PRACTICAL GUIDE FOR INCOMING STUDENTS

Welcome to Collegium Medicum!

Ludwik Rydygier Collegium Medicum NCU
Bydgoszcz
Academic year in Poland is divided into two semesters of 15 weeks each – **winter** and **summer semester**.

**Winter semester** starts in October and ends in mid-February. There is a break for Christmas holidays which lasts about ten days.

Winter examination session usually takes two or three weeks and starts between January and February.

Winter retake examination session takes place in summer semester. It starts in February/March when regular classes are already held.

**Summer semester** starts in mid-February and ends in June. There is a one-week break for Easter.

Summer examination session starts in June and lasts for two or three weeks.

Summer retake examination session starts before the beginning of the new academic year, at the beginning of September.

Summer holidays last three months - from the beginning of July till the end of September. Every student is obliged to complete a 4-week Holiday Work Placement during that period.
### GRADING SYSTEM AT UNIVERSITY LEVEL

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
<th>Note</th>
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<tbody>
<tr>
<td>5,0</td>
<td>very good</td>
<td>highest grade</td>
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<tr>
<td>4,5</td>
<td>better than good</td>
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<tr>
<td>4,0</td>
<td>good</td>
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<tr>
<td>3,5</td>
<td>better than satisfactory</td>
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<tr>
<td>3,0</td>
<td>satisfactory</td>
<td>lowest passing grade</td>
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<tr>
<td>2,0</td>
<td>unsatisfactory</td>
<td>failing grade</td>
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<td><strong>ZALICZONY (ZAL)</strong></td>
<td>credit/pass</td>
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At the beginning of the academic year every student gets access to his/her private account in **USOS system**, which enables students to see all their grades.
In order to receive a student ID each student should deliver his/her ID photo on a CD to the office and pay the fee for issuing the ID to the individual bank account number received from the office staff. The photo should be taken without any head cover.

Student ID gives the right to get discounts on public transport (trams, buses, trains) as well as in cinemas, theatres, certain museums, clubs, restaurants around the country.
MEDICAL EXAMINATIONS & VISA

Each student is obliged to do two medical examinations:
- Stool test
- Blood test

AND

- obtain a document that would prove staying in Poland to be legal (registering of residence - VISA)

Information about medical examinations and visa application can be also found on our website:

http://www.cm.umk.pl/en/studiesen/informations-for-students/medical-examination.html

http://www.cm.umk.pl/en/studiesen/informations-for-students/visa-information.html
According to university policy referring to all students of medicine, each student is obliged to have valid OC insurance (Liability insurance) and NNW insurance (Personal accident insurance).

Lack of the insurance, by the decision of prof. Jawień, will result in not stamping student IDs for the next semester!

*Information concerning obtaining OC & NNW insurance will be given later.
HOLIDAY WORK PLACEMENT

After each year of studies, every student has to complete a 4-week holiday work placement:

1st year students - a 4-week nursing practice in clinics or at hospital wards

More information available on:
http://www.cm.umk.pl/en/studiesen/informations-for-students/summer-practice-programs.html
In case you need advice, assistance or support contact Students’ Counsellor Ms Magdalena Smoczyńska.

The counsellor is available for students twice a month. The exact dates will be given at the beginning of the semester.

In order to avoid long waiting please contact Ms. Smoczyńska by e-mail: smoczynska.m@gmail.com
STUDENTS’ AFFAIRS

Students’ Self Governing Body
13 Jagiellońska Street (Student Initiative Club Building)
e-mail: samorzad@cm.umk.pl

Students' Scientific Society
13 Jagiellońska Street (Student's House No 2, room 21)
tel. (52) 585-34-71
e-mail: stn@cm.umk.pl; stncmumk@gmail.com
opening hours: Monday 16-18

Choir of Collegium Medicum
rehearsals: Mondays and Wednesdays at 18.00 pm
13 Jagiellońska Street (building A) room 3
e-mail: chor@cm.umk.pl

Academic Sports Association
Centre for Physical Education and Sport
20 Świętojańska Street
tel. (52) 585-54-16
e-mail: azs@cm.umk.pl
IFMSA Poland

IFMSA Poland is not only a pure formality. It is an amazing boost of energy, interesting connections, trips, events and much more. Come and discover, what attracted over a million students from all over the world and to the activity in our Association.

