

*How to survive in Białystok*

# GUI DER BOOK



PB BIAŁYSTOK



INTERNATIONAL EXCHANGE  
ERASMUS STUDENT NETWORK

# **SURVIVAL GUIDE**

for international students of Białystok University of Technology

*Dear international students!*

We are delighted to see that you have chosen to spend your studies abroad at Białystok University of Technology.

This guide will help you to prepare for your arrival and quickly find your way around the city.

We hope that it will prove to be an invaluable companion during your stay in Białystok and that it will help you to adapt to the new environment.

## **GET READY FOR THE ADVENTURE!**

Authors: Magdalena Michałowska, Anna Dobreńko, Anastasiya Landzionak, Sylwia Andrews, Joanna Zaremba

Translation: Sylwia Andrews

Graphic design: Paula Bojar

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ESN PB Contacts:

Erasmus + programme manager: [erasmus.pb@esn.pl](mailto:erasmus.pb@esn.pl)

President: [pb@esn.pl](mailto:pb@esn.pl)

Website: [www.pb.esn.pl](http://www.pb.esn.pl)

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*If you have any suggestions for improving this guidebook, please contact us!*



# CONTENT

I.	What is ESN?	4
II.	Mentor programme	5
III.	Essential information before your arrival	6
IV.	Getting to Białystok	7
V.	Arrived in Białystok? What's next?	8
VI.	University and campus	10
VII.	Student accommodation	13
VIII.	Important places and information	15
IX.	Public transport - buses and bikes	19
X.	Events	21
XI.	ESNcard	22
XII.	Before leaving Białystok	23
XIII.	A few facts about Białystok	24
XIV.	What to see, where to go	25
XV.	What to eat	31
XVI.	An introduction to Polish	34

# I. WHAT IS ESN?

ESN PB works on the principles of the Erasmus Student Network and, just like every other ESN section, is a non-profit organisation with the philosophy of **'Students helping students'**. It was established in 2007 and its full name is: Erasmus Student Network Białystok University of Technology. What is our goal? We help Erasmus students to adapt to life in Białystok and show them the beauty of our country!

Our office is located in **'Beta' dormitory room no.9** (ground floor, to the left, from the main entrance). During the academic year, we organise loads of events which are dedicated to exchange students as well as local students.

Our organisation is supported by Białystok University of Technology and it fully cooperates with the International Relations Office of the University (IRO BUT). We also provide help to the administration of the dormitories. However, remember that we do not have any influence on their decisions and we cannot interfere with their work.



## II. MENTOR PROGRAMME - WHO IS A MENTOR?

Each semester at ESN PB we run a mentor programme, which means that every exchange student coming to Białystok will be paired with a local student participating in the programme.

Your mentor will get in touch with you before you arrive in Białystok and will answer any questions you may have. When you arrive, they will help you get settled, fill in any paperwork you need and show you around the city. The mentor programme is a great opportunity to make friends with local students and make the most of your stay, so don't feel insecure about your English – we all trying to improve our language skills!

Your mentor will do their best to give you help whenever you need it, but **remember that every mentor is a volunteer** - please be understanding if your mentor's work or studies are more important than going out with you.

Every exchange student coming to Białystok will be assigned a mentor, so you don't have to fill in any extra forms. There might be a situation that your mentor does not contact you. If this happens (especially at the beginning of the semester), write an e-mail to the coordinator of the mentor programme: **erasmus.pb@esn.pl**.

**If you are not interested in having a mentor, please let us know!**

# III. ESSENTIAL INFORMATION BEFORE YOUR ARRIVAL

## What should you bring with you?

- \* Printed photos (about 3 copies)
- \* An unlocked mobile phone if you want to use a local Polish sim-card.
- \* Some cash (in Polish currency), to pay for the deposit and rent. You can withdraw money from an ATM when you arrive, but remember that your account might be charged a bit more because of different exchange rates. The deposit is equivalent to one month's rent. If nothing is damaged, you will get it back at the end of your stay.
- \* Warm clothes - the weather here is always unpredictable. In June, the temperature can reach 30+ degrees. Seems great, right? It sure is... but winters here are no piece of cake! The temperature hovers between 0°C and -20°C, which for most of you will be a completely new experience. Please, do not underestimate this! A warm coat, hat, scarf, gloves and good shoes are essential.

## Other information:

- \* Your Mentor will provide you with information about your room (your room number and whether it is a shared or single room). Staff at the dormitory reception possess it as well.
- \* You can enter and leave the dormitory at any hour of the day or night.
- \* If you are a citizen of an EU country, you must get a European Health Insurance Card (EHIC) before you leave your country as you will need this to use the Polish health service for free. If you are not a citizen of an EU country, you can buy insurance from a private insurance company before your arrival or go to the offices of Narodowy Fundusz Zdrowia (NFZ) in Białystok and to Zakład Ubezpieczeń Zdrowotnych (ZUS) after your arrival – this is explained in more detail in a later section of this Guide.
- \* The Polish currency is PLN (złoty in Polish language), 1 EUR is around 4,26 PLN.

**Poland uses Central European Time (CET). Remember about any possible time differences when planning your journey.**

# IV. GETTING TO BIAŁYSTOK

\* The closest airports are: **Warsaw Chopin Airport** and **Warsaw Modlin Airport**.

**Warsaw Modlin Airport** is located around 35km from **Warsaw**, but this airport has a very convenient bus connection to **Białystok (PlusBus)**, whereas from **Chopin Airport** you must take the bus or train.

\* Public transport connections:

- ▶ **PLUS BUS** - <https://plusbus.pl/?ln=EN> – price depends on the date of reservation, but normally it costs 10 – 40 zł.
- ▶ **ŻAK EXPRESS** - <http://zakexpress.pl/en/> - prices between 10 – 40 zł.
- ▶ **Intercity train** - <https://www.intercity.pl/en/>
  - price for normal ticket – 30 zł
  - student ticket - 15 zł (you must have a valid ISIC or Polish student card).

