



LOMZA STATE UNIVERSITY
OF APPLIED SCIENCES

2020/2021

STUDY GUIDE





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Introduction

Welcome from the Rector

Dear Ladies and Gentlemen,

Lomza State University of Applied Sciences is a unique place of high reputation, which is proud of its scientific and educational resources. Its unusual ambience of friendliness and empathy fosters intellectual and social development of the students and staff. Studying at our University means being a part of a special multidimensional world, wherein the needs of students matter, and everyday interactions with the University personnel are something natural and pleasant. Every student is respected and appreciated at our University.

The academic community believes that Lomza State University of Applied Sciences changes people and brings out their best qualities

in the process of broadening the knowledge.

For years, a prestigious ranking of "Perspektywy" magazine has placed our University among top ten Universities of Applied Sciences in Poland.

It is a great honour but also a really important challenge for us. Our greatest assets are practical study programmes which are tailored in association with potential employers and students. They are adjusted to the current and future needs of the dynamically changing labour market. Cooperation with numerous entities of business environment, governmental, and non-governmental organizations as well as the public sector offers our alumni attractive career prospects.



I would like to invite you on a short yet splendid intellectual journey with distinguished lecturers, practitioners, and specialists in the world of science guiding you. Together with your lecturers you will be searching for solutions, sharing ideas, and developing creativity but, first and foremost, nurturing your professional and scientific ambitions, passions, and aspirations in a comforting, welcoming atmosphere.

I believe you will have a very positive experience at our University and that you will soon decide to join our exceptional academic community.

*Rector
dr hab. Dariusz Surowik, prof. PWSliP*

Welcome to Poland and Łomża

For the last thousand years, the Republic of Poland has been the country where cultures from the East and West of Europe initially connect.

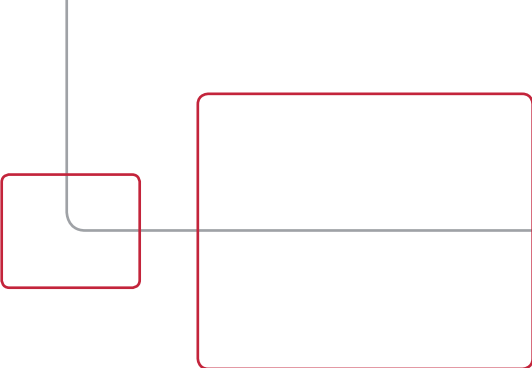
Poles have always played important roles in the history of many nations. A democracy located in the middle of Europe, inhabited by friendly and hospitable people who are building a modern economy, yet cherishing their heritage dearly.

Poland is a garden of nature and a treasure trove of cultural riches. Poland's natural environment makes active rest and recreation possible at any time of the year. In many regions of Poland there are natural sites preserved in their primeval state rarely encountered in other parts of Europe.

Visitors feel truly welcome in Łomża and Poland where they experience our traditional Polish hospitality.

Łomża - a city located in north-eastern Poland, in the Podlaskie Voivodeship, by the Narew River. The city is located in historic Mazovia region. Łomża is the main economic, educational and cultural centre of the Lomza District and the third largest city in the Podlaskie region. Łomża is located in the area of the 'Green Lungs' of Poland, in the vicinity of the city, where there are several parks and monuments of nature ready to be visited.





General Information

Lomza State University of Applied Sciences (LSUAS) was first established on June 22nd, 2004 by an act of the Council of Ministers of the Republic of Poland. At first, the main motto of our University was: "Creating small and medium-sized enterprises," yet it was later altered due to new directions of development and newly formed fields of study. In 2012, the Academic Senate reformed the motto which now states:

"We educate practitioners"

In the history of Łomża, sixteen years is like a blink of an eye, but in the history of the University it is a whole era, from very difficult organizational beginnings to the present time, when our University stands out from other state schools, thanks to its extraordinary dynamics, great equipment, excellent teaching staff and scientific development. However, the greatest success of the University are individual achievements of our graduates who undertake further studies and wonderfully manage in life as well as at work.

Our University is recognizable in the country and in the region as the centre of education of specialists– practitioners. LSUAS offers first and second cycle degrees, full-time and part-time. Every year, we develop in our students the knowledge and skills that will enable them to work in their chosen professions, as well as open the door to the world in the form of Erasmus+ (study and practice). Our University became an extremely flexible and efficient institution that is a part of the tradition of Łomża and relies on the cooperation of the entire region. It is the pride of all inhabitants of Łomża, permanently inscribed in the history of the city and its architectural landscape.

