Silesian University of Technology

HANDBOOK FOR INTERNATIONAL STUDENTS
The guide has been produced with the financial assistance of the European Commission within the framework of the Erasmus+ Programme. This publication reflects the views only of the author and the Commission cannot be held responsible for any use which may be made of the information contained therein.
Contents

• Introduction
• About Poland
• Upper Silesia region in short
• City of Gliwice
• Academic info
• Studying at SUT
• Practical information
• Useful expressions
• Contact
Introduction

Welcome to the Silesian University of Technology (SUT), a place that, without any doubts, educates successful people. You have chosen the unique opportunity to study engineering in an institution of a worldwide academic reputation and a vivid cooperation with major industrial partners.

All this takes place in Gliwice, a charming city located in one of the most industrialized regions in Poland and Europe called Upper Silesia. SUT is also a key player in new technologies and innovations.
It is here, where the new ideas and solutions are being brought into life and once applied in industry, they boost competitiveness not only of Polish firms.

Location not far from Europe’s well-known capitals like Prague, Berlin and Vienna and on the junction of two international highways A1 and A4, makes SUT a perfect place to meet people from all around the world for exchanging ideas and practices.

Our international mobility team, as well as students from Erasmus Student Network are always ready to help and provide you with necessary details. However, before you ask for help please read this guidebook, where you will find all essential information.

Enjoy your stay at SUT and Gliwice!
About Poland

Poland is one of the largest countries in Europe, a modern and dynamic member of European Union where education really counts. It is situated in the middle of the European continent at the crossroads between West and East. Poland is an ideal place not only for studying, but also travelling. A journey across Poland is a great opportunity to visit historical point of interests, such as monuments and sites listed on the UNESCO World Heritage List, to experience breath-taking landscapes of mountains, sea, lakes and woods as well as to taste Polish cuisine and hospitality. Compared to other EU countries the costs of living are a fraction of what a foreign student would have to spend in most other European cities.

**GENERAL INFORMATION:**

**Capital:** Warsaw  
**Language:** Polish  
**Border Countries:** Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, Russia  
**Population:** 38 million  
**Area:** 322,575 km²  
**Time Zone:** CET (UTC+1)  
**Summer (DST):** CEST (UTC+2)  
**Climate:** Temperate with mild summers and moderately severe winters  
**Currency:** Zloty (PLN, zł)  
**Government type:** Republic, parliamentary democracy  
**Members of:** EU, UN, NATO, OECD, WTO and many other  
**Calling code:** +48
USEFUL LINKS

www.poland.pl
http://www.go-poland.pl/
www.tastingpoland.com
Upper Silesia in short

The Upper Silesia region lies in the basin of two rivers: Vistula and Odra, in the southern part of Poland. It borders from the south with the Slovak and Czech Republic. With almost 5 million inhabitants, it has the highest population density in the country.

The Upper Silesia is full of positive energy, taking its source from diversity of ethnicity, culture and tourism. Owning to dynamic growth of industry, as well as, the application of the most up-to-date achievements of technology, the Upper Silesia region became known in the whole Europe in the 18th century. Thanks to the industrial development there are a lot of very interesting places to visit here. Many of them belong to the Technology Monuments Route.
PLACES TO VISIT

- Historic Coal Mine GUIDO in Zabrze with original 19th century galleries, stables and chambers. 170 and 320 meters below ground. [www.kopalniaguido.pl](http://www.kopalniaguido.pl)
- Silver Mine and the Black Trout Drift in Tarnowskie Góry, offering also an open-air exhibition of steam engine machines on the premises of the mine. [www.kopalniasrebra.pl](http://www.kopalniasrebra.pl)
- The Palace and Park Complex in Pławniowice – a beautiful example of residence architecture in Upper Silesia. [www.palac.plawniowice.pl](http://www.palac.plawniowice.pl)
- Tychy Brewery along with the Museum of Brewing Industry, an attraction not only for beer enthusiasts, where the history of this beverage dating to 1629 is presented in the most modern way. [www.tyskiebrowarium.pl](http://www.tyskiebrowarium.pl)
- Limestone rocks of the Cracow-Częstochowa Jurassic Highland Chain, with perfect conditions for rock climbing. [www.jura.info.pl](http://www.jura.info.pl)
- Beskidy - the mountain ranges of the Silesian Beskids and Żywiec Beskids with the well-known ski resorts of Szczyrk, Wisła, Ustroń or Korbielów
- Palace and forests with bison in Pszczyna which witnessed the history of the Dukes of Pszczyna and the Upper Silesian agglomeration with an industrial legacy of almost 200 years.

