

Welcome Guide



Jan Dlugosz
University
in Czestochowa



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OUR TASKS

- visa procedure
- legalisation of residence
 - accommodation
- support in getting around
 - official matters
 - medical assistance

CONTACT US

WELCOME CENTRE

room 141

phone: +48 (34) **37 84 272**

e-mail: welcomecentre@ujd.edu.pl

4/8 Waszyngtona St.

(main JDU building – 5-minute-walk from the train/bus station)

We speak English, Ukrainian, German, Russian and Italian

DEPARTMENT FOR RESEARCH & INTERNATIONAL RELATIONS

phone: +48 (34) 3784 364 | room 116

phone: +48 (34) 3784 271 | room 141 - 142

e-mail: international@ujd.edu.pl

Want to feel familiar with the University?

You can find us on



For our Application

“WELCOME TO JDU”

in English and Ukrainian
go to



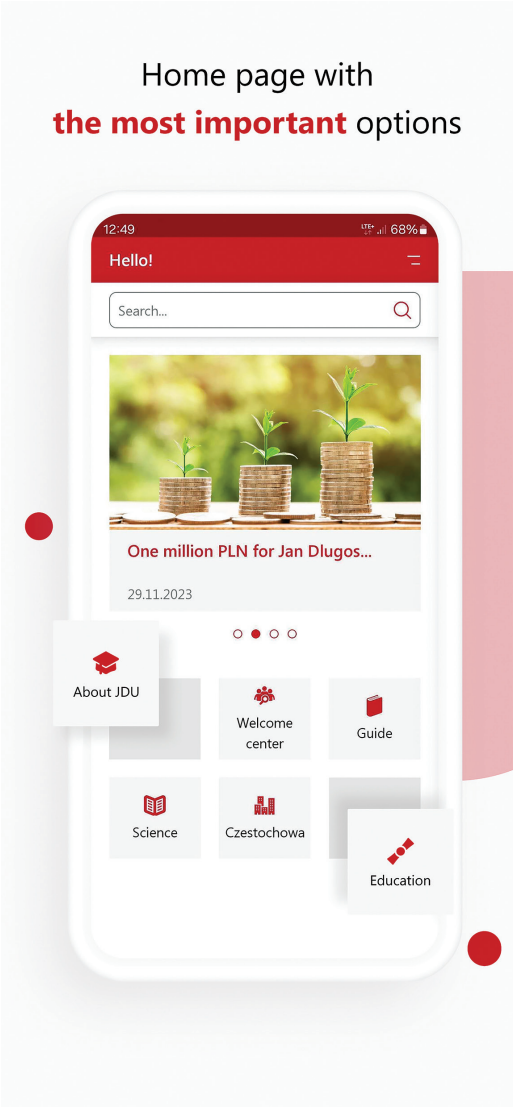


STUDENT'S FIRST STEPS ON THE UNIVERSITY'S PATH

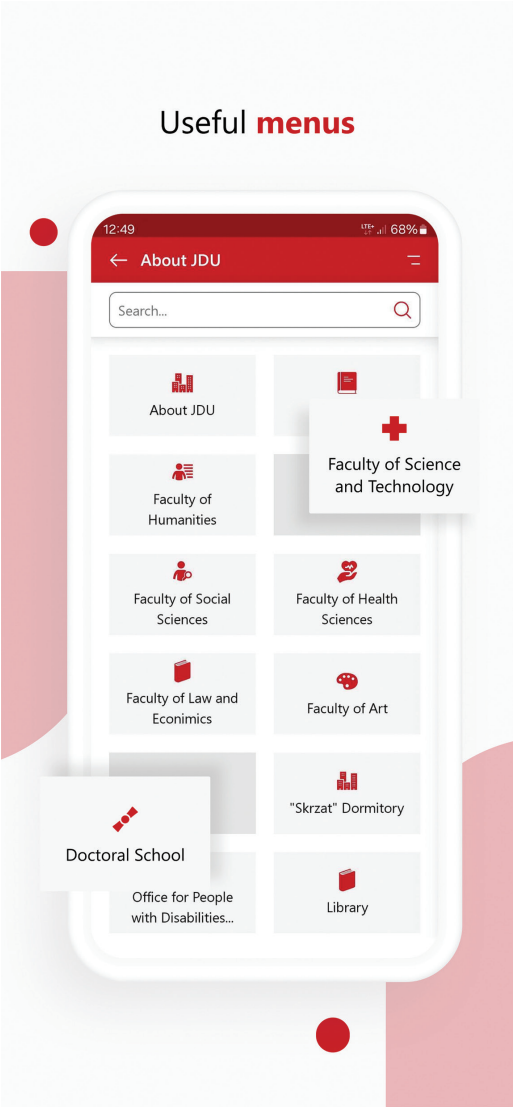
- download the Welcome to JDU app
- go to the reception desk of Student House Skrzat (24/7)
to pick up your room keys
- fill out an application for registration of residence
 - application to be submitted to the City Hall, Welcome Centre will help you
- provide a passport size photo (3,5 x 4,5 cm) with a white background
