

GUIDE BOOK FOR EXCHANGE STUDENTS

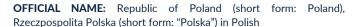




BASIC INFO

Name of the host institution:	Akademia Ignatianum w Krakowie (AIK) Jesuit University Ignatianum in Krakow			
Erasmus Institutional Code: PIC: OID:	PL KRAKOW19 949545223 E10100244			
Website:	https://www.ignatianum.edu.pl/ https://www.ignatianum.edu.pl/international			
Address: Location:	Akademia Ignatianum w Krakowie ul. Kopernika 26, 31-501 Krakow, Poland			
Unit responsible for international affairs:	Biuro Współpracy Międzynarodowej (BWM) International Relations Office (IRO)			
Contact:	International Relations Office, room 203 Akademia Ignatianum w Krakowie ul. Kopernika 26, 31-501 Krakow, Poland			
Phone/Fax:	+48 12 3999 590 / +48 12 3999 594			
Contact e-mail:	iro@ignatianum.edu.pl			
Contact for issues related to Erasmus+ Programme:	erasmus@ignatianum.edu.pl			
Contact for incoming students:	incoming@ignatianum.edu.pl			
Admission hours:	Monday to Friday 9:00 - 13:00 Wednesday - closed			
Information for incoming students:	https://www.ignatianum.edu.pl/students			

POLAND IN BRIEF



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



KRAKOW IN BRIEF

student city - with 21 higher educational institutions

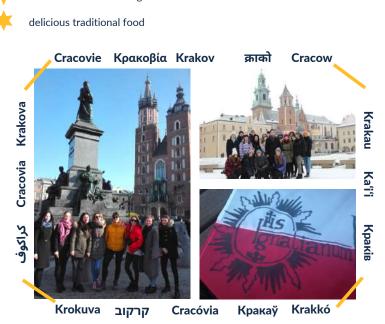
second largest city in Poland, almost 1 million inhabitants, including about 200 thousand students

affordable to live in

numerous cultural and student events annually

cultural capital of Poland with more than 30 museums

UNESCO World Heritage sites



CONTENTS

I. .	Jesuit University Ignatianum in	
	rakow	
•	General Info	10
•	International Relations Office	11
•	Academic system in Poland	12
•	ECTS credits	12
•	Study offer	12
•	Educational Programmes	13
•	Courses held in foreign	
	languages	13
•	Polish Language Course	14
	Internship	
II.	Become our student	15
•	Admissions	16
•	Procedures	16
•	Academic calendar	17
•	Public Holidays calendar	18

•	Polish Student ID	. 18
•	Accommodation	. 19
•	Student Mentor	. 20
•	Welcome Days	21
•	Organise your studies	. 22
•	Psychological-Pedagogical	
	Counselling Centre	23
•	Get involved	. 25
•	Ignatianum International Club	26
Ш	. University Campus	28
	l. University Campus	
•	•	29
•	Campus	29 31
•	Campus	29 31
•	Campus Library Canteen	29 31 . 32 32
•	Campus Library Canteen	29 31 . 32 32 33

IV. Useful info	33
Safety	34
Costs of living	. 37
• Visa and legalisation of stay	38
• Insurance	. 39
Medical treatment	. 39
• Transport	. 41
• Religious life	45
Bank account	46
Shopping	. 46
Restaurants	. 48
Polish cuisine	. 48
V. List of useful links	51

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 <u>IRO</u> 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.



LOCATION:

International Relations Office the Main Building, 2nd floor, room 203



www.ignatianum.edu.pl/international



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



Grading Scale & ECTS system at the Ignatianum

Study Offer



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				7
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.

An 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 organises for all 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 specialisation in Primary School Education or Teaching English in High Schools.



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).

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



If student mobility lasts the 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







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:

- CEEPUS
- FUCE Scholarship Programme

 FHCF
- · free movers from non-partner universities

Procedures

Firstly, a student has to be officially nominated by their home university. After our preliminary acceptance the 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

STUDENT'S APPLICATION DEADLINES



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.

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

The detailed calendar is availabe <u>here</u>.

PUBLIC HOLIDAYS CALENDAR



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 by the end of a mobility!

Accommodation



IRO's OFFER - dormitory

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

Price and standard

Students interested in this offer must tick the appropriate 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

A 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 appropriate box in the Student Application Form.

Welcome Days

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

Attendance on all days is obligatory

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







Organise your studies

ATTENDANCE

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

being late for classes is disrespectul to 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 does not have such information
- · Ask for the assessment form
- · Ask each teacher about their policy for the 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



<u>The psychological-pedagogical counselling centre</u> 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 the assistance in English.

CONTACT:

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





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 <u>get involved</u>, send an email to the Student Union: samorzad@ignatianum.edu.pl



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



Ignatianum International Club

<u>Ignatianum International Club</u> organises 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
- O Leave a mark on our Instagram and post photos taken during your stay with #iro_ignatianum #AIKErasmus+



III. University Campus



- Jesuit University Ignatianum in Krakow (main entrance)
- 2 The Academic Library of the Jesuit Order



- 3 Media Centre
- 4 Rectorate
- 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-organised 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
- The Recruitment Department
- The Foreign Language Centre
- Secretariats of all faculties they are located on different floors depending on the faculty,
- The main hall (Aula im. Ks. Piramowicza)
- The Student Union Office (Samorząd Studencki)
- Chapel
- Lunch Bar 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



<u>The Academic Library</u> 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 having breaks between classes you are welcome to visit Lunch bar (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.







