



BIAŁYSTOK

IN A NUTSHELL

A PRACTICAL GUIDE

DEAR STUDENT,

Choosing a city and university is an important matter - it is, after all, a decision that can affect your entire life. Education which supports the competences you want to develop is the defining factor in your further career, which is why we are happy that it is Podlasie you chose to help you shape that future. Let us reinforce your decision in this guide and show you that the east of Poland is not only a green oasis of infinite peace, but also a region of rapid growth, vibrant with the spirit of multiculturalism and openness to new horizons.

In the capital of Podlasie - Białystok, you will find universities offering almost all faculties. Public libraries and multiple other places that bring together sympathizers of education will help you expand your knowledge and find a career goal in life. Those who live here go by the slow-life principle - we enjoy moments spent together, help others and try to add a brick in the foundation of a good future for the next generations, every single day.

We created this guide to show you all aspects of living and studying in Białystok, starting from the choice of university, a place to live, and interesting places to visit in your free time. Consistently gathering information, we aim to pass on knowledge that will help you feel at home in a new environment, choose a career path and, above all, fall in love with this wonderfully green region of Poland.

We wish you great moments spent while studying in Białystok and we hope you'll achieve the goal you had in mind while making the choice to study in this extraordinary city!



All important places mentioned in this guide you can find here:

>> map.nutshell.bialystok.pl <<

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POLSKA

The Republic of Poland is a Slavic country located in Central Europe. In the south, we share a border with our friends from the Czech Republic and Slovakia, to the east with Belarus, Ukraine, Russia and Lithuania and in the west, we have our German friends. Our country has access to the Baltic Sea in the north and is surrounded by mountains (Tatry, Bieszczady, Karpaty) in the south.

It's been a while since our country became a member of the European Union (2004), United Nations (1945), NATO (1999) and dozens of other international organizations.



STATS ABOUT POLAND

The total area of Poland is 312,679 square kilometers (9th largest country in Europe) with a population of over 38.5 million people (7th largest population in Europe).

Our capital city is Warszawa (Warsaw), other major cities include Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Białystok.

Our currency is Polish Złoty (PLN, zł). 1zł is 100gr (groszy). Poland isn't a member of the Euro zone.

Long ago we had kings who ruled all across the country, but after a few centuries and generations we gave the administrative power to the Parliament and Prime Minister. We also have a President but as Poland is a parliamentary republic – the former has far more to say about how our country is governed.

RELIGION IN POLAND

The vast majority of Polish people are Christians (probably this is why Christmas is so popular here)

– 86.7% belong to the Roman Catholic Church. The Polish Constitution guarantees freedom of faith and religion. Apart from Catholic churches, you'll find here many Orthodox churches, Synagogues and others. One of the most well-known Poles in history was Karol Wojtyła, better-known as the Pope John Paul II. He was the head of the Catholic Church from 1978 to 2005.

LANGUAGE

The Polish language is one of the most difficult languages to learn. It has seven cases and grammar that has actually more exceptions than rules (sorry!). But imagine how proud you will be of yourself when you finally get through all of these things (if you do...). We don't know why our ancestors decided to create a language so difficult and full of trickery, but we know that even the Polish people tend to have quite a bit of problems learning it properly. We've included a handy glossary of Polish phrases at the end of this guidebook.

CLIMATE

Poland is located in the temperate climate zone with four seasons – Spring, Summer, Autumn and Winter. Temperature range is wide, with average (depending on the season) from -5°C to 25°C but occasionally we get much colder and warmer than that!

CUSTOMS

When greeting someone in Poland you say “Cześć” (Hello), “Dzień dobry” (Good day) or “Dobry wieczór” (Good evening). The common way of greeting is a handshake with direct eye contact. We kiss each other on the cheeks three times during official situations, for example, family meetings during holidays or when meeting friends. The cheek kiss is a very important part of family and friend interactions during traditional ceremonies, but if you see somebody for the first time it might be better if you just stick to a handshake – the kiss is a gesture of familiarity. Generally it is only appropriate to address someone by their first name if they're a close friend. It's considered good manners to use people's titles and surnames unless they invite you to move onto the first-name basis. “Pan” (Mr.) is used for men and “Pani” (Ms.) for women. Official titles are also used when speaking to professionals or authorities, for example: “Pani Profesor” (Ms Professor) “Pan Dyrektor” (Mr Director), “Pan Doktor” (Doctor).



DO'S AND DON'T'S

SMOKING & DRINKING IN PUBLIC SPACES

In the past, smoking cigarettes was allowed basically everywhere, much like in the rest of Europe. However, the last 10 years or so have brought a change to the legislation and it is not legal anymore to smoke in most public areas. However, some pubs and clubs opt to create special areas where smoking is allowed, usually outside. Be careful especially at train stations and bus stops - those areas are considered public space, therefore it's forbidden to smoke there.

Similarly to cigarettes, drinking alcohol is also considered illegal in public spaces. There are lots of exceptions to this rule, e.g. sitting outside in a beer garden and drinking is of course okay. However, the Polish law is quite bizarre when it comes to drinking in public, so you will find that drinking, for example, on a beach is legal, but not in a park or a forest. Cities are also allowed to introduce their own rules and interpretations of the law, so the city Council might make some exceptions. One thing to remember is that if you see people drinking somewhere outside, it doesn't necessarily mean it is legal to do so. But don't obsess with it - in the worst case scenario a policeman will give you a small fine.

OBLIGATION OF HAVING AN ID

When you are going out somewhere, no matter what time it is, there is one thing that you have to keep on you and it is some form of ID (either passport or a National Identity Card). Remember to always carry an ID card and you will avoid getting into trouble. This rule applies to everyone, not just foreigners.

LIFE AFTER 10 P.M.

Every house party eventually has to end and, according to the Polish law, it should be by 10PM. However, with the consent and kindness of the neighbors, this rule can be stretched. If there is noise after 10PM, the neighbors are free to call the police, and often do. Alternatively you can move the party to a pub or club (some of the best places to go in Białystok are described further down in this guide).

BEING A GOOD PEDESTRIAN AND A DRIVER

When it comes to walking and driving in the city, make sure you actually follow the rules. No crossing on the red light (that applies to both drivers and pedestrians) or even worse, jaywalking. Even when you are going back to your place at night and there is no car in sight, you need to wait for the green light. If the police catch you crossing the street against the red light, you are getting fined, and no foreign charm will help you.

Drivers need to obey the international driving rules, numerous road signs and watch out for the speed restrictions sometimes enforced by speed cameras.



IMPORTANT DATES

NEW YEAR'S DAY / 1st of January
EPIPHANY / 6th of January
VALENTINE'S DAY / 14th of February
LENT / Observance over 6 weeks
**GOOD FRIDAY, HOLY SATURDAY,
EASTER DAY & EASTER MONDAY** /
varies from end of March to beginning of May
LABOR DAY / 1st of May
CONSTITUTION DAY / 3rd of May
CORPUS CHRISTI / varies each year

ASSUMPTION OF MARY / 15th of August
ALL SAINTS' DAY / 1st of November
INDEPENDENCE DAY / 11th of November
ST NICHOLAS DAY / 6th of December
CHRISTMAS EVE / 24th of December
CHRISTMAS DAY / 25th of December
SECOND DAY OF CHRISTMAS /
26th of December
NEW YEAR'S EVE - SILVESTER /
31st of December

You can find more information about Poland in general at >> www.polandunraveled.com <<

BIAŁYSTOK

ABOUT THE CITY

Białystok is the largest city in eastern Poland; its area is estimated at around 102 square kilometers. It is situated by the border with Belarus and is in close proximity to the idyllic Mazury region, where everyone seeking peace will find it by crystal clean lakes and in the infinitely green flora.

The city is a center of Polish multiculturalism. For hundreds of years ago the Tatars, Byelorussians, Roma and Jews have left their cultural imprint, shaping Białystok as a place full of contrasts which, at the same time, shows an incredible synthesis between nations. To this day, we can admire the heritage of old residents in architecture and dialects, as well as the delicious regional cuisine, famous for its deliciously filling dishes.

