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Student Guidebook **Life in Lodz**

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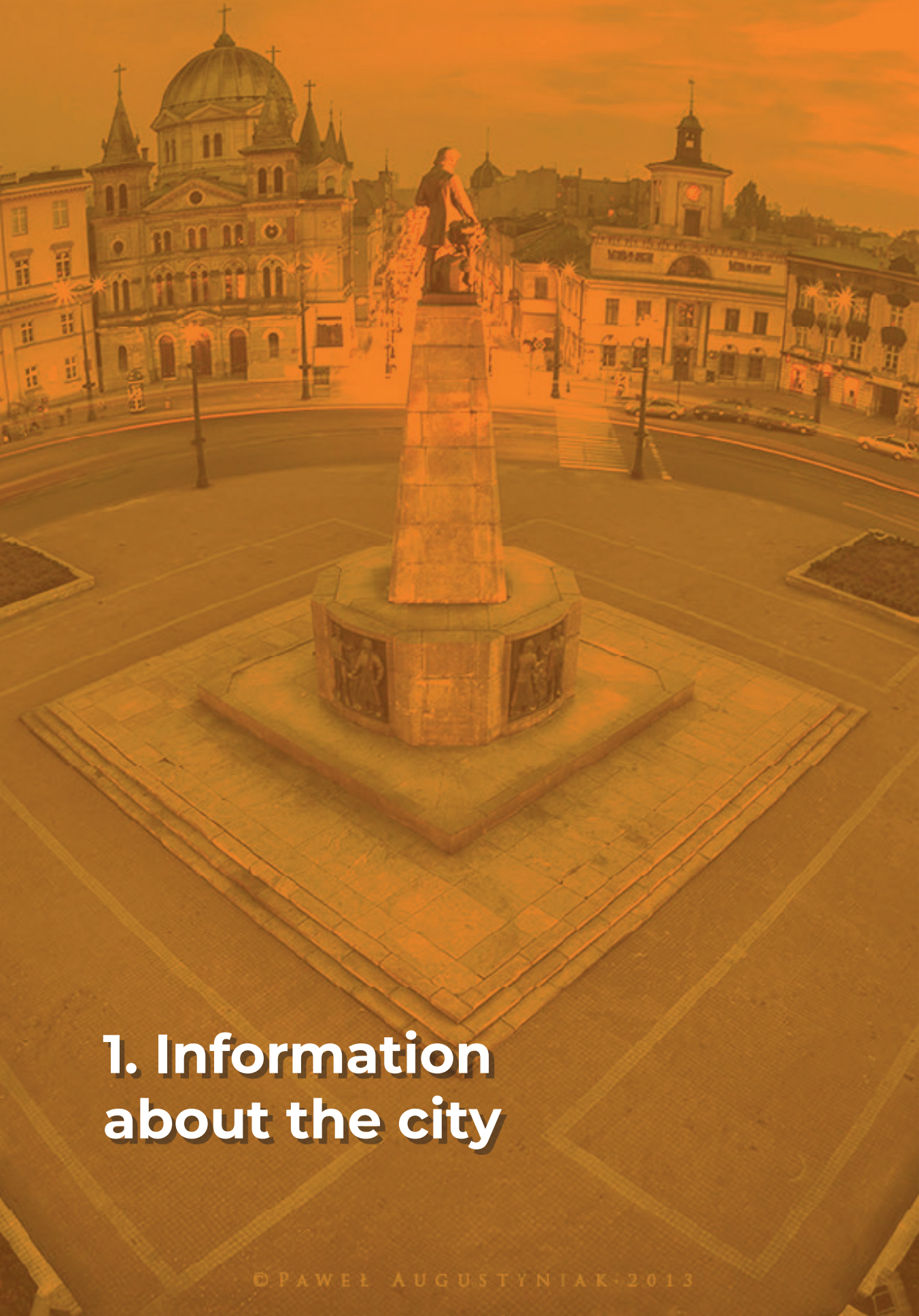
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Ministerstwo
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1. Information about the city

Lodz is the third city in Poland in terms of population (around 740,000 according to a Selectiv study in 2021), after Warsaw and Krakow, and the fourth in terms of area (293.25 km² after Warsaw, Krakow, and Szczecin).

Lodz is a city full of contrast, which intrigues almost at every step. It's full of factories but at the same time it is very green, eclectic and avantgarde. Lodz dazzles with the splendour of its factory palaces and amazes with its art installations.

Although the history of the city dates 6 centuries back, the dynamic development of Lodz took place less then 200 years ago. From a small village, which Lodz was at the beginning of 19th century, it became in a short time the, promised land' giving tens of thousands of families hope for a better tomorrow. Many traces of the multicultural working-class melting pot can be found in the city space. Lodz was this pot until World War II. After the War, it opened a new chapter in its history by becoming Poland's film capital. In 2017 it got admitted to UNESCO Creative Cities Network as a City of Film.

Lodz today is a creative city, festival city, a city being completely rediscovered. It is in the centre of Poland, at the intersection of major highways. According to reports and statistics, Lodz is one of the fastest developing cities in Central and Eastern Europe.

Today's Lodz places emphasis on dynamic development of business services, IT, logistics and high-tech industries, not forgetting the creative industries: fashion, design, film, and art. New investments such as underground Lodz Fabryczna railway station and New Centre of Lodz, realized in cooperation with world-renowned architects and current construction of the cross-town tunnel under the city, begin a new era in the history of Lodz.

In EC1, once a thriving power station, today operates the most modern Planetarium in Europe, The National Film Culture Centre, the Comics and Interactive Narrative Centre and the unique Science and Technology Centre, where tradition meets new technologies. New heart of the city with Special Art Zone and Katarzyna Kobro Market with four streets –Polish, Jewish, German, and Russian, which refers to the four cultures that once shaped the city's unique character, is being built just above the multi-level modern railway station.

