



# **SURVIVAL GUIDE FOR ERASMUS**

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# 1.About us



## **WELCOME POZNAŃ**

We're thrilled that you've decided to choose our country, our city, and especially our University! We hope your time in Poznań will be incredible and full of unforgettable experiences.

To make your stay easier, we've put together a Survival Guide containing key information about the country and the city. We hope you'll find helpful tips that will not only help you survive, but truly make the most of your exchange experience



# ESN

Erasmus Student Network (ESN) is a non-profit international student organization operating across Europe.

Our goal is to represent international students and offer opportunities for cultural exchange and personal growth.

We are the longest-standing ESN section in Poznań. Throughout the academic year, we run various projects and organize numerous events to ensure that exchange students' time in Poland is exceptional and unforgettable.





## 2. Public transport

In Poznań's public transport system, there are various types of tickets available. Below, we outline the differences, prices, and where you can purchase them.

Important information!

Remember that you can choose between regular and reduced-fare tickets.

To use reduced-fare tickets, you must have a Polish student card. Once you arrive in Poland, make sure to get your card as soon as possible.

You can obtain a student ID through the Dean's Office. For more details, contact the Dean's Office (DO) or the International Relations Office (IRO).

Some ticket types are divided into different zones. If you're traveling within the center of Poznań, you'll need to buy a zone A ticket.

We're almost certain you won't need to go beyond zone A.

**REMINDER**

*Be sure to carry your ticket with you in case of a ticket inspection.*

# Strefy taryfowe

Obowiązuje od dnia 03.02.2025



www.ztm.poznan.pl  
kontakt@ztm.poznan.pl



informacje: 61 646 33 44  
www.ztm.poznan.pl



**UWAGA:** Strefy A, B, C i D dotyczą wyłącznie linii organizowanych przez Zarząd Transportu Miejskiego w Poznaniu

**NOTE:** Zones A, B, C, D apply only to lines organised by ZTM Poznań

Dla strefy B są to linie:  
Through zone B pass following lines:

173, 215, 219, 224, 227, 250, 252, 253, 257, 258, 312, 320, 321, 322, 323, 341, 342, 348, 388, 394, 396, 397, 416, 425, 431, 432, 433, 501, 502, 503, 511, 512, 527, 560, 561, 602, 603, 610, 611, 614, 616, 651, 690, 701, 702, 703, 704, 705, 707, 710, 715, 716, 727, 729, 789, 801, 802, 803, 804, 811, 812, 813, 821, 826, 832, 833, 834, 835, 836, 837, 882, 889, 891, 893, 901, 902, 904, 905, 907, 911;

Dla strefy C są to linie:  
Through zone C pass following lines:

250, 252, 253, 257, 258, 312, 323, 341, 342, 348, 388, 392, 394, 396, 397, 501, 502, 503, 560, 561, 651, 703, 704, 705, 707, 716, 727, 729, 789, 802, 804, 811, 812, 813, 821, 825, 826, 832, 834, 881, 882, 886, 893, 905, 907;

Dla strefy D są to linie:  
Through zone D pass following lines:

560, 561.

- short time, single tickets – valid for 15/45/90 minutes in every zone (A+B+C+D)



type	zone	normal fare	reduced fare
15 minutes	A+B+C+D	5 pln	2,5 pln
45 minutes	A+B+C+D	7 pln	3,5 pln
90 minutes	A+B+C+D	9 pln	4,5 pln
24 hours	A	18 pln	9 pln
24 hours	A+B+C+D	24 pln	12 pln
7 days	A	59 pln	29,5 pln
7 days	A+B+C+D	94 pln	47 pln

## How to buy?

The first option is a paper ticket, which can be purchased at ticket machines available at many stops. You can find these machines near PUT (Kórnicka, Baraniaka, Politechnika). Payment can be made by card or cash.

**Important!** After boarding a bus or tram, make sure to validate your ticket at the validation machine.

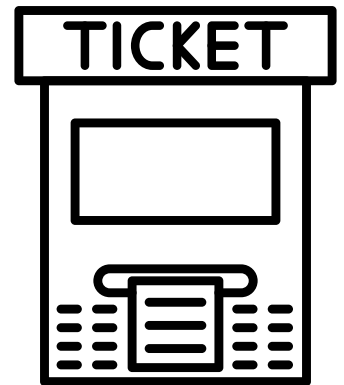




**ticket  
machine**  
(standing near  
bus/tram stop)



**validating  
machine**



**ticket  
machine**

The second option is an electronic ticket, which can be purchased directly on a bus or tram.

To use this method, you'll need a payment card or an NFC-enabled mobile device (smartphone, smartwatch) linked to your payment card. The ticket won't be printed. In the event of a ticket inspection, you'll need to show the card or device you used for payment.

The last third way is also an electronic ticket but bought via apps. Apps approved and supported in communication in Poznan are:

**jakdojade, mobile, mPay, SkyCash, GoPay, zBiletem.**

### ***Good to know!***

If you valid the 24 hours ticket after 8pm on Friday then you can use it all weekend long.

## **PEKA [LONG TERM TICKETS]**

PEKA is a special card used for public transport in Poznań. The semester ticket is the most common option chosen by students. You can pick between two validity periods:

120 or 150 days. In zone A, the cost is 172 PLN for 120 days or 202 PLN for 150 days. Once you have this ticket, there's no need to validate it – just show your PEKA card during ticket inspections.



## *So, how can you get a PEKA card?*

You need to apply for it at a ZTM Customer Service Point, through the official website

(<https://www.peka.poznan.pl/km/login> ),

or via the PEKA mobile app. Don't forget to prepare a specific photo of yourself – the same kind used for official documents.

It might seem a bit confusing at first, so we recommend asking your Buddy for help.

## **MOST RECOMMENDED APP**

Public transportation in Poznań is supported by both Google Maps and Apple Maps, but we suggest downloading the **JAKDOJADE** app. This app helps you plan your journey, check timetables, and view tram and bus routes. You can also track vehicles in real time using GPS and purchase tickets directly in the app.

JAKDOJADE is available for download on both the App Store and Google Play.



# SMALL DICTIONARY

TICKET – bilet

TRAM - tramwaj

BUS - autobus

NORMAL TICKET - bilet normalny

REDUCED-FARE TICKET - bilet ulgowy

LINE– linia

STOP – przystanek

DIRECTION – kierunek

TICKET CONTROL – kontrola biletów

HOW CAN I GET TO..? – Jak dojadę do ... ?