\* The easiest way to get to the dormitories from the bus or train station is taking a **taxi** (price around 10 – 15 zł).

\* You can also take **buses no. 29 and no. 10**, which go directly to the dormitories. Get the bus at **Kolejowa/ Dworzec PKP** stop and get off the bus at **Zwierzyniecka/ Prez. R. Kaczorowskiego** stop. Their stops are on the street from the main entrance of train station (one of them is in front of the entrance, and the other one is on the same side of the street but 15 meters away from the first one). Or take **buses no. 19 and no. 23** from **B. M. Casino/Dworzec PKS** and get off at **Prez. R. Kaczorowskiego/Zwierzyniecka**.



# V. ARRIVED IN BIAŁYSTOK? WHAT'S NEXT?

## 1) Check-in to dormitory

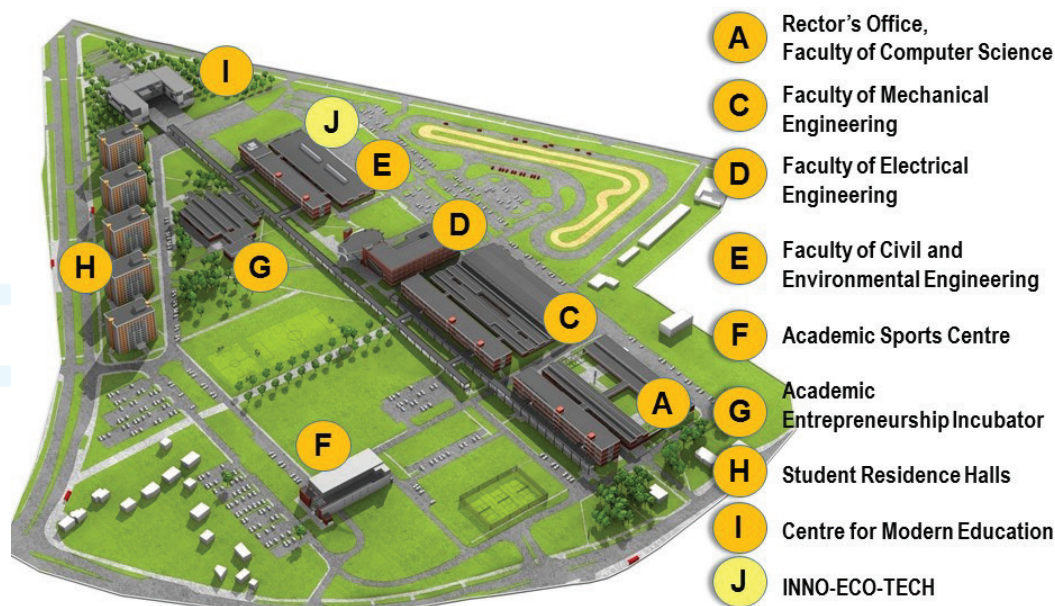
When you arrive to your dorm, tell the receptionist your name and ask for your room number (if you don't know it already) and your key. If you already know your room number, tell the receptionist - this will speed up the process. **Normally exchange students live on floors 6-10.**

## 2) Dormitory administration

The offices of the dormitory administration are located on the ground floor of every dormitory (down the corridor, on the right side). Within a couple of days of your arrival, you should officially check into the dormitory and fill in the necessary documents (this takes around 15 minutes). **The opening hours of the administration's offices for exchange students are 8:00 – 13:00.**

## 3) International Relations Office (IRO)/ Erasmus Office

This is one of the most important places during your whole stay in Białystok and is located in the Computer Science faculty. You should visit this place as soon as possible to fill in other important documents and get your student card. It is open from Monday to Thursday (10:00-15:00). You can find useful information about changes in learning agreements, faculty coordinators (they will give you your class timetable) and other things on their website: <http://iro.pb.edu.pl/>.



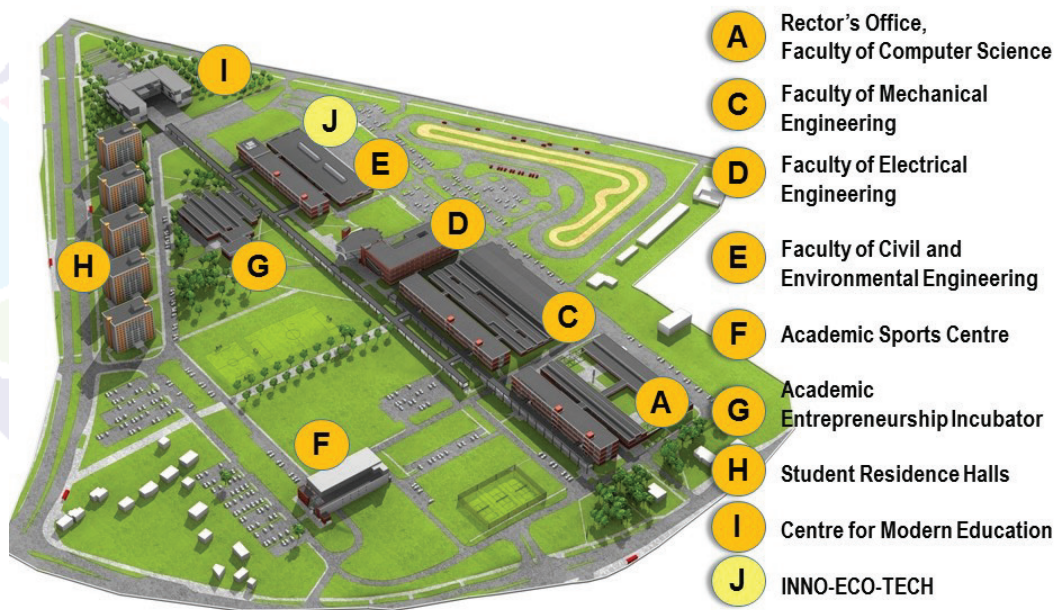


#### 4) Internet

In the **Computer Science faculty**, there is a company called **"Biaman"**. Go there to get an internet connection for your computer. All you need is your ID card (or passport) and your computer. The staff speak English. One link can be used by only one person.