A big advantage of Lodz is its central location. The city is in the centre part of Po-

land as well as in the centre of Europe, makes it closer to everywhere. Convenient location goes hand in hand with good communications – agglomeration is surrounded by highways and motorways which provide fast connections to Polish and foreign cities.

Lodz has also good rail connection with all biggest cities in Poland. For example, a journey to Warsaw lasts just over an hour. Convenient connection with the capital city is a huge tourist and business development advantage in both cities.

There are also two international airports close to Lodz. Wladyslaw Reymont International Airport is located approximately 10 minutes' ride from the city centre and 130 km further, in Warsaw, there is Poland's largest airport, F. Chopin Airport, from which you can reach over a hundred destinations around the world.

Lodz Fabryczna railway station located in the city centre, has recently undergone a major redevelopment, becoming one of the most modern interchange centres in Europe. Bicycle stations and a network of scooters and urban scooters located throughout Lodz facilitate fast and environmentally friendly movement around the city. Expanded public transport offers 24/7 transport in Lodz and the region.

Knowledge and education are a key element of Lodz's development. In total, 75 thousand students' study at 8 universities of Lodz in total – 6 public and 12 non-public, from which 5 thousand are international students and over 18 thousand graduates each year.

Live in Lodz permanently and find out more about one of Poland's most beautiful cities.



2. Praktyczne informacje



Legalization of residence in Poland

Visas

A valid visa entitles the holder to stay in Poland for the number of days specified in it. Visas are issued by consuls as a matter of principle, but the mere fact of receiving a visa does not absolve the obligation to check the scope of the holder's entitlements carefully. Attention should be paid to the number of days allowed as it is usually different than validation period of the visa (e.g., 90 days of stay and 180 days of validity). It is important if the visa allows only one entrance to the country or multiple (of course with valid travel document). Visa extension by governor during foreigner's stay in Poland is possible but only in special situations, so if you want to stay longer, you should apply for extension of stay before the visa expires. The same applies to a foreigner who has entered Poland on a visa-free basis (he/she is exempt from the visa requirement).

Residence permit

Temporary residence permit is issued to foreigner who plans to stay in Poland more than 3 months and has a specific purpose of stay. Work, studies, graduation, volunteering, research, traineeship, business, family reunification or other compelling circumstances to be proven are all reasons for foreigner's temporary residence permit to be issued.

Some foreigners can apply for contemporary residence permit. Those are people of Polish descent, holders of a valid Pole's Card, spouses of Polish citizens (they have been married for at least 3 years and prior to submitting the application they had resided continuously in Poland for 2 years based on a temporary residence permit).

Moreover, the law provides for a long-term resident permit, which may be applied for by foreigners who have been living in Poland for 5 years without longer breaks, have a regular and stable source of income, health insurance and have a confirmed knowledge of Polish language.

Application for contemporary residence permit is issued to the regional office. It is necessary to appear in person at the regional office, submit the relevant documents and pay stamp duty. The rules above concerns foreigners who are non-European citizens and non-European family members. European citizens and their family members can stay in Poland based on other, less formalised rules.

Polish citizenship

Polish citizenship can be granted to a foreigner in several ways. Each foreigner, no matter of their reason and length of stay in Poland, can apply to President of Poland for the citizenship through a regional governor or consul. The decision is based on the justification of the application and the information that the foreigner will attach to it. The President can but doesn't have to grant Polish citizenship to a foreigner. A refusal doesn't block further citizenship's applications.

The decision on recognition as a Polish citizen is issued by the governor. The terms are strictly defined and generally concern a sufficiently long stay in Poland on a specific basis. A main condition is Polish language knowledge confirmed with appropriate certificate.

More information:

www.gov.pl/web/uw-lodzki/cudzoziemcy

Lodz Office of the Voivodship

Foreigners' Affairs Division for the legalisation of residence and work

103 Piotrkowska Street, 90-425

Phone number: +48 42 664 12 41

Foreigners' Affairs Division for the legalisation of residence

103 Piotrkowska Street, 90-425

Phone number: +48 42 664 17 53

Civil Affairs Division

104 Piotrkowska Street, 90-426 Lodz

E building, rooms: 15-18, 025, 025A

Phone number: +48 42 664 1713

Passport Office

25 Traugutta Street, 90-113 Lodz

TEXTILIMPEX building – 1st floor

Phone number: +48 42 664 17 28



Registration and PESEL number

Registration

Registration means the registration / determination of the address of a person's permanent or temporary residence. This designation indicates the specific address: town, street, house number and possibly the number of the apartment where the person is permanently or temporarily residing. The registration does not confer any rights in relation to the premises; it is merely a confirmation that the person is staying at the address given.

A foreigner has a responsibility to register if he/she is residing more than 30 days in Poland. A foreigner should register no later than upon the 4th day of arrival at the residence in question. This does not only apply to EU citizens and their family members who have 30 days to register. Importantly, it is not possible to register for a longer period than indicated in the document authorising residence in Poland.

To register at a given address, you must show following documents in city council (municipality):

- a passport or other identity confirmation document;
- a confirmation of legal stay in Poland (e.g., visa, residence permit);
- a completed registration form;
- a document confirming the legal title to the premises (lease agreement, deed).

Registration can be done via the Internet. Registration is free of charge.

More information:

City Council of Lodz

Department of Civil Affairs and Communications

Identity Cards and Population Register Branch

26a and 30/32 Smugowa Street, 91-433 Lodz

110 Pilsudskiego Street, base floor, service room

110 Piotrkowska Street, base floor, service room

Lodz Citizen Contact Centre

Lodz, 110 Piotrkowska Street (entrance from Shiller Avenue)

Phone number: +48 (42) 272-63-41, email: zkm@uml.lodz.pl

Call Centre – mobile information of City Council of Lodz

Phone number: +48 (42) 638-44-44

www.wizyty.uml.lodz.pl/qmaticwebbooking/#

PESEL number

The PESEL number is an eleven-digit numeric symbol that allows for easy identification of the person who has it. PESEL number includes date of birth, serial number, gender designation and control number. PESEL number is stored in Universal Electronic Civil Registration System. It is conferred by the minister responsible for computerization matters or at the request of the person concerned.

