

**STUDY, TRAVEL AND
DISCOVER POLAND
FROM A WHOLE NEW
PERSPECTIVE.**

Akademia Muzyczna
im. Stanisława Moniuszki
w Gdańsku

aMuz

CONTACT US

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**INFORMATION FOR
INCOMING
ERASMUS+
STUEDEENTS**



We are happy that you have chosen the Stanisław Moniuszko Academy of Music in Gdańsk for your studies abroad and we are looking forward to meet you soon!

This guide is designed to help you get started with your studies and settle in as fast and stress-free as possible. If you have any questions, please do not hesitate to contact us! We are happy to support you while you are taking your first steps in Poland!



Erasmus+



BEFORE YOUR ARRIVAL

GENERAL

An EU student can enter Poland with ID document (a valid travel document e.g. passport) or another document certifying identity and citizenship. If a student intends to visit Poland's neighboring countries (not all of them are EU Member States), a passport is recommended. For stay up to 3 months no legalization of stay is necessary. For other 3 months stay an EU student has to register the residence and get a stay permit for one year (extension is possible). The document is issued by Provincial Office - Urząd Wojewódzki).



More information here: <https://www.gov.pl/web/diplomacy?>

NATIONAL VISA

Non-EU students can enter Poland on the basis of a valid travel document (passport) and a visa, obtained from the Polish Embassy or Consulate. A short-term visa entitles the holder to stay in Poland for up to 3 months, a long-term visa up to 1 year. The visa extension is possible only in cases of force majeure or situation impossible to foresee. The visa can be prolonged only once. A national visa is usually issued given for the purpose of study. When being granted a student visa, and traveling to Poland, please carry your acceptance letter from aMuz and other related documents. At the border control to Poland and thus to European Union for the first time, you will be asked what your purpose of coming to country is and if necessary, requested to provide proof of that purpose. Student visa also allows you to travel in the Schengen zone up to 90 days only, and remember that with Polish national visa, your first entry to EU must be Poland.



More information here: <https://www.gov.pl/web/diplomacy?>



YOUR LEGAL STAY IN POLAND

After your arrival to Poland you have to legalize your stay by applying for the temporary resident permit (TRP) before your visa expires. All international students staying in Poland longer than three months need to obtain TRP. The permit is issued for the period of your stay in Poland, but not longer than two years (usually first one is valid for 15 months). The document conforming the permit is the Temporary Residence Card (TRC) which is an identity card for foreigners in Poland and it (with a passport included) allows passing the border as often as required without having a visa. If you are an EU student, there is no need to apply for this card, you only need to register your stay in Pomeranian Voivodship Office (Pomorski Urząd Wojewódzki) only if your stay is over 90 days. If you are a non-EU student, you need to apply for this card before your visa expires. Based on the visa type and its period of validity, you must be aware of all the aspects of your legal stay in Poland throughout study period.

Until the visa expiry date, your stay in Poland is legal, however in order to extend it, you either need to travel back to your home country to apply for another visa, or apply for Temporary Residence Card while in Poland. TRC is granted within 8-10 months (due to big number of applicants) depending on complexity of the case. Original documents must be shown to the officer (Inspektor). During the period when your application is being considered, you will be receiving letters from the Inspektor. Make sure to follow, submit accurate information, and keep them. When your application is being reviewed, and your visa is no longer valid, you are allowed to stay only within Poland by the time you get response about granting you the residence permit. Until then you cannot travel in the Schengen zone either. Please read more about your legal status in Poland (depending on the citizenship you hold) in order to avoid unwanted situations.



More information here: <https://www.gdansk.uw.gov.pl/en/>











Please inform us via e-mail, what exact date you arrive. If you have any other questions, please don't hesitate to contact us as well!



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MUSIC ACADEMY OF STANISŁAW MONIUSZKO IN GDAŃSK

aMuz is located in a charming academic campus, only few minutes walk from the heart of Gdańsk Old Town. The capital of Pomerania and a port at the mouth of the Vistula River, a trading city with a thousand-year rich and sometimes dramatic history, Gdańsk is widely known for its architectural monuments, especially Gothic and Renaissance. It lies on the land and sea trading routes connecting Scandinavia and northern Europe to the middle and western part of the Continent. This has resulted in wealth and cultural diversity. Thanks to all that – despite the huge damage caused by World War II – Gdańsk is still a vivid maritime, economic, scientific and cultural centre, as well as a top tourist destination.



