



ANDRZEJ FRYZ MODRZEWSKI
KRAKOW UNIVERSITY



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Guide for incoming **ERASMUS+** students



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Poland – Your New Home!

Poland is a country with over a thousand years of history, located in the very heart of Europe. Here, centuries-old traditions and culture blend seamlessly with modern life. Its dynamic development attracts international companies, investors, and students from all over the world. Poland has so much to offer and even more to discover – not only vibrant cities, but also breathtaking nature and stunning landscapes. While the Polish language may seem challenging at first, you'll quickly get used to it and gain confidence. Enjoy delicious cuisine, warm hospitality, and the open-minded spirit of our people.

Have a wonderful stay!

- **Population:** ~ 37.5 million
- **Regions:** 16 voivodeships (regions)
- **Major cities:** Warszawa (capital), Kraków, Łódź, Wrocław, Poznań, Gdańsk
- **Rivers:** Vistula River, Odra River
- **Sea:** Baltic Sea
- **Mountains:** Tatra, Sudety, Bieszczady, Beskidy
- **Language:** Polish
- **Currency:** złoty (PLN) – 1 złoty = 100 groszy
- **Time zone:** Central European Time Zone (GMT+1/UTC + 1 hour)
- **Country code:** +48
- **Climate:** humid continental climate (cold winters, hot summers)



Kraków – the historic heart of Poland and a vibrant academic hub

Located in southern Poland, Kraków is the second-largest city in the country and a former royal capital. For centuries, it was home to Polish kings and witnessed many key historical events. Among its top landmarks are Wawel Royal Castle, Main Market Square with St. Mary's Basilica and the Sukiennice, as well as the atmospheric Kazimierz district.

Kraków is famous for its unique charm – a perfect mix of rich heritage and a modern, lively vibe. It's also one of Poland's leading academic centers, combining a strong educational tradition with a vibrant student life full of cultural events, social gatherings, and opportunities to pursue your passions. With its diversity, Kraków truly has something to offer for everyone.





Andrzej Frycz Modrzewski Kraków University (Frycz)

Andrzej Frycz Modrzewski Kraków University (AFMKU) is a non-public university based in the south of Poland, with over 9,000 students, including over 2,000 international students from 55 countries across all continents.

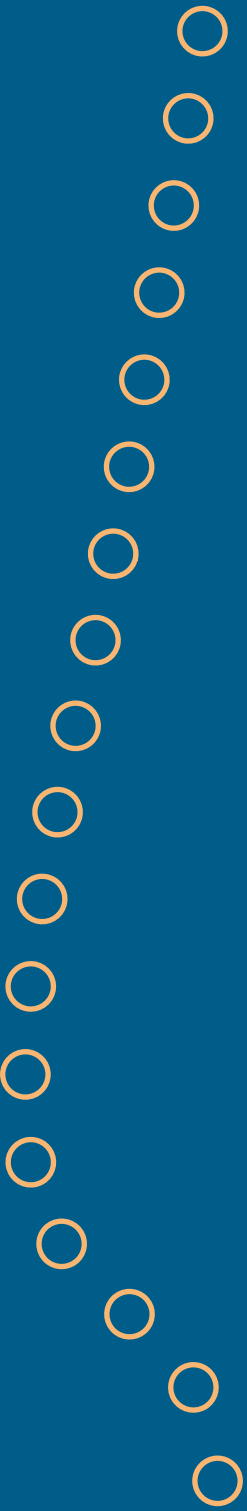
The University offers a wide range of bachelor's and master's degree programmes in both Polish and English, including fields such as medicine, law, social sciences, film and TV production, architecture, management, international relations, nursing, physiotherapy, psychology, and many others. The programmes are designed to meet the needs of a rapidly changing labour market by combining academic theory with practical experience.

AFMKU is committed to developing international cooperation, enhancing the quality of education, and supporting student mobility and international engagement.

The University actively participates in the Erasmus+ Programme, partnering with over 70 universities in 19 countries.

