



BIAŁYSTOK

IN A NUTSHELL

A PRACTICAL GUIDE

DEAR STUDENT,

Choosing a city and university is an important matter - it is, after all, a decision that can affect your entire life. Education which supports the competences you want to develop is the defining factor in your further career, which is why we are happy that it is Podlasie you chose to help you shape that future. Let us reinforce your decision in this guide and show you that the east of Poland is not only a green oasis of infinite peace, but also a region of rapid growth, vibrant with the spirit of multiculturalism and openness to new horizons.

In the capital of Podlasie - Białystok, you will find universities offering almost all faculties. Public libraries and multiple other places that bring together sympathizers of education will help you expand your knowledge and find a career goal in life. Those who live here go by the slow-life principle - we enjoy moments spent together, help others and try to add a brick in the foundation of a good future for the next generations, every single day.

We created this guide to show you all aspects of living and studying in Białystok, starting from the choice of university, a place to live, and interesting places to visit in your free time. Consistently gathering information, we aim to pass on knowledge that will help you feel at home in a new environment, choose a career path and, above all, fall in love with this wonderfully green region of Poland.

We wish you great moments spent while studying in Białystok and we hope you'll achieve the goal you had in mind while making the choice to study in this extraordinary city!



All the important places mentioned in this guide can be found here:

>> map.nutshell.bialystok.pl <<

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POLSKA

The Republic of Poland is a Slavic country located in Central Europe. In the south, we share a border with our friends from the Czech Republic and Slovakia, to the east with Belarus, Ukraine, Russia and Lithuania and in the west, we have our German friends. Our country has access to the Baltic Sea in the north and is surrounded by mountains (Tatry, Bieszczady, Karpaty) in the south.

It's been a while since our country became a member of the European Union (2004), United Nations (1945), NATO (1999) and dozens of other international organizations.



STATS ABOUT POLAND

The total area of Poland is 312,679 square kilometers (9th largest country in Europe) with a population of over 38.5 million people (7th largest population in Europe).

Our capital city is Warszawa (Warsaw), other major cities include Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Białystok.

Our currency is Polish Złoty (PLN, zł). 1zł is 100gr (groszy). Poland isn't a member of the Euro zone.

Long ago we had kings who ruled all across the country, but after a few centuries and generations we gave the administrative power to the Parliament and Prime Minister. We also have a President but as Poland is a parliamentary republic – the former has far more to say about how our country is governed.

RELIGION IN POLAND

The vast majority of Polish people are Christians (probably this is why Christmas is so popular here)

– 86.7% belong to the Roman Catholic Church. The Polish Constitution guarantees freedom of faith and religion. Apart from Catholic churches, you'll find here many Orthodox churches, Synagogues and others. One of the most well-known Poles in history was Karol Wojtyła, better-known as the Pope John Paul II. He was the head of the Catholic Church from 1978 to 2005.

LANGUAGE

The Polish language is one of the most difficult languages to learn. It has seven cases and grammar that has actually more exceptions than rules (sorry!). But imagine how proud you will be of yourself when you finally get through all of these things (if you do...). We don't know why our ancestors decided to create a language so difficult and full of trickery, but we know that even the Polish people tend to have quite a bit of problems learning it properly. We've included a handy glossary of Polish phrases at the end of this guidebook.

CLIMATE

Poland is located in the temperate climate zone with four seasons – Spring, Summer, Autumn and Winter. Temperature range is wide, with average (depending on the season) from -5°C to 25°C but occasionally we get much colder and warmer than that!

CUSTOMS

When greeting someone in Poland you say “Cześć” (Hello), “Dzień dobry” (Good day) or “Dobry wieczór” (Good evening). The common way of greeting is a handshake with direct eye contact. We kiss each other on the cheeks three times during official situations, for example, family meetings during holidays or when meeting friends. The cheek kiss is a very important part of family and friend interactions during traditional ceremonies, but if you see somebody for the first time it might be better if you just stick to a handshake – the kiss is a gesture of familiarity. Generally it is only appropriate to address someone by their first name if they're a close friend. It's considered good manners to use people's titles and surnames unless they invite you to move onto the first-name basis. “Pan” (Mr.) is used for men and “Pani” (Ms.) for women. Official titles are also used when speaking to professionals or authorities, for example: “Pani Profesor” (Ms Professor) “Pan Dyrektor” (Mr Director), “Pan Doktor” (Doctor).



DO'S AND DON'T'S

SMOKING & DRINKING IN PUBLIC SPACES

In the past, smoking cigarettes was allowed basically everywhere, much like in the rest of Europe. However, the last 10 years or so have brought a change to the legislation and it is not legal anymore to smoke in most public areas. However, some pubs and clubs opt to create special areas where smoking is allowed, usually outside. Be careful especially at train stations and bus stops - those areas are considered public space, therefore it's forbidden to smoke there.

Similarly to cigarettes, drinking alcohol is also considered illegal in public spaces. There are lots of exceptions to this rule, e.g. sitting outside in a beer garden and drinking is of course okay. However, the Polish law is quite bizarre when it comes to drinking in public, so you will find that drinking, for example, on a beach is legal, but not in a park or a forest. Cities are also allowed to introduce their own rules and interpretations of the law, so the city Council might make some exceptions. One thing to remember is that if you see people drinking somewhere outside, it doesn't necessarily mean it is legal to do so. But don't obsess with it - in the worst case scenario a policeman will give you a small fine.

OBLIGATION OF HAVING AN ID

When you are going out somewhere, no matter what time it is, there is one thing that you have to keep on you and it is some form of ID (either passport or a National Identity Card). Remember to always carry an ID card and you will avoid getting into trouble. This rule applies to everyone, not just foreigners.

LIFE AFTER 10 P.M.

Every house party eventually has to end and, according to the Polish law, it should be by 10PM. However, with the consent and kindness of the neighbors, this rule can be stretched. If there is noise after 10PM, the neighbors are free to call the police, and often do. Alternatively you can move the party to a pub or club (some of the best places to go in Białystok are described further down in this guide).

BEING A GOOD PEDESTRIAN AND DRIVER

When it comes to walking and driving in the city, make sure you actually follow the rules. No crossing on the red light (that applies to both drivers and pedestrians) or even worse, jaywalking. Even when you are going back to your place at night and there is no car in sight, you need to wait for the green light. If the police catch you crossing the street against the red light, you are getting fined, and no foreign charm will help you.

Drivers need to obey the international driving rules, numerous road signs and watch out for the speed restrictions sometimes enforced by speed cameras.



IMPORTANT DATES

NEW YEAR'S DAY / 1st of January

EPIPHANY / 6th of January

VALENTINE'S DAY / 14th of February

LENT / Observance over 6 weeks

**GOOD FRIDAY, HOLY SATURDAY,
EASTER DAY & EASTER MONDAY** /
varies from end of March to beginning of May

LABOR DAY / 1st of May

CONSTITUTION DAY / 3rd of May

CORPUS CHRISTI / varies each year

ASSUMPTION OF MARY / 15th of August

ALL SAINTS' DAY / 1st of November

INDEPENDENCE DAY / 11th of November

ST NICHOLAS DAY / 6th of December

CHRISTMAS EVE / 24th of December

CHRISTMAS DAY / 25th of December

SECOND DAY OF CHRISTMAS /
26th of December

NEW YEAR'S EVE - SILVESTER /
31st of December

You can find more information about Poland in general at >> www.polandunraveled.com <<

BIAŁYSTOK

ABOUT THE CITY

Białystok is the largest city in eastern Poland; its area is estimated at around 102 square kilometers. It is situated by the border with Belarus and is in close proximity to the idyllic Mazury region, where everyone seeking peace will find it by crystal clean lakes and in the infinitely green flora.

The city is a center of Polish multiculturalism. For hundreds of years the Tatars, Byelorussians, Roma and Jews have left their cultural imprint, shaping Białystok as a place full of contrasts which, at the same time, shows an incredible synthesis between nations. To this day, we can admire the heritage of old residents in architecture and dialects, as well as the delicious regional cuisine, famous for its deliciously filling dishes.

The city lies on the banks of the Biała River which runs through its very center, forming a narrow ribbon that divides the area into two parts. The architecture of Białystok is designed to respect the green areas present throughout the agglomeration. It's not without reason that they call this region the Green Lungs of Poland.

The history of Białystok dates back to 1440, the year when the first settlers came to the lands of Podlasie. But its legend dates back to the years of Prince Gediminas (1275 - 1341) who, while hunting, found an idyllic green area where he decided to rest. Delighted by the landscape and the crystal clear stream, he is believed to have said, "What a pure, white slope", thus giving the land its name that functions to this day.

Białystok today has around 290,000 inhabitants, making it the tenth largest city in terms of population in Poland. A large percentage of residents are people over 50 years old, speaking only Polish (sometimes Russian and Byelorussian), but the vast majority of young people communicate in English quite easily.

The city is characterized by a combination of dynamic development with respect for the past and native traditions derived from its multicultural heritage.



