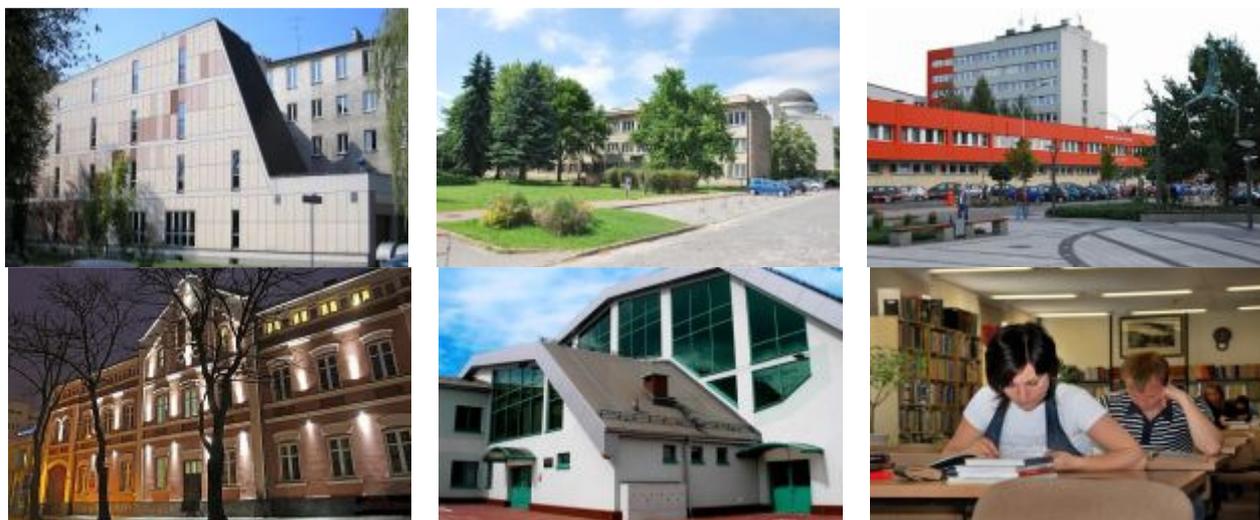




About Jan Długosz University



Jan Długosz University in Częstochowa is a public university, with its history that traces back to 1971. At present, the University comprises 4 faculties with more than 40 fields of study, with bachelor's, master's and doctoral degrees. It offers postgraduate studies & courses and opens new fields of study accommodating the needs raised by employers and sought-after skills most requested on the marketplace. The University community is created by 648 academic staff who provide education to students from different corners of the country and the world.

The strength of the Alma Mater is its staff who work hard on extending and consolidating the achievements of the University. Currently, JDU employs 648 teachers. Among them there are 440 academics and 148 independent ones, of whom 30 are titular (full) professors.

For the last 50 years, Jan Długosz University has been developing rapidly and growing in strength. Now the University comprises 4 faculties: the **Faculty of Philology and History**, the **Faculty of Mathematics and Natural Sciences**, the **Faculty of Pedagogy**, the **Faculty of Art**, and two inter-faculty teaching units: the Foreign Language Study Centre and the Physical Education and Sport Centre. At present, Jan Długosz University offers over 40 fields of study of:

- first cycle programmes (undergraduate studies) with bachelor's degrees
- second cycle programmes (graduate studies) with master's degrees, as well as engineer's degrees
- third cycle (PhD) programmes: in Chemistry, Physics, History, Literary Studies and Linguistics

Moreover, at JDU there are over 60 forms of postgraduate programmes. The University has the right to confer the postdoctoral degree in History. Proceedings are pending to acquire the right to confer additional certifications in other fields of study.

For more go to: <http://www.en.ajd.czest.pl/articles/view/university>

About the City of Częstochowa

It will not only be an amazing academic and personal experience, but also an exciting cultural exchange if you show interest in the host country and make the best out of being an international student. Check the official website of Częstochowa city: <http://en.czestochowa.pl/page/>

Updated information about events and tourism destinations you can also find at Municipal Tourist Information Center located at 65 NMP St. – open Mo-Sa: 9:00am-5:00pm

When undertaking study abroad is an exciting time, and it also requires an effective and careful step by step preparation. This brief introduction will help you to get ready in the most simple and structured way. However, make sure you go beyond this article to dig deeper into the details.

Once application has been submitted and in case of being accepted, the next thing to do has so many questions. What next? First of all, an issue of utmost importance is arranging a legal entry to Poland through preparing documents for a student visa.

VISA for non-EU students You should contact your local nearest Embassy/Consulate of Poland. The must-be-submitted documents and other specific requirements vary from country to country, therefore it is highly recommended to ask the local Polish Embassy. Although, in every student visa application, the required documents are acceptance letter from the university, visa supporting letter, medical insurance, bank statement meaning proof of sufficient means for living and returning from Poland, original passport, tickets, visa fee and visa application itself. It is crucial not to provide to the Embassy/Consulate with falsified documents, for the reason it will cause rejection of a visa. Also, remember that Polish national/student visa allows you to study in Poland and travel short period to other Schengen countries only. If you plan to go in and out of Poland many times, apply for a multiple entry visa.

