



MEDICAL
UNIVERSITY
OF LODZ



student guide

2022/2023

www.studymed.umed.pl

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 a new place, new people, new experiences which can be pretty challenging.

BEFORE LEAVING – CHECKLIST

What to do list:

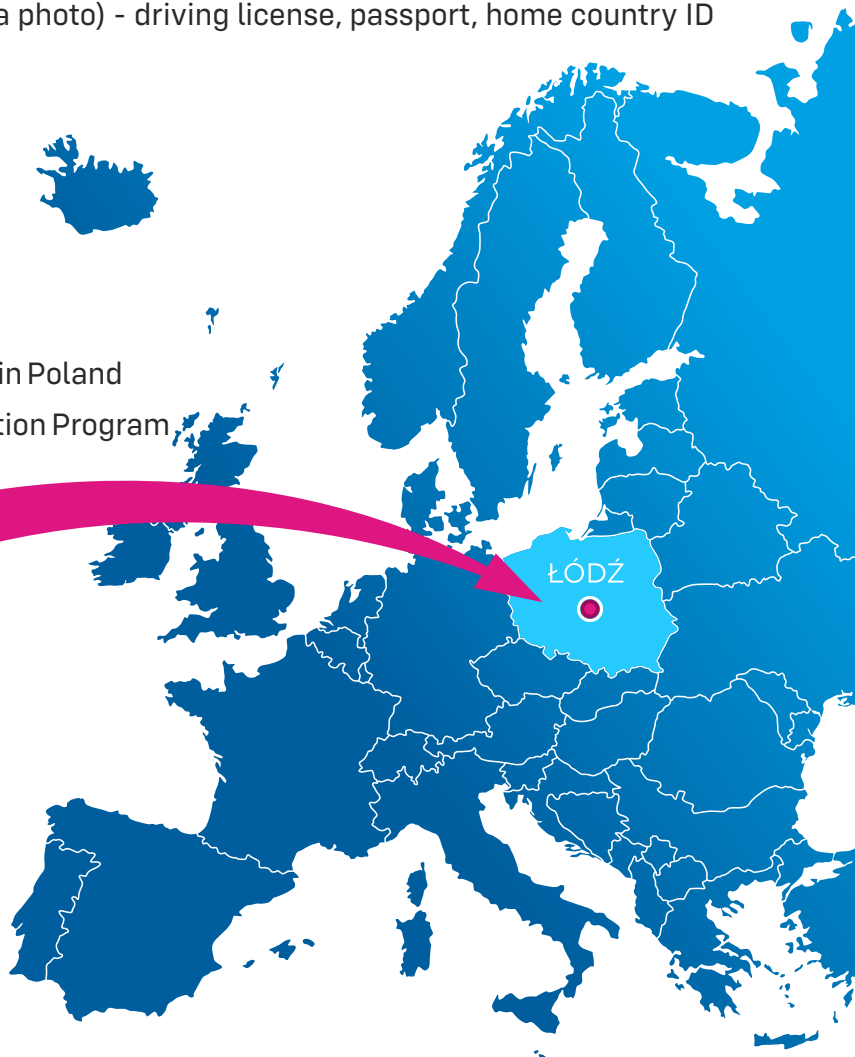
- ☐ Get a student visa (if applicable)
- ☐ Make sure your health insurance is valid and double check its coverage on the territory of Poland
- ☐ Check your travel document's validity
- ☐ Have a doctor's / dentist's / ophthalmologist's / check- up
- ☐ Get your immunization and medication from your doctor
- ☐ Prepare a file with important documents:
 - Acceptance letter
 - High school documents
 - 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
 - file with important documents

You can also buy these things after your arrival in Poland

- ☐ Make sure you arrive in time for the Orientation Program



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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 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

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 warm and nice or 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 the 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
- And everything else you need to know

During the program you will have a chance to complete all administrative procedures including registration and signing of the agreement with the University as well as gain help with the immigration office application (if you need it).

Everything takes place 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 other Warsaw stations (Warszawa Zachodnia or Warszawa Centralna, Warszawa Główna and Warszawa Gdańska) from there you can take a train directly to Łódź (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.pkp.pl/en

Trains to Warsaw leave about every hour and the journey takes more or less 1,5 h. 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, InterRegio and InterCity) as all tickets 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: 2h

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 ticket machines located on buses and trams - you can choose English as your language when buying tickets from these machines. 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 a 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 present the student ID on demand to the 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 349,90 PLN. Charge paid "at once" to the ticket inspector or within 7 days is reduced to 175,90 PLN (prices are subject to change).