This aspect allows for the free development of business in a friendly and open-to-innovation environment, especially if it promotes improving the living quality of the city's residents. Białystok belongs to the group of cities with the fastest growth in terms of modernization, technology, investment and employment, alongside cities such as Warszawa, Kraków and Wrocław. It continues to develop dynamically, constantly broadening horizons that create new places to work and live not only for its residents, but also for visitors.



CITY LAYOUT

Białystok is divided into 28 districts.

The following districts are closest to the city center and universities: Sienkiewicza, Bojary, Młodych, Piaski, Antoniuk, Piasta, Mickiewicza, Przydworcowe and Kawalerskie. Finding an apartment in these parts of the city guarantees excellent access to every university and fast transport to the city center.

For those who value peace and life far from the noise of the city, other districts will be an excellent alternative, as every part of Białystok is well-connected and ensures reaching the destination in a short time, whether by public transport or by car.

PUBLIC TRANSPORT

Białystok is easy to reach from other cities, including Warsaw, where there are two airports (Modlin and Chopin International Airport, also called Okęcie). There are three ways to get to Białystok from the airports:



BY CAR:
take the S8 express road



BY BUS:
PlusBus >> www.plusbus.pl <<
and Żak express >> www.zakexpress.pl/en <<



BY TRAIN:
take the local train (SKM) to the Warszawa Wschodnia station, then PKP Intercity to Białystok. >> www.intercity.pl/en <<

The trip from the airport takes 2-4 hours, depending on traffic, roadworks and your method of transportation.

Białystok boasts one of the most beautiful train stations in Poland. The city council began its renovation in 2018. From the Central Station you can take PKP intercity to the most remote regions of Poland. For local travel to towns such as Elk or Suwałki, choose **Polregio**.

>> [<<](http://www.polregio.pl/en)

One of the popular modes of inter-city transport are the PKS – buses that will take you to the remote areas of Podlasie and beyond. The brand new PKS Bus Station, open 24/7, serves thousands of passengers every day.

You'll find here bus companies such as:

- PlusBus
- PKS Nova SA
- Ecolines
- Żak Express

Białystok is a city with a large network of public transport. Almost all bus lines have their routes leading through the city center or close to it. Although the city spans a relatively small area, it has as many as 41 day bus lines and 6 night ones. Thanks to the good road infrastructure, traffic jams are a relatively rare occurrence here, which allows for fast transport between destination points.

>> [<<](http://www.komunikacja.bialystok.pl)

>> [<<](http://www.rozkladzik.pl/bialystok/)



You can also plan your trip on a handy mobile app "**Jakdojade**" (unfortunately in Polish only).



In addition to trains, long-distance and city buses, in Białystok you can rent:

- **CITY BIKES** called **BiKeR**:

>> [<<](http://www.bikerbialystok.pl/en)

- **ELECTRIC SCOOTERS**

>> [<<](http://www.bolt.eu/en/scooters)

>> [<<](http://www.naminuty.pl)

>> [<<](http://www.blinkee.city/en)

- **ELECTRIC MOTOR SCOOTERS**

>> [<<](http://www.blinkee.city/en)



In Białystok you can choose from numerous taxi companies. We recommend Cooltura Taxi because of its mobile app which is available in multiple languages - "**Cooltura Taxi Białystok APP**". Other apps like Bolt and iTaxi are also available.



You can obviously buy a bike of your own and commute using Białystok's numerous bicycle roads. Outside of town you can also travel by bike to see nearby towns and villages or challenge the longest bicycle route in Poland - Green Velo, connecting Lubelskie, Podlaskie, Podkarpacie, Świętokrzyskie and Warmińsko-Mazurskie Voivodships.

FORMALITIES



REGISTRATION OF STAY

When you arrive in Poland, like every other citizen of a foreign country you must register your stay at the address where you're going to live, up to 4 days from the date of arrival / the date of crossing the Polish border. This period is extended to 30 days if you are a citizen of the European Union, a member of EFTA or the Swiss Confederation.

There are two steps you need to take in order to stay in Poland for over 3 months legally. The procedure is quite simple; all you need to do is get a residence permit for a fixed period of time and then register your place of residence. Below we walk you through how it is done.

STEP ONE – REGISTER YOUR STAY IN POLAND

If you plan to stay in Poland for over 3 months, you are legally obliged to register your stay. To do that you'll have to visit Voivodeship Office (Urząd Wojewódzki) within your first 3 months here.

As officials don't like it if you show up empty-handed, **make sure you have a couple of legal documents with you:**



1. PASSPORT OR ANOTHER FORM OF ID

with a photo that provides proof that you are who you claim to be.



2. A DOCUMENT STATING THE REASON OF YOUR STAY HERE

– pick one from the list below:

- a possibility of future employment, for example – a letter of intent from your future employer, a hard copy of your health insurance and proof of having enough money to live in Poland (bank statement)
- the intention of studying in Poland: confirmation of admission to university, plus proof of health insurance and having enough money to live in Poland (bank statement)
- being married to a Polish citizen – marriage certificate.



3. COMPLETED REGISTRATION FORM

– you can download it here: >> guide.drbroker.pl/register.pdf <<

Please remember that you have to show up at Urząd Wojewódzki yourself – no one else can do it for you. Don't worry about being rejected. You are welcome here and there should be no problem with getting through the entire procedure. **You cannot pop-in to the office at Mickiewicza 3 in Białystok without first making an appointment on this website:** >> [>> register.guide.drbroker.pl](https://register.guide.drbroker.pl) <<

STEP TWO – REGISTER YOUR PLACE OF RESIDENCE

In Poland, all citizens are obliged to indicate their place of residence and this rule also applies to foreigners staying in Poland for a period longer than 3 months. Therefore, the next step of your registration process is letting the City Council (Urząd Miasta) know where exactly you're going to be staying.

There are two options: temporary or permanent registration.

The temporary registration of your stay is valid for a period between 3 months and 5 years, while its permanent counterpart is required for a period longer than 5 years. In case of studying in Poland – you'll need temporary registration.

To register your place of residence you need to **take some documents to the City Council**. You need:



1. ID OR PASSPORT

Visa for persons from outside the European Union.



2. CONTRACT OF LEASE FOR APARTMENT OR DOCUMENT FROM DORMITORY

(if you are choosing temporary registration) **or act of ownership** of the flat
(in case of permanent registration)



3. FILLED OUT FORM

temporary or permanent residence registration form (whichever applies).

[>> guide.drbroker.pl/temporary.pdf <<](https://guide.drbroker.pl/temporary.pdf)

[>> guide.drbroker.pl/permanent.pdf <<](https://guide.drbroker.pl/permanent.pdf)

You will find the office which handles foreign resident registration here:



DEPARTAMENT OBSŁUGI MIESZKAŃCÓW – REFERAT EWIDENCJI LUDNOŚCI,

ul. J. K. Branickiego 3/5,
room 19 (ground floor)

Opening hours:

Monday, Wednesday, Thursday, Friday: **7.30-15.30**,

Tuesday: **8.00-16.00**.

PESEL IDENTIFICATION NUMBER

The PESEL number is an identification number given to every Polish citizen when they are born and registered in Poland. If you are an expat or a foreigner thinking of living in Poland, the PESEL number is one of the things that you are going to need if you want to stay in Poland for longer than a few months, irrespective of being an EU citizen. The law regarding the PESEL number has changed multiple times in the last few years with the last modifications introduced at the beginning of 2018.

The good news is that the process of obtaining the PESEL number by foreigners got simplified and in most cases it happens automatically.

You definitely will be asked to provide PESEL in government offices and when you try to open a bank account in a Polish bank. When you try to register at your local doctor the PESEL number also needs to be provided (of course you can rely on the private healthcare or EHIC card if you are an EU citizen but it's better to have options). Also in more surprising circumstances, you will need to have a PESEL number. For example when you decide to join a gym or when you try to enter a football stadium.

Additionally, the PESEL number will be crucial when it comes to your work life. You can be hired without the PESEL number, however, the employer will eventually have to fulfill their obligations of paying your insurance and taxes and they will need to have your PESEL number to do so.

As mentioned previously, most expats will obtain their PESEL number automatically as a result of fulfilling a legal obligation of registering their place of living (zameldowanie) in the local City Council (Urząd Miasta) described on the previous page. Once that obligation is fulfilled, the local government automatically creates the PESEL number and sends the document to the provided address.

NFZ – NATIONAL HEALTH INSURANCE

Having health insurance means you can use medical services free of charge: once you have it, feel free to go to a medical facility or hospital and receive help, both in everyday and extraordinary cases. As a patient, you are entitled to a number of free treatment services. To get started, you should first choose the so-called "general practitioner" or family doctor. Choose a primary care outpatient clinic at a location most convenient to you and sign up with them. The family doctor provides referrals for laboratory and other tests as well as to other specialist doctors, if your well-being requires it. Some primary care facilities offer more detailed examination and specialized diagnostic equipment. All these services are available to health insurance holders and their family members.

In addition to the free primary care facilities, Poland also has a range of private health care services where you pay per visit or sign up for a long-term plan with a monthly fee. Some private health care centers are under contract with the NFZ, which means that selected medical services might be reimbursed - in that case, those services are free for people insured under the NFZ health insurance. This is available to patients who have received a referral from their family doctor.