USEFUL LINKS

[www.slaskie.travel/](http://www.slaskie.travel/)
How to get to Gliwice

The nearest airports to Gliwice are Katowice (KTW 40km), Kraków (KRK, 100km), Wrocław (WRO, 170km) and Ostrava (Czech Republic, OSR, 95 km). SUT is located near the centre of Gliwice, approx., 1.5 km from the Central Railway Station (15 min. walk, 7 min. by car), a taxi rank and - Bus Station. Gliwice has efficient transport facilities, which provide convenient local and international connections.

The International Mobility Office arranges airport transfers for students arriving/departing from Katowice and Kraków airports. For the exchange students this service is free of charge. More details available at the IMO’s web page (www.mobility.polsl.pl)

Access from Katowice Airport (KTW)

The airport has a direct flight connections with many international destinations, including London, Paris, Rome, Frankfurt, Munich, Dusseldorf, Glasgow, Oslo, Barcelona, Warsaw, operated by both regular and low cost airlines. For details visit the airport homepage: www.katowice-airport.com

BY CAR
Car rent and taxi are available at the airport.
The route Katowice airport-Gliwice: motorway A1 to Gliwice; distance: ~40 km, time: ~30 min.
BY PUBLIC TRANSPORT

**BUS:** There is no direct bus KTW Airport-Gliwice operating by now. Daily Airport Bus service is offered at the Katowice- Airport – Katowice centre route. The bus stops at the central Katowice railway station; travel time: ~ 40 min; You may buy ticket online: [http://www.pkm.katowice.pl/](http://www.pkm.katowice.pl/) The easiest way to get from Katowice centre to Gliwice is by train. The trip takes ~ 40 min. More info, timetables and prices: [www.pkp.pl](http://www.pkp.pl)

---

**Access from Kraków Airport (KRK)**

The airport has a direct flight connections with many international destinations, including London, Paris, Rome, Frankfurt, Munich, Dusseldorf, Glasgow, Oslo, Barcelona, Warsaw, operated by both regular and low cost airlines. For details visit the airport homepage: [www.krakowairport.pl](http://www.krakowairport.pl)

---

**BY CAR**

Car rent and taxi service are available at the airport. The Kraków Airport – Gliwice route: motorway A4, direction Katowice/Wrocław, toll: ~5 euro, distance: ~100 km, time: 90 minutes.

---

**BY PUBLIC TRANSPORT**

**BUS:** service from Kraków- Airport to the centre of Krakow: lines 208, 292 and 902, time: ~30 minutes. More info and timetables: [www.mpk.krakow.pl](http://www.mpk.krakow.pl)

**TRAIN:** there are many direct train connections from Krakow Central station to Gliwice. The journey takes ~2.5 hours. More info, timetables and prices: [www.pkp.pl](http://www.pkp.pl)
BY PRIVATE TRANSPORT (BUSES AND MINI BUSES)
AlbatrosBUS.pl carrier offers connections on the routes Kraków Airport - Gliwice, For more information visit: www.albatorosbus.pl

Access from Wrocław Airport (WRO)

The airport has a direct flight connections with many international destinations operated by both regular and low cost airlines. For details visit the airport homepage: www.airport-wroclaw.pl

BY CAR

Car rent and taxi service are available at the airport. The Wrocław – Gliwice route: motorway A4 direction: Gliwice/Katowice, toll: ~ 4 euro, distance: 170 km, time: approx. 160 minutes.

BY PUBLIC TRANSPORT

BUS: public bus service from Wrocław Airport to the Wrocław Central Railway & Coach Stations: line 406 operates every 20 minutes every day, travel time: ~ 30 min.

