ADAM MICKIEWICZ
UNIVERSITY
POZNAŃ



Welcome Guide

Welcome Guide

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under the Welcome to Poland Programme

NAWA
POLISH NATIONAL AGENCY
FOR ACADEMIC EXCHANGE

ADAM MICKIEWICZ
UNIVERSITY
POZNAŃ



Welcome from the AMU Rector

Dear International Students, Visitors and Guests!



Professor
Bogumiła Kaniewska
AMU photos

On behalf of the Adam Mickiewicz University community, let me personally welcome you to Poznań and to all AMU campuses across the city and region. We are happy that you're here. You've made it! Congratulations!

We are proud to offer you access to a thriving international community with students and researchers representing over 70 nationalities from all corners of the world. You are joining a global community where you will share your cultural and personal values and learn about those of others, which will help us all broaden our understanding of the world around us.

Sharing has always been an important part of Polish culture, so we are dedicated to doing everything possible to make you feel like valuable and respected members of our community irrespective your ethnic background, language, gender, religious or political views and sexual orientation.

Here at AMU you will be among the over 1,000 international students who have already made many new and lasting friendships and relationships, participated in exciting curricular and extracurricular activities, and taken an important step towards a promising professional or academic career.

We are here to support you through a vast network of outstanding and dedicated teachers, researchers and administrative staff. Together with your fellow students and AMU graduates you have embarked on a lifelong journey towards your future success!

From the day you complete your orientation experience and have your schedule in place, we encourage you to keep yourself engaged in University life, to stay in touch with your family and friends, and to stay true to your personal heritage here at AMU.

Let me reassure you that we will remain committed to keeping in contact with you, so please stay in touch with us during your stay, when you return home to visit, and even after you graduate.

Being an AMU student is also a commitment, and I sincerely hope that you will take advantage of all of the unique opportunities our University has to offer.

Once again, it is a great pleasure to welcome you to Adam Mickiewicz University, Poznań, and I wish you luck in all your future endeavors.

Professor Bogumiła Kaniewska
Adam Mickiewicz University Rector

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Welcome from AMU Vice-Rector for International Cooperation



Associate Professor dr hab. Rafał Witkowski
AMU photos

Dear International Students and Visitors,

Let me congratulate you on choosing the vast array of possibilities at the Adam Mickiewicz University, Poznań (AMU), one of Poland's largest and most comprehensive higher education institutions. Our University has earned its international recognition for the quality of teaching at all 21 faculties, conducting innovative research, and offering top academic services to students and researchers alike.

We pride ourselves on delivering the combined qualities of the top Polish Research University (granted by the Ministry of Education and Science), HR Excellence in Research (awarded by the European Commission), the EPICUR European University status and the EUA – International Evaluation Program Seal of Approval.

Adam Mickiewicz University facilities and campuses are located in the student-friendly heart of Poznań, its well commuted northern suburbs of Morasko, within a twenty-minute tram ride from downtown Poznań and several other locations. The city is a vibrant cultural centre as well as a media, commerce, and business hub. AMU's proximity to all that the City has to offer will definitely allow you to absorb the best of the Polish culture and society.

Let me wish you success in pursuing your studies and many new friendships from AMU. Have a great time at Adam Mickiewicz University!

Associate Professor,
dr hab. Rafał Witkowski,
Vice-Rector for International Cooperation

Dear Reader

We are happy to welcome you at Adam Mickiewicz University. We hope our Welcome Guide will help you get around all AMU campuses and understand how to navigate in the City of Poznań as well as in Poland.

Our offices are located at Collegium Martineum, ul. Św. Marcin 78 (next to the Imperial Castle).

International Relations Office
2nd floor, rooms no. 216 (Erasmus+), 215 (Director), 214 (projects), 211 (staff and student mobility procedure) and 201 (bilateral agreements).

Erasmus+ Office
room 216; e-mail: erasmus@amu.edu.pl

General Inquirires
welcome@amu.edu.pl

We work Monday-Friday, from 7.30 am till 3.30 pm, but we advise you to set up an appointment in advance by email or phone.

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1. Adam Mickiewicz University

1.1. Introduction

University-style teaching in Poznań goes back to 1519 and the Jan Lubranski Academy who founded the first school for talented young people in his capacity as the Roman Catholic Bishop of Poznań. A century later the Jesuit College was established to take over teaching in various fields, including philosophy, literature, history, astronomy and theology.

Painting *Foundation of Jan Lubrański Academy* by Jan Matejko
photo: Adrian Wykrota



During the 123 years following the 1795 act of three European powers neighboring Poland (Prussia, Austria-Hungary and Russia) to divide the country up among them, the University teachings in Poznan were conducted as numerous and often clandestine grassroot initiatives of local academics and scientists.

Modern University of Poznań was re-established in May 1919, following the end of the First World War and became a rapidly growing centre of science and education. During the Second World War teaching and research had to be again moved to secrecy. In 1956 the University was dedicated to the most famous Polish writer and poet – Adam Mickiewicz and was split into 5 independent schools: AMU, Medical Academy, Agriculture and Forestry Academy, Arts Academy and Physical Education (Sports) Academy. Each of them today is a university in its own right.

Today the AMU works with ca. **35 000** students (all levels: BA and MA degree programmes, postgraduate and PhD students) who can choose from among 366 fields of study, **23** doctoral programmes at the Doctoral School and **5** Schools of Sciences, **40** postgraduate study programmes (including MBA and programmes financed by the ESF) as well as studies in English and German, offered by **21** faculties on campuses in Poznań, Gniezno, Kalisz, Piła and Słubice.

International students, including Erasmus+ programme participants, come from around **100** different countries. The largest groups usually recruit from **Ukraine, Belarus, Spain, Italy, Turkey, China and Germany**.

The University is constantly expanding its academic offer, improving procedures and making sure its graduates become well-rounded professionals. That is why every year AMU hosts numerous scientists, politicians, business people, artists as guest speakers coming from Poland and worldwide.

1.2. International cooperation

AMU is part of **EPICUR Alliance (European Partnership for an Innovative Campus Unifying Regions)** together with **9** European universities from **Austria, Denmark, France, Germany, Greece, the Netherlands** which opens new opportunities for our students and researchers. We are constantly working at the same time on other cooperation agreements with partner institutions from all over the world. Each year we welcome new incoming international students as well as send many of AMU students abroad.



New Year's Concert in the historical Main Hall of AMU
photo: Adrian Wykrota

AMU has achieved the Excellence Initiative – Research University Status, awarded by the Polish Ministry of Education and Science.

We have also achieved the HR Excellence in Research and the EUA-IEP seal of approval.

EPICUR EUROPEAN UNIVERSITY

RESEARCH UNIVERSITY EXCELLENCE INITIATIVE

International student education at the Adam Mickiewicz University includes:

HR EXCELLENCE IN RESEARCH

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- **School of Polish Language and Culture**
- **Full Degree Programs taught in Polish and English**
- **Foreign language courses, including courses for students with special needs**

Full-Degree Programs and Joint-Degree Programs:

- **AMU-Programs for International Exchange (PIE): a year/semester at AMU that coordinates over 300 regular courses on a variety of subjects taught in English, and some in German, French and Russian (among others).**



Conference in occasion of 100 anniversary of Polish-Japanese diplomatic relations in December 2019
photo: Adrian Wykrota

34 534 Students

Fields of studies (including specialties) **366**

228 Student science clubs

International bilateral agreements with universities **610**

1107 International students per year

Number of research projects **681**

1.3. Faculties

There are **21 Faculties** at Adam Mickiewicz University which are based in Poznań (3 major campuses in the city), 1 Faculty is located in Kalisz and there are 3 more **campuses** in the following cities spread out across Wielkopolska region: Gniezno, Piła and Słubice.



AMU students
photo: Maciej Nowaczyk

Poznań campus:

- Faculty of English
- Faculty of Anthropology and Cultural Studies
- Faculty of Archaeology
- Faculty of Biology
- Faculty of Chemistry
- Faculty of Polish and Classical Philology
- Faculty of Philosophy
- Faculty of Physics and Astronomy
- Faculty of Human Geography and Planning
- Faculty of History
- Faculty of Mathematics and Computer Science
- Faculty of Geographical and Geological Sciences
- Faculty of Art Studies
- Faculty of Political Science and Journalism
- Faculty of Modern Languages and Literatures
- Faculty of Ethnolinguistics
- Faculty of Psychology and Cognitive Science
- Faculty of Law and Administration
- Faculty of Sociology
- Faculty of Educational Studies
- Faculty of Theology

Kalisz campus – Faculty of Fine Arts and Pedagogy

AMU buildings are located just 1 km from the Main Market Square of Kalisz, in the centre of the city. The address is ul. Nowy Świat 28/30. Student's dormitory Rubin is right on campus, together with a brand new Philharmonic Hall.

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Gniezno campus – Institute of European Culture

Located in the beautiful scenery of Piastowski Park next to the Jelonek Lake. It is only about 800 metres from the historical Gniezno Cathedral and just next to the Museum of the Beginnings of the Polish State (ul. Kostrzewskiego 5-7).

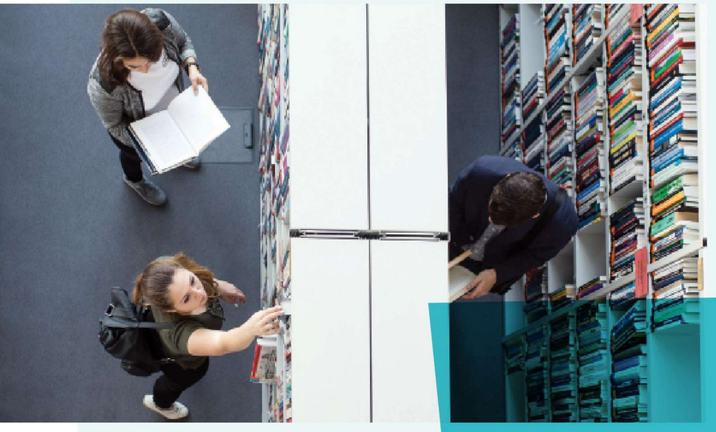
Piła campus – Nadnotecki Institute

Located on the green outskirts of Piła (ul. Kołobrzeska 15), across the road from the local air landing strip, the Nadnotecki campus is connected with the city centre by a no 4 bus (15 minute ride to the main railway station "Dworzec Główny").

Słubice campus – Collegium Polonicum

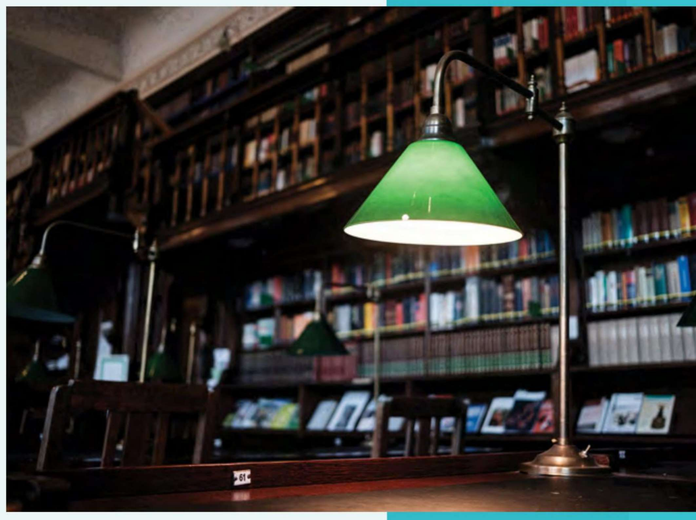
Located in the centre of the city (ul. Kościuszki 1), just next to the former border-bridge now connecting the city with Frankfurt/Oder (Germany). Student dormitories are only 500 metres away at Piłsudskiego 14. Located in the city centre, this joint Polish-German campus provides learning and research opportunities together with the partner Viadrina University in Frankfurt/Oder (EUV) on the German side of the River Odra. Feel free to walk across a former border bridge and find yourself in Germany. On the Collogium Polonicum campus in Słubice you will find comfortable dormitories (only 500 meters away, at ul. Piłsudskiego 14), the Polish-German Research Institute, modern library and an international, multilingual crowd of students.

Collegium Polonicum Library - photo Heide Fest



1.4. Main AMU Library (ul. Ratajczaka, Poznań)

Holding the total of over 5 million volumes, apart from journals and electronic archives, the Library offers almost 1700 seats and 2000 computers to students. The University Library together with 24 branch libraries at all AMU faculties is a powerful institution supporting students in their education. Printed collections include books and periodicals, as well as microfilms, newspapers, maps and manuscripts.



Historical reading room of AMU Library photo: Adrian Wykrota

The University Library offers:

- library and information services to students and staff
- access to periodicals, encyclopaedias and reference literature, both in print and electronic form, as well as online information database
- courses/instruction how to use the library's collection and service
- online search engine

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1.5. Study offer in English

amu.edu.pl/en/admissions

Bachelor Degree Programs

BS in Chemistry
BA in European Legal Studies
BA in Central European and Balkan Studies
BA in English Linguistics: Theories, Interfaces, Technologies
BA in International Relations
BA in English – specialization: Literature and Culture
BA in Applied Linguistics and Intercultural Communication
BA in Liberal Arts and Sciences
BA in Global Communication
Bachelor of Applied Linguistics in Applied Linguistics and Intercultural Communication
Bachelor of Governance of Organizations (Collegium Polonicum in Słubice)
Bachelor of German Studies (Collegium Polonicum in Słubice)

Master Degree Programs

MA in Public Governance
MS in Physics
MA in Mediterranean Studies
MA in Journalism and Social Communication
MA in English - International Relations
MA in Anthropology: Cultural Differences and Transnational Process
MS in Environmental Protection
MA in Modern Languages - Empirical Linguistics and Language Documentation
MA in English Studies: Language-Mind-Technology
MS in Chemistry
Master of Digital Entrepreneurship (Słubice)
MS in Biotechnology
MA in Central Europe in the International Perspective
Master of Geohazards and Climate Change
Master of Cultural Studies in Intercultural Communication



photo: AMU photos

If you choose to study in Polish – we offer 366 major fields of studies (including minors) across all 21 faculties. Some of majors and minors offered at AMU are unique in Poland. Please check the recruitment page which gives you a more detailed information:
www.rekrutacja.amu.edu.pl
www.school.amu.edu.pl

1.6. School of Polish Language and Culture

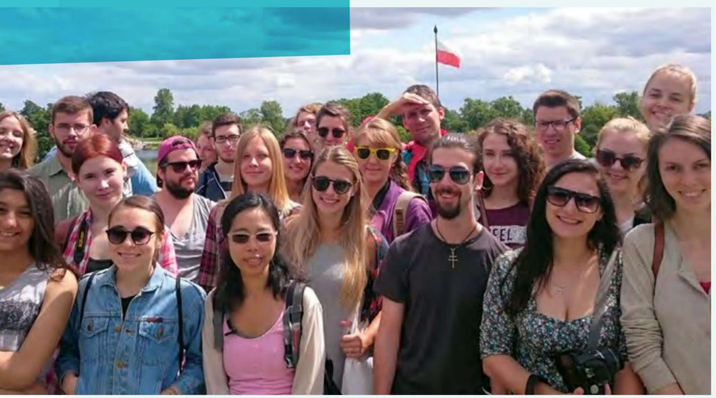
Since 1985, the **School of Polish Language and Culture for International Students** has been part of the Adam Mickiewicz University Institute of Polish Language. Thus, the School boasts over 35 years of experience in teaching Polish as a foreign language by friendly and outgoing staff.