for your residence card
- pick up your individual account number for dormitory fees
at the reception desk of the Student House Skrzat
- contact Welcome Centre
 - 4/8 Waszyngtona St., room 141, phone: +48 (34) 7384272
- hand over your arrival documentation to Welcome Centre
- get your USOS and e-learning access data from Welcome Centre
- pick up your student card at Welcome Centre (if applicable)
- make an appointment with the appropriate faculty coordinator
 - you will receive information about the course schedule
- check if the subjects chosen before your arrival will be implemented
- take part in an orientation week organized by Welcome Centre
at the beginning of each semester

WELCOME TO JDU

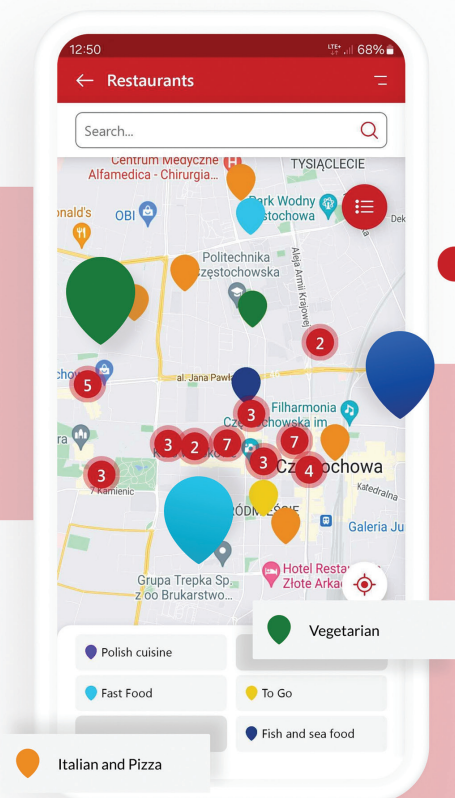
Home page with
the most important options



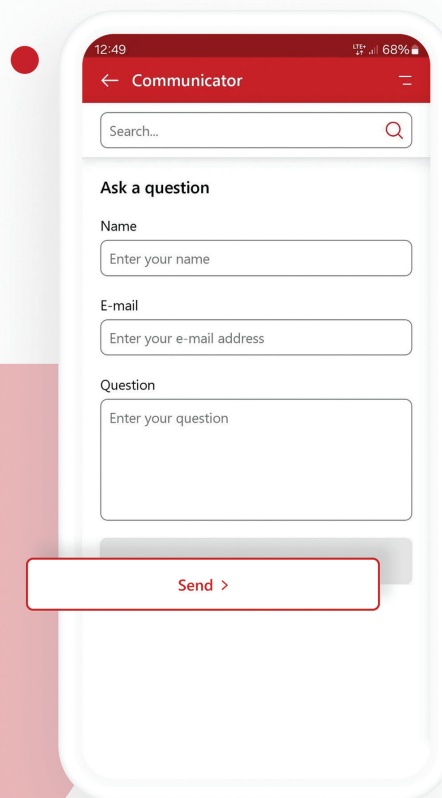
Useful menus



Maps with important locations



Quick contact using messenger





WE ARE BOTH FOR THE MAJORITY AND THE MINORITY

Students and postgraduates with disabilities and special health needs can benefit from the assistance of the Office for Persons with Disabilities (BON). The BON staff will help prepare appropriate support to assist in the educational process or academic activities.

