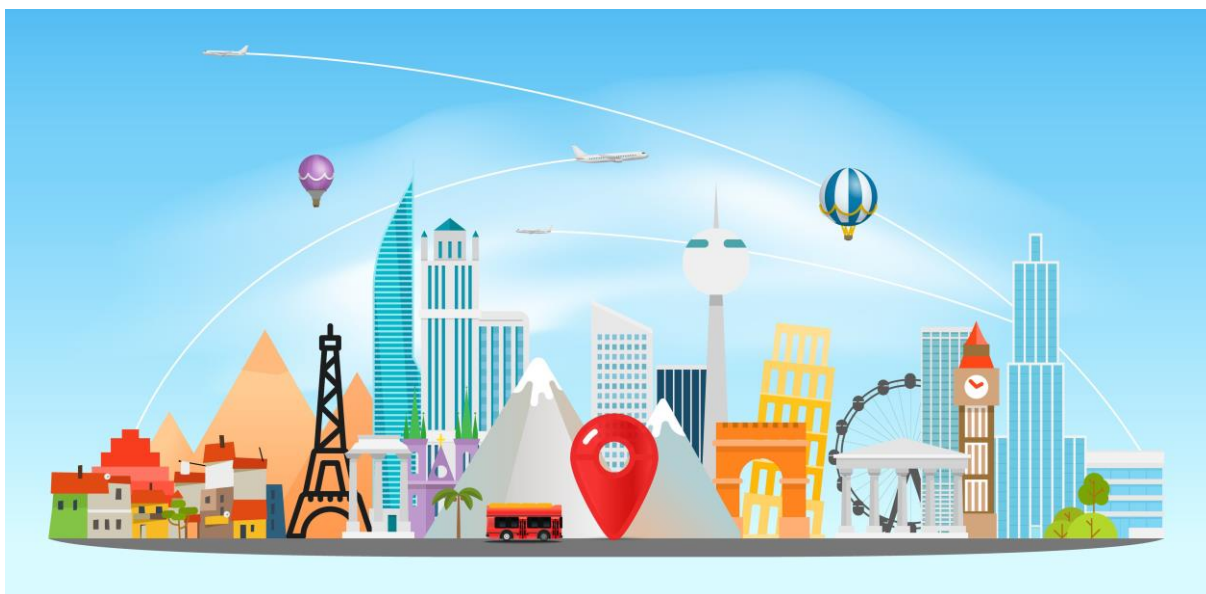


ANS AKADEMIA NAUK
STOSOWANYCH
W NOWYM SĄCZU

**UNIVERSITY OF APPLIED SCIENCES
IN NOWY SĄCZ**



GUIDE FOR INTERNATIONAL STUDENTS

www.ans-ns.edu.pl

International Relations Office

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tel. +48 18 547 56 02 or +48 18 443 45 45 ext. 101 or 102

Faculty of Economic Sciences

- ECONOMICS (I degree)
- e-ADMINISTRATION (I degree)
- MANAGEMENT (I degree)
- ECONOMICS AND BUSINESS FINANSING (II degree)

Faculty of Humanities

- ENGLISH PHILOLOGY (I degree)
- GERMAN PHILOLOGY (I degree)
- LINGUISTICS FOR BUSINESS (I degree)
- PRACTICAL LINGUISTICS (II degree)

Faculty of Physical Education and Security Sciences

- PHYSICAL EDUCATION (I degree)
- INTERNAL SECURITY (I degree)
- PHYSIOTHERAPY (Master degree)

Faculty of Social Sciences and Arts

- PRE-SCHOOL AND EARLY SCHOOL PEDAGOGY (Master degree)
- PUBLIC RELATIONS AND ADVERTISING (I degree)
- GRAPHIC DESIGN AND VISUAL TECHNOLOGIES (I degree)
- USER EXPERIENCE AND NEW MEDIA DESIGN (II degree)

Faculty of Engineering Sciences

- COMPUTER SCIENCE (I&II degree)
- TRANSPORT AND LOGISTICS (I degree)
- MECHATRONICS (I&II degree)
- MANAGEMENT AND PRODUCTION ENGINEERING (I&II degree)

Faculty of Health Sciences

- DIETETICS (I degree)
- MEDICAL RESCUE (I degree)
- NURSING (I&II degree)