It offers a variety of Polish courses: from 2 hours to 10 hours per week, semester, summer and one year-long, at six major levels of language proficiency. It is also possible to participate in a special one-year, intensive, preparatory course. Every semester, about 500 people from more than 60 countries take part in a range of courses run by the School.

Summer School of Polish Language and Culture

It is a great opportunity to learn Polish and have a lot fun while spending summer time in Poznań. Summer school takes

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A sightseeing tour to Ostrów Lednicki Island during Summer School of Polish Language and Culture in 2016
photo: Paweł Sowa

three weeks to complete and is organized in August, also online. It provides a cultural programme which familiarizes you with history, heritage and tourist attractions of the city and region. That includes lectures in English and Polish by University professors as well as guided local tours. There is also time for little get togethers and networking at parties

2. Save the dates with us!

2.1. Calendar

Check out what's going on in our Welcome Center online calendar.

Be up to date!



Grand Barbecue Party during Students Days in 2018
photo: Przemysław Stanula

WINTER SEMESTER

Start: 1 October
End: first week of February
Christmas Break: 23 December – 2 January
Epiphany (6 January) is a separate holiday
Exam session and mid-term break: February

SUMMER SEMESTER

Start: last week of February
End: mid-June
Easter Break: changes every year depending on the date of Easter, but usually covers the period from Maundy Thursday till the day after Easter Monday
Exam session: end of June
Summer Holidays/field classes/internships: July-August
Additional Exam session: September

Public HOLIDAYS

1 November (All Saints Day)
11 November (Independence Day)
25-26 December (Christmas)
1 January (New Year)
6 January (Epiphany)
Easter (changes every year)
1 May (Labor Day)
3 May (Constitution Day)
Corpus Christi (flexible, depending on Easter Holidays dates, but always on a Thursday)
15 August (Armed Forces Day)

Additional DAYS OFF

Additional days off for students at AMU (no classes): **Inauguration of the academic year** (1 October or the first working day following 1 October), a day before and/or a day after the **All-Saints Day** on 1 November), **Sports Day** (to be announced in May), **Poznan Science and Art Festival** (to be announced in the Spring).

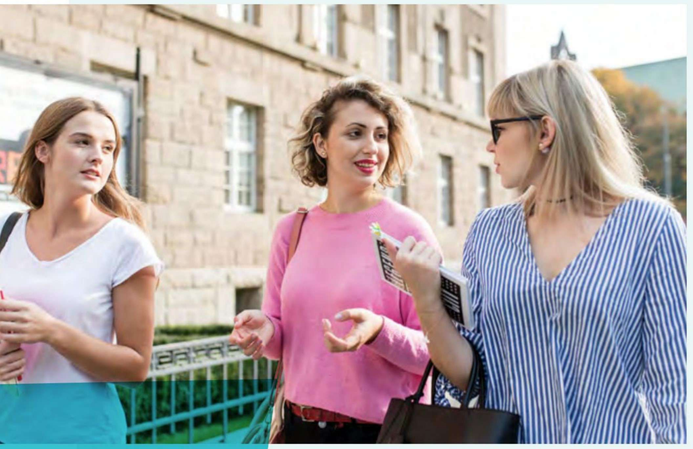
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2.2. International Centre is here to help!

Whenever you need our assistance, we are more than happy to help. Do not hesitate to contact us in English or Polish! Some of our staff also speak French, German, Italian, Russian, Spanish and Ukrainian.

We are located in the heart of the city, on **ul. Święty Marcin 78**, just 300 metres from the Rector's Office in a building named **Collegium Martineum**. It is easy to get here from all parts of the city as the public transportation system provides good access to the centre.

Students in front of Faculty of Polish and Classical Philology building photo: Maciej Nowaczyk



WELCOME CENTER

It is designed for every international student and researcher as a place where in a friendly atmosphere we can help you to find your way in Poznań and at our University. We will advise you what to do upon arrival, where to go, explain internal procedures and help you find answers to any questions you might have.

Please contact: **welcome@amu.edu.pl**.

ERASMUS AND STRATEGIC PROGRAMMES

University has participated in the Erasmus+ programme ever since it was launched in Poland in 1998. Since then we have hosted more than 4 thousand students from all partner countries providing them assistance and friendly counselling. We have established cooperation with **450** universities worldwide.

International students and teachers coming to AMU within the Erasmus+ program can expect:

- assistance from the Erasmus office and program coordinators from the particular faculties as well as from Polish students (members of the Erasmus Student Network and their Mentor Program) in handling organizational matters
- accommodation in University dormitories: „Zbyszko", "Jagienka", "Hanka" and „Jowita"
- offer of participation in cultural events at the University and in Poznań
- free courses of Polish language and AMU-PIE short courses

INTERNATIONAL RELATIONS

Our staff is engaged in specific programmes which are essential for University international cooperation. Among scholarships and exchange programmes, we work with are the following:

- NAWA governmental scholarships (Polish National Agency for Academic Exchange)
- The Lane Kirkland Scholarship Program
- Central European Exchange Program for University Studies (CEEPUS)
- DAAD - German Academic Exchange Service
- Fulbright Student Program
- Visegrad Foundation



Students bicycle ride around southern Poznań in May 2016 photo: Kostiantyn Mazur

2.3. Admission

There are different paths of admission and slightly different procedures depending on the chosen program of your studies and opportunities you are looking for.

ERASMUS+ EXCHANGE PROGRAMME

We have prepared a special webpage where each student nominated by his/her home university may find all necessary information: https://eramsus.amu.edu.pl

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Deadlines for on-line registration:

Recruitment process takes place online: https://usosirk.amu.edu.pl

- 15 July (for Winter Semester or whole year)
- 15 December (for Summer Semester)

During the application process you will be redirected to a list of courses in English which helps you to create your Learning Agreement. You can check our latest offer on **amupie.amu.edu.pl** . After submitting all required data you should download a PDF file with your **application** form and the **Learning Agreement** (in accordance with your home University document). There is no need to send us original documents, we will accept scanned versions (pdfs) of your documents.

The processing of your application takes **approximately two weeks**. At all times you will be able to check the status of your application online. Please be aware that you need a B1 level of English or higher to take part in AMU classes. After successful application you will receive Confirmation of Acceptance via our on-line system.

Relaxing between classes in modern Morasko Campus
photo: Maciej Nowaczyk



ERASMUS+ (Partner Countries)

We are happy to participate in Erasmus+ Programme that has been extended to Partner institutions also from outside the European Union. This gives new possibilities of cooperation with our University. If you are interested in such an exchange programme please contact us at: erasmus@amu.edu.pl.

Bilateral exchange programme "MOBILITY DIRECT"

If you wish to study at AMU as an exchange student, you have to be enrolled at a higher education institution already and preferably, one of our Partner Universities.

We would advise you to contact your home university to find out about the possibilities of studying at AMU as an exchange student.

FREE MOVERS – individual student mobility

You are welcome to come to AMU as a guest student and a free mover for one semester or one year. That gives you also an opportunity to choose some of the non-degree courses offered to Exchange Students from among **AMU PIE (Programmes for International Exchange)**. Course units are taught in English or in other languages - please check: **amupie.amu.edu.pl**

Scan QR code
to check current AMU PIE offer



Acquiring knowledge in Molecular Biology
photo: Adrian Wykrota

Degree-seeking students

All International Candidates willing to study at our University are advised to contact our Teaching and Admissions Centre, amuoes@amu.edu.pl, phone +48 61 829 4375, 4059.

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Faculty of Polish and Classical Philology photo: Maciej Nowaczyk

How can you apply for studies?

1. Studying on the same terms as Polish citizens

All of the following categories of candidates can register online and follow the instructions of the online recruitment system: https://rekrutacja.amu.edu.pl/

- Citizens of EU countries or EFTA countries being part of the EEA (i.e. Iceland, Liechtenstein, Norway) and Switzerland,
- holders of a valid Polish Card (Karta Polaka),
- foreigners who have been granted Polish residence permit

More at: **amu.edu.pl/en**

2. Students who were granted scholarships from third parties

In most cases the applicants are accepted just on the basis of scholarship or referral from various sponsoring institutions. Students can study as the Republic of Poland scholarships holders, exempted from tuition fees or as holders of scholarships granted by the sending institution (such as an embassy of the home country) also with no tuition fees incurred. They are most often accepted on referral from an accredited School of Polish language for Foreigners or Ministry of Science and Higher Education.

3. Other applicants who want to study in Polish or foreign languages

Full-degree programs are tuition-fee based and are available within given admission deadlines.

Admission usually starts on June 1st every year and ends in some cases as late as mid-September, so check your preferred program for deadlines and requirements.

2.3.1 Enrolment in short

We have prepared the **Online Admissions System (OAS)** helps you apply for our University's full-degree programmes. The system is available following initial registration of your personal account: https://rekrutacja.amu.edu.pl/en
With your account registered you need to follow all the steps, as instructed by the system. You will need to upload all the required documents and translations along with a high-resolution ID-type photo: , which is going to appear on your student identity card. All the steps are explained here: **amu.edu.pl/en/admissions**

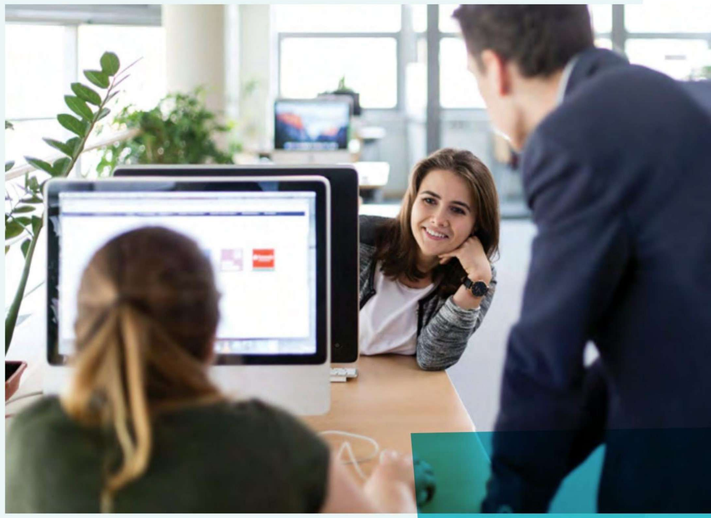
Documents

During the recruitment process, candidates do not submit any paper documents. Each of the required documents should be scanned to a separate file in PDF format. A document (e.g. certificate or diploma) that has more than one page should be scanned into one multi-page PDF file.

Documents obtained abroad

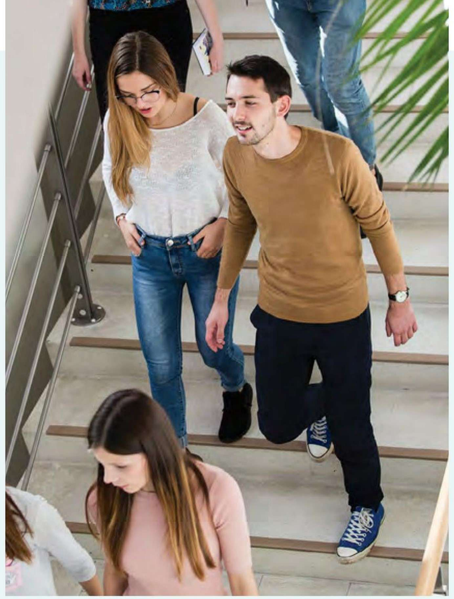
Candidates with documents obtained abroad need to provide:

- a scan of a foreign document, which is legalized or accompanied by an apostille, entitling the candidate to take up higher education studies in the country where the document was issued
- a scanned translation of this document into English or Polish, performed by a sworn-in translator chosen from the list maintained by the Polish Ministry of Justice, or confirmed by a Polish consul in the country where the document was issued



Just fill in an application! photo: Maciej Nowaczyk

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Students after classes
photo: Maciej Nowaczyk

- a Polish certificate of recognition of a foreign secondary school diploma, as equivalent to Polish Matura certificate, issued by a competent local Board of Education – if the foreign certificate is not recognized, by virtue of law or under international agreements, as a document entitling to commence higher education studies in Poland
- a scan of a document confirming the entitlement to study tuition-free (scholarship if applicable)

Attestation of documents

Document attestation is a process in which an employee of the University confirms the compliance of the attached scans of documents with their original (paper) version. Attestation of the document by AMU consists of the original document submitted for compliance check at the dean's office following the official beginning of the academic year.

Do you need help?

On matters connected with document evaluation and submission for full-degree programs, please send your inquiry through the online admissions system.

In case of any further questions, please contact:

The **Teaching and Admissions Centre** (ul. H. Wieniawskiego 1, Collegium Minus, Poznań, rooms 25 and 27, ground floor) is open Monday through Friday from 7.30 am to 3.30 pm.

Our Admissions officers are ready to help you:
Phone: +48 61 829 4375
e-mail: amuoes@amu.edu.pl



Hanka dormitory after general renovation works in 2020
photo: AMU photos

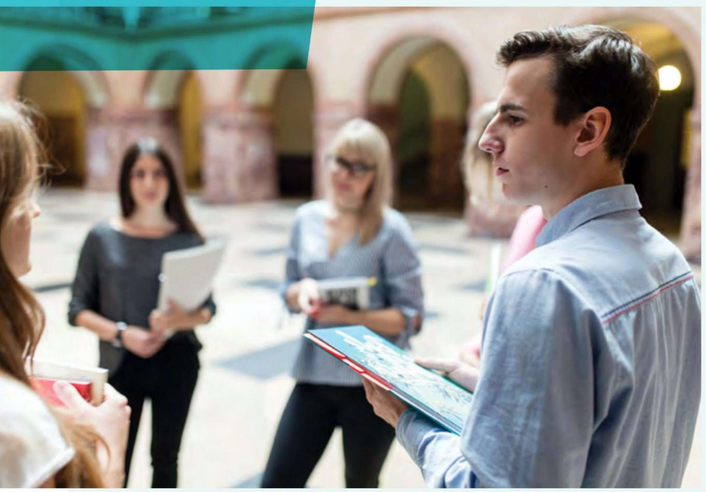
2.4. Dormitories

University offers accommodation comfortable dormitories:

- Zbyszko i Jagienka Student Halls, ul. Piątkowska 80 (tram stop: Słowiańska, half-way between downtown and Morasko Campus)
- Babilon Student Hall, ul Dożynkowa 9B (tram stop Słowiańska)
- **New!** Meteor Student Hall, ul. Uniwersytetu Poznańskiego 9, Morasko Campus
- Hanka Student Hall, Al. Niepodległości 26 (2 bus stops from the main railway station, Poznań Główny)
- Resident and Student Hall - Nieszawska Street, ul. Nieszawska 3 (15 minute tram ride from downtown, eastern suburb of Poznań)

Other options include AMU dormitory in Gniezno (40 min. by train) or renting a private room at one of cooperating venues (Polonez Student Depot, Sofa Room4you). There are also plenty of private owners offering student rooms and student apartments online (FB marketplace, Foreigners in Poznan FB group, Rooms in Poznań FB group, OLX, Otodom.pl and many others). Each year Poznań attracts approximeately 110,000 students. Finding a place to stay is easiest online.