The city lies on the banks of the Biała River which runs through its very center, forming a narrow ribbon that divides the area into two parts. The architecture of Białystok is designed to respect the green areas present throughout the agglomeration. It's not without reason that they call this region the Green Lungs of Poland.

The history of Białystok dates back to 1440, the year when the first settlers came to the lands of Podlasie. But its legend dates back to the years of Prince Gediminas (1275 - 1341) who, while hunting, found an idyllic green area where he decided to rest. Delighted by the landscape and the crystal clear stream, he is believed to have said, "What a pure, white slope", thus giving the land its name that functions to this day.

Białystok today has around 290,000 inhabitants, making it the tenth largest city in terms of population in Poland. A large percentage of residents are people over 50 years old, speaking only Polish (sometimes Russian or Byelorussian), but the vast majority of young people communicate in English quite easily.

The city is characterized by a combination of dynamic development with respect for the past and native traditions derived from its multicultural heritage.



This aspect allows for the free development of business in a friendly and open-to-innovation environment, especially if it promotes improving the living quality of the city's residents. Białystok belongs to the group of cities with the fastest growth in terms of modernization, technology, investment and employment, alongside cities such as Warszawa, Kraków and Wrocław. It continues to develop dynamically, constantly broadening horizons that create new places to work and live not only for its residents, but also for visitors.



CITY LAYOUT

Białystok is divided into 28 districts.

The following districts are closest to the city center and universities: Sienkiewicza, Bojary, Młodych, Piaski, Antoniuk, Piasta, Mickiewicza, Przydworcowe and Kawaleryjskie. Finding an apartment in these parts of the city guarantees excellent access to every university and fast transport to the city center.

For those who value peace and life far from the noise of the city, other districts will be an excellent alternative, as every part of Białystok is well-connected and ensures reaching the destination in a short time, whether by public transport or by car.

PUBLIC TRANSPORT

Białystok is easy to reach from other cities, including Warsaw, where there are two airports (Modlin and Chopin International Airport, also called Okęcie). There are three ways to get to Białystok from the airports:



BY CAR:
take the **S8** express road



BY BUS:
PlusBus >> www.plusbus.pl <<
and **Żak** express >> www.zakexpress.pl/en <<



BY TRAIN:
take the local train (**SKM**) to the **Warszawa Wschodnia** station, then **PKP Intercity** to **Białystok**. >> www.intercity.pl/en <<

The trip from the airport takes 2-4 hours, depending on traffic, roadworks and your method of transportation.

Białystok boasts one of the most beautiful train stations in Poland. The city council began its renovation in 2018. From the Central Station you can take PKP intercity to the most remote regions of Poland. For local travel to towns such as Elk or Suwałki, choose **Polregio**.

>> www.polregio.pl/en <<

One of the popular modes of inter-city transport are the PKS – buses that will take you to the remote areas of Podlasie and beyond. The brand new PKS Bus Station, open 24/7, serves thousands of passengers every day.

You'll find here bus companies such as:

- PlusBus
- Ecolines
- PKS Nova SA
- Żak Express

Białystok is a city with a large network of public transport. Almost all bus lines have their routes leading through the city center or close to it. Although the city spans a relatively small area, it has as many as 41 day bus lines and 6 night ones. Thanks to the good road infrastructure, traffic jams are a relatively rare occurrence here, which allows for fast transport between destination points.

>> www.komunikacja.bialystok.pl <<

>> www.rozkladzik.pl/bialystok/ <<



You can also plan your trip on a handy mobile app "**Jakdojade**" (unfortunately in Polish only)



In addition to trains, long-distance and city buses, in Białystok you can rent:

- **CITY BIKES** called **BiKeR**:
>> www.bikerbialystok.pl/en <<
- **ELECTRIC SCOOTERS** per minute:
>> www.naminuty.pl <<
- **ELECTRIC MOTOR SCOOTERS**
paid per minute:
>> www.blinker.city/en <<



In Białystok you can choose from numerous taxi companies. We recommend Cooltura Taxi because of its mobile app which is available in multiple languages "**Cooltura Taxi Białystok APP**" Other apps like Bolt and iTaxi are also available.



You can obviously buy a bike of your own and commute using Białystok's numerous bicycle roads. Outside of town you can also travel by bike to see nearby towns and villages or challenge the longest bicycle route in Poland - Green Velo, connecting Lubelskie, Podlaskie, Podkarpacie, Świętokrzyskie and Warmińsko-Mazurskie Voivodships.

FORMALITIES



REGISTRATION OF STAY

When you arrive in Poland, like every other citizen of a foreign country you must register your stay at the address where you're going to live, up to 4 days from the date of arrival / the date of crossing the Polish border. This period is extended to 30 days if you are a citizen of the European Union, a member of EFTA or the Swiss Confederation.

There are two steps you need to take in order to stay in Poland for over 3 months legally. The procedure is quite simple; all you need to do is get a residence permit for a fixed period of time and then register your place of residence. Below we walk you through how it is done.

STEP ONE – REGISTER YOUR STAY IN POLAND

If you plan to stay in Poland for over 3 months, you are legally obliged to register your stay. To do that you'll have to visit Voivodeship Office (Urząd Wojewódzki) within your first 3 months here.

As officials don't like it if you show up empty-handed, so **make sure you have a couple of legal documents with you:**



1. PASSPORT OR ANOTHER FORM OF ID

with a photo that provides proof that you are who you claim to be.



2. A DOCUMENT STATING THE REASON OF YOUR STAY HERE

– pick one from below:

- a possibility of future employment, for example – a letter of intent from your future employer, a hard copy of your health insurance and proof of having enough money to live in Poland (bank statement)
- the intention of studying in Poland: confirmation of admission to university, plus proof of health insurance and having enough money to live in Poland (bank statement)
- being married to a Polish citizen – marriage certificate.



3. COMPLETED REGISTRATION FORM

– you can download it here: >> guide.drbroker.pl/register.pdf <<

Please remember that you have to show up at Urząd Wojewódzki yourself – no one else can do it for you. Don't worry about being rejected. You are welcome here and there should be no problem with getting through the entire procedure. **You cannot pop-in to office at Mickiewicza 3 in Białystok without first making an appointment on this website:** >> register.guide.drbroker.pl <<

STEP TWO – REGISTER YOUR PLACE OF RESIDENCE

In Poland, all citizens are obliged to indicate their place of residence and this rule also applies to foreigners staying in Poland for a period longer than 3 months. Therefore, the next step of your registration process is letting the City Council (Urząd Miasta) know where exactly you're going to be staying.

There are two options: temporary or permanent registration.

The temporary registration of your stay is valid for a period between 3 months and 5 years, while its permanent counterpart is required for a period longer than 5 years. In case of studying in Poland – you'll need temporary registration.

To register your place of residence you need to **take some documents to the City Council**. You need:



1. ID OR PASSPORT

Visa for persons from outside European Union.



2. CONTRACT OF LEASE FOR APARTMENT OR DOCUMENT FROM DORMITORY

(if you are choosing temporary registration) **or act of ownership** of the flat
(in case of permanent registration)



3. FILLED OUT FORM

temporary or permanent residence registration form (whichever applies).

[>> guide.drbroker.pl/temporary.pdf <<](https://guide.drbroker.pl/temporary.pdf)

[>> guide.drbroker.pl/permanent.pdf <<](https://guide.drbroker.pl/permanent.pdf)

You will find the office which handles foreign resident registration here:



DEPARTAMENT OBSŁUGI MIESZKAŃCÓW – REFERAT EWIDENCJI LUDNOŚCI,

ul. J. K. Branickiego 3/5,
room 19 (ground floor)

Opening hours:

Monday, Wednesday, Thursday, Friday: **7.30-15.30**,

Tuesday: **8.00-16.00**.

PESEL IDENTIFICATION NUMBER

The PESEL number is an identification number given to every Polish citizen when they are born and registered in Poland. If you are an expat or a foreigner thinking of living in Poland, the PESEL number is one of a these things that you are going to need if you want to stay in Poland for longer than a few months, irrespective of being an EU citizen or not. The law regarding the PESEL number has changed multiple times in the last few years with the last modifications being into effective since the beginning of 2018.

The good news is that the process of obtaining the PESEL number by foreigners got simplified and in most cases it's automatic.

