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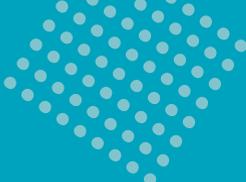


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GUIDE FOR INTERNATIONAL STUDENTS
OF BIALYSTOK UNIVERSITY OF TECHNOLOGY



STUDY AT BUT

Together we achieve more!



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WELCOME

We are pleased to welcome you to Bialystok University of Technology. Hope you will find a nice place to stay and study here. Being far from home is always a big challenge, especially when we don't know anything about the new place in a foreign country. The purpose of this guide is to help our international students dispel all doubts and make them feel at home.

Here you will not only find a general description of our university, the campus, accommodation, our courses catalogue, libraries but also learn some tips how to get from the airport to the city. We would like you to know that BUT International Relations Office is always open for you and we'll try to make your study experience unforgettable. With this guidebook help we believe it can be achieved.

International Relations Office



INTERESTING FACTS:

- „green city”
- Branicki’ Palace located in the heart of the city
- Ludwik Zamenhof, the creator of the international language - Esperanto, was born here

BIALYSTOK with nearly 300 000 habitants, is the biggest city of north-eastern Poland and the capital of Podlasiian Province. Warsaw – the capital of the country, is only 188 km (116 miles) away.

Białystok plays a role of administrative, scientific, economic and cultural centre of this part of Poland. It is also a scientific centre, the seat of: Białystok University of Technology, University of Białystok, Medical University of Białystok, as well as The Aleksander Zelwerowicz State Theatre Academy in Warsaw, Puppet Theatre Art Department in Białystok and The Fryderyk Chopin University of Music. Department of Instrumental and Educational Studies in Białystok. There are also a dozen non-public educational institutions in Białystok.

Białystok is the obvious hub for discovering the natural wonders of the Podlasie region. It is called “The Green Lungs of Poland” – it is ecologically clean and full of tourist attractions. There are 4 national parks in the region, including the world-famous Białowieza National Park, the UNESCO World Heritage Site.

Białystok has been ranked number 1 as the best Polish city to live in! Its specific character has been shaped by the coexistence of many nations, religions, cultures, customs and traditions.

Białystok is a transregional academic and scientific centre. About 40 000 young people are studying at various academic institutions.



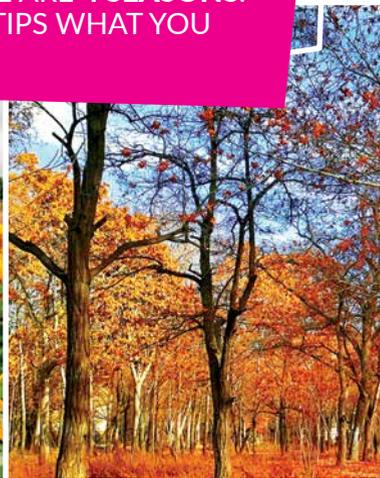
WEATHER

Białystok is the largest city in north-eastern Poland and the capital of the Podlaskie Voivodeship. The English translation of the words “białystok” is “white slope”.

The climate in Białystok differs from many 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 but it can drop to minus 30°C.



IN POLAND THERE ARE **4 SEASONS**.
HERE ARE SOME TIPS WHAT YOU
SHOULD WEAR



SPRING

Poland's weather can be very unpredictable – absolutely freezing one day and beautifully warm the next. So you should definitely pack for all possible weather – rain, snow and cold winds, along with sunshine and heat.



SUMMER

Polish summer usually starts in mid-May and ends mid-September. It's usually very hot. You should definitely bring summer clothes, a sun hat, sandals, T-shirts, etc. Remember that July tends to be rainy in Poland, so bring an umbrella.



AUTUMN

Polish autumn goes from mid-September until the end of November. It tends to be cold, but sometimes there are warm days. It also tends to be rainy, but that's not a steadfast rule. Remember to bring some warm clothes with you, but be prepared for colder days too.

WINTER

Winters in Poland are quite cold, so if you're coming between December and February you should bring warm winter clothes. The temperature may drop to -30°C .





**BIALYSTOK UNIVERSITY OF TECHNOLOGY (BUT)
WAS ESTABLISHED IN 1949
AND HAS A LONG TRADITION OF EDUCATING
ENGINEERS AND YOUNG SCIENTISTS.**

BUT IN NUMBERS

academic degrees: **LICENTIATE,
BACHELOR, MASTER, DOCTORATE**

about **7,5 THOUSAND** students
(300 international students)

660 academic teachers

6 Faculties **27** first degree
courses **21** second degree courses

13 rights to confer doctoral degrees
6 rights to confer post-doctoral degrees

over **190** bilateral agreements in scientific
and educational cooperation with foreign partners

20 over **300** Erasmus + bilateral agreements
double-degree agreements



Our campus is a lively academic town, hosting concerts during the Juwenalia, housing the GWINT Club popularising student culture and art, and also the 87.7 FM Akadera Radio Station – the best rock wave in the town. The BUT students' dormitories, located almost in the town centre (500 m from the Zwierzyniecki Park), offer nearly 1400 places. The bus stops and public bicycle stations near the students' dormitories enable our students to reach any destination in Białystok or its neighbourhood with no problem.





- 1** - Rector's Office, Faculty of Computer Science
- 2** - Faculty of Mechanical Engineering
- 3** - Faculty of Electrical Engineering
- 4** - Faculty of Civil Engineering and Environmental Sciences
- 5** - INNO-EKO-TECH building
- 6** - BUT Foreign Language Center (Library)
- 7** - BUT - Academic Innovation Hub Club "GWINT"
- 8** - Academic Sport Centre
- DS1, DS2, DS3, DS4** - Student Residence Halls
- H** - Academic Staff Hotel

CAMPUS





STUDENTS OF THE FACULTY OF MECHANICAL ENGINEERING OF BIALYSTOK UNIVERSITY OF TECHNOLOGY HAVE BEEN BUILDING MARS ROVER ANALOGUES SINCE 2010

So far, they have constructed 6 of them. Our students have competed in the prestigious University Rover Challenge in the USA five times, winning the competition 3 times (in 2011, 2013, and 2014), and taking the third prize in 2010 and the fourth prize in 2015.



OUR STUDENTS TOOK PART IN IMAGINE CUP 2016 FINALS HELD IN USA

The PSYLLOSOFT team presented their MATIA system in the category of World Citizenship. MATIA is an automated vision system that can compensate for the loss of sight as it can see and describe objects in front of its user. Our representatives took the national preliminaries by storm, participated in the semi-finals, and then they were invited to the main headquarters of Microsoft in Redmond, Washington, for the worldwide finals.



OUR STUDENTS HAVE RECEIVED THE SECOND PRIZE IN THE PRESTIGIOUS INTERNATIONAL CONTEST OF APPLICATIONS IN NANO-MICRO TECHNOLOGY (ICAN), HELD IN A JAPANESE CITY OF SENDAI.

Representatives of the BUT Faculty of Electrical Engineering and Faculty of Mechanical Engineering went to Japan with their RECON project, a wireless teleinformatic system for monitoring the natural environment.



CERBERMOTORSPORTS

a team of students of the Faculty of Mechanical Engineering of Bialystok University of Technology, who developed a racing car that competed in many editions of the Formula Student. They raced with student teams from around the world on the tracks in the UK, Italy, the Czech Republic and Hungary.



PHOTON

an interactive educational robot developing together with a child. Integrated with a Smartphone or tablet, it creates an innovative system that supports education through entertainment or competition.

The authors of the project set up their own business a few years ago and since then the robot has won several awards, e.g.: Best product packaging 2017, Best product design 2017, Best Polish market implementation 2018, Toy of the Year 2018 distinction. Bialystok University of Technology is the subject matter partner of the project and supports its students in their efforts.





FACULTIES





FACULTY OF CIVIL ENGINEERING AND ENVIRONMENTAL SCIENCES



On 1 October 2019, the Faculty of Forestry of the Białystok University of Technology in Hajnówka ended its functioning in its formula. In its place the Institute of Forest Sciences was established, which is part of the Faculty of Civil Engineering and Environmental Sciences.

The main task of the Institute is to conduct scientific research in the discipline of forestry sciences, while all matters related to teaching forestry students belong directly to the faculty's competence.



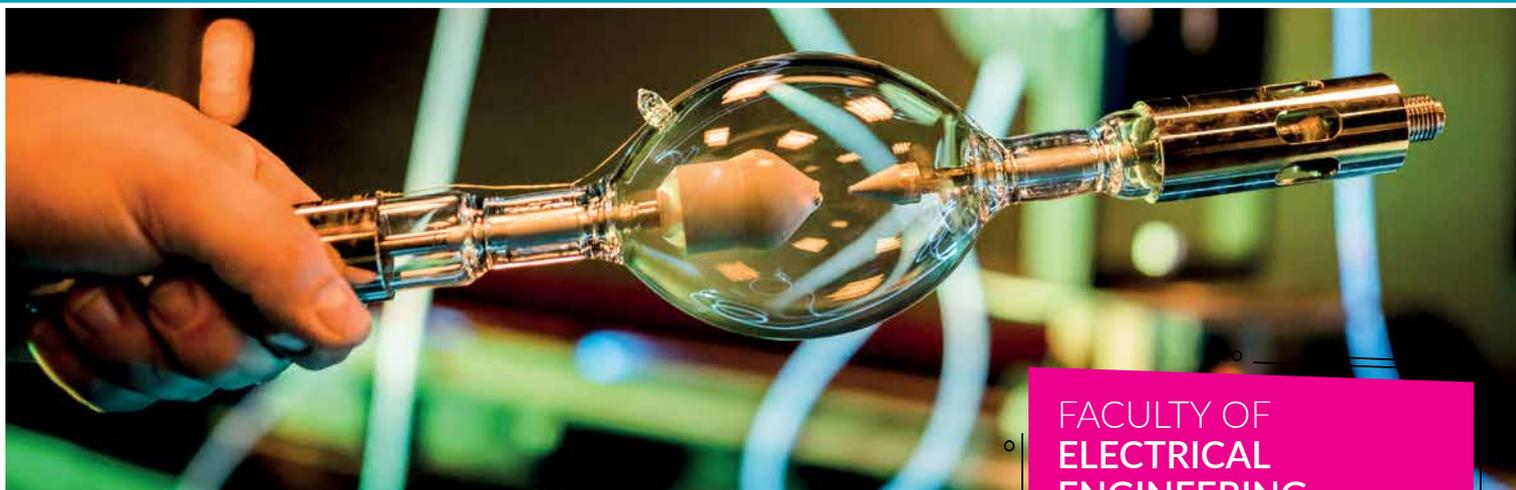


Our students are able to benefit from world-class equipment laboratories in an innovative research centre INNO-ECO-TECH, which focuses on alternative sources of energy, energy-efficient construction and environmental protection. INNO-ECO-TECH has an area of over 8 000 m², 36 laboratories, 673 research stands and modern unique apparatus.