The campus is located in the vibrant and fast-developing Zabłocie district. It is well connected to the rest of Kraków — just 10 minutes by public transport to the Main Railway Station, 15 minutes to the Market Square, and 15 minutes to the historic Kazimierz district.

The patron of the University- Andrzej Frycz Modrzewski (1503–1572) was a prominent Polish Renaissance thinker and writer, often referred to as “the father of Polish humanism.” He advocated for social justice, equality before the law, and reforms in both the Church and the State. In his most famous work, *De Republica emendanda*, he emphasized the importance of education for all, freedom of speech, and peace among nations. His progressive ideas were far ahead of his time and influenced future generations of thinkers.



Faculties:

- Faculty of Acting
- Faculty of Architecture and Fine Arts
- Faculty of Health Sciences
- Faculty of Law
- Faculty of Management, Media and Technology
- Faculty of Medicine
- Faculty of Security Studies
- Faculty of Social Sciences and Philology

**Scan this QR Code to see possible
and available courses:**



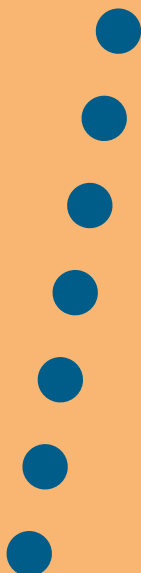
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Frycz in numbers:

- 26 years of history
- 30,000 m² modern campus
- 10,000 students from around the world
- 53,000 graduates

Academic calendar:

- Winter semester: 05.10.2026-29.01.2027
- Holidays: 01.11, 11.11, 23.12.2026-08.01.2027
- Examination period: 08.02-19.02.2027
- Resit period: 22.02-05.03.2027
- Summer semester: 01.03-18.06.2027
- Holidays: 27.03-29.03.2027, 01.05, 03.05, 27.05
- Examination period: 21.06-02.07.2027
- Resit period: 06.09-17.09.2027



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Before the mobility

How to Apply

To apply to our University, your home university must nominate you by e-mail. The nomination should include your first name, surname, email address, field of study, study cycle (e.g. Bachelor's, Master's). Once nominated, you will receive an email with registration instructions and a list of required documents.

Required Documents:

- Application form
- Language certificate confirming English proficiency at B2 level
- Online Learning Agreement (OLA)

Application deadlines

For winter semester: 30 June

For spring semester: 30 November

As soon as your documents are verified and approved by the relevant Erasmus+ Coordinator, you will receive a **Letter of Acceptance**, officially confirming your admission.

Student ID Card

Erasmus+ students are eligible to apply for a student ID card. As part of the application process, you will need to submit a passport-style photo, complete the application form, pay the ID card fee. The student ID card serves as an official university identification. It provides access to university systems, the library, and various student discounts – for example, on public transport.



Courses

As an Erasmus+ student, you can choose from a wide range of courses offered at our University. If you need assistance with selecting courses, or have questions about your study programme, please contact your **Faculty Coordinator**. This is an academic staff member who will support you in choosing the right courses and must **approve your Learning Agreement before your mobility period begins**.

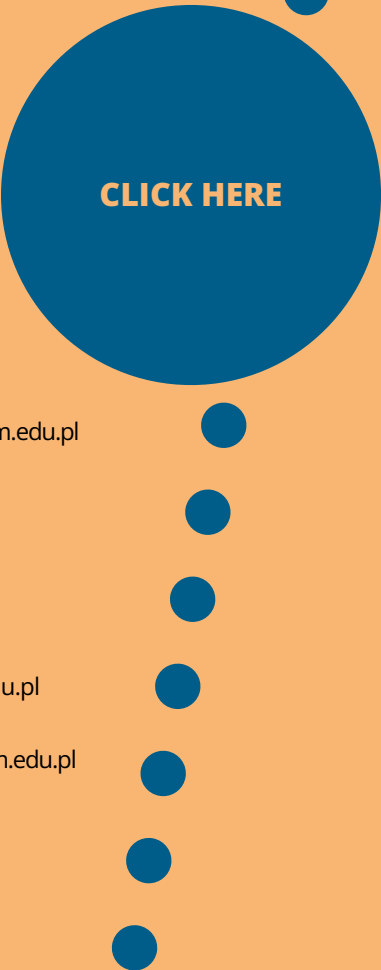
Contact details for Faculty Coordinators are available on our University website.

