



How to get to Nysa?



Dear Erasmus Plus students! Most of you are staying now at home during the vacation time, but probably you are also planning your travel to Poland. For sure you will spend here wonderful time and become closely acquainted with our charming city and friendly inhabitants. Below you will find some information how to get to Nysa from the biggest cities, airports and which bus or train you can take to get here as fast as it is possible. All information you can find here: <http://www.pwsz.nysa.pl/index.php?p=25,217,0,0,-1,419>

Once you get to Nysa remember to consult our International Cooperation Office as soon as possible to get all practical information and undersign important documents.

International Cooperation Office

the University of Applied Sciences in Nysa

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48-300 Nysa, Poland

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www: [www.pwsz.nysa.pl](http://www.bwm.pwsz.nysa.pl)



Nysa hasn't got the airport yet, so you need to get here from the city which has it, most probably from Warsaw, Cracow or Wrocław and then by the train or bus. The site with the train schedule in the English language can be found here: www.rozklad-pkp.pl/bin/query.exe/en

When checking connections, always make sure, that you pick the one with the smallest amount of changes, and you have enough time between the arrival of one train and departure of the other.

Another site enables searching for buses as well as for train connections.

www.en.e-podroznik.pl

Remember to use the Polish names of the cities: Warsaw - Warszawa, Cracow - Krakow, Wroclaw, Opole and Nysa are the same.

Airport in Warsaw – West Warsaw	To get to Warszawa Zachodnia station from the airport, you have to go by bus number 175 that leaves the bus stop every 15/20 minutes from 4:57 to 22:57. Between 23:45 and 4:19 there is a bus number N32.
Warszawa – Nysa by train	Departure: Warszawa Wschodnia 8.12 – Arrival: Nysa 14.48 (price of the ticket about 62 zł)
Warszawa (Aleje Jerozolimskie 144 street) – Nysa by bus	21.00 – 04.10 (ticket about 55 zł)
Warsaw– Wroclaw	The easiest way to get to Nysa from Warsaw is going by plane to Wroclaw and than taking a bus directly to Nysa. Tickets don't have to be very expensive if you choose cheap airline (Ryanair). Example connection: Warsaw (Modlin airport) departure 22.05 – Wroclaw (Starachowice) 23.00
West Warsaw – Central Wroclaw by train	13.17 – 20.36; 13.42 – 19.43; 15.42 – 20.57; 16.12 – 22.30; 16.22 – 22.38; 16.42 – 23.18; 22.27 – 06.01
East Warsaw – Wroclaw by train	8.37 – 15.11; 8.52 – 16.19; 09.42 – 17.13; 10.47 – 19.12; 12.13 – 19.15
Warsaw – Wroclaw by bus	West Warsaw 8.15 – Central Wroclaw 15.20 East Warsaw 12.13 – Central Wroclaw 19.15 Metro Młociny – Central Wroclaw (example connections): 10.00 – 15.00; 11.00 – 16.50; 12.00 – 17.50; 12.30 – 17.30; 13.30 – 19.20; 15.00 – 20.50; 16.00 – 21.50; 17.00 – 22.50; 18.30 – 23.30
Wroclaw (Dawida Street) – Nysa by bus:	To get to the Wroclaw bus station from the airport choose the bus number 406 that leaves the bus stop every 20 minutes. 7.30 – 9.00; 9.15 – 10.45; 11.30 – 13.00; 14.30 – 16.00; 16.00 – 17.30; 18.30 – 20.00; 20.15 – 21.45
Wroclaw (Bus station) – Nysa (example connections)	13.00 – 14.45; 13.50 – 15.40; 16.30 – 18.30; 19.20 – 21.00 20.40 – 22.13
Kraków M.D.A. – Wroclaw by bus	To get to Krakow RDA station from the airport you need to go by bus number 292 that leaves the bus stop every 20 minutes from 4:50 (except 5:10) to 23:05. 05.00 – 08.10; 06.20 – 09.30; 07.20 – 10.30; 08.00 – 11.10; 09.10 – 12.20 11.15 – 14.25; 12.00 – 15.10; 13.10 – 16.20; 14.25 – 17.35; 16.05 – 19.15

Summer Polish Language Course



This course has been especially designed for incoming Erasmus students and is held at beginner level. During this course participants develop all language skills (reading, writing, listening and speaking). Students are eager to participate in it, as they gain independence in dealing with various everyday life situations and they have a great opportunity to get a first glimpse of Polish culture, customs and cuisines.

So the course will be a good occasion to not just to learn Polish language, but also meet Polish traditions, take part in international workshops and Science Festival in Nysa and meet many international friends.

For sure it will be helpful for all Erasmus students who are going to spend one or two semesters in Poland or people who would like to learn Polish language and spend three wonderful weeks in Poland and Nysa.

More information here: <http://www.pwsz.nysa.pl/index.php?p=25&ak=43,3757,0>



Health Insurance

Students from EU get free of charge medical care, provided that they are insured in their home countries. Further information can be obtained at:

<http://www.nfz-warszawa.pl/>

<http://www.nfz-opole.pl/>

Nor EU students must have insurance bought in a company chose by them. However for every medial help they will have to pay here in Poland.

Medical Care

Students of the University of Applied Sciences in Nysa are entitled to obtain medical care, have periodical medical examinations, and constant medical care. This applies to foreign students provided they are health insured and have suitable documents confirming that. Payable medical care is also available.

Medical wards:

Ogrodowa 1 st, telephone: +48 77 433 36 10, Kolejowa 2 st, telephone: +48 77 448 08 03, Mariacka st, telephone: +48 77 435 56 06

Cost of Living



Depending on individual tastes the amount varies between 750 and 900 PLN per month.

Below is a short list of prices of selected products and services:

a loaf of bread – 3 PLN

butter - 4 PLN

milk – 2,50 PLN

a cup of coffee - 4.50 PLN

beer - 3.50 PLN

a dinner in Milk Bar - 5.00 PLN (vegetarian dishes), 10.00 - 15.00 PLN (dishes with meat)

a ticket to cinema - 15 PLN

ticket to theater: 30< PLN

cigarettes – 13 PLN

For practical information on studying and living in Poland, please refer to a Guide for Foreign Students: www.bwm.pwsz.nysa.pl

1 EURO = 4,17708852 zł

Conditions of the rooms in the dormitory

Students are able to live in a dormitory in a room for 2/3 people. Every room has an access to the fast Internet and own bathroom. Dormitory is placed near to the city center, close to the Universities buildings. The price is 340 PLN (zł) (~80 Euro) per month + deposit (paid only once) 100 zł.

There are two study rooms, computer room, TV, tennis table, three kitchens and a laundry is available.

Weather

For winter semester you should prepare for below zero temperature (sometimes it's even - 10° C).

Woollen sweaters, anorak, warm socks and waterproof shoes will be necessary.

More information about our region: <http://www.nysa.eu/>