

# Guide for foreigners



JAN DLUGOSZ UNIVERSITY IN CZESTOCHOWA IS PROUD TO HAVE BEEN PRESENT ON THE POLISH ACADEMIC SCENE SINCE 1971.

## ■ IT COMPRISES 6 FACULTIES

- Wladyslaw Bieganski Collegium Medicum
- Faculty of Humanities
- Faculty of Social Sciences
- Faculty of Science & Technology
- Faculty of Law & Economics
- Faculty of Art

## ■ AND OTHER UNITS

- Academic Sports Centre
- JDU Library
- Centre for Innovation and Knowledge Transfer
- Interdisciplinary Centre for Science and Research
- Foreign Language Learning Centre
- Centre for Lifelong Learning

## ■ THE UNIVERSITY IS FULL OF OPPORTUNITIES FOR STUDENTS

- degree programmes in Polish in nearly 60 fields of study
- degree programmes in English in 9 fields of study
- classes in over 200 lecture halls and practice rooms
- studies and traineeships within the Erasmus+ or CEEPUS programme
- internships for students on the basis of partner universities' agreements
- studies and scholarships as part of government programmes, e.g. for the Polish diaspora

## ■ THE UNIVERSITY IS FULL OF OPPORTUNITIES FOR TEACHING STAFF

- research activity in over 20 disciplines
- scientific research in modern laboratories and research centres
- participation in international projects
- employment as a foreign professor
- obtaining doctoral and habilitated degrees in 13 disciplines
- publishing in 10 scientific journals
- participation in international scientific conferences
- scientific and educational internships
- mobility within Erasmus+, CEEPUS and government programmes

About 5500 students study at JDU, the number of graduates is nearly 75000, 119 students have obtained doctoral degrees, and 13 – habilitation degrees. Our staff consists of nearly 700 academics, including 57 professors.

The University campus together with the dormitory includes 7 buildings located in the very centre of the city, which takes 15 minutes on foot to move around the campus. On the premises, the Internet is provided through the Eduroam service.



**NAWA**

[www.nawa.gov.pl/en](http://www.nawa.gov.pl/en)



**NCN**

[www.ncn.gov.pl/en](http://www.ncn.gov.pl/en)



**NCBR**

[www.gov.pl/web/ncbr-en](http://www.gov.pl/web/ncbr-en)





**YOU CAN CONTACT: WELCOME CENTER**  
(the main building of JDU – 5 min. walking distance from the railway station)

Waszyngtona 4/8  
rooms 141–142  
phone: +48 (34) 7384 271, +48 (34) 7384 272  
e-mail: [welcomecentre@ujd.edu.pl](mailto:welcomecentre@ujd.edu.pl)

We speak English, Ukrainian, German and Russian

## ■ WE ALSO OFFER CONTACT DETAILS DEPENDING ON THE NATURE OF THE VISIT TO JDU:

If the purpose of the visit is research or educational activity,  
you can contact a particular faculty:

- Wladyslaw Bieganski Collegium Medicum: [cm@ujd.edu.pl](mailto:cm@ujd.edu.pl)
- Faculty of Humanities: [whum@ujd.edu.pl](mailto:whum@ujd.edu.pl)
- Faculty of Social Sciences: [wns@ujd.edu.pl](mailto:wns@ujd.edu.pl)
- Faculty of Science & Technology: [wnspt@ujd.edu.pl](mailto:wnspt@ujd.edu.pl)
- Faculty of Law and Economics: [wpe@ujd.edu.pl](mailto:wpe@ujd.edu.pl)
- Faculty of Art: [ws@ujd.edu.pl](mailto:ws@ujd.edu.pl)

If you are interested in regular studies, email the Student Affairs:  
[dss@ujd.edu.pl](mailto:dss@ujd.edu.pl)

If you are interested in mobility within the Erasmus+ Programme, CEEPUS, student internships or scholarships and studies within government programmes, the information is available at:  
[international@ujd.edu.pl](mailto:international@ujd.edu.pl)

If you are interested in doctoral studies, please contact the Doctoral School:  
[phd-studies@ujd.edu.pl](mailto:phd-studies@ujd.edu.pl)

If you want to take part in Polish language courses, write to:  
[ucku@ujd.edu.pl](mailto:ucku@ujd.edu.pl)

YOU CAN ALSO FIND US ON



Students and doctoral students with disabilities and special health needs can use the help of the Disability Support office. The qualified staff will help in the preparation of appropriate aid supporting the educational or research activity. The office provides a so-called silence room for people who need to calm down and relieve tension, and a feed and baby changing room. Students and doctoral students with special health needs can also benefit from the support of faculty Coordinators for Persons with Disabilities.

