



# student guide

2026 / 2027

## 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 with different climate and time zone, new people from all over the world and new experiences in your everyday life which can be pretty challenging.

## BEFORE LEAVING – CHECKLIST

### What to do list:

- Since the academic year starts on October 1<sup>nd</sup>, you should get a student visa in advance  
<https://www.gov.pl/web/diplomacy/visas>
- 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
- Check if you were vaccinated against Hepatitis B virus as you will be obliged to submit Hepatitis B antibody test as a proof of the immunity.
- Prepare a file with important documents:
  - Acceptance letter
  - High school documents with an apostille or legalization stamp
  - Document confirming your health insurance/travel insurance
  - Formal identification documents (with a photo) - passport, home country ID
- Please make sure to have sufficient funds and take your credit cards / exchangeable currency (euro, dollar, etc) with you.
- Buy a lab coat and scrub shoes.
- As the weather in Poland varies between seasons - one day can be hot and the next may be cold and rainy, bring with you a jacket, a hat and a scarf as Septembers in Poland tend to be quite chilly, windy, and rainy.
- Make sure you arrive in time for the Orientation Program. Usually it's held during last week of September.



MEDICAL  
UNIVERSITY  
OF LODZ



## 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 google maps and search some information about your local environment
- Make yourself familiar with Lodz's public transportation so that you know how to use it
- Go for a walk to get familiar with the neighborhood and do the shopping in the local market
- Attend Orientation Program which is usually held during last week of September
- Make sure you submit all the missing documents at the Admission Office
- Download SmartUMED app - it will help you to navigate in the university campuses

### 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.

October is the month called 'Golden Polish Autumn', which means that the temperature fluctuates between 10 and 20 C during the day. The weather may be both sunny and rainy, cloudy and windy.

## 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
- Students' University Regulation
- Everything you need to do before the start of the academic year
- Immigration rules
- Public transport around the city
- How to open a bank account
- 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.

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 Gdańsk) from where 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.pkpl/en](http://www.pkpl/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.

You can buy tickets either in the ticket machine located at the station or at the ticket windows near main entrances.

For further information about the trains timetables and connections go to the website:

[www.rozklad-pkp.pl/en/sq](http://www.rozklad-pkp.pl/en/sq)



### COACHES

**Łódź Fabryczna Bus Station,**

Plac Sałacińskiego 1

**Łódź Kaliska Bus Station,**

Aleja Włókniarzy 227

website: [www.en.e-podroznik.pl](http://www.en.e-podroznik.pl)

Departures to Warsaw are about every hour

Time of journey: 1,5h - 2h

Ticket price: 30,00 - 50,00 PLN

## PUBLIC TRANSPORT IN ŁÓDŹ

There is an extensive public transport network in Łódź, with night services (marked N1, N2...). You can buy tickets with your cell phone by using apps like SkyCash, mPay, moBilet, zBiletem, Jakdojade. Single and time tickets are also sold at ticket machines located in buses and trams - you can choose English as your language when buying tickets from these machines.

### 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. If you do not have your student ID you will have to buy a normal ticket.

### Important notice!

The ticket should be validated immediately after boarding. The ticket should be inserted into the validating machine and then released freely. If you purchase a ticket via the mobile app, you must validate it by scanning the QR code located inside the bus or tram.

Charge/fine for a journey without a required travel ticket is 509,60 PLN. Charge paid "at once" to the ticket inspector or within 7 days is reduced to 257,60 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, 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. 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		84,00 PLN	207,00 PLN
		70,00 PLN*	172,00 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://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>



WATCH



## TAXI SERVICES

There are taxi services in Łódź which details can be found on google. People also use Uber or Bolt, however taxi services are considered a safer option.



## OTHER MEANS OF TRANSPORT

If you prefer a bicycle, in Łódź you will find over 250 km of bike lanes.

### Electric scooters

In the city you can find electric scooters, that can be rent easily with the mobile app.

<https://bolt.eu/en-pl/scooters/>

### Carsharing

Carsharing is a great alternative for those with valid driving license.

## 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 5 PLN.

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



## 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.



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 of studying 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.

