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ABOUT LOWER SILESIA

Lower Silesia is one of the richest regions in Poland in terms of tourist attractions. There's plenty of places to visit other than Wrocław, such as other beautiful cities, lakes, castles, many mountain ranges, fortresses and palaces.

The greatest attractions of Lower Silesia include:

- Wrocław with its historic sites and attractions,
- Leaning Tower and Castle in Ząbkowice Śląskie,
- Topacz Castle,
- Church of Peace in Świdnica,
- Książ Castle,
- Stołowe Mountains National Park,
- Kłodzko Underground Tourist Route,
- Szklarki Waterfall,
- Sky Walk Path in the Clouds,
- Bolesławiec – the town of pottery,
- Czocho Castle,
- Wang Church in Karpacz,
- Kliczków Castle,
- Czarna Góra,
- Walim Adits,
- Osówka Underground Town,
- Wojsławice Arboretum,

- Lake Bielawskie,
- Złoty Stok Gold Mine,
- Museum of Papermaking in Duszniki-Zdrój,
- Barycz Valley,
- Mietkowskie Lake,
- Piast Castle in Legnica,
- Milicz Ponds,
- Colorful lakes – Rudawski Park Krajobrazowy.



WROCLAW

Wroclaw is a city in south-western Poland. Situated on the Oder River, it is an exceptional city of 12 islands and 112 bridges. The rich history where various traditions, cultures and religions are intertwined blends with the modernity of the dynamically growing city.

The city itself is located at the crossroads of Czechia, Germany and Poland. This unique mix of cultures allows for its distinctive character and draws the international community in. Every year almost 100 000 students begin their studies in Wroclaw.

The Old Town Square offers a perfect blend of historical Renaissance and Mannerist tenement buildings and post-war reconstructions.

Wroclaw is sometimes called the "Venice of the North" because it has an extensive network of canals and rivers.

A unique atmosphere, exceptional architecture and monuments, atmospheric restaurants and a large number of tourist attractions characterize Wroclaw.



ATTRACTIONS IN WROCLAW

- 1. Japanese Garden:** is an ideal place for a walk. Apart from a few hundreds of original plants, trees, bushes and flowers, there are also Japanese buildings: the gate and the tea pavilion.
- 2. Multimedia Fountain:** Wroclaw Multimedia Fountain is the biggest fountain in Poland and one of the biggest in Europe. It has 1 ha of surface, 800 lights, 300 water jets and 3 fire jets in the basin. Every year, from May to the end of October there are special multimedia shows, using beautiful lighting and music.
- 3. Sky Tower Viewpoint:** A place where you can enjoy the panorama of Wroclaw from the 49th floor. The tourists can get on top in 1 minute with the lift that carries 20 people.
- 4. Hydropolis:** centre of knowledge about water. Hydropolis was opened in December 2015. Every room has multimedia tablets with interesting details about ground-breaking discoveries of the underwater world, the nature of water and its use in the human life.
- 5. Ostrów Tumski:** Surrounded by the river Oder, the old burgh, the origin of the city, has fantastic architecture. The greatest ones are the Gothic St. John Baptist cathedral, rebuilt after World War II and Holy Cross church. There is the Archdiocese Museum there, the oldest historically continuous museum in Wroclaw - for over 100 years it has gathered sacral art, which was excluded from cult use and has great historical and artistic value. Among the exhibits one can find Henrykowska Book from 13th-14th century, which contains the first sentence written in Polish.
- 6. ZOO** in Wroclaw is the oldest and the richest in fauna in Poland. It is possible to see the animals from every continent and environments, for example in Madagascar, Sahara or Europe Pavillons and nearly 250 species of fish that can be admired in the unusual Africarium.
- 7. Pergola:** The Pergola at the Centennial Hall in Wroclaw was built in 1913 and quickly became a popular destination for walks, as well as a concert venue. The pergola consists of 750 columns overgrown with vines, surrounding the multimedia fountain. The place remains popular among tourists and residents alike, who come there in droves and use the picturesque views as backgrounds for their photo shoots.
- 8. Old Town Hall:** The tenement house called Old Town Hall is located in the eastern part of Rynek. The city council held their meetings there and used the rooms at Rynek 30.
- 9. The Market Square Wroclaw:** The Market Square Wroclaw is one of the largest markets in Poland. Has 3.8ha of surface. It is here that you will meet the largest number of Wroclaw's dwarves.
- 10. Cathedral of St. John Baptist:** Cathedral was destroyed many times. Rebuilt in 1951, it was consecrated by Archbishop



Stefan Wyszyński, The Primate of Poland . On the top of the tower there is a viewpoint where it is possible to get with the lift.

