

UR WELCOME
A GUIDEBOOK
FOR INTERNATIONAL
STUDENTS
OF THE UNIVERSITY
OF RZESZÓW

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**WYDAWNICTWO
UNIWERSYTETU RZESZOWSKIEGO**
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POLISH NATIONAL AGENCY
FOR ACADEMIC EXCHANGE

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Hi,

We are delighted to welcome you to the University of Rzeszów, and are proud that you have selected our University and city.

Studying abroad is both a challenge and an adventure. With this in mind, this guidebook has been produced to provide international students with what we consider most useful information and sound advice, to make your life here, and studying, easier.

We hope you enjoy your stay!

Should you have any questions,
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1. GOOD TO KNOW ABOUT LIFE IN POLAND

1.1. Emergency numbers and health care

The general emergency number in Poland is **112**, which can be used for calling the police, an ambulance, and the fire service.

After dialing the emergency number, when the dispatcher answers the phone, be prepared to say slowly and clearly what happened, your location (address, name of the facility / building, characteristic features of the place), and your name.

Poland has a well-developed healthcare system, including both public and private medical services. If you are an EU citizen, carry a valid European Health Insurance Card (EHIC) for access to public healthcare. Non-EU citizens should have travel and health insurance to cover any medical expenses.

The medical centre located most conveniently for our students is Centrum Medyczne MEDYK at 53 Rejtana street, offering both face-to-face and online consultations in English: <https://www.medyk.rzeszow.pl/oferta/medyk-online/>

If you need urgent medical advice during the weekend or a public holiday, the only place you can get it is SOR (ER) at any of the hospitals or Pogotowie Ratunkowe (emergency service, in Rzeszów at Poniatowskiego Street).

1.2. Climate

The climate in Poland is classified as temperate maritime with both continental and oceanic influences. Generally, we have four main seasons: spring, summer, autumn, and

winter. Spring (March to May) is usually mild and marked by a very slow transition from chilly winter temperatures to warmer conditions. However, it can be quite unpredictable till the end of April, with temperature fluctuations and occasional rainfall, or even snowfall (especially around the Easter holiday). Summer (June to August) is generally warm and sunny, average temperatures range between 20°C and 25°C, but heatwaves can occur, pushing temperatures above 30°C. Usually rainfall is moderate to low, with occasional thunderstorms, but we can have a rainy season, or really dry spells. Autumn (September to November) is quite mild and the temperature gradually decreases as the season progresses. It is known for its beautiful foliage as the leaves change colours (the Polish Golden autumn). September can still be quite warm, but by November, temperatures drop significantly, and rainfall increases. Winter (December to February) can be really cold, with temperatures oscillating between +5°C and -10°C. The eastern part of the country tends to experience colder temperatures than the west. Snowfall is common, especially in our region. Occasionally, the temperature can drop below -20°C. Be prepared for very little sun between November and March. Days are short and it is often cloudy. It is good to have water-proof and thermally insulated boots, with thicker soles, for the wintertime, even if you are staying in the city: the melting snow on the pavements is a messy nuisance. And don't forget to practice your balancing skills as ice is a constant menace.

1.3. Holidays and national festivals

The list below includes days off on which all institutions, offices and shops are closed, except for gas stations and “Żabka” convenience stores.

January 1 – New Year’s Day.

January 6 – The Epiphany (also known as Three King’s Day)

March / April (variable dates) – Easter (a week off at the University usually Thursday before Easter to the Wednesday following Easter).

May 1 – Labour Day.

May 3 – Constitution Day (usually three days off at the University, including May 2).

Thursday in May / June, variable dates, depending on Easter – Corpus Christi.

August 15 – a religious holiday (Assumption of the Blessed Virgin Mary) and a public one (Polish Armed Forces Day).

November 1 – All Saints’ Day (It is a day when Poles honour and remember their deceased loved ones, particularly family members and friends who have passed away, and visit cemeteries. If the weather is fine, we would recommend visitors take a walk around a cemetery in the evening, to see how special the atmosphere of the day is.)

November 11 – Independence Day.

December 25 – 26 – Christmas (at least a week off at the University, including January 1).

Note that when these holidays fall during the week, it is often the case that the University Rector will grant additional days (or time) off to allow students to travel home to see family and friends.

1.4. Public rules and regulations

Below you can find some of the most important public rules which should be obeyed to ensure public order, safety, and respect for others:

1. Traffic and Pedestrian Safety: When crossing the road, pedestrians have an obligation to use, wherever

possible, designated crosswalks, at which drivers should stop to let the pedestrians pass (although this is not always the case, so do be careful when using a zebra crossing). Cars can turn right on the red light, when a green arrow signal is illuminated, which requires caution on the side of drivers, pedestrians and cyclists riding along bicycle paths. Jaywalking is a misdemeanour in Poland, so you have to wait for the green signal when using controlled pedestrian crossing points.

In Poland, there are multiple bicycle paths, in Rzeszów usually designed along pedestrian paths, all around the city. They are also used by e-scooter riders. While pedestrians do have priority, it is always important to keep an eye out.

You can ride a bike or e-scooter on designated paths, or on the pavement, remembering that pedestrians have right of way, and that you shouldn’t go too fast. You do not need a special license, nor insurance to use an e-scooter or bicycle as long as you are over the age of 18.

Driving under the influence of alcohol is a criminal offence in Poland. Acceptable limit of blood alcohol content is 0.02%.

2. Noise Control: Excessive noise, particularly during late hours, can be disruptive to others. It is important to control the noise levels, especially in residential areas, and to observe quiet hours designated by local regulations (usually 22.00 to 6.00), including the dorms.
3. Smoking Regulations: Poland has strict smoking regulations. Smoking (including e-cigarettes and vape sticks) is generally prohibited in enclosed public spaces, including

public buildings, restaurants, bars, and on public transport. Designated smoking areas (“palarnia”) may be available in some locations.

4. **Queueing:** In public places like stores, banks, or ticket counters, it is customary to form orderly queues and wait for your turn. Cutting in line or pushing ahead is considered impolite. Be aware that a growing number of places have an automated queuing system and you will have to find a ticket dispenser in order to get served at a help desk.
5. **Public Transport Etiquette:** When using public transportation, it is polite to give up your seat to elderly, disabled, or pregnant passengers who may need it more. Loud conversations and disruptive behaviour should be avoided to maintain a peaceful environment. Also, the local custom is to allow passengers to get off the bus before getting on yourself.
6. **Littering and Recycling:** It is important to dispose of waste properly in designated rubbish bins. Littering in public places, including parks and streets, is prohibited. Recycling is encouraged and separate bins for recyclable materials are generally available.
7. **Drinking alcohol:** In public places it is prohibited to drink alcohol, with the exception of properly licensed designated places, such as bars, restaurants, open air café gardens, etc. If caught, you may be fined 100 PLN and will have your alcohol confiscated.

1.5. Manners and greetings

1. The most universal greeting is “Dzień dobry” (good day), and “Do widzenia” (see you) for goodbye. An informal one is “Cześć” (which serves as both “Hi” and “Bye”). Very informal greetings include “Hej,” “Hejka,” “Siema.” One more useful phrase is “Przepraszam” – “I am sorry”.
2. The Polish language is very formal when it comes to addressing people (unlike English in which “you” is universal). When writing emails to your teachers, address them by their title or degree and the surname, e.g. Dear Dr Kowalska, or Dear Professor Kowalska.
3. A handshake is the most universal form of greeting, especially if you are meeting someone for the first time. When meeting a group of people, men usually shake hands with men, saying a general “hello” to women.
4. **Doorway etiquette** – holding doors open for others is treated as a natural act of kindness. Usually, Polish men let women pass through a doorway first. Equally, it is most common to allow people to exit a building before entering.
5. **Meals** – traditionally the main meal of the day is dinner (“obiad”), served between 2 p.m. and 4 p.m. However, lifestyles have been changing and people work longer hours. Nevertheless, unlike in the south of Europe, Polish people do not dine late in the evenings. For religious reasons, some Polish people do not eat meat on Fridays and may replace it with fish instead (hence on Fridays fish is always on the menu in places serving traditional Polish cuisine).

6. Tipping: Tipping is common, but not mandatory, in Poland, and it is normal to leave a 10% to 15% tip at restaurants, cafes, and bars. If paying by card, the tip can be left in cash on the table as you leave, or you can ask for it to be added to the bill if you are not carrying cash with you.
7. If you are going to a bar or restaurant in a group and you wish to pay individually for your own food and drinks, it is important to let the waiter know at the start as they will often have to keep separate tabs for each individual customer. Some restaurants do not keep separate tabs if the group is larger than four or six people. You will get one bill for the whole group and will have to sort out by yourself the individual payments.



