INTERNATIONAL STUDENTS

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Introduction

Thank you for joining our international student community. Here you will find a vibrant and unforgettable academic experience. You will have a perfect chance to learn Polish language, get to know some of the in Poland. team along Known as do their best to provide you with all support you might need. But before you ask for help, please check out our guidebook designed to serve as a source of essential and handy information.

We are delighted you’ve chosen our University. Now enjoy your time in Poland!
HOW TO GET TO OPOLE

• Wroclaw Airport - Opole:
  Take a bus from the airport (no. 406 next to the terminal entrance). The bus goes every 20-30 minutes and the final station is located by the Central Train Station ‘Wrocław Główny’ at Dworcowa Street. A bus ticket costs approx. 3 zł and can not be purchased from the bus driver. You can buy it at kiosk or from the tickets machine at the bus stop. It is necessary to have change. Then you should take a train to ‘Opole Główne’. The journey takes approx. 1 h.

• Katowice Airport - Opole:
  Take a bus to Katowice Centre which has final station by Katowice main train station. Then take a train to ‘Opole Główne’. A bus ticket costs 23 zł and can be purchased from a bus driver. The bus route is KATOWICE INTERNATIONAL AIRPORT IN PYRZOWICE – KATOWICE CENTRE. It takes about 1 hour to get to the station. Then take a train to Opole Główné. The journey takes approx. 1, 5 h.

• Warsaw Airport - Opole:
  From Warsaw Airport take a bus no. 175 to Aleje Jerozolimskie Street (stop by the, Warszawa Centralna’ – Central Train Station). It takes about 20-30 minutes to go to the train station. Then take a train to Opole Główné. The journey takes approx. 5 h.
**Opole Główne (Main Train Station) – Student Hall of Residence**

Sokrates dormitory is located at 22 Małopolska Street. Bus no. 9 goes from the train station (bus stop at 1 Maja Kołłątaja Street) to the dormitory (5th stop at Sonkowski Street). Małopolska Street). Zaścianek, Zygzak and Prynza dorms are located at Mikołajczyka Street. Take bus no.15 (bus stop at 1 Maja - Kołłątaja Street) and get off on 8th stop at Sosnkowskiego – Politechnika bus stop. The ticket costs 2.60 zł and can be purchased at a kiosk or from a bus driver for 3.00 zł. Taxis are available in front of the railway station. The route from the station to the dormitory should take about 10 minutes and the fare should vary from 15 zł to 20 zł.
POLAND

Poland, officially the Republic of Poland, is a country in center of Europe, boarded by Germany to the west, the Czech Republic and Slovakia to the south, Ukraine and Belarus to the east and the Baltic Sea, Kaliningrad Oblast and Lithuania to the north. The total area of Poland has 312,679 square kilometers, making it the 71st largest country the world and the 9th largest in Europe. With a population of over 38.5 million people, Poland is the 34th most populous country in the world, the 8th most populous country in Europe. Poland belongs to the Central European Time Zone (GMT +1 hour), except for between last Sunday in March and last Sunday in October when it switches to daylight saving time.

OPOLE

Opole, a city with a population of about 130,000 inhabitants, is located in the south-west part of Poland upon the Odra River. It is the capital of the Opole Region and its cultural, economic, academic and scientific centre. The capital of the Region boasts not only a beautiful old town and well known annual National Song Festival, but also many other cultural events, important for Poland and Europe, such as the International Drum festival, Opole Theatre Confrontations, Opole Lamas – one of the best Polish film festivals, or Opole Songwriters Festival.
Public Bus in Opole

