



Silesian University
of Technology



RESEARCH
UNIVERSITY
EXCELLENCE INITIATIVE

Hand- Book

For international students

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Welcome to the Silesian University of Technology (SUT), a place that, without any doubt, educates successful people. You have chosen a unique opportunity to study engineering in an institution of a worldwide academic reputation and vivid cooperation with major industrial partners.



All of this takes place in Gliwice, Zabrze and Katowice: charming cities located in The Upper Silesia, one of the most industrialized regions in Poland and Europe. SUT is a key player in the field of new technologies and innovations. It is here, where new ideas and solutions are brought into life and once applied in the industry, they boost competitiveness not only of Polish companies.

Located not so far from Europe's well-known capitals like Prague, Berlin and Vienna, and on a junction of two international highways: A1 and A4. SUT is a perfect place to meet people from all around the world, as well as exchange ideas and practises.

Our international team, as well as students from the Erasmus Student Organisation SUT Gliwice (ESO SUT Gliwice), are always ready to help and provide you with all the necessary details. However, before you ask for help, please read this guidebook, where you will find all essential information.

Enjoy your stay at SUT and Gliwice!

Poland is one of the largest countries in Europe, a modern and dynamic member of the European Union, where education and scientific research matter. It is situated in the middle of the European continent, at the crossroads between West and East.

Poland is an ideal place not only for studying, but also travelling. A journey across Poland is a great opportunity to visit historical points of interest, such as monuments and sites listed on the UNESCO World Heritage List, see breath-taking landscapes of mountains, sea, lakes and woods, as well as experience Polish cuisine and hospitality. Compared to other EU countries, the cost of living is a fraction of what a foreign student would have to spend in most of the other European cities.



facts about Poland

Capital:	Warsaw
Language:	Polish
Border Countries:	Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, Russia
Population:	37,7 million
Area:	322,575 km ²
Time Zone:	CET (UTC+1)
Summer (DST):	CEST (UTC+2)
Climate:	Summers with mild temperatures and moderately severe winters
Currency:	Zloty (PLN, zł)
Government type:	Republic, parliamentary, democracy
Members of:	EU, UN, NATO, OECD, WTO and many other
Calling code:	+48

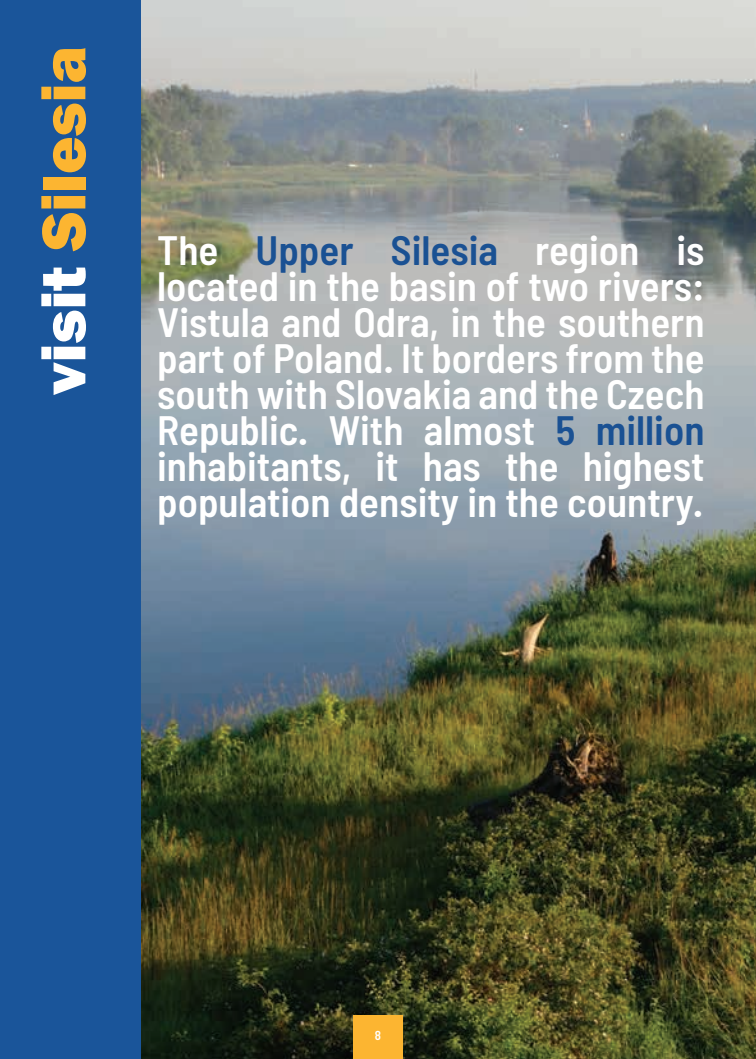
USEFUL LINKS!

