

SUMMER COURSE 2013



Predominate the energy You should.

**Join the Jedi Academy! - word of introduction
from the organisers' team**

□

Feels like the force is with you, but you're not a Jedi yet?

There's one thing you should do this summer - Join Jedi Academy and we will complete your training!

Have you ever dreamed about building your instrument of universal justice at home? We'll show you how light sober works by getting knowledge about Light Emitting Diodes.

Did you know that every second, our sun produces enough energy to sustain Earth's needs for 500,000 years? We'll teach you how to keep calm and use the force to predominate energy.

We're also going to let you in confidential technology destined for greatness Associated with innovative using electricity in objects you didn't expect.

After 10 days of training you'll become an expert, who know more than anybody else about electricity and love sharing your knowledge with other people to help develop their potential.

May the force be with you!

You should believe in yourself today. Know your time is now. Not sometime tomorrow when you'll be old. So create own opportunities, collect moments and finally make a difference.

DO OR DO NOT. THERE IS NO TRY!

**MO's: Basia Żółtowska
& Marta Wadowska**



This survival guide addresses most of problems/question that may arise before and during your stay in Lodz. In case of any questions – feel free to contact our Participant responsible or the Main organizer (check the contact section for emails).

Index

1. I'm accepted! – what's next?
2. How to get to Lodz
 - by plane
 - by train
 - by bus
 - by car
3. What to bring
4. Weather
5. Money
6. Food and Lady Żubrówka
7. International evening
5. Location and accommodation
9. Shopping
10. Useful words and sentences
11. Contacts

I'm.... accepted! – what's next?

After you will cool down your excitement of being accepted you'll probably receive an e-mail from our great Participants responsible. He will be at your service (sometimes even 24/7). However, you should now produce and send:

- ż One or two photos. Preferably ID size, however not ID style (casual, smiling photo)! We will use them on course's website to create a participants photo-wall.
- ż Any special preferences including: vegan/vegetarian, diets etc.
- ż Your mobile phone number
- ż Information about any medical issues that you want us to know about (allergies, epilepsy, etc.).

This way we won't have to ask you about all those things on your arrival – it's easier for all of us ;)

How to get to Lodz

...by plane

Łódź (Władysław Reymont Airport)

www.airport.lodz.pl

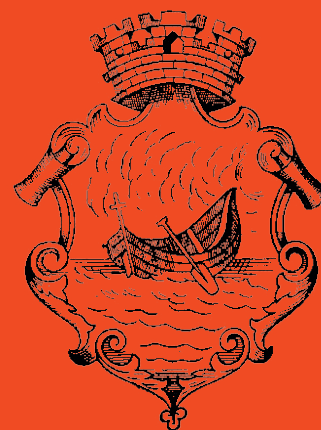
Our local airport. Not many available connections, however maybe you will somehow manage to choose one for you! If it happens, one of our BESTies will surely pick you up!

Warsaw (Fryderyk Chopin Airport)

The best way is to take bus line 175 heading to 'Warszawa Centralna' railway station – the bus stopname is 'Dworzec Centralny'. It'll take about 25 30 minutes. The ticket costs 2,40 PLN. The bus runs daily from 4:58am to 11:28pm every 8 10 minutes. There is also night bus connection line N32 which goes from 11:32pm to 4:59am but please mind the that there might be no connection from Warszawa to Łódź at night.

Being at the '**WARSZAWA CENTRALNA**' railway station you can take train going to **ŁÓDŹ WIDZEW** or **ŁÓDŹ KALISKA**.

The timetable and the price calculator you can find here:
<http://rozkład-pkp.pl/?q=en/node/143>



Kraków (John Paul II International Airport Kraków Balice)

www.krakowairport.pl/en

The easiest way is to take special train from the airport – all information

you can find here:

www.krakowairport.pl/en/3/176/35/en

To get from **Kraków Main Railway Station** to Łódź go to

<http://rozklad-pkp.pl/?q=en/node/143>

and find the train heading to **ŁÓDŹ WIDZEW** or **ŁÓDŹ KALISKA**.

