

FOR EXCHANGE STUDENTS

Local Guide



Erasmus Student Network
SGH Warsaw

Table of Contents

3 GENERAL INFORMATION

Welcome to Warsaw
ESN SGH
Orientation Week

7 LOCAL GUIDE

Information about SGH
Food and shops in the area
Public Transport
Night life

16 ESN PROJECTS FOR INTERNATIONAL STUDENTS

Mentor
ESNcard
ESN Travel
Tandem Courses
ESN Sport
Social Erasmus

Discover Europe
National Erasmus Games
International Jobs in
Poland

21 EVENTS

International Dinner
City Game
Pub Crawl
Pub Quiz
Paintball | Laser Tag | Trampoline Park
ESN Warsaw United

25 QUESTIONS



Welcome to Warsaw!

Hi to all exchange students at SGH! We created this guidebook in order to inform you about all local opportunities and ESN's activities. This academic year is a whole new experience to all of us but we will make sure it's your best adventure yet. Feel free to join us on any integration or event online and contact us if you need support. We can't wait to meet you and hope to make your stay in Poland even more delightful than you expected. See you soon on online classes!

ESN Guidebook team

Monika, Justyna, Ola, Kinga, Robert, Johnny, Zosia

ESN SGH



Erasmus Student Network is the biggest non-profit student organisation in Europe. Our main goal is to support and promote mobility pertaining to international exchange programmes such as Erasmus+. ESN Poland is made up of 31 local sections in major Polish cities. We try to make life easier for incoming students by helping them with accomodation, accustoming to local traditions and developing new relationships. We also organise cultural and social events, parties and sports activities. As a non-profit organisation we are not being paid for it, we are doing it voluntarily and our only aim is to create fun and unforgettable moments for you to enjoy!

**528 local
sections in
Europe!**

ESN Office

ESN SGH Office is located in Main Building (G) of Warsaw School of Economics (SGH) on Aleja Niepodległości 162. If you have any doubts how to get there or how to pay for an event here is a video and QRcode for you:

ESN Office:



Information Channels

In order to keep yourself up to date while at SGH add yourself to the Facebook group **"ESN SGH Exchange Students Fall/Spring 20xx/20xx"**. Add Buddy Team coordinators to your Facebook friends. It's the best way to stay informed at all times about all social activities. We also strongly recommend that you follow the official ESN SGH Facebook and Instagram pages.



[instagram.com/esnsggh/](https://www.instagram.com/esnsggh/)



esnsggh.pl



[facebook.com/esnsggh/](https://www.facebook.com/esnsggh/)

Orientation Week



SIM card? Best way to the dorm? Maybe a great coffee place or the nicest bar in the neighborhood? Orientation Week will cover this and much more. During your first week in Warsaw you will get a chance to get to know the city through a wide range of activities and games. Let's try Polish cuisine together for the first time – Pierogi for lunch! After sightseeing, Poland will welcome you to its biggest clubs with many other international students from the city. A series of 7 parties in the best clubs in Warsaw in a row organized by ESN.

7 nights 7 clubs 1 unforgettable experience

*Unfortunately, for health and security reasons (due to the COVID-19 pandemic) ORIENTATION WEEK at the beginning of the summer semester 2020/21 will look completely different and will be held online.

LOCAL GUIDE

Find your way around SGH

Information about SGH

SGH Warsaw School of Economics was founded in 1906 by August Zieliński as Poland's first university of economics. Its mission was to continuously educate economists and business leaders who serve the nation, country and the region. SGH is famous for its tradition, flexible program adjustments to students' needs, unquestionable education level, and successful alumni.

At SGH we have 6 buildings, 2 student dormitories and students night club "Park". You will find a map on the next page.

