1. What you should know and do before coming to Poland

A few things to consider before leaving home
Take some time to prepare yourself emotionally for staying in a foreign country. This means new place, new people, new experiences which can be pretty challenging.

Before leaving – checklist
What to do list:

☐ Get a student visa (if applicable)
☐ Make sure your health insurance is valid and double check its coverage on the territory of Poland
☐ Get your travel document checked for its validity
☐ Have a doctor’s dentist’s /ophthalmologist’s / check-up
☐ Get your immunization and medication from your doctor
☐ Prepare a file with important documents:
  • University Acceptance
  • Document confirming your health insurance/travel insurance
  • Formal identification documents (with a photo) – driving license, passport, home country ID

☐ Pack:
  • proper clothes
  • bed linen, spare pillow, blanket
  • towels
  • desk lamp
  • the file with important documents
You can also buy these things after your arrival to Poland
☐ Make sure you arrive in time for the Orientation Program
2. Just after coming to Poland

Checklist

☐ Call home to inform your family that you have arrived safely in Poland
☐ Inform the University (Admission Office) about your arrival
☐ Find/check into accommodation
☐ Get to know the area, look at maps and the information about your local environment
☐ Try using public transport
☐ Buy some food from a local supermarket/market
☐ Attend Orientation Program
☐ Make sure you submit all the missing documents at the Dean’s Office
☐ Keep positive attitude

The climate / the weather

The climate in Poland is changeable so be prepared for all sorts of weather from boiling hot in the summer to freezing cold in the winter with sometimes warm and nice and sometimes cool and wet periods of spring and fall in between. While choosing what to wear your common sense will be the best advisor.

3. Orientation program

If you are just about to start studies at our University the program is for you. We make sure that after the program you feel well informed, confident and eager to start studying. You get all necessary information concerning your studies as well as everyday life in our city. You will get to know everything about:

- University facilities
- University regulations
- Everything you need to do before the start of the academic year
- The booklist
- Immigration rules
- Public transport around the city
- How to open a bank account
- Accommodation possibilities
- Shopping in Łódź
- Everything else you ask about

During the program you will have a chance to complete all administrative procedures including registration and the agreement with the University as well as gain help with the immigration office application (if you need one). Everything is happening in a warm, friendly atmosphere to make you feel at home in Poland.
How to get from Warsaw to Łódź

Arriving from abroad, you will probably enter Poland at Chopin’s airport in Warsaw. From there (Warszawa Lotnisko Chopina), you may take a direct train to Warsaw Station (Warszawa Zachodnia or Warszawa Centralna) and then you might take a train directly to Lodz (Łódź Fabryczna, Łódź Kaliska or Łódź Widzew station).

Trains (PKP)

The central PKP railway station Łódź Fabryczna is situated near the city center at Plac Sałacińskiego 1.
PKP information: +48 22 39 19 757
website: www.pkpsa.pl/en

Trains to Warsaw leave about every hour and the journey takes more or less 2 hrs. Note that, at present, the PKP is no longer the only railway operator. So, when you are buying a ticket, always give the time of departure, to be sure you get the correct operator’s ticket (major operators are: TLK and InterRegio) as they are sold at the same ticket office.

For further information about the trains timetables and connections go to the website: www.rozklad-pkp.pl/en/sq

Coaches (PKS)

Łódź Fabryczna Bus Station,
Plac Sałacińskiego 1.
Łódź Kaliska Bus Station,
Aleja Włókniarzy 227
PKS information: +48 42 631 97 06
website: www.pks.lodz.pl
Flixbus: www.flixbus.pl

Departures to Warsaw are about every hour.
Time of journey: 2hr.
Ticket price: 15,00-40,00 PLN
Public Transport in Łódź

There is an extensive public transport network in Łódź, with night services (marked N1, N2…). Single and time tickets are sold at newsagent’s, at convenience stores and at the bus or tram driver. You can also buy tickets with your cell phone, but you have to remember to do it before you get on a bus or tram.