You definitely will be asked to provide PESEL in government offices and when you try to open a bank account in a Polish bank. When you try to register at your local doctor the PESEL number also needs to be provided (of course you can rely on the private healthcare or EHIC card if you are an EU citizen but it's better to have options). Also in more surprising circumstances, you will need to have a PESEL number. For example when you decide to join a gym or when you try to enter a football stadium.

Additionally, the PESEL number will be crucial when it comes to your work life. You can be hired without the PESEL number, however, the employer will need it at some point to fulfill their obligations of paying your insurance and taxes and they will need to have your PESEL number to do so.

As mentioned previously, most expats will obtain their PESEL number automatically as a result of fulfilling a legal obligation of registering their place of living (zameldowanie) in the local City Council (Urząd Miasta) described on the previous page. Once that obligation is fulfilled the local government automatically creates the PESEL number and sends the document to the provided address.

NFZ – NATIONAL HEALTH INSURANCE

Having health insurance means you can use medical services free of charge: once you have it, feel free to go to a medical facility or hospital and receive help, both in everyday and extraordinary cases. As a patient, you are entitled to a number of free treatment services. To get started, you should first choose the so-called "general practitioner" or family doctor. Choose a primary care outpatient clinic at a location most convenient to you and sign up with them. The family doctor provides referrals for laboratory and other tests as well as to other specialist doctors, if your well-being requires it. Some primary care facilities offer more detailed examination and specialized diagnostic equipment. All these services are available to health insurance holders and their family members.

In addition to the free primary care facilities, Poland also has a range of private health care services where you pay per visit or sign up for a long-term plan with a monthly fee. Some private health care centers are under contract with the NFZ, which means that selected medical services might be reimbursed - in that case, those services are free for people insured under the NFZ health insurance. This is available to patients who have received a referral from their family doctor.



If you are already insured in another EU country, you can use European Health Insurance Card – EHIC in Poland. EHIC is a document based on which, according to the EU regulations on the coordination of social security systems, a person insured in one of the EU/EFTA Member States and members of their family staying temporarily in another EU/EFTA member state, are entitled to receive healthcare benefits in kind that become necessary during their stay for medical reasons.

A necessary benefit should be understood as any benefit that a doctor finds essential to be granted due to the patient's health condition, so that the patient does not have to return to their country in order to receive treatment. The benefits under EHIC are provided on the same terms as those provided to persons insured in the country of treatment.

PLEASE NOTE:

EHIC does not entitle you to receive the so-called scheduled treatment, i.e. treatment that is the target of a patient's stay in Poland.

Having Polish public health insurance is voluntary and you can get it if you're a university student.

The insurer is the NFZ – National Health Fund. You will be paying the monthly fee by yourself from your own funds.

You can make arrangements for voluntary health insurance at the following address:



THE HEADQUARTERS OF THE NFZ DEPARTMENT IN BIAŁYSTOK

ul. Pałacowa 3
15-042 Białystok

Office hours:
Monday - Friday, **from 8:00 to 16:00**

Information: **85 745 95 00**
sekretariat@nfz-bialystok.pl

[>> nfz.guide.drbroker.pl <<](https://nfz.guide.drbroker.pl)

REQUIRED DOCUMENTS:

- completed application for voluntary insurance; [>> guide.drbroker.pl/nfz.pdf <<](https://nfz.guide.drbroker.pl/nfz.pdf)
- identity document (passport);
- written confirmation of your student status from your university;
- if you've already been issued a PESEL number, a written confirmation of this while registering with the NFZ will let you skip the procedure of assigning the PESEL number



As a student, your contract with the NFZ is valid indefinitely, until canceled. You can cancel it yourself at any time (in written form), it will also expire if you skip one month's payment. The document confirming your insurance coverage is the copy of your contract with the NFZ and proof of payment for the previous month. Please note: you have 7 days to register your contract with the NFZ at ZUS (the Social Insurance Office) by submitting the ZUS ZZA form. As a student, your monthly premium rate is 46,80 PLN.

As a foreigner, you're also free to choose another insurance company, eg. Powszechny Zakład Ubezpieczeń (PZU), Hestia, etc. which offer insurance for foreigners coming to Poland for all kinds of purposes, including education.



For example at PZU Foreigners can buy private medical insurance, thanks to which they have access to doctors and examinations on a daily basis (medical subscriptions). The monthly premium, depending on the insurance option, is 100 or 200 PLN per month.

More details you can find here: >> guide.drbroker.pl/pzu_zdrowie.pdf <<

Also PZU have product called "Wojażer" which is dedicated to foreigners who are temporarily staying on the territory of the Republic of Poland.

This policy:

- provides access to doctors in the event of an accident or sudden illness
- pays compensation if the insured person's health suffers as a result of an accident
- pays compensation to people who suffer as a result of the insured's actions (e.g. rented apartment or equipment will be destroyed)

More details you can find here: >> guide.drbroker.pl/pzu_wojazer.pdf <<

You can talk about details of each plans available at **PZU office in Białystok** at Mickiewicza Street 7/1 with Barbara Kužel.



You can also email her at: bkuzel@agentpzu.pl or call **+48 501 544 705**



USEFUL ADDRESSES:

GP primary care outpatient centers

Students from EU countries:

NZOZ ALFA MED

ul. Zwierzyniecka 13

Students from countries outside the EU:

HEALTH CARE CENTER "AKADEMIK"

ul. Akademicka 3

IN CASE OF EMERGENCY:



UNIVERSITY CLINICAL HOSPITAL IN BIAŁYSTOK

ul. M. Skłodowskiej-Curie 24A



SAFETY

REPORTING CRIME TO THE POLICE AND EMERGENCY NUMBERS

Most people coming to Poland don't experience any crime. Poland has a low rate of violent crime and a moderate level of street crime. Major cities might have higher rates of crime. In Poland there is low risk of terrorism.

With your valuables in mind, you do need to watch out for petty theft. Keep cash out of sight, especially in crowded areas and tourist spots. Pay special attention at main train stations, inside trains and other form of public transport. We say "bargain makes thieves", so don't make it easy to those that seek opportunities.

Knowing your way around safety measures and procedures of reporting crime is one of the key elements of staying safe in a foreign country. Here's a handful of useful information:

Report on crime can be submitted:

- **IN PERSON:** find the nearest Police station or Prosecutor's Office. The staff there will guide you through the procedure.
- **BY PHONE:** call **112, 997 or 85 748 99 03** (you can communicate in English or Russian); the officer on call will collect your information and guide you from there on.



If you've been a victim or a witness of a crime, report it to the Police immediately.

The above also applies to reporting incidents of racism.

HATE CRIME ACCORDING TO POLISH PENAL CODE:

- Using violence
- Unlawful threat
- Inciting commission of the offence against person or group of persons
- Inciting hatred based on national, race or ethnic differences
- Publicly insulting a group within the population or particular person because of his national, ethnic, race or religious affiliation or because lack of any religious denomination or for these reasons breaches the personal inviolability of another individual
- Publicly promoting a fascist or other totalitarian system
- Promoting, producing, purchasing, presenting, transferring, sending materials and means with inciting hatred based on national, ethnic, race or religious differences or for reason of lack of any religious denomination or with fascist or other totalitarian symbols
- Acting with an intent to destroy in full or in part, an ethnic, racial, political or religious group, or a group with a different perspective on life, committing homicide or causing a serious detriment to the health of a person belonging to such a group. Preparations to this crime is also subject to the penalty
- Crimes against conscience and confession. Offending the religious feelings of other persons by outraging in public an object of religious worship or a place dedicated to the public celebration of religious rites

You can read the whole leaflet created by Białystok's police here: [>>> guide.drbroker.pl/safety.pdf <<](https://guide.drbroker.pl/safety.pdf)

EMERGENCY NUMBERS:



112 INTERNATIONAL EMERGENCY NUMBER

997 POLICE

998 FIRE SERVICE

999 AMBULANCE

986 MUNICIPAL POLICE

991 ELECTRICITY EMERGENCY

992 GAS EMERGENCY

993 HEATING AND POWER PLANT EMERGENCY

994 SEWERAGE AND WATER SYSTEM EMERGENCY

UNIVERSITIES AND EDUCATION

MEDICAL UNIVERSITY OF BIAŁYSTOK

The Medical University of Białystok is a dynamically developing research and development center in north-eastern Poland. It offers as many as 15 first and second degree medical faculties as well as uniform master's studies conducted within three faculties. It consists of:



- Faculty of Medicine (including Dentistry and English Division)
- Faculty of Pharmacy (including Laboratory Medicine)
- Faculty of Health Sciences



The university also offers doctoral studies (third degree) at the above faculties.