FROM – z

TO – do







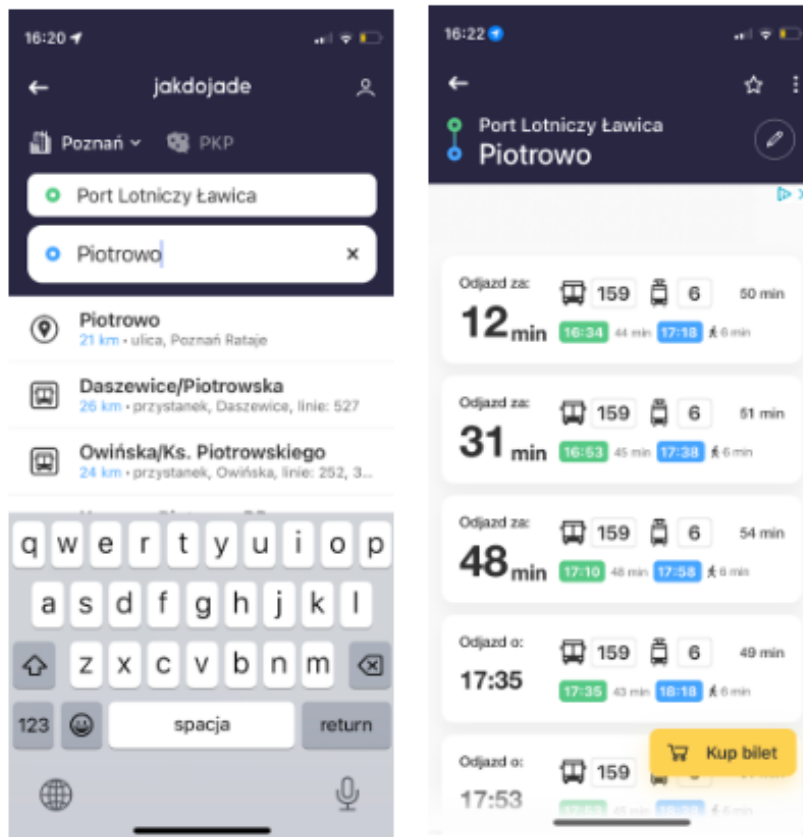
## WAY FROM THE AIRPORT

Most of you will get to Poznań at the airport or train station. Below we show you how to get to our campus on Piotrowo.

It's good to know that Uber and Bolt operate in Poznań too. Prices will fluctuate depending on the time of day, but this choice might be more comfortable for you, especially on the first day in a new city with your luggage.

Full name of Poznań's airport is Port Lotniczy Poznań – Ławica im. Henryka Wieniawskiego. In place of arrival type your dorms' address you received in email or just a name of the street "Piotrowo".

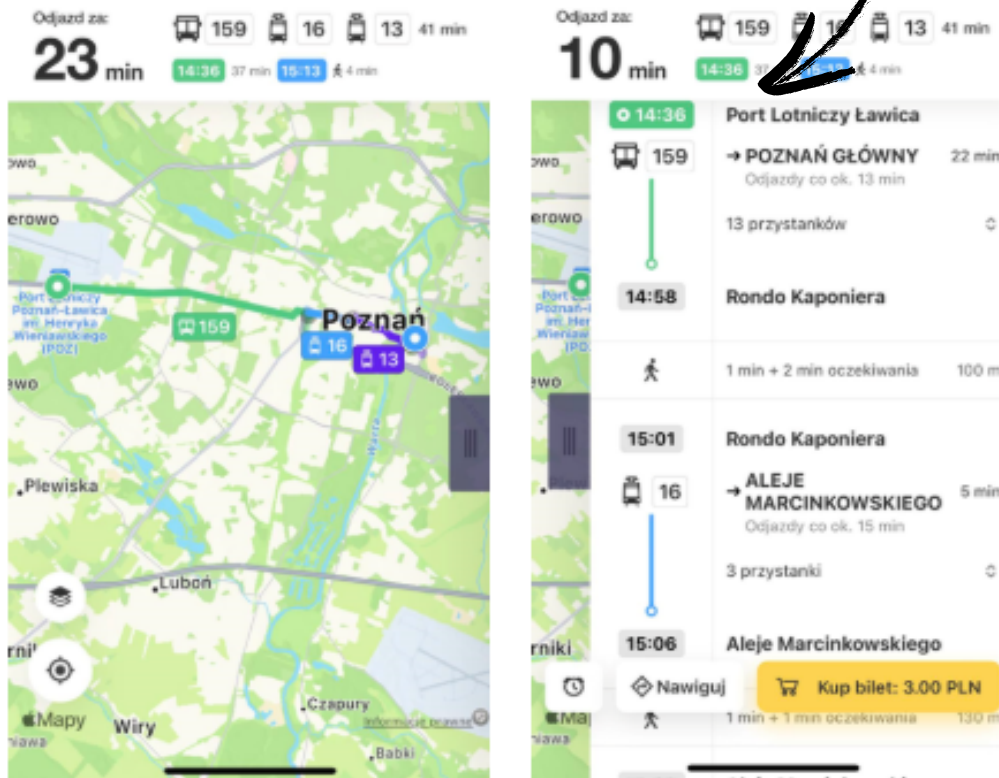




## *Let us explain what you can find on the app*

- “Odjazd za: 23 min” – it means that your first leg of a route (first vehicle) leaves in 23 minutes.
- 159 – it’s a first bus line
- 16, 13 – they’re tram lines
- 41 min – it means the whole journey will take 41 minutes
- 14:36 highlighted on green – it’s a time of the departure
- 37 min – it’s how long your route takes
- 15:13 highlighted on blue – it’s a time of the arrival
- 4 min – it means that you have to walk 4 minutes from the stop to the exact place

*If you swipe the grey mark you will see details of the journey.*



**“Port Lotniczy Ławica”** – it’s a first stop from where you are leaving.

**“--> POZNAŃ GŁÓWNY”** – it’s the direction of the bus (it is displayed on a bus).

**“13 przystanków”** – that means that you will drive 13 stops.

**“Rondo Kaponiera”** – it’s a stop on which you have to get off.

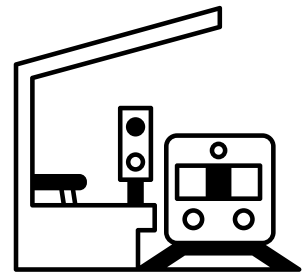
**“1 min + 2 min oczekiwania 100m”** – that means that you have to go to the next stop 100 meters in 1 minute and then wait for the tram next 2 minutes.

On the app you can zoom in on the map and see where the stops are located.

**KEEP IN MIND!:**

that “Rondo Kaponiera” is tricky even for polish people - make sure that you’re on the correct stop and remember that there are underground passages. And if you’re not sure where to go, don't be afraid to ask someone for help.

