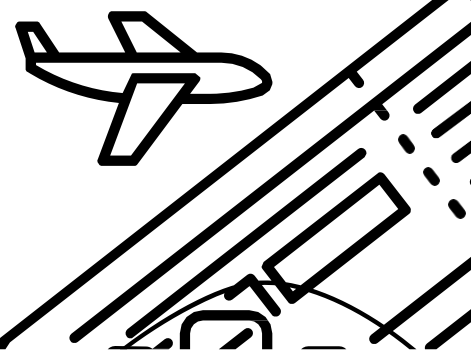# Erasmus+ Survival Guide

The practical tips you need for a great Erasmus!

Useful contacts at APS

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How to move around Warsaw?

There is **excelent public transport** in Warsaw, which reaches even remote places in Warsaw.

Means of public transport include:
1. bus,
2. tram,
3. metro,
4. Warszawska Kolej Dojazdowa- "WKD" (Warsaw Commuter Rail),
5. Szybka Kolej Miejska - "SKM" (Fast Urban Railway)

Tickets for the bus, tram and metro can be bought:
- in most of the kiosks,
- in special machines located in some of the bus / tram stops and on every metro station,
- in buses or trams, using a machine which should be available in every bus or tram,
- in the Jak Dojade application online.

Important! You cannot buy tickets from the bus/ tram driver, nor in the metro carriage (but you can buy them on the metro stations).

Eligibility for student discount tickets

You must have a valid student card of The Maria Grzegorzewska University (regardless of age) or an international student card ISIC (valid for a given academic year and only for students under 26) to be entitled to get a discount on the public transport.

Ticket rates

- monthly student ticket – 55 PLN
- three months student ticket – 140 PLN
- single student ticket valid for 75 min – 2.20 PLN
- single student ticket valid for 20 min - 1.70 PLN
- one day student ticket - 7.50 PLN
- three day student ticket - 18 PLN

For more information regarding tickets and discounts, please see:
https://www.wtp.waw.pl/en/ticket-tariff/

How to find your way around Warsaw?

In order to find the best connection using public transport, you can use one of the two apps, which work well in Warsaw:

1. Google maps, you can use the "Transit" setting and look for directions,
2. Jak Dojade is an app aimed specifically for the public transport connections, you can also buy public transport tickets via this app.

Tip: you can use both of those apps in most big cities in Poland, not only in Warsaw.

Emergency contacts

112 - General emergency number. Call in case of:
- threats to life, health and safety,
- threats to property and the environment (emergencies),
- threats to one's freedom,
- crimes or public order disturbances,
- when the immediate action of the Police, the National Fire Service or the National Medical Emergency Service is necessary.

997 - Police number.

998 - National Fire Service number.

999 - National Medical Emergency Service number.

What about the healthcare?

<u>EU/EEA citizens</u>

Polish healthcare is based on general health insurance ("GHI").
Persons covered by the GHI are entitled to free health services in the territory of Poland at the health care providers who have contracts with the National Health Fund (NFZ - Narodowy Fundusz Zdrowia).

During a temporary stay in Poland, a person entitled to health care under EEA rules can receive health services in the following areas:
- primary health care
- specialist out-patient care
- hospital treatment
- dental treatment
- rescue services and ambulance transport.

Student from a member country staying temporarily in Poland is entitled to free healthcare on the basis of the 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 public health care provider.
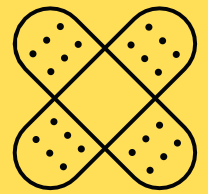
In case of <u>lack of the EHIC Card or equivalent</u> document, the patient will be obliged to cover costs of treatment by himself. The same obligation arises in case of treatment provided by a health care unit which has no contract with NFZ.

If there is a <u>need of hospital treatment</u>, a doctor's referral is required. In case of sudden illness, accident, injury, intoxication, life threat, a patient receives necessary medical benefits without referral.

A patient who presented the EHIC card or the certificate, receives free hospital treatment within the general health care system.

Apart from academic and public medical care system there is also a <u>well-developed private sector</u>. The costs of medical care may be reimbursed if a student has purchased a health insurance policy in his country before departure.

Non EU/EEA citizens

The students from non-EU/EEA countries should purchase health insurance in their home country, before departure.

In case of the ISIC or Euro<26, insurance is included in the card and the student does not need to buy another one unless he/she wants to increase its scope or value.

Erasmus students (having so called legitymacja studencka - student's card - issued by the host university) are usually allowed to consult doctors at academic medical care centres. In accordance with the state health regulations foreigners (except the EU/EEA citizens, see above) have to pay for a medical consultation. The cost is then reimbursed by the health insurance company.

Apart from academic and public medical care system there is also a well-developed private sector.

APS Accommodation

The APS dormitory is located in Jelonki district of Warsaw, academic village "Przyjazn". There are 3 students houses, where APS students can be accommodated:

- "Jelonek" (no 1), the address is Konarskiego street 1
- "Rogas" (no 3), the address is Konarskiego street 3
- "Sarna" (no 4), the address is Konarskiego street 4a.

You can find some pictures of our dorms at: https://osiedleprzyjazn.pl/galeria/.

Students are usually accommodated in double rooms.
A dormitory unit has two or three double rooms, a kitchen and a bathroom.

A monthly fee is about 900 PLN (about 210 EUR, depending on the exchange rate). You will also be asked for a deposit of 300 PLN, returnable upon checkout.

Single rooms are available too but at a higher rate of 900 PLN per month.