The University also provides post-graduate studies, as well as post-graduate specialization courses for doctors, pharmacists, laboratory diagnostics, nurses and midwives; also continuing education courses for pharmacists. From the very beginning of its existence, the University has hosted many global-scale scientific summits. Students and employees of Białystok's "Medic" implement about 500 scientific projects a year.

The Faculty of Medicine with the Division of Dentistry and the Division of Teaching in English won the first place, and the Faculty of Pharmacy with the Laboratory Medicine Division ranked fourth in the ranking conducted by the Ministry of Higher Education. The ranking assessed the quality of teaching and predispositions of the facility. The University provides its students and staff with modern research equipment and support in all scientific projects.

There are 88 research clubs here, where students conduct clinical trials, acquire practical skills and take part in domestic and international scientific conferences. A huge percentage of students graduating from the Medical University are laureates of many medical awards, and develop their careers in international research centers.

The main department of the Medical University is located in the picturesque Branicki Palace, a true pearl of the city. You can rest and relax in its well-groomed gardens; it's a wonderful place to meet with your friends.

Most of the University's faculties are located in the very center of Białystok, which guarantees excellent access from every location in the city.

BIAŁYSTOK UNIVERSITY OF TECHNOLOGY

Białystok University of Technology is the largest and most technologically advanced university in north-eastern Poland, 6th among technical universities in the country. It develops the competences of its students in the 7 following faculties:



- Faculty of Architecture
- Department of Construction and Environmental Engineering
- Faculty of Electrical Engineering
- Faculty of Information Technology
- Faculty of Mechanical Engineering
- Faculty of Management Engineering
- Department of Forestry



The achievements of students from the Białystok University of Technology are known in the global arena and bring great prestige to the university. Some of the key examples are projects such as designing the Mars rovers, as well as advanced robots and systems optimizing the work of many corporations. The university supplies its students with state-of-the-art equipment to constantly broaden their horizons and inspire them to undertake research on technology, which today is at the core of almost all aspects of professional and private life.

UNIVERSITY OF BIAŁYSTOK

The University of Białystok was established in 1997 and is the 3rd largest university in north-eastern Poland. It offers graduate and post-graduate courses in areas such as social sciences, mathematics, biology and humanities. You'll find the following faculties there:



- Biology and Chemistry
- Economics and Management
- Philology
- Physics
- History and Sociology
- Mathematics and Computer Science
- Pedagogy and Psychology
- Law



The University boasts a modern Campus in austere glass design combined with the green of nature. Students gain knowledge under the watchful eye of lecturers in an impressive area of 30 hectares housing 840 scientific rooms.

As a foreign student, you might find it good to know that the Faculty of Philology offers Pollando -- a Polish language school for foreigners. In addition to excellent language classes, the professional staff there offers extracurricular activities in your free time which will expand your knowledge about Poland.

COLLEGE OF FINANCE AND MANAGEMENT IN BIAŁYSTOK

The College of Finance and Management in Białystok is the oldest private university in Podlasie. It offers 4 faculties and 7 fields of study at bachelor and master's levels. You can choose from:



- Economy
- Finance and Accounting
- Management



The university is a great place to lay a solid foundation of your future career in business and finance thanks to its careful selection of up-to-date education methodologies. In addition to substantive knowledge, students can participate in practical classes thanks to the school's partners, whose number is constantly increasing. The attractive location of its premises allows easy access from various parts of the city.

ATTRACTIONS

KEY ATTRACTIONS IN BIAŁYSTOK AND BEST GREEN LEISURE AREAS OF PODLASIE

As you can see, Białystok offers excellent space for development and everyday living. But that's not all – our city has much more to offer. Below we walk you through some of the key attractions, perfect for exploration in your free time.



BRANICKI PALACE

One of the best-known locations in Białystok and, above all, the home of the Medical University with a lush Baroque feel. It's a popular spot for tourists and locals alike, seeking solace in the art of design. It is surrounded by beautiful, well-groomed gardens, fountains, a moat and romantic alleys perfect for photoshoots. **Admission is free.**

PLANTY PARK

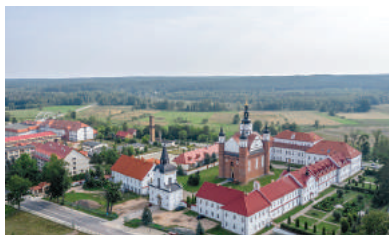
This park, located right in the city center, is an ideal place for walking, reading books, meeting friends or studying. Its beautifully landscaped area attracts walkers all year long. Come here during the summer for numerous festivals and evening shows of colorful fountains.



THE PROF. ANDRZEJ MYRCHA MEMORIAL UNIVERSITY NATURE CENTER

A real treat for fans of flora and fauna. The Center offers a unique collection of Eocene penguins from Seymour Island with holotypes of 5 species, as well as a multitude of other mammals, birds and biological exhibits, not found anywhere else in Poland.

Admission is free.

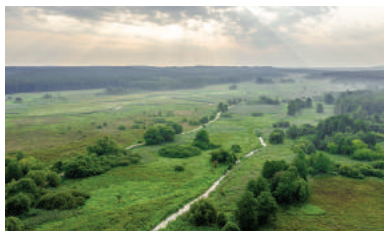


SUPRAŚL

This spa town is an oasis for people seeking contact with nature while remaining in contact with civilization. Supraśl is famous for incredibly clean air, bathing beaches by the river and recreation areas. This area is a perfect weekend destination if you want to relax outside the city (a trip from the center of Białystok to Supraśl takes about 20 minutes by car). City buses are also available.

TYKOCIN

Small town wonderfully located on the Narew River, almost unspoiled by civilization which inspire photographers and artists. You can find there unique synagogue and Jewish quarter, admire the baroque layout of the trapezoidal market square and beautiful church of St. Trinity. Finally, the rich story of king Zygmunt August life and important fortress of 16th century Poland, which recently was raised from ruins.



PUSZCZA BIAŁOWIESKA

The Białowieża Forest is a vast forest area located in Poland and Belarus, where some of the last and largest swathes of the primeval forest of European lowlands have survived to this day. The best known inhabitant of the Forest is the bison. Since 2010, Puszczę Białowieską belongs to the list of IBA bird refuges run by BirdLife International, and is a UNESCO World Heritage site.

HOLY SPIRIT ORTHODOX CHURCH

Built between 1982 and 1999 in the Byzantine style, it is currently the largest Orthodox church in Poland. Its shape imitating fire descending from Heaven and consisting of five domes was designed by the architect Jan Kabac. The construction of its belltower started in 2006 and was completed in 2012. It is 70 meters tall, making it the third tallest building in town.



If you want to visit one of the above places, you can use the services of a professional guide who will not only take you there but also tell you about them in English. We recommend a licensed Podlasie and Białystok tour guide with suitable car to take a group to all kinds of tours including the Jewish trail. Visit her blog >> www.bialystoksubiektywnie.com <<

You can also email her at: ania@bialystoksubiektywnie.com or call +48 504 868 400



A close-up, underwater shot of a swimmer wearing a black cap and goggles, moving through blue water with visible bubbles.

ACTIVE RECREATION

BIAŁYSTOK TRAMPOLINE PARK

One of the most lively places in Białystok! Whether you're a fan of athletics, or just someone who wants to spend their free time in a fun, active way, this is a great place to go. It offers various trampolines, sponge pools to dive into, ropes to swing from and other attractions - exciting activities for people of all ages. Located at **ul. Bema 6**

BIAŁYSTOK SPORTS AND RECREATION CENTER

A place created for the love of sport! If you're looking for ways to develop and improve your physical fitness, look no further - this is the place to go. Train by yourself or join one of the many groups for athletes of various categories.