The company name is MZK OPOLE. The bus timetables are available on bus stops and on the website www.mzk.opole.pl – ROZKŁAD JAZDY. To see the route one shall click on bus number. By choosing specific bus stop you can check the schedule. Tickets can be purchased at a kiosk or from a bus driver with a surcharge. It is necessary to validate your ticket immediately after getting on the bus. When travelling with a large luggage or an animal you need to purchase an additional ticket. The penalty for travelling without a ticket is 50 – 100 zł. Bus ticket prices vary in each city. In Opole the fares are as follows: day single trip ticket: regular- 2.60 zł, students – 1.30 zł, night single trip ticket: regular- 6.40 zł, students- 3.20 zł daily ticket (entitles one person to an unlimited number of journeys during the day): regular – 8 zł, students – 4 zł single Interchange twice punch ticket (entitles one person to travel with a transfer provided that a second validation is made within one hour from the first one): regular- 3.30 zł; students - 1.65 zł. A single student ticket for students is called BILET STUDENCKI.

Intercity Coach Lines

One can travel by bus around Poland with Polski Bus (www.polskibus.com/en) or with PKS - Polish Car Transport Company (www.pks.opole.pl)
### Season tickets

<table>
<thead>
<tr>
<th>Season ticket</th>
<th>Regular ticket</th>
<th>Discounted student ticket</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single (Person to person communication lines daily valid for 60 min. of purchase on the bus without interchange)</td>
<td>3 zł</td>
<td>1,5 zł</td>
</tr>
<tr>
<td>10 Day ticket for all routes within the city in the daytime</td>
<td>44 zł</td>
<td>22 zł</td>
</tr>
<tr>
<td>30 Day personal ticket for all routes within the city in the daytime</td>
<td>88 zł</td>
<td>44 zł</td>
</tr>
<tr>
<td>140 day academic personal ticket (only students with student card)</td>
<td>-</td>
<td>175 zł</td>
</tr>
</tbody>
</table>

* A personal ticket is valid only with a special ticket card. The card will be issued while buying a ticket. You need to bring 2 photos and ID or Student ID.

### Rent a bike

I order to rent a bike, you have to register on the website www.nextbike.pl. First 20 minutes are free of charge. The renting stations are located in different places in the city (e.g. near university facilities, bus stops).

### Train

Polish State Railways (PKP) operates Euro City trains between Poland and a number of major European cities. All services from Western Europe to Poland pass through the Czech Republic, Germany or the Slovak Republic. The main routes link Warsaw with Berlin and Cologne, Budapest, Prague and Vienna. There is a sleeper-car service from the Hook of Holland to Poznan and Warsaw. www.pkp.pl
**Taxi**

Taxis in Poland are marked with a TAXI sign on the top of the car. Make sure that the driver uses the meter. Every taxi driver is required to issue a receipt (rachunek) when asked. Be sure to carry small money with you as drivers are notorious for not having any change. Try to use only those taxis with phone number on the side or top of the vehicle. The unaffiliated ones are likely to cheat and charge you much more. There is a late-night surcharge from 11pm - 5am, and for journeys out of town, as well as at weekends. The fare for per 1 km is approximately 2.40 zł (at night - 3.60 zł). To every trip 5 zł is added as the START fare (HALO TAXI BIS only 4.50 zł). Some TAXI numbers in Opole: +48 510 196 400, +48 77 455 0731, +48 603 969 622, +48 77 453 6060.

**Travelers’ Tips**

While at train station please make sure to get to the right platform (PERON). The place where tickets are sold is called ‘kasa’. It is not necessary to validate the ticket but you should keep it because there might be a ticket-inspector on the train checking the tickets - usually dressed in a dark blue suit. The 2nd class coach has a huge number 2 next to the door on both ends of the carriage. Polish State Railways (PKP) offer 50% discount off the full fare for students aged 26 or under, but you should have a valid student ID from a Polish university. Please mind your belongings while you are in a bus and train station.
ACADEMIC INFO

Degrees/Levels of study offered by institution

- 3.5-year BSc programmes
- 1.5-year MSc programmes
- 4-year PhD programmes

Studies are offered in the following disciplines:

Faculty of Civil Engineering and Architecture
- Civil engineering
- Urban Planning and Architecture

Faculty of Electrical Engineering
- Automatic Control and Informatics
- Electrical Engineering
- Automatic Control and Robotics
- Industrial Electronics
- Renewable Engineering Technologies
- Computer Engineering

