✓	
Cultural and Religious Sciences				✓
Pedagogy	✓	✓		✓
Preschool and early primary school education			✓	
English Philology	✓	✓		
Social Work	✓	✓		
Political Science	✓	✓		✓
Political and Administrative Sciences				✓
Administration and Public Policy	✓	✓		
Management and ICT in the Public Sector	✓			

## Courses held in foreign languages

Students may choose courses from all Institutes but are required to have majority of courses/ECTS at the host Institute.

The updated, for the next academic year, list of courses held in foreign languages is published:

- at the end of April for the Winter semester
  - at the end of October for the Spring semester
- on the [website](#).

# Polish Language Course

2 ECTS, 30 hours/semester



Jesuit University Ignatianum organizes for all the incoming exchange students a separate Polish Language Course for beginners, **free of charge**. The course awards them with a certificate of attendance, provided they regularly attended and successfully passed a final evaluation test.

## Internship

5 ECTS, 60 hours/semester - practical activity

Course addressed **ONLY** to students of Pedagogy and English Philology with the specialization in Primary School Education or Teaching English in High Schools.



Our University cooperates with educational institutions so there is no need to find your internship on your own.



The internship can be accomplished at nursery schools, primary schools, high schools and common rooms for children and youngs (public sitting rooms for the use of a group).

If student mobility lasts whole academic year, there is a possibility to take the internship in both semesters.



If you are interested in choosing the "Polish Language Course" or "Internship" remember to add them to your Learning Agreement



## II. Become our student



International Day, December 2016



# Admissions



Students from abroad have the opportunity to study for one or two semesters at Jesuit University Ignatianum in Krakow in the frame of the following exchange programmes:

- ERASMUS+ Programme  Erasmus+
- CEEPUS 
- FUCE Scholarship Programme 
- bilateral agreements
- free movers from non-partner universities

## Procedures

Firstly, a student has to be officially nominated by their home university. After our preliminary acceptance student is required to apply according to our procedures.

The detailed descriptions of the nomination and application procedures are available on our [website](#).

### NOMINATION DEADLINES

Winter semester/  
whole year  
15th May

Spring semester  
10th November

### STUDENT'S APPLICATION DEADLINES

Winter semester/  
whole year  
1 May - 15 June

Spring semester  
1 - 30 November


# Academic Calendar



The academic year is divided into two semesters:

- **Winter** (October-February)
- **Spring** (February/March-June/July)

At the end of each semester there is an examination period.

 <b>WINTER SEMESTER</b> (October-February)	
<b>end of September</b>	<b>Welcome Days</b> - presence obligatory
<b>October</b>	Beginning of the Winter semester/academic year Official Inauguration Ceremony of the new academic year
<b>November</b>	'Cecyliada: Student's Talents Show'
<b>December</b>	<b>International Day</b> <b>Christmas</b> - classes are off from 23rd December until 2nd January
<b>January/February</b>	Winter semester examination period - 2 weeks
<b>February</b>	Winter semester break - 1 week Winter semester resit examination period - 1 week
<b>SPRING SEMESTER</b> (February/March - June/July) 	
<b>end of February</b>	<b>Welcome Days</b> - presence obligatory
<b>March</b>	<b>University Day</b> - St. Ignacy Canonization Anniversary
<b>March or April</b>	<b>Easter</b> - classes are off from Maundy Thursday until Tuesday after Easter Monday
<b>June/July</b>	Spring semester examination period - 2 weeks
<b>July - September</b>	Summer vacation break
<b>September</b>	Spring semester resit examination period - 1 week

The detailed calendar is available [here](#).

# PUBLIC HOLIDAYS CALENDAR



1st January	New Year's Day
6th January	Epiphany
March or April (Easter Sunday and Monday)	Easter 
1st May	Labour Day
3rd May	Polish Constitution Day
May or June (Thursday)	Corpus Christi
15th August	Polish Army Day Assumption of Mary Day
1st November	All Saint's Day
11th November	Polish Independence Day
25th December 26th December	Christmas 



## Polish Student card



All incoming students are provided with Polish student ID card.