PESEL number is awarded to not only polish citizens but also to foreigners residing in Poland. Obtaining a PESEL number in practice makes it much easier to do many things.

PESEL number is commonly used in dealings with the various institutions and in the legal circuit, for example:

- all office matters, e.g., wedding, change of registration address, succession, or judicial matters;
- starting work-related process: employment contracts, works contracts or commission agreements;
- identifying a client and a purchase in public services: long-term tickets for public transport;
- tax returns of non-business people;
- finance services e.g., opening a bank account, taking out a loan;
- setting up a business e.g., a sole trader or partnership;
- health care – insurance verification or PESEL number on a sick leave;
- civil and legal agreements e.g., selling or buying a car;
- and others.

More information:

City Council of Lodz

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www.wizyty.uml.lodz.pl/qmaticwebbooking/#



Medical treatment and insurance

Poland has a public and paid health care. You must be insured in National Health Fund (NHF) if you want to benefit from free health care services. If you have a full-time job or commission agreement in Poland, you are covered by the National Health Service. You can include your family (a spouse, children) in your insurance policy under those contracts. You must report your employer that you want to cover them with your insurance. Foreigners (including refugees, school-going children, students, and others) can use public health care for free. You can voluntarily insure yourself in National Health Service. You should apply in the National Health Service's branch corresponding to your residence. You then pay the contributions yourself into the account of the Social Insurance Institution (ZUS). Detailed information is available from the branches of the NFZ and ZUS.

The family doctor is the so-called general practitioner the person who first treats the patients enrolled with them. If necessary, it will make a referral to a specialist clinic or a hospital. To sign up to your family doctor chose a clinic closest to your accommodation and bring an insurance confirmation document.

More information:

www.nfz.gov.pl

Lodz Regional Branch of the National Health Fund

58 Kopcinskiego Street, 90-032 Lodz

Phone number: 800 190 590, +48 22 125 66 00,

e-mail: kancelaria@nfz-lodz.pl

www.zus.pl

Social Insurance Institution Branch in Lodz

2 Zamenhofa Street, 90-431 Lodz

Phone number: +48 42 638 27 90



Renting and buying accommodation/real estate

A major challenge in a new city, is the question of finding accommodation. There are several possibilities to find an apartment: e.g., university dormitories, private dormitories, communal housing, rooms in flats or renting out the entire flat.

Renting an apartment

You can always find an apartment for rent if you feel uncomfortable in a dormitory. You are bound to find a few or a dozen websites that will help you find a suitable flat. The most popular portals are e.g.: OLX, Gumtree, Gratka, Otodom, Domiporta. You can live together with other students or on your own.

Remember, if you are applying for temporary residence permit you should have an accommodation provided.

A document proving residence in Poland can be, for example:

- Confirmation of registration;
- Apartment rental contract;
- Another agreement allowing for the possession of the dwelling.

Types of apartment rental contracts:

- ordinary tenancy
- occasional lease
- institutional lease

Types of costs;

- the rent (payment to the landlord for registration and the fixing of a certain amount of rent for a certain period);
- rent to the cooperative (administration fee, payment for common parts of the building);
- bills;
- heating;
- security deposit (max. 6x the rent; money to cover losses if the flat is destroyed or damaged in some way).



Driving license

The situation for drivers who have obtained their driving licence in a country other than Poland depends on the country in which it was issued. Citizens of EU Member States, Iceland, Norway, Lichtenstein, and Switzerland can freely use their driving licence.

However, if driving licence was issued somewhere else, it can be used in Poland only during first 6 months of stay. You then need to apply for an exchange of your foreign driving licence. It is important to attach a copy of the residence card, visa

or other document confirming the right of residence in Poland or a certificate confirming at least 6 months of study, to the driving licence application. In some cases, for the exchange of a foreign driving licence you will have to pass the theoretical part of the driving test. There is a possibility to pass an exam in English.

More information:

City Council of Lodz

Department of Civil Affairs and Communications

26a and 30/32 Smugowa Street, 91-433 Lodz

e-mail: komunikacja@uml.pl, pjr@uml.lodz.pl

phone number: +48 42 638 44 44, +48 42 638 58 13

Visit registration website: www.wizyty.uml.lodz.pl

More information about driving license exchange in Poland:

www.gov.pl/web/gov/wymien-zagraniczne-prawo-jazdy-na-polskie



Transport: local and regional

In the city of Lodz there are more than 20 tram lines and nearly 100 day bus lines and 15 night bus lines available. Trams and buses have different schedules on weekdays then on weekends and holidays. Tickets in Lodz are time-limited tickets.

Schedule of public transport:

www.uml.lodz.pl/komunikacja-i-transport/pasazer/rozklady-jazdy-komunikacji-miejskiej

Transport maps in Lodz:

www.uml.lodz.pl/komunikacja-i-transport/pasazer/schematy-linii-tramwajowych-iautobusowych

Tickets in public transport:

According to the regulations in force in local public transport in Lodz, the first thing a passenger is obliged to do as soon as they board the vehicle is to pay the fare. A passenger punches a single-entry paper ticket(s) with a total face value at least equal to the fare for the journey of the time interval chosen by the passenger in the appropriate device (ticket dispenser) located on the vehicle to pay the fare.

The fare can be also paid via the electronic system:

www.mpk.lodz.pl/showarticleslist.action?category=1322&Kup+bilet+za+pomoc%C4%85+kom%C3%B3rki



In Lodz there are single-use (temporary) tickets and season tickets, e.g., day tickets, weekend tickets or long-term tickets, the so-called *Migawka* card available. Tickets' price depends on period of travel time and zone, in which they are valid, *Migawka* card is an electronic contactless card (a debit card look) on which season tickets are encoded, i.e., stored, which entitle the holder to travel on public transport in Lodz.