We accept **Online Learning Agreements (OLA)** that are prepared and signed in accordance with the **Erasmus Without Paper (EWP)** guidelines.

Our Erasmus code: PL KRAKOW17

Faculty Coordinators:

- **Faculty of Acting**
Katarzyna Deszcz, MA, – kdeszcz@uafm.edu.pl
- **Faculty of Architecture and Fine Arts**
Professor Barbara Stec, PhD – bstec@uafm.edu.pl
- **Faculty of Health Sciences**
Karolina Węglarz, PhD (Physiotherapy) – kwęglarz@uafm.edu.pl
Anna Mokrzycka, PhD – amokrzycka@uafm.edu.pl
- **Faculty of Medicine**
Anna Mokrzycka, PhD – amokrzycka@uafm.edu.pl
- **Faculty of Law**
Anna Paterek, PhD – apaterek@uafm.edu.pl
- **Faculty of Management, Media and Technology**
Professor Marta Majorek, PhD – mmajorek@uafm.edu.pl
- **Faculty of Security Studies**
Professor Monika Ostrowska, PhD – mostrowska@uafm.edu.pl
- **Faculty of Social Sciences and Philology**
Rafał Majka, PhD – rmajka@uafm.edu.pl



CLICK HERE

Online Services

UAFM Portal

The UAFM Portal is an online platform that provides access to all key digital systems and services used by students. You can find it here:

<https://portal.uafm.edu.pl/en/>

Access to UAFM University's online services is provided through the Central Login System (CSL), which uses a single, unified user account.

Your username (login) will be in the following format:

00000@student-afm.edu.pl, where **00000** represents your student ID number.

You will receive an email with a link to set up your password at the private email address you provided in your admission form. This means you will use **one login and one password** to access all university services.

WI-FI

Once you have your account, you will be able to use the university Wi-Fi, where you will need to enter your university email and password.

VIRTUAL DEAN'S OFFICE

The Virtual Dean's Office is an electronic student service system that provides remote access to administrative services, educational information, and academic documentation.

In the system you can check the courses you are enrolled in (including the classroom, the lecturer's name, the group assignment, and the schedule), as well as all other information related to your academic record. Information about cancelled classes or changes from on-campus to online instruction will also be available in the Virtual Dean's Office, so it is advisable to check the system regularly.

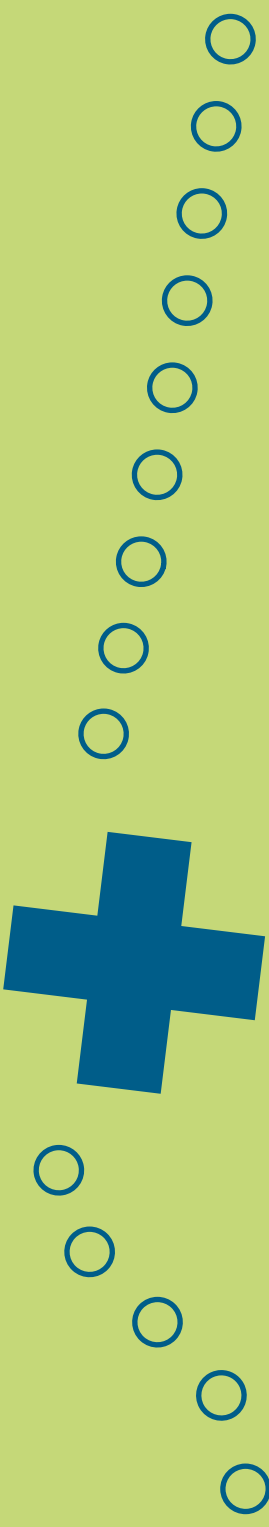
Please note!

Only courses conducted in the standard mode, jointly with UAFM students, are visible in the system. If you are completing courses individually, these courses will not appear in the Virtual Dean's Office.

