

2021

SURVIVAL GUIDE - IAESTE ŁÓDŹ



LODZ UNIVERSITY OF TECHNOLOGY IAESTE LOCAL COMMITTEE

DEAR IAESTE TRAINEE

The IAESTE Lodz Poland at The Lodz University of Technology would like to take this opportunity to welcome you in our country and to wish you successes both in traineeship and in living in our country.

Although your practical training is the main reason of your stay here in Poland, hopefully you will take the advantage of many opportunities to meet people, experience our culture and way of life and make lots of new friends from countries all over the world.

This booklet is aimed to help you with initial formalities upon arrival and with life in general. For specific questions and problems you are always welcome to contact us.

We hope you will return home with many valuable memories of your stay and traineeship.

Looking forward to meeting you.



LODZ GENERAL INFORMATION

Lodz is the third biggest (after Warsaw and Cracow) city in Poland. Its industrial development contrasts rich greenery of parks and modern housing estates with the complex of historical architecture of the 19th and 20th centuries, the most interesting one in Poland.

LITTLE HISTORY

The name "Lodz" exists in documents since 1332, and since 1820 is in the group of industrial settlements. The first textile settlement was created around the octagonal , marketplace (now Plac Wolności, *eng. The Square of Liberty*) and was named New Town, the next was built beside the river Jasień and got the name of Łódka (*eng. boat*), 5 kilometer-long Piotrkowska Street, running from the Old Town southwards connect them. Significant facilities attracted poverty-stricken weavers from all over the Europe. Over 8- years Lodz grew from a very little town into industrial metropolis.

It is ought to be remember that the population of Lodz consisted of many nations: Poles, Germans, Jews, Russians who founded their own schools, temples, cemeteries, associations, theaters, sport clubs, etc. Their remnants are still readable in our country.

World War I meant the fall of industry, devastated by German occupants. The period between the wars was filled with effort to give a proper rank to the city; the industry revived, educations and culture development, the streets became more beautiful.

Unfortunately, the next occupation brought degradation and destruction again. In 180 thousand people were killed in the local Jewish Ghetto, and thousands of Poles died in the mass executions, camps and prisons.

The liberation of 1945 gave another chance of revival to the city, Universities, new theatres and museums were founded, the structure of industry was changed.

LODZ UNIVERSITY OF TECHNOLOGY

Thanks to LUT financial support IAESTE LC at LUT has been the biggest LC among polish universities for a few years – the level of exchange at LUT is comparable with the global exchange in many countries – IAESTE members like Sweden, Norway etc.



The Lodz University of Technology came into existence in 1945, initially with 3 Faculties: Mechanical Engineering, Electrical Engineering and Chemistry. Together with its development new faculties were established, up to the present number of 9 faculties offering 35 different majors.

In 1992 the International Faculty of Engineering was set up with English and French as its languages of instruction.

The cooperation of TUL with foreign universities, research centers and industry began together with establishing the University of Nevertheless; in 1980 it took a different dimension and is presently developing dynamically.



!!! EXTREMELY IMPORTANT!!!

Before you leave your country you HAVE TO let us know how, when and where you will arrive in Lodz.

**If you do not give us this information
we will NOT be able to arrange the accomodation for you.**

ACCOMMODATION



The local IAESTE Committee will arrange the accommodation in student's dorms which are the property of the Łódź University of Technology. The dorm available to IAESTE interns is located outside the city center. Address of the dorm is 3 Lumumby Street, V Dom Studenta PŁ (fifth student house of LUT).

2-bed rooms; furnished; shared bathrooms; electric cookers available in the kitchen on each floor, but you need your own kettles, dishes and pots.



HOW TO GET TO LODZ

The biggest international airport in Poland is in Warsaw, about 120 km from Lodz. The PKS coach service takes you directly from the airport to the train stations in Lodz (Lodz Kaliska/ Lodz Fabryczna). Journey to Lodz (Łódź) should last around 2h 20min.

The alternative is to take a shuttle bus to Central Railway Station in Warsaw (Dworzec Centralny) or train from airport to the city center and then train to Lodz Kaliska/ Lodz Fabryczna station.