2. RZESZÓW – THE CAPITAL OF INNOVATION

2.1. Basic facts

Rzeszów is the largest city of south-eastern Poland and the capital of Podkarpackie Province. It serves as an important centre for the aviation industry, being the main centre of the Aviation Valley industrial cluster, and is one of the cities with the highest number students per capita in the EU (353 students for every 1000 inhabitants) and is generally considered a clean, safe, and liveable place.

It was founded in 1354 as a private town. The greatest period in the history of Rzeszów is associated with Nicholas Spytek Ligęza as its owner (1605 – 1637). During that time, fortifications were constructed, and the transport infrastructure was redeveloped. After the First Partition of Poland in 1772, Rzeszów found itself in Austrian territory, within the region called “Galicia”, which remained part of Austria-Hungary until the end of World War I. In the second half of the 19th century, the railroad was constructed, within the Austrian network. On November 1, 1918, Rzeszów became a free city, which developed into a machine industry centre before World War II. German occupation began on September 8, 1939, and lasted until August 2, 1944, when the Red Army entered the city. During the war, the large Jewish population of the city (over 1/3 of the total population) was almost completely exterminated.

The city’s importance increased after the war, as the loss of L’viv made Rzeszów the largest city in the south-eastern part of the Polish People’s Republic. The city developed intensively in the post-war decades, and then in the “new times”, in the 1990s, after the political system changed

in 1989. During the last two decades Rzeszów has turned from a transit city on one's way to the Bieszczady mountains or to Ukraine, into a modern city worth visiting.

The location of the city and its international airport contributed to its increased significance since the beginning of the Russian invasion on Ukraine in February 2022. Ukraine has named Rzeszów a “saviour city”, for its role as a gateway for refugees pouring out, and aid pouring in.

More information about the city can be found in the guidebook published by the City Office:
<https://www.erzeszow.pl/static/img/k01/WPM/turystyka/przewodnik/przewodnik%20ENG.pdf>

2.2. Places to visit

Market Square and City Hall – it is the central square of the Old Town, with a charming 17th-century City Hall, the present seat of the President of Rzeszów. The houses around the square were renovated and reconstructed at the beginning of the century, providing a great location for multiple restaurants, bars, and clubs. In the summer season, the square is a lively dining space, with occasional live concerts and festivals.

Underground Tourist Route “Piwnice Rzeszowskie” – it is an underground route, 369 meters long and reaching 10 meters below street level, which runs through the interconnected cellars under the tenant houses and the Market Square. There are multiple multimedia hands-on exhibits there, providing information about the city's history, also in English. The entrance, and the ticket office, is at the side of the Market Square, the exit is in one of the side streets. The ticket office serves as a Tourist

Information Point, where you can find information about the city and leaflets advertising attractions across the region. The premises frequently host photographic exhibitions and occasionally, in the evenings, small concerts or dance parties.

3 Maja Street – The oldest street in Rzeszów's old town, with the 15th-century Fara Church at one end, and “Pod Kasztanami” alley at the other. There is the Piarist convent (now Secondary School No. 1), the District Museum, the statue of Tadeusz Nalepa (a well-known blues musician from Rzeszów), “Zorza”, the oldest cinema in the city, and numerous restaurants and cafes located along this pedestrianised area. In the past it was informally called “Paniaga”, and hence the name of the festival held on that street on May 3rd, being formally the street's celebration day.

Lubomirski Summer Palace (al. Pod Kasztanami) – constructed at the turn of the 18th century and located in close proximity to Lubomirski Castle, it has undergone many redevelopments over the centuries. It has not retained its original architecture, nor the baroque gardens that used to surround it. The District Medical Chamber is located there, but the gardens are occasionally open to the public.

Art Nouveau Villas (al. Pod Kasztanami) – three most beautiful buildings in the city, two of which are Swiss-style, built at the turn of the 20th century.

Lubomirski Castle – although its history can be traced back to the 15th century, its present form results from the reconstructions and refurbishments carried out at the turn of the 20th century. At present, it houses the District Court, but there are plans to turn it into a cultural centre. Its moat has been turned into a park-like area.

Multimedia Fountain – located by the Castle, functions from late spring to early autumn. The most spectacular shows take place on summer evenings.

Round Footbridge – a unique construction in Europe, located over the intersection of Piłsudskiego and Grunwaldzka. The idea for its construction was born after Tadeusz Ferenc, former President of the City, visited China. The footbridge has become a pleasant viewpoint, especially in the evenings, besides being an integral part of the main thoroughfare.

Synagogues (Bożnicza 4, Sobieskiego 17) – there are two synagogues, located close to each other. The smaller, older one from the 17th century is, at present, the seat of the city Archives. The larger one comes from the turn of the 18th century and the Bureau of Art Exhibitions is located there. It is open to the public during exhibitions.

Monument to the Revolutionary Act (the beginning of Ciepłińskiego street) – designed by Marian Konieczny and completed in 1974 at the heart of the city, has been the landmark of Rzeszów for decades. At present, its presence divides the inhabitants – some see it as the relic of communist times which should be demolished, others cannot imagine the city without it. Disputes are ongoing.

Leisure areas:

Lisia Góra Nature Reserve – a wooded hill located by the reservoir on the Wisłok river, and a lovely place for walks. At its foot there is a mini-golf course and a water sports centre. There are places for having a bonfire or a barbecue.

Banks of the Wisłok river – both banks of the river have been turned into recreational areas, in which you can walk along the river, roller-skate, or bike. It is a popular area for hanging-out during spring and summer months.

Żwirownia swimming area – it is a 3.5 ha water reservoir with a sandy beach of 200 m², located off Kwiatkowskiego Street. During the summer season it is open to ticket holders (available at the gates) from 10:00 to 18:00, with lifeguards on watch. You can rent water equipment, such as kayaks and pedaloos.

ROSIR public swimming pools – an open-air swimming pool complex, located at Pułaskiego Street, recently renovated, with modern facilities. This is a great place to spend a hot, sunny day in the late spring and early summer. Tickets can be bought online or on the gate.

Places to visit in the area

There are a number of places located quite close to the city, which are worth visiting. Those include:

Łańcut Castle – a complex of historical buildings, famous for its excellent interiors and fascinating collection of horse-drawn carriages, surrounded by a picturesque park in the English style, located in Łańcut, 16 km east of Rzeszów. It is reachable by bus and train. Note you can only tour the castle as part of a group and not independently, so you may have to wait on arrival for an allotted time slot. <http://www.zamek-lancut.pl/>

The Museum of Folk Architecture in Sanok (about 70km south of Rzeszów), with a beautiful reconstructed old Galician Market Square, numerous historic farmhouses

and live goats. There are regular micro-bus connections to Sanok, but the train is rather circuitous, so don't be fooled.
<https://skansen.mblsanok.pl/a/stronaa.php?id=stronaa>

The Bieszczady Mountains – part of the Eastern Carpathian range, located to the South of Rzeszów, with numerous hiking trails, the most popular of which including those leading to Tarnica (the highest peak on the Polish side, 1346m), Połonina Wetlińska and Połonina Caryńska. There is a dam in Solina and a huge reservoir, which are both very popular during summer season. The most popular locations for staying overnight include Polańczyk and Solina (by the lake) and Wetlina, Cisna and Ustrzyki Górne for hiking. The largest town in the area is Ustrzyki Dolne. Trails in the mountains tend to be quite muddy, so wearing good hiking boots is advisable. Public transport in the region is quite sporadic, so plan your trip carefully in advance.

More can be found at:

<https://its-poland.com/travel-tips/top-attractions-of-bieszczady-mountains>

Historic cities accessible within one-day trips, highly recommended:

Cracow, Przemyśl, Sandomierz, Lublin,...

2.3 Where to eat or go for a drink

Currently, there are gazillions of bars, restaurants, pubs, and cafés in Rzeszów, the list below is just the tip of the iceberg. The most numerous fast-food places are kebab bars.

Names of some traditional Polish dishes (on the off chance that there is no menu in English ;):

Barszcz czerwony (z uszkami) – beetroot soup, served “solo” or with little ravioli filled with meat or mushrooms.

Żurek – sour rye soup, usually served with an egg and sausage.

Chłodnik – cold beetroot or cucumber soup, served with sour cream or yogurt.

Pierogi ruskie – traditional dumplings with a filling made of potatoes, cottage cheese and fried onion. Pierogi can also come with other fillings, including spinach (szpinak), cabbage (kapusta), meat (mięso) or fruit (strawberries – “truskawki” or blueberries – “jagody”)

Bigos – hunter’s stew made of sauerkraut, chopped meat and sausage, with mushrooms and prunes to taste.

