



Akademia
Humanistyczno-
Ekonomiczna
w Łodzi



Erasmus+

INFORMATION SHEET FOR INCOMING ERASMUS+

FULL LEGAL NAME OF THE INSTITUTION	Akademia Humanistyczno-Ekonomiczna w Łodzi University of Humanities and Economics in Lodz
ERASMUS+ CODE OF THE INSTITUTION	PL LODZ07
INTERNATIONAL RELATIONS DEPARTMENT	Akademia Humanistyczno-Ekonomiczna w Łodzi ul. Sterlinga 26, 90-212 Łódź, Poland website: https://erasmusplus.ahe.lodz.pl/en/ e-mail: erasmus@ahe.lodz.pl Tel. +48 42 29 95 727, Fax +48 42 63 15 822
WEBSITES & FACEBOOK	AHE's website: www.ahe.lodz.pl AHE's Erasmus+ website: https://erasmusplus.ahe.lodz.pl/en/ AHE's Facebook: https://www.facebook.com/AHElodzenGLISH/ Group for AHE's international students: https://www.facebook.com/groups/1718589575116237/about/
ESN & CITY GUIDE	You are welcome to take part in ESN activities and events as well as purchase ESN card: https://www.lodz.esn.pl/en You can find ESN Practical Guide here: https://eye.esn.pl/en/practical-guide

If you are interested in the city of Łódź and what events are taking place, this is the perfect guide for you:

<https://lodz.travel/en/>

Another Student's guide with useful information:

<https://studyinlodz.com.pl/en/>

APPLICATION PROCEDURE AND DOCUMENTS

Application procedure, deadlines and documents:

<https://erasmusplus.ahe.lodz.pl/en/node/43>

The list of courses offered is available here:

<http://erasmusplus.ahe.lodz.pl/en/node/44>

Please note that incoming Erasmus+ students are welcome to construct their own programme of studies according to their needs. However, we cannot guarantee no overlaps in case of selection of courses from different years and field of studies, therefore we recommend not to mix courses where it is not necessary.

The decision on opening of each course depends on the number of students assigned to it.

LEGALIZATION OF STAY

A European Union citizen can enter Poland with his/her ID document (a valid travel document e.g., passport or another document certifying his/her identity and citizenship). **For stay up to 3 months no legalization of stay will be necessary.** For stays exceeding 3 months, an EU citizen should register.

This document will be issued by the Department of Citizens Affairs of the Voivodeship Office (Łódzki Urząd Wojewódzki- Wydział Spraw Obywatelskich i Cudzoziemców).

Documents that have to be submitted by the student to the Voivodeship Office in order to obtain the residence permit:

- Copy of the travel document (passport or other ID document),
 - Health insurance document,
 - Official letter of acceptance from the Polish university (with information about the planned period of study),
 - Declaration about sufficient resources to cover the subsistence costs in Poland,
 - 2 photographs,
 - Application form (Wniosek o zezwolenie na pobyt),
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Łódź Voivodeship Office

Department of Civic Matters and Migration

Address: 103 Piotrkowska Street, 90-425 Łódź

e-mail: SO@lodz.uw.gov.pl

tel. +48 42 664 17 08

The office is open:

Monday, Thursday, Friday – 08:30-15:30

Tuesday – 10:00 – 17:00

<https://paszporty.lodzkie.eu/page/?page/2530,pobyt-obywatela-ue-oraz-czlonka-jego-rodziny-bedacego-obywatelem-ue-powyzej-trzech-miesiecy.html>

A non-EU citizen who has a valid Schengen visa should register for stays longer than 30 days.

<https://paszporty.lodzkie.eu/page/3415,student-studiow-stacjonarnych.html>

Registration of temporary stay in Łódź:

<https://uml.lodz.pl/en/dla-mieszkanow/registration-of-temporary-residence-by-foreigners/>

Helpline for foreigners:

+48 42 664-17-97

GRADING SCALE

5.0 - bardzo dobry/excellent (A)

4.5 - dobry plus/very good (B)

4.0 - dobry/good (C)

3.5 - dostateczny plus/satisfactory (D)

3.0 - dostateczny/sufficient (E)

2.0 - niedostateczny/fail (F)

DIVISION OF THE ACADEMIC YEAR

The academic year in Poland is divided into two semesters: Winter and Summer (each lasting 15 weeks).

The Winter semester starts at the beginning of October and lasts till beginning of February, with Christmas holidays of about ten days (December). The examination session usually lasts for two or three weeks, beginning in January.

The Spring semester starts at the end of February/beginning of March and ends in June, with a one-week break for Easter (March/April).

National holidays (fixed dates):

06.01, 01.05, 03.05, 15.08, 01.11, 11.11.

Additionally, there are few more holidays with flexible dates.

INTRODUCTION DAYS

The Introduction Day/s are organized few days before the beginning of each semester (it lasts 1-3 days, depending on a semester and academic year). Therefore, students should arrive few days before the official beginning of the semester.

Please note that the attendance of incoming Erasmus+ students on the Introduction Days is obligatory as during these days students fill in the necessary documents and learn about how to move around the University and the city.

Anticipated dates of Introduction Day (will be confirmed to students via email later on):

29.09. for winter semester

22.02. for spring semester

If the dates change, it should be no more than +/- 2 days.

POLISH LANGUAGE COURSE

There is a possibility to organize a Polish language course for incoming Erasmus+ students but the final decision depends on the number of students willing to participate and AHE reserves the right to cancel the course if the number of participants is too low. Therefore, we recommend choosing the course only as a supplementary one to your LA.

If you are interested, please inform the Erasmus office via email:
erasmus@ahelodz.pl

ACCOMMODATION

AHE does not provide accommodation and does not have its own dorms. However, it is easy to find a place to stay in Łódź.

Here are some suggestions where to search:

<https://basecampstudent.com/pl/lokalizacje/polska/lodz/>

-> **no registration fee for AHE students**

(put in the code: **BC-AHE** when you register)

<https://studentdepot.pl/pl/akademik-salsa-lodz> -> **special discounts for**

AHE students

<http://hostelmolo.pl/pl/>

<https://erasmusu.com/?lang=en> private rooms/flats rentals

<http://en.akademiki.org/> private dorms

www.pepehousing.com room/flat rentals dedicated to international students

<http://rentflatpoland.com/advanced-search/>

<http://poland.gabinohome.com/en/rent+room/lodz>

<http://flatsurfer.pl/pl/mieszkania/>

<http://domy.pl/en>

<https://www.otodom.pl/wynajem/mieszkanie/lodz/>

Facebook groups like: Erasmus in Lodz/ Foreigners in Lodz etc.

AHE does not held responsibility for the offers.

All websites are available in English.

TRANSPORTATION

You should buy MIGAWKA card for using the public transportation in Łódź. It is issued for:

- 1 month- 58 pln
- 3 months- 144 pln

It works for all the buses and trams in the city.

The prices given are discounted for students only and you should always have your student card when there is a control.



The application for MIGAWKA card will be given to you at the introduction day. You will have to fill it in and deliver together with your photo to one of the following points in the city:

1. ul. Tramwajowa 6, Łódź (pn-pt: 7-18)
2. pl. Wolności 9, Łódź (pn-pt: 6-20)
3. pl. Niepodległości, Łódź (pn-pt: 6-20)

After 5 days your MIGAWKA card is ready to use!

Alternatively, you can try to fill in the application on the website (in polish only): <https://www.migawka.lodz.pl/application>

Also, there is an application called JAKDOJADE (<https://jakdojade.pl/lodz>)

It is helpful with the timetable and route details for public transportation. It helps you to find your way easily in Łódź. Also, you can buy your online ticket by credit card through the application.

Tickets for public transport:

The price of one-way ticket in Łódź for students is:

- 1.50 pln – 40 min.
- 1.90 pln – 60 min.

THE COSTS OF LIVING IN LODZ (approx.)

- Monthly rent for a 45 m2 (480 sqft) furnished studio in medium price area:
224€ (1023,59PLN) + 61€ (278,74PLN) for utilities
 - Internet 8mbps: 10€ (45,70PLN) per month
 - Average home meal (500gr of chicken (1lb.), 250g of potatoes, 250g salad): 2.25€ (10,35PLN)
 - Average lunch in a fast-food restaurant: 4.20€ (19,25PLN)
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- One way bus-ticket: 0,65€ (2,72PLN)
 - Monthly Pass bus ticket: 21.00€ (95,95PLN)
 - Laundry Detergent 1L (~300oz): 4.55€ (21,20PLN)

Please check these websites to get the average prices:

Złoty: <https://www.numbeo.com/cost-of-living/in/Lodz>

Dollar: <https://tinyurl.com/3kecpcs4>

Euro: <https://www.expatistan.com/cost-of-living/lodz?currency=EUR>

HEALTH CARE

Polish National Health Found (NFZ) offers free of charge medical services for the students. Remember to have your insurance policy (usually European Health Insurance Card) and student card when you visit a doctor.

You should be able to receive help from any public clinic or hospital, however not everywhere you will be able to communicate in English. Here we provide contact to the English- speaking medical service in Łódź:

Akademickie Centrum Medyczne Szpital Świętej Rodziny

Address:

19 Wigury Street

Tel: +48 42 254 9691

Helpline: 796 33 29 33

www.swietarodzina.com.pl

A **non-stop emergency medical service center** (Pogotowie Ratunkowe) is at 137/141 Sienkiewicza Street. It includes the emergency in case of tooth problems as well. All hospitals have their emergency centres too.

Emergency telephone numbers:

112 (general), **999** (ambulance),

998 (fire brigade), **997** (police)

CORONAVIRUS INFORMATION

Epidemic Status in Poland due to Coronavirus:

https://study.gov.pl/coronavirus?fbclid=IwAR1yINHUpzzghPvfJO_YqkB-f70Uoz8ldmNes5dF778MMqNzh5iCCH1LIRU

Important rules of entry and stay in the territory of the Republic of Poland:

<https://www.strazgraniczna.pl/pl/cudzoziemcy/covid-epidemia-koronawi/8572.Epidemia-koronawirusa-zasady-wjazdu-i-pobytu-na-terytorium-RP-oraz-specjalne-roz.html>:

Re-open EU provides information on the various measures in place, including on quarantine and testing requirements for travellers:

<https://reopen.europa.eu/en/map/POL/7011>

COVID-19: 24/7 hotline 800 190 590

SOCIAL INITIATIVES

FOOD

Foodsharing Łódź – leave your food in Fair-share point before you leave Łódź

The idea is simple: We provide space, where everyone can share and help oneself with food. Places like this are called Fair-share-point (Jadłodzielnia) with specially labelled fridge and shelves. We encourage shops, restaurants, and individuals- so everyone of us- **to share the food surplus**, that would be wasted (so the food, which is perfectly fine to eat it, but for some reason we are not able to use it). The Fair-share-point can be used by everyone, who cares about ZERO FOOD WASTE.

Location 1: Economy and Sociology Department of University of Lodz P.O.W 3/5 street. -> next to Basecamp! **(closed during pandemic)**

Location 2: Społeczny Dom Kultury Miejsce Spotkań Strzelców Kaniowskich 9 st., Mon- Fri 12- 19.

Locaton 3: Centrum Pomocy Charytatywnej Caritas Wólczańska 108 st., Mon- Fri 8- 20.

<https://www.facebook.com/FoodsharingLodz/>

Other social fridges in Łódź: <https://www.chlebanaszego.org/mapa-lodowek/>



CLOTHES

You bought clothes that you don't want to take back home? Or maybe you are bored with the ones you have? Do you want to throw them away? Stop! Bring your clean clothes to this sharing space, so that other people can use it!



SZAFODZIELNIA
sharing is caring

Locations:

Rydzowa 10 Street, Łódź

OTHER

Fundacja 'W Człowieku Widzieć Brata'

During your stay here you bought stuff that you do not want to take back home? Cutlery, pillows, bad sheets, books? Anything that is still good to use? Don't throw it away! Donate it to one of the organisations taking care of people who lost their homes and experience difficult life situations.



<https://www.facebook.com/WCzlowiekuWidziecBrata/>

**Looking for volunteering opportunities when being on Erasmus?
Let us know!**

WE HOPE YOU WILL ENJOY YOUR STAY IN LODZ 😊



Erasmus+
Changing lives. Opening minds.