**Wherever you go in Poland, ask if you have a discount with your ID!**

- It is valid (with an affixed hologram) from 1st October to 31st March – Winter semester and from 1st April to 31st October – Spring semester.
- It entitles its holder to the University library use, concession fares on public transport in the city, concession rail fares (if the owner is under 26 years old) and to concessions in cultural institutions (theatres, museums, etc).
- Student card is issued for a fee
- It is required to return a Card to a secretariat by the end of a mobility!

# Accommodation



## ★ IRO's OFFER - dormitory

Our University does not have its own dormitories. However, thanks to cooperation with the other Krakow's universities we offer places for foreign students.

### Price and standard

**Students interested in this offer must tick the exact box in the Student Application Form**

## ★ OTHER OPTIONS - arranged by a student

In addition to the accommodation offered by us, students can live in:

- the dormitories of other Krakow universities that do not cooperate with the Ignatianum
- private dormitories
- rented rooms/flats

Here you may find more information

Student contacts the selected dormitory or flat owner individually.

Please note, that in this case, the IRO is not obliged to provide any assistance in arranging the accommodation.



# Student Mentor



Moving to another country may be a stressful experience. But you don't need to worry because every student who comes to our university can count on his/her **Mentor** – a Polish student who will be helping you during your stay in Poland.

A Mentor is your link to the local environment: ask him/ her whenever you want to know more on how to behave in certain situations, talk about Polish customs and culture, ask for their opinion if you are not sure about something.



**It is important to stay in touch  
with your Mentor -  
you never know when you will need  
their help!**



Students interested in Mentor's help must tick the exact box in the Student Application Form.



# Welcome Days

A week before the inauguration of the new semester (winter and spring), 'Welcome Days' are organised for foreign students who begin their studies at the Ignatianum. The first day of "Welcome Days" is the official beginning of student mobility in the Ignatianum.

## Attendance on all days is obligatory

IRO, together with Mentors, prepares a series of meetings, presentations, and integration trips to help international students settle in at university and Krakow.



# HELLO

# Organize your studies

## ATTENDANCE

according to the University regulations attendance during the whole semester is compulsory

## PUNCTUALITY

being late for classes is disrespectful for teachers and students

## ★ AT FIRST CLASSES

- Introduce yourself to your teacher
- Make sure your English level is adequate to the group - ask the teacher for advice. Decide if you stay at this subject and this group
- Ask your teacher for a contact email and exact office hours. Note them down! You will need them during and by the end of the semester during exams! IRO do not have such information
- Ask for the assessment form
- Ask each teacher about their policy for absence excuse!
- Ask your fellow students for some contacts
- Ask Polish students for the email of the group (if used) or a link to a facebook group (if exists). You will need these!

**Keep yourself updated and check regularly your email box and online account at the university platform**

## ★ MOBILITY DOCUMENTS

- Keep them in one portfolio (you are responsible for your own documents)
- Create one electronic folder on your computer where you save all documents – remember to save each updated LA!
- Keep them easily searchable and accessible



**SCHEDULE**  
**TEACHER'S OFFICE HOURS**  
**UNIVERSITY PLATFORM**  
**ANNOUNCEMENTS AND INFORMATION**



# Psychological-Pedagogical Counselling Centre



The psychological-pedagogical counselling centre is an interdepartmental unit of Jesuit University Ignatianum in Krakow, operating within the Institute of Psychology of the Faculty of Philosophy. The clinic assists students as well as academic and administrative staff.

The clinic's task is the psychological and pedagogical diagnosis, counselling, psychological assistance, coaching, speech therapy and short-term psychotherapy.

Following clinical procedures are used in the clinic:

- psychological diagnosis
- addiction diagnosis
- counselling
- consulting and educational activities
- coaching
- short-term psychotherapy

The clinic may also include workshops and training for Ignatianum students and employees.

