

Welcome guide for incoming staff



In order to apply for a STA/STT mobility at University of Medical Science in Bialystok please send a draft version of your Mobility Agreement at j.kozlowska@wsmed.pl

A draft version of the Mobility Agreement should outline objectives of the mobility, activities to be carried out during the visit and planned period of the mobility.

Acceptance/invitation letters are issued once the final version of the Mobility Agreement is approved by the Vice-rector for International Relations.

The templates of the Mobility Agreements (highlighted parts must be filled with the data) could be found in the folder – documents to download for incoming staff

Application procedure

University of Medical Science in Białystok provides education in the fields of **Medical Rescue (first degree studies), Nursing (first and second degree studies), Physiotherapy (second degree studies and 5-year master's studies) and Cosmetology (1st and 2nd degree studies)**. We offer a wide range of postgraduate studies, as well as we implement bridging studies in the field of Nursing.

About the university

The university is located in the very center of Bialystok, which is the largest city university in the northeastern region concentrating higher education institutions. We have comfortable teaching facilities. These include lecture halls, lecture halls, exercise and laboratory rooms, computer rooms and a library with a reading room, Which are constantly modernized and upgraded. Continuous investment and expansion infrastructure of the university are made so that our students have the best possible conditions for studying and develop their passions and interests.

About the university

In October 2017, an automated external defibrillator was purchased (AED) and, thanks to this investment, University of Medical Science in Bialystok found itself on the map of AEDs Bialystok as the only university with such life-saving equipment among the 13 available in our city.

About the university



Here's
our city!

Here's
our
capital
city.

Population
37,991,766 (2023 est.)

Currency:
zloty

The facts about Poland - location

The easiest way to reach Poland from more distant countries is by air. There are many flights to Warsaw via Warsaw Chopin Airport, from all major airports in Europe. Warsaw is located 200 km away from Białystok.



Travel information

How to get from the airport to the Central Railway Station in Warsaw?

To get from the Warsaw Chopin Airport to the Central Railway Station in Warsaw you need to:

A) Get out of the Arrival terminal and turn right, you will see signposts showing you direction to the bus stop and to the airport railway station. Bus stop will appear first on your way, airport train station will be around 200 meters further.

B) The public communication bus that departs from the airport and goes straight to Warsaw city center is indicated as Line 175, you can buy a ticket at one of the ticket machines next to the bus stop, you will have to buy a Single fare transfer ticket or in case you have International Student Identity Card (ISIC) get the one with the discount.

The Bus line 175 departs from the airport every 15 minutes. Here is the list of the bus stops of 175 from Warsaw Airport – Arrivals http://www.ztm.waw.pl/rozkład_nowy.php?c=182&l=2&q=175

To get to the Warsaw Central Railway Station you have to get off at station called Dw. Centralny (Central Railway Station) - once you'll be approaching this station you'll hear an announcement in English informing you about it. When you get off, you will see an entrance to an underground passage and from there on, you'll have to observe signposts which will guide you to the right platform. At every platform there are electronic information boards which will inform you about the arrival/delay/departure of any particular train.

C) As I mentioned above, there is also an airport train station, it's located a little bit further than bus stop, you can read about it here <https://www.lotnisko-chopina.pl/en/train.html>

Travel information

How to get from Warsaw to Białystok?

The easiest way is to get to Białystok is by train. The schedule of connections between Warsaw Central Railway Station and Railway Station in Białystok can be checked beforehand and booked here:

<https://www.intercity.pl/en/>

Travel information

If you are a citizen of an EU member state the only thing you need to have to enter Poland is a valid travel document or a document confirming identity and citizenship (i.e. your national ID, passport).