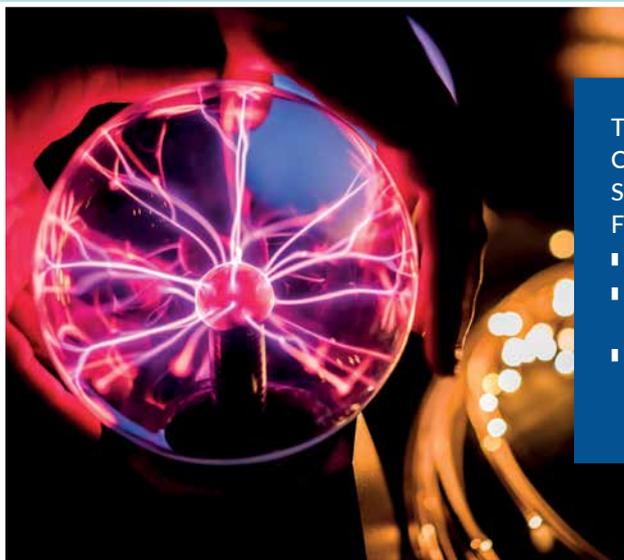
- ▶ In this field of study, you will gain the knowledge and skills of how to erect buildings for housing, transport, communal and industrial needs; how to design engineering elements and structures. You will also have thorough knowledge of building technology organization and management as well as building development using modern technologies and computing techniques in civil engineering practice.
- ▶ Gain the knowledge and skills necessary to carry out engineering tasks related to the execution of construction works, as well as various building systems (water supply and sewage disposal systems, HVAC systems, etc.)

DEVELOPMENT POSSIBILITIES DURING STUDIES

- Erasmus+ student exchange programme
- additional free classes, trainings and workshops in the field of modern design methods (e.g. BIM)
- 11 students science clubs at the Faculty of Civil and Environmental Engineering
- full-time and part-time courses (BSc/MSc)



FACULTY OF ELECTRICAL ENGINEERING



THE FACULTY CARRIES OUT STUDIES IN THE FIELD OF:

- electrical engineering
- electronics and telecommunication
- renewable energy technologies.

The faculty has some modern, unique laboratories, e.g. energy converters, automatic control, fibre-optics, high voltage technology. These include devices and installations placed on the Polish Road Map of Research Infrastructure.

The development of the faculty is shaped by permanent cooperation with some electrical, electronics, IT and other high-tech companies operated in north-east part of Poland. Students can develop their own innovative projects as part of six student research groups: automation and robotics, electronics, automotive electronics, metrology and measuring systems, wireless technology and the Internet of Things applications, lighting systems.



Considering the number of students, the Faculty of Engineering Management is currently the second largest faculty at Bialystok University of Technology with over 1600 students. So far, more than 15,000 graduates have completed studies at the Faculty of Engineering Management.

Faculty of Engineering Management is located in the suburbs of Bialystok in the town of Kleosin. The main campus of Bialystok Technical University is three kilometres away. Trip from the city centre takes about 15 minutes. There are several public transport links to the Faculty of Engineering Management – bus number 3, 10, 22 and 104. There is also a bicycle path leading to the campus and a bicycle rental station nearby.

WHY STUDY AT THE FACULTY OF ENGINEERING MANAGEMENT?

The knowledge and skills acquired during the studies will increase the competitiveness of graduates on the Polish and foreign job market. Internationalization will allow students to develop international contacts, which constitute an advantage in their future careers, and will also improve their language and interpersonal skills.

FACULTY OF ENGINEERING MANAGEMENT

ADVANTAGES

- innovative study programme
- instructions in English
- highly skilled faculty staff
- study in international environment
- support of the educational process by practitioners
- possibility of drawing inspiration from the knowledge and experience of foreign professors
- establishing international contacts
- support of friendly coordinators
- assistance in searching for a job after graduation



FACULTY OF MECHANICAL ENGINEERING

Our students find employment not only in the electromechanical industry, but also in other fields, for instance computer science, electronics, energetics, agriculture and food, polygraphy as well as construction, transportation and medical techniques. They are sought-after specialists employed in as constructors, technologists, computer specialist as well as executive staff in all branches of industry.

The Faculty of Mechanical Engineering is the place where you will gain a unique chance to explore your passion in mechanics, machine design, process control, robotics, mechatronics and more!

You will join a community of passionate students and experienced staff, who work together to realize unique projects and bring their brave ideas to life. Together with those enthusiastic people you will be involved in designing mars rover analogues, racing cars, mobile robots, unmanned aerial vehicles, limb prostheses, wheelchair appliances and many others.

Find out why we call our Faculty of Mechanical Engineering, Bialystok University of Technology - the Faculty of People with Passion. Select one of the following study programs taught entirely in English and start studying with us!



FACULTY OF COMPUTER SCIENCE

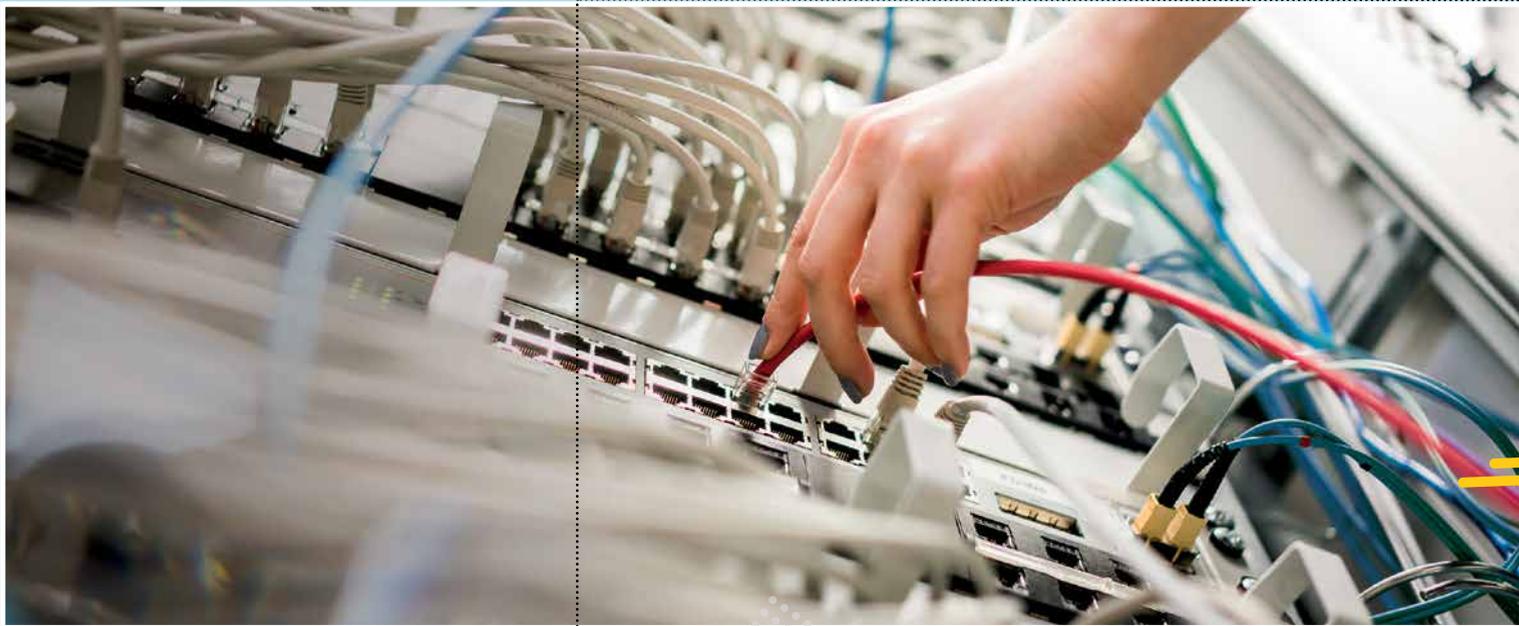


University graduates land interesting and well-paid jobs in Poland and abroad. Current development trends open new vistas of creating technological centres that offer rewarding jobs in the region for highly educated and skilled computer specialists.

Faculty of Computer Science of Bialystok University of Technology is currently a leading research and education unit in the north-eastern Poland. It enjoys favourable ratings of the State Accreditation Committee. It confers the doctor's degree in computer sciences and has been awarded a title of the Centre of Excellence for Information Technology Society. The Faculty of Computer Science has been granted permission to confer D.Sc. degrees in the discipline of computer science.

The main objective of the Computer Science Faculty is to give students education of the highest quality. The students acquire programming skills and get acquainted with the latest software and hardware systems.

The following courses are offered at the faculty: computer science, applied mathematics and computer science and econometry.



FACULTY OF ARCHITECTURE



THE STUDY PROGRAMME INCLUDES COMPREHENSIVE INTERDISCIPLINARY KNOWLEDGE IN THE FIELDS OF:

- history and theory of urban planning
- architecture and fine arts
- sociology
- civil engineering
- building construction
- physics of buildings
- urban infrastructure



OPPORTUNITIES FOR DEVELOPMENT DURING STUDIES

Students can develop their interests by joining science clubs and use the laboratories of the Faculty of Architecture.

THE LATEST ACHIEVEMENTS OF OUR STUDENTS:

- ▶ Builder magazine awarded the architecture department TOP 10 For the Future award for the activity of scientific clubs and their initiatives.
- ▶ The departmental student self-government has set up a student gallery where student exhibitions take place every month.
- ▶ Architecture students took part in International Urban-Architectural Workshops in Krakow, taking first three places and honours.
- ▶ Our student Magdalena Kurnicka designed a backpack that impressed the jury of the competition at International School of Costume and Fashion Design and Art-Ministry. It was also admired by the guests of the world's GIFTEX 2016 Fair - Tokyo Design.

On completion of the course, graduates will not only acquire interdisciplinary knowledge in technical sciences and humanities, but will also develop creative skills in space planning. They will be well prepared to design architectural structures of diverse functions, make urban design and space planning projects.

INTERNATIONAL RELATIONS OFFICE AT BUT



Numerous events are either organized or sponsored by our International Relations Office, specially for our international students: Eurodinner, Orientation Week, trips, charity parties, theme parties, sleigh rides, camp fires, Christmas Eve dinners, workshops, Erasmus+ Meetings with the President of Białostok, classes in the Academic Sports Centre, Erasmus+ Days, Marshmallow Challenge, ESN OLYMPICS, Erasmus Oscar Gala, Welcome Pumpkin Party, Olympic Games, Cook It Off and many more!

The staff members of IRO care about the exchange information between universities and departments. We also provide information about the application procedure, requirements and basic arrangements related to your stay in the university.

BUT Erasmus office is located in the Rectorate Building, 45A Wiejska St. Here is where you will register and obtain the right information that will help you to carry out your mobility.



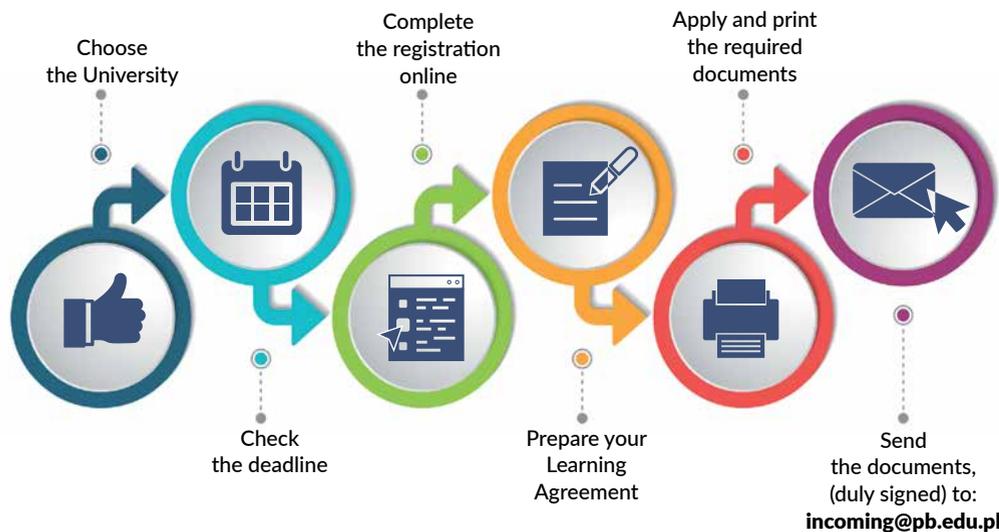


The greatest strength of our university are creative students who have achieved significant national and international successes. We support implementation of projects created by members of student research groups. There are over 60 student research groups at Bialystok University of Technology, and they are a rich source of new ideas which – after being appropriately strengthened – can function in the economic system. While implementing their ideas, our students learn organizational skills as well as the principles of working in groups and engineering responsibility; students also make new contacts and cooperate with the business world.



