Introduction...2

General Information...6

Faculties...12

Daily life...26
Introduction
Dear Ladies and Gentlemen,

Łomża State University of Applied Sciences is a unique place, which can claim not only a high reputation, but is also proud of its scientific and educational resources. Its unusual ambience of friendliness and empathy fosters intellectual and social development of the students and staff. Studying at our university means being a part of a special multidimensional world, where the needs of students matter, and everyday interactions with the university personnel are something natural. Every student is respected and appreciated at our university.

In 2017, a prestigious ranking of “Perspektywy” magazine has placed our university third among Universities of Applied Sciences in Poland. It is a great honour but also a real challenge for us. Our greatest assets are teaching programmes offered in all the courses we provide. They have been tailored in association with potential employers and students to the present – and hopefully– the future needs of the dynamically changing labour market. Cooperation with numerous entities of business environment, governmental and non-governmental organizations as well as the public sector offers our graduates attractive career prospects.

I would like to invite you on a fascinating intellectual journey, where distinguished lecturers, practitioners and specialists in the world of science will be your guides. Together with your lecturers you will be searching for solutions, sharing ideas and developing creativity but first and foremost, nurturing your professional and scientific ambitions and passions in a welcoming atmosphere.

I believe you will have a positive experience at our university and will soon join our special academic community.

Rector

*dr hab. Dariusz Surowik, prof. PWSiP*
Welcome to Poland and Łomża

For the last thousand years, Poland has been the country where cultures from the East and West of Europe made their initial contact.

Poles have always played important roles in the history of many nations. A democracy located in the middle of Europe, inhabited by friendly, hospitable people is building a modern economy, yet cherishes their heritage dearly.

Poland is a garden of nature and a treasure trove of cultural riches. Poland’s natural environment makes active rest and recreation possible at any time of the year. In many regions of Poland there are natural sites preserved in their primeval state rarely encountered in other parts of Europe.

Visitors feel truly welcome in Łomża and Poland where they experience our traditional Polish hospitality.

Łomża - a city located in north-eastern Poland, in the Podlasie Voivodship, on the Narew River. The city is located in historic Mazovia region. Łomża is the main economic, educational and cultural center of the Lomza land and the third largest city in the Podlasie region. Łomża is located in the area of the ‘Green Lungs’ of Poland, in the vicinity of the city are parks and nature reserves.
Lomza State University of Applied Sciences was established in June 2004 by an act of the Council of Ministers of the Republic of Poland. Therefore, we are celebrating the 15th anniversary of the university this year. In the six-hundred-year history of Łomża, thirteen years is like a blink of an eye, but in the history of the University it is a whole epoch, from very difficult organizational beginnings to the present time, when our University stands out from other state schools, thanks to its extraordinary dynamics, great equipment, excellent teaching staff and scientific development. However, the greatest success of the University are individual achievements of graduates who undertake further studies and wonderfully manage in life as well as at work. Our University is recognizable in the country and in the region as the centre of education of specialists – practitioners. The School offers first and second cycle degrees, full-time and part-time. Every year we develop in our students the knowledge and skills that will enable them to work in their chosen profession, as well as open the door to the world in the form of Erasmus+ (study and practice). Our University becomes extremely flexible and efficient institution that is a part of the tradition of Łomża and relies on the cooperation of the entire region. It is the pride of all inhabitants of Łomża, permanently inscribed in the history of the city and its architectural landscape.
Academic authorities

Rector
Prof. Dariusz Surowik

Vice-Rector for Science and International Cooperation
Prof. Sylwia Chojnowska

Vice-Rector for Didactics and Academic Affairs
PhD Dariusz Perło

Useful telephone numbers

Rector’s Office
Monday to Friday
8:00 – 16:00
Tel: +48 86 215 59 50
Fax: +48 86 215 66 00
E-mail: rektorat@pwsip.edu.pl

International Relations Department
Monday to Friday
8:00 – 16:00
Tel: +48 86 215 66 08
E-mail: erasmus@pwsip.edu.pl

Student Government
Tel: +48 728 287 375
E-mail: ss@pwsip.edu.pl

Degree programmes

The graduates of our institution receive the following degrees:

BACHELOR – a degree obtained on the completion of a vocational higher education course lasting 3 years.