If you are non-EU citizen, there are two main documents that are required when entering Poland: a valid travel document (passport) and a visa (if required). Before applying for visa, please check if you need it in the first place as foreigners from a number of countries are exempted from a visa requirement when entering Schengen Area for the periods not exceeding 90 days within a 180-day period:

<https://udsc.gov.pl/en/cudzoziemcy/obywatele-panstw-trzecich/chce-przyjechac-do-polski/czy-potrzebuje-wizy/>

There are several types of visas to choose from:

"A" type – an airport transit Schengen visa, so it cannot be used by a student coming to Poland

"C" type – a short-term Schengen visa allowing the holder to stay in the Schengen territory for up to 90 days in 180 days period

"D" type – a long-term national visa issued for up to one year allowing travel around the Schengen area for up to 90 days in a 180 days period A visa can only be extended in exceptional situations.

Entry requirements

1) Find a Polish Consulate/ consular section of the Embassy of the Republic of Poland that can process your application. You can use the MFA's search engine <https://www.gov.pl/web/diplomacy/polands-missions-abroad>

2) Read carefully all the information concerning visa application on the consulate's website and follow the instructions.

3) Set a visa appointment with the consulate. In most cases, you will have to register through the website: <https://secure.e-konsulat.gov.pl/>

4) Prepare the necessary documents, including application form, travel document (passport), biometric photo, health insurance, sufficient means to support yourself, documents confirming the purpose of your stay. The specifics of the required documentation may vary among consulates, so confirm them with the consulate's website.

5) Submit all the documents including a printed and signed application form and the visa fee. Your visa application is complete. It should take up to 15 days for it to be reviewed.

Early submission of visa documents is advisable as in some cases procedure may take a considerable amount of time.

How to get a visa to Poland?

Each stay in Poland which is longer than 30 days must be registered in the Department for Citizen and Foreign Affairs of the Voivodeship Office of a given voivodeship. Temporary residence must be registered:

- no later than on the 30th day from the arrival at the place of your temporary residence in Poland – if you are planning to be in Poland for over 3 months and are:
 - a citizen of a member state of the European Union or a member of such a foreigner's family;
 - a citizen of a member state of the European Free Trade Association;
 - a party to the agreement on the European Economic Area or a member of such a foreigner's family;
 - a citizen of the Swiss Confederation or a member of such a foreigner's family.
- no later than on the 4th day from the arrival at the place of your temporary residence in Poland – if you are planning to be in Poland for over 30 days and do not belong to the aforementioned group.

Legalisation of stay

What to prepare

- a temporary residence application form
- if you are a citizen of the EU or EFTA member state or of the Swiss Confederation, you will have to prepare:
 - a valid travel document or another valid document which confirms your identity and citizenship
- if you are NOT a citizen of the EU or EFTA member state or of the Swiss Confederation, and you are NOT a member of the aforementioned foreigner's family, prepare:
 - a valid travel document,
 - a visa

Registering cost

The registering service is free.

The issuing of the temporary residence certificate costs around PLN 17.

Legalisation of stay

Podlaskie Voivodship Office

Mickiewicza St. 3
15-213 Białystok

Foreigners and Invitation Registration Department

Secretariat

room. 108

Mickiewicza St. 3,
15-213 Białystok

phone +48 857439584

fax +48 857439444

e-mail: hlukaszewicz@bialystok.uw.gov.pl

Monday - 7:15 am - 4:45 pm

Tuesday, Thursday, Friday - 7:45 am - 3:15 pm

Wednesday – closed

In-person submission of applications for invitation and registration of residence of EU citizens - only after prior telephone appointment at: +48 857439689

(Monday, Wednesday and Friday between 12:00 and 14:00)

e-mail: bczajkowska@bialystok.uw.gov.pl

Where to register in Białystok

Health insurance is an insurance in case of an illness, accident, injury, poisoning, life threatening condition etc. In order to be able to use this insurance, you must pay premiums under the insurance contract. There are two types of insurance in the National Health Fund (Narodowy Fundusz Zdrowia – NFZ) – mandatory and voluntary. Both groups of persons insured in the NFZ can benefit from public health care services on the same terms.