Tickets prices

Student tickets (50% discount) are valid only with the student identity card. Do remember to have your student ID always with you while using the public means of transportation. While travelling on a student fare you need to produce the student ID on demand of a ticket inspector.

Important notice!

The ticket should be validated immediately after boarding. The ticket should be inserted into the validating machine and then released freely. Charge/fine for a journey without a required travel ticket is 270 PLN. Charge paid “at once” to the ticket inspector or within 7 days is reduced to 108 PLN.

Being given a fine the passenger must pay the value of a single ticket fare to be able to continue his travel.

There are also monthly and semester passes called ‘Migawka’.

’Migawka’

Personalized travel pass – ‘MIGAWKA’

“MIGAWKA” is an electronic card (with an appearance similar to a credit card), which stores season tickets entitling to travel by public transport in Łódź. It is your personal gateway to travel around our city.

The process of obtaining a registered ‘MIGAWKA’ is very simple. Just submit a request (in person or via the Internet), and a few days later pick up the ready card and buy a season ticket. MIGAWKA can be picked up in each point of sale.

<table>
<thead>
<tr>
<th>Ticket Points of Sale</th>
<th>Opening hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ul. Kosciuszki 99, the corner of ul. Kosciuszki and al. Mickiewicza</td>
<td>Mon – Fri. 6:00 am – 8:00 pm, Sat – Sun and holidays 7:00 am – 6:00 pm</td>
</tr>
<tr>
<td>ul. Zielona 2, behind ul. Piotrkowska, Inter Prasa store</td>
<td>Mon – Fri. 6:00 am – 8:00 pm, Sat – 6:00 am – 5:00 pm, Sun and holidays – closed</td>
</tr>
<tr>
<td>pl. Barlickiego</td>
<td>Mon – Fri. 6:00 am – 8:00 pm, Sat – Sun and holidays 7:00 am – 6:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ticket/price</th>
<th>1 month</th>
<th>3 months</th>
<th>12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>student fare</td>
<td>45.00 PLN</td>
<td>112.50 PLN</td>
<td>365.00 PLN</td>
</tr>
</tbody>
</table>

By using this service: [http://www.migawka.lodz.pl/](http://www.migawka.lodz.pl/), you can apply for MIGAWKA, check the validity of your ticket, buy a season ticket and learn about the rules of using ‘MIGAWKA’.

Enjoy!


Lodz City Bike

Łódzki Rower Publiczny (Lodz City Bike) provides an alternative form of transport, allowing its users to move around the city fast. It supplements the municipal transport in Łódź. ŁRP - 1000 bikes and 100 stations.

5. **Health Insurance**

**Health Insurance coverage is obligatory**

If you are a EU citizen make sure you get the European Insurance Card issued by your home country Public Health Institution. Please remember that this card entitles you to medical help only in emergency situations. If you would like to get a broader coverage you have to find out with Public Health System Representatives in your home country what the requirements you have to fulfill to get it.

If you come from a non-EU country you either have to get the Health Insurance with the coverage on the territory of Poland in your home country or there is an option of getting the Health Insurance in Poland in a private Insurance Company.

6. **Immunization/ Hepatitis B**

**Obligatory Hepatitis B Vaccination**

After arrival to Lodz the accepted candidates are obliged to submit proof of Hepatitis B vaccination (with exact information how many doses were taken) to the Admission Office. Students who have not been vaccinated will be obliged to sign a form stating that they will get Hepatitis B vaccination during the first year of studies.

7. **Immigration rules**

If you are not a EU citizen you need a document legalizing your stay in Poland. That can be either the student visa you get in your home country in Polish Embassy/Consulate or a Temporary Stay Card.