11. Four Denominations District: a place of meetings, dialogue, mutual respect and... numerous culinary experiences. Cultural events are frequently held here.

12. Jatki: Galleries at Jatki are on the tourist map of Wrocław and the statues of a goat, pig, rooster, goose with an egg and

a rabbit attract the tourists, who pet them and make photos with them. The intentions of the authors are written on the sign: In honour of Animals for Slaughter – the Consumers. Since the Middle Ages the Shambles were a place for the butcheries and butchers' shops.

13. Botanical Garden: It is located close to Ostrów Tumski. There are about 7.5 thousand species of plants in the garden. Many events take place here.

WROCLAW CINEMAS

- 1. Cinema City – Wroclavia**
ul. Sucha 1
- 2. Cinema City Korona**
ul. Krzywoustego 126c (Psie Pole)
- 3. DCF – Dolnośląskie Centrum Filmowe**
ul. Marszałka Józefa Piłsudskiego 64A
- 4. Helios Magnolia Park**
ul. Legnicka 58
- 5. Kino Nowe Horyzonty**
ul. Kazimierza Wielkiego 19A-21
- 6. Multikino Pasaż Grunwaldzki**
pl. Grunwaldzki 22



MUSEUMS IN WROCLAW

- **National Museum:** The National Museum in Wrocław is a large and popular art museum with a wide range of pieces from Polish history. The museum has four branches, and its permanent collection is extensive. There are also many interesting temporary exhibitions that you're likely to enjoy.
- **Museum of Architecture:** The Museum of Architecture in Wrocław is home to some of the most impressive ancient stone sculptures and stained-glass windows in the whole of Poland. Highlights include the 14th century tympanum with intricate carvings, from one of the oldest buildings in the city. The museum also covers architecture over a period of 300 years, from Romanesque to Modern times, with a particular focus on Silesia.
- **Ethnographic Museum:** Located outside the Old Town in the gorgeous 18th-century Neo-Baroque summer palace of Wrocław's bishops, this under-appreciated museum traces Silesian folk culture and customs. The best part may be the top floor where life-sized dolls are arranged in quaint scenes of life in the region before 1945, part of the permanent exhibition: 'Lower Silesians – Memory, Culture, Identity'. It won't take you long to see it, but the national costumes and farm equipment offer a glimpse of life you won't find in urban Wrocław. And the museum's strange fondness for the definite article in the English labels is worth a giggle.
- **Museum of Illusions:** The Museum of Illusions in Wrocław is a fascinating place that will surely surprise you with numerous inventions. Here, art meets illusion and science. The Museum of Illusions can be treated as a mini-entertainment laboratory with 70 stands with devices that use perspective play, deformed mirrors and lenses, and play with light. It is a perfect place to organize extremely interesting lessons in physics, chemistry, optics or mathematics.
- **Wrocław Contemporary Museum:** The main museum for contemporary art in Wrocław is located in an impressively restored old air shelter west of the Old Town. The above-ground bunker has become an elevator which brings visitors to the café of the museum on the sixth floor, offering a great view of the Wrocław skyline. The surreal atmosphere of the science fiction-like building continues inside with the exhibited artefacts, which do not steer away from controversy. These include a human body made from pubic hair and two baby dolls with the provocative title You can shave the baby.
- **Wrocław City Museum:** The fundamental branch of the Wrocław City Museum, housed inside the revamped Baroque Royal Palace, is Wrocław's most basic, and, apparently, the best museum. Wrocław's recently redesigned Baroque Royal Palace has turned into the city's focal gallery



of engineering – the city's focal wellspring of chronicled antiques, culture, and workmanship. The perpetual display, titled 1000 years of Wrocław follows the interest of craftsmanship and ancient rarities. A few rooms are additionally devoted to the Silesian craftsmanship from over the ages. Aside from the far-reaching historical center displays, Frederick Wilhelm II and Frederick Wilhelm III open for gallery guests. You can explore and experience this place.

- **Museum of Post and Telecommunications:** The Museum of Post and Telecommunications in Wrocław is the only museum institution in Poland collecting and protecting monuments constituting a certificate of postal activity in Poland, including Poczta Polska founded by King Sigismund Augustus in 1558.