Academic authorities

Rector
Prof. Dariusz Surowik

Vice-Rector for Science and International
Cooperation
Prof. Sylwia Chojnowska

Vice-Rector for Didactics and Academic Affairs
PhD Dariusz Perło

Useful telephone numbers

Rector's Office
Monday to Friday
8:00 - 16:00 / 8 A.M. - 4 P.M.
Tel: +48 86 215 59 50
Fax: +48 86 215 66 00
E-mail: rektorat@pwsip.edu.pl

International Relations Department
Monday to Friday
8:00 - 16:00 / 8 A.M. - 4 P.M.
Tel: +48 86 215 66 08
E-mail: erasmus@pwsip.edu.pl

Student Government
E-mail: samorzad@pwsip.edu.pl

Degree programmes

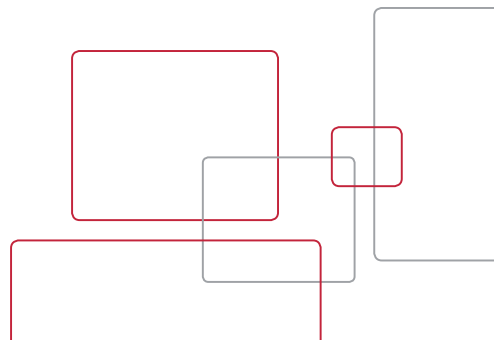
The graduates of Lomza State University of Applied Sciences receive the following degrees:

BACHELOR - a degree obtained upon the completion of a 1st degree higher education course lasting 3 years.

ENGINEER - a degree obtained upon the completion of a 1st degree higher education course in a technical field of engineering, agriculture, or economics lasting 3.5 years.

MASTER - awarded upon the completion of a 2-year postgraduate master's course of a 2nd degree higher education programme.

POSTGRADUATE STUDIES - aimed at students who obtain the 1st or 2nd level degrees and want to improve their qualifications and skills. Lasting from 1 to 1.5 years.



Academic Calendar

Winter Semester	1 Oct 2020 – 28 Feb 2021					
Study period	1	Oct	2020	2	Feb	2021
Winter Holiday	21	Dec	2020	3	Jan	2021
Winter examinations	1	Feb	2021	21	Feb	2021
Winter break	22	Feb	2021	28	Feb	2021
Summer Semester	1 Mar 2021 – 30 Sep 2021					
Study period	1	Mar	2021	20	Jun	2021
Summer Holiday (Easter)	1	Apr	2021	6	Apr	2021
Summer examinations	21	Jun	2021	4	Jul	2021

National Holidays in 2021

Name	Polish name	Explanation
New Year's Day	Nowy Rok	1 st of January
Epiphany	Święto Trzech Króli	6 th of January
Easter	Wielkanoc	4 th of April (Easter Sunday)
Labour Day	Święto Pracy	1 st of May
Constitution Day	Konstytucji 3 maja	3 rd of May
Corpus Christi	Boże Ciało	3 rd of June
Feast of the Assumption of the Blessed Virgin Mary/Polish Army Day	Wniebowzięcie Najświętszej Maryi Panny/ Święto Wojska Polskiego	15 th of August
All Saints Day/All Soul's Day	Wszystkich Świętych	1 st /2 nd of November
Independence Day	Dzień Niepodległości	11 th of November
Christmas Eve	Wigilia	24 th of December
Christmas Day/Boxing Day	Boże Narodzenie	25 th /26 th of December

Grading scale

The ECTS grading scale has been developed to help the home institution interpret the students' grades awarded at a foreign institution. It provides additional information on achievements of students but does not replace the grades awarded at the institution.

Higher education institutions make their own decisions on how to apply the ECTS grading scheme to their own system.

The achievements of the exchange students are approved in accordance with European Credit Transfer System (ECTS).

The correlation between the University scale and ECTS grades runs as follows:

School grade	Description	ECTS grade
5	Bardzo dobry	A (Excellent)
4,5 (4+)	Dobry plus	B (Very Good)
4	Dobry	C (Good)
3,5 (3+)	Dostateczny plus	D (Satisfactory)
3	Dostateczny	E (Sufficient)
2	Niedostateczny	FX, F (Fail)

International Cooperation

Head of Department

Institutional Erasmus+ Coordinator

MA Katarzyna Zacharzewska-Arnista

E-mail: kzacharzewska-arnista@pwsip.edu.pl

Tel: +48 86 215 66 08

Fax: +48 86 215 66 00

International Assistant

Magdalena Zach

E-mail: mzach@pwsip.edu.pl



Welcome to the International Relations Department! The Department was set up in 2006. Its main role is being responsible for all the University's international activity and cooperation.