If you are already insured in another EU country, you can use your European Health Insurance Card – EHIC in Poland. EHIC is a document based on which, according to the EU regulations on the coordination of social security systems, a person insured in one of the EU/EFTA Member States and members of their family staying temporarily in another EU/EFTA member state, are entitled to receive healthcare benefits in kind that become necessary during their stay for medical reasons.

A necessary benefit should be understood as any benefit that a doctor finds essential to be granted due to the patient's health condition, so that the patient does not have to return to their country in order to receive treatment. The benefits under EHIC are provided on the same terms as those provided to persons insured in the country of treatment.

PLEASE NOTE:

EHIC does not entitle you to receive the so-called scheduled treatment, i.e. treatment that is the target of a patient's stay in Poland.

Having Polish public health insurance is voluntary and you can get it if you're a university student.

The insurer is the NFZ – National Health Fund. You will be paying the monthly fee by yourself from your own funds.

You can make arrangements for voluntary health insurance at the following address:



THE HEADQUARTERS OF THE NFZ DEPARTMENT IN BIAŁYSTOK

ul. Pałacowa 3
15-042 Białystok

Office hours:
Monday - Friday, **from 8:00 to 16:00**

Information: **85 745 95 00**
sekretariat@nfz-bialystok.pl

[>> nfz.guide.drbroker.pl <<](http://nfz.guide.drbroker.pl)

REQUIRED DOCUMENTS:

- completed application for voluntary insurance; [>> guide.drbroker.pl/nfz.pdf <<](http://nfz.guide.drbroker.pl/nfz.pdf)
- identity document (passport);
- written confirmation of your student status from your university;
- if you've already been issued a PESEL number, a written confirmation of this while registering with the NFZ will let you skip the procedure of assigning the PESEL number



As a student, your contract with the NFZ is valid indefinitely, until cancelled. You can cancel it yourself at any time (in written form), it will also expire if you skip one month's payment. The document confirming your insurance coverage is the copy of your contract with the NFZ and proof of payment for the previous month. Please note: you have 7 days to register your contract with the NFZ at ZUS (the Social Insurance Office) by submitting the ZUS ZZA form. As a student, your monthly premium rate is 46,80 PLN.

As a foreigner, you're also free to choose another insurance company, eg. Powszechny Zakład Ubezpieczeń (PZU), Hestia, etc. which offer insurance for foreigners coming to Poland for all kinds of purposes, including education.



For example at PZU Foreigners can buy private medical insurance, thanks to which they have access to doctors and examinations on a daily basis (medical subscriptions). The monthly premium, depending on the insurance option, is 100 or 200 PLN per month.

You can find more details here>> guide.drbroker.pl/pzu_zdrowie.pdf<<

PZU also has a product called "Wojażer" which is dedicated to foreigners who are temporarily staying on the territory of the Republic of Poland.

This policy:

- provides access to doctors in the event of an accident or sudden illness
- pays compensation if the insured person's health suffers as a result of an accident
- pays compensation to people who suffer as a result of the insured's actions (e.g. rented apartment or equipment will be destroyed)

You can find more details here>> guide.drbroker.pl/pzu_wojazer.pdf<<

You can talk about the details of each plan with Barbara Kužel at the **PZU office in Białystok** at Mickiewiczza Street 7/1.



You can also email her at: bkuzel@agentpzu.pl or call **+48 501 544 705**



USEFUL ADDRESSES:

GP primary care outpatient centers

Students from EU countries:

NZOZ ALFA MED
ul. Zwierzyniecka 13

Students from countries outside the EU:

HEALTH CARE CENTER "AKADEMIK"
ul. Akademicka 3

IN CASE OF EMERGENCY:



UNIVERSITY CLINICAL HOSPITAL IN BIAŁYSTOK
ul. M. Skłodowskiej-Curie 24A



SAFETY

REPORTING CRIME TO THE POLICE AND EMERGENCY NUMBERS

Most people coming to Poland don't experience any crime. Poland has a low rate of violent crime and a moderate level of street crime. Major cities might have higher rates of crime. In Poland there is low risk of terrorism.

With your valuables in mind, you do need to watch out for petty theft. Keep cash out of sight, especially in crowded areas and tourist spots. Pay special attention at main train stations, inside trains and other form of public transport. We say "bargain makes thieves", so don't make it easy to those that seek opportunities.

Knowing your way around safety measures and procedures of reporting crime is one of the key elements of staying safe in a foreign country. Here's a handful of useful information:

Report on crime can be submitted:

- **IN PERSON:** find the nearest Police station or Prosecutor's Office. The staff there will guide you through the procedure.
- **BY PHONE:** call **112, 997 or 85 748 99 03**
(you can communicate in English or Russian); the officer on call will collect your information and guide you from there on.



If you've been a victim or a witness of a crime, report it to the Police immediately.

The above also applies to reporting incidents of racism.

HATE CRIME ACCORDING TO POLISH PENAL CODE:

- Using violence
- Unlawful threat
- Inciting commission of the offence against person or group of persons
- Inciting hatred based on national, race or ethnic differences
- Publicly insulting a group within the population or particular person because of his national, ethnic, race or religious affiliation or because lack of any religious denomination or for these reasons breaches the personal inviolability of another individual
- Publicly promoting a fascist or other totalitarian system
- Promoting, producing, purchasing, presenting, transferring, sending materials and means with inciting hatred based on national, ethnic, race or religious differences or for reason of lack of any religious denomination or with fascist or other totalitarian symbols
- Acting with an intent to destroy in full or in part, an ethnic, racial, political or religious group, or a group with a different perspective on life, committing homicide or causing a serious detriment to the health of a person belonging to such a group. Preparations to this crime is also subject to the penalty
- Crimes against conscience and confession. Offending the religious feelings of other persons by outraging in public an object of religious worship or a place dedicated to the public celebration of religious rites

You can read the whole leaflet created by Białystok's police here: [-> guide.drbroker.pl/safety.pdf <<](https://guide.drbroker.pl/safety.pdf)

EMERGENCY NUMBERS:



112 INTERNATIONAL EMERGENCY NUMBER

997 POLICE

998 FIRE SERVICE

999 AMBULANCE

986 MUNICIPAL POLICE

991 ELECTRICITY EMERGENCY

992 GAS EMERGENCY

993 HEATING AND POWER PLANT EMERGENCY

994 SEWERAGE AND WATER SYSTEM EMERGENCY

UNIVERSITIES AND EDUCATION

MEDICAL UNIVERSITY OF BIALYSTOK

Medical University of Białystok is a dynamically developing research and development centre in north-eastern Poland. It offers as many as 16 first and second degree medical fields (including Medicine Programme in English) as well as uniform master studies conducted within three faculties. It consists of:



- Faculty of Medicine (including Dentistry and English Division)
- Faculty of Pharmacy (including Laboratory Medicine)
- Faculty of Health Sciences



The University also offers PhD studies (third degree) at the above-mentioned fields.

The University also provides post-graduate studies, as well as post-graduate specialization courses for doctors, pharmacists, laboratory diagnosticians, nurses and midwives; also continuing education courses for pharmacists. From the very beginning of its existence, the University has hosted many global-scale scientific summits. Students and employees of MUB implement about 500 scientific projects a year.

The University has an ultra-modern scientific-didactic base, which includes:

- Modern University Clinical Hospital,
- Euro-regional Pharmacy Center,
- Didactic and Scientific Center of the Faculty of Health Sciences,
- Clinical Research Center,
- Experimental Medicine Center,
- Innovation Research Center,
- Bioinformatics Center and Data Analysis,
- Molecular Imaging Laboratory,
- Medical Simulation Center.



UNIVERSITY OF BIALYSTOK

The University of Białystok (UwB) was established in 1997. Today, the UwB is one of the largest and strongest academic centres in North-Eastern Poland due to its scientific standards and potential. It offers graduate and post-graduate courses in areas such as:



sociological sciences, mathematics, biology, and humanities. The University consists of 10 faculties, including one located abroad in Vilnius, and 5 Institutes:

- Faculty of Biology
- Faculty of Chemistry
- Faculty of Economics and Finance
- Faculty of Philology
- Faculty of Physics
- Faculty of History and International Relations
- Faculty of Mathematics
- Faculty of Education
- Faculty of Law
- Branch of University of Białystok in Vilnius – Faculty of Economics and Informatics
- Institute of Philosophy
- Institute of Informatics
- Institute of Sociology
- Institute of Culture Studies
- Institute of Management



Excellent conditions and facilities for studying are a great asset of the UwB. It has a modern campus housing Faculties of Mathematical and Natural Sciences. There are excellent workrooms and laboratories equipped with advanced research apparatus. The Campus is located by a forest and offers green roofs of the buildings, water ponds and brooks in courtyards which facilitate scientific work and close contact with nature at the same time. The Faculties of Humanities, Law, Economics and Finance, on the other hand, are located in historical buildings in the centre of Białystok.