study.gov.pl

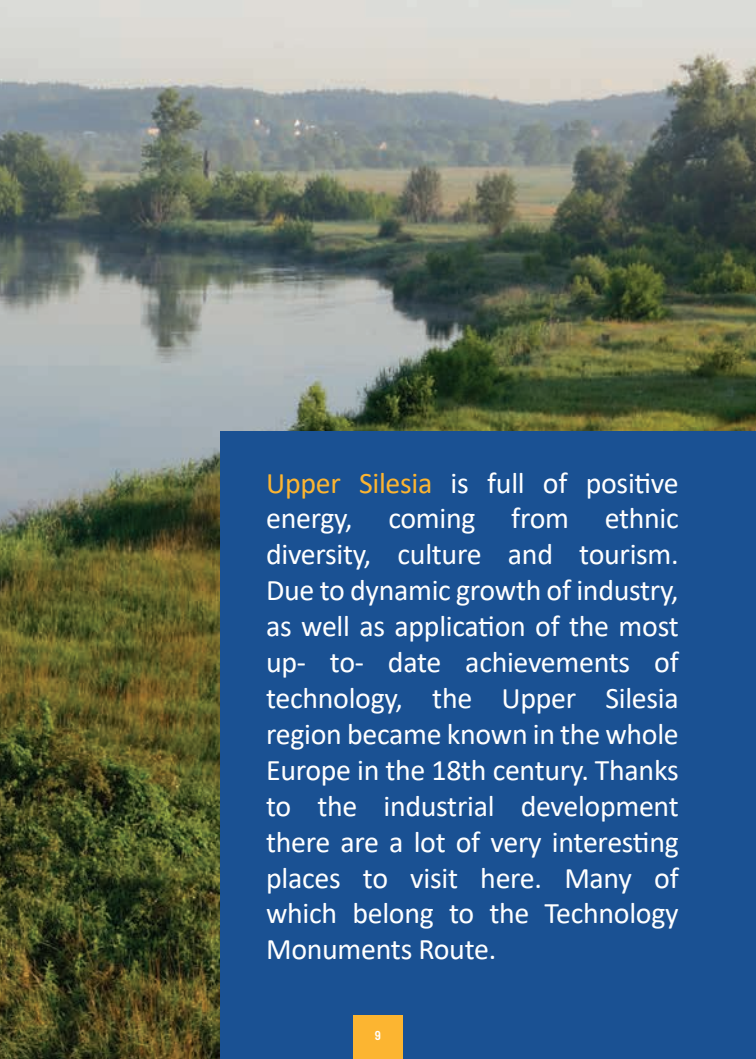
www.tastingpoland.com

www.poland.travel/en





The **Upper Silesia** region is located in the basin of two rivers: Vistula and Odra, in the southern part of Poland. It borders from the south with Slovakia and the Czech Republic. With almost **5 million** inhabitants, it has the highest population density in the country.



Upper Silesia is full of positive energy, coming from ethnic diversity, culture and tourism. Due to dynamic growth of industry, as well as application of the most up- to- date achievements of technology, the Upper Silesia region became known in the whole Europe in the 18th century. Thanks to the industrial development there are a lot of very interesting places to visit here. Many of which belong to the Technology Monuments Route.

Historic **Coal Mine GUIDO** in Zabrze with the original 19th century galleries, stables and chambers located 170 and 320 meters below ground.

www.kopalniaguido.pl

Silver Mine and the **Black Trout Drift** in Tarnowskie Góry, recently added to the Unesco World Heritage Sites. It also offers open-air exhibition of steam engine machines on the premises of the mine.

www.kopalniasrebra.pl

The Palace and Park Complex in Pławniowice – a beautiful example of residence architecture in Upper Silesia.

www.palac.plawniowice.pl

Tychy Brewery along with the **Museum of Brewing Industry**, an attraction not only for beer enthusiasts, where the history of this beverage, dating to 1629, is presented in the most modern way.

www.tyskiebrowarium.pl



Limestone rocks of the Cracow – Częstochowa Jurassic Highland Chain, with perfect conditions for rock climbing.

www.jura.info.pl

Beskidy – Mountain ranges of the Silesian and Żywiec Beskids with well-known ski resorts of Szczyrk, Wisła, Ustroń and Korbielów.

Palace and forests with bisons in Pszczyna which witnessed the history of the Dukes of Pszczyna and the Upper Silesian conurbation with an industrial legacy of almost 200 years.

and much more!

The nearest **airports** to Gliwice are:

- in Katowice (KTW 40km)
- Cracow (KRK, 100km)
- Wrocław (WRO, 170km)
- and Ostrava (Czech Republic, OSR, 95 km).



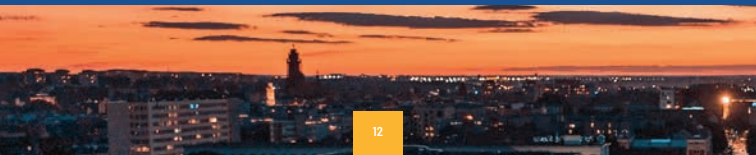
SUT is located near the city centre, approximately 1.5 km from the Central Railway Station (15 min. walk, 7 min. by car), a taxi stop and Bus Station. Gliwice has an efficient communication system, which provides convenient local and international connections.

The International Mobility Office (for exchange students) and Admission Office (for full degree students) arranges airport transfers for students arriving to Katowice and Cracow airports.

Access from **Katowice Airport (KTW)**

The airport has direct flight connections with numerous international destinations, including London, Paris, Rome, Frankfurt, Munich, Dusseldorf, Glasgow, Oslo, Barcelona, Warsaw, operated by both regular and low cost airlines. For more details, visit the airport homepage:

<https://www.katowice-airport.com/en>





BY CAR

Car rent and taxi service are available at the airport. The route from Katowice airport to Gliwice: motorway A1 to Gliwice; distance: ~40 km, time: ~30 min.

BY PUBLIC TRANSPORT

BUS: There is a direct bus from KTW Airport to Gliwice operating now. For checking the schedule visit:

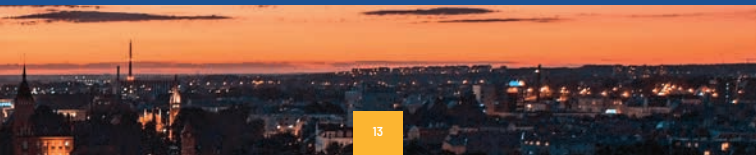
www.tigerexpress.eu



Also there is a **daily Airport Bus service** offered from Katowice Airport to the centre of Katowice. Bus stop is located at the central railway station in Katowice; travel time: ~40 min.