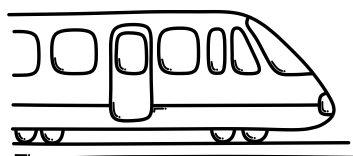
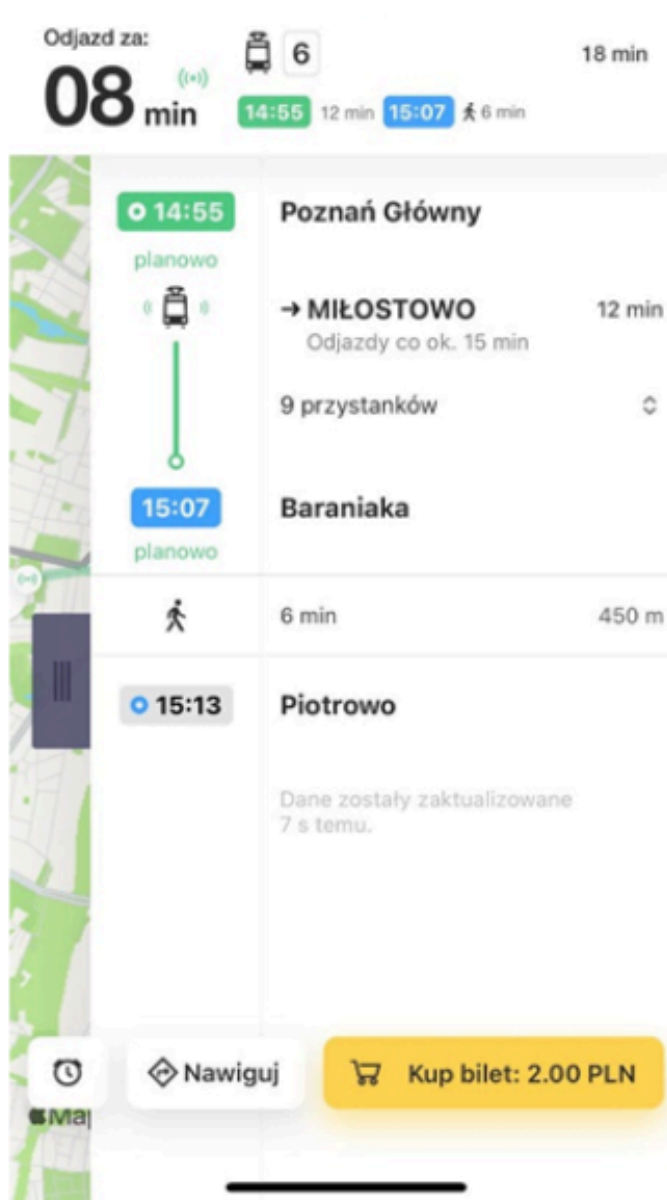
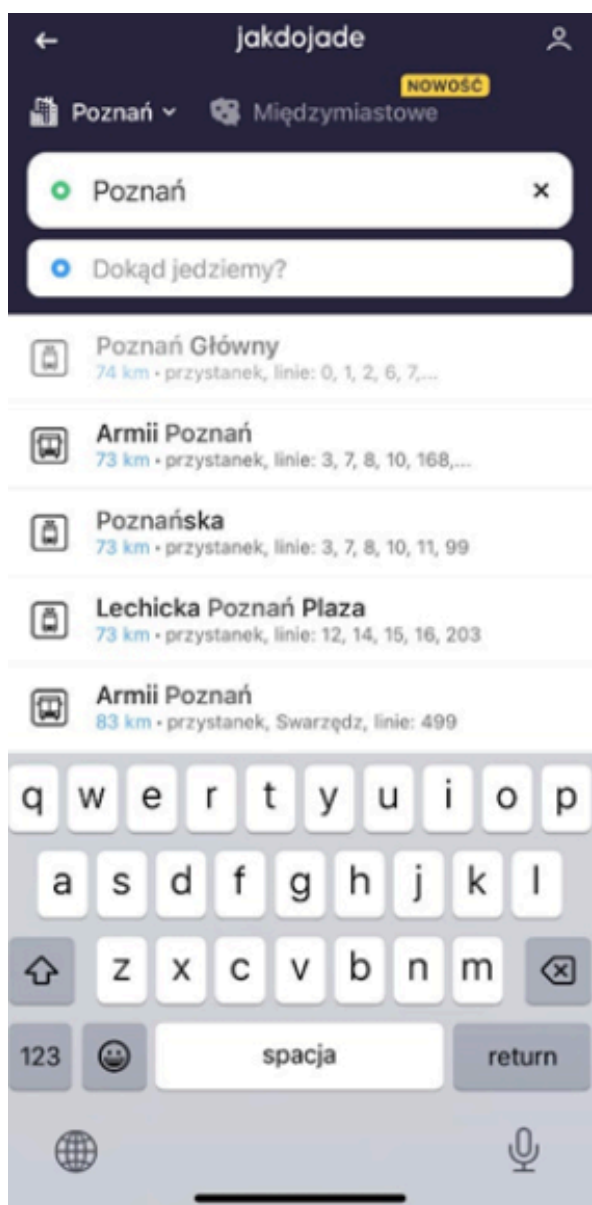
## WAY FROM THE TRAIN STATION



The tram stop leaving from the train station is called “Poznań Główny/Poznań Main Station”. To get there from the main hall of the station you need to go outside through the passage in front of McDonald’s and then head to the right.

The place of arrival is also set to “Piotrowo” street as we did above.

Meaning of words you can also find above, next to the route from the airport.



## TRAVELING BY TRAIN

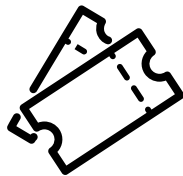
If you would like to travel to different cities and discover more of Poland, the easier way to do so would be by taking a train.

## *There are three main types of trains:*

- **inter-voivodeship** - Intercity (IC), Twoje Linie Kolejowe (TLK), Express Intercity (EIC) etc.
- **voivodeship** - e.g. Koleje Wielkopolskie (KW)
- **regional** - Polregio (PR)

You will probably be the most interested in inter-voivodeship trains because they are the most common ones that allow you to travel between the largest Polish cities.

## *Buying tickets*

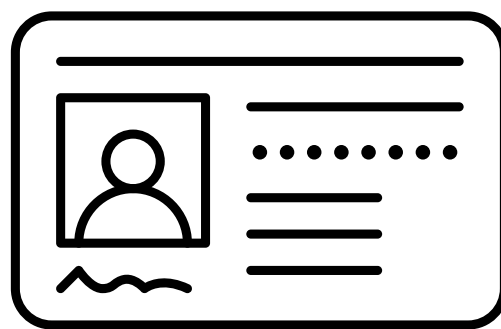


You can buy a ticket at a train station or online (recommended). Tickets usually cost between 15 - 80 złotych depending on the length of the route and compartment class. As a student you can pay the **reduced price by choosing 'Ulgowy' (or Studencki) ticket** but be aware that it allows you to travel only in the second class.

**Remember** to always carry your student identity card with you. If you bought an 'ulgowy' ticket and don't have your ID with you, you will have to pay an extra fee.

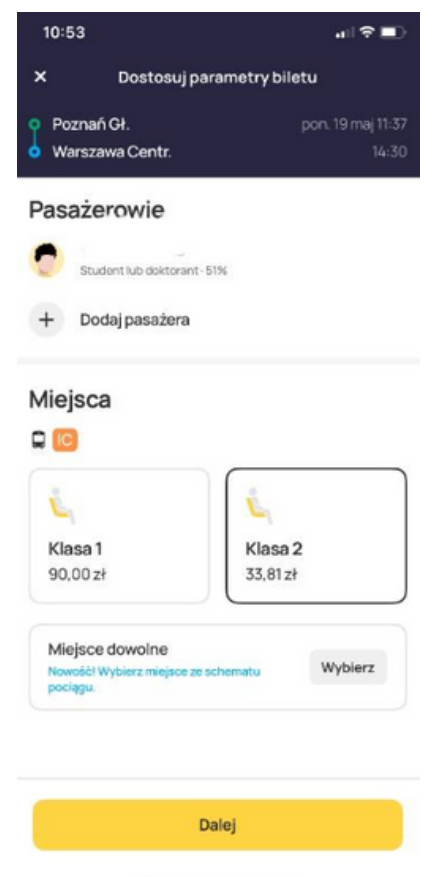
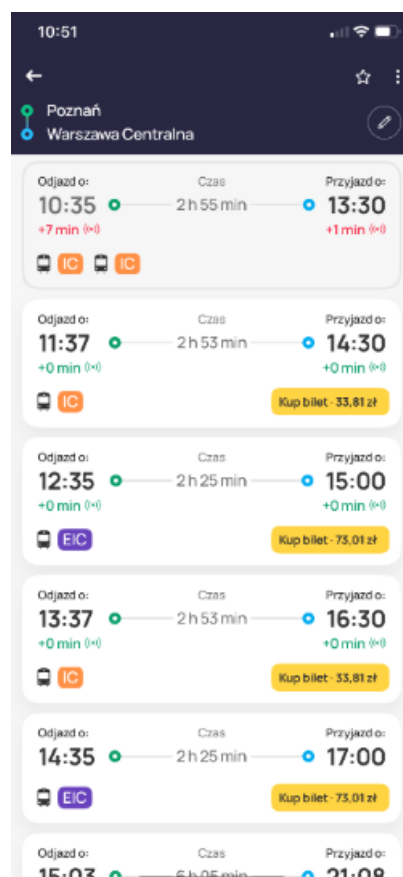
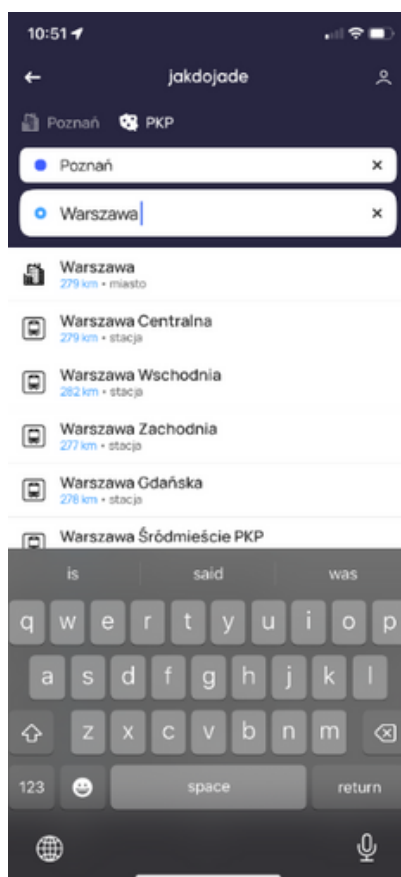
You can get a student ID via the Dean's Office. For more information contact DO or IRO.