Foreign students can benefit from assistance in English.

## CONTACT:

To make an appointment, please contact us by e-mail.

Room 207, main AIK building





Bike trip to Tyniec, October 2019

# Get involved

Enrich your time at the Ignatianum and get involved!

What awaits you is:

- integration with the university student community (Polish and foreign students)
- participation in interesting events and projects
- international friendships
- disproving stereotypes and biases
- active study time

Initiatives organised by the Student Union of the Ignatianum:

- 'Cecyliada' - academic talent show
- social events
- Carnival Ball
- Cultural, ecological, charitable, patriotic actions
- and many others...



If you would like to get involved, send an email to the Student Union: [samorzad@ignatianum.edu.pl](mailto:samorzad@ignatianum.edu.pl)



The most active students will receive a **certificate of cooperation** with the Student Union.



# Ignatianum International Club

**Ignatianum International Club** organizes various social, cultural and sport events and trips for both International and Polish students.

During the semester Ignatianum International Club prepares some interesting propositions for spending your free time:

- bike excursions
- Polish movie evenings
- trips to other Polish cities
- international day
- and much more



Like **@ErasmusIgnatianum** and stay updated



Follow **IRO activities**

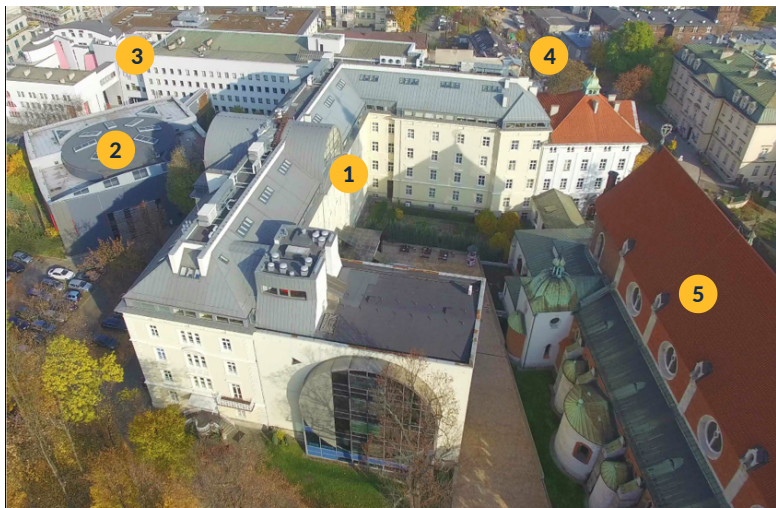


Leave a mark on our Instagram and post photos taken during your stay with **#iro\_ignatianum** **#AIKErasmus+**



Wrocław, November 2017

# III. University Campus



**1** Jesuit University Ignatianum in Krakow (main entrance)

**2** The Academic Library of the Jesuit Order



**3** Media Centre

**4** Rectorate

**5** Basilica of the Sacred Heart of Jesus

# Campus

Our University is located in the center of the city, only 800 m away from the 'Krakow Główny' Main Station and 900 m from the Main Square.

Public transport in Krakow is well organized and you can easily reach Ignatianum from wherever you live. In the nearby area, there are small shops and cafes where students and lecturers may do some shopping and relax with a cup of tea.



Classes are held in two buildings: in the Main Building and Media Centre.

In addition to typical lecture halls, teaching rooms and computer lab, the university also has:

- a special biomedical room (for studies in the field of psychology, pedagogy and social work)
- multimedia language room
- newsroom and media centre (for studies in the field of journalism)

## THE MAIN BUILDING

This is the most recognisable part of our campus and almost all the lecture rooms are located here. Other important facilities located in the building are:

- The International Relations Office – room 104,
- The Recruitment Department - room 302,
- The Foreign Language Centre - room 309,
- Secretariats of all faculties – they are located on different floors depending on the faculty,
- The main hall (Aula im. Ks. Piramowicza) – 208,
- The Student Union Office (Samorząd Studencki) – room 205,
- Chapel – 4th floor,
- Lunch Bar "Veni" – next to the main entrance, in the basement.