Kotlet schabowy – pork escallop usually served with mashed potatoes and a slaw.

Placki ziemniaczane / placki po węgiersku – potato rostis, served with sour cream or a goulash sauce.

Gołąbki – stuffed cabbage leaves, usually with minced meat and rice.

Oscypek – sheep milk cheese, smoked (and salty), served grilled with cranberry sauce.

Kasza (gryczana, jaglana, “pęczak”) – groats (buckwheat, millet, pearl barley) are becoming more and more popular, can be served with meat instead of traditional boiled potatoes (ziemniaki).

Salatka / surówka – traditionally, the main course is served with vegetables, coming in the form of “sałatka”, which usually means green salad, or “surówka”, slaw, which is either a one-vegetable salad, fresh – shredded and seasoned (“z kapusty” – from cabbage or “z marchewki” – from carrot) or pickled (usually “kiszona kapusta” – sauerkraut).

Proziak (a regional name) or **podpłomyk** (a more general name) – flatbread, made of flour and water, or, in the case of “proziak” of flour, buttermilk and baking soda (called “proza” in the local dialect, hence the name of the flatbread), which makes it thicker, can be served hot with butter, or stuffed like pita bread with diverse ingredients. There is a special restaurant in Rzeszów, that serves “proziaks” with different stuffing: Proza, ul. Chodkiewicza 7; another restaurant serving them is Konfitura, ul. Słowackiego 8.

At the University Campuses there are some places where you can have lunch: at Rejtana Campus there is a small bar called “**Kuchcik**”, located in building A2 on the ground floor, with home-style dinners and the menu in Polish; at Zalesie Campus there is a canteen run by “**Foodcrafters**”, self-service, located in building D1 (Ćwiklińskiej 2). There is also **Bistro Cocos** open at lunch time at Laura dorm, Cicha street.

At Millenium Hall, the shopping centre located opposite Rejtana Campus, on the second floor, there is a food court, with a number of fast-food (**McDonalds, KFC**) and self-service (**Express Marche, Pierogi Świata, ThaiCooking, Kaktus**: you pay at the check-out, once the food you have on your plate is weighed) restaurants. There are also two sushi restaurants (ground floor and first floor) and “**Pijalnia czekolady**” – a place serving several types of hot chocolate as well as various chocolate-based desserts (the interior models a chocolate factory). Around the building there are also a couple of sit-down restaurants including Pizza Hut on the ground floor, and on the first floor La Grotta Pizza and Pasta and Sports Bar BQ (serving American style crowd pleasers).

Some of the bars, pubs and restaurants in the city centre, worth visiting:

Konfitura (Polish cuisine)
ul. Słowackiego 8

Bar Mleczny u Fogga (traditional Polish cuisine)
ul. 3 maja 9

Rzeszowskie Słoiki (Polish cuisine)
ul. Sokoła 11/1

Proza (serves local flatbread called “proziak” with a variety of delicious fillings)
ul. Chodkiewicza 7 (off Hetmańska street, close to the Castle)

Fosa
al. Pod Kasztanami 12 (open-air restaurant by and in the moat of the Castle)

Stary Browar Rzeszowski (modern Polish)

Rynek 23

Manufaktura

ul. Słowackiego 16

Česká Hospoda (Czech cuisine)

Rynek 5

Lord Jack (American BBQ style)

Rynek 3

Hola Lola (modern Polish)

ul. Mickiewicza 3

KUK NUK (modern Polish)

ul. Matejki 4

Radość (modern Polish)

Rynek 24

Under SEOUL (Korean cuisine)

ul. Kraszewskiego 6

Stara Drukarnia

ul. Bożnicza 6

ALOHA Food, Bowling, and Club (despite being a little way out of the centre, very popular with UR students)

ul. Krakowska 20 (Nowy Świat shopping centre)

Pizza places:

Pizzeria Gondola

ul. Lisa-Kuli 2 (close to the Castle)

Ale dym

ul. Grunwaldzka 5

Sapori di Napoli

ul. Bernardyńska 2

Warsztat Pizza

ul. Wyspiańskiego 18D

Ristorante Sicilia

ul. Mickiewicza 9

NOBO

ul. Hetmańska 73

Pizzeria Pasięka

ul. Jałowego 14

Vegetarian options

Most restaurants offer vegetarian options on the menu, but there are some places dedicated to vegetarian food only, and include:

Zielona Baza

al. Rejtana 31j (close to Rejtana Campus)

VeganoManiak

Podwisłocze 2a (on the inner Ring Road near Castorama)

Sweets and coffee

Bianca

ul. 3 maja 1

Dziarski Barista

ul. Matejki 8a

Kawa Rzeszowska

ul. Kościuszki 3 (in the courtyard of the tenement house)

Niebieskie migdały

ul. 3 Maja 8

Palce lizać

ul. Grunwaldzka 5

Wypiekarnia

ul. Hetmańska 32

2.4. Shopping

Shops in Poland are open Monday to Saturday, with just a few “trading Sundays” during the year. The only grocery store open seven days a week, usually 7 – 23, is “Żabka”.

Most popular supermarkets: Biedronka, Frac, Lidl, Kaufland, Leclerc, b1, Auchan

Shopping centres: Millenium Hall (next to Rejtana campus), Galeria Rzeszów (the city center), Plaza (65 Rejtana Street), Nowy Świat (20 Krakowska Street), Galeria Graffica (19 Lisa-Kuli Street)

2.5. Transport

Rzeszów has a relatively well-developed public transport system, based on buses. You can find the timetable for all the lines at: www.mpk.rzeszow.pl “Rozkład jazdy”. You can buy individual 60 or 90-minute time tickets for a single journey (you can change buses during this time period if you cannot complete your journey on a single bus), a monthly ticket, or a ticket for the whole semester. **Students’ tickets, “bilet ulgowy”, are more or less half the regular price, on condition you are under 26 and have a valid student ID card.**

Tickets can be bought at “Biletomat” found at a bus stop, or on the bus. Instructions are in foreign languages as well. Biletomat prints a ticket which has to be validated in the ticket stamping machine on the bus. You can pay for the ride with a credit card using the stamping machine (a small yellow thing attached to one of the metal bars by the bus door), and then you do not get a paper ticket. You can also use e-tickets on various Apps such as moBilet, MPay, GoPay or SkyCash, zbiletem. **Ticket inspectors can appear during the ride and people with no valid ticket have to pay a fine.** We would recommend buying a monthly or semester ticket, because buying individual tickets is occasionally a technical problem (biletomat doesn’t always work).

For buying **monthly or semester tickets** you have to acquire Rzeszowska Karta Miejska **RKM** (Rzeszów City Card). You can do that at Punkt Obsługi Pasażera **POP** (Passenger Service Point). It might be the easiest to communicate in English in the POP located at ul. Lisa-Kuli 20 (the city centre), open Monday-Friday 10.00 – 19.00, and on the first and last Saturday of the month 10.00 – 14.00. Another POP located at Plaza shopping centre on Rejtana

65 (first floor), open Monday-Saturday 10.00-17.30. However, **we recommend our help with the system.** At our Welcome Centre we can help you fill out the form online, so please, contact us at welcome@ur.edu.pl. You can get a monthly or a semester (1.10 – 15.02 or 15.02 – 30.06) ticket charged on the RKM, or you can load your card with any amount of money (it's called e-portmonetka) and then pay with RKM for single rides (the discount is automatic) placing it against the validating machine on the bus. Sounds complicated, but it is less so than it seems. The semester ticket can be bought with zBILETEM App, but you still might need our help.

To work out how to get from one place to another, we would recommend using the **Jakdojade App** which helps you find connections to your destination, both short and long distance, or Google Maps.

Most students use the services of Bolt, FreeNOW and UBER, but there are also multiple taxi companies (e.g., Radio Taxi +48 17 191 91 or Euro Taxi +48 17 196 26). Traffic in Rzeszów is really heavy at peak hours, i.e., between 7 and 9 a.m. and between 15 and 16.30 p.m., and if you do happen to be driving, stay out of the Bus Lanes!!

There is also a BOLT scooter rental service.
<https://bolt.eu/en-pl/cities/rzeszow/>

If you want to travel long distance, you can take a train (connections can be found and tickets can be bought online at <https://rozklad-pkp.pl/en>), a bus or minibus. Information (in English) about bus connections can be found at <https://en.e-podroznik.pl/>. The most popular bus services are NeoBus, FlixBus and Marcel (more for journeys within the local region).

Your student ID (legitymacja studencka) entitles you to a reduced-price ticket (ulgowy).

The airport is located in Jasionka, but the number of destinations you can fly to is rather limited. There is a bus service (numbers 51 and 53) running between the airport and the city centre.

