

The Angelus Silesius
State School of Higher Vocational Education
in Wałbrzych

GUIDE FOR FOREIGN STUDENTS



POLAND

About Poland

Total area: 312,700 km²

Location: Central Europe

Land boundaries: 3,321 km in total

Coastline: 491 km

Neighbours: an enclave of Russia in the north, Lithuania in the north-east, Belarus in the east, Ukraine in the south-east, Slovakia and the Czech Republic in the south, and Germany in the west; the boundary in the north is the Baltic Sea.

Population: about 40 mln

Capital: Warsaw

Official language: Polish (English and German are more and more popular, especially among younger generations)

Official currency: Polish zloty (PLN)

National flag: two (white and red) horizontal stripes

National emblem: the white eagle with a crown on the red background

Religion: most of the Polish inhabitants belong to the Roman Catholic Church

Historical survey

Poland has a long, interesting history – full of dramatic events and turning points.

The country (literally its principal dynasty of PIAST) accepted Christianity in 966.

The eighteenth century partitions of Poland (1772, 1793, 1795) were equal with the disappearance of the country from the map of Europe. Polish people were struggling with processes of russification and germanisation for 123 years. On 11 November 1918, when the First World War ended, Poland became an independent republic.

During the Second World War, between 1939 and 1945, about 20% of the Polish population were killed. Since 1945, for nearly 45 years, Poland was the Soviet Union's satellite.

Self-governing workers' union (SOLIDARITY) was created in 1980 as a result of the Gdansk strike of which the leader was Lech Wałęsa. War establishment came in force on 13 December 1981 and lasted for one and half years. In December 1989 the name of the country was changed into the Republic of Poland (Rzeczpospolita Polska). In December 1990 Lech Wałęsa became the President of Poland.

Since 1989 Poland's economy has been systematically developing. It is a fully democratic country with a multi-party political system. In March 1999 Poland became a member of NATO; on 1 May 2004 – a member of the European Union. In December 2005, after the 10-year presidency of Aleksander Kwaśniewski (1995-2005), Lech Kaczyński became the President of Poland.

For further information about Poland:

www.poland.pl

www.poland.gov.pl

www.gopoland.com

www.experiencepoland.com

Weather and climate

In general continental, more moderate in the west; summers in Poland are warm (in July and August sometimes hot) with some rain; winters are usually cold and snowy but sometimes mild; spring and beginning of autumn are usually very pleasant seasons.

WAŁBRZYCH

Location

Wałbrzych is situated in the south-western part of Poland, in central part of the Sudety Mountains, in Dolnośląskie Voivodship, in the vicinity of the national borders with the Czech Republic and Germany. The town is located at an altitude of 450 to 550 meters above sea level in a picturesque valley, surrounded by the forest-covered ranges of the Wałbrzyskie Mountains.

Administratively, Wałbrzych has the status an urban borough; its boundaries encompass an area of 85 square kilometres, and is inhabited by about 130 thousand people.

Wałbrzych enjoys an extraordinarily favourable location for transport, as city situated near the motorway crossing between the A4 /40 km/ and the A3 (planned) /29 km/. The town is intersected by the national road No.35 from Wrocław to the border crossing with the Czech Republic in Golińsk.

Distances from border crossings:

- Kudowa Słone (Czech Republic) - 90 km,
- Golińsk/Meziměstí (Czech Republic) - 17 km,
- Lubawka (Czech Republic) - 29 km,
- Zgorzelec (Germany) - 120 km.

Distances from European capitals:

- Warsaw - 420 km,
- Prague - 200 km,
- Vienna - 434 km,
- Berlin - 494 km.

The nearest airports:

Wrocław - International Airport - 78 km

Świebodzice - airfield - 10 km

Direct rail connections: Prague, Warsaw, Wrocław, Kraków, Lublin, Gdańsk, Katowice, Łódź, Bydgoszcz, Toruń.

Worth seeing

Administratively, Wałbrzych has the status an urban borough; its boundaries encompass an area of 85 square kilometres, and is inhabited by about 126 thousand people.

The Książ Castle in Wałbrzych - the third largest castle in Poland. Książ was built in the 13th Century by the prince of Świdnica and Jawor - Bolko I as a small keep. During the centuries it was extended by successive lords, until it became the beautiful and majestic castle as we know it now. Książ is often called "The Lower-Silesian Versailles", mainly because of the number of chambers (over 400) and fireplaces (over 200). The castle location, which is surrounded by the picturesque valley of the Pełcznica river, in the midst of old forests of the Książ Scenic Park - gives to it a fantastic, fairy-tale charm.