Types of tickets in Lodz's public transport:

www.mpk.lodz.pl/showarticleslist.action?category=1321&Gdzie+kupi%C4%87+bilet%C3%B3rki

Lodz Agglomeration Railway

www.lka.lodzkie.pl/strona-glowna

With a single ticket in Lodz, you can travel by bus, by tram and by rail. The joint honouring of tickets brings convenience and savings to all passengers. The joint honouring of tickets is addressed to both public transport passengers and Lodz Agglomeration Railway and POLREGIO rail passengers.

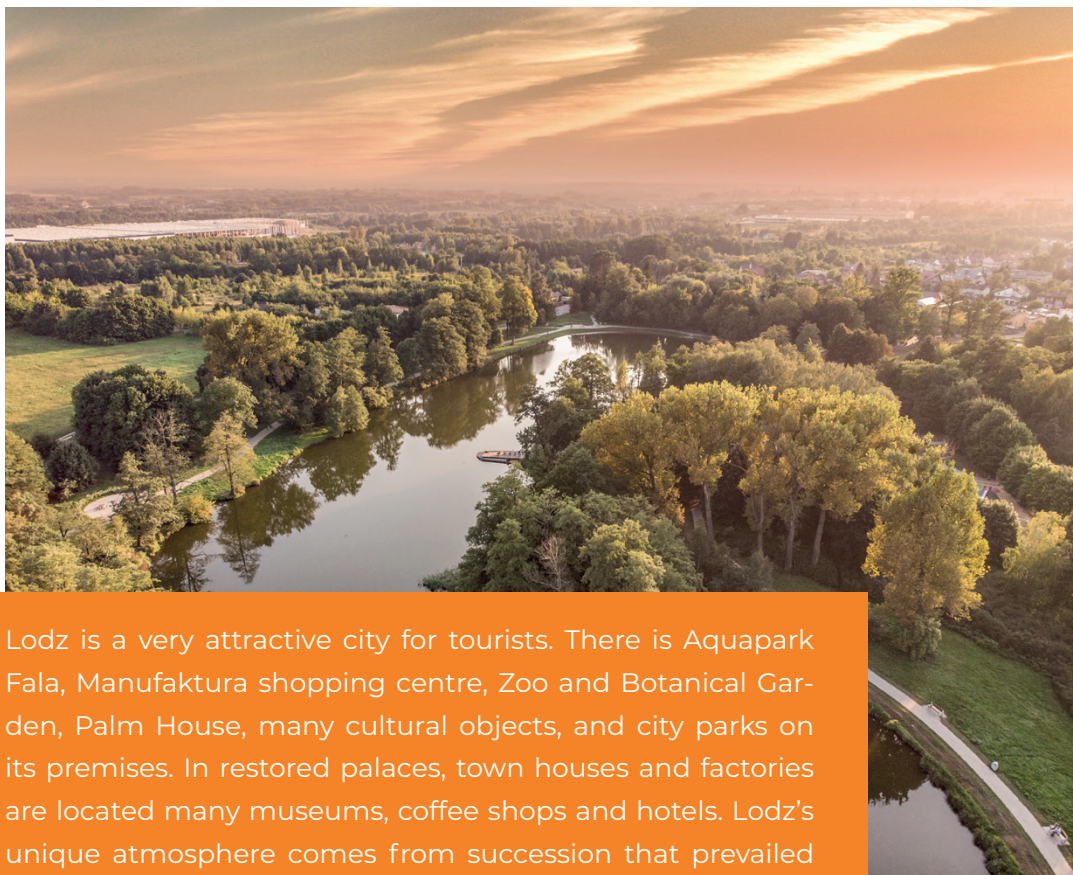
If you have a time-limited and term tickets you are using in MPK, you can travel with it by LAR and POLREGIO rails in Lodz without additional fees. The border railway stations are Lodz West Radogoszcz, Lodz East Radogoszcz, Lodz Andrzejow and Lodz Lublinek.

20, 40, 60-minute tickets, day tickets and term tickets (Migawka card) available in public transport, are being honoured in trains

If you have a train ticket, you can use it as a public transport ticket without additional fares. All you need is a 20, 40 or 60-minute rail zone ticket. ŁKA and POLREGIO monthly tickets and ŁKA quarterly tickets are also accepted. In the case of time tickets, as in public transport, it is the validity period of the ticket that counts.



3. Main attractions in Lodz – what to see



Lodz is a very attractive city for tourists. There is Aquapark Fala, Manufaktura shopping centre, Zoo and Botanical Garden, Palm House, many cultural objects, and city parks on its premises. In restored palaces, town houses and factories are located many museums, coffee shops and hotels. Lodz's unique atmosphere comes from succession that prevailed in architecture in the early 20th century. Flowing lines of chambered buildings, openwork metal balconies, decorative stylizations and mosaics and stained glass in many houses are delightful. There are many 18th and 19th century historic buildings which are historically, culturally, and architecturally interesting.

Piotrkowska Street

The most important street in Lodz – Piotrkowska Street gathers most cultural events, social actions, and social life in one place. Summer beer gardens, festivals, concerts, traditional rickshaw, and many astounding monuments directly on the street makes it an unusual place. You can sit next to Tuwim on his bench, gather around the manufacturers' table, go to Rubinstein's concert and after the walk take a ride on a vintage tram.

Walking down Piotrkowska Street it is also worth looking at its renovated courtyards, including the courtyard housing OFF Piotrkowska, or the Geyer's Gardens.

A place equally interesting for tourists and city residents is Rose Passage (Pasaż Róży) and The Birth of a Day gate. It is also worth poking your head up. Buildings' facades at Piotrkowska Street are full of interesting, eclectic, architectural details - caryatids, reliefs, bay windows. Be sure to look down at your feet, you will see Avenue of the Stars referring to Lodz's cinematic heritage and the Monument to Lodz residents - a lane of road paved with almost 17 thousand paving stones with a cast-iron plate bearing the names of the founders.