HOW TO APPLY? ERASMUS+ AND FREEMOVERS

THE ERASMUS+ programme allows you to transfer your learning outcomes between both universities, but to complete this process successfully you will need to prepare and submit several documents before, during and after your Erasmus+ exchange.



All required documents should be sent by email address to the International Relations Office of Białystok University of Technology by 15th July for the 1st semester (Winter semester) and 15th January for the 2nd semester (Spring semester).

BEFORE APPLYING, MAKE SURE YOUR UNIVERSITY SENDS US YOUR NOMINATION.

DOCUMENTS REQUIRED:
.....

- Application Form for Erasmus+ Students - typed, printed and signed by the Erasmus coordinator from the sending institution
- Learning Agreement for Studies - printed from the IRK2 system

Once we receive all documents required, they will be sent to the relevant departmental coordinator for approval. If your application is successful, you will receive Acceptance Letter that later on will be sent by email to the institution address specified in your Learning Agreement.

P.S: So please make sure to complete your Learning with the correct university name, address and email.

ERASMUS+

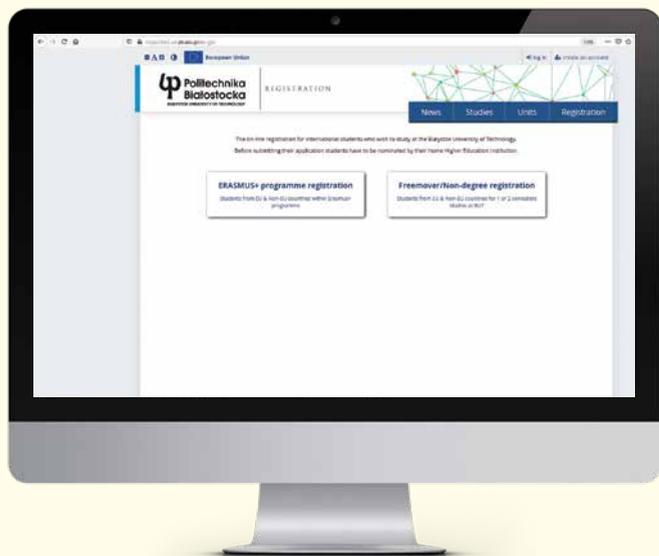


INTERNATIONAL STUDENTS ARE FREE TO SELECT COURSES IN ENGLISH FROM DIFFERENT AREAS AND FACULTIES TO CREATE A NON- DEGREE STUDY PLAN THAT BEST SUITS THEIR NEEDS. STUDENTS CAN TAKE COURSES AVAILABLE IN OUR OFFER FOR ERASMUS+ STUDENTS LISTED ON THE ERASMUS LEARNING AGREEMENT MANAGER - IRK2 (IRK2.UCI.PB.EDU.PL). ERASMUS STUDENTS DO NOT PAY FOR THEIR STUDIES. INDEPENDENT NON-DEGREE STUDENTS PAY PER-SEMESTER RATE



COURSES CATALOGUE

All courses offered to Erasmus+ and freemovers are in English language. Course catalogue is available in IRK2 - an online system of BUT for international students: irk2.uci.pb.edu.pl. You can choose courses from all BUT faculties, no matter of what you are studying.



Białystok University of Technology has adapted European Credit Transfer System (ECTS). The table below shows correspondence between ECTS and the local grading scale.

| ECTS grades | Local grade | DEFINITION |
|-------------|-------------|---|
| A | 5 | EXCELLENT outstanding performance with only minor errors |
| B | 4,5 | VERY GOOD above the average standard but with some errors |
| C | 4 | GOOD generally sound work with a number of notable errors |
| D | 3,5 | SATISFACTORY fair but significant shortcomings |
| E | 3 | SUFFICIENT performance meets the minimum criteria |
| F | 2 | FAIL some more work required before the credit can be awarded |
| Fx | 2 | FAIL considerable further work is required |



COURSES CATALOGUE

FULL TIME STUDENTS CAN OBTAIN BACHELOR OR MASTER DEGREE



| Faculty | Level | Program Name | Duration | Tuition /semester | Intake |
|---|----------|--|-----------|-------------------|----------|
| Faculty of Civil Engineering and Environmental Sciences | Bachelor | Civil Engineering | 3.5 years | 1200 EUR | October |
| Faculty of Civil Engineering and Environmental Sciences | Bachelor | Environmental Engineering | 3.5 years | 1250 EUR | October |
| Faculty of Civil Engineering and Environmental Sciences | Bachelor | Construction and Building Systems Engineering (CBSE) | 3.5 years | 1250 EUR | October |
| Faculty of Civil Engineering and Environmental Sciences | Master | Civil Engineering | 1.5 years | 1200 EUR | October |
| Faculty of Civil Engineering and Environmental Sciences | Master | Environmental Engineering | 1.5 years | 1250 EUR | October |
| Faculty of Engineering Management | Master | Management: Smart and Innovative Business | 2 years | 1100 EUR | October |
| Faculty of Engineering Management | Master | Logistics | 1.5 years | 1100 EUR | February |
| Faculty of Mechanical Engineering | Bachelor | Engineering in Mechatronics (Mechatronics) | 3.5 years | 1250 EUR | October |
| Faculty of Mechanical Engineering | Master | Engineering in Mechatronics (Mechatronics) | 1.5 years | 1250 EUR | February |
| Faculty of Mechanical Engineering | Master | Engineering in Mechanics and Machine Design | 1.5 years | 1250 EUR | February |
| Faculty of Electrical Engineering | Bachelor | Electrical and Electronic Engineering | 3.5 years | 1600 EUR | October |
| Faculty of Electrical Engineering | Master | Electronics and Telecommunications | 1.5 years | 1600 EUR | February |





UNIVERSITY ADMISSION: AS EASY AS 1-2-3



SEND SCANS OF DOCUMENTS LISTED BELOW:

- ▶ High school certificate (BSc applicants)
- ▶ Bachelor degree with transcript of records (MSc applicants). Both documents legalised at the Ministry of Education.
- ▶ BUT Application form
- ▶ Eligibility statement – a document stating that the student is officially entitled to enter university education in the country under which educational system it was issued or in the country where it was issued.



ARRANGE A SKYPE® INTERVIEW

with our international admissions officer. During the interview he verifies your language skills by asking you some general questions.



AFTER SUCCEFUL VERIFICATION

invitation and admission letters are issued. Only then you can schedule your visa appointment.. The whole application process usually takes up to two weeks.

Deadline
for application

| | |
|-----------------|-----------------|
| Winter semester | Summer semester |
| 15 August | 15 January |

Your contact person: **Artur Mazur**
artur.mazur@pb.edu.pl



DOUBLE DIPLOMA programmes are initiatives allowing students to obtain 2 diplomas of 2 different universities (BUT and its partner university) during a single study cycle. Double diploma programmes on undergraduate (bachelor) and graduate (master) levels are offered only to full-time students. Please make sure your university has signed a cooperation agreement. At present, 20 double-degree agreements are being implemented.

| University | Departments | Country |
|---|---|------------|
| Polytechnic Institute of Braganca | Civil Engineering | Portugal |
| Tianjin Chengjian University | Civil Engineering | China |
| University of Cordoba (Belmez) | Civil Engineering | Spain |
| University of Beira Interior | Civil Engineering and Architecture | Portugal |
| Poltava National Technical University | Civil Engineering | Ukraine |
| Kyiv National University of Construction and Architecture | Environmental Engineering | Ukraine |
| Moscow State University of Civil Engineering | Environmental Engineering | Russia |
| Lviv Polytechnic National University | Environmental Engineering | Ukraine |
| Lviv Polytechnic National University | Civil Engineering | Ukraine |
| Hebei University of Engineering | Civil Engineering | China |
| Hebei Normal University for Nationalities | Computer Science | China |
| Ningbo Institute of Technology, Zhejiang University | Logistics | China |
| Universite de Valenciennes et du Hainaut-Cambresis | Management | France |
| Belarusian State Technological University | Management | Belarus |
| Ala-Too International University | All | Kyrgyzstan |
| Karaganda State Technical University | All | Kazakhstan |
| Karaganda Industrial University | All | Kazakhstan |
| Samarkand State University | Civil Engineering and Environmental Engineering | Uzbekistan |
| Tashkent University | Civil Engineering and Environmental Engineering | Uzbekistan |
| Vitus Bering Denmark Univeristy | All | Denmark |

YOU HAVE 2 OPTIONS:

1) **within Erasmus+ Programme** - the minimum period of stay is 2 months;

2) **individually** – paid internship organised by the faculty contact faculty coordinator – prepare the plan draft – faculty will estimate the cost; collect all documents;

IF YOU COME WITHIN ERASMUS + PROGRAMME:

▶ First step is to contact the faculty coordinator and ask him/her to find you a professor who will guide you.

▶ Second step is to send your learning Agreement for Traineeships and send it to International Relations Office.

▶ As soon as all documents are completed you will receive an Invitation Letter from International Relations Office in order to apply for visa. Sending your documents on time gives you the opportunity to secure the accommodation in the campus.

▶ Before departure when the internship ends bring us your Learning Agreement (After the Mobility part) signed by your supervisor. You will receive confirmation of attendance.



**BIALYSTOK UNIVERSITY OF TECHNOLOGY
PROVIDES INTERNATIONAL VISITING
STUDENTS WITH THE OPPORTUNITY
OF SHORT-TERMS STUDIES.**

BUT faculties:

- Faculty of Computer Science
- Faculty of Engineering Management
- Faculty of Civil Engineering and Environmental Sciences
- Faculty of Mechanical Engineering
- Faculty of Electrical Engineering
- Faculty of Architecture
- Foreign Language Centre

- All courses are in English.
- Duration of stay: 1 or 2 semesters.
- There is no degree granted.
- Tuition fee from 850 EUR to 1150 EUR per semester.
- Each student is issued an Electronic Student Card, which entitles to discounts.
- The course list includes over 580 subjects (irk2.uci.pb.edu.pl).
- Students can choose courses from all faculties.
- BUT offers accommodation for all international students.
- BUT offers Academic Sports Centre with various sport activities for students like well-equipped gym, football pitches and tennis courts.

Basic requirements:

- candidates need to be enrolled at an institution of higher education outside Poland
- minimum English proficiency level: B2

Required documents:

- BUT application form
- Learning Agreement from www.irk2.uci.pb.edu.pl
- application for accommodation from: www.pb.edu.pl/iro/accommodation

Contact details:

INTERNATIONAL RELATIONS OFFICE
e-mail: freemovers@pb.edu.pl

STUDENT LIFE

VISA

Students from the non-EU countries are required to obtain a visa before the arrival to Poland. For the visa application procedure, BUTIRO prepares and sends the Acceptance Letter to the home university and the student after the application form are processed by the faculty coordinator at our university.

HEALTH INSURANCE

Students from EU/EEA member countries who have valid national health insurance in their home countries are required to bring with them the European Health Insurance Card (EHIC). With this card they can get medical help in medical clinics which has a contract with the National Health Fund (NFZ) free of charge for the medical service.

Students from non EU/EEA member countries are obliged to have valid health insurance in order to cover costs of any possible health care in Poland. Any medical treatment must be fully covered by the student. Health insurance is mandatory for all non-EU students, that's why we recommend you to get a health insurance policy, in one of National Health Fund branches (NFZ - Narodowy Fundusz Zdrowia). After that you can be treated in health-care facilities that have an agreement with NFZ (Narodowy Fundusz Zdrowia).