The easiest way to get from Katowice centre to Gliwice is **by train**. The trip takes ~40 min.

More info, timetables and prices: www.rozklad-pkp.pl/en



Access from **Kraków Airport (KRK)**

The airport has direct flight connections with numerous international destinations, including London, Paris, Rome, Frankfurt, Munich, Dusseldorf, Glasgow, Oslo, Barcelona, Warsaw, operated by both regular and low cost airlines. For more details, visit the airport homepage:

www.krakowairport.pl

BY CAR

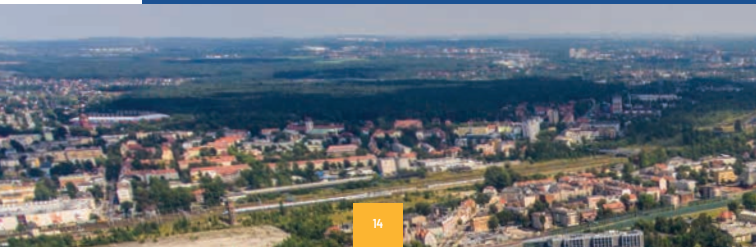
Car rent and taxi service are available at the airport. The Kraków Airport – Gliwice route: motorway A4, direction Katowice/Wrocław, toll: ~5 euro, distance: ~100 km, time: 90 minutes.

BY PUBLIC TRANSPORT

BUS from Cracow-Airport to the centre of Cracow: lines 209, 300 and 902, time: ~30 minutes. More info and timetables:

www.mpk.krakow.pl/en/

More info, timetables and prices: www.rozklad-pkp.pl/en



Access from **Wrocław Airport (WRO)**

The airport has direct flight connections with numerous international destinations, operated by both regular and low cost airlines. For more details, visit the airport homepage:

airport.wroclaw.pl/en/

BY CAR

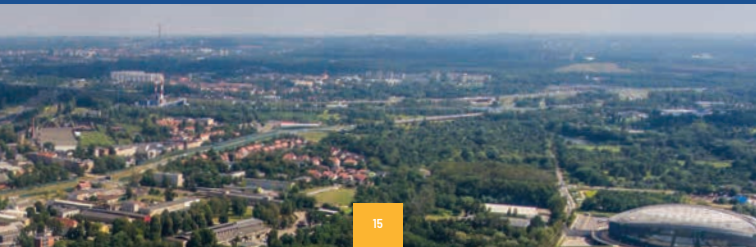
Car rent and taxi service are available at the airport. The Wrocław – Gliwice route: motorway A4 direction: Gliwice/ Katowice, toll: ~4 euro, distance: 170 km, time: approx. 160 minutes.

BY PUBLIC TRANSPORT

BUS: public bus service from Wrocław Airport to the Wrocław Central Railway & Coach Stations: line 106, 129 and 206 operates every 20 minutes every day, travel time: ~30 min.

TRAIN: there are many direct trains from Wrocław Central Station to Gliwice. The journey takes ~2.5 hour. More info, timetables and prices:

www.rozklad-pkp.pl/en



Access from **Warsaw Airport (WAW)**

Main (capital) airport in Poland, with many European and intercontinental destinations, operated by both regular and low cost airlines. For more details, visit the airport homepage:

www.lotnisko-chopina.pl/en/index.html

Warsaw also has a second, low cost airport: Modlin Airport. For more details, visit the airport homepage:

en.modlinairport.pl/

BY CAR

Car rent and taxi service are available at the airport. The Warsaw – Gliwice route: road no. S8 to Piotrków Trybunalski – motorway A1 to Gliwice; distance: ~325 km, time: over 3 hours.



BY PUBLIC TRANSPORT

Train: There is a fast train available to Warsaw Central Railway Station, where you can take direct train to Gliwice; more info on the airport website and rozklad-pkp.pl/en

There are a few express trains operating daily on route between Warsaw and Gliwice.

Flixbus (route Warszawa – Katowice – Warszawa), more info:

www.flixbus.pl

Railway connections from Gliwice

Gliwice has direct railway connections with a lot of major European cities, including Hamburg, Kiev, Lviv and most of major Polish cities. Several connections (with train changes in Katowice) are also available to Vienna, Prague, Budapest, Bratislava, Ostrava etc. More info, timetables and prices:

www.rozklad-pkp.pl/en



Gliwice is a medium-sized city of 180 thousand inhabitants. The city is an important scientific, research and design centre in Poland. Thanks to the Silesian University of Technology, it is the second (after Warsaw) agglomeration of technical intelligence. During the last 20 years, Gliwice has transformed from a city based on heavy industry into a leader in new technologies.

Apart from that, Gliwice is also well known for its cultural life. A lot of festivals, concerts, exhibitions and other art activities take place in the town. Numerous famous Polish artists and other interesting people (e. g. Nivea cream inventor) originally came from Gliwice.



Results of many surveys show that it is one of the most attractive cities in Poland.

The city has a rich history of nearly 800 years. Throughout that time it has undergone several historic transformations. It was ruled by the Silesian Piast Monarchy, the Kings of Bohemia, the Austro–Hungarian Empire, Prussia and Germany, until the city has again become a part of Poland in 1945.

Gliwice is a unique place, where tradition, multicultural heritage, science and modernity intermingle, creating its one-of-a-kind atmosphere of an attractive place to study and live.



Villa Caro

(part of Gliwice Museum) – Dolnych Wałów 8a St.

muzeum.gliwice.pl/en

The Piast Castle

(part of Gliwice Museum) – Pod Murami 2 St.

muzeum.gliwice.pl/en

Gliwice Radio Station

(part of Gliwice Museum) – Pod Murami 2 St.

muzeum.gliwice.pl/en

Upper Silesian Jews House of Remembrance

Księcia Józefa Poniatowskiego 14 St.