Gallery of Great Lodz Citizens

Piotrkowska Street is a showpiece of the city and Gallery of Great Lodz Citizens is its integral part. The Gallery has 6 monuments dedicated to famous Lodz's personalities:

- Tuwim's Bench
- Rubinstein Piano
- Reymont's Trunk
- The Creators of Industrial Lodz
- Jaracz Armchair
- Lamplighter Monument



Off Piotrkowska

OFF Piotrkowska is a unique project on a nationwide scale that brings together various creative industries. Fashion designers', design, architectures' studios, music clubs, restaurant, exhibition spaces, training halls, showrooms, concept stores and clubhouses opened in one place. 138/140 Piotrkowska Street is currently the trendiest place on a cultural map of Lodz. On premises of Franz Ramisch's former cotton factory, a project is underway to create an alternative to mainstream consumerism, shaping the area into a vibrant bohemia.

www.piotrkowskacenter.pl

Geyer's Garden

Geyer's Garden is an amazing location on west part of Piotrkowska Street, in the quarter enclosed by Wolczanska, Czerwona and Sieradzka Streets. Former Geyer factory became an entertainment and cultural place for city residents after a revitalization, where the past meets the present. The huge 19 post-factory buildings complex is a green place for meetings, work, and everyday life. Numerous events such as summer outdoor film screenings, colourful playgrounds, interesting exhibitions, concerts, fairs, and markets creates unique atmosphere of this place.

www.ogrodygeyera.com

Monopolis

Vodka Monopoly Works in the past and now an office, entertainment and cultural Monopolis centre. The current Monopolis uniquely combines different areas of activity. Visitors can easily find incredible restaurants with Italian, Japanese and Mediterranean cuisine and coffeeshops with fresh-baked goods and flavourful coffee. Monopolis offers ARTgallery and Monopolis' Theatre stage for theatre and art enthusiasts.

www.monopolis.pl

EC1 Lodz – City of Culture

One of the important architectural landmarks in the city centre is the complex of buildings of the former Lodz Power Station, which currently houses a cultural institution run by the city of Lodz and the Minister of Culture and National Heritage called EC1 Lodz - City of Culture. Revitalized and expanded EC1 complex functions as cultural, artistic, and educational open space for artists from different

areas and suitable for individual creativity, workshops, and group events, with the required infrastructure. It is home to Poland's most modern planetarium, the Science and Technology Centre or the National Film Culture Centre, the Comics and Interactive Narrative Centre created by the organisers of the International Festival of Comics and Games and conference rooms and halls for event organization including the biggest secession Machine Hall (1360 sqm).

www.ec1lodz.pl



ZOO Orientarium

Orientarium in Łódź is the most modern complex with the fauna and flora of Southeast Asia. The biggest Indian elephant in Europe, gavia crocodile, Sumatran orangutans, and an underwater tunnel from which you can admire sharks and stingrays swimming overhead are just some of the attractions you can enjoy at the facility.

Exposition part of the Orientarium is divided into 4 areas. First of is elephanta-rium. There is also a free-flight zone - golden herons are flying above visitors' heads. Second area, called Celebes, is divided into two enclosures. One of them is occupied by Oriental otters, Palawan porcupines, bankwa hens and lowland anoa. The other is inhabited by a family of macaques. There are 1300 fishes, sharks, rare guitar rinses, bearded sharks, blacktip reef sharks and stingrays - spotted orle-nes and Himanturas in the next oceanic part of the Orientarium. Those species can be admired from the biggest in Poland underwater tunnel. Sunday Island is the last, warmest part of the Orientarium. Here we encounter record-size gavia crocodile, Sumatran orangutans, and gibbons, Javan langurs, binturongs, Javan canids and Malayan bears and Asian birds.

www.orientarium.lodz.pl

Street Art – murals

Walls of many buildings in Lodz are decorated by murals, creating the biggest outdoor city gallery in Poland. Its creators include well-known street artists from Poland (e.g., Proembrion, M-City, Etam) as well as abroad (e.g., Osgemeos, Eduardo Kobra, Inti, Aryz, Remed). Murals have been created in Lodz for years under the Urban Forms Gallery Festival (International Graffiti Festival before). The modern outdoor city gallery is not only graffiti, but there are various installations on the walls - from rods, car parts, mirror fragments and even moss.

www.lodz.travel/co-zobaczyc/murale

www.lodz.travel/files/public/user_upload/Mapa_lodzkiego_streetartu_-_maj_2020.pdf



Selected murals in Lodz

Lodz offers more than 20 thematically diverse museums. The link below will take you to the descriptions of the facilities listed below:

www.lodz.travel/turystyka/co-zobaczyc/lodzkie-muzea

Museum of the City of Lodz

One of the most interesting museums in Lodz is in a representative residence built for the family of one of the wealthiest factory owners of the 19th century Lodz - Izrael K. Poznanski. Apart from an exhibition of factory owners' interiors from the turn of the 19th and 20th centuries and an exhibition presenting the hi-

story of industrial Lodz, several lounges have been arranged to house exhibitions devoted to artists associated with Lodz and distinguished citizens of Lodz, presenting memorabilia of Artur Rubinstein, Julian Tuwim, Karl Dedecius and Marek Edelman.

In the basement of the palace, there is a permanent exhibition about multicultural Lodz entitled On a common backyard. This is an invitation to meet the Lodzermensch - Polish, German and Jewish tenants of a tenement house who shared the joys and sorrows of everyday life.

The historic interiors host concerts, vernissages, balls, and banquets. The palace building is adjacent to the revitalised Poznanski's factory complex, today's Manufaktura. There is a garden directly adjacent to the palace. Contemporary artists from Lodz present their outdoor sculptures there as part of the Sculpture Alley, integrated into the park's greenery.

www.muzeum-lodz.pl

Litzmannstadt Ghetto

Before the Second World War, the Jewish population made up a third of Lodz's population. Some of them miraculously left Lodz after the outbreak of war, but hard times followed for many who stayed. In February 1940, one of the largest ghettos in Europe was established in the Old Town and Baluty, i.e., the poorest parts of Lodz, which from its inception was a slave labor camp. Its liquidation was carried out in the summer of 1944.