#### 5) Bank and ATM

The **closest bank** is located in **Computer Science faculty** (on the left side from the main entrance), while **an ATM** is located outside the same faculty, under the stairs.



PB BIAŁYSTOK

# VI. UNIVERSITY AND CAMPUS

The **University Campus** is located on **ul. Wiejska 45**, 2,5km from the city centre. There are **4 faculties there**: **Faculty of Civil and Environmental Engineering** (WBilŚ), **Faculty of Electrical Engineering** (WE), **Faculty of Mechanical Engineering** (WM) and **Faculty of Computer Science**. You will also find **Centrum Nowoczesnego Kształcenia (CNK)** which is where the library is located, and **Academic Centre of Sports** which is where you can find the gym.

Apart from the main Campus of Białystok University of Technology, our university has 3 other faculties which are located in different places.

The **Faculty of Architecture** is on **ul. Oskara Sosnowskiego 11**. You can get there by **bus no. 29** from Zwierzyniecka/ Prez. R. Kaczorowskiego stop, getting off at Kardynała. S. Wyszyńskiego/ Sosnowskiego stop.

The **Faculty of Management** is located **in Kleosin, on ul. Ojca Tarasiuka 2**. The **bus no. 10** will take you there directly from dorms. You have to take bus from Zwierzyniecka/ Prez. R. Kaczorowskiego stop and get off at Kleosin/ Klasztor stop. The journey takes around 15 minutes.

The **Faculty of Forestry** is located **outside Białystok** (it takes around 1.5 hours to get there). The faculty's address is: **ul. Piłsudskiego 8, 17-200 Hajnówka**.

Most of our faculties have canteens where you can take a break and have lunch between your classes. Don't feel like cooking? We have a remedy for your laziness or lack of skills. In BETA dorm there is an eatery called Zielony Nosorożec (translation: Green Rhinoceros) where you can also have breakfast or lunch.

Our library offers free access to the university's computers, a scanner and rooms for individual/group work. You can book these rooms online (<http://biblioteka.pb.edu.pl/en>), using your BUT student card.

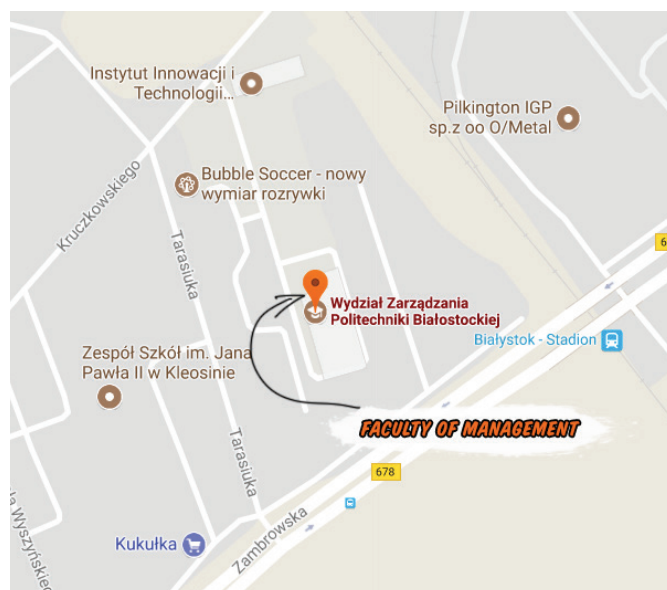
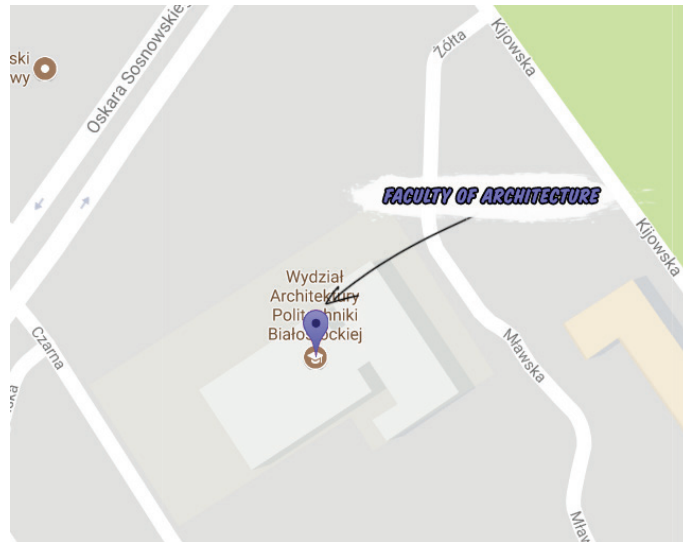
At the **Academic Centre of Sports** you can join the gym. You can go there at specified hours.

The price per semester depends on how many days a week you go to the gym.

1 x week	70 zł
2 x week	120 zł
3 x week	160 zł
4 x week	190 zł
5 x week	220 zł









# VII. STUDENT ACCOMMODATION

Here are the addresses of each dormitory:

- \* Akademik Beta: ul. Zwierzyniecka 12, 15-333 Białystok
- \* Akademik Gamma: ul. Zwierzyniecka 8, 15-333 Białystok
- \* Akademik Delta : ul. Zwierzyniecka 6, 15-333 Białystok



## Important information about the dormitories:

- \* Payment should be made before the 10th day of every month by bank transfer. The dorm administration will give you the bank account number.
- \* The dorms are equipped with CCTV cameras.
- \* Segments and bathrooms must be cleaned regularly (by students!)
- \* You must present your resident card every time you enter the building.
- \* Visitors are not allowed in the dorms after 22:00.
- \* From 22:00 onwards there is a curfew (you must be quiet).
- \* An overnight stay by a visitor in your room costs 16 PLN. You should arrange this in advance with the administration (not the porter).