Ruins of Municipal Theatre

Aleja Przyjaźni 18

Bajka Scene and Amok Cinema

Dolnych Wałów 3 St.

Useful links:

gliwice.eu/en



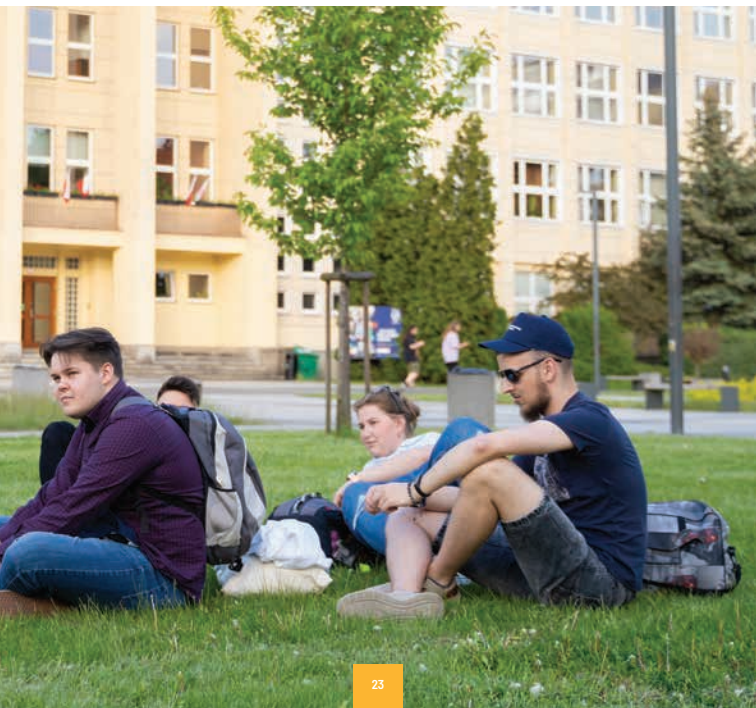
about the university

The Silesian University of Technology (SUT) is one of the most prestigious and top-ranked technical universities in Poland. It is a modern higher education institution with 78 years of tradition in didactics, research and science.



The Silesian University of Technology (SUT) educates more than 16 000 students. SUT offers 1st degree studies (bachelor) and 2nd degree studies (master). The university also offers doctoral studies in Doctoral School that operates at the university.

All these activities are run in modern laboratories and lecture halls by highly qualified university staff, consisting of over 1600 academic teachers. 10 faculties are located in Gliwice – the main seat of the University – 2 in Katowice and 2 in Zabrze.



Duration of studies

The majority of first-degree studies are 3,5 years long (7 semesters), the second-degree studies are 1,5 years long (3 semesters). As for the Doctoral School, these are usually 4-year-long studies.

	1st	2nd
■ Aeronautics and aerospace engineering	✓	✓
■ Biomedical engineering	✓	✓
■ Biotechnology	✓	✓
■ Civil engineering	✓	✓
■ Cognitive technologies		✓
■ Control, electronic and information engineering	✓	✓
■ Electrical engineering	✓	✓
■ General engineering	✓	
■ Geoengineering and raw materials extraction	✓	✓
■ Industrial and engineering chemistry	✓	✓
■ Informatics	✓	✓
■ Logistics		✓
■ Management		✓
■ Management and production engineering	✓	✓
■ Mechanical engineering	✓	✓
■ Power engineering	✓	✓
■ Sustainable energy engineering		✓
■ Transport	✓	✓



For information on studies at [doctoral school](https://www.polsl.pl/rjo15-sd/en/), please visit the website <https://www.polsl.pl/rjo15-sd/en/>



Study in English for **exchange students**

International exchange and short-term students can choose from a wide range of courses offered in English in almost every field of study available at the Silesian University of Technology. Current offer and information about the admission procedure and necessary documents for exchange students are available at the website:

www.incoming.polsl.pl



Study in English for **full degree students**

The Silesian University of Technology offers academic programmes in English and Polish at all three levels of study: bachelor, master and doctoral. All bachelor and some master programmes (courses) start from the autumn semester, while most of the master programmes (courses) begin in the spring semester.

The Silesian University of Technology organizes its PhD studies within the Joint Doctoral School. The School aims to promote and implement research areas defined in the University development strategy. PhD studies prepare students to achieve a high degree of specialization and expertise in a scientific discipline. For more details please visit: <https://irk.polsl.pl/pl/>



English language requirements

FULL DEGREE

Students who wish to study at the Silesian University of Technology should be proficient in English at least to level B2, IELTS 6, TOEFL 510. If you have any queries, please contact our admissions team at study@polsl.pl.

EXCHANGE STUDENTS

Students, who wish to study at the Silesian University of Technology should be proficient in English at least to level B1 for Bachelor and B2 for Master studies. We recognize most of the international certificates: IELTS 5 and higher, TOEFL from 460 points, FCE and higher. If you have any queries, please contact our IMO.

Application deadlines

FOR EXCHANGE STUDENTS

For the winter semester or full academic year: **1st** of June

For the summer semester: **1st** of December

FOR FULL DEGREE STUDENTS

For programmes starting in October:

8th of July, second round of admission **18th** of August.