IFMSA Poland
15 Jagiellońska Street (room 013 B)
tel. (52) 585-33-55
e-mail: bydgoszcz.ifmsa@gmail.com
opening hours: Tuesday and Wednesday 16-17
Students Scientific Associations (SKN)

SKN of Cell Biology and Ultrastructure
Department of Histology and Embryology
Coordinator: dr Magdalena Izdebska

SKN of Medical Biology
Department of Medical Biology
Coordinator: dr hab. Celestyna Mila-Kierzenkowska

SKN of Biophysics
Department of Biophysics
Coordinator: dr Blanka Ziomkowska

SKN of Normal Anatomy
Department of Anatomy
Coordinator: dr Marcin Wiśniewski

SKN of Biotechnologists
Department of Molecular and Forensic Genetics
Coordinator: dr hab. Marcin Woźniak

SKN of Dermatology
Department of Molecular and Forensic Genetics
Coordinator: dr Marek Jankowski

SKN of Diabetology
Department of Endocrinology and Diabetology
Coordinators: dr hab. Agata Bronisz, dr Anna Kamińska

SKN of Pathology
Department of Pathology
Coordinators: dr Łukasz Szylberg, dr Magdalena Bodnar

SKN of Gene Therapy
Department of Gene Therapy
Coordinators: dr hab. Piotr Kopiński, mgr Ewelina Wędrowska

SKN Communication in Medical Care
Department of Paediatrics, Haematology and Oncology
Coordinator: dr Katarzyna Jankowska
SKN of Microbiology
Department of Microbiology
Coordinator: dr Patrycja Zalas-Więcek

SKN of Endocrinology
Department of Endocrinology and Diabetology
Coordinator: dr Marcin Gierach

SKN of Cellular Immunology
Department of Immunology
Coordinators: prof. dr hab. Jacek Michałkiewicz, dr Małgorzata Wiese

SKN of Clinical Immunology and Internal Diseases
Department of Allergology, Clinical Immunology and Internal Diseases
Coordinator: dr Joanna Kołodziejczyk

SKN of Psychiatry
Department of Psychiatry
Coordinators: lek. Maurycy Araszkiewicz, dr Ewa Ogłodek
BYDGOSZCZ
Bydgoszcz is one of the ten biggest cities in Poland as well as a cultural and scientific centre in the Kuyavia-Pomerania region. According to a legend, the name of the city derives from the phrase ‘be our guest’. The open gates in the city’s coat of arms symbolize hospitality and a warm welcome of its inhabitants.

Online guide by visitbydgoszcz.pl:
BUSES & TRAMS

Tickets are the same both for trams and buses. You may buy them in small news-stands (KIOSK) which are usually open till 6 p.m. There are also ticket vending machines located within the city. Both buses and trams operate from 5.00 a.m. till 11.00 p.m.

Remember that large luggage needs an additional normal ticket. There are not any conductors on board but your tickets will be frequently checked. You need to buy a ticket beforehand and punch it when you get on the bus. Tickets used in one city cannot be used in another.

Polish University Student ID card authorizes the holder to discounts on tram, bus, and train tickets (but in case of train tickets you cannot be older than 26 in order to have a discount!) – if you do not have student ID, use a normal ticket.


To plan your journey you can use: http://bydgoszcz.jakdojade.pl/?locale=en

How to activate your Student ID?

fill in the application:  

*ELS (Elektroniczna Legitymacja Studencka) – Student ID

BIKE RENTAL

Bydgoski Rower Aglomeracyjny is a self-serviced bike rental system, which consists of 37 stations and 364 bikes. The stations are spaced every few hundred meters, which makes it easy to reach the selected area at any time. Bydgoski Rower Aglomeracyjny is a modern and environmentally friendly complementation of the city transport system. It operates 24 hours a day in the spring, summer and autumn. When renting a bike, every first 20 minutes of driving are for free.

For more information: https://www.bra.org.pl/how-it-works.html?lang=2

Information about other bike rentals can be found here: http://www.visitbydgoszcz.pl/en/plan/moving-around/2273-bike-rental

If you choose to use a taxi, it is recommended to take licensed corporations such as:

- +48 52 3444 444 (Taxi Łuczniczka)
- +48 52 3444 000 (Taxi Express)

http://www.taxi.bydgoszcz.eu/

The entry fee is around 7 PLN; the fee for each ‘km’ is around 2.50 PLN.
Travelling in Poland/Europe

**Train:**

**Bus:**

**Plane:**
Bydgoszcz Airport: [http://plb.pl/](http://plb.pl/)

**Flights to:**
WHAT TO SEE IN BYDGOSZCZ

MILL ISLAND

Mill Island is a heart of Bydgoszcz and one of the most unusual places in Bydgoszcz. What makes the Island unique? First of all, its location in the heart of the city, just a few steps from the Old Market Square. The Mill Island is a green oasis in the city centre. Water, footbridges, old mills (now museums), red-brick buildings reflected in the depths of Młynówka (called Bydgoszcz Venice), groomed green - all this create an atmosphere of Bydgoszcz river island.
OPERA NOVA

Opera NOVA is a modern musical theatre that takes into consideration the preferences of highly diversified audiences. Although the mainstream repertoire comprises great opera and ballet works, the Bydgoszcz company also stages operettas and musicals. The theatre's constant ambition is to attract outstanding producers; this is probably why the successive premieres of Opera NOVA have won considerable critical and public acclaim.

http://www.opera.bydgoszcz.pl/lang.2

5 Marszałka Focha Street
85-070 Bydgoszcz
Tel. +48 52 325 15 02
MUSEUM OF SOAP AND HISTORY OF DIRT
Museum of Soap and History of Dirt – first in Europe. You can learn more about hygiene and washing history since antiquity, some historic figures: Tomasz Łaziebnik Plugawy or Zabłocki (Polish proverb character). The Museum shows pre-war detergent commercials and informs about how soap is made.