API

If you want to check information about classes or lecturers without logging in, you can use the website api.uafm.edu.pl. Visit the site and choose one of the following options: Leader's plan, Room plans, or Course schedule.

Wirtualny Dziekanat - Main site



Accommodation

The University does not have its own dormitories. However there are comfortable private student residences located nearby. Base-camp is just a 3-minute walk from the campus, and Student Depot is only one tram stop away. There are also other dormitories like Zeitraum, StudentSpace, or Next Door Housing. Many international students coming to Kraków also choose to rent private apartments, or shared flats in the city.

Health Insurance

- All Erasmus+ students should have valid health insurance covering emergency and full medical treatment for the entire stay in Poland.
- EU citizens should bring a valid European Health Insurance Card (EHIC).
- Non-EU citizens must purchase private health insurance before arrival.
- Make sure you have valid health insurance before your departure.
- For details, visit the website of the Polish Consular Office in your country.

Visa

EU/EEA Citizens

Citizens of the European Union (EU) and European Economic Area (EEA) do not need a visa to enter Poland. They can stay in Poland for up to 90 days with a valid travel document or another official ID confirming their identity and citizenship.

Non-EU Citizens

Non-EU students must apply for a visa before arriving in Poland. To apply for a student visa, you may need an Acceptance Letter from Andrzej Frycz Modrzewski Krakow University, which can be issued once all required application documents have been submitted.

Please note visa requirements may vary depending on your country of residence, the Acceptance Letter may not be sufficient to obtain a visa in some cases.

It is strongly recommend to check the visa regulations on the official website of the Polish embassy, or consulate in your country, or on the website of the Ministry of Foreign Affairs of the Republic of Poland:
<https://www.gov.pl/web/diplomacy/visas>



After Arrival

Follow these steps!

Orientation Week

Before the academic year begins, join the Orientation Week organized by the International Relations Office especially for you! You'll meet your future friends, get to know the University, and explore the city. It's the perfect way to feel more comfortable in your new environment!

University Language Center

Take part in the course of Polish for beginners offered by our Language Centre. To find out more about other language courses available at University:

sjo@uafm.edu.pl

Buddy System

Incoming Erasmus+ students can benefit from the Buddy System, a student-led initiative designed to help international students adapt to life in Kraków and at the university.

As part of the **Buddy System**, each incoming student is matched with a local student – called a **“buddy”** – who serves as a guide and point of contact. Your buddy can assist you with practical matters such as finding your way around the city and campus, registering at the university, understanding your class schedule, dealing with everyday tasks (e.g. shopping, transportation, opening a bank account), or introducing you to student life and local culture.

The Buddy System is a great way to meet new people, make friends, and feel more comfortable during your stay.

Should you need more information about how to join the Buddy System before or after your arrival, contact the International Relations Office.



Good to know about Frycz

Sports activities

If you want to continue your physical activity or try something new, we warmly invite you to take part in the sports activities offered by our university.

The list and schedule of team sports activities can be found here:

<https://swf.uafm.edu.pl/harmonogram-azs>

No prior registration is required. If you wish to join a sports team or group, you should attend the class and inform the instructor of their interest in participating.

Please remember that all Erasmus students may also use our university gym and sports center. For more information, please contact:

swf@uafm.edu.pl

Emotional support

The university offers free psychological consultations for Erasmus students to support their emotional and psychological well-being. These sessions are conducted in English as part of crisis intervention and provide consultative support. Consultations take place every Wednesday from 8:00 a.m. to 4:00 p.m. in room D311. Appointments can be scheduled by sending an email to:

acalka@uafm.edu.pl

Office for Students with Disabilities

Our University provides individualized support and a wide range of assistance for students with disabilities to meet their specific needs. Don't hesitate to contact:

bon@uafm.edu.pl



Canteen - Vizja Food Frycz

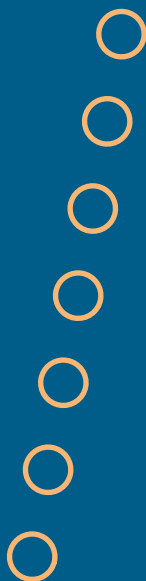
The University has its own canteen offering tasty and affordable meals. It is located in **Building C**.