- **Movie Gate:** is the only museum in Europe that houses costumes, props and set pieces from famous film productions. Here you can also take in a bit of chemical and physical knowledge, as well as grapple with the unknown and the abstract. The museum is located in the premises of a former German shelter, 6 meters underground.
- **Pharmacy Museum:** is a great place to visit if you are interested in learning about the history of pharmacy and drugs. The Museum is devoted to the history of science and development of health and medicine. A chronological order of the exhibition indicates it clearly.

RESTAURANTS AND BARS

Students in Wrocław have a possibility of choosing a place to eat from a variety of restaurants, pubs, fast food outlets and milk bars. The latter are very popular, due to competitive/low prices and good food.

Low cost options in the city centre:

1. Milk bar "Miś"
ul. Kuźnicza 48
2. Milk bar "Mewa"
ul. Drobnera 4
3. Pizzeria Farina
ul. Wróblewskiego
4. Najadacze
ul. Nożownicza 40
5. Bar Witek
ul. Wita Stwosza 40/1a
6. Bar Karmazyn
ul. Piaskowa 17
7. Lepione
ul. Kuźnicza 42
8. Bar Setka
ul. Kazimierza Wielkiego 50
9. Vega Bar
ul. Rynek 27a

Restaurants close to the IULT:

1. Antalya Kebab
ul. Sołtysowicka 25b
2. Mam Gusta
ul. Sołtysowicka 15a
3. Pobite Gary
ul. Redycka 24
4. University Bar at IULT
ul. Sołtysowicka 19B



PUBLIC TRANSPORT

Public transportation in Wrocław is very accessible. You can travel by streetcars, buses or commuter trains. The first daily buses and trams start running after 4 a.m., and the last ones leave the routes about midnight.

At night, there are thirteen bus lines that run from the most distant city districts through the centre and the Aquapark areas.

In Wrocław, there are two ticket systems: single fares and a system of time fares. There are also long-term tickets (season tickets).

Public transport tickets can be bought at the newsagent's and in ticket machines near bus/tram stops. You can pay for them in cash (coins and notes) or by card.

Tickets are also available in all public transport vehicles, but you can buy them there only by card, via phone application or online.

<https://mpk.wroc.pl/lang/en>

<https://www.wroclaw.pl/en/transport-in-wroclaw>

<https://mpk.wroc.pl/buses-and-trams>

<https://visitwroclaw.eu/en/travelling-around-wroclaw-public-transport>

BIKE & SCOOTER

Wrocław is a cyclist-friendly place. Bicycle routes have been created throughout the city, making getting around extremely easy.

In Wrocław, a few dozen thousand inhabitants use bikes every day. Their number grows every year – people of every age, including families with children, switch to bikes largely due to the introduction of new conveniences for cyclists.



RENT A CITY BIKE

In Wrocław, the Nextbike city bike system is active. It consists of stationary bike rental points. In more than 200 points of the city, you can take a comfortable city bike (there are around 1,000) and ride ahead. The first 20 minutes of ride by the Wrocław City Bike are free of charge.

In order to use the rental point, you have to register in the international Nextbike system. Irrespective of their geographical location, systems are compatible with one another, which means that their users can rent bikes in any city around the world where such rental points operate.

On the website of the Wrocław City Bike, you can find instructions for the use of the rental point in three languages: Polish, English and German.



ELECTRIC SCOOTERS

Electric scooters have quickly become popular as a means of transport. Riding a scooter requires no licence; scooters are user-friendly and do not require a parking place. In Wrocław, there are two electric scooter (e-scooter) rental points: Hive and Lime. The devices are driven by electrical engines and can reach a speed of 25 km/h. They are generally intended for one person, but you can often come across couples using the same vehicle.

You can rent e-scooters using a free application operating on Android and IOS systems. Then you can find available e-scooters on the map – they can be unblocked by scanning the received QR code. The starting fee for renting an e-scooter is 2.50 PLN, and the cost per minute of use is 45 groszy. In order to finish your ride, just park in a safe place and click the "Finish your ride" button.

The application makes it possible to park a scooter for a period of 30 minutes without having to finish and resume the ride, and no other person than the logged user will be allowed to use the scooter during that time.

TOURIST INFORMATION CENTRES

There are many information points in Wroclaw where you can get the most important information about the city.