As a foreign student, you might find it interesting, that the Faculty of Philology offers a Polish language course in the School of Polish Language and Culture - POLLANDO. In addition to the excellent languages classes and professional staff, you can learn about the culture and customs of Poland.

For more information, visit our website: >> www.uwb.edu.pl <<

BIALYSTOK UNIVERSITY OF TECHNOLOGY

Białystok University of Technology (BUT) is the largest technical university in north-eastern Poland, 6th among technical universities in the country.

It develops the competences of its students in the 6 following faculties:



- Faculty of Computer Science
- Faculty of Engineering Management
- Faculty of Civil Engineering and Environmental Sciences

- Faculty of Mechanical Engineering
- Faculty of Electrical Engineering
- Faculty of Architecture
- Foreign Language Centre



The achievements of students from the Białystok University of Technology are known in the global arena and bring great prestige to the university. Some of the key examples are projects such as designing the Mars rovers, as well as advanced robots and systems optimizing the work of many corporations.

The university supplies its students with state-of-the-art equipment to constantly broaden their horizons and inspire them to undertake research on technology, which today is at the core of almost all aspects of professional and private life.

BUT's campus is a lively academic town, hosting concerts during the Juwenalia Festival, housing the GWINT Club popularising student culture and art., and also the 87.7 FM Akadera Radio Station – the best rock wave in town.

All international students at BUT who apply in time are guaranteed the University accommodation: The Halls of Residence.

THE UNIVERSITY OF FINANCE AND MANAGEMENT IN BIALYSTOK

The University of Finance and Management in Białystok (WSFiZ) is the oldest private university in Podlasie. You can choose among the following fields of studies:



- Finance and Accounting
- Management
- Administration



WSFiZ offers courses in English for international students. Bachelor Studies (BA – 3 years), Master Studies (MA – 2 years). The university is a great place to lay a solid foundation of your future career in administration, business and finance thanks to its careful selection of up-to-date education methodologies. In addition to receiving excellent education, students can participate in practical classes thanks to the school's partners, whose number is constantly increasing.

Students gain knowledge and skills from the best Polish and foreign experts, improve foreign language skills and get some real practice in business at various enterprises and institutions. WSFiZ cultivate an ethos in which you can learn, grow, and succeed. As a student of WSFiZ you can participate in exchange programs, enjoy one-to-one counseling, personal training, group workshops and excellent opportunities throughout your studies.

The attractive location of its premises allows easy access from various parts of the city.

>> en.terazwsfiz.pl/for-international-students/ <<

SIGHTSEEING

Need a break from your studies? Nature is here to refresh you. The capital of Podlaskie Voivodeship is surrounded by ancient forests, meandering rivers, picturesque lakes and towns full of history.

BIAŁYSTOK'S MUST SEE

You will find that Białystok offers excellent space for development and everyday living. But that's not all – our city has much more to offer. Below we walk you through some of the key attractions, perfect for exploration in your free time.



BRANICKI PALACE & PLANTY PARK

One of the best-known locations in Białystok and, above all, the home of the Medical University with a lush Baroque feel. It's a popular spot for tourists and locals alike, seeking solace in the art of design. It is surrounded by beautiful, well-groomed gardens, fountains, a moat and romantic alleys perfect for photoshoots.

Admission is free.

THE TRAIL OF BIAŁYSTOK'S HOLY TEMPLES

The Trail of Białystok's Holy Temples will introduce you to the multifaith nature of Białystok which has been present here for centuries. The city's population was historically made up of followers of Catholicism, Orthodoxy, Judaism, Islam and Protestantism. An important point on this trail is the Church of the Holy Spirit - the largest Orthodox church in Poland. Another place worth visiting is the Cytron Synagogue on Waryńskiego Street, where a branch of Galeria Słendzińskich is now located.



Muslims from Białystok gather in the House of Prayer on Piastowska Street, which serves as a mosque. A place of great aesthetic value is the Church of St. Wojciech - originally functioning as an Evangelical-Augsburg temple. Also noteworthy are the Sanctuary of Divine Mercy, the Church of the Resurrection and the Church of the Immaculate Heart of Mary. As for the Orthodox churches - the Church of God's Wisdom - Hagia Sophia - on Trawiasta Street, as well as the Church of the Resurrection on Sikorskiego Street.



THE ESPERANTO AND MULTI-CULTURE TRAIL

The Esperanto and Multi-culture Trail refers to the pre-war diverse nature of the Białystok community. It is here that the founder of Esperanto, Ludwik Zamenhof, was born in 1859. Esperanto was created as a universal language intended to function beyond any divisions. In the city center you will find a statue of Zamenhof himself. The location where his family house used to be is not far from there. On Warszawska Street you can visit the Ludwik Zamenhof Center.

Białystok harbors a few more places which remind us of the city's Jewish history. These are: the Great Synagogue Monument, the Tarbut Jewish School, Rynek Sienny, the Piaskower Synagogue, or the house of Jakub Szapiro - an Esperanto promoter. The route of the trail will also take you to such architectural gems as the Church of St. Nicholas, the Church of St. Roch, Pałac Góscinny, the Archcathedral of Białystok, the Former Real Gymnasium, once located where you will now find the Secondary School No. 6, and finally, the Cytron and Nowik Palaces.



THE EAST WITH A PADDLE IN HAND

For years, the rivers of Podlasie have topped the lists of the most beautiful kayaking routes. Let them take you away - start with Czarna Hańcza. The river starts in the Suwałki Landscape Park, and then, amidst wild nature, runs through Lake Hańcza and the Wigry National Park. From Lake Wigry it winds serpentine-like among the forests of the Augustów Primeval Forest. It goes to the Augustów Canal.

It is an object recognized as a Historical Monument, unique on a European scale. It was established in the nineteenth century as a result of Prussian economic restrictions, to provide the possibility of shipping goods along the Vistula to the Baltic Sea by water. Today it serves well as a wonderful kayaking route.

Organize your kayaking trip with SZOT Splywy Kajakowe.

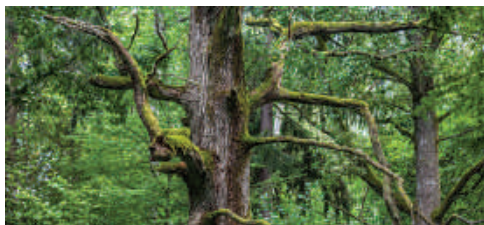
TOURIST ENTERPRISE SZOT
ul. Konwaliowa 2, 16-300 Augustów

(+48) 87 644 67 58 or **(+48) 601 146 703**
szot@szot.pl or kajaki@szot.pl



UNSPOILED NATURE

Nature is one of the most valuable showpieces of Podlaskie Voivodeship. It is protected by four national parks.



BIAŁOWIEŻA NATIONAL PARK

The undisputed symbol of the region. The only natural area in Poland featured on the UNESCO World Heritage List.

>> www.bpn.com.pl <<

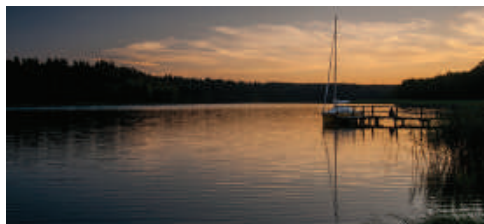
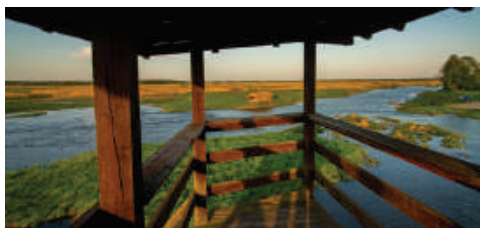
1h 30min. 1h 50min. 4h

NAREW NATIONAL PARK

The Narew river is called the Polish Amazon because, much like the latter, it meanders and creates numerous broads.

>> www.npn.pl/en <<

30min. 1h 5min. 1h 30min.



WIGRY NATIONAL PARK

A paradise for water tourism enthusiasts with a beautiful post-Camaldolese monastery located on Lake Wigry.

>> www.wigry.org.pl/index_en.html <<

1h 40min. 2h 20min. 6h 30min.

TOWNS FULL OF HISTORY

Small towns with rich history are a surefire way to have a lovely weekend.

TYKOCIN

Tykocin, situated on the Narew River, used to be the center of Jewish intellectual life. Look for traces of this community in the Great Synagogue, then take a walk among the wooden houses and sample Jewish specialties in one of the local restaurants.

30min. 45min. 1h 45min.





CHOROSZCZ

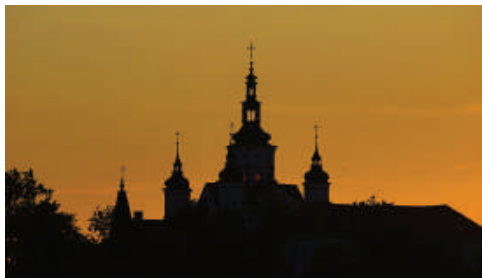
A visit to the summer residence of the Branicki family in Choroszcz is a must. Long ago, it hosted kings August III and Stanisław August Poniatowski; these days, it is open to everyone. It houses the Palace Interiors Museum, which faithfully reflects the spirit of that era. See for yourself and find out if this style suits you.