Wałbrzych, 1 Piastów Śląskich Str., www.ksiaz.walbrzych.pl

The Książ Stud and Stables - located near the castle, its historic structure was used for centuries as stable and carriage facilities for the Książ Castle. Nowadays it has one of the most beautiful roofed riding horse-riding facilities in Europe. Wałbrzych, 1 Jeździecka Str., www.stadokksiaz.pl

The Palm House - one of only five in Poland, located in the neighbourhood of the Książ Castle, is a great attraction for tropical vegetation lovers. On an area of about 1900 square metres over 80

plant species are grown. The walls from inside are covered by volcanic dust from the Etna. Visitors can take a rest here and quench their thirst in “Pod Tropikiem” café.

Wałbrzych, 158 Wrocławska Str., www.republika.pl/palmiarnia

The Wałbrzych Market Square - it is the place where markets had taken place every week. In the first half of the 18th century the wooden town-hall was built in the middle of Square. The town-hall was surrounded by trade-structures and arcaded tenement houses. Today three of the oldest of them deserve special attention: House under and Anchor, House with Three Roses and Tenement House under the Atlantes. They date back to the times of heyday of the linen trade in the town. Famous wine bars were situated in tenement houses No.5 to 9, where the great Goethe would drink wine during his visit in 1790. Today's Market Square appearance is an effect of its renovation in 1997-1999.

Former Czettritz's Palace - built in the years 1604-1628 - today's site of The Angelus Silesius State School of Higher Vocational Education in Wałbrzych. Wałbrzych, 4 Zamkowa, www.pwsz.com.pl

Former Alberti Family Palace - built in 1801 in classicistic style, is today's Regional Museum of Wałbrzych. The Museum exhibits a unique collection connected with: mining, geology, ceramics and the town's history. Wałbrzych, 9 1 Maja Str., www.muzeum.walbrzych.com.pl

Church of St. Mary the Painful - built in 1305, converted in 1720 in the Baroque style - was a funeral chapel. According to an old legend, the church was the beginning of settlement Wałbrzych. Wałbrzych, Kościelny Square/1 Maja Str.

Neo-Gothic Catholic Church of the Guardian Angels - built in 1899-1904 in exchange of a Renaissance church from 1438. Wałbrzych, Moniuszki Str. (Near the Market Square)

Classicistic Evangelical Church - built in 1785-1788 according to the project by the architect J.G. Langhans - creator of the Brandenburg Gate in Berlin.

Museum of Industry and Technology - branch of the Regional Museum in Wałbrzych - presenting mining history of Wałbrzych - the town connected with coal mining for centuries. The Museum is situated in old mining structure “July”.
Wałbrzych, 30 Andersa Str.

More: <http://www.um.walbrzych.pl/en/strony/index.htm>

THE ANGELUS SILESIVS STATE SCHOOL OF HIGHER VOCATIONAL EDUCATION IN WAŁBRZYCH

Academic year

Academic years are divided in two semesters. The structure of the academic year 2008/2009 is as follows:

Academic year	Winter semester	First week of October 2008 till last week of January 2009
	Summer semester	First week of February 2009 till first week of June 2009
	All Saints' Day	1 November 2008
	Independence Day	11 November 2008
	Christmas	25-26 December 2008
	New Year	1 January 2009
	Easter	12-14 April 2009
	Labour Day	1 May 2009
	Constitution Day	3 May 2009

ERASMUS

ERASMUS students are exempt from paying fees for the period of studies spent at The Angelus Silesius State School of Higher Vocational Education in Wałbrzych.

The address of the ERASMUS Office, located in the main building on the first floor, is as follows:

ul. Zamkowa 4, room 108 - Erasmus Institutional Coordinator

The office is open from 7.30 am to 3.30 pm on weekdays.

If you are under ERASMUS scheme you have to register with the ERASMUS institutional co-ordinator (Justyna Jaskólska) on the first monday after your arrival. Special ERASMUS STUDENT registration card will be issued for you. Do not forget to bring with you your passport, two photographs and other necessary documents. You will be given all useful information and explanations. Arrangements for your first contact with the departmental co-ordinator and supervisor will be made.

The Erasmus Institutional Coordinator, as well as student volunteers, departmental coordinator will be happy to help you - on the basis on individual support - with all your enquiries and confusions (for example: e-mail and internet access, sport facilities access, library services, cultural events, medical / dental help emergency, Polish language support etc.). We will do our best to help you with any problem and will make further appointments / arrangements, if necessary.