## WE CAN HELP

Waszyngtona 4/8 (main JDU building)  
phone: +48 (34) 7384 304  
e-mail: [bon@ujd.edu.pl](mailto:bon@ujd.edu.pl)

The JDU Support and Psychological Counseling Team provides help and support to students, doctoral students and employees of the University. The service is provided either in the building at Zbierskiego 2/4 or on-line via the e-learning platform, the BigBlueButton application.

Erasmus Students' Club is a student – and PhD student-oriented organisation whose aim is to support, develop and promote mobility within international student exchange programmes, in particular the Erasmus+ programme.

## HERE'S HOW WE CAN HELP YOU

- we will assign a mentor-student at the beginning of your stay in Poland, who will help you complete formalities, show you around the university campus, city, etc.
- we will help you find accommodation outside the student dormitory
- we will invite you to integration events and activities facilitating the adaptation process, such as “Welcome Week” or “Erasmus Dinner”
- we will organise group sightseeing tours
- we will give a lecture on the history and culture of Poland

If interested, please email us at:  
[club\\_erasmus@ujd.edu.pl](mailto:club_erasmus@ujd.edu.pl)

At JDU there is an organisational support group for Ukrainian students. It consists of Polish and Ukrainian PHD candidates and students who help in completing official, banking and university formalities and in facilitating acclimatisation at the University and in the city.

Contact details:  
[solidarnizukraina@ujd.edu.pl](mailto:solidarnizukraina@ujd.edu.pl)

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WE CAN  
HELP  
YOU 

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Located in the heart of the campus, the student dormitory, modernised in 2022, offers space for about 550 residents, providing single and double rooms. The perfect location of the dorm allows quick movement between University's units and the city itself. Residents have a lot of facilities at their disposal: a launderette, an art & music room, a deposit box, a study room, a gym, a fitness centre, billiard and table tennis equipment, a television & lounge room. The dormitory also provides parking space and bicycle racks. Around the dormitory there are grocery stores, discount stores, pizzerias, pubs, aquapark, sports and concert hall, bicycle paths, public transport stops and clinics. The monthly fee for self-catering accommodation starts from PLN 400. Residents have well-equipped kitchens and free Internet access at their disposal.



### NEED HELP OR MORE INFORMATION?

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

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**Student Dormitory "Skrzat" (means "Dwarf")**  
Dabrowskiego 76/78  
phone: +48 (34) 361 07 38 (open 24/7)  
e-mail: [skrzat@ujd.edu.pl](mailto:skrzat@ujd.edu.pl)

Academic staff are offered guest rooms on campus. In two facilities, JDU offers 46 beds in single and double rooms, with a bathroom in the room or in the corridor, without meals. The cost of accommodation is optionally PLN 40 or 60 (EUR 8.5 – 13) per night.

### ADDITIONAL INFORMATION, INCLUDING BOOKING:

phone: +48 (34) 3783102 or +48 (34) 3784103

Foreigners who prefer to use private accommodation in Czestochowa should expect a monthly expense from PLN 700 to PLN 1500 (EUR 150 – 320) without meals depending on the standard of the apartment, location and number of roommates. Accommodation in the hotel is from PLN 250 (EUR 50) per night with breakfast depending on the standard of the hotel and location. Accommodation can be found using popular tourist and accommodation portals or Facebook.

**ADDRESSES OF POPULAR AND VERIFIED ACCOMMODATION CAN BE OBTAINED FROM THE WELCOME CENTRE**  
(e-mail: [welcomecentre@ujd.edu.pl](mailto:welcomecentre@ujd.edu.pl))





Health insurance is mandatory for all foreigners for the entire duration of their stay at JDU. In Poland, you can use two types of health care: public and private; the assistance provided in them may be free or payable, depending on your insurance. This is especially important for long-term stays.

For EU citizens: in order to be able to receive free health services in Poland, you must have valid health insurance in your home country and apply for a European Health Insurance Card (EHIC). The card can be obtained before arrival. The card gives the right to treatment only in case of sudden illness. In the case of chronic diseases or continuation of treatment, you must report to the National Health Fund in Poland (NFZ) an additional document from your doctor in your country.

For non-EU citizens: international medical insurance must be taken out before coming to Poland. If this is not possible, you can also sign an insurance contract with the National Health Fund in Poland (NFZ). In this case, you have to pay the monthly fee yourself (as of June 2023: students PLN 55.80 – EUR 13, others PLN 646.06 – EUR 140). By purchasing such insurance, you can use health care on the same terms as Polish citizens.