Of the more than 200000 Jews who passed through the Lodz ghetto, only 5-12 thousand survived (the exact number is unknown). They are commemorated by the Park of the Survivors, opened on the 60th anniversary of the liquidation of the ghetto, with the Monument to Poles Saving Jews and over 600 memory trees planted by survivors of the Litzmannstadt Ghetto. Other sites commemorating the Lodz Ghetto include Marek Edelman Dialogue Centre, Jewish Cemetery, Radegast Station, Roma Forge and the Monument to the Martyrdom of Children.

www.lodz.travel/co-zobaczyc/litzmannstadt-ghetto



Post-industrial buildings - Manufaktura

Izrael Kalmanowicz Poznanski, owner of the industrial complex on Ogrodowa Street, is considered the greatest industrialist of Jewish origin in Lodz. Starting his career by running a fabric shop in the Old Market Square, within a few years he became the creator of the second factory fortune in Lodz.

At the end of the 19th century, Poznanski began building a factory at the junction of Ogrodowa and Zachodnia Streets. The rapid growth of the company and favourable economic conditions resulted in the erection of one of the largest factory buildings in the city - the spinning mill at Ogrodowa Street. The Izrael Poznanski Palace, with its sumptuously decorated facade and rich interiors, was also built nearby.

Today, the main industrial complex is occupied by the Manufaktura shopping, entertainment, and cultural centre. It is a well-known tourist attraction for visitors, a meeting place for Lodz residents, a paradise for gourmets and admirers of famous brands. Manufaktura is a beach in summer, a market and ice rink in winter and a venue for sensational concerts during city events.

Manufaktura is also a museum, a cinema, a theatre, a quarter of a thousand boutiques and shops, playgrounds for children, a fitness club and dozens of restaurants and cafés. However, its focal point is the more than three-hectare Lodz Fibre Market, which serves as a friendly public space. It is here that Europe's longest fountain illuminates the gloom with its colours and envelops perfectly designed resting places with its white noise.

www.manufaktura.com



Ksiezy Mlyn post-industrial facilities

The factory and residential complex on the Jasien River were built in the 19th century by Karol Scheibler, Lodz's richest industrialist of German origin. It was a self-sufficient city within a city modelled on English industrial settlements. There were factory buildings, including a huge, castle-like spinning mill, warehouses, families (workers' houses), a school, a fire station, two hospitals, a gasworks, a factory club, consumes (shops), the owners' residences, and a railway siding.

In a narrow sense, Ksiezy Mlyn is the name of a housing estate, a huge spinning mill and workers' houses with a short street between them, located on the west side of Przedzalniana Street, between Tymienieckiego and Fabryczna Streets and Zrodziska I Park. In a broader sense, it encompasses the entire urban complex, which took shape by the 1920s and includes the estates of the Scheibler and Grohman families. In 1971 the urban complex was declared a monument of industrial architecture. The decline of the textile industry forced a change in the function of the estate.

Today, Ksiezy Mlyn is a magnet for tourists, artists, and photographers.

The original post-factory spaces host interesting cultural events, festivals, fashion shows, and the former villas and palaces now house museums. The factory owner's palace houses the Museum of Cinematography, the revitalised walls of the former spinning mill are occupied by Loft Aparts, numerous restaurants and apartments. The workers' housing estate is undergoing renovation, but still serves a residential function.

Facilities:

- Cinematography Museum
- Herbst Palace Museum branch of the Museum of Art
- Wine Library
- the Fairy-Tale Garden of Light in Park Zrodlinka
- Palm House
- Grohman's barrels
- Artistic Book Museum
- Academic Design Centre

www.lodz.travel/co-zobaczyc/ksiezy-mlyn



Green Lodz

Over 1/5 area of Lodz is occupied by greenery. There are almost 40 city parks including 11 historic ones included in the conservation area, Botanical Garden, ZOO, numerous squares, green areas, newly created pocket parks, as well as forest areas, among which the Lagiewnicki Forest (1205 ha) deserves special attention. It is the biggest forest area located within urban borders in Europe.

The parks are a place of rest and respite from the hustle and bustle of big-city life, although there is plenty going on here too. It is worth visiting Botanical Garden at the beginning of May as over 70 thousand tulips are blooming; an artistic picnic, organised to welcome the summer, in Helenow Park is a pleasant way to spend the longest day during the day; on Saturday mornings in the summer, the Bre-

akfast Park in Lodz's oldest park is worthy of attention – Zrodlińska Park. Moreover, free photography workshops in a form of walks and sport activities such as Nordic walking and cross-country skiing are happening in parks of Lodz all year long. It is also worth going to Zdrowie Park. You can sit in the shade of a sprawling monumental oak with the familiar name of Fabrykant in Klepacza Park. Julianowski Park is enchanted by the beauty of the beautiful Sokolowka river valley and one of the oldest trees in Lodz, oak called Kosynier. You can try your hand at the bike track in Poniatowski Park and pedal a boat on Stefanski Pond in 1st May Park.