Addresses:

The Sports and Recreation Center manages the following recreation facilities:

- **"Sportowa" swimming pool** at ul. Włókiennicza 4,
- **"Kameralna" swimming pool** at ul. Mazowiecka 39 C,
- **"Rodzinna" swimming pool** at ul. Stroma 1 A,
- **Dojlidy Water Sports Center** at ul. Plażowa 1,

Complex of Sport Facilities "Zwierzyniec", with the following facilities:

- **Athletics stadium** at ul. 11 Listopada 28,
- **Ice rink** at ul. 11 Listopada 28.

CITY BEACH IN DOJLIDY - ENTERTAINMENT

It's a great local alternative for those seeking a cool refuge on hot summer days without leaving the city. A large beach, volleyball court and lifeguards minding your safety in the water, create an amazing atmosphere of the city's recreational and leisure center.

Located at **ul. Plażowa**

JEST PROGRES

This studio offers calisthenics classes. Calisthenics focuses on general physical development training with one's own bodyweight. The fitness coaches here can guide trainees from scratch, so feel free to come in and start exercising regardless of your level of advancement.

The studio is located at **ul. Artyleryjska 7**

WAKESTOK

Wakestok is a beach, chill zone, beach bar and water sports lifts. Come here to learn wakeboarding - a sport that crowds of visitors came to love. Wakestok is the perfect solution for summer leisure activities.

ul. Białostocka 92
16-010 Wasilków

CULTURE

Fans of high culture will also feel at home in Białystok. The greatest cultural attraction of the city is undoubtedly the Podlasie Opera and Philharmonic - the most modern cultural center of Eastern Europe. In addition to the Opera, you will find around here:

MUZEUM WOJSKA (THE MILITARY MUSEUM) IN BIAŁYSTOK

A municipal cultural institution that has been operating for over fifty years. Its vast collections range from melee weapons dating back to the Middle Ages, to uhlan sabers, firearms from almost all European countries, as well as other equipment and uniforms (primarily Polish, German and Russian). A separate archive consists of a collection of thousands of photos and historical documents.

The highlight of the Military Museum's exhibition offer are its permanent exhibitions. We present a full historical overview of north-eastern Poland across the 20th century, showcasing military themes against the background of social, cultural and moral events of that period. The museum is a modern institution, providing visitors with a traditional style narrative, as well as multimedia kiosks, listening stations, video materials, a 3D photo system and audioguides.

The museum is located at **ul. Kilińskiego 7**

For more information, visit >> www.mwb.com.pl << and >> www.facebook.com/muzeumwojska <<

BIAŁOSTOCKI TEATR LALEK

Today, the Białystok Puppet Theater can be called a total theater. With three scenes and excellent technical and organizational facilities – it not only produces performances, but is also actively involved in popularizing the theater culture and education. Throughout recent decades, the Theater has organized many national and international puppet festivals, among them Solo Puppeteers Festival, Puppet Theater Meetings, or the one-of-a-kind Festival of Puppet Theaters for Adults "Puppet's Metamorphoses". Since 2012, Jacek Malinowski – director, playwright, professor of the Puppet Theater Art Department in Białystok and the Theater Academy in Warsaw, is the Theater's Artistic and Administrative Director. The Białystok Puppet Theater is open towards international cooperation, theater residencies for young artists, study projects and workshop meetings.

The Theater is located at **ul. Kalinowskiego 1**.

For more information, visit >> www.btl.bialystok.pl <<

TEATR DRAMATYCZNY IM. ALEKSANDRA WĘGIERKI W BIAŁYMSTOKU

One of the largest and oldest institutions in the Podlasie Voivodeship. The Main Stage hall can seat almost 500 people. The Drama Theater's repertoire has something to offer to audience with high artistic expectations, with plays that touch the problems of the modern world and man, as well as to those looking for good humor and entertainment.

The Theater also creates new phenomena in the cultural space of Podlasie. The PracOFFnia Stage has been operating here since 2015. It's an initiative which allows independent and active artists to present their work. The Theater also runs the "Direction East" festival - a review of plays touching the subject of borderland culture, including performances from across the eastern border of Poland. The Theater is located at **ul. Elektryczna 12**.

For more information, visit >> www.dramatyczny.pl <<

GALERIA ARSENAŁ IN BIAŁYSTOK

One of the best contemporary art galleries in Poland. For years, it has been presenting a coherent and consistent exhibition program. It's devoted to offering and promoting modern art of various media, thus providing a great overview of the most important and interesting phenomena in contemporary Polish art. The gallery organizes exhibitions not only at its two offices in Białystok, but also at other locations in Poland and abroad.

Collection II is the highlight of Galeria Arsenał. This collection, started in 1992, presents the most important phenomena in Polish art, which reflect the changes that took place in our culture after the period of political transformation. The gallery's exhibition activity is accompanied by an intensively developed educational program designed to teach about the latest art at various levels and in different languages. In addition, Galeria Arsenał undertakes various activities to popularize contemporary culture, including panel discussions, lectures, seminars, conferences, concerts, book promotions and film screenings. For several years it has also organized the Children's Art Book Festival with a rich offer of workshops for children. Galeria Arsenał is located at **ul. Elektryczna 13** and **ul. Mickiewicza 2**.

For more information, visit >> www.galeria-arsenal.pl <<

OPERA I FILHARMONIA PODLASKA – EUROPEAN ART CENTER IN BIAŁYSTOK

In the rich and diverse repertoire of OiFP, next to opera performances ("The Haunted Manor", "Traviata", "The Magic Flute", "Carmen", "La Boheme"), musicals ("Korczak", "The Phantom of the Opera", "Fiddler on the Roof", "Doctor Zhivago") and operetta ("Revenge of the Bat"), there are also symphonic concerts, oratorios, chamber music, recitals, interactive performances for children and music festivals. The institution's activities also include educational and exhibition projects, film screenings and entertainment shows.

OiFP offers events addressed to a wide audience. In addition to their regular repertoire counterparts, events such as the International Book Fair, Museum Night take place here, as well as meetings with authors and artists, such as the Phantom of the Opera fan convention.

The Podlasie Opera and Philharmonic is located in two buildings: at **ul. Odeska 1** and **ul. Podleśna 2**.

For more information, visit >> www.oifp.eu <<



MUZEUM PODLASKIE IN BIAŁYSTOK

consists of 7 facilities located in historical buildings:

- **Town Hall** at Rynek Kościuszki - main building
- **Historical Museum** in Białystok
- **Alfons Karny Sculpture Museum** in Białystok
- **Museum** in Tykocin
- **Museum of Palace Interiors** in Choroszcz
- **Museum** in Bielsk Podlaski
- **Museum of Icons** in Supraśl

More information available at: >> www.muzeum.bialystok.pl <<

BIAŁYSTOK CULTURAL CENTER (BOK)

Each year, the Białystok Cultural Center (BOK), as a municipal institution, organizes or co-organizes about 400 events, with an average of over 120,000 participants (data from 2018). BOK's offer is addressed to various audiences, from children, through youth and adults, to seniors. The offer of events is wide and carefully designed to satisfy very different tastes, and what is important - many of them are free. Among the events proposed by BOK, the following festivals are the most popular: Dni Sztuki Współczesnej (Contemporary Art Days), Jesień z Bluesem (Autumn with Blues), ŻUBROFFKA International Short Film Festival, Inny Wymiar (Another Dimension, since 2013 as part of the East Culture project), Festiwal Kultur i Podróży "Ciekawi Świata" (Festival of Culture and Travel), ¿Underground / Independent?, as well as such regular events as: Dni Miasta Białegostoku (Białystok City Days), Filmowe Podlasie Atakuje! (Attack of the Film Podlasie, currently Film Podlasie Reactivated and Film Podlasie Educates), shows of Classic Cinema with live music, Zaduszki Bluesowe (All Souls' Eve with Blues), Sylwester Miejski (New Year's Eve), Blues Fama, Trójzab Komediiowy (Comedy Trident), Summer and Winter Actions, Katedralne Koncerty Organowe (Cathedral Organ Concerts), National Review of Contemporary Photography "Człowiek obok mnie" (The man next to me), Jazz at BOK, Seniorada, exhibitions at the BOK Gallery and numerous concerts of Polish and foreign music stars.

