



# Poland

**Come and join us  
for one semester study  
in Europe – Poland**



**UNIVERSITY  
OF LODZ**  
Poland

with a scholarship from European Union  
Erasmus+ KA171 Programme

# Poland



## The country of the great spirit

Poland (officially: the Republic of Poland) is a country located in the Central Europe, bordered by Germany to the west, Czech Republic and Slovakia to the south and Ukraine, Belarus, Lithuania to the east. Poland's north border is lined by the coast of the Baltic Sea and the border of Kaliningrad Oblast (Russia's territory). Poland has around 38 million inhabitants and occupies an area of 312 628 square km. The capital of Poland is Warsaw (Warszawa).

Since 2004, the country belongs to the EU, which occurred after a 15-year period of system transformation. Polish history also includes a period with the Communist system, between 1945 and 1989.

When you come to Poland, you can enjoy travelling within Europe as you are granted a Schengen zone visa, which allows you to travel within the European Union countries.

Poland is famed for its diverse landscape (seaside, lakes, mountains, great rivers), and its nature. One of the country's symbols is the European bison, whose flocks dwell in huge, natural forests. The vast, green central plains are known for their environmentally friendly methods of farming, which make many Polish dishes taste delicious.

Poland has a temperate climate: it is much like Britain, but with stronger tendency to frost waves (and snow) in winter, as well as more frequent (but brief) heatwaves in summer. Polish weather, while far from extreme, is prone to rapid change. Poland is perhaps cloudier than the European average, but in the spring and summer you can enjoy long hours of daylight.





# Famous Poles

## HOW MANY OF THEM HAVE YOU HEARD OF?

<b>Iga Świątek</b> (tennis player)	<b>Sławosz Uznański</b> (member of the ESA astronaut reserve)
<b>Robert Lewandowski</b> (football player)	<b>Anja Rubik</b> (model)
<b>Andrzej Sapkowski</b> (writer, the author of the Witcher saga)	<b>Marcin Gortat</b> (basketball player)
<b>Olga Tokarczuk</b> (writer, activist and public intellectual, Nobel Prize laureate)	<b>Maria Skłodowska-Curie</b> (physicist and chemist, Nobel Prize laureate)
<b>Lech Wałęsa</b> (politician, Nobel Prize laureate)	<b>Nicolaus Copernicus</b> (astronomer)
<b>Roman Polański</b> (film director, Oscar winner)	<b>Fryderyk Chopin</b> (pianist and composer)
<b>Agnieszka Holland</b> (film director and screenwriter)	<b>John Paul II</b> (the Pope: leader of the worldwide Catholic Church)



# The city of Łódź



Łódź is a large city in the centre of Poland. Its population is around 600 000 (when we take into consideration the city itself). It is the 4<sup>th</sup> largest city in Poland. It is located near the crossroads of Poland's two main highways. It has an international airport, and several train stations.

The Łódź region is situated on central lowlands with a minor hill range. The city is now important for logistics and commerce, as well as the electronic and mechanical industry. Outside the urban areas, there are vast areas of extensive agriculture. Łódź's location is really convenient in relation to Poland's capital, Warsaw. It is only 120 km away, and there are both highway and train connections. It is very easy to go and visit European countries: it takes 4 hours by train or bus to Berlin (Germany) from Łódź and about 5-6 hours to Prague (Czech Republic).

It is also crucial to know that Łódź is often referred to as the academic city. Apart from the University of Lodz, there is a great number of public and private higher education institutions in the city. What is more, Łódź has a lot to offer in terms of cultural and sporting events, which naturally attract many local people and tourists.

Łódź is immensely proud of its collection of historic buildings in Piotrkowska Street, which showcase a multitude of styles – leading back to the 19th and early 20th centuries of European architectural design. The city is also noted for the remnants of its textile industry past – you can see antique red brick industrial buildings that have been successfully converted into entertainment and commercial areas. The city is full of splendid, large and freely accessible parks (gardens) – which make people stay connected to nature.

Fans of the outdoor activities will not be disappointed as there are many parks and green spaces that they can enjoy (especially when the weather gets warmer). Additionally, in terms of living conditions, Łódź is an affordable city in comparison to other big cities in Poland.