Official information for exchange students:

[https://ssl-](https://ssl-administracja.sgh.waw.pl/en/cpm/international_exchange/incoming_students/exchange/Pages/default.aspx)

[administracja.sgh.waw.pl/en/cpm/international_exchange/incoming_students/exchange/Pages/default.aspx](https://ssl-administracja.sgh.waw.pl/en/cpm/international_exchange/incoming_students/exchange/Pages/default.aspx)

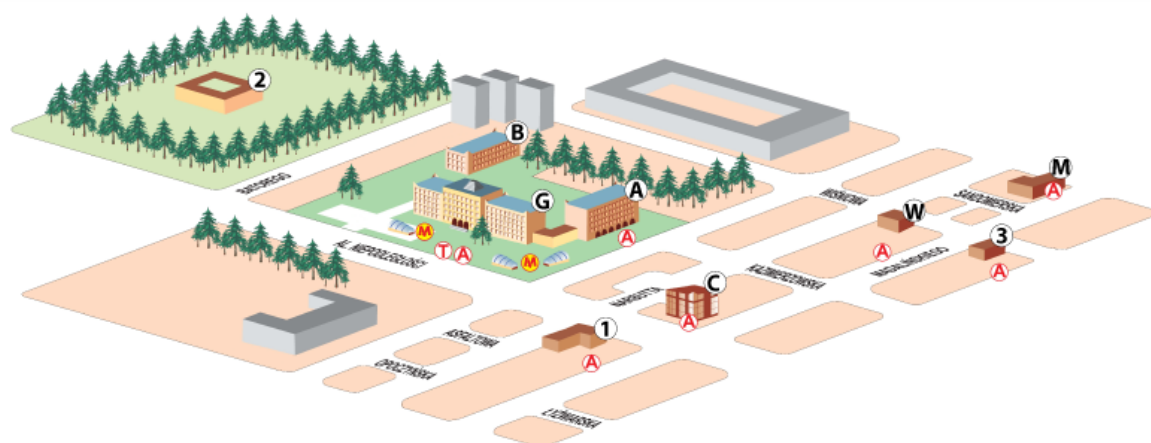


SPADO - Parachute Hall

The most famous part of the main building (G). The roof of the building resembles a pyramid and looks most attractive in the evening when illuminated by lights. It is the largest hall where various events take place. There is always something going on! It is also the main meeting spot for students of our university.

Library

The biggest library in the field of economics in Poland. It contains over one million volumes including more than 215 thousand magazines. The main library resources are the biggest collection of this kind in Poland. Holdings are organized in several collections, available in different departments. Students are allowed to borrow books exclusively from the Students' Lending Library.



budynek (building) **A** – ul. Rakowiecka 24
budynek (building) **B** – Biblioteka
ul. Rakowiecka 22 B
budynek (building) **C** – al. Niepodległości 128
budynek (building) **G** – (gmach główny)
al. Niepodległości 162
budynek (building) **M** – ul. Madalińskiego 6/8

budynek (building) **W** – ul. Wiśniowa 41
budynek (building) **1** – Dom Studenta (Student Dormitory)
nr 1 SABINKI, al. Niepodległości 147
budynek (building) **3** – Dom Studenta (Student Dormitory)
nr 3 GROSIK, ul. Madalińskiego 31/33
budynek (building) **2** – Klub Studencki PARK (Student Club Park),
al. Niepodległości 196

Sabinki Students Dorm



Sabinki dormitory is located near SGH's main building (G). Along with being a place of residence for students, it is also the location where ESN holds events and parties. However, this year guests from outside the dorm are not allowed to be let in. Even though, we would party in the dorm, there are still some

rules that we had to obey. It's strictly prohibited to smoke anywhere in the building! You should also behave decently, do not carry alcohol outside the rooms nor be too loud at nights.

Adress: Aleja Niepodległości 147

Students dorm administration:

<https://ssl-administracja.sgh.waw.pl/pl/DOS/spm/akademiki>

SGH dorms trip:

<https://www.youtube.com/watch?v=EciPEugAxoQ>



Warsaw transport & communication

Traveling around Warsaw is managed by an extensive network of municipal transport by ZTM, all operating on the same tickets.

**M1 & M2
metro lines
(underground)**

bus lines

tram lines

**commuter
rail**

You will find SGH by the POLE MOKOTOWSKIE stop. As a student, you can encode a long-term ticket on your student ID card. With the card, you are eligible for 50% reduced fare for public transportation within the city limits (zone 1 only).

You may reach the university from Chopin Airport by:

Taxi/Uber/Bolt – use only licensed taxi services (see the list of taxi companies operating at the airport at: <https://www.lotnisko-chopina.pl/en/taxi.html>). The taxi fare from the airport to the city center is approx. 40 PLN.