🚗 20min. 🚌 25min. 🚲 50min.

SUPRAŚL

A town in the heart of the Knyszyn Forest. Put the monumental Monastery of the Annunciation of the Most Holy Mother of God and the mystical Museum of Icons on your mandatory must-see list – these unique examples of Orthodox sacred art are well-worth visiting.

🚗 20min. 🚌 35min. 🚲 1h



KORYCIN

It's time to make your dreams of time travel come true. The Korycin-Milewyszczyna Cultural Park will take you back to the Middle Ages. The building is a reconstruction of the settlement from the end of the 10th century. You will see relics of the past discovered during archaeological excavations, folk handicrafts and a powerful Dutch-type windmill.

🚗 30min. 🚌 40min. 🚲 2h

Fot. Arch. Podlaska Regionalna Organizacja Turystyczna

PODLASKIE REGIONAL TOURIST ORGANISATION

ul. Sienkiewicza 53 lok. 3/3, 15-002 Białystok

(+48) 85 74 45 650 or 85 74 45 560

(+48) 570 151 545 or 570 671 717

ro.pttk.bialystok@gmail.com

REGIONAL TOURIST INFORMATION CENTER

ul. Marii Skłodowskiej-Curie 14, 15-097 Białystok

(+48) 503 356 482

rcit@podlaskie.it

PODLASKIE.TRAVEL



Podlaska Regionalna
Organizacja Turystyczna



Regionalny Ośrodek PTiR
BIAŁYSTOK

A man and a woman are riding bicycles on a dirt trail through a lush green forest. The man is in the foreground, wearing a black t-shirt and shorts, looking towards the camera. The woman is slightly behind him, also on a bicycle, wearing a black t-shirt and shorts. The background is filled with tall trees and dense foliage.

ACTIVE RECREATION

Fot. Arch. Podlaska Regionalna
Organizacja Turystyczna

PODLASKIE BY BIKE

Come and ride along one of the comfortable bike trails. Start from the Green Velo Eastern Cycle Trail (>> www.greenvelo.pl <<). It is the most spectacular bicycle project in Poland. It enters Podlasie in the Suwałki region and leads through the Augustów Primeval Forest, the Biebrza and Narew valleys, and the Knyszyn and Białowieża Primeval Forests. It ends in the Bug valley. It is an adventure with a total length of 598 kilometers.

If you still haven't had enough, check the map for the Stork Trail (>> www.podlaskiszlakbociani.pl <<). This bicycle route connects the most beautiful and valuable monuments of nature in the voivodeship, passing alongside four national parks and the European Stork Village.

You can find maps and folders at the Regional Tourist Information Center in Białystok.

NORTH OR SOUTH?

Podlaskie is full of breathtaking landscapes and history. Go north, then south, and decide which direction you prefer.

The vast, open spaces in the Suwałki Landscape Park will amaze you. The oldest landscape park in Poland, it shields breathtaking views of the surrounding hills and mysterious boulders. A bit "lower" - on Lake Wigry - you will find a post-Camaldolese monastery. These are the famous symbols of the Wigry National Park. If you want to visit both places - stay in Suwałki. This pleasant city will be a great starting point for your travels. Every summer, thanks to the Suwałki Blues Festival, it turns into the world capital of blues.



The road through Podlasie from the "spacious" Suwałki Region leads through three forests: those of Augustów, Knyszyn and Białowieża. En route to the latter, you will visit the Land of Open Shutters and see many beautiful wooden churches. Your journey concludes in Drohiczyn. Make sure not to miss the amazing view of the Bug River from Góra Zamkowa.

See you soon.

You can find maps and folders at the Regional Tourist Information Center in Białystok. You can organize a guided tour at the Regional Branch of PTTK in Białystok.

CITY RECREATIONS

BIAŁYSTOK TRAMPOLINE PARK

One of the most lively places in Białystok! Whether you're a fan of athletics, or just someone who wants to spend their free time in a fun, active way, this is a great place to go. It offers various trampolines, sponge pools to dive into, ropes to swing from and other attractions - exciting activities for people of all ages. Located at **ul. Bema 6**

BIAŁYSTOK SPORTS AND RECREATION CENTER

A place created for the love of sport! If you're looking for ways to develop and improve your physical fitness, look no further - this is the place to go. Train by yourself or join one of the many groups for athletes of various categories.

Addresses:

The Sports and Recreation Center manages the following recreation facilities:

- **"Sportowa" swimming pool** at ul. Włókiennicza 4,
- **"Kameralna" swimming pool** at ul. Mazowiecka 39 C,
- **"Rodzinna" swimming pool** at ul. Stroma 1 A,
- **Dojlidy Water Sports Center** at ul. Plażowa 1,

Complex of Sport Facilities "Zwierzyniec", with the following facilities:

- **Athletics stadium** at ul. 11 Listopada 28,
- **Ice rink** at ul. 11 Listopada 28.

CITY BEACH IN DOJLIDY – ENTERTAINMENT

It's a great local alternative for those seeking a cool refuge on hot summer days without leaving the city. A large beach, volleyball court and lifeguards minding your safety in the water, create an amazing atmosphere of the city's recreational and leisure center.

Located at **ul. Plażowa**

JEST PROGRES

This studio offers calisthenics classes. Calisthenics focuses on general physical development training with one's own bodyweight. The fitness coaches here can guide trainees from scratch, so feel free to come in and start exercising regardless of your level of advancement.

The studio is located at **ul. Artyleryjska 7**

You can find more city recreations here:

>> [<<](http://www.miejskoaktywni.pl)

CULTURE

Fans of high culture will also feel at home in Białystok. The greatest cultural attraction of the city is undoubtedly the Podlasie Opera and Philharmonic - the most modern cultural center of Eastern Europe. In addition to the Opera, you will find around here:

MUZEUM WOJSKA (THE MILITARY MUSEUM) IN BIAŁYSTOK

A municipal cultural institution that has been operating for over fifty years. Its vast collections range from melee weapons dating back to the Middle Ages, to uhlan sabers, firearms from almost all European countries, as well as other equipment and uniforms (primarily Polish, German and Russian). A separate archive consists of a collection of thousands of photos and historical documents.

The highlight of the Military Museum's exhibition offer are its permanent exhibitions. They present a full historical overview of north-eastern Poland across the 20th century, showcasing military themes against the background of social, cultural and moral events of that period. The museum is a modern institution, providing visitors with a traditional style narrative, as well as multimedia kiosks, listening stations, video materials, a 3D photo system and audioguides.

The museum is located at **ul. Kilińskiego 7**

For more information, visit >> www.mwb.com.pl << and >> www.facebook.com/muzeumwojska <<

BIAŁOSTOCKI TEATR LALEK

Today, the Białystok Puppet Theater can be called a total theater. With three scenes and excellent technical and organizational facilities – it not only produces performances, but is also actively involved in popularizing the theater culture and education. Throughout recent decades, the Theater has organized many national and international puppet festivals, among them Solo Puppeteers Festival, Puppet Theater Meetings, or the one-of-a-kind Festival of Puppet Theaters for Adults "Puppet's Metamorphoses". Since 2012, Jacek Malinowski – director, playwright, professor of the Puppet Theater Art Department in Białystok and the Theater Academy in Warsaw, is the Theater's Artistic and Administrative Director. The Białystok Puppet Theater is open towards international cooperation, theater residencies for young artists, study projects and workshop meetings.

The Theater is located at **ul. Kalinowskiego 1**.

For more information, visit >> www.btl.bialystok.pl <<

TEATR DRAMATYCZNY IM. ALEKSANDRA WĘGIERKI W BIAŁYMSTOKU

One of the largest and oldest institutions in the Podlasie Voivodeship. The Main Stage hall can seat almost 500 people. The Drama Theater's repertoire has something to offer to audience with high artistic expectations, with plays that touch the problems of the modern world and man, as well as to those looking for good humor and entertainment.

The Theater also creates new phenomena in the cultural space of Podlasie. The PracOFFnia Stage has been operating here since 2015. It's an initiative which allows independent and active artists to present their work. The Theater also runs the "Direction East" festival - a review of plays touching the subject of borderland culture, including performances from across the eastern border of Poland. The Theater is located at **ul. Elektryczna 12**.

For more information, visit >> www.dramatyczny.pl <<

GALERIA ARSENAŁ IN BIAŁYSTOK

One of the best contemporary art galleries in Poland. For years, it has been presenting a coherent and consistent exhibition program. It's devoted to offering and promoting modern art of various media, thus providing a great overview of the most important and interesting phenomena in contemporary Polish art. The gallery organizes exhibitions not only at its two offices in Białystok, but also at other locations in Poland and abroad.