Having been 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 card - 'MIGAWKA'

"MIGAWKA" is an electronic card (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 without the hassle of buying a ticket each and every time you need to go somewhere by public transport.

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.



Ticket Points of Sale		Opening hours	
ul. Tramwajowa 6		Mon – Fri, 8:00 am – 5:00 pm	
pl. Wolności 9		Mon – Fri, 6:00 am – 8:00 pm	
pl. Niepodległości next to the tram rail loop behind the church		Mon – Fri, 6:00 am – 8:00 pm	
Ticket/price	1 month	3 months	
student fare	58,00 PLN	144,00 PLN	
	48,00 PLN*	120,00 PLN*	

* Lower price is available for the owners of Łódź Citizenship Card - for details please check page number 7
Prices are subject to change

By using this service: <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!

For further information about the fares, bus and tram timetables and connections go to the website:

<http://www.mpk.lodz.pl/lang.action?lang=en>

TAXI SERVICES

- DeDriver Taxi – tel. 42 652 22 22
- GoTaxi – tel. 889 204 060
- Green Cab Taxi – tel. 42 666 44 44
- MER.C Radio Taxi – tel. 42 650 50 50
- MPT Taxi – tel. 19191
- Taxi Dwa Dwa – tel. 800 300 200
- Taxi Rydwany Miasta – tel. 512 504 030
- Taxi Plus – tel. 800 500 500
- Tele Taxi – tel. 800 400 400



OTHER MEANS OF TRANSPORT

If you prefer a bicycle, in Łódź you will find over 250 km of bike lanes. You can check it here and plan your journey:

<https://mapa.lodz.pl/portal/apps/webappviewer/index.html?id=c28013d0a82b4177b307ab8e3df4e4f2>



You can use Łódzki Rower Publiczny – a municipal bike rental system. To enjoy the ride you should create an account via the website or the Freebike 2.0 application. There are 150 rental stations around the city. They are usually located near to big residential areas, crossroads and important facilities, e.g. universities, shopping centres and Piotrkowska Street. Registration fee is 20 PLN, minimum account balance allowing the use of bikes is 10 PLN. Renting a bike up to 20 min (with active MIGAWKA up to 25 min) is free.

From 21 min to 60 min the cost is 1 PLN, the second and each subsequent hour started fee is 4 PLN.

For more information please check

<https://lodzkirowerpubliczny.pl/>

Electric scooters

In the city you can find electric scooters, that can be rent easily with the mobile app. There are 4 companies available: BlinkCity, Bolt, Lime and Volt Scooters. The charge is approximately 2 PLN for the start and 50 gr for each 1 minute of the ride.

Carsharing

Carsharing is a great alternative for those with valid driving license. The companies offering rental for minutes available in Łódź are: Easyshare, Panek and Traficar.

5 • ŁÓDŹ CITIZEN CARD

ŁÓDŹ CITIZEN CARD

It is a system of discounts and offers in Łódź. With this card you can get up to 20% discount on different services, e.g. shopping, cultural institutions, public transport, health care and many more.

Łódź Citizen Card is available for foreign students. To obtain the Card you have to fill in a form in one of customer service centers: 87 Piotrkowska St., 28 Piotrkowska St. or at "Manufaktura" shopping mall. When applying for card, valid student card from MUL is necessary.

Activation fee is 1 PLN.

You can find the list of available discounts on:
<https://kartalodzianina.pl/n-partnerzy.qbpape>



6 • HEALTH INSURANCE

HEALTH INSURANCE COVERAGE IS OBLIGATORY

If you are an EU citizen make sure you get the European Insurance Card issued by your home country's 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 requirements you have to fulfill to get it.

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

7 • IMMUNIZATION/HEPATITIS B

OBLIGATORY HEPATITIS B VACCINATION

After arrival in Łódź the accepted candidates are obliged to submit Hepatitis B antibody test as a proof of the immunity to the student coordinator.

8 • IMMIGRATION RULES

If you are not an EU citizen you need a document legalizing your stay in Poland. That can be either a student visa you get in your home country in the 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 - original for inspection and 2 copies)
- filled in application form – (available from the Immigration Office) - original and one copy
<http://generator.lodzkie.eu/>
- 4 color photographs 4,5×3,5 cm
- state loan proof or bank statement confirming financial means for stay and study
- proof of payment for the studies
- University certificate confirming student's status
- payment confirmation of stamp duty
- health insurance confirmation.

