



PRACTICAL GUIDE FOR INCOMING STUDENTS

Welcome to Collegium Medicum!

Collegium Medicum UMK
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).

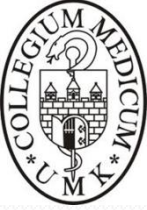
Winter examination session usually takes two or three weeks and starts between January and February.

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



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 on the account number received from the office staff. The photo should be taken without any head cover and showing your left ear.

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.



OC INSURANCE

According to university policy referring to all students of medicine, each student is obliged to have valid OC insurance.

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 insurance will be given later.

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



STUDENTS' AFFAIRS

Student Government

13 Jagiellońska Street

e-mail: samorzad@cm.umk.pl

Student Scientific Society

Head of the STN - Wojciech Kaszewski

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

tel. (52) 585-34-71

e-mail: stn@cm.umk.pl

opening hours: Monday 16-18

Collegium Medicum Choir

rehearsals: Mondays and Wednesdays at 18.00 pm

13 Jagiellońska Street (building A) room 3

e-mail: chor@cm.umk.pl

Academic Sports Association

Centre for Physical Education and Sport

20 Świętojańska Street

tel. (52) 585-10-11

e-mail: 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: ifmsa@cm.umk.pl

opening hours: Tuesday and Wednesday 16-17

Student Research Clubs (SKN)



SKN of Cell Biology and Ultrastructure

Chair and Department of Histology and Embryology

Coordinator: dr Magdalena Izdebska

SKN of Medical Biology

Chair of Medical Biology

Coordinator: dr Celestyna Mila-Kierzonkowska

SKN of Biophysics

Chair of Biophysics

Coordinator: prof. dr hab. Stefan Kruszewski

SKN of Normal Anatomy

Chair and 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 Experimental Pharmacology

Chair and Department of Pharmacology and Pharmacological Therapy

Coordinator: dr hab. Grzegorz Grześk, prof. UMK

SKN of Ophthalmology

Chair and Clinic of Eye Diseases

Coordinator: dr hab. Bartłomiej Kałużny



SKN of Tissue Engineering

Department of Tissue Engineering

Coordinator: dr Anna Bajek

SKN of Clinical Nutrition

Chair of Anesthesiology and Intensive Care

Coordinator: dr Marlena Jakubczyk

SKN of Regenerative Medicine and Reconstructive Microsurgery

Department of Tissue Engineering

Coordinator: dr Marta Pokrywczyńska

SKN of Vascular Surgery

Chair and Clinic of Vascular Surgery
and Angiology

Coordinator: dr Arkadiusz Migdalski

SKN of Gynecology and Obstetrics

Chair of Obstetrics, Gynecological Diseases and
Oncological Gynecology

Coordinator: dr Macej Socha

SKN of Disorders of Hemostasis

Chair of Pathophysiology

Coordinator: dr Barbara Ruszkowska

SKN of Microbiology

Chair and Department of Microbiology

Coordinator: dr Aleksander Deptuła

SKN of Endocrinology

Chair of Endocrinology and Diabetology

Coordinator: dr Marcin Gierach

SKN Pathophysiology

Chair of Biophysics

Coordinator: dr Barbara Ruszkowska

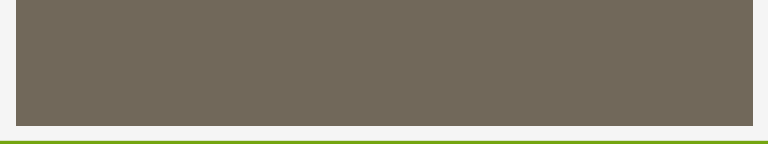
SKN of Cellular Immunology

Chair and Department of Immunology

Coordinator: dr hab. Jacek Michałkiewicz,
prof. UMK

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

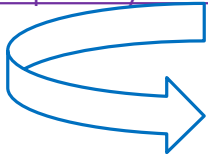
Tickets are the same both for trams and buses. You may buy them in small news-stands (*KIOSK*) which are usually open till 6 p.m. Both buses and trams operate from 5.00 a.m. till 11.00 p.m.

Remember that large luggage needs an additional normal ticket. There are not 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 (up to 26 years) to discounts on tram, bus, and train tickets – if you do not have student ID, use a normal ticket.

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

To plan your journey you can use:

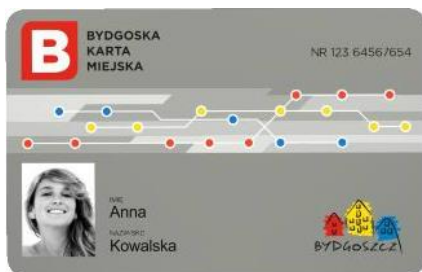


<http://bydgoszcz.jakdojade.pl/?locale=en>



Single fare ticket for day lines and night lines within the city limits –
Polish: „Bilet Ulgowy” → **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>

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.

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



Dzień SKANDYNAWSKI



Scandinavian Day is an event organized by Collegium Medicum.

During the "Scandinavian Day" the inhabitants of the city have 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.



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

kramberry™

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



<http://kramberry.pl/>



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.wakeparkbydgoszcz.pl/>

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://purepoland.com/pl/kluby-fitness/bydgoszcz-drukarnia>



ul. Św. Floriana 6 A

<http://www.magra-fitness.pl>



ul. Fordońska 156

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

Other fitness clubs can be found here:

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. FocusMall, Galeria Pomorska, CH Rondo

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 ~ 4,18 PLN (August 2014)

Enjoy your stay in Bydgoszcz!



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

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Poland

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studiesinenglish@cm.umk.pl