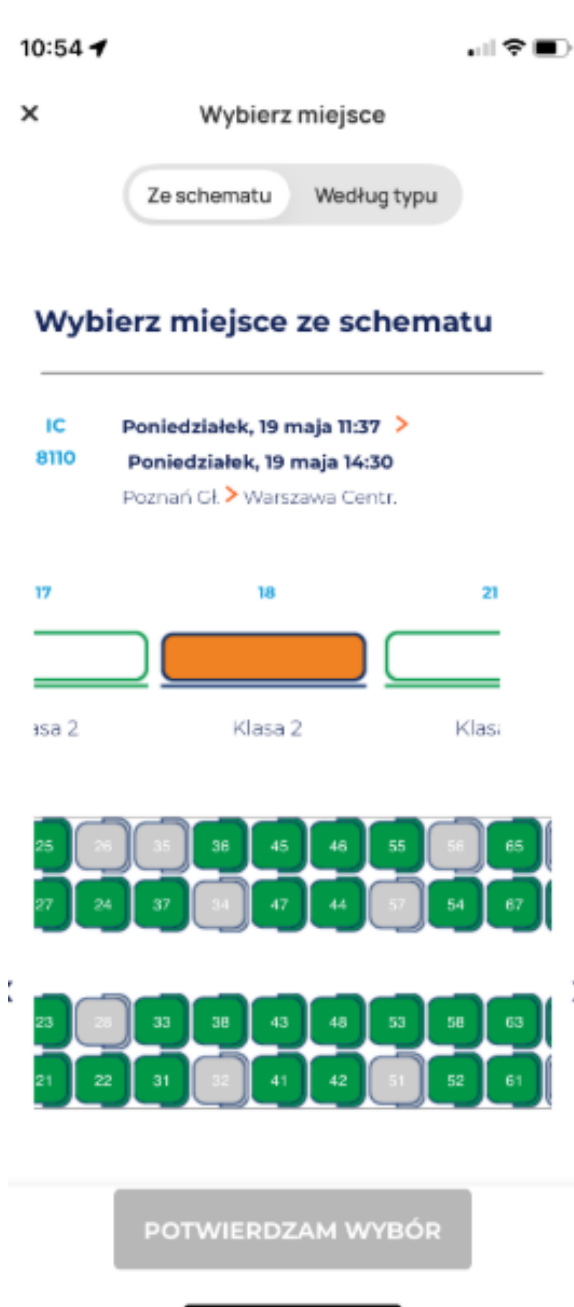
Always remember to check if your seat is guaranteed, especially when purchasing a last-minute ticket. If you've bought a ticket without a guaranteed seat, you'll likely be compelled to either sit in the corridor or stand throughout the trip.





If you create an account in the Jakdojade app, you can also buy train tickets to other cities! First, on the main page, switch from the city of Poznań to "PKP." Then, enter your destination, choose a suitable train, select whether you want to travel in 1st or 2nd class, pick (wybierz) your preferred seat on the map and then confirm (potwierdzam wybór), and proceed (dalej) to payment. After that, your ticket will appear in the app - tickets tab (bilety), and you'll be able to show it during ticket inspection.

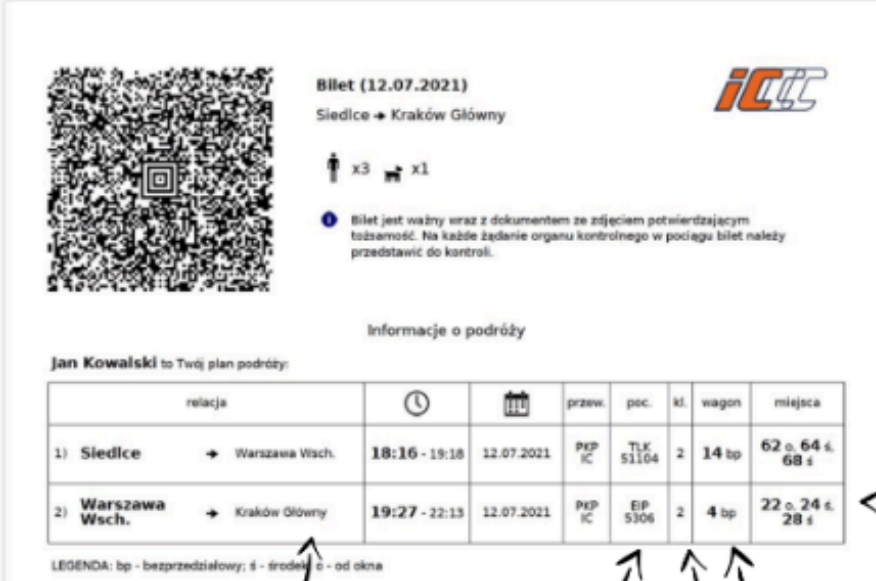




<https://portalpasazera.pl/> - here you can check your route, platform, any delays and changes

Other alternative to buy such a ticket is official Polish national Railways website - <https://www.pkp.pl/en/>

# Ticket example



**Bilet (12.07.2021)**  
 Siedlce → Kraków Główny

**IC**

**Legenda:** x3 - 3 osoby, x1 - 1 osoba

**Informacje o podróży**

Jan Kowalski to Twój plan podróży:

relacja	🕒	📅	przew.	pec.	kl.	wagon	miejsca
1) Siedlce → Warszawa Wsch.	18:16 - 19:18	12.07.2021	PKP IC	TLK 51104	2	14 bp	62 o, 64 ś, 68 k
2) Warszawa Wsch. → Kraków Główny	19:27 - 22:13	12.07.2021	PKP IC	EP 5306	2	4 bp	22 o, 24 ś, 28 k