Library

Our library holds over 140,000 books and 1,600 journal titles. Three reading rooms are equipped with scanners, printers, and computers for student use. Contact details:

biblioteka@uafm.edu.pl.





After the Mobility

At the end of your Erasmus+ mobility, and after successfully completing your course of studies at Andrzej Frycz Modrzewski Krakow University, you will receive the **Confirmation of Stay and the Transcript of Records**.

Remember to contact the International Relations Office before your departure.

Grading scale

University grading scale related to ECTS grading system:

Polish Grade	Definition	Description
6	Excellent	exceptional and outstanding performance
5	Very Good	outstanding performance with only minor errors
4.5	Good Plus	above the average standard but with some errors
4	Good	generally sound work with a number of notable errors
3.5	Satisfactory Plus	fair but with significant shortcomings
3	Satisfactory	performance meets the minimum criteria
2	Unsatisfactory	some more work required before the credit can be awarded considerable further work is required

What might be useful

Transportation

Kraków Airport (Balice)

is located 11 km from the city center. It is easy to get there by train directly from Kraków Główny Railway Station located in the city center, next to Galeria Krakowska, by bus, or by taxi.

MDA (Małopolski Dworzec Autobusowy)

MDA Bus Station in Kraków is located right next to the Kraków Główny Railway Station and operates domestic and international connections (e.g. Flixbus).

Cars

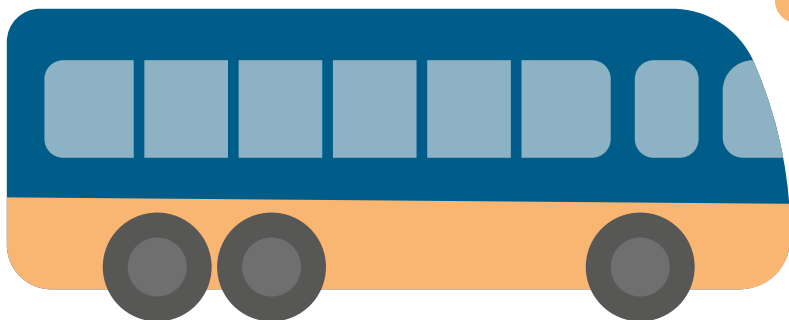
There are several paid parking zones in Kraków. The fee depends on the zone. Payments are made at parking meters.

Public transport

The best way to get around Kraków is by tram, or by bus. Another option is the Fast Urban Railway known as SKA - Szybka Kolej Aglomeracyjna.

Public Transport Tickets in Kraków

You can buy tickets via the Jakdojade app, or ticket machines at tram/bus stops.





Currency in Poland

The official currency in Poland is the Polish złoty (PLN). Euros are not widely accepted, so make sure to use, or exchange local currency.

You can withdraw cash from ATMs, deposit money using cash deposit machines, or manage your funds through banking apps.

Free days... i.e Public Holidays

- **November 1:** All Saints Day
- **November 11:** Independence Day
- **December 24:** Christmas Eve
- **December 25-27:** Christmas Day and St. Stephen's Day (first and second days of celebration)
- **January 6:** Epiphany
- **Easter:** the date changes annually
- **Corpus Christi:** the date changes annually, on Thursday after Pentecost (May or June)
- **May 1:** Labour Day
- **May 2:** The Day of the Polish Flag and the Day of Polonia
- **May 3:** The Constitution Day
- **August 15:** The Assumption of Mary

Getting a Polish SIM card

Having a Polish phone number will make your stay much easier – you'll need it for opening a bank account or registering for some services. SIM cards are available at airports, shopping malls, convenience stores, and official operator shops. You will need your passport, or your national ID (you must register your SIM card when purchasing it).

Electricity and plugs

In Poland, the standard voltage is 230 V, and the frequency is 50 Hz. Power plugs and sockets are of type E, which have two round pins. Travelers from countries with different plug types may need an adapter.