In order to legalize the stay with the purpose to study in Poland each student, who doesn’t have a 1- year student visa, has to apply for the Residence Card in the local Immigration Office (103 Piotrkowska Street). In order to start the procedure a student has to submit:

- valid passport (photocopies)
- travel documents (air tickets/boarding cards)
- filled in application form – (available from the Immigration Office)
  - original and three copies
- 4 color photographs 4,5×3,5 cm
- confirmation of local accommodation registration (from dorm or other address, where a student will be accommodated) MELDUNEK
- state loan proof or bank statement confirming financial means for stay and study
- University certificate confirming student’s status.
- Insurance Policy covering travel insurance of stay in Poland.

Documents necessary for the application procedure should be submitted not later than 1 day prior the expiration of current visa or permission. All documents have to be translated into Polish by a sworn translator and an application form has to be filled in Polish as well. Residence Card is valid for 15 months + 3 month extension.

The stamp duty fees for a temporary residence card and procedure amount to 340 PLN.
8. Internet access

Wi-Fi ZONE is available for MUL students at the University campus.

<table>
<thead>
<tr>
<th>Localization</th>
<th>SSID</th>
<th>key</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plac Hallera</td>
<td></td>
<td>The same as</td>
</tr>
<tr>
<td>Kościuszki 4 - Rektorat</td>
<td>UMED-Student</td>
<td>password to your</td>
</tr>
<tr>
<td>Pomorska 251 - CD UM</td>
<td></td>
<td>e-mail box</td>
</tr>
</tbody>
</table>


Currency
The Polish currency is zloty (zł, PLN) and grosz (gr). Bank notes are issued in denominations of: 10 PLN, 20 PLN, 50 PLN, 100 PLN, 200 PLN.

Coins appear in denominations of: 1gr, 2 gr, 5 gr, 10 gr, 20 gr, 50 gr, 1zł, 2 zł, 5 zł.

You may exchange your money in Exchange Offices (KANTOR) in Lodz, there are some in the City Centre:

- Kantor/Lombard – 2 Narutowicza St. Working 24/7 [www.kantorlombard24h.pl](http://www.kantorlombard24h.pl)
- Manex at 67 Piotrkowska St.
- There are also Exchange Offices in most major Shopping Malls: MANUFAKTURA, GALERIA ŁÓDZKA, PASAŻ ŁODZKI, SUKCESJA

Exchange rates:
See the website: [www.nbp.pl](http://www.nbp.pl)
Banking
Before you choose a bank it is advisable to check the offers of couple different banks on the market as each of them has different offer. Student’s accounts which can be open in many banks are much more viable than regular accounts.

As an international student, you can choose between two types of bank accounts: Polish currency bank account or foreign currency bank account.

Required documents: a passport, a letter from the School Office confirming your Student Status and the Temporary Stay Card/Student visa.

Some of the banks operating in Poland: mBank, Citibank, ING, Millenium Bank.

Further information about financial options, banking and opening accounts will be provided during the Orientation Program.

In Poland you may pay by credit cards:
- in restaurants, pubs and clubs
- in major shopping centers and some small shops

Cash Points (ATM = Bankomat) are situated almost on every street.

Cards accepted: Visa, Visa Electron, Eurocard/MasterCard, Maestro.

Post Office (Poczta)
Post Offices are usually open weekdays from 8 a.m. to 6 p.m.
The Main Post Office situated at 227 Włoknjarzy Av. is open 24/7.

Phones
In Poland the best option to avoid huge telephone bills for using the mobile phone number from your country is to purchase a Polish number in one of many Mobile Phone Networks.

There are two ways to do that:
- Purchase a ‘pre-paid’ phone - you will refill the account with pre-paid cards.
- Purchase a contract phone for which you will pay monthly - ‘post-pay’ phone

In Poland you may find the following mobile-phone network companies:
T-mobile, Plus, Orange, Play.