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# University of Lodz

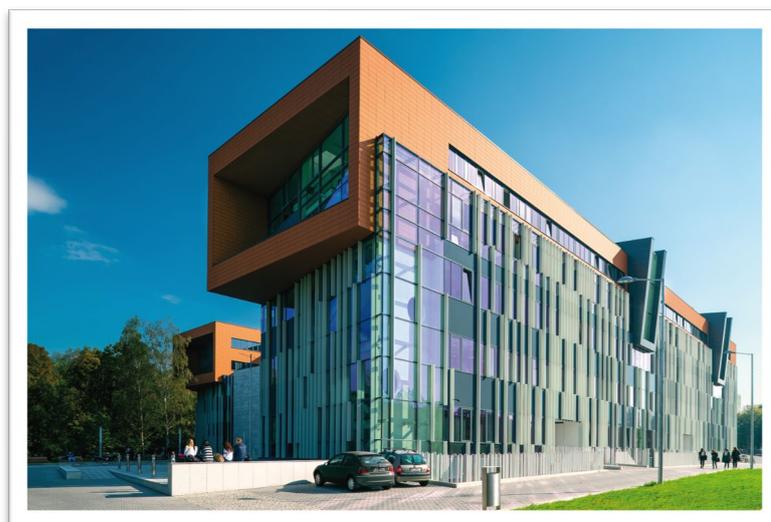


The University of Lodz is a respected higher education institution, focusing its actions on intercultural and social integration.

The University of Lodz was established in 1945 and has long been one of the largest and most popular universities in Poland. The 13 faculties provide programmes in 90 fields of study and 160 specialisations. More than 23 000 students attend the University of Lodz. This figure includes students of all levels: those of first- and second- level degree programmes, as well as postgraduate, and doctoral (PhD) students.

International relations of the university can be seen in various areas. Currently, within direct cooperation agreements, our institution cooperates with about 240 partner institutions from all over the world. A priority for the University of Lodz is student mobility, both within the university mobility programme (including countries outside the European Union) and within the Erasmus+ Programme. Within the Erasmus+ Programme, the university has so far signed 700 agreements with almost 400 partner institutions.

You can easily join us by contacting your International Office and asking about the possibilities of one semester exchange. The exchange can be within Erasmus+ KA171 Programme or a bilateral agreement!



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# United in Diversity!



Currently, there are students of 95 nationalities studying at the University of Lodz. Our university builds academic community around the values of respect for cultural and religious identity, as well as social sensitivity. UL strives to educate active global citizens who think critically, understand the complexity and diversity of perspectives which underline most global issues.

Every year, more than 2500 international students study full time or within exchange programmes at the University of Lodz! Many languages can be heard in the halls of our university. In this way, a diverse, multicultural and multigenerational community is being built, drawing on the best traditions of the city of Łódź. International students often take part in different activities that originated at the University of Lodz within its “University Diversity” project. The main objective is to promote equality and intercultural dialogue, and to build strong and lasting relations based on diversity. Join us! Unite and excel!

The interest in studying at the University of Lodz is determined not only by the high quality of instruction, but also by modern study programmes adapted to the changing demands of the labour market. The university treats international cooperation as a way to foster its development and continue the tradition of the city. Our institution regularly hosts guest speakers, renowned politicians, businessmen and cultural representatives from Poland and abroad (two of the most recognisable individuals being Olga Tokarczuk and Umberto Eco).



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# Be part of our community!



If you stay on our campus, you will be surrounded by diversity. Our institution hosts many international conferences where students are always welcome to join. Open lectures are another specialty of ours, during which we host eminent international speakers: scientists, politicians and artists (Krzysztof Zanussi and Joachim Gauk being among them). But such outstanding guests are not the only international speakers who lecture in our halls, as we pride ourselves on having international lecturers that give insightful lectures to our students on an everyday basis. There is also a strong possibility that you will encounter young people from different parts of the world in your class environment. Among exchange students, the largest groups come from Spain, Turkey, Ukraine, Italy and Japan, however these examples are just the beginning of a long list that includes people from about every corner of the world.

As an international student, you may also look forward to the cultural event commonly known as the 'Juwenalia'. It is an annual student music festival that is organised in May that one should not miss! In addition, our university is very open to organising annual Easter and Christmas dinners, where students can find out more about our Polish traditions and enjoy some tasty dishes. What is more, as a university that is centred around diversity and openness, we are immensely proud of our beautiful and unique "Christmas Guest" campaign during which the University of Lodz employees and local students invite international students to their family Christmas dinners.



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# Dormitories



The University of Lodz tries to provide dormitories for all international students. The rooms are cosy and affordable, and in close vicinity to most lecture halls. The neighbourhood of the UL Campus is reputed as safe and quiet, and its lush greenery may captivate, as you will soon discover upon arrival that the city of Lodz is full of splendid parks.