The Office is attended by qualified staff, and provides so-called silence room for people who need to calm down and relieve tension and a baby-room.

Students and postgraduates with special health needs can also benefit from the support of departmental Disability Coordinators.



WE CAN HELP

4/8 Waszyngtona St. (main University building)

phone: +48 (34) 7384 304

e-mail: bon@ujd.edu.pl

The University has a Psychological Support and Counseling Team, whose assistance is aimed at students, PhD students and employees of the University.

The point of psychological support and assistance in stationary form operates in the building at 2/4 Zbierskiego St.

You can get there by tram lines 1, 2, 3 or bus number 25.

Contact address: psychological_help@ujd.edu.pl



WE ARE TOGETHER FOR ALL

The Erasmus Students' Club is a student and PhD student-oriented organization dedicated to support, develop and promote mobility through international student exchange programs, particularly Erasmus+ program.

For anyone interested in knowing more about Poland - here's how we can help you:

- at the beginning of your stay, we will assign you a student mentor /contact person/ who will help you with formalities, show you around the university, the city, etc.
- we will help you find accommodation in the city
- we will invite you to integration and orientation events, such as „Welcome Week” or „Erasmus Dinner”
- we will organize group sightseeing tours
- we will run a presentation on history and culture of Poland

If interested, feel free to contact us: club_erasmus@ujd.edu.pl

There is an organizational support group for Ukrainian students at JDU. It is made up of Polish and Ukrainian postgraduates and students who help with official, banking and university formalities and facilitate acclimatization at the university and in the city. The group can be contacted at: solidarnizukraina@ujd.edu.pl

Don't forget
about our app
“WELCOME TO JDU”





WHERE TO STAY / ACCOMMODATION

Located in the heart of the University campus, the modernized student house offers students about 500 beds in single and double rooms. Thanks to its convenient location, it allows quick travel to University buildings and points of interest in Czestochowa on foot.

Keeping in mind that studying is not just about learning and concentrating on educational materials, the dormitory offers the following facilities for the residents: well-equipped kitchens, free Internet access, laundry room, theme rooms, depot, gym, fitness room, billiards and table tennis room, TV room.

The student house has its own car park and bicycle shed. The area around the student house is surrounded by:

- grocery stores
- discount stores
- pizzerias
- pubs
- an aquapark
- a sports and concert hall
- bicycle paths
- public transportation stop
- medical care centers

Feel free to contact us, we speak English and Ukrainian.

Student house “Skrzat” (means “Dwarf”)

76/78 Dabrowskiego St.

phone: +48 (34) 361 07 38 (open 24/7)

e-mail: skrzat@ujd.edu.pl

From the university building, you can reach the dormitory by bus numbers **13, 22, 25** or by tram line number **3**.

Academic staff are offered the use of guest rooms on campus. In two buildings, JDU offers 46 beds in single and double rooms, with private bathroom or in the corridor.

Additional information, including reservations:

tel. +48 (34) 3783102 or +48 (34) 3784103

If for some reason you prefer to live in a private place out in the city, below you will find some helpful links, in finding an apartment. Welcome Center is always here to help.

**Where to find
private accommodation?**



FEEL SAFE, SECURITY, INSURANCE

In case of emergencies, assistance is provided in the hospital emergency department (SOR). It also includes immediate diagnosis and treatment depending on the patient's condition.

Designated clinics provide night and holiday health care from Monday to Friday from 6 p.m. to 8 a.m. the following day, and 24 hours a day on public holidays.

If you are not entitled to free health care, you should expect the following costs for basic treatment:

- a doctor's visit PLN 150-250 (€30-55)
- a dental visit PLN 100-500 (€ 25-100)
- medicines for cold PLN 30-100 (€ 7-25)

**REMEMBER
THESE
NUMBERS**

emergency number

112

police

997

fire department

998

emergency medical service

999

If you are in danger, need an ambulance, police or fire department, the easiest and fastest way is to **DIAL 112**. You will be asked for your name, address, phone number and reason for the call. Use this number only in justified cases!

Health insurance is mandatory for all foreigners for the entire duration of their stay at JDU.