Gdańsk has over 450 thousand inhabitants. It is actually a part of a bigger city complex – the Tri-City – consisting also of Sopot and Gdynia. In the Tri-City one can find the opera, musical theatre, dramatic theatres, symphonic orchestras, ancient music ensembles, numerous museums, libraries and publishing houses. The Tri-City complex attracts more than 80 thousand students to all its university level institutions. It is also one of the hottest spots for Polish artistic life as well as a magical land of intellectual adventure and inspiration that young people seek after.

 **More information here:**
<https://www.amuz.gda.pl/akademia/uczelnia/information-for-english-students,221>


ACCOMODATION

Stanisław Moniuszko Academy of Music provides comfortable and modern dorm facilities:

- Dom Sonata
ul. Łąkowa 1-2
80-743 Gdańsk

- Cztery Pory Roku
Plac Wałowy 15A
80-821 Gdańsk

Students can live in double or triple rooms in our student houses, which are placed in the enclosed area of the academic campus. In the campus area, there are two excellent canteens. In the neighborhood one can find numerous pubs, bistros, cafeterias and restaurants.

More information here: 
<http://www.domsonata.com.pl/index.php?lang=en>

Of course if you prefer you can find a place to stay by yourself. Please let us know about your decision as soon as possible via e-mail.



MONTHLY COST OF STAYING IN IS:

Room type Total price [PLN]

double room 300 rent + 10 Internet + media

room for 3 guests 290 rent + 10 Internet + media

Please note that you have to pay a deposit payment of 300 PLN (about 70€).

AFTER YOUR ARRIVAL



HEALTH INSURANCE

Health services in Poland are available to students from EU or EFTA member countries, provided they have valid medical insurance in the national insurance system of any EU or EEC member country. A valid passport, student Identity Card or doctoral student Identity Card and a valid Medical Insurance European Card entitles to medical care services free of charge. If possible, it is recommended that students purchase their own international medical insurance prior to arrival in Poland. Otherwise students from non-EU or non-EFTA countries are required to sign a voluntary health insurance agreement with the National Health Fund (NFZ) and pay their own insurance fees.



More information here:

<https://www.nfz-gdansk.pl/>

**Pomorski Oddział Wojewódzki NFZ
ul. Marynarki Polskiej 148, 80-865**



In order to process and obtain health insurance from NFZ, you will need a Student Card, certifying your students status at aMuz and a passport. You will need to apply for health insurance (usual waiting period for the decision is two weeks). After signing the contract you'll need to register this contract in ZUS Zakład Ubezpieczeń Społecznych. Monthly cost is about 60 PLN. The contract does not have end date, for it expires in case of not paying the fee. As this insurance is valid only in Poland, if you wish to travel to other EU countries you will need European Health Insurance Card which is given on the basis of NFZ insurance. The card is issued for two months period for international students in Poland. There is always a possibility of buying private touristic insurance in your home country or in Poland as well.