2.6. Cultural events and institutions

There are four major cinemas in Rzeszów: Zorza, Multikino and two Helios cinemas. There are also two places where you can watch less commercial productions, DKF Klaps at Okrzei Street and Kino "Za rogiem" at Św. Mikołaja Street. Films are shown in the original language, with Polish subtitles (except for animated children's films, which are dubbed).

The **Philharmonic Hall** is located on Słowackiego Street. Regular concerts of classical music are given every Friday evening from October to June. Tickets can be bought online: <https://filharmonia.rzeszow.pl/en/>

Klub "Pod Palmą" located by the dorms on Cicha Street is the venue for regular rock, pop and alternative music concerts, as well as regular discotheques.

There are a number of annual cultural events that you may find interesting:

May 3rd – Paniaga Festival (plenty of artistic events in and around the city centre)

May / June – two student festivals: Juvenalia, organised by the Technical University of Rzeszów, and KultuRalia,

organised by our University. Each festival includes two evenings of open-air concerts.

May – European Night of Museums: you can visit all cultural institutions free of charge late in the evening.

May / June – Music Festival in Łańcut: it is an annual, international event organised since 1961; a feast for lovers of classical music (and more besides). The number of concerts varies, and so do their venues, including Łańcut Castle Museum (the magnificent ballroom functions as the concert hall) and the Philharmonic Hall in Rzeszów (both the main concert hall and the chamber music hall). Tickets can be bought online, if you are interested, watch for the posters around the city, advertising “Muzyczny Festiwal w Łańcutcie”. More information at: <https://festiwallancut.pl/>

June – East of Culture (ESK): it is a three-day festival with various concerts spread around the city.

2.7. Sports and recreation

There are plenty of gyms and fitness clubs located all around Rzeszów, all with a monthly subscription or pay-as-you-go offer. Most of them give discounts to students. The most popular include Calypso (at Millenium Hall, close to Rejtana campus and Hetmańska 40A, across the river from the dorms on Cicha street), Fitness for Life (Rejtana 23, opposite the University campus and Hetmańska 40), CityFit (Rejtana 65) and Endorfina (Krakowska 20, Nowy Świat shopping centre). In most gyms you need your own small padlock for a bag locker (you can buy one at the reception).

There are a number of indoor swimming pools you can use on an individual basis. The ticket price in most

cases includes 60 minutes of swimming. The swimming pools closest to Rejtana campus and the dorms are “Delfin” (Rejtana 30), and “Pływalnia Kryta Matuszczaka” (Matuszczaka 7). Wearing a swimming cap is obligatory, and you will need to take a pair of flip-flops with you as you will be expected to remove your shoes at the entrance to the changing room.

Bowling

“Galaktyka” (Kozienia 3, walking distance from the dorms, behind Castorma)

ALOHA, ul. Krakowska 20 (Nowy Świat shopping centre)

Skate rinks – in winter there is a pop-up skate rink at Millenium Hall (opposite Rejtana Campus, in Kopisto street).

The best, and biggest, skating rink is in Dębica (**Lodowisko MOSiR**), which you can get to by either bus or train. This is open from September to April (although it is worth checking in advance to make sure it is not being used for an Ice Hockey match).

Rock climbing walls – Flywall Centre at 14 Siemińskiego Street and another one at the Technical University of Rzeszow, 2a Poznańska Street:
<http://sciana.prz.rzeszow.pl/english.php>

Sports events

Rzeszów has two **volleyball clubs** – Asseco Resovia Rzeszów (men’s league) and KS Developres Rzeszów (women’s league). Matches take place at the sports hall on Podpromie Street.

There are two major **football** clubs Stal and Resovia, who both play their home games at Stadion Miejski on Hetmańska Street.

Speedway meetings are held at Stadion Miejski, on Hetmańska street.

3. UNIVERSITY OF RZESZÓW

3.1. Basic facts

The University of Rzeszów was established in 2001 and it is the largest institution of higher education in Podkarpackie Province. It was created from three independent academic entities: the Pedagogical College, a branch of Maria Curie-Skłodowska University in Lublin (Law, Economics and Administration at Grunwaldzka street) and a branch of the Hugo Kołłątaj Academy of Agriculture in Kraków (Agriculture at Zalesie Campus). As a result, the University is not focused on a single campus, but its premises are scattered around the city, with two main campuses at Rejtana (Rejtana, Kopisto and Pigońia streets) and in Zalesie (Ćwiklińskiej and Zelwerowicza streets).

In 2019 the University underwent a process of restructuring. It is headed by the Rector and divided into four Colleges: Humanities, Natural Sciences, Social Sciences and Medical Sciences, each headed by a Vice-Rector. Each College is divided into Institutes and has a Dean's Office for student affairs. The Vice-Rector for Student Affairs and Education is responsible for coordination of educational processes and student affairs, including the Erasmus+ exchange programme.

Figures:

24 Institutes

Almost 70 degree programmes

Approximately 15,000 students, studying both full-time and part-time

About 150 doctoral students

Nearly 300 partners within the Erasmus+ programme

3.2. Studying at the UR

Welcome Centre (Ao building, Pigoń 1, Rejtana Campus, room 264c)

This is a newly created office (to be officially open in December 2023), the aim of which is to provide assistance to foreigners visiting our University as well as a space for cultural integration. It is open Monday to Friday, 9.00 – 15.00. You can contact the office if you need any help at all or just want to pop in for a chat. Besides the office, there is a room for socialising or just having a rest in between classes, with some tea / coffee facilities. You are always welcome.

Contact: welcome@ur.edu.pl

tel: +48 725 750 705

Student ID

When commencing your studies, you will receive an identity document confirming your student status – this is your student ID (legitymacja studencka).

Please remember to have a valid identity document when collecting it – your personal ID or passport. Your student ID entitles you to discounts on public transport, as well as reduced admission to many cultural institutions and ticketed events.

Academic year:

The academic year in Poland is divided into two semesters: winter and summer. The winter semester classes start on October 1 and last till the end of January. Then a two-week examination session starts, followed by a week's break

and then a week-long retake session. There is Christmas break usually between December 23 and January 2, but the exact number of days varies annually.

The summer semester begins in the last week of February and lasts till the third week of June. The exam session which follows lasts three weeks. The retake session is in September. There is a one-week Easter break.

The detailed academic calendar for any given year can be found at: <https://www.ur.edu.pl/en/student/academic-calendar>

Grading scale:

5.0 – A

4.5 – B

4.0 – C

3.5 – D

3.0 – E

2.0 – F

Attending classes is obligatory for all students, including those on exchange programmes. If you skip more than two classes, you are likely to get in trouble and be asked to do some extra work to make up for those classes missed. Excessive absence may result in you being removed from the class, so we would advise that you try to avoid this at all costs.

The requirements for each course are specified in the syllabus and will be explained by the lecturer during the first lesson. The final grade is either derived from tests and assignments from the whole course, or the result of a final test or exam.

Student accommodation:

There are 5 dorms offering accommodation to students: two (“Laura” and “Filon”) on Cicha Street, a 20-minute walk from Rejtana Campus, two (“Hilton” and “Merkury”) on the Zalesie Campus (convenient for students of Economics, Finances, and all degree programmes related to agriculture, food technology and environmental protection) and one (“Olimp”) on Siemińskiego Street, close to the city centre.

More information can be found at:
<https://www.ur.edu.pl/en/student/accomodation>

Bus “19” will take you from Zalesie to Rejtana. Bus “O” is the most convenient for “Laura” and “Filon” dorms, one way it takes you to the city centre, the other – to Rejtana Campus. Remember, you can check the JakDojade App to help with any journey planning.

Library (Pigonia 8)

The main library of the University is located on Rejtana Campus, on Pigonia Street. It is not a free access library; books have to be ordered online and collected from the reception, à la ‘click and collect’. There are reading rooms where books which cannot be borrowed can be used. There are photocopiers on the premises. Computers on the ground floor are for the online catalogue only, but upstairs, in reading room (“Czytelnia”) or scientific information room (“Informacja naukowa”) there are computers which can be used for accessing the e-sources the UR subscribes to as well as e-books.

Website in English: <https://bur.ur.edu.pl/en>

Eduroam

The eduroam service is available on campus, but the signal can be weak in some buildings. There is free wi-fi at the dorms.

Photocopying services

Photocopying points can be found at most of the buildings, generally signposted as “Ksero”. Usually you can get a document printed there as well, if you bring it on a portable data storage. At one such place, AroDruk in building A1 on Rejtana campus, on the ground floor, you can communicate in English. Please note there is a small fee for such services.