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A friendly conversation
photo: Maciej Nowaczyk

Students wishing to obtain a room in the university dormitory need to fill in the accommodation request which is available once the admission request has been processed.

IMPORTANT! No smoking, vaping, no drugs and no alcohol allowed at AMU dormitories.

2.5. NAWA Polish Governmental Scholarships

International students who wish to study in Poland without tuition fees can apply for various scholarships offered by Polish National Agency for Academic Exchange (NAWA). Such scholarships may cover tuition fees, or serve as a financial support towards living expenses in Poznań.

Below is the list of scholarships from NAWA [text: NAWA official website, September 2024]

International Cooperation & Exchange Zawacka NAWA Programme

Visits are eligible under the Program for the following purposes:
- completing full or partial studies at universities supervised by the Minister of Science and Higher Education;
- education at a doctoral school;
- scientific stay, e.g.: scientific internship, study visits, obtaining materials for scientific work, conducting teaching classes at the host center, other forms of scientific or academic activity related to the implementation of studies, doctoral thesis or scientific work.

The gen. Anders Programme

The General Anders Scholarship Programme for Polish diaspora is addressed to young people of Polish origin.
The programme enables young people of Polish origin to undertake first-cycle, second-cycle or uniform Master's degree studies in Poland at higher education institutions supervised by the Ministry of Science and Higher Education, Ministry of Health and Ministry of Culture and Cultural Heritage.

The Banach Scholarship Programme

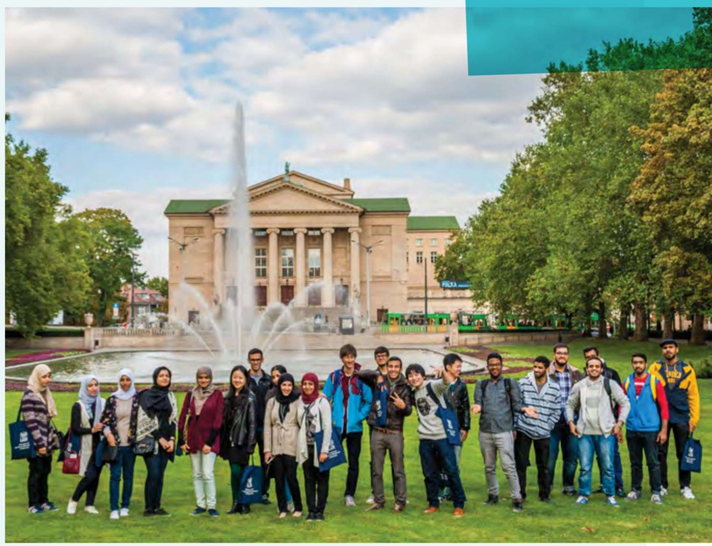
The objective of the Programme is to promote socio-economic progress of developing countries by raising the level of knowledge and education of their citizens in the form of scholarships for second-degree studies in Polish or in English at Polish universities supervised by the Minister of Science and Higher Education.
The Programme is a joint initiative of the Ministry of Foreign Affairs and the Polish National Agency for Academic Exchange in the form of Polish development aid.

Poland My First Choice Programme

The Programme aims to encourage young talented people to pursue studies at the Polish university-type higher education institutions (HEIs). The Programme offers a scholarship during the statutory period of full-time second-cycle studies at academic HEIs (both public and non-public) supervised by the Minister of Education and Science. In addition, the Programme provides an exemption from tuition fees at public universities. Check the list of countries you can apply from at NAWA website.

nawa.gov.pl/en

Students during sightseeing tour of Poznań
photo: Kostiantyn Mazur



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POLONISTA
Scholarship and Fellowship Programme

The objective of the Programme is to promote Polish language in the world by enabling foreigners interested in Polish language and Polish culture to study or carry out research projects in Poland. The programme is addressed to students of



START Students Theatre Festival in 2018 photo: Łukasz Woźny

Polish philology, Polish studies or Polish programs implemented among others as part of Slavic studies (in the field of Polish language, Polish culture and knowledge about Poland) as well as to scientists from foreign universities and scientific institutions.

For more information about mentioned programmes, please contact the Polish National Agency for Academic Exchange.

THE NATIONAL AGENCY FOR ACADEMIC EXCHANGE (NAWA)

ul. Polna 40, 00-635 Warsaw, Poland,
Tel: +48 22 826 74 34.
E-mail: biuro@nawa.gov.pl,
https://nawa.gov.pl/en/

2.6. Student organizations and Science Clubs

228 student science clubs, sometimes known as research societies, provide an interesting offer of spending free time for each student. Meeting like-minded people helps to make friends. Being involved in activities of clubs gives the possibility of discussion, exchange of knowledge and enables to develop skills. Some clubs organize research trips or gatherings with other institutions from Poland or abroad. Membership could give you extra points at admission for the PhD level.

2.7. Activities for Students

Orientation Week & Organization Day

Once you arrive we will make you feel welcome you and provide you with the essentials. That is why we organize Orientation Week. You will get to know everything that is important for your stay at Adam Mickiewicz University. Orientation Week activities also include getting to know **Erasmus+** students and their Polish colleagues who act as mentors or volunteers. It is a perfect opportunity to start your student adventure in Poznań!

Tourist Trips

Every semester we organize a trip to different parts of Poland, lasting two or three days. A visit to Kraków and Tatra Mountains is usually the most popular one. Depending on the weather conditions we also organize winter weekend for cross-country skiing in Karkonosze Mountains and a bike trip to the Wielkopolski National Park in the summer. If the weather is favorable in May we also organize a kayak trip on the Wełna River across northern Wielkopolska region. If you are interested in joining any of the trips, please contact the **Erasmus+** office as soon as you start your stay in Poznań!



Eating St Martin's Croissants on the Day of St Martin in November 2019 photo: Kostiantyn Mazur

Erasmus Student Network activities

Erasmus Student Network University is formed by students and for students. They are here to help international students to understand the Polish reality and fully integrate with both Polish and other exchange students, as well as they invite students to unforgettable parties, going outs, trips, cultural events and other great undertakings. You are more than welcome to join ESN and all ESN initiatives! Please check our website www.uam.esn.pl/en

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2.8. University Campuses

Poznań Faculties and Campuses

Adam Mickiewicz University is visible in various parts of Poznań. We can show you three main areas where the AMU buildings are located. First, the most modern campus at **Morasko** A in the northern suburbs of the city (20-25 minute tram ride from downtown). Second, the **Central Campus** B around the streets of downtown. Third, the garden – **Ogrody Campus** C, in the south-west suburb of Poznan (15 minute tram ride from downtown).

A Central Campus (city centre)

Historic buildings which served the Poznań University at the beginning of its foundation proved too small already within the first 30 years of its activities. New ones were built later in order to accomodate a growing number of students and academic staff. In 1990's construction of a new campus outside the centre (today we call it Morasko) began, and it is where several faculties found their new homes (Physics, Mathematics, Biology, Political Science, Chemistry, Geography, Geology).

In the heart of the historical centre (known also as Castle District) you can find AMU University Rector Headquarters (**Collegium Minus** B) with Main AMU Auditorium (**Aula Uniwersytecka**). The International Office is located only about 300 metres away, in **Collegium Martineum**. Within a distance of approx. 1 km from the Rector's Headquarters you will find 6 Faculties:

- Art Studies, al. Niepodległości 4
- English, ul. Grunwaldzka 6
- Law and Administration, al. Niepodległości 53
- Modern Languages and Literatures, al. Niepodległości 4
- Polish and Classical Philology, ul. Fredry 10
- Theology, ul. Wieżowa 2/4 (farthest away from the AMU Rector's headquarters by foot/tram)

Two **libraries** also have their main locations in this area of Poznań:

- AMU University Library D, ul. Ratajczaka 38/40
- Raczyński Library E (Municipal), Pl. Wolności 19

Students dormitories Jowita J and Hanka H are just few minutes of walking distance from Rector's headquarters, mean-

City map


MORASKO
A
LAST STOP - OS. SOBIESKIEGO
RONDO OBORNICKIE
RUSAŁKA
CYTADELA
Z
Y
G
C
B
H
E
D
J
F
MTP
International Relations Office
RONDO ŚRÓDKA
MALTA
RONDO RATAJE
Stary Rynek
27 Grudnia
Bukowska
Grunwaldzka
Lechicka
Aleja Solidarności
Aleja Niepodległości
Ewarysta Estkowskiego
Królowej Jadwigi
Bolesława Krzywoustego
Warszawska
Serbska
Gerberta
Zielona
Podgórna
Berdychowo
Poznań
Kanałowa
Archidiakona Antoniego Baraniaka
Jana Pawła II
Stary Browar
Plac Wielkopolski
Plac Mickiewicza
Plac Wolności
Plac Kolegiacki
Plac Cyryla Ratajskiego
Plac Adama Mickiewicza
Plac Bernardyński
Plac Wiosny Ludów
Plac Kolegiacki
Plac Wielkopolski
Plac Mickiewicza
Plac Wolności
Plac Bernardyński
Plac Wiosny Ludów
Plac Cyryla Ratajskiego
Plac Adama Mickiewicza



Aerial view of modern Morasko Campus AMU photos

while three others Babilon Y, Jagienka and Zbyszko Z are only one stop (long distanced one but about 4 minutes ride) of fast tram route (Słowiańska stop).

Morasko Campus (north) A

Just 6 km north from the city centre, perfectly connected with fast tram route known as "Pestka" or "Poznański Szybki Tramwaj" (PST) is home to 9 faculties:

- Archaeology
- Biology
- Chemistry
- History
- Geographical and Geological Sciences
- Human Geography and Planning
- Mathematics and Computer Science
- Physics
- Political Science and Journalism
- Morasko Campus is also a seat of two important scientific institutions:
- Wielkopolska Centre for Advanced Technologies
- NanoBioMedical Centre

Morasko Campus is divided into a western part which has more facilities and located next to last tram stop named "Os. Sobieskiego", and an eastern part, within a 15 minute walk or a 5 minute bus/bike ride. This part hosts two "geographical" faculties as well as AMU Swimming Pool and Sports Centre.

Ogrody Campus (west) C

This campus stands right next to the Ogrody tram terminus, about 15 minutes away from AMU Rector's headquarters by tram. It hosts following faculties:

- Anthropology and Cultural Studies
- Educational Studies
- Philosophy
- Psychology and Cognitive Studies
- Sociology

Other important places and buildings

Astronomical Observatory Institute F

It is located about 4 km from the Rector's headquarters in the Grunwald district of Poznań. Easy accessible with tram lines going from the city centre. The address is ul. Słoneczna 36.

Botanical Garden G

It is located about a few steps away from the Ogrody tram terminus (ul. Dąbrowskiego 165) which gives convenient access to the city centre. It covers an area of 22 hectares and is open to the public for free. Plant collection counts around 7 thousand species. It is a perfect place to rest or study in the presence of beautiful nature.



AMU Botanical garden in district of Ogrody photo: Adrian Wykrota



Sport facilities at AMU Morasko Campus built in 2020 photo: Adrian Wykrota

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3. Living in Poland

3.1. Get to know our country!

We hope that during your stay you will be able to discover Poland on your own or with friends, get to know its people, traditions, heritage and everyday life.

Land and population

Located in the centre of Europe, Poland has been a member state of European Union since May 2005. It covers an area of 313 thousand sq. km with a fairly flat terrain from east to west. For sure that helps to travel and discover different parts of the country. Poland has a 775 km long Baltic Sea coastline with sandy beaches in the north and mountain ranges in the south (Sudety in southwest, Karpaty in southeast). Central western and northern regions are part of lake districts created during the last ice age period. There are 38,5 million people registered as Polish citizens, however approximately 2,5 million of them live abroad (mostly in the United Kingdom, Germany, Ireland, Netherlands, Norway, US and Canada, just to name a few). There are about 2 million foreigners living and working in Poland, a majority coming from Ukraine. Main cities according to the number of inhabitants are Warsaw 1,8 million, Kraków 780 thousand, Łódź 670 thousand, Wrocław 640 thousand and Poznań 535 thousand.



Bamberg community in Poznań - traditional costumes
photo: Natalia Grośicka

Tourist attractions

Poland has much to offer and every year attracts more visitors. Our most popular cities include Kraków, followed by Warszawa, Gdańsk and Zakopane (Tatra Mountains). However there are many other beautiful places, still undiscovered to mass tourism. That gives you a lot of opportunities if you would like to get to know our land better. The UNESCO World Heritage List presents 16 locations in Poland and they could be quite surprising, as the Salt Mine in Wieliczka, Church of Peace in Jawor or the Białowieska Forest. All are of great importance in terms of architecture, cultural heritage or natural beauty. We invite you to check the Polish Tourism Organisation website www.poland.travel/en or get in touch with our Welcome Centre office for details.

Apart from numerous cities which present architectural and historical values, there are many countryside areas presenting their own unique cultural heritage. Wooden churches, small mansions or country manors and palaces will show you the history behind famous individuals and their families. Theme parks, historical trails, archaeological sites and castles, together with intriguing cities and villages give you perspective on the presence of human settlementsin this part of the world.

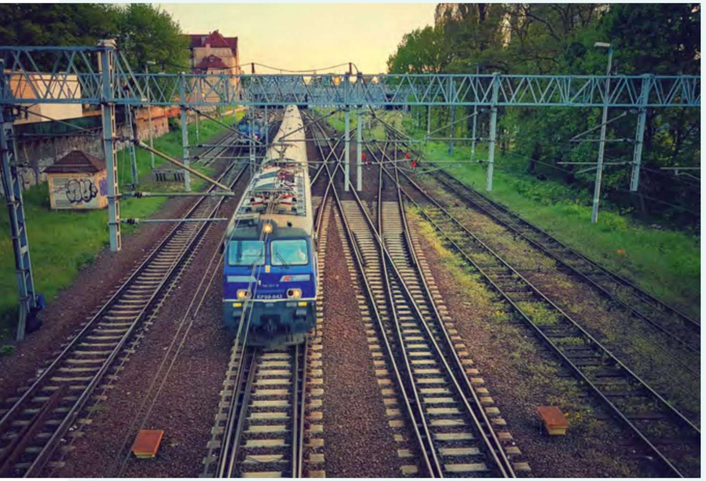


AMU student trip to Kórnik Castle
photo: Kostiantyn Mazur

There are 23 national parks in Poland (Park Narodowy in Polish) protecting different natural habitats and bringing you close to the some extraordinary natural environment. For example: moving dunes (Słowiński), one of the last primeval forest of Europe (Białowieski), huge wetlands and marshes (Biebrzański), seaside cliffs (Woliński) and high mountains (Tatrzański).

