



ERASMUS+ PROGRAM



**REPORT ABOUT MY STAY AT BUT
SUMMER SEMSTER
2023/2024**

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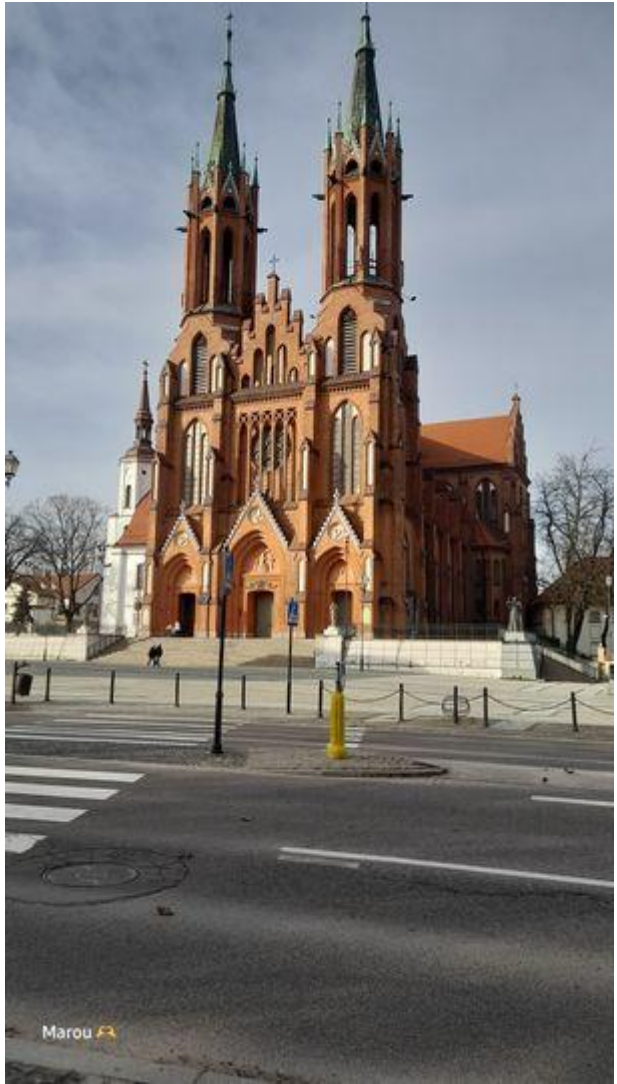
**RECEIVING UNIVERSITY : POLITECHNIKA BIAŁOSTOCKA , BIAŁYSTOK ,
POLAND**





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✧ **Introduction**

As an Erasmus student in Bialystok, Poland, my experience has been enriching both academically and culturally. This report aims to provide insights into various aspects of my stay, including academic life, social activities, cultural experiences, and practical tips for future Erasmus students.

I. Academic Experience

➤ **University:**

I attended the University of Bialystok, which offers a diverse range of courses in English, catering to international students. The university staff and professors were welcoming and supportive, ensuring a smooth transition into the academic environment.

➤ **Courses:**

The courses I enrolled in were well-structured and engaging. The smaller class sizes allowed for more interactive sessions and personalized attention from the professors. The use of modern teaching methods and resources enhanced the learning experience.

➤ **Language:**

While all courses were in English, I took the opportunity to learn some basic Polish. The university offered Polish language classes for international students, which were helpful in daily interactions and understanding the local culture better.

II. Social Life and Activities

➤ **Student Community:**

The Erasmus student community in Bialystok is vibrant and inclusive. The Erasmus Student Network (ESN) organized various events, trips, and activities that helped in making new friends and exploring Poland.

➤ **Events:**

Events such as international dinners, cultural nights, These events provided a platform to meet students from different countries and learn about their cultures.

➤ **Sports and Recreation:**

The university had excellent sports facilities, including gyms, and sports fields. Participating in sports activities it will be great way for you to stay active and socialize.

III. Cultural Experience

➤ **Local Culture:**

Bialystok, with its rich history and cultural heritage, offered numerous opportunities to immerse in Polish culture. Visits to local museums, historical sites, and cultural festivals were both educational and enjoyable.

➤ **Cuisine:**

Polish cuisine is diverse and flavorful. The local markets and restaurants offered a variety of options to explore the culinary landscape of Poland.

IV. Practical Tips for Future Erasmus Students

1. Accommodation:

- The university dormitories are a convenient and affordable option. Booking early is advisable.
- Alternatively, renting a private apartment is also feasible, especially for those seeking more privacy.

2. Cost of Living:

- Bialystok is relatively affordable compared to other European cities. Budgeting around 400-600 EUR per month should cover accommodation, food, and leisure activities.

3. Transportation:

- The city has a well-connected public transportation system. A student card provides discounted rates on buses and trams.
- Biking is also a popular and eco-friendly way to navigate the city.

4. Healthcare:

- Ensure you have health insurance that covers your stay in Poland. The university has a medical center for basic healthcare needs.
- Pharmacies are easily accessible for over-the-counter medications.

5. Weather:

- Be prepared for cold winters with appropriate clothing if you come in winter semester. The spring and summer months are pleasant and ideal for outdoor activities.

6. Language Barrier:

- Learning basic Polish phrases can be very helpful. Most young people speak English, but knowing the local language enhances the experience.

✧ Conclusion

My Erasmus experience in Bialystok, Poland, has been incredibly fulfilling. The combination of quality education, rich cultural experiences, and the warm hospitality of the local people made my stay memorable. I highly recommend Bialystok as a destination for future Erasmus students seeking a unique and enriching international study experience.