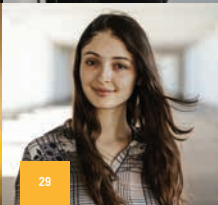
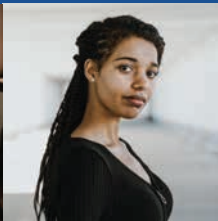
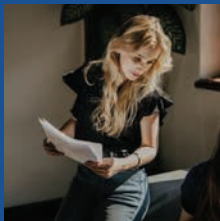
For programmes starting in February:

15th of December

Academic calendar

Winter semester begins on 1st of October and ends in the middle of February. Winter examination session lasts two or three weeks, starting late January. After two weeks of winter holidays, summer semester begins on 1st of March. Courses are delivered from the beginning of March till mid of June and are followed by the summer examination session. Summer holidays last for three months, but only for those who passed all exams during summer session. Those who were not so lucky must resit the exam(s) in September. More information is available on the website:

www.mobility.polsl.pl



Scholarship

For the best international students beginning their full-time studies at bachelor or master level

HOW MUCH IS THE SCHOLARSHIP?

It's PLN 21,000 (approx. EUR 4,450 or USD 4,500) transferred in 3 instalments.

WHO CAN APPLY?

First year, first semester international students beginning their education at bachelor or master level.

WHEN IS THE DEADLINE FOR SUBMITTING APPLICATIONS?

It's either on 31 October (if you start your studies in October) or on 31 March (if you start your studies in March).

WHEN CAN I APPLY?

Right after you have a status of our student.

WHAT ARE THE REQUIREMENTS?

For detailed information go to Ordinance No 65/2022 which is available here: <https://www.polsl.pl/rn3-dwz/en/pro-quality-scholaarship/>

IS THERE A CONTACT PERSON WHO CAN HELP ME THROUGH THE PROCESS?

If you need any support, please write to the International Relations Office at

rn3@polsl.pl

or call [+48 32 237 1959](tel:+48322371959)

Accommodation

Most dormitories offer double or triple rooms shared by students. Bathrooms and kitchens are also shared. Each dormitory has such facilities as TV room, gym, ping-pong and free internet access. Dormitories are located within the Gliwice campus, a few minutes



walk from the Faculties. An average cost of accommodation in dormitory ranges between 150–200 euro monthly per person (depending on room standard). Dormitory deposit (refundable) of 200 euro is required up to 7 days after arrival. More information can be found on the IMOs web page (left menu: Accommodation).

Visas

EU/EEA citizens

European Union (EU) and European Economic Area (EEA) students are allowed in the country upon presentation of their valid ID card or passport.

Non-EU/EEA citizens

All foreign students coming from non-EU/non-EEA countries who wish to study in Poland should obtain Polish visa for study prior to their arrival in Gliwice. They should apply for it in the Polish Embassy or Consulate in their home country.

For more information visit:

www.gov.pl/web/diplomacy

Residence permit

EU students must register their stay at the **Voivodeship Office (Urząd Wojewódzki)**.

Foreign students from non-EU countries must submit an application for a **Residence Card (Karta Pobytu)**, no later than one month before the expiration date of their visa.

Insurance

Health and accident insurance policy is mandatory for all students for the whole duration of their stay in Poland. Third party liability insurance is recommended. EU citizens are eligible for free health care in Poland, provided they present a valid **European Health Insurance Card (EHIC)**. Please note this is only valid for public health institutions and only for a limited scope of medical service. It is strongly recommended to the EU student not to rely only on the EHIC document.

Students from **non-EU countries** can register with the **National Health Fund (NFZ)** in Katowice www.nfz-katowice.pl

Each foreign student coming to SUT will be asked to present his/her insurance certificate

upon arrival at the latest. **ISIC** or **EURO<26** card holders should check the scope of insurance included in the card as it may not be necessary to buy another one.

More details on insurance requirements are available on

www.mobility.polsl.pl

section: Health insurance

Student ID card

Full degree students and Exchange students enrolled at SUT receives student ID card issued by the Students Service Office at the hosting Faculty.

This card entitles student to gain discounts on public transport and cultural events (cinemas, museums, etc.)



Welcome Point

Welcome Point at the Silesian University of Technology serves as a place for foreign candidates and students, PhD students and academic staff. Welcome Point is responsible for supporting foreigners in all matters related to their arrival and stay in Poland, i.e. accommodation, insurance, needed documents and other forms of social support. Foreigners can also get the assistance in dealing with everyday issues related to life at SUT and in Gliwice. Welcome Point with its motto: "You are more than welcome!" provides a friendly space where you can receive information and feel... always welcome!

<https://www.polsl.pl/rn3-2-dwz-wp/en/322372718>

welcome@polsl.pl



Orientation days

International Mobility Office and Student Affairs and Education Office, in cooperation with Erasmus Student Organisation SUT Gliwice (ESO SUT Gliwice), arranges Orientation Days for all incoming foreign students. It is strongly recommended to take part in this event, when one not only meets new colleagues, but also sees the city and region, tastes typical Polish cuisine and gains some more practical knowledge about the university life.

Orientation Days take place during the week preceding new semester – detailed programme is provided to each accepted student.



Polish language & culture course

The semester-based course is offered for free to international students. The course programme is prepared and led by highly qualified teachers and takes place on campus premises in Gliwice.



Student organizations

Studying at SUT gives ample opportunities to broaden one's interests. During the academic year the university is vibrant with activities inspired by Students' Self-Government and numerous Student Organisations – there are **over 20** of them, complemented by **about 180** scientific associations. Moreover, students may join University choir, music band, dance band and theatre.



Sport facilities

SUT is also an ideal place for sport enthusiasts. There are over 30 different sport sections, such as aerobics, karate, judo, badminton, running, mountain cycling, volleyball, basketball, skiing, handball, chess, contemporary dance, table tennis, triathlon, etc.

The main university sport facilities are located at the Gliwice campus.