The main areas of our work focus on:

- The implementation of the International Strategy and Erasmus+ Policy Statement.
- Developing strategic alliances and managing institutional partnerships and collaboration agreements.
- Working with domestic students and alumni willing to go abroad for study and traineeship periods, supporting them in the entire application process and guiding them along the way to foreign universities.
- Working with international students, supervising the admission process of international students, assisting incoming students in social and cultural life of the University, and allowing them to become an active part of the academic community.
- Supporting academic staff with the development of international and global interests, presenting new possibilities and opportunities of Erasmus+.
- Building the internationalization process through visits, media exposure, events, and conferences.
- Hosting visits by international delegations from partner universities and other public bodies to

Lomza State University of Applied Sciences, its faculties, and departments.

- Developing and managing international opportunities for students, staff members, and administrative personnel.
- Internationalizing the University campus, its facilities, the curriculum, and services for incoming staff, students, and foreign partners.

Foreign Languages

The Department of Foreign Languages is very active at the University. It provides English, German, and Russian courses for full-time and part-time students. Each faculty has a unique teaching profile corresponding with each specialization, e.g. business, computer, medical or general English in case of interdisciplinary studies. All students take the final exam at the end of the course. During the course they are given credits for various tasks, including quizzes, presentations, translation, conversation, spoken and written assignments.

Students have the opportunity to take the Pearson Test of English, as the University is an Authorised PTE Centre. The Department teachers are qualified professionals, with PhD and MA degrees in English, German, and Russian Philology.

Faculties



Faculty of Social Sciences and Humanities

Faculty Authorities

The Dean

Prof. Sylwia Jaskuła – Korporowicz
e-mail: sjaskula@pwsip.edu.pl

The Vice dean

PhD Izabela Sekścińska
e-mail: isekscinska@pwsip.edu.pl

Erasmus+ Faculty Coordinator

MA Joanna Włostowska
e-mail: jwlostowska@pwsip.edu.pl

The Faculty offers the following programmes

Administration

Departmental Erasmus+ Coordinator:
PhD Łukasz Buczkowski
e-mail: lbuczkowski@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor's degree)
Programme: 3 years (6 semesters)



Specializations:

- Public and local government administration
- Business administration
- Public safety administration

Degree structure: second-cycle (Master's degree)
Programme: 2 years (4 semesters)

Specializations:

- Public administration
- Social assistance and healthcare administration
- Mediation in administration

The key to achieving professional success in the market is to have specialized training. Administration is a field that offers a wide range of employment opportunities. It prepares for employment in public administration institutions and in local self-government units. Administration graduates, upon leaving our University, will not only succeed in the political and local government activities, but they will also be ready to run their own businesses.



Management

Departmental Erasmus+ Coordinator:
PhD Magdalena Forfa
e-mail: mforfa@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor's degree)
Programme: 3 years (6 semesters)

Specializations:

- SME management
- Project management
- Enterprise logistics management
- Accounting in management

Degree structure: second-cycle (Master's degree)
Programme: 2 years (4 semesters)

Specializations:

- Trade and service management
- Enterprise financial management

Management – a field for the creative and ambitious. Studying Management provides personal and social development as it represents interdisciplinary knowledge: economics, finance, banking, marketing, and business law. The market still lacks specialists with practical skills in this field. These are studies for people who showcase leadership and organizational skills, who are able to think strategically and are not afraid to take risks. Management is primarily analysing, planning, implementing, and monitoring the strategies set by the company.

Pedagogy

Departmental Erasmus+ Coordinator:

PhD Monika Surawska

e-mail: msurawska@pwsip.edu.pl

Mode of study: full-time, part-time

Degree structure: first-cycle (Bachelor's degree)

Programme: 3 years (6 semesters)

Specializations:

- Career and educational counselling
- Pedagogy of care
- Rehabilitation pedagogy

Pedagogy is a field chosen by reflective and creative people who intend to exert a positive influence on future generations, are interested in educational processes and

social modelling mechanisms. Knowledge acquired during these studies is interdisciplinary and prepares you to work in a hybrid world – combining real and virtual reality.

The innovative character of the studies on a national scale is reflected in educational programs that take into account contemporary civilization changes and atypical phenomena of the 21st century – cyberbullying, patostream, symbolic and real forms of social isolation of young people.

