

ERASMUS+ STUDENT GUIDEBOOK

*University of Applied
Sciences in Tarnow*



YOUR ERASMUS+ GUIDE TO LIFE AND STUDY IN TARNÓW

INTRODUCTION

Welcome to Tarnów! We're thrilled to welcome you to the University of Applied Sciences in Tarnów. Whether this is your first time abroad or your next stop in your adventure around the world, this guide is designed to help you settle in, and make the most of your Erasmus+ experience. You'll find practical tips, cultural advice and key contacts—all in one place.

This guide is written especially for international students like you. We know that moving can feel overwhelming, especially to a new country with a different culture. Our goal is to give you friendly, reliable and easy-to-understand information.

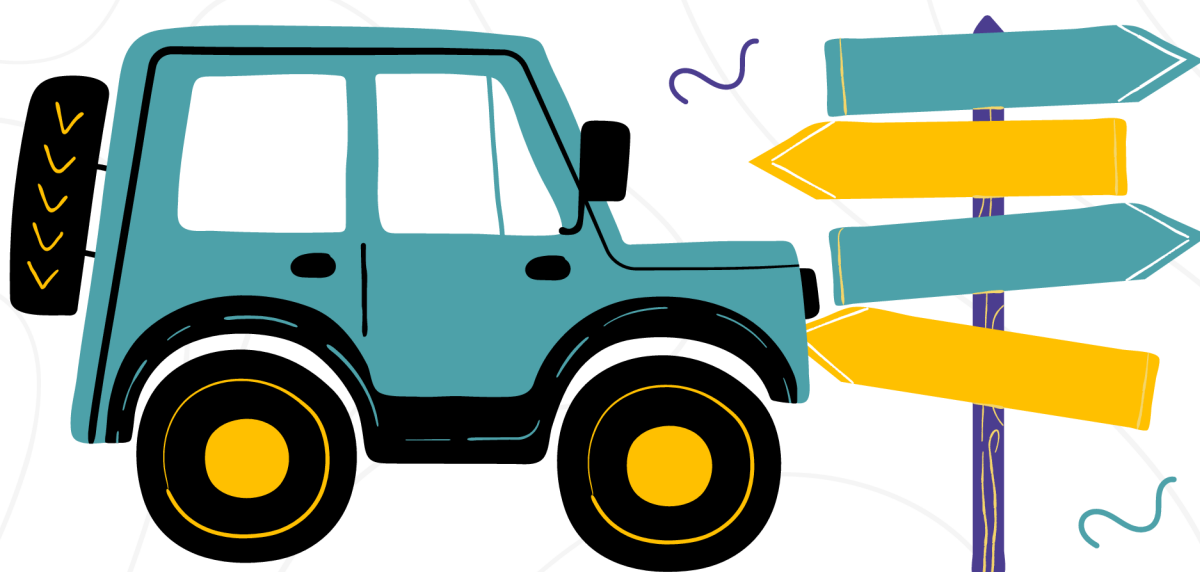


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TARNÓW

Tarnów is a charming city in southeastern Poland, known for its beautiful old town, warm hospitality, and student-friendly vibe. With a rich cultural heritage, cozy cafes, and convenient public transport, Tarnów is the perfect place to live and learn.