The accommodation costs in between 100-150 EUR per person, per month. There is additionally a double monthly rent check-in deposit, which can be reimbursed while checking out. Students live in double bedrooms that provide bedding, internet connection, and landline phones. For each two bedrooms there is a common hall and a bathroom (with European style toilet and shower). There is also a large, commonly accessible kitchen per each floor.

We are happy to see that the international community is growing in numbers, both in terms of exchange, and full-time students. The international students' community supports every new member: it also intermingles in a friendly way with domestic student community, also present in our dormitories.



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# Come and spend one semester with us with a scholarship!



The University of Lodz offers scholarships under the Erasmus+ KA171 Programme for one semester exchange (no more than 5 months; usually 4 or 4.5 months).

The allowance is approximately 27 EUR per day. The scholarship covers travel costs (ticket reimbursement can be seen in the table below) based on the travel distance of the participant. Travel distances must be calculated using the distance calculator supported by the European Commission. The applicant must indicate the distance of a one-way travel to calculate the amount of the EU grant that will support the round trip. In addition, visa costs are reimbursed up to 100 EUR.

## TRAVEL DISTANCES

## AMOUNT

Between 10 and 99 KM:	23 EUR per Grantee
Between 100 and 499 KM:	180 EUR per Grantee
Between 500 and 1999 KM:	275 EUR per Grantee
Between 2000 and 2999 KM:	360 EUR per Grantee
Between 3000 and 3999 KM:	530 EUR per Grantee
Between 4000 and 7999 KM:	820 EUR per Grantee
8000 KM or more:	1500 EUR per Grantee



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The shortest route according to the distance calculator available at the following website: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

To win the scholarship, please read the requirements and ask your International Office for more details!

To make the exchange work for you, please contact the International Office at your university that manages the student exchange. See the UL subject offer taught in English (available online and in the office), and together with your International Office, list the subjects that you need to complete at your university and include them in the Learning Agreement form. Make sure your choice is approved by the appropriate professor (coordinator) at your institution, as we need to know if the spent with us will be credited at your university.

Most importantly, your Office will contact the International Relations Office at the University of Lodz – to make sure that your application documents will be accepted not only by your home professors, but also by those at the UL. Furthermore, it is crucial that your stay in Lodz will be managed properly. Going through these steps ensures that your study semester with us will be recognised as equal to your semester at your home institution.



# Details of the documents required:



Your first step is to submit the following documents to the International Office at your university (please note that all the documents must be **in English**):

- 1. Application form** (in doc. form – Word) – you have to visit your International Office to get the Application.
- 2. Learning Agreement** – this document contains the list of subjects that you have chosen. Before your arrival, it should be approved (signed) by the coordinators at your university.
- 3. Transcript of records** – your grades.
- 4. Cover Letter** – on the cover letter, you will have to introduce yourself, convince the reader why you are the one who should win the scholarship, show your passions, interests, hobbies, list any voluntary work at the University or in a different institution that you partake in, etc. It is also a good idea to describe your international experience and achievements, if you have any. When you mention your background, you can touch on the subject of being part of a disadvantaged or vulnerable group (which you will have to confirm with an appropriate document).
- 5. Certificate of student status from your university** – please note that you cannot go for the mobility on your last semester at your university.
- 6. English language certificate** (or skype interview) – if you are not going to provide a language certificate, you may be interviewed via the Internet to test your language proficiency.
- 7. Scanned copy of the last certificate or degree obtained** – this can refer to your high school certificate, your BA diploma, or your MA diploma.
- 8. Other documents confirming your qualifications and achievements** – certificates, awards, letters of recommendation, etc.





Firstly, your documents are gathered and selected by the International Office of your University. Then, the candidates are being assessed by the University of Lodz in order to select the grantee/-s.

Keep in mind that students are responsible for purchasing medical insurance by themselves for the entire duration of the mobility.

In some cases, University of Lodz may require translations of candidate's other documents, which also need to be confirmed by the International Office. This does not apply to the documents prepared at the home university office.

# Applicants who have already benefited from Erasmus Mundus or Erasmus+ KA107/KA171 scholarship for a period greater than or equal to 7 months in total are not eligible to apply for an Erasmus+ KA107/KA171 Programme. If you have been selected for Erasmus Mundus scholarship for a period of 5 or 6 months you can apply for Erasmus+ KA171. However, preferences will be given to the applicant who has never benefited from Erasmus Mundus.

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**[www.uni.lodz.pl](http://www.uni.lodz.pl)**

**[www.uni.lodz.pl/en/mobility](http://www.uni.lodz.pl/en/mobility)**

**E-mail: [creditmobility@uni.lodz.pl](mailto:creditmobility@uni.lodz.pl)**

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