TRAIN: there are many direct train connections from Wrocław Central station to Gliwice. The journey takes ~2.5 hours. More info, timetables and prices: www.pkp.pl

Access from Warsaw Airport (WAW):

Main (capital) airport in Poland, with many European and intercontinental destinations, operated by both regular and low cost
airlines. For details visit the airport homepage: www.lotnisko-chopina.pl

---

**BY CAR**

Car rent and taxi service are available at the airport.
The Warsaw – Gliwice route: road no. S8 to Piotrków Trybunalski – road no. 1 south road no. S1 (towards Katowice) – motorway A1 to Gliwice; distance: ~325 km, time: approx. 4 hours.

---

**BY PUBLIC TRANSPORT**

**BUS/TRAIN:** Bus no. 175 and others (more info: www.ztm.waw.pl or fast train to the Warsaw Central Railway Station; more info on the airport website and www.pkp.pl


**TRAIN:** There are a few express trains daily operating on route between Warsaw and Gliwice. Some More info, timetables and prices: www.pkp.pl

---

**Railway connections from Gliwice**

Gliwice has direct railway connections with many major European cities, including Hamburg, Kiev, Lvov and most of major Polish cities. Several connections (with trains change in Katowice) are also available to Vienna, Prague, Budapest, Bratislava, Ostrava etc. More info, timetables and prices: www.pkp.pl
City of Gliwice

Gliwice is a medium size city of nearly 200 thousand inhabitants. The city is an important scientific, research and design centre in Poland. Thanks to Silesian University of Technology Gliwice, it is the second (apart from Warsaw), agglomeration of technical intelligence. During the last 20 years Gliwice has transformed from a city based on heavy industry into a leader in new technologies. On the other hand, Gliwice is also well known for its cultural life. Many festivals, concerts, exhibitions and other art activities take place in the town. Numerous famous Polish artists other interesting persons (e. Nivea cream inventor) originally come from Gliwice. Results of many surveys show that Gliwice is one of the most attractive cities in Poland. The city has a rich history of nearly 800 years. Throughout that time it has undergone several historic transformations. The Silesian Piast Monarchy, the Kings of Bohemia, the Austro-Hungarian Empire, Prussia and Germany have ruled it. The city has again become a part of Poland in 1945. Gliwice is an unique place, where tradition, multicultural heritage, science and modernity intermingle, creating its one-of-the-kind atmosphere of the attractive place to study and live.
PLACES TO VISIT

- Villa Caro (part of Gliwice Museum) – Dolnych Wałów 8a
  www.muzeum.gliwice.pl
- The Piast Castle (part of Gliwice Museum) – Pod Murami 2,
  www.muzeum.gliwice.pl
- Gliwice Radio Station – Tarnogórska 129
  www.muzeum.gliwice.pl
- Municipal Greenhouse – Fredry 6 (on the area of Chopin Park)
- Town Hall - Market Square
- Ruin of Municipal Theatre – Aleja Przyjaźni 18
- Bajka Scene and Amok Cinema – Dolnych Wałów

USEFUL LINKS

www.gliwice.eu
The Silesian University of Technology (SUT) is one of the most prestigious and top-ranked technical universities in Poland. It is a modern higher education institution with nearly 70 years tradition in didactics, research and science. At present SUT educates over 28000 students at all three levels of study (bachelor, master, doctoral), mainly in the fields of engineering, technology and architecture. All these activities are run in modern laboratories and lecture halls by highly qualified university staff consisting of over 1800 academic teachers. Eleven faculties are located in Gliwice – the main seat of the University – two in Katowice and two in Zabrze.
FACULTIES

• Faculty of Applied Mathematics
• Faculty of Architecture
• Faculty of Automatic Control, Electronics and Computer Science
• Faculty of Biomedical Engineering
• Faculty of Chemistry
• Faculty of Civil Engineering
• Faculty of Electrical Engineering
• Faculty of Energy and Environmental Engineering
• Faculty of Materials Engineering and Metallurgy
• Faculty of Mechanical Engineering
• Faculty of Mining and Geology
• Faculty of Organization and Management
• Faculty of Transport
• College of Foreign Languages
• College of Pedagogy
• Institute of Physics – Centre for Science and Education
INTERNATIONAL MOBILITY OFFICE (IMO)

The International Mobility Office deals with exchange students and university staff coming to SUT for short-terms studies, research or training.