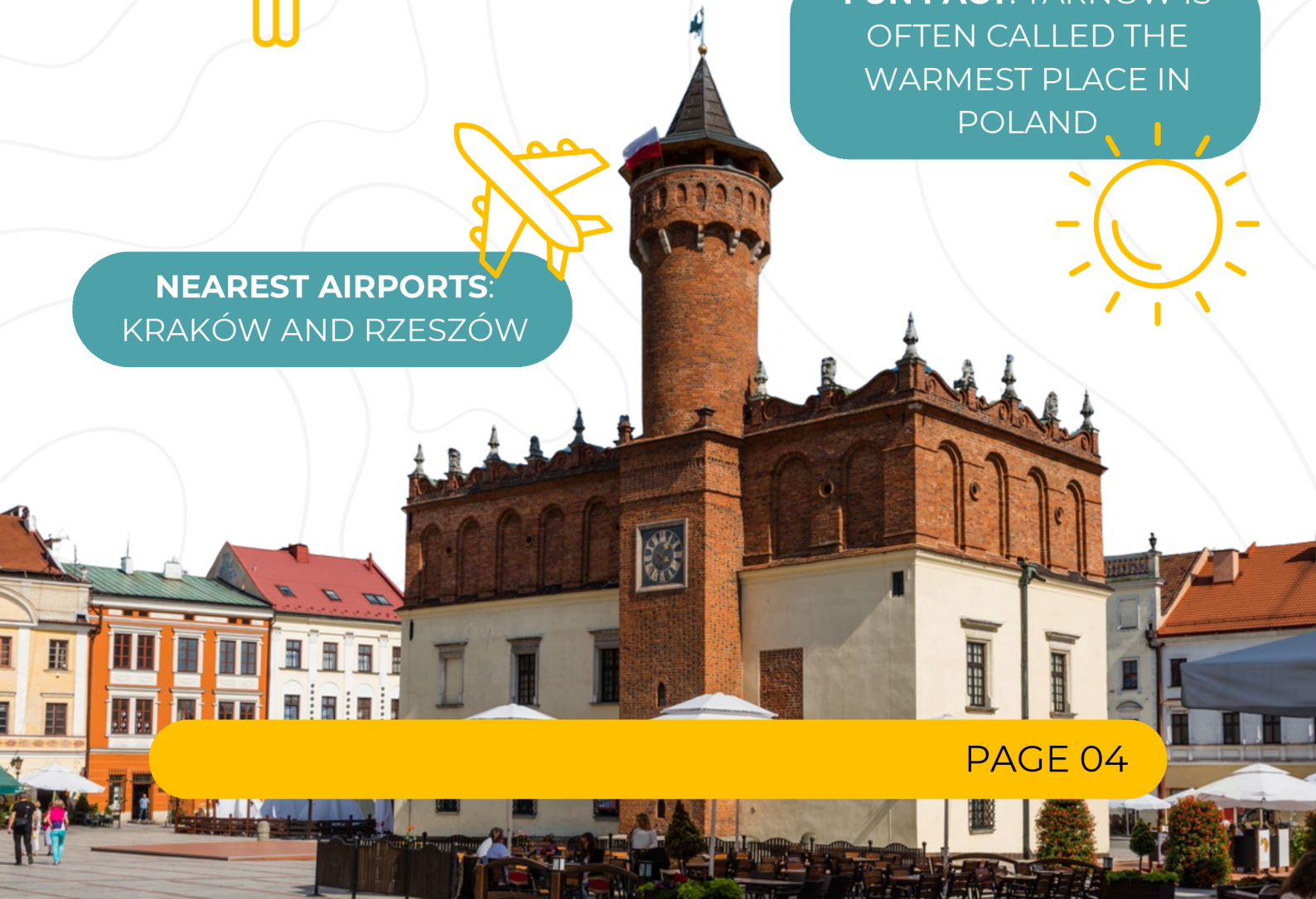


POPULATION: 110 000



NEAREST AIRPORTS:
KRAKÓW AND RZESZÓW

FUN FACT: TARNÓW IS
OFTEN CALLED THE
WARMEST PLACE IN
POLAND



UNIVERSITY

of Applied Sciences

Our university welcomes students from across Europe and beyond. With small class sizes, friendly staff, and international events, you'll feel part of the community from day one. The Erasmus+ Office and Student Buddies are here to support you throughout your stay.



BASIC INFO

about Poland



37.97 M

POPULATION

312 696 SQ KM

AREA

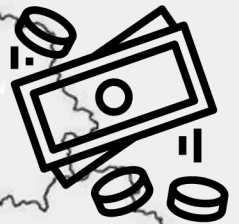


.PL

INTERNET DOMAIN

Warsaw
CAPITAL

Tarnów



**PLN (POLISH
ZŁOTY)**

CURRENCY



230V/50HZ TYPE E

POWER PLUGS AND
SOCKETS

BEFORE YOUR *Arrival*

LEARNING AGREEMENT
(SIGNED BY YOUR HOME AND
HOST UNIVERSITY)



ERASMUS+ ID OR NOMINATION
LETTER



PASSPORT OR ID CARD (MUST
BE VALID FOR YOUR FULL STAY)



TRAVEL AND HEALTH
INSURANCE (EU HEALTH CARD
IF APPLICABLE)



PROOF OF ACCOMMODATION
(IF PRE-BOOKED)



POLISH CURRENCY (ZŁOTY)





EU/EEA STUDENTS

NO VISA NEEDED

NON-EU STUDENTS

**CHECK POLISH EMBASSY
REQUIREMENTS IN YOUR
COUNTRY**

TIP #1

Registration

If you are coming here for more than 3 months, you must remember that registration is compulsory for your stay to be legal. Please contact the Lesser Poland Voivodeship Office in Kraków to start the registration procedure once you arrive.