There are two types of health care services available in Poland: public and private. This is important especially for long-term stays.

For EU citizens:

in order to benefit from free health services in Poland, you must have valid health insurance in your country and apply for a European Health Insurance Card (EHIC). The card entitles you to treatment only in case of sudden illness. In case of chronic illnesses or continued treatment, you need to apply to the National Health Fund in Poland (NFZ) for an additional document from your doctor in your country.

For non-EU citizens:

you must take out international medical insurance before coming to Poland.

Below
you can find
some helpful links





FORMALITIES

ALL THE STEPS MENTIONED HERE ARE REALLY IMPORTANT.
PLEASE CONTACT OUR WELCOME CENTRE, WE WILL HELP
YOU WITH THE ENTIRE FORMAL PROCEDURE.

To cross the Polish border

- EU Citizens need to have a valid document providing your nationality.
- Other citizens (non-EU) need, in addition to a valid passport, a visa (to obtain in your country of origin), documented possession of means of living in Poland and return to the country, health insurance. Detailed information can be obtained from Polish embassies abroad.
- Legalisation of stay after a period of 90 days from crossing the Polish border is the obligation of all foreigners, regardless of whether a visa is required or not.
Students can apply for a temporary residence permit.



All formalities related to the legalisation of stay can be arranged at the **Department of Civil Affairs and Foreigners in Czestochowa, 7 Sobieskiego St.** (temporary residence permit).



You as a temporary resident should register at the **Czestochowa City Hall, Department of Civil Affairs, 5 Waszyngtona St.** You will get there on foot from the University.

Here's a link to
governmental
instruction:



Don't forget
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DAILY LIFE

The student ID card entitles the holder to discounts on public transportation, and also allows reduced ticket prices to many cultural institutions and ticketed events, such as cinemas, concerts, swimming pools and museums. The discount is up to 50% off the price.

Where to eat?

In close neighborhood of the dormitory there are many stores, bakeries, eating places.

Knowing that it is now possible to order a meal, below we provide helpful links:



How to travel around the city?

Moving around the city, you can easily use the tramways and bus lines:



**AND REMEMBER AFTER EACH ENJOYABLE
EXPERIENCE, SHARE THE IMPRESSIONS WITH OTHERS.
LET THEM BENEFIT TOO.**

How about using...?

If you need hairdressing or other services, it's worth using the app:



Where to relax, chill, enjoy?

Czestochowa is buzzing with student life and there is certainly something for everyone. It is worth taking advantage of the offer of sports centers, fitness clubs (it is worth buying a pass), philharmonic hall, theater, cinema, exhibitions, music clubs, cafes.

A good idea would be to search Facebook. Check the following links:



Remember the range of sports facilities available.

Czestochowa has several swimming pools and an aqua park, with an ice rink worth using in winter.





ABOUT THE JDU

Jan Długosz University in Częstochowa has been existing on the academic map of Poland since 1971. Six faculties and other units create the structure of the university.

Some 6000 students study at JDU, the number of graduates is close to 75000 people, PhD degrees have been awarded to 119 people, and habilitation - 13.

Our staff is close to 700 members, including 60 professors.

The campus of the university has 7 buildings and the student house located in the city center and within walking distance from each other.

THE UNIVERSITY OFFERS STUDENTS:

- studies in 60 majors in Polish
- studies in 11 majors in English
- over 200 lecture halls, training rooms and laboratories
- students and staff mobility under the Erasmus+, CEEPUS and government programs e.g. for Polish Diaspora
- internships for students on the basis of inter-university mobility
- University campus

THE UNIVERSITY ENABLES SCIENTIFIC STAFF:

- scientific activity in more than 20 disciplines
- scientific research in modern laboratories and research centers
- participation in international projects
- employment as a foreign professor
- obtaining doctoral and postdoctoral degrees in 13 disciplines
- publishing in 10 scientific journals
- participation in international scientific conferences
- scientific and teaching internships