Faculty of Mechanical Engineering
- Mechanical Engineering
- Mechatronics
- Environmental Engineering
- Transport
- Chemical and Process Engineering
- Power Engineering

Faculty of Economics and Management
- Management
- Administration
- Economics
- International Economic Relations

Faculty of Production Engineering and Logistics
- Logistics
- Management and Production Engineering
- Food Technology and Human Nutrition
- Security Engineering

Faculty of Physical Education and Physiotherapy
- Physiotherapy
- Physical Education
- Tourism and Recreation
Academic Calendar

Winter semester begins on 1st October, and ends in the middle of February. After two weeks of winter holidays, summer semester begins. Courses take place from the end of February until mid June and are followed by the exam session. At the beginning of each semester exists orientations days for Erasmus students.

More detailed and updated information concerning organization of academic year may be found on our website www.iro.po.opole.pl in the tab ‘academic calendar’

Grading Scale

<table>
<thead>
<tr>
<th>The Polish Grade</th>
<th>ECTS grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.0 – excellent</td>
<td>A</td>
</tr>
<tr>
<td>4.5 – very good</td>
<td>B</td>
</tr>
<tr>
<td>4.0 - good</td>
<td>C</td>
</tr>
<tr>
<td>3.5 - satisfactory</td>
<td>D</td>
</tr>
<tr>
<td>3.0 - pass</td>
<td>E</td>
</tr>
<tr>
<td>2.0 - fail</td>
<td>F/FX</td>
</tr>
</tbody>
</table>

Rules!

**Dormitory** payment should be made by the 15th of each month (detailed information – ask manager of your dorm). The change of a room is possible and depends on availability and consent of the manager. Thus, any change must always be reported to the manager. Two weeks before leaving you are requested to give the manager a written information about your departure date.
CHANGES TO L.A. should be done within the first month of stay. This document, having signatures of Faculty coordinator and Dean should be submitted to the International Relations Office which is responsible to forward it to the students’ home university for consent and signatures.

END OF STAY: After the end of all courses, students pick up certificate of credits from a faculty coordinator and then collect grades and required signatures of the teachers. Then, the coordinator will issue a Transcript of Records and forward this document to the International Office. Subsequently, the Institutional Coordinator issues the Erasmus Student Certificate and sends it along with Transcript of Records to student home university international relations office.

STUDENT ID: International Relations Office informs student by e-mail when the ID is ready. To collect Student ID you should go to Centrum Obsługi Studenta – COS (Student Service Centre), located at 1st floor of University Conference Centre called ‘Łącznik’ (above STREFA Student Canteen). The fee is 17 zł and should be paid into the university account number. COS is open from 10:00 to 14:00. The ID entitles to 50% discount for public transport within the city and other student discount for public transport within the city and other student discounts: cinema, museums, etc.
BUILDINGS INFORMATION

Faculty of Civil Engineering and Architecture
48, Katowicka Street
75, Ozimska Street
Phone: + 48 77 449 85 86
+ 48 77 449 86 12
E-mail: wbia@po.opole.pl

Faculty of Electrical Engineering
31, Sosnkowkiego Street
76, Proszkiwska Street
Phone: + 48 77 400 62 43
+ 48 77 400 63 45
E-mail: weia@po.opole.pl

Faculty of Mechanical Engineering
5, Mikolajczyka Street
Phone: + 48 77 449 84 82
E-mail: wmech@po.opole.pl

Faculty of Economics and Management
3, Luboszycka Street
7, Luboszycka Street
9, Luboszycka Street
Phone: + 48 77 449 88 00

Faculty of Production Engineering and Logistics
5 Luboszycka Street
Phone: + 48 77 449 87 44
E-mail: wipil@po.opole.pl

Faculty of Physical Education and Physiotherapy
76, Proszkowska Street
Phone: + 48 77 449 82 50
E-mail: wffit@po.opole.pl