TIP #2

Health Insurance

You **must** have insurance valid in Poland for your stay so bring your EU Health Insurance Card or another form of proof of insurance

E-MAIL:

**URZAD@MALOPOLSKA.UW
.GOV.PL**

Recommended APPS



GOOGLE MAPS
OFFLINE NAVIGATION



BOLT / FREE NOW
TAXI APPS



KOLEO
POLISH TRAIN/BUS TICKETS



GOOGLE TRANSLATE
POLISH-ENGLISH TRANSLATION



ERASMUSAPP
INFORMATION ON ERASMUS+ MOBILITY



WHATSAPP
ONLINE COMMUNICATION

ACCOMMODATION

You can apply for a room in the [student dormitory](#). Rooms are usually shared (2-3 people) and include basic furniture and internet access. Apply early, as places are limited. If you're renting privately, make sure to confirm the contract in writing.

LOCATION

SŁOWACKIEGO 7

ACCOMMODATION

- SEPERATE BATHROOM FOR EACH ROOM
- FURNITURE (BED, DESK, CHAIR, WARDEOBE)
- ACCESS TO HIGH-SPEED INTERNET

COMMON AREAS

- KITCHEN
- LAUNDRY ROOM
- RECREATIONAL SPACES

FEES

500 ZŁ/MONTH + 75 ZŁ RETURNABLE DEPOSIT

STUDENT DORM



TRAVEL CHECKLIST

PRINT COPIES OF
ALL DOCUMENTS



DOWNLOAD
OFFLINE
MAPS



JOIN THE LOCAL
ERASMUS+
FACEBOOK
GROUP



SAVE
EMERGRNCY
NUMBERS

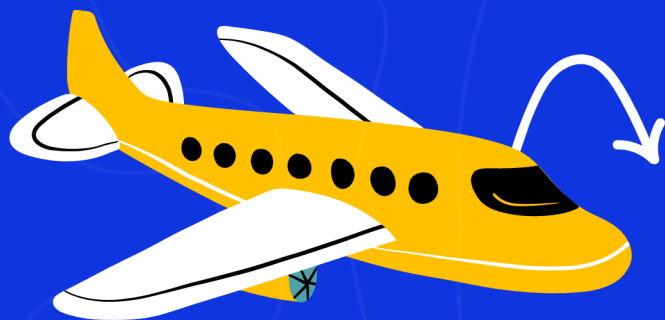


INFORM THE
ERASMUS+
OFFICE OF YOUR
ARRIVAL DETAILS



GETTING HERE

You can fly into Kraków or Rzeszów. From there, take a train or bus to Tarnów.



KRAKÓW / RZESZÓW



TARNÓW

To get to student dorm

Buses: 6, 33, A30, A34, A35

Route:

Tarnów Krakowska
- Planty → Tarnów
Solidarności -
Seminarium

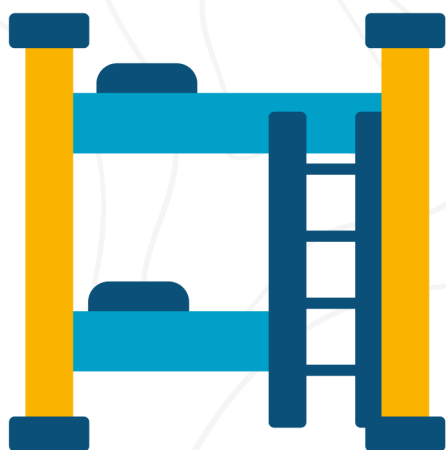
Arrival Tips

- Buy your bus/train ticket in advance if possible (koleo.pl/en/)
- From the station, taxis and local buses are available (Bolt or buses)
- Inform your Erasmus coordinator of your arrival date

Making FIRST CONTACT

Upon arrival, be sure to check in with:

- **Erasmus+ Office** – For your welcome pack, registration, guidance
- **Dormitory Staff** – For keys, bedding, house rules



Contacts

Email: dwzz@atar.edu.pl

Phone: +48 14 6316614

Getting your STUDENT ID CARD



After enrollment, you'll receive a student **ID card**, which gives you:

- 50% discounts on public transport
- Access to the library and university services

Ask the Erasmus office to help submit your photo and collect your card. Remember you'll have to pay a fee of 22 zł.