CITY TRANSPORT

Public transport in Lodz consists of buses, trams and taxis. The route number is displayed on the top of the widescreen. On each stop you can find a description of the route of bus/tram and the timetable. Public transport tickets might be obtained in most of the kiosks with newspapers or at the final stations of the buses/trams, MPK kiosks around but also from the machines on the bus/tram (if there is no such machine onboard, ask the driver who should have some tickets with him).

For the connection to your working place ask the local committee.

FINANCE

The IAESTE grant funded by the host institution normally covers basic living expenses including housing, urban transportation, personal welfare and food.

Trainee should be prepared to cover all non-obligatory extra expenses such as travelling inside and outside Poland, participating in IAESTE events and leisure / night life/- if possible because of Covid situation.

Please make sure that you will have access to enough money (cash or bank account) until you get the first pay (four weeks or a few days more).

The major credit card systems (Visa, Eurocard, Mastercard, Maestro, etc.) are accepted by most cash machines (we recommend Euronet) which you will find scattered everywhere in big cities, but in a countryside the number of ATMs may be limited and you must be aware of that. Traditional credit cards are accepted in large superstores, shopping centers, petrol stations but please keep in mind that in certain places, like small shops or groceries, you will only be able to pay cash; if you are not sure if you can use your card ask the cashier (or any other employee in the store) before you try to buy something. **MONEY MATTERS**

TIME ZONES

Like the rest of Europe Poland is one hour ahead of GMT. From 31st of March until last Sunday of October clocks are a further hour ahead of GMT.

CLIMATE

Poland belongs to the Central European transitional climatic zone. It is very hard to predict what weather we will have during the summer time. Once it can rain be the whole day long, the other time one can die with the heat. It is rather warm in Poland during summer time, the average temperature is about 20-25°C although it can go as high as 30-35°C too. One should also remember to take something as a rain protection. Umbrella or raincoat is highly recommended. Since the temperatures can differ and change quite drastically, you should take at least one warm pullover with you.



And that you are going to Poland with its beautiful lakes and seaside, fascinating mountains! Therefore don't forget your bathing suit or climbing shoes. Lodz is situated almost in the middle of Poland so thanks to it you can spend your weekends in our mountains, at the seaside or at lakes.

ELECTRICITY SUPPLY

The voltage in Poland is 220V with frequency of 50 Hz. Be aware that electric sockets are different in some countries and certain nationalities will have to obtain special adapters to plug in. Polish electric socket photo can be found below.



TELEPHONE

Direct dialing to all countries is possible.
Important phone numbers:

POLICE 997

FIRE BRIGADE 998

AMBULANCE 999



The phone abroad from Poland:

- 1) Dial 00 (international call prefix)
- 2) Dial the country code
- 3) Dial area code
- 4) Dial the phone number

The phone to Poland from abroad

- 1) Dial international prefix
- 2) Dial 48 (country code for Poland)
- 3) Dial area code in Poland (for Lodz 42)
- 4) Dial the phone number

POSTAL SERVICE

Working hours are from 10:00 to 18:00 but it may vary depending on the office. The public post boxes are red and indicate collection time. Stamps are obtainable from post office. Nearest 3 post offices (nearest to the dorm at which you will all be staying) are:

- Pomorska 150A

- Pomorska 115

- Prezydenta Gabriela Narutowicza 91a

RECREATION

MUSEUMS

- | | |
|---|-------------------------|
| 1. Museum of Lodz" s History | Ogrodowa Street 15 |
| 2. Museum of Lodz" s History-Sport and Tourism | Ks. Skorupki Street 21 |
| 3. Museum of Art | Więckowskiego Street 36 |
| 4. Residence of "Księży Młyn" | Przędzalniana Street 72 |
| 5. Archaeological and Ethnographical Museum | Plac Wolności 14 |
| 6. Museum of Cinematography | Plac Zwycięstwa 1 |
| 7. Museum of Independence Tradition-Radogoszcz the concentration camp | Zgierska Street 147 |
| 8. Natural Museum UL | Kilińskiego Street 101 |
| 9. Central Museum of Textile Industry | Piotrkowska 282 |
| 10. Museum of Artistic Book | Tymienieckiego 24 |
| 11. Museum of Lodz Education | Wółczańska Street 23 |