Collection II is the highlight of Galeria Arsenał. This collection, started in 1992, presents the most important phenomena in Polish art, which reflect the changes that took place in our culture after the period of political transformation. The gallery's exhibition activity is accompanied by an intensively developed educational program designed to teach about the latest art at various levels and in different languages. In addition, Galeria Arsenał undertakes various activities to popularize contemporary culture, including panel discussions, lectures, seminars, conferences, concerts, book promotions and film screenings. For several years it has also organized the Children's Art Book Festival with a rich offer of workshops for children. Galeria Arsenał is located at **ul. Elektryczna 13** and **ul. Mickiewicza 2**.

For more information, visit >> www.galeria-arsenal.pl <<

OPERA I FILHARMONIA PODLASKA – EUROPEAN ART CENTER IN BIAŁYSTOK

In the rich and diverse repertoire of OiFP, next to opera performances ("The Haunted Manor", "Traviata", "The Magic Flute", "Carmen", "La Boheme"), musicals ("Korczak", "The Phantom of the Opera", "Fiddler on the Roof", "Doctor Zhivago") and operetta ("Revenge of the Bat"), there are also symphonic concerts, oratorios, chamber music, recitals, interactive performances for children and music festivals. The institution's activities also include educational and exhibition projects, film screenings and entertainment shows.

OiFP offers events addressed to a wide audience. In addition to their regular repertoire counterparts, events such as the International Book Fair, Museum Night take place here, as well as meetings with authors and artists, such as the Phantom of the Opera fan convention.

The Podlasie Opera and Philharmonic is located in two buildings: at **ul. Odeska 1** and **ul. Podleśna 2**.

For more information, visit >> www.oifp.eu <<



MUZEUM PODLASKIE IN BIAŁYSTOK

consists of 7 facilities located in historical buildings:

- **Town Hall** at Rynek Kościuszki - main building
- **Historical Museum** in Białystok
- **Alfons Karny Sculpture Museum** in Białystok
- **Museum** in Tykocin
- **Museum of Palace Interiors** in Choroszcz
- **Museum** in Bielsk Podlaski
- **Museum of Icons** in Supraśl

More information available at: >> www.muzeum.bialystok.pl <<

BIAŁYSTOK CULTURAL CENTER (BOK)

Each year, the Białystok Cultural Center (BOK), as a municipal institution, organizes or co-organizes about 400 events, with an average of over 120,000 participants (data from 2018). BOK's offer is addressed to various audiences, from children, through youth and adults, to seniors. The offer of events is wide and carefully designed to satisfy very different tastes, and what is important - many of them are free. Among the events proposed by BOK, the following festivals are the most popular: Dni Sztuki Współczesnej (Contemporary Art Days), Jesień z Bluesem (Autumn with Blues), ŻUBROFFKA International Short Film Festival, Inny Wymiar (Another Dimension, since 2013 as part of the East Culture project), Festiwal Kultur i Podróży "Ciekawi Świata" (Festival of Culture and Travel), ¿Underground / Independent?, as well as such regular events as: Dni Miasta Białegostoku (Białystok City Days), Filmowe Podlasie Atakuje! (Attack of the Film Podlasie, currently Film Podlasie Reactivated and Film Podlasie Educates), shows of Classic Cinema with live music, Zaduszki Bluesowe (All Souls' Eve with Blues), Sylwester Miejski (New Year's Eve), Blues Fama, Trójjąb Komediiowy (Comedy Trident), Summer and Winter Actions, Katedralne Koncerty Organowe (Cathedral Organ Concerts), National Review of Contemporary Photography "Człowiek obok mnie" (The man next to me), Jazz at BOK, Seniorada, exhibitions at the BOK Gallery and numerous concerts of Polish and foreign music stars.

In the Ludwik Zamenhof Center, you can enjoy the permanent exhibition "Białystok młodego Zamenhofa" ("Białystok in the time of young Zamenhof") and numerous temporary exhibitions. There are also concerts, panel discussions, lectures and literary events. The Center is involved in organizing educational workshops for children and youth, and various modern socio-educational projects are implemented. It also has a Games and Play Room - a space for creative fun.

BOK operates in two locations: at **ul. Legionowa 5**, where the Forum cinema and Fama club are located, and at **ul. Warszawska 19**, the home of the Ludwik Zamenhof Center.

For more information, visit >> www.bok.bialystok.pl <<



FESTIVALS AND EVENTS

JUWENALIA AT THE BIAŁYSTOK UNIVERSITY OF TECHNOLOGY CAMPUS

>> www.juwenalia.bialystok.pl<<

When: End of May

Juwenalia is a cultural and entertainment student initiative of the Białystok University of Technology. Every year, the event attracts thousands of people wanting to have fun to the rhythm of their favorite music. Juwenalia is a three day festival organized at the University campus located in the Nowe Miasto district. Every year, big names such as Guano Apes and Kult are invited to perform. This time of fun and dancing is a great opportunity to take a break from your studies and meet new friends from other universities in the city.

UP TO DATE FESTIVAL

>> www.uptodate.pl<<

When: Beginning of September

Up to date is the largest and most famous festival in Białystok, created by and for the lovers of electronic sound and hip hop culture. From the very beginning year after year, it's renowned for its world-class line-ups. Artists such as Lorn, Evidence, Goldie, Rose, Rosalie and Das EFX performed first on the scenes of Węglowa Centrum, and later at the City Stadium (current location of the festival). The idea of the festival is best represented by the slogan: "Music does not have to be simple - it has to be good" and by its social campaigns designed to unite generations.

PODLASKA OKTAWA KULTUR (THE PODLASIE OCTAVE OF CULTURES)

>> www.oktawa.woak.bialystok.pl<<

When: End of July

Podlaska Oktawa Kultur is a treat for fans of folklore, fun and - above all - traditional music, art and handicrafts. The main location of this 4 day festival is Rynek Kościuszki at the city center. This event is the essence of multiculturalism of the city. Every year, in an ever-increasingly perfect way, it presents the beauty of Podlasie's (and beyond) cultural heritage and traditions.

NEW POP FESTIVAL

>> www.bialystoknewpop.pl<<

When: Autumn

New Pop is a relatively young festival, with a very informal feel of a picnic mixed with shows of famous artists. It brings together thousands of fans of having a good time, of various ages. Apart from concerts, you can be sure to find delicious food and a variety of attractions.

INTERNATIONAL SHORT FILM FESTIVAL ŻUBROFFKA

>> www.zubroffka.pl<<

When: Beginning of December

The ŻUBROFFKA International Short Film Festival is an open and borderless event, respecting the diversity so characteristic of our land. It is the meeting place for creators who are open to the world, people who have a sense of humor and who value nature and its products. The festival strives to be a platform for the exchange of modern ideas and thoughts that enables creative meetings of artists from the East and the West.

CLUBS

At night, Białystok turns into a bustling capital of electronic and dance music. No matter what your musical preferences and tastes are - you are sure to find a place to party until dawn. The most famous clubs in Białystok are:

- **ROKOKO / pop / house / disco polo**

The only two-story club in the city center. Two independent rooms, Two dance floors, Two different music styles, Two bars, Two VIP rooms, Thousands of unforgettable moments. Admission from 21 years old. The club is located at **ul. Legionowa 14/16**


- **ZMIANA KLIMATU / electronic music / oldschool music / pop**

- **FOMO / techno / trance / dubstep / reggae / house / electro / minimal**

- **BLACK DIAMOND / pop / house / electro**

- **WYSOKIE TONY / pop / soul / electro**

- **PUB FICTION & BACKSTAGE / rock / 80's / 90's / alternative**



CULINARY GUIDE

BEST RESTAURANTS

If there's one thing about Poland we are really, really proud of, it is most definitely our cuisine. Before you try it we have to warn you – it is extremely tasty but it will quickly add extra centimeters to your waist (however, you can always burn those unwanted calories in a gym or other activities we've mentioned on the previous pages).

The most popular Polish meals are pierogi (dumplings), kotlet schabowy (a type of breaded cutlet), bigos (a mix of cabbage, meat and mushrooms), gołąbki (cabbage leaves stuffed with minced meat), rosół (chicken soup), zupa ogórkowa (cucumber soup – it's really sour!) and żurek (sour soup with egg and sausage).

We won't be modest here – our cuisine is great and it's totally worth trying. It's also especially good when accompanied by vodka or beer! Try it!

Białystok is famous for its excellent regional cuisine, second to none. Strong influences of many cultures have created a specific menu recognizable on a global scale. Białystok, as well as all of Podlasie, attracts hundreds of tourists interested in new culinary experiences. It truly is a sin not to try our kartacze, dumplings with lard, potato cake or the world-famous Polish sausage.

The most popular dish in Poland is pierogi. Polish cuisine is famous for the variety of fillings for pierogi. Podlasie is well-known for dumplings such as:

- **Zaguby** (with potatoes and bacon),
- **Kolduny** (small dumplings with beef),
 - with venison and bison grass,
 - with regional Korycin cheese widely known across Europe.

You can taste them all at Soodi Dumplings.

Below you will find a list of interesting restaurants to visit for a taste of the specialties of Eastern Poland. The mastery of Białystok's chefs is well worth it!