Ticket: 12 pln
The price includes hands-on experience with soap making!
ul. Długa 13 - 17
85-032 Bydgoszcz
Tel. +48 52 515 70 15

www. muzeummydla.pl

The Exploseum, operating in the area since July 2, 2011, presents technology of explosive materials, the history of this site, an atmosphere of that period, but first of all it documents slave labor of thousands of people, the heroic fight of the underground and acts of sabotage.

The Exploseum is a modern blend of a narrative-type museum, in which multimedia coexist with traditional forms of exposition. This unique example of industrial architecture has been preserved practically unchanged since the period of World War II. Visitors tour a route that surprises with various historical contexts, mysterious rooms and tunnels, filled with exhibits and “Explonats”, visiting a multilayered exhibition, divided into different topics.
Fusion of fashion, design, streetwear and streetart – all these create one event – Kramberry Fashion Fair.

http://kramberry.pl/
Myślićinek - Forest Park for Culture and Leisure

The largest green space in Bydgoszcz – in total nearly 500 hectares of land. It is an area of very special natural, recreational and educational qualities. However, Myślićinek is not just ‘green lungs’ for the city, but a place that hosts picnics, festivals, concerts and various competitions!

Some of the attractions of Myślićinek are:

- Climbing Wall
- Entertainment park
- Golf Academy
- Icerink
- Downhill biking
- Go-cart rental
- Ski Slope
- Wakepark
- Polish Fauna Garden (ZOO)
- Botanical garden
- Horse Riding Center

http://www.myslecinek.pl/en
Wake Park is a unique place with holiday atmosphere which offers wakeboard riding.

After an active recreation you can relax on the beach.

Wake Park on youtube: http://www.youtube.com/watch?v=NOK6rWa_YFk

http://www.wakeparkbydgoszcz.pl/
**Scandinavian Day** was an event organized by **Collegium Medicum**.

During the "Scandinavian Day" the inhabitants of the city had an opportunity to get familiar with Scandinavian culture, talk to the students and take part in a whole range of attractions for both children and adults.
Bydgoszcz Saint Patrick’s Days were co-organised by Collegium Medicum. The inhabitants of Bydgoszcz were invited to celebrate the internationally known festival together with the guests from Ireland. This joyful event combined the elements of both Irish and Polish culture.
CINEMAS

ul. Marszałka Focha 48
http://multikino.pl/pl/w-kinie/

ul. Jagiellońska 39-47 (Focus Park)
http://www.cinema-city.pl/bydgoszcz

ul. Fordońska 141 (Galeria Pomorska)
http://www.helios.pl/38,Bydgoszcz/StronaGlowna/

ul. Marcinkowskiego 12 - 14
http://www.mok.bydgoszcz.pl/?p=eng
Gyms & Fitness Clubs in Bydgoszcz

Shopping Centre Drukarnia
ul. Jagiellońska 1

Focus Mall
ul. Jagiellońska 39
http://www.stepone.pl/

ul. Fordońska 156
http://www.sportfactory.pl/

ul. Skłodowskiej-Curie 16-18
http://www.megafit.bydgoszcz.pl/

Other fitness clubs can be found here:
http://www.google.pl/#bav=on.2,or.r_qf.&fp=5a35eccc70786ba3&q=fitness+bydgoszcz
Shopping

Most of the shops are open from Monday to Friday from 6 a.m. – 7 p.m. On Saturdays they are usually open till 2 p.m. and closed on Sundays.

Bigger shops, supermarkets and shopping malls are open 7 days a week:
• from 9 a.m. – 9 p.m. (e.g. Focus Mall, Galeria Pomorska, CH Rondo, Zielone Arkady);
• from 6 a.m. – 11 p.m. (Żabka);
• from 7 a.m. - 9/10 p.m Mon-Sat, 9 a.m. – 8/9 p.m. Su (Biedronka, Lidl, Leclerc).

There are also shops open 24 hours a day (e.g. TESCO)
Cost of living in Bydgoszcz

Bread ~ 2.50 PLN
Milk (1l) ~ 3.00 PLN
Corn flakes (250gr) ~ 3.20 PLN
Lipton Tea (100 teabags) ~ 14 PLN
Yoghurt (150ml) ~ 1.30 PLN
Jam (280gr) ~ 3.5 PLN
Yellow Cheese (1kg) ~ 16 PLN
Ham (1kg) ~ 39 PLN
Sugar (1kg) ~ 3.50 PLN
Milk chocolate (100gr) ~ 2.70 PLN
Orange juice (1l) ~ 4.00 PLN

1 EUR ~ 4.29 PLN (August 2016)
Enjoy your stay in Bydgoszcz!

Centre for Medical Education in English in Nicolaus Copernicus University Ludwik Rydygier Collegium Medicum in Bydgoszcz

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85-090 Bydgoszcz
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fax +48 52 585 3950
studiesinenglish@cm.umk.pl