Office for Persons with Disabilities

(BON – the acronym of the Polish name; Pigonia 6). The Office provides support to UR students and employees with disabilities, but also to those who need psychological counselling. If you need psychological counselling, you can contact the office, where it is possible to receive help in English. Contact: bon@ur.edu.pl

Academic ombudsman

This is the person you can turn to in case of a conflict or a dispute that cannot be solved otherwise. Ombudsperson should be impartial and talking to them is confidential. Anybody can turn to them for support or advice – researchers, administrative staff, students, and doctoral students all have the right to turn to them for help. Two of the ombudsman’s most important tasks are to support every member of the academic community in resolving conflicts, disputes, and tensions amicably, and to promote high ethical standards in academic life. Contact: ombuds@ur.edu.pl

Student ombudsman

This is a student representative, usually a student of Law, whose role is to ensure the observance of students' rights at the UR. You can turn to them in case of a problem connected with your course of studies. Contact: rzecznikssur@urz.pl

Plenipotentiary for Equal Treatment

This is the person you can turn to if you are considering making a formal complaint of discrimination, i.e., any unfair treatment whose motive could be the characteristics of a given person (e.g., gender, age, disability, nationality, political beliefs, ethnicity, religion, sexual orientation, and others). Their duties also include handling cases concerning the protection of foreigners' rights. Contact: biuro.rownosci@ur.edu.pl

“Pink boxes”

Recently, so-called “pink boxes” have been installed in university toilets (they can be found in the toilets designed for disabled people) to help provide access to free personal hygiene products needed during menstruation. The pink boxes contain free sanitary pads and tampons.

3.3. Colleges and Institutes: Research areas and degree programmes

Most of the degree programmes are offered in **Polish only** (with the exception of **English Division of Medicine**, Applied Linguistics and English, German and Russian philologies), but all of the Institutes offer courses in **English** primarily for exchange students coming within the **Erasmus+** programme. Our Erasmus+ offer can be found at: <https://www.ur.edu.pl/en/courses>

3.3.1. College of Humanities

The College was created in 2019 through the merger of three Faculties (Philology, Music, and Fine Arts) and three of the five Institutes from the Faculty of Sociology and History (History, Archaeology and Philosophy). It is composed of seven Institutes (five in the field of Humanities and two in the field of Arts), three research centres, the Austrian Library, and the Archaeological Repository.

1. Institute of Archaeology (C8 – Moniuszki 10)

The Institute of Archaeology was established in 1999 to create an academic centre for research concerning Central and Eastern Europe borderlands. The Institute is divided into two Departments: of Prehistoric Archaeology and of Early Medieval Archaeology. Currently, the focus of the Institute remains on conducting interdisciplinary, international research projects. The Institute cooperates with several European research centres and conducts excavations in Poland and abroad (Ukraine, Moldova, Germany, France, Romania, the Czechia).

Degree programme: Archaeology (BA, MA)

2. Institute of History (A1 – Rejtana Campus)

The origins of the Institute date back to 1973, making it one of the oldest at the University. The Institute cooperates with several external organisations, including the local branch of the Polish Historical Society and the Historical Association. It is divided into 13 Departments, with the primary areas of research ranging from ancient and medieval history, through 19th-century history, to contemporary history, including military history, Jewish

history and culture, economic and social history, historiography and history teaching methodology.

Degree programmes: History; Cultural Studies; Culture and Heritage Tourism, (BA, MA)

3. Institute of Fine Arts (A2 – Rejtana Campus)

The Institute of Art Education was established in 1995 and it was transformed into the Institute of Fine Arts in 2001. Currently the Institute comprises several departments, including the Department of Painting, Department of Artistic Printmaking and Art Theory, Department of Graphic Design and Multimedia, and Department of Drawing. The Institute actively participates in several national and international projects and cooperates with various companies and cultural institutions.

Degree programmes: Visual Arts (BA, MA); Graphics; Painting, (5-year MA).

4. Institute of Modern Languages (A3 – Rejtana Campus)

The Institute was established in 2019 from the existing three language Institutes (English, German and Russian) and the Department of Applied Linguistics. It comprises four departments, i.e., Department of English Studies, Department of German Studies, Department of Russian Studies, and Department of Applied Linguistics. The research focus of the Institute includes linguistics (including translation studies and the methodology of foreign language teaching), literary studies and culture studies.

Degree programmes: English Philology; German Philology, Russian Philology, Applied Linguistics

(the languages of instruction being, respectively, English, German, and Russian, and in applied linguistics: English and German), (BA, MA)

5. Institute of Music (E5 – Dąbrowskiego 83)

The Institute of Music is located in a historic building, where classes, concerts, and other scientific and artistic events are held. Students have access to classrooms and studios equipped with pianos and other musical instruments, as well as a concert hall with professional sound and stage lighting. The Institute also has a music library with a rich collection of books and music recordings.

Degree programmes: Music Education (specialisations in BA studies: stage music, eurhythmics in preschool and school education, church music; specialisations in MA studies: music in media, dance education, management of music groups); Instrumental studies (BA degree, specialisations: piano, guitar, accordion, pipe organs); Jazz and Popular Music (specialisations: instrumental performance, vocal performance), (BA, MA)

6. Institute of Philosophy (A1 – Rejtana Campus)

The Institute of Philosophy was established in 1996. Over the years, the Institute has developed several programmes of collaboration with foreign research centres. On top of their scientific work, faculty members actively promote philosophy on both local and national levels through cooperation with media, local and foreign organisations, schools, companies, and institutions. The research areas include history of philosophy, social philosophy and philosophy of culture, philosophy of human nature, modern philosophy, and ethics.

Degree programmes: Philosophy; Intercultural Communication, (BA, MA)

7. Institute of Polish Studies and Journalism

(A1 – Rejtana Campus)

The research focus of the Institute of Polish Studies and Journalism are literary studies (Old Polish literature, literature of the Enlightenment, Polish literature of the 19th, 20th and 21st centuries, Polish literature and Polish language teaching methodology), and linguistics (cultural linguistics, pragmatic communication, and onomastic studies). Our graduates can pursue a PhD degree in either linguistics or literary studies at the University's Doctoral School. Additionally, the Institute offers postgraduate studies in speech therapy, neurological speech therapy, and teaching Polish as a foreign language. The Institute also conducts certificate examinations in Polish as a foreign language.

Degree programmes: Journalism and Social Communication; Polish Philology, (BA, MA); Speech Therapy and Teaching Polish as a Second Language (BA)

8. The Polish Community Centre (A3 – Rejtana Campus)

Areas of the Centre's activity include organising Polish language and culture courses for foreigners, developing educational programmes for foreigners studying Polish as a foreign language, organising and conducting preparatory courses for foreigners intending to study in Poland, and collecting, processing, and providing access to archival materials, sources, and studies concerning the Polish diaspora. The Centre organises **Polish language courses for Erasmus+ students**.

email: polonus@ur.edu.pl

3.3.2. College of Medical Sciences

The College was established in 2019 by the merger of two former faculties: the Faculty of Medicine and the Faculty of Physical Education. At present it consists of three Institutes: Institute of Medical Sciences and Institute of Health Sciences, whose premises are located mainly at Rejtana Campus, and Institute of Physical Culture Sciences, located on Cicha Street. There is also the Medical Simulation Centre (C2) on Warszawska Street.

1. Institute of Health Studies (A2 – Rejtana Campus, C7 – Marszałkowska Street 26A)

The Institute was created in 2019, but its history is connected with the former Medical Faculty. At present it conducts research within the discipline of health sciences, including physiotherapy, dietetics, nursing, public health and emergency medicine. It also cooperates with society at a local and regional level, initiating campaigns connected with promoting good health.

Degree programmes: Dietetics; Emergency Medical Services; Midwifery; Nursing; Public Health, (BCC, MSC); Physiotherapy (5-year MSC)

2. Institute of Medical Studies (A2, G4, G5 – Rejtana Campus, A5 – Leszka Czarnego Street 4)

The Institute was created in 2019, but its history is connected with the former Medical Faculty. Its research focuses on medical studies, including internal diseases, gynecology and obstetrics, pediatrics, biochemistry, dermatology, infectious diseases, pharmacology, genetics, hematology, immunology, forensic medicine,

neurology, oncology, otolaryngology, pathophysiology, psychiatry, family medicine, neurosurgery, ophthalmology, and rehabilitation.