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



# OFFICES: EXCHANGE OFFICE, POST OFFICE, BANKS

## CURRENCY

The Polish currency is zloty (zl, 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, 1zl, 2 zl, 5 zl.



You may exchange your money in Exchange Offices (KANTOR) which addresses you can check on google. For exchange rates see the website: [www.nbp.pl](http://www.nbp.pl)

## PAYMENTS METHODS AND BANKS

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.

In Łódź, there is a variety of banks offering their services. During the shopping, you may use cash, but the majority of citizens choose to pay by credit cards or mobile payment system called BLIK.

Apart from traditional banks, many international students use online financial platforms such as Revolut or Wise, which allow you to open an account quickly, manage multiple currencies, and make international transfers at competitive rates. These services are app-based and can be a convenient option for short-term stays or for those who prefer digital banking.

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.

Before your flight to Poland, remember to check the cost of a call to your home country or equip yourself with roaming to avoid high costs of calling.

### AVERAGE RENT PER MONTH:

- » studio - between 1300-2000 PLN
- » a bedroom in a shared flat - between 700-1000 PLN

### Some basic prices:

#### product

#### price

• bread	4,00-20,00 PLN
• milk	4,00-6,00 PLN
• butter	5,00-10,00 PLN
• eggs	1,00-1,80 PLN/pc
• cheese	30,00-80,00 PLN/kg
• potatoes	3,50-13,00 PLN/kg
• apples	2,00-8,00 PLN/kg
• chicken	20,00-45,00 PLN/kg
• beef	50,00-150,00 PLN/kg

#### product

#### price

• cup of tea/coffee	7,00-20,00 PLN
• average restaurant dinner	30,00-60,00 PLN
• fast food menu	30,00-60,00 PLN
• cinema tickets	20,00-30,00 PLN
• theatre tickets (opera tickets are more expensive)	40,00-100,00 PLN



## FOOD

### Fresh & Local

For fruits, vegetables, fresh bread, pastries, and quality meat, visit local farmers' markets such as Górnjak, Rynek Bałucki, or others. They're affordable and offer seasonal products straight from local producers.

### Supermarkets

Everyday shopping is easy with chains like Biedronka, Lidl, Carrefour, and Żabka (open late and great for quick snacks). For budget-friendly options, Biedronka and Lidl are student favorites.

### International Products

In Łódź you will find international food stores with a wide range of global products and smaller specialty shops focused on Asian, Latin American, or Eastern European cuisines.

### Online Shopping

Ordering online saves time. Popular platforms include Frisco.pl, Auchan Online, and Carrefour Online. Delivery is fast and convenient.

### Food Delivery Apps

For ready-to-eat meals, use Glovo, Uber Eats, or Pyszne.pl – they cover most restaurants in Łódź.



### 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!

## PROGRAMS

You can apply to study at the following programs:

- 6-year MD program
- 5-year DMD program
- 8-month PREMED course

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

## ORGANIZATION OF THE ACADEMIC YEAR

### CALENDAR 2026-2027

#### WINTER SEMESTER

**1.10.2026 – 21.02.2027**

• INAUGURATION CEREMONY	30.09.2026
• START OF CLASSES	1.10.2026
• NATIONAL INDEPENDENCE DAY (PUBLIC HOLIDAY)	11.11.2026
• CHRISTMAS AND NEW YEAR BREAK	24.12.2026 – 6.01.2027
• WINTER EXAMINATION SESSION	1.02.2027 – 14.02.2027
• SEMESTER BREAK	15.02.2027 – 21.02.2027
• WINTER RETAKE SESSION	22.02.2027 – 14.03.2027



#### SUMMER SEMESTER

**22.02.2027 – 30.09.2027**

• START OF CLASSES	22.02.2027
• EASTER BREAK	26.03.2027 – 30.03.2027
• FREE RECTOR'S DAY	30.04.2027
• PUBLIC HOLIDAY	3.05.2027
• RELIGIOUS HOLIDAY	27.05.2027
• FREE RECTOR'S DAY	28.05.2027
• SUMMER EXAMINATION SESSION	16.06.2027 – 6.07.2027
• SUMMER VACATION	7.07.2027 – 30.09.2027
• SUMMER RETAKE SESSION	1.09.2027 – 21.09.2027

Summer training – to be fulfilled during summer vacation

## 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 <http://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

<b>5.0</b> – excellent	<b>4.5</b> – very good	<b>4.0</b> – good
<b>3.5</b> – satisfactory	<b>3.0</b> – sufficient	<b>2.0</b> – 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.