North of the country attracts visitors with the vast Baltic Sea and a great number of lakes in the Mazury Lake Districts (with the largest Śniardwy Lake covering an

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Train is a convenient way to move around Poland fotoportal POZ

area of 113 sq. km). About 150 kayaking routes on rivers and 10 thousand paddle friendly lakes makes from Poland a real paradise for kayakers. In the south you can enjoy several mountain ranges - all of them with the presence of marked trails, mountain shelters and resorts, perfect for hiking. They include Sudety mountains in the southwest (with Mt. Śnieżka 1602 m in Karkonosze Range) and much younger and higher Karpaty in the southeast (with Tatry Mountains and Mt. Rysy as the highest point of Poland, 2499 m). Also two less known, but equally beautiful ranges of Pieniny with Dunajec River Gorge and Bieszczady in the southeast edge of the country, bordering Slovakia and Ukraine with unique Alpine type meadows (*połonina* in Polish).

3.2. Travelling around Poland

Let us give you some advice and travel tips for the most convenient means of transport:

Travel by train

Poland has a well developed railway system providing connections between all regions and major cities. There are different train operators, owned by Polish State or regional/local governments. There is also one private company coming from Czechia which has entered Polish market on a few connections serving both countries (Leo Express). Knowing that you can easily find good offers which are valid for travel on selected trains.

There are two national, state-owned carriers:

- operating on inter-regional, long distance routes: PKP Intercity, website www.intercity.pl/en
- operating mostly regional connections: POLREGIO, website www.polregio.pl/en
- Remember that there are other carriers created by regional self-governments which operate on regional routes. You can buy tickets online or on the stations. To help you find desired connection please check:
- route finder on Polish State Railways official site www.pkp.pl/en
- connections finder which also shows bus routes www.en.e-podroznik.pl

Practical advice

- Plan your inter-regional trip in advance to save money! Book your tickets 30 days in advance through PKP Intercity. There are discounts up to 30% available.
- There are different providers of PKP Intercity trains. The cheapest one is Twoje Linie Kolejowe (TLK, "Your Railway Lines"). The most expensive is Premium Express InterCity served by modern Pendolino trains. Most of the connections provided by PKP Intercity are InterCity category type trains (IC). Use an app or website for purchasing your tickets.

Travel by bus

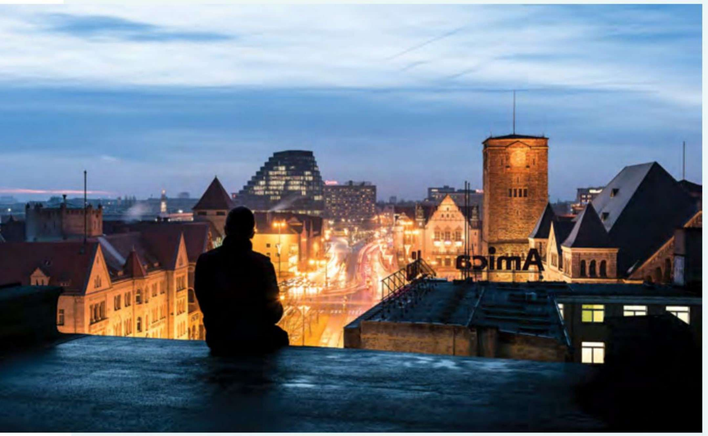
There are some inter-regional bus companies owned by private or state carriers. The schedule and price is however often less attractive than travelling by train. State or local-government carrier names usually include the letters "PKS" (for example PKS Poznań). Go to www.en.e-podroznik.pl to find the best connections.



Famous old oaks of Rogalin photo: Paweł Sowa

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It's good to know that you can travel around Poland and Europe using bus services of private carriers, like: Flixbus, Eurobus, Sindbad (just to name the largest ones), and many others. Check their websites for details: Flixbus https://global.flixbus.com/, PKS POLONUS www.pkspolonus.pl, Majer Bus www.majerbus.pl (if you go to Zakopane), NEOBUS www.neobus.pl (if you go to Bieszczady mountains).



Central Campus at sunset
photo: Przemysław Turlej

Public City Transportation

Large cities in Poland have very good public transportation systems. Trams, buses, trains or in some cities subway (Warsaw) – they can get you around. We advise you to download the popular application www.jakdojade.pl which helps you to find local routes, practical information on choosing the right bus or tram, departure and travel times. It also offers online ticket sales best serving a particular journey.

Other local travel options

You can rent a city bike - in Poznań the system is provided by Nextbike Polska www.nextbike.pl

If you prefer an electric scooter or an electric car, feel free to use the app created by AMU graduate Bartosz Kwapisz, collecting all such information and pricing for you: Take & Drive - https://takeanddrive.eu/.

You can also use taxis - there are many companies as well as iTaxi, Uber and Bolt.

3.3. Health care

Students from EU/EEA countries

Visitors from EU member countries staying temporarily in Poland are basically entitled to free health care on the basis of the European Health Insurance Card (EHIC) or in particular cases on the basis of special certificates. You are obliged to present one of these documents (it is advisable also to have a copy) together with an identity document directly to the health care provider (this information is valid for public health care institutions). You can benefit from free health services at health care providers who have signed a contract with the National Health Fund (NFZ-Narodowy Fundusz Zdrowia). Students and visitors are also encouraged to possess a health insurance policy from their home country.

IMPORTANT! In case you need to use medical care please have European Health Insurance Card (EHIC) with you. You will be required to present this document along with an official identification card directly to the health care provider.

Students from non-EU/EEA countries

Non EU students/visitors should purchase health insurance in their home country, before departure. In the case of the ISIC or Euro <26 card, insurance is included in the card and it is not necessary to buy another one unless you want to increase its scope or value. Erasmus+ students (with a student's card issued by the host university) are usually allowed to consult doctors at academic medical care centres.



City bikes in Poznań
photo: Grażyna Nowotna

According to state health regulations foreigners (except EU/EEA citizens) have to

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Morasko Campus is close to nature
photo: Maciej Nowaczyk

pay for a medical consultation. The cost is then reimbursed by the health insurance company. Apart from the academic and public medical care systems there is also a well-developed private medical system.

Remember about your health insurance before leaving your home country. More information can be found on: www.nfz.gov.pl.

IMPORTANT! Remember to have a copy of passport and confirmation of student status from the university (in Polish).

In case of problems

Acting reasonably and following basic hygiene rules with some basic common sense should happily limit most travel problems.

If something that requires immediate medical help happens, please contact your insurance company or call an emergency number 999 for an ambulance or 112 for any emergency. They will tell you what to do and they will summon help if you need it. Usually, your insurance company directs you to a local doctor or a hospital nearest to you. This will facilitate any refunding of money paid by you at the time of the medical assistance.

999 AMBULANCE
112 GENERAL EMERGENCY

A non-stop emergency medical service centre in Poznań (Pogotowie Ratunkowe) is in Rycerska 10 Street (+48 61 864 88 12). You may use their service in emergency cases, such as injuries, when no other service is available.

- AMU hospital and outpatient units, ul. Obornicka 94
- AMU general practitioners, JAGIENKA dormitory, ul. Obornicka 80
- AMU psychologists, JOWITA dormitory, ul. Zwierzyniecka 7, phone: (+48 61) 829 2494

If you prefer the private health care service you can easily find a specialist in a local private medical centre or set an appointment with a doctor found online. One visit could cost, depending on a company or specialist about 150-250 PLN.

You can get your medications in a pharmacy, known in Polish as apteka. In most pharmacies and medical centres you should be able to communicate in English, especially with younger staff.

There are some pharmacies open 24/7, please verify the location online.

in Gniezno:

- Apteka DOM LEKÓW, ul. Mieszka I 22 (+48 61 425 60 41)

in Kalisz:

- Apteka RETIRO, ul. Zjazd 23 (+48 62 760 00 50)
- Apteka WODNIK, ul. Pułaskiego 39 (+48 62 757 15 27)

in Piła:

- Apteka SOKAL, al. Wojska Polskiego 20 (+48 67 215 18 04)

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AMU students
at Collegium Maius
photo: Maciej Nowaczyk

in Poznań:

- Apteka DBAM O ZDROWIE, ul. 23 Lutego 18 (+48 800 110 110)
- Apteka DOM LEKÓW NA GWARNEJ, ul. Gwarna 5/2 (+48 61 852 52 44)
- Apteka WIELKOPOLSKA, al. Solidarności 36 (+48 61 657 70 02)
- Apteka PAMIĄTKOWA, os. Czecha 79 (+48 61 833 36 90)
- Apteka DR MAX, ul. Piątkowska 87A (+48 61 840 19 00)
- Apteka DR MAX, ul. Głogowska 120 (+48 61 865 41 00)
- Apteka DR MAX, ul. Marcelińska 80 (+48 61 628 28 17)

3.4. Everyday life

MONEY

Our official currency is the złoty (code: PLN, local abbreviation: zł), divided into 100 groszy (abbreviation: gr). You can translate it as "a piece of gold" as the word "złoto" means gold. Country has not adopted the Euro, so if you want to pay in cash you need to have złoty's:

- you can withdraw the money from the ATM's called bankomat (most of them with explanations in English and few other languages)
- you can use a money exchange office called kantor (that is usually much more convenient and offers better rates)

Poland is one of the most advanced countries in the EU when talking about card payments. It is possible to pay by phone, touchless or by credit cards even for small bills. The most popular form of payment is pay pass (available for payments up to 100 PLN). Cheques are almost not used and be sure that people would be very surprised if you wanted to pay by check and very possibly – would ask you to use another form of payment.

Advice! If you pay in cash, do not be surprised when the shop assistant asks you for the exact amount, or refuses a larger note (such as 100 PLN), due to lack of change. That is the result of the popularity of electronic payments in Poland.

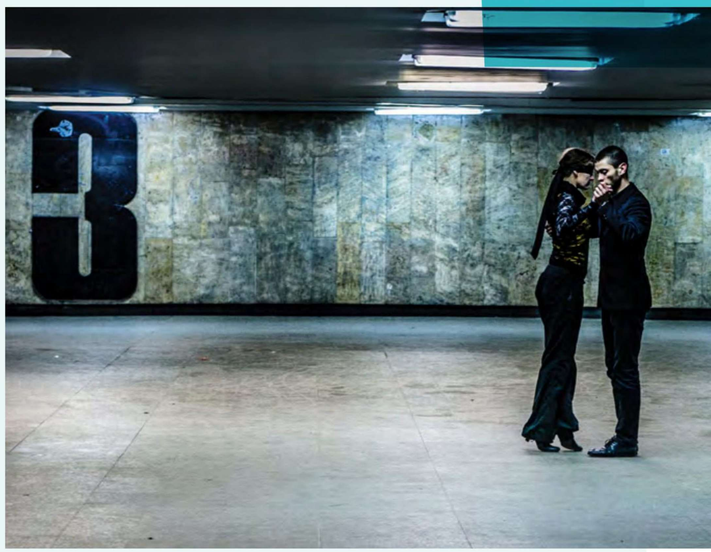
POST OFFICE

Post office, called poczta (www.poczta-polska.pl) is the place where you can pay local stamps, send letters and parcels to any country, and use EMS courier service. Postcards and letters require stamps, bought only in post offices. If you are registering letters and parcels you have to fill a special form (to provide sender and receiver's details) and hand it to the staff. To send standard letters and postcards you can just use the postbox.

One post office is open 24/7 and it is located at Głogowska 17 street (next to the entrance to Western Railway Station "Dworzec Zachodni".

INTERNET AND PHONES

City of Poznań offers WiFi access to its residents and tourists. You can find more information at: wireless.poznan.pl. You can also expect hotspots at shops or restaurants, but be careful as Poland is not a hacker-free country. The best option is to purchase internet connection service on mobile phones. There are cheap pre-paid cards which provide really good offers. To use Polish SIM cards you need to be sure that your phone has no SIM lock.



Dancing underneath
Rondo Kaponiera
(underground passage)
photo: Michał Antoniewicz

There are four mobile network operators and many virtual operators (the so-called MVNOs, some of them owned by network operators). Such a wide range of options fosters competition and results in reasonable prices.

Main four mobile network operators are: Orange, Play, Plus and T-Mobile.

Most popular MVNOs: a2 mobile, FM Group Mobile, Folx, Heyah, Lajt Mobile, Lycamobile, Mobile Vikings, Multimedia, Netia, nju mobile, Plush, Premium Mobile abonamenty, Red Bull Mobile, Virgin Mobile and Vectra.

Remember! You will have to register a SIM card in order to activate it. The best option is to do it at points of sale or mobile operator points. You will need your passport or ID in order to complete the procedure of registration.

SHOPPING

There are different types of shops in Poland. The smallest ones, usually run by private individuals or local families are still visible in Poznań, although they have to compete with big supermarkets or discount stores operated by international companies. Local shops may be open from 6:00 a.m. to 6:00 p.m. (18:00) on weekdays. Supermarkets open usually later (8:00 or 9:00) and work till late evening (21:00 or 22:00). You may expect shortened opening hours at Saturdays and large stores close on Sundays.

Small shops and marketplaces

Poznań is unique as it has preserved 20 open-air marketplaces where you can buy food products, clothes, cosmetics, vegetables, fruits and flowers. The name in Polish is "targowisko" or "rynek". They are open daily (some of them also on Sundays). The best time to visit them is morning and midday. Among the most popular are Rynek Jeżycki, Rynek Wildecki and Plac Wielkopolski. Some small shops belong to trading chains (modern convenience store type) – don't be surprised that some of them are widely visible almost everywhere you go like "ABC", "Lewiatan" or "Żabka". You should know that most of the gas stations are open 24/7 including holidays, and they usually allow some basic grocery and food shopping.

Supermarkets, shopping malls and shopping streets

You will notice most popular chain stores in Poznan, such as "Carrefour", "Kaufland", "Lidl", "Aldi", "Netto", "Intermarche" and "Tesco". Also "Auchan" in suburban areas. A popular Polish-Portuguese grocery chain store is "Biedronka" (meaning: 'a ladybug'). For home-improvement and construction products you can choose the offer of "Castorama", "Leroy Merlin", "Ikea", "Jysk" or "Obi" and some smaller shops of that type. There are also many shopping malls in the city and in the suburbs. Among most popular shopping streets filled with presence of different shops belong: Dąbrowskiego Street in Jeżyce district (which is connected to Rynek Jeżycki marketplace) and Półwiejska Street in the centre (which connects Old Town with "Stary Browar" Old Brewery shopping mall). The most popular shopping malls in Poznań are: Stary Browar, Posnania, Avenida, Pestka-Plaza and M1.

COST OF LIVING

As Poland is growing economically (constant increase of GDP since 2004), prices of products and services go up almost every year. You can compare qualitative data and statistics (including EU official data from Eurostat), but take a look at some examples of prices for food products.



photo: Janusz Starczewski
fotoportal POZ

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photo: Maciej Dąbkowski
fotoportal POZ

Advice! Currency rates change very quickly. The best option is to check actual one on the Polish National Bank website: www.nbp.pl (English version is available)

Food and drinks

- Cheese, 1 kg 30-50 PLN
- Milk, 1l 4-6 PLN
- Butter, 200 g 8,5-20 PLN
- Chicken fillet, 1kg 25,5 PLN
- Bread 4,5-15 PLN (could be much more expensive depending on quality or type – more special, more expensive)
- Bottled water, 1,5 l 2,5-3 PLN
- Beer, 0,3 l 4,5-12 PLN (depending on quality and type)
- Natural yogurt, 0,3l 2-4,5 PLN
- Chocolate, 100 g 4,5-8 PLN
- 10 eggs 12-14 PLN (free-range, depending on size)

Fruits and vegetables

Prices vary depending on time of the year and presence of fresh products which are produced in Poland. You need to try Polish strawberries which are available from the end of May till the second part of June or raspberries from July to August.