**ENROLLMENT AT
THE BIURO
WSPÓŁPRACY
MIĘDZYNARODOWEJ
(INTERNATIONAL
RELATIONS OFFICE)**

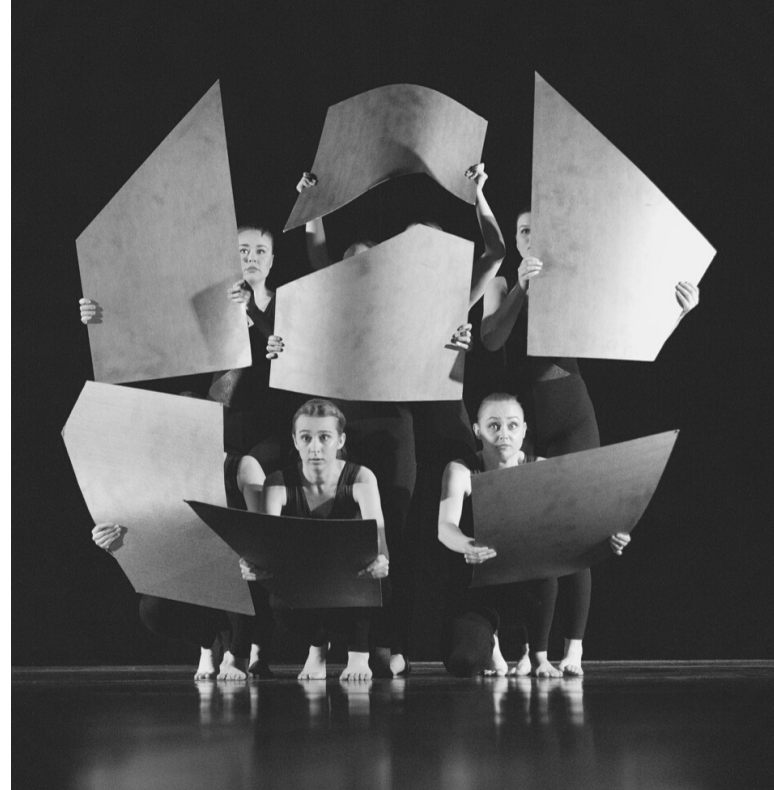
There will be a meeting for incoming students organized when we will give you all the information you need and help you with the formalities.

The IRO is available for students on:

Monday-Wednesday: 8am – 1pm
Thursday: closed (internal office day)
Friday : 8am – 1pm

**PLEASE MAKE SURE
TO PREPARE THE
FOLLOWING
DOCUMENTS:**

1. Passport or ID card,
2. Learning Agreement (original)



**Semester
Contribution
Student card:
around 5 €**

LIVING COSTS

LIVING COSTS FOR STUDENTS PER MONTH
(IN APPROXIMATION)

	LOW BUDGET	MID-RANGE	LUXURY
Lodging	400-600 zł/ 96-145 €	600-1800 zł/ 145-430 €	2000-2500 zł/ 476-595 €
Food	400-450 zł/ 96-107 €	500-650zł/ 120-155 €	1000 zł/ 238 €
Semester ticket for public transport	145-185 zł/ 34-42 €* semester price, not monthly price	145-185 zł/ 34-42 €	145-185 zł/ 34-42 €
Other Expenses	150-200 zł/ 35-47 €	400-450zł/ 96-107 €	500 zł and more/ 119 €
TOTAL	1095 - 1440 zł/ 261-343 €	1645-3085 zł/ 540-735 €	3645-4185 zł and more/ 867-996€

zł

€

APPROXIMATE FOOD PRICES:

bread: 1 loaf- 2,50-5,00 PLN / 0,72-1,12 EUR

butter: 4,00-6,00 PLN / 0,89-1,34 EUR / 200g

eggs: 0,80 PLN / 0,18 EUR / each

meat: 10-30 PLN / 2,60-7,25 EUR / kg

cheese: 12-40 PLN / 3,40-11,00 EUR / kg

fruit: 2,50-15 PLN / 0,62 - 4,20 EUR / kg

mineral water: 2,50 PLN / 0.70 EUR / 1,5 l bottle

ADDITIONAL EXPENSES:

Phone bills 25-100 PLN/6-23 EUR

Cinema ticket 18-25 PLN/4,2-6 EUR

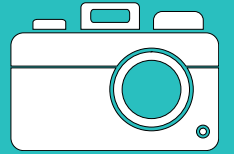
Concert/festivals 50-150 PLN/11-35 EUR

Please bear in mind that the list shows approximate prices and they vary vastly depending on your lifestyle, personal financial management and your priorities.



VISITING GDAŃSK

Poland's largest port flourished during Medieval times as a merchant city trading Baltic amber. In the 20th century events took place in Gdańsk that would affect the course of world history. On 1 September 1939 the Wehrmacht launched their Invasion of Poland at the Westerplatte peninsula north of the city. And just over four decades later in 1980 Lech Wałęsa would found Solidarity. As the Soviet Bloc's first independent trade union, Solidarity would eventually lead to an end to communist rule in 1989. Both the war and Solidarity are remembered with world-class museums. Gdańsk Old Town, rebuilt after the Second World War, is a trelliswork of streets skirted by tall patrician and merchant tenements, while hulking gates defend the landward and water-side entrances.



