



BOSTON COLLEGE
OFFICE OF INTERNATIONAL PROGRAMS

JAGIELLONIAN UNIVERSITY
CENTER FOR EUROPEAN STUDIES
2010-2011
Program Guide

Jagiellonian University Center for European Studies
<http://www.ces.uj.edu.pl/>

Preparing for Study Abroad

- To maximize your study abroad experience, you should prepare yourself by learning about your host country, its history, and culture. You may want to begin with: www.economist.com/countries or <http://www.britannica.com/> for a summary.
- Know what is happening in the news in your host city by reading the on-line newspapers: www.einnews.com/poland/ and www.mondotimes.com/1/world/pl/114/3824
- Engaging with and adapting to a different culture is an inherent component of study abroad. You will find the following websites useful to learn about intercultural communication before you leave home: <http://www.pacific.edu/sis/culture/> and <http://www.peacecorps.gov/wvs/educators/enrichment/culturematters/index.html>
- Customs and traditions in your host country are different from those at home. To learn a little about the local customs and traditions you should visit the following website: <http://www.britannica.com/EBchecked/topic/466681/Poland>
- You and your parents should refer to the Office of International Programs website (www.bc.edu/international) and specifically to the *Study Abroad Handbook* for more information regarding the abroad experience.
- Prior to your departure you will meet with your International Study Advisor at an orientation to help you further prepare for your study abroad experience.

On-Site Contact Information

- Mr. Ben Koschalka
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Travel Information

- You are responsible for making your own travel arrangements. In the past BC students have often used student travel agencies such as STA Travel at www.statravel.com. These agencies generally offer competitive rates and open-ended tickets allowing you to leave Poland whenever you want (as long as your visa does not expire).

In order to study in Poland, you must have a passport valid at least six months beyond your estimated return date and a student visa. You may apply for a passport at any major U.S. post office.

Polish visa regulations have recently undergone some changes. In addition to a valid passport, you must also have a student visa before you arrive in Poland. You will also need one passport-sized photograph and a letter of invitation addressed to the consulate from the Jagiellonian University. You will need to fill in a visa application form available online at www.msz.gov.pl. In addition you may be required to provide a copy of your travel itinerary and some proof that you have the financial means to support yourself while you are in Poland (a printout of your bank statement is usually sufficient). There is no charge for the visa but there may be handling fees. Be sure to check: <http://www.msz.gov.pl/VISA.REQUIREMENTS> for the latest information about Polish visas.

- US-based airlines are required to check to see whether you have a valid visa for your destination before you get on the plane.
- Contact Ben Koschalka or Sylwia Boryka (see ‘On-site Contact Information’) to give details about your arrival plans. The Center for European Studies (CES) will send someone to pick you up at the airport or train station.
- If you are staying the program for one semester, your US health insurance and HTH Worldwide insurance will be adequate, although you will also be required to purchase the Jagiellonian University student accident and life insurance at a cost of about \$7 for the year.
- Vaccinations are not required for U.S. citizens travelling to Poland.

Academics

- **Academic Calendar**

Please consult the acceptance materials that CES sends you for the dates of the orientation. Plan to stay until the last exam date; you must remain for all of your exams. As of now, the semester dates are:

Fall Semester 2010 (Provisional)

8/31-9/1	Arrival
9/1-3	Orientation (mandatory)
9/6	Teaching begins
12/7-11	Examinations

Spring Semester 2011 (Provisional)

2/27-28	Arrival
2/28-3/1	Orientation (mandatory)
3/1	Teaching begins
4/21-26	Easter break
6/15-21	Examinations

- Upon arrival, you will participate in a comprehensive orientation program aimed at introducing you to the university system, its students and facilities. During the orientation you will be advised about course selection.
- Course selection information at CES is available at: http://www.ces.uj.edu.pl/european/abroad_curriculum.htm
- BC Course approval information will be found at:

<http://www.bc.edu/offices/international/advisingservices/academics/courseapproval.html>

- Information about Transcripts and grades is available at:
<http://www.bc.edu/offices/international/advisingservices/academics/transcripts.html>

Housing

- The cost of university housing is currently 300 zloty per month for a place in a shared room, including internet access. The housing fee may be paid by the month or as a lump sum direct to the dormitory. Please note that you are responsible for paying housing costs directly to the Jagiellonian University.
- Additional information about the estimated cost of housing may be found at:
http://www.bc.edu/offices/international/meta-elements/pdf/0910_estimated_stude.pdf
- Information about local transportation may be found at: <http://www.krakow-info.com/transpor.htm>
- Most students purchase a cell phone when they arrive in Krakow. During the university's orientation you will receive information about buying a cell phone.