Foreigners can benefit from public health care if they belong to one of the following groups:

1. The employed in Poland;
2. Members of insured persons' families, including members of employed persons' families;
3. Refugees (the refugee status must be recognised in Poland) and foreigners covered by subsidiary protection and an integration programme, consulted with the county family support centre – such a programme lasts 12 months;
4. The unemployed registered in the job centre (members of the registered unemployed person's family can also be insured if they are not insured on another account);
5. Clergy;
6. Children attending school (within the care provided by their school), even if their parents' stay in Poland is not legalised;
7. Persons deprived of liberty (imprisoned or arrested);
8. Persons staying in the territory of Poland, insured in the European Union states or the European Free Trade Association states (including Iceland, Liechtenstein, Norway and Switzerland).

The remaining foreigners who legally stay in Poland can benefit from public health care if they are voluntarily insured. Legal residence in Poland is the condition for the NFZ voluntary health insurance. This means that a foreigner must have at least a permit to reside in Poland for a fixed period.

Health insurance in Poland

A person whose stay in Poland is legal and who is not covered with mandatory health insurance can be insured voluntarily. For this purpose, you must submit an appropriate application to the NFZ in a voivodeship branch of the NFZ, which is appropriate for their place of residence.

The application form is available in the NFZ branch and on the Websites of NFZ branches.

Podlaski Regional Branch of the National Health Fund

3 Pałacowa St.

15-042 Białystok

phone: 800 190 590

website: nfz-bialystok.pl

Volunatry health insurance

Foreigners who are not European Union citizens, when applying for a voluntary health insurance, must present their passport and one of the documents beneath:

- a work visa;
- temporary residence permit;
- permanent residence permit;
- residence permit for a long-term EU resident;
- residence permit due to humanitarian reasons;
- permit for tolerated stay;
- a document confirming the refugee status granted in Poland or temporary protection in Poland.

After signing the contract with the NFZ, you must go to a branch or inspectorate of the Polish Social Insurance Institution (Zakład Ubezpieczeń Społecznych – ZUS) where you submit a ZUS ZZA form (<https://www.zus.pl/wzory-formularzy/firmy/dokumenty-zgloszeniowe-i-rozliczeniowe/-/publisher/details/1/formularz-zus-zza/305061>).

A ZUS ZZA form can be printed and taken personally or sent by post to the ZUS branch or inspectorate in your neighbourhood.

Contact details of the ZUS branch in Białystok:

Młynowa St. 29
15-404 Białystok

Customer service hours:

Monday: 8.00-5.00 p.m.

Tuesday - Friday: 8 a.m. - 3 p.m.

Voluntary health insurance

Where to get medical help?

In case of an illness/emergency you can go to the following health care units which provide health care services:

- hospital;
- outpatient clinic (healthcare centre, ambulatory care clinic) – for people who need basic and specialist health care;
- ambulance station – provides assistance in case of an accident, injury, childbirth, sudden illness or sudden health deterioration with a threat to life;
- medical diagnostic laboratory – conducts diagnostic tests and analyses based on the referral from a doctor or a dentist;
- laboratory of dental prosthetics and orthodontics – provides services based on a referral from a dentist;
- therapeutic rehabilitation centre – provides services based on a referral from a doctor.

Health care units may be public or non-public (private).

Services of doctors and health care units which have a contract with the NFZ are free – covered by your health insurance. Usually in such units or hospitals there is an information plate “Narodowy Fundusz Zdrowia” (National Health Fund). If a patient uses the services of a doctor or a health care unit which does not have a contract with the NFZ, the patient will have to bear the treatment costs regardless if they are insured or not. Free medical

help from a doctor or a hospital which does not have a contract with the NFZ is possible only in case of sudden deterioration of life or health. Free medical help from such a doctor or hospital is provided only to the extent necessary.