Exchange Student Organisation

The **ESO SUT Gliwice** section operating at the Silesian University of Technology is a member of the European non-profit student organization, which supports the development of exchange programmes and mobility. The main goal of the **ESO SUT Gliwice** is to integrate and make international students' stay and study easy and enjoyable. During the academic year, **ESO SUT Gliwice** organises a lot of different events, such as: thematic parties, sport challenges, excursions, cultural programmes, etc.

ESO SUT Gliwice also coordinates many internal projects and activities, helping go through the first days in new country.

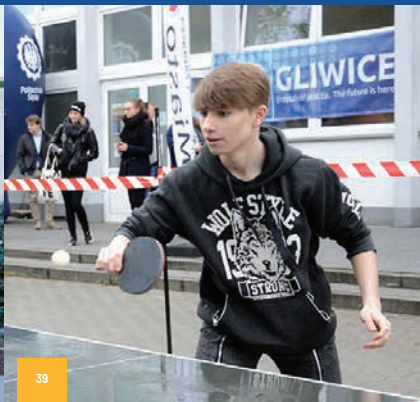
Travel, get social, learn, and challenge yourself with **ESO SUT Gliwice**!

More information available on the ESO SUT's FB profile:

www.facebook.com/erasmusgliwice

Contact:

info@erasmusgliwice.pl



Buses and trams

Gliwice has a good public transportation network (buses). The public bus services in the region are provided by the **ZTM company**, operating in the city and the whole region of Upper Silesia. More information and timetables are available at:

<https://rj.metropoliaztm.pl/>

Outside of Gliwice, trams are also a common way of public transport, as popular as buses.

Full degree students are entitled to **50% discount** on tickets upon presenting a valid student ID card.



Trains

The Central Railway Station (PKP) in Gliwice is located in the city centre, ~15 minutes' walk from SUT. Timetables and connections are available on the **Polish Railways' (PKP)** website:

www.pkpsa.pl/en

There are several other companies providing rail service, including:

Koleje Śląskie (KS) – operating in the Upper Silesia region.

Przewozy Regionalne (PR) – regional railway service being the cheapest way to travel outside of the Upper Silesia region.

PKP Inter City (IC and TLK) – operating on longer distances, offering direct connections with many Polish and European cities.



Taxi

Taxi is the most expensive way to travel. Generally, licensed companies are recommended. There are several taxi operators in Gliwice (**LIDER, RAJ, SEZAM, DRAGON, LUX**, etc.). Payment for short distances (e.g. within the city) shall be made in cash, mainly in small bills. The driver may have no change.

local transport

Telephones

In order to call Poland from abroad, one shall dial +48 (country code) followed by an appropriate region code, then the individual number. Let's take SUT's International Mobility Office as an example:
+48 (country code) 32 (region code) 2372207

emergency phone numbers:

112 general emergency number

997 Police (Policja)

998 Fire Brigade (Straż Pożarna)

999 Ambulance (Pogotowie Ratunkowe)



Mobile phone services

For longer stays, it is recommended to buy a Polish SIM card. There are 4 major mobile phone operators in Poland: Orange, Plus, T-Mobile and Play. You can buy SIM cards in service providers' shops or at any newsstand (kiosk). Sim cards need to be registered. You can register your sim card at the shop where you buy it. Please bring your passport.

Medical services and pharmacies

Public health care providers are usually marked with the **NFZ** logo.

You can also find private medical institutions – especially for dental medical care.

Medical Centres are open from Monday to Friday, usually from 7 a.m. to 6 p.m. During nights, weekends and holidays medical care is provided at appointed health units which have signed contracts for that kind of service.



Medical consultation

Prior registration is required in order to get a medical consultation from the doctor. Valid ID card and health insurance policy or EHC card have to be presented to the medical assistant to complete the registration process. The medical centre which receives SUT's students and staff members is located close to the SUT's campus: **Przychodnia Akademicka Gliwice**, 5 Łużycka St. Phone: 32 231 53 44

Hospitals

There are few hospitals in Gliwice. In order to get a planned treatment at a hospital, a doctor's referral is required. In case of a sudden illness, injury, accident, life threat, etc., it is not necessary of course. Valid ID card and health insurance policy or EHIC card shall be presented to the hospital staff in order to avoid being invoiced when the treatment is complete.



LIST OF HOSPITALS IN GLIWICE:

VITO-MED Sp. z o. o., 2, Radiowa St.

Phone: 32 302 98 00

Szpital Wielospecjalistyczny, 1, Kościuszki St.

Phone: 32 238 20 91

Szpital Miejski nr 4, 20, Zygmunta Starego St.

Phone: 32 461 32 01

Pharmacies

There are many pharmacies in Gliwice, both in the city centre and shopping malls – just look for a place with the word '**APTEKA**' in its name.

Pharmacy in the city centre open 24/7: CITO, 26, Górnych Wałów St., Phone: 32 331 42 66

Shopping

There are several shopping centres in Gliwice: **Forum**, **Arena**, **Europa Centralna** and **Auchan**.

The nearest one is **Forum**, located behind the Central Railway Station: www.forumgliwice.pl

The largest malls are in Katowice: **Silesia City Centre**: www.silesiacitycenter.com.pl

and **Galeria Katowicka**: www.galeriakatowicka.eu



Money

The official currency in Poland:
Polish Złoty (PLN)

Exchange rate:

1 EUR = ~4,76 PLN;

1 USD = ~4,48 PLN

Money can be exchanged in special offices ('KANTOR') and banks.

Banks

A full list of banks operating in Poland is available on the website of the Polish National Bank: www.nbp.pl – many of them have their branches in Gliwice.

It is possible to open a bank account in Poland, however, a valid passport or other ID document (EU members) and residence permit or other document proving your student status are required.

One may open a bank account in PLN or in foreign currency (the most popular: EUR, USD, CHF).