Wellness, Health and Safety

- Make sure that you have had any required or recommended vaccinations for your travel destinations by consulting the Centers for Disease Control website at www.cdc.gov
- HTH Worldwide Insurance Services is an emergency health and emergency services provider. All registered BC students are covered by our blanket policy while living and traveling outside of the United States. For more information, visit the following website:
<http://www.bc.edu/offices/international/travel-health-safety.html>
- When you arrive, you will have to purchase Jagiellonian University student health and life insurance.
- You are advised to visit the U.S. State Department website: <http://www.state.gov/> for important travel information including travel advisories.
- Adjusting to a new culture and environment can be stressful. You will have a smoother transition by making sure that you prepare to remain healthy. Following are some websites that provide important information and advice about how to have a healthy and safe experience abroad:
http://kidshealth.org/teen/your_mind/emotions/culture_shock.html
<http://www.kwintessential.co.uk/cultural-services/articles/cultureshock-stages.html>
<http://www.bravenewtraveler.com/2007/11/20/the-4-stages-of-culture-shock-and-how-to-beat-them/>
- Be sure to visit the OIP website for additional information about Health and Safety:
<http://www.bc.edu/offices/international/travel-health-safety.html>
- BC emergency contact information:
OIP: (617) 552-3827 (Monday to Friday 9 a.m. – 5 p.m.)
BCPD: (617) 552-4444 (outside of normal business hours)
- Alcohol and Drugs
In many cultures, alcohol consumption is an acceptable part of the culture and people are taught to drink in moderation at home. Many countries have a lower drinking age than the U.S. while other countries have drinking and drug abuse laws that may be more severe. You are subject to the laws of your host country, so if you choose to drink alcohol abroad, always drink responsibly and be knowledgeable about your host country's laws by visiting:
http://travel.state.gov/travel/tips/tips_1232.html#drug_offenses

Finances

- The OIP website provides information about estimated expenses for study abroad:
http://www.bc.edu/offices/international/meta-elements/pdf/0910_estimated_stude.pdf
- Scholarships and Financial Aid information can be found at:
http://www.bc.edu/offices/international/financesawards/Scholarship_Opportunities.html

Returning to BC

- Complete a Program Evaluation. Upon completion of your program OIP will e-mail the link to the evaluation
- Mentor an exchange student from your host university by contacting oiexchange@bc.edu
- Volunteer for Discovery Night, Pre-departure Orientation, Re-entry seminar by contacting your International Study Advisor, Esther Messing at e-mail address: messines@bc.edu
- It is not uncommon when you return from studying abroad to experience "reverse" culture shock. The following may help you transition back to home: <http://www.cie.uci.edu/prepare/shock.shtml>
<http://www.studyabroad.com/guides/handbook/handbook5.html#shock>

References

- Suggested readings:
Machecewicz, Pawel, Rebellious Satellite: Poland 1956. Washington DC: Woodrow Wilson Press, 2009.
Kutrzeba, Joseph, The Contract: A Life for a Life. Bloomington, IN: iUniverse.com, 2008.
Szyborska, Wislawa, View With a Grain of Sand: Selected Poems. New York, NY: Harcourt Brace & Company, 1995.
- Useful websites:
Local information about Krakow: <http://www.krakow-info.com/>
Polish Embassy: <http://www.washington.polemb.net/>
Travel guides for Poland: www.lets-go.com/
www.roughguides.com/
- Student and parent guides for study abroad:
<http://www.studyabroad.com/guides/handbook/handbook5.html#shock>

PREPARED BY ESTHER MESSING: 3/3/10