Treatment

Unfortunately, our university does not have dormitories so incoming staff will need to find accommodation on their own. The Erasmus+ coordinator can offer advice in that matter or you can try the websites like:

<https://www.hotelscombined.com/Place/Bialystok.htm>

<https://booking.com>

Accommodation

MPK – Municipal Transport Company offers cheap bus transport within the area of the town of Białystok and the suburbs. The timetable and all the necessary information is available at <https://www.bialystokonline.pl/zokm.php>

Transport in Białystok

SOME FACTS ABOUT THE CITY

Białystok is the capital of the Podlaskie province and also the largest city in northeastern Poland. According to legend, the origins of Białystok date back to the 14th century and are associated with the figure of Gediminas, Grand Duke of Lithuania. It is said that after a lonely night spent in the forest, he saw an area of extraordinary beauty with a beautiful river. He named the place White Slope, or simply a clear stream, over which a castle was soon built. Beautiful, right? Unfortunately, this is an unconfirmed version of events. The true one, however, is that the oldest permanent settlement, traces of which have been found on the site of the Branicki Palace, functioned here in the 3rd and 4th centuries AD. Then there were centuries of rule, influence and far-reaching plans with the figures of kings and magnates in the background. Finally, Białystok's city rights became a reality when King August III confirmed them in 1749.

What to sightsee in Białystok and surrounding areas

Interestingly, almost until the end of the 18th century, the border between the Polish Crown and the Grand Duchy of Lithuania ran through the middle of the city. The city developed especially due to Jan Klemens Branicki, who created a real Polish Versailles here. Subsequent centuries brought more and more changes. From a baroque city breathing trade, culture and art, Bialystok became a textile center and a multicultural melting pot, where the idea of a common language - Esperanto - was born. Today Bialystok is a city of almost 300,000 people, an important cultural, academic and sports center. And yet it has not lost the atmosphere of a cozy, green city that cares about the comfort of its residents and encourages to see its treasures.

- **BRANICKI PALACE AND ITS GARDENS**

Polish Versailles, Versailles of Podlasie or Versailles of the North are interchangeably used names to describe the Branicki Palace, and indeed there is truth in this, because both the palace and the gardens are incredibly impressive. It is probably the first or one of the first places that anyone who has ever been to Białystok associates. Therefore, it is one of those places that you absolutely must see in the city and stay there for a while to feel the atmosphere and splendor of past centuries.



Białystok

- **„PLANTY’ PARK**

It is interesting that despite its size, Białystok remains very green. Parks here merge and pass one into another so that sometimes it's hard to figure out where their boundary is. This is also the case with the city's plantations. This huge, almost 15-hectare park in the heart of the city was created in the 1930s and continues to this day. In its nooks and crannies it hides charming gazebos, fountains, monuments and pubs. Its alleys resound with a variety of music, which mixes with the bustle of conversations among locals and travelers. This green oasis in the center of the city offers respite on a hot day, allows you to eat a sandwich on a lonely bench and watch people going in directions you only know. If you like to catch your breath while sightseeing, be sure to stop by the Białystok Planty.



Białystok

- **BURNT GREAT SYNAGOGUE**

Another place worth seeing in Białystok is the Burnt Synagogue, or rather the monument that commemorates it. It is not easy to find this place hidden between blocks of flats, but it is worth the effort and visit between Suraska and Legionowa streets to understand the importance of this monument. The monument was erected in 1995 and commemorates the dramatic events of June 27, 1941, when German troops entered Białystok. At that time, the Jewish population was about 50% of the population, which did not please the Nazis. They decided to change this, and an immediate purge of 2,000 Jews began. One of the execution sites became the Great Synagogue. The Germans locked about 800 people in it, threw grenades inside and set the building on fire. Those imprisoned were burned alive, and the fire engulfed and consumed virtually the entire neighborhood. The monument doesn't seem to fit here, just a pile of bent iron, but when you learn the history of the place, everything makes sense. This is because the shape of the monument refers to the bent and burnt structure of the dome of the Great Synagogue.