Welcome to the University of Applied Sciences in Nowy Sącz

Akademia Nauk Stosowanych w Nowym Sączu (ANS) is a state university established by the Polish government order on June 16, 1998 as one of the first schools of this type in Poland. It is located in the charming town of Nowy Sącz, in the beautiful mountainous area of Southern Poland. ANS students can find their specialization among the subjects offered by the six faculties:

- **Faculty of Economic Sciences**
- **Faculty of Humanities**
- **Faculty of Physical Education and Security Sciences**
- **Faculty of Engineering Sciences**
- **Faculty of Social Sciences and Arts**
- **Faculty of Health Sciences**

Full-time studies at University of Applied Sciences in Nowy Sącz are free. ANS offers also part-time (weekend) study programs, as well as postgraduate studies. First degree graduates after 3 years are awarded either a *licencjat* diploma (Bachelor of Arts degree) or after 3,5 years - an engineering diploma (Bachelor of Science degree). Graduates may then work in their chosen profession as well as pursue master degree studies and post-graduate programs. Second degree studies (Masters) takes 1,5 or 2 years depends on chosen field.



CONTACT THE UNIVERSITY

Main building address:

ul. Staszica 1, 33-300 Nowy Sącz, Polska

International Relations Office: floor 1

website: www.ans-ns.edu.pl e-mail: briw@ans-ns.edu.pl

tel.: +48 18 443 45 45, + 48 18 547 56 02, fax: +48 18 443 46 08



OUR UNIVERSITY IN NUMBERS

Number of students: about 4,000

Number of graduates: over 21000

Number of university teachers and administrative staff: 410

Number of residents in Nowy Sącz: 84 000

THE UNIVERSITY LIBRARY

al. Wolności 40, tel.: +48 18 547 56 10

Opening hours: LIBRARY: Monday-Friday: 8.00-16.00

READING ROOM: 9.00-16.00, Saturday: 10.00-14.00.

The reading room has individual study areas, computers, including 2 rooms for disabled users and 1 magnifier for the visually impaired. It is also possible to use a Wi-Fi and a scanner. The reading room users have free access to the book collection, which can be used on the premises. The reading room is always in possession of one copy of the book, which is no longer available for borrowing.



FACULTY OF ECONOMIC SCIENCES (al. Wolności 38)



FACULTY OF HUMANITIES (ul. Kochanowskiego 44)



FACULTY OF SOCIAL SCIENCES AND ARTS (ul. Chruślicka 6)



FACULTY OF ENGINEERING SCIENCES (ul. Zamenhofa 1A)



FACULTY OF PHYSICAL EDUCATION AND SECURITY SCIENCES (ul. Kościuszki 2)



FACULTY OF HEALTH SCIENCES (ul. Kościuszki 2 G)





ACCOMMODATION

Student`s House is located at the address: ul. Długosza 61, tel. +48 18 547 35 33.



In order to get a place in a dormitory students must fill in the application form and indicate the option ‘reservation’ in their application. The dorm is located in the city center, so a great advantage of its location is its proximity to all the school institutes: 5 to 15 minute walking distance. The dormitory can accommodate about 199 students in modern single, double and triple rooms, which are furnished and have ensuite bathrooms and Wi-Fi. The building also has rooms for disabled guests as well as ramps for the disabled and an elevator. The dorm has a shared kitchen and a TV room. Monthly fee per person is approximately: a triple room - 300 PLN; a double room - 340 PLN; a single room - 380 PLN. There is a bar offering cheap student lunch and dinner. Next to the dorm there is a large shopping center and self-service grocery stores.

LANGUAGE COURSES

International Relations Office cooperates with *Lingwista Student Research Society* in the Faculty of Humanities, in organizing Polish language courses for foreigners as well as various social events. Students can also take some other language courses, the offer is available at <http://www.erasmus.org.pl/eilc-poland>

ACADEMIC CALENDAR 2022/23



Winter semester: October 1 – February 19

June 1	Erasmus application deadline for winter semester
October 1	First day of classes for the winter semester
October 3	Official ceremony of the new academic year opening - no classes
October 31- November 2	All Saints' Day - religious holiday (no classes, shops closed)
November 11	National Independence Day (no classes, shops closed)
December 24 – January 1	Christmas break - no classes
December 25 – 26	Christmas Holiday (no classes, shops closed)
January 1	New Year's Day (no classes, shops closed)
January 6	Epiphany - religious holiday (no classes, shops closed)
January 31- February 16	Winter Session Final Exams