DORMS

Zascianek, Pryzma, Zygzak
16, Mikolajczyka Street

Sokrates
22, Malopolska Street
INTERNATIONAL RELATION OFFICE

Piotr Kokorczak – Head of the Office
P.kokorczak@po.opole.pl  + 48 77 449 85 12

Elzbieta Cieslak – Erasmus\(^+\) Institutional Coordinator
e.ciezlak@po.opole.pl  + 48 77 449 85 16

Anna Witelus – International Relations Specialist for Erasmus Incoming Students
a.witelus@po.opole.pl  + 48 77 449 85 14
ERASMUS COORDINATORS

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### TEACHERS

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<thead>
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<th>Name</th>
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</thead>
<tbody>
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</tbody>
</table>
MENTORS

University Runs Mentors Program designed to help you on transaction easily into campus life creates events that help you build a friendly network of students. Each Erasmus students has it’s Mentor who will be there to support you from the very moment you come to Poland or even before. Our Mentor students will contact you by e-mail or Facebook and provide you with required information prior to arrival to Opole.

Mentor Program Coordinator is Mateusz Kotyla

In case of any questions please contact our mentors by:
E-mail: Mentors.po@gmail.com

LIBRARY

31, Sosnkowskiego Street

LENDING DEPARTMENT
Phone: + 48 77 449 86 92

MAIN READING ROOM
Phone: + 48 77 449 86 91

E-mail: bg@po.opole.pl

Weather
Poland has a moderate climate with hot summers and cold Winters. Seasons tend to be more pronounced than in the west and temperatures can get down as low as -20 °C in Winter and as high as +30 °C in Summer. The coldest weather tends to hit around February.

Currency
The only accepted currency in Poland is ZŁOTY (zł), so you have to exchange your money already at the airport. Don’t exchange too much because rates at airports are low. Usually 1 EUR = 4.49 PLN (zł).

Mobile Phone
Mobile phone operators on Polish market are Orange, T-Mobile, Heyah, Plus, Play. To have a Polish mobile number, buy the SIM card of one of the mobile providers. These are located around the city centre or in major shopping centers. There, and also in kiosks you can buy a prepaid card to charge your phone. The time of validity of a card depends on the price (the more expensive the more days valid). It is also cheaper to contact a person that has a number of the same operator, for example Orange with Orange etc. The operators inform the clients about promotions via SMS. It is usually cost-effective to take the opportunity. The SMS are in Polish so you may ask a Polish friend to help you in translation.
Toilets
Generally speaking toilets in Poland come marked with a circle for women and triangle for men. Some restaurants and bars still charge a nominal fee for use of their facilities. Keep small change handy.

Tipping
Polish restaurants tipping etiquette can be confusing for foreigners. While in other countries it is normal to say thanks when a waiter collects the money, you will be horrified to learn that in Poland the word thank you is the sign that you will not be waiting for any change back. Say thank you after you receive the change. If you do want to make a tip better do it in cash rather than adding into your credit card payment.

Smoking
Smoking is prohibited in all public places including hospitals, trains and buses, offices, restaurants and pubs, bus and tram stops, railway stations and airports, etc. Smoking in public places is allowed only in special zones created for smokers.

Drinking
Drinking alcohol (including beer) is forbidden in public places except special areas in restaurant summer gardens. The fine for drinking alcohol on a bus is 100zł and is higher in other public places. Drinking is strictly prohibited in parks, in the vicinity of night shops and railway stations. We advise you strongly to respect these regulations.
**Polish Water**

Though officially stamped as safe to drink, hypochondriacs and others with a weak constitution may want to avoid drinking Polish tap water. Indeed, despite it never giving us any problems, the locals still regularly scold us for drinking from the tap. The antique plumbing in many buildings can also affect the water quality, so to play it safe we recommend you just drink bottled water, which is widely available and inexpensive. Tourists from countries where the right to drink water is a guaranteed freedom may be surprised to find that water is not complimentary in Polish restaurants. In fact it is downright expensive and comes in a tiny glass that will barely wet your thirst. By comparison, beer is a much better value as you get more than twice as much for only a couple złoty more. If you are still set on drinking water with your meal, be prepared to declare a preference between gazowana (sparkling water) and niegazowana (still water).