For more information check the web on: www.mobility.polsl.pl
Contact: e-mail: mobility@polsl.pl

ADMISSION PROCEDURE STEP BY STEP
for short-term (exchange) studies

1. Check at home university if there is an agreement with the SUT within your area of studies
2. Check the application procedure and required documents at www.mobility.polsl.pl (left menu)
3. Complete all documents as listed on the IMO’s web page but being in email contact with the IMO staff first
4. When confirmed as proper set of documents, send the printed, duly signed and stamped application form with required attachments to the following address:
   Silesian University of Technology
   International Mobility Office
   Akademicka 2A
   44-100 Gliwice, Poland

REQUIRED DOCUMENTS

Application Form, Learning Agreement, Transcript of Records, Language Certificate (proving at least B1 level of English for BSc and B2 for MSc), Accommodation form (if you want to stay at the university dormitories), copy of Insurance policy – all details may be found on the IMO’s web page, so please follow the instructions given there.
APPLICATION DEADLINES

For the winter semester or full academic year: 1\textsuperscript{st} of June
For the summer semester: 1\textsuperscript{st} of December

ACADEMIC CALENDAR

Winter semester begins on 1\textsuperscript{st} October and ends in the middle of February. Winter examination session lasts two or three weeks, beginning late January. After two weeks of winter holidays, summer semester begins in the second half of February. Courses are delivered from late February till mid of June and are followed by the summer examination session. Summer holidays last for three months, but only for those who passed all exams during summer session. Those who were not so lucky must resit the exam(s) in September. More regularly updated information available on the website: www.mobility.polsl.pl
ACCOMMODATION

Exchange students have an opportunity to use university accommodation in one of the SUT’s dormitories. If you wish to get the room at the dormitory you must enclose accommodation form during the application procedure. Most dormitories offer double or triple rooms shared by students. Bathrooms and kitchens are also shared. Each dorminatory has such facilities as TV room, gym, ping-pong and also free internet access. Dormitories are located within the Gliwice campus, few minutes walk from the Faculties. The average cost of accommodation in dormitory range between 80-120 euro per month per person (depending on room standard), paid monthly. Dormitory deposit (refundable) of 350 euro is required. More information on the IMOs web page (left menu: “Accommodation”)

VISAS

EU/EEA citizens

European Union (EU) and European Economic Area (EEA) students are allowed in the country upon the presentation of their valid ID card or passport.

Non-EU/EEA citizens

All foreign students coming from non-EU/EEA countries who wish to study in Poland should obtain a Polish visa prior to their arrival in Gliwice. They should contact the Polish Embassy or Consulate in their home country.

RESIDENCE PERMIT

Students and academics from the EU/EEA countries staying at the SUT for more than three months are obliged to obtain temporary
residence permit no later than 2 months after arrival. The residence permit is issued by the Office for Fireigners of the Silesian Voivodship Office.

Students who have received visa for the whole period of their stay in Poland do not need to apply for Residence Permit.

For more information please visit www.katowice.uw.gov.pl/english/residence_permit.html

INSURANCE

Health and accident insurance policy is mandatory for all students for the whole duration of their stay in Poland. Third party liability insurance is recommended. EU citizens are eligible for free health services in Poland, provided they present a valid European Health Insurance Card (EHIC). Please note this is valid only for public health institutions and only for limited scope of medical service. It is strongly recommended to the EU student not to rely only on the EHIC document. Each foreign student coming to the SUT will be asked to present his/her insurance certificate upon arrival at the latest. ISIC or EURO<26 card holders should check the scope of insurance included in the card as it may be not necessary to buy another. More details on insurance requirements available on www.mobility.polsl.pl section: practical information
Studying at SUT

ORIENTATION DAYS

International Mobility Office in cooperation with Erasmus Student Network SUT arranges Orientation Days for incoming exchange students. It is strongly recommended to take part in this event, when one not only meets new colleagues, but also sees the city and region, taste typical Polish cuisine and gains some more practical knowledge about the university life. Orientation Days take place during the week preceding new semester - detailed programme is provided to each accepted student.
STUDENT ID CARD

Each foreign student enrolled at the SUT receives student ID card issued by hosting Faculty. This card entitles to discounts on public transport and cultural events (cinemas, museums, etc.)