ENGINEER – a degree obtained on the completion of a vocational higher education course in a field of engineering, agriculture or economics, lasting 3.5 years.

MASTER – awarded on the completion of a 2-year postgraduate master’s course of higher vocational education.

POSTGRADUATE STUDIES – aimed for students who have already completed 1st or 2nd level studies and want to improve their qualifications and skills. Lasting from 1 to 1.5 years.
## Academic Calendar

<table>
<thead>
<tr>
<th></th>
<th>Winter Semester</th>
<th>1 Oct 2019 – 28 Feb 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Winter Semester</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study period</td>
<td>1</td>
<td>Oct 2019 28 Jan 2020</td>
</tr>
<tr>
<td>Winter Holiday</td>
<td>22</td>
<td>Dec 2019 2 Jan 2020</td>
</tr>
<tr>
<td>Winter examinations</td>
<td>28</td>
<td>Jan 2020 14 Feb 2020</td>
</tr>
<tr>
<td>Winter break</td>
<td>16</td>
<td>Feb 2020 28 Feb 2020</td>
</tr>
<tr>
<td><strong>Summer Semester</strong></td>
<td></td>
<td>2 Mar 2020 – 30 Sep 2020</td>
</tr>
<tr>
<td>Study period</td>
<td>2</td>
<td>Mar 2020 30 Jun 2020</td>
</tr>
<tr>
<td>Summer Holiday (Easter)</td>
<td>9</td>
<td>Apr 2020 14 Apr 2020</td>
</tr>
<tr>
<td>Summer examinations</td>
<td>25</td>
<td>Jun 2020 5 Jul 2020</td>
</tr>
<tr>
<td>Name</td>
<td>Polish name</td>
<td>Explanation</td>
</tr>
<tr>
<td>-----------------------------------------</td>
<td>---------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>New Year’s Day</td>
<td>Nowy Rok</td>
<td>1st of January</td>
</tr>
<tr>
<td>Epiphany</td>
<td>Święto Trzech Króli</td>
<td>6th of January</td>
</tr>
<tr>
<td>Easter</td>
<td>Wielkanoc</td>
<td>Different each year but generally at the end of March or beginning of April</td>
</tr>
<tr>
<td>Labour Day</td>
<td>Święto Pracy</td>
<td>1st of May</td>
</tr>
<tr>
<td>Constitution Day</td>
<td>Konstytucji 3 maja</td>
<td>3rd of May</td>
</tr>
<tr>
<td>Corpus Christi</td>
<td>Boże Ciało</td>
<td>The ninth Thursday after Easter (May or June)</td>
</tr>
<tr>
<td>Feast of the Assumption of the Blessed Virgin Mary/Polish Army Day</td>
<td>Wniebowzięcie Najświętszej Maryi Panny/ Święto Wojska Polskiego</td>
<td>15th of August</td>
</tr>
<tr>
<td>All Saints Day/All Soul's Day</td>
<td>Wszystkich Świętych</td>
<td>1st/2nd of November</td>
</tr>
<tr>
<td>Independence Day</td>
<td>Dzień Niepodległości</td>
<td>11th of November</td>
</tr>
<tr>
<td>Christmas Eve</td>
<td>Wigilia</td>
<td>24th of December</td>
</tr>
<tr>
<td>Christmas Day/Boxing Day</td>
<td>Boże Narodzenie</td>
<td>25th/26th of December</td>
</tr>
</tbody>
</table>
**Grading scale**

The ECTS grading scale has been developed to help the home institution interpret the students’ grades awarded at a foreign institution. It provides additional information on achievements of students but does not replace the grades awarded at the institution.

Higher education institutions make their own decisions on how to apply the ECTS grading scheme to their own system.

The achievements of the exchange students are approved in accordance with European Credit Transfer System (ECTS).