## ■ TO TAKE OUT SUCH INSURANCE, YOU WILL NEED

- a valid passport,
- possibly a valid visa or residence permit,
- a document confirming the registered address in Poland, e.g. in a student dormitory,
- PESEL number (personal identity number).

## ■ IF YOU ARE A STUDENT, DOCTORAL STUDENT OR TRAINEE ADDITIONALLY

- confirmation of status, which you can obtain at the JDU dean's office or at the Doctoral School (the certificate is valid for 30 days from the date of issue),
- a letter of authorisation from a parent or guardian if you are a minor.

If you have a Pole's Card or Polish family roots, you may be covered by insurance used by every citizen of Poland (in such a situation, JDU reports for insurance). The document needed to be able to sign this type of insurance contract is a copy of the Pole's Card or a certificate confirming Polish origin.

In addition to the health insurance of the National Health Fund (NFZ), you can also buy private insurance, which may cover a wider range of services. We suggest a policy of EUR 30,000 covering hospital treatment. A policy concluded abroad should be translated by a Polish sworn translator. The original policy must be with you all the time during your stay at JDU.

Near the JDU campus, including the dormitory, there are clinics, including a dental clinic, and pharmacies.

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

Designated clinics provide night and holiday health care from Monday to Friday from 6 pm to 8 am the next day, and 24/7 on public holidays.

If you are not entitled to free health care, you should take into account the following costs of basic treatment: medical visit PLN 100–200 (EUR 20–45), dental visit PLN 200–500 (EUR 45–100), medicines for cold and flu PLN 50–100 (EUR 10–20).

### ■ REMEMBER THESE NUMBERS

- EMERGENCY CALL **112**
- POLICE **997**
- FIRE BRIGADE **998**
- AMBULANCE **999**

If you are in danger, need an ambulance, police or fire brigade, the easiest and fastest way is to DIAL 112. The call centre employee will ask you for your name, address, telephone number, reason for the call and will immediately send help. Use this number only in justified cases!

If you need help from your country's embassy, you can find here a list of diplomatic posts QR code

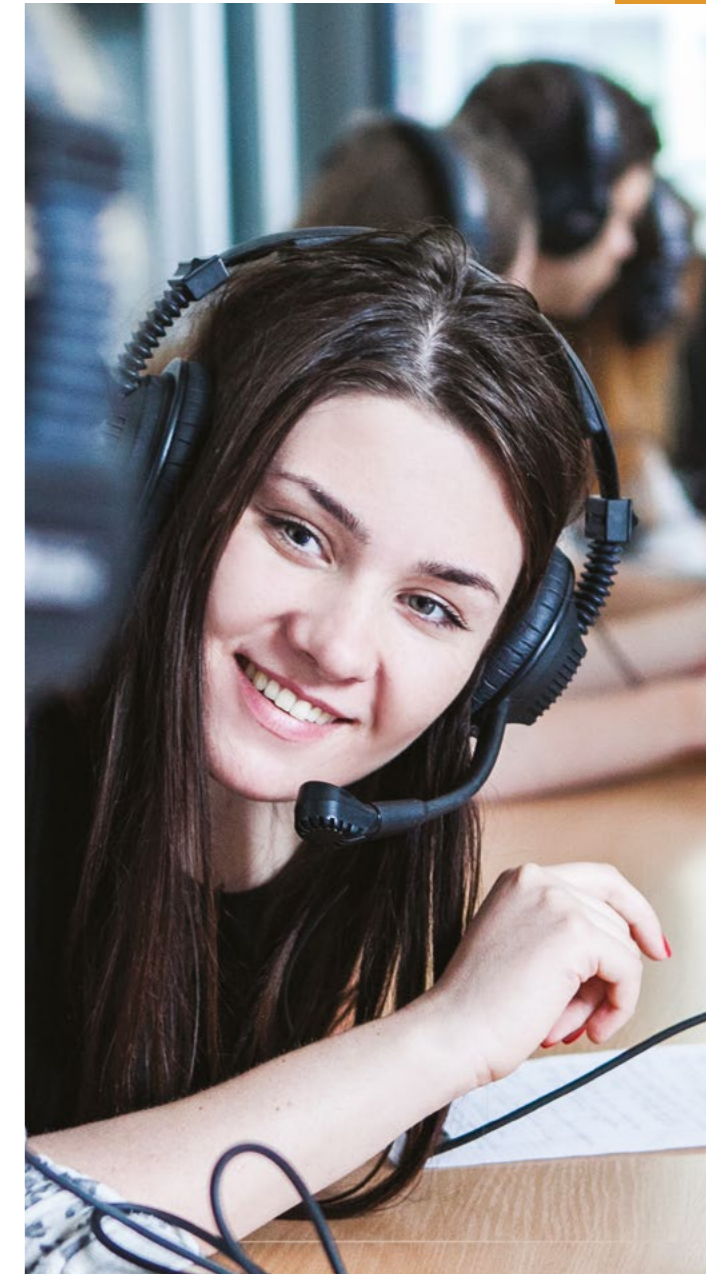


List of diplomatic posts

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# REMEMBER EMERGENCY NUMBERS

