

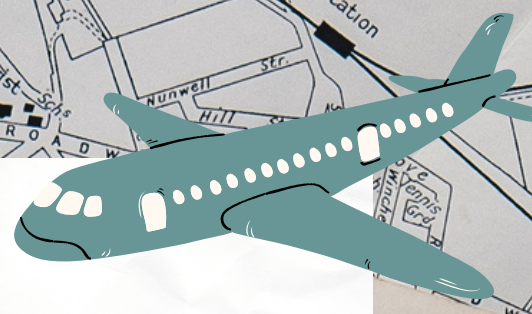


Time to

# DO YOUR PHD

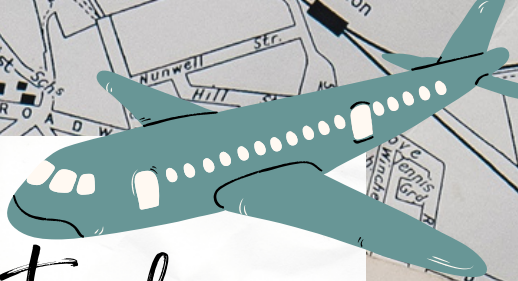
*at the  
Jagiellonian University*





# CONGRATULATIONS!





# Guidebook for International PhD Students in Krakow

- WELCOME MESSAGE..... 3
- PRE-ARRIVAL PREPARATION..... 4
- ARRIVING IN KRAKOW..... 5
- SETTLING INTO UNIVERSITY LIFE..... 8
- ACADEMIC ENVIRONMENT..... 10
- LIVING IN KRAKOW..... 13
- EXPLORING KRAKOW..... 14
- POLISH TRADITIONS (AND ESSENTIAL VOCABULARY)..... 15
- USEFUL RESOURCES..... 16
- TDUJ..... 17
- AUTHORS AND CONTACTS..... 18



JAGIELLONIAN UNIVERSITY  
PHD STUDENT ASSOCIATION

**NOTE THAT SOME INFORMATION MAY CHANGE DURING THE ACADEMIC YEAR, SO BE SURE TO DOUBLE-CHECK THE DETAILS**



# Welcome message

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On behalf of the Jagiellonian University and the city of Krakow, we extend a warm welcome to all international PhD students. We understand that pursuing a PhD abroad can be both exciting and challenging, and we are here to support you throughout your journey. Krakow is renowned for its academic excellence, cultural diversity, and vibrant atmosphere, offering you a unique experience during your doctoral studies. We hope this guidebook will serve as a valuable resource as you embark on your PhD journey in Krakow. Good luck!



Jagiellonian University is one of Europe's oldest and most renowned universities, founded in 1364. It offers a prestigious academic environment, exceptional faculty, and extensive research resources, making it an ideal destination for international PhD students

Krakow is known for its rich cultural heritage. Its UNESCO-listed Old Town showcases historical treasures like Wawel Castle and St. Mary's Basilica. The city boasts numerous museums, theaters, and art galleries, including the National Museum, the Juliusz Słowacki Theatre, and the Museum of Contemporary Art (MOCAK).

Krakow also hosts a variety of festivals and events throughout the year, providing opportunities to immerse yourself in the local culture.



# Pre-arrival Preparation



Before arriving make sure to check all necessary visa procedures on the official website.

Additionally, it's essential to review your own country's policy regarding studying in Poland.

- **Health insurance requirements**

Your Doctoral School will explain everything during the enrollment process.

- **Accommodation options**

Here you can find more information regarding [University housing](#) for PhD students.

[Private housing](#) is also available, and you can search for rooms through Facebook groups or services like olx.

Make sure you read your contract carefully and beware of scam advertisements.

- **Packing essentials and climate information**

Polish weather is variable. You may want to pack both thick and comfortable clothes along with some light ones. Consider bringing a rain jacket, umbrella, and waterproof shoes.

If you want to read more about our weather here are some interesting sources.

- **Currency and banking information**

We use PLN (złoty) when it comes to currency. You may want to bring some cash with you. However, if you want to pay contactless you may do so:

- via your home bank (if your bank account is available for this option)
- via Polish bank – you can open an account in Poland (it is possible both on-line and offline in a stationary bank office).

**Some banks may ask for PESEL/residence but not all.**



# Arriving in Krakow



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## Transportation from the airport/train station to the city.

The Kraków-Balice International Airport is Krakow's only airport, and it is relatively small. The airport is located around 20 kilometers (30 minutes by car) from the city centre. It is well connected to the city by buses and trains.

**BY BUS:** Krakow Airport is served by three regular bus lines: **209** and **300**, and one night line: **902**. The bus ride may take up to 1 hour and may require changes, depending on where you live, so make sure you buy a suitable ticket. The bus stop is located close to the main entrance of the airport (on the right when you exit the airport). There is a ticket machine at the bus stop (accepting payment in cash or with a credit/debit card).

**BY TRAIN:** The airport train arrives at and leaves from the Main Train Station (Dworzec Główny), and the route from the airport takes around 20 minutes. At the airport, just follow the train signs until you arrive at the platform (a few minutes walk). You can buy the ticket onboard from the automat.

Both trains and buses leave every 20 minutes, however, it is less frequent in the early morning and night hours. Always keep your student ID with you (with a valid stamp) when traveling with a student discount.

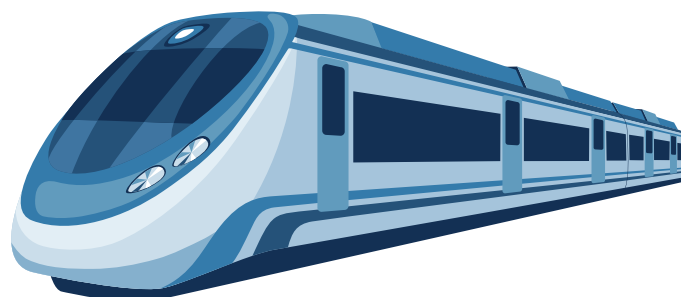
**BY CAB:** You may also take a taxi from the airport, but it is the most expensive option (100-200 PLN), while *Bolt* and *Uber* is significantly cheaper. Both accept both cash or debit cards.

If you are travelling from Krakow, always check your schedules before departure (on the Jakdojade app) to ensure you have enough time to catch your plane.

In case of any doubts, don't hesitate to contact the information desk at the airport.

You can find more information on the following link:

[Krakow Airport Website / Transport Section.](#)



# Arriving in Krakow



**The Main Train Station (Dworzec Główny) is located in the city center.**

It serves as the primary arrival and departure point for most trains. Next to the train station, you can also find the **Krakow Bus Station (Bosacka Street 18)**, which operates both local and international buses. The train station building is connected to the **Galeria Krakowska** shopping mall. There are several tram and bus lines passing the stations, with trams and buses every 5-10 minutes. The closest stops to the station are Dworzec Główny Zachód, Dworzec Główny Wschód, Lubicz, and Uniwersytet Ekonomiczny. You can find luggage storage facilities at the stations to leave your bags.

**The public transportation system in Krakow.**

The public transportation system in Krakow is well-developed and user-friendly. Consider downloading the **Jakdojade app** to check routes and purchase tickets on your phone. Tickets can also be bought onboard or from designated ticket machines, but note that older machines may only accept coins. Always carry your student ID (with a valid stamp) when using student discounts.

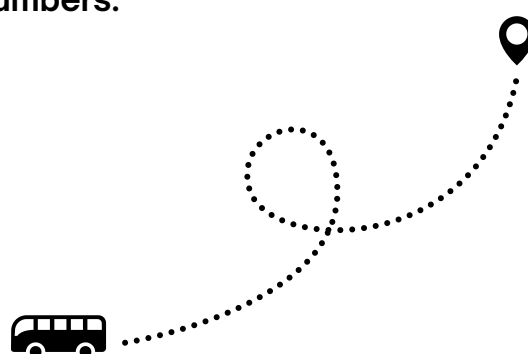
If you notice a schedule printed in yellow at a bus/tram stop, it indicates a modified route.

**Restrictions:** Be aware of certain restrictions in parts of Krakow (old town, Kazimierz) where Bolt and Uber cannot stop. Make sure to select a suitable pick-up point when using these services; the apps will provide this information.

**Getting around the city: maps, bike rentals, and walking routes.**

Krakow city center is easily navigable on foot or by bike. For the outskirts, buses or trams may be necessary. Google Maps is a helpful tool for orientation, and you can also get a paper map from the tourist office. Various bike rentals are available in the old town, or you may consider purchasing a used bike. When cycling, exercise caution around trams and tram tracks, and always lock your bike for safety.

**Krakow is considered a safe city and it is usually safe to walk alone at night, however, keep general awareness, and if you feel unsafe contact the respective emergency numbers.**



# Arriving in Krakow



Important contact numbers and emergency services

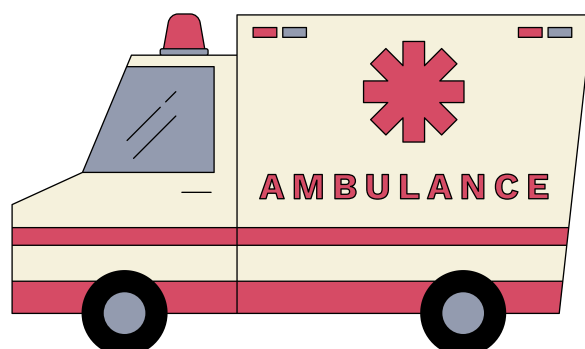
AMBULANCE: **999**

FIREFIGHTERS: **998**

POLICE: **997**

GENERAL EU EMERGENCY: **112**

In case of emergency you may also need to contact your country's embassy, so be sure to save their number.





# Settling into University Life



- **Introduction to the university campus and its facilities**

Our university campus is spread across different locations in Krakow, each with its unique facilities. The Main Campus is home to the majority of faculties and administrative buildings. Here, you'll find lecture halls, classrooms, laboratories, and faculty offices. The Collegium Maius, the oldest building of the university, provides a historical atmosphere for studying. Additionally, there are various campus facilities like cafeterias, student lounges, and study spaces available to enhance your university experience.

- **Registration process and paperwork**

Upon arrival, it is important to complete the registration process. The university's administrative offices will guide you through the necessary paperwork, including enrollment forms, visa verification, and health insurance requirements. Make sure to bring all required documents and allow ample time for this process, as it may involve multiple steps. Check out the registration information on your faculty website.

- **Information about student ID cards**

As a student from Jagiellonian University, you will receive a student ID card from your faculty. This card serves as your official identification within the university and provides access to various facilities

and services. It is essential to carry your ID card with you at all times while on campus. **You need to update it at every new enrollment.**

- **Overview of library resources and online databases**

Jagiellonian University libraries offer a vast collection of books, journals, and online databases to support your research.

The Main Library is among the key resources available.

JU MC Medical Library offers publications on medicine, pharmacy, nursing, health sciences, biology and related subjects.

Besides University-wide libraries, the Jagiellonian University staff and students have access to numerous libraries of particular faculties, institutes, and other JU units.

You can access the library's online catalog and digital resources using your university credentials.

Additionally, librarians are available to assist you with navigating the collections and utilizing research tools effectively.

# Settling into University Life



- **Computing and IT services available**

The university provides comprehensive computing and IT services to support your academic needs. You will have access to computer labs equipped with necessary software, as well as high-speed internet connectivity throughout the campus. **You can connect your devices on the Wifi of your own faculties or through Eduroam.**

The IT Helpdesk is available to assist with any technical issues or questions you may have regarding university systems and online platforms, especially with USOSweb or your email account.

- **Campus facilities, including sports facilities and student clubs**

Jagiellonian University offers a range of campus facilities to enrich your university experience. The Sports Office organizes various sports events for students and staff, including ski camps, rowing races and university Cooper tests. It caters to diverse interests, allowing you to connect with fellow students and engage in extracurricular activities.

As an PhD of Jagiellonian University you can join the Multisport Programme. This card enables you to use approx. 1,600 sports and recreation facilities throughout Poland.

- **Mental well-being**

Jagiellonian University recognizes the importance of mental well-being and provides support through the SOWA Center. The center offers confidential consultations and counseling services to address the emotional and psychological needs of students. Trained specialists are available to provide guidance and support throughout your university journey. You can schedule consultations by contacting the center via email or visiting them in person. The services are provided in both Polish and English to cater to international students.



# Academic Environment



- **Structure of PhD programmes at Jagiellonian University**

At the Jagiellonian University, doctoral programmes are administered by the Doctoral Schools. Each school has its own management and council. The official duration of doctoral training is 3 or 4 years. In case you consider possibilities for extension, you should consult your program coordinator and supervisors.

- **Information about the specific Doctoral Schools:**

The Jagiellonian University offers doctoral programmes at 4 Doctoral Schools:

- **Doctoral School in the Humanities**
- **Doctoral School in the Social Sciences**
- **Doctoral School of Exact and Medical Sciences**
- **Doctoral School of Medical and Health Sciences**

**Always refer to the information specific to your doctoral program, as regulations between schools and programs may differ (even between cohorts).**

For reference use your doctoral school's website, and in case of doubt, contact your program coordinator or the administration office.

- **Academic calendar and important dates**

In Poland, the academic year runs from 1 October until the following 30 September. Most bureaucratic procedures and insurance are based on this academic year.

Classes typically begin in the first or second week of October and conclude in June. The academic year is divided into two semesters: the winter semester (October – February) and the summer semester (February – June). Exams are usually held in February and June, with a re-sit term in September.

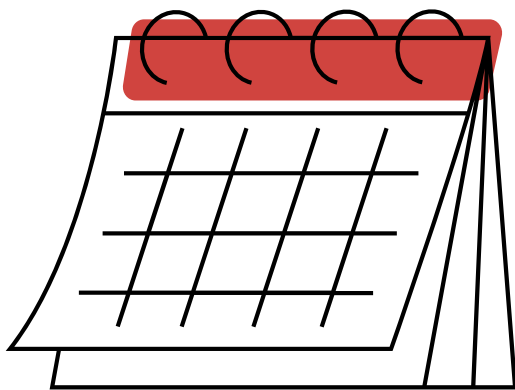
On academic holidays, there are no classes or examinations, and university offices are typically closed. Instructors are mostly unavailable for consultation during these holidays.



# Academic Environment



- Polish national holidays (no classes)
  - All Saints' Day - 1 November 2023
  - Independence Day - 11 November 2023
  - Christmas - 25 – 26 December 2023
  - New Year's Day - 1 January 2024
  - Epiphany - 6 January 2024
  - Easter - 31 March - 01 April 2024
  - Labour Day - 1 May 2024
  - Constitution Day - 3 May 2024
  - Corpus Christi - 30 May 2024



**CHECK WITH YOUR SCHOOL – SOME MAY REGISTER YOU FOR CLASSES ON THEIR OWN**

- **Course registration process and requirements.**

Doctoral programs at Jagiellonian University consist of modules, including obligatory and elective courses. Before registering for courses, you must familiarize yourself with the requirements specific to your program. These requirements may vary between programs and cohorts (years), so ensure you follow the correct study plan. You can find your study plan on your Doctoral School's website, and if you have any questions, don't hesitate to contact your program coordinator.

Course registration takes place on the Usos website within a designated timeframe, during which you can register for or unregister from courses.

You will receive your email and login data from your Doctoral School and need to activate your account before registration. Be careful not to miss the registration deadline. In case of any technical difficulties, contact your school's administration office or the USOSweb helpdesk. Remember to use your UJ email address for all official communication.

# Academic Environment



- **Research opportunities and grants.**

Doctoral Schools post research opportunities and grants on their website and share them via newsletters. For some opportunities, you may be automatically registered, but you can always inquire with your administration office for more information.

- Bilateral agreements between the Jagiellonian University and other partners
- And many others

For further information check out the International Relations Office of the Jagiellonian University:

There are as well many opportunities for study exchange programmes, among others:

- Erasmus+ Academic Mobility
- Erasmus+ Traineeship
- CEEPUS network
- UNA Europa Network
- Visegrad Fund Scholarships



# Living in Krakow



- **Cost of living in Krakow**

Krakow is known for its relatively affordable cost of living compared to other European cities. However, it's important to budget wisely. The cost of accommodation, transportation, food, and entertainment will constitute the major expenses. Students can benefit from various discounts, including reduced public transportation fares and special rates at cultural institutions. Keep track of your expenses and create a budget that suits your needs and financial resources.

- **Grocery stores, markets, and shopping centers.**

Krakow offers a range of grocery stores and markets where you can find daily essentials and a variety of food items. Popular supermarket chains like Carrefour,

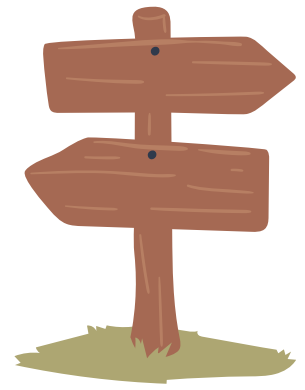
Zabka, and Biedronka are widely available throughout the city. Additionally, local markets such as Hala Targowa and Stary Kleparz offer fresh produce, meats, and regional specialties. For a broader shopping experience, Galeria Krakowska and Bonarka City Center are prominent shopping centers with a wide selection of retail stores and boutiques.

- **Healthcare facilities and services**

In Krakow, there are several healthcare facilities that cater to both general medical services and specialized treatments.

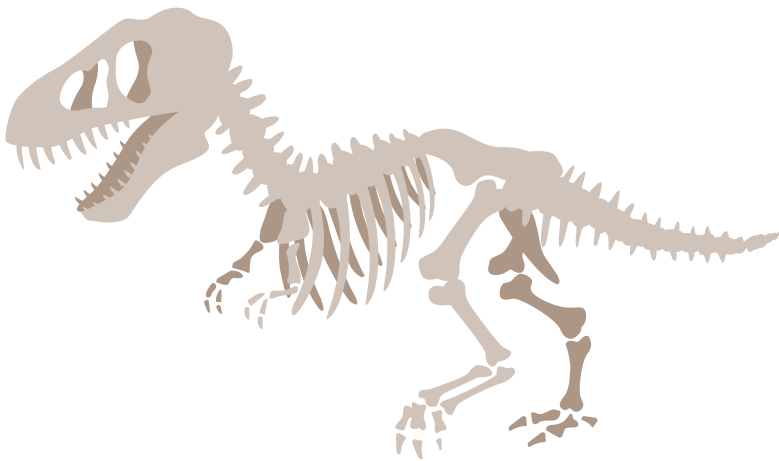


# Exploring Krakow



- Popular attractions, museums, and cultural events:

Kraków has a wealth of great museums and hosts many cultural events. Should you need inspiration, here are some interesting suggestions.



- **Restaurants, cafes, and local cuisine.**

While studying in Kraków, you may want to try some Polish specialties such as obwarzanki, pierogi, and bigos. You can find many local restaurants in the city center or through food delivery apps like pyszne.

- **Nightlife and entertainment options.**

Kraków is vibrant and offers numerous places to explore both during the night and day. Here are some nightlife options :)

Some hiking options.



- **Cultural Tips and Etiquette**

Here are some practical pointers regarding etiquette.

# Polish traditions (and essential vocabulary)



- **Greetings and forms of address.**

Here are some important tips for greetings (with explanation how to pronounce things 😊 )

- **Polish customs**

We have many customs and here are some tips and examples of those 😊

## USEFUL POLISH PHRASES TO KNOW UPON ARRIVAL 😊

- Dzień dobry - good day (jane DOH-brih)
- Dobry wieczór - good evening (DOH-brih VYEH-choor)
- Dobranoc - good night (doh-BRAH-notes)
- Cześć - hello (cheshch)
- Do widzenia - good bye (doh vee-DZEN-ya)
- Proszę - please / here you are (PROH-sheh)
- Dziękuję - thank you (jen-KOO-yeh)
- Dzięki - thanks (informal) (JEN-kee)
- Przepraszam - I'm sorry / excuse me (psheh-PRAH-shahm)
- Tak - yes (tahk)
- Nie - no / not (nyeh)
- Nie wiem - I don't know (nyeh vyem)
- Nie mówię po polsku. - I don't speak Polish (nyeh MOO-vyeh poh pohl-skoo)
- Nie rozumiem - I don't understand (nyeh roh-ZOO-myem)
- Na zdrowie! - Cheers! / Bless you! (lit. For health!) (nah ZDROH-vyeh)

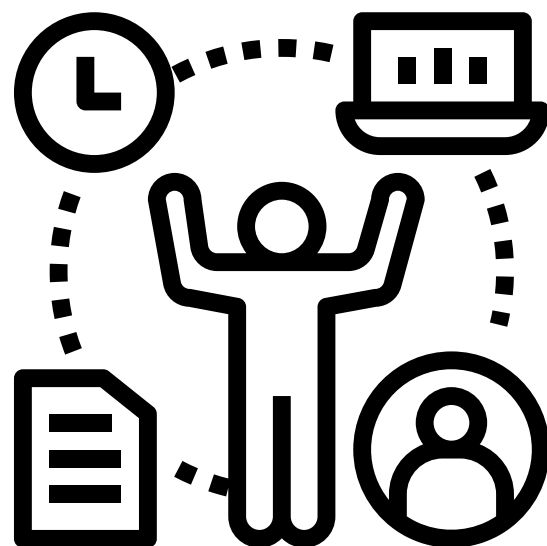




# Useful Resources

- **Websites and online platforms for academic and general information.**

- [Online Library – catalog](#)
- [IT Support](#)
- [Multisport Card](#)
- [SOWA Center](#)
- [Accomodation](#)
- [Biezsyczny Student UJ](#)
- [Support for People with Disabilities](#)
- [TęczUJ](#)



- **Language learning resources**

You can enroll in a wide range of foreign language courses at the Jagiellonian Centre for Languages. PhD students receive some free tokens, but you can also buy a course for a discounted price as a student. We recommend to enroll in some Polish classes! :)

- [JCJ](#)
- Online communities or groups for international students

- **Make sure to follow the social media pages**

(Facebook, Instagram, LinkedIn, etc) of your doctoral school and the TD UJ link for useful announcements!



# TDUJ

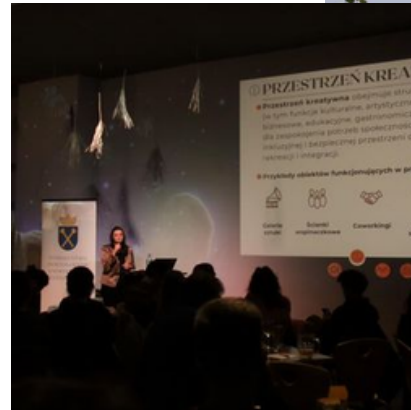


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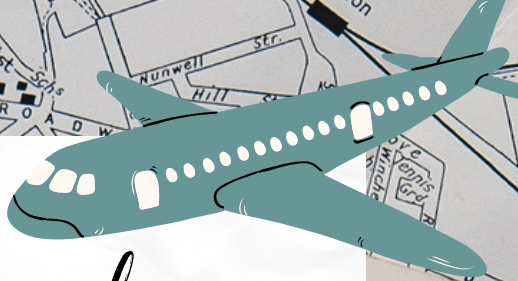

The Jagiellonian University PhD Student Association was founded in 1992, when the first statute of the Association was adopted.

Currently, the Association is involved on many levels - it represents doctoral students in front of the university authorities, participates in the granting of social assistance benefits, allocates places in dormitories, organizes training sessions, social meetings and sports activities, financially supports doctoral studies and conducts meetings promoting science, as well as many others.

In addition to representing doctoral students before the Jagiellonian University authorities, the Jagiellonian University PhD Student Association actively cooperates with doctoral students of other universities. In December 2005, with the participation of members of the Jagiellonian University PhD Student Association, an Agreement of Doctoral Students of Krakow Universities was established, and at the beginning of 2006 representatives of the Jagiellonian University PhD Student Association took part in the creation of the National Representation of Doctoral Students, which in the light of the aforementioned act represents the interests of doctoral students at the national level.



**WE WOULD  
LOVE FOR  
YOU TO  
JOIN OUR  
TEAM :)**



Guidebook was prepared  
for you by TDUA  
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**SHOULD YOU HAVE ANY QUESTIONS, FEEL FREE TO CONTACT  
NATALIA.SEGIET@DOCTORAL.UJ.EDU.PL  
AND DON'T FORGET TO CHECK OUT OUR SOCIAL MEDIA -  
THERE ARE SOME ATTRACTIONS AWAITING ;)**



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PL



ENG