POLISH LANGUAGE & CULTURE COURSE

The semester-based course is offered for free to exchange students. The course programme is prepared and led by highly qualified teachers from the School of Polish Language and Culture and take place on premises of campus in Gliwice - however students studying at faculties located in Katowice have a chance to take the course there.

STUDENT ORGANIZATIONS

Studies at the SUT give ample opportunities to broaden one’s interests. During the academic year the university is vibrant with activities inspired by Students Self-Government and many Student Organisations - there are over 20 of them, complemented with ~ 100 scientific associations. Moreover, students may join University choir, music band, dance band and theatre.
SPORT FACILITIES

The SUT is also an ideal place for sport enthusiasts. There are over 20 different sport sections, such as aerobics, karate, judo, badminton, running, mountain cycling, volleyball, basketball, skiing, handball, chess, contemporary dance, table tennis, triathlon, etc. The main university sport facilities are located in Gliwice campus.

Erasmus Student Network: ESN SUT Gliwice

The ESN section operating at the Silesian University of Technology (ESN SUT) is a member of the European, non-profit student organization, which supports the development of exchange programmes and mobility. The main goal of the ESN SUT is to integrate and make international students stay and study easy and enjoyable. During the academic year, the ESN SUT organises a
lot of different events such as: thematic parties, sports challenges, excursions, cultural programmes, etc.

The ESN SUT also coordinates the following programmes:

• **MENTOR**
  Local students helping international students going through the first days in the new country. Mentors assist and help with many daily issues of student life. This is also a wonderful opportunity for the students to get familiar with each other’s culture, history and customs.

• **TANDEM** (“language for language”)
  A language exchange programme which allows students to learn foreign languages in less formal way and free of charge.

Travel, get social, learn, and challenge yourself with ESN SUT!

More information available on the ESN SUT’s webpage: www.erasmusgliwice.pl and on their FB profile: www.facebook.com/erasmusgliwice

Contact for direct inquiries: info@erasmusgliwice.pl
Practical information

LOCAL TRANSPORT

Buses and trams:
Gliwice has a good public transportation network (buses). The public bus services in the region are provided by the KZK GOP company, operating in the city and the region of Upper Silesia. For more information about connection schemes and timetables go to: www.rozklady.kzkgop.pl.
Outside of Gliwice trams are also a common way of public transport, as popular as buses. Students below the age of 26 are entitled to 50% discount on tickets. Presenting a valid student ID card is obligatory.

Trains:
The Central Railway Station (PKP) in Gliwice is located in the city centre, ~15 minutes walk from the SUT. Timetables and connections are available on the Polish Railways (PKP) website: http://pkpsa.pl/en/
There are several other companies providing rail services, including:
• Koleje Śląskie (KS) – operating in the Upper Silesia region.
• Przewozy Regionalne (PR) – regional railway service being the cheapest way to travel outside Upper Silesia region.
• PKP Inter City (IC and TLK) - operating on longer distances, offering direct connections with many Polish and European cities.
Taxi:
Taxi is the most expensive way to travel. Generally the licensed companies are recommended. There are several taxi operators in Gliwice: RAJ, SEZAM, DRAGON, LUX, etc. Payment for short distances (e.g. within the city) shall be made in cash, mainly in small bills. The driver may have no change.

TELEPHONES

In order to call Poland from abroad, one shall dial +48 (country code) followed by an appropriate region code, than the individual number. Calling SUT’s International Mobility Office as an example: +48 (country code) 32 2371329.

Mobile phone services
For longer stays, it is recommended to buy a Polish SIM card. There are 4 major mobile phone operators in Poland: Orange, Plus, T-Mobile, Play, all are available in service providers’ shops or at any newsstand (kiosk). For taking advantage of the pre-paid offer there’s no need to show any documents or sign a contract.