Student organizations

The main task of Student Government is to care about laws and privileges of students, to organize cultural and entertainment events and to solve students' problems. The Student Government takes active part in school's administration by having an influence on decisions directly concerning students as well as stately representing the university outside the institution (i.e. student festival). AS UAS Student Government is a member of Wałbrzych Student Go-vernments Association.

Academic Sports Association

AZS Sports Club is an organizer of all AS UAS sport activities. The club is a buoyant organization which includes a large group of students. It is the club that organises numerous sport events for students from Wałbrzych and its area. The university authorities pay a lot attention to both student and professional sport development; hence they provide suitable conditions for it. Thanks to that, students can take part actively in different sport, tourist and recreational groups and sections. We make sure that our students are able to use various forms of exercising. AZS sections include: football, volleyball, basketball, chess, swimming.

Science clubs

There are science clubs, for example: *Homo Politicus* Student Club, Active Tourism Academic Club, *Aspectus* Student Science Club of Arts, *Metafora* Student Science Club of Arts.

The aim of these clubs is for students, together with their young teachers enrich their knowledge and prepare for group research and increase their experience. Above mentioned clubs are of an open character and their goals are to enrich knowledge concerning particular discipline and unite the students. Within the scope of these clubs numerous debates, shows, lectures and meetings with authors take place.

Our students, regardless of their major or school year, have the opportunity to cooperate with the editors of the independent school newspaper called *Humanistic Drive* (Humanistyczna Jazda) – a monthly appearing as a supplement of a local weekly. Those interested in gaining journalistic experience may do so in *Castle TV* (Zamkowa TV). It is a students' association with people wanting to learn things they cannot during lectures, classes or seminars. The association is looking for people who treat their work in TV as a great adventure which lets them develop their interests and enrich their knowledge and meet new people. There is also a professional, fully equipped broadcasting studio where students can prepare and broadcast their high quality programs.

PRACTICAL INFORMATION FROM A TO Z

Banks / Kantors (foreign exchange offices)

There are a number of banks as well as automatic teller machines, which accept most major credit and charge cards. Moreover, most shops in the city centre allow payment by card.

Banks in Wałbrzych centre:

- PKO S.A., ul. Sienkiewicza 8
- BPH, pl. Magistracki
- Citibank Handlowy, ul. Słowackiego 6
- Kredyt Bank, ul. Słowackiego 25
- Deutsche Bank, pl. Magistracki 5a
- Multibank, pl. Magistracki 4
- Bank Zachodni, ul. Słowackiego 20b

You can exchange your money in banks or in numerous foreign exchange offices (kantors) which can be easily find in the city centre.

Canteens

There are a few cheap student canteens, one of them is situated in the main building in Zamkowa Street and in P. Skargii.

Cultural institutions

Classical music

- Filharmonia Sudecka, <http://www.filharmonia-sudecka.pl>

Cultural institutions

- Wałbrzyski Ośrodek Kultury, <http://wok.walbrzych.pl>
- Wałbrzyska Galeria Sztuki, Biuro Wystaw Artystycznych „ZAMEK KSIĄŻ”
<http://www.bwa.walbrzych.com.pl>
- Muzeum w Wałbrzych, <http://www.muzeum.walbrzych.com.pl>
- Biuro Wystaw Artystycznych, <http://www.bwa.wao.pl>

Theatre

- Teatr Dramatyczny im. Jerzego Szaniawskiego w Wałbrzychu, <http://www.teatr.walbrzych.pl>
- Teatr Lalki i Aktora w Wałbrzychu, <http://www.teatrlalek.walbrzych.pl>

Health insurance and medical care

Non-EU citizens should purchase health insurance in the home country before the departure. In the case of the ISIC or EURO26 cards, insurance is included in the card and it is not necessary to buy another one unless one wants to increase its scope or value.

Anyway, according to state health regulations, foreigners have to pay for a medical consultation. The cost is then reimbursed by the health insurance company.

There is no academic health center at our University. In case a student needs medical assistance, he/she will find full services at any medical or health care centre that has concluded a relevant contract with the National Health Fund.

Library

The Library of the Angelus Silesius University of Applied Sciences in Wałbrzych - the students can use a research reading room (70 seats), a magazine and press reading room (24 seats), computer reading room (10 seats), a study department as well as a large lending library.