The correlation between the University scale and ECTS grades runs as follows:

<table>
<thead>
<tr>
<th>School grade</th>
<th>Description</th>
<th>ECTS grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Bardzo dobry</td>
<td>A (Excellent)</td>
</tr>
<tr>
<td>4,5 (4+)</td>
<td>Dobry plus</td>
<td>B (Very Good)</td>
</tr>
<tr>
<td>4</td>
<td>Dobry</td>
<td>C (Good)</td>
</tr>
<tr>
<td>3,5 (3+)</td>
<td>Dostateczny plus</td>
<td>D (Satisfactory)</td>
</tr>
<tr>
<td>3</td>
<td>Dostateczny</td>
<td>E (Sufficient)</td>
</tr>
<tr>
<td>2</td>
<td>Niedostateczny</td>
<td>FX, F (Fail)</td>
</tr>
</tbody>
</table>

**International Cooperation**

**Head of Department**
Institutional Erasmus+ Coordinator
MA Lilianna Rywacka
E-mail: lrywacka@pwsip.edu.pl
Tel: +48 86 215 66 08
Fax: +48 86 215 66 00

**Deputy Head of International Relations Department**
MA Katarzyna Zacharzewska-Arnista
E-mail: kzacharzewska-arnista@pwsip.edu.pl

**International Relation Officer**
BA Magdalena Chilńska
E-mail: mchilinska@pwsip.edu.pl
Welcome to the International Relations Department! The Department was set up in 2006. Its role is responsibility for all the University’s international activity.

The main areas of our work focus on:

- The implementation of the International Strategy and Erasmus+ Policy Statement.
- Developing strategic alliances and managing institutional partnerships and collaboration agreements.
- Working with domestic students and alumni willing to go abroad for study and placement period, supporting them in entire application process to foreign universities.
- Working with international students, supervising the admission of international students, assisting international students in social and cultural life of the University.
- Supporting academic staff with the development of international and global interest, presenting new possibilities and opportunities of Erasmus+.
- Hosting visits by international delegations from partner universities and other public bodies to Lomza State University.
- Building the internationalization process through visits, media coverage, events and conferences.
- Developing and managing international opportunities for students.
- Internationalizing the campus, the curriculum and services to staff, students and partners.

Foreign Languages

Department of Foreign Languages provides English, German and Russian courses for both full-time and part-time students. Each faculty has a unique teaching profile, corresponding with its specialization, such as business, computer, medical or general English. All students take a final exam at the end of the course. During the course they are given credits for various tasks, including presentations, translation, conversation and written assignments.

Students have the opportunity to take the Pearson Test of English, as the University is an Authorised PTE Centre. The teachers of the Department are qualified professionals, with PhD and MA degrees in English, German and Russian Philology.
Faculties
Faculty of Social Sciences and Humanities

Faculty Authorities

The Dean
Prof. Krystyna Leszczewska
e-mail: kleszczewska@pwsip.edu.pl

The Vice dean
PhD Sylwia Jaskuła – Korporowicz
e-mail: sjaskula@pwsip.edu.pl

Erasmus+ Faculty Coordinator
MA Joanna Włostowska
e-mail: jwlostowska@pwsip.edu.pl

The Faculty offers the following programmes

Administration

Departamental Erasmus+ Coordinator:
PhD Anna Szafranek
e-mail: aszafranek@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor’s degree) programme (3 years, 6 semesters)

Specializations:
- Public and local government administration
- Business administration
- Public safety administration

Degree structure: second-cycle (Master’s degree) programme (2 years, 4 semesters)

Specializations:
- Public and local government administration
- Business administration
- Public safety administration

Administration is a field that offers a wide range of employment opportunities. It prepares for employment in public administration institutions and in local self-government units. Administration graduates, upon leaving the walls of our School, will succeed in the political and local government activities as well as they will be ready to run their own business.
Management

Departmental Erasmus+ Coordinator:
MA Michał Bąkowski
e-mail: mbakowski@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor’s degree) programme (3 years, 6 semesters)

Specializations:
● SME management
● project management
● logistics management
● management accounting

Degree structure: second-cycle (Master’s degree)
Programme: 2 years (4 semesters)
Specializations:
- Business and service management
- Business finance management

Management, a field for the creative and ambitious. The market still lacks specialists in this field. These are studies for people who have leadership and organizational skills, are able to think strategically and are not afraid to take risks. Management is primarily analyzing, planning, implementing and monitoring the strategy set by the company.

