

# IFJ PAN Particle Physics Summer Student Programme 2022 Information Set #1

## 1 Personal Accident Insurance

**Each student must have a valid personal accident insurance during the apprenticeship (ubezpieczenie NNW).** A scan with confirmation or good quality photo should be sent to dr Marzena Mitura-Nowak ([Marzena.Mitura-Nowak@ifj.edu.pl](mailto:Marzena.Mitura-Nowak@ifj.edu.pl)) as soon as possible, cc-ing [ppss@ifj.edu.pl](mailto:ppss@ifj.edu.pl).

The confirmation can be in a form of:

- document from your University,
- EURO26 or ISIC card / contract (it might be quite a good option anyway since it will grant you some student discounts when doing sightseeing),
  - <https://euro26.pl/en/ubezpieczenie/>
  - <https://www.isic.org/>
  - <https://www.isic.pl/pl/warianty-ubezpieczen.html>
- contract with insurance company (usually more expensive than above two).

**Confirmation must be sent before the start of programme!**

## 2 Health Insurance

You are expected to have a relevant health insurance during your stay in Poland. Students who are citizens of the European Union are entitled to free or reduced-cost medical treatment (European Health Insurance Card is required). Students from non-EU/EEA countries should purchase health insurance in their home country before departure.

### 2.1 EU/EEA citizens

Poland has the health care system based on general health insurance. Persons covered by the general health insurance are entitled to free health services in the territory of Poland at the health care providers who have concluded contracts with the National Health Fund (NFZ — Narodowy Fundusz Zdrowia). The National Health Fund is the institution, which is responsible for assuring health services for insured persons and members of their families.

During a temporary stay in Poland, a person entitled to health care under EEA rules can receive health services in the following areas:

- primary health care,
- specialist out-patient care,
- hospital treatment,
- dental treatment,
- rescue services and ambulance transport.

In case of necessity of providing medical care, a student from a member country staying temporarily in the territory of Poland is entitled to free health care on the basis of the European Health Insurance Card (EHIC) or in particular cases on the basis of a special certificate. The student is obliged to present one of these documents (it is advisable to have also a copy) together with an identity document directly to the public health care provider.

The student will receive free health services at health care providers who have concluded a relevant contract with NFZ. In case of lack of the European Health Insurance Card or equivalent document, the patient will be obliged to cover costs of treatment by himself. The same obligation arises in case of treatment provided by a health care unit which has no contract with NFZ. If there is a need of hospital treatment, a doctor's referral is required. In case of sudden illness, accident, injury, intoxication, life threat, a patient receives necessary medical benefits without referral. A patient who presented the European Health Insurance Card or a certificate, receives free hospital treatment within the general health care system.

Apart from academic and public medical care system there is also a well-developed private sector. The costs of medical care may be reimbursed if a student has purchased a health insurance policy in his country before departure.

## 2.2 Non-EU/EEA citizens

Students from non-EU/EEA countries should purchase health insurance in their home country, before departure. In case of the ISIC or Euro26, insurance is usually included in the card (please check carefully the conditions!) and the student does not need to buy another one unless he/she wants to increase its scope or value. According to state health regulations foreigners (except the EU/EEA citizens, see above) have to pay for a medical consultation. The cost is then reimbursed by the health insurance company.

Apart from academic and public medical care system there is also a well-developed private sector.

## 3 Entering Poland

Since December 21, 2007, Poland is part of the Schengen Area, a zone without controls on internal borders which comprises of 28 countries. Third-country nationals may enter Poland if they are in possession of a valid travel document and a visa (if required). Council Regulation (EC) No 539/2001 includes the lists of third countries whose nationals must possess valid visas to cross external borders, and of countries whose nationals are exempt from this obligation.

**Please make sure that you will be able to enter!**

Some tips:

- <https://visitkrakow.com/can-i-travel-to-poland/>
- <https://www.travelsafe-abroad.com/poland/>

### 3.1 Visa-free Countries

Citizens of the following countries are not required to be in possession of a visa when entering Poland for less than 90 days: [https://www.gov-pl.translate.google.com/web/guest/lista-panstw-ktorych-obywatele-moga-podrozowac-do-polski-bez-wiz?\\_x\\_tr\\_sl=pl&\\_x\\_tr\\_tl=en&\\_x\\_tr\\_hl=pl&\\_x\\_tr\\_pto=](https://www.gov-pl.translate.google.com/web/guest/lista-panstw-ktorych-obywatele-moga-podrozowac-do-polski-bez-wiz?_x_tr_sl=pl&_x_tr_tl=en&_x_tr_hl=pl&_x_tr_pto=)

**In some cases VISA is not needed only for holders of biometric passports!**

## 3.2 Visa

When crossing the border third-country nationals are obliged to justify the purpose and conditions of intended stay and prove that they have sufficient means of subsistence, both for the period of intended stay and for return to their country of origin or transit to a third state into which they are certain to be admitted, or are in a position to acquire such means lawfully.

The visa application should be submitted to and examined by the relevant consular post in accordance with its territorial competence. Applicants should contact relevant consular post in order to obtain the application as well as information on the electronic registration of the application and visa fees. The application will be examined no later than 15 calendar days after the date of submission of the full set of documents.