Other airports

We presented only three best localized airports, however be sure to

check others, for example:

ż Poznań-Ławica Airport

ż Gdańsk Lech Wałęsa Airport

ż Katowice International Airport

If you choose one of the airports and have problems/doubts finding

your connection contact us ;)

...by train

If you are planning to use our railways this website is obligatory for you:

<http://rozklad-pkp.pl/?q=en/node/143>

It has pretty well-organized English route planner that will plan your

journey and calculate how much will the ticket cost.

Be sure to check our international connections. Berlin – Warsaw in just

5 hours!

...by bus

If you are planning to reach us by bus there are some websites to help you:

<http://en.e-podroznik.pl/>

A website basing on our domestic public transporter PKS.

<http://www.polskibus.com/>

A newly established transporting company operating in Poland's major cities.

<http://www.eurolines.pl/>

International transporter. Present in more than 100 European cities.



...by car

Lodz is localized exactly in the center of Poland. This makes us reachable from various directions. Our main transporting advantage is the nearby A1 motorway. If you plan getting to Łódź by car you will surely find your way. Attention: hitchhiking is not as super-safe in Poland as it is in Western countries, yet it is another way of getting here;)



What to bring?

Documents

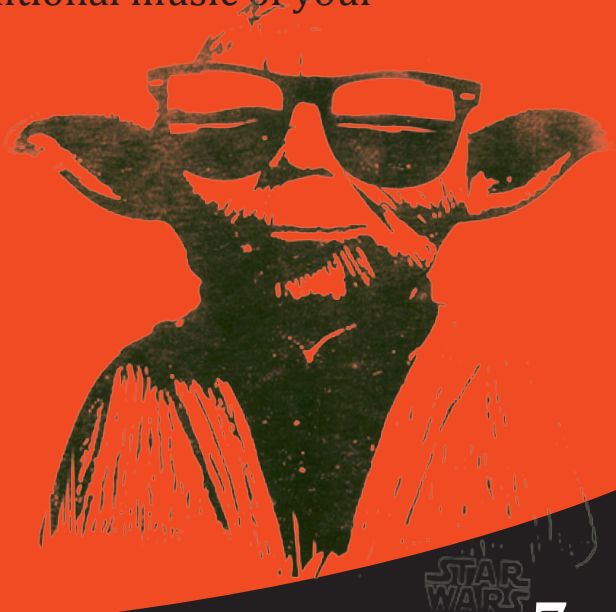
1. Valid passport check if you need visa or invitation letter (let us know in advance)
2. Travel & health insurance
3. Credit/debit cards/cash
4. ISIC or Euro <26 (unfortunately You won't be able to get any transport discount, however there are some in other facilities)
5. Student's ID

Camping gear

1. Sleeping bag
2. Utensils (mess tin, cup, knife and spoon)
3. Comfortable shoes
4. Sweater (for chilly nights)
5. Raincoat
6. Flip flops
7. Insect repellent (mosquitoes can be annoying sometimes)
8. Soap and towel, toothpaste & brush
9. Flashlight
10. Any music instrument

Amusement (outdoor activities, international evening, pubs)

1. Swimsuit / swimming trunks
2. Sportswear
3. Typical food and drinks of you country for "International Evening" (see the section)
4. CD with your favorite music and the traditional music of your country
5. Some pocket money
6. A bucketful of enthusiasm
7. YOU with a big smile on your face
8. Funny, small presents for organizers :P.
9. UV protection



Weather

You have to be prepared that weather in Poland can be unpredictable. Generally, July is the second sunniest and warmest month in Poland. In general cases, temperatures oscillate between 20°C and 30 °C. However, you have to be prepared for some random extreme conditions, such as: strong winds, thunderstorms, hailstorms, cold nights. Therefore we advise you to bring some warm/waterproof clothes for such conditions.