Additionally, you will receive your **Album Number** from your coordinator. It will be used to make your **Microsoft Account**.

To get **Microsoft Teams** (through the account mentioned earlier) your coordinator will take you to our IT department. Microsoft Teams is used for some assignments so make sure you have it

PAYMENTS

In Poland, the local currency is the **złoty** (abbreviated as **PLN**). One euro is usually worth around 4.3 to 4.5 PLN, but the exchange rate can change, so it's good to check before exchanging money.

Poland is very **card-friendly**. Most shops, restaurants and even small cafes accept debit and credit cards, including contactless payments. Mobile payments like Google Pay and **Apple Pay** also work in most places. However, it's still wise to carry some cash, especially for small purchases in local markets, buses or smaller shops, where cards might not be accepted.

It's best to avoid exchanging money at airports because of high fees. Instead, use **official exchange offices** (called "**kantor**") in the city center or withdraw cash directly from ATMs.

APPROXIMATE COSTS IN TARNÓW

COFFEE IN A CAFÉ

8–12 PLN

LUNCH

25–40 PLN

MONTHLY TICKET

AROUND 100 PLN

CINEMA

20–30 PLN

GROCERIES

Shopping for food in Poland is quite affordable and convenient. You'll find many supermarkets and smaller convenience stores throughout Tarnów.



Popular Shops

- **Biedronka** – cheap prices, wide range of products
- **Lidl** – good for fresh produce and discounts
- **Carrefour** – mid-range prices, international products
- **Kaufland** – large selection, often has international sections
- **Żabka** – small convenience stores, open long hours and sometimes on Sundays

TIP #3

Look out for signs saying “**Promocja**” — it means the product is on special offer or discount!

Most big supermarkets **open from early morning until around 8–9 PM**. Remember that Poland has a **Sunday trading ban**, so most large stores are closed on Sundays. However, smaller stores like Żabka are often open even on Sundays.

Opening your

BANK ACCOUNT

If you plan to stay for a full semester or longer, you might find it useful to open a Polish bank account. To do this, you usually need:

YOUR PASSPORT OR ID
CARD

STUDENT ID OR
CONFIRMATION OF
STUDIES

PROOF OF ADDRESS IN
POLAND (E.G.
DORMITORY
CONFIRMATION)

TIP #4

Bank hours are often shorter than in many other countries, sometimes closing as early as 4 PM on weekdays.

Popular banks include:

PKO BP

SANTANDER

MBANK

ING



SIM CARD

Since 2016, Polish law requires you to register your SIM card with your ID or passport. Don't worry — it's quick and free. Simply:

- **Show your passport or ID card**
- **Provide a Polish address (your dormitory address is fine)**
- **Fill in a short form at the store counter**



Getting a Polish SIM card is easy and cheap. You can buy one at:

- **Mobile stores** (Play, Orange, T-Mobile, Plus)
- **Supermarkets** like Biedronka or Lidl
- **Convenience** stores like Żabka

Costs

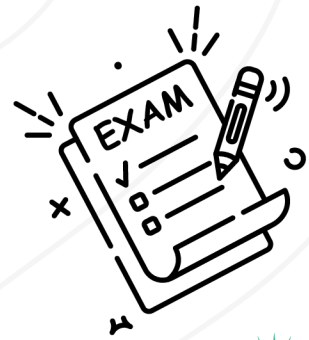
- **SIM card:** 5–10 PLN
- **Data-only packages:** 10–15 PLN for ~10 GB
- **Mixed packages (calls, SMS, data):** 25–35 PLN/month for 15–30 GB of data and local calls/SMS

TIP #5

Ask about special student offers, sometimes you can get bonus data or free social media use!



EXAMS



and grades

At the University of Applied Sciences in Tarnów, most courses end with an **exam**, **project** or **presentation**. Exams might be written, oral or practical, depending on your field of study.

THE POLISH GRADING SCALE GOES:

2

FAIL

3

SATISFACTORY

3.5

SATISFACTORY PLUS

4

GOOD

4.5

GOOD PLUS

5

VERY GOOD

To pass a course, you need **at least 3.0**. Don't worry—professors are helpful if you have questions about exams or your grades.