The book collection is meant to fulfil the students' needs and it includes works related to pedagogy, psychology, philosophy, law, political science, tourism, Polish language, foreign languages as well as Polish and foreign belleslettres.

Besides university library there is also a city library called:

Powiatowa Biblioteka Publiczna „Pod Atlantami”

Wałbrzych, ul. Rynek 9, tel. 74 8422928

The library offers a wide variety of books – naturally in foreign language too. You can use the library free of charge, but to borrow books you will need to order a library card. The cards are issued on the ground floor of the library (you would need some form of identification).

Local transport

In general local transport is not too expensive in Poland. There are several buses in Wałbrzych and some of them – connecting you with the city centre, are within an easy access from the campus buildings. There is also a bus (number 3, 12) by which you can get for example to the railway station or supermarket. A bus ticket costs PLN 1,80.

Taxis are still relatively cheap, especially call-taxis so if you need one just call (or ask your Polish friend to do it for you) one of the following numbers:

- „Plus Radio-Taxi”, tel. 74 9669
- „Mini Taxi”, tel. 74 9623
- „Mercedes Radio Taxi”, tel. 74 9667
- „Sudety”, tel. 74 8476666
- “Serce”, tel. 74 8482222

Newspaper, TV & radio

In Poland there are a lot of national newspapers and magazines with an additional inset about a region. This same is also on radio and TV and there are also several local broadcasting stations. In some places you can also manage to buy some newspapers and magazines in foreign languages (eg. the bookshop EMPIK located in Wyzwolenia Street or in „Tesco”).

Pharmacy

In Wałbrzych there are a lot of pharmacies usually open from 10.00 till 18.00, but there are some 24-hour open pharmacies.

Polish dishes

Pierogi - dumplings, stuffed with fresh cabbage or sauerkraut, sauerkraut and wild mushrooms, meat, or cottage cheese and bilberries.

Pierogi ruskie – pastry parcels (Russian style) – the pastry they are made of, as well as all the other kinds of pastry parcels is prepared with the use of the flour and eggs; the filling is made of cheese, potatoes, smoked speck and fried onions. They are best served with hot lard with cracklings.

Pierogi z mięsem – pastry parcels with meat are filled with pork and veal only with herbs, also recommended with hot lard with cracklings.

Pierogi z kapustą i grzybami – parcels with cabbage and mushrooms – are filled with traditional sauerkraut and excellent wild mushrooms, usually also served with hot lard with cracklings.

Uszka wigilijne – shapes dumplings (literally ears) – are filled with wild mushroom filling with pepper and fried onion – best served chilled with hot red borsch.

Kotlet schabowy – pork cutlet - a substantial piece of pork coated in wheat flour, eggs and breadcrumbs – fried till golden on lard and served best with baked potatoes with cream and garlic sauce. It is also best served with cabbage the adds however depend on one’s taste.

Bigos - hunters stew - made of sauerkraut, several kinds of smoked and raw meats (pork ribs, sausages) as well as of mushrooms; served best with a slice of white bread.

Gołąbki - white cabbage leaves stuffed with mince pork and rice. They are usually served with tomato sauce or with mushroom sauce.

Placki ziemniaczane - potato pancakes – made of grated potatoes, onion, garlic and flour, sometimes also of eggs; they are usually served with spicy pork goulasch or with cream and sugar.

Soups: The variety of Polish soups includes different kinds of Polish borsch (Beetroot Soup), red or white, old traditional Mushroom Soup with cream and pasta squares, Sauerkraut Soup (**kapuśniak**) from boar’s ribs. Polish white borsch is also called Polish Sour Rye and Cream Soup (**żurek**). Other traditional Polish soups are for instance: Sour Cucumber Soup (**zupa ogórkowa**) and Chicken Soup/Broth (**rosół**)

Post office

Post offices (Poczta or Poczta Polska) are located throughout the city. Post offices are usually open five days a week from 8.00 till 18.00. Post-boxes are green (for local mail) and red (for any other destination in Poland and abroad).

- „Poczta Polska”, ul. Słowackiego 9, tel. 74 8426461

Shopping

Big stores in the city centre are open till 6-8 pm on weekdays and almost the same on Saturdays but are in most cases closed on Sundays. Supermarkets such as Real, Auchan, Tesco (in Szczawno Zdrój) are open late every day (except for Sundays when they close earlier). Smaller local shops (especially food stores) and newsagents open at about 7 am and close at 6-7 pm on weekdays (a bit earlier on Saturdays); some of them are open on Sundays. Most of other shops open at 10 am (and close at 6 pm).