Before you choose any of these companies it is good to compare their offers and prices.
You may purchase the Pre-paid cards in most of the Newsagents and stores.
11. Cost of Living

Average rent per month:
» studio – between 1000-1500 PLN
» one bedroom – 800 PLN

Some basic prices:

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>bread</td>
<td>3,00-10,00 PLN</td>
</tr>
<tr>
<td>milk</td>
<td>3,00-4,00 PLN</td>
</tr>
<tr>
<td>butter</td>
<td>6,00-10,00 PLN</td>
</tr>
<tr>
<td>eggs</td>
<td>0,30-1,00 PLN/pc</td>
</tr>
<tr>
<td>cheese</td>
<td>16,00-20,00 PLN/kg</td>
</tr>
<tr>
<td>potatoes</td>
<td>2,00-4,00 PLN/kg</td>
</tr>
<tr>
<td>apples</td>
<td>2,00-3,00 PLN/kg</td>
</tr>
<tr>
<td>chicken</td>
<td>16,00 PLN/kg</td>
</tr>
<tr>
<td>beef</td>
<td>20,00-36,00 PLN/kg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>cup of tea/coffee</td>
<td>2,50-10,00 PLN</td>
</tr>
<tr>
<td>average restaurant dinner</td>
<td>15,00-40,00 PLN</td>
</tr>
<tr>
<td>fast food menu</td>
<td>10,00-60,00 PLN</td>
</tr>
<tr>
<td>book</td>
<td>20,00-60,00 PLN</td>
</tr>
<tr>
<td>theatre tickets (opera tickets are more expensive)</td>
<td>30,00-50,00 PLN</td>
</tr>
<tr>
<td>cinema tickets</td>
<td>20,00-30,00 PLN</td>
</tr>
</tbody>
</table>

12. Shopping

Shopping Malls

GALERIA ŁÓDZKA
ul. Pilsudskiego 15/23
Open: Mon – Sat: 9:30 am – 9:00 pm
www.galeria.lodzka.pl

MANUFAKTURA
- cultural, recreational and shopping center
ul. Karskiego 5
Open: Mon – Sat: 10:00 am – 10:00 pm
www.manufaktura.com

PORT ŁÓDŹ
ul. Pabianicka 245
Open: Mon – Sat: 10:00 am – 09:00 pm
www.portlodz.pl

SUCCESJA
al. Politechniki 1
Open: Mon – Sat: 10:00 am – 09:00 pm
www.sukcesja.eu
Supermarkets

AUCHAN
• ul. Pilsudskiego 94
• Al. Jana Pawła II 30
• ul. Brzezinska 27/29
Open: Mon – Sat: 9:00 am – 9:00 pm
• ul. Karskiego 5 (Manufaktura)
Open: Mon – Sat: 9:00 am – 10:00 pm
www.auchan.pl

CARREFOUR
• ul. Kolumny 6/36 (close to Polish Mother’s Research Institute)
• ul. Przybyszewskiego 176/178
• ul. Szparagowa 7
Open: Mon – Sat: 8:30 am – 10:00 pm
www.carrefour.pl

TESCO
• ul. Pilsudskiego 15/23 (Galeria Łódzka)
Open: Mon – Sat: 8:30 am – 9:30 pm | Sun: 9:00 am – 8:30 pm
• ul. Pojezierska 93
Open: Mon – Fri: 6:00 am – 12:00 am | Sat: 6:00 am – 11:00 pm
www.tesco.pl

“Biedronka” Discount Store
• ul. 28 Pułku Strzelców Kaniowskich 61/63
• ul. Pomorska 58
• ul. Tuwima 3
• ul. Ogrodowa 18
Open: Mon – Sat: 7:00 am – 9:00 pm
www.biedronka.pl

Food...

For fresh products: fruit, vegetables, freshly baked breads and pastries, as well as different kinds of meat straight from a butcher, visit numerous Farmers’ Markets around Lodz, such as the Green Market (Zielony Rynek) at Plac Barlickiego 5.

If you miss some specific foods or products from home you may be able to find them at various International Food Stores. The most popular one, called “Kuchnie Świata”, can be found in Manufaktura.