Pedagogy alumni may find employment in educational and care centres, nursing homes, addiction treatment facilities, resocialization and socio-therapeutic facilities, nurseries, non-governmental organizations, penitentiary institutions, courts, labour market institutions, and social assistance centres.

Social Work

Departmental Erasmus+ Coordinator:

PhD Jarosław Poteraj

e-mail: jpoteraj@pwsip.edu.pl

Mode of study: full-time and part-time

Degree structure: first-cycle (Bachelor's degree)

Programme: 3 years (6 semesters)

Social Work is a field for people who are motivated to act. It is a profession for people who want to combine professional life with their own passion. Students acquire psychological, pedagogical, sociological, and philosophical knowledge as well as practical competences that inspire



social changes. The acquired competences allow you to work in social services including: social assistance centres, government and self-government administration bodies, support centres, educational and care centres, foster care institutions, crisis intervention centres, nursing homes, counselling centres, occupational therapy workshops, health care facilities, addiction treatment facilities, homeless shelters or refugee centres.

English Philology

Departmental Erasmus+ Coordinator:
 MA Radosław Brzeziński
 e-mail: rbrzezinski@pwsip.edu.pl

Mode of study: full-time and part-time
 Degree structure: first-cycle (Bachelor's degree)
 Programme: 3 years (6 semesters)

Specialisations:

- English Language Teaching (ELT)
- Translation
- English in Tourism Management

English Philology allows students to learn the linguistic and cultural nuances of English-speaking countries.

By studying at our University, in addition to the practical ability to communicate in English, you will gain knowledge in many different fields: linguistics, literature, and cultural studies of British and American English, methodology of teaching English as a foreign language, IT aid skills, translation studies, and the organization of the tourism movement.

English Philology is a field of study for people who value diversity, who are open to intercultural dialogue. The graduates undertake work in the translation agencies, the tourism industry as well as in international corporations, or they can choose an autonomous work model and set up their own translation agency or a language school in order to provide professional services on the free market.

Depending on the chosen specialization, holders of the English Philology Degree can work as teachers in both public and private education centers, they can also find employment in newspapers, publishing houses, mass media, and advertising agencies. Researchers of English language are recruited in research facilities, libraries, and archives.

Law

Departmental Erasmus+ Coordinator:
PhD Marta Janina Skrodzka
e-mail: mjskrodzka@pwsip.edu.pl

Mode of study: full-time, part-time
Degree structure: 5 year Master's studies
(10 semesters)

A lawyer is a profession of the future, ensuring prestige and social recognition. While studying Law at our University, you are going to acquire knowledge, practical skills, and competences to undertake training on the

application enabling classic legal professions, such as: judge, attorney, legal counsel, prosecutor, or bailiff.

You can use the acquired knowledge to enter the labour market and perform various functions in state, government or local government administration bodies, in non-governmental and social organizations, in international organizations, European Union institutions, the police, border guards, military units, penitentiary institutions, financial, tax, and auditing market institutions.

There are three main career paths you can choose: the civil-economic path, criminal law, mediations and administration.



Faculty of Computer Science and Food Science

The Faculty Authorities

The Dean

PhD, Eng. Aneta Wiktorzak
e-mail: awiktorzak@pwsip.edu.pl

The Vice dean

PhD, Eng. Grzegorz Rubin
e-mail: grubin@pwsip.edu.pl

Erasmus+ Faculty Coordinator

PhD, Eng. Grzegorz Rubin
e-mail: grubin@pwsip.edu.pl

The Faculty offers the following programmes

Computer Science

Departmental Erasmus+ Coordinator:
PhD, Eng. Andrzej Sawicki
e-mail: asawicki@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (engineer)
Programme: 3.5 years (7 semesters)

Specializations:

- Programming Systems
- Advertising Graphics

Degree structure: second-cycle (Master's degree)
Programme: 1.5 years (3 semesters)

Specializations:

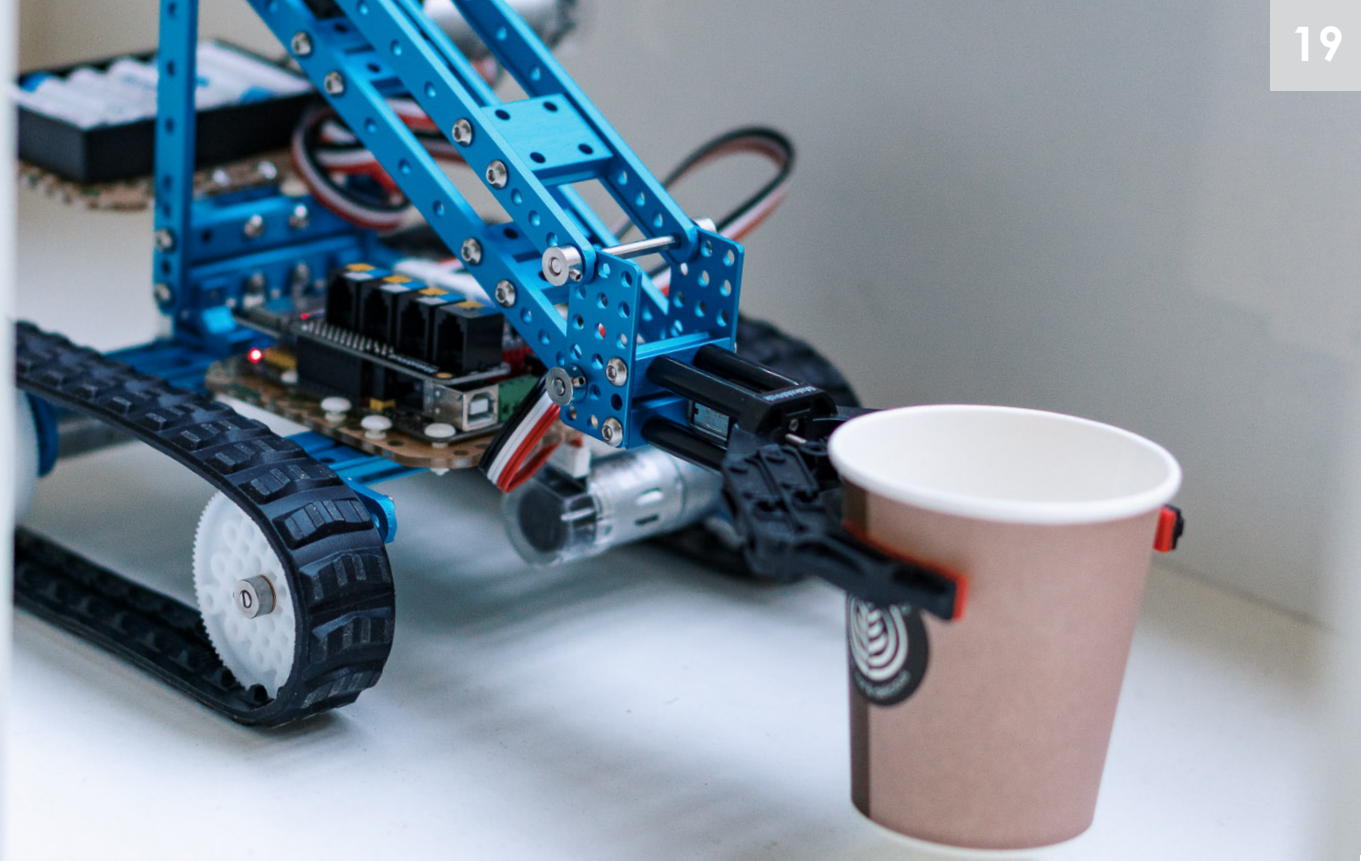
- Mobile Systems
- Industrial Informatics

Computer scientists determine the shape of the fourth industrial revolution, they are precursors of new trends and social changes, the consequences of which affect huge branches of the modern economy. The European Commission estimates that in the coming years in the European IT industry there will be even one million jobs. Developers of all specialties will be the most sought after. An IT specialist is a profession of the future, inspiring, original, full of intellectual challenges.

Automation and Robotics

Departmental Erasmus+ Coordinator:
PhD, Eng. Tomasz Kuźmierowski
e-mail: tkuzmierowski@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (engineer)
Programme: 3.5 years (7 semesters)



Specializations:

- Automation of Processes
- Mechatronics

Automation and Robotics is the perfect choice for creative and logically thinking people. This is a highly interdisciplinary field that combines information technology, electronics, electrical engineering, and mechanics. Are you inspired by the vision of hybrid cars, intelligent machines, and thinking robots? You should consider studying Automation and Robotics.

The graduates of Automation and Robotics acquire knowledge and practical skills to design, operate and run automation systems, as well as to install and service automated production stations in a number of industries such as aviation, electronics, and automotive, and also in machine production. They may find employment in the medical industry, enterprises implementing modern production and assembly lines, as well as in research and development facilities.