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.

9 • INTERNET ACCESS

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

ACCESS KEY:

Localization	SSID	key
Plac Hallera	UMED-Student	The same as
Kościuszki 4 - Rektorat		password to your
Pomorska 251 - CKD UM		e-mail box

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, 500 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 Łódź, there are some in the City Centre:

- Kantor/Lombard – 2 Narutowicza St. working 24/7 www.kantorlombard24h.pl
- Manex at 67 Piotrkowska St.
- There are also Exchange Offices in most major Shopping Malls:

MANUFAKTURA, GALERIA ŁÓDZKA, PASAŻ ŁÓDZKI, PORT ŁÓDŹ

For exchange rates see the website: www.nbp.pl

BANKING

Before you choose a bank it is advisable to check the offers of different banks on the market as each of them has a different offer. Student accounts which can be opened 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.

Some of the banks operating in Poland are: 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 almost all the shops, pubs, clubs and restaurants.

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

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



POST OFFICE (POCZTA)

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

SHOPPING MALLS

GALERIA ŁÓDZKA

ul. Piłsudskiego 15/23

Open: Mon – Sat: 9:30 am – 9:00 pm

www.galeria-lodzka.pl

MANUFAKTURA

→ cultural, recreational and shopping center

ul. Karskiego 5

Accessible also from ul. Zachodnia, ul. Ogrodowa and ul. Drewnowska.

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

CH PASAŻ ŁÓDZKI

al. Jana Pawła II 30

Open: Mon – Sat: 9:00 am – 09:00 pm

www.chpasazlodzki.pl



SUPERMARKETS

Generally there is a trade ban on Sundays in Poland, although some shops are open.

It is advisable to check online if the shop is open before you decide to go shopping.



AUCHAN

• ul. Piłsudskiego 94

• al. Jana Pawła II 30

• ul. Brzezińska 27/29

Open: Mon – Sat: 6:30 am – 10:00 pm

• ul. Karskiego 5 (Manufaktura)

Open: Mon – Sat: 7:00 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: 6:30 am – 10:00 pm

www.carrefour.pl



"BIEDRONKA" DISCOUNT STORE

• ul. 28 Pułku Strzelców Kaniowskich 61/63

• ul. Żeromskiego 32

• ul. Tamka 3

Open: Mon – Sat: 6:00 am – 11:00 pm

• ul. Ogrodowa 18

• ul. Pomorska 58

Open: Mon – Sat: 6:00 am – 10 pm

www.biedronka.pl



LIDL

• ul. Karolewska 53

(near to Łódź Kaliska railway station)

Open: Mon – Sat: 6:00 am – 10:00 pm

• ul. Piłsudskiego 15/23 (Galeria Łódzka)

Open: Mon – Sat: 8:00 am – 9:00 pm"

www.lidl.pl

In Poland the best option to avoid huge telephone bills for using the mobile phone number from your country is to purchase a Polish SIM card from 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 but you have to remember to have your passport with you.

USEFUL APPS

For transportation:

- Uber
- Jakdojade – timetables and city travel planner
- WatchLine Łódź - tracking buses and trams in Łódź
- MyBus – tracking buses and trams in Łódź
- Skycash – online tickets for buses, trams and trains

Discounts

- Too good to go – food in discounted price from restaurants' unsold products
- Studencka Karta Rabatowa – special discounts for students

12 • COST OF LIVING

AVERAGE RENT PER MONTH:

» studio - between 1000-2000 PLN

» a bedroom in a shared flat - between 700-1000 PLN

Some basic prices:

product	price
• bread	3,00-10,00 PLN
• milk	3,00-4,00 PLN
• butter	3,00-6,00 PLN
• eggs	0,60-1,20 PLN/pc
• cheese	16,00-20,00 PLN/kg
• potatoes	2,00-4,00 PLN/kg
• apples	2,50-5,00 PLN/kg
• chicken	16,00 PLN/kg
• beef	25,00-40,00 PLN/kg

product	price
• cup of tea/coffee	2,50-10,00 PLN
• average restaurant dinner	15,00-40,00 PLN
• fast food menu	15,00-60,00 PLN
• book	20,00-60,00 PLN
• theatre tickets (opera tickets are more expensive)	30,00-50,00 PLN
• cinema tickets	20,00-30,00 PLN

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 Łódź, such as the Green Market (Zielony Rynek) at Plac Barlickiego 5.