CALENDAR

WINTER

October Classes begin

Late December – Early January Break

January – February Exam session

Mid-February Semester break

SUMMER

March Classes begin

April Easter break

June Exam session

July-September Summer holidays

HOLIDAYS

November 1st All Saint's Day

December 25th-26th Christmas

January 1st New Year's Day

Easter Sunday & Monday Dates vary

May 1st Labour Day

May 3rd Constitution Day

Corpus Christi (June) Dates vary

SAFETY

and health

See a Doctor

If you feel sick or need medical advice, you can visit a **general practitioner (GP)**. You can:

- **Go to a public clinic** (you may need to book an appointment)
- **Visit a private clinic** (usually faster, costs vary)

Bring your ID and proof of insurance.

EU students should carry their European Health Insurance Card (EHIC). Non-EU students should have private health insurance.

Pharmacy

Pharmacies in Poland are called "**apteka**."

- Open Monday to Friday, usually until 6–7 PM
- Some pharmacies open on Saturdays
- Look for "**apteka całodobowa**" for 24-hour service

You can buy basic medicines without a prescription but for antibiotics, you'll need to see a doctor first.

Emergency numbers



General Emergency: 112 (free from any phone)

Police: 997

Ambulance: 999



Fire brigade: 998



Most emergency operators speak basic English.

Polish CULTURE

Polish people are friendly and helpful, although they may seem a bit reserved at first. Here are some useful tips:

- Always say “**Dzień dobry**” (**Good day**) when entering shops or offices.
- A **firm handshake** is common when meeting someone new.
- **Be punctual** for classes and meetings.
- It's polite to remove your shoes when visiting someone's home.

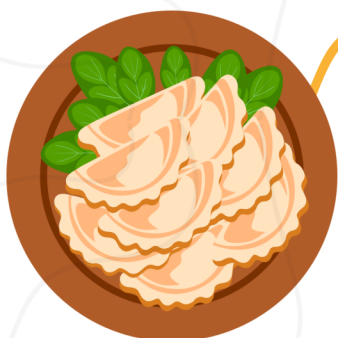


Learning a few words in Polish goes a long way!

EXPLORING

Cuisine

Tarnów has many cozy cafés, affordable restaurants and places to meet friends. Local dishes worth trying include:

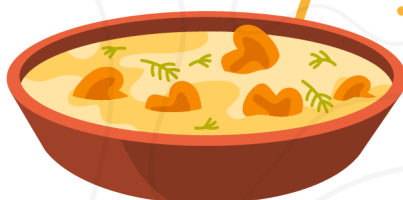


PIEROGI

Dumplings

PLACKI ZIEMNIACZANE

Potato pancakes



ZUREK

Sour rye soup

Many places offer student discounts — just ask! Exploring local food is a fun way to enjoy your Erasmus+ experience.

DOS & DON'TS



DO

- Say “**please**” (**Proszę**) and “**thank you**” (**Dziękuję**).
- Be polite and respectful, especially to older people.
- **Carry cash** for small shops or markets.

- Speak loudly in public places.
- Assume everyone speaks English — try a few Polish words!
- Forget to greet shopkeepers when entering or leaving small stores.

DON'T

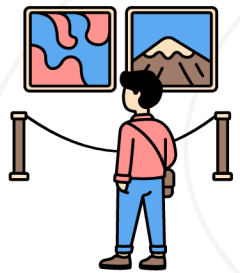


Things to do in TARNÓW



CITY PARKS

LOCAL MUSEUMS AND ART GALLERIES



SMALL CINEMAS

OLD TOWN SQUARE



EXPLORE CAFÉS



DEPARTURE

Checklist

ERASMUS+ PAPERWORK

- ☒ Complete all required documents with your Erasmus+ coordinator
- ☐ Request your **Transcript of Records**
- ☐ **Check deadlines so you don't miss anything**

HOUSING CHECKOUT

- ☒ Inform the dormitory staff of your departure date
- ☐ **Return your keys and settle any fees**
- ☐ Check your room for personal belongings

BANK ACCOUNT & SIM CARD

- ☒ Close your Polish bank account if you opened one
- ☐ Use or cancel any leftover credit on your Polish SIM card

SAYING GOODBYE

- ☒ Say goodbye to new friends and teachers
- ☐ **Take photos and keep contacts to stay in touch!**
- ☐ Consider joining alumni Erasmus+ groups

FAQ

Is Tarnów an expensive city for students?