Summer semester: February 20 – July 2

December 1	Erasmus application deadline for summer semester
February 20	First day of classes
April 5-11	Easter break - no classes
April 9-10	Easter Holiday
May 1-3	Labour Day; National and religious holiday – (no classes)
June 16 May 21 – 22	University Holiday Juvenalia - Student Festival (parties and concerts)
June 8	Religious Holidays (no classes, shops closed)
June 18	Last day of classes for the summer semester
June 19 – July 2	Summer Session Final Exams

ECTS grade	Polish grade scale	Approximate % of success	Definition
A	5.0	10%	very good - outstanding performance with only minor errors
B	4.5	25%	good plus - above the average standard but with some errors
C	4.0	30%	good - generally sound work with a number of notable errors
D	3.5	25%	satisfactory plus - fair but with significant shortcomings
E	3.0	10%	satisfactory - performance meets the minimum criteria
FX			fail – some more work required before the credit can be awarded
F			fail – considerably more work is required

TOWN OF NOWY SĄCZ

Nowy Sącz was founded on 8 November 1292 by the Bohemian king Wenceslaus II, on the site of an earlier village named Kamienica. The city is located at the confluence of the Kamienica River into the Dunajec, about 20 km north of the Slovak border, in the Sądecka Valley (Kotlina Sądecka) at an altitude of 381 m (1,250.00 ft). It is surrounded by ranges of the eastern Outer Western Carpathian Mountains: Beskid Sądecki to the south, Beskid Wyspowy to the west, Beskid Niski to the southeast, and the foothills of Pogórze Rożnowskie to the north. The geological basis is Carpathian flysch – an undifferentiated grey-banded sandstone – with alluvial sediment from the Dunajec, Poprad, and Kamienica rivers in the valley basin. The climate is temperate, with an average annual rainfall of about 700 millimeters.



Nowy Sącz is the governmental seat of powiat nowosądecki (county or governmental district) part of the Lesser Poland Voivodeship, Województwo Małopolskie since 1999. Between 1975 and 1998 it was the provincial seat of Nowy Sącz Voivodeship. Before that and during the Second Polish Republic Nowy Sącz was a county seat in the Kraków Voivodeship. In 1951 it became a town with the rights of a county. It is the historic and tourist center of Sądeczczyzna, the Sądecki district.



The town has many historic features, including:

- One of the largest marketplaces in Europe, after Kraków, the largest market in Poland. The late 19th century Ratusz (city hall) is centered in the square.
- Saint Margaret's basilica, Bazylika kolegiacka Św. Małgorzaty (15th century). The coat of arms shows St. Margaret and a dragon; her name day is July 20
- A 15th-century house Dom Gotycki containing a regional museum
- A gothic Franciscan church.
- The Great Synagogue, dating from 1746, now the Galeria Dawna Synagoga, a gallery with some historical displays. There is a memorial tablet on the front in Polish, Hebrew, and Yiddish. Across the Kamienica River is the Jewish cemetery.
- Saint Roch, a church of wooden construction from the 15th century, in the Dąbrówka district. The old cemetery chapel St. Helen's Church is another example.
- The partially restored ruins of a mediæval Royal Castle from the 14th century during the reign of Kazimierz the Great. It was destroyed in 1945 at the end of World War II when it was used as a German ammunition store and was the site of mass executions. There are also the remains of the city walls nearby.
- An open air museum or skansen (Sądecki Park Etnograficzny), containing a village of relocated authentic structures recreating indigenous architecture, customs, and folk culture from the region. Of particular note are the wooden churches, including an Orthodox church and the Roma (Gypsy) village.
- Stary Sącz (Old Sącz) 10 km to the south, founded in 1163 but smaller than Nowy (New) Sącz, has a charming cobbled market square, with a convent of Poor Clares to the east.
- There are also several routes emphasizing wooden churches in the region of note.

Source: *Wikipedia*, Retrieved 8 September 2015 at https://pl.wikipedia.org/wiki/Nowy_S%C4%85cz



HOSPITAL AND TREATMENT



Emergency calls

Ambulance: 999, 112

Police: 997, 112

Fire service: 998, 112

City police: 986

Emergency no: 112 when you're calling from mobile.