**List of currency exchange offices**

Most of the currency exchange offices are open from Monday to Friday 9:00-17:00.

- 16 Sosnkowskiego Street (in the supermarket Real)
- The corner of Żeromskiego and Grunwaldzka Streets (in front of Helios cinema)
- 13 Plac TeatrALny Street (in Opolanin Gallery)
- 45 Krakowska Street (in Arkadia Gallery)

**Currency Exchange points in the banks listed below:**

- CITI Bank, 29 1-go Maja Street
- ING Bank, 2 Zwierzyniecka Street (in the center of Opole)
- Narodowy Bank Polski (National Bank of Poland), 2 B Damrota Street
Cashpoints in Opole:

- BZWBK, 6 Ozimska Street
- BZWBK, 4 Spychalskiego Street
- BZWBK, 17 Grota-Roweckiego Street
- BZWBK, 1 Maja Street
- CITI, 1 Krakowska Street
- EURONET, 18 Szewska Street
  Oddział Banku - Lukas Bank
- EURONET, 7-11 Kościuszki Street
- EURONET, 16 Sosnkowskiego Street
  Supermarket ‘Real’
- PEKAO SA, 5 Mikołajczyka Street
- PEKAO SA, Rynek – Town Hall - Urząd Miejski
- PEKAO SA, 14 Wiejska Street
  Supermarket Castorama
- PEKAO SA, 4a Sosnkowskiego Street
- Kredyt Bank SA, 6 Sosnkowskiego Street
- ING Bank Śąski, 6 Sosnkowskiego Street

‘Round the clock’ pharmacies:

- ‘Aleja Witosa’ 2 Tarnopolska Street
- ‘Całodobowa’ 19 Ozimska Street
- ‘Na dobre i na złe” 44 Krakowska Street
- ‘Na Rondzie’ 48 Książąt Opolskich Street

Polish National Post Office

Main headquarters is open round the clock:
46 Krakowska Street (next to the Railway Station)
http://www.poczta-polska.pl

In case of emergency

- Mobile phone emergency number 112
- Ambulance: 999
- Fire Brigade: 998
- Police: 997
Hospitals:
• 26 Witosa Street
• 64 Katowicka Street

Health centres:
• ‘ZWM Malinka’, 72 Szarych Szeregów Street
• ‘EUROMED’, 40 Sosnkowskiego Street

Shops and shopping centers:

BIEDRONKA SHOP 140 Wiejska Street, 104 Oleska Street
A discount store. Competitive prices and a broad range of products.

SUPERMARKET REAL 16 Sosnkowskiego Street
Apart from a large supermarket where one can find: currency exchange office, post office, laundry, offices of Polish mobile operators as well as a cake shop.

SUPERMARKET TESCO 19 Ozimska Street,
New Tesco Gallery. Supermarket and small shops around it, such as clothes shop Monnari, shoes store Deichmann and jewellery store.

SHOPPING MALL KAROLINKA, 170 Wrocławska Street
Supermarket Real plus 100 small shops and boutiques.

ARKADIA GALLERY, 45/46 Krakowska Street
Shopping centre with Empik (bookshop), Superpharm (pharmacy) and Smyk (shop for children).

SHOPPING MALL SOLARIS A three-storey shopping center located on 16 Kopernika Square. With 86 shops, cafes and restaurants, one can be spoilt for choice!
Cost of living in Opole

Opole is a specific city, as for the center of Lower Silesia it is not an inexpensive place to live, as many tourists especially from Germany visit Opole each year, therefore prices are higher than in other parts of Silesia. Still, not as high as in the capital and other major cities.