The list of city parks:

www.lodz.travel/turystyka/co-zobaczyc/zielona-lodz/parki-miejskie

Botanical Garden

Botanical Garden in Lodz is one of the biggest gardens in Poland. At 67 hectares more than 3400 species, varieties, and hybrids (taxa) of ground plants and around 2000 taxa of greenhouse plants grow. With the ZOO, Josef Pilsudski Park (called by Lodz residents Zdrowie Park) and the Polesie Konstantynowskie nature reserve nearby it creates over 250 hectares of the green heart of the city. The garden in its current state was made public, starting in the 1970s onwards.

www.botaniczny.lodz.pl

Palm House

A place full of warmth and of unusual exoticism, where we are transported, if only for a moment, to warm climatic zones, can be found in the oldest park in Lodz - Zrodlińska Park. You can be sure that a walk through the Palm House will provide us with many pleasant experiences no matter the season. 150 years old palm trees are the oldest plants in the Palm House. They are complemented by magnificent banana trees, araucarias, bamboo, and fig trees. Orchids, bromeliads, begonias, ferns, and crotons found their place under the magnificent crowns of dozens of plants.

www.botaniczny.lodz.pl/palmiarnia



Sport and leisure time

Lodz is fit. Marcin Gortat – NBA basketball player was born in Lodz, Adam Kszczot - European champion and world vice-champion in the 800 m run trains here, Agnieszka Nagay – four-time Olympian in shooting sports and Jerzy Janowicz a tennis player. Lodz University of Technology has its own sport celebrities. Gold medallist in the 4 x 400 metre mixed relay at the Tokyo Olympics, as well as a medallist at the Polish junior stadium championships, Kajetan Duszynski, is Lodz Academic Sports Association representative, passionate about sport and biotechnology.

Ola Bednarek, a student of biomedical engineering at Faculty of Electrical Engineering, Electronics, Computer Science and Automation of the Lodz University of Technology is the first women to swim from land to island, 34 km across the Catalina Channel, 46.5 km around New York's Manhattan and 42 km across the English Channel. She is one of a few swimmers to have achieved this. Lodz Sport Club and Lodz Widzew have the longest sport tradition. In addition to football, other sports such as rugby and speedway can also be coached in Lodz. The sport infrastructure is being enriched with new facilities. The city offers rope parks, climbing walls, a trampoline park, a toboggan run, skateparks or a water ski and wakeboard lift for those who prefer leisure sports. You can canoe and ride a Lodz Public Bicycle in Lodz.

Sport venues:

- Wladyslaw Krol municipal stadium
- City Stadium at 138 Pilsudskiego Avenue
- Atlas Arena

- Jozef „Ziuny” Zylinski Arena
- Minerska football training centre
- Lodzianka Training Centre
- Motor Sports Centre
- Sports Bay Lodz University of Technology

www.uml.lodz.pl/czas-wolny/sport/obiekty-sportowe

Atlas Arena Hall

Atlas Arena is one of the biggest sports and entertainment halls in Poland. It offers full service for sport but also stage event's organizers. The Hall has the newest infrastructure meeting the requirements of international sports federations and organisations. It is prepared for basketball, volleyball, handball, indoor football, athletics, combat sports competitions and many more.

More information about the Hall and events organized there can be found on the website: www.atlasarena.pl

Motor Sports Centre

Lodz Moto Arena is the only the only speedway stadium in Lodz and at the same time the most modern venue of its kind in Poland. It has covered seating for ten thousand spectators.

The length of the Lodz Moto Arena's track is 321 meters. It is the first speedway stadium with slope not only on the curves (6 %), but also on the straights (3 %) in the country. This solution allows competitors to overtake and develop enormous speeds. The stadium can also be an enduro and motocross arena. The Eagle Lodz Speedway Club performs at Lodz Moto Arena.

www.makis.pl/moto-arena

Sports Bay (Zatoka Sportu)

Sports Bay of Lodz University of Technology is a sports complex divided into two parts - the swimming pool and the so-called dry zone. The only indoor 50-metre swimming pool in Lodz is the main part of the swimming pool area. An Olympic-size swimming pool has 10 tracks with 2,5 metres deep at the whole length. There is a 25-metre swimming pool next to it. Its biggest advantage is the regulated bottom. Courses in swimming lessons, aquafitness and diving are held here.

In addition to the pool area, the Sports Bay also has an area for indoor sports.

The main point of Sports Bay is multifunctional sports hall that can sit up to 600 people and have other non-sport related uses of. It is equipped with a state-of-the-art sound and multimedia system, allowing concerts, conferences and shows to be organised. Besides that, there are rooms for combat sports and fitness. There is also a large 500 sqm gym and two squash cages next. Between those areas there are climbing walls. Time climbing, bouldering and guiding can be trained here. Approximately 60 belay points are available on the guiding wall, allowing more than 200 climbing lines to be set up.

www.zatokasportu.pl/pl

www.fabrykawspinania.pl

Fala Aquapark

FALA Aquapark is one of the biggest water parks with a swimming pool area, sauna area and spa & wellness area. Outdoor, indoor swimming pools and one with an artificial wave, the highest in Poland Kamkiadze waterslide, up to 8 types of saunas, pools and baths swimming pools and brine baths, jacuzzi, water massages, rope bridge, salt graduation tower, snow grotto, massages, playgrounds, naturist beach, drink bars, restaurants - all this is in the heart of Lodz. The Fala is a unique place, both in terms of architecture and available attractions.

www.aquapark.lodz.pl

Culture and art

20 museums operate in Lodz, including Europe's renowned Central Museum of Textiles and the Museum of Art (ms1 and ms2) with its renowned collections of contemporary art. Nearly 20 theatre stages, philharmonic and concert halls of the Academy of Music invite spectators to come. In Lodz, there are also numerous galleries, cinema, community centres and the second largest in the country, a network of municipal libraries. It is with mentioning that Lodz, next to Warsaw, is the most important cinematography centre - outstanding filmmakers have been educated here for years and new films have been shot in the city's open-air locations. A place previously occupied by former Feature Film Studio is now home to Opus Film – a significant and awarded multiple times movie producer and Toya Studio - one of the largest and most modern sound studios in Europe. When planning a film walk in Lodz, it is worth visiting the Museum of Cinematography, unique in Europe.