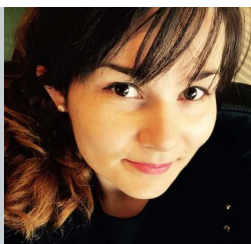
If you miss some specific foods or products from home you may be able to find them at various International Food Stores. The most popular one, called "Kuchnie Świata", can be found in Manufaktura.

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.

You can also order food from variety of online shops - this way is ususally cheaper and time-saving.

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.



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.mil/> where our students post lists of their used items for sale!

Izabela Ślęzak, Graduate of the 6MD program, Poland

PROGRAMS

You can apply to study at the following programs:

- 6-year MD program
- 5-year DMD program

Admission criteria and admission procedures for each program are available on the University website: <http://studymed.umed.pl/admission/>

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.

Retake examination sessions take place after holiday break. Those who pass all their exams successfully in first terms can enjoy their holidays longer.

ESOS (Elektroniczny System Obsługi Studenta) – ELECTRONIC STUDENT SERVICE SYSTEM

Each student has a personal account in ESOS protected by individual student login and password.

All exam and credit results are entered in ESOS/Electronic Index. You receive access and instructions to the ESOS during your first visit at the Dean's Office from your respective Administrative Coordinator.

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 credit test 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 GPA
- Credit with grade, included in GPA
- Credit – Pass/Fail, not included in GPA

GRADING SYSTEM

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

GPA (Grade Point Average)

The mean grade for a semester or a year of studies is calculated as an arithmetic mean of all semester grades (final grades), including failed grades, obtained in all attempts at credit tests and examinations, of the courses indicated in the program of studies for a given education cycle.

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/

Account number:

(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.

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 teacher.
2. You should avoid intense perfume or cologne 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. If you plan to wear a skirt or a dress, it is advised that it is 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 the academic year based on written request.

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

Upon the graduation 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 of the Diploma is subject payment. Legalization of the diploma is necessary.



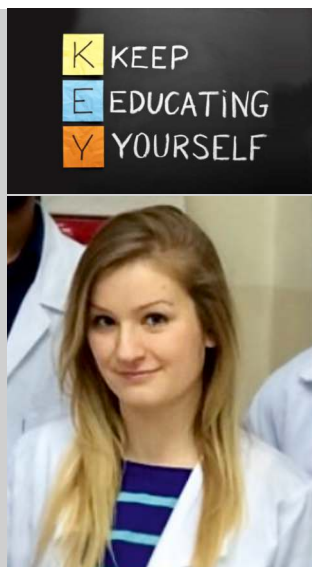
COURSES

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/

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

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 for missed 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.

16 • STUDENT'S ID

As a student of our University you get a **Student ID card** which 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 Lodz**

Prof. Radziław Kordek, MD, PhD

MUL Administration Offices:
90-419 Łódź, al. Kościuszki 4
e-mail: rektor@umed.lodz.pl
phone: +48 42 272 58 03

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 28



Vice-Dean for Studies in English

Prof. Sebastian Kłosek, MD, DMD, PhD

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

Dear New Students,

Congratulations on beginning a completely new chapter of your life, one which will be full of exciting and unique experiences. All your diligent and assiduous work over the last years has led you here to Poland, to the Medical University of Łódź. Being here, you can proudly say you passed all the entrance qualifications and exams. You are now ready to finally start off your studies and step by step get closer to fulfilling your dream of becoming a doctor or a dentist. The path you have chosen will be long and challenging and in the beginning it might even seem frightening, but with time you will realize that every single one of your accomplishments will pay off.

Looking back to this day three years ago when I first arrived in Poland, I remember myself feeling very nervous because I did not know a single person in this country and I didn't even speak the language. I was afraid to be alone, scared that I would not find any friends or that the school might be overwhelming and I would fail. Fear not, as this feeling quickly faded away as soon as Orientation Week started and I actually began living my life here in Poland. Today I can proudly say that over the last three years

I have made many new friends, met people from countless different countries and cultures, traveled all over Europe, and learned a lot about Polish culture. The studying went by pretty well as well.

The experiences I have gained here in Poland have taught me something very important: Always remember, you are very lucky to have been given this amazing opportunity of studying abroad! You as a student of MUL are given plenty of opportunities to escape your everyday university life to refresh your mind. You can take advantage of the diversity of our division and learn about different cultures from all around the world, as well as use the simple and cheap travel opportunities to explore Poland and different countries in Europe. You can take advantage of numerous events and projects organized by our university which will help you to easily integrate into the local community of Łódź and find friends besides those in our university. You will also be able to take part in scientific research projects which will give you unique experiences on top of your standard education. Take these chances and you will see yourself grow!