Halal meat can be found in Desi Polska on Piotrzkowska 109 and Rzgowska 43. Kosher food is sold at Kosher Delight Ltd on Pomorska 18. Many of our students also travel to Warsaw where many more international stores are located with an abundant variety of products from all around the globe.
12. Shopping

**Furniture and home décor...**
You will be spending a few years of your life here in Poland, so you might as well make your place your home. If you are looking for furniture or any home décor go to IKEA, Jysk, or Leroy Merlin. All stores and their locations as well as catalogues can be found on-line.

![IKEA, Jysk, Leroy Merlin logos]

**Remember....**
*If you are looking to save some money on items such as furniture, books, other home appliances, etc. check StudentSpace on Facebook https://www.facebook.com/groups/studentspace.mul/ where our students post lists of their used items for sale!*

Izabela Ślęzak, Graduate of the 6MD program, Poland

13. Your Studies

**Programs**
You can apply for studying at the following programs:
- MD Advanced program
- 6 year MD program
- 5 year DMD program
- 3-year BSC Nursing program

Admission criteria and admission procedure for each program are available on the University website: [http://studymed.umed.pl/admission/](http://studymed.umed.pl/admission/)

Curricula for the respective programs you can find here: 6 MD | MD Advanced | 5 DMD

**Organization of the academic year**
The academic year is divided into two semesters - winter and summer semester. At the end of each semester there are examination sessions and retake examination sessions after which you can enjoy well deserved holiday breaks.

You can find current academic year calendar here: 6 MD | MD Advanced | 5 DMD
ESOS (Elektroniczny System Obsługi Studenta) - Electronic Student Service System
Each student has a personal account in ESOS protected by individual student’s login and password. All exam and credit results are entered in ESOS/Electronic Index. In order to gain access to the ESOS you need to come to the Dean’s Office and ask your respective Administrative Coordinator for Login and Password to the Electronic Index. Further instructions on how to use the ESOS you will find on the MUL website. You will need to regularly check your individual account in ESOS as well as your email account in the domain www.wu.umed.lodz.pl/ for all information referring to your course of studies, exams and credits results as well as announcements connected with the Faculty or the University.

Forms of assessment
The credit period at MUL is a semester. During your studies at the end of each semester you will be assessed and you will obtain grades from each course in three different forms:
- The grade for the final Exam, included in CGA
- Credit with grade, included in CGA
- Credit – Pass/Fail, not included in CGA

Grading System

| 5.0 – excellent | 4.5 – very good | 4.0 – good |
| 3.5 – satisfactory | 3.0 – sufficient | 2.0 – failed |

CGA (Cumulative Grade Average)
Since October 1st, 2010 the cumulative grade average (CGA) is calculated by summing up all final (credit and exam) grades including failed and dividing them by the number of attempts.
For students who are enrolled before October 1st 2010, based on the School Regulations of 2003, Yearly CGA is calculated by summing up all the exam grades (including failed) and dividing them by the number of attempts, whereas Final (diploma) CGA is calculated by summing up the exam grades(excluding failed) dividing them by the number of courses. Yearly CGA is used for awards, distinctions as well as for all sorts of class rankings requested by external institutions.

Tuition
All current information concerning the amounts and terms of payment is available on the website: [www.studymed.umed.pl/admission/tuition-and-other-fees/](http://www.studymed.umed.pl/admission/tuition-and-other-fees/)
Account number:
(MD Advanced, 6-MD) PL 26105014611000002282381231
(5-DMD) PL 94105014611000002306765807
Student Identification Badges
Upon the start of your studies you will receive an identification badge with your name and photo as well as the lab coat.

Student Dress Code
The clothes you wear reflect personal taste and are influenced by cultural background. The Medical University of Lodz claims that students should maintain neat and clean personal appearance at all times.

1. You should wear your Identification Badge at all times during classes.
2. Clothing should be clean (professionally styled) and in good repair.
3. Exams and final tests require official dress.
4. You should maintain good personal hygiene at all times with hair styled off the face and out of the eyes.
5. You should not wear outdoor attire, like coats and hats in class.