Food Technology

Faculty Erasmus+ Coordinator:
PhD, Eng. Grzegorz Rubin
e-mail: grubin@pwsip.edu.pl

Mode of study: full-time and part-time

Degree structure:

first-cycle (engineer): 3.5 years (7 semesters)

second cycle (Master's): 1.5 year (3 semesters)

Are you interested in how the food you eat has been made? Would you like to work in the food industry,

mass caterers, official food control services, nutritional counselling centres laboratories or research and development facilities so that you could determine the physicochemical and microbiological parameters of what lands on the table.

The training takes place using specialised equipment with the highest standard of industrial usability, which is confirmed by the opinion of specialists of the Polish Accreditation Commission, who in the 2018 assessed that our University has the best hall for food technology in the country.

Faculty of Health Sciences

The Faculty Authorities

The Dean

Prof. Małgorzata Knaś
e-mail: mknas@pwsip.edu.pl

The Vice dean

PhD Joanna Chilińska
e-mail: jchilinska@pwsip.edu.pl

Erasmus+ Faculty Coordinator

PhD Marta Rożniata
e-mail: mrozniaata@pwsip.edu.pl

The Faculty offers the following programmes

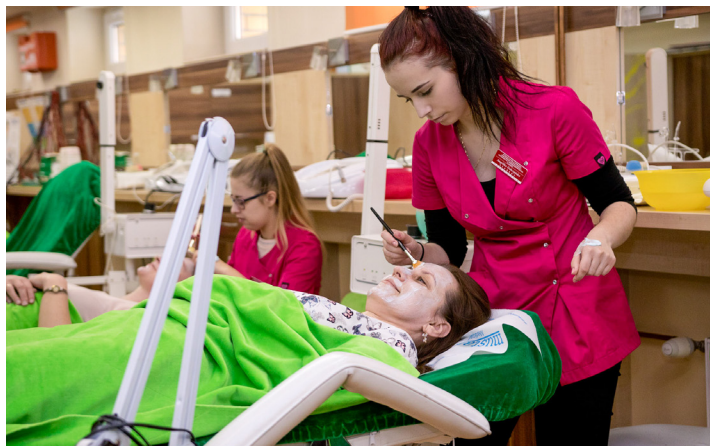
Cosmetology

Departmental Erasmus+ Coordinator:
PhD Ała Aleksiejczuk
e-mail: aaleksiejczuk@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor's degree)
Programme: 3 years (6 semesters)

Cosmetology is a dynamically developing field of study, which is additionally characterized by huge market potential. The demand for specialists in the beauty industry is rising every year. Advanced treatments that correct or restore beauty, eliminate skin changes, signs of aging, and improve the aesthetics of the face and body have become very common so professional and skilled cosmetologists are in demand in Poland now.

Our students benefit from modern cosmetology laboratories and they have access to specialised equipment. They participate in conferences and seminars during which they learn about the current trends and technological solutions in the industry, update their knowledge, so that after graduation they can commercialise their own professional ambitions in the sectors related to beauty care and the cosmetics industry.



Nursing

Departmental Erasmus+ Coordinator:
MA Martyna Turowska
e-mail: mturowska@pwsip.edu.pl

Mode of study: full-time and part-time

Degree structure:

- first-cycle (Bachelor's degree): 3 years (6 semesters)
- second-cycle (Master's degree): 2 years (4 semesters)

As demographic problems force changes in the health care system, there is a growing demand for nurses who professionally and devotedly care for the basic health needs of patients. Nursing students learn the secrets of medical knowledge and are prepared to practice their future duties by repeatedly performing individual medical procedures on intelligent phantoms at the Medical Simulation Center, which is a newly built technologically advanced facility opened in 2019 and arranged to teach Nursing students the realities of working in a stress-filled environment.





Dietetics

Departmental Erasmus+ Coordinator:
PhD Marta Pawelczyk
email: mpawelczyk@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor's degree)
Programme: 3 years (6 semesters)

Such phrases as: „diet”, „healthy lifestyle”, „slow food” are often seen in the media and on the Internet, supermarkets outdo one another in the offer of eco-friendly products, and the profession of a dietitian is increasingly popular not only in metropolises but also in smaller cities.

The attention to healthy eating is a response to cultural changes, use of pesticides in food, and junk food. According to the World Health Organization (WHO), obesity is one of the most serious modern diseases.

Dietitians care not only about the quality of our eating habits, but above all about the quality of our lives.