All up to date information about cultural intuitions can be found on Lodz City Council's website:

www.uml.lodz.pl/kultura/instytucje-kultury/muzea

www.uml.lodz.pl/kultura/instytucje-kultury/teatry

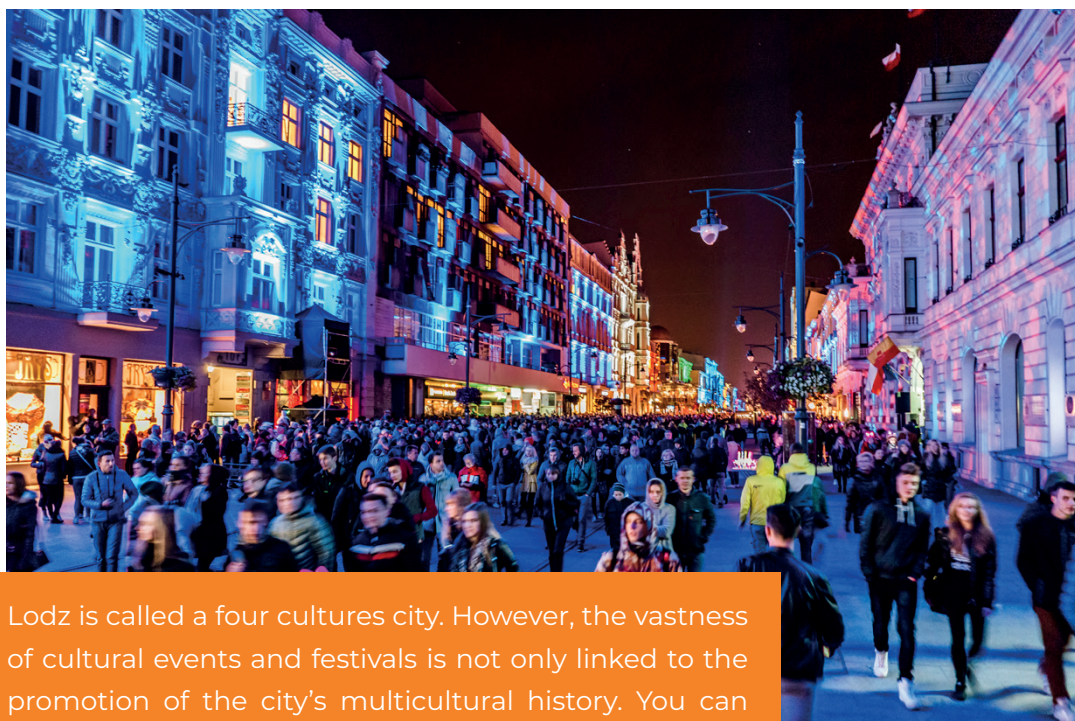
www.uml.lodz.pl/kultura/instytucje-kultury/galerie

www.uml.lodz.pl/kultura/instytucje-kultury/kina

www.uml.lodz.pl/kultura/instytucje-kultury/domy-kultury



4. Festivals and events in Lodz



Łódź is called a four cultures city. However, the vastness of cultural events and festivals is not only linked to the promotion of the city's multicultural history. You can choose something for you from many events:

www.lodz.travel/kalendarz-wydarzen

Light Move Festival

Kinetic Art of Light Festival Light. Move. Festival is a sound, music, colour, city identity and modern green technology. The new, visually exciting value of light-enriched urban spaces during festival amazes thousands of visitors every year.

Large format 2D/3D mapping shows on the facades of eclectic buildings in Łódź, artistic illuminations of tenement houses along main streets, audio-visual performances in post-industrial areas and countless spatial installations are only a part of rich program part of each edition of the festival. Besides that, there are concerts, science conferences and incredible atmosphere.

The festival takes place in autumn of each year.

www.lmf2017.lmf.com.pl/index.html

Łódź of Four Cultures Festival

Łódź of Four Cultures Festival refers to the multicultural roots of the city, which for years was a melting pot of cultures and nationalities – multinational industrial

centre in the very heart of Poland. The idea of the festival is to build connection between history and present day and show the way to the harmonious coexistence of different nations regardless of historical burdens. The way to realize this task is art, which speaks universal language and builds bonds without prejudice, creating a perspective for whole generations. And during the festival there are concerts, exhibitions, shows of artists from Poland as well as from abroad.

Festival takes place in the middle of each September.

www.4kultury.pl

Birthday of Lodz

Birthday of Lodz is a yearly event happening at the end of July/beginning of August to commemorate the granting of city rights to Lodz (29th July 1423). Birthday of Lodz is not only concerts on Freedom Square and Manufaktura but also many picnics, walks, excursions to unusual places and other accompanying events. In 2022, o a unique Freedom Parade took place on Piotrkowska Street, after 20 years of break. During the Lodz's holiday, special bus lines are launched to help visitors commute during this time in the city.

www.lcw.lodz.pl



5. The Lodz Citizen's Card

The Lodz Citizen's Card is a system of promotions and discounts which can be used around the whole city of Lodz. The discounts can get up to even 20% and include numerous services and points of interest in the city, (e.g., the city's ice rinks, swimming pools, Fala Aquapark, EC 1, ZOO, restaurants, language schools).

To start using the Lodz Citizen's Card you just have to apply for it. You can do it easily online or personally in the service point.

What conditions must be met by an applicant for the Lodz Citizen's Card?

First, you must be 18 years old. The account in the system can be open only by an adult. If you live in Lodz, no matter if it is your birthplace or you moved here recently, check if you meet any of the criteria below.

To be eligible to apply for the Lodz Citizen's Card, you only need to meet one of the conditions:

- You settle your personal income tax in Lodz (tax also applies to pensioners);
- You are a student at any university of Lodz;
- You are a doctorate at any university of Lodz;
- You are registered in Lodz Labour Office as unemployed;
- You are an adult student at a secondary school, technical school, or vocational school in Lodz;
- You are a career of a person with a disability;
- You are a person with a disability and receive incapacity benefit;
- You run a farmhouse in the Lodz area.
- Children of people meeting criteria above can also use the Lodz Citizen's Card. Children are registered by their parents or legal guardian based on their documents.

More about the Lodz Citizen's Card on