Account number:

(6-MD) PL 26105014611000002282381231  
(5-DMD) PL 94105014611000002306765807  
(PREMED course) PL 61105014611000002406069084

## ELECTRONIC STUDENT ID CARD

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 attire.
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 clothing, 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

As a medical student you will have to comply with the ethical and moral principles.

Here are some of your obligations:

1. work diligently and conscientiously and to constantly improve their knowledge and acquire new skills throughout the entire period of studies.
2. diligently prepare for tests, exams and other forms of crediting the courses.
3. comply with the obligations assigned to them under the Law on Higher Education and Science and the Rules and Regulations of Studies of the Medical University of Lodz.

The Student should:

1. relate to all employees of the University with due respect and by observing moral and ethical principles.
2. base relations with other students on respect, solidarity, loyalty and cooperation.
3. The Student is not allowed to engage in any activities that may affect the objective assessment of their knowledge and skills.
3. The Student is not indifferent to any illegal actions as well as to any negative and unethical actions that may tarnish good reputation of the University.
4. The Student does not take actions to harm or humiliate other members of the academic community.

<https://studymed.umed.pl/wp-content/uploads/2023/01/Students-Code-of-Ethics.pdf>

## 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.

<https://studymed.umed.pl/wp-content/uploads/2025/10/2025-2026-YEAR-TUTORS-2.xlsx>

Timetables for the academic year are available on the MUL website:

<https://studymed.umed.pl/current-students/timetables/medicine/>

<https://studymed.umed.pl/current-students/curriculum/medicine/>

<https://studymed.umed.pl/current-students/timetables/dentistry/>

<https://studymed.umed.pl/current-students/curriculum/dentistry/>



### Student quote:

*My years at the Medical University of Łódź played a decisive role in shaping both who I am as a physician and as a person. Studying there exposed me to a diverse patient population, strong academic foundations, and a culture of curiosity that pushed me to think critically and compassionately. It opened my field of vision far beyond the classroom; it taught me resilience, adaptability, and the importance of interdisciplinary collaboration. Most importantly, it gave me the confidence to pursue opportunities beyond my comfort zone, including continuing my medical training abroad.*

Dr Sarah Darwiche Yaacoub, Graduate of 4MD Program 2018

## 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.

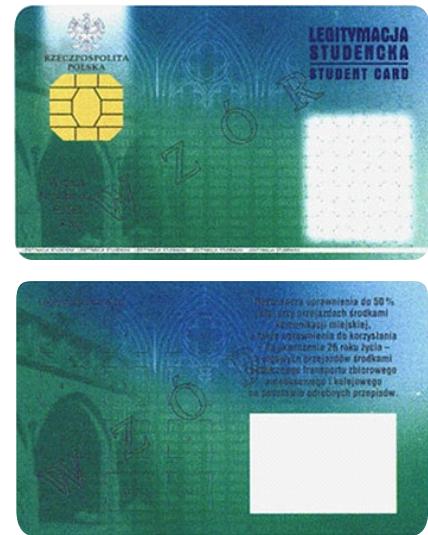
## YEAR TUTOR

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.

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).



## 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. Janusz Piekarski, MD, PhD**

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**Good morning, everyone,**

It is my great pleasure to warmly welcome you to the Medical University of Łódź and to congratulate you on joining our vibrant international community.

You are beginning an exciting and demanding journey that will shape you not only as future medical professionals but also as individuals. Studying medicine requires resilience, discipline, curiosity, and compassion; qualities I believe each of you carries within you. From your very first day, remember that consistency and a mindset of perseverance will be your strongest allies.

Beyond academics, I encourage you to fully embrace the multicultural spirit that defines our university. Here, students from all over the world come together to learn, collaborate, and form meaningful lifelong friendships. Engage with new cultures, share your own, get involved in student activities, and allow yourself to grow both personally and professionally. Our campus and the city of Łódź offer endless opportunities for learning, exploration, and connection. These friendships and collaborations will become some of your most valuable experiences.