To buy this insurance you will have to go to an NFZ office and fill in an application form. You will need the following documents:

- Polish student card (legitymacja),
- cover letter from the International Relations Office, confirming that you are a student of the university
- passport.



BEFORE ARRIVAL



HEALTH INSURANCE



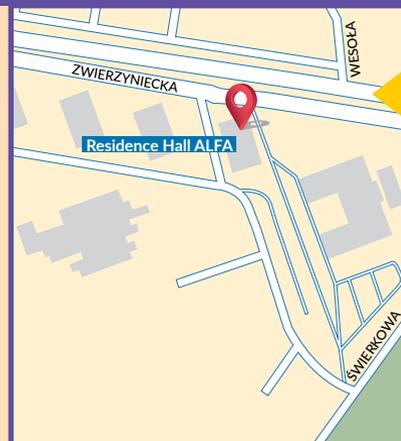
The monthly cost of such insurance for students is around 55PLN (13 EUR). Foreigners insured in NFZ are treated equally to Polish citizens and have the same access to healthcare and the financial benefits.

**National Health Fund
- Podlaski Oddział
Wojewódzki NFZ
3 Palacowa St.,
15-042 Białystok
phone: 85 745 95 00**

IMPORTANT PLACES

**Police department
IV Komisariat Policji on
1, Juliusza Słowackiego St,
15-229 Białystok**

If you don't speak Polish, ask your Polish friends (ESN mentor) for help - you will need to fill in the application form in Polish.



THE NEAREST HEALTH CENTRE IS LOCATED IN THE UNIVERSITY CAMPUS:

Residence Hall ALFA
14 Zwierzyniecka St.
15 - 333 Białystok
E-mail: dsnr1@pb.edu.pl
Phone: + 85 746 97 18

OTHER HEALTH CENTRES NEAR THE CAMPUS

Doctor's Clinic POZ
2 Bema St, room 6
15-369 Białystok

TIPS:

Keep in mind that healthcare centres are usually open from Monday to Friday between 8:00 and 6:00 pm. In case of emergency, please call 112.



IN-CAMPUS AND OFF-CAMPUS

All international students at BUT who apply in time are guaranteed the university accommodation.

The Accommodation Form (printed from the IRK2 system or our page pb.edu.pl/iro) must be sent to the following address:

dormitory@pb.edu.pl.

Questions about accommodation?

dormitory@pb.edu.pl.

You can also rent a private apartment and share it with other students in the city centre. Please find some rent agencies below:

- Express House Apartments RENT Bialystok
- M2home "FLAT RENT for Students Bialystok
- DrBroker Apartments & Rooms in Bialystok

Price depends on the standard, size, location of the flat and varies between 500 - 800 PLN per room to 2000 PLN per apartment (with 3 rooms). Apartments are fully furnished. Fridge and washing machine are provided too.

ACCOMMODATION



ACCESS TO WIFI



FULL MONITORING



FREE PARKING



LOCALIZATION

THE HALLS OF RESIDENCE AT THE BIALYSTOK UNIVERSITY OF TECHNOLOGY



Students residences are located in the campus. Every apartment on each floor is composed of two double and two triple rooms including toilets and bathrooms.

The Halls of Residence at the Bialystok University of Technology invite all the students, including foreign students (ERASMUS+) to use the housing offer. The offer is addressed to people who want to solve the problem with living in a city, in an easy and inexpensive way. It's a great alternative to private rooms and apartments.

The rooms are equipped with standard furniture, such as: couches, wardrobes, kitchen cabinets, occasional tables, desks, chairs and shelves. Some of the rooms also have refrigerators. We provide students with covers, duvets, pillows and bed linen (pillowcase, bed sheet). The rooms are equipped with sockets to connect to the Internet.

The residential segment consists of four rooms. It has a shared bathroom with two sinks, a shower and a toilet.

| ROOM | PRICE |
|------------------------------------|---------|
| Single room | 460 PLN |
| Doubleroom | 410 PLN |
| Double room occupied by one person | 525 PLN |

BUT BUDDY

Need help? Want to know someone who will help you with organisation of your stay in Białystok? Find a mentor who will be your support during the exchange.

Info: erasmus.pb@esn.pl



LAUNDRY ROOM AND A DRYING ROOM

There is a laundry room and a drying room on each floor. Laundry rooms are available for free, the halls of residence do not provide laundry rooms with laundry detergent



WE ALSO OFFER OUR INHABITANTS PLACE TO REST AFTER CLASSES.

RELAX CLUB

Is situated on the ground floor of the Hall of Residence n°2. It is equipped with billiard table, tennis table, darts, foosball.

GAMMAJKA

Is situated on the ground floor of the Hall of Residence n°3. It is equipped with billiard table and foosball.

ZIELONY NOSOROŻEC CANTEEN

Is situated on the ground floor of the Hall of Residence n°2. It offers breakfasts and lunches.

KITCHEN

There is a kitchen on each floor fitted with 2 cookers, a sink and a table. People using the kitchen are obliged to clean up after the cooking and to take all equipment and food to their rooms.



THE REGULATIONS:

- Laundry rooms can be used only by inhabitants of the residence.
- The keys to laundry rooms are at the reception desk, which students can get, by leaving their students cards.
- Laundry rooms can be used for three days maximum, after that, students have to return the key and pick up the student card.
- All the damages or problems with washing machines must be reported to the doorkeeper.
- **ATTENTION! The administration of the hall is not materially responsible for stolen or lost items.**

HALL OF RESIDENCE N°1 - **ALFA**
14 ZWIERZYŃIECKA ST.
phone: +85 746 97 18

HALL OF RESIDENCE N°2 - **BETA**
12 ZWIERZYŃIECKA ST.
phone: +85 746 97 28

HALL OF RESIDENCE N°3 - **GAMMA**
8 ZWIERZYŃIECKA ST.
phone: +85 746 97 38

HALL OF RESIDENCE N°4 - **DELTA**
6 ZWIERZYŃIECKA ST.
phone: +85 746 97 47

The main focus of ESN is placed on current exchange students, who often face problems (and feel abandoned) in their new environments. Therefore ESN offers help in academic, social and practical integration process. This is mainly done through activities in the local sections, which include cultural and social events such as trips to various places within the country, film nights, buddy group and language projects and international food fests and last, but not least, parties. In addition to that, many sections have introduced mentor systems, which help the international students mainly in academic and practical integration.

ESN also provides relevant information and encourages the future exchange students to gain the international experience and gain relevant insight to different cultures.

Finally, ESN International is developing, from the Headquarters in Brussels, ambitious projects such as the Survey on the exchange students' rights or the ESNcard.

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

ESN is a student organisation helping international students during their stay in Poland.



WHAT IS THE ESN CARD ALL ABOUT?

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. Discount provided by ESNcard are carefully selected to enable you cheaper travelling (airlines, bus and taxi services) and making the most out of your travelling experience.

List of our partners include Ryanair, Logitech, Hostelling International, Uniplaces, The Economist, as well as Flixbus, Ecolines and others.

You can check all the discounts at: esncard.org.

The ESNcard is valid for 12 months and only valid with a photo and correct personal data. The card is strictly personal and cannot be used by somebody else than the cardholder.



WHO CAN GET THE ESN CARD?

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 on exchange
- ▶ You are a member of an ESN section
- ▶ You are a Mentor/Buddy (contact your section for a Mentor's code!)

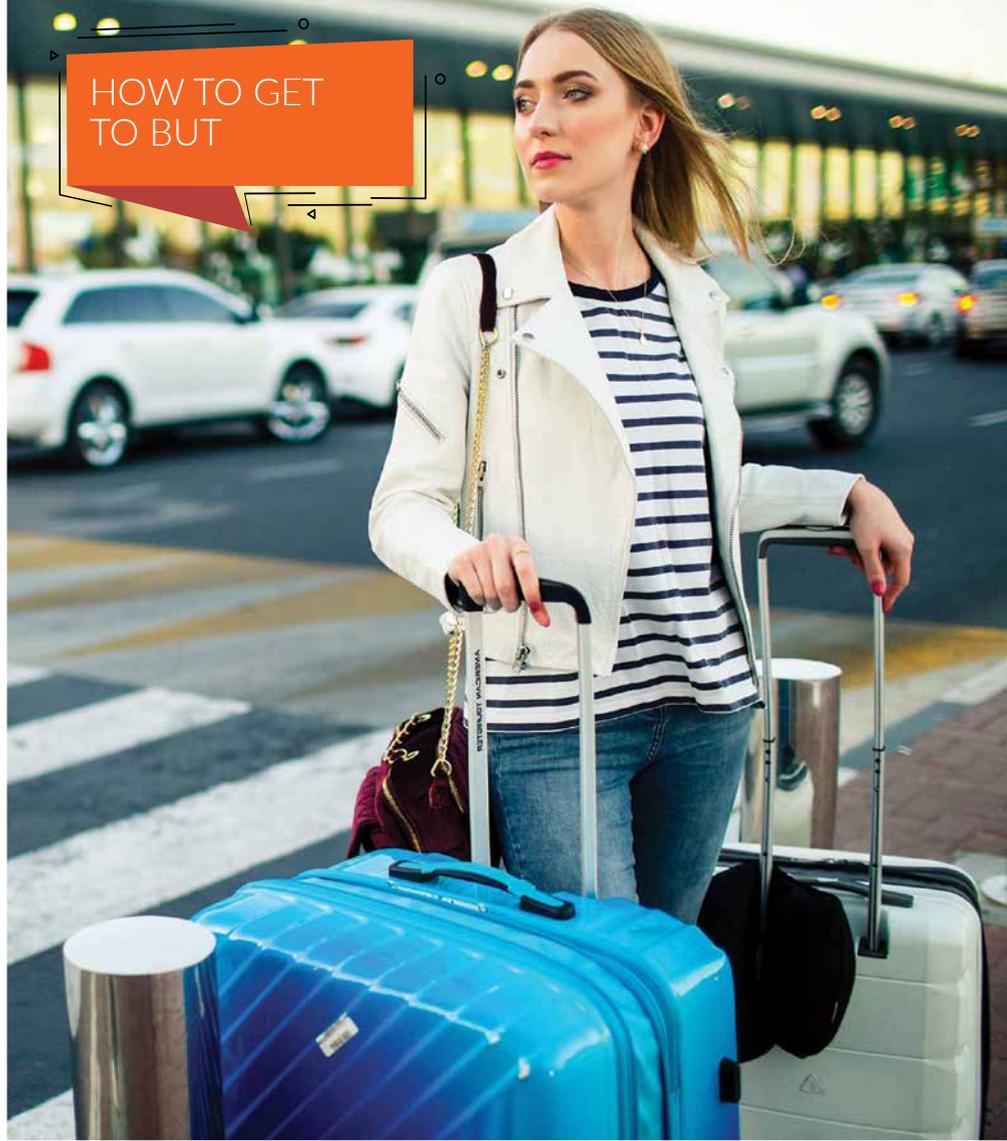
HOW CAN YOU GET THE ESN CARD?

ONLINE! WHENEVER YOU WANT, WHEREVER YOU WANT! GO TO [CARD.ESN.PL](http://card.esn.pl) AND ORDER YOUR ESN CARD! CHOOSE YOUR CATEGORY (ERASMUS/BUDDY/ESNER) AND FILL THE FORM. LET THE GUIDEBOOK HELP YOU WITH ANY PROBLEMS!



HOW DO I GET RYANAIR DISCOUNT?

Please visit ESN website:
esn.org/ryanair-faq
or directly Ryanair website for more information:
ryanair.com/gb/en/plan-trip/explore/erasmus.

