



Poland in a nutshell

Doctoral School
University of Szczecin



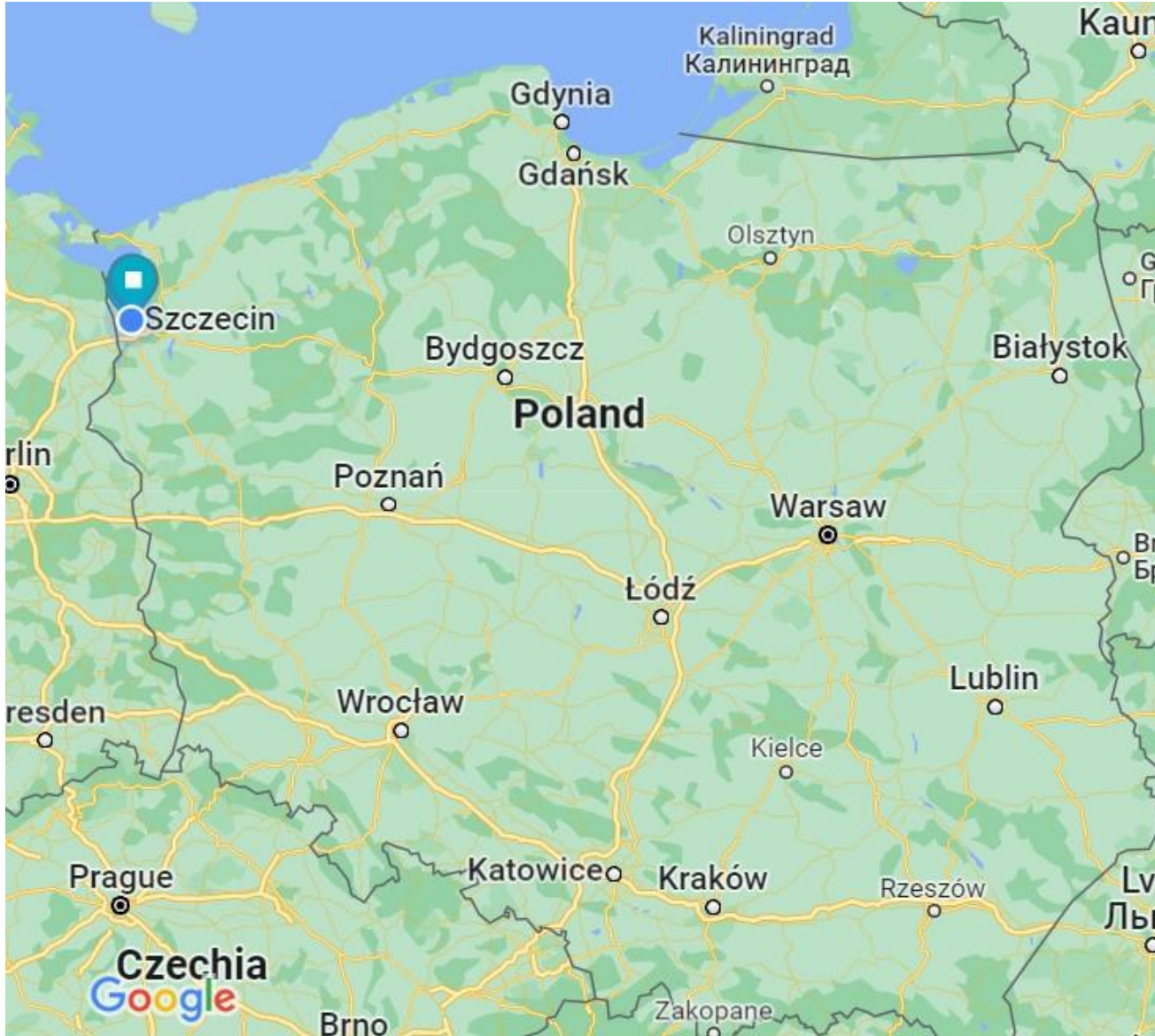
Warsaw – The Capital City of Poland

- OFFICIAL NAME:
- Republic of Poland (short name: Poland) -> in Polish: Rzeczpospolita Polska (short name: Polska).
- OFFICIAL LANGUAGE: Polish.
- CURRENCY:
 - The official currency in Poland is złoty (PLN). One złoty = 100 groszy.
 - Notes and coins are of the following denominations:
Coins: 1, 2, 5, 10, 20 and 50 groszy, 1, 2 and 5 złotych;
Banknotes: 10, 20, 50, 100, 200 and 500 złotych.
 - The exchange rate for 1 euro is approximately 4.7 PLN
 - The exchange rate for 1 dollar US is approximately 4.45 PLN.
- MAJOR CITIES:
 - Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Katowice, Białystok