Hospital Emergency Ward in Nowy Sącz

ul. Młyńska 5, 33-300 Nowy Sącz, tel.: 18 443 88 77, www.szpitalnowysacz.pl

Public Hospital

ul. Śniadeckich 10, tel. 18 443 88 77, www.szpitalnowysacz.pl

(medical assistance after 6 pm. and on weekends and holidays in the building "onkologia")

Public clinic - Obwód Lecznictwa Kolejowego

ul. Batorego 77, tel. 18 444 29 99, 442 00 06

Dentistry:

- Denticulus: ul. Sucharskiego 1a tel: +48 18 547 25 25

or ul. Nawojowska 3, tel: +48 18 443 68 90

- Specialized Dental Center sp o.o., ul. Żółkiewskiego 23, tel. 18 444 14 62

Gynecology:

- MEDICOR s.c., ul. Długosza 45, tel. 18 443 57 03, Private Hospital ul. Rzemieślnicza 5

- Centrum Ginekologiczno - Położnicze, ul. Nawojowska 3, tel. 18 547 49 29

Police Headquarters in Nowy Sącz

ul. Grottera 50, 33-300 Nowy Sącz, tel.: 18 442 41 11, 442 41 18, nowy-sacz.policja.gov.pl

Municipal Headquarters of the State Fire Service in Nowy Sącz

ul. Witosza 69, 33-300 Nowy Sącz, tel.: 18 448 69 00 , www.psp-nowysacz.pl

Municipal Police Headquarters in Nowy Sącz

ul. Lwowska 71, 33-300 Nowy Sącz, tel.: 18 443 70 54, 443 75 84

Volunteer Mountain Rescue Service

tel.: 985 or: 601 100 300, <http://gopr.pl>

Tatra Voluntary Rescue

tel.: 18 20 63 444 or: 601 100 300, www.topr.pl

TRANSPORT

The easiest and cheapest way to move around Nowy Sącz is to use the **public bus transport MPK**. A single ticket for students costs 3 PLN – available for purchase at the kiosk in the street (cheaper tickets for students are available after getting a Polish student ID). You can buy a ticket from the bus driver, but it is a little more expensive. A monthly ticket costs 86 PLN and you can buy at the point of customer service: ul. Aleja Batorego 92, ul. Wyspiańskiego 22 or ul. Rynek 22. You will find more information and the current timetables at the website www.mpk.sacz.pl



There are many private companies of which you can try:

- TAXI Nowy Sącz “TRÓJKI” tel. 5 333 333
- Radio Taxi Expres tel. 196-22 or 606 9622 00

You can travel by **buses**: MDA Nowy Sącz Bus Station; Dworzec Autobusowy: pl. Dąbrowskiego 2; Information: 703 203 996, www.mda.malopolska.pl



Private Buses (the best transport from & to Krakow):

- **Szwagropol** line www.szwagropol.pl

In Poland you can travel by **train**: Dworzec Kolejowy: ul. Kolejowa 17 www.pkp.pl



or **plane** – the closest airports are in:

- Krakow Balice www.krakowairport.pl/pl/
- Katowice Pyrzowice www.katowice-airport.com/
- Warszawa www.lotnisko-chopina.pl/pl/pasazer

For more information on train, bus and urban transport services as well as online tickets please visit: www.e-podroznik.pl

ENTERTAINMENT



- “Sokół” Ciemna, ul. Długosza 3, <http://www.mcksokol.pl/66,Kino.htm>
English-language movies are usually projected in the original language with Polish subtitles.
 - “Helios” Cinema ul. Lwowska 80, <http://www.helios.pl/39,Nowy-Sacz/StronaGlowna/>
 - Museum of Nowy Sacz, <http://www.muzeum.sacz.pl/index.htm?lang=2>
- Other:
- La Rocca, ul. Szwedzka 3
 - Klub Level, ul. Zdrojowa 32
 - UFO bilard club, ul. Radziecka 19
 - ATOM Pub, bilard, bowling, ul. Grodzka 5

SHOPPING

- “Galeria Trzy Korony” and “E.Leclerc”, ul. Lwowska 80, <http://www.galeriatrzykorony.com.pl/>
- “Galeria Sandecja” and “Carrefour”, ul. Węgierska 170, <http://www.galeria-sandecja.pl/>
- „Galeria Gołabkowice” ul. Prażmowskiego, 11 <http://golabkowice.pl/>
- “Auchan” shopping center, ul. Gorzkowska 32,
- „Lidl”, ul. Lwowska 125 and ul. Łukasińskiego 13
- Biedronka, Żabka – many self-service shops in the city (Żabka is open even during holidays)