HOW TO GET
TO BUT

WARSAW - BIALYSTOK

The closest airports are: Warsaw Chopin Airport and Warsaw Modlin Airport. Warsaw Chopin Airport is located 200 km from Bialystok and has a great bus and train connection. Warsaw Modlin Airport is only 35 km from Warsaw and has convenient connection to Bialystok by bus.

PUBLIC TRANSPORT
CONNECTIONS:

PLUS BUS

plusbus.pl/?ln=EN

price depends on the date of reservation,
but normally it costs 10 - 40 PLN.

ŻAK EXPRESS

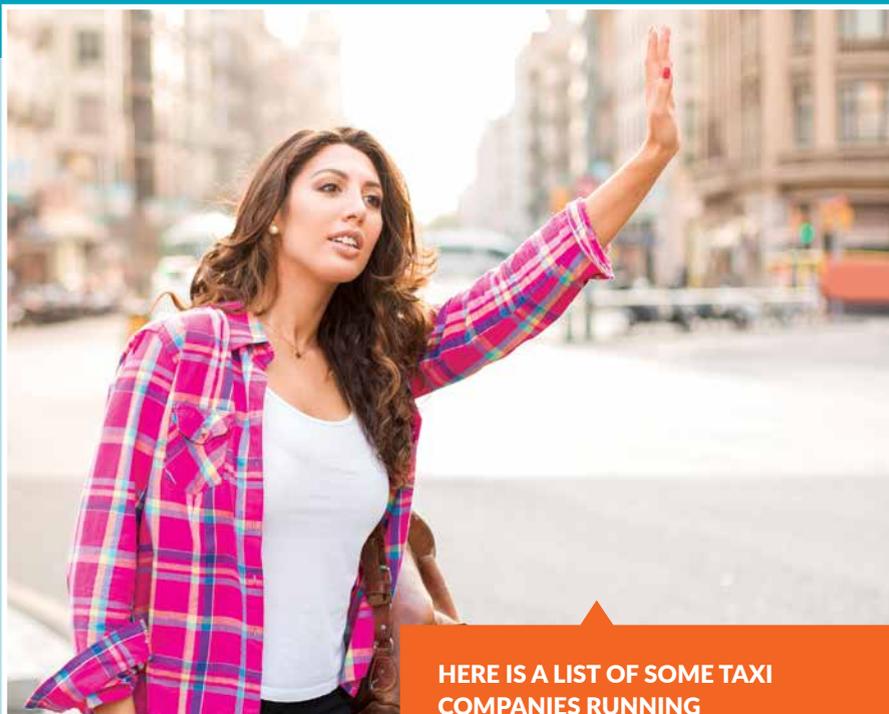
zakexpress.pl/en/

prices vary between 10 - 40 PLN.

INTERCITY TRAIN

intercity.pl/en

price for regular ticket - 30 PLN
student ticket - 15 PLN (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 PLN).**

Białystok (Bus/Train station)
- Dormitories

**HERE IS A LIST OF SOME TAXI
COMPANIES RUNNING
IN BIALYSTOK:**

- COOLTURA TAXI - **196 66**
- EXPRESS TAXI - **727 414 141**
- ITAXI - **737 737 737**
- JAGA TAXI - **85 711 11 11**
- MAX TAXI - **85 747 47 47**
- MPT SUPER TAXI - **500 800 919**
- MOJA TAXI - **733 401 401**
- O.K. TAXI - **196 26**
- RADIO TAXI NON-STOP - **85 732 32 32**
- KOMFORT TAXI - **85 744 44 44**



We do not offer UBER service in Białystok, however, you can install mytaxi. There are around 100000 taxis liked to this application all over the world.

app.adjust.io/aafwgg



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. The stops are on the street from the main entrance of the 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 stop.

Białystok Urban Communication (BKM):
komunikacja.bialystok.pl



FIRST DAY

Your first few weeks will be busy. Here you will find out what you need to do when you get to BUT and what you can expect during the welcome week.





VISIT IRO

It's very important that you visit the Erasmus Office during the first two days after your arrival to Białystok, because this date will be the date of arrival in your certificate.

The Certificate of Arrival/Attendance can be found in the website of your home university - ask your Erasmus Office. However, if you don't have access to these documents, our IRO will issue them for you.

FACULTY COORDINATOR

After your arrival, contact your faculty coordinator to receive more information about the schedules and location of the classrooms.

Faculty coordinators are responsible for the functions of exchange programs within the faculty. The faculty coordinator will be able to sign your documents. Please find here the list of our faculty coordinators Erasmus programme: iro.pb.edu.pl

WHERE AND WHEN CAN I FIND MY COORDINATOR?

They are professors who belong to the faculty of their field of study. Please contact directly them by email or going to their offices. Please also double check their office hours and try to make an appointment in order to ensure their attendance.

THE FACULTY COORDINATOR WILL SIGN THE DOCUMENTS LIKE:

- Learning Agreement
- Changes to Learning Agreement

WILL ALSO HELP YOU WITH MANY OTHER THINGS LIKE:

- Can help with adding more places to a course in IRK2 if all places are taken
- Schedules and exam dates
- Contact your professors

HOW TO GET A NEW STUDENT ID?



IT IS ISSUED AFTER THE REGISTRATION IN THE INTERNATIONAL RELATIONS OFFICE

During application, you may upload your photo. The photo requirement can be found in our website in the application section - iro.pb.edu.pl/Application. International Relations Office will inform you whether the photo has been accepted or not. You must visit the bank located in the Rectorate building and pay 17 PLN (Polish złotych). Don't lose your bank receipt, that's why we recommend you to bring it back to the office as soon as you complete the payment.

The Student ID can work as your debit card, as well as your bus pass for local transport.

Moreover, the card entitles you to enjoy many discounts, including: travelling in public transport, cinemas, theatres, museums, galleries, amusement parks, restaurants, bookstores, etc...

If you are not sure if a given place offers discounts for students, don't be shy and ask about it!

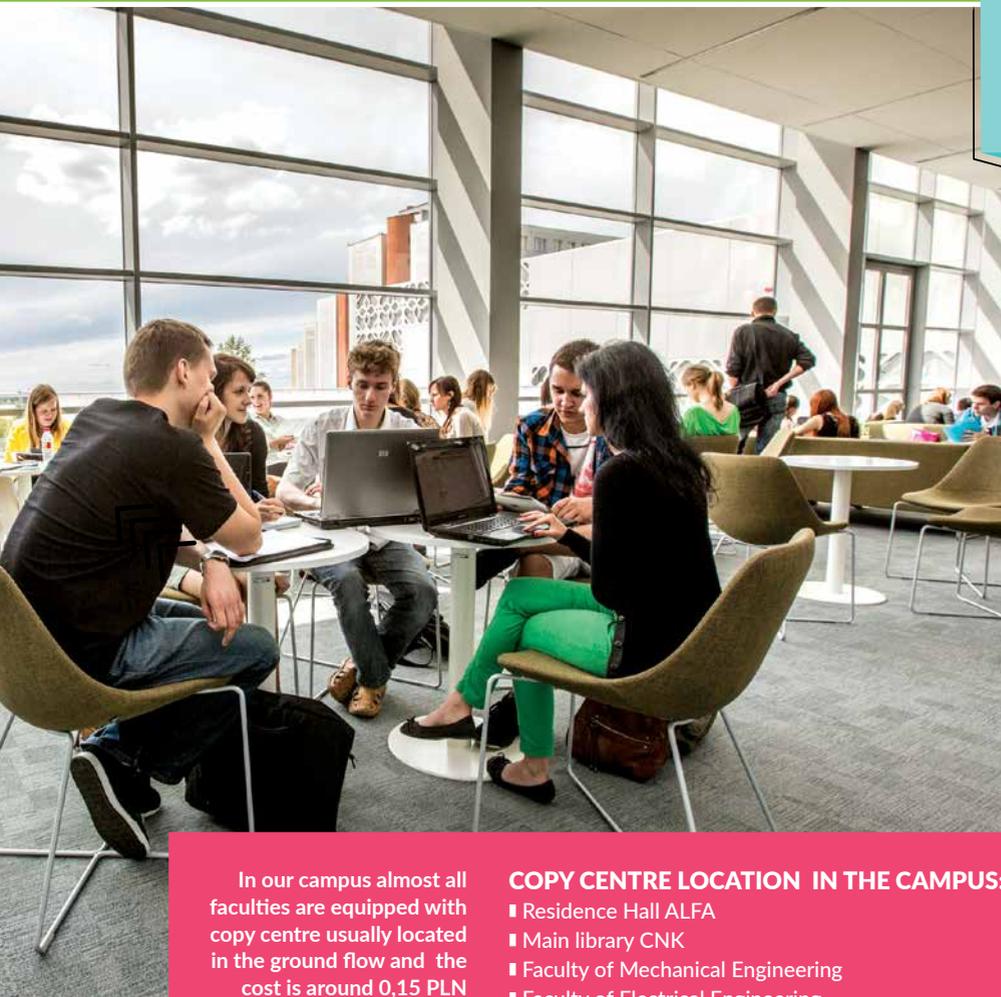
Usually many places offer cheaper passes for those with a Student ID.

NOTE: Please, don't lose your student ID, because a duplicate will cost you 25.50 PLN.



BANK FACILITIES

Across the city there are many places where banks offer their services. For example: Bank Pekao is one of them and can be found in the Rectorate building (45A Wiejska St.) in our campus.



CENTRE FOR MODERN EDUCATION IS A HOME TO:

- ▶ Main Library
- ▶ Foreign Language Centre
- ▶ DistanceEducation Centre
- ▶ Scientific Research and Development Centre

Library of Bialystok University of Technology - CNK is located in the campus. It provides our students with a large service, information technology, multimedia service support, silence rooms, individual and group study rooms, all with access to the internet and campus network via wired and wireless connections.

The student ID or library card entitles you to use all the agencies of Library of Bialystok University of Technology.

Only people registered in the Library, with active electronic student identity card or library card, can loan and order books in the computer system.

The Library has been for long the hub of academic activities in BUT, offering opportunities for cultural enrichment and knowledge discovery, like seminars and workshops, language courses and more. They're looking forward to meeting you soon!

In our campus almost all faculties are equipped with copy centre usually located in the ground flow and the cost is around 0,15 PLN per page.

COPY CENTRE LOCATION IN THE CAMPUS:

- Residence Hall ALFA
- Main library CNK
- Faculty of Mechanical Engineering
- Faculty of Electrical Engineering
- Faculty of Civil and Environmental Engineering

The university life is not all about studying. It's very important to relax and spend time following your passions. BUT has his own well equipped Sport Centre located in the campus, near dorms. Our gym is fitted with fitness equipment treadmills, exercises bikes and weights.