## THE MEDIA CENTRE:

The Media Centre (pl *Centrum Medialne*) houses a professional TV and film studio, an audio recording studio, the Radio RAIK broadcasting studio (Radio of University Ignatianum in Krakow) and computer rooms adapted to processing of sounds and film materials.



The building also houses the laboratories of the AIK Institute of Psychology and office rooms. On the top floor there is a seat of the Ecclesia Christian Association of the Creators of Sacred Art with a professional iconographic studio.

# Library



The Academic Library of the Jesuit Order in Krakow continues the legacy of Jesuit libraries previously affiliated with the Publishing House WAM (belonging to the Order) and the Philosophical Department of the Society of Jesus in Krakow. It is one of the founding members of FIDES - the Federation of Church Libraries. A large part of the library's collection consists of publications in foreign languages.

## GO TO THE LIBRARY!

The access to the library's collection is free of charge.  
The freely accessible part of the collection can be read in the reading rooms.  
Most rooms are adapted for disabled people.



## WHAT YOU CAN FIND IN THE LIBRARY?

- **Library office** – the main place of service, here you can sign up, rent books, receive assistance and information
- **Main reading room** - place to work individually in silence
- **Group work room** – separated place to work in groups - reservation required: ask at the Information point

# Canteen



While breaks between classes you are welcome to visit Luch bar VENI (next to the main entrance of AIK, in the basement) where you may eat typical Polish dishes or have a cup of coffee or tea.



# Photocopies and scanning point

The computer and the photocopier are on the ground floor (next to the entrance). In case of any difficulties with using the machine there is also the instruction in English.

**Kind reminder: IRO is not a copy and print center!**



# Internet



How to connect?

- Connect to 'WiFi\_Ignatianum'

Where do I have the best WiFi speed?

- 4th, 5th floor, Lunch bar, entrance, library

## Deposit lockers



Students can leave their stuff (e.g. a jacket, a small suitcase) in deposit lockers located in the basement.

## Students with special needs

Applicants with special needs will be contacted before the final approval of the acceptance. Final decision depends on extra services/facilities available.

The University is equipped with the basic facilities to enable wheelchair accessibility (elevator, inclined platform lift, restrooms). Students with disabilities have the possibility to borrow laptop devices. Within the walls of the University runs the Office for People with Disabilities (BON) which works as a counselling centre and provides help to people with special needs.

In case of additional requirements in regard to academic, organisational or other aspects of students with special needs, please contact the International Relations Office: [erasmus@ignatianum.edu.pl](mailto:erasmus@ignatianum.edu.pl)

# IV. Useful Info

## Safety



Krakow is a safe place but as with any big city, it's worth taking sensible precautions. Keep your belongings safe! A purse, backpack or camera left unattended can become an easy prey for thieves. It is important to have copies of all documents.

### IMPORTANT RULES AND FACTS



**Alcohol consumption in public places** (parks, banks of a river, squares etc.) **is strictly forbidden and subjected to high penalty.**



**Driving under the influence of alcohol or drugs is illegal** and can result in prosecution.



**Cycling under the influence of alcohol or drugs is strictly forbidden** and subjected to high penalty.



Students should **always have** their **identity card** with them (e. g. identity card, student ID card).



**Smoking cigarettes is prohibited in certain places** (like universities, halls of residence, workplaces, public transport - buses, trams, trains, cabs, bus / tram stops, stations, restaurants, pubs, playgrounds). **You are allowed to smoke** in some of the above mentioned places **if there is a smoking area.**



**Do not cross the street during red light or when there is no crossing.**



Since **10:00pm to 06.00am** there are **quiet hours** in Poland.

## EMERGENCY NUMBERS



These numbers are free to call - only use them in a real emergency.

