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DEAR EXCHANGE STUDENTS

Welcome at the Gdańsk University of Physical Education and Sport!

This info leaflet should help you to orientate before and during your stay at our University. It will give you important information about the living in Gdańsk, the location of the libraries, the cafeteria, the city etc. I hope you will enjoy your stay at AWFIS Gdańsk and get fruitful and unforgettable experiences. If you have any questions feel free to ask me. I wish you a successful semester/year at the Gdańsk University of Physical Education and sport.

Have nice stay in our beautiful city!

Your Erasmus Coordinator

Agnieszka Gołąb

ABOUT GDANSK UNIVERSITY OF PHYSICAL EDUCATION AND SPORT

The Gdańsk University of Physical Education and Sport (acronym AWFIS) has been established in the 50s. It is the only one University of PE and Sport in North Poland. At present the University consists of three faculties:

1. Physical Education, where you can study Physical Education, Sport,
2. Tourism and Recreation, where you can study Tourism and Recreation,
3. Rehabilitation and Kinesiology, where you can study Physiotherapy and Movement therapy.

AWFiS is also a centre of scientific research and a sport centre. It organizes conferences as well as sport contests and sport events. AWFIS educates the students in full-time systems and gives three degree diplomas: undergraduate, postgraduate and doctoral degree. Our students obtain a wide knowledge in pedagogy, sport, health care, physiology, economy etc. The faculty of PE prepares the students for employment as PE teachers, coaches of chosen sports disciplines, sport clubs employee, sport and leisure centres employee, sport organizations employee or physiotherapists.

After graduating Tourism and Recreation our students work among others in travel, tourism and event agencies, hotels, central or local government administration and organize recreational and leisure activities for children, adults and older people.

Faculty of Rehabilitation and Kinesiology prepares students to work as a physiotherapist or movement therapist. After these studies students can work in any kind of rehabilitation departments in hospitals, clinics, Spa&Wellness centres and other places.

The Gdańsk University of Physical Education and Sport offers also additional courses for example for instructors in various kinds of sports, travel guides or masseurs.

HOW TO REACH GDAŃSK

By train

If you intend to travel by train your destination station is Gdansk Main Railway Station (Gdańsk Główny). A complete train timetable is available in English at

<http://rozklad-pkp.pl/en>

By plane

Gdansk Lech Walesa Airport is the third largest airport in Poland. It is located 10 kilometers west of Gdansk and 23 kilometers south of Gdynia and provides direct and regular air connections to international hub airports: Frankfurt, Copenhagen, Munich, Warsaw. Several low cost airlines provide international connections to European airports. Check their internet pages:

Wizzair: <http://wizzair.com/>

Ryanair: <http://www.ryanair.com/en>

By car

You can reach Gdansk using the following main routes:

- Route E75 (through Bydgoszcz and Tczew)
- Route E77 (through Warsaw and Elbląg)
- Route E28 (through Szczecin and Słupsk)
- Route 20 (through Szczecinek, Bytów and Kartuzy)

By bus / tram

There are various of bus companies going to Gdańsk. Regular buses from the rest of the country, and from abroad, arrive at Gdansk, terminating at the Dworzec PKS, the central bus station. The station's conveniently located, almost in the heart of the city.

Local busses / trams: <http://rozklad-pkp.pl/en>

By sea

Gdansk's Nowy Port (New Port) is the main landing - ground for ferries to and from the city. Gdansk has daily ferry connections to the Swedish port of Nynashamn; there's a ferry going

to and from Gdansk every day. There is, besides Nowy Port, a port at Gdynia, which is linked by ferry to Karlskrona. The Polish Baltic Shipping Company, PolFerries and the Stena Line are the main services which operate ferries in this region, linking Gdansk to Sweden. Nowy Port is about 7 km from the Gdansk city center, and can be reached by bus or taxi. In addition, there are local commuter trains, which work out much cheaper than taking a taxi.

STUDYING AT THE UNIVERSITY

LIBRARY

It's located opposite the campus at Czyżewskiego street.

Opening hours: Monday – Friday 9:00 – 17:00 Saturday 9:00 – 14:00

Reading room: Monday – Friday 9:00 – 19:00 Saturday 9:00 – 14:00

Sunday 10:00 – 14:00

o <http://www.bib.awf.gda.pl/>

You can also use the Library at Gdańsk University:

It's located at the campus of Gdańsk University, Wita Stwosza 53 Street

Opening hours: Monday – Friday 9:00 – 20:00 Saturday 10:00 – 17:00

Sunday 10:00 – 15:00

<http://www.bg.ug.edu.pl/en/index.php>

EATING AND DRINKING

Canteen: 9:00 – 16:00

Lunch time: 11:00 – 15:00

Café: Monday – Friday 9:00-18:00; Saturday 10:00 – 18:00

Typical prices:

Full lunch combined with juice, soup and main course ~ 15zł

Hamburger, minipizza ~ 5zł, Juice, chocolate bar, fruit ~ 2-3zł, Sandwich ~ 5zł

SPORTS

At our campus are a lot of opportunities to do sport. You can use the available sports facilities for free or for a small fee. You will find sport buildings inside the University and

open sport places at the campus as well.