Of course, at the same time, you will have to manage your studies to reach your academic goals. My advice concerning that: Be consistent! If you have good time management, work efficiently, and study every day, you won't have problems with passing the exams. It is very important that you stay organized during the whole academic year, that you prepare for classes and that you always keep up with the material, and make sure to study systematically. Find your own way of studying and do not let other people or competitions take an impact on you or make you feel insecure. Whatever works best for you will lead to your goal, you will become a doctor or a dentist as long as you stay motivated. Remember to take breaks when needed, allow your body and mind to refresh so that you can enter fully motivated into the next study session. Ask for help from upperclassmen when it comes to difficult and time-consuming subjects such as anatomy or histology. We are all in this together and everyone is willing to share experiences with you or give you some advice. I am sure that in six years time, you will leave our university as a doctor/dentist, looking back at your time at MUL full of adventures, exceptional experiences and unforgettable moments.

With this being said, I would like to officially welcome you to our MUL family. We, the Student Government, are looking forward to meeting you at our events and getting to know you personally! If you have any problems or concerns, please contact us via our social media listed below.

Życzymy Wam powodzenia w nadchodzącym roku akademickim i witamy w Polsce!

Sincerely,
Julia Resch

President, MUL Student Government

Student Government social media:

<https://www.instagram.com/mulstudentgovernment/>



<https://www.facebook.com/groups/732107426842988/>

<https://www.facebook.com/groups/studentspace.mul>

<https://www.facebook.com/mulstudentgovernment>



19 • RULES AND REGULATIONS

University Rules and Regulations are available

https://studymed.umed.pl/media/2021_Rules_and_Regulations-of-Studies_in-force-from-01.10.2021.pdf

20 • LIBRARY

THE MAIN LIBRARY

Address: ul. Muszyńskiego 2, 90-151 Łódź

www.bg.umed.lodz.pl

[e-mail: bg.informacja@umed.lodz.pl](mailto:bg.informacja@umed.lodz.pl)

phone: +48 42 272 54 02

Circulation Desk +48 42 272 54 31

Reading Room +48 42 272 54 27

Scientific Information Department +48 42 272 54 27

Library access is free for MUL students.

Opening hours:

Monday-Friday: 8:00 am - 6:00 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 at the MUL Library website:

www.cib.umed.lodz.pl/en

If you need to search the data base from outside the University network, identification by means of library card number and Student Registration number is necessary.



During your studies at MUL you are welcome to participate in additional sport activities provided by the University. Check the website <http://azs.umed.lodz.pl/>, choose the discipline and ask a coordinator if you can join his classes.

In Łódź there are numerous opportunities for physical activity.

Amateurs of water activities can visit huge and recently modernised **water park Fala** nearby Zdrowie Recreational Area with extreme waterslides, Jacuzzis and saunas or **Zatoka Sportu** (Sports Bay) at the campus of Politechnika Łódzka with the Olympic size swimming pool, which offers swimming classes, aquafitness and diving lessons.



City ice rinks are “**Bombonierka**” at 28, Stefanowskiego St. and “**Retkinia**” at 13b, Popiełuszki St. One of the most popular ice rink is located on **the Manufaktura square**. The facilities are open during fall and winter season and they offer rental of skating equipment.

There are plenty of **fitness clubs**, the most popular are:

- **Fit Fabric** - 119/121 1st May Ave | 99 Franciszkańska St. | 122-128 Kilińskiego St. | 3/5 Matejki St. | 10 Politechniki Ave.
- **McFit** - 165/169 Piotrkowska St.
- **Lejdis Studio** - 2 Plac Wolności | 40/23 Jaracza St.
- **Energy Fitness Club** - 16 Legionów St. | 39 Pomorska St.
- **Sportera** - 5a Komuny Paryskiej Square

For **tennis**, check out these addresses:

- **City Tennis Club** - 117 Żeromskiego St. (Poniatowskiego Park)
- **Sports and Recreational Center** - 5 Małachowskiego St.



Climbing walls

- **Stratosfera** - Manufaktura
- **AKG Climbing Wall** - 5 Różyckiego St.
- **Sports Bay** - 10 Politechniki Ave.