LEGENDA: bp - bezprzedziałowy; ś - środek; o - od okna

seat number:  
 o - okno (window)  
 ś - środek (middle)  
 k - korytarz (corridor)

Route, travel time and date

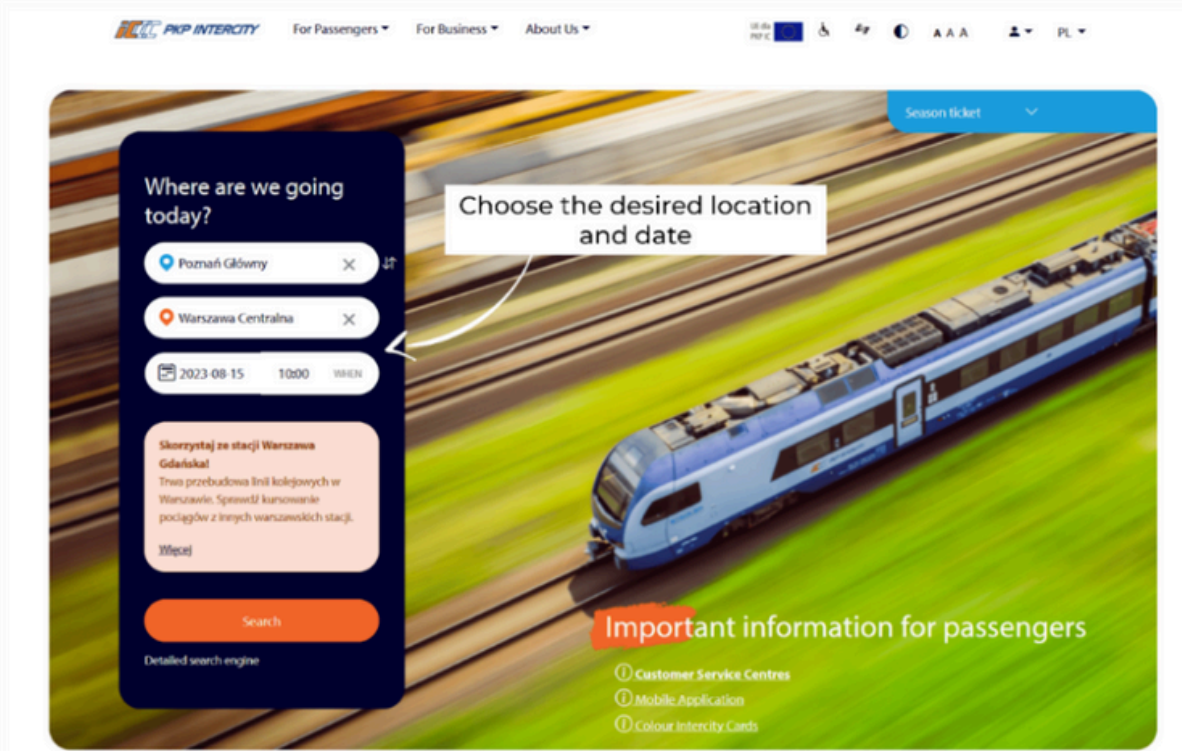
Number of the train

class number

train carriage number:  
 bp - bezprzedziałowy (open coach)  
 p - przedziałowy (regular coach)

## Instructions on how to use the IC website.

[ <https://www.intercity.pl/en/> ]



**PKP INTERCITY** For Passengers For Business About Us

Season ticket

Where are we going today?

Poznań Główny

Warszawa Centralna

2023-08-15 10:00 WREK

Skorzystaj ze stacji Warszawa Gdańska!  
 Trasa przebudowa linii kolejowych w Warszawie. Spowoduje to kursowanie pociągów z innych warszawskich stacji.  
 Więcej

Search

Detailed search engine

Choose the desired location and date

**Important information for passengers**

- Customer Service Centres
- Mobile Application
- Colour Intercity Cards



10:08:08

Filtry: KIP KIC TŁK x zniżki sensoryczne  
 Stacja przyjazd: WARSZAWA GDN WARSZAWA CEN

Moje bilety

Wyszukaj połączenie

Kup bilet okresowy i Interrail

Regulaminy i cennik

Instrukcja

FAQ

Obsługa użytkowników niezarejestrowanych

Kalkulator przejazdów grupowych

### Legenda

- Wyklica dostępne/miejsc
- Ograniczone dostępność miejsc
- Dostępne ostatnie miejsca

Brak wolnych

KIP

ODJAZD PRZYJAZD  
08:57 » 12:32

2023-08-15    2023-08-15

POZNAN GL    WARSZAWA GDN

🕒 03:35 ⚡  
🚆 IC71102

👤👤👤

Cena w klasie 1 od: 93,00 zł

Cena w klasie 2 od: 72,00 zł

WYBIERZ

KIP

ODJAZD PRZYJAZD  
10:54 » 14:29

2023-08-15    2023-08-15

POZNAN GL    WARSZAWA CEN

🕒 03:35 ⚡  
🚆 ICB1106

👤👤👤

Cena w klasie 1 od: 93,00 zł

Cena w klasie 2 od: 72,00 zł

WYBIERZ

KIP

ODJAZD PRZYJAZD  
12:45 » 15:39

2023-08-15    2023-08-15

POZNAN GL    WARSZAWA GDN

🕒 02:54 ⚡  
🚆 EIC45

👤👤👤

Cena w klasie 1 od: 214,00 zł

Cena w klasie 2 od: 149,00 zł

WYBIERZ

+ Włączanie

2023-08-15	2023-08-15
10:54	» 14:29
POZNAN GL	WARSZAWA CEN

Czas podróży: 03:35

KC Numer: 81 106 MPWA

Here you can choose the train  
and first or second class

[illegible]

Choose the student discount (51%  
Studenti/Doktoranci) if you are a  
student and under 26 or if you are  
a PhD student and under 35

Here you can choose the number  
of tickets you want to buy

10:10:01

Moje bilety

Wyszukaj połączenie

Kup bilet okresowy i Interrail

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Informacje o bilecie i cenie

Czas na dokonanie transakcji

2

18

ODJAZD	PRZYJAZD	CZAS PODRÓŻY	POCISG	PRZESZ
10:54	» 14:29	03:35	K.B1106	-
2023-08-15 POZNAN GL.	2023-08-15 WARSZAWA CENTRALN.			

BILETY NORMALNE 0	BILETY ULGOWE 1	ZNIOZA 1x33%	NUMER MIEJSC/OPS 023 / Środek	NUMER WAGONU 14	MIEJSCE <div></div>
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DANE PODRÓŻNEGO

Nieobowiązkowe jest podanie poprawnych danych osoby, która będzie odbywała przejazd na podstawie tego biletu.

Wpisz imię i nazwisko podróżnego

After filling your name click 'Wybierz' and then you will be taken to the payment site

Bilet na przejazd:

Klasa 2

1

Cena: 33,81 zł

Cena brutto

Wybierz

Należność ogólna: 33,81 zł + P102,56 zł

After filling your name  
click 'Wybierz' and then you will be  
taken to the payment site

The map illustrates the Piotrowo Campus layout. Key features include:

- Streets:** WARSZAWSKA, KALISKA, JANA PAWLA II, KORNICKA, PIOTROWO, SERAFITEK, WARTA, POLITECHNIKA, and PROLETARIATU.
- Buildings:** A-1, A-1a, A-2, A-3, A-4, A-5, A-12, A-13, A-14, A-15, A-16, A-17, A-18, A-19, A-20, A-21, A-21a, A-21b, A-22, A-23, A-28, A-29, A-25, AWF, and WTC.
- Landmarks:** GALERIA MALTA, BARANIKA, POLITECHNIKA, and WARTA.
- Transportation:** A bus stop (KORNICKA) and a parking area (P).
- Other:** A compass rose indicating North (N) and a scale bar.