Bus - lines 175 and 188 start their route at the airport, while 188 bus line will take you directly to SGH building - bus stop METRO POLE MOKOTOWSKIE. If you choose line 175, you will have to change it at POMNIK LOTNIKA for bus 167. Night bus N32 runs 11:15 PM - 04:49 AM from the Airport to M1 metro line - station: ŚWIĘTOKRZYSKA, also it stops at CENTRAL RAILWAY STATION.

SKM City Train - both lines S2, S3 (Fast Urban Railway) will take you to the city center in 25 minutes. Change for the underground M1 line from METRO CENTRUM stop to reach POLE MOKOTOWSKIE station.

Train - Warsaw's main railway station WARSZAWA CENTRALNA is located in the heart of the city centre, and all international trains stop there. Means of reaching SGH are: M1 metro line from station WARSZAWA CENTRALNA to POLE MOKOTOWSKIE, optionally trams: 17, 33, or bus 174, (direction of MOKOTÓW/SŁUŻEW).

Free application for public transport journey planner available for iOS and Android:

www.warszawa.jakdojade.pl

For all the public transportation schedule and ticket tariff, go to the official ZTM webpage:

<https://www.wtp.waw.pl>

Food on SGH

Jajko Bistro&Cafe - the most recognizable place where you can eat something at our University. It is located opposite the main entrance to the building G. If you go through the Spado, you will definitely notice it. Not only students but also lecturers like to sit there. You will find there several options for delicious home-cooked meals, tea, cakes and of course the most important thing for many students - coffee.

Break Café Hades - once upon a time, live music was played there in the evenings, and on Saturdays, there were real parties. Now Hades offers a convenient place to chat over coffee or study in a cool-arranged place. We promise you'll eat something tasty there too! Look for Hades on level -1, level below the cloakroom on Spado.

Wars Canteen - a restaurant/buffet chain in Poland. Restaurants are often found in trains. One is also located in our university - the only cafe in the building A. During the break, you can drop by for delicious food and coffee.

Shops near SGH

MOKPOL - the nearest grocery store located 3 minutes on foot from the main university building - building G.

ŻABKA - a chain of convenience stores where you can often find attractive offers and promotions. One store is located between buildings G and C, and another one 3 minutes going left from building A.

ABC - a small grocery store located in student dorm Sabinki which means you don't need to leave the dorm for some basic grocery shopping.

ODiDO - a chain of stores offering groceries and basic products. One of them is between building G and C (very close to Sabinki) and its open till 11 p.m. everyday which makes it frequently attended on Sundays.

ZŁOTE TARASY - the most popular shopping mall located in the heart of Warsaw, in the vicinity of the Warszawa Centralna Railway Station and the Palace of Culture and Science. There are over 200 shops, 40 restaurants and 8 unique Multikino rooms in it.

You can get there from SGH in about 12 minutes by tram or metro.

GALERIA MOKOTÓW - shopping mall offering a wide selection of clothing brands, including the most luxurious and prestigious ones. There are over 200 stores, 30 restaurants and 14 cinema halls of the Cinema City chain. You can get there from SGH in about 20 minutes by tram.



Where to party in Warsaw



In terms of events, Warsaw is an ideal place for students. We present the most interesting and popular of them.

Mazowiecka Street

The most famous party street in Warsaw. You can find there shot bar - **Czupito** with very special shots at good prices and **PiwPaw Bar** with craft beer and place to dance. When it comes to the clubs, we especially recommend **Teatro Cubano**, a place for latino music & Cuba Libre lovers, which impresses with its theatre-like appearance. The second favourite one is **Sketch NITE**. Don't be fooled by its vintage appearance from the outside, because inside you'll find a modern interior, quality music and a party on three different floors. Needn't mention that this street has much, much more to offer.

Opera Club - at Plac Teatralny 1 you can party at National Opera or to be specific... under it. Entering the club you'll see a really royal and fancy interior design with best party beats on the dancefloor. It's absolutely worth visiting!

Teatr Capitol Club - as you can see, we have many night clubs connected to places of culture and art. Also in this case, at Marszałkowska Street 115 the club is located in a Capitol Theater building. What's more the night club is designed in a theater's style.

Klub Park - SGH students' club located at al. Niepodległości 196. A place you can't miss when you're an SGH student. One of the Erasmus students' favorite clubs. Music that suits every taste, free beer on Wednesday nights, and a large dance floor is something we love about Klub Park.

