



**Akademia
Humanistyczno
Ekonomiczna
w Łodzi**



**Co-funded by
the European Union**

INFORMATION SHEET FOR INCOMING ERASMUS+

FULL LEGAL NAME OF THE INSTITUTION	Akademia Humanistyczno-Ekonomiczna w Łodzi/ University of Humanities and Economics in Lodz
ERASMUS+ CODE OF THE INSTITUTION	PL LODZ07
INTERNATIONAL RELATIONS DEPARTMENT	Akademia Humanistyczno-Ekonomiczna w Łodzi ul. Sterlinga 26, 90-212 Łódź, Poland website: https://erasmusplus.ahe.lodz.pl/en/ e-mail: erasmus@ahe.lodz.pl , incoming@ahe.lodz.pl Tel. +48 42 299 57 27 For incoming students: +48 695 380 441
WEBSITES & FACEBOOK	AHE's website: www.ahe.lodz.pl AHE's Erasmus+ website: https://erasmusplus.ahe.lodz.pl/en/ AHE's Facebook: https://www.facebook.com/AHElodzenGLISH/ Group for AHE's international students: https://www.facebook.com/groups/1718589575116237/about/
ESN & CITY GUIDE	You are welcome to take part in ESN activities and events as well as purchase ESN card. You can find ESN Practical Guide here: https://www.esn.org/students If you are interested in the city of Łódź and what events are taking place, this is the perfect guide for you: https://lodz.travel/en/ Another Student's guide with useful information: https://studyinlodz.com.pl/en/

APPLICATION PROCEDURE AND DOCUMENTS

Application procedure, deadlines and documents:

<https://erasmusplus.ahe.lodz.pl/en/node/43>

The list of courses offered is available here:

<http://erasmusplus.ahe.lodz.pl/en/node/44>

Please note that incoming Erasmus+ students are welcome to construct their own programme of studies according to their needs. However, we cannot guarantee no overlaps in case of selection of courses from different years and field of studies. Therefore we recommend not to mix courses where it is not necessary.

The decision on opening of each course depends on the number of students assigned to it.

! INCOMING STUDENTS ARE KINDLY REQUESTED TO CHECK IF THEIR SENDING INSTITUTION REQUIRES USING THEIR OWN FORM OF CONFIRMATION OF ARRIVAL AND/OR DEPARTURE !

LEGALIZATION OF STAY

A European Union citizen can enter Poland with their ID document (a valid travel document e.g., passport or another document certifying his/her identity and citizenship). **For stay up to 3 months no legalization of stay will be necessary.** For stays exceeding 3 months, an EU citizen should register.

See: <https://www.gov.pl/web/mswia-en/entry-and-residence-rules>

https://europa.eu/youreurope/citizens/residence/documents-formalities/registering-residence/index_en.htm

This document will be issued by the Department of Civil Affairs of the Voivodeship Office (Łódzki Urząd Wojewódzki – Wydział Spraw Obywatelskich i Cudzoziemców).

Registration of stay for an EU citizen is free of charge.

DEPARTMENT OF CIVIL AFFAIRS AND FOREIGNERS

Piotrkowska St. 103

90-425 Łódź

e-mail: so@lodz.uw.gov.pl

phone.: (+48) 42 664-17-04

fax: (+48) 42 664-17-03

Hotline for foreigners: (+48) 42 664-17-97 from 8:00 am to 4:00 pm

A non-EU citizen who has a valid Schengen visa should register for stays longer than 30 days. Legalization of stay for non-EU citizens can come with extra costs.

GRADING SCALE

5.0 – bardzo dobry/excellent (A)
4.5 – dobry plus/very good (B)
4.0 – dobry/good (C)
3.5 – dostateczny plus/satisfactory (D)
3.0 – dostateczny/sufficient (E)
2.0 – niedostateczny/fail (F)

DIVISION OF THE ACADEMIC YEAR 2025/2026

The academic year in Poland is divided into two semesters: Winter and Summer (each lasting approx. 15 weeks).

The Winter semester starts at the beginning of October (**01.10**) and classes take place last till the end of January (**30.01**), with Christmas holidays of about ten days (**22.12-06.01**). The examination session usually lasts for two or three weeks, beginning in January – **02.02-20.02** (February 2nd being the first day of examination session and February 20th being the final deadline).

The Spring semester starts at the end of February (**23.02**). Classes end on **June 15th**, with a one-week break for Easter (**03.04-07.04**).

Examination session takes place **22.06-03.07**. Retake examination session is held in September and final deadline is **06.10**.

! INCOMING STUDENTS FOR SPRING SEMESTER OR FULL TERM ARE STRONGLY ENCOURAGED TO GET THEIR GRADES UNTIL THE END OF MOBILITY !

National holidays (fixed dates): **06.01, 01.05, 03.05, 15.08, 01.11, 11.11**. Additionally, there are few more holidays with flexible dates.

INTRODUCTION DAYS

The Introduction Days are organized a few days before the beginning of each semester (it lasts 1-3 days, depending on a semester and academic year). Therefore, students should arrive a few days before the official beginning of the semester.

Please note that the attendance of incoming Erasmus+ students on the Introduction Days is obligatory as during these days students fill in the necessary documents and learn about how to move around the University and the city.

Anticipated dates of Introduction Day (will be confirmed to students via email later on):

24-26.09. for winter semester

The dates of Introduction Days for spring semester will be announced at a later time.