Graduates of Dietetics find employment in health centres and resorts, in the sport and recreation industries, as well as in the sector of specialized catering services.

Physiotherapy

Departmental Erasmus+ Coordinator:
MA Wioletta Pogroszewska
e-mail: wpogroszewska@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: 5 year Master's studies (10 sem.)

Physiotherapy studies enable acquiring the knowledge necessary to work with people who have suffered a permanent or temporary impairment. Students gain knowledge about the human body and how it functions. They learn how to properly perform physical procedures, and how to choose physical activities for specific diseases.

It is a field aimed at students who like working with people and prefer to focus on systematically built success. In practice, a physiotherapist often comes across a very diverse range of conditions.

Graduates work in public and private health care facilities, including hospitals, specialist clinics, health centres, sports clubs, and hospices. They can also work in less stressful environment, i.e. in massage and SPA complexes or resorts.





Physical Education

Departmental Erasmus+ Coordinator:
MA Paweł Arnista
e-mail: parnista@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor's degree)
Programme: 3 years (6 semesters)

Specializations:

- Tennis
- Downhill skiing

This field of study is dedicated for people who are passionate about sport, lead a healthy lifestyle, like exercising and unconventional work with people. Sport is one of the elements that should be widely used in the prevention of lifestyle diseases and posture defects. Physical activity has a positive effect on the mood, cognitive functions of the body, and even strengthens immunity. In Western Europe, interdisciplinarity, i.e. combining physical education, dietetics and physiotherapy, has become widely popular in the recent years.

The graduates work in educational institutions, clubs and sports associations, didactic and educational institutions as well as in local and state institutions that operate in the field of physical culture. They are prepared to carry out professional tasks in the field of health promotion, independent planning, implementation, and evaluation of physical activities.

Daily Life



Formal Requirements for Incoming Students

In order to be accepted as an Erasmus exchange student, you must be a student of a partner university which has signed the ERASMUS Inter-Institutional Agreement with Łomża State University of Applied Sciences.

The candidates are requested to submit the following documents which can be found below:

pwsip.edu.pl/en/index.php/cooperation/erasmus/forms

Application Form;

- Learning Agreement, which must be accepted and signed by you and your Home University;
- Accommodation Form (for students interested in applying for a place in Rubikon Students' House)
- CV

Documents should be signed and sent by mail to: erasmus@pwsip.edu.pl

The deadlines for returning completed application:

- 30th May – for winter semester of the following academic year
- 30th November – for summer semester of the following academic year

Average cost of living

The standard of living in Łomża corresponds to that of most cities in Poland and is relatively cheap compared to other areas of Europe. The prices listed below give an approximate indication of the prices in the area.

Travel (Students Receive A 50% Discount)

- Single bus ticket: regular €0.80 (student €0.40)
- Monthly Pass: regular €23.00 (student €12.00)
- Taxis: €0.70 per km (€2.00 Taxi start)

Food

- One-week supermarket shopping: approx. €50.00
- Pizza: approx. €5.00
- A meal in a typical Polish restaurant: approx. €10.00
- Breakfast in a café (cappuccino and croissant): approx. €3.50
- Meal at the University cafeteria: €4.00



Example Supermarket Food Prices

- Milk (litre): €0.60
- Loaf of bread: €0.70
- Butter (200g): €1.30
- Cheese (kg): €4.00 – €10.00
- Meat (kg): €4.00 – €8.00
- Eggs (box of 12 eggs): €1.80
- Fruit (kg): €0.60 – €4.00
- Potatoes (kg): €0.60

Entertainment

- Pub-club: free entry or approx. €3.00
- Cinema: €6.00
- Beer: €1.50 – €3.00

Accommodation

Lomza State University of Applied Sciences offers dormitory accommodation. Interested students can apply for a place in "Rubikon" Students' House in the additional Accommodation Form.

The rooms are adjusted for 1-2 people, fully furnished with access to the Internet. Students do not have to bring their own bed clothes (blankets, sheets etc.).

The rent is about €90 a month, including electricity, water, and the Internet. Students will have to pay a deposit of €90, which is returned when leaving if there are no claims.

Average rent prices:

- A studio flat (per month): €170
- A two-roomed flat (per month): €250
- A single room in private flats (per month): €140
- A double room in a private flat (per month): €110 – €130
- Single room in a 3-star Hotel (per night): €30-€50

Health Care

Poland has a 'free' health care system based on national health insurance contributions. Anyone paying national health insurance is entitled to use the health services on the territory of Poland at any medical establishment having a contract with the National Health Fund (NFZ – Narodowy Fundusz Zdrowia).