In the Ludwik Zamenhof Center, you can enjoy the permanent exhibition "Białystok młodego Zamenhofa" ("The Białystok in the time of young Zamenhof") and numerous temporary exhibitions. There are also concerts, panel discussions, lectures and literary events. The Center is involved in organizing educational workshops for children and youth, and various modern socio-educational projects are implemented. It also has a Games and Play Room - a space for creative fun.

BOK operates in two locations: at **ul. Legionowa 5**, where the Forum cinema and Fama club are located, and at **ul. Warszawska 19**, the home of the Ludwik Zamenhof Center.

For more information, visit >> www.bok.bialystok.pl <<



FESTIVALS AND EVENTS

JUWENALIA AT THE BIAŁYSTOK UNIVERSITY OF TECHNOLOGY CAMPUS

>> www.juwenalia.bialystok.pl <<

When: End of May

Juwenalia is a cultural and entertainment student initiative of the Białystok University of Technology. Every year, the event attracts thousands of people wanting to have fun to the rhythm of their favorite music. Juwenalia is a three day festival organized at the University campus located in the Nowe Miasto district. Every year, big names such as Guano Apes and Kult are invited to perform. This time of fun and dancing is a great opportunity to take a break from your studies and meet new friends from other universities in the city.

UP TO DATE FESTIVAL

>> www.uptodate.pl <<

When: Beginning of September

Up to date is the largest and most famous festival in Białystok, created by and for the lovers of electronic sound and hip hop culture. From the very beginning year after year, it's renowned for its world-class line-ups. Artists such as Lorn, Evidence, Goldie, Rrose, Rosalie and Das EFX performed first on the scenes of Węglowa Centrum, and later at the City Stadium (current location of the festival). The idea of the festival is best represented by the slogan: "Music does not have to be simple - it has to be good" and by its social campaigns designed to unite generations.

HALFWAY FESTIVAL

>> www.halfwayfestival.com <<

When: End of June

Halfway is a unique festival for fans of alternative music. Located in the charming amphitheater of the Podlasie Opera and Philharmonic, every year it attracts crowds of festival goers wishing to meet their favorite artists, have fun and spend their free time in close contact with culture and art. The uniqueness of the festival lies in the lack of rigid barriers separating the audience from the artists. Anyone can enter the stage and sing their favorite songs along with the performers, or just dance and experience the beautiful world of music any way they desire.

NEW POP FESTIVAL

>> www.bialystoknewpop.pl <<

When: Middle of June

New Pop is a relatively young festival, with a very informal feel of a picnic mixed with shows of famous artists. It brings together thousands of fans of having a good time, of various ages. Apart from concerts, you can be sure to find delicious food and a variety of attractions.

PODLASKA OKTAWA KULTUR (THE PODLASIE OCTAVE OF CULTURES)

>> www.oktawa.woak.bialystok.pl <<

When: End of July

Podlaska Oktawa Kultur is a treat for fans of folklore, fun and - above all - traditional music, art and handicrafts. The main location of this 4 day festival is Rynek Kościuszki at the city center. This event is the essence of multiculturalism of the city. Every year, in ever-increasingly perfect way, it presents the beauty of Podlasie's (and beyond) cultural heritage and traditions.

INTERNATIONAL SHORT FILM FESTIVAL ŻUBROFFKA

>> www.zubroffka.pl <<

When: Beginning of December

The ŻUBROFFKA International Short Film Festival is an open and borderless event, respecting the diversity so characteristic of our land. It is the meeting place for creators who are open to the world, people who have a sense of humor and who value nature and its products. The festival strives to be a platform for the exchange of modern ideas and thoughts that enables creative meetings of artists from the East and the West.

CLUBS

At night, Białystok turns into a bustling capital of electronic and dance music. No matter what your musical preferences and tastes are - you are sure to find a place to party until dawn. The most famous clubs in Białystok are:

- **ROKOKO / pop / house / disco polo**


The only two-story club in the city center. Two independent rooms, Two dance floors, Two different music styles, Two bars, Two VIP rooms, Thousands of unforgettable moments. Admission from 21 years old The club is located at **ul. Legionowa 14/16**

- **ZMIANA KLIMATU / electronic music / oldschool music / pop**

- **METRO / techno / trance / dubstep / reggae / house / electro / minimal**

- **BLACK DIAMOND / pop / house / electro**

- **WYSOKIE TONY / pop / soul / electro**



CULINARY GUIDE

BEST RESTAURANTS

If there's one thing about Poland we are really, really proud of, it is most definitely our cuisine. Before you try it we have to warn you – it is extremely tasty but it will quickly add extra centimeters to your waist (however, you can always burn those unwanted calories in a gym or other activities we've mentioned in previous pages).

The most popular Polish meals are pierogi (dumplings), kotlet schabowy (a type of breaded cutlet), bigos (a mix of cabbage, meat and mushrooms), gołąbki (cabbage leaves stuffed with minced meat), rosół (chicken soup), zupa ogórkowa (cucumber soup – it's really sour!) and żurek (sour soup with egg and sausage).

We won't be modest here – our cuisine is great and it's totally worth trying. It's also especially good when accompanied by vodka or beer! Try it!

Białystok is famous for its excellent regional cuisine, second to none. Strong influences of many cultures have created a specific menu recognizable on a global scale. Białystok, as well as all of Podlasie, attracts hundreds of tourists interested in new culinary experiences. It truly is a sin not to try our kartacze, dumplings with lard, potato cake or the world-famous Polish sausage.

Below you will find a list of interesting restaurants to visit for a taste of the specialties of Eastern Poland. The mastery of Białystok's chefs is well worth it!

PIZZA MAJSTRY From pizza fans for pizza fans. The pizza here is made with passion, shared with the guests through craftsmanship, original ingredients and compositions. Pizza is their hobby, the biggest craze and a way of life. [Come with this guide and claim a 15% discount on premises](#) at ul. Białówny 10

JIMI ROCKET – AMERICAN PIZZA They love pizza and rock'n'roll, and it really shows! Don't postpone happiness - eat it! [Claim your discount with the "Białystok in a Nutshell" guide.](#) Come and have some American pizza at ul. Rynek Kościuszki 32





HOT BURGER BISTRO The Hot Burger Bistro is a place where the colorful Mexican cuisine clashes with fancy burgers and American cuisine. This restaurant was created for people who love juicy beef, rock music and original recipes. A rich and full of unique taste vegetarian option steals the hearts of even the sworn carnivores.

The restaurant is located at **ul. Marii Skłodowskiej-Curie 6/1**



ELVIS BURGER Iconic burgers made even better with the accompaniment of music from the King of Rock'n'roll himself. 100% homemade - fresh beef, fresh vegetables, crispy sesame roll. Love this taste and admire the size! Enjoy the awesome flavors with the "Białystok in a Nutshell" guide.

Elvis serves burgers at **ul. Białówny 9 lok. 7 (Rynek Kościuszki)**



MAĆKOWA The Maćkowa restaurant specializes in Old Polish cuisine. Come here for a taste of the genuine kartacze, dumplings and potato pancakes worthy of a Polish grandmother. Every day the restaurant serves a different menu of the day consisting of two dishes. Have a sip of podpiwek (Polish home brew, non-alcoholic) or their own compote.

The restaurant is located at **ul. Legionowa 14/16**



STREAT FOOD MŁYNOWA craving great street food in the summer? Look no further - come here for a broad selection of dishes from around the world served straight from food trucks. Everyone will find something to their liking. On weekend evenings, there are also dancing parties with charming lanterns surrounding the entire square at **ul. Młynowa 6**



GRAMOFF Almost a bistro. Almost vegan. Almost all beers. Strong coffee, Italian wines. Off the beaten track. Among cool people GramOFFon invites you to **ul. Malmęda 17**



MAZEL TOV a newly opened restaurant serving Jewish cuisine, where you can try specialties such as buza -- that is, a drink made from millet, sugar and raisins, which Białystok was once famous for -- also herring paste or veal brains with eggs. Mazel Tov is your best bet if you're looking for new culinary experiences at **ul. Św. Rocha 8a**



HORYZONT The Horyzont Restaurant is a must on the culinary map of Białystok. The atmospheric interior will make you feel special, and in summertime - on the terrace - relaxed. To experience Horyzont with all of your senses, visit it on a Thursday - the Live Music day. The restaurant's flagship dish is Pad Thai - a dish of Thai cuisine. The lunches they are equally famous for are available from Monday to Friday, 12.00-16.00.