In case of being granted a student visa, when you are traveling to Poland, please carry your acceptance letter from the university. At the border control when entering Poland and consequently European Union first time, you will be asked what your purpose is and if necessary, requested to provide proof of that purpose.

Documents (diplomas, medical certificate, insurance, documents that you feel you might need while in Poland) with you; and once suitcase are ready, tickets and passport are in your hands, it is time to check everything! Have a safe and pleasant journey to Polska!

What to pack? Depending on which season you arrive to Poland, a weather check is especially a great idea before heading to Poland. The best is to look at the weather forecasts on Internet: <https://www.meteoprog.pl/en/>

Poland's weather is varied and notoriously unpredictable ... but we'll make a couple of predictions anyway.

Spring: Spring can be chilly, however also sun goes on the sky blighting our lives. At this season a rain is not uncommon.

Summer: Summer temperatures are usually around 20-25°C, however some summer days can get stifling, with temperatures rising up even to 35°-40°C and a thunderstorm thrown in for good measure.

Autumn: This season can be very colorful in Poland due to falling leafs which bright with red green and yellow colors. At this time you should be prepared for rainy days or even weeks.

Winter: Winter can be really cold and snowy. The temperature can sometimes fall down to -25°C with enormous amounts of snow.

Campus and accomodation

All international students can apply for a room at the Student Dormitory "Skrzat" located at 76/78 Dąbrowskiego St. – near the City Centre, from where you can easily walk to any building belonging to the University. To register at the dormitory you will need to send as a copy of your photo (in a good resolution) or bring the photo with you and handle it out to the dormitory's staff. At the time of registration you will be also asked to provide you passport or ID card. The cost of living per month are: 280PLN in a double room or 350PLN in a single room. Rooms have a shared bathroom in a segment consisting of four rooms. In case your stay is shorter than a whole month the payment will

be calculated separately. You will be informed about the individual account number and dues for payments.

Free access to the Internet is possible at each room, however the access is via cable (please ask for connection cable at the reception). And in case you need wi-fi - you will need to buy or bring a router with you. You will need to bring with or buy for yourself: hangers, towels, cosmetics (soap, shampoo, etc.), toilet paper and any other things you would need for you. You take care of the cleanliness of the room on your own, so for this purpose you would also need some stuff (washing liquids, trash-bags, broom, dustpan, wipes, etc.). Kitchen is shared and you will need: plates, cutlery, cups, glasses, and so on.

Free of charge are also: washing machine, photocopier, gym, billiards, table tennis, TV room and meeting room.

For further details please visit the website <http://www.skrzat.ajd.czyst.pl/index.php?page=akademik> or read the section "After your arrival".



Useful information you will also find under this link:

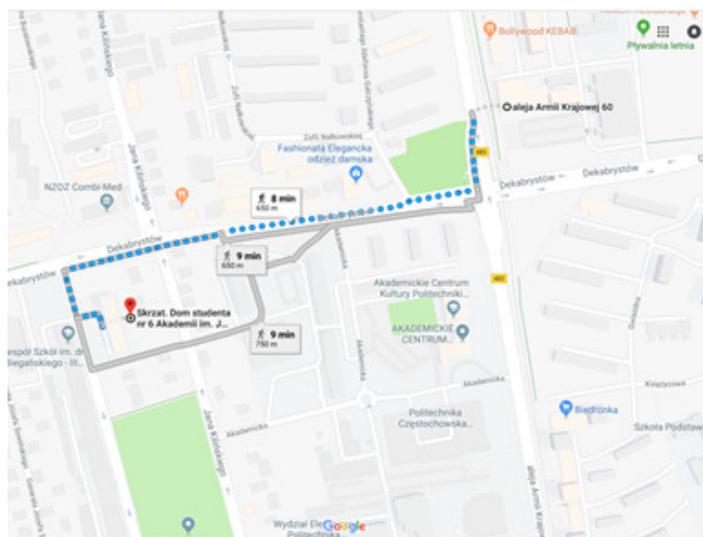
<http://www.info.czystochowa.pl/portal/index.php?IdCss=0&IdLang=1>

You can also download application to find out about current cultural or sports events running out in town and the vicinity: <http://en.czystochowa.pl/page/3376,application-of-the-city-of-czystochowa.html>

After arrival to Poland

Check in – Student Dormitory, Erasmus+ Office, Dean’s Office at the Faculty

The best is to take your first steps to get into the dormitory right after your arrival and sort out the issues there. At this time a room should be reserved for you – so you can ask for keys and pick up all things, such as the dormitory resident card, bedclothes, etc. Monthly payments for the dormitory will be made to an individual account, the number of which you will receive after you will register in IRO. You can get to the dormitory by trams and (walk approx. 8 min. (650m)):



or take direct bus No. 16 (however it is not running at night 😊). If you arrive late at night you can take taxi (card's payments should be accepted).

