



# PRACTICAL GUIDE FOR INCOMING STUDENTS

*Welcome to Collegium Medicum!*

Ludwik Rydygier Collegium Medicum NCU  
Bydgoszcz

# ACADEMIC CALENDAR



Academic year in Poland is divided into two semesters of 15 weeks each – **winter** and **summer semester**.

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

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

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

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

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

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

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

# GRADING SYSTEM AT UNIVERSITY LEVEL

5,0	very good	highest grade
4,5	better than good	
4,0	good	
3,5	better than satisfactory	
3,0	satisfactory	lowest passing grade
2,0	unsatisfactory	failing grade
ZALICZONY (ZAL)	credit/pass	

At the beginning of the academic year every student gets access to his/her private account in **USOS system**, which enables students to see all their grades.

# STUDENT IDs

- In order to receive a student ID each student should deliver his/her ID photo on a CD to the office and pay the fee for issuing the ID to the individual bank account number received from the office staff. The photo should be taken without any head cover.

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

# MEDICAL EXAMINATIONS & VISA

Each student is obliged to do **two medical examinations**:

- **Stool test**
- **Blood test**

AND

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

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



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



<http://www.cm.umk.pl/en/studiesen/informations-for-students/visa-information.html>



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

\*Information concerning obtaining OC & NNW insurance will be given later.

# HOLIDAY WORK PLACEMENT

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

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

More information available on:

<http://www.cm.umk.pl/en/studiesen/informations-for-students/summer-practice-programs.html>

# STUDENTS COUNSELLING

In case you need advice, assistance or support contact Students' Counsellor Ms Magdalena Smoczyńska.

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

In order to avoid long waiting please contact  
Ms. Smoczyńska by e-mail: [smoczynska.m@gmail.com](mailto:smoczynska.m@gmail.com)



# STUDENTS' AFFAIRS

## Students' Self Governing Body

13 Jagiellońska Street (Student Initiative Club Building)

e-mail: [samorzad@cm.umk.pl](mailto:samorzad@cm.umk.pl)

## Students' Scientific Society

13 Jagiellońska Street (Student's House No 2, room 21)

tel. (52) 585-34-71

e-mail: [stn@cm.umk.pl](mailto:stn@cm.umk.pl); [stncmumk@gmail.com](mailto:stncmumk@gmail.com)

opening hours: Monday 16-18

## Choir of Collegium Medicum

rehearsals: Mondays and Wednesdays at 18.00 pm

13 Jagiellońska Street (building A) room 3

e-mail: [chor@cm.umk.pl](mailto:chor@cm.umk.pl)

## Academic Sports Association

Centre for Physical Education and Sport

20 Świętojańska Street

tel. (52) 585-54-16

e-mail: [azs@cm.umk.pl](mailto:azs@cm.umk.pl)

# IFMSA Poland

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

IFMSA Poland

15 Jagiellońska Street (room 013 B)

tel. (52) 585-33-55

e-mail: [bydgoszcz.ifmsa@gmail.com](mailto:bydgoszcz.ifmsa@gmail.com)