This is where you can learn about the most important attractions, accommodation, transport services and most recent events. In the centre, you can also buy guides, city plans and souvenirs with characteristic motifs of Wroclaw, including obviously famous Wroclaw dwarves or buildings.

1. Cultural and Tourist Information

Rynek 14

2. Info Centrum

Plac Katedralny 1

3. Information Center

Sukiennice 12

4. Tourist information

ul. Piłsudskiego 105

CONSULATES

In Wroclaw, there are 26 consulates representing states from various parts of the world. Their task is mainly to promote cultural events featuring artists from the countries that they represent and to support business and social and cultural initiatives. In Wroclaw there is a large population of Ukrainians, Germans, Italians, Americans and Russians, and many young people from India, China and Belarus arrive to study here.

For more information about the consulates, visit www.gov.pl.



PESEL NUMBER

According to the provisions that came into force on 1st January 2018, every foreigner residing in Poland will be assigned a PESEL number. This does not apply only to those who plan short-term stays not requiring registration of residence, if such a stay in the territory of the Republic of Poland does not exceed 30 days.

Citizens who plan to stay in Poland for longer than 30 days have to register their residence in the City Office not later than on the fourth day of their stay in Wrocław.

Formalities may be completed in: Inhabitant Service Centres in the city by submitting the following documents:

- „permanent residence reporting” or „temporary residence reporting” form,
- a passport and a document obtained in the Republic Poland, i.e., a visa, a residence card, a permanent residence approval or a temporary residence approval (the relevant document for Wrocław inhabitants is issued by the Lower Silesian Provincial Office, Pl. Powstańców Warszawy 1),
- if a foreigner is the owner of the premises that he/she wants to register as his/her residence or has another legal title to them, he/she should present the document that will confirm this, e.g., a civil-law agreement (e.g., a lease agreement), an extract from a land register, an administrative decision or a court decision,

- if a foreigner is not the owner of the premises that he/she wants to register as his/her residence and does not have any other legal title to them, his/her stay has to be signed and confirmed on the residence reporting form by the person having a legal title to the premises. The document confirming the legal title to the premises has to be presented for viewing in the office,

The residence registration service (and, consequently, obtaining a PESEL number) is free of charge. The clerk will register permanent residence or temporary residence immediately upon receipt of notification.

Important: Registration of residence in Wrocław is also possible via authorised representative. He/she has to show his/her personal ID card or passport as well the original power of attorney granted to him/her.



BANK ACCOUNT

While selecting a bank to open an account in, you need to consider how long it will take to set up the account, bank charges, and availability of ATM units. Investors planning to start a company in Poland also look into the bank's policies towards corporate clients and the facilities they provide.

Most banks offer online banking and other services for clients. However, their accessibility, quality, and reliability are the most important criteria when choosing a bank.

There are around 600 different banks in Poland, including private and public institutions. Since you have so many options, it's best to gather essential information about them to choose the best bank for you. Banks in Poland are not that expensive -- the average monthly fee is around PLN 15 to 20, which is under €5.

One thing to ensure is that the bank you open an account in accepts non-residents, as not all of them do so. You also need to check if the bank allows you to use multiple currencies as, unlike most European countries that use the Euro, Poland uses the Polish Zloty as its official currency.

When trying to open an account with a traditional bank, read online reviews and forums to avoid long wait times and other

administrative obstacles. Find out whether the bank offers online banking and if it has ATMs where you plan to be. If you use other banks' ATMs to withdraw cash, you may be charged a small fee.



In emergency cases, emergency ambulance service and specialists in hospital rescue wards are available to help the injured. If you feel unwell at night, need help within the scope of primary health care and it is not an emergency condition endangering health or life, contact the outpatient department. At night and on holidays, no division into districts applies within the scope of primary health care. Patients can seek medical aid in any place.

Rules of the use of medical care by foreigners

Persons insured in EU/EFTA member states should present a European Health Insurance Card (EHIC). In the absence of a EHIC or a certificate, the hospital may charge the patient with costs of treatment by issuing an invoice.

Citizens of Albania, Bosnia and Herzegovina, Montenegro, the Russian Federation and Serbia staying in Poland on the basis of valid visas are entitled to necessary health care services in the event of a sudden illness or an accident. Costs of such services are covered by the Ministry of Health.

Persons who are not covered by health insurance in Poland or any other EU/EFTA member state are entitled to health care services against payment.

In most hospitals, the personnel includes persons with a good command of English.