As you dive into your studies, remember that balance is essential. Your well-being: mental, emotional, and physical—is a priority. Medical school is a marathon, not a sprint! So explore your interests, take breaks when needed, and allow yourself to enjoy the vibrant life that Łódź offers. This city will soon feel like a second home, full of opportunities to grow outside the classroom as well.

The Student Council is here to support you throughout your journey. Our mission is to represent you, advocate for you, and create a welcoming environment where you feel heard and included. Do not hesitate to reach out, participate in our initiatives, or share your ideas. Your involvement shapes the community we build together!

Choosing to study medicine is an act of courage and purpose. You are stepping into a path that will challenge your mind, strengthen your character, and deepen your compassion. Thus, embrace those challenges, celebrate your achievements, and trust in your potential. You belong here, and your journey is just beginning.

Wishing you strength, success, and unforgettable moments throughout your time here!

**Carine Nassif**

President, Student Council  
Medical University of Łódź

**Student Government social media:**

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



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

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

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



## 18 • RULES AND REGULATIONS

University Rules and Regulations are available <https://studymed.umed.pl/current-students/studies/rules-regulations-procedures/mul-rules-regulations/>

## 19 • LIBRARY

### THE MAIN LIBRARY

Address: ul. Muszyńskiego 2, 90-151 Łódź

<https://cib.umed.pl/en/>

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

e-mail: [cib.sekretariat@umed.lodz.pl](mailto:cib.sekretariat@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.

The Information and Library Center works 24/6  
(excluding 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:

<https://cib.umed.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.

If you don't want to be part of any sports team but would like to do sports recreationally using our Sport Centre, that is possible.

If it comes to the swimming pool you can use it during the Saturday from 9.00 to 9.45 pm and then from 2.30 to 5.15 pm. Once enter the Sport Centre you have to go to the cloakroom, then wash up and direct to „beach” (it is a place around the swimming pool. You have to show the pool boy your (valid) student's ID. Once you finish your activity you should pick up your ID and go to the cloakroom. Keep in mind to follow the website: <https://centrumsportu.umed.pl/> (unfortunately the website is only in Polish, but we know that you are so clever and will be able to deal with this) and check bookmarks with the updates and the reservation calendar to avoid problems with unexpected situations.

In terms of the sport hall if you are interested in the reservation you have to directly contact: [marcin.krajewski@umed.lodz.pl](mailto:marcin.krajewski@umed.lodz.pl)

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, a few climbing walls.

If you admire **walks and contact with nature** you can visit one of our beautiful parks, e.g. **Staromiejski Park**, **Helenów Park**, **Źródliska Park**, **Poniatowskiego Park**, **Julianowski Park** or **Arturówka**. **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.



There are plenty things to do in Łódź. In your free time you can do bowling, go to the cinema or visit a museum.

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.



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

**112**



**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. 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/>

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

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

**8. 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.

**9. Do we get mentors from older years?**

Before the start of the academic year, you will receive a link to join a WhatsApp group created by senior students. This group is designed to help new students connect, ask questions, and receive useful tips. You can also contact senior students of our University through the Student Government - they will provide you with their contact details.

**10. Is there a scholarship for students?**

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

**11. Do foreign students have to learn the Polish language?**

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

**12. 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 student scientific clubs. <http://stn.umed.pl/>

**13. Are there research opportunities within the MUL?**

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

**14. 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.



### 1. Textile Waste & Recycling (from Jan 1, 2025)

Starting January 1, 2025, textiles cannot be thrown into regular trash. This includes:

- Clothing: everyday, sports, workwear, underwear
- Household textiles: bedding, towels, tablecloths, curtains, drapes
- Textile accessories: scarves, hats, gloves, textile bags
- Shoes: all types of footwear (may be collected separately)

Tips for Proper Disposal:

- Pack clothing separately to avoid refusal.
- Check collection points for empty containers.
- Collection is organized by municipalities at PSZOK (Points for Selective Collection of Municipal Waste).