Remember about...

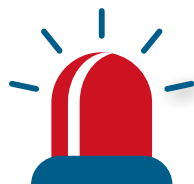
Respecting the Rules in Poland

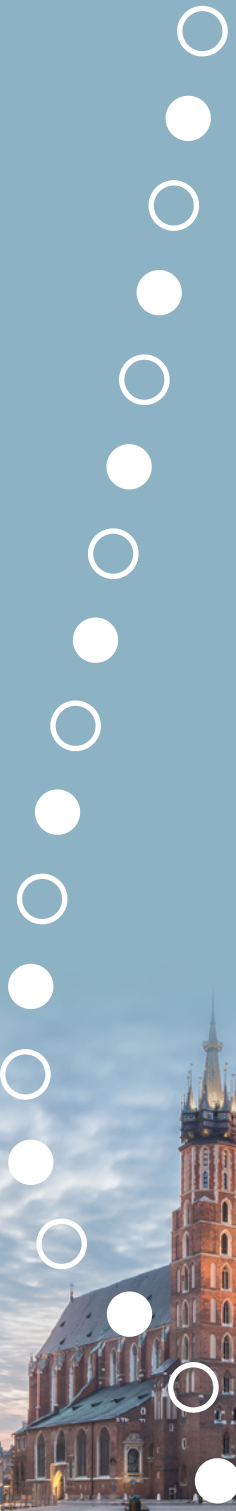
Following local rules will help make your stay in Poland safe and enjoyable. Here are some important regulations to keep in mind:

- Quiet hours: from 10:00 p.m. to 6:00 a.m.
- Recycling is mandatory – sort your waste accordingly
- Most shops are closed on Sundays (no shopping on non-trade Sundays)
- Do not cross the street on a red light
- Do not use your phone while crossing the street
- Drinking alcohol in public places is prohibited
- You cannot buy alcohol after 10:00 p.m.
- Using a phone while driving is not allowed

Emergency numbers:

- **Ambulance** - tel. 112 / 999.
- **Fire brigade** - tel. 112 / 998.
- **Police** - tel. 112 / 997.





Kraków - must see

- **Royal Route highlights:** Barbakan, St. Florian's Gate, St. Mary's Basilica, Church of St. Wojciech, Church of Saints Peter and Paul, Wawel Royal Castle.
- **Historic districts:** Podgórze, Kazimierz, Nowa Huta, Bronowice.
- **Museums:**
 - National Museum
 - Manggha Museum of Japanese Art and Technology
 - Rynek Underground Museum
 - Sukiennice Gallery of 19th-Century Polish Art
 - Oskar Schindler's Enamel Factory
- **Mounds and parks:**
 - Kopiec Kościuszki, Kopiec Piłsudskiego, Kopiec Kraka, Kopiec Wandy
 - Park Jordana, Błonia, Planty
- **Outdoor swimming spots:** Bagry, Kryspinów, Zakrzówek, Przylasek Rusiecki
- **Popular hangouts:** Kazimierz district, Forum Przestrzenie, Vistula Boulevards (Bulwary Wiślane)

Bike paths: Kraków offers many cycling paths. One of the most popular is the enjoyable path to Tyniec, the oldest existing monastery in Poland. Bikes and scooters can be rented using popular apps.



What to see outside of Kraków?

Wieliczka Salt Mine

Dating back to the 13th century, this is one of the largest salt mines in Europe and is listed as a UNESCO World Heritage Site. Discover underground chambers, chapels carved out of salt, and fascinating medieval history.

Auschwitz-Birkenau Museum

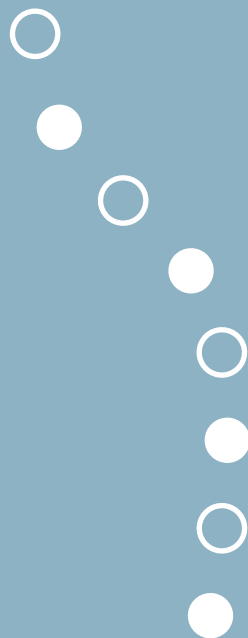
The former German Nazi concentration and extermination camp – one of the world's most significant memorial sites. A visit here is a deeply moving lesson in history and human dignity.