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To cross the Polish border, foreigners from European Union and EFTA member states only need a valid travel document, e.g. a passport or ID card. Other citizens (non-EU) need, in addition to a valid passport, a visa (if required), documented possession of means of living in Poland and return to the country, health insurance. Detailed information can be obtained from Polish embassies abroad.



Entry, stay and working conditions in Poland

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 have the option of legalising their stay in two ways – they can apply for a visa or a temporary residence permit.

All formalities related to the legalisation of stay can be arranged at the Polish consulate in your country (visa) or at the Department of Civil Affairs and Foreigners in Czestochowa, Sobieskiego 7 (temporary residence permit).

### THE DOCUMENTS THAT YOU, AS A STUDENT OR DOCTORAL STUDENT, WILL NEED FROM THE JDU ARE:

- certificate of admission to studies,
- alternatively, confirmation of granting a place in the dormitory.

You should register for temporary residence at the

**City Hall of Czestochowa,  
Department of Civil Affairs,  
Waszyngtona 5**

For citizens of Ukraine fleeing the war, the Polish Government gives the opportunity to legalise in a facilitated manner. The condition is the UKR status and having PESEL (personal identity number).

Tips will be provided by WELCOME CENTRE. It can also be arranged to accompany a student or PhD student from the Erasmus Students' Club or from the support group for Ukrainian students.

Living in Poland is relatively inexpensive compared to other European Union countries. The currency is PLN (1 zloty = 100 groszy). The average exchange rate of the zloty is EUR 1 = PLN 4.7 (June 2023).

The cost of living in Czestochowa is lower than in very large Polish cities. For a student, it can start from 1500 PLN (340 EUR) per month. Foreigners from outside the EU/EEA must have sufficient funds to cover their living expenses.



## HERE'S A LIST OF THE MOST IMPORTANT MONTHLY COSTS:

- accommodation in a student dormitory "Skrzat" – from 400 PLN in a double room (85 EUR)
- private accommodation – 700–1500 PLN (150–320 EUR)
- day in a hotel room with breakfast – from 250 PLN (55 EUR)
- meals – 600–1000 PLN (130–220 EUR)
- NHF health insurance for students – from 60 PLN (13 EUR)
- fitness club – from 100 PLN (22 EUR)
- phone bill – 20–70 PLN (4.5–15 EUR)

## ADDITIONAL COSTS OF STAY:

- lunch in a restaurant – from 50 PLN (10 EUR)
- pizza, kebab – from 15 PLN (3,5 EUR)
- cinema ticket – 25 PLN (5.5 EUR)
- ticket to the philharmonic hall or theatre – 50–150 PLN (10–35 EUR)
- single bus and tram ticket: – from 4.2 PLN (1 EUR)\*, monthly – from 216 PLN (46 EUR)\*
- beer in the pub – 10 PLN (2 EUR)
- hairdresser – from 35 PLN (7,5 EUR)
- entry to the club with a student discount – 12 PLN (2,5 EUR)
- return train journey to Krakow – from 80 PLN (19 EUR)\*
- return train journey to Warsaw – from 130 PLN (28 EUR)\*
- ticket to the National Museum in Krakow – 32 PLN (7 EUR)\*\*
- ticket to the aquarium in Wrocław – 70 PLN (15 EUR)\*\*\*

\* for students 50% discount

\*\* for students 25 PLN (5,5 EUR) or 1 PLN up to 26 years of age

\*\*\*for students 65 PLN (14 EUR)

The student ID card entitles you to discounts in public transport, and also allows for reduced ticket prices to many cultural institutions and ticketed events, e.g. cinemas, concerts, swimming pools, museums. The discount is up to 50% of the price.

If you stay in Poland for more than 3 months or receive a scholarship from JDU, you will need to open an account in a Polish bank. A valid passport or identity document is necessary for this. The account can only be opened by persons of age (not a minor).