Your personal appearance has major influence on how the attendants and patients perceive you. In clinical years, inappropriate attire may interfere with the student’s ability to establish proper working relationship with patients, fellow students, staff and physicians.

Here are some rules for Clinical Classes
1. You should wear your white medical coats at all times unless you are specifically told not to by the preceptor.
2. You should avoid intense perfumes or colognes as they may cause allergic reactions.
3. Short, midriff tops, T-shirts and tank tops, halters, shirts or tops with plunging necklines and sweatshirts are prohibited in the hospital or clinical environment.
4. Shoulder length hair should be secured to avoid interference with patients and work.
5. Artificial fingernails are not allowed since they can be a source of infection.
6. Women are suggested to wear skirts or dresses of at least knee – length.
7. Make sure that your shoes are comfortable, clean and in good repair. Due to blood or needles that may penetrate the fabric, sandals, open – toe or canvas shoes are not permitted.
8. Scrubs are to be worn in specific patient care areas only (OR, ICU). Students with religious dress issues are to contact the hospital staff for permission to alter the hospital’s own scrubs.
9. If a scrub suit must be worn outside the OR or ICU, it must be clean and then covered with a clean, white lab coat.

Transcripts
Every student is entitled to receive transcripts throughout an academic year based on written request.

If you request an official transcript it will be sent by the University to the indicated institution.

You may receive only non-official copy of the transcript. The only exception is the graduation, then you will receive three copies of your official transcript along with the Diploma and Supplements.
Graduation

The Diploma will be issued to you when you successfully complete all requirements for graduation including:

- passing all core courses and required number of electives,
- fulfilling all financial obligations,
- submitting a fully signed clearance slip (this form will be given to you in the Dean’s Office after completing the classes).

The diploma will be issued within 30 days of submitting all the required documents, however not earlier than 30 days after the end of the last course.

Issuing the Diploma is payable. Legalization of the diploma by the Ministry of Health and the Ministry of Foreign Affairs is necessary. Legalization by both Ministries is payable.

Courses

If you are curious what the content of the courses at your program is, you may also visit our website for Course descriptions for each program as well as a list of Course Coordinators.

Timetables for the academic year are available on the MUL website:
- [www.studymed.umed.pl/programs/6-year-md-program/timetable/](http://www.studymed.umed.pl/programs/6-year-md-program/timetable/)
- [www.studymed.umed.pl/programs/5-year-dmd-program/timetable/](http://www.studymed.umed.pl/programs/5-year-dmd-program/timetable/)

Student quote:

"Your studies are what brought you here, therefore regardless of the challenges or triumphs that you will surely face remember to own your own education. Throughout my time as a student I have learned many things but perhaps the most useful have been: don’t hesitate to ask questions, get involved in your interests, always push yourself and never underestimate the benefits of learning from your peers. Take advantage of the services that MUL provides, such as the Virtual University, but know that ultimately it is the experiences that you will encounter here that will shape you as a student and future professional."

Kamila Swietoslawski, Graduate of the 6MD program, Canada
14. Basic University Terms

Curriculum
The Curriculum is a general content of your studies, names of the courses, number of hours of each subject and the form of assessment. The Curriculum is also available on the website.

Syllabus
The Syllabus is the specific plan of each individual course, the materials used during the classes and the outlines and main points of the course.

Course Coordinator
Course Coordinator is a person responsible for the whole course, whom you will contact in case of any problems regarding respective subject, such as making up classes, grading, form of exams and tests, changes in the syllabus etc.

Year Tutor
Year Tutor is an academic teacher appointed for a particular academic year to help the students with their current problems concerning academic progress and economic situation.

Administrative Coordinator
Person working at the Dean’s Office responsible for organizing and supervising your studies, taking care of the documentation in your student files, issuing certifications, helping out with application for the temporary stay card and many, many more... Students of each program have their own Administrative Coordinator. More information in the Dean’s Office section.