- Emergency situations posing a risk to your health, life or property (24h): **112**
- Municipal police (pl *Straż miejska*): **986**
- Fire brigade (pl *Straż pożarna*): **998**
- Ambulance (pl *Pogotowie ratunkowe*): **999**
- Police (pl *Policja*): **997**
- Medical information (24/7): **+48 12 661 22 40**

## POLICE STATION

In case of being robbed you need to go to the Police Station (pl *Komisariat Policji*):

- **Komisariat Policji w Krakowie**

Address: 29 Rynek Główny

- **Komisariat Policji I w Krakowie**

Address: 35 Szeroka st.

- **Komisariat Policji II w Krakowie**

Address: 21 Lubicz st. (5 min from the Ignatianum)



## CONSULATES IN KRAKOW

List of consulates in Krakow is available [here](#).

## SAFETY



Zakopane, May 2018



# Costs of living in Krakow











Monthly living costs of an average student in Krakow: EUR 400-700.

Monthly rent:

- dormitory EUR 70-120;
- a room at a private apartment EUR 150-300

Krakow is the second city in Poland with the highest cost of living after Warsaw.

 accommodation at the university dormitory <b>500 - 600 PLN</b>	 renting a room <b>900 - 2000 PLN</b>	 public transport <b>60 PLN</b>
 food expenses <b>600 - 900 PLN</b>	 other expenses (entertainment, phone, Internet etc.) <b>200 - 300 PLN</b>	 dinner <b>20 - 60 PLN</b>
 tickets to the cinema <b>15 - 25 PLN</b>	 loaf of bread <b>4.5 PLN</b>	 haircut men <b>40 PLN</b> women <b>60 PLN</b>
 coffee in a café <b>7 - 15 PLN</b>	 bottle of mineral water (0,5l) <b>2 PLN</b>	 beer <b>8 - 12 PLN</b>
 gym membership card <b>80 - 250 PLN/month</b>	 milk (1l) <b>4 PLN</b>	 manicure <b>from 60 PLN</b>

# Visa and legalization of a stay

## VISA - non-European Union citizen



If you are a non-European Union citizen you might need a visa to enter the territory of Poland.

- You obtain the visa from the consulate of Poland in your country of residence.
- You can find detailed information on obtaining the visa in the Polish Consulate or Embassy located in your country.

**The process of issuing visa may take one or two months** that is why it is highly recommended to take care of visa procedures immediately after receiving the Invitation Letter from us.

## LEGALISATION OF STAY - European Union citizen



If you intend to stay in Poland for 3 months continually, you must register your stay at the Department of Nationals' and Foreigners' Affairs of Małopolska Provincial Office in Krakow (pl Wydział Spraw Obywatelskich i Cudzoziemców Małopolskiego Urzędu Wojewódzkiego w Krakowie).

All useful information you may find [here](#).

We recommend you contact your Mentor to ask he/she for help.

## Useful links



[Ministry of Foreign Affairs Republic of Poland](#)



[Poland's missions abroad](#)

# Insurance

Each student is required to have a **health insurance** and an **accident insurance** for the entire duration of its stay in Poland.

## European Union citizen

Students from EU should obtain the European Health Insurance Card (EHIC). Apart from that, we also highly advice to get a private insurance which covers the following:

- Civil liability
- Accidents and serious illness (including temporal and permanent disability)
- Death and repatriation

## non-European Union citizen

Non-European Students need to get a private insurance which covers the following:

- Medical treatment and hospitalization following illness or accident
- Civil liability
- Accidents and serious illness (including temporal and permanent disability),
- Death and repatriation

# Medical treatment



## Students with an European Health Insurance Card (EHIC)



## Students with a private health insurance



## Pharmacies



## Medical problems



## Emergency situation



Wrocław, November 2019





## KRAKOW



### PUBLIC TRANSPORT

Krakow has a good public transport (buses and trams) called **MPK**  
(pl *Miejskie Przedsiębiorstwo Komunikacyjne*)

#### Prices of tickets

#### Timetable

You may consider buying a **semester personal ticket – network** (pl *bilet semestralny imienny – sieciowy*). In order to do this you need to have a valid Polish Student ID or an ISIC Card.