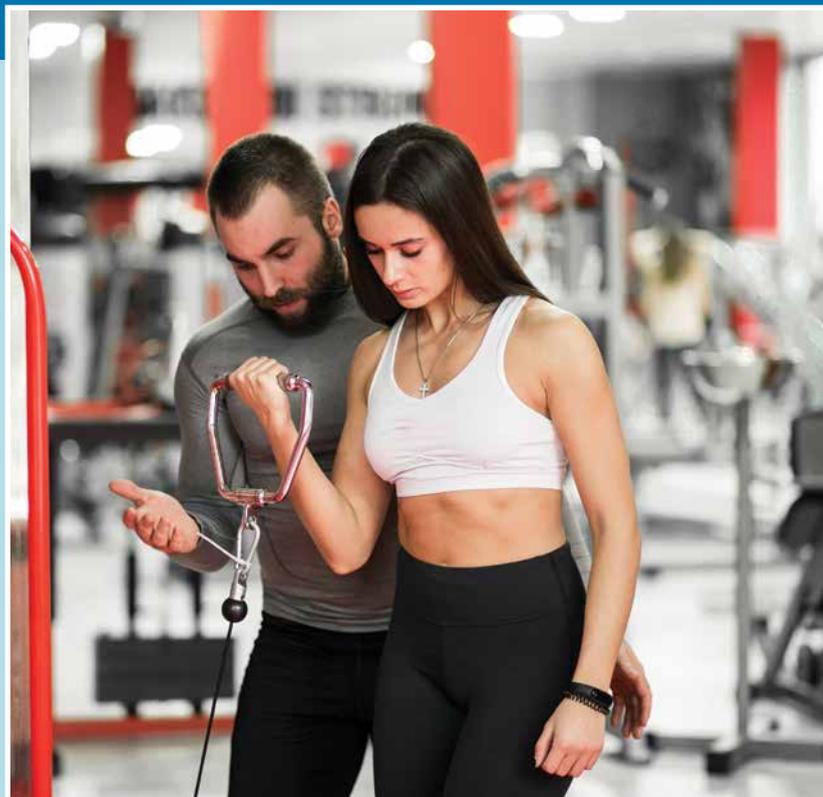
The Sport Center includes a multi functional hall that can be used for a variety of sports, like for example: basketball, volleyball, indoor football, badminton, table tennis, Karate, Judo and more.

Also you'll be able to attend to other kind of fitness classes, for example: pilates, zumba, aerobics, step up an more.

Students membership prices can be found every year on the IRO board.

Don't forget that physical activities is good for mental well-being so make sure you take advance of both workout activities, indoor and outdoor, especially before and during examination time.

In order to get your membership, we recommend you to sign up in the Sport Center (preferably with the help of your mentor).





DURING THE MOBILITY

- *You're not satisfied with the modules in your LA?*
- *You have two or more classes at the same time?*
- *Courses are too difficult?*

Be aware that within 3 weeks since the beginning of the semester, you can modify the Learning Agreement.

It's easier than you think:

- 1st - ask IRO to open your IRK2 account
- 2nd - make the necessary changes in your LA
- 3rd - apply your current LA online and print it
- 4th - visit the coordinator's office to get the signature
- 5th - bring your signed LA to IRO





GOING BACK HOME

Before your departure home, you must come to our International Relations Office and deliver:

EXCHANGE STUDENTS (EU COUNTRIES):

- a) final circulating card signed and stamped;
- b) Student Survey.

EXCHANGE STUDENTS:

- a) final circulating card signed and stamped;
- b) student Survey;
- c) online survey;
- d) study report;
- e) NFZ monthly receipts (Polish insurance).

For more information where and how to get these documents, please visit IRO.

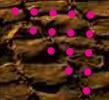
HOW DO I GET MY TRANSCRIPT OF RECORDS!



Your home institution should receive the original document of the Transcript of Records within five weeks after the end of your examination in our university. However, sometimes this process might take some extra time and therefore we recommend to contact our Erasmus Office in case there are any delays. All courses from your ToR should match the final completed and approved Learning Agreement in the electronic system. In case you fail some courses, make sure you contact your home university and ask for the regulation regarding this matter before coming back home.

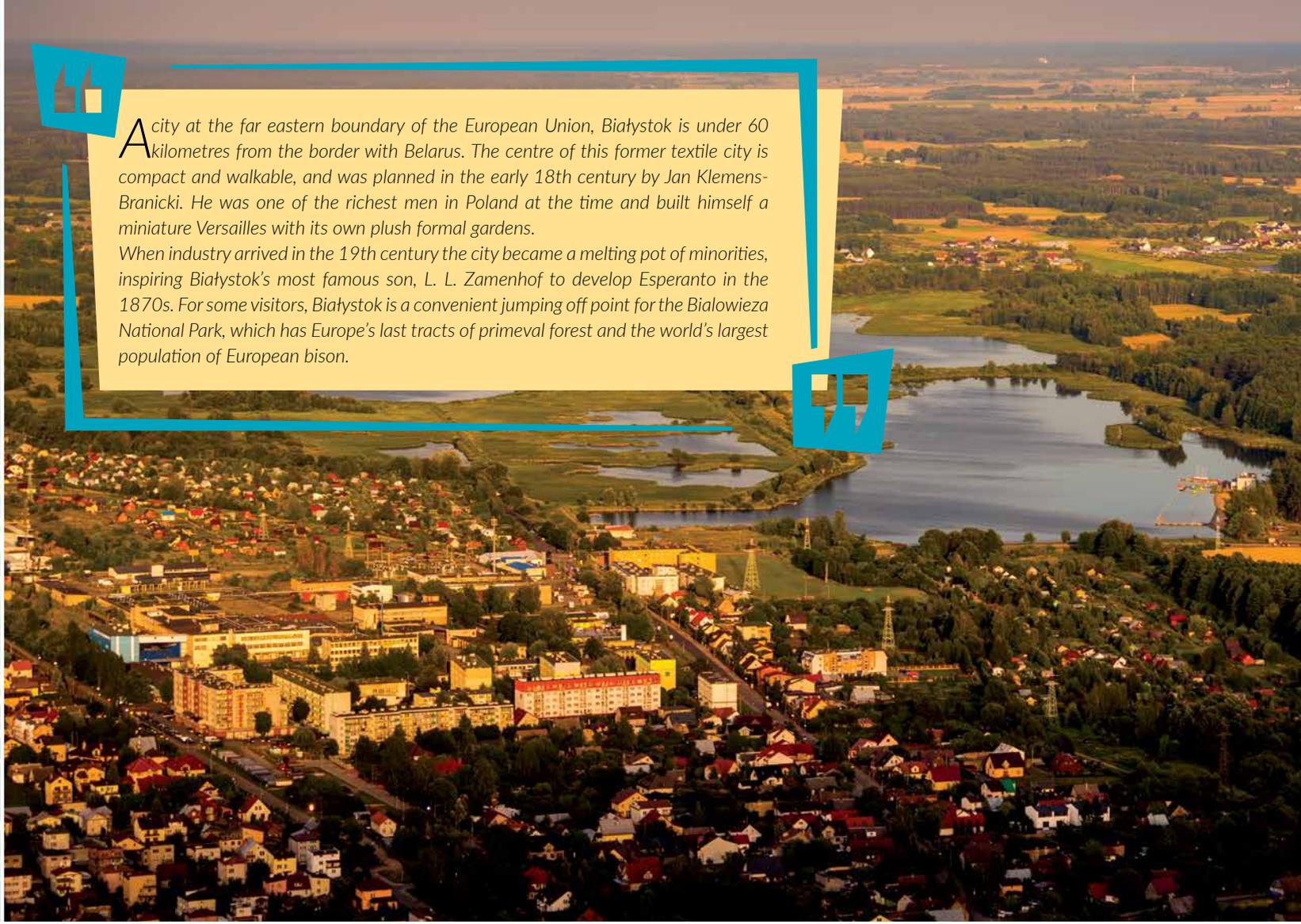


LIFE IN BIALYSTOK



A city at the far eastern boundary of the European Union, Białystok is under 60 kilometres from the border with Belarus. The centre of this former textile city is compact and walkable, and was planned in the early 18th century by Jan Klemens-Branicki. He was one of the richest men in Poland at the time and built himself a miniature Versailles with its own plush formal gardens.

When industry arrived in the 19th century the city became a melting pot of minorities, inspiring Białystok's most famous son, L. L. Zamenhof to develop Esperanto in the 1870s. For some visitors, Białystok is a convenient jumping off point for the Białowieża National Park, which has Europe's last tracts of primeval forest and the world's largest population of European bison.





BRANICKI PALACE

The palace looks a lot like it did when it was completed in the early 18th century, as does the Great Hall, Chinese Room and the magnificent vestibule, all free to enter and shared by the Medical University. The gardens have also been kept from that time and so stand as the best example of Baroque garden design in Poland, with topiaries, geometric lawns, stone vases and fountains.

KOŚCIUSZKO MARKET SQUARE

The original town hall was in Jan Klemens Branicki's plan, and as the centre of commerce in the city was the site of the town's official scales and weights and measures of length and volume. In good weather you can take a seat at a cafe or restaurant table, soak up the view east to the ca-

thedral and see the city going about its day.

LIPOWA STREET

More than any other street in the city, Lipowa st. bore the brunt of the German attack in the Second World War.

But it's high tenement houses and villas have been restored and there's an array of interesting sights, like the Cristal Hotel, the first new hotel in Poland after the Second World War.

If you cut down Malmeda street you'll come to a statue of L. L. Zamenhof, the Białystok-born doctor who invented Esperanto.

At the far end on Plac Niepodległości is the eye-catching Church of Christ the King, one of the world's first Modernist churches when it was completed in 1946.

Many essential information can be found on: odkryj.bialystok.pl/en/guide.

Thematic tourist trails can present a rich history of the city (the most important monuments), show Białystok as a city of many religions and nationalities. You can feel the atmosphere of old times thanks to old wooden houses.

GREAT SYNAGOGUE MONUMENT

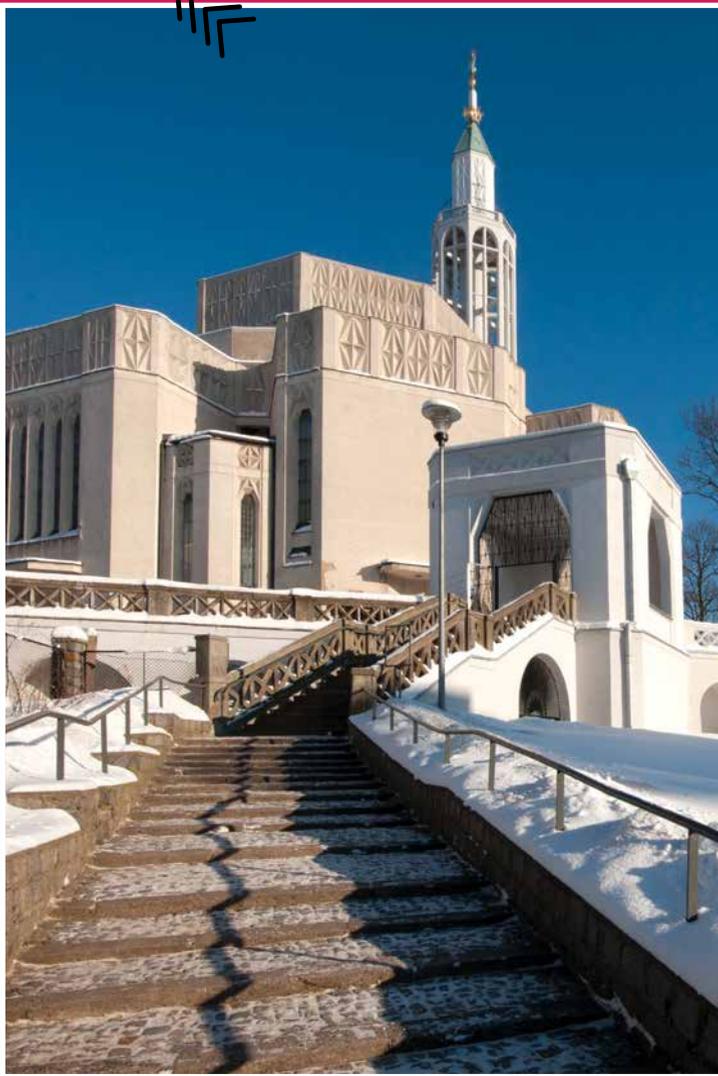
On Suraska street you may be stopped in your tracks by a memorial on the site of Białystok's former Great Synagogue.

On a lawn there is the crumpled metal frame of the synagogue's dome in the middle of a paved Star of David.