Emergency phone numbers:
112: general emergency number
997 Police (Policja)
998 Fire Brigade (Straż Pożarna)
999 Ambulance (Pogotowie Ratunkowe)

MEDICAL SERVICES AND PHARMACIES

The public health care providers are usually marked with the logo of the NFZ. NFZ
Private medical institutions are present as well – especially for dental medical care.
Medical Centres are open from Monday to Friday, usually from 7 a.m. to 6 p.m. During the nights, weekends and holidays, medical care is provided at appointed health units which have signed contracts for that kind of services. Contact details are available at IMO or any public health care unit.

Medical consultation
In order to get a medical consultation from the doctor, prior registration is required. The valid ID card and health insurance policy / EHIC card have to be presented to the medical assistant for completing the registration process. The medical centre used to receive SUT’s students and staff is located close to the SUT’s campus: “Przychodnia Akademicka”, Moniuszki 13 street., tel. 32 231 43 01

Hospitals
There are few hospitals in Gliwice. In order to get a hospital treatment for planned treatment, a doctor’s referral is required. In case of sudden illness, injury, accident, life threat, etc. it is not necessary of course. The valid ID card and health insurance policy / EHIC card shall be presented to the hospital staff in order to avoid being invoiced when the treatment is completed.

List of hospitals in Gliwice:
Szpital Wojskowy, Zygmunta Starego 20, tel. 32 321 32 68
Szpital Wielospecjalistyczny, ul. Kościuszki 1, tel. 32 238 20 91
Szpital nr 1, ul. Kościuszki 29, tel. 32 321 42 32
Szpital nr 2, ul. Radiowa 2, tel. 32 302 98 00

Pharmacies
There are many pharmacies in Gliwice, both in city centre and in the shopping malls – just look for the place with the “APTEKA” name. Pharmacy in the city centre opened 24/7: CITO, Górnych Wałów 26 street, tel. 32 3314266
SHOPPING

There are several shopping malls in Gliwice: Forum, Arena, Europa Centralna and Auchan. The nearest one is Forum located behind the Central Railway Station www.forumgliwice.pl
The largest malls are in Katowice:
Silesia City Centre www.silesiacitycentre.com.pl
and Galeria Katowicka www.galeriakatowicka.eu

Shopping malls are usually open from Monday to Saturday from 9.00 or 10.00 to 21.00, Sunday from 10.00 to 20.00.

MONEY

The official currency in Poland: Polish Złoty (PLN)
Exchange rate: 1 EUR = ~ 4,20 PLN; 1 USD = ~ 3,20 PLN
Money can be changed in exchange offices (“KANTOR”) and banks.

BANKS

A full list of banks operating in Poland is available on the website of the Polish National Bank: www.nbp.pl – many of them at their seats in Gliwice.

In order to open a bank account in Poland a valid passport or other ID document (EU members) and residence permit or other document proving your student status are required.
One may open a bank account in PLN or foreign currency (the most popular: EUR, USD, CHF).
RESTAURANTS, CANTEENS, CAFES

Polish and Upper Silesian cuisine

To taste real Poland means eating out a lot. The first typical Polish dinner and you will see how delicious Polish cuisine is.

Must-eat list includes:

• Dumplings (pierogi) – number 1 on the “must-eat” list, don’t forget to taste them with different filling types:
  • “Russian dumplings” (pierogi ruskie) filled with cottage cheese and potato
  • cabbage dumplings (pierogi z kapustą) filled with cabbage and mushrooms
  • meat dumplings (pierogi z mięsem) filled with meat
  • sweet ones during summer, filled with blueberries, strawberries, etc.
  • many others, depending on cook’s imagination
• Beetroot soup (barszcz) – classic beetroot soup, usually served with dumplings filled with mushrooms or meat
• Sour barley soup (żurek) – a soup flavoured with fermented bread, served with potatoes, diced sausages and hard-boiled eggs
• Sauerkraut soup (kapuśniak) – a typical Polish winter soup, based on sour cabbage
• Silesian roulade (rolada śląska) served with Silesian dumplings (kluski śląskie) and cooked red cabbage (modra kapusta) – a beef roll stuffed with bacon, pickled cucumber and mustard
• Hunters strew (bigos) – made of sauerkraut with a variety of meats, smoked meats and mushrooms
• Potato pancakes (placki ziemniaczane) – made from grated potatoes, pan-fried