FOOD

- Bar „Pod Wierzbą”, ul. 1 Pułku Strzelców Podhalańskich 2; ul. Paderewskiego 41
- La Rocca. Pizzeria, ul. Szwedzka 3
- BOHEMA - restaurant, pub, cafe, ul. Rynek 13
- STAR Döner Kebab and Pizza, ul. Szwedzka 1
- Oriental Restaurant Mekong, ul. Lwowska 140
- McDonalds, al. Piłsudskiego 6
- Milk (regular), 1 liter - 3.25 PLN
- Loaf of Fresh White Bread (500g)- 4.50 PLN
- Rice (1kg) - 3 PLN
- Eggs (10) - 10 PLN
- Local Cheese (1kg) - 30.00 PLN
- Chicken Breasts (Boneless, Skinless), (1kg) - 26.00 PLN
- Apples (1kg) - 4.00 PLN
- Oranges (1kg) - 5.50 PLN
- Tomato (1kg) - 9.00 PLN
- Potato (1kg) - 2.50 PLN
- Water (1.5 liter bottle) - 2.80 PLN
- Bottle of Wine (Mid-Range) - 25.00 PLN
- Beer (0.5 liter bottle) - 5 PLN
- Pack of Cigarettes - 26.00 PLN

REGIONAL CULTURE

Sądecki Ethnographic Park has aimed to reproduce the old village Sącz as closely as possible, trying to present the layout and daily life with geographical, historical, economic and cultural aspects of all population groups in the region of Sądeczczyzna.



Galician Town is a subsidiary of Sądecki Ethnographic Park. The reconstructed part includes a small-town market square and the frontage of more than a dozen houses. The town brings back the atmosphere of small towns in the former province of the Austro-Hungarian Empire in the late nineteenth and early twentieth century.



TOURISM

The mountainous country around Nowy Sącz is also popular with tourists, hikers and skiers, especially the **Beskid Sądecki** mountains (part of the Carpathians), of which the highest peak is Radziejowa (1,262 m [4,140.42 ft] above sea level). Nearby popular mountain resorts include **Krynica-Zdrój** and **Piwniczna-Zdrój** ("Zdrój" means "health spa"). 15 km north of Nowy Sącz is **Jezioro Rożnowskie**, a reservoir (22 km long, covering an area of 16 km², and a capacity of 193,000,000 m³), with many dachas and camping sites. Also to the north is Ciekowicko-Rożnowski National Park.

In the surrounding area you can enjoy the great sport opportunities (stations and ski lifts, cross-country skiing, ice skating, parks, cars, go-karts, paintball, bowling tennis courts, swimming pools and outdoor swimming pools, horse stables). In their free time, students organize hiking trips on the **Beskid Sadecki** trails and in the **Tatra mountains** visiting **Zakopane**, **Kraków** - the former Polish capital city, **Wieliczka** - a unique salt mine (UNESCO) or many castles, palaces and museums, such as Oświęcim - the museum of the former concentration camps **Auschwitz and Birkenau**.



Polish-English Phrasebook

Dzień dobry. [*jeen dobree*] Good Morning
Dobry wieczór. [*dobree vye-choor*] Good Evening
Do widzenia. [*doh veetsenya*] Good Bye
Dobranoc. [*dobrah-nots*] Good Night
Cześć. [*tcheshtsch*] Hi/Hello
Proszę. [*prosheh*] Please/Here you are/You're welcome
Dziękuję. [*jean-koo-yehn*] Thank you
Przepraszam. [*pshe-pra-sham*] I'm sorry/Excuse me
Nie wiem. [*nyeh viehm*] I don't know
Tak. [*taq*] Yes/such
Nie. [*nyeh*] No/not/non
Nie mówię po polsku. I don't speak Polish.
Nie rozumiem. [*nyeh rozoomyem*] I don't understand
Rozumiem. [*rozoomyem*] I understand
Proszę to powtórzyć. [*prosheh toh povtoojeetsch*] Could you repeat that?
Proszę to napisać. [*prosheh toh napeesatsch*] Please write that down.
Co? [*tso*] What?
Gdzie? [*gdjie*] Where?
Gdzie jest ...? [*gdjie yest*] Where is...?
Kiedy? [*qiedee*] When?
Ile to kosztuje? [*eeleh toh coshtooyeah*] How much is this?
Jak się to wymawia? [*yak shen toh veemavia*] How do you pronounce it?
Pan/Pani - Mr./Mrs (very often used in a speaking language)
Proszę mi pomóc. [*proshen mee pomoots*] Help me please.