Outdoor sport opportunities: an athletics stadium, a training athletics stadium, football basketball and handball pitch, tennis courts.

Inside sport buildings: swimming pool, table tennis hall, rowing hall, fencing hall, combat sport hall, two team games halls, athletic runway, gym and dancing hall.

The University also offers:

a) a sport and leisure centre in Raduń on Kaszuby. Here take place sport and training camps in the summer, for the students as well as conferences or water sport camps for children.

The resort is located in the middle of the forest by the lake. It owns 82 accommodation places in the hotel and summer houses.

b) the National Sailing Centre in Górkki Zachodnie (Gdańsk). The marina has cargo hangars and a crane to launch sailing equipment (over 40 boats, yachts, safety boats, catamarans, etc.). It possesses also a hotel, gastronomic and conference facilities, lecture halls, beauty clinic, wellness and rehabilitation centre. Here take place the sailing classes for the students, sailing courses etc. More information at www.ncz.awf.gda.pl

CAMPUS MEDICAL CENTER

The Medical Centre is available to the whole university community. The services offer emergency care (accidents etc.), general medical consultations and information related to health.

LANGUAGE COURSES

We organize Polish or English courses for exchange students. They are free of charge.

ACCOMODATION

Gdańsk University of Physical Education and Sport has a hall of residence located in the main building. The price is approx. 350 PLN per month. It has double rooms with access to Internet. The room is equipped with beds (incl. bedding), wardrobes, desks a shared fridge and bathroom for two or four rooms. There is also one kitchen at each floor and washing machines for general use.

LIVING IN GDAŃSK

COMMUNICATION

Code to Poland: +48

Local call: 058 is the code to Gdańsk

Phone service providers: Oange, T-Mobile, Plus and others

Pre-paid cards are the best option for Erasmus students.

BANKS

If you are interested in opening a bank account you can decide between numerous banks. All banks are located in town. The names of the most famous banks are Alior Bank, Bank BGŻ, Bank Millennium, Bank PKO SA, PKO BP SA, Bank Zachodni WBK (Santander), eurobank, getinbank, m bank etc. ATM machines can be found almost everywhere around the city. You will always find one in banks, shopping centers etc. At the AWFIS campus are two ATM machines: PKO BP and Millennium. Please note: not all ATM machines accept all credit cards. Check the list of the accepted cards appearing on the screen of the machine.

Most banks offer special student accounts which are often free of charge. To open an account it is necessary to present a valid student card, a certificate from the university or an income declaration. An account may be opened during a personal visit at a bank branch or via the Internet after filling out an electronic application form (in such a case the account opening agreement is sent by courier service). Most banks enable their customers to access and operate their accounts online.

Opening hours: Monday – Friday 10:00 – 18:00

SHOPPING

Biggest shopping centers in Gdańsk are:

„Galeria Bałtycka”, Al. Grunwaldzka 141 _

http://mapa.trojmiasto.pl/?id_ob=18831&x=-110.00&y=121.85&zoom=1

„Manhattan”, Grunwaldzka 82 _

http://mapa.trojmiasto.pl/?id_ob=9319&x=95.49&y=135.89&zoom=1#q:Gdansk,%20Grunwaldzka-82|cl:1

„Madison”, Rajska 10 _

http://mapa.trojmiasto.pl/?id_ob=10302&x=31.53&y=193.17&zoom=1#q:Gdansk,%20Rajsk a-10|cl:1

You will find there grocery stores, clothes, shoes, chemist, pharmacy and many others

PUBLIC TRANSPORT

GDAŃSK:

Bus: <http://www.ztm.gda.pl/>

Tram: <http://www.ztm.gda.pl/>

3City Train: <http://www.skm.pkp.pl/>

POLAND & EUROPE

Train: www.pkp.pl, Plane: <http://www.airport.gdansk.pl/>

EMERGENCY CALLS

Police: 997

Fire brigade: 998

Ambulance service: 999

Police + fire brigade + ambulance service: 112

LEGALISATION OF RESIDENCE

If you are staying here for more than 3 months you must apply for a residence permit.

It is very important!