Trakt Królewski (Rotal Way)

To cut to Gdańsk's core and see a host of top monuments in one walk, take this horizontal route east towards Motława River between two city gates. Along Ulica Długa (Long Street) and then Długi Targ (Long Market), the Royal Way first got its royal designation in 1457 when King of Poland Casimir IV Jagiellon entered Gdańsk. Starting in the west at the Upper Gate and finishing at the Green Gate, the way is flanked by tall, narrow patrician tenements painted in jaunty colours and capped with gables. There are way more attractions and noteworthy sights on Trakt Królewski than we could cram into one paragraph. But at Długi Targ 44 do stop for a photo of the Artus Court, a Renaissance meeting place and stock exchange, now a branch of Gdańsk's Historical Museum.



NEPTUNE'S FOUNTAIN

On Long Market, a few steps from the Artus Court is an enduring symbol for Gdańsk. Neptune's Fountain is a Mannerist monument cast in bronze in the city in 1615, but wouldn't be installed for another 18 years. The sculptor was Abraham van den Blocke, originally from what is now Kaliningrad, but with Flemish parents. Located by the palatial townhouses where Poland's royalty would stay in Gdańsk, the fountain's sculpture shows Neptune bowing his head slightly as a sign of deference. On the basin beneath him are ornamental fish and cherubs. And if you're wondering, the fig leaf on his private parts wasn't in the original design, but was added in a restoration in 1988.



ST MARY'S CHURCH

This humungous Gothic church was started in the 14th century and, with a volume of up to 190,000 cubic metres, is counted among the three largest brick-built churches in the world.

Standing in the 66-metre-long nave you'll need to take a moment just to wrap your head around the dimensions of this epic building that can hold 25,000 worshippers. A major reconstruction was needed after the Second World War, but all of its valuable fittings were saved. You can peruse treasures like an astronomical clock from the 1460s, the high altar raised in the 1510s and a marvellous Gothic stone pietà carved at the start of the 15th century. If you're up for climbing nearly 400 steps you can battle your way to the top of the monolithic 77.6-metre main tower.



Gdańsk Crane

An emblem for the city, the Gdańsk Crane on Motława's Long Embankment dates back to the 14th century. This piece of machinery harks back to the time when Gdańsk was in the Hanseatic League, and could load or unload four tons of cargo, lifting it to a height of 11 metres. The power came from humans, as groups of men would walk inside two large wooden wheels as if they were hamsters. The crane doubled as a waterside city gate and was in use up to the 1800s. Now maintained by the National Maritime Museum, you can go in to see the wheels and an exhibition about work and daily life in the port from the 1500s to the 1700s.

In Old Town of Gdańsk you should also visit: Golden House, Main Town Hall, Ulica Mariacka (St Mary's Street), Długie Pobrzeże (Long Embankment), Museum of the Second World War, Westerplatte, Golden Gate, Amber Museum.



Oliwa Cathedral

As you see it now, this church in the Oliwa District, some 10 kilometres northwest of the Old Town , dates to the 14th and 15th centurie. A fire gutted the interior in 1577 during the city's rebellion, so nearly all the ornamentation is Renaissance, Mannerist and Baroque. There's a solemn Baroque portal from 1688 at the entrance, below two narrow towers, each 46 metres tall. The nave, chancel and 23 altars are festooned with paintings by Gdańsk's foremost artists in the 17th century. There are two main altars, one "Old" in the Late Dutch Renaissance style from 1605, and the other "New", from 1688 and viewed as the finest piece of Baroque art in Pomerania.

The nearby Oliva park is also worth seeing.





JELITKOWO BEACH

After a day or two on the streets of Gdańsk you may be ready to rest up on a beach on the Baltic for an afternoon. The closest is on the waterfront of the Jelitkowo District to the northwest of the Old Town. This beach has a clean ribbon of fine sand backed by a chain of parks and curving for several kilometres up the coast to the west. Behind the foreshore there's a paved cycling path if you'd like to break even further from the city. But wherever you are you'll never be more than a short walk from a beach bar in summer, and there are bouncy castles and trampolines to keep littler members of the clan entertained. You can get to Jelitkowo via trams 6 or 8.



**It is worth visiting the nearby cities:
Sopot and Gdynia, which together with
Gdańsk form Tricity (3-city).**