If the dates change, it should be no more than +/- 2 days.

POLISH LANGUAGE COURSE

There is a possibility to organize a Polish language course for Incoming Erasmus+ students but the final decision depends on the number of students willing to participate and AHE reserves the right to cancel the course if the number of participants is too low. Therefore, we recommend choosing the course only as a supplementary one to your LA.

If you are interested, please inform the Erasmus office via email: erasmus@ahelodz.pl

ACCOMMODATION

AHE does not provide accommodation and does not have its own dorms. However, it is easy to find a place to stay in Łódź. There is a number of private dorms functioning in Łódź, as well as private owners renting rooms and flats for college students.

Here are some suggestions where to search:

- [Basecamp](#) – AHE's priced partner, conveniently located close to all of our class buildings.
- [Chill Inn](#)
- [Erasmus Play](#)
- [Student Depot](#)

When renting a place, always remember to take caution, verify all the information and have a signed contract.

If you experience any issues finding a place to stay, you can always contact our office for support.

TRANSPORTATION & RECOMMENDED APPS

If you plan on moving around the city a lot, you should buy **MIGAWKA** card for using the public transportation in Łódź. It is issued for 1 or 3 months.

It works for all the buses and trams in the city.

You can have your MIGAWKA coded directly on your student ID card.

You can try to fill in the application on the website (in Polish only): <https://www.migawka.lodz.pl/application>

Singular tickets can be bought in ticket machines. Every vehicle (tram or bus) has one inside.

We would also like to introduce you to some useful apps:

JAKDOJADE (<https://jakdojade.pl/lodz>)

It is helpful with the timetable and route details for public transportation. It helps you to find your way easily in Łódź or any other city in Poland. Also, you can buy your singular online ticket through the application and validate it by scanning a QR code in the vehicle.

For the most reliable timetable of public transport check this site: <https://www.mpk.lodz.pl/rozklady/linie.jsp>

KARTA ŁODZIANINA/ŁODZ.PL

As a college student in Łódź, you can apply via lodz.pl app for a discount card. As a result, not only can your MIGAWKA be cheaper, but you can also receive various discounts. All available in the lodz.pl app.

<https://mlodziwlodzi.pl/discount-card/>

ŁÓDZKI ROWER PUBLICZNY & NEXTBIKE

Łódzki Rower Publiczny is an initiative that allows you to move around using rented public bikes available in a number of stations across the city.

See how it works here: <https://lodzkirowerpubliczny.pl/en/>

KOLEO

If you plan to spend your weekend in Warsaw or see the Baltic Sea during the spring break – you can easily buy train tickets using Koleo. It shows you all available trains from selected stations, saves your tickets in the app and makes them available for control even with no internet connection or service.





LIDL/BIEDRONKA

The most popular discount supermarkets in Poland are Lidl and Biedronka. You can use their loyalty apps when doing your groceries.



TOO GOOD TO GO/FOODSI

If you want to save money on buying food and help reduce waste, you can also try Too Good To Go and Foodsi. These two apps are used by some stores and restaurants, allowing you to grab food deals at lower prices.

HEALTH CARE

Polish National Health Found (NFZ) offers free of charge medical services for the students. Remember to have your insurance policy (usually European Health Insurance Card) and student card when you visit a doctor.

You should be able to receive help from any public clinic or hospital, however not everywhere you will be able to

communicate in English. Here we provide contact to the English- speaking medical service in Łódź:

Akademickie Centrum Medyczne Szpital Świętej Rodziny

Address:

19 Wigury Street

Tel: +48 42 254 9691

Helpline: 796 33 29 33

www.swietarodzina.com.pl

A **non-stop emergency medical service center** (Pogotowie Ratunkowe) is at 137/141 Sienkiewicza Street. It includes the emergency in case of teeth problems as well. All hospitals have their emergency centres, too.

Emergency telephone number is 112.

CULTURAL EVENTS & EVERYDAY LIFE



Many of signature locations of Łódź have their roots in renovated, beautifully preserved 19-th century textile factory sites – like the biggest shopping mall **Manufaktura**. It combines shopping, restaurants, museums, a cinema, bowling and frequent open-air events, making it an epicentre of life.



Looking for a place to start a long walk in the city? **Piotrkowska Street** is one of the longest commercial streets in Europe. Partly closed to car traffic and functioning practically as a pedestrian zone, with countless cafes, pubs, shops and clubs, it's a must-see.



A long walk on Piotrkowska rewards newcomers with **OFF** Piotrkowska, located near the biggest transport hub – Piotrkowska Centrum. OFF is a creative complex adapting factory buildings for independent bars, design shops, street food and cultural events. You can stand in queue to try the delicious Ato Ramen or buy yourself a new piece to your closet from the Polish brand – Pan tu nie stał.



For those who enjoy nature and outdoor activities, Łódź offers its many big parks and forests. Perfect for jogging, cycling, or simply relaxing with a book. Highlights include the historic **Palm House** in **Park Źródlińska**, with its exotic plant collection, and the large **Botanical Garden**.

Do you crave live performances? Drama on stage? Check out the variety of Łódź's cultural centres, including the **Musical Theatre**. If you're interested in Polish and international literature, there's a **Book Fair** coming up in November 2025!

🔗 You can check out all the upcoming events in the calendar online: <https://uml.lodz.pl/kalendarz-wydarzen/>

Looking for volunteering opportunities when being on Erasmus? Let us know!