Degree programmes: Medicine (in Polish and in English, 6-year MSc), Electro-radiology (BSc); Medical Analytics (5-year MSc)

3. Institute of Physical Culture Sciences (E4, A6 – Cicha Street 2A)

The Institute's history goes back to 1988, when physical education as a degree programme was launched at the Pedagogical College. The Institute of Physical Education and Health was created in 1991, which in 2005 was transformed into the Faculty of Physical Education. In the new structure, since 2019, the Institute of Physical Culture Sciences was created within the College of Medical Sciences. Its research includes human motor skills, the social and humanistic foundations of physical culture, and diagnostics in sports training. Part of the Institute's didactic and research activity takes place in building A6, which is a modern Athletics Centre – with a fully-fledged sports arena and a research laboratory.

Degree programmes: Physical Education; Tourism and Recreation (BSc, MSc)

3.3.3. College of Natural Sciences

The College was established in 2019 by a merger of three faculties: the Faculty of Biology and Agriculture, Faculty of Biotechnology, and Faculty of Mathematics and Natural Sciences, whose origins date back to the 1970s. At present it consists of eight Institutes at two campuses;

Rejtana Campus: Institutes of Computer Science, of Materials Engineering, of Mathematics, of Physical Sciences and of Biotechnology; and Zalesie Campus: Institutes of Agricultural Sciences, Environmental Management and Protection, Institute of Biology, and Institute of Food Technology and Nutrition.

1. Institute of Agricultural Sciences, Environmental Management and Protection (D3, D9, D7, Zalesie Campus, Ćwiklińskiej and Zelwerowicza Streets)

The Institute was created in 2019, but its roots can be traced back to the Faculty of Biology and Agriculture functioning from 2005. The basis of the Faculty was the experience of the Branch of the Cracow Academy of Agriculture, opened in 1973 as the first academic institution of its kind in this part of Poland. Its research areas include ecology and environmental protection, physiology and biotechnology of plants, hydrology, farm and food produce, landscape architecture, waste management, and biodiversity.

Degree programmes: Agriculture; Landscape Architecture; Renewable Energy Sources and Waste Management; Environmental Protection, (BSc, MSc); Logistics in Agriculture and Food Industry; Agroforestry, (BSc)

2. Institute of Biology (D9 – Zalesie Campus, Zelwerowicza 4)

The Institute in its present form, as part of the College of Natural Sciences, was created in 2023, out of the Institute of Biology and Biotechnology. In the pre-2019 structure it was part of the Faculty of Biology and Agriculture. The Institute's research areas include: visual and vocal communication in animals, improvement of

organ storage methods and the development of blood substitutes, air quality monitoring and aerobiology, cell and organism ageing processes, ecotoxicology and herbicide biodegradation, insect biology and ecology, plant phenotypic diversity and plant adaptations, ethnobotany and plant taxonomy, yeast biology and cell size regulation and reproduction, application of photocatalytic tests in environmental pollution degradation, plant molecular genetics, paleobiology and analysis of fossil records, impact of human-induced environmental changes on animals and forest vegetation, studies on the sixth mass extinction.

Degree programme: Biology (BSc, MSc)

3. Institute of Biotechnology (A0 – Rejtana Campus)

In 2004 the Faculty of Biotechnology was founded in Werynia (a village 30 km from Rzeszow) and in 2017 it was re-located to Rejtana Campus. Now the Institute is part of the College of Natural Sciences. The Institute is strongly interdisciplinary both in research and education. Students and employees have free access to infrastructure, lecture halls, teaching rooms, and laboratories equipped with specialized research equipment. The Institute has at its disposal very modern molecular laboratories which allow the performance of in vitro and in vivo experiments on different biological systems. The Institute's research areas include: applications of non-conventional yeasts; new technologies based on the production and application of bioactive materials, effective drug delivery systems in cancer cells; search for biologically active compounds that modulate cellular senescence; synthesis of composite materials with antimicrobial potential for biomedical application, search for

new cancer treatment strategies using RNA-binding proteins; the development of the use of biological systems in environmental protection, including: evaluation of the impact of effective microorganisms on the degradation of persistent environmental pollutants (pesticides and PAHs); analytical methods for monitoring environmental pollution caused by the use of plant protection products; identification of new lytic bacteriophages isolated from wastewater; evaluation of food contamination with plant protection product residues.

Degree programme: Biotechnology (BSc, MSc)

4. Institute of Food Technology and Nutrition (D3, D10 – Zalesie Campus)

The Institute was created in 2019, but its roots go back to the Faculty of Biology and Agriculture functioning from 2005. The Faculty was based on the pre-existing branch of the Cracow Academy of Agriculture, opened in 1973. The research conducted by the Institute, due to its nature, has a cognitive and utilitarian value, aimed at cooperation with business, industry, and local government units. The main areas of the research include food technology and human nutrition, food toxicology, livestock production, agricultural processing, dairy sector technology.

Degree programmes: Food Technology and Human Nutrition (BSc, MSc); Product Development Manager (BSc)

5. Institute of Physical Sciences (A0 – Rejtana Campus)

The Institute was created in 2019, but its roots go back to the Faculty of Mathematics and Natural Sciences and the

Departments of Experimental Physics, Theoretical Physics, Biophysics and the Microelectronics and Nanotechnology Centre. The research of the Institute focuses on condensed matter physics, optical spectroscopy, Raman spectroscopy, FT-VIS/UV, FTIR, LIF and their applications in medicine, environment and materials, interdisciplinary problems common to physics, medicine and biotechnology, high-energy physics, vibroacoustics, and astrophysics.

Degree programmes: Physics (MSc); Diagnostic Systems in Medicine; Optometry, (BSc)

6. Institute of Computer Science (Ao – Rejtana Campus)

The Institute was created in 2011 within the structure of the Faculty of Mathematics and Natural Sciences. Since 2019 it functions within the structure of the College of Natural Sciences. Its structure includes the Chair of Approximate Methods and the Interdisciplinary Centre of Computer Modelling. The research areas include methods of processing imprecise information in modeling knowledge, multi-criteria decision-making, decision support systems in conditions of imprecise and incomplete information, data processing and data mining algorithms, cyber security, and fall detection systems.

Degree programmes: Information Technology; Information Technology and Econometrics, (BSc, MSc)

7. Institute of Materials Engineering (Ao – Rejtana Campus)

The Institute was created within the structure of the College of Natural Sciences in 2021 on the basis of two existing Centres: the Didactic Centre of Technical and

Natural Sciences and the Didactic and Scientific Centre of Microelectronic and Nanotechnology. The research of the Institute focuses on the testing of materials in terms of their physical, chemical, electrical, static, and other properties. Besides working on existing materials, the research is also aimed at obtaining new materials on the basis of MBI and PVD methods. The Institute cooperates with research centres, business, and industry, including those affiliated with the Aviation Valley.

Degree programmes: Material Engineering; Mechatronics; Nanotechnology, (BSc)

8. Institute of Mathematics (Ao – Rejtana Campus)

The Institute was part of the structure of the Faculty of Mathematics and Natural Sciences that merged into the College of Natural Sciences in 2019. However, Mathematics had previously been a degree programme at the Pedagogical College, which in 2001 became part of the newly founded University of Rzeszów. The present-day research of the Institute focuses on the theory of linear topological spaces over non-Archimedean bodies and the theory of linear operators on these spaces, topology of infinite-dimensional manifolds, geometrical theory of analytic and harmonic functions, analytic functions of multiple variables in problems of mathematical physics, non-linear boundary and initial problems for differential equations, application of functional equations and inequalities in the theory of decision making. The Institute cooperates with the Statistical Office in conducting joint research projects and with the Podkarpackie Centre for Teacher Education in organising conferences, workshops, and lectures for mathematics teachers at various levels of education.

Degree programmes: Mathematics (BSc, MSc, including teacher training)

9. The Interdisciplinary Centre for Preclinical and Clinical Research (Werynia 2)

The Centre, located about 30 km from Rzeszów, is a material base for UR researchers, students of biotechnology, biology, and medical degree programs, allowing research to be conducted using animals. Mice, rats, rabbits, and pigs are used as research subjects. The centre is equipped with high-class devices, an operating room, which enables research in the field of molecular biology, endocrinology, medical sciences, and the impact of environmental factors, including electromagnetic fields on the functioning of animal organisms, measured using in vivo and in vitro methods.

Contact: sekretariat.icbpik.cn@ur.edu.pl

3.3.4 College of Social Sciences

The College was established in 2019 by a merger of three former faculties, the Faculty of Economics, the Faculty of Pedagogy, and the Faculty of Law and Administration, and of two Institutes formerly included in the structure of the Faculty of Sociology and History: the Institute of Sociology and the Institute of Political Sciences. At present it consists of five Institutes in four separate locations: Institute of Political Sciences and Institute of Sociology at Rejtana Campus, Institute of Economics and Finances at Zalesie Campus, Institute of Legal Sciences with its premises in the city centre (Grunwaldzka and Ofiar Getta), and Institute of Pedagogy on Jałowego Street.

