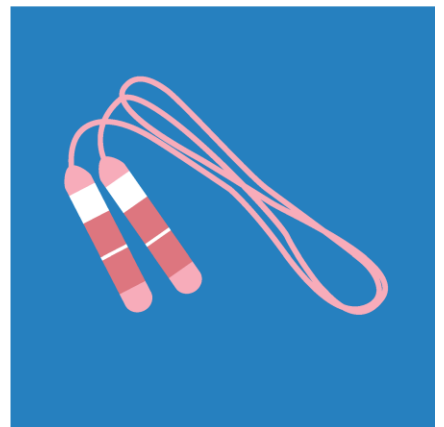
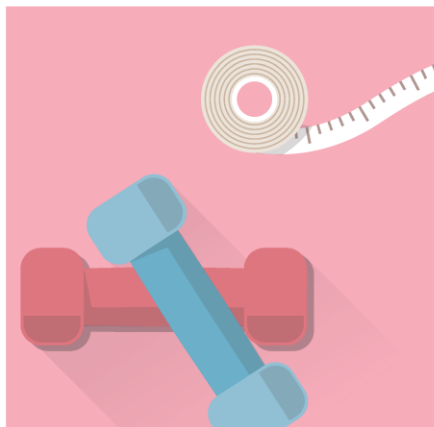


AWF WROCLAW



1. Introduction

Welcome to University School of Physical Education in Wrocław!

If you are holding this book in your hands, you have most probably made a great decision to come and study at AWF Wrocław. We know you won't regret it, just keep your eyes wide open and be ready for surprises. At AWF you will experience unique atmosphere and sense of sport community. We can assure you that the period of studies in Wrocław will be an enjoyable and rewarding part of your degree.

AWF colleague - students will be happy to offer you their help and assistance, but before you ask – check out this handbook. It is supposed to answer any question an international student might ever come up with (or at least most of them). You are also more than welcome to visit the International Office for assistance and support.

Once again – welcome and we wish you a Happy Academic Year! :)





2. How to get to Wrocław

By train

From Warsaw / Poznań / Kraków / Katowice Airports you need to get to the Main Railway Station (each Polish city has one) and take a train to WROCŁAW GŁÓWNY (Main Wrocław).

Once you get out of the train and walk out through the main gate - we have good news for you. You are in the heart of the city. Have a snack and withdraw some money from the ATM. Be a little careful as foreigners or visitors always attract pickpockets and beggars (and Wrocław main station seems to have quite a few of them) – it's really no different to some other places in the world.



By plane

The Mikołaj Kopernik airport (<http://airport.wroclaw.pl/en/>) is located about 12 km from the city centre. This is an airport servicing connections to Warsaw, Paris, Cologne, Frankfurt, Copenhagen, London, Dublin, Oslo, and many other destinations.

Either from Wrocław Airport (if you fly directly here) or from Wrocław Główny (Main Railway Station) take a taxi to the Students Hostel SPARTAKUS. Taxi rank is located both in front and at the back of the Railway station and in front of the airport. The route to the dormitory should take about 30-40 minutes (depending on traffic) and the fee should be about 75 zł (16 Euro) from the airport and about 30 zł (7 Euro) from the Main Railway station. Please have some Polish Zloty ready, for you can usually pay for the taxi only in our national currency. You can also call the Uber or rent a car.

If you travel from the Main Railway Station, you can take a direct tram no. 9 or bus no. 145 (last stop: SEPOLNO is just outside SPARTAKUS). They leave from a tram/bus stop just outside the main entrance to the station. That's definitely the cheapest option (the ticket fare is 3,40 PLN, approx. 1Euro). You can buy the ticket in the bus/tram and use your credit/ debit card to pay for it.

Students Hostel SPARTAKUS address: **98 Mickiewicza Street.**

If you are coming directly to AWF International Office – ask the taxi driver to take you to: **11 Banacha Street** (Rektorat building).



3. Wrocław

You wouldn't know it: Wrocław is one of the most engaging cities in Central Europe, and it's not rare to find it compared to a condensed version of Prague. Only three other European cities can boast more bridges. Dominated by canals and twisting paved streets Wrocław stands out as one of the undisputed highlights of Poland. This is primarily a university town, and some 10% of the population pretend to study at some institute or other. The student body add a youthful element to the city, and the blooming cultural scene and intensive nightlife are its direct results. But Wrocław's appeal stretches beyond its ambient bars and classical opera houses; the local government demonstrated a lot of dedication in order to return the city to its pre-war heyday, and an extensive program of restoration and regeneration have seen the place emerge as Poland's most exciting city.



The city is situated in the Silesian Lowlands in among Odra river's numerous canals and smaller rivers. It spreads over an area of approximately 300 square kilometres, at a crossroad of ancient east-west and north-south trade trails. Wrocław is today one of the largest economic, cultural and scientific Poland's centres with its 11 public (the University of Wrocław, the University of Science and Technology, Medical University, Wrocław University of Environmental and Life Sciences, University of Economics, Karol Lipinski Academy of Music, and many others) and a few dozen private higher education institutions, scientific institutes, industries and cultural institutions. Moreover, Wrocław is home to many festivals, such as the oratorio and cantata festival "Vratislavia Cantans", jazz music festival „Jazz nad Odrą”, international film festival "T-mobile Nowe Horyzonty", Review of Actors' Song, Meetings of One Actor Theatres in Wrocław. Wrocław is also a recognised centre of national and international trade fairs organised in several exhibition centres, especially in the renowned Centennial Hall (a UNESCO world heritage site).