An outrage took place at this place on 27 June 1941, when a large number of Jews were locked into the Great Synagogue by Nazi troops who burnt the building down.

FEEL THE SPIRIT OF THE CITY BY CHOOSING ONE OF THE TRAILS:

- Route of Branicki's Family
- Wooden Architecture
- Route of the Białystok Factory Tycoons
- The Esperanto and Multicultural Route
- Route of the Places of Worship
- The Bojary Route
- Trail of Murals



CATHEDRAL BASILICA OF THE ASSUMPTION OF THE BLESSED VIRGIN

There are two interconnected buildings: The smaller whitewashed Mannerist church used to be the parish church was built at the start of the 17th century. At the old church look for the fine main altar, the Mannerist pulpit and the tombs for the Gryfit-Branicki family.

The new church needs to be seen for its sheer magnitude and its lofty vaults, even if doesn't have the history of its smaller neighbour.

AKCENT ZOO

It was founded back in the 1960s, and while it used to have exotic species, the zoo's emphasis is now on animals from eastern Poland.

These are grey wolves, fallow deer, red deer, wildcats, lynxes and bison, as well as regional breeds of horses, goats and ponies.

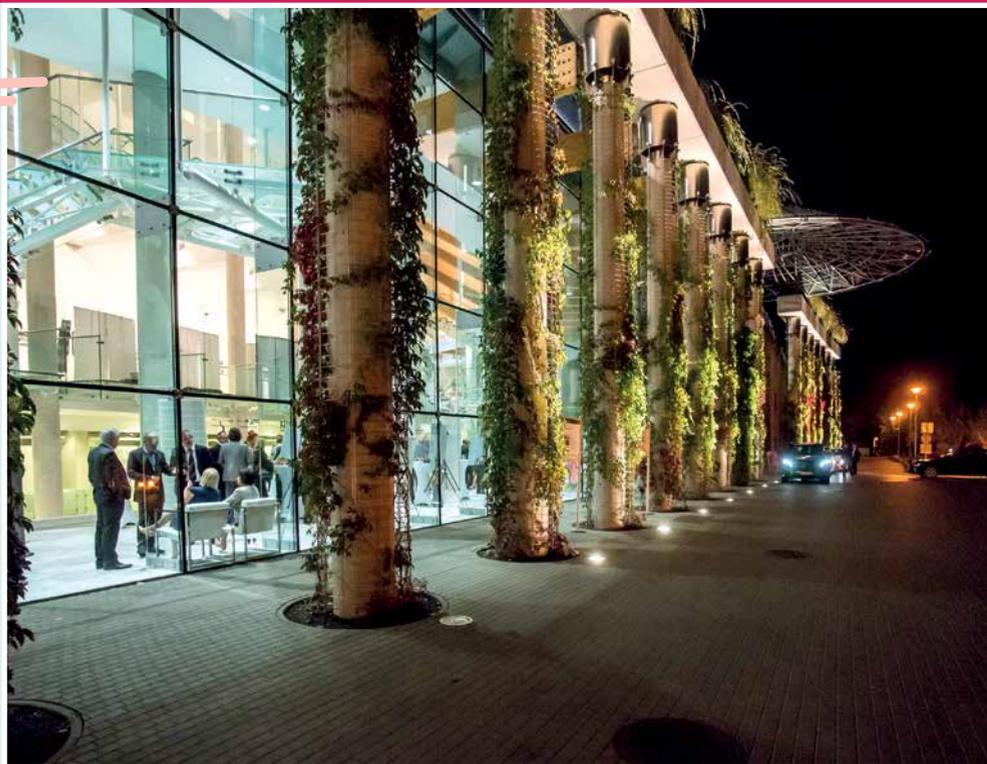
The zoo also has aviaries for buzzards, tawny owls, Eurasian eagle owls, white storks and other exotic species.

You'll be pleased to see that the habitats are large for the most part and have a lot of foliage.

WANT TO GET MORE INFORMATION ABOUT OUR CITY GO TO:

Tourist Information Centers

- Centrum Informacji Turystycznej, 1A Kościelna Street
- Regionalne Centrum Informacji Turystycznej, 6 Malmeda Street
- Multimedialne Centrum Informacji Turystycznej, 1 Kilińskiego Street



PODLASIE OPERA AND PHILHARMONIC

Northeastern Poland's biggest and most modern cultural institution, the Podlasie Opera and Philharmonic moved into a brand new complex in 2012. This Minimalist concrete and glass construction opened in time for the highly-regarded opera's 58th season and is worth a detour even if you're not up for high-brow entertainment.

The main stage, with a capacity of up to 1,000, is equipped with the second largest organ in Poland.

This high-tech hall also has movable platforms in the ceiling, with glass screens that can help customise the hall's acoustics according to the performance taking place. Also in the complex is an outdoor amphitheatre, and lush gardens integrating with the architecture and featuring a cast-iron sculpture by Teresa Murak, weighing 2.5 tons.

PARK KONSTYTUCJI 3 MAJA

Now the park is about half the size, and 16 hectares, but remains refreshingly uncultivated.

Most of the terrain is shrouded by dense mature forest of oak, hornbeam and birch, and with elms and alders growing in the more humid pockets of the park.

Keep a look out for the Polish and Soviet military cemetery for the two World Wars, as well as the monument to the fallen soldiers of Poland's 42nd Infantry Regiment in the conflicts that followed the First World War.

WANT TO BUY SOUVENIRS GO TO:

- **SLJEDZIK**, 13 Kilińskiego Street
- **CEPELIA**, 3 Grochowa Street
- **Ojczyzna. Gadżety sportowo-narodowe**, 15 Piłsudskiego Street



BIALYSTOK 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 BUS TICKETS?

You can buy individual bus tickets in BKM offices, most supermarkets (including "Zak" opposite the Campus), kiosks (RUCH) or from a 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: komunikacja.bialystok.pl/?page=pok30).

HOW MUCH DO TICKETS COST?

INDIVIDUAL TICKETS:

4,00 PLN (regular)/ 2,00 PLN (student)

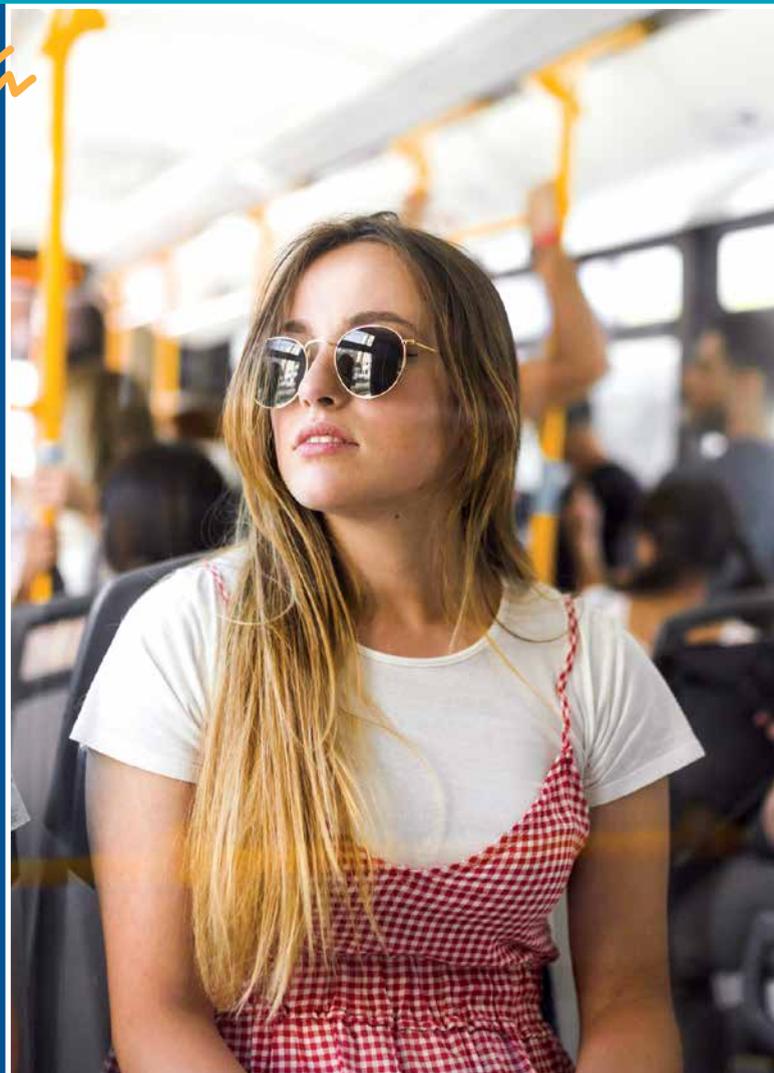
MONTHLY TICKETS:

100 PLN (regular)/ 50 PLN (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: 11 Składowa street, 16 Lipowa St., Passenger Service Point 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 which has accurate and up-to-date information on all bus routes and times in Białystok. Bonus: it's in English too!

YOU CAN BY TICKET USING AN APP:



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 PLN!

aplikacje Android → jak dojade, mMPK, DHKM

BUSstok, Transportoid

aplikacje Windows Phone → jak dojade, BUSstok, Transportoid

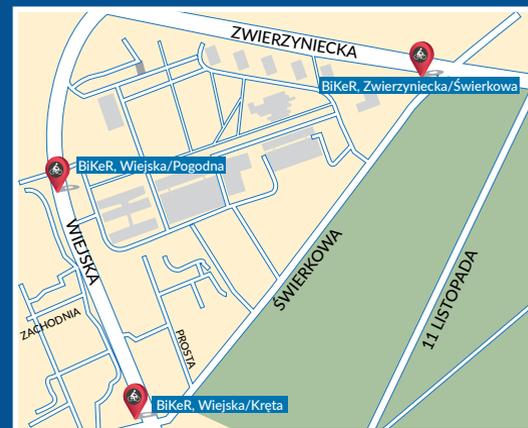
aplikacje iOS Apple → jak dojade LITE, jak dojade, BUSstok, Transportoid

aplikacje Java → mMPK





Between April and November you can also get around Białystok by local bike service Nextbike. To rent a bike you should download the nextbike app, open an account and top it up by at least 10 PLN. The first 20 minutes are free (so you can change a bike for a new one every 20 minutes).



AFTER REGISTRATION YOU PAY:

| | |
|----------------------------|---------------|
| INITIAL FEE: | 10 PLN |
| FROM 0 TO 20 MINUTES: | 0 PLN |
| FROM 21 TO 60 MINUTES: | 1 PLN |
| SECOND HOUR: | 3 PLN |
| THIRD AND SUCCESSIVE HOUR: | 5 PLN |



WHERE IS THE CLOSEST SUPERMARKET?

Biedronka:

- ▶ 7, R. Kaczorowskiego St.
(near campus)
- ▶ 35, Pogodna St. (near campus)
- ▶ 10, Nowowarszawska St.
(near Atrium Biała)

Lidl:

- ▶ 6, Nowowarszawska St.
- ▶ 63, Pogodna St.

POST OFFICE

- ▶ 18, Wesola St.
- ▶ 5b, Zachodnia St.

WHERE IS THE CLOSEST SHOPPING CENTRE?

- ▶ „Alfa Centrum Białystok”
15, Świętojańska St.
- ▶ „Atrium Biała”
2, Czesława Miłosza St.
- ▶ „Galeria Jurowiecka”
1, Jurowiecka St.

WHERE IS THE CLOSEST PHARMACY STORE?

- ▶ „Nowa Farmacja”
11, Zwierzyniecka St.
- ▶ „Pogodna Apteka”
11a/2, Pogodna St.

Remember about the Sundays work days. In the year 2020 there are only 7 working Sundays throughout the year. The law includes a number of exceptions for different shops. Bakeries, confectioner's, newsagent's, florists, gas stations, giftshops, ticket offices, tobacco stores as well as post offices are excluded from the ban. Also small stores (Groszek, Lewiatan, Chorten) where the owner works can be opened too.