C as the English 'ts' in *cats*
CZ as the English 'ch' in *church*
DZ as the English 'ds' in *beds*
DŹ as the English 'j' in *jam*
G as the English 'g' in *girl*
H or CH as the English 'h' in *hen*
J as the English 'y' in *yet*
Ł as the English 'w' in *win*
SZ as the English 'sh' in *show*
W as the English 'v' in *van*
Ź or RZ as the English 's' in *pleasure*
A as the English 'u' in *cult*
E as the English 'e' in *ten*
I as the English 'i' in *fit*
O as the English 'o' in *cot*
U or Ó as the English 'oo' in *boot*
AJ as the English 'i' in *like*
EJ as the English 'a' in *take*
Ą between the the 'awn' in *lawn* and the 'ong' in *long*
Ę like the 'eng' in *engage*, where the 'ng' is one sound, not 'n' followed by 'g'
Y as the English 'i' in *bit*

Jestem wegetarianem. I'm a vegetarian.

śniadanie breakfast

obiad lunch

kolacja supper

Chciałbym... I want...

kurczak chicken

wołowina beef

ryba fish

owoce morza seafood

szynka ham

wieprzowina pork

kielbasa sausage

ser cheese

jajka eggs

sałatka salad

warzywa vegetables

owoce fruits

chleb bread

makaron noodles

ryż rice

kawa coffee

herbata tea

sok juice

woda (gazowana) (fizzy) water

piwo beer

wino czerwone/białe red/white wine

Proszę szklanę... May I have a glass of...?

Proszę filiżankę... May I have a cup of...?

Proszę butelkę... May I have a bottle of...?

Proszę o rachunek. The check, please.