The season tickets can be bought in the **ticket points** (pl: *Punkt sprzedaży biletów*). Ticket points located close to the city centre:

- 3/5 Podwale st.
- pętla autobusowa MPK przy Dworcu Głównym Wschód (next to the Galeria Krakowska)

At the end of your mobility, if it occurs that you still have unused time on your ticket (e.g. the expiry date of your ticket is on 30th June and you leave Krakow on 10th June), go to the ticket point to ask for refund for unused time on your ticket.

**We recommend you contact your Mentor to ask him/her for help**

### REMEMBER

- to 'punch' your single ticket immediately after boarding the bus/tram
- offer your seat to elderly people
- always carry the student card with you in case you are asked to present it to the ticket inspector. The ticket inspections are very frequent. Foreign tourists are required to pay fines on spot (cash or card).

Remember - the Inspector (pl *kontroler*) should have a special ID.



## BIKE



It is also a popular way to move around the city. You can search for a place to rent a bike or buy yourself one. There are students who get rid of their bikes because they finish their studies and you can buy it at a lower price.

You can search for it in the Internet or on Facebook groups.



## KRAKOW BUS STATION MDA

(pl Dworzec Autobusowy MDA)



address: 18 Bosacka st.



## REGIONAL RAILWAYS "KOLEJE MAŁOPOLSKIE"

It is a good option to travel to/from Wieliczka Salt Mine or Krakow Airport.



## 'KRAKÓW GŁÓWNY' RAILWAY STATION

(pl Dworzec Kolejowy Kraków Główny)



Krakow has direct connections with many cities in Poland and abroad (e.g. Prague, Lviv, Budapest, Viena)

address: 5a Pawia st.



## AIRPORT OF JOHN PAUL II - International Airport Krakow-Balice

(pl Międzynarodowy Port Lotniczy im. Jana Pawła II Kraków-Balice)



address: 1 Medveckiego st., 32-083 Balice

How to get to/from the airport? Check [here](#).

\*The best and the cheapest option to get to/from the airport to the city center is to take a train.



## AIRPORTS

Other Polish airports which provide both domestic and international flights:

- Katowice Airport
- Wrocław Airport
- Warsaw Chopin Airport
- Warsaw Modlin Airport
- Gdańsk Lech Wałęsa Airport
- Poznań Airport
- Łódź Airport



## POLISH RAILWAYS PKP

(pl *Polskie Koleje Państwowe PKP*)

### Timetable

**IMPORTANT:** only Polish Student ID allows students (who are under 26) to purchase a reduce ticket (51% discount).

An ISIC card does not entitles its holder to concession fares on Polish railways.

## USEFUL APPS & WEBSITES



### 'jak dojadę' application

Application for Android and iOS. It helps to get fast and convenient access to the most accurate search engine of public transport connections, current timetables, personal GPS navigation for public transport and public transport tickets.



### <http://www.e-podroznik.pl/>

To search options for domestic and international travels.



City Game, September 2019

# Religious life



★ **Basilica of the Sacred Heart of Jesus in Krakow** / *Bazylika Najświętszego Serca Pana Jezusa w Krakowie*

is a Jesuit temple where the religious life of our University concentrates.

★ **Chapel** (pl *Kaplica*) at the University building  
mass in Polish language is celebrated on every Tuesday and Thursday, at 11:30, 4th floor.

★ **WAJ** (*Wspólnota Akademicka Jezuitów*) - Student's chaplaincy

an academic ministry which consociates students from different Krakow universities. The Jesuits want to ensure that your study period is not solely limited to credit points and exams. There are some organized groups within the WAJ, but you can also just spend there time on your own and have a cup of tea.