The restaurant is located at **ul. Legionowa 14/16**

KOKU SUSHI The KOKU Sushi restaurant chain was created for guests who are looking for new culinary experiences and original flavor combinations. Cozy interiors maintained in the spirit of harmony so characteristic of Japan guarantee you're going to have a wonderful time here. KOKU Sushi will surprise you with its original approach to the art of preparing this centuries-old dish.

KOKU Sushi Rynek **ul. Sienkiewicza 6**
KOKU Sushi **ul. Kilińskiego 7/1**



PKS Do you fancy a burger? Sushi? Ramen? Or maybe you just want to have a beer? At the PKS: Piwo, Kaczka, Sushi (Beer, Duck, Sushi), everyone will find something for themselves. Come find out at **ul. Warszawska 9**



KLUBOKAWIARNIA NA JAGODY is a new place on the map of Białystok with a menu of delicious dishes at reasonable prices. You can have a delicious dessert and coffee here, which makes it the perfect location for a lunch break. The cafe is located nearby the Medical University at **Kaczorowskiego 7 lok. U3**



PUB FICTION Good, better... Pub Fiction! Probably the best pub in the universe. Awesome and friendly people. This place will rock you! You are very welcome!
The pub is located at **ul. Suraska 1**



CAFES

KAWIARNIA PANI K Visit this interesting cafe in the city center! Do you value good taste and a pleasant atmosphere? Take your friends and discover great coffee while enjoying a delicious dessert. Where? **ul. Malmeda 9/3**



BARISTACJA Baristacja offers a combination of specialty coffee, homemade pastries and healthy cuisine. Every day from 8.00 AM you can come here for breakfast, buns baked in-house and lunches, also available for vegetarians. Baristacja is a place full of passion, coffee and homemade bread. Come and see for yourself at **ul. Sienkiewicza 7**



WHITE BEAR COFFEE The first cafe in the White Bear Coffee chain serving specialty coffee from its own roaster. It is located in the city center, on one of the main streets in Białystok. Sink back into a comfortable armchair with delicious coffee and cake and enjoy the warm, homely atmosphere.
Open daily from 7.30 AM at **ul. Sienkiewicza 6**.





SWEET FIT & EAT Sweet Fit & Eat is a healthy pastry shop and cafe in the center of Białystok. All cakes are gluten-free and without white sugar, and what's more, they also have lactose-free and vegan sweets on the menu. Everything is made to be FIT! Come to Sweet Fit & Eat, where you can try diet cakes, desserts, fruit and milk cocktails, all blends of freshly squeezed juices, various types of coffees and teas, as well as eat a salad, a sandwich, pasta and pancakes for lunch - all in a pleasant, relaxed atmosphere. Free Wi-Fi for all customers. The shop is located at **ul. Legionowa 30 lok.6** "Sienny Rynek"



CAFE BRAVA A great place to get coffee, desserts, sandwiches. Service in English & French. Free Wi-Fi. The café is located at **ul. Żelazna 7**

OTHER SERVICES



KOMPUTERITY This shop specializes in comprehensive repair of notebooks, netbooks and tablets. The scope of their offer includes both simple software updates, replacement of complete elements, and advanced repairs of individual components. Professional equipment for diagnostics and repairs is available here. The service technicians with many years of experience will quickly and efficiently deal with any device issues. The shop is located at **ul. Legionowa 9/1**



MR TECH MR Tech offers a wide range of GSM-related services. Their scope of business includes selling smartphones, tablets, smartwatches, phone accessories and covers. If you need help with a starter for any GSM network, this is the place to go. The shop is located at **ul. Legionowa 9/1 / lok 29**



TELEKOMUNIKACJA PODLASIE If you need internet in a rented apartment try Telekomunikacja Podlasie. They offer wide range of internet, TV and telephone services. Please check with them, can they provide services in your area at **Kraszewskiego 28 lok.U3** or email: biuro@tpodlasie.pl



ELLAFRYZ Indulge yourself and feel pampered at the beauty section, or book an appointment with one of the trained professionals who will give you the stunning and trendy look you want. When you need a makeover, EllaFryz Hair And Beauty Kerastase Institute at **ul. Waszyngtona 32 lok.17** is the place to go.



BANK ACCOUNT

During your stay in Poland you might need to open a bank account. We highly recommend to open one so you'll be able to cut down on fees for using your card abroad and you'll be able to transfer money in local currency easier and cheaper than international bank transfers.

PKO BANK POLSKI >> www.pkobp.pl <<

BANK PEKAO S.A. >> www.pekao.com.pl <<

MILLENNIUM BANK >> www.bankmillennium.pl <<

ING BANK ŚLĄSKI >> www.en.ingbank.pl <<

SANTANDER BANK POLSKA >> www.santander.pl <<

We highly recommend the last one (Santander), because of its great offer for people under 26 like:



- free account maintenance
- free internet transfers
- free standing orders
- free cash withdrawals from all ATMs of Santander Bank Polska
- free cash withdrawals from ATMs outside of Poland

You can also use the Kantor Santander service to buy and sell foreign currencies at attractive rates from the comfort of your home and keep it on your EUR/GBP/USD or CHF account.

To open an account you'll need passport and confirmation of being a student from your University.

For more information, please read >> guide.drbroker.pl/santander.pdf <<

You can talk about details at the Santander branch at ul. Pałacowa 1A, 15-042 Białystok with Justyna Klepacka.



You can also email her at: Justyna.Klepacka@santander.pl or call +48 519 311 768

PATHS OF DEVELOPMENT IN BIAŁYSTOK

Białystok is a city known not only for its excellent universities, but also as a place that, thanks to fast development, offers you the chance to find your dream job after graduation. The unemployment rate here is around 7%, which makes Białystok a city with one of the lowest unemployment rates in Poland. Keep in mind that this number continues to decrease year after year.

Strong emphasis on technological development creates more and more jobs for people in the IT sector and other technical fields. The Białystok Science and Technology Park was created with graduates of such faculties in mind, and it is a place which brings together enthusiasts of modern technologies and digital transformation. We also have a Technology Incubator in Białystok, where you can start your own business and learn everything about how to run it.

Address:

ul. Zwierzyniecka 10

Phone: **601 070 552**

Opening hours: **24/7**

>> www.inkubatorpb.pl <<

There is also a noticeable increase in the number of advertising and digital agencies working for global clients. The leaders in this sector are Infinity Group and White Bits.

Since hospitals in Podlasie are constantly in huge demand for specialist doctors and medical personnel, many new jobs in these fields appear every year. The continuous modernization of Białystok's hospitals and facilities means you get to work with the latest medical equipment in a comfortable environment for both staff and patients.





ACCOMMODATION

Arriving in Białystok and finding a place to stay is the first challenge waiting for every foreign student. Not everyone has the time and possibility to rent an apartment before moving, so it's a good idea to get to know the offer of hotels, hostels and other short-term accommodation spots for the first days after your arrival. This will buy you time to look for somewhere more permanent for the duration of your studies. You can rent a room in one of the big hotels like Ibis or Gołębiewski, or alternatively choose one of the numerous apartments available on websites like: Booking, Airbnb or >> www.apartamentybialystok.pl/en/ <<

Renting a dorm room is a common practice among foreign students. The prices of accommodation in university dormitories range between PLN 400-600 per month for a shared room, the number of which is limited. Dorm room booking is done on a first come, first served basis. Contact your university directly to check availability and the rules that apply.

HOW TO FIND ACCOMMODATION?

If staying at a dormitory is not for you for any reason, a comfortable apartment close to your university should suit your requirements. University life is full of intense activities, so it's all the more important that you find accommodation that becomes your personal refuge where you can freely study, relax, invite friends and, above all - feel at home.

WHERE?