You have to contact the citizen department (Wydział Spraw Obywatelskich Urząd Miejski w Gdańsku, Nowe Ogrody Street 8/12) after your arrival to Gdansk. You will get help from our office to prepare the necessary documents.

Required documents: please check other overlap: [Residence permit](#).

HEALTH CARE

You will need a document for receiving medical attention. You should check if there is a bilateral agreement with Poland which entitles you to Public Health Care while studying in Gdańsk. If not you should take our private Medical Insurance. If you are entitled to health care under EEA rules on coordination of social security systems, during a temporary stay in

Poland you are entitled to receive free health care services, necessary on medical grounds, from health care providers who have concluded contracts for health services with the National Health Fund (NFZ). The information about health care providers who have concluded contracts with the NFZ is available in the competent regional branch offices of the NFZ. Facilities of these health care providers are marked with the logo of the NFZ.

How do you get treatment by a general practitioner?

Go to a doctor who has a contract with the NFZ and show your European Health Insurance Card (EHIC) or a replacement certificate. Primary health care comprises examination and consultation by a general practitioner. A doctor may also refer you to diagnostic tests, to a specialist or to a hospital.

Dispensaries are open from Monday to Friday, from 8 a.m. to 6 p.m. After 6 p.m. on workdays, as well as on Saturdays, Sundays and on holidays 24 – hour – care is provided by health units which have concluded contracts for this kind of services. They comprise out – patient care and home visits in case a patient's condition is serious. Addresses and telephone numbers of health units providing 24 – hour – care are available in health care dispensaries.

How do you get treatment by a specialist?

You need a referral of a doctor who practices within the health care system. No referral is required to following specialists: obstetrician, dentist, dermatologist, venereologist, oncologist, eye specialist, psychiatrist, and for following persons: suffering from tuberculosis, infected with HIV, war invalids and persecuted persons, addicted to alcohol, stupeficient and psychoactive substances – in case of addiction treatment. Also in case of a sudden illness, accident, injury, intoxication or life threat a you will receive necessary medical benefits without a referral. Go to a doctor who has a contract with the NFZ and show your European Health Insurance Card (EHIC) or a replacement certificate.

How do you get treatment by a dentist?

Go to a dentist who has a contract with the NFZ and show your European Health Insurance Card (EHIC) or a replacement certificate. Free dental services are available only in the restricted scope set out in the Regulation of the Minister of Health of 24 November 2004 (Official Journal 04.261.2601). A list of free services and materials is available in the dentist surgery. You will have to cover costs of over standard services and materials on your own.

How do you get hospital treatment?

You need a doctor's referral. In case of a sudden illness, accident, injury, intoxication or life threat you will receive necessary medical benefits without a referral. Go to a hospital which has a contract with the NFZ and show your European Health Insurance Card (EHIC) or a replacement certificate. During stay in a hospital operations, diagnostic tests and medicines are provided free of charge.

How do you get transportation to a hospital?

In case of an accident, injury, childbirth, sudden illness or sudden deterioration of the state of health call an ambulance (dialing 999 or 112) or go directly to a hospital, in particular to an accident and emergency department (SOR). Ambulance transport in such cases is free of charge. Show your European Health Insurance Card (EHIC) or a replacement certificate.

How do you get medicines?

A prescription can be issued by a doctor who practises within the health care system or a doctor who does not practise within this system, but has concluded a contract with the Fund authorizing him to issue prescriptions. Show your prescription and your European Health Insurance Card (EHIC) or a replacement certificate in a pharmacy.

INTERNET LINKS

University page: www.awf.gda.pl

Facebook page of the University Erasmus Office: [Erasmus+ AWFIS Gdańsk](#)

About Gdańsk:

www.trojmiasto.pl

www.gdansk.pl

<http://www.gdansk4u.pl/en/>

About Erasmus in Poland:

<http://www.erasmus.org.pl/index.php/ida/56/>

<http://en.erasm.us/> - platform for Erasmus students in Poland

ESN Gdańsk – organization for Erasmus Students:

<http://gdansk.esn.pl/> - ESN Gdańsk University of Technology (Politechnika)

<http://www.ug.esn.pl/> - ESN Gdańsk Univeristy

IMPORTANT NOTES

In Poland it's forbidden to drink alcohol in public places. All information about Erasmus trips, parties etc. you will hear from your buddy, ESN organization or check our facebook page:

INTERNATIONAL OFFICE

Institutional Erasmus Coordinator: Agnieszka Gołąb

Tel.: +48 58 554-72-59

e-mail: erasmus@awf.gda.pl

Room: 105/A

ACADEMIC YEAR

Check other overlap: [Academic calendar](#)