The Tatra Mountains and Zakopane

The Tatras are Poland's highest mountain range, perfect for hiking, skiing, and connecting with nature. At their base lies Zakopane – a charming town known for its wooden highlander architecture, regional cuisine, and unique atmosphere. Popular hiking destinations include Morskie Oko Lake (Sea Eye), Valley of Five Lakes, Chochołowska Valley, and Kościeliska Valley.

Energylandia – Amusement Park

The largest amusement park in Poland, located in Zator (around 1 hour-drive from Kraków). It features dozens of roller coasters, themed zones, water attractions, and live shows.



Be careful when you see the dragon...

Some legends and stories related to Kraków

In Poland, legends are an important part of culture – they teach values, present heroes, and explain the origins of places and customs. Kraków, being one of the oldest cities in Poland, has an especially rich world of legends.

The Legend of the Wawel Dragon

Long ago, a fearsome dragon lived beneath Wawel Hill. It devoured animals and kidnapped people, and no one could defeat it – until a young shoemaker named Dratewka came up with a clever idea. He stuffed a sheep with sulfur and tricked the dragon into eating it. After the feast, the dragon became so thirsty that it drank the entire Vistula River... until it burst! Today, in memory of this story, you can see a dragon statue under Wawel Castle that actually breathes fire.



The Legend of the St. Mary's Trumpet Call (Hejnał)

Every hour, a bugle call is played from the tower of St. Mary's Basilica. But... the melody suddenly breaks off. Why? According to legend, during the Middle Ages, a trumpeter sounded the alarm to warn Kraków's residents of an incoming Tatar invasion. Sadly, while playing, he was struck by an arrow. Since then, the melody has always ended in the same spot – exactly where the trumpeter was interrupted.



Polish your Polish

Polish belongs to the Slavic language group, which means that it may be somewhat similar to Czech, Slovak, or Ukrainian—but it has its own unique character and melody. Polish is known as one of the more difficult languages to learn—it has complicated grammar, seven cases, and lots of exceptions. But don't worry! In everyday life, a basic knowledge is enough, and most Poles greatly appreciate any attempt to speak their language – even if you make mistakes.

GB English	PL Polski	Pronunciation
Good morning / Hello	Dzień dobry	jen dobri
Good evening	Dobry wieczór	dobri vie-choor
Goodbye	Do widzenia	do veed-zen-ya
Hi / Bye (informal)	Cześć	cheshch
How are you?	Jak się masz?	yak shay mash
I'm good, thank you	Dobrze, dziękuję	dob-zhe jen-koo-yeh
Please / Here you go	Proszę	pro-she
Thank you	Dziękuję	jen-koo-yeh
I'm sorry / Excuse me	Przepraszam	pshe-pra-sham
Yes	Tak	tak
No	Nie	nye
I don't understand	Nie rozumiem	nye ro-zoo-myem
I speak a little Polish	Mówię trochę po polsku	moo-vye tro-he po pol-skoo
Do you speak English?	Czy mówisz po angielsku?	chi moo-veesh po an-giel-skoo
How much is it?	Ile to kosztuje?	ee-le to koshtoo-ye
What time is it?	Która godzina?	ktoo-ra go-jee-na
I'm a student (m/f)	Jestem studentem / studentką	yes-tem stoo-den-tem / -tkom
I don't speak Polish	Nie mówię po polsku	nye moo-vye po pol-skoo
I'm from...	Jestem z...	yes-tem z...
Where is the bus stop?	Gdzie jest przystanek?	g-je yest pshee-sta-nek
See you	Do zobaczenia	do zo-ba-chen-ya
Have a nice day	Miłego dnia	mee-we-go dnya

POWODZENIA I BAW SIĘ DOBRZE!
(GOOD LUCK AND HAVE FUN!)