PLACES WORTH SEEING IN LODZ

- | | |
|--|---------------|
| 1. Manufaktura | |
| 2. Orthodox church of S.A. Newski
Kilińskiego Street 54 | |
| 3. Poznański Palace | |
| 4. Ogrodowa Street 15 | |
| 5. Factory established in Księży Młyn-
old factory,
the residence and housing-estate for workers
Street 46-67 | Przędzalniana |
| 6. White Factory, Piotrkowska Street 282/284 | |
| 7. Old Cemetery, Ogrodowa Street 43 | |
| 8. R. Schweikert residence, Piotrkowska Street 262/264 | |
| 9. R. Richter residence, Ks. Skorupki Street 6 | |
| 10. Jewish Cemetery (the biggest in Europe),
Bracka Street 40 | |
| 11. Łagiewniki with church, palace,
monastery, chapels etc. | |



NEAR LODZ



1. Arkadia – XVIII c. park garden
2. Nieborów – Renaissance and Baroque residence
3. Żelazowa Wola – place of Chopin’ s birth
4. Łęczyca – Gothic castle
5. Oporów – Gothic castle
6. Sulejów – late Roman monastery
7. Tum – Roman basilica
8. Pabianice – castle
9. Toruń – place where Copernicus lived.

“Orliki”s in Lodz

- As we all should remember, playing different sports helps us to keep fit. That is why „Orlik” project was introduced. Football grounds and basketball courts are the main parts of such structures. Some of them will only have football ground and some of them will have both the football ground and the basketball court. You can play there for free but sometimes (in some cases) you have to make a booking few days before. Below you can find the list actual of all „Orlik” s in Lodz:

ul. Balonowa 1
ul. Pryncypalna 74
ul. Milionowa 64
ul. Gościniec 1
ul. Św. Franciszka 53
ul. Łupkowa 6
ul. Powszechna 15
ul. Malczewskiego 37/47
ul. Sowieńskiego 50/56
ul. Deotymy 1
ul. Kmicica 5
ul. Waława 22/24
ul. Perla 11
ul. Podhalańska 2a
ul. Obornicka 11/13
ul. Mackiewicza 9
ul. Rajdowa 18
ul. E. Plater 28/32
ul. Dąbrowki 1
ul. Stawowa 28
ul. Kuźnicka 12
ul. Krochmalna 21
ul. Łanowa 16
ul. Jurczyńskiego 1/3
ul. Wileńska 22a
ul. Rzgowska 247
ul. Karpacka 61
ul. Łęczycka 23

HELPFUL VOCABULARY

It would be useful to know some Polish words:



Yes	Tak
No	Nie
Thank you	Dziękuję
Please	Proszę
Good morning	Dzień dobry
Good evening	Dzień wieczór
Good bye	Do widzenia
Good night	Dobranoc
Hello	Cześć
Excuse me	Przepraszam
Beer	Piwo
Tea	Herbata
Juice	Sok
Coffee	Kawa
Bread	Chleb
Sausage	kiełbasa
Apple	jabłko
Mineral water	woda mineralna
Ticket	bilet
I don't understand.	Nie rozumiem.
Nice to meet you.	Miło mi Cię poznać.
How much does it cost?	Ile to kosztuje?
One beer please!	Poproszę jedno piwo!

1 jeden	11 jedenaście	30 trzydzieści
2 dwa	12 dwanaście	40 czterdzieści
3 trzy	13 trzynaście	50 pięćdziesiąt
4 cztery	14 czternaście	60 sześćdziesiąt
5 pięć	15 piętnaście	70 siedemdziesiąt
6 sześć	16 szesnaście	80 osiemdziesiąt
7 siedem	17 siedemnaście	90 dziewięćdziesiąt
8 osiem	18 osiemnaście	100 sto
9 dziewięć	19 dziewiętnaście	
10 dziesięć	20 dwadzieścia	