Białystok



- **ST, NICHOLAS CATHEDRAL ORTHODOX CHURCH**

The multicolored nature of the capital of Podlasie is confirmed by another attraction worth seeing while walking around Białystok. For at 15 Lipowa Street is the St. Nicholas Cathedral Church - the oldest Orthodox church in the city. The church had already existed in this place since the 18th century, initially, as a wooden one and since 1846 as a brick one. The classicist temple was built on the plan of a Greek cross, with an impressive dome in its central part.

Białystok



- **KOSCIUSZKO SQUARE**

From Lipowa Street it is just a step to Kosciuszko Square, which is definitely a must-visit during a visit to Białystok. It is the bustling heart of the city, frequented not only by tourists. Here you can have a good meal, meet with friends, or watch people heading in a direction you only know. This is by far the most representative promenade of the city, which owes much to Jan Klemens Branicki. It was he who rebuilt the square after a fire in 1753 and gave it its present shape.

Białystok

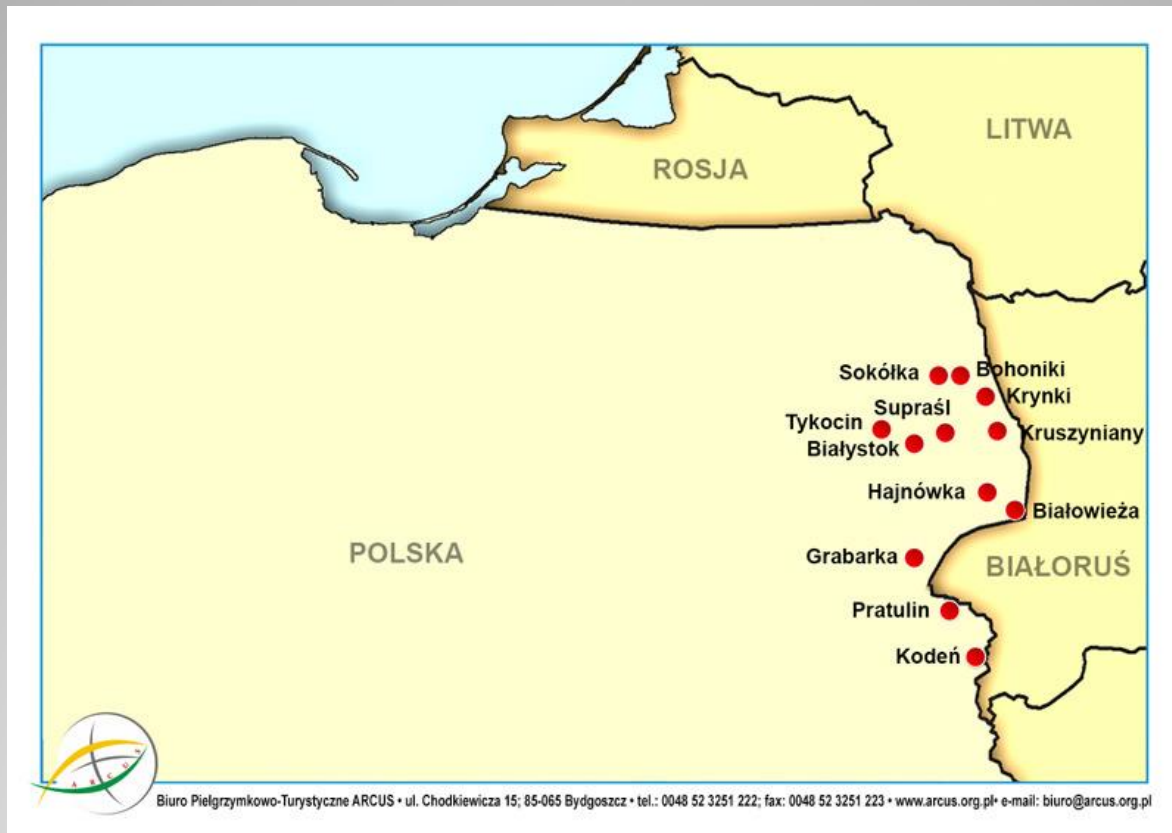


• BIALYSTOK CITY HALL

Without moving from Kosciuszko Square, it is worth noting the City Hall, which is its center. Interestingly, the building called the Town Hall has never performed town hall functions. The town hall on Kosciuszko Square was built between 1745 and 1761 by Jan Klemens Branicki. Interestingly, the magnate did not need a building for city councilors at all, but having a city hall in his city was a matter of prestige, and this was extremely important in those days. Instead of an administrative function, the town hall began to serve a commercial function and became Bialystok's first shopping mall. It was here that all sorts of goods were sold in dozens of stores and stalls until World War II. In 1940, the town hall was demolished by the Soviets, and a monument to the eternal friendship of Western Belarus with the motherland was to be erected in its place. The idea was fortunately not realized, and the square remained empty until the 1950s, when the historic building was rebuilt. It was given a slightly different, but what a beautiful shape and used as the headquarters of the museum. Currently, the Podlaskie Museum's headquarters is located here.

Białystok





What outside Bialystok?

- **Suprasl**

.....is an extremely interesting place on the map of Podlasie and falls into the heart of anyone who visits it. The clean air, the status of a health resort, the silence and the slow rhythm of life encourage you to visit this small town. However, Suprasl is much more than that, and there is definitely something to see here. The city's attractions will satisfy even the most discriminating tastes, and the local cuisine will satisfy even the most discriminating palates.