- Lemon, 1 kg 5-9 PLN
- Bananas, 1 kg 3,5-7 PLN
- Apples, 1 kg 3,6-6 PLN
- Strawberries (in a season), 1 kg 20-25 PLN (depending on weather conditions)
- Carrots, 1 kg 4,5 PLN
- Tomatoes (in a season), 1 kg 4-5,5 PLN, otherwise around 12 PLN
- Potatoes, 1 kg 3,5 PLN

Pubs & restaurants

Depending on where you go and keeping in mind that the prices may vary from one place to another, you may choose a place that best reflects your favorite ambience or personality or taste.

REMEMBER! There are student friendly places around all university buildings and facilities, look for them while strolling around the city!

- Coffee 10-15 PLN
- Tea 10-15 PLN
- Beer 12-14 PLN (craft beer is more expensive)
- Glass of wine (0,2l) 20-25 PLN
- Shot of vodka 10 PLN
- Soup 25 PLN
- Second meal (meet dish with potatoes, dumplings or rice) 35-60 PLN
- Salad 25 PLN
- Cake 15-25 PLN (apple pie with ice creams usually around 20 PLN)
- Ice creams (one scoop) 7 PLN

Barber shops/beauty parlors

Go online to check out available places, you can use the "Booksy" app or the "Moments" app to find what you are looking for.

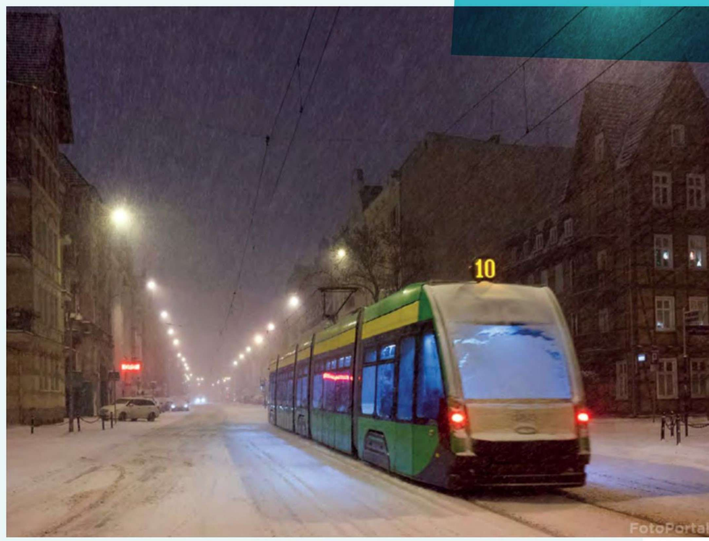
- Hair cutting (men) 80-130 PLN
- Hair cutting (women) 140-180 PLN
- Nails (women) 80-130 PLN
- Manicure (men) 80-100 PLN

3.5. Weather

Climate

It is hard to describe the current climate in Poland while we observe completely unusual weather patterns. Snowy winters are rare, most winters tend to be mild with only a few snow days and temperatures below. Some regions, including Wielkopolska, became accustomed to long autumns without frost, ice or snow with much warmer temperatures than it used to be 20 or 30 years ago. Summer climate give a

A snowy street
photo: fotoportal POZ



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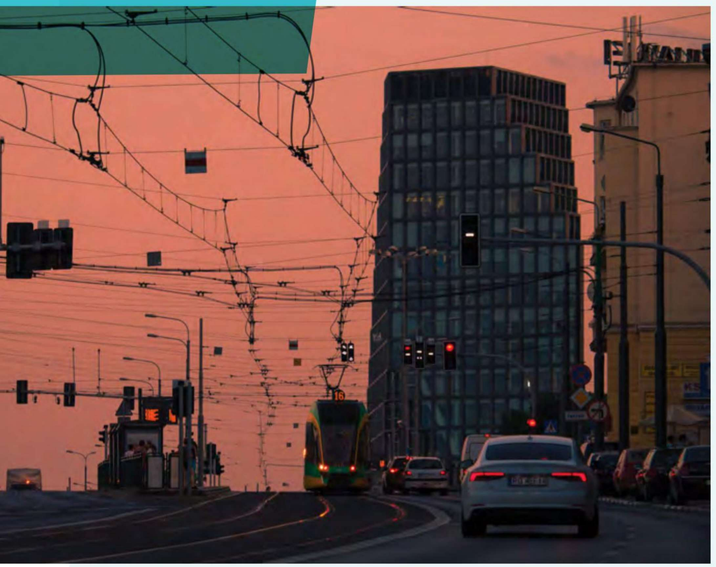


photo: Wojciech Pudliszewski
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more Mediterranean feel with occasional droughts (danger of fires in forests, low water levels in rivers and streams).

Weather details

Upon your arrival for the Fall Semester, you can expect dry, nice and sunny days till the end of September. This is our "Indian Summer" or "Babie lato" in Polish ("Ladies Summer"). October, especially in its second half, becomes more wet and colder, however still quite good for hiking and planning trips. November, for many people becomes a difficult month with most of the vegetation gone and with many rather cold, windy and rainy days (with a temperature from 5 to 10 degrees Celsius), and with a possibility of morning and nght frost especially in the second half of the month. December should greet you with some light snow and delicate frost (-5 to 0). Christmas holidays with snow all around is hard to witness with temperatures reaching far above zero Celsius. It still means that you need a winter jacket and comfortable warm shoes. A scarf, gloves and a hat will be very useful throughout the Fall and Winter.

January and February are usually the coldest months, with temperatures falling below -10 deg. Celsius. March and April is a mix of seasons with more rain than snow and a weather rollercoaster between winter and spring. That's why we call this period "early spring" (przedwiośnie). However April is much warmer than March with quite a warm weather often towards the end of the month. The beginning of May is when it usually gets warmer with occasionally colder nights, but usually not after mid-May.

June brings warm, sunny days with thunderstorms and the air of summer, with temperatures ranging from 25 to 30 C during the day, and nice evenings with 15 or more degrees C. Throughout July and August you may expect some hot days, around 30 degrees Celsius and others just comfortably warm but often rainy and with short thunderstorms.

always check:
https://migrant.poznan.uw.gov.pl

3.6. Documents

All foreigners staying in Poland for longer than 90 days in case of EU or EFTA citizens or longer than 30 days in case of non-EU citizens, must register their place of residence. That means a student needs temporary registration covering the stay from 3 months up to 5 years (depending on duration of your stay at our University).

Please learn more about documents and procedures which could be essential for you: https://migrant.poznan.uw.gov.pl/en

VISA / TEMPORARY RESIDENCE PERMIT

EU/EFTA citizens

- Each EU or EFTA citizen can enter Poland with a valid travel document, such as a passport or any other document certifying identity and country of citizenship.
- Residing in Poland longer than 90 days requires registration unless your visa or other documents make your stay legal. Check your immigration status carefully and when in doubt, contact your international counsellor!

NON-EU/EEA citizens

- A citizen of a non-EU/EFTA country can enter Poland with a valid travel document (such as a passport) and a visa, if required. A citizen of a non-EU country has to obtain the visa from the Polish Embassy or Consulate in his/her country of residence.
- The short-term visa – usually is valid for stay up to three months
- The long-term visa – usually is valid for stay up to one year
- To obtain the residence permit, please follow the explanation given below. As a student, in most cases you are also allowed to work in Poland.

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Residence permit

Residence permits will be granted to citizens of other countries who have health insurance and sufficient resources to cover their expenses without the need for any kind of government support.



photo: Maciej Komorowski
fotoportal POZ

Where to submit the documents in order to obtain residence permit (both EU and non-EU/EEA citizens)?

In **Poznań** (also for candidates studying in Gniezno):

- the **Department for Foreigners of the Wielkopolska province**
- Wydział Spraw Cudzoziemców - Oddział Obsługi, pl. Wolności 17, 61-739 Poznań

In **Kalisz**:

- by the **Department for Foreigners of the Wielkopolska province office in Kalisz**
- Wydział Spraw Cudzoziemców - Oddział Spraw Cudzoziemców, ul. Kolegialna 4, 62-800 Kalisz

In **Piła**:

- by the Department for Foreigners of the Wielkopolska province office in Piła
- Wydział Spraw Cudzoziemców - Oddział Spraw Cudzoziemców, ul. Dzieci Polskich 26, 64-920 Piła

In **Gorzów Wielkopolski** (for candidates studying in **Słubice**):

- by the **Citizen Affairs and Foreigners Department of the Lubuskie province**
- Wydział Spraw Obywatelskich i Cudzoziemców - Oddział Paszportów i Migracji, ul. Jagiellończyka 8, 66-400 Gorzów Wielkopolski

You need to prepare:

- copy of the travel document (such as a passport or other identification document in case of EU citizens),
- health insurance document,
- official confirmation of student status from the Polish university (with information about the planned period of study),-
- official statement from student's home university declaring grant received (if awarded) or/and other proof of financial sources (funds for living), such as a bank statement,
- 4 photo: graphs,
- 2 application forms (wniosek o zezwolenie na pobyt)
- proof of student accommodation in Poznań, Gniezno, Kalisz, Piła or Słubice

Full-time students can take advantage of employment opportunities. However, it is advised that a full-time student receives a residence permit (karta pobytu) before starting any work. Individuals whose visa ends, may apply for a residence card and submit the required documents up to the last day of the visa validity. The first residence card is issued for 15 months, and the next one may be also granted for a longer period. Visas can be issued for a maximum of 12 months.

3.7. Migrant Info Point

Migrant Info Point (MIP) is a place where individuals regardless of their background can receive information and support related to the legalization of stay, work and daily life. Specialists on-duty including lawyers may advise free-of-charge how to fill out forms and explain the intricacies of the Polish immigration law. MIP also offers workshops, language courses, training sessions and integration meetings.

People working in Migrant Info Point – advisors, lawyers and teachers – can communicate in four languages (Polish, Ukrainian Russian and English).

Migrant Info Point is located in Poznań Integration Center building at ul. Półwiejska 17/27. Check: www.migrant.poznan.pl/en

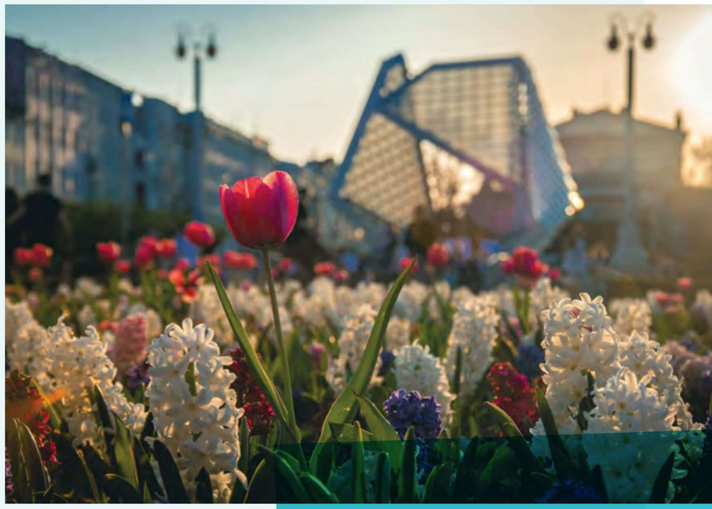


photo: Mateusz Chrostek
fotoportal POZ

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4. Poznań and Wielkopolska – your new home!

For the next couple of months Wielkopolska region is going to be your new home. We hope you will find the time to discover it and make its everyday life your own!

4.1. Welcome to our region

The region

Wielkopolska region translates into English as the "Greater Poland" due to its historical importance as both legendary and real "cradle of the Polish state". Here the first Polish dukedoms were established in the 10th century. They paved the way for the Kingdom of Poland (1025) with Gniezno and Poznań as two cities central to its development: religious and economic.

More than a thousand years ago this land was inhabited by Slavic tribes named **Polanie** ("Field Dwellers"). That's how Poland came to be known as "**Polonia**" in Latin or "**Polska**" in Polish. The first Polish Royal Dynasty (the Piasts) whose members were crowned as kings in Gniezno's cathedral and laid to rest at the Poznań cathedral's vaults, ruled Poland for more than 300 years. Special attention is given to duke Mieszko the First, who is believed to be founding father of the modern Polish state by adopting Christianity in 966 and by securing his son's coronation as the the first king of Poland, Bolesław Chrobry (crowned in 1025).

Wielkopolska was always a safe haven for foreigners who had lived here throughout centuries. In 1264 by the act of a local duke, legal rights and official protection of the Polish king was granted to the growing Jewish community, for the first time in European history. During the Renaissance the region became a shelter for people seeking refuge from religious persecution: protestants escaping from Germany and Czechia, catholics escaping from Scotland. Wielkopolska became a home for Czechs, Dutch, Germans, Greeks, Italians, Jews, Russians and Scots alltogether.

Land of Piast Dynasty: special tourist route

As Piast Dynasty was the first Polish royal family which originated from the region of Wielkopolska, a tourist trail known as "Szlak Piastowski" was introduced. It focuses on all places which in the 10th century played an important role in the foundation of a state. That includes Poznań, Gniezno, followed by a forgotten stronghold on the island of Ostrów Lednicki on the Lake of Lednica and also a historically older archeological site in Biskupin (from 8th century BC).

Be part of our story!

Now we have the pleasure to welcome you in our region as a student. We are delighted to host you at Adam Mickiewicz University and hope you will have a very good time here with us!

ADVICE! Check "Gate of Poznań" (Brama Poznania, Porta Posnania): it's an exhibition showing you the beginnings of Poznań: www.bramapoznania.pl/en. From Porta Posnania it is an easy sightseeing tour of the oldest district of the city named Cathedral Island (Ostrów Tumski).

4.2. Explore Poznań

Poznań boasts approx. 6 thousand historical monuments (including churches, public institutions and tenant houses) which represent a variety of architectural styles. That is really a lot! It means you can find interesting objects in all districts.