15. Student’s ID

As the student of our University you get the Student ID card which mainly is a proof of your Student Status and also entitles you to get a 50% discount – when traveling by public transport (buses, trams, trains), for students up to 26 years of age

Additional bonuses for students.
Student ID card entitles you not only to cheaper traveling. Many places, particularly located at universities and dormitories offer discounts for students. Students can buy cheaper books, software or become members of a language course at a special price. For those who would like to rest and relax after long hours of study, pizzerias, pubs, restaurants, fitness clubs, cinemas and theaters offer their services at lower (student) prices. Just take a walk and ask – you’ll be able to find great student discounts.
Rector of the Medical University of Łódz

Prof. Radzisław Kordek, MD, PhD

MUL Administration Offices:
90-419 Łódź, al. Kościuszki 4
e-mail: rektor@umed.lodz.pl
phone: +48 42 272 56 02

Dean of Faculty of Medicine

Prof. Marzenna Zielińska MD, PhD

Dean’s Office:
90-419 Łódź, al. Kościuszki 4
e-mail: marzenna.zielinska@umed.lodz.pl
phone: +48 42 272 59 29

Plenipotentiary of the Dean of Faculty of Medicine for Studies in English

Prof. Sebastian Klósek, MD DMD, PhD

Phone: +48 42 272 50 57
e-mail: deans.office@umed.lodz.pl
Dear New Students,

Congratulations and welcome to the beginning of an exciting and life-altering experience! You are now part of an extraordinarily talented group of individuals. We are very pleased to have you and are looking forward to what you bring to our University community. As someone who was in your shoes a few years ago, I know you are both eager and anxious. These feelings are rightfully so!

The field you have chosen is one of great honour, but it isn’t a walk in the park. At the end of your time here, someone will be putting their life in your hands, and it will be your job to help them to the best of your knowledge. But try not to be overwhelmed, everyone has a period of discovering themselves, and this is your time to find your foot in the nerve-wracking, yet inspiring environment of medical and dental school.

During your time here, you will get the opportunity to take advantage of the English Division’s greatest strength: the diversity of the student body. You will meet students from different countries, cultures, and ethnicities. Use this as an occasion to grow and widen your world view. ‘World-wide’ friendships are one of the many grounds that makes MUL a great choice!

Medicine is constantly changing, so you need to remain humble and open to learning. Try to be comfortable with not knowing everything. You are here to learn new skills and perfect them over time. Keep in mind, this is a marathon, not a sprint.

Lastly, there will be some things that will challenge you more than the heavy load of science. Most of you’ll have come far from home to fulfil your dreams, you may get homesick a lot of the times, you may question yourself and your choices. Believe me when I say, we all have been there! It’s important to keep yourself motivated and to make sure that you lead a balanced life.

My advice? Be kind to yourself. Take study breaks, hit the gym, cook a healthy meal, go dancing, play an instrument, go to the cinema with your friends, call your parents, stop and take a breath. Tired of studying at home? Try utilizing the different resources available at the University and around the city of Lodz; enjoy a cup of freshly brewed coffee at the many coffee shops around town, or take comfort in the quiet at the MUL library. Looking to make new friends? Get involved! MUL has many clubs, circles, and sports teams that you can be a part of and contribute to with your talents. Participate in different activities going on throughout the city, or volunteer for the Student Government events. The upper-year students are your best source to help you align with life at the University. Remember, you are not alone in your journey!

We all are here to support you in following your passions and making amazing memories along the way! Feel free to contact the Student Government members or the Administrative Office officials should you need any assistance. Believe in yourself and enjoy the ride!

Yours truly,

Shraddha Nair,
President, MUL Student Government
18. Rules and Regulations

University Rules and Regulations are available [here](#).

19. NBME exams

At MUL you will have the chance to be evaluated with the use of NBME exams as a final method of assessment in some preclinical and clinical subjects. The NBME Subject and NBME CBS exams are prepared and conducted by the National Board of Medical Examiners, a reputable American organization founded in 1915, responsible for evaluation of medical professionals worldwide. These exams are an excellent evaluation tool which gives you the opportunity to assess the knowledge in a professional, objective and widely recognized manner. The examinations are web-based and performed on the University computers in Didactic Center. The NBME Exams are recognized all over the world and give you a better start in a career as a physician regardless of the country you come from, or where you plan to practice medicine.