- \* Every time you use the hob or the oven, you must open the window in the corridor. The fire alarms are very sensitive and the fire brigade is automatically called to the dorms if they go off. If this happens, the person responsible for setting off the fire alarm will have to pay a fine.
- \* You must provide your own cutlery, dishes and pans.
- \* On each floor there is a laundry room with a washing machine and drying area. In Beta these rooms are always open; in Delta you need to ask the porter for the key.
- \* On the ground floor of Beta and Gamma there are games rooms (equipped with a table tennis table, table football and a pool table). These rooms are available 7 days a week from 7:00 – 22:00 – ask the porter for the key.
- \* Duvets, pillows and sheets belong to the dorms. If you need sheets, inform the administration before signing your documents on arrival. Sheets are changed once a month – there will be information about this by the lifts. You must take your sheets down to the basement (the doors next to the administration).
- \* In most rooms there are fridges. You can borrow an iron and a vacuum cleaner from the porter. If you need any other appliances, you will need to provide them yourself.
- \* Garbage chutes are located on every floor, next to the kitchen.
- \* You can pick up your post next to the porter's office on the ground floor, in the pigeon hole with your room number.

# VIII. IMPORTANT PLACES AND INFORMATION

## Town Hall

Students from outside the European Union staying in Poland for longer than 90 days must declare their residence at the town hall. Address: **ul J.K.Branickiego 3/5**. The number 28 bus takes you there directly - get on at "Zwierzyniecka/Domy Studenta" and get off at "Branickiego/Urząd miejski".



URZĄD MIEJSKI  
W BIAŁYMSTOKU

## NFZ

The IRO will give you information about your contract with NFZ (**health insurance**). You need a student card to get the right kind of insurance, so make sure you get that first. You should go to NFZ as soon as possible after your arrival in Poland, and again before you leave. The address is **ul. Pałacowa 3**.

**NFZ**  
Narodowy Fundusz Zdrowia

## ZUS

After you sign your contract with NFZ, you must register it with ZUS. **After you have registered it you will have to pay insurance premiums (around 45zł/month) and fill in "orange documents"**. You should visit ZUS once every one or two months, depending on the information they give you. Keep an eye out for posts about ZUS on the Erasmus BUT facebook page - we are always trying to make this procedure as smooth as possible. Remember to cancel your contract before you leave Poland! Address: **ul. Młynowa 29B** (entrance from Wyszyńskiego street)

**ZUS**

## Post Office

You can pay your monthly health insurance premiums at the post office. Remember that in order to be able to pay, you must first sign a contract with NFZ and register it with ZUS!

Address of the nearest post office to the dorms: **ul. Wesola 18**

You can check where other post offices are here: <http://bialystok.poczta-online.com>



## Visit to the doctor

The IRO will let you know if you must visit an occupational physician to get a health certificate. Address of the nearest doctor to the dorms:

**PORADNIA MEDYCYNY PRACY "KAMEN"**  
**ul. Bema 2 lok. 222**

## Accident and Emergency

Uniwersytecki Szpital Kliniczny w Białymstoku,  
Szpitalny Oddział Ratunkowy (Emergency Room)  
Address: **ul. M. Skłodowskiej-Curie 24A, 15-274 Białystok**

## GP surgeries

Students from EU countries:

**NZOZ "Alfa-med" Sp. p., ul. Zwierzyniecka 14, "Alfa" dormitory,**  
**Mon-Fri 8:00-18:00,**  
fee: free with EHIC card

Students from countries outside the EU:

**Niepubliczny Zakład Opieki Zdrowotnej "AKADEMIK" lek.med. Danuta Wysocka - Michalak,**  
**ul. Akademicka 3 (building of Medical University dormitory no.1),**

**Mon-Fri 8:00-18:00,**  
fee: 50 PLN

## Emergency numbers:

997 - police  
998 - fire brigade  
999 - ambulance  
**112** - mobile phone emergency  
number (police, fire brigade  
and ambulance)  
981 - road assistance



## Shops

**Pharmacy "Nowa Farmacja"**

ul. Zwierzyniecka 11, 15-312 Białystok

**Alfa Centrum Białystok** - shopping centre with supermarket "Piotr i Paweł" - best place to find foreign food products.

ul. Świętojańska 15, 15-277 Białystok

**Atrium Biała** - shopping centre with hypermarket "b1"

Częstawa Miłosza 2, 15-265 Białystok

**Galeria Jurowiecka** - shopping centre

ul. Jurowiecka 1, 15-101 Białystok

**Biedronka** - supermarket:

ul. Prez. R. Kaczorowskiego 7, 15-001 Białystok (near campus)

ul. Nowowarszawska 10, 15-206 Białystok (near Atrium Biała)

ul. Pogodna 35, 15-001 Białystok

**Lidl** - supermarket

ul. Nowowarszawska 6, 15-206 Białystok

ul. Pogodna 63, 15-365 Białystok

## Medical supplies and safety wear

**CEZAL SP. Z O.O. W BIAŁYMSTOKU**

ul. Branickiego Jana Klemensa 19

**Art. BHP Tandem** - shoes, clothing, work wear

ul. Jurowiecka 31, 15-101 Białystok

**ROBOD** - safety and work wear

ul. Handlowa 2

**Admed**. medical supplies

ul. Warszawska 42A



## Stationery and printing shops:

**Biuro Serwis. Shop** with office supplies. Pawłow S. - stationery shop and printer's.  
**ul.Krakowska 14**  
(near Architecture Faculty)

Materials for architects and artists - **Pastel**  
**Kijowska 7 /U6**

**PROXER** - stationery shop and printer's  
**Wiejska 65 lok.9, 15-351**

**MegaPrint** - printer's  
**ul. Zwierzyniecka 11/1**

**Shop and printing point at the Faculty of Civil Engineering**  
(near the main entrance)

**Shop and printing point at Mechanical Faculty**  
(on the ground floor at the end of the corridor)

**Printing point in "Alfa" dormitory**  
(room on the left, from the entrance)

PB BIAŁYSTOK



# IX. PUBLIC TRANSPORT - BUSES AND BIKES

Białystok is well connected and has many bus routes all over the city. Taking the bus is the cheapest and easiest way to get around Białystok!

