



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



THE PODLASIE ACADEMY OF APPLIED SCIENCES IN BIAŁYSTOK

A SHORT GUIDE FOR INCOMING STUDENTS



BIAŁYSTOK - A GOOD CHOICE!

Białystok is northeastern Poland's largest city and the capital of the Podlaskie Province. Sitting close to the borders with Belarus, Lithuania, and Russia, Białystok is a very culturally diverse city and home to the inventor of the universal language Esperanto. The city is surrounded by numerous natural and historical sites. Among these is the UNESCO listed Białowiecki National Park, the habitat of the European bison.



Białystok may only be middleweight in terms of size, but it packs a heavyweight punch when it comes to reasons to visit. Its main asset is undoubtedly its gorgeous natural beauty. Fields of sunflowers, stunning parks, enchanting forests, and lush vegetation have earned it the reputation of being a green city. Białystok looks set to become even greener: the government plans to increase its eco-friendly status by adding more green areas around the city. Even a few of the local bus stops had their roofs and side walls covered with plants.

Its fabulous blend of nationalities has forged an eclectic range of multicultural local customs and folklore. A massive cultural scene for people of all ages, a calendar full of sporting events, and buzzing nightlife all make a visit to the Podlaskie capital a good idea.

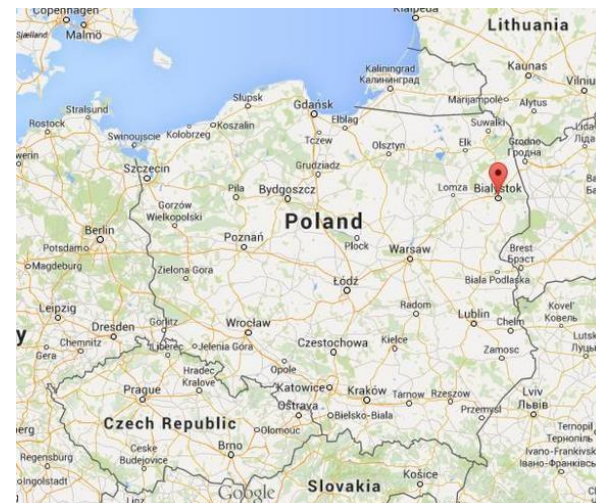
For centuries, the town's inhabitants have been forming a lively mosaic of religions and languages. Like nowhere else in the

world, the domes of Orthodox churches harmoniously co-exist with Roman Catholic church spires. Living next to one another, Poles, Ruthenians, Jews, Tartars, and the Romani peoples inspired Ludwik Zamenhof, the inventor of the universal language, Esperanto. The Branicki Palace, one of the most stunning Baroque residences in Central Europe, is considered the gem of the town's historical heritage. The gardens which surround the palace are among the best-preserved garden complexes in Poland.



HOW TO GET TO BIAŁYSTOK

The closest and most popular international airports are Warsaw Chopin Airport and Warsaw Modlin Airport, both located approximately 200 km from Białystok.



How to get to Białystok from Warsaw Chopin Airport or Modlin Airport

Bus Transport Connection is available at the airport area.

- PLUS BUS <https://plusbus.pl/?In=EN> prices are changeable, depends mostly on the reservation date. Average price 10-80 PLN.
- ŻAK EXPRESS <https://zakexpress.pl/en/> prices are changeable, depends mostly on the reservation date. Average price 10-80 PLN.

Public Train Connection

Schedules of Public City Trains and Buses are available at <https://www.lotnisko-chopina.pl/en/index.html> Using this way of transportation student can easily get to the Warsaw Central Railway Station

- INTERCITY TRAIN <https://www.intercity.pl/en/> average price for normal ticket is 40 PLN and for student ticket 20 PLN (student can buy it in case they have a valid ISIC or polish student ID Card)

ERASMUS+ OFFICE

THURSDAY: 9.00 – 15.00 ROOM 201

Erasmus Institutional Coordinator

Mgr Dorota Kwiatkowska-Bagniuik

erasmus@apwb.pl

ERASMUS ID CODE OF THE INSTITUTION: PL BIALYSTOg



HOW TO APPLY

Once you have been nominated by your home university, you can apply to study at the University of Bialystok. Before arrival you need to send by e-mail, fax or post the following documents:

- Application Form duly signed and stamped
- Learning Agreement accepted by coordinators of both sides

APPLICATION DEADLINES

- **Winter Semester – 31 May**
- **Summer Semester - 31st October**

All the necessary documents that need to be filled by Erasmus students planning to study at the University can be downloaded from the website: apwb.pl

For further information contact Erasmus+ coordinator

ACADEMIC CALENDAR

WINTER SEMESTER

Semester start: 1st OCTOBER

Examinations: February

SUMMER SEMESTER

Semester start: mid-March

Examinations: June

Summer holidays: July, August, September

Public and Church holidays include the following: New Year 1st January; The Epiphany 6th January; Labour Day 1st May; Constitution Day 3rd May; Corpus Christi Thursday in June; Ascension of the Holy Mary 15th August; All Saints Day 1st November; Independence Day 11th November.

COSTS OF LIVING COSTS OF LIVING

The cost of living in Białystok is slightly lower than in other big cities in Poland. The monthly cost of living per one student is approximately 1300-1600 PLN (310-385 EUR).

1 EUR = approximately 4.30 PLN

The average cost of monthly living should be divided into:

- accommodation in the student's dormitory: 360 PLN-410 PLN (85 EUR-100 EUR);
- monthly food costs: approx. 800 PLN (170 EUR);
- transport: approx. 60 PLN (20 EUR);
- leisure, books: approx. 300 PLN (70 EUR).

Polish student ID card authorizes to 50% discount for public transport.

LEISURE IN BIAŁYSTOK

Whether on foot, walking with hiking sticks, horse-back, by bike or kayaking – any form of active leisure is good to explore the charms of the Podlaskie Region. Enthusiasts of various sports

disciplines, including extreme sports, will find a lot of place throughout the region to vent their energy in every season of the year.

Many trails crossing the forests of the Podlaskie Region invite you to practice walking tourism and Nordic walking. Walking along marked paths of the Nordic Walking Park “The Land of Forest and European Bison,” you will have the opportunities to see charming Podlaskie villages, hundred-year-old stands of trees and forest clearings of the Białowieża Forest. Attractive equestrian trails lead through the Knyszyn and Augustów Forests.

You can watch the landscapes of the Biebrza and the Narew river backwaters from above during a balloon ride or take a closer look kayaking. In this way, you can enjoy the beauty of nature and admire the unique wooden architecture of Podlaskie villages. Many natural and artificial lakes offer a lot of opportunities to practice water sports. Modern water ski lifts and equipment hire are available in Augustów, Szelment, and Wasilków. Active leisure

enthusiasts will certainly find other attractions in the area.



Rope parks, climbing walls and paintball grounds offer extreme sports experience. Off-road riding enthusiasts will feel their adrenaline going high on muddy and jumpy off-road trails.

If you are brave enough, you can get into a ball to experience

zorbing. Recreation centres (e.g. WOSiR Szelment), air clubs and many private organisers offer extreme sports opportunities in the Podlaskie Region.

In the winter, the region is a tourist destination for skiers and snowboarders. Modern ski lifts and snowmaking systems operate near Suwałki on Jesionowa Hill. You can also dive into snow frenzy near Łomża, with ski runs that are 1500 m long. Białystok invites you to picturesque trails suitable for cross-country skiing, and to the indoor ice rink in BOSiR.



SEE YOU AT POLASIE ACADEMY OF APPLIED SCIENCES IN BIALYSTOK

The Podlasie Academy of Applied Sciences in Bialystok is one of the few pedagogical universities of such profile in our region. The atmosphere of trust, openness and partnership will make you discover your abilities and specify your future career plans. We will teach you in such a way so that you can achieve the success you dream of in your future job.

The Podlasie Academy of Applied Sciences in Bialystok is a developing university with its own teaching facilities and the prospect of further expansion in the coming years.

Already today the students have relatively good conditions for studying and they will improve every year.

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