If you admire **walks and contact with nature** you can visit one of our beautiful parks, e.g. **Staromiejski Park**, **Helenów Park**, **Źródłiska Park**, **Poniatowskiego Park**, **Julianowski Park** or **Arturówek**. **Zdrowie Recreational Area** is one of the biggest parks in the city with Zoo and Botanical Garden nearby. For more exotic atmosphere you can visit **Palm house** located at 61 Piłsudskiego St.



Bowling

- **Grakula** - 58A Drewnowska St. (Manufaktura)
- **Jazda! Park Silver** - 5 Piłsudskiego St.
- **Król Kul** - Sukcesja, 1 Politechniki Ave.

Cinemas

- **Multikino** - 5 Piłsudskiego St.
- **Cinema City** - Manufaktura, 58A Drewnowska St.
- **Helios** - Sukcesja, 1 Politechniki Ave.
- **Charlie Cinema** - 203/205 Piotrkowska St.

Museums

- **Museum of Pharmacy** - 2 Wolności Square
- **Museum of the Factory** - 58 Drewnowska St. (Manufaktura)
- **Museum of Art 1** - 43 Gdańska St.
- **Museum of Art 2** - 19 Ogrodowa St.
- **Herbst Palace Museum** - 72 Przędzalniana St.
- **Museum of Cinematography in Karol Scheibler's Palace** - 1 Zwycięstwa Square
- **Museum of Archeology and Ethnology** - 14 Wolności Square
- **Izrael Poznański's Palace** - 15 Ogrodowa St.
- **Museum of sewer „Dętka”** - Wolności Square
- **Central Museum of Textiles** - 282 Piotrkowska St.
- **EC1 Planetarium** - 1/3 Targowa St.
- **Museum of light** - 7 Piotrkowska St.

Note that many of the museums offer free tickets once a week.

Multicultural Łódź

- **Archicathedral of Łódź**
- **The Dialogue Center**
- **The Litzmannstadt Ghetto**
- **The Jewish Cemetery**
- **The Old Cemetery**
- **St. Alexander Nevski Orthodox Church**

For more information please check: <https://lodz.travel/en/>



A WORD OF ADVICE FOR YOUR SAFETY

- Do not drive under the influence of alcohol, it is illegal and dangerous (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

986 Municipal Police

+48 42 689 38 20 Polish Border Guard in Łódź



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 Mon - Fri 8:00 am - 9:00 pm,

Sat 9:00 am - 3:00 pm, Sun closed

1. 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 Process following all the necessary steps described in detail on the University website:

<http://studymed.umed.pl/admission/>

2. When will I know that I have been accepted?

After successfully passing the examination you will receive an email confirming your admission to MUL. Then you should submit a scan of your diploma and we will send you an official Letter of Acceptance.

3. Do I have to take any medical tests before the beginning of my studies?

Before beginning of your studies you will be obliged to set an appointment with an occupational doctor in the outpatient clinic indicated by MUL.

4. 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.

5. Can I vaccinate myself against Covid-19 in Poland? What vaccines are available?

For current information, please check: <https://www.gov.pl/web/szczepimysie/information-for-foreigners>

6. 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, or rent a room in a private dormitory. For more information please visit: <https://studymed.umed.pl/admission/accomodation/>

7. Can I come to the University before the academic year starts?

Yes you can, but please notify us (admission office: admission@umed.lodz.pl) about the date and time of your arrival - so that we know when to expect you.

8. When do I get the timetable?

All timetables are available on the University website before the start of the academic year.

9. Is there any Orientation Program?

Yes, each year we organize such a program for the new students. It usually lasts a few days. We recommend taking part in the program as it really helps the freshmen to become familiar with the University as well as feel at home in Łódź.

10. Do we get mentors from older years?

Before the orientation week you will receive an email address of a senior mentor student, you can feel free to contact him if you have any questions. You can also contact senior students of our University through the Student Government - they will provide you with their contact details.

11. Is there a scholarship for students?

Unfortunately, MUL does not offer any scholarships for international students.

12. Do foreign students have to learn the Polish language?

Yes, there are obligatory Polish classes included in the the studies.

13. Are there any extracurricular activities for foreign students?

There is a wide offer of additional activities for students - you are welcome to join University Choir, Academic Sport Club (AZS) and different scientific circles.

14. Are there research opportunities within the MUL?

There are scientific circles where students can develop their interests in research.

15. 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 another 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.





www.studymed.umed.pl



MEDICAL
UNIVERSITY
OF LODZ