## Where can I buy tickets?

You can buy individual bus tickets in BKM offices, most supermarkets (including "Żak" opposite the Campus), kiosks or from the bus driver. You can buy monthly bus tickets in BKM offices and several other points in the city. Here are some which are located in the city centre and near the Campus (a full list is available on the BKM website):

	Adress	Opening Hours	Phone Number	Card Payment
1	ul. Składowa 11	Monday - Friday 9.00 - 17.00 Saturday 8.00 - 12.00	504 307 499	YES
2	Lipowa 16, Punkt Obsługi Pasażera BKM	Monday - Friday 9.00 - 17.00		YES
3	Subway under the Sienkiewicza/ Piłsudskiego crossroads	Monday - Friday 9.00 - 17.00 Saturday 9.00 - 14.00	533 199 330	YES
4	ul. Wiejska 60 lok. 4	Monday - Friday 9.00 - 17.00 Saturday 8.00 - 14.00	85 871 21 62	YES
5	ul. Skłodowskiej 2/1 ("Central")	Monday - Friday 9.00 - 17.00 Saturday 9.00 - 14.00	690 500 091	YES
6	ul. Sienkiewicza 55A "Trzy Kłasy"	Monday - Friday 7.45 - 17.00 Saturday 8.00 - 13.00	508 073 147	NO
7	ul. Sienkiewicza 5 Bar Słoneczny	Monday - Friday 9.00 - 17.30 Saturday 8.00 - 13.00	508 073 147	YES
8	ul. Sienkiewicza 81/3 lok. 14	Monday - Friday 9.00 - 17.00 Saturday 9.00 - 14.00	690 500 094	YES
9	ul. Mickiewicza 14	Monday - Friday 9.00 - 17.00 Saturday 8.00 - 13.00	501 65 65 89	YES
10	KLEOSIN, ul. Ojca Tarasiuka 2	Monday - Friday 8.00 - 18.00 Saturday 9.00 - 15.00	85 747 40 25	NO

## How much do tickets cost?

### \* Individual tickets:

- ▶ 2,80 (normal)/ 1,40 (student) – when bought from a BKM office, shop or kiosk
- ▶ 3,50 (normal)/ 1,75 (student) – when bought from the bus driver

### \* Monthly tickets:

- ▶ For one calendar month – 80 zł (normal)/ 40 zł (student)
- ▶ For 30 days – 84 zł (normal)/ 42 zł (student)

To get a student ticket you need to have a Polish student ID!

## How can I get a monthly ticket?

To get a monthly bus ticket, you need to have an electronic BKM card. It's quick and easy to get – all you need to do is go to a BKM office (**only: ul. Skłodowa 11 , ul. Lipowa 16, Punkt Obsługi Pasażera BKM**) with your passport, student card and a passport-sized photo (45x35 mm) and fill in a form, and they will make it for you while you are there.

## What about bus timetables?

You can find bus timetables at bus stops and on the BKM website. You can also download the app "jakdojade" (free on Android), which has accurate and up-to-date information on all bus routes and times in Białystok. Bonus: it's in English too!

## BIKES

Between April and November you can also get around Białystok by bike thanks to the company nextbike, which has many bike stations located around the city. To rent a bike you should download the nextbike app, open an account and top it up by at least 10 zł. The first 20 minutes are free (so you can change a bike for a new one every 20 minutes). After that you pay:

- ▶ 1 zł for 21 – 60 minutes
- ▶ 3 zł for the second hour
- ▶ 5 zł for the third and successive hours

You can rent bikes using this app in Warsaw and other Polish cities too!

**Top tip: always remember to validate your ticket on the bus in a validating machine – if you are caught without a validated ticket you could be fined up to 300 zł!**



# X. EVENTS

This is not a full list of all events that will take place – we have only mentioned those which take place every semester. As well as events organised by ESN, we have included some important dates and public holidays. Keep an eye out on our website [www.pb.esn.pl](http://www.pb.esn.pl) ("Projects") and facebook page where we will advertise these events and many others!

🌸 ESN events

🌸 Public holidays

🌸 University events

## SEPTEMBER

- 🌸 Orientation Week
- 🌸 Eurodinner

## OCTOBER

- 🌸 13-15.10 - Trip to Malbork & Tricity
- 🌸 24.10 - Meeting with Police and Border Guard
- 🌸 24-31.10 - Timetravels: Grand Russia Trip (VISA needed)

## NOVEMBER

- 🌸 01.11 - All Saints' Day (shops closed)
- 🌸 11.11 - Independence Day (shops closed)
- 🌸 17-19.11 - Trip to Kraków, Auschwitz & Wieliczka Salt Mine
- 🌸 Saint Andrew's Day
- 🌸 27.11-10.12 - Social Inclusion Week

## DECEMBER

- 🌸 Trip to Białowieża
- 🌸 05-12.12 - Timetravels: Trip to Lapland
- 🌸 Christmas Meeting with President
- 🌸 ESN Christmas Eve
- 🌸 23.12.2017-08.01.2018 - Holiday break
- 🌸 25-26.12.2017 - Christmas (shops closed)
- 🌸 31.12 - New Year's Eve

## JANUARY

- 🌸 01.01 - New Year's Day (shops closed)
- 🌸 06.01 - Three Kings' Day (shops closed)
- 🌸 08.01 - The end of holiday break
- 🌸 15.01 - Deadline for summer semester
- 🌸 25.01-04.02 - Exam session (A dates)
- 🌸 Erasmus Oscar Gala

## FEBRUARY

- 🌸 5-11.02 - Exam session (B dates)
- 🌸 19.02 - Start of the new semester
- 🌸 Orientation Week

## XI. ESNCARD

ESNcard is the ESN membership card which means that you can access all the services offered by the ESN and our partners.

