

## **General information for students**

### **Lomza location**

Lomza has attractive geographic location near Warsaw ( 140 km). The town is located on the cleanest part of Poland, called the green lungs. Close by there is Landscape Park, the most virginal in Europe lands of the Biebrza National Park with unique fauna and flora.

### **Typical cost of living**

The standard of living in Lomza corresponds to that of most cities in Eastern Poland. The prices listed below, provide a preliminary indication.

Average rent for studio flats: € 110

Average rent for two-roomed flats: € 150

Average rent for a single room in private flats: €70

Average rent for a double room in private flats: €80 – 120

Single room in a 3-star Hotel: € 40 -50

Regular single ticket costs : € 0,50 ( 2,00 PLN, the student rate is 1,00 PLN)

Monthly city card is : € 8,50 (33,00 PLN student'sfare)

Students enjoy a 50% discount on the bus

One-week supermarket shopping: approx. € 30,00

Pizza approx. € 5

Meal typical Polish restaurant: approx. € 10

Breakfast in a café (cappuccino and croissant): approx. € 2,00

Meal at the College cafeteria: € 4,0

Disco-pub: approx. € 10,00

Cinema (premières): € 4,5

School of Computer Science and Business Administration does not offer campus accommodation, but our Office of International Cooperation will assist the exchange students in finding suitable lodgings.

You can use the internet, local papers or you can find information on “the announcement boards” situated in the School hall.

## **Computer facilities**

Students have easy access to computer facilities (including the Internet) which are placed at the college.

If you need help in finding accommodation in Lomza, please contact the International Office at [erasmus@pwsip.edu.pl](mailto:erasmus@pwsip.edu.pl)

Taxis are available all day long. The average cost is 2 PLN per kilometer. We advise to use corporate taxis (with a visible telephone number).

## **Health Care**

Poland has the health care system based on the national health insurance. People protected by the national health insurance are entitled to use free health services in the territory of Poland at the health care providers who have concluded contracts with the National Health Fund (NFZ - Narodowy Fundusz Zdrowia). The National Health Fund is the institution, which is responsible for assuring health services for insured people and members of their families.

If you have a national health insurance in your country you are most likely covered by your medical treatment. Keep in mind that if you want to use the health insurance you need to have the E 111 form or European Health Insurance Card from your country of origin, properly confirmed. A person entitled to health care under the European Union rules during a temporary stay in Poland, can receive health services in the following areas:

- primary health care
- specialist out-patient care
- hospital treatment
- dental treatment
- rescue services
- ambulance transport

In case of the necessity of providing medical care, a student from a member country staying temporarily in the territory of Poland is entitled to free health care on the basis of the form E 111 issued in his country, European Health Insurance Card (EHIC) or in particular cases on the basis of a special certificate. The student is obliged to present one of these documents (it is advisable to have also a copy) together with an identity

document directly to the health care provider.

The student will receive free health services at health care providers who have concluded a relevant contract with NFZ without these documents, the patient will be obliged to cover the costs of his/her treatment. In case of sudden illness, accident, injury, intoxication, life threat, patients receive necessary medical benefits without referral. If there is a need of hospital treatment, a doctor's referral is required. A patient, who presented the form E 111, European Health Insurance Card or the certificate, receives free hospital treatment within the general health care system.

### **How to reach Łomża**

From Warsaw Airport, which is situated 145 km from Łomża the easiest way is to take a bus Żak Express/ Trans Avia: <https://bilety.voyager.pl/bus> . The other option is to take a bus from Warszawa Wschodnia. You can get there by bus, tram or taxi. From this station there is a regular bus services between Warsaw and Łomża.

### **How to reach the School in Łomża**

The Central Bus Station in Łomża is at Al. Legionów, not very far from the College- 2 km. You can get to the College at 14 Akademicka street by taxi or by bus No: 1,2,4,15.

### **Catholic and national holidays:**

- 1st January: Nowy Rok (New Years Day)
- Wielkanoc (Easter Sunday and Monday)
- 1st May - Święto Pracy (Labour Day)
- 3rd May - Constitution Day - celebration of the anniversary of 3rd May 1791 when the first Polish Constitution was proclaimed
- Boże Ciało (Corpus Christi) - Thursday of the ninth week after Easter (May/June)
- 15th August - Feast of the Assumption of the Blessed Virgin Mary and Polish Army Day
- 1st and 2nd November - Wszystkich Świętych (All Saints Day, All Soul's Day)
- 11th November Dzień Niepodległości (Independence Day)

- 24th December Wigilia (Christmas Eve) and 25th and 26th December Boże Narodzenie (Christmas)

**During the Erasmus student's stay**

The School will make every effort to ensure that students arriving as part of the Erasmus Programme are able to complete the study program as outlined in their "Learning Agreement". The type of the courses(lecture, class, or conversation lab) as well as successful completion of the subject depend on the teacher. Usually, a student must prepare a paper on the given topic based on selected literature, and the student will present and defend this paper before the teacher. The basic language of lectures is English. The School will also certainly provide assistance with learning Polish language during the stay of an Erasmus student. The IRO Team helps to organize various types of excursions so that the Erasmus student will learn about Polish history and culture.