1. Institute of Political Sciences (A2 – Rejtana Campus)

The Institute, now part of the College of Social Sciences, used to function within the Faculty of Sociology and History before 2019. The main research areas of the Institute include: comparative studies of political systems in Europe, institutional and legal aspects of the foreign policy of contemporary states, national and ethnic minorities in Central Europe, national, regional and local dimensions of Poland's social and economic policy, new models, directions and instruments of local and regional development, the role of media and social communication in the process of co-governance, the ideological evolution of political parties in Poland and its significance for the shape of contemporary political competition.

Degree programmes: Political Science; Internal Security (BA, MA); International Relations (BA)

2. Institute of Economics and Finances (D1 – Zalesie Campus, Ćwiklińskiej 2)

The Institute of Economics and Finances was created in 2019 on the basis of the Faculty of Economics. That Faculty of the University of Rzeszów was created in 2001 as a merger of the branch of Maria Curie-Skłodowska University in Lublin and the Faculty of Economics of the branch of the Hugo Kołłątaj Academy of Agriculture in Kraków. The research of the Institute focuses on present-day social and economic problems, connected with: processes of economic growth and development, conditions of regional and local development, the economics of agriculture; socio-economic and institutional conditions for the development of agribusiness, the

effectiveness of the use of marketing tools and activities and marketing management in companies, management efficiency, financial assessment of investments, supporting economic processes through the use of modern IT tools and network techniques, and functioning of economic mechanisms in the cooperative sector.

Degree programmes: Economics; Finance and Accounting, (BA, MA)

3. Institute of Legal Sciences (C3 – Grunwaldzka 13, C4– Ofiar Getta 4 – 5)

The Institute's history goes back to 1969, when the branch of Marie Curie Skłodowska University in Lublin was open in Rzeszów, with its first-degree programme in Administration. The LL.M degree programme in Law was launched in 1980. The Faculty of Law and Administration was included in the structures of the University of Rzeszów in 2001. The current research areas of the Institute include: criminal, civil, commercial, economic, financial, Roman, constitutional, tax, and labour law; legal rights; international and European law; criminology; administration; and administrative proceedings. The Institute cooperates with a number of social and economic bodies including the Police, the Marshal's Office, the Regional Inspection of Prison Service in Lublin, the Rzeszów Agency of Regional Development, the Regional Employment Office, and local governments. The Laboratory of Criminology and Criminalistics prepares expert opinions on criminology for the court or the Office of Public Prosecutions.

Degree programme: Law (5-year LL.M); Administration (BA, MA)

4. Institute of Pedagogy (B1 – Jałowego 24)

The Institute's history goes back to 1965, when the Pedagogical College was created in Rzeszów. In 2001 the Faculty of Pedagogy became one of the 11 faculties of the newly created University of Rzeszów. In 2019 it was transformed in the Institute of Pedagogy. The current research areas of the Institute include: pedagogy, media pedagogy, pedagogical aspects of contemporary social changes, disability studies, family studies, special needs education, social rehabilitation, teacher training, pre-school and elementary school pedagogy. The Institute offers various post-graduate studies

Degree programmes: Pedagogy (BA, MA); Family Studies (BA); Preschool and Elementary School Pedagogy; Special Needs Education (5-year MA)

5. Institute of Psychology

The basis for the development of the Institute of Psychology was the Department of Psychology functioning within the Faculty of Pedagogy and Art, and later in the Institute of Pedagogy, with over 50 years of tradition in conducting research and teaching psychology as part of various study programmes at the University of Rzeszów. From October 1, 2023, the Institute of Psychology operates as a separate organizational unit, being part of the College of Social Sciences. The research areas of the Institute include school psychology, educational stress psychology, personality psychology, clinical psychology, organizational psychology, autistic spectrum disorders, and evolutionary psychology.

Degree programme: Psychology (5-year MA)

6. Institute of Sociological Sciences (A1 – Rejtana Campus)

The Institute's history goes back to 1968, when within the structure of the Pedagogical College the Chair of Social and Historical Sciences was created. In 1982 the Institute of Philosophy and Sociology was created, at which a new degree programme, "social studies," was launched. Sociology as a 5-year degree programme was created in 1992. An independent Institute of Sociology was created in 1996 and in 2019 it was transformed into the Institute of Social Sciences. The current research areas of the Institute include: sociology of organizations and management; sociology of regional and local development; urban sociology and the quality of urban life; social and cultural capital; socio-economic transformations of the local economy and challenges in the field of social and regional development in the era of network society. The Institute cooperates with representatives of local government, and the result of this cooperation encompasses a cyclical research project called Rzeszów Social Diagnosis, which includes surveys of local public opinion on various aspects of the quality of life in the city of Rzeszów.

Degree programmes: Sociology; Social Work, (BA, MA); Urban Studies (interdisciplinary, MA)

3.4. Doctoral school

The doctoral school, located in A0 building at Rejtana Campus, is a new form of doctoral education in Poland, introduced on October 1, 2019. Ph.D studies last from 6 to 8 semesters. The Doctoral School of the University of Rzeszów provides a creative and interdisciplinary approach

to scientific research and a flexible programme, allowing every candidate to select courses according to their personal research interests.

Scientific disciplines in which the UR is entitled to award doctoral degree:

agriculture and horticulture, archaeology, biological sciences, biotechnology, economics and finance, educational sciences, fine arts and art conservation, food and nutrition technology, health sciences, history, information and communication technology, law, linguistics, literary studies, materials engineering, mathematics, medical sciences, music, philosophy, physical culture science, physical sciences, political and administrative sciences, sociology.

Recruitment is by open competition. The Doctoral School admits candidates with the academic title of Master of Art, Master of Science or equivalent, or graduates of first-cycle studies or students who have completed the third year of a unified Master's studies, if this is justified by the exceptional quality of their academic achievements. The studies are free of charge, also for non-Polish citizens. The basic language of instruction is Polish but, for foreign doctoral students, it is possible to complete the entire cycle of education in English. A doctoral student without a doctoral degree receives a doctoral scholarship.

More can be found at:

<https://www.ur.edu.pl/pl/doktorant/szkola-doktorskadoktoral-school>

3.5. Student organisations, associations, and academic clubs

There are numerous student organisations functioning at our University. You can get involved in all types of activities, including sports, Polish folk dancing, and research in various scientific disciplines. Below, you can find information about some of the organisations.

3.5.1. Student organisations

UR Sports Association (AZS)

We invite all international exchange students to participate in academic sports life. AZS UR gives you an opportunity to join sports sections, which include: handball, football, futsal, basketball, climbing, swimming, athletics, rugby, as well as in more recreational activities such as sailing, skiing, snowboarding, canoeing, mountain biking, bodybuilding, floorball, chess, and sports bridge.

The sports classes take place at 2 halls: Kasprowicza Street (city centre) and Ćwiklińskiej Street (Zalesie), building D1. We have a work-out gym located in “Laura” dorm on Cicha Street. If you are interested in the sports offer of our university, join us, and get a membership card that gives you total access. Visit our FB page, where you will find instructions on how to get your identity card and more information about the sporting life of our students.

Contact: azsur@interia.pl

<https://www.ur.edu.pl/pl/universytet/klub-uczelniany-azs>

Facebook: <https://www.facebook.com/search/top?q=azs%20universitytet%20rzeszowski>

AIESEC

AIESEC is a global non-profit organization that focuses on developing leadership skills and promoting cultural exchange among young people. AIESEC’s mission is to empower young people to positively impact society through international leadership, leadership development and global learning opportunities. AIESEC provides its members with diverse options for leadership development. Through its programs members can gain practical skills such as project management, teamwork, and communication. Joining AIESEC will help you develop new skills in one of the following subjects: management, finance, marketing, partnership development, local projects, languages, time management and coaching.

If you are interested in joining us, please apply via our official website aiesec.org and the link below:

Contact: president.rzeszow@aiesec.pl

<https://podio.com/webforms/21223565/1469083>

IFMSA – Poland, Rzeszów

IFMSA – Poland is one of the 133 National Member Organizations of IFMSA (International Federation of Medical Students’ Associations), an international organisation bringing together medical students and young physicians from all over the world. The main goal of our organisation is to promote health and human rights, organise professional and research exchanges as well as improve practical skills of medical students and broaden their medical knowledge.

We work within the framework of 6 standing programs:

- for Medical Education,
- for Sexual and Reproductive Health and Rights,

- Including HIV and AIDS,
- or Human Rights and Peace,
- for Public Health:
- for Research Exchange,
- for Professional Exchange.