**JOIN US!**

If you are searching for any further information, contact us via email: [da.waj@jezuici.pl](mailto:da.waj@jezuici.pl)



★ **Masses in foreign languages at catholic churches in Krakow**  
Masses in foreign languages are celebrated in selected Catholic churches in Krakow.

The current list of churches is available [here](#).

★ **Churches of other denominations in Krakow**  
Check [here](#).

# A bank account



In order to open a bank account in Poland, choose the bank that has an offer which is interesting for you. We recommend you to **ask your student Mentor to help** you decide on that. Generally, you can open a bank account which is free of charge, such as an Internet account or an account for young adults and students.



**An instruction on opening a bank account in Poland**



## Shopping



Krakow offers a variety of **shopping options**

- **SHOPPING MALLS**

Shopping Centers are popular in Krakow. You can find there all the newest brands and coolest shops all in one place, as well as get all your shopping needs and grab something to eat.

In Poland Shopping Malls are commonly named „Galeria” (Gallery). Do not confuse it with Art Gallery :)

Galeria Kazimierz - Podgórska 34 st.

Galeria Krakowska - Pawia 5 st. (5 min from the Ignatianum)

Galeria Bronowice - Stawowa 61 st.

Serenada - Al. Gen.T. Bora-Komorowskiego 41

Bonarka - Kamieńskiego 11 st.

- **GROCERY SHOPS**



Next to large shopping centres and chain supermarkets, small local shops are also popular in Poland. In most of them, it is possible to pay by card.



## ● OPEN-AIR MARKETS

Are the best places to get the best local products at lower prices. Products are ecological, seasonal and traditional. You can find there fresh food, local specialties, regional products and literally anything else you can think of. **Cash payment only.** Below you may read about the most popular Krakow's markets:

### HALA TARGOWA

(Grzegórzecka 3 st.)

At the heart of the Grzegorzki district, one can find the biggest flea market the city has to offer. The Hala Targowa is one place where you can get anything right from vegetables and fruits to wristwatches, pottery and even antique artefacts that one can only stumble upon by chance.

### STARY KLEPARZ

(Rynek Kleparski)

A tradition of over 800 years, this large, covered marketplace offers bargain prices and the best selection in the city for local produce, fruit, meat and cheese, in addition to spices, socks, sweaters etc.

### TARG PIETRUSZKOWY

(Kalwaryjska 9-15 st., Plac Niepodległości)

Organic and natural food, grown, bread and produced within approx. 150 km from Krakow and sold directly. Targ Pietruszkowy is unique also because it operates on a non-profit basis.



#### IMPORTANT:

from 2018 prohibition of trade on Sunday was introduced in Poland

# Restaurants



Krakow as a touristic city has a wide range of different type of restaurants. First of all, you should try Polish cuisine.

Check a **list of places** where you can have **inexpensive lunch** close to the university.

More information about gastronomic life in Krakow is [here](#).

## Polish cuisine

**Polish cuisine** is very diversified. Many dishes are based on meat but Polish tables have also been laden with vegetables and fruit across the ages. This is because Poland is a perfect land for growing food and today you can still easily get fresh, high quality produce. The influence of other cultures such as Russian, Ukrainian or Jewish is also present in our cuisine.

Polish food is one of the  
best I have ever tried  
and I will really miss it.

MARTA,  
ITALY



**A Foreigner's Guide to Polish Cuisine**  
(Prepared by [www.culture.pl](http://www.culture.pl))





## DID YOU KNOW ???



Poles eat dinner  
between 1 to 5 pm.  
It is the main meal during a day.  
At many homes dinner contains  
soup and the main course.

Many Poles eat  
two breakfasts: the  
main one and the second  
one called „second  
breakfast“.



Many Poles don't  
eat meat on Fridays.  
It is connected with  
the Catholic church  
tradition.

In Polish tradition there  
is no lunch.



Poles love barbecue.

Poles love mushrooming.



The most typical snack  
is sandwich.

Poles start partying  
around 7 pm.



Celebrating of a name  
day is a popular tradition.