- „Kaufland”, Piaskowa Góra, ul. Długa 4B
- „Auchan”, Podzamcze, ul. Wieniawskiego 19
- „Real”, Piaskowa Góra, ul. Kusocińskiego 4
- „Castorama”, Podzamcze, ul. Wieniawskiego 21
- „OBI”, Piaskowa Góra, ul. Długa 1

Telephone

When you want to make a phone call you have to buy a magnetic telephone card. The cards are of 25, 50 or 100 units and are available at newspaper stands and post offices. Before using the card you have to break one corner away. Public phone boxes are located at many places, e.g. train stations, post-offices, universities or simply next to public pavements.

In Poland there are three GSM operators: Era, Orange, and Plus. For further information please see the web pages of the operators.

Emergency telephones:

- Police: 997
- Fire brigade: 998
- Ambulance: 999

Note that while calling from mobile phone you have to dial 112 as a prefix.

Travelling around in Poland

Poland has a good rail network connecting all big cities. As a student you will get a discount on train fares with a valid student card. Buy your tickets in advance at the railway station ticket office. In emergency cases (excluding more expensive fast trains – Express / Inter City – with reservation seats) you can also buy a ticket on the train, immediately after starting your journey. On the train, you will be asked to show your student card to the conductor together with the ticket.

More information on: www.pkp.pl/english/

Long distance buses run frequently among the Polish big cities. Coach or buses reduced fares are available for those with valid student cards. Ticket can be bought at the ticket office or directly on the bus.

UNDERSTANDING POLISH

Below you can find a list of common phrases and useful vocabulary in Polish to help you get started.

Numbers

one	jeden
two	dwa
three	trzy
four	cztery
five	pięć
six	sześć
seven	siedem
eight	osiem
nine	dziewięć
ten	dziesięć
twenty	dwadzieścia
thirty	trzydzieści
forty	czterdzieści
fifty	pięćdziesiąt
sixty	sześćdziesiąt
seventy	siedemdziesiąt
eighty	osiemdziesiąt
ninety	dziewięćdziesiąt
one hundred	sto
one thousand	tysiąc

Every-day expressions

Good morning /Good day	Dzień dobry
Good evening	Dobry wieczór
Good night	Dobranoc
Hello / Bye	Cześć
See you	Do widzenia
Excuse me / I'm sorry	Przepraszam
Please / Here you are	Proszę
Thank you	Dziękuję
How are you?	Jak się masz?
OK, thanks	Dobrze, dziękuję
How old are you?	Ile masz lat?
I am 20.	Mam dwadzieścia lat.
Where are you from?	Skąd jesteś?
What's your name?	Jak masz na imię?
What's the time?	Która godzina?
Where is it?	Gdzie to jest?
How much is it?	Ile to kosztuje?
I don't understand.	Nie rozumiem.
I want to make a phone-call.	Chcę zadzwonić.

Time expressions

today	dzisiaj
tomorrow	jutro
yesterday	wczoraj

day	dzień
night	noc
hour	godzina
week	tydzień
month	miesiąc
year	rok

Months

January	styczeń
February	luty
March	marzec
April	kwiecień
May	maj
June	czerwiec
July	lipiec
August	sierpień
September	wrzesień
October	październik
November	listopad
December	grudzień

Weekdays

Monday	poniedziałek
Tuesday	wtorek
Wednesday	środa
Thursday	czwartek
Friday	piątek
Saturday	sobota
Sunday	niedziela

Frequently used nouns

beer	piwo
bread	chleb
breakfast	śniadanie
butter	masło
bicycle	rower
boy	chłopiec
break	przerwa
bus	autobus
bus-stop	przystanek
car	samochód
church	kościół
cinema	kino
city	miasto
cheese	ser
closed	zamknięte
coffee	kawa
dinner	obiad
doctor	lekarz
envelope	koperta
exam	egzamin
fish	ryba
fruit	owoce

food	jedzenie
girl	dziewczyna
ham	szynka
hostel	akademik
juice	sok
lecture	wykład
library	biblioteka
meat	mięso
man	mężczyzna
milk	mleko
money	pieniądze
no	nie
open	otwarte
plane	samolot
post-office	poczta
price	cena
pull	ciągnąć
push	pchać
rain	deszcz
shop	sklep
stamp	znaczek
street	ulica
sun	słońce
supper	kolacja
tea	herbata
ticket	bilet
train	pociąg
yes	tak
woman	kobieta