YOUTUBE



NAWA



NCN



NCBR



BUILDINGS OF JAN DŁUGOSZ UNIVERSITY IN CZĘSTOCHOWA

- | | |
|--|---|
| <p>1 Rector's Office, JDU Main Building Faculty of Social Sciences Władysław Bieganski Collegium Medicum Faculty of Art 4/8 Waszyngtona st.</p> | <p>4 Faculty of Law and Economics Faculty of Humanities Faculty of Art 2/4 Zbierskiego st.</p> |
| <p>2 Faculty of Humanities University Library 36a Armii Krajowej av.</p> | <p>5 Faculty of Art 14 Dąbrowskiego st.</p> |
| <p>3 Faculty of Science & Technology Władysław Bieganski Collegium Medicum Planetarium 13/15 Armii Krajowej av.</p> | <p>6 Władysław Bieganski Collegium Medicum Academic Sports Center 6 Zbierskiego st.</p> |
| | <p>7 "Skrzat" Student Home 76/78 Dąbrowskiego st.</p> |

TIPS ABOUT THE CITY

Czestochowa is a medium-sized city in southern Poland with a 650-year history. About 200,000 people live here. The city has a theater, a philharmonic hall, sports halls, swimming pools and a speedway track. The most important historical center known worldwide is the Jasna Gora Monastery.

The city is located in the Jura Krakowsko-Czestochowska region known for its charming ruins of medieval castles, limestone rocks and forested areas. It is an ideal area for fans of hiking, rock climbing, bicycle tours and landscape painters. Gourmets of roast trout, local beer, lovers of balloon flights or horseback riding will find their place there.

Czestochowa has a great location and a very good rail network. At a distance of 60 km there is an airport (Katowice-Pyrzowice). You can easily plan and organize one or several day trips by train to:

- Krakow (1.5 h),
- Warsaw (2 h),
- Wroclaw (2 h),
- Zakopane (3.5 h),
- Gdansk (6 h),
- Vienna (6 h),
- Bratislava (6 h),
- Prague (6.5 h),
- Berlin (7.30 h)
- Lviv (9 h).





THINGS TO DO IN CZESTOCHOWA AND ITS REGION

- visit all the units of JDU (including planetarium)
- climb the tower of the Jasna Gora Monastery (count the stairs)
- see the veiling/unveiling of the image in the Jasna Gora chapel
- take a ride on the Double Decker bus in summer
- walk along the Niemen Promenade
- go to Lisiniec Park, especially in the spring and summer
- see the old market
- go to aquapark (walking distance from Student House Skrzat)
- visit museum of Iron mining in Staszic Park
- go to Ojcowski National Park - built of Jurassic limestone created about 150 million years ago
- visit castle ruins in Olsztyn (distance from Czestochowa 15 km)
- go to Błędowska Desert - the only desert in the country and also the biggest in Europe (distance from Czestochowa 90 km)
- visit the castles in Bobolice, Mirów, Ogrodzieniec (distance from Czestochowa 47, 44, 58 km)
- discover rock climbing - Jura Krakowsko-Częstochowska is the most popular rock climbing destination in Poland. There are many schools of rock climbing that help to organize rock climbing events. The length of the rock climbing routes differ from a few meters to even 20 meters.

**IF YOU FIND MORE ATTRACTIONS,
SHARE THEM WITH OTHERS.**



POLISH CULTURE

Polish culture is vivid and very old. Our Slavic identity stems from our history which is rich of events and influence of other cultures and important individuals.



Polish people are very proud of their country, so it is vital that you respect the place you will be living in for coming months or longer. At the same time, benefit from all that Poland has to offer. While you are in Poland, visit various places, travel, explore, taste, learn about the details and interesting cultural events.



A brief savoir vivre

- Sloppy clothing can be considered inappropriate in public. People tend to dress neatly.
- It is considered impolite to ask a woman her age.
- It's considered bad manners to keep your hands in your pockets while talking to someone.
- Avoid resting your ankle on your other knee whilst sitting.
- Jaywalking, drinking in public places and smoking in non-designated areas are all generally frowned upon.
- Lateness is a sign of bad manners and carelessness in Poland. People are expected to be punctual in both professional and social situations. Furthermore, it is good to be flexible as events and schedules can be delayed or changed quite rapidly around unforeseen circumstances.



EUROPEAN
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„The Project financed by the Polish National Agency
for Academic Exchange under the Welcome
to Poland Programme (2022)”