*You can get a student ID via the Dean's Office. For more information contact DO or IRO.*

## 4. Calender of PUT

### 1. Winter semester

a. Teaching period — 01.10.2025 - 03.02.2026

b. Days off from teaching:

i. 08.10.2025 — Inauguration of the  
2025/2026 Academic Year

ii. 31.10.2025 — Day before All Saints' Day

iii. 10.11.2025 - Day before Independence  
Day

iv. 11.11.2023 — Independence Day

v. 24.12.2025 - 06.01.2026 — Winter  
holidays

c. Exam session — 04.02.2026 - 01.03.2026

### 1. Summer semester

a. Teaching period — 02.03.2026 - 21.06.2026

b. Days off from teaching:

i. 07.04.2026 — Spring holidays

ii. 01.05.2026 — Workers' Day

iii. 04.06.2026 — Corpus Christi

iv. 05.06.2026 — Day after Corpus Christi

c. Exam session — 22.06.2026 - 05.07.2026



## 5. Basic law

1. – Drinking alcohol in public spaces is not allowed – so keep any drinking to indoor areas, such as bars or restaurants. If you're heading home after a night out, try to stay steady on your feet – Polish police take public drunkenness seriously.
2. – Ticket inspections on public transport happen often, and not having a valid ticket can result in a fine. Always carry your valid ticket and student ID with you.
3. – If you're coming to Poland from a non-EU country, be aware of customs rules and procedures. This can help prevent issues if any of the items you purchased in Poland are subject to restrictions when returning home.
4. – While smoking isn't completely banned in public areas in Poland, there are regulations in place to protect non-smokers – so be mindful of where you light up.



## 6. Polish SIM card and internet

In Poland, several mobile operators such as T-Mobile, Play, and Orange offer special SIM card deals tailored for foreigners.

Here are the links:

1. <https://www.orange.pl/lp/for-foreigners>
2. <https://www.t-mobile.pl/c/na-karte/en>
3. <https://www.play.pl/en/offer/for-foreigners>

You can get a SIM card at any of their official retail locations. Make sure to bring your passport, as it's required for registration. All three operators have stores located in the Posnania shopping mall.



# 7. Healthcare

## *Public medical care*

The National Health Fund (Narodowy Fundusz Zdrowia, NFZ) is a governmental institution that finances medical services.

## *Students from UE/EFTA*

Free medical services are offered with the European Health Insurance Card (EHIC/ pl. EKUZ Europejska Karta Ubezpieczenia Zdrowotnego). Before coming to Poland, make sure you have an EHIC card.

If you don't own it yet, there are few ways you can apply for it:

<https://www.nfz.gov.pl/dla-pacjenta/medical-treatment-abroad/treatment-in-the-euefta-member-states/the-ehic/>



## Students outside UE/EFTA

It is highly recommended to buy your own international medical insurance prior to your arrival in Poland. It entitles you to use public medical clinics without incurring additional costs. To get more information about it you should contact your local insurance agency.

If you didn't buy insurance it is required to **sign a Voluntary Health Insurance agreement with the National Health Fund (Narodowy Fundusz Zdrowia, NFZ)** and pay their own insurance fees. To sign a contract of voluntary health insurance you have to come forward to Wielkopolski Oddział Wojewódzki NFZ ul. Piekary 14/15, Poznań and submit an application „Wniosek o objęcie dobrowolnym ubezpieczeniem zdrowotnym”. **Remember to take a valid passport and student identity card.**

For more information visit <https://nfz-poznan.pl>

When you plan to visit a medical clinic, it is recommended to take e.g your Buddy with you to make sure that instructions from the doctor are clear. Remember to also take a valid document such as passport, student or doctoral student identity card just in case.

To find a doctor on the National Health Fund - NFZ, visit <https://www.znanylekarz.pl/poznan/nfz>

### ***Private medical care***

A visit ranges from 100 to 250 PLN, depending on what kind of advice you seek.

To make an appointment please visit

<https://www.znanylekarz.pl/poznan>

For english-speaking doctors choose Język → Angielski

Same as above: remember to take a valid ID document with you.



## ***Medications***

Most medications in Poland are prescription based. The prescription system applies to antibiotics, contraceptives and day after pills as well. Any doctor could write a prescription for these medications. Specialized meds, such as psychotropes or steroid medication, can usually only be prescribed by the specialists.



## ***Emergency numbers***

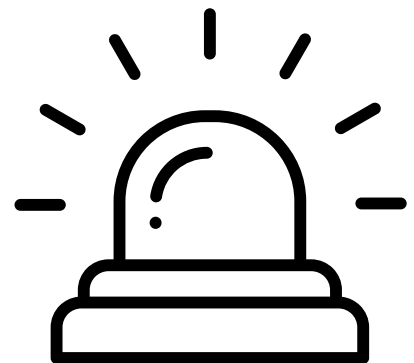
112 - the European general emergency number

Others:

999 - Ambulance

998 - Fire Brigade

997 - Police



## 8. Food

A little bit about polish cuisine- a few thing definitely worth trying while being in Poznań :



- pierogi- dumplings filled with various of different stuffing, but the most common would be with mushrooms&sauerkraut and “ruskie”- with cheese&potatoes (combination may seem a little bit odd, but trust us- this is the best comfort food you can get)
- bigos- stewed cabbage with tomato sauce, sausage and mushrooms







- żurek- a soup with sausage, eggs and bacon- often served inside a bread loaf

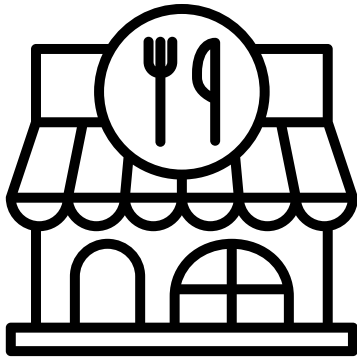


- schabowy- breaded and fried pork chop usually served with potatoes and salad



- pyry z gzikiem- this one is mostly associated with Poznań- pyry means potatoes and gzik means cottage cheese- so basically these are potatoes with cottage cheese





## RESTAURANTS

And now when it comes to restaurants...

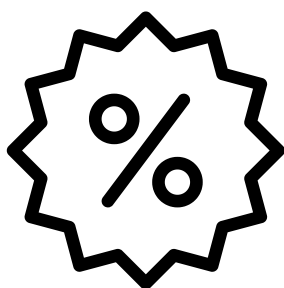
You'll easily find places to eat on the PUT campus. Almost every faculty building has its own bar or canteen where you can grab snacks or light meals. Additionally, right next to the dormitories, there's a restaurant called "ProPorcja", which mainly offers pizza and breakfast options.

Just around the corner on Baraniaka Street, you'll find "Bara Boo", a restaurant focused on Italian cuisine, serving pizza, pasta, and more.





Another great option is the Posnania shopping mall (located at Pleszewska 1 Street), which is directly across from the PUT campus. On the first floor, you'll find a large food court with popular chain restaurants like McDonald's, North Fish, Marche, and others. Helpful tip: In restaurants that charge by weight—such as Marche, Olimp or North Fish—you can usually get a student discount (typically around 10%) by showing your student ID.