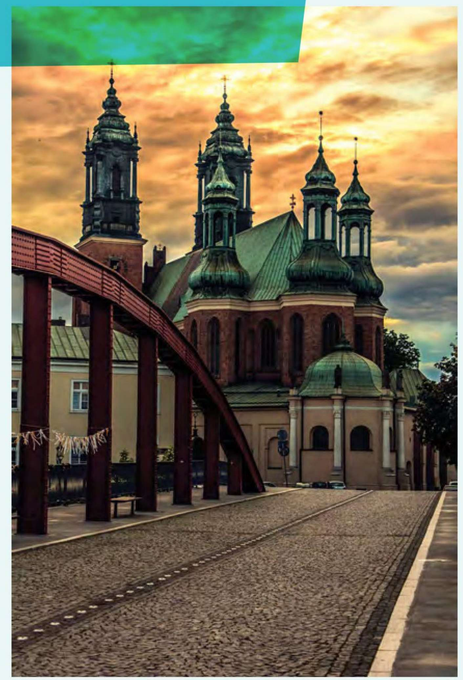


Old Market Square photo: Przemysław Turlej

City Hall & Old Market Square

Renaissance City Hall with a famous pair of goats used as part of the tower clock mechanism attracts tourists every day. It is the heart of the Old Town. Once a seat of city authorities, today a museum of history, the Poznań Old Town Hall is a symbol of the city's golden age – the 16th century when it developed into a huge trading centre. The Hall is still regarded as one of the best examples of Italian Renaissance outside of Italy. A true masterpiece of art! If walls could talk, Old Market square houses would have told you a lot of stories about Polish, Greek, Italian, Jewish, German and

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Poznań cathedral church
photo: Krzysztof Borylo

Scottish owners! Come here at midday to see the famous goats show (**koziołki**) and hear the bugle call from City Hall's tower.

Parish church of St. Stanislas (Fara Poznańska)

This is a real pearl of Baroque! Its interiors are unique in the region. A splendid combination of emotions and perception of perspective, colours and forms. Completed in 1733, surviving WW2 almost without big damages is a must-see location on your map. Be sure to sit in for a classical music concert played on church's organs. Made by the world-famous German organ master Friedrich Ladegast, St.Stanislas church organs are believed to be among the best of that type in the world dating back to the 19th century.

Cathedral Island and Śródka district

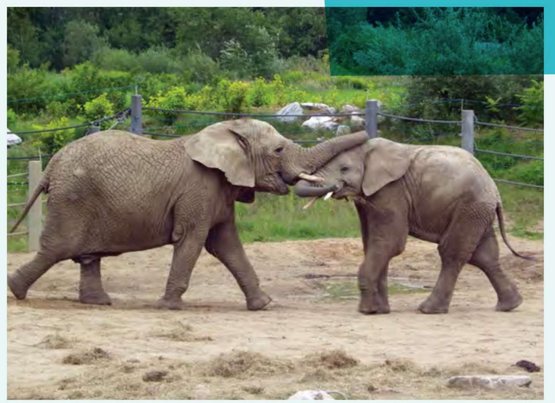
The oldest part of the city, established probably in the 8th century as a small stronghold, was turned into a huge fortress and royal residence in the 10th century. In 1999 AMU archaeologist professor. Hanna Kócka-Krenz discovered ruins of a palace and chapel dating back to that period. Around 970 a.c. the first Polish Cathedral was built here and became a burial place for the first Polish royal family of Piast dynasty. Be sure to see the Byzantine style Golden Chapel, built in the 19th century as a mausoleum for the first rulers. Go to the Archaeological Reserve "Genius loci" to see well-preserved huge wooden ramparts and palisades from the 10th century. Then move via Bishop Jordan bridge to the Śródka district to see beautiful murals on the Śródka Market Sq. and enjoy time at one of the cafés located on cobblestone streets. You can also get to the interactive "Gate of Poznań" exhibition to learn about the history of the Cathedral Island.

Morasko Meteorite

Yes, Poznań is a city with its own meteorite. Or actually there are seven craters created by asteroid impact which took place about 5000 years ago. The largest crater has a diameter of about 100 metres and is about 11 metres deep. All of them are located in a forest next to Moraska Hill (Góra Moraska) in the north of the city. Adam Mickiewicz University Faculty of Geographical and Geological Sciences hosts an educational centre teaching visitors about meteorite discoveries and local meteorite trails in the surrounding forests. You can get there by bike or city bus. Check out the city views from the southern slopes of Moraska Hill.

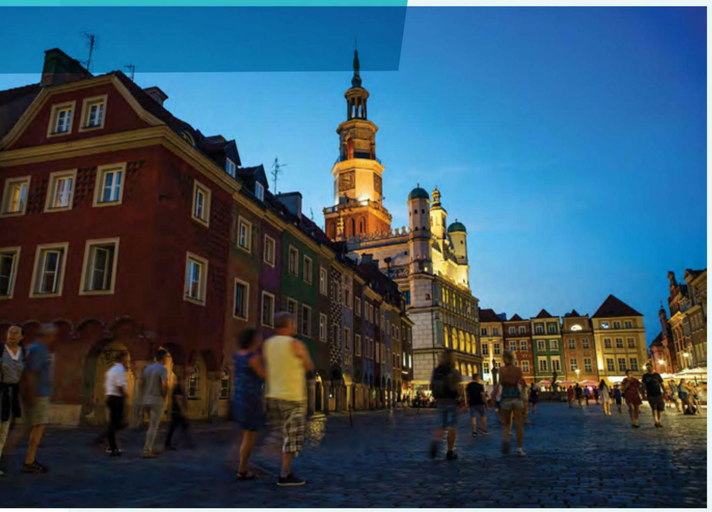
ZOO & Malta Lake

Poznań's New ZOO is a paradise for animals and animal lovers. Spacious enclosures for almost 400 species covering the area of 121 hectares make this ZOO a unique place. In recent years it became a comfortable refuge for animals which were illegally kidnaped from their original environment or kept in awful conditions. Expect to see a modern elephant-house (one of the biggest in Europe), a tiger-enclosure, a bear pit and a new giraffe-pavillion.



Elephants in New Zoo
photo: fotoportal POZ,
Kaya Grabowska

You can get to the ZOO during the summer season by miniature train called Maltanka. It goes along the northern shore of Malta Lake, created on Cybina river in 1960. The whole area known as Malta is a popular recreational and sport destination – you can run, hike,ride a bike, ski (on artificial slope Malta-Ski),but first of all it is a perfect place for rowing and canoeing. Malta Lake hosted many international championships as it is one of the best places to hold rowing competitions. When going towards the ZOO area you can enjoy a walk along a tree-bridge, 13 metres above the ground and observe the natural habitat of many singing birds.



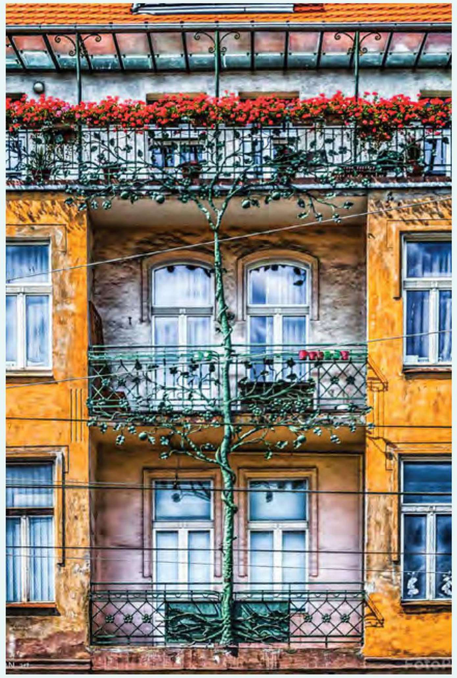
Old Market Square
photo: Adrian Wykrota

Arena and Palm House

St Lazarus (Łazarz) district boasts two nice parks with some interesting buildings. One looking like a copy of Palazzo dello Sport in Rome, a former sports hall named **Arena** standing in Kasprowicz Park, another one – the Palm House (**Palmiarnia**) at Wilson's Park. It is one of the largest palm houses in Europe, a home to 17 thousand plants representing 1100 species from around the globe. There are also 170 species of exotic fish in the aquariums. A dream destination for you during winter days.

Forts of "Festung Posen"

A hidden gem of Poznań, yet still unknown and undiscovered. Its geographical location turned the city into one of Europe's super-fortresses of 19th& 20th century, which was supposed to become a key object in the defence system of Prussian state (later turned into German Empire). Its task was to defend Berlin in case of a Russian invasion. The core of "Festung Posen" (official name in German) was Citadel with more than 100 ha of space. Today a beautiful, partly wild park with monuments and graves of soldiers, with sectors devoted to the memory of French and Russian prisoners of wars from 19th century, as well as those killed in 20th century: during the First and Second World War: British Commonwealth Cemetery, Soviet and Polish Heroes (including victims of Nazi and Soviet regimes). Citadel itself is a great lesson of history (with an open air Museum of War). Alltogether, there are 18 side fortresses to look at, some of them still in good condition. Among them: Fort no V (5) A, Fort VII (which is also a Museum of Victims of World War Two).



< Art Nouveau style building in district of Jeżyce
photo: fotoportal POZ

Central districts' houses

What is exceptional for Poznań and creates its unusual urban atmosphere, tends to be overlooked. Three central districts surrounding the downtown area with their own market squares, namely: Jeżyce, Wilda and Łazarz are a must-see areas for those who stay in our city a little longer. Once separate villages, they were later incoporoated into Poznań by the year 1900, and flourished with examples of beautiful architecture. Go to see Art Nouveau houses in Jeżyce (Roosevelta and Dąbrowskiego streets) or impressive buildings in Łazarz (next to Wilson Park). Go to Wilda Market Square which looks like an another city with its own market square and a church standing in the middle of it. In all locations you will find half-timbered houses typical for the Bamberg People population, whose ancestors migrated here in the 18th century.

Castle District

It is a part of Poznań where the headquarters of our University are. Originally designed at the beginning of 20th century as a new central district which would connect old downtown with three new quarters



Imperial Castle
photo: Adrian Wykrota

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of Jeżyce, Łazarz and Wilda. It also had a kind of symbolic function showing the power of the late German Empire. That is why Poznań boasts the last imperial residence in Europe built for the late Kaiser of Germany, Wilhelm II. Completed in 1910 it is the largest building of the district, standing in the charming presence of the Opera House and University Auditorium.

Steam train to Wolsztyn

This is really a unique experience. A steam locomotive from the past takes passengers from Poznań to Wolsztyn and back. This small town is a real jewel for old train enthusiasts. A train depot of Wolsztyn is a home to 30 historical locomotives which are still in use, and some of them providing regular passenger service to Leszno and Poznań. Each year a special Steam Locomotive Parade is organized during the first weekend of May.

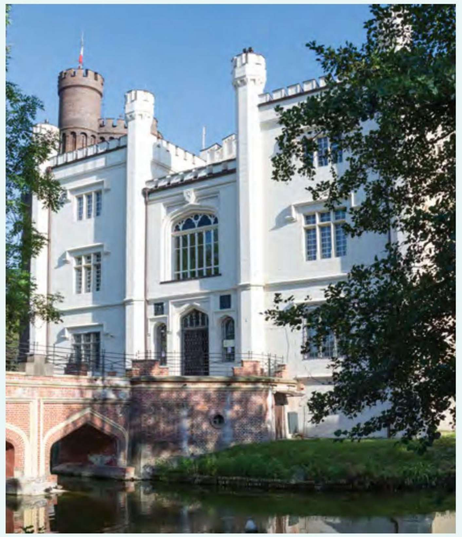
Steam train on Poznań Main Railway Station
photo: Paweł Sowa



White Lady of Kórnik Castle

Mysterious "White Lady" believed to be a ghost of one of the former owners of the castle is reported to walk through chambers of this unique residence every night A visit to Kórnik is a real meeting with extraordinary romantic architecture of English Gothic, paintings, sculptures and books, which are today part of the collection of Polish Academy of Sciences. It also gives a chance to see the beautiful Arboretum, a home to approx. 3500 species of trees, shrubs and flowers, including lovely lilacs and rhododendrons blooming during the springtime.

Kórnik castle >
photo: shutterstock





Rogalin Oaks and Palace

Located just 20 km south of Poznań is a paradise for nature lovers with approx. 2 thousand old oak trees, some of them reaching 9 metres in diameter! They grow in a park next to the beautiful Baroque-Classical palace which was once owned by the family of Count Raczyński. There is also a beautiful gallery of paintings and horse-drawn carriages on display.

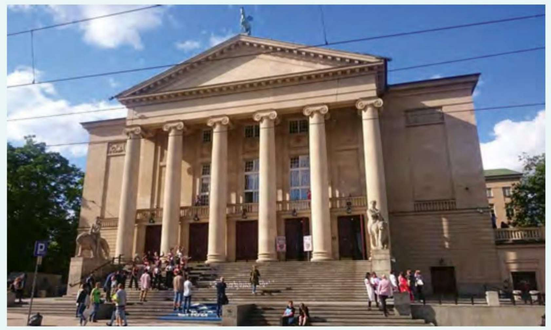
4.3. Cultural offer

There are many possibilities for you to enjoy considering the cultural life of Poznań. There are more events taking place in English than you might expect.

Theatres and cultural institutions

< Rogalin palace and park
photo: shutterstock

You don't need to speak Polish in order to understand theatre spectacles. The **New Theatre** (Teatr Nowy) invites for spectacles with subtitles in English: www.teatrnowy.pl/for-foreigners



The **Opera House** known officially as the Grand Theatre (Teatr Wielki) has a rich repertoire. Ballets and operas are performed in different languages depending on the title. Please check: https://opera.poznan.pl/en/

The Opera House
photo: Paweł Sowa

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Poetry meeting on Faculty of Polish and Classical Philology in April 2019 photo: Adrian Wykrota

The **Polish Dance Theatre** (Polski Teatr Tańca) is a very good option for non-Polish speakers: www.ptt-poznan.pl/pl/spectacles/all/en. Its profile of activity evolved from the ballet-shaped spectacle forms to contemporary genres: dance theatre, characterized by crossing over genres, as well as technical and stylistic borders.

Musical Theatre (Teatr Muzyczny) has a lot of international musicals and shows performed in Polish, based however on the original languages. Check: https://www.teatr-muzyczny.pl/ for details in English.

"**Poznań's Stage**" (Estrada Poznańska) is the name for a city-owned cultural institution which manages the Muza cinema and the Dom Tramwajarza [Tram Drivers' House] cultural centre. It organizes the Oscar-qualifying Animator International Animated Film Festival and the Dzieciaki na Piętrze [Kids Upstairs] cycle of theatre performances. It holds summertime cultural events taking place in various parts of the city. Different initiatives gather approx. 115 thousand viewers throughout the year. You will find details on Estrada's English website: www.estrada.poznan.pl/en

Another cultural superpower of Poznań is the "**CASTLE**" (Centrum Kultury ZAMEK) placed directly in front of the AMU headquarters. Each year this city-owned institution hosts approx. 2500 events such as concerts, performances, exhibitions, soirees and literary meetings, film screenings as well as experimental artistic undertakings embarking new types of activities, often site-specific ones. Most popular events include ETHNO PORT Poznań, a music festival, the International Documentary Film Festival OFF CINEMA, POZNAŃ POETÓW and FESTIWAL FABUŁY, both of which are dedicated to literature. Check the current schedule of events on the Castle's website in English: https://ckzamek.pl/

Museums and cultural heritage

Poznań has one of the biggest art collections in the country. It is presented mostly in state-owned museums meanwhile cultural heritage is presented in both state- and private-owned institutions.