The most attractive districts are those located nearby the city center. Such locations guarantee quick access to universities, as well as trouble-free way back home after night outings with friends. Białystok has compact residential development, so finding a flat in a location of your choice should not be difficult. The districts close to the city center are: Sienkiewicza, Białostoczek, Bojary, Młodych, Antoniuk, Piasta, Mickiewicza, Przydworcowe, Kawaleryjskie and Nowe Miasto. How much renting an apartment will cost you depends both on its location and attractiveness as well as the state of the interior or equipment.

WHEN SEARCHING FOR A PLACE, KEEP THE FOLLOWING THINGS IN MIND:



IS THE ACTUAL CONDITION OF THE APARTMENT WHAT THE PICTURES PROMISED

Pictures of the flat are often taken at the most favorable angle, and sometimes altered by a skilled graphic artist. Before deciding on a given apartment, make sure you inspect it carefully and verify whether the actual condition matches the listing's pictures. An honest conversation with the owner is also a good idea. A real estate broker will verify it for you.



FURNITURE AND EQUIPMENT

Not all apartments are fully furnished. In that case, settle this matter with the flat owner / landlord as soon as possible – check who will buy the furniture and cover the costs. Perhaps the landlord will let you arrange the apartment according to your preferences. However, most apartments do come fully furnished and are equipped with at least some basic appliances. Some landlords can buy extra equipment for you, some will just allow you to bring items purchased by you. Typically, you will have to buy your own bed sheets.



SIGNING LONG-TERM CONTRACTS

Before signing the contract, decide how long you'd like to stay at a given apartment. If you sign a contract for a fixed period of time (usually 12 months), it can only be terminated early under mutual agreement with landlord. You might have to pay an early termination fee or just find someone else to take over your apartment. If you continue to study for another year or don't want to extend the contract – good practice is to talk with your landlord or agent early and let them know about your plans.



DEPOSIT

In Poland, a deposit is usually required, payable to the landlord before you move into your new apartment. The amount usually equals one month's rent (might be much more if the apartment is decorated to a high standard). Maximum possible deposit in Poland is 12 times the monthly rent. If you've been a good tenant and have not caused any damage to the apartment or the equipment – you should get the deposit back no later than 30 days after moving out.

MARKET PRICE RESEARCH

Cheap apartments might seem tempting, but before renting one, try to find out why the price is so low -- there might be a catch worth knowing about that could affect your decision.

Examples of housing prices in Białystok (excluding fees):

	PLN	EUR
• room in shared apartment	550-850	130-200
• studio apartment	800-1200	185-280
• 2 rooms	1100-1500	255-350
• 3 rooms	1300-2000	300-465
• 4 rooms	1600-2500	370-580

*Currency exchange rate EUR/PLN calculated at 1 EUR = 4,30 PLN



IS IT REALLY THE LANDLORD I'M TALKING WITH?

Be careful! Don't get scammed and always check if the person you're dealing with has the right to rent out the apartment before handing over any payments.



DOES THE PRICE INCLUDE ALL CHARGES?

Often, the total price of rent includes fees for the so-called "media" like electricity, water, heating or gas, but keep in mind that this is not always the case. Ask the landlord before signing the contract what exactly goes into the rent you are going to pay. Normal practice is to advertise just basic rent and all other charges are on top. Some adverts do include estimated cost of those charges as a separate figure. Also internet might not be included in the advertised price.



DON'T PAY FOR JUST VIEWING

This is an unfortunate situation where the company will ask you to pay upfront for the chance to view an apartment that might not even be worth your time, or worse - doesn't even exist. Be careful of this while browsing rental listings, and watch out for the risk of getting ripped off. Good real estate brokers will only ask for payment for their services after signing contract of lease and handing over the keys to the apartment.



TRUST THE PROFESSIONALS! DR BROKER

We understand how stressful looking for an apartment in a new city and country can be, which is why we offer all of our services in English: presenting offers, help with choosing the best option, all the way to actual assistance with your move to a new home in Białystok. We guarantee fully transparent contracts drafted in two languages (PL and ENG), for the comfort and full understanding of each party.

We know how important trust is. Before an apartment is listed in our offer, we screen apartment owners for their attitude towards renting their property to people from abroad to ensure your comfort and safety. We continue to provide all kinds of assistance throughout the duration of your lease (eg. we can help you choose an Internet provider – if internet connection is not provided in the flat).

We offer you the option of making a reservation on an apartment of your choice with a guarantee of receiving the keys at a specific date. This is a great option if you find an apartment before leaving your home country and want to make sure it will be available and ready when you arrive in Poland.

DrBroker promises to handle your search for perfect place in an efficient and safe way. We will try to make your first student apartment - a nice memory of youth.



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www: **rent.drbroker.pl/en**



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SEND US A MESSAGE!

Contact us via messenger

>> **m.me/DrBroker.Bialystok** <<

Polish language belongs to Slavonic languages and is spoken by, roughly, 44 million people all over the world. Polish alphabet is based on Latin alphabet and consists of 32 letters:

**Aa, Ąą, Bb, Cc, Ćć, Dd, Ee, Ęę, Ff, Gg, Hh, Ii, Jj, Kk, Ll, Łł, Mm, Nn, Ńń,
Oo, Óó, Pp, Rr, Ss, Śś, Tt, Uu, Ww, Yy, Zz, Żż, Źź**

3 more letters are in use as well, **Qq, Vv, Xx**, but they are found in borrowed words only.

Some say Polish language is one of the most difficult ones to learn by foreigners due to the unique cluster of sounds and pronunciation of some letters. We think, however, it's not that bad if you master the most important rules and will find it's more predictable than English, for instance. Just be brave.

Here are some of the letters you might want to know how to (not) pronounce:

a as in **smart**, not **can**

c as in **cats**, not **car**

e as in **met**, not **people**

g as in **good**, not **geography**

i as in **cheap**, not **listen**

j as in **yes**, not **jungle**

o as in **Australia**, not **poke**. Take **salt** as a good example, too

s as in **sex**, not **close**

u as in **soup**, not **cup**

w as in **voice**, not **window**

y as in **myth**, not **yellow**

Polish has also got special letters that you might have already noticed and they are pronounced in the following manner:

ą is a nasal **o**, take French **bon**

ć (soft **cz** cluster), similar to **choice**

ę is a nasal **e**, as in **cousin**

ł as in **will**

ń is a soft **n**, as in **onion**

ó as in **tool**, exactly the same as **u**

ś (soft **sz** or **si** cluster), similar to **short**

ź soft **ż**

ż as in **vision**, exactly the same as **rz**

Now, how a look at the clusters:

ch as in *heart* or Spanish *Javier*

cz as in *watch*

dz as in *goods*

dż as in *Jupiter*

dź as in *jungle*

rz as in French *journal*

sz as in *shoes*

Ready for some useful Polish words and phrases now? We bet you are. We selected those you might want to use every now and then when you are out and about in the city. Have a look at them, check our pronunciation guide above and don't be afraid to ask your Polish friends for help as well.

dzień dobry - good morning

cześć - hello/bye

siema - hello (informal)

do widzenia - good bye

na razie - bye/see you (informal)

miłego dnia - have a nice day

spoko - alright/cool (informal)

tak - yes

nie - no

miło mi - nice to meet you

dziękuję - thank you

dzięki - thanx

proszę - please

(when handing in or replying to thank you)

smaczno - bon appetit

proszę powtórzyć - can you repeat, please?

proszę to napisać - can you write that down, please?

gdzie jest ...? - where is ... ?

uniwersytet - university

akademik - dormitory

dworzec kolejowy - train station

dworzec autobusowy - coach station

przystanek autobusowy - bus stop

jakie jest hasło Wi-Fi - what's the Wi-Fi password?

nie rozumiem - I don't understand

nie wiem - I don't know

nie mówię po polsku - I don't speak Polish

czy mówisz po angielsku - do you speak English?

Want some more? Or perhaps you want to turn your stay in Białystok into English learning experience? We are happy to help. We are a language school called Homeschool, located near major universities and dormitories in town are ready to assist you. We've been around since 2002 so you are talking to professionals.

Give us a call at **85 742 80 77**, drop us a line: biuro@homeschool.pl, check our Facebook page or pay us a visit: Żelazna 9. We have coffee.

See you there and good luck.

>> www.homeschool.pl <<