Money

The currency used in Poland is ZŁOTY. It may be denoted either by “zł” or “PLN”. It is subdividable to 100 groszes (“gr”). As for currency exchange rates from 4. February 4, 2012, one euro is 4.2 PLN. The table below presents some exemplary prices in our city.

Beer (pub)	7PLN	Bus/Tram ticket (0.5h)	2.4PLN
Beer (shop)	3PLN	Condoms (3-pack)	9PLN
Pack of cigarettes	11PLN	Pizza (good one)	18PLN
McDonald's French fries	5.4PLN	Roll	0.5PLN
Cheeseburger	3PLN	Bottle of coca-cola (0.5L)	3PLN

Food and lady Żubrówka

We usually have a big breakfast around 8 am and even bigger lunch around 3pm which is always served hot. We eat light dinner around 7 in the evening.

Polish food is specific and probably differs a lot from the one you eat in your own country. During the whole Summer Course you will have opportunity to try various polish dishes. Polish food is said to have more fat than Mediterranean Cuisine but we are sure you will like it.

There will be a Polish Evening during which we will serve traditional food that you can taste only for special occasions like Christmas or Weddings. We will also have coffee breaks to provide you with some energy during lectures.

Poland is famous for Żubrówka. You will have opportunity to try this special vodka and to find out where its name comes from. The only thing we can tell you now that we have a special legend about the origin of Żubrówka.

International evening

As some of you may have already heard, there is a special party held during the course. This party is **International evening** and is all about you and your country! Each of the participants will have a chance to present his/hers country's culture, food and drinks.

Food:

There will be a kitchen at your disposal, however bringing a part of the food from your home country is advisable, because some of your "special ingredients" may not be available or very expensive here in Poland. Having doubts about some product? Contact us and we will check its availability.

Drinks:

We know that each nation has its own national spirit. Let's share!
Note: think about the number of people that would like to taste your drink :)

Culture:

Think how you would like to present yours country's culture. It can be anything from music, through dances, to jokes and habits. Be creative!

Location and accommodation

You will be accommodated in our University's student dormitories in double or triple rooms. They are located in our city's centre and no more than 700m from University's faculties.

The general address for the dormitories is:

al.Politechniki 3a room 5

93-590 Łódź, Poland

Shopping

There is a variety of minimarkets around the campus at your disposal, providing you with everyday products and alcohol. For some extraordinary needs there are 3 big shopping centers in 15 minutes range from your accommodation:

Pasaż Łódzki at Jan Paweł II alley. Medium size shopping mall. 10 minutes by foot.

Galeria Łódzka at Piłsudskiego alley. Big, 3 storey shopping mall. 12 minutes by tram.

Manufaktura at Ogrodowa street. This one is really worth noticing, since it is one of the biggest and most beautiful shopping centers in Europe, situated in old factorial district. www.manufaktura.com

Useful words and sentences

Hello!	Cześć!	[chashch]
Good Morning!	Dzień Dobry!	[jeean deobry]
Good Afternoon!	also Dzień Dobry!	[jeean deobry]
Goodbye!	Do widzenia!	[doe veedsenya]
How are you?	Jak się masz?	[yak sie mash]
What time is it?	Która jest godzina?	[ktoora goadsina]
Yes	Tak	[tak]
No	Nie	[nye]
Please	Proszę	[proshe]
One beer, please	Piwo, proszę.	[peavo proshe]
I love you	Kocham Cię.	[koham che]
Thanks!	Dzięki!	[jenki]
Get lost!	Spadaj!	[spadaj]
Sorry!	Przepraszam!	[psheprasham]

Contacts

Participant Responsible

- **Monika Gołabek** monika.golabek@best.p.lodz.pl

MOs:

- **Basia Żółtowska** barbara.zoltowska@best.p.lodz.pl

- **Marta Wadowska** marta.wadowska@best.p.lodz.pl

In case of problems or emergency call people above. For life-threatening situations call:

112 – Universal emergency number

997 – Police

998 – Fire squad

999 – Paramedics