Impressive collection of paintings, both European (Italian, Spanish, Dutch, German) and Polish is a part of the Gallery of European Art and Gallery of Polish Art of **National Museum** (Muzeum Narodowe). It is a perfect place to get familiar with prominent Polish artists from 19 & 20th century: Jan Matejko, Olga Boznańska, Jacek Malczewski, Stanisław Wyspiański, Leon Wyczółkowski and Władysław Czachórski. The whole collection includes more than 310 thousand art objects – paintings, sculptures, applied arts and numismatic objects. You will notice the Gallery of Modern Art and Poster and Graphic Design Gallery. National Museum runs some additional branches:

- Museum of Musical Instruments, only one of this kind in Poland, with the third largest collection in Europe
- Museum of History of City of Poznań (in City Hall)
- Ethnographical Museum
- Military Museum

Check the English version of museum's website: www.mnp.art.pl/en

A new project telling the story about the secret of a famous St. Martin's Croissant is run by a group of enthusiasts on the Old Market Sq. You can admire the original renaissance interior of a historic tenement house, prepare and taste this typical Poznań pastry in a friendly and casual atmosphere. Check **Poznań Croissant Museum** and Experience: www.rogalowemuzeum.pl/en



Rogalowe Muzeum photo: Shutterstock

Muzeum Pyry is a museum devoted to a crop most commonly produced in the Wielkopolska region, namely potatoes. **Muzeum Bambrów** on the other hand provides you with intriguing insight into the lives and traditions of the immigrants from

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the German region of Bamberg who settled in Poznań and became an important part of the local folklore.

4.4. Be active

There are many possibilities of staying fit while studying in Poznań. Many private gyms give you opportunities to do exercises. Among swimming pools existing in the city there are two which could be interesting for you.



Termy Maltańskie
Photo: shutterstock

The biggest Poznań's aquapark known as „Malta Thermal Baths" (Termy Maltańskie) is a city-owned facility with Olympic size, 50 metres long swimming pool, additional smaller, diving pool, saunas and SPA. Check website to see prices and offer: https://termymaltanskie.com.pl/en/

Modern sport area was developed in the last years by Adam Mickiewicz University in the northern part of the city known as Morasko-Umultowo. At Zagajnikowa street no.9 you will find the University Sports Centre with a swimming pool, sports halls, gyms, tennis-courts and a full-size soccer field with a track stadium.

Green areas

There are many parks and municipal forests where you can go hiking. Starting from the north, municipal forests expend from Radojewo to Naramowice along the Warta river with interesting flora on the meadows. A hike to the **Morasko** Meteorite forest is a good option too.

In north-west of Poznań you will find three lakes: **Kiekrz**, **Strzeszynek** and **Rusałka**, usually well-connected with the city by bike paths, surrounded by the forest. You can swim in these lakes – there are official beaches where you can hang out with friends.

Citadel Park is the main destination in the centre of the city as well as Warta riverbanks with "Wartostrada" bicycle path. Meadows on the northern part of the Cathedral Island and neighbouring Warta valley in the direction of Główna bring you almost to the Middle Ages. By just turning south you will easily spot the Cathedral Church towers in the distance.

Eastern part of the city offers the **Malta Lake** and **Cybina** River Valley with a New ZOO area, bicycle and pedestrian paths. Meanwhile in the south, apart from Warta River Valley forests and meadows, you can enjoy **Szachty** – a park in a former area of clay pits.

Outside of Poznań you can find two forest areas with lakes and plenty of hiking trails: Puszcza Zielonka Forest in the north-east and Wielkopolska National Park in the south-west. You can reach them by train or suburban buses, which makes them easily accessible.

4.5. Make Polish Friends

Socializing with Polish students and establishing friendships could open the world of national and in a way very private traditions up for you. You will know what we mean if you go to a Polish wedding (**wesele**) or a Christmas Eve supper called **Wigilia**. In both cases be sure that you will get a lot of food and unforgettable memories.



AMU students
photo: Maciej Nowaczyk

Christmas Eve (Wigilia)

This is the most popular and important holiday in the country for many people. You don't have to be religious to appreciate the full scope of the Polish Christmas celebrations and traditions. The key point

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of the holiday is the Christmas Eve supper, taking place in the evening of 24th of December (**Wigilia**), right after the first star appears in the night sky. Special menu which should include 12 courses is served to participants of the dinner (with an interesting rule – no meat!). You will be served red beetroot soup (borscht or "**barszcz**")



Polish Christmas dishes
photo: shutterstock

with tiny dumplings with mushrooms called "**uszka**" , followed later with carp fish (karp). Among sweets you can find gingerbread (**piernik**), poppy seed cake (makowiec) or special desserts based on poppy seeds, honey, dried fruits, called depending on a region **makiełki** or **kutia**. Be sure that if you are invited for **wigilia** you will be treated like a special guest.

4.6. Enjoy life

Party never ends! Birthdays and Name Days

Do not be surprised if you are invited for a Name's Day party (**imieniny**) or a birthday party at a pub or at home (**urodziny**).

We won't tell you where to go for a party or meeting with friends. You will get to know it very quickly. More than **1 thousand** pubs, clubs and cafes are waiting for you in Poznań. As we say in Polish: "**Poznań – miasto doznań**" (loosely translated: "Poznań - a city with a vibe").

Feel the vibe

Local traditions and holiday ceremonies are still alive in this fifth largest Polish city. You can expect a mixture of rich ethnographic heritage and a lot of modern, open-minded attitudes.

St Martin's Street Parade

On 11th of November Poznań gets crazy about partying, gathering on the streets and enjoying delightful St. Martin's Croissants or St. Martin's Goose. In this way we celebrate the Name Day of the patron saint of the most important street in the city centre as well as National Independence Day. The clue of the day is the St. Martin's Parade. St. Martin riding on a white horse receives symbolic keys to the city from the mayor. It is a sign for the celebration to begin! Concerts, artistic presentations, croissants and food stands all over the street and crowds of people – make this local phenomenon the only celebration of this kind in Poland! It is estimated that about 600 tonnes of croissants are being eaten in Poznań on St. Martin's Day!



Celebrations
of St Martin Day
photo: Maciej Komorowski
fotoportal POZ

Greater Polish Uprising 1918 Ceremonies

If you stay for Christmas in Poznań do not forget to go on the 4b platform of the Main Station (Poznań Główny) known as "Imperial Platform" at the evening of 26th of December to see the performance of Jan Paderewski's arrival. Based on a true story, the 1918 visit of this world-famous pianist and composer sparked the beginning of a victorious rebellion of Poles against German military administration of the city. At the end of World War I Polish citizens of the region decided to rejoin Poland once again following the 120 years of not having their own country. The Wielkopolska uprising is celebrated now throughout the whole region, mostly in the form of concerts, official ceremonies and artistic performances.

Spring Rebirth Celebrations

One of the most fascinating yet unofficial and non-religious holidays takes place on the first day of Spring (21st March). Young people wearing funny, joyful costumes gather along the banks of the Warta river to celebrate spring according to old Slavic rituals.

They bring a hand-made human-like creature (Marzanna), which is usually made on the same day from old clothes, paper, sticks, straw and wood. It symbolizes winter with all its negative aspects and therefore has to be burnt and thrown into the waters of the river in order to make place for the spring.

In pre-Christian times this ceremony had a magical meaning. Today it is an occasion to have fun: play, dance, eat and

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drink with friends and people coming for the ceremony. There are many Marzanna ceremonies on that day, in recent years however a "central" one was starting on Liberty Sq. (Plac Wolności) with a procession marching towards the river via Old Market Sq.



Spring Festival > in Walkowice
photo: Mariusz Forecki

Easter Festivities

Although Easter is strictly connected with religious ceremonies and beliefs, there are many cultural traditions which are very strong in the Wielkopolska region. Usually on the Saturday before Palm Sunday (a week before Easter) you can see a Passion of Christ (Misterium) performed by a crowd of volunteers in the Citadel park. It is one of the biggest religious-background cultural initiatives of this type in Europe. There are also non-religious customs like "wet Monday" (**lany poniedziałek**). On Easter Monday in different parts of the region you can find groups of people wearing funny or scary costumes, a bit like trick-or-treat tradition in the US for Halloween, (asking for sweats or small change), at the same time sprinkling water on passers-by.

Easter traditional food blessing
photo: shutterstock



ADVICE! A must see Easter tradition! Go to Ławica district (near the airport) with some Polish friends on Easter Monday to see the traditional "Żandary" show. For a few hours the dressed-up group will interact with visitors, play tricks on you, paint your face and sprinkle water on you. The show ends with the actors climbing on top of a chimney of a local bakery.

Students "Juwenalia" celebrations

Usually held in May the "Juwenalia" stands for a real massive party for students in the open air. Concerts, artistic venues and official parades are among the main events of this students' days. The entire city of Poznań is celebrating and the program is jointly organized by all universities located in the city.

University Anniversary Celebrations

Each year, prior to the outbreak of the global pandemic, the AMU used to celebrate its Foundation Anniversary by preparing a series of special events in from January until May:

January – New Year's Concert in the Main University Hall (**koncert noworoczny**)
May 1st-May 3rd mark the official opening of the season by the AMU Botanical Garden
May 7th– official University Day marked by concerts, conferences and other events
May 8th - designated as AMU Sport Day (**Dzień Sportu**) with sport events taking place in different faculties
End of **May** or beginning of **June** – Grand Barbecue Party (**Wielkie Grillowanie**) at the AMU - Morasko Campus



A funny parade during Students Days
photo: Paweł Sowa

Poznań Pride Week

Poznań is home to a very active LGBT community which is organizing Pride Week attracting a lot of visitors from Poland and abroad (pride march in 2019 gathered more than 10 thousand people, making it second largest in the country after one organized in Warsaw). There are many cultural and artistic events throughout the week in different parts of the city. It usually takes place in July – check website www.poznanprideweek.pl

Malta Festival

Once known only as a theatre festival, Malta Festival has turned into a multi-cultural event focusing on different aspects of per-

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materiały prasowe Malta Festiwal

forming arts. You can expect theatre and dance performances, open-air concerts, exhibitions in abandoned buildings, workshops, happenings on city streets, meetings at the festival club, film screenings, silent discos, as well as inspiring activities for children and adults. This cultural feast is celebrated for 10 days in 50 different locations in the city providing about 300 events for approx. 85 thousand spectators. Check the website www.malta-festival.pl/en to be sure you don't miss any performance!

Henryk Wieniawski Violin Competition

Every 5 years an international violin competition takes place in Poznań, in the AMU Main Auditorium. It is a competition for violinists up to age 30. The Competition honors a famous Polish virtuoso and composer Henryk Wieniawski. Poznań Airport is also known as the Henryk Wieniawski Airport.

Poznań International Fair

Poznań is well known as an international conference centre with the best infrastructure in Poland prepared to host exhibitions of different kinds (150 thousand sq. metres of exhibition space in 15 pavilions, 23 ha of area right in the centre of Poznań). A city-owned company **Międzynarodowe Targi Poznańskie** organises approx. 60 exhibitions throughout the year known as fairs (**targi** in Polish) including some which may be interesting for you: constructing fairs BUDMA, motor industry POZNAŃ MOTOR SHOW, gardening GARDENIA, agriculture and food industry POLAGRA, tourism TOUR SALON. In 2008 Poznań International Fair hosted the United Nations Climate Change Conference COP 14. Poznań Congress Center is proud of the beautiful Earth Hall (**Sala Ziemi**) which is also used for concerts. That is why you should be familiar with different events organized by Fair by checking their website: www.mtp.pl/en

Poznań June 1956 Remembrance Day & St. Peter's and St. Paul's Day

Each year we commemorate victims of the first strike in Poland which took place during the post-war communist times. It happened on 28th of June 1956 when the citizens of Poznań demanded working and civil rights, respect, increased salaries and changes in the labour law. They wanted dialogue with the communist government but the response of the regime was brutal – tanks and soldiers were sent to the streets of Poznań. As a result about 60 people were killed, many others wounded and arrested. The full story is presented in the **Museum of Poznań 1956 Uprising** at the Centrum Kultury Zamek, Św. Marcin 80/82 (exhibition is available in English).

On 29th of June we celebrate St. Peter and St. Paul Day – both are patron saints of Poznań's cathedral and both are visible in the official coat of arms of the city. Therefore the end of June is filled with events dedicated to these very popular first names among Poznanians.

Bamberg People Arrival Day

Thefirst families from southern and western parts of Germany reached Poznań more than 300 years ago and settled in the neighboring villages belonging to the city. They were invited here as free citizens and were offered work. Poznań was in need of rebuilding a population due to the aftermath of military conflicts ongoing throughout the first half of the 18th century. It is estimated that between 1719 and 1753 some 900 people had arrived. They were very quickly fused with the Polish inhabitants of the city. Today Bamberg People (Bambrzy) are regarded as a group of Poles of German origin. It could be that up to 5% of contemporary Poznań population can trace their ancestry back to the families who arrived from Bamberg in the 18th century. Arrival Day celebrations take place usually on the first Saturday of August. The Bamberg outfit (lavishly decorated especially for ladies) is regarded as one of the symbols of Poznań. When visiting the Old Market Square you can't miss a small fountain with the statue of a lady wearing a typical Bamberg dress and carrying two buckets over her shoulders. It stands in front of the former Customs House (Waga Miejska) and we call her "Bamberka" (a lady from Bamberg).



"Bamberka" at Old Market Square photo: fotoportal POZ Natalia Goślicka

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4.7. Arriving to Poznań

Some practical advice to help you make yourself feel comfortable on arrival day!

By plane

The Poznan Airport (POZ), also named **Ławica** or **Henryk Wieniawski Airport** is located about 7 km from the city centre. You can take a local bus no 159 which goes to the city centre (Rondo Kaponiera stop or Poznań Główny/Poznań Main Station last stop would be your best choice to get off). You may check it's schedule on www.ztm.poznan.pl/en.

You can buy paper tickets for the bus at the Arrivals Information Desk or in the machine (which accepts debit/credit cards), just outside of the Arrivals Hall (on the right side – where you also find the bus stop). There is also a night bus going to/from the airport, no 242.

If you prefer to take a taxi, you can safely catch one from outside the Arrivals Hall (you will see taxis filed up on your left) or you may order one at the airport information desk. All taxis at the airport are safe and you will see no hustlers. Two of the most popular car-sharing apps will also work: Uber and Bolt as well as the iTaxi app. There is a Euronet ATM in the Arrivals Hall and two points of Money Exchange (two more if you walk 2 min. to the Departures Hall, on the same level as Arrivals). Ask your taxi driver if he accepts debit/credit cards – most airport taxi drivers will. The fare to the city centre should not exceed the equivalent of 10 EUR (45 PLN). Prices may be slightly higher after 10 pm and on weekends/holidays. Airport website: https://poznanairport.pl/

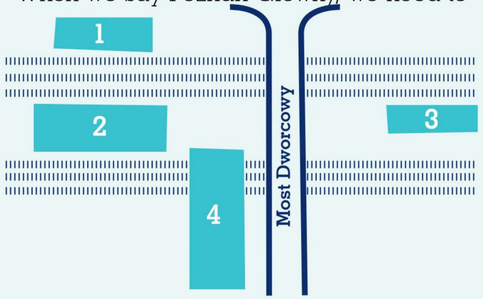
By train and bus

POZNAŃ GŁÓWNY / MAIN STATION

How to get around?

That is why we prepared a map which will help you to find yourself in the area of the main station. It could be very useful not only on arriving, but also during your everyday life in our city.