poniedziałek Monday

wtorek Tuesday

środa Wednesday

czwartek Thursday

piątek Friday

sobota Saturday

niedziela Sunday

styczeń January

luty February

marzec March

kwiecień April

maj May

czerwiec June

lipiec July

sierpień August

wrzesień September

październik October

listopad November

grudzień December

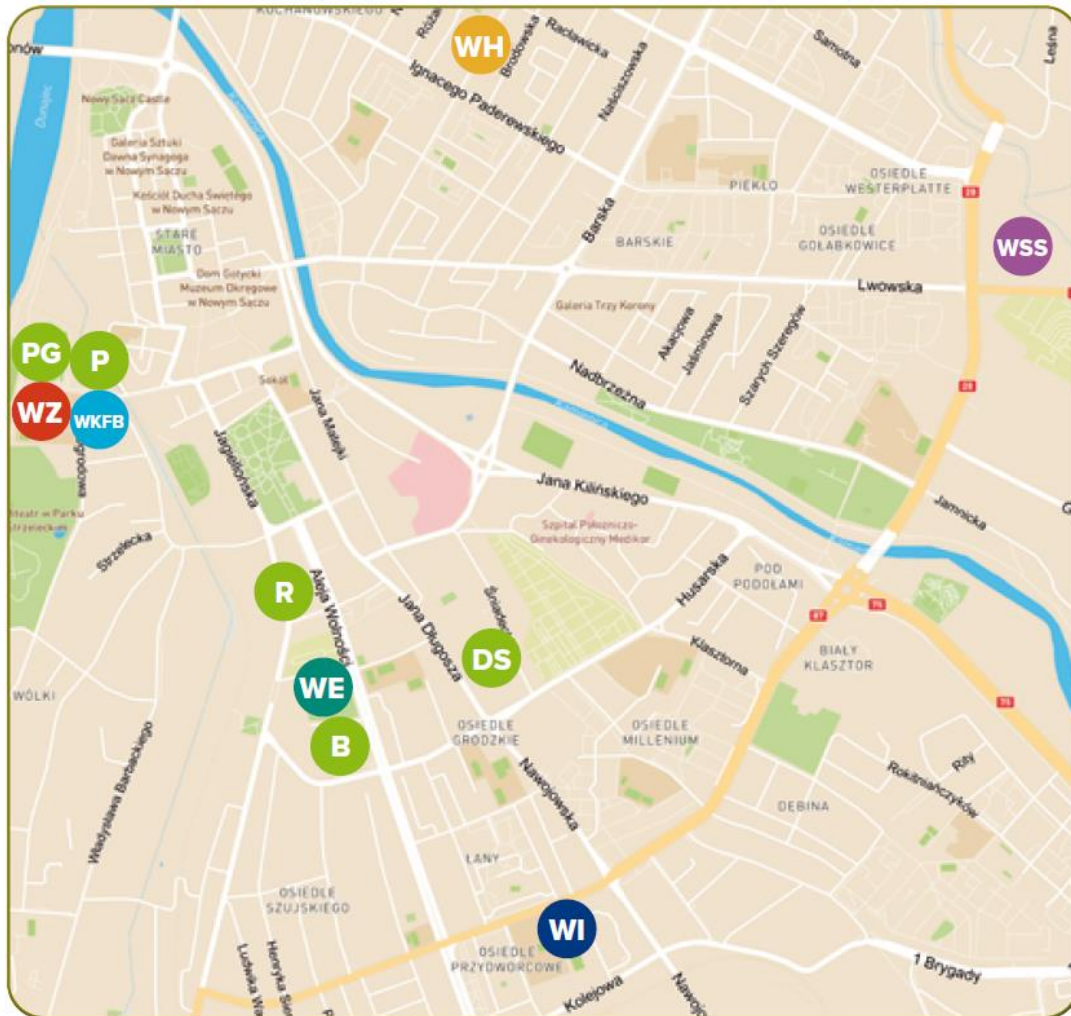
Numbers	Liczby
1 one	jeden
2 two	dwa
3 three	trzy
4 four	cztery
5 five	pięć
6 six	sześć
7 seven	siedem
8 eight	osiem
9 nine	dziewięć
10 ten	dziesięć
11 eleven	jedenaście
12 twelve	dwanaście
13 thirteen	trzynaście
14 fourteen	czternaście
15 fifteen	piętnaście
16 sixteen	szesnaście
17 seventeen	siedemnaście
18 eighteen	osiemnaście
19 nineteen	dziewiętnaście
20 twenty	dwadzieścia
21 twenty-one	dwadzieście jeden
30 thirty	trzydzieści
40 forty	czterdzieści
50 fifty	pięćdziesiąt
60 sixty	sześćdziesiąt
70 seventy	siedemdziesiąt
80 eighty	osiemdziesiąt
90 ninety	dziewięćdziesiąt
100 a hundred	sto
200 two hundred	dwieście
300	trzysta
400	czterysta
500	pięćset
600	sześćset
700	siedemset
800	osiemset
900	dziewięćset
1000 a thousand	tysiąc
2000	dwa tysiące

Student research society *Lingwista* (The Linguist) offers assistance in getting around the town and communicating in the academic environment. Contact details may be found at:

<http://lingwistaijo.weebly.com>

<https://www.facebook.com/groups/534120139955859/?ref=ts&fref=ts>
lingwista.ijo@gmail.com

THE PLAN OF UNIVERSITY BUILDINGS



R Rector's office, ul. Staszica 1
tel. + 48 18 443 45 45, 547 56 02, 547 56 03

B University Library, al. Wolności 40
tel. +48 18 547 56 10

DS Dormitory, ul. Długosza 61
tel. +48 18 547 35 33

WE - FACULTY OF ECONOMIC SCIENCES, al. Wolności 38
tel. + 48 18 443 53 02, 547 56 04, 547 56 05

WH - FACULTY OF HUMANITIES, ul. Kochanowskiego 44
tel. +48 18 441 45 72, 547 56 08, 547 56 09

WSS - FACULTY OF SOCIAL SCIENCES AND ARTS, ul. Chruślicka 6
tel. +48 18 441 45 03, 547 56 06, 547 56 07

WI - FACULTY OF ENGINEERING SCIENCES, ul. Zamenhofa.1a
tel. +48 18 547 32 36, 547 29 07, 547 29 08

WKFB - FACULTY OF ECONOMIC SCIENCES, ul. Kościuszki 2 (Sport campus)
tel. +48 18 547 11 04

WZ - FACULTY OF HEALTH SCIENCES, ul. Kościuszki 2 G
tel. +48 18 547 56 60

PG University guest rooms, ul. Kościuszki 2
tel. +48 18 541 11 01, ext. 7, repcja.pokoje@ans-ns.edu.pl



See you in Nowy Sacz !