Bolek Pub & Restaurant - al.Niepodległości 211, a place located in the Pole Mokotowskie park, very close to the university. You'll eat tasty snacks there, have a good beer and on Wednesdays or Thursdays karaoke awaits you.

Warszawski Flip - also close to the SGH, al.Niepodległości 147, located in Sabinki building, where you can eat and drink well, watch some sport events on television and take part in Pub Quiz. Highly recommended!

Zielona Gęś Pub - Aleja Niepodległości 177, nearest pub to the main building of SGH, just across the street. It serves beer, drinks and food. Occasionally karaoke and dancing are organized.

Nora Pub - Krakowskie Przedmieście 20/22. Nora Pub is known for its karaoke nights. It serves beer, shots and some fast food. Great atmosphere and fun memories.

Makulatura Cocktail Bar - Chmielna 5/6. Great drinks and cocktails. Makulatura is very popular for its outdoor space, clients can enjoy beverages outside.

Pawilony Nowy Świat - Nowy Świat 22/28. Pawilony is a very popular spot among students and young adults. It is an area located at the back of Nowy Świat street. You can find some great bars and pubs, for example Szprycer, Pijalnia Wódki i Piwa or Pawilon 31.

ESN PROJECTS

for international students



The Mentor Program is implemented in every ESN section in the world. It consists of assigning Mentors to students coming to a foreign university in another country (in particular at SGH). The main task of the Mentors is to introduce you to the student life at our university (including informing about subjects, faculty, student organizations, or university formalities). In addition to formal matters, Mentors should familiarize you with the city itself and the entertainment that can be found in it or where it is worth going for a weekend for a longer trip around Poland. The goal of the Mentor Program is to make your Erasmus experience unforgettable and create memories that you will never forget. Sign up on Broaddy platform and start your adventure with Mentor!

Link to Facebook event:

<https://www.facebook.com/events/1078784082555581>

Link to Broaddy platform:

<https://esnsghwarsaw.broaddy.com/register/international>

ESNcard - project initiated by the ESN SGH and developed to an international level, where it currently constitutes one of the pillars of the functioning of the entire organization. The idea behind the project is to operate a system of discounts at international, national and local levels for exchange students, ESN members and Mentors/Buddies. The card entitles you to discounts throughout Europe for 1 year. It is used annually by more than 130,000 students in 40 countries. In Poland we have over 300 active discounts in all major cities.



ESN Travel

A beautiful seaside of the Polish Baltic Sea, magic Old Square in Cracow, modern opera in Wrocław (Europe's capital of culture). Poland is full of magical places which are worth sharing. We want to share it with you, people from all around the world who have their hearts open to new adventures. During your semester in Warsaw you will have the opportunity to sign up for trips all around Poland and spend unforgettable weekends with friends in the Tricity, Cracow, Wrocław and more. We travel to show you the beauty of our country, its tradition, history and best regional cuisine. After sightseeing during the day, there is always time left to get to know the party scene in different cities during nighttime.

Keep up to date with all current trips on Facebook page:

<https://www.facebook.com/esnsghttravel>



Have you always wanted to learn a foreign language but were discouraged by the formality of classes or not motivated enough to do it on your own? There is an easy solution! Come and learn from a native speaker that just so happens to be another exchange student who wants to learn your language! **Tandem Courses** meet once a week and it allows you to work, talk and have fun in a group of 2 or 3 people, helping each other gain some basic knowledge of languages with materials prepared by us. We can even teach you some Polish!

ESN Sport is a group for sports fans, who can't stand a day without adrenaline. The Sport Section takes part in several sports exhibitions including



ESN Sport

football, volleyball and basketball. Are you an enthusiast of paintball, bowling, go-carts? Would you like to watch the Champions League together? Don't miss the opportunity to feel this unique atmosphere with others in one of Warsaw's many Pubs!



Social Erasmus

Social Erasmus is a project for all those who enjoy helping others and are willing to spend a little bit of time to do so. During the project we visit animal shelters, teach children English and much more! It doesn't take much of your time but brings enormous satisfaction. All of the information about our activities, dates and meeting places will be posted on the ESN SGH ExchangeStudents Facebook group but you can also write to the coordinator of the Social Erasmus project for additional Information

Discover Europe is the largest pan-European photo competition organized by the Erasmus Student Network for many years. This competition is dedicated to young people - enthusiasts and amateurs, people who are open and



courageous in their ideas of the world. The main idea and mission of the contest is to present the problems and your own vision of Europe. All this to be able to create a community made of completely separate communities. The competition is usually divided into three categories. Those are: Discover People, Discover Nature and Discover Architecture. Every photo stands a chance of winning very attractive prices!