You can find the NBME CBS exam policy in the attachment ‘NBME CBS Rules & Regulations’ [here](#).
The Main Library
Address: ul. Muszyńskiego 2, 90-151 Łódź
www.bg.umed.lodz.pl
e-mail: bg.sekretariat@umed.lodz.pl
phone: +48 42 677 92 62
fax: +48 42 679 06 56
Circulation Desk +48 42 677 92 75
Reading Room +48 42 677 92 70
Scientific Information Department +48 42 677 92 79

Opening hours:
Monday-Friday: 8:00 am - 8:00 pm
Saturday: 9:00 am - 2:00 pm
Library is closed on Sundays and holidays.

Library Internet Access
All students of the Division of Studies in English are welcome to visit data bases and electronic journals available on the MUL Library website: www.bg.umed.lodz.pl
If you need to search a data base from outside the University network, identification by means of library card number and Student Registration number is necessary.
A word of advice for your safety

- Do not drive under the influence of alcohol as it is illegal (the law in Poland is very strict in this respect).
- Never use drugs (dealing is illegal, possessing even a small portion may cause serious problems).
- Be careful with your belongings: wallets, phones, electronic devices, student IDs.
- Do not leave your personal belongings unattended even for a short period of time either in public places or at school.
- Take extra care of your passport.
- Avoid travelling alone at night, use a ‘buddy system’ - travel with a friend.
- It is advisable to leave your car at a guarded car park, never leave any valuables (radio, mobile phone, documents) in the car.

Emergency Phone Numbers

In case of emergency here is a list of Phone Numbers you need to know in Poland:

- 999 Ambulance
- 998 Fire Brigade
- 997 Police
- 981 Road Assistance
- 986 Municipal Police
- +48 42 689 38 20 Polish Border Guard in Lodz

If you do not know the local code, dial the general European emergency number for mobile phones: 112

Some Pharmacies (Apteka) in the City

In the City Center: ‘Cito’ 39 Żeromskiego St. working 24/7
46 Piotrkowska St. working 7:45 a.m. – 8:30 p.m.
1. Where can I buy my books?
You can buy all books you need at the medical books fair organized at MUL during the Orientation Program or from the Internet medical bookstores.

2. What sort of accommodation is available for students?
As a student, you can apply for the accommodation in one of the University Halls of Residence or you can easily rent a flat in Łódź.

3. Is there any Orientation Program?
Yes, each year we organize such a program for new coming students. It usually lasts few days. We recommend taking part in the program as it really helps the freshmen to get familiar with the University as well as feel at home in Łódź.

4. How do I apply to study at MUL?
If you want to apply to one of our educational programs you need to undergo the Admission Proceedings following all the necessary steps described in details on the University website: http://studymed.umed.pl/admission/

5. Do I need to have Health Insurance?
Yes, as a foreigner you are obliged to have a valid Health Insurance covering the territory of Poland. You can get it in your home country or in Poland – from a private Insurance Company.

6. Can I come to the University before the academic year starts?
Yes you can, but please notify us (admission officer: admission@umed.lodz.pl) about the date and time of you arrival - this will allow us to expect you.

7. When do I get the timetable?
All timetables are available on the University website before the start of the academic year and additionally sent to the students individual email addresses.

8. How can I contact senior students?
You can contact senior students of our University through the Administrative Coordinators or the Student Government - they will provide you with their contact details.

9. Can I be exempted from any courses?
You can apply for exemption from some courses included in your curriculum at MUL if you have completed them at other university. You need to follow precisely the Credit Transfer Procedure described at the University website: http://studymed.umed.pl/course-exemption/.
Please bear in mind that as our programs are conducted wholly in English only the courses also taught in English can be considered valid for the course exemption.