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



<u>Applicants with special needs</u> will be contacted before the final approval of the acceptance. The 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 functions 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 concerning students with special needs, please contact the International Relations Office: erasmus@ignatianum.edu.pl

IV. Useful Info Safety



Krakow is a safe place but as in 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, river banks, 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 at a red light or when there is no crossing.



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

EMEGRENCY NUMBERS



These numbers are free to call - use them only 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)

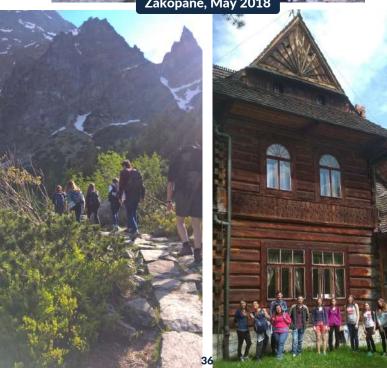


CONSULATES IN KRAKOW

List of consulates in Krakow is available here.

SAFETY





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



Visa and legalisation of 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 to contact your Mentor to ask them 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 their stay in Poland.

European Union citizen

Students from EU should obtain the European Health Insurance Card (EHIC). Apart from that, we also highly advise 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 hospitalisation 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



Medical problems



Emergency situation





Transport



KRAKOW



PUBLIC TRANSPORT

Krakow has a good public transport (buses and trams) called <u>MPK</u> (pl Miejskie Przedsiębiorstwo Komunikacyjne)

Prices of tickets

Timetable

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

Season tickets can be bought at the <u>ticket points</u> (pl: *Punkt sprzedaży biletów*). Ticket points are located close to the city centre:

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

At the end of your mobility, in case 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 the unused time on your ticket.

We recommend you to contact your Mentor to ask them for help

REMEMBER

- to 'punch' your single ticket immediately after boarding the bus/tram
- to offer your seat to elderly people
- to always carry the student card with you in case you are asked to
 present it to the ticket inspector. 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.





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, Vienna)

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 Medweckiego 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.

POLAND



AIRPORTS

Other Polish airports which provide both domestic and international flights:

- Katowice Airport
- Wroclaw Airport
- Warsaw Chopin Airport
- Warsaw Modlin Airport
- Gdansk Lech Walesa 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 reduced ticket (51% discount).

An ISIC card does not entitle its holder to concession fares for Polish railways.

USEFUL APPS & WEBSITES





'jak dojade' 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.



Religious life





<u>Basilica of the Sacred Heart of Jesus in Krakow/</u>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 intergates students from different Krakow universities. The Jesuits want to ensure that your study period is not limited solely to credit points and exams. There are some organised groups within 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





Masses in foreign languages in 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.

Bank account



In order to open a bank account in Poland, choose a bank that has an offer which is beneficial 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. There you can find the newest brands and coolest shops all in one place, as well as get your shopping needs satisfied 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



Along with 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



These 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 markets:

HALA TARGOWA

(Grzegórzecka 3 st.)

At the heart of the Grzegorzki district, one can find the biggest flee market the city has to offer. The Hala Targowa is a 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)

With a tradition of over 800 years, this large, covered marketplace offers bargain prices and the best selection in the city for local products, 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 types of restaurants. First of all, you should try Polish cuisine.

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

More information about gastronomic life in Krakow is here.

Polish cuisine

<u>Polish cuisine</u> is very diverse. Many dishes are based on meat but Polish tables have also been laden with vegetables and fruit across the ages. This is because Poland has a perfect land for growing food and today you can still easily get fresh, high-quality products. 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



<u>A Foreigner's Guide to Polish Cuisine</u> (Prepared by www.culture.pl)

















DID YOU KNOW???



Poles eat dinner between 1 to 5 pm.
It is the main meal of the 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.

ENGLISH

Good morning/afternoon

Survival **Polish**

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

Dobranoc

Do widzenia

Cześć

Dobrze, dziękuję. A Ty?

Przepraszam

(Przepraszam, ale) nie mówię po polsku

Czy mówisz po angielsku/polsku?

Przepraszam, ale nie rozumiem

Proszę o rachunek

Szukam dworca/ przystanku

Jak sie nazywasz?

Jeden bilet poproszę

Supermarket

Biblioteka

Tak

Restauracia

Kościół

Kantor/wymiana walut

Muzeum

Apteka

50

Dobry wieczór

help!

Jak sie masz?

Dziękuje

Prosze

Nie wiem

Nie / Tak

Rozumiesz?

Czy możesz powtórzyć?

Proszę o menu

autobusowego/banku

lle to kosztuje?

Gdzie jest...?

Uniwersytet

Kino

Basen Sklep

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. Bank account
- 19. Applicants with special needs
- 20. <u>Safety</u>

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.



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



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!



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.





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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