Restaurants, canteens, cafes. Polish and Upper Silesian cuisine.

To taste real Poland means eating out a lot. One traditional Polish dinner and you will see how delicious Polish cuisine is.



Must-eat list includes:

DUMPLINGS (PIEROGI) – number 1 on the ‘must-eat’ list, don’t forget to taste them with different fillings:

- **dumplings with cheese**
(pierogi z serem)
- **cabbage dumplings**
(pierogi z kapustą) filled with cabbage and mushrooms
- **meat dumplings**
(pierogi z mięsem) filled with meat
- **sweet ones**
during summer, filled with blueberries, strawberries, etc.
- **many other**, depending on cook’s imagination

BORSCH (BARSZCZ)

classic beetroot soup, usually served with dumplings filled with mushrooms or meat

SOUR BARLEY SOUP (ŻUREK)

a soup flavoured with fermented bread, served with potatoes, diced sausages and hard-boiled eggs

SAUERKRAUT SOUP (KAPUŚNIAK)

a typical Polish winter soup, based on sour cabbage

SILESIA BEEF ROULADE (ROLADA ŚLĄSKA)

a beef roll stuffed with bacon, pickled cucumber and mustard, served with Silesian dumplings (kluski śląskie) and cooked red cabbage (modra kapusta)

HUNTERS STREW (BIGOS)

made with sauerkraut and a variety of meats, smoked meat and mushrooms

POTATO PANCAKES (PLACKI ZIEMNIACZANE)

made from pan-fried grated potatoes

Restaurants and cafes

There are many restaurants and cafes in Gliwice. They are mostly located near the Market Square.

There are also some student canteens at the campus, e.g. one on Łużycka Street:

www.facebook.com/stolowkastudencka,

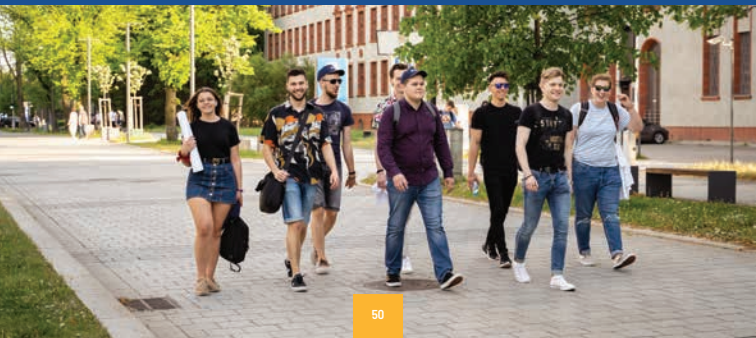
serving meals at prices starting from 1 euro.

Smoking

Smoking is prohibited in all public places, including hospitals, train platforms, trains and buses (also bus stops), offices and finally restaurants and pubs. Smoking in public space is allowed only in special smoking zones which are clearly marked.

Drinking

Drinking alcohol (including beer) in public places is prohibited except in special areas in restaurants, summer gardens, etc.



Post office

The main Post Office in Gliwice is located in the city centre, on the Zwycięstwa 28 St. (10 minutes' walk from the university).

It is open Monday to Friday from 8.00 a.m. to 8 p.m. and on Saturdays from 9.00 a.m. to 1 p.m.

Cost of living

Gliwice is not a very expensive town. Prices are definitely much lower than in major Polish cities (Cracow, Wrocław, Łódź, Poznań) or in the capital (Warsaw).

Average prices in supermarkets:

Bread: 8 PLN

Butter: 7 PLN

Milk: 4 PLN/litre

Tomatoes: 10 - 14 PLN/kilo

Beer: 4 PLN/0,5 litre

Restaurant meal (two courses + water) 50-70 PLN

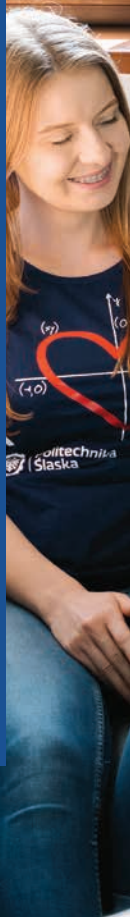
Lunch at students' canteen: 21-25 PLN


Pizza: 25 - 60 PLN

Cinema student ticket: 25-30 PLN

useful expressions

Good morning	Dzień dobry
Good evening	Dobry wieczór
Hello/Hi	Cześć
Welcome!	Witam!
Goodbye	Do widzenia!
See you!	Do zobaczenia/ Na razie!
Good night	Dobranoc
See you tomorrow	Do zobaczenia jutro
Take care	Trzymaj się!
How are you?	Jak się masz?
What's up?	Co słychać?
Fine	Dobrze
Thank you	Dziękuję
You're welcome	Nie ma za co
Excuse me	Przepraszam
Please	Proszę
Do you speak -?	Czy mówisz -?
– English	– po angielsku?
– German	– po niemiecku?
– Spanish	– po hiszpańsku?
– Italian	– po włosku?





Nice to meet you	Miło mi cię poznać
Please repeat	Proszę powtórzyć
I understand	Rozumiem
I don't understand	Nie rozumiem
I know	Wiem
I don't know	Nie wiem
Could you -?	Czy możesz -?
– bring	– przynieść
– do	– zrobić
– give me	– dać mi
– hand me	– podać mi
– help me	– pomóc mi
– tell me	– powiedzieć mi
Yes	Tak
No	Nie
I love you	Kocham cię
My name is	Mam na imię

useful expressions



WHEATHER CONDITIONS

Hot	Ciepło
Cold	Zimno
Wet	Mokro
Dry	Sucho
Foggy	Mglisto
Sunny	Słonecznie
Rainy	Deszczowo
Warm	Ciepło
Cloudy	Pochmurnie
Snow	Śnieg
Umbrella	Parasolka

DIRECTIONS

Which way?	W którą stronę?
Right	W prawo
Left	W lewo
Straight ahead	Prosto
Near	Blisko
Far	Daleko
Excuse me, how to get to...	Przepraszam jak się dostać do...