Holidays in Poland

- 1st of November: All Saints' Day
- 11th of November: Independence Day
- 25th of December: Christmas Day (Boże Narodzenie),
- 26th of December: Second Day of Christmas;
- 8th of March: Women's Day
- Easter (Wielkanoc): from Sunday to Monday
- moveable



- Szczecin's 2023 population is now estimated at 391,043.
- Capital city of Zachodniopomorskie/West Pomeranian (Province in West Poland)
- Szczecin is a charming, port city located on the Oder River, one hour's drive from the Baltic Sea, in Northwest Poland.
- 1.5 hours to Berlin Airport

Students' Life



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- Dormitory: <https://dsm.usz.edu.pl/en/erasmus-plus/practical-information/accommodation/>
 - Monthly payment FOR SNG ROOM- PLN 470 , DBL ROOM PLN450
- Public transportation: tram and bus (in the city), train (across the city), reduced price for student under 35 years old. Regular one month ticket is PLN 40
<https://visitszczecin.eu/en/8-public-transport-szczecin>

Cost of living	One person	Family of 4
Total with rent	\$939	\$2034
Without rent	\$372	\$1145
Rent & Utilities	\$567	\$889
Food	\$252	\$666
Transport	\$43.6	\$119
Monthly salary after tax	\$986	
Quality of life	73	
Population	396K	

The average cost of living in Szczecin is \$939, which is in the top 38% of [the least expensive cities in the world](#), ranked 5784th out of 9294 in our global list and 9th out of 79 in [Poland](#).

The median after-tax salary is \$986, which is enough to cover living expenses for 1.1 months. Ranked 1580th (TOP 17%) in the list of [best places to live in the world](#) and 10th [best city to live in Poland](#). With an estimated population of 396K, Szczecin is the 7th largest city in Poland.

Closest airport	29 km	Szczecin-Goleniow "Solidarnosc" Airport
Air quality	Moderate	13.4 µg/m³
Best university rank	1840	University of Szczecin

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- Cost of living in Poland:
<https://livingcost.org/cost/poland/szczecin>
- Leisure time: pub, bars, restaurant, nature walk in river/lake, forest
(<https://wiadomosci.szczecin.eu/artykul/english/picnic-by-the-oder-river-festival-of-travel-and-leisure>)

Cost of living	One person	Family of 4
💰 Total with rent	€880	€1907
🚗 Without rent	€349	€1073
🏠 Rent & Utilities	€532	€833
🍽️ Food	€236	€624
🚗 Transport	€40.8	€111
💰 Monthly salary after tax	€924	
😊 Quality of life	73	
👤 Population	396K	

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Legalization of stay

- Website: <https://www.szczecin.uw.gov.pl/>
- Cost: PLN 440
- List document for residence card:
 - form of Residence Application
 - 1. copy of passport
 - 2. copy of dormitory letter
 - 3. Zaswiadczenie (acceptance letter) from doctoral school (polish and english)
 - 4. letter of scholarship (in polish + english) (a letter that showed how much you received the amount of scholarship)
 - 5. insurance health : ZUS
 - 6. bank statement
 - 7. payment receipt of residence card
 - 8. zaswiadczenie from pesel office
 - 9. photography (4 pieces)

Health insurance and Healthcare

- Public health care services

- For EU/EFTA Citizen: don't have to pay the insurance in Poland because the University already paid
- For Non-EU Citizen: must apply NFZ (<https://www.nfz.gov.pl/>) – National Health Fund.
 - Documents needed: pesel number (arrange in city hall), passport and letter of Acceptance as Doctoral Student
 - Price per month: PLN 55,80

- Private health care services

- Always paid by you (EU/EFTA and Non-EU Citizen)

- Dentist

- Always paid by you (EU/EFTA and Non-EU Citizen)

Thank you for your attention



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