**Pedagogy**

Departmental Erasmus+ Coordinator:  
PhD Jolanta Boryszewska  
e-mail: jboryszewska@pwsip.edu.pl

Mode of study: full-time, part-time  
Degree structure: first-cycle (Bachelor's degree)  
Programme: 3 years (6 semesters)

Specializations:  
- Preschool and early school education  
- Career counselling and educational counselling

The aim of the studies is to prepare students to work as educationalists by providing them with competences indispensable while working with people in various social and educational types of environment. The innovative curriculum of the studies is based on the requirements of the modern world. It also offers a new outlook on pedagogy referring to both, real and virtual worlds that became an indispensable mode of bringing up children. Graduates acquire knowledge, qualifications and interpersonal skills depending on the chosen specialization. They become fully qualified preschool and early school education teachers. They may also work in the public employment services, non-governmental organizations, counselling agencies, recruitment agencies, training centers, business supporting institutions, human resources units of the public and private sector.

**Social Work**

Departmental Erasmus+ Coordinator:  
PhD Jarosław Poteraj  
e-mail: jpoteraj@pwsip.edu.pl

Mode of study: full-time and part-time  
Degree structure: first-cycle (Bachelor’s degree)  
programme (3 years, 6 semesters)

Social Work is a field for people who are motivated to act. For those for who the wellbeing of another person is the highest good. Social worker everyday encounters problems facing various people who require support. The profession of a social worker requires constant development and raising of one’s qualifications. Social work studies are enriching in many areas of knowledge, among others, in philosophy, sociology, psychology, science, economics and law. The program is enhanced by practical knowledge and possibility to acquire qualifications during internships.
English Philology

Departmental Erasmus+ Coordinator:
PhD Natalia Malenko
e-mail: nmalenko@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor’s degree) programme (3 years, 6 semesters)

Specializations:
- English Language Teaching (ELT)
- Translation
- English in Tourism Management

English Philology is perfect for those curious about the world around, who want to achieve professional success in future. It is attractive as it allows for deepened study into the English language, and the history, culture and literature of the English-speaking countries.

At the ELT specialization, students learn how to teach English as a foreign language with the use of the state-of-the-art technology, and are equipped with the skills how to effectively use IT tools.

Studies in the specialization of Translation in the field of English Philology educate prospective translators and interpreters. The programme provides graduates with extensive knowledge of language and the skills necessary for translation and interpretation.

Studies in the specialization of English in Tourism Management in the field of English Philology educate prospective employees of the tourism industry in planning and organization of touristic or leisure activities.
Law

Departmental Erasmus+ Coordinator:
Prof. Anna Ostrowska
e-mail: aostrowska@pwsip.edu.pl

Mode of study: full-time, part-time
Degree structure: 5-year long-cycle programme (10 semesters)

The aim of the programme is to provide students with the knowledge of legal sciences and the skill to apply this knowledge in practice. Graduates in this field will be theoretically and practically prepared to work in the judicial system, legal services for business entities, notary services, government and local self-government institutions, as well as in many other professions connected with establishing or applying laws. They will be also prepared to start judicial, prosecutorial training or any other training for legal professions and to work in both state and private institutions and organizations which require the extensive knowledge of law.
Faculty of Computer Science and Food Science

The Faculty Authorities

The Dean
Prof. Bożena Waszkiewicz-Robak
e-mail: bwaszkiewicz@pwsip.edu.pl

The Vice dean
PSc. Aneta Wiktorzak
e-mail: awiktorzak@pwsip.edu.pl

Erasmus+ Coordinator
PSc. Agnieszka Obiedzińska
e-mail: aobiedzinska@pwsip.edu.pl