There are many restaurants and cafes in Gliwice. Mostly they are located near the Market Square. There are some student canteens at the campus, e.g. the one on Łużycka Street: http://stolowkagliwice.manifo.com/, serving meals with prices starting from 1 euro
**Tipping**

Paying for a meal at the restaurant do not say “thank you” to the waiter who collects your money. In Poland saying “thank you” to the waiter when one pays, means the change shall be treated as a tip. Typical tip in restaurants is 10% of the order. However tipping is not obligatory.

**Smoking**

Smoking is prohibited in all public places including hospitals, trains and buses (also stops), offices and finally restaurants and pubs. Smoking in public space is allowed only in special smoking zones which are clearly marked.

**Drinking**

Drinking alcohol (including beer) in public places is prohibited except special areas in restaurants, summer gardens, etc.
**POST OFFICE**

Main Post Office in Gliwice is located in the town centre, on the Dolnych Wałów Street 8 (10 minutes walk from the university). It is open Monday to Friday from 8.00 a.m. – 8 p.m., Saturday 9.00 a.m. – 1 p.m.

**COST OF LIVING**

Gliwice is not a very expensive town. Prices are definitely much lower than in major Polish (Kraków, Wrocław, Łódź, Poznań) cities or in the capital (Warsaw).

Average prices in supermarkets:
- Bread: 3 PLN
- Butter: 3,8 PLN
- Milk: 3 PLN/litre
- Tomatoes: 4 PLN/kilo
- Beer: 2,5 PLN/0,5 litre
- Cigarettes: 13 PLN

Restaurant meal (two courses + water) ~30-50 PLN
Lunch at student canteen: ~12 PLN
Pizza: ~20 PLN

Cinema student ticket ~20 PLN
**USEFUL EXPRESSIONS**

Visit the website: www.mowicpopolsku.com

<table>
<thead>
<tr>
<th>English</th>
<th>Polish</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BASIC EXPRESSIONS</strong></td>
<td></td>
</tr>
<tr>
<td>Good morning</td>
<td>Dzień dobry</td>
</tr>
<tr>
<td>Good evening</td>
<td>Dobry wieczór</td>
</tr>
<tr>
<td>Hello/Hi</td>
<td>Cześć</td>
</tr>
<tr>
<td>Welcome!</td>
<td>Witam!</td>
</tr>
<tr>
<td>Good bye</td>
<td>Do widzenia!</td>
</tr>
<tr>
<td>See you!</td>
<td>Do zobaczenia / Na razie!</td>
</tr>
<tr>
<td>Good night</td>
<td>Dobranoc</td>
</tr>
<tr>
<td>See you tomorrow</td>
<td>Do zobaczenia jutro</td>
</tr>
<tr>
<td>Take care!</td>
<td>Trzymaj się!</td>
</tr>
<tr>
<td>How are you?</td>
<td>Jak się masz?</td>
</tr>
<tr>
<td>What’s up?</td>
<td>Co słychać?</td>
</tr>
<tr>
<td>Fine</td>
<td>Dobrze</td>
</tr>
<tr>
<td>Bad</td>
<td>Źle</td>
</tr>
<tr>
<td>Thank you</td>
<td>Dziękuję</td>
</tr>
<tr>
<td>You’re welcome</td>
<td>Nie ma za co</td>
</tr>
<tr>
<td>Excuse me</td>
<td>Przepraszam</td>
</tr>
<tr>
<td>Please</td>
<td>Proszę</td>
</tr>
<tr>
<td>Nice to meet you</td>
<td>Miło mi cię poznać</td>
</tr>
<tr>
<td>Do you speak --?</td>
<td>Czy mówisz…?</td>
</tr>
<tr>
<td>- English</td>
<td>- po angielsku?</td>
</tr>
</tbody>
</table>
- German - po niemiecku?
- Spanish - po hiszpańsku
- Italian - po włosku