Helpful tip: In restaurants that charge by weight—such as Marche, Olimp or North Fish—you can usually get a student discount (typically around 10%) by showing your student ID.

- If you want to try some polish cuisine while eating out:

-“Pierozak”- they serve really great pierogi- restaurant is located in few places around the city (they also give a discount for students) Półwiejska 10 street, Wrocławska 23 street, Plaszewska 1 street (inside the mall “Posnania”)  
-“Schaboszczak u dziadka” - cheap but still delicious polish traditional food, Szkolna 7 street\  
-“Hyćka restauracja”- traditional polish cuisine, Rynek Śródecki 17 street

If you fancy pizza (our personal favorites):

- “Frontiera” Ratajczaka 37 street
- “Suszone pomidory” Świętego Czesława 13 street
- “Bara Boo”- located in different places around the city Jana Pawła II 14 street, Stanisława Taczaka 11 street, Gołębia 6 street
- “Pizzeria di Tempo” Zygmunta Noskowskiego 22 street

And other places with various delicious dishes:

- **"Manekin"**- specialises in awesome pancake
- **"Khao San"**- thai street food
- **"The Mexican"**
- **"Piccolo"**- huge portion of delicious and cheap spaghetti
- **"Why Thai"**- thai food
- **"Wypas"**- vegan traditional polish food
- **"Krowarzywa"**- vegan burgers and wraps
- **„Świstak kebab"**



When you want to eat in but eat out- most of the restaurants offer delivery. You can call directly to the restaurant and order, but who likes to speak on the phone these days... There is a great solution- apps- PYSZNE.pl, Uber or Wolt and GLOVO. A lot of different cuisines gathered in one place and easy order.



If you want to save some money and get some almost free food you should download apps: To Good To Go and Foodsi- restaurants, supermarkets and bakeries sell there food which is not good enough to sell for the full price but is still good enough to eat. Often you can find really good deals and get a lot of food for a little money.



## 9. Shopping

When it comes to groceries the cheapest and easiest way to get them is to go to one of the common supermarkets. The most popular ones are:]



**Biedronka**- the nearest to PUT dorms is on Polanka 22 street

**Carrefour** - the nearest is located on the ground floor of big shopping mall "Posnania" which you have probably already seen if you've been in PUT dorms  
ul.Plaszewska 1



Lidl- there's none of these really close to the dorms, but if you fancy long walk with some heavy lifting you can find it on ul. Piłsudskiego 116 street



*In all of the above shops you can buy not only food but also cosmetics and some utensils.*



We can't forget about everyone's favourite shop "Żabka"- these are usually smaller shops but somehow they always have everything you need at the moment. Beside food you can also find there some coffee to go or grab a hot dog.



One of its biggest advantage is that it's located everywhere- literally you can find "Żabka" almost around every corner.



Another big upside is that it's open every Sunday- which is not that common, because other shops are closed on Sunday (it applies to grocery stores as well as shopping malls).

If you're looking to buy clothes, shoes, cosmetics, or similar items, Posnania – a shopping mall located right next to the PUT dormitories – has everything you need. You'll find plenty of popular clothing chains like H&M, Zara, Pull&Bear, and Primark. For cosmetics, there are stores such as Rossmann, Hebe, and SuperPharm (which also includes a pharmacy). Additionally, there's a post office located inside the mall.



Another large shopping mall you might want to visit is Avenida, situated right next to the main train station in the city center.

As mentioned earlier, if you need a pharmacy, you can visit SuperPharm in Posnania or one of several pharmacies located on Katowicka Street.

# 10. Culture

A bit about Poznań's culture...

a) When you visit the Old Market Square in Poznań, one of the first things you'll likely notice is the Town Hall tower. At first glance, it might seem like an ordinary town hall, but there's something unique about it that draws many tourists every day.



Exactly at 12:00 PM and 3:00 PM, two wooden goats appear above the clock and butt heads for a full minute – a charming local tradition that's fun to watch.

This tradition comes from an old legend.

According to the story, once upon a time, two real goats climbed to the top of the Town Hall tower while trying to escape a hunter. The clever animals made everyone in the Town Hall laugh so much that the townspeople decided to commemorate the moment by placing wooden goats in the tower – so the memory of this amusing event would never be forgotten.



## ***b) Klasztorna 23 Street***

We hope you now feel even more inspired to visit the famous goats! And once you're there, we highly recommend checking out the St. Martin's Croissants Museum. Poznań is well known for its delicious croissants filled with white poppy seeds and nuts, especially on November 11th, when the city celebrates St. Martin's Day. During this holiday, the Old Town hosts a lively parade, celebrations, and of course – lots of croissants!

**The Croissant Museum** is located right next to the Town Hall tower. There, you'll learn a bit about Poznań's history, see how these traditional pastries are made by a baker, and even get to taste one. English-language presentations are held at 2 PM on Saturdays, Sundays, and on select additional days announced by the museum. You can find more details on the museum's website.



### ***c) Gdańska 2 Street***

Brama Poznania (Porta Posnania) – A modern, multimedia museum telling the story of the origins of the Polish state and Poznań's Cathedral Island. The museum focuses on interactive storytelling rather than traditional exhibits. Student discounts are available, and there's a "happy hour" offer: discounted tickets at 5 PM, Tuesday to Friday. More info available on their website.

<https://bramapoznania.pl/en/>

### ***d) al. Marcinkowskiego 9 Street***

National Museum in Poznań – An art gallery featuring primarily Polish artists, from the Middle Ages up to the 20th century. Free admission every Tuesday.

### ***e) Święty Marcin 80 Street***

Poznań Castle (Cultural Centre) – Hosts a variety of monthly events such as art exhibitions, cultural workshops, and performances. It's worth visiting their website to see what's planned.

<https://ckzamek.pl/>

#### **f) *Matejki 18 Street***

Palm House – A beautiful indoor garden filled with exotic plant and animal species. Student discounts available. More information can be found on their website. <https://palmiarnia.poznan.pl/en/>

#### **g) *Ostrów Tumski 17 Street***

Poznań Cathedral – One of the oldest churches in Poland, located on Cathedral Island. Entry is free, and the interior is stunning.

#### **h) *Aleja Armii Poznań***

Park Cytadela – Poznań's largest park, formerly a military fort. Today, it features walking paths and open-air military exhibits like tanks and artillery. Free entry.

#### **i) *Głogowska 14 Street***

MTP Poznań Expo – Not a museum, but still worth mentioning. This exhibition center hosts a variety of events and fairs nearly every weekend, covering a wide range of topics. Check their website for the current schedule. <https://www.mtp.pl/en>



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# 11. Entertainment

## GYMS

In Poznań, the most known gyms are: Fabryka Formy, McFit, Organic, Just Gym, Calypso, City Fit. In Fabryka Formy (for example in Posnania shopping center) there is a discount for students. If you are looking for a gym open 24 hours a day - choose Mcfit (located near Stary Browar) , Just Gym in M1 shopping center or City Fit in Pestka shopping center. Below you can find the links to the mentioned gyms:

<https://fabryka-formy.pl/kluby-fitness/poznan-posnania/karnety>

<https://www.mcfit.com.pl/silownia/poznan>  
<https://organicfitness.pl/>

<https://justgym.pl/silownie/poznan/szwajcarska/>  
<https://www.calypso.com.pl/en/>

<https://klubowicz.cityfit.pl/offers/pass/clubs/100040>

## SWIMMING POOLS

If you want to spend some time in water, you can choose Termy Maltańskie. It is the second biggest Aquapark in Poland and has an Olympic swimming pool. You can also try their saunas. This place is located at the Malta lake and you can get there using public transport: tram nr 6, 8 or bus nr 184.