RESTAURANTS

ELVIS BURGER Iconic burgers made even better with the accompaniment of music from the King of Rock'n'roll himself. 100% homemade - fresh beef, fresh vegetables, crispy sesame roll. Love this taste and admire the size! Enjoy the awesome flavors with the "Białystok in a Nutshell" guide.

Elvis serves burgers at **ul. Białówny 9 lok.7 (Rynek Kościuszki)**



PIU DI PIZZA A Pizzeria located in downtown Białystok, invites you to experience Italy! Fall in love with our crunchy pizza, straight from the furnace. Our focus is the most important part of this dish - a perfect, thin base made using only Italian flour, which is not the only secret ingredient. Come and taste the delicious, aromatic pizza, dripped with real Italian olive oil. But there is more! How about some wine? We also offer vegetarian and vegan dishes as well as gluten-free pizza **ul. Grochowa 3.**



RAJ - pizza ludzie wino is one of the few restaurants in Białystok 100% gluten free. Our kitchen is a specially selected products of the highest quality, only from reliable suppliers.

Delicious and healthy cuisine, large selection of meat, vegetarian or vegan pizzas as well as pastas or salads, selected soft drinks, beers and wines, the unique atmosphere and a cordial approach to every visitor to our restaurant are the details that make up our place! All this to make you feel like in Paradise! We are in the center of Białystok, **ul. J. Kilińskiego 12 lok 1u**



SOODI DUMPLINGS Poland = Dumplings. At Soodi, we make them in front of your eyes. You have a choice of 22 different dumplings. The menu includes special regional flavors and vegan dumplings, as well as regional beer and Polish vodka. Soodi is all-dumplings place where you can taste best dumplings in a cozy interior. And if you don't feel like leaving home, head to www.soodipierogarnia.pl and order your exceptional delivery.

ul. Jurowiecka 19/1



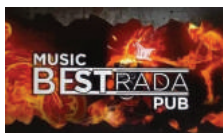
KOKU SUSHI The largest chain of Sushi Bars in Poland. A perfect place for lovers of Asian cuisine, also in vegetarian and vegan variations. A varied menu where everyone will find something unique for themselves. Find out why we are number 1 in Poland! Visit us and taste and taste the best sushi in your city. Join our loyalty program and collect points and on students Wednesdays, get a 15% discount on every sushi order, at the restaurant or to go. See you in:

KOKU SUSHI ul. Kilińskiego 7/1

KOKU SUSHI Rynek ul. Sienkiewicza 6

KOKU SUSHI POINT ul. Zachodnia 2/a3





DOHO SUSHI Doho Sushi is a little combination of oriental flavors, passion and friendly atmosphere. This place is perfect for a quick lunch, romantic dinner or meeting with friends. We satisfy the palates not only of sushi fans but also admirers of Asian cuisine. Do you want to know why we are #1 restaurant in Białystok? Only one visit **oul. Kijowska 7** is enough to find out.

GRAMOFFON Almost a bistro. Almost vegan. Almost all beers. Strong coffee, Italian wines. Off the beaten track. Among cool people GramOFFon invites you **oul. Sienkiewicza 24**

PKS Do you fancy a burger? Sushi? Ramen? Or maybe you just want to have a beer? At the PKS: Piwo, Kaczka, Sushi (Beer, Duck, Sushi), everyone will find something for themselves. Come find out at **oul. Warszawska 9**

PUB FICTION & BACKSTAGE Friday Saturday 80's 90's Rock'n'Roll party... Probably the best pub in the universe. Awesome and friendly people. This place will rock you! You are very welcome! The pub is located **oul. Suraska 1**

PUB BESTRADA A music pub located at the heart of city. We have a lot of live events during week time:

Thursday: Karaoke

Thursday: Jam session

Friday: Live concerts of Polish and foreign bands

Saturday: Rock disco

Sunday: Karaoke

We are waiting for you! **Ul. Marii Skłodowskiej-Curie 3**

HAROLD PUB Hey, I'm Harold and I've just recently moved in at **Warszawska 29**. I enjoy craft beer. I like good drinks and spending time with friends. I also like interesting places and rock tunes. In fact, I like what you like. Harold.

CAFES

SWEET FIT & EAT is a healthy pastry shop and cafe in the center of Białystok. All cakes are gluten-free and without white sugar, and what's more, they also have lactose-free and vegan sweets on the menu. Everything is made to be FIT! Come to Sweet Fit & Eat, where you can try diet cakes, desserts, fruit and milk cocktails, all blends of freshly squeezed juices, various types of coffees and teas, as well as eat a salad, a sandwich, pasta and pancakes, lunch or breakfast - all in a pleasant, relaxed atmosphere. Free Wi-Fi for all customers. The shop is located at **ul. Legionowa 30 lok.6 "Sienny Rynek"**

KAWIARNIA PANI K Visit this charming cafe in the city center! Do you value good taste and a pleasant atmosphere? Take your friends and discover great coffee along with delicious dessert. Mrs. K herself adds a pinch of her passion to each dessert, and spice it up with magic. Where? **Ul. Malmęda 9/3**



CUKIERNIA PANI K Do you wonder if there is a perfect dessert that tastes delicious? Check out our carefully prepared, appetizing and aromatic offer. Grab a glass of wine or mimosa and enjoy the moment while chillin' in our next door garden <3
Location: Filipowicza 6 lok.U1

WHITE BEAR COFFEE The White Bear Coffee it's not only the best coffee in Białystok and coffee roasting houses, but also The White Bear Ice Cream, i.e. the best artisanal (handmade) ice cream in the city. We love coffee and people, so we want to deliver it to you in the best, most beautiful and highest quality form. Come, try and stay with us for longer.



The White Bear Coffee Sienkiewicza 6

Mon-Fri: 7.30am-9.00pm Sat-Sun: 9.00am-9.00pm

White Bear Coffee Źelazna 7

Mon-Fri: 7.30am-9.00pm Sat-Sun: 9.00am-9.00pm

The White Bear Ice Cream at Kilinskiego 7

every day from 10.00 am to 8.00pm

OTHER SERVICES

KOMPUTERITY This shop specializes in comprehensive repair of notebooks, netbooks and tablets. The scope of their offer includes both simple software updates, replacement of complete elements, and advanced repairs of individual components. Professional equipment for diagnostics and repairs is available here. The service technicians with many years of experience will quickly and efficiently deal with any device issues. The shop is located at **ul. Legionowa 9/1**



MR TECH MR Tech offers a wide range of GSM-related services. Their scope of business includes selling smartphones, tablets, smartwatches, phone accessories and covers. If you need help with a starter for any GSM network, this is the place to go. The shop is located at **ul. Legionowa 9/1 / lok 29**



TELEKOMUNIKACJA PODLASIE If you need internet in a rented apartment try Telekomunikacja Podlasie. They offer wide range of internet, TV and telephone services. Please check with them, if they provide services in your area at **Kraszewskiego 28 lok.U3** or email: biuro@tpodlasie.pl





BANK ACCOUNT

During your stay in Poland you might need to open a bank account. We highly recommend to open one so you'll be able to cut down on fees for using your card abroad and you'll be able to transfer money in local currency easier and cheaper than international bank transfers.

PKO BANK POLSKI >> www.pkobp.pl<<

BANK PEKAO S.A. >> www.pekao.com.pl<<

MILLENNIUM BANK >> www.bankmillennium.pl<<

ING BANK ŚLĄSKI >> www.en.ingbank.pl<<

SANTANDER BANK POLSKA >> www.santander.pl<<

We highly recommend the last one (Santander), because of its great offer for people under 26, like:



- free account maintenance
- free internet transfers
- free standing orders
- free cash withdrawals from all ATMs of Santander Bank Polska
- free cash withdrawals from ATMs outside of Poland

You can also use the Kantor Santander service to buy and sell foreign currencies at attractive rates from the comfort of your home and keep it on your EUR/GBP/USD or CHF account.

To open an account you'll need passport and confirmation of being a student from your University.

For more information, please read >> guide.drbroker.pl/santander.pdf<<

You can talk about details at the Santander branch at ul. Marii Skłodowskiej-Curie 2, 15-097 Białystok with Justyna Klepacka.

You can also email her at: Justyna.Klepacka@santander.pl or call **+48 519 311 768**





ACCOMMODATION

Arriving in Białystok and finding a place to stay is the first challenge waiting for every foreign student. Not everyone has the time and possibility to rent an apartment before moving, so it's a good idea to get to know the offer of hotels, hostels and other short-term accommodation spots for the first days after your arrival. This will buy you time to look for somewhere more permanent for the duration of your studies. You can rent a room in one of the big hotels like Ibis or Gołębiewski, or alternatively choose one of the numerous apartments available on websites like: Booking, Airbnb or >> www.apartamentybialystok.pl/en/ <<

Renting a dorm room is a common practice among foreign students. The prices of accommodation in university dormitories range between PLN 400-600 per month for a shared room, the number of which is limited. Dorm room booking is done on a first come, first served basis. Contact your university directly to check availability and the rules that apply.

HOW TO FIND ACCOMMODATION?

If staying at a dormitory is not for you for any reason, a comfortable apartment close to your university should suit your requirements. University life is full of intense activities, so it's all the more important that you find accommodation that becomes your personal refuge where you can freely study, relax, invite friends and, above all - feel at home.

WHERE?

The most attractive districts are those located nearby the city center. Such locations guarantee quick access to universities, as well as trouble-free way back home after night outings with friends. Białystok has compact residential development, so finding a flat in a location of your choice should not be difficult. The districts close to the city center are: Sienkiewicza, Białostoczek, Bojary, Młodych, Antoniuk, Piasta, Mickiewicza, Przydworcowe, Kawaleryjskie and Nowe Miasto. How much renting an apartment will cost you depends both on its location and attractiveness as well as the state of the interior or equipment.

WHEN SEARCHING FOR A PLACE, KEEP THE FOLLOWING THINGS IN MIND:



IS THE ACTUAL CONDITION OF THE APARTMENT WHAT THE PICTURES PROMISED

Pictures of the flat are often taken at the most favorable angle, and sometimes altered by a skilled graphic artist. Before deciding on a given apartment, make sure you inspect it carefully and verify whether the actual condition matches the listing's pictures. An honest conversation with the owner is also a good idea. A real estate broker will verify it for you.



FURNITURE AND EQUIPMENT

Not all apartments are fully furnished. In that case, settle this matter with the flat owner / landlord as soon as possible – check who will buy the furniture and cover the costs. Perhaps the landlord will let you arrange the apartment according to your preferences. However, most apartments do come fully furnished and are equipped with at least some basic appliances. Some landlords can buy extra equipment for you, some will just allow you to bring items purchased by you. Typically, you will have to buy your own bed sheets.



SIGNING LONG-TERM CONTRACTS

Before signing the contract, decide how long you'd like to stay at a given apartment. If you sign a contract for a fixed period of time (usually 12 months), it can only be terminated early under mutual agreement with the landlord. You might have to pay an early termination fee or just find someone else to take over your apartment. If you continue to study for another year or don't want to extend the contract – good practice is to talk with your landlord or agent early and let them know about your plans.



DEPOSIT

In Poland, a deposit is usually required, payable to the landlord before you move into your new apartment. The amount usually equals one month's rent (might be much more if the apartment is decorated to a high standard). Maximum possible deposit in Poland is 12 times the monthly rent. If you've been a good tenant and have not caused any damage to the apartment or the equipment – you should get the deposit back no later than 30 days after moving out.

MARKET PRICE RESEARCH

Cheap apartments might seem tempting, but before renting one, try to find out why the price is so low -- there might be a catch worth knowing about that could affect your decision.



Examples of housing prices in Białystok (excluding fees):

	PLN	EUR
• room in shared apartment	600-850	130-190
• studio apartment	900-1400	200-320
• 2 rooms	1200-1600	260-360
• 3 rooms	1400-2200	310-490
• 4 rooms	1800-2800	400-620

*Currency exchange rate EUR/PLN calculated at 1 EUR = 4,50 PLN

IS IT REALLY THE LANDLORD I'M TALKING WITH?

Be careful! Don't get scammed and always check if the person you're dealing with has the right to rent out the apartment before handing over any payments.



DOES THE PRICE INCLUDE ALL CHARGES?

Often, the total price of rent includes fees for the so-called "media" like electricity, water, heating or gas, but keep in mind that this is not always the case. Ask the landlord before signing the contract what exactly goes into the rent you are going to pay. Normal practice is to advertise just basic rent and all other charges are on top. Some adverts do include estimated cost of those charges as a separate figure. Also internet might not be included in the advertised price.



DON'T PAY FOR JUST VIEWING

This is an unfortunate situation where the company will ask you to pay upfront for the chance to view an apartment that might not even be worth your time, or worse - doesn't even exist. Be careful of this while browsing rental listings, and watch out for the risk of getting ripped off. Good real estate brokers will only ask for payment for their services after signing contract of lease and handing over the keys to the apartment.



TRUST THE PROFESSIONALS! DR BROKER

We understand how stressful looking for an apartment in a new city and country can be, which is why we offer all of our services in English: presenting offers, help with choosing the best option, all the way to actual assistance with your move to a new home in Białystok. We guarantee fully transparent contracts drafted in two languages (PL and ENG), for the comfort and full understanding of each party.

We know how important trust is. Before an apartment is listed in our offer, we screen apartment owners for their attitude towards renting their property to people from abroad to ensure your comfort and safety. We continue to provide all kinds of assistance throughout the duration of your lease (eg. we can help you choose an Internet provider – if internet connection is not provided in the flat).

Most of apartment offers on our website does include a virtual tour of the apartment. That allows you to view the apartment from all angles before seeing it in person.

We offer you the option of making a reservation on an apartment of your choice with a guarantee of receiving the keys at a specific date. This is a great option if you find an apartment before leaving your home country and want to make sure it will be available and ready when you arrive in Poland.

DrBroker promises to handle your search for perfect place in an efficient and safe way. We will try to make your first student apartment - a nice memory of youth.



ul. Kaczorowskiego 7 lok. U25
15-375 Białystok

Phone : **+48 737 165 448**

E-mail : rent@drbroker.pl

www: rent.drbroker.pl/en



VISIT OUR FACEBOOK PAGE

"DrBroker Apartments & Rooms in Białystok"
>> [@DrBroker.Bialystok](https://www.facebook.com/DrBroker.Bialystok) <<



WHATSAPP

Call us or send us message on WhatsApp!
>> wa.me/48737165448 <<



SEND US A MESSAGE!

Contact us via messenger
>> m.me/DrBroker.Bialystok <<

Polish language belongs to Slavonic languages and is spoken by, roughly, 44 million people all over the world. Polish alphabet is based on Latin alphabet and consists of 32 letters:

Aa, Ąą, Bb, Cc, Ćć, Dd, Ee, Ęę, Ff, Gg, Hh, Ii, Jj, Kk, Ll, Łł, Mm, Nn, Ńń, Oo, Óó, Pp, Rr, Ss, Śś, Tt, Uu, Ww, Yy, Zz, Żż, Źź

3 more letters are in use as well, **Qq, Vv, Xx**, but they are found in borrowed words only.

Some say Polish language is one of the most difficult ones to learn by foreigners due to the unique cluster of sounds and pronunciation of some letters. We think, however, it's not that bad if you master the most important rules and will find it's more predictable than English, for instance. Just be brave.

Here are some of the letters you might want to know how to (not) pronounce:

a as in *smart*, not *can*
c as in *cats*, not *car*
e as in *met*, not *people*
g as in *good*, not *geography*
i as in *cheap*, not *listen*
j as in *yes*, not *jungle*
o as in *Australia*, not *poke*. Take *salt* as a good example, too
s as in *sex*, not *close*
u as in *soup*, not *cup*
w as in *voice*, not *window*
y as in *myth*, not *yellow*

Polish has also got special letters that you might have already noticed and they are pronounced in the following manner:

ą is a nasal **o**, take French *bon*
ć (soft **cz** cluster), similar to *choice*
ę is a nasal **e**, as in *cousin*
ł as in *will*
ń is a soft **n**, as in *onion*
ó as in *tool*, exactly the same as **u**
ś (soft **sz** or **si** cluster), similar to *short*
ź soft **ż**
ż as in *vision*, exactly the same as **rz**

Now, how a look at the clusters:

ch as in **heart** or Spanish **Javier**

cz as in **watch**

dz as in **goods**

dż as in **Jupiter**

dż as in **jungle**

rz as in French **journal**

sz as in **shoes**

Ready for some useful Polish words and phrases now? We bet you are. We selected those you might want to use every now and then when you are out and about in the city. Have a look at them, check our pronunciation guide above and don't be afraid to ask your Polish friends for help as well.

dzień dobry - good morning

cześć - hello/bye

siema - hello (informal)

do widzenia - good bye

na razie - bye/see you (informal)

miłego dnia - have a nice day

spoko - alright/cool (informal)

tak - yes

nie - no

miło mi - nice to meet you

dziękuję - thank you

dzięki - thanx

proszę - please

(when handing in or replying to thank you)

smacznego - bon appetit

proszę powtórzyć - can you repeat, please?

proszę to napisać - can you write that down, please?

gdzie jest ...? - where is ... ?

uniwersytet - university

akademik - dormitory

dworzec kolejowy - train station

dworzec autobusowy - coach station

przystanek autobusowy - bus stop

jakie jest hasło Wi-Fi - what's the Wi-Fi password?

nie rozumiem - I don't understand

nie wiem - I don't know

nie mówię po polsku - I don't speak Polish

czy mówisz po angielsku - do you speak English?

Want some more? Or perhaps you want to turn your stay in Białystok into English learning experience? We are happy to help. We are a language school called Homeschool, located near major universities and dormitories in town are ready to assist you. We've been around since 2002 so you are talking to professionals.

Give us a call at **85 742 80 77**, drop us a line: biuro@homeschool.pl, check our Facebook page or pay us a visit: Żelazna 9. We have coffee.

See you there and good luck.

>> www.homeschool.pl <<