On website: odkryj.bialystok.pl/en/shopping can be found list of shops in Białystok divided into such categories as: home appliances, home, electronics, malls, fashion, moto, audio&video, sport, groceries, tourist equipment, health.



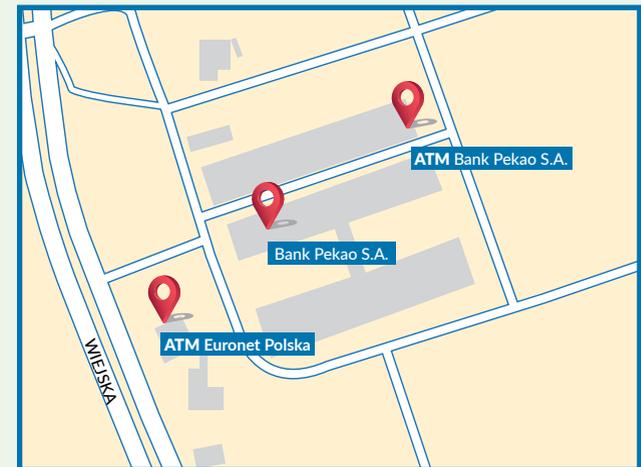


ATM AND CURRENCY EXCHANGE OFFICE

An ATM (in Polish: bankomat) you can find at the campus area. The closest one is in the Rectorate Building (Computer Science Faculty) on the ground floor.

If you want to exchange your currency go to KANTOR (currency exchange office). You can find it in the city centre on Lipowa St. or Legionowa St.

You can always exchange money in the bank but be aware that the rate won't be so profitable.





CINEMA

FORUM

address: 5, Legionowa St., 15-281 Białystok, Polska phone: 85 742 23 70 bok.bialystok.pl/

HELIOS - GALERIA ALFA

address: 15, Świętojańska St., 15-277 Białystok, Polska phone: 85 741 13 56 helios.pl/26,Bialystok/

HELIOS - ATRIUM BIAŁA

address: 2, Czesława Miłosza St., 15-218 Białystok, phone: 85 710 81 90 helios.pl/6,Bialystok/

HELIOS BIAŁYSTOK JUROWIECKA

address: 1, Jurowiecka St., 15-101 Białystok phone: 85 871 01 14 helios.pl/46,Bialystok/StronaGlowna/

RESTAURANT



SWIMMING

POOLS - ICE RINK

miejskoaktywni.pl

BUNGEE

JUMPING

jumping.pl/english.html

RUNNING TRAILS

mapmyrun.com/pl/bialystok-podlasie/

Nowadays it is very easy to find a place to eat in Białystok, especially in the city centre. You can choose from restaurants, posh places, through smaller restaurants and bistros to all sorts of fast food bars offering not only Polish cuisine but also Greek, Italian, Mexican, American or Chinese. In the restaurants, menus are dominated by Polish cuisine. You can find restaurant with discounts for student and meals do not usually exceed 20 PLN. All restaurants accept credit cards.

FREE TIME

POLISH FOOD

Polish food is very diverse and unique.

In Poland we can find many varieties of dishes prepared with cabbage, barley, beet, potatoes and above all – meat. A well-known Polish food is pierogi (dumplings) with various fillings and sausage (kielbasa). Polish specialties are also hams, mainly these made from pork. Apart from these well-known dishes, generally perceived as national, we can also find many delicacies characteristic only of certain regions of Poland. And these are savory enough to know them closer.

Podlasian cuisine has an extremely rich Polish food menu influenced by cuisines of Lithuania and Belarus, as well as Tatar and west Ukrainian traditions. Mushrooms, potatoes, strong drinks and a lot of forest fruits accents are characteristic signs of this part of Poland menu.

Potatoes are the basis for many dishes. Very popular dishes of Podlasie are potato puree, mixed with bacon and condiments in pork intestines and dumplings made from boiled and raw potatoes with meat stuffing.



BIGOS

Traditionally a winter dish. Ingredients usually include lots of fresh and pickled cabbage, leftover meat parts and sausage, onion, mushrooms, garlic and whatever else is on hand. In fact, metaphorically Bigos translates to big mess, “confusion” or “trouble” in Polish



NALEŚNIKI

The Polish equivalent of French crepes, these are thin pancakes wrapped around pretty much any filling you can dream of, savoury or sweet. Generally the easy way out in any dodgy Polish dining establishment.



PIEROGI

Doughy dumplings traditionally filled with potato (Ruskie), sweet cheese, meat, mushrooms and cabbage, strawberries or plums, though if you nose around you will find plenty of maverick fillings like broccoli, chocolate or liver as the possibilities are truly limitless and they are served almost everywhere in the city.



THE PYRAMID CAKE

(sękacz) - Recipes are handed down from generation to generation and are only revealed very unwillingly.



BABKA ZIEMNIACZANA

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

A real pyramid cake requires a large number of eggs (50 to 60 depending on size), with sugar added. The secret of the cake’s sponginess lies in the thorough beating of the dough, to which some butter and a little flour are added. But that is not enough. To make a good cake it must be properly baked. The art of baking a pyramid cake consists of very slowly manually turning a special pipe or skewer whilst simultaneously pouring a thin stream of dough onto it. The process goes on and on, layer by layer.



POTATOE PANCAKES RECIPES:

Grate potatoes; drain any liquid.. Place potatoes in a large bowl. Add egg, onion, flour, salt, pepper and garlic powder; mix well. With spoon put a portion on a hot pan, press lightly to flatten and fry until golden brown on both sides. Serve immediately.

ALL DISHES

YOU CAN TRY IN:

MILK BARS

(in Polish – bar mleczny).

BAR PODLASIE

– 15 Rynek Kościuszki St.

BAR MLECZNY MLECZAK

9/U15 Żelazna St.

BAR OKRĄGLAK

5A Zachodnia St.

BAR ASTORIA

4 Sienkiewicza St.



MUSEUM



HISTORICAL MUSEUM

37 Warszawska St.
15-062 Białystok
phone. 85 74 82 119,
509 336 878
e-mail: muzeum.
historyczne@muzeum.
bialystok.pl



ALFONS KARNY MUSEUM OF SCULPTURE

17 Świętojańska St.
15-277 Białystok
phone. 85 73 27 392,
509 336 862
e-mail: muzeum.
karnego@muzeum.
bialystok.pl



MUSEUM OF PALACE INTERIORS IN CHOROSZCZ

2 Pałacowa St.
16-070 Choroszcz
phone. 85 71 91 233,
509 336 795
e-mail: muzeum.
wnetrz@muzeum.
bialystok.pl



MUSEUM OF ICONS IN SUPRAŚL

1 Klasztorna St.
16-030 Supraśl
phone. 85 663-19-94,
509 336 829
e-mail: muzeum.ikon@
muzeum.bialystok.pl



MUSEUM IN TYKOCIN

2 Kozia St.
16-080 Tykocin
phone. (85) 718 16
13,509 336 597
e-mail: synagoga@
muzeum.bialystok.pl



MUSEUM IN BIELSK PODLASKI

45 Mickiewicza St.
17 - 100 Bielsk
Podlaski
phone. 509 336 841
e-mail: muzeum.
bielsk@muzeum.bia-
lystok.pl



BIAŁYSTOK IS A PERFECT STARTING POINT TO EXPLORE THE BEAUTY OF PODLASIE REGION.

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.

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.

PENTOWO – called the European Stork Village located 3 km from Tykocin.

KIERMUSY – „Bison and Polish Gentry Tradition Refuge” – Rome Tavern, Bison Refuge, open air museum with the possibility of accommodation, oak alley, swamp deck and small castle.

SUPRAŚL - a charming town situated 20 km from Białystok with enchanting streets, the unique fortified Orthodox church from 1510 and a beautiful boulevard.

WHAT TO SEE NEAR BIAŁYSTOK



KRUSZYNIANY – Tatars village

BIAŁOWIEŻA NATIONAL PARK (Białowieża Forest) – perfect place for those who appreciate contact with nature. One of the most precious forest complexes in Europe. It is the natural habitat of the European bison. The Park is a World Heritage site.

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 north-eastern 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.

WHAT TO SEE IN POLAND



WARSAW - CAPITAL CITY

Depends on the days choose the best option for you:

- 1 day in Warsaw - warsawtour.pl/en/1-day-in-warsaw/
- 2 days in Warsaw - warsawtour.pl/en/2-days-in-warsaw/
- 3 days in Warsaw - warsawtour.pl/en/3-days-in-warsaw/

POZNAŃ

visitpoznan.info/en/

TRÓJMIASTO

GDAŃSK, SOPOT, GDYNIA

exploregdansk.info/sightseeing/gdansk-in-one-day/

TORUŃ

visittorun.com/en

KRAKÓW

explore-cracow.com/

WROCLAW

visitwroclaw.eu/en

You can travel by bus by train and by plane. To find an information about means of transport and schedule check page: en.e-podroznik.pl/ .

Other sites: rozklad-pkp.pl/en or ryainar

Bus companies in Poland (how to get to Warsaw) – PlusBus, Żak Express, PKS NOVA



OUT BUT CLOSE TO POLAND

Poland borders with 7 countries:

Lithuania / Germany / Czech Republic / Ukraine
Slovakia / Belarus / Russia.

Most of them can be easily reached by plane/bus/train.
There are good destination for a weekend.



If you enjoy biking here you can find an useful page with bicycle routes in Białystok and outside the city: mojrower.pl/trasy/bialystok

Currently in Białystok there are more than 125 km of bicycle paths.

**IMPORTANT
POLISH
WORDS
AND
EXPRESSIONS:**

- **I don't speak Polish.**
Nie mówię po polsku.
- **Can you speak English?**
Mówisz po angielsku?
- **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 it...?**
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?
- **My name is ...**
Nazywam się...
- **How are you?**
Jak się masz?
- **Food**
Jedzenie
- **Meat**
Mięso
- **Pork**
Wieprzowina
- **Beef**
Wołowina
- **Chicken**
Kurczak
- **Turkey**
Indyk
- **Where can I find
International Relations
Office?**
Jak trafić do Biura

- Współpracy
Międzynarodowej?
- **Where is class number ...?**
Gdzie znajduje się sala
numer ...?
- **Where can I find a
teacher?**
Gdzie znajdę
nauczyciela?
- **How can I get to....
(place)?**
Jak dotrzeć do
(miejsca)?
- **Where can I exchange
money?**
Gdzie mogę wymienić
pieniądze?
- **Where can I find a shop?**
Gdzie znajdę sklep?

INFO:

Polish language courses are offered by:
- Foreign Language Centre
Białystok University of Technology
- Language schools in the city
- Białostocka Kawiarnia
Językowa (Białystok Language
Cafe) once per month meet
with people from different
countries and practise differ-
ent languages (for free)



IMPORTANT DATES!

OUR OFFICE IS CLOSED!

NATIONAL BANK HOLIDAYS

- 1 January - New Year's Day
- 6 January - Three Kings' Day
- March/April - Easter Monday (movable feast)
- 1 May - Labour Day
- 3 May - National Day
- June - Corpus Christi (movable feast)
- 15 August - the Assumption
- 1 November - All Saints' Day
- 11 November - Independence Day
- 25 December - Christmas
- 26 December - Christmas

USEFUL ADDRESSES

- Wiejska 45A - Politechnika Białostocka
- Zwierzyniecka 6 - Alfa dormitory
- Zwierzyniecka 8 - Beta dormitory
- Zwierzyniecka 10 - Gamma dormitory
- Zwierzyniecka 12 - Delta dormitory

notes...