## WARTA

Every city in Poland has its own place where young people can meet, chill, have BBQ and drink some beers. The same is in Poznań. That place is located on the banks of the Warta River. Main point is close to the Saint Roch Bridge (opposite the university). Visit Warta and don't miss your chance to play legendary Flanki.



# CLUBS

- Nocny Targ Towarzyski - opened during summer, food trucks, indoor and outdoor parties, concerts, different events
- Czekolada - two-storey club with rap and party hits
- Pacha - two-storey club with party hits



★ Feel the  
rhythm ★  
★ ★

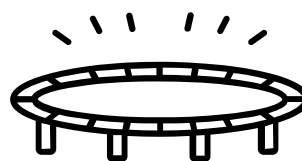
- Cuba Libre - latino music, the most liked by Erasmus students, opened everyday
- XDemon - house and party hits
- HAH - LGBT+ friendly club with many dance rooms
- Prywatka - party hits, karaoke

## OTHER PLACES:

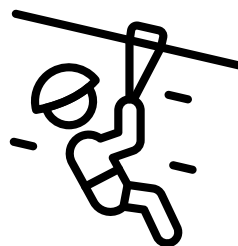
- Climbing wall -  
<https://groto.pl/poznan/>



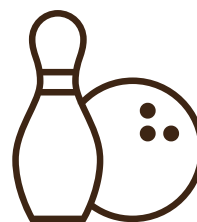
- Jump Arena -  
<https://jumparena.pl/poznan-grunwald/>



- Rope Park -  
<https://pyrlandpark.pl/en/>



- Bowling -  
<https://www.mkbowling.pl/s-tart-poznan>



- Ice Rink -  
<https://posir.poznan.pl/obiekty/chwialka/lodowisko>





# WELCOME DAYS

Integration Week is an ESN initiative consisting of a series of events held during the first week of the semester. Its main goal is to welcome incoming Erasmus+ students and help them integrate in a variety of ways.

Below are examples of events that took place during Integration Week in the previous semester.

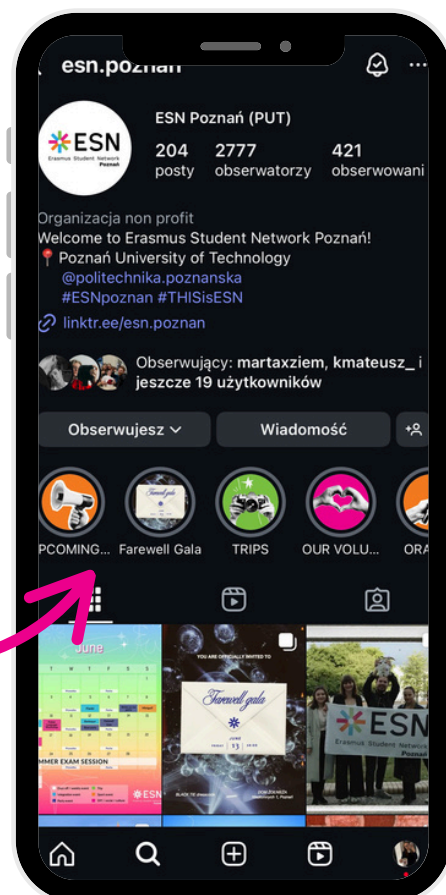


WELCOME DAYS SCHEDULE		
1/03 SATURDAY • SPEEDFRIENDING • BBQ • PARTY IN HAH	2/03 SUNDAY • CITY GAME • FLANKI GAME	3/03 MONDAY • PUBCRAWL • PARTY IN CUBA LIBRE
4/03 TUESDAY • PUBQUIZ • KARAOKE	5/03 WEDNESDAY • SPOOL • PARTY IN PRYWATKA	6/03 THURSDAY • INTERNATIONAL DINNER • PARTY IN XDEMON
7/03 FRIDAY • FLANKI TOURNAMENT • PARTY IN PACHA	8/03 SATURDAY • SPORT DAY • PARTY IN HAH	9/03 SUNDAY • TORUN TRIP



***We'll be sharing more info about this semester's edition on our social media— so stay tuned and don't miss it!***

We encourage you to follow our social media, where we'll be posting updates about the events we're organizing for you – they're sure to be wonderful experiences in unforgettable company!



## 12. Papers

If you have any doubts or questions regarding your educational path, please contact your faculty coordinator. Below is a link to the website.

<https://put.poznan.pl/koordynatorzy-wydzialowi>



And if you have any administrative issues, go to room 141 in building A2.

## 13. ESN Board

We're super excited to introduce you to our amazing board—starting with our president and the awesome team making everything happen behind the scenes.

President – Zuzanna Andrzejak

Vice President – Aniela Mikrut

PR Manager – Zofia Lewandowska

Project Manager – Yaryna Hrytsa

Network Cooperation & Local representative –  
Wiktoria Paśko



## 14. ESNcard

ESNcard is a membership card of Erasmus Student Network. It entitles you to discounts with our partners. A list of which, can be found at this link: <https://esncard.org/>

The most well-known are Ryanair, FlixBus, FlixTrain, Prywatka, PACHA, Cuba Libre, Groto, Orange.

To order an ESNcard, place an order at this website: <https://card.esn.pl/>. As an Exchange Student you need to enter your data, mark University in Poland you arrive at and section of ESN that you wish your card to be delivered to. If you are (or soon will be) Poznań University of Technology or University of the Arts Poznań student, your section is ESN Poznań.

The card will be delivered to the ESN Poznań ESNcard Coordinator, and she will contact the owners via WhatsApp.



## 15. Contact

If you have any questions or problems you can ask for help here:

**PUT Erasmus 2025/26 WhatsApp chat:**

[https://chat.whatsapp.com/LYDDZI71jgZ2gug4aQHYWC?mode=ems\\_copy\\_c](https://chat.whatsapp.com/LYDDZI71jgZ2gug4aQHYWC?mode=ems_copy_c)

Zuzanna Wakulik, Coordinator of ESN  
Buddy Program: [mentor.poznan@esn.pl](mailto:mentor.poznan@esn.pl)

IRO: [study@put.poznan.pl](mailto:study@put.poznan.pl)

Zuzanna Andrzejak, President of ESN  
Poznań: [president.poznan@esn.pl](mailto:president.poznan@esn.pl)

Weronika Sowińska, Coordinator of  
ESNcard: [card.poznan@esn.pl](mailto:card.poznan@esn.pl)

**Facebook:**

<https://www.facebook.com/esn.poznan>

**Instagram:**

<https://www.instagram.com/esn.poznan>



# 16. The end

If you're still with us – congratulations, you've made it to the end!

We truly hope this guide has been helpful and that you've found some valuable tips along the way.

Once again, thank you for choosing our University and for taking the time to read through this. We wish you an amazing stay in Poznań. We're confident that you'll not only meet all your goals for this journey, but even go beyond them.

Chase your dreams, take initiative, and don't be afraid to explore new opportunities!

We hope you'll create unforgettable memories here – both on campus and around the city.

See you soon – at the university or out and about in Poznań!