All citizens of EU member countries are entitled to use most of the health care services in Poland free of charge



provided they either have an E111 form or the European Health Insurance Card along with some form of identity such as a passport.

The services that can be used for free are:

- primary health care
- specialist out-patient care
- hospital treatment
- dental treatment
- rescue services
- ambulance transport

Please note that if you do not have required documents you will have to pay for your treatment yourself.

In addition to the national health service, Poland also has a well-developed private health care sector and it is advisable for students to take out private health care insurance. Special student health insurance is available in many countries at very reasonable rates.

Travel

There is a regular bus service between the University and the city centre in Łomża. The full municipal bus schedule: mpklomza.pl/images/2RozkladyJazdy/MIEJSKIE/MIEJSKIE-8.06.2020.pdf

It is advised to use lomza.kiedyprzyjedzie.pl (eng. “when will it arrive”) site with the municipal transportation.

Taxis are available 24 hours a day.

Inter-city transport – buses to Warsaw and other main cities in the area are available from the central bus station. Buses travel on most days of the year except for one or two days during the Christmas and Easter holidays.

There are private bus companies like:

- Plus Bus - plusbus.pl/?ln=EN
- Polski Bus - polskibus.com/en/index.htm
- Żak Express - zakexpress.com.pl

Air, train and bus services are available from Warsaw to all parts of Poland and the entire world.



BALTIC SEA

Gulf of Gdansk

Russia

Lithuania

Pomeranian Bay

Slupsk

Gdynia
Gdansk

Tczew
Elblag

Suwalki

Swinoujscie

Szczecin

Chojnice

Olsztyn

Stargard Szczecinski
Walcz

Swiecie
Grudziadz

Ostroleka

Bialystok

Pila

Bydgoszcz

Torun

Notec

Wisla

Ciechanow

Bug

Narew

Neisse

Gorzow Wielkopolski

Poznan

Wloclawek

Plock

Belarus

Warta

Konin

Warszawa

Siedlce

Biala Podlaska

Zielona Gora

Leszno

Kalisz

Lodz

Skierniewice

Lubin

Sieradz
Piotrkow Trybunalski

Tomaszow Mazowiecki

Pulawy

Chelm

Jelenia Gora

Legnica

Wroclaw

Opole

Czestochowa

Kielce

Radom

Lublin

Zamosc

Czech Republic

Walbrzych

Klodzko

Opole

Bytom

Katowice

Tarnobrzeg

Stalowa Wola

Slovakia

Oswiecim

Krakow

Tarnow

Rzeszow

Przemysl

Ukraine

Nowy Targ

Nowy Sacz

Krosno

San

Useful phrases in Polish

Useful links

Official website
pwsip.edu.pl/en

Official university facebook fanpage:
facebook.com/PWSIIP

Ministry of Science and Higher Education
eng.nauka.gov.pl/en

Ministry of Foreign Affairs
msz.gov.pl/en/p/msz_en

Consular Information
informacja.konsularna@msz.gov.pl

Official website of the City of Łomża
lomza.pl

Municipal Police Headquarters in Łomża
ul. Wojska Polskiego 6
18-400 Łomża
Tel: +48 86 474-12-12

Łomża Voivodeship Hospital
Al. J. Piłsudskiego 11
18-400 Łomża
Tel: +48 86 473 39 00

hello - cześć

good bye - do widzenia

good morning - dzień dobry

good evening - dobry wieczór

good night - dobranoc

yes/no - tak/nie

thank you - dziękuję

you're welcome/here you are - proszę

excuse me/i'm sorry - przepraszam

how are you? - jak się masz?

I'm fine, thank you - dziękuję, dobrze

what is your name? - jak się nazywasz?

my name is ... - mam na imię ...

where do you come from? - skąd jesteś?

I come from ... - pochodzę z ...

nice to meet you - miło cię poznać

how old are you? - ile masz lat?

I am ... years old - mam ... lat

I am a student - jestem studentem

I don't understand - nie rozumiem

can you help me? - czy możesz mi pomóc?

how much does it cost? - ile to kosztuje?

I would like to buy - chciałbym kupić

I would like to get to ... - chciałbym się dostać do ...

I lost myself - zgubiłem się

my address ... - mój adres ...

passport - paszport

airport - lotnisko

plane - samolot

train - pociąg

bus - autobus

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