You will never be hungry in Poland

Polish cuisine has a rich history shaped over centuries, influenced by Slavic, Jewish, Austrian, and Eastern European traditions. As a result, Polish dishes are diverse, aromatic, and often.... very filling!

While pierogi are world-famous, Polish cuisine also offers a wide variety of soups, meat dishes, and delicious cakes and desserts.

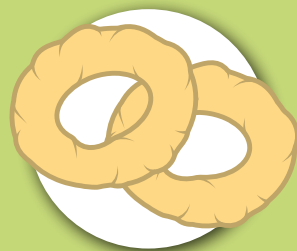


Polish name	English name	What is it?
Rosół	Chicken broth	Clear chicken soup with noodles – a traditional Sunday lunch starter.
Barszcz	Beetroot soup	A red soup made from beets, often served with small dumplings (uszka).
Żurek	Sour rye soup	A sour, creamy soup made with fermented rye flour, served with egg and sausage.
Pierogi	Dumplings	Dough parcels filled with meat, cheese, potatoes, mushrooms, or fruit.
Kotlet schabowy	Breaded pork cutlet	Similar to schnitzel – a pork chop coated in breadcrumbs and fried.
Bigos	Hunter's stew	Stewed sauerkraut with various meats and mushrooms – very rich and hearty.
Sernik	Cheesecake	Baked cheesecake made with a special Polish cheese (twaróg).
Szarlotka	Apple pie	Polish-style apple pie with cinnamon – often served warm.
Makowiec	Poppy seed roll	Rolled cake filled with sweet poppy seed paste – popular for holidays.
Pączki	Polish doughnuts	Deep-fried doughnuts with jam or other sweet fillings, covered in sugar.

Kraków is full of unique local tastes and sweet surprises. Here are a few must-try treats you shouldn't miss during your stay:

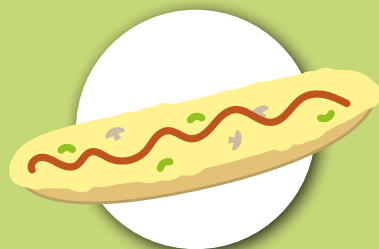
Obwarzanek krakowski (Kraków-style bagel)

A round twisted bread with a crispy crust and soft inside – sprinkled with poppy seeds, sesame, or salt. It's a symbol of Kraków and a popular street snack. You'll find them at every corner in little blue carts! Fun fact: Obwarzanek has been baked in Kraków since the 14th century!



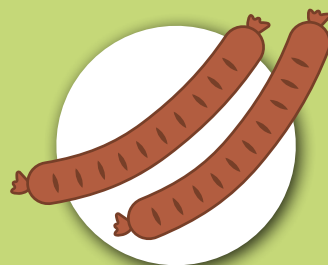
Zapiekanka

Zapiekanka is a toasted open-face sandwich made of a sliced baguette, or other long roll of bread, topped with sautéed white mushrooms, cheese and sometimes other ingredients such as ham. Served hot with ketchup. Some zapiekanka stands even attained cult following, such as those located in Plac Nowy (New Square) in the Kazimierz district of Kraków.



Kiełbaska z Nyski

"Kiełbaska z Nyski" ("Sausage from Nyska") is an iconic street food spot in Kraków. Since the 1990s, a historic blue Nysa van has been serving grilled sausages with a bun and mustard near the Hala Targowa market hall. This place has become a legendary late-night food stop in Kraków. The sausages are grilled over an open flame, giving them a unique taste and aroma.



To end with...

Thank you for choosing Andrzej Frycz Modrzewski Krakow University. We wish you a pleasant stay, full of memories, adventures, and unforgettable moments! We hope to provide you with the highest quality education and everything you need. Have a great time!

Questions?

Contact the International Relations Office
We look forward to welcoming you to our University!

We are here to hear from you!

International Relations Office
erasmus@uafm.edu.pl
Room 204, building B
Gustawa Herlinga-Grudzińskiego 1;
30-705 Kraków, Poland
phone: (+48) 12 252 46 96, 12 252 46 95,
12 252 45 81, 12 152 46 98



**Do zobaczenia
(see you!)**