Official Discover Europe website:

<https://discovereurope.esn.pl/pl/>



National Erasmus Games is a nationwide Erasmus Student Network project that allows foreign students from all over Poland to participate in sports competitions organized in the shape of the Olympic Games. The project is divided into 3 stages: local, national

and international. During each of them, participants compete in 3 disciplines: futsal, basketball, and volleyball. The winning team of the national finals represents ESN Poland during the International Erasmus Games, which take place in one of the cities of Europe.

International Jobs in Poland is a platform, where we publish job offers for people who speak foreign languages in Poland. The main goal of the project is to broaden the career prospects of people living in our country who know foreign languages professionally. The offers are aimed at students and all those looking for both permanent and temporary employment.



**INTERNATIONAL
JOBS IN POLAND**

EVENTS

that you cannot miss

INTERNATIONAL DINNER

Each country has its own flavors and dishes. During the International Dinner we give you the opportunity to try cuisines from all over the world and share your own. How does it work? Everybody brings a traditional dish from their native country and shares it with everyone. Did we mention that there's a contest for the best dish with an awesome prize for the winner?



CITY GAME

One of the greatest events of the year will be held on the Saturday of Orientation Week. Prepare wisely for a real life treasure hunt. Put on some warm clothes, comfortable shoes and eat a good breakfast just before heading out. We will split into teams and face some crazy challenges. Special prize will be waiting for winners!



PUB CRAWL

Walking isn't the most exciting activity. But when you combine walking with local pubs, it suddenly becomes much more appealing. We start the night in one pub and then after drinking for a while, talking and getting to know each other, we move to another pub where the fun continues. We repeat the process again and again, until we end up crawling to the last pubs...



So forget about just sitting around in one spot the entire night. Our Pub Crawl allows you to explore and discover some amazing places with us during your exchange, including the Old Town, the Pavilions and the Northern Praga district.

PUB QUIZ

When you think about quizzes, nothing interesting comes to mind. But if you add a pub, teams and excitement to it, suddenly everything changes. That's what you sign up for when you come to one of our Pub Quizzes. An evening of friendly competition, beers and insightful questions from a range of subjects including things as cliché as music to the intricacies of Polish culture. We can assure you that you will gain a whole lot of useful knowledge and have fun along the way.



PAINTBALL | LASER TAG | TRAMPOLINE PARK

We have a lot to offer when it comes to group integration! Do you like paintball? No problem! Gather your squad and let's go to one of the finest places for paintball in Warsaw. Don't want to be dirty and covered in paint? Why not go try laser tag with us? And if you like to jump around and do a little gymnastics we can go to the biggest trampoline and springboard place in Poland! Don't miss your chance!



ESN Warsaw United



We are so much more than just ESN at the Warsaw School of Economics. In Poland there are 31 sections of ESN at different universities around the country. ESN Warsaw United is an unofficial group of 11 Warsaw ESN sections which came together to organize bigger, better & crazier events for all international students in Warsaw. Thanks to the cooperation between sections you will have opportunities to make friends from other universities like Warsaw Polytechnic or Warsaw University of Life Sciences and maximize your exchange abroad with new experiences.

Keep up to date with WU events on Facebook page:

<https://www.facebook.com/ESNWarsawUnited/>

Questions

If you have any questions that weren't resolved by this guidebook or want to know more about accommodation in Warsaw, gym memberships, ticket or other matters, direct your question to your mentor or post it on the **Exchange** group on Facebook. Should your problem be connected with anything official, contact the Incoming Students Office (mkomore@sgh.waw.pl or msent@sgh.waw.pl). You can always turn to Buddy Coordinators (buddy.sgh@esn.pl or facebook)

Have a nice stay!

We hope that we helped you a bit with this guidebook. Feel more than welcome to our events and we hope you will have an amazing time here in Warsaw.



ENJOY YOUR ERASMUS IN WARSAW!



Erasmus Student Network
SGH Warsaw