opening hours: Tuesday and Wednesday 16-17

# Students Scientific Associations (SKN)



## SKN of Cell Biology and Ultrastructure

Department of Histology and Embryology

Coordinator: dr Magdalena Izdebska

## SKN of Medical Biology

Department of Medical Biology

Coordinator: dr hab. Celestyna Mila-Kierzenkowska

## SKN of Biophysics

Department of Biophysics

Coordinator: dr Blanka Ziomkowska

## SKN of Normal Anatomy

Department of Anatomy

Coordinator: dr Marcin Wiśniewski

## SKN of Biotechnologists

Department of Molecular and Forensic Genetics

Coordinator: dr hab. Marcin Woźniak

## SKN of Dermatology

Department of Molecular and Forensic Genetics

Coordinator: dr Marek Jankowski

## SKN of Diabetology

Department of Endocrinology and Diabetology

Coordinators: dr hab. Agata Bronisz,  
dr Anna Kamińska

## SKN of Pathology

Department of Pathology

Coordinators: dr Łukasz Szyłberg, dr Magdalena Bodnar

## SKN of Gene Therapy

Department of Gene Therapy

Coordinators: dr hab. Piotr Kopiński, mgr Ewelina Wędrowska

## SKN Communication in Medical Care

Department of Paediatrics, Haematology  
and Oncology

Coordinator: dr Katarzyna Jankowska

SKN of Tissue Engineering

Department of Tissue Engineering

Coordinator: dr Anna Bajek

SKN of Regenerative Medicine and Reconstructive  
Microsurgery

Division of Tissue Engineering

Coordinator: dr Marta Pokrywczyńska

SKN of Gynaecology and Obstetrics

Department of Obstetrics, Gynaecology  
and Oncology

Coordinator: dr Maciej Socha

SKN of Disorders of Hemostasis

Department of Pathophysiology

Coordinator: dr Barbara Ruszkowska – Ciastek

SKN of Cardiology and Internal Diseases

Department of Cardiology and Internal Diseases

Coordinator: prof. dr hab. Jacek Kubica

SKN of Microbiology

Department of Microbiology

Coordinator: dr Patrycja Zalas-Więcek

SKN of Endocrinology

Department of Endocrinology  
and Diabetology

Coordinator: dr Marcin Gierach

SKN of Cellular Immunology

Department of Immunology

Coordinators: prof. dr hab. Jacek Michałkiewicz,  
dr Małgorzata Wiese

SKN of Clinical Immunology and Internal  
Diseases

Department of Allergology, Clinical Immunology  
and Internal Diseases

Coordinator: dr Joanna Kołodziejczyk

SKN of Psychiatry

Department of Psychiatry

Coordinators: lek. Maurycy Araszkiewicz,  
dr Ewa Ogłodek

# BYDGOSZCZ





**Bydgoszcz** is one of the ten biggest cities in Poland as well as a cultural and scientific centre in the Kuyavia-Pomerania region. According to a legend, the name of the city derives from the phrase 'be our guest'. The open gates in the city's coat of arms symbolize hospitality and a warm welcome of its inhabitants.

Online guide by *visitbydgoszcz.pl*:

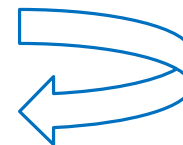
<http://www.visitbydgoszcz.pl/index.php/en>

# BUSES & TRAMS

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

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

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



**Timetable:** <http://www.zdmikp.bydgoszcz.pl/index.php/en/timetable>

**To plan your journey you can use:**

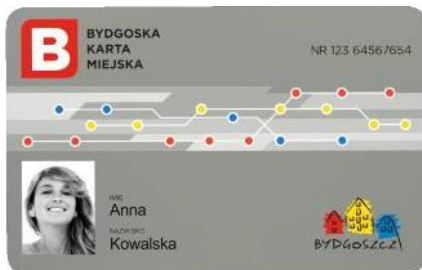


<http://bydgoszcz.jakdojade.pl/?locale=en>



Single fare ticket for day lines and night lines within the city limits –  
Polish: „Bilet Ulgowy” (half-price ticket) ➡ **1,50 PLN**

**Normal ticket** (*Bilet Normalny*) - 3,00 PLN



Bydgoszcz City Card is a card that enables you to use various municipal transport services and it allows integration with your Student ID.

### How to activate your Student ID?

➡ fill in the application:  
<https://wnioski.bydgoskakartamiejska.com.pl/index.php?page=Wniosek&lang=en>  
\*ELS (Elektroniczna Legitymacja Studencka) – Student ID

- For more information: <http://bydgoskakartamiejska.com.pl/en/index.html>



# BIKE RENTAL

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

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



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

# TAXI

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

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

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



The entry fee is around 7 PLN; the fee for each 'km' is around 2.50 PLN.

# Travelling in Poland/Europe

## Train:

PKP online timetable: <http://rozklad-pkp.pl/bin/query.exe/en>

## Bus:

PolskiBus: <http://www.polskibus.com/en>

## Plane:

Bydgoszcz Airport: <http://plb.pl/>

## Flights to:

Birmingham, Dublin, Düsseldorf Weeze, Glasgow, Frankfurt, London Stansted, Rome Fiumicino.