When we say Poznań Główny, we need to know that there are 4 buildings which are part of the station:



1) Western terminal (Dworzec Zachodni), entrance from Głogowska street and the Poznań International Fairs. It's small, historic and linked with both the new and the old terminal by the underground tunnel. Several tramlines stop just outside, including a fast tram line toward the AMU Morasko Campus (check "Jak dojadę" app to get on the right line). Inside you will find ticket windows and a Mc Donald's. The Post Office building open 24/7 is the building to the right.

2) Old terminal (stary dworzec), between platforms 1 and 4 dividing. It remains closed and awaits renovation with only some scattered food joints near the front entrance. It is connected with Dworcowa Street leading up to the Rondo Kaponiera (large roundabout next to AMU headquarters and Jowita Student Hall). Here it's easiest to catch a bus going directly to the Airport. You can also climb the outdoor steps or use a lift to get on the overpass leading towards the city centre.

3) Summer terminal (Dworzec Letni) was built for the last Emperor of Germany to allow him private passage from the railway station to his Imperial Castle.



New railway terminal (No 4) photo: shutterstock

It extends on the somewhat clandestine platform 4B. Just follow platform no.4 northwards and you're

4) New terminal (Nowy Dworzec) together with the Avenida shopping mall occupies several floors above platforms 1, 2 and 3. The main Bus Terminal for regional and international busses occupies the ground level and is accessible either from the east (Aleja Króla Przemysława), from the north (ul. Składowa) or from the inside of the shopping mall if you're entering from an overpass directly into the mid-section of that long glassy pavillion and are prepared to walk past the McDonald's to the nearest escalator and go one floor down to street level.

Inside of a New Station building photo: Paweł Sowa



4.8. Moving around

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Poznań (city transport)

Poznań has a well-developed transportation system based on trams and buses. Local train routes connect the suburbs of Poznań with Main Station (Poznań Główny) offering cheap alternatives to city busses (look for **Poznańska Kolej Metropolitalna, PKM** connections).

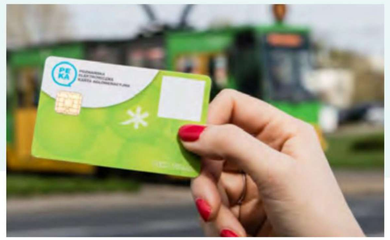


photo: Janusz Starczewski
fotoportal POZ

The best way however, to travel around Poznań is the trams. With constant traffic jams riding a tram may be the only reliable form of transport comparable only with riding a scooter or a bike or with walking on foot. There are not enough tram lines to cover all city districts, so you may need to change for a bus occasionally. The City keeps adding bus lanes to major streets so that busses spend less time in traffic jams.

Perfect night transportation system

You really don't need to use a taxi during the night. Night buses (23 lines) and special night tram lines will get you moving around the city, but if you don't know the city well enough, just get an Uber or a Bolt driver to pick you up. Most night buses start/finish their journey at Rondo Kaponiera, one of main crossroads of Poznań, approximately 100 metres from the AMU headquarters. They run every 30 minutes on major lines and every 60 or 90 minutes on less travelled lines. It means you can easily travel from various parts of Poznań by changing at Rondo Kaponiera. Night tram runs even every 15 minutes, and can deliver students to Słowiańska stop (Babilon, Jagienka and Zbyszko Student Halls) from the Old Town area (Wrocławska stop) practically in no time.



PEKA card system

IMPORTANT! PEKA Card stands for Poznańska Elektroniczna Karta Aglomeracyjna and it will help you buy cheaper and long-term tickets or pay per every stop in your local travels (e-wallet). Students who get AMU Student ID may activate the PEKA function without getting a separate card as both rely on the same chip technology. However, you must only do that at one of the designated PEKA card selling points located around the city. Just look for ZTM Poznań Customer Service Points, there is one at every major bus terminal or a transfer center (i.e. rondo Kaponiera, rondo Rataje, rondo Śródka)

Personalized PEKA card (with your name and photo) can be obtained for free, but you need to wait up to 2 weeks for your application to be processed. You may submit your application online, just fill-in your personal details, upload a photo: in .jpg or .png format and when prompted, collect your card at any ZTM Customer Service Point at your convenience.

More information you can find on the official website of ZTM Poznań: https://www.ztm.poznan.pl/

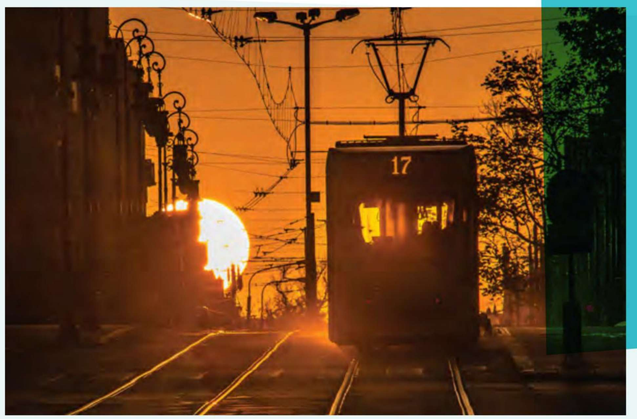


photo: Małgorzata Kolasa

PEKA Card advantages

It gives you the possibility of traveling your friends using an e-wallet. You may add up to 30 single ride tickets to your card at the same time. Just make sure you tap your card as you get on a bus or tram and just before you get off.

You are allowed to make up to 3 transfers between busses and/or trams within a fixed time slot, not exceeding 20 minutes each time. It may save you money because the more stops you travel, the cheaper the ride gets.

With your semester or monthly tickets you obviously don't need to tap in/out every time, but you can still use it to pay for your friends using a PEKA e-wallet.

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4.9. Our University cities (Gniezno, Kalisz, Piła, Słubice)

The Adam Mickiewicz University is visible in 5 cities located across 2 regions: Wielkopolskie and Lubuskie Voivodships.

Kalisz

Regarded as „the oldest city in Poland", as some people suggest it was mentioned on Ptolemaeus map as "Calisia" in times of Roman Empire. We are not sure of that, however in the matter of fact Kalisz area was on the so-called Amber Route which connected Rome with the Baltic Sea. We are also sure that Kalisz played a crucial role in the region's life already in the Middle Ages. It was one of three ducal seats of Wielkopolska, together with Poznań and Gniezno. Inhabited by 100 thousand people it is the undisputed capital of eastern Wielkopolska with its own character. During the 19th century, a time of partitions of Poland, Kalisz belonged to the Russian Empire serving as its most western outpost. This division of Wielkopolska into German and Russian controlled parts left a lasting impact not only in architecture, structure of villages but cultural traditions as well. In 1914 – Kalisz was bombarded and almost totally burnt by German troops when the First World War started. Historical centre was rebuilt and is still worth a visit (including objects of high value like St Nicholas Cathedral, former Jesuit church, a theatre), along with a beautiful Municipal Park sitting on an island created by the Prosna river.

ADVICE! When in Kalisz you have to taste **andruty** wafers. It is a culinary symbol of the city which you must try.

Gniezno

Proudly called the first capital of Poland is a medium sized city, inhabited by 70 thousand people, very strongly connected to neighbouring Poznań (almost 50 trains per day, only 45 minutes of travel time). The name could come from the word "gniazdo" which means a nest. Today you couldn't imagine the city without the Cathedral, standing on Lech's Hill, being an excellent example of Polish Gothic architecture with lavishly decorated 14 chapels inside and a precious silver tomb of St. Adalbert (**Wojciech**). It was a place where the first kings of Poland were crowned as rulers of the country. Gniezno also hosts a Museum of Beginnings of Polish State which is located next to University buildings.



Gniezno cathedral
photo: Paweł Sowa

ADVICE! Just 15 km west of Gniezno you can find Lednica Lake with remains of a stronghold from the Middle Ages, located at the Island of Ostrów Lednicki. It was one of the centres of the first Polish State with a stone-constructed palace and fortifications. It was abandoned in the 13th century and forgotten till rediscovered in the 19th century. You can visit the stronghold by taking a small ferry, operating from April to October. It is a must-see for all lovers of history especially around midsummer as the area was once not only important for the first Christians in Poland but also for those who believed in the old slavic pagan rituals.

Piła

A medium sized city, inhabited by 70 thousand people is the undisputed economic centre of the northern Wielkopolska. It is a perfect starting point for all nature enthusiasts, with forest preserves, beautiful and clean rivers and lakes. A dream destination for all who love kayaking or picking up forest mushrooms during autumn.

ADVICE! Go to Notecka Forest (**Puszcza Notecka**) 50 km south of Piła to pick up edible mushrooms. It is a national hobby known as **grzybobranie**.

ATTENTION! Be sure that you check which species are edible and which ones poisonous. The **SANEPID** (Sanitary and Epidemiological Station) conducts mushroom testing free of charge. Some mushrooms can be bought in marketplaces but be sure that the vendor has a safety certificate to prove they are edible.



Forest mushrooms
photo: Paweł Sowa

Sanepid offices:

- Poznań, Noskowskiego 23, working days 7:25-15:00
- Piła, Wojska Polskiego 43, working days 7:30-15:00
- Kalisz, ul. Kościuszki 6, working days 7:25-15:00
- Gniezno, św. Wawrzyńca 18, working days 7:25-15:00
- Słubice, Mickiewicza 6, working days 7:25-15:00

Słubice

This small city of 20 thousand inhabitants was once a suburb of the much bigger Frankfurt an der Oder, now on the German side of the river Oder (Odra). Słubice was made a separate city when the new Polish-German border in 1945 was created. Frankfurt and Słubice are today interchangeable cities, easily accessible by foot and a perfect place to study German-Polish relationships. Today the city hosts AMU Collegium Polonicum with a vaste library.

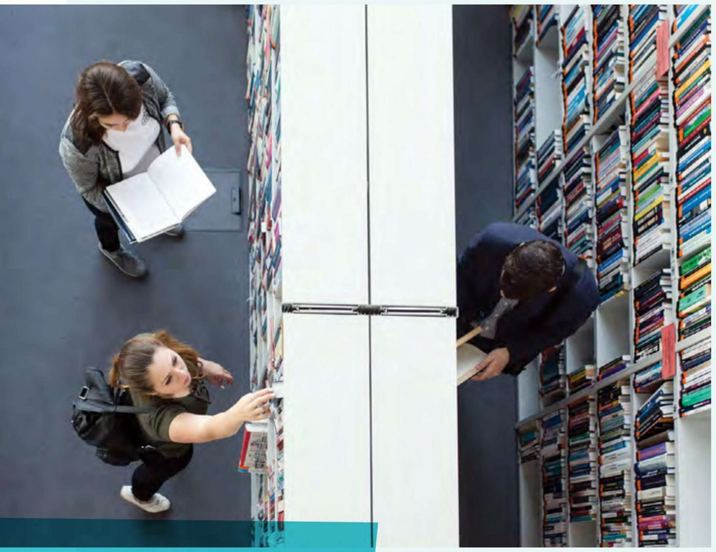


photo: AMU photos

4.10. Become Poznanian, Tey!

"Tey": [pol: tej] is a word in Poznań dialect for saying "you" is just added at the end of any sentence in order to draw your attention.

Local Poznań Dialect

Contemporary Poland is rather homogenous in terms of nationality, religion and spoken language. It is due to social mobility concentrating on central Poland following the end of the Second World War. However some regions may still cultivate local traditions and preserve local heritage. The area of Poznań has preserved a regional dialect known as gwara poznańska. It is based on archaic Polish language mixed with some German and region-specific intonation.

Cuisine – taste our specialties!

Wielkopolska cuisine uses many regional products, some of them protected by the European Union trademark.

St Martin's Croissant

All year round but especially during the St. Martin Day celebrations, you can buy this croissant in more than 100 officially attested bakeries throughout the region, controlled every year by a special commission issuing certificates of quality. The name in Polish is "**rogal świętomarciński**" and as such is protected by European Union. It is made of croissant dough, filled with a secret mixture based on white poppy seeds, with nuts, and raisins, topped with icing.

Goose (gęś)

Another top poultry meat popular in the region and strictly connected with St Martin Day celebrations, is a goose. It has to be free-range bird, marinated and baked with apples and stuffing (like turkey for Thanksgiving in the US).

Potatoes with Cottage Cheese (pyry z gzikiem)

Actually they are boiled potatoes with cottage cheese, known in the local dialect as "**pyry z gzikiem**". A very simple dish. Cottage cheese should be with sour cream, onion and chives. Salt and pepper can be added as well.

Duck with steam dumplings (kaczka z pyzami)

That is the dish for a real Wielkopolska-style lunch! Backed duck with apples served with cranberry jam and steam dumplings ("pyzy"). They are quite similar to Czech knedliky, however the difference is that "pyzy" are more soft, and steamed. They are perfect with gravy because their texture is very absorbent.



Regional dish: a duck
photo: Paweł Sowa

"Blind Fish" Soup (ślepe ryby)

A soup made of leftover vegetables or meats, whatever you feel would go well together, that's your recipe. It usually ends up a thick vegetable soup, but most households have their own variations.

Potato Dumplings (szagówki)

Made from potatoes, flour, eggs, salt, rolled and then diagonally cut (**szaga** in Poznań dialect means diagonally). Later they boiled in water with a pinch of salt. **Szagówki** are a perfect side dish for meats and gravy.

Pipes (rury)

Another sweet tradition in regional cuisine is called "rury" which are made of gingerbread type dough with honey. Traditionally prepared in times of Corpus Christi and All Saints.



photo: Aleksander Kłopocki
fotoportal POZ

Duck Blood Soup (czernina)

This is probably the most extreme dish in our local cuisine. It is a sweet and spicy soup usually made of duck blood or and clear chicken or duck broth. The name comes from the word "czarny" which means "black", because the soup's color tends to be rather dark. However it tastes better than it looks!



Marcin Witkowski from the International Office playing the part of professor Heliodor Święcicki during the 2019 AMU's 100th Anniversary celebrations
AMU photos

Thank you for choosing Adam Mickiewicz University, Poznań.

We hope you will enjoy your stay with us and we are looking forward to seeing you again!

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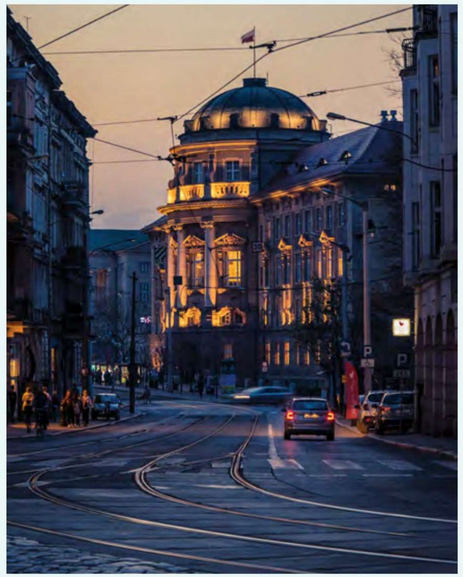
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ul. Kościuszki 80a

Main AMU Library:
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photo: Mateusz Chrostek
fotoportal POZ



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POLISH NATIONAL AGENCY FOR ACADEMIC EXCHANGE

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