Contact: prezydent@rzeszow.ifmsa.pl

Instagram: https://www.instagram.com/ifmsa_poland_rzeszow/

Facebook: <https://www.facebook.com/ifmsarzeszow>

UR Student Union / Student Government

The Student Union at the University of Rzeszow represents the entire student community and works for the collective benefit; it also organises a huge range of events.

Contact: samorzad@urz.pl

Facebook: <https://www.facebook.com/search/top?q=samorz%C4%85d%20student%C3%B3w%20uniwersytetu%20rzeszowskiego>

European Law Students Association – IFMSA Poland

The European Law Students' Association (ELSA) is an international, independent, non-political, non-profit, non-governmental organization run by and for law students and recent graduates, who are interested in achieving academic and personal excellence in addition to their legal or law-related studies at university. ELSA Rzeszów has been operating at the University of Rzeszów since 1996, organizing dozens of events annually as part of the ELSA Poland network. Members of ELSA Rzeszów are actively involved in the activities of the Association, as well as other events organized by the University of Rzeszów.

Contact: rzeszow@elsa.org.pl

You can find more information on our website:
<https://elsa.org>

Academic Choir of University of Rzeszow

The Choir was established in 2013 as a female choir, which nowadays is happy to admit other members, having transformed in 2019 into a mixed choir. The choir's repertoire contains both secular and religious songs; we perform current popular Christmas carols, Lenten music and even gospel songs. Currently, members of the choir are students from almost every Institute of the University. They share a passion for singing and choral music. The founder and the conductor is Dr Katarzyna Sobas – from the Institute of Music of the University of Rzeszow.

Contact: chorakademickiur@gmail.com

“Resovia Saltans” Polish Folk Dance Ensemble

The Ensemble has been in existence for nearly 50 years. Its members are our students who would like to develop their dancing skills. Dancing and singing classes are held in beginner and advanced groups, preparing students for representing our University at various celebrations and folk-dance competitions.

Contact: mako@ur.edu.pl

3.5.2. Some of the student academic clubs

The English Society UR is open to students from the Institute of Modern Languages. Its activities include meetings in four sections: Literature, Teaching, History & Culture,

and Linguistics & Translation, as well as organisations of various events and workshops. There is also a student conference in May, open to the public.

Contact: univ.eng.association@ur.edu.pl
<https://englishsocietyur.wixsite.com/home/meetings>
Facebook: [https://www.facebook.com/](https://www.facebook.com/TheEnglishSocietyUR)
TheEnglishSocietyUR

University of Rzeszów Toastmasters Club was founded by students of Applied Linguistics, but it is open to anybody who would like to practice public speaking, or simply to socialise in English. Meetings are held on Mondays at 7.00 p.m. at A3 building, al. Kopisto 2B, room 11 (ground floor, cross the main hall, the corridor on the left, by the staircase)

Contact: toastmasters.ur@gmail.com
Facebook: [https://www.facebook.com/](https://www.facebook.com/UniversityofRzeszowTMClub)
UniversityofRzeszowTMClub

The Student Medical Emergency Science Club focuses primarily on the promotion of health care in the field of first aid and emergency medicine. Members of the organization take part in training sessions, shows and trips aimed at promoting emergency medical services and the degree programme of Medical Emergency Services.

Contact: sknrmur@gmail.com

University of Rzeszow Science Club of Physicists (also known as KNF, the acronym of the Polish name) is widely known amongst students for the popularization of natural sciences, preparation of exhibitions of experiments during the largest regional scientific events, and organization of thematic lectures and seminars. The Club is open to science

enthusiasts, people who are curious about the principles of nature and the latest trends in technology – not necessarily just students of physics or even natural sciences. Prior knowledge is not a condition of entry; all we expect is willingness to participate in the above-mentioned projects, a desire to understand how the World works and a positive attitude towards physical sciences.

Contact: knf@ur.edu.pl

Science Club of Slavists functions in the Institute of Modern Languages, in the Department of Russian Studies. The club aims to develop and broaden interests in Slavic studies and to promote knowledge in the field. The object of interest is primarily the language and culture of the Eastern, Western and Southern Slavs. Members of the club are students and doctoral students from various Institutes of the University of Rzeszów. We organize cyclical International Interdisciplinary Scientific Conferences devoted to Siberia. Anybody interested in the subject of Slavic culture is welcome.

Contact:
Supervisor: dr Jolanta Kononowicz-Kur
email: jkononowicz@ur.edu.pl

Student Artistic and Scientific Club of Choral Conducting of the Institute of Music has been functioning since 2016. Its members take part in concerts, meetings with and workshops for conductors. Its aim is to promote the University in Poland and abroad, conduct artistic and scientific activities, promote choral and vocal-instrumental art, organize concerts, conferences, meetings, and music events. The activities also include promoting contemporary music among students and residents of the city of Rzeszów, acquiring

and developing knowledge in the field of musical art, as well as promoting art and promoting the achievements of students at the Institute of Music. The members of the Club are students of all years and music departments.

Contact:

Supervisor: dr hab. prof. UR Anna Marek-Kamińska

e-mail: amarek@ur.edu.pl

Scientific Society of Physiotherapy in Geriatrics and Preventive Health has been functioning since 2014. Its main aims include: developing and supporting students' interests related to prevention and health protection of people of all ages, physioprophylaxis, public health, rehabilitation of the elderly, taking action for people of all ages requiring rehabilitation, improvement of people of all ages in the field of health prevention and health education. Current scientific projects include: the use of ICF Rehabilitation Set in the assessment of patients participating in the rehabilitation process; evaluation of the effectiveness of neck relaxing massage in the treatment of tension headaches with the use of EEG; assessment of the relationship between the quality of sleep and the QEEG picture as well as environmental and personal factors in people over 60; impact of the COVID-19 pandemic on the psychophysical well-being and pro-health behavior of Poles; evaluation of physical activity, sleep quality and stress level in students of the University of Rzeszów; assessment of the psychophysical state and quality of life of elderly people living in nursing homes in Rzeszów; translation and validation of the Wheelchair Users Shoulder Pain Index (WUSPI), the impact of physical activity on the quality of sleep in the elderly.

Contact:

Supervisor: dr Agnieszka Wiśniowska-Szurlej

e-mail: agwisniowska@ur.edu.pl

Student Science Club of Brewers of the Institute of Biotechnology was founded in 2023. Despite being one of the youngest associations at the UR, it brings together nearly 50 members from almost every Institute. The Club is divided in four sections: management, sales, marketing, and brewing, and students can choose the skill they want to master. In the brewing section students learn how to brew beer, look for new yeast strains, and create new recipes for the UwaRzone Brewery, which manufactures the beer. In the marketing section students write posts, create graphics and contents related to marketing the beer. The sales section is focused mostly on developing salesmanship skills, which include stand service at festivals and direct sales to local pubs, shops, and clubs. The management section is made up of leaders of each section and helps to coordinate activities of the Club.

Contact:

Supervisor: Dr Daniel Broda

email: dbroda@ur.edu.pl

“Bio-Tech” Student Science Club was founded in 2005. From the very beginning, its members have been involved in a huge range of activities, which include participation and organization of students' conferences, such as “Biotechnology in nanodimension” and “Cancer goes backwards and we are still moving forward – a few words about cancer.” The participation of our students in the Science Picnic “Eksploracje” and “Noc Biologów” (the Night of Biologists – an annual event aimed at popularising biology as a science) have already become a kind of tradition. During these events, members of the Scientific Club present their experiences and pass on knowledge in their own fields of interest. Every year, students of “Bio-Tech” Scientific Club can also apply for funding for their own research, which results in the implementation of scientific projects.

Contact:

Supervisor: dr Daniel Broda

email: dbroda@ur.edu.pl

Scientific Club of Innovative Rehabilitation Techniques

“Reh-Tech” unites students of different majors of the College of Medical Sciences. Its activities are connected with innovative diagnostic and neurorehabilitation techniques. Currently, research is being conducted to assess the impact of EEG Biofeedback therapy in patients with various diseases or disorders, such as autism, panic attacks, anxiety disorders, epilepsy, post-covid brain fog. Its members also explore the principles of EEG and QEEG diagnostic techniques and disseminate scientific knowledge in this field and take an active part in medical scientific conferences and in the preparation of publications appearing in reputable journals with a high citation rate.

Contact:

Supervisor: dr Marta Kopańska

email: mkopanska@ur.edu.pl

Student Career Office (Library Building, rooms 8-11, Rejtana Campus) helps students and graduates in professional development and in finding a job. We provide career guidance and counseling as well as access to job offers, help in organizing extra-curricular internships and in preparing application documents (CV and cover letter).

Contact:

email: kariera@ur.edu.pl

<https://biurokarier.ur.edu.pl/>

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