Not at all! Tarnów is one of the more affordable cities in Poland. Many students say living costs are lower than in larger cities like Kraków or Warsaw. You can eat out, shop, and enjoy leisure activities without spending too much.

Should I bring special food or ingredients from home?

If you love cooking dishes from home, it's a good idea to bring:

- Spices or sauces unique to your cuisine
- Small kitchen tools (like a frying pan or special utensils)

Some students mentioned tomato paste and certain spices taste different in Poland!

Is homesickness common, and how do I deal with it?

Yes — it's normal to feel homesick, especially in the first weeks. To help:

- Stay busy and explore Tarnów
- Call or message friends and family
- Connect with other international students
- Join university activities or clubs

Remember, it gets easier with time!

Is it better to come alone or with friends from my home country?

Both have pros and cons:

- Coming with friends can make settling in easier.
- Coming alone can help you meet new people and integrate faster.

Either way, you'll find many opportunities to make friends in Tarnów.

FAQ

Are local people friendly towards foreigners?

Yes! Locals might seem reserved at first, but they're usually very warm and helpful. Smiling and trying a few words in Polish often makes a great impression.

Do Polish shops accept cards for small purchases?

Yes, most shops—even small ones—accept cards, including contactless payments. However, it's smart to carry a little cash for:

- Small markets
- Buses
- Public toilets
- Some small shops

What if I'm nervous to speak Polish?

Don't worry if you feel shy speaking Polish—everyone appreciates the effort, even a simple “Dzień dobry” (Good day)!

Are there parties or nightlife for students in Tarnów?

A little bit. Tarnów is a small city so there aren't that many options but there's still nightlife for students. Many Erasmus students hang out at:

- Local pubs and bars in the Old Town
- Small clubs with music and dancing
- House parties organized by students

Drinks and entry fees are usually cheaper than in big cities. Remember to always stay safe, go out with friends, and keep an eye on your belongings.

CONTACT US

Here's where to find help, answers, and more information during your stay in Tarnów:

Erasmus+

✉ Email: **dwzz@atar.edu.pl**

☎ Phone: **+48 14 631 6614**



Office Location: **Building A, Room 122 (1st floor)**

Dormitory

- Managed by the Erasmus Office — contact via their email or phone.
- For questions about check-in/check-out, room features and repairs, visit **Building A, Room 122** or send an email to **dwzz@atar.edu.pl**.

Useful Online Resources

- University of Applied Sciences in Tarnów – International Office
<https://international.pwszta.edu.pl>
- Main University Website
<https://pwszta.edu.pl>

DEAR STUDENTS

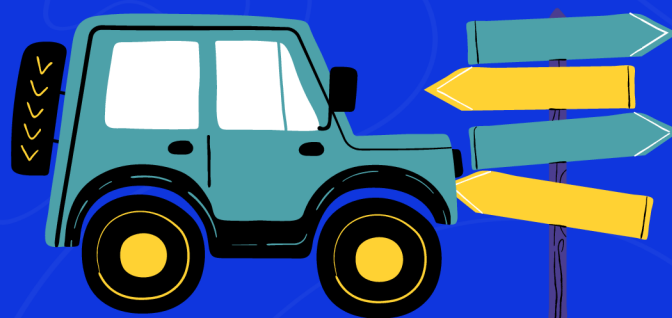
Congratulations on choosing Tarnów for your adventure abroad! We're truly excited to welcome you to the University of Applied Sciences in Tarnów and we hope this guide has made you feel more prepared and confident for the journey ahead.

Erasmus+ isn't just about studying, it's about discovering new cultures, meeting incredible people and growing in ways you never imagined. There will be moments of learning, laughter and even challenge but every experience will help shape an unforgettable chapter of your life.

As you explore Tarnów's charming streets, dive into your studies and make new friends from all over the world, remember that you are never alone. We're here to help, support and cheer you on every step of the way.

Wishing you an amazing Erasmus+ experience filled with discovery, joy and memories that will stay with you forever. Good luck and enjoy every moment!

With warmest regards,
Your Erasmus+ Team



EXPLORE AND LEARN!