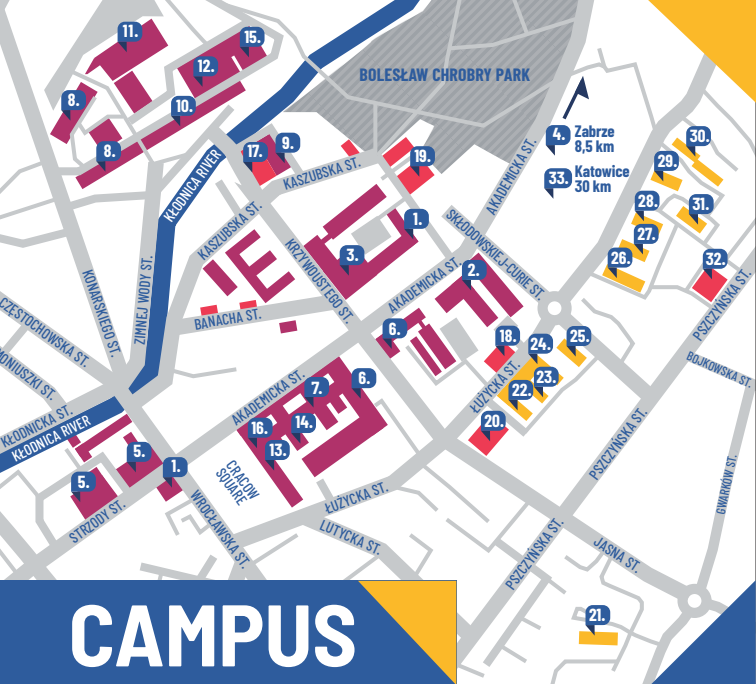
useful expressions





FOOD

Salt	Sól
Pepper	Pieprz
Butler	Masło
Cheese	Ser
Oil	Olej
Cream	Śmietana
Meat	Mięso
Fish	Ryba
Flour	Mąka
Pasta	Makaron
Milk	Mleko
Chicken	Kurczak
Bread	Chleb
Rice	Ryż
Sugar	Cukier
Tomato	Pomidor
Apple	Jabłko
Potatoes	Ziemniaki



1. Faculty of Architecture Gliwice, *Akademicka 7*,
Interior design Gliwice, *Marcina Strzody 10*,
2. Faculty of Automatic Control, Electronics and Computer
Science Gliwice, *Akademicka 16*,
3. Faculty of Civil Engineering Gliwice, *Akademicka 5*,
4. Faculty of Biomedical Engineering Zabrze,
Charlesa de Gaulle 66,
5. Faculty of Chemistry Gliwice, *Marcina Strzody 9*,
6. Faculty of Electrical Engineering Gliwice, *Krzywoustego 2*,

7. Faculty of Mining, Safety Engineering and Industrial Automation Gliwice, *Akademicka 2*,
8. Faculty of Energy and Environmental Engineering Gliwice, *Konarskiego 18*,
9. Faculty of Applied Mathematics Gliwice, *Kaszubska 23*,
10. Faculty of Mechanical Engineering Gliwice, *Konarskiego 18 A*,
11. New Technologies Centre Gliwice, *Konarskiego 22B*,
12. Education and Congress Centre Gliwice, *Konarskiego 18B*,
13. International Mobility Office Gliwice, *Akademicka 2A, room 48*,
14. Admission Office Student Affairs and Education Office, *room 38B*,
15. Technopark Gliwice Gliwice, *Konarskiego 18C*,
16. Rectorate Gliwice, *Akademicka 2A*,
17. Central Library Gliwice, *Kaszubska 23*,
18. Academic Clinic Gliwice, *Łużycka 5*,
19. Sports Centre Gliwice, *Kaszubska 28*,
20. Student Canteen Gliwice, *Łużycka 24*,
21. Dormitory Solaris Gliwice, *Kochanowskiego 37*,
22. Dormitory Rzepicha Gliwice, *Łużycka 28*,
23. Dormitory Piast Gliwice, *Łużycka 30*,
24. Dormitory Ziemowit Gliwice, *Łużycka 32*,
25. Dormitory Barbara Gliwice, *M. Curie-Skłodowskiej 7*,
26. Dormitory Ondraszek Gliwice, *Kujawska 2*,
27. Dormitory Strzecha Gliwice, *Kujawska 4*,
28. Dormitory Elektron Gliwice, *Kujawska 6*,
29. Dormitory Karolinka Gliwice, *Kujawska 8*,
30. Dormitory Karlik Gliwice, *Kujawska 10*,
31. Guesthouse SEZAM Gliwice, *Pszczyńska 89A*,
32. Student Culture Centre Mrowisko Gliwice, *Pszczyńska 85*,
33. Faculty of Materials Engineering and Metallurgy, the Faculty of Transport and the Faculty of Organization and Management are located in *Katowice (Krasińskiego 8)* and in *Zabrze (Roosevelta 26)*.

Contact:

Full Degree Students:

Admission Office

2A Akademicka street, room 282

44-100 Gliwice

+48 32 237 16 90

study@polsl.pl

Exchange Students:

International Mobility Office

Akademicka 2A (Faculty of Mining and Geology)

44-100 Gliwice, Poland

room 48, first floor

+48 32 237 22 07

mobility@polsl.pl

See you soon!
Na razie!



www.polsl.pl