[www.blog.mhnsaves.com](http://www.blog.mhnsaves.com)

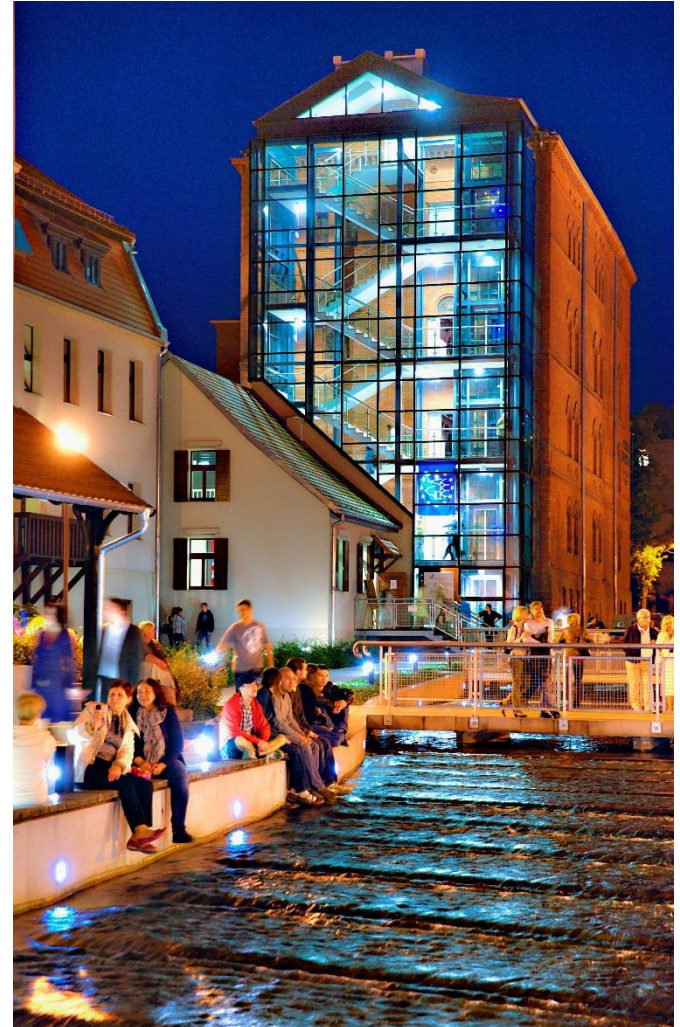
# WHAT TO SEE IN BYDGOSZCZ

## MILL ISLAND

Mill Island is a heart of Bydgoszcz and one of the most unusual places in Bydgoszcz.

What makes the Island unique? First of all, its location in the heart of the city, just a few steps from the Old Market Square.

The Mill Island is a green oasis in the city centre. Water, footbridges, old mills (now museums), red-brick buildings reflected in the depths of Młynówka (called Bydgoszcz Venice), groomed green - all this create an atmosphere of Bydgoszcz river island.





# OPERA NOVA

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

<http://www.opera.bydgoszcz.pl/lang,2>

5 Marszałka Focha Street  
85-070 Bydgoszcz  
Tel. +48 52 325 15 02





## Muzeum Mydła i Historii Brudu

### MUSEUM OF SOAP AND HISTORY OF DIRT

Museum of Soap and History of Dirt – first in Europe. You can learn more about hygiene and washing history since antiquity, some historic figures: Tomasz Łaziebnik Plugawy or Zabłocki (Polish proverb character). The Museum shows pre-war detergent commercials and informs about how soap is made.

Ticket: 12 pln

The price includes hands-on experience with soap making!

ul. Długa 13 - 17

85-032 Bydgoszcz

Tel. +48 52 515 70 15

[www.muzeummydla.pl](http://www.muzeummydla.pl)

# Exploseum DAG Fabrik Bromberg

War Technology Center

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

The Exploseum is a modern blend of a narrative-type museum, in which multimedia coexist with traditional forms of exposition. This unique example of industrial architecture has been preserved practically unchanged since the period of World War II. Visitors tour a route that surprises with various historical contexts, mysterious rooms and tunnels, filled with exhibits and "Explonats", visiting a multilayered exhibition, divided into different topics.



[www.exploseum.pl](http://www.exploseum.pl)

ul. Glinki 155  
85-174  
Bydgoszcz  
Tel. +48 883 36 60  
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# kramberry™

Fusion of fashion, design, streetwear and streetart – all these create one event – Kramberry Fashion Fair.



<http://kramberry.pl/>







# Myślęcinek - Forest Park for Culture and Leisure

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

Some of the attractions of Myślęcinek are:

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



<http://www.myslecinek.pl/en>



Wake Park is a **unique** place with holiday atmosphere which offers wakeboard riding.

After an active recreation you can **relax** on the beach.

Wake Park on youtube: [http://www.youtube.com/watch?v=NOK6rWa\\_YFk](http://www.youtube.com/watch?v=NOK6rWa_YFk)

<http://www.wakeparkbydgoszcz.pl/>





**Scandinavian Day** was an event organized by Collegium Medicum.

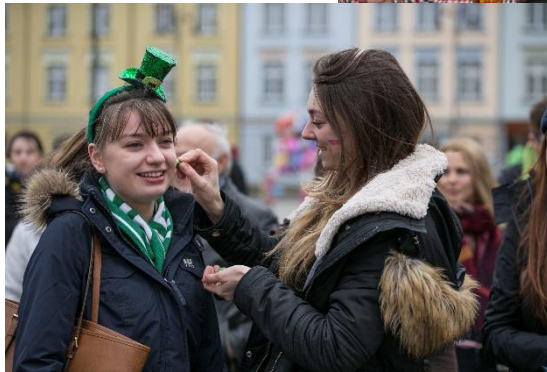
During the "Scandinavian Day" the inhabitants of the city had an opportunity to get familiar with Scandinavian culture, talk to the students and take part in a whole range of attractions for both children and adults.







**Bydgoszcz Saint Patrick's Days** were co-organised by Collegium Medicum. The inhabitants of Bydgoszcz were invited to celebrate the internationally known festival together with the guests from Ireland. This joyful event combined the elements of both Irish and Polish culture.



# CINEMAS

**Multikino**®

ul. Marszałka Focha 48

<http://multikino.pl/pl/w-kinie/>

**CINEMA  
CITY**™

ul. Jagiellońska 39-47 (Focus Park)

<http://www.cinema-city.pl/bydgoszcz>

 **HELIOS**

ul. Fordońska 141 (Galeria Pomorska)

<http://www.helios.pl/38,Bydgoszcz/StronaGlowna/>

**KINOOORZEŁ**

ul. Marcinkowskiego 12 - 14

<http://www.mok.bydgoszcz.pl/?p=eng>

# Gyms & Fitness Clubs in Bydgoszcz



Shopping Centre Drukarnia  
ul. Jagiellońska 1

<http://jatomifitness.pl/en/gym-bydgoszcz-drukarnia>



Focus Mall  
ul. Jagiellońska 39

<http://www.stepone.pl/>



ul. Fordońska 156

<http://www.sportfactory.pl/>



ul. Skłodowskiej-Curie 16-18

<http://www.megafit.bydgoszcz.pl/>

Other fitness clubs can be found here:

[http://www.google.pl/#bav=on.2,or.r\\_qf.&fp=5a35eccc70786ba3&q=fitness+bydgoszcz](http://www.google.pl/#bav=on.2,or.r_qf.&fp=5a35eccc70786ba3&q=fitness+bydgoszcz)

# Shopping

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

Bigger shops, supermarkets and shopping malls are open 7 days a week:

- from 9 a.m. – 9 p.m. (e.g. Focus Mall, Galeria Pomorska, CH Rondo, Zielone Arkady);
- from 6 a.m. – 11 p.m. (Żabka);
- from 7 a.m. - 9/10 p.m Mon-Sat, 9 a.m. – 8/9 p.m. Su (Biedronka, Lidl, Leclerc).

There are also shops open 24 hours a day (e.g. TESCO)





# Cost of living in Bydgoszcz

**Bread** ~ 2.50 PLN

**Milk** (1l) ~ 3.00 PLN

**Corn flakes** (250gr) ~ 3.20 PLN

**Lipton Tea** (100 teabags) ~ 14 PLN

**Yoghurt** (150ml) ~ 1.30 PLN

**Jam** (280gr) ~ 3.5 PLN

**Yellow Cheese** (1kg) ~ 16 PLN

**Ham** (1kg) ~ 39 PLN

**Sugar** (1kg) ~ 3.50 PLN

**Milk chocolate** (100gr) ~ 2.70 PLN

**Orange juice** (1l) ~ 4.00 PLN

**1 EUR ~ 4,29 PLN** (August 2016)





# Enjoy your stay in Bydgoszcz!



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

al. Powstańców Wielkopolskich 46  
Student's House No. 3, rooms 013-015  
85-090 Bydgoszcz  
Poland

tel. +48 52 585 3890  
fax +48 52 585 3950  
[studiesinenglish@cm.umk.pl](mailto:studiesinenglish@cm.umk.pl)