Supraśl

- **Tykocin**

...is one of the many Polish towns that used to play an important role in history, but today are only a shadow of their former glory. However, it must be admitted that in addition to several interesting monuments, the town has retained an unusual atmosphere, thanks to which it attracts many tourists every year



Tykocin

- **Kruszyniany**

.... is a small village located in Podlasie, not far from the Belarusian border. The village has gained its popularity and become a destination for tourists visiting this corner of Poland. All this is due to the Polish Tatars living in Kruszyniany.



Kruszyniany

Bliny and potato-based dishes

Podlasie cuisine is primarily potato dishes (raw potatoes are the basis of many cakes). While in Podlasie, it is essential to try pancakes made of buckwheat and buckwheat-wheat flour, or bliny. Bliny is a dish of Russian origin, best served with cream, the pancakes can also be served with caviar or salmon. Bliny can also be served sweet, with cream and sugar.



Our regional cuisine

Kartacze

Another dish characteristic of Podlasie is kartacze. This dish is heavy and filling, but exceptionally tasty. Kartacze is prepared from both raw and boiled potatoes, with meat stuffing inside. As a rule, kartacze is served with pork crackling or fried onions.



Our regional cuisine

Potato babka and potato kishka

Equally filling as kartacze are potato babka and potato kishka . These are similar dishes, in both the basis is a potato stuffing with bacon and crackling. To prepare potato kishka, you need to fill a beef or pork intestine with the stuffing.



Our regional cuisine

Kindziuk

One of the most traditional cold meats of Podlasie is kindziuk. This delicacy, in turn, originates from Lithuanian cuisine. Kindziuk is a rather hard and spicy cold meat, also very popular in Suwałki region.



Our regional cuisine

Sękacz

If dessert, then necessarily sękacz. This delicacy, baked directly over the fire, has been prepared in Podlasie for centuries. Specially prepared dough is coated with a stick turned over the fire.



Our regional cuisine

- **BABKA** - 2 Lipowa Street, Bialystok
- **HALVA** - 1 Rycerska Street – Tatar restaurant, Bialystok
- **GOSPODA PODLASKA** - 18 Kosciuszki Square, Bialystok



Restaurants that serve regional cuisine

- **JARZĘBINKA** – 22 3 Maja Street, Supraśl
- **TEJSZA** – 2 Kozia Street, Tykocin – Jewish restaurant
- **TATARSKA JURTA** – 58 Kruszyniany – Tatar restaurant



Restaurants that serve regional cuisine

HAVE A NICE STAY
IN BIALYSTOK!