1 Euro – 4.10 PLN
1 $ - 3.00 PLN
1 £ - 5.30 PLN

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>3 zł</td>
<td>Tomato</td>
<td>4 zł /kg</td>
</tr>
<tr>
<td>Butter</td>
<td>3.5 zł</td>
<td>Red Pepper</td>
<td>6 zł /kg</td>
</tr>
<tr>
<td>Milk</td>
<td>2 zł</td>
<td>Sugar</td>
<td>3 zł /kg</td>
</tr>
<tr>
<td>Cream</td>
<td>1.5 zł</td>
<td>Flour</td>
<td>2.5 zł /kg</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>2.5 zł</td>
<td>Salt</td>
<td>1 zł /kg</td>
</tr>
<tr>
<td>Cheese</td>
<td>4 zł /150g</td>
<td>Beer</td>
<td>3.5 zł /per can</td>
</tr>
<tr>
<td>Ham</td>
<td>2 zł /100g</td>
<td>Cigarettes</td>
<td>12 zł</td>
</tr>
</tbody>
</table>

Hairdresser: hair cut 40 - 60 zł, hair-dying 60 - 120 zł  
Barber: 10 - 25 zł
Chrząszcz brzmi w trzinie w Szczecbrzeszynie, w szczękach chrząszcza trzeszczy miąższ, czcza szczypawka czka w Szczecinie, chrząszcza szczudłem przechrzcił wąż, strząsa skrzydła z dżdżu, a trzmiel w puszczy, tuż przy Pszczynie, straszny wszchna szum...
USEFUL EXPRESSIONS

Basic pronunciation of Polish vowels
‘ą’ sounds like ‘on’ in the French ‘bon’
‘ę’ sounds like ‘en’ as in the French ‘bien’
‘ó’ is an open ‘o’ sound like ‘oo’ in ‘boot’

Basic pronunciation of consonants
‘c’ like the ‘ts’ in ‘bits’
‘j’ like the ‘y’ in ‘yeah’
‘w’ is pronounced like the English ‘v’
‘ł’ like the ‘w’ in ‘win’
‘ń’ like the ‘ny’ in ‘canyon’
‘cz’ and ‘ć’ like the ‘ch’ in ‘beach’
‘dz’ like the ‘ds’ in ‘beds’
‘rz’ and ‘ż’ like the ‘su’ in ‘treasure’
‘sz’ and ‘ś’ like the ‘sh’ in ‘ship’
‘drz’ like the ‘g’ in ‘George’
is always rolled and stress is generally always on the second to last syllable.

Think you’ve got that? Here are some words and phrases to get you started:

Day to day expressions

cześć ( cheshch) hi/bye
dzień dobry ( j en do-bri) good morning/afternoon
dobry wieczór (do-bri vyeh-choor) good evening
dobranoc (dobrah-nots) good night
tak ( t ahk) yes
nie ( nyeh) no
proszę ( prosheh) please
na zdrowie (nah zdrovyeh) cheers
dziękuję (jen-koo-yeh) thank you
przepraszam (psheh-prasham) sorry
kocham cię (koham tshe) I love you
Mam na imię (mam nah ee-myeh) My name is
Jestem z Anglii (yehsthem zanglee) I am from England

**Necessities**

- Gdzie są toalety? (gdjeh song toalety)
  Where are the toilets?
- Czy mówisz po angielsku? (che mooveesh poangyelskoo?)
  Do you speak English?
- Nie mówię po polsku (nyeh moovyeh popolskoo)
  I don’t speak Polish
- Proszę to napisać (prosheh tohnapeesatch)
  Please write it down
- Czy można tu palić (che mohzhnah toopaleech?)
  Can I smoke here?
- Jedno piwo poproszę (yedno peevopohprosheh)
  One beer please

**Numbers**

1 j eden yehden
2 dwa dva
3 t rzy tshi
10 dziesięć jayshench

**General**

Airport lotnisko
Train station dworzec PKP
Bus station dworzec PKS
Right/left prawo/lewo
One ticket to jedenbilet do
First/second class pierwsza/druga klasa
CONTACT INFORMATION

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