EMERGENCY PHONE NUMBERS

- Emergency rescue service 112,
- Municipal Guards 986,
- WOPR (Voluntary Water Rescue Service) Emergency Centre, emergency number (on the water): 601 100 100,
- Energy emergency service 991 (free call, available also from mobile phones),
- Gas emergency service 992,
- Heating emergency service 993.

SIM CARD

SIM cards can be bought at many places: shops, newsagents, petrol stations, tobacconists or the stores of the network operators. Managing your account online by web browser may require some Polish language skills, as no English homepage is available (except Lyca Mobile which has website in English).



THE BIGGEST EMPLOYERS IN THE TSL INDUSTRY IN WROCŁAW

- 3M,
- COLIAN LOGISTIC,
- DACHSER,
- DB SCHENKER,
- DHL EXEL SUPPLY CHAIN POLAND,
- DSV GROUP,
- ELECTROLUX POLAND,
- EKOL LOGISTIC,
- EUROFLEX POLAND,
- HEGELMANN,
- JUNGHEINRICH POLSKA,
- KUEHNE + NAGEL,
- LOGWIN POLAND,
- LOTOS KOLEJ,
- NESTLE PURINA,
- PEKAES GROUP,
- PRIORITY FREIGHT,
- RABEN GROUP,
- RHENUS LOGISTICS,
- RITEX LOGISTICS,
- ROHLIG SUUS LOGISTIC,
- SENNDER POLSKA,
- SORTING GROUP POLAND,
- VGL GROUP.



ABOUT UNIVERSITY

AUTHORITIES OF THE UNIVERSITY :

- President: Janusz Pawęska, MSc
- Rector: Marcin Pawęska, PhD, Prof. at the IULT
- Vice-Rector: Zenon Zamiar, PhD, Prof.
- Dean: Stanisław Ślusarczyk, PhD
- Vice-Dean: Karolina Lis, PhD
- Vice-Dean: Michał Kruszyński, PhD
- Chancellor: Edmund Klimczak, MSc

The core of the University's structure consists of:



ADMINISTRATIVE DEPARTMENTS OF THE IULT

1. **The Dean's Office** is the place where you can handle your student affairs. This is where you will receive your certificate, collect your ID card, obtain registration for the next semester of study, apply for a scholarship or request an extension of your examination session.

Phone: 71 325 15 14, int. 121
Room number: 9 (ground level)
dziekanat@msl.com.pl

Opening hours:

Mon – Thu 8 a.m. – 2 p.m.

Fri: closed

Sat: 9 a.m. – 2 p.m.

Sun: 9 a.m. – 12 p.m.

On weekends the Dean's Office is open **only when there are classes.**

2. **Welcome Centre** – an office dedicated to an ad-hoc support for all international students and guests at the IULT. Welcome Centre is designed to secure a cosy space to get advice, sit down and relax or simply get directions.



Welcome Centre is open Monday – Friday from
7:30 a.m. – 3:30 p.m.

Welcome centre: room number 213

3. International Cooperation Office: office that recruits international students for study and English language courses. Students can get support here every day. If they have any problems they can come to the office for help. The department is responsible for the Erasmus + program. All types of trips to universities and the organization of internships abroad.

Open to students from Monday till Friday from
10 a.m. – 1 p.m.

ICO: room number 210

4. Career office mission:

- help and support for students in choosing their professional career path,
- assistance in preparation to enter on the labour market,
- help in finding internships and jobs that correspond with student's education and aspirations

The office open to students:
Monday – Friday from 8 a.m. – 4 p.m. and
each meeting Saturday from 9 a.m. – 2 p.m.

Careers: room number 05

5. Financial department: here you can get all the payment information. Also here students can collect invoices and receipts. Open to students

Monday – Friday, 8 a.m. – 3 p.m.

Financial Dep: room number 3

6. International Projects Office: The office deals with the preparation and implementation of international projects.

Open to students:

Monday – Friday from 8 a.m. – 3 p.m.

International Projects: 1st floor

7. Library: open to students

Monday – Wednesday 8 a.m. – 4 p.m.

Library: room number 312

USEFUL LINKS

- https://www.use-it.travel/_files/fileupload/cities/plans/2023_wroclaw.pdf
- <https://wroclawguide.app/en/>

Bicycle routes in Lower Silesia:

- <https://dolnyslaskrowerem.pl/en>
- <https://www.slideshare.net/Wroclaw/rowerowa-mapa-wrocawia-2021>

