



BOSTON COLLEGE
OFFICE OF INTERNATIONAL PROGRAMS

JAGIELLONIAN UNIVERSITY
CENTER for EUROPEAN STUDIES
2013-2014
Program Guide

Jagiellonian University Centre for European Studies
<mailto: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: <http://www.britannica.com/> for a summary.
- Know what is happening in the news in your host city by reading the local English-language newspaper: <mailto:www.krakowpost.com/>
- 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/wws/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: <mailto:http://www.britannica.com/bps/search%3Fquery=Krakow+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

Ms. Justyna Jochym
International Relations Office
UIL Garbarska 7A
31-131 Krakow
Phone: +48 (12) 429 6207
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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).
- To be admitted to Poland, you will need a passport. Passport applications are available at any U.S. post office. You must also apply for a National D-Type visa which allows you to live in Poland for up to six months and to freely visit the other Schengen states while your visa is valid. Information about this process may be found at: <mailto:http://poland.embassyhomepage.com>. To get a Schengen

visa you must present the following documents: passport, completed and signed visa application form, biometric photo, visa fee, proof of health insurance while you are abroad, your acceptance letter with the dates of your program, a bank statement showing proof of adequate funds to cover your stay while in Poland. The cost as well as the types and number of supplementary documents may differ depending on the consular office. You are advised to contact the relevant consulate to obtain full information concerning the documents needed when submitting a visa application. For a list of Polish consular missions in the U.S. and abroad go to:

mailto:http://mfa.gov.pl/en/travel_to_poland/polands_missions_abroad/

- Once in Krakow you will be required to register your home address with the local immigration authorities. This process will be discussed at the CES orientation.
- Vaccinations are not required for U.S. citizens; however, in addition to U.S. medical insurance that will cover you while abroad, you will be required to purchase the Jagiellonian University Accident and Life Insurance. In addition, some students will purchase Polish medical insurance. More information will be found in the CES student handbook at:
<mailto:http://www.ces.uj.edu.pl/documents/1910281/bf7743f8-d849-4f6f-877a-fc9d02e99e5b>
- Plan to fly into Munich or Frankfurt, and then on a connecting flight to Krakow.

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 2013

9/27	Housing available
9/30 – 10/14	Orientation
10/2 – 12/13	Teaching period
12/16-12/20	Exams

Spring Semester 2014

2/21	Housing available
2/24	Orientation
2/25-6/13	Teaching period
6/16-6/27	Exams

- 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.
- 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>
- If you have a learning disability you should discuss with your ISA whether your host university is able to make appropriate accommodations; if so, bring documentation from your doctor or the BC Disabilities Office to support any request for accommodations at your host university.

Housing

- In Krakow, you will have a choice of living in a student dormitory or in a flat. You will find information about the various housing options in the CES acceptance materials; plan to apply for housing promptly once you receive your acceptance. Please note that you are responsible for paying your own housing fees; housing costs are not included. Don't forget to send your contact information abroad to OIP once you're settled.
- Additional information about the estimated cost of housing may be found at: <http://www.ces.uj.edu.pl/documents/1910281/bf7743f8-d849-4f6f-877a-fc9d02e99e5b> . You will dine on a pay-as-you-go basis. There are no meal plans as there are at U.S. universities.
- Krakow does not have an underground system, but there are many busses and trolleys that will take you wherever you want to go. You will find information about Krakow transportation at: <http://www.krakow-info.com/transport.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>. You are encouraged to consult HTH on-line services for health and safety information about all world destinations, travel illnesses, and as a resource for international medical providers.
- 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 aware that the manner in which medical help is obtained, the way patients are treated, the conditions of medical facilities, and how health care is afforded may be quite different from U.S. practices. U.S. health care values, assumptions, and methods are not universally practiced; even notions regarding the onset of an illness or the timing of expert attention may be considered culturally based.
- Refer to your Study Abroad Handbook for further information about health and safety issues including women, LGBT, disabled people and others.
- In the event of a large-scale emergency, such as a natural disaster, you should first text your onsite coordinator; follow the emergency procedures discussed in the onsite orientation; and call or text your parents to let them know where you are and that you are safe. The general emergency number in Poland is **112**.
- 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/content/dam/files/offices/international/pdf/Nov%2011%202011-2012%20estimated%20student%20budget%20w%20housing.pdf>
- Scholarships and Financial Aid information can be found at:
http://www.bc.edu/offices/international/financesawards/Scholarship_Opportunities.html
- The CES student handbook has a section on estimated living expenses which you should check at:
<http://www.ces.uj.edu.pl/documents/1910281/bf7743f8-d849-4f6f-877a-fc9d02e99e5b>

Returning to BC

- 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:
Hodorowicz Knab, Sophie. Polish Traditions, Customs, and Folklore. New York, NY: Hippocrene Books, Inc., 1996.
Davies, Norman. Heart of Europe: The Past in Poland's Present. Oxford, UK: Oxford University Press, 2001.
Anything written by Isaac Bashevis Singer or Henryk Sienkiewicz
- Useful websites:
Local information about Krakow: <http://wikitravel.org/en/Kraków>
Train information: http://www.raileurope.com/europe-travel-guide/poland/how-to-book-train.html?gclid=CPKujOenqrYCFsDgMgodqFwASg&WT.term=poland+rail&WT.mc_id=google.New+Destinations.cpc&WT.medium=cpc&WT.content=text&WT.srch=1&WT.source=google&cshift_ck=11B27AC6-8195-415F-87
Practical information for students: <http://en.poland.gov.pl/Practical,Information,1614.html>
Travel information: <http://www.lonelyplanet.com/poland/malopolska/krakow>
Travel guides for Poland: www.letsgo.com/
www.roughguides.com/
- Student and parent guides for study abroad:
<http://www.studyabroad.com/guides/handbook/handbook5.html#shock>

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