After you are settled in the room please plan your next steps to the IRO (we work from Mo-Fr 7:30-15:00), where we are waiting to help you with any administrative issues.

Later on you will need to go to the Faculty at which you are matriculated to receive the schedule for the subject you choose to study at JDU.

Currency

In Poland you can exchange your euros/own currency into Polish zloty at Kantor or banks. Banks and addresses you can easily find via Internet. After receiving JDU student's card you are also able to receive bank account. Most of the banks in Poland will not charge for running the account, however please ask about their offer before opening the account.

Student ID In order to obtain a student ID, you need to bring all of your original documents to the International Office, including your photo or scan in a good quality. You will be also asked to pay 17PLN for issuing the card. We will need couple of days to prepare the ID for you, and you will be noted, when you can pick up your student card from IRO or Dean's Office. Once you have a student card, you can apply for local medical insurance and buy public transport tickets on a reduced student discount price.

Poland's National Health Insurance Please be noted that each international student needs to have his/her health insurance. If you wish to purchase national health insurance in Poland (NFZ Narodowy Fundusz Zdrowia), you need student card, certificate from Dean's Office confirming your student status and its duration, and a passport or ID card. Information on the process of obtaining this type of insurance you can receive at Department of Student Affairs (Waszyngtona 4/8) or at the IRO (room 118 or 116).

At the Insurance Company PZU S.A. you can purchase travel insurance, accident and third person's liability insurances.

After signing a paper of application for health insurance, you usually wait up to 2 weeks and then go back to NFZ and sign the contract. With this contract, you go to ZUS Zakład Ubezpieczeń Społecznych, to process and register this contract. You pay 46,80 zloty per month, until 15th of each month. The contract does not have expiration date, for it stops being valid when you do not pay the monthly fee.

As this insurance is valid only in Poland, if you want to travel to other EU countries you will need European Health Insurance Card which is given on the basis of NFZ insurance. The card is issued for

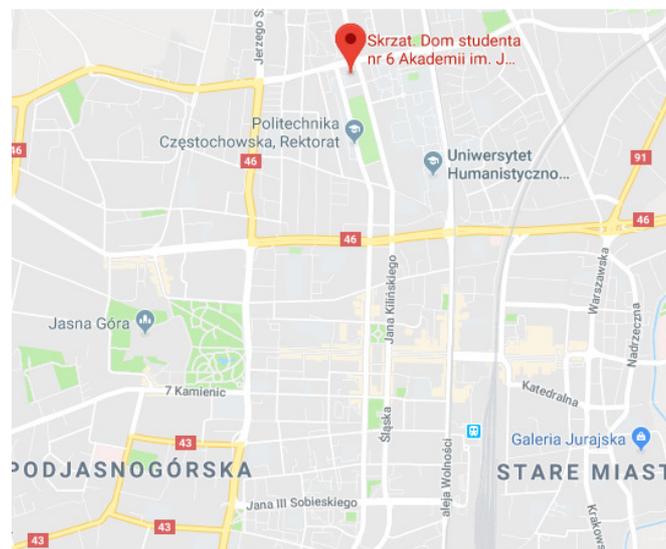
two months period for international students in Poland and needs to be updated in order to be relevant.

Mobile and local IT providers There are many mobile and stationary networks in Poland where you can either get access to internet, as well as to tele-services. The biggest networks are run by Orange, T-Mobile and Play. However you can also look for local providers, who sometimes can offer more suitable services under good price. Each GSM provider has its own tariff structure to suit different clients' needs. To make sure that your selection is best for you, think about the services you will use, how much you use it, where you want to have an access to and then check out the different plans offered by the providers. The easiest way of doing this is to look at the websites, call up or visit one of their sales points, locations of which you will easily find on google maps.

Maps

Locations:

Student Dormitory „SKRZAT” ul. Dąbrowskiego 76/78, 42-200 Częstochowa



If any further questions or concerns may arise, **International Office** is open to guiding and facilitation of your adaption and exploration of student life in Poland. You can find us at the building located at 4/8 Waszyngtona St. , rooms: 118 and 116. We are open daily (Mo-Fr) from 7:30 am till 3:00 pm.

Deans' Offices:

Faculty of Philology and History: 36A Armii Krajowej Av., room 9

<http://www.wfh.ajd.czyst.pl/303,Dziekanat>

Faculty of Mathematics and Natural Sciences: 13/15 Armii Krajowej Av., rooms: 8, 13, 14, 15,
open: Mo, Wed 8:00 am- 12:00, Tue., Fr 11:00-3:00 pm
<http://www.wmp.ajd.czest.pl/347,Dla-studentow>

Faculty of Pedagogy: 4/8 Waszyngtona St., rooms 342-343 <http://wp.ujd.edu.pl/p,82,dzieskanat>

Faculty of Art: 4/8 Waszyngtona St., rooma 134-135
<http://www.ujd.edu.pl/articles/view/dzieskanat-wydziau-sztuki>