Polish delegations are not present in some countries. In this case, the applicant is obliged to submit the application to the relevant Polish consular post in another country, or in another Schengen consulate which represents Poland in visa matters.

List of Polish missions: <https://www.gov.pl/web/diplomacy/polands-missions-abroad>

## 4 COVID-19

As we know from the past, the situation may change rapidly. Please monitor this webpage to stay up-to-dated: <https://www.gov.pl/web/coronavirus>

### 4.1 Current rules and restrictions

Pursuant to the Regulation of the Council of Ministers of 25 March 2022 on establishing specific restrictions, orders, and prohibitions in relation to the state of epidemic (Polish Journal of Laws, item 673), from 28 March 2022 onwards, all restrictions are lifted, which means that wearing mask is not obligatory. See more here: <https://www.gov.pl/web/coronavirus/temporary-limitations>

### 4.2 Entering and leaving Poland

<https://www.gov.pl/web/coronavirus/travel>

## 5 Situation in Poland due to War in Ukraine

It is safe to travel to Poland. Everything continue to function normally, just with more people (refugees) than usually but that does not cause any safety issues.

Since Institute of Nuclear Physics PAN is an important facility, the internal security level increased. Currently in Poland there is a CHARLIE-CRP alert and BRAVO alert (<https://www.gov.pl/web/alarmowe-bravo-i-charliecrp-na-teren-calego-kraju>). For you, as summer students, it means that (except for the first day) the entrance to the institute would be only possible with a valid access card (to be issued on the first day).

## 6 Travel information

Polish currency is zloty (PLN). Please be aware that the exchange rate at the city centre is MUCH better than at the airport.

## 6.1 Krakow Airport

John Paul II International Airport is located about 15 km from Krakow centre. It has direct connections to various cities. For updated information on flights and connections see: <http://www.krakowairport.pl/en>.

At the airport you can find: exchange offices (note: quite bad rate!), bank branch, ATMs, a restaurant, a cafe, post office, information desk, travel agency, 24-hour first aid, duty-free shop, 24-hour car park and car rentals agency (National, Avis, Budget, Europcar and Hertz). The transportation options from the airport to the city centre are described at the airport web page. The best (and cheapest) idea is to take a city bus (about 5 PLN) or a train (about 16 PLN) to the city centre.

## 6.2 Katowice-Pyrzowice Airport

The other option is to fly to Katowice-Pyrzowice Airport and take a bus to Krakow. More information is available at [www.katowice-airport.com](http://www.katowice-airport.com).

## 6.3 Warsaw Airport

For information about the Warsaw Chopin international airport (see <https://www.lotnisko-chopina.pl/?lang=en>). To reach Krakow from Warsaw you can:

- take a domestic flight,
- take a direct InterCity or Express train.

## 6.4 International Train

Cracow is one of Poland's main railroad junctions. It has direct railway links with Berlin, Budapest, Kiev, Prague, Vienna and Warszawa. Cracow Central Station (Kraków Główny) is situated most conveniently in the very city centre, close to the Old Town historic district. The schedule can be found <https://www.intercity.pl/en/>.

# 7 Transport in Krakow

You can get to the Institute on foot or by public transport. Connections can be checked on *e.g.* <https://jakdojade.pl/krakow/trasa/> (bus stop „Rondo Ofiar Katynia”; IFJ is located on the north-west side of the roundabout). In case you plan to use public transport quite often (I bet you would like to do some sightseeing and partying), it is wise to buy a monthly ticket: <http://www.kkm.krakow.pl/pl/informacje-podstawowe/wydawanie-karty/>. The website is in polish, but you can translate it via *e.g.* google translator.

# 8 Accommodation

Those who were granted accommodation support will be located in one of the AGH UST student apartments. You will be share a double or triple room with other participants. Accommodation will be possible from Saturday 2/07 until Sunday 31/07. More details about the accommodation will be sent later.

Other participants are expected to arrange the accommodation on their own.

## 9 How to Enter IFJ PAN

During the first day the entrance to the Institute will be on basis of list of names passed to reception. Guards may ask you to show your ID in order to confirm your identity. On the first day it is expected that you will receive the individual pass which will allow you to enter Institute freely during the duration of programme. Note that in order to receive the card all formal agreement must be signed!

Location of the Institute: <https://www.ifj.edu.pl/en/contact/>.

## 10 Programme Timetable

The programme will start on Monday 04/07/2022 and will finish on Friday 31/07/2022 (*i.e.* will last 4 weeks). The first week is common for all participants – you will attend a series of lectures and classes. The detailed timetable will appear soon on our webpage ([ppss.ifj.edu.pl](http://ppss.ifj.edu.pl)). Next three weeks are devoted to a work on a project which will be done in pairs under tutor's supervision. The list of proposed topics will be sent via e-mail at the end of June. The assignments will be done during the first week of July.

## 11 Notebooks, Internet and Computer Resources

You are expected to bring your own notebook. You can connect to the Wi-Fi via EDUROAM or Institute Wi-Fi for guests (password will be provided on the first day).

## 12 BBQ

If weather will be good, we will have a BBQ on one evening during the first week (Tue, Wed or Thu). More details will be given on the first day.