With the ESNcard, you will enjoy thousands of discounts (housing, sport, food, bars, etc.) all over Europe. Moreover, you will have the opportunity to participate in thousands of events (trips, cultural events, sports activities and parties) all year long.

The aim of the ESNcard is to support and give opportunities to international students during and after their exchange.



That's how ESNcard looks

## Who uses the ESNcard?

The ESNcard is used by over 140.000 people per year in 40 countries, and the numbers are growing every year.

You can get the ESNcard, if you belong to one of the following groups:

- 🌟 You are currently a student or intern on a mobility programme.
- 🌟 You are a student volunteering in ESN.

## How can I get the ESNcard?

The ESNcards are distributed by ESN online shop. The price for the membership card in Poland is 40 PLN and it is valid for one year.

## Where can I find the discounts?

You can look for information about discounts on the website <https://esncard.org>. Put the name of your city into the discounts browser and check out all the discounts! Remember that the discount points may change during the time.

It is worth mentioning that **Ryan Air** is the official partner of Erasmus Student Network as of 2017. To get a discount on flights, register on [www.esncard.org](http://www.esncard.org) and make sure you have your ESNcard with you when you fly. Check out the details on the website before your arrival!

## XII. BEFORE LEAVING BIAŁYSTOK

Remember to go to NFZ and ZUS in order to end your health insurance contract. If you don't, you will still be obliged to pay for health insurance in Poland!

Note: you must go to the offices yourself – it's not possible for a friend to do it for you.

Don't forget to visit the IRO. You can find more information about what you need to sort out at the IRO here: <http://iro.pb.edu.pl/departure>.

You must inform the dorm administration of your departure date **at least 10 days before your departure**.

Not enough room in your suitcase?  
Want to leave your belongings here for your friends or  
other international students?

No problem! Pack them into **a cardboard box**, labelled clearly with your friend's name, surname and university and bring them to the ESN office. The ESN office opening times will be posted on the Facebook group (name: "Erasmus Białystok University of Technology 2017/2018"). We are not responsible for belongings that are improperly packed or left outside the office.

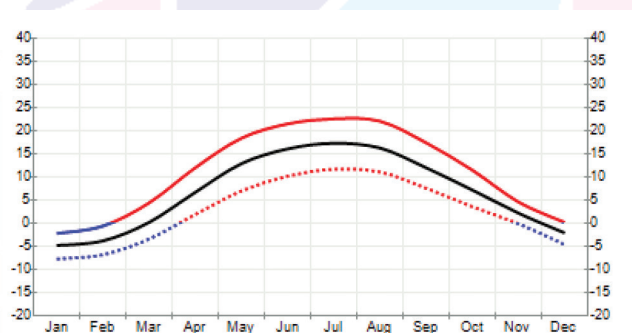
Where can I buy cardboard boxes?

Ask around in supermarkets and grocery stores to see if they have any unwanted empty boxes or order them online (e.g. from [www.allegro.pl](http://www.allegro.pl)).

# XIII. A FEW FACTS ABOUT BIAŁYSTOK

Białystok is the largest city in northeastern Poland and the capital of the Podlaskie Voivodeship. The English translation of the words "biały stok" is "white slope". The population of the city is about 300.000 inhabitants.

The climate in Białystok differs from most the other Polish cities. The region is one of the coldest in Poland. Even though winter is long and frosty, summer is hot. The temperature reaches over 30°C in warm months.



(Source: <https://www.yr.no>)

Average monthly temperatures during a year

## Some good advices

Drinking alcohol in public places is forbidden. On the campus of Białystok University of Technology you can drink only low alcohol (4.5%) in designated points.

- \* Taking glasses out of bars is considered theft
- \* Crossing on a red light is strictly forbidden, even if there aren't cars nearby
- \* Take off your shoes when you visit someone in their house
- \* Be careful when asking the question: "how are you?" - Polish people have a tendency to tell long stories in response to this question



# XIV. WHAT TO SEE, WHERE TO GO

## Branicki Palace (PL: 'Pałac Branickich')

Branicki Palace was developed on the site of an earlier building in the first half of the 18th century. The Palace was built for Count Jan Klemens Branicki, Great Crown Hetman and patron of art and science, raised in the French milieu of the Polish aristocracy. The Palace is called 'Versailles de la Podlachie' (Versailles of Podlasie voivodeship).



## Kościuszko Market Square (PL: 'Rynek Kościuszki')

In the 18th century it used to be the town's commercial centre. Now it is the most beautiful and most popular public space in Białystok full of restaurants, bars and shops. There are a couple of renovated tenement buildings.



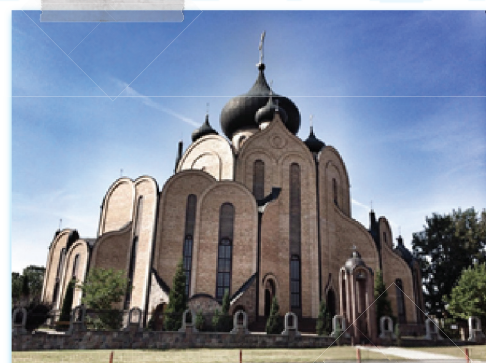
## St. Mary's Cathedral Basilica of the Assumption, catholic church (PL: 'Kościół Farny')

This church was built in late Renaissance time and it is the oldest brick building in Białystok. The old parish church was built in 1617-1626. In the church there are sarcophagi containing the hearts of Stefan Mikołaj Branicki and his mother – Katarzyna Aleksandra Branicki nee Czarniecka and a headstone of Jan Klemens Branicki's heart (marble mausoleum).



## Church of the Holy Spirit, orthodox church ('Cerkiew Świętego Ducha')

It is a church of modern design, the largest Orthodox church in Poland, consecrated in 1999. The church has two altars and the tallest iconostasis in Poland.