Cash can be withdrawn at numerous ATMs, payments can be made cashless. You have to reckon with a commission in banks for withdrawing cash.

Since February 24, 2022, JDU has been operating an information point for Ukrainian citizens who are students, doctoral students and employees of Jan Długosz University in Czestochowa as well as their families. The aid can also be used by candidates for studies and work at JDU and all those who have questions about helping refugees from Ukraine in the field of higher education and science.



## IF YOU NEED HELP OR INFORMATION, PLEASE CONTACT US:

Waszyngtona 4/8 (main JDU building)  
room 142  
phone: +48 (34) 7384 271, +48 (34) 7384 272  
e-mail: [solidarnizukraina@ujd.edu.pl](mailto:solidarnizukraina@ujd.edu.pl)

We speak Ukrainian.

As part of the “Solidarity with Ukraine” government programme we organise Polish language courses for students from Ukraine who have commenced studying at JDU. Sightseeing tours and lectures on Polish history and culture are also organised for course participants.

If you are a citizen of Ukraine and you came to Poland directly from Ukraine in connection with military operations in your country, you can get a PESEL number that will enable you, for example, to use health care, social assistance or set up a company in Poland. At the same time, you can get a trusted profile that allows you to deal with many official matters via the Internet.

Citizens of Ukraine staying in Poland do not have to leave our country in the event of expiry of the validity of residence permits.

As refugees from Ukraine, together with your family and children, you will receive free medical assistance in all clinics and hospitals that have signed an agreement with the National Health Fund. All visits and treatments will be reimbursed. All you need is a passport and confirmation of crossing the Polish-Ukrainian border after February 24, 2022.

## IMPORTANT

Leaving Poland for a period of more than 30 days results in the loss of the status of an UKR foreigner. This means the loss of rights resulting from the special law on assistance to Ukrainian citizens.



# FREE TIME



Częstochowa, with 650 years of tradition, is a medium-sized city in the southern part of Poland with nearly 200,000 inhabitants. The city boasts a theater, a philharmonic, sports halls, swimming pools and a speedway stadium. The highlight of the city is the Jasna Góra monastery.

The city is located in a picturesque scenery of the Krakow-Częstochowa Upland, famous for its charming ruins of medieval castles, limestone rocks and forest areas. It is ideal for fans of hiking, rock climbing, cycling, or landscape painters. Gourmets of roast trout, local beer, lovers of balloon flights or horse riding will find their place there.

Częstochowa has a great location and a very good network of railway connections. The airport is located at a distance of 60 kilometres. You can easily plan and organise one or several day trips by train to Krakow (1.5 h), Warsaw (2 h), Wrocław (2 h), Zakopane (3.5 h), Gdansk (6 h), Vienna (6 h), Bratislava (6 h), Prague (6.5 h), Berlin (7.30 h) or Lviv (9 h).



# BUILDINGS OF JAN DLUGOSZ UNIVERSITY IN CZĘSTOCHOWA



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



**COLOURS**

Collaborative and Creative eLearning  
Regional universities



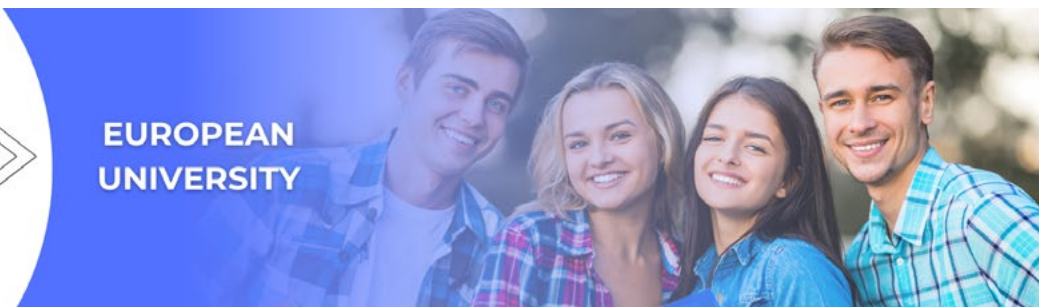
Jan Dlugosz  
University  
in Czestochowa



**EUROPEAN  
UNIVERSITY**



Co-funded by  
the European Union



**Fundusze  
Europejskie**  
Inteligentny Rozwój



**Rzeczpospolita  
Polska**

**Unia Europejska**  
Europejski Fundusz  
Rozwoju Regionalnego



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Jan Dlugosz University in Czestochowa implements a project co-financed from European Funds: "Accessible University. Program to support organizational changes and improve the competences of staff in the field of disability at JDU". Project duration: 2020–2023.