Please repeat
Proszę powtórzyć
I understand
Rozumiem
I don’t understand
Nie rozumiem
I know
Wiem
I don’t know
Nie wiem
Could you --
Czy możesz—
-bring - przynieść
-do - zrobić
-give me - dać mi
-hand me - podać mi
-help me - pomóc mi
-tell me - powiedzieć mi
I am hungry
Jestem głodny
I am thirsty
Chce mi się pić
Yes
Tak
No
Nie
I love you
Kocham cię
My name is
Mam na imię

WHEATHER CONDITIONS

Hot
Ciepło
Cold
Zimno
Wet
Mokro
Dry
Sucho
Foggy
Mglisto
<table>
<thead>
<tr>
<th>English</th>
<th>Polish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunny</td>
<td>Słonecznie</td>
</tr>
<tr>
<td>Rainy</td>
<td>Deszczowo</td>
</tr>
<tr>
<td>Warm</td>
<td>Ciepło</td>
</tr>
<tr>
<td>Cloudy</td>
<td>Pochmurnie</td>
</tr>
<tr>
<td>Snow</td>
<td>Śnieg</td>
</tr>
<tr>
<td>Umbrella</td>
<td>Parasolka</td>
</tr>
</tbody>
</table>

### MEALS

<table>
<thead>
<tr>
<th>English</th>
<th>Polish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Śniadanie</td>
</tr>
<tr>
<td>Dinner</td>
<td>Obiad</td>
</tr>
<tr>
<td>Supper</td>
<td>Kolacja</td>
</tr>
<tr>
<td>Salt</td>
<td>Sól</td>
</tr>
<tr>
<td>Pepper</td>
<td>Pieprz</td>
</tr>
</tbody>
</table>

### DIRECTIONS

<table>
<thead>
<tr>
<th>English</th>
<th>Polish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Which way?</td>
<td>W którą stronę?</td>
</tr>
<tr>
<td>Right</td>
<td>w prawo</td>
</tr>
<tr>
<td>Left</td>
<td>w lewo</td>
</tr>
<tr>
<td>Straight ahead</td>
<td>prosto</td>
</tr>
<tr>
<td>Near</td>
<td>blisko</td>
</tr>
<tr>
<td>Far</td>
<td>daleko</td>
</tr>
<tr>
<td>Excuse me, how to get...</td>
<td>Przepraszam, jak się dostać...</td>
</tr>
</tbody>
</table>

### TRAVEL

<table>
<thead>
<tr>
<th>English</th>
<th>Polish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airport</td>
<td>lotnisko</td>
</tr>
<tr>
<td>Bus station</td>
<td>dworzec autobusowy</td>
</tr>
</tbody>
</table>
Train station
dworzec kolejowy
Bus stop
przystanek autobusowy
Taxi station
postój taksówek
One way ticket
bilet w jedną stronę
Return ticket
bilet powrotny
Round trip ticket
bilet w obie strony

FOOD

Butter
masło
Cheese
ser
Oil
olej
Cream
śmietana
Meat
mięso
Fish
ryba
Flour
mąka
Pasta
makaron
Milk
mleko
Chicken
kurczak
Bread
chleb
Rice
ryż
Sugar
cukier
Salt
sól
Pepper
pieprz
Tomato
pomidor
Apple
jabłko
Potatos
ziemniaki
CONTACT FOR EXCHANGE STUDENTS:

SILESIAN UNIVERSITY OF TECHNOLOGY
International Mobility Office

Akademicka Street 2A
44-100 Gliwice, POLAND

Tel. (0048 32) 237 13 29
Fax. (0048 32) 221 80 85
Email: mobility@polsl.pl
www.mobility.polsl.pl
Silesian University of Technology

The Faculty of Materials Science & Metallurgy, the Faculty of Transport and the Faculty of Organization and Management are located in Katowice (Krasieńskiego 8 street) and in Zabrze (Roosevelta 26 street).

International Mobility Office
ul. Akademicka 2A
44-100 Gliwice
tel.: 32 237 13 29
fax: 32 231 80 85
e-mail: rw4@polsl.pl
mobility@polsl.pl