### "Planty" Park

City park located in the city centre. The area of the park is 14,94 ha. It was set up in the years 1930-1938. You can find fountains, sculptures and a children's playground there.



### "Akcent ZOO"

A small zoo, composed of wooden paddocks and fences, which hosts mostly local animals such as European bison ('żubry'), wolves, boars, mouflons, bears, bison. There is also a pond for aquatic birds and fish.



### Podlasie Opera and Philharmonic

European Art Centre in Białystok is the largest arts institution in north-eastern Poland and the most modern cultural centre in this region of Europe.



### Białystok's murals

You can find at least a dozen or so examples of street art in Białystok and new murals will be made in the future. Why don't you go hunting for murals?

Find the list of the most stunning murals in Białystok on the next page (the first 8 are in the central part of the city)



# LIST OF THE MOST STUNNING MURALS IN BIAŁYSTOK

- I. "#1 Pamięć" - **Wiejska 45**, BUT Sports Hall (the wall facing Wiejska street)
- II. "Wycięte z Natury" - **Zwierzyniecka 7** - at the top of the building opposite the Hotel asystenta PB
- III. Koronka - **Adama Mickiewicza 2C** - at the top of the building of the Institution of Biophysics
- IV. Ludwik Zamenhof and friends - **Zamenhofa 26** - the building in which Zamenhof was born
- V. Żubry - **Zamenhofa 5c**
- VI. Smok przypominający ptaka - **Waryńskiego 8**
- VII. Two murals from the 70s and 4 modern anti-racism mini murals - **Piłsudskiego 20/3 and 20/1**
- VIII. Girl with a watering can - **Piłsudskiego 11/4** (University building)
- IX. Czarnoskóra dziewczyna z maską - **Batalionów Chłopskich 1**
- X. "Lewitujący mężczyzna" - **Zwycięstwa 3**
- XI. Zamyślony mężczyzna - **Gajowa 77**
- XII. Pawie - **Armii Krajowej 29**
- XIII. Domek z kart - **Swobodna 60**
- XIV. "Balans" - **1000-lecia Państwa Polskiego 14**
- XV. Chłopiec z tkaniną - **Radzymińska 18**
- XVI. Chłopiec w kurtce - **Antoniukowska 42**

*If you find any of these,  
take a photo and tag us  
on Instagram with #ESNPBMurals\**



*\*3 Best pics will be reported*



# WHAT TO SEE NEAR BIALYSTOK?

- \* **Tykocin** - a small town located on the Narew river, about 90 km from Białystok. You can find there: [Tykocin Castle](#) built before 1469, [The Baroque Tykocin Synagogue Bejt ha-Kneset ha-Godol](#), built in 1642, a [baroque Church of the Holy Trinity](#), a [baroque monastery](#), [Jewish cemetery](#) – one of the oldest in Poland.
- \* **Supraśl** - a charming town situated 20 km from Białystok with [enchanted streets](#), the unique [fortified Orthodox church](#) from 1510 and [beautiful boulevard](#).
- \* **Białowieża** - a village located about 80 km from Białystok. [Białowieża National Park](#) is located here. It is the [natural habitat of the European bison](#). The Park is a World Heritage site. This is a great place for campfires, long walks and enjoying the nature.
- \* **Mazury** ([Park Wigierski](#), [Park Biebrzański](#), [Zespół Pokamedulski](#))
- \* **Choroszcz** - a small town situated 15 km from Białystok. There you can find a [summer residence of the Branicki family](#) located in an old royal park.
- \* **Jurowce** - a village located 8 km from Białystok. You can visit a "[Jurassic park - museum of natural history](#)" and [The Białystok Country Museum](#). It comprises 33 relic buildings – heritage of the Białystok villages, all arranged in a picturesque park. Individual complexes are situated in a considerable distance away from each other, so be prepared for a little walk.
- \* **Masurian Lake District** (Polish: Pojezierze Mazurskie) is a lake district in northeastern Poland within the geographical region of Masuria. [It contains more than 2,000 lakes.](#)
- \* **Augustów** - a town situated 90 km from Białystok, [surrounded by nine lakes](#) and the vast [Augustów Primeval Forest](#). As the aquatic capital city of North-Eastern Poland, it is a perfect place for a kayak rally, sailing, a ship, catamaran or gondola cruise and long walks along the boulevard. [There are a couple of city beaches.](#)



# BIAŁYSTOK SPORTS TEAMS



*Jagiellonia*

**Jagiellonia** - is a local football club, that plays in "Ekstraklasa", the top level of Polish football. The club was founded in 1920 by soldiers in the Reserve Battalion. During first ten years, the club changed it's name few times, and only in 1932 was first introduced as a Białystok Sports Club Jagiellonia. Nowadays the club is pretty successful, the best season for the team was 2014–15 when they finished 2nd in the Ekstraklasa winning the bronze medal.

**Lowlanders** - is American football team based in Białystok, which was founded in 2006. Today the team competes in the PLFA I, the second division of Polish American Football League.



# LEISURE AND CULTURE

## Podlasie Opera and Philharmonic – European Art Centre in Białystok

Address: Odeska 1 street, 15-406 Białystok  
Phone: (85) 306 75 04

## Theatre of Dolls

Address: Kalinowskiego 1 street, 15-875 Białystok  
Phone: +48 85 742 50 31

## Rope park 'FastPark'

Address: Szosa Knyszyńska 26 street, 15-694 Białystok  
Phone: +48 883 599 599

## Karting circuit 'Techman Kart'

Address: Wrocławska 20 street, 15-660 Białystok  
Phone: +48 600 044 612

## Horse-riding 'Klub Jeździecki Białystok'

Address: Jeździecka 6 street, 16-001 Kleosin  
(85) 663 29 94

## Trampoline park 'Jumper'

Address: gen.J.Bema 6 street, 15-369 Białystok  
Phone: +48 793 386 586

## Dojlidy Water Sports Centre

Address: Plażowa 1 street, Białystok

## Forteca Paintball

Address: Przędzalniana 8 street, 15-688 Białystok  
Phone: +48 510 730 033

## Cosmic Bowling

Address: Częstochowska 14 street, 15-001 Białystok  
Phone: + 48 858 111 999

## Ice-rink BOSIR

(open during the winter season (sept-apr))  
Address: 11 Listopada 28 street, 15-320 Białystok  
Phone: (85) 749 62 30