# Survival Polish

## ENGLISH

Good morning/afternoon  
 Good evening  
 Good night  
 Goodbye  
 Hello/Hi/Bye  
 How are you?  
 Fine, thanks. And you?  
 I am sorry/ Excuse me/ I beg your pardon  
 Thank you  
 Please (when asking)  
 Here you are (handing sth to someone)  
 I don't know  
 No / Yes  
 (I am sorry but) I do not speak Polish  
 Do you speak English/Polish?  
 Do you understand?  
 I am sorry but I do not understand  
 Could you repeat?  
 Can I have the bill, please?  
 Can I have the menu?  
 I am looking for the railway station/bus stop/bank  
 What is your name?  
 One ticket please  
 How much does this cost?  
 Where is...?  
 University  
 Supermarket  
 Library  
 Cinema  
 Restaurant  
 Church  
 Exchange  
 Swimming pool  
 Shop  
 Museum  
 Pharmacy

## POLISH

Dzień dobry  
 Dobry wieczór  
 Dobranoc  
 Do widzenia  
 Cześć  
 Jak się masz?  
 Dobrze, dziękuję. A Ty?  
 Przepraszam  
 Dziękuję  
 Proszę  
 Nie wiem  
 Nie / Tak  
 (Przepraszam, ale) nie mówię po polsku  
 Czy mówisz po angielsku/polsku?  
 Rozumiesz?  
 Przepraszam, ale nie rozumiem  
 Czy możesz powtórzyć?  
 Proszę o rachunek  
 Proszę o menu  
 Szukam dworca/ przystanku autobusowego/banku  
 Jak się nazywasz?  
 Jeden bilet poproszę  
 Ile to kosztuje?  
 Gdzie jest...?  
 Uniwersytet  
 Supermarket  
 Biblioteka  
 Kino  
 Restauracja  
 Kościół  
 Kantor/wymiana walut  
 Basen  
 Sklep  
 Muzeum  
 Apteka

help!

Tak

## V. A list of useful links

1. [Jesuit University Ignatianum in Krakow](#)
2. [International Relations Office](#)
3. [Incoming students](#)
4. [Procedures](#)
5. [Deadlines](#)
6. [Courses held in foreign languages](#)
7. [Grading scale & ECTS system](#)
8. [Accommodation](#)
9. [Student Mentor](#)
10. [Visa and legalisation of stay](#)
11. [Welcome Days](#)
12. [Academic Calendar](#)
13. [Insurance](#)
14. [Medical treatment](#)
15. [Polish Students ID](#)
16. [Costs of living in Krakow](#)
17. [Transport](#)
18. [A bank account](#)
19. [Applicants with special needs](#)
20. [Safety](#)

The decision of choosing Krakow was the best decision that I have ever made. It was the best year and the best experience in my life.

**LETICIA**, Spain



I had a great time at the Ignatianum. During my stay in Kraków I met a lot of friendly people. I would say some of them became friends of mine.

**KATALIN**, Hungary



Participating in Erasmus at the Ignatianum allows me to have very engaging psychological and educational courses, to discover the Polish culture and Krakow.

**MARIE**, France



I think that Erasmus in Krakow and at the Ignatianum was one of the best experiences in my life!

**ELIZABETTA**, Italy

**COMMENTS  
FROM OUR  
FOREIGN  
STUDENTS**

Ignatianum is a charming university with an amazing atmosphere, it feels like a family.

**ANDOR**, Hungary



Everything was perfect and I had the possibility to discover a country that I didn't know before. I strongly recommend this experience here at Ignatianum!

**LUCA**, Italy



Krakow is an amazing city with a lot of attractions to offer. Ignatianum has a perfect location. The teachers were all extremely helpful and kind.

**SARA**, Croatia



I spent a good time during Erasmus. Polish students were friendly and helpful. I like that we met with other Erasmus students from other countries.

**TEREZIA**, Slovakia

**HAVE AN  
UNFORGETTABLE  
TIME  
AT THE  
IGNATIANUM**



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