PSZOK Locations in Łódź:

- Graniczna 2 | Mobile: +48 603 500 505
- Kasprovicza 10 | Mobile: +48 663 662 227
- Zamiejska 1 | Mobile: +48 663 353 190

### 2. Waste Segregation & Bag Colors

Poland uses a uniform bag color system:

Bag Color	What to Put	What NOT to Put
Blue	Paper packaging, cardboard, newspapers, magazines, office paper, notebooks, books, wrapping paper	Paper towels, tissues, dirty/greasy paper, wallpaper, clothes, medical packaging
Yellow	Plastic bottles & packaging, plastic bags, aluminum cans, colored metals, cosmetics & cleaning packaging	Plastic toys, heat-resistant glass, electronics, batteries, treated wood
Green	Glass bottles and jars, glass cosmetics packaging	Ceramics, porcelain, mirrors, light bulbs, window glass, thermometers
Brown	Bio-waste: food leftovers, fruit/vegetable peelings, garden waste, untreated wood	Animal products, treated wood, hazardous waste

Mixed waste: Items that don't fit in any category go in a container marked "mixed waste."

### 3. Food Sharing & Social Refrigerators

Avoid wasting food. Social refrigerators allow anyone to donate or take food.

Rules:

- Only use fresh, sealed, or properly labeled items.
- Avoid raw meat, raw eggs, homemade mayonnaise, cakes with cream, or alcohol.

Examples of 24/7 Social Refrigerators:

- [Kilińskiego 102/102a](#), City Social Assistance Center
- [Grota-Roweckiego 30](#)
- [Ćwiklińskiej 5a](#)

Food Sharing Locations:

- Rewolucji 1905 r. 37/39 | 7:00 a.m. – 8:00 p.m.
- 28 Pułku Strzelców Kaniowskich 9 | 12:00 p.m. – 8:00 p.m.
- Wólczańska 108 | 7:00 a.m. – 4:00 p.m.

#### 4. Repair Services – Don't Throw Away!

If you need to get something repaired, it's best to use the Fixly app and look for the right specialist. Make sure to pay attention to the professional's rating.

#### 5. Exploring Łódź in English

City Tours

- <https://lodz.travel/turystyka/przewodnicy-turystyczni/>

Museums & Cultural Centers

- [Museum of the City of Łódź](#) – Poznański Palace | Guided tours in English | Mobile: +48 692 926 319  
<https://muzeum-lodz.pl/en/>
- [Herbst Palace Museum](#) – Audio guide available; <https://palac-herbst.pl/en>
- [Museum of Art in Łódź](#) – <https://msl.org.pl/en>
- Museum of Cinematography in Łódź – English tours avail; [en.muzeumkinematografii.pl](http://en.muzeumkinematografii.pl)
- [Central Museum of Textiles](#) – English-speaking guided tours | Mobile: +48 42 684 61 15  
<https://cmwl.pl/public/>
- [SSSW Arboretum Rogów](#) – Audio guide available; <http://www.rogow.com.pl/com.pl>
- [Museum in Nieborów & Arkadia](#) – Palace & Romantic Park tours; <https://www.eborow.art.pl/en/>
- [EC1 Łódź Comic & Interactive Center](#) – Exhibitions & group tours in English; <https://ec1lodz.pl/ckini/>
- Lodz Center for Integration of Foreigners – It's a place where students can receive free legal and psychological support. The Centre also organizes various events conducted in English:  
<https://www.facebook.com/LodzCIC/>

Libraries for Reading, Studying, Music & Film

All libraries: <https://www.biblioteka.lodz.pl/znajdz-filie/>

We especially recommend these libraries:

- [MEMO Mediateka](#) – Moniuszki 5; <https://www.memo.lodz.pl/kontakt>
- TUVIM Library – Tuwima 46;
- Wolność Library – Wolności 4

Thermal Baths:

- [Uniejów Thermal Baths - https://termyuniejow.pl/](https://termyuniejow.pl/)
- [Poddębice Thermal Baths - https://www.termy.poddebice.pl/](https://www.termy.poddebice.pl/)





→ [studymed.umed.pl](http://studymed.umed.pl)