## LASTAG

(laser paintball)  
Address: Bema 6 street, 15-369 Białystok  
Phone: +48 530 933 191

# NIGHT CLUBS

## BLACK DIAMOND CLUB

Piękna 2 street  
15-282 Białystok

## M7 CLUB

Malmeda 7 street  
15-440 Białystok

## GWINT - STUDENT CLUB

Zwierzyniecka 10 street  
15-333 Białystok

## KLUB MUZYCZNY 'METRO'

Białówny 9/1 street  
15-437 Białystok

## ZMIANA KLIMATU

Warszawska 6 street  
15-063 Białystok

## WOW NIGHT CLUB

Sienkiewicza 3 street  
15-432 Białystok

## WYSOKIE TONY NIGHT CLUB

Curie Skłodowskiej 2 street  
15-097 Białystok

# XV. WHAT TO EAT

## 'Kiszka ziemniaczana'

pork intestines stuffed with mashed potato with herbs, spices and other additions such as onion, and baked in the oven.



*Kiszka ziemniaczana*



*Pierogi*

## 'Pierogi' (dumplings)

small packages made of flour and filled with a sweet or savoury filling. Often served fried, topped with butter or fried onion.



*Babka ziemniaczana*

## 'Babka ziemniaczana'

tastes similar to kiszka ziemniaczana but takes a totally different form. It is made by mixing potato, onion, egg and flour and baking it in a tray. It is often served with cream or milk.

## 'Placki ziemniaczane'

potato pancakes, made of grated potatoes and other additions such as egg and onion, fried in oil.



*Placki ziemniaczane*



Sękacz

### 'Sękacz'

a sweet Polish cake baked on an open fire, turned slowly until it has a golden brown colour.



Rosół

### 'Rosół'

a chicken and vegetable broth. Served with pasta or gnocchi and carrots.

### 'Barszcz'

an aromatic soup made of red beetroot. It is served on Christmas Eve with "uszki" (similar to "pierogi").



Barszcz



### 'Bigos'

a meal with meat and cabbage, found in traditional Polish, Lithuanian and Belarussian cuisine.



Bigos



Kartacze

### 'Kartacze'

a regional dish found in north-eastern Poland. Kartacze are oval shaped and about 10-12cm in length. They are made of a potato and flour mix and filled with spiced meat or mushrooms.

### 'Makowiec'

A yeast cake with a poppy seed, sugar/honey and nut filling.



Makowiec

# XVI. AN INTRODUCTION TO POLISH

## READING POLISH VOWELS

**a** as the 'u' in 'cut'

**ą** a cross between the the 'awn' in 'lawn' and the 'ong' in 'long'

**e** as in 'ten'

**ę** like the 'eng' in 'engage', where the 'ng' is one sound, not 'n' followed by 'g'

**i** similar to 'ee' in 'feet'

**u, ó** as in 'put'

**y** similar to the 'i' in 'bit'

## READING POLISH CONSONANTS

**c** as the 'ts' in 'its'

**ć, ci** similar to 'c' but pronounced with the tongue a little further back on the roof of the mouth

**ch, h** as 'h' in the 'hole'

**cz** as 'ch' in the 'church'

**dz** as the 'ds' in 'adds up'

**dź, dzi** similar to 'dz' but with 'i' at the end, pronounced with the tongue a little further back on the roof of the mouth

**dż, drz** as 'j' in 'jam'

**g** as in 'get'

**j** as the 'y' in 'yet'

**ł** as the 'w' in 'wine'

**ń, ni** as the 'ni' in the 'onion'

**r** always trilled

**rz, ź** as the 's' in the 'pleasure'

**sz** as the 'sh' in 'show'

**s** as s in 'set'

**ś, si** similar to 's' but not as strident

**w** as the 'v' in 'van'

**ź, zi** similar to 'z' but not as strident

**szcz** as the 'shch' in 'fresh chesse'

## IMPORTANT POLISH WORDS AND EXPRESSIONS:

I don't speak Polish.	Nie mówię po polsku.
Could you repeat that?	Proszę to powtórzyć.
Please write that down.	Proszę to napisać.
How do you pronounce it?	Jak się to wymawia?
Where is...?	Gdzie jest...?
University	Uniwersytet
Train station	Dworzec PKP
Bus station	Dworzec PKS
Tram/bus stop	Przystanek tramwajowy/autobusowy
Two tickets please	Proszę dwa bilety
Dormitory	Akademik
How much is...?	Ile kosztuje ...
Entrance	Wejście
Open	Otwarte
Closed	Zamknięte
How do I get to...?	Jak się dostanę do...
Turn left	Skręć w lewo
Turn right	Skręć w prawo
Go straight ahead	Proszę iść prosto
Thank you	Dziękuję
Please	Proszę
You are welcome	Nie ma za co
Excuse me/ I'm sorry	Przepraszam
Yes	Tak
No	Nie
Hi / Bye	Cześć
Good morning	Dzień dobry
Goodbye	Do widzenia
What's the time?	Która godzina?

*Dear international students!*

We hope that you will plan your stay in Białystok in a way which will allow you to take advantage of everything the city has to offer. Don't use your precious time just for partying! Make friends, discover and learn new things. You will remember your exchange adventure for the rest of your life. Let it become a wonderful memory.

Good luck!

*Your ESN PB  
family*

PB BIAŁYSTOK

P.S. Follow us on

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 Instagram *esnpb*

 Snapchat *esn\_pb*