The Faculty offers the following programmes

Computer Science

Departmental Erasmus+ Coordinator:
PSc. Andrzej Sawicki
e-mail: asawicki@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (engineer, 3.5 years, 7 semesters)

Specializations:
- Programming Systems
- Computer Graphics and Multimedia Techniques

Degree structure: second-cycle (Master’s degree, 2 years, 4 semesters)

Specializations:
- Mobile Systems
- Industrial Informatics

Graduates have modern knowledge and skills in general computing issues and extended knowledge and technical skills in the field of computing systems. They know the principles of operation and construction of computer equipment as well as have the skills of computer programming, database design, computer networking. Also they know the security mechanisms and can put them to use in computer systems.

Automation and Robotics

Departmental Erasmus+ Coordinator:
PSc. Tomasz Kuźmierowski
e-mail: tkuzmierowski@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (engineer)

Specializations:
- Automation of Processes
- Mechatronics
- Consumer Robotics
Graduates in the field of Automation and Robotics speciality Automation of Processes possess modern knowledge of and skills in general issues in computing and robotics as well as the knowledge and technical skills in automation of processes.
Food Technology

Departmental Erasmus+ Coordinator:
PSc. Agnieszka Obiedzińska
e-mail: aobiedzinska@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure:
first-cycle (engineer, 3.5 years, 7 semesters)
second cycle (Master’s, 1.5 year, 3 semesters)

Food Technology is one of the most interesting fields of study offered by universities. Studies prepare technologists and analysts of the food industry, fermentation and nutrition, services of official food control, as well as researchers. An important element in students’ education is the hall equipped with technological modern machinery and processing equipment of food technology and nutrition and laboratories of chemical, physicochemical and microbiological analyses used to carry out multi-studies assessing the quality and safety of food.
Faculty of Health Sciences

The Faculty Authorities

The Dean
Prof. Krzysztof Sychowicz
e-mail: ksychowicz@pwsip.edu.pl

The Vice dean
PhD Joanna Chilińska
e-mail: jchilinska@pwsip.edu.pl

Erasmus+ Coordinator
PhD Irena Białokoz-Kalinowska
e-mail: ibialokozkalinowska@pwsip.edu.pl

The Faculty offers the following programmes

Cosmetology

Departmental Erasmus+ Coordinator:
MA Joanna Masłowska
e-mail: jmaslowska@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor’s degree) programme (3 years, 6 semesters)

Cosmetology is a branch of medical science that deals with prevention, of which aim is to delay outward signs of aging and to correct or restore the beauty of the body through skin-care, beauty and healing treatments. It is now one of the fastest growing areas of interdisciplinary studies. A student of Cosmetology explores not only the secrets of body care, but also learns how to provide comprehensive advice on healthy lifestyle. A wide range of knowledge of our graduates enables them to find job in various areas connected with both the production of cosmetics and beauty care.
Nursing

Mode of study: full-time and part-time

Degree structure:
- first-cycle (Bachelor's degree) programme (3 years, 6 semesters),
- second-cycle (Master's degree) programme (2 years, 4 semesters)

Nursing is one of the most difficult, responsible and also one of the most beautiful professions endowed with social trust. Nursing care is a nurse's practical activity, which consists of providing professional help, accompanying people in health and illness, shaping patients' ability for self-care and self-nursing so that people can live in comfort or despite their illness, suffering, physical disability.

Departmental Erasmus+ Coordinator:
PhD Agata Gołębiewska
e-mail: agolebiewska@pwsip.edu.pl
**Dietetics**

Departmental Erasmus+ Coordinator:  
PhD Marta Żebrowska-Gamdzyk  
e-mail: mzebrowska@pwsip.edu.pl

Mode of study: full-time and part-time  
Degree structure: first-cycle (Bachelor’s degree) programme (3 years, 6 semesters)

A dietitian is a profession with future, a profession with a social mission, a profession which creates broad prospects for employment in an era of increasing public awareness of proper nutrition. A dietitian’s job is connected not only with great responsibility for patients’ health, but also with great satisfaction from working with people and finding joy in their patients’ success. A dietitian is responsible for dietary therapy, which is essential to the treatment of a lot of diseases. He/she educates on proper nutrition and preventive health care, assesses food quality, and its nutritional and health benefits, and sets up diets for various sport disciplines.