4. Transport

Wrocław public transport system is easy to use and fairly extensive, with 68 bus lines and 22 tram lines. You'll rarely need trams or buses to get around Old Town. Major hubs (communication centres) for trams and buses include the Plac Grunwaldzki (Grunwaldzki Square), Main Railway Station, Plac Dominikański (Dominikanski Square), Plac Jana Pawła II (Jan Paul II Square). Buses and trams run roughly from 05:00 am to 01:00 am. You can buy tickets from any kiosk marked "Ruch" and most marked "Prasa" (press). Look for a sign saying "**Bilety MPK**". There also ticket machines at main tram and bus stops. A more convenient way to get tickets is to buy them in trams and buses. There are ticket machines inside the buses and trams and you can pay by credit or ATM card. Tickets are valid for both tram and bus. Night buses (**NOCNE**) cost more than daily (**DZIENNE**). Students pay just half of all these prices. Remember to validate your ticket as soon as you get on the bus or tram. The fine for travelling without a ticket varies from 60 – 120 zł. Schedules posted at each stop tend to be accurate. "**W dni robocze**" means Monday to Friday and "**w dni wolne**" means Saturday and Sunday. Busses marked with capital letters (A, C, D, K, N) are Fast Busses - "**Pośpieszny**"

PRICES:**Single tickets:**

day trip: regular - 3,40 zł; students - 1,70zł,

night / fast bus trip: regular - 3,60zł ; students - 1,80zł

Luggage - FREE

Monthly tickets

One-day ticket (normal and fast lines): regular – 11zł; students – 5,50zł

30-day ticket (normal and fast lines): regular – 98zł; students - 49zł

60-day ticket (normal and fast lines):regular – 180zł; students – 90zł

90-day ticket (normal and fast lines): regular 240zł; students – 120zł

It's a good idea to get an URBAN CARD (more info at: <http://www.urbancard.pl/en/index.html>)



5. Academic info

ACADEMIC CALENDAR

Beginning of Winter Semester: last week of September

Christmas break: 25.12. 2017 - 05.01.2018

Examination Session: end of January - beginning of February

Beginning of Summer Semester: second half of February

Easter break: late March (29.03.2018) – early April (04.04.2018)

Examination Session: end of June

PLEASE REMEMBER:

The winter semester at University School of Physical Education in Wrocław starts in September and finishes in late January/ early February. Within this time there is only ONE break – from the two-three days before Christmas to the beginning of January.

The summer semester lasts 15 weeks and starts in February and finishes in June with only one Easter break usually in late March or early April (7 days). Students are not allowed to skip classes due to any other holidays in their home-countries. Unjustified absence may end in excluding the student from the class.

PUBLIC AND UNIVERSITY HOLIDAYS

University School of Physical Education Festival 23rd October

All Saints' Day 1st November

Independence day 11th November

Labour Day 1st May

Constitution Day 3rd May

Corpus Christi 31st May

City Student Rag – Middle of May

St. Mary's Assumption 15 August

STUDENT'S ID CARD

Every AWF student receives electronic Student ID Card – **Legitymacja Studencka**. It's an obligatory document containing student's name, ID photo, passport number and current address when studying here in Wrocław. The cost of issuing Student's ID is around 20zł and the payment is settled prior to receiving the document. Each student individually picks up his ready ID Card (Legitymacja Studencka) from the Dean's office (Dziekant): ul. Mickiewicza 98 / DS Spartakus Building, open from 10 am to 1 pm.

Student ID Card is necessary to:

- get a 50% discount in Public Transport
- get access to most facilities at AWF campus (especially exercise rooms, multifunctional hall, swimming pool, tennis hall, etc.)

- use the Library
- take advantage of student's discounts offered in many city cultural and entertainment facilities.

In order to have your ID Card made you need to e-mail to the International Office a digital version of your **passport photo** according to following technical requirements:

- current
- good quality, minimum 300dpi
- 3,5cm x 4,5cm
- colour
- not on white background

EXAMPLE:



Please remember, the photo to your Student ID:

- can NOT be a photo of your head cut out from a bigger picture
- can NOT be a photo from a pub where you're holding a glass
- can NOT be a photo in which you're holding your friend
- can NOT be a scan of any of your pictures for the quality reasons
- can NOT be a photo from holidays

BEGINNING OF CLASSES – Subjects Enrolment

After the Orientation Week, the Enrolment Days begin. Classes start with the so called “First Meeting”. Students are informed about the exact date, time and place of First Meetings after their arrival to AWF (all information is available in the International Office). Each Erasmus student may turn up at every First Meeting even if he or she did not select the given subject in the Learning Agreement. Students are more than welcome to sign up for more classes, provided that they mark the change on the second page of the Learning Agreement document.

At the First meeting students:

- get to know the teacher
- sign up at the register list
- are informed about days and hours of the classes.

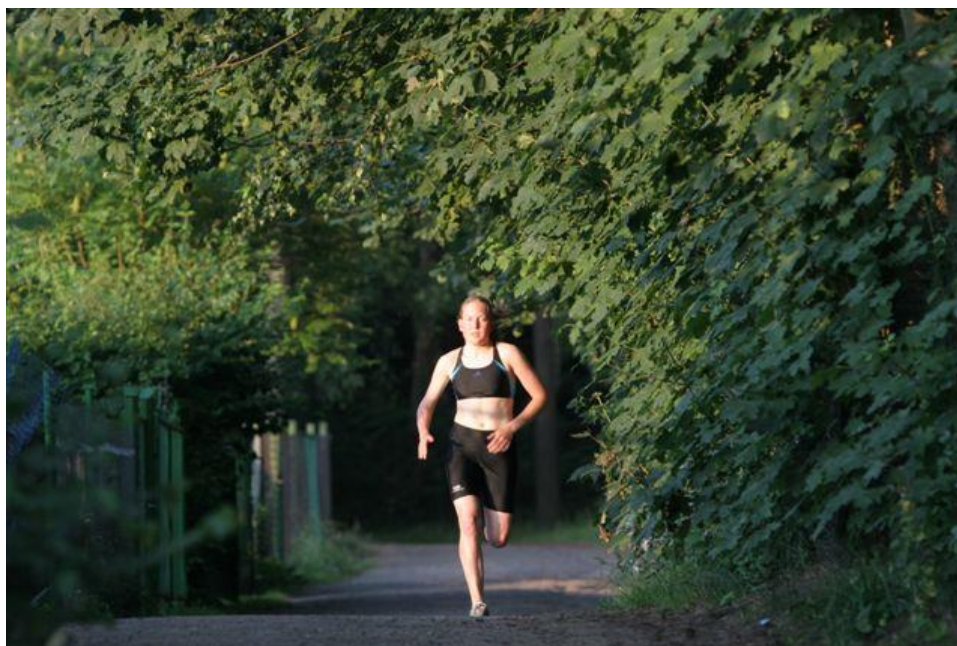
First Meeting is obligatory, even if the student selected the subject at his/her Learning Agreement. If the student misses the First Meeting he/she may not be accepted by the teacher to realise the course !

CHANGING LEARNING AGREEMENT

Changes to LA should be done within the first month of stay. If you want to change your Learning Agreement you should:

1. Consult your Dean or Erasmus coordinator to get permission to change the study programme.
2. Come to the First Meeting of the new subject you would like to add to your LA
3. Fill in the SECOND PAGE of the LA document (remember to sign it!)
4. Bring the SECOND PAGE to the International Office. The Faculty coordinator is responsible to stamp it and forward to your home university.

Please remember: you have only 30 days to change your study programme.



END OF STAY

Close to the end of the semester you are going to collect a green (or yellow) CARD OF CREDITS from the International Office, in which you shall get grades and signatures from your teachers. After you bring it back to the Erasmus office, the coordinator will issue your Transcript of Records along with the Confirmation of Stay.

GRADING SCALE

(1) Description of the institutional grading system:

5 – excellent
4,5 – very good
4 – good
3,5 - satisfactory
3 - sufficient
2 - unsatisfactory

(2) ECTS grading scale:

ECTS Grade	% of successful students normally achieving the grade	Definition
A	10	excellent
B	25	very good
C	30	good
D	25	satisfactory
E	10	sufficient
FX	-	fail
F	-	fail



6. Accommodation in Student Hostel SPARTAKUS

Every year AWF reserves about 30 places for Erasmus students in our Student Hostel SPARTAKUS. The University does NOT organise accommodation outside SPARTAKUS.

When you get to SPARTAKUS from the airport or train station (no matter day or night – the hostel is open 24/7) check in giving your name at the reception and you will be taken to your room. The receptionist will also hand you a map of Campus and instruct how to get to the International Office for registration.

Within the first two days after your arrival, you are required to pay accommodation deposit (150 PLN). mgr **Dorota Dankiewicz-Pęziół** pok. 13 tel. 071 347 3286. Further payment will be done in following few days. You will be instructed how to make the payment by the Erasmus Coordinator.

HOSTEL RULES AND REGULATIONS

1. Place in the hostel is granted yearly for the period of 9 months starting from the beginning of the academic year.
2. Vice-rector for Student Affairs and Academic Sport as well as the Hostel Manager represent the University in all matters regarding occupants.
3. After settling the deposit and registering by the student Hostel Manager accommodates the students in accordance with the allotted place.
4. The deposit rate is established every year by the University Rector.
5. Prior to accommodation student signs a contract which regulates all aspects of living in the Students Hostel SPARTAKUS as well as Hostel Rules confirming that he understands and accepts all regulations and he commits himself to obey them.
6. Student receives Occupant's Card which allows him to pick the room keys at the reception.
7. Each occupant is obliged to leave his room key at the reception when leaving the building.
8. Making duplicate keys is FORBIDDEN.
9. Occupants are fully responsible for the condition of their room and its equipment. In case of damages their value is calculated by a committee lead by the Hostel Manager.
10. Hostel Manager in cooperation with Occupants Council decides about the way to repair the damage.
11. Quiet hours 11.pm – 6 am.
12. All questions and cases concerning accommodation should be firstly reported to the Hostel Manager.
13. After 11 pm. any visitor may stay only if he or she leaves his/her ID at the reception and the visitor's host confirms his/her stay in person. The confirmation must be done by 10.30 pm the latest (registration in the visitors book). The visitor is charged overnight fee; the same as the price for the night in the guest room. In order to stay longer than one night the visitor needs Hostel Manager approval.
14. Any person under influence of alcohol is NOT ALLOWED to enter the Students Hostel (the receptionist along with a representative of Occupants Council are decision makers in this case).
15. Hostel occupant is responsible for behaviour of his/her visitors present in the property.
16. Visitors mustn't disturb another occupants.
17. Exceptionally (e.g.: parents visit) it is possible to allow the visitor stay in the guest room (after arranging the date earlier). The overnight charge is regulated by separate regulations.
18. Social meetings in the property can be organised only after receiving Hostel Manager's permission.
19. Occupants and their visitors are obliged to obey Hostel regulations.
20. Occupants are responsible for cleaning the segments they occupy. In order to protect against devastation where the guilty person has not been found the Hostel collects deposit from Occupants prior to registration. The deposit will be returned for every floor separately. The deposit rate is established by Rector's directive.

21. Deposit is returned after the losses are balanced within 60 days from moving out.

Students Hostel Occupants are OBLIGED to:

- a) to return all borrowed equipment in unchanged state
- b) tidy and clean the room upon moving out
- c) show the Occupant's Card while picking the room key or at Manager's request
- d) look after the furniture and technical devices, as well as inform the Hostel Management about any damages
- e) respect and obey all directives of Hostel Manager, Occupants Council and University Authorities

Occupants are NOT ALLOWED to:

- a) take out of the building any equipment or properties belonging to the Students Hostel
- b) use the rooms for different reasons they are destined to.

Students Hotel Payment

1. Occupant pays for his place in the Students Hostel until the 15th of every month. The date of payment is the date of the money transferred to the University account.
2. Delay in payment is charged 5% of payment rate for each month of delay.
3. Delay over two months terminated the occupant's right to stay in students Hostel. The occupant will be removed from the hostel and obliged to settle all his/her unpaid liabilities.

Final Regulations

All occupants are obliged to obey the present Hostel Rules and Regulations as well as directives of Vice-Rector for Students Affairs and Academic Sport, Hostel Manager and Hostel Self-government.

Student's right to occupy the allotted place is lost in following cases:

- a) Student failed to obey Hostel Rules and Regulations
- b) Student has been crossed off the Students List.

Student evicted from the Hostel must leave the property within 7 days from the date of eviction notification.

7. Practical info

WEATHER

Weather is usually wonderful in Poland between May and October. This is a result of the mix of the Eastern continental currents and the Mediterranean currents which inflow to Poland from the South and the West. In spring, temperatures vary from 0 to 16°C (32-60,8°F) and it may often rain during these months. In May temperatures rise to 18-20°C (64,4-68°F) and in summer they can jump to as high as 30°C (86°F). At the end of September comes the Golden Polish Autumn. The temperature drops to around 10-15°C (50°F). The weather is still nice with the occasional rain up until November. Then finally in winter, days are shorter and temperatures fall below 0°C (32°F). There can be considerable snowfall, but days can often be very pleasant, with sunshine, clear skies and cold temperatures.



MONEY

Polish currency is zloty. 1 zloty equals 100 groszy (gro-sh-ee). In circulation there are 1-, 2-, 5-, 10-, 20-, and 50 groszy coins as well as 1-, 2-, and 5 zloty coins. The bank notes have 10, 20, 50, 100, 200 and 500 zloty nominal. Travellers can exchange their money in banks, exchange kiosks (called **KANTOR**) and in main hotels and travel offices. Banks work usually Monday to Friday between 9 am and 5 pm; on Saturdays only some of the banks work, and those are open between 9 am and 1 pm.

NBP Narodowy Bank Polski



POST

Post offices are open Monday to Saturday from 8 am to 7/8 pm. At the post office you can use a phone-card telephone and buy a phone-card. A stamp for a post card or a letter (in Russia and Europe) costs 2,60 zł. Wrocław round-the-clock Post Office is located in **Rynek 28** (right in the Market Square) More info at: www.poczta-polska.pl

MOBILE PHONES

We have many mobile phones operators in Poland, but the leading ones are: Orange, T-mobile, Plus and Play. You can either sign a contract (usually for 2 years) or buy a prepaid card. To get a number you have to buy a Starter kit (available in every kiosk or shopping centre). You can recharge the card with 10 zł, 50 zł, 100 zł etc. The time of validity of a card depends of the price (the more expensive the card, the longer it's valid):

<http://www.t-mobile.pl/pl/dlaciebie/oferta/na-karte>

<https://www.plus.pl/na-karte>

<https://www.orange.pl/view/oferta-na-karte>

<https://www.play.pl/oferta/play-karta/>

CASH POINTS (ATMs)

The largest number of cash dispensers (ATMs) is located all around the Grunwaldzki Square (Pasaż Grunwaldzki Department Store) - business, services, shopping, leisure and entertainment centre that is closest to the AWF Campus.

INTERNET

At the campus

If you are staying in our Student Hostel SPARTAKUS – you have internet access in your room. Besides there is a good quality wireless connection available in most places at the Campus, for example didactic buildings, Library or Multifunctional Hall.

In the city

There are more and more hotspot areas in the city, in and around the market square, and in 130 other places, for example: Grunwaldzki Square, Dominikański Square, Powstańców Warszawy Square, Streets: Marcina Kromera, Toruńska, Podwale, Legnicka, Świdnicka, Marszałka Józefa Piłsudskiego, Kazimierza Wielkiego, Oławska, Błogosławionego Czesława, Piaskowa, B. Drobnera, gen. J. Bema, by the National Museum, and many more.

Just look up this sign:



There are also plenty of Internet Cafes in the city centre (Rynek area) - sometimes few at one street. Simply look around for an Internet Cafe sign.

8. Medical care

Students from EU/EEA countries

Polish health care system is based on general health insurance. UE/EEA citizens are entitled to health care in Poland on the basis of E-128 document issued by the competent institution in the country of the student's permanent residence or on the basis of a European Health Insurance Card.

During their study in Poland, students can receive health services in the following areas:

- primary health care
- specialist out-patient care
- hospital treatment
- dental treatment
- rescue services and ambulance transport

During the Orientation week AWF ERASMUS students can go to our local out-patient clinic located on the school premises (at the side of Citius Altius Fortuis Building) in order to register. They can consult the General Practitioner and several specialists there. Surgical and orthopaedic emergency cases are treated in the Dolnośląski Szpital Specjalistyczny im. T. Marciniaka – ul. Gen. A. E. Fieldorfa 2, 54-049 Wrocław, tel. 71 306 44 19, fax 71 306 48 67.

Ambulance should be summoned in case of an accident or the victim should be taken to the nearest hospital. English speaking assistance is not necessarily guaranteed, and rests on the linguistics capabilities of the call operator.

Emergency phone number: 999 or 112

For prescription drugs, minor medications, and advice on treatment of minor ailments, go to a pharmacy (**APTEKA**). These are generally open from 08.00 to 20.00 in cities and towns. There are a few pharmacies open 24/7, just look them up in your search engine or use the list below:

ROUND THE CLOCK PHARMACIES

1. Apteka Katedralna (Wrocław Śródmieście-Ołbin) ul. Sienkiewicza 54/5, 50-349 Wrocław tel. 71 322 73 15
2. Dr.Max – Bezpieczna (Wrocław Psie Pole-Karłowice-Różanka, Osobowice) ul. Bezpieczna 6, 51-114 Wrocław tel. 713274060, 667 669 868
3. Dr.Max – Szybowcowa (Wrocław Fabryczna, najbliższej osiedla Gądów, Nowy Dwór, Kozanów, Stabłowice, Kuźniki, Leśnica) ul. Szybowcowa paw. 3, 54-130 Wrocław tel. 71 351 86 19
4. Apteka Niezłe Ziółko (Wrocław Psie Pole - Karłowice-Różanka) ul. Krzywoustego 314-316, 51-310 Wrocław tel. 71 789 90 98

5. Apteka Nova (Wrocław Fabryczna-Nowy Dwór) ul. Rogowska 52, 54-440 Wrocław tel. 71 781 27 35
6. Apteka Pod Lwami (Wrocław Stare Miasto) pl. Jana Pawła II 7a, 50-079 Wrocław tel. 71 343 67 24
7. Apteka przy pl. Hirszfelda (Wrocław Krzyki - Powstańców Śląskich) pl. Hirszfelda 14a, 53-413 Wrocław tel. 71 338 12 42
8. Apteka św. Wincentego (Wrocław Śródmieście – Nadodrze) ul. św. Wincentego 39-41, 50-251 Wrocław tel. 71 322 39 35
9. Apteka przy Legnickiej (Wrocław Fabryczna, najbliższej osiedla Gądów, Nowy Dwór, Kozanów, Stabłowice, Kuźniki, Leśnica) ul. Legnicka 55, 54-203 Wrocław (róg Legnickiej i Rysiej) tel. 71 349 80 97
10. DGA 11 (Wrocław Krzyki – Gaj, najbliższej osiedla Tarnogaj, Borek, Huby, Wojszyce, Ołtaszyn, Partynice, Jagodno, Brochów) ul. Świeradowska 51/57 (CH Ferio Gaj), 50-559 Wrocław tel. 71 336 87 13
11. Apteka Przy Weigla (Wrocław Krzyki - Borek, Klecina) ul. Weigla 10, 53-114 Wrocław tel. 71 790 38 70
12. Dom Leków (ul. Józefa Piłsudskiego 12, 50-049 Wrocław) tel. 347 97 47
13. Twoja Apteka przy Borowskiej (Wrocław Krzyki, najbliższej osiedla Gaj, Huby, Tarnogaj) ul. Borowska 188a, 50-557 Wrocław tel. 71 336 25 01, 502 309 006

9. Culture and Entertainment

Culturally Wrocław has grown into one of the most exciting cities in Poland. With an admired opera, puppet, pantomime and song theatre troupes, a number of great museums and galleries, picturesque parks, an Old Town with a soul and a festival calendar including more and more high-profile international events each year, Wrocław has something to offer for everyone.

Below you will find a subjective choice of Wrocław's tourists attractions. Creating our list we took into account the student's age, scope of interests and time you will have left for sightseeing during the busy academic year :)

THE MUST-SEE

Market Square

The Market Square (**Rynek**) is the epicentre of Wrocław, the very heart of the city, where the life pulse can clearly be seen and felt. Here Wrocławians and foreigners alike gather to shop, dine, date, do business, or simply spend free time. Wrocław intensive night life is concentrated here too with frequent concerts, festivals, photo exhibitions and open air movie projections.

While staring at the Medieval beauty of the Wrocław's Market Square, keep this in mind: in 1945 much of the square was completely destroyed by the World War II. And don't be fooled into thinking that Rynek is just a bunch of medieval old buildings! There's much more to do here than take pretty photos. Just immerse in its atmosphere, and don't be afraid to get off the main track.



Ostrów Tumski

Ostrów Tumski is the pearl at the centre of Wrocław's crown. This, after all, is where the city began. In the 9th century what is now known as Ostrów Tumski (the name means Cathedral Island) was settled by a Slavic tribe, the Ślężanie, who – not without reason – considered the island a safe place. The

very first wooden settlements in the Middle Ages were built here. Though there is much to see on Ostrów Tumski perhaps the real joy of the place is its other-worldly feel. It is a million miles away from the noise of Rynek, with countless reminders of the past. St. Idziego Street is a particularly gorgeous street providing the perfect frame for a picturesque, romantic evening walks.

Ostrów Tumski is incredibly beautiful at night – its illumination creates a mysterious scenario. It's also the only place in Wrocław where the street lamps are gas-lit... manually! Every evening at dusk, the lamplighter comes by, lighting each in turn. Early in the morning, with the first rays of sun, he returns to put them out.

A visit to this lovely, peaceful part of Wrocław begins at Most Piaskowy (Sand Bridge). This is the oldest bridge in Wrocław, built in 1861 and an engineering sensation. The original bridge, built in the 11th century, was part of the ancient trade route - the Amber Road, which led from the Baltic Sea to Vienna, and then to Venice.

Włodkowica Street, the White Stork Synagogue

Before Hitler rose to power, Breslau was home to a Jewish community numbering about 20,000 - the third highest concentration in what was then Germany - as well as the second largest synagogue in the country. Although the city remains the home of some 1,000 Jews (the second highest figure in Poland), very few traces of the past have been left. The only Jewish temple to survive the Holocaust is the **White Stork Synagogue**, hidden in a courtyard in the former Jewish Quarter. Currently, the synagogue and its community are making a comeback.

The renovated Włodkowica street became home to dreamlike coffee-clubs, climatic restaurants, an intellectual student-style entertainment centre. Stop at **Mleczarnia** (5 Włodkowica Street, next to the Synagogue), open daily 8am-4am. It is one of the hippest places in Wrocław. Plenty of candles, peculiar paintings, lots of odds and ends and some easy music create a cosy, trattoria-like atmosphere. You can go there for a coffee or a delicious hot chocolate in the afternoon, check e-mails (a free hot spot) and come back in the evening for a beer or a cocktail.



Krasnoludki – Wrocław Dwarfs

One of Wrocław's most popular, memorable and symbolic attractions is not a cathedral, not a castle or monument, but a legion of Dwarfs. Look down carefully as you walk around the Old Town and you're bound to notice the little creatures engaged in a variety of activities – from guarding public space to passed out drunk. Each of them has become embedded in the hearts of the locals. Have fun seeking out all the gnomes on your way around town – at the **Tourist Information Office** (Rynek 14) get a Dwarf Map of Wrocław with a picture and a short description of each of them along with its location on the city Centre map.

Wrocław Dwarfs (now in the number of about 350, but they are multiplying) are in fact a tribute to a remarkable political movement that flourished in Wrocław during the 1980s as the Communist era was soon to its end. The Orange Alternative movement was founded by a history of art student at the University of Wrocław who wanted to voice his opposition to the political climate of the communist era. Waldemar Fydrych, that was his name, came up with a brilliant trick - on one occasion he organized a march through the streets of the city demanding the release of Father Christmas. The authorities had banned Father Christmas as a corrupt capitalist institution and replaced him with the rigidly socialist figure of Father Frost. He did this dressed as a dwarf. The police felt unable to arrest a man for taking part in an illegal procession of dwarfs.

The Wrocław Fountain at Pergola

On June 4th 2009, in honour of the 20th anniversary of the first free elections in post-war Poland, Wrocław displayed one of the most stunning attractions in the country - a multimedia fountain of which only a few exist in the world. "The Wrocław Fountain at Pergola" is situated right across the Szczytnicki Park, opposite the AWF Campus. Water jets 40 meters up create a screen of seven hundred square meters, on which coloured animations are displayed, accompanied by music and natural sounds of splash and splatter. Almost 300 nozzles of different types are installed in the one hectare basin: geysers, foggy, pointed, palm and also three fire nozzles. There are as well lasers and music. Almost 800 small and big sources of light are placed in the basin. Additional attraction is the winter function of the fountain. It can be turned into a 4700 square meter big ice rink.

The season starts around April and lasts till the end of October. The shows take place every hour, everyday, and vary in length. The Multimedia Fountain plays classical and pop music, for example Madonna, Daft Punk, but one can also hear calm, relaxing music.

During the special night shows there are animations, photos and films projected on water. Many of them show the important events from the history of the city and Poland.

CHURCHES AND VIEWPOINTS

Wrocław is a city of countless churches. Some of them are almost as old as the city itself (over 1000 years). We, of course, recommend visiting as many as you'd like, but two of them are in our opinion particularly worth seeing.

Cathedral of St. John the Baptist (Katedra św. Jana Chrzciciela)

Like all of Wrocław's churches, the Cathedral remains a living, working church. As a visitor you will undoubtedly see queues of people waiting patiently for the confessionals and others in quiet worship. The elegant double-spired Gothic building stands like a guard at the end of Katedralna Street, its elaborate portal one of the most valuable medieval work of art in Wrocław. This is the fourth church to be built on this site. When construction began in 1244, this was the first brick building in Poland.

The real highlight of the Cathedral is the panoramic view from its tower. An elevator takes you to the top of the Cathedral's tower, which offers a wonderful view of the city and surrounding countryside. There's also a small exhibition at the top of the tower featuring various objects brought back from missions.

St. Martin's Church (Kościół Św. Marcina)

This tiny brick church is all that remains of the Piast dynasty's 13th-century royal castle, though it, too, was largely rebuilt in the 15th and 20th centuries. Before WWII the church was the centre of Polish culture in a primarily German city. Poles gathered here to hear sermons and sing hymns in their own language. The last Polish mass under Nazi oppression was held here in 1939. A sign outside reads in part, "We are Poles... A Pole is a brother to a Pole...Poland is our mother, we cannot speak badly of

our mother." Outside St. Martin's stands a massive monument to Pope John XXIII, placed here in 1986.

Tower of St. John the Baptist's Cathedral, Ostrów Tumski,

open daily, varied hours, usually from 12 to 5 pm, closed during bad weather; tickets - 5 zł

Tower of St. Elisabeth Church (the Garrison Church), ul. św. Mikołaja (Rynek)

open daily, April-October, closed during bad weather; tickets - 5 zł.

Sky Tower Viewpoint

the tourists can get on the top 49th floor in 1 minute with the lift. The viewpoint can fit 20 people.

Open daily: 9 am till 8 pm; tickets 15 zł

PANORAMA RACŁAWICKA

Panorama of the Battle of Racławice in Wrocław, an impressive relic of 19th – century mass culture, is one of only few examples of this genre preserved in Europe. The XXL painting (15 x 114 m) “transfers” the viewer into an altogether different time, by intelligently combining painterly devices (special kind of perspective) and technical effects (lighting, artificial terrain, dark passage to the viewing platform). Panorama of the Battle of Racławice is the oldest and only extant example of panorama painting in Poland.

For more details in English go to: <https://www.panoramaraclawicka.pl/?lang=en>

WROCLAW PARKS AND GARDENS

Ok, here's one of the nicest points of studying at AWF in Wrocław – everyday walk through the biggest and the most beautiful of Wrocław parks – **Park Szczytnicki**.

It is a huge green area (about 100 ha), covered with trees, grass, and flowers, streams, water ponds, tiny bridges, small islands inhabited by water birds. Many of Wrocław citizens are used to visit it for an off-day walk, sometimes with their children, dogs, bikes... It creates a nice family atmosphere, but there are also corners of the park where you may find yourself completely alone.

Japanese Garden

Nearby Park Szczytnicki. The garden's design was strictly supervised by Japanese specialists, gardeners and architects. It is beautiful in the spring when all the coloured plants are in blossom, but it's also magnificent when covered with snow. Each element of the garden (cascades, trails, lakes, bridges) has its special place and meaning - all must be consistent with the rules of Japanese garden art. You really do feel like you are actually in Japan! The garden is open daily from April 1st to October 31st, 9 -19. Student tickets cost about 2 zł.

Botanical Garden

The Botanical Garden began as a scientific pursuit, but has become a favourite retreat for Wrocław residents. The garden was built from 1811 to 1816 on the riverbed where the Odra once flowed around Ostrow Tumski. The grounds include cactus and palm houses, aquariums, a plant shop and cafe, and a large pond with picturesque bridges. Beautifully manicured landscapes include enough nooks and crannies that you should have no trouble forgetting you're in the centre of a big city. It's open daily from April to late October, between 8 am and 7 pm. Admission 5zł.

Zoological Garden / Wrocławskie Zoo 1 Wróblewskiego Street

open - Summer season 9 -17, cash desk till 16; tickets: Student – 40 zł, on Wednesdays 25 zł

CINEMAS

In Poland usually only kids' movies (both cartoon and regular) are dubbed. Most films are in the original, with Polish subtitles. Multiplexes that screen hit movies are pretty crowded on weekends. So if you plan to see the premiere screening - book tickets or buy them in advance. You should usually pick up the earlier reserved tickets 30 minutes before the showing. Do not worry if you are a bit late: there are ads before every movie.

Ticket prices are generally not high, although it may be quite expensive to go to a multiplex at a weekend (especially if you like coke and popcorn). Small cinemas usually charge the same all week (they are generally cheaper); some may also have either cheaper days or special offers. Prices generally range from 15 to 25 zł. Ask for special offers and student discounts. **In order to get a student discount you need to have your Students ID Card with you.**

MULTIPLEXES

Kino Nowe Horyzonty <http://www.kinonh.pl/>
ul. Kazimierza Wielkiego 19/23, near Rynek

Helios Wrocław Magnolia Park <http://www.helios.pl/3,Wroclaw/StronaGlowna/>
ul. Legnicka 58 (ul. Kazimierza Wielkiego)

Cinema City Korona
ul. Bolesława Krzywoustego 126c (Korona shopping mall) <https://www.cinema-city.pl>

Cinema City Wroclavia <https://www.cinema-city.pl>
ul. Sucha 1 (main Bus Station, opposite Main Railway Station)

Multikino Pasaż Grunwaldzki <https://multikino.pl/>
pl. Grunwaldzki 22

Multikino Arkady Wrocławskie <https://multikino.pl/>
ul. Powstańców Śląskich 2-4



CURRENT EVENTS

If you feel bored with pubs and clubs, it's time to look for some other ways to spend your spare time. Many students look for interesting cultural events. How does one know where to go and what to see?

Some current cultural events are announced in a supplement "Co jest grane" to "Gazeta Wyborcza" published on Friday. There is also a free magazine with the same title offered in public places, with a list of current exhibitions, plays and movies. Another magazine - "Aktivist" focuses on alternative cultural activities not only in Wrocław, but all over Poland (<http://aktivist.pl/>).

Do not hesitate to stop by the Centre for Tourist Information (Centrum Informacji Turystycznej, Rynek 14). Remember: cultural institutions offer discount tickets for students (with a Student ID Card - **legitymacja studencka**). There is always one day a week when the ticket prices are lower than usual (cinemas), or even free (museums).





10. Restaurants, cafes, clubs, food

We will start with **food**. If you want to try Polish cuisine you need to stop counting calories for that particular moment. Typical meals are very hearty and often contain meat. Just sampling them is enough to discover that they are really delicious and worth a sin :) The most recommendable dishes are: bigos, kotlet schabowy, pierogi and żurek. During your stay here you should try each of those at least once! We can also quite legitimately boast about our fresh bread, sausages and cottage cheese.

Pubs and clubs. They say that you never get to know Wrocław if you don't take part in its famous night life. The lion's share of pubs and clubs are concentrated around the Old Town market square, but for more alternative destinations check out the Jewish part of the centre (ul. Włodkowica), the courtyards off ul. Ruska (Pasaż Niepolda) as well as typical student venues located closer to AWF Campus – in Grunwaldzki square.

Girls, remember! – Never leave your handbag unattended. Never take precious things or large amount of money with you.

In recent years Wrocław's bars, pubs and cafes multiplied! They thrive and are constantly changing. There are so many of them absolutely everyone will find something that will suit their taste. In terms of cafes – delicious cocktails and coffees are offered in (as the name suggests) **Coffee Heaven** (ul. Świdnicka – Rynek Area and every Department Store in the city). Great pastas (12- 15 zł) combined with a bit rustic, a sort of home interior: **Cegielnia restaurant** (ul. Świdnicka – Rynek area). There's also a very nice eatery in Mexican style in ul. Szewska (Rynek area): **Mexico**. Try Zorro Cake – its served accompanied with lights-off, special music and the waiter (dressed up as Zorro) running towards your table with sparkles fixed on top of the cake. You would love going to **Marche Restaurant** in ul. Świdnicka 53 – market of world cuisines – as they call themselves. Fantastic dinners, deserts, salads, buffet style again – beautiful design – all in one.

You need to visit **Czeski Film pub** (ul. Kielbaśnicza – Rynek area). Chocolate pancakes, fruit shakes, delicious dumplings, coffee served in regular big cups upstairs and good choice of drinks downstairs create a relaxed very much student-like atmosphere. A decent dinner they will serve in **Sphinks Restaurant** (Rynek) at a reasonable price and good local beer tastes best in **Spiż** (Rynek).

The Erasmus Incomers are also more than welcome at AWF Parties organised by our student Self-government. Just look for info posters in Student Hostel and at the campus.

11. Sport facilities

Even though you are a student of a sport University – you are welcome to take advantage of numerous Wrocław sport facilities.

1. Wrocławskie Centrum Treningowe SPARTAN (Wrocław Training Centre) – a network of gyms, fitness and spinning clubs, tennis halls and courts, swimming pools, rollerblading and ice-skating rinks offering also movement rehabilitation services.

For more information go to: <http://www.spartan.wroc.pl/>

2. Wrocławski Park Wodny – Aquapark Wrocław: a multifunctional sport centre offering a recreational water park, sport indoor swimming pool, fitness, wellness and saunas.

For more information go to: <https://aquapark.wroc.pl/>

12. Shops and shopping centres

Wrocław shop fronts are stocked with everything you'd expect to find in a cosmopolitan metropolis, with beautiful pedestrian shopping opportunities on the Market Square, Świdnicka and ulica Oławska. Odrzańska, Kielbaśnicza and Mikołaja streets are home to upmarket boutiques and galleries, while souvenir hunters will find plenty in the small stores hidden along the avenues around the Town Hall. For familiar international labels and big brands, look no further than one of Wrocław's glistening new shopping malls. And don't miss visiting historic Hala Targowa (ul. Piaskowa) for a truly Polish cultural experience.

Groceries are generally open on weekdays from 6/7 am till 6/7/9 pm, on Saturdays from 7am till 2 pm; some of them stay open on Saturdays and Sundays. Certain shops, predominantly groceries, stay open till 9/10 pm, and sometimes round the clock. Shops with industrial goods and services operate from 10/11 am till 6/7 pm. Supermarkets in big cities usually stay open from 7 am till 9 pm. Shopping galleries are open from 9 am to 9 pm and 8 pm on Sundays. The biggest are:

- **Pasaż Grunwaldzki – large department store + Multikino cinema**
Pl. Grunwaldzki 22
- **Centrum Handlowe Korona – shopping mall + Cinema City Cinema**
ul. Krzywoustego 126
- **Galeria Dominikańska – department store**
Pl. Dominikański 3
- **Magnolia Park – large department store + Helios cinema**
ul. Legnicka 58
- **Arkady Wrocławskie - Department store + Multikino Cinema**
ul. Powstańców Śląskich 2-4
- **Wrocław Fashion Outlet– shopping mall**
ul. Graniczna 2
- **Centrum Handlowe Borek – shopping mall**
Al. Gen. J. Hallera 52
- **Wroclavia – large department store + Cinema City Cinema**
ul. Sucha 1
- **Park Handlowy Bielany – huge shopping centre outside the city**
Czekoladowa 9

14. Bike Rental

You can rent a bike by Wrocławski Rower Miejski (<https://wroclawskirower.pl/en/>), just log in and enjoy riding a bike cross Wrocław, you can rent a bike and drop it at many stations across the city (currently there are 76 stations). It is closed for the winter, but restarts around March. The closest station is just outside SPARTAKUS, at the bus/tram stop.

15. Survival Polish - useful expressions

Greetings

Hello, Hi – cześć

Good morning, Good afternoon – dzień dobry

Good evening – dobry wieczór

Goodnight – dobranoc

Goodbye – do widzenia

See you – do zobaczenia

Courtesy words

How are you? – Jak się masz?

Welcome – witaj

Thank you – dziękuję

Excuse me, Pardon me – przepraszam

I'm sorry – przepraszam

Please – proszę

You're welcome – nie ma za co

Other useful expressions

Yes – tak

No – nie

When? – kiedy?

Where? – gdzie?

Who? – kto?

Why? – dlaczego?

How much...? – ile?

Where is...? - gdzie jest

Numbers

0 – zero

1 – jeden

2 – dwa

3 – trzy

4 – cztery
5 – pięć
6 – sześć
7 – siedem
8 – osiem
9 – dziewięć
10 – dziesięć
100 – sto
1000 – tysiąc

Days of the week

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

16. Contact info

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