**Physiotherapy**

Departmental Erasmus+ Coordinator:  
MA Wioletta Pogroszewska  
e-mail: wpogroszewska@pwsip.edu.pl

Mode of study: full-time and part-time  
Degree structure: second-cycle (Master’s degree) programme (5 years)

Physiotherapy is a medical field of study connected with health protection. It enables students to gain knowledge, which is essential for developing, sustaining, restoring physical capability and mobility of people of all ages who have lost it as a result of various illnesses or injuries. A physiotherapist has to stop progressive changes in the body, improve physical mobility and conduct preventive activity by using appropriate physiotherapeutic treatment, massage and exercise.
Physical Education

Physical Education
Departmental Erasmus+ Coordinator:
MA Weronika Łuba
e-mail: wluba@pwsip.edu.pl

Mode of study: full-time and part-time
Degree structure: first-cycle (Bachelor’s degree)
programme (3 years, 6 semesters)

Specializations:
• Instructor and coaching
• Physical education and health

While studying Physical Education, the student gains knowledge and develops his/her passion for sport, which he/she will use in his/her private life after graduation. A graduate of Physical Education has knowledge of psychology, pedagogy and biology, which enables him/her to understand developmental processes, as well as processes of socialisation, education, didactics and methodology. He/she has practical skills and competencies necessary for working with children, teenagers, adults and seniors. He/she is prepared to carry out professional tasks resulting from the role of the teacher in the field of physical activity, health promotion, as well as independent planning, implementation and evaluation of physical activity.
Formal Requirements for Incoming Students

In order to be accepted as ERASMUS exchange student, you must be a student of a partner university which has signed the ERASMUS Inter-Institutional Agreement with Lomza State University of Applied Sciences.

The candidates are requested to submit:

- Application Form for incoming students, which must be signed by ERASMUS Coordinator from your Home University
- Learning Agreement, which must be accepted by your Home University
- Application Form for accommodation (for interested students) and send it together with two photographs on the following address: Lomza State University of Applied Sciences, ul. Akademicka 14, 18-400 Łomża, Poland

The deadlines for returning completed Application:

- 30th May – for winter semester of the following academic year
- 30th November – for summer semester of the following academic year

Average cost of living

The standard of living in Łomża corresponds to that of most cities in Poland and is relatively cheap compared to other areas of Europe. The prices listed below give an approximate indication of the prices in the area.

**Travel (Students Receive A 50% Discount)**

- Single bus ticket: regular € 0.70 (student € 0.35)
- Monthly bus Season Ticket: regular € 20 (student € 10)
- Taxis: € 0.70 per km

**Food**

- One-week supermarket shopping: approx. € 40.00
- Pizza: approx. € 5.00
- A meal in a typical Polish restaurant: approx. € 10.00
- Breakfast in a café (cappuccino and croissant): approx. € 2.50
- Meal at the College cafeteria: € 4.00
Example Supermarket Food Prices

- Milk (litre): € 0.45
- Loaf of bread: € 0.45
- Butter (200g): € 0.60
- Cheese (kg): € 4.00 - € 10.00
- Meat (kg): € 3.00 - € 8.00
- Eggs (box of 6 eggs): € 0.50
- Fruit (kg): € 0.50 - € 4.00
- Potatoes (kg): € 0.30

Entertainment

- Disco-pub: approx. € 3.00 but most do not charge for admission
- Cinema (premieres): € 4.5
- Beer: € 1.50 - € 2.00

Accommodation

Lomza State University of Applied Sciences offers dormitory accommodation. Interested students can apply for the place in the dormitory in the additional accommodation form.

The rooms are adjusted for 1-2 people, fully furnished with access to the Internet. Students do not have to bring their own bed clothes (blankets, sheets etc.).

The rent is about € 90 a month, including electricity, water and the Internet. Students will have to pay a deposit of € 90, which is returned when leaving if there are no claims.

- Average rent for a studio flat (per month): € 150
- Average rent for a two-roomed flat (per month): € 180
- Average rent for a single room in private flats (per month): € 85
- Average rent for a double room in private flats (per month): € 100 - 120
- Cost of a single room in a 3-star Hotel (per night): € 50-60

Health Care

Poland has a ‘free’ health care system based on national health insurance contributions. Anyone paying national health insurance is entitled to use the health services on the territory of Poland at any medical establishment having a contract with the National Health Fund (NFZ – Narodowy Fundusz Zdrowia).
All citizens of EU member countries are entitled to use most of the health care services in Poland free of charge provided they either have an E111 form or a European Health Insurance Card along with some form of identity such as a passport.

The services that can be used for free are

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

Please note that if you do not have required documents you will have to pay for your treatment yourself.

In addition to the national health service, Poland also has a well-developed private health care sector and it is advisable for students to take out private health care insurance. Special student health insurance is available in many countries at very reasonable rates.

Travel

Municipal transport - there is a regular bus service between the School and the city centre with the last bus going at about 10:30 p.m. The full bus schedule is available here: goo.gl/n94ePu

Taxis are however available 24 hours a day.

Inter-city transport - buses to Warsaw (hourly service) and other main cities in the area are available from the central bus station. Buses travel on most days of the year except for one or two days during the Christmas and Easter holidays.

There are private bus companies like:

- Plus Bus - https://plusbus.pl/?ln=EN

Air, train and bus services are available from Warsaw to all parts of Poland and the entire world.
Useful links

Official website

Official university facebook fanpage:
https://www.facebook.com/PWSiIP

Ministry of Science and Higher Education

Ministry of Foreign Affairs

Official website of the City of Łomża
http://www.Lomza.pl

National information - 118 913
International information - 118 912

Local Police Department
ul. Wojska Polskiego 6
18-400 Łomża
Tel: +48 86 474-12-12

Łomża Regional Hospital
Al. J. Piłsudskiego 11
18-400 Łomża
Tel: +48 86 473 39 00
Useful phrases in Polish

- hello - cześć
- good bye - do widzenia
- good morning - dzień dobry
- good evening - dobry wieczór
- good night - doberman
- yes/no - tak/nie
- thank you - dziękuję
- you’re welcome/here you are - proszę
- excuse me/i’m sorry - przepraszam
- how are you? - jak się masz?
- i’m fine, thank you - dziękuję, dobrze
- what is your name? - jak się nazywasz?
- my name is ... - mam na imię ...
- where do you come from? - skąd jesteś?
- i come from ... - pochodzę z ...
- nice to meet you - miło cię poznać
- how old are you? - ile masz lat?
- i am ... years old - mam ... lat
- i am a student - jestem studentem
- i don’t understand - nie rozumiem
- can you help me? - czy możesz mi pomóc?
- how much does it cost? - ile to kosztuje?
- i would like to buy - chciałbym kupić
- i would like to get to ... - chciałbym się dostać do ...
- i lost myself - zgubiłem się
- my address ... - mój adres ...
- passport - paszport
- airport - lotnisko
- plane - samolot
- train - pociąg
- bus - autobus
Lomza State University of Applied Sciences
Uczelnia realizuje współfinansowany ze środków Europejskiego Funduszu Rozwoju Regionalnego oraz ze środków budżetu państwa projekt nr RPO.08.02.01-20-0033/18 „Przebudowa i adaptacja infrastruktury dydaktycznej, wraz z zakupem wyposażenia służącego dostosowaniu oferty dydaktycznej do uczestnictwa Państwowej Wyższej Szkoły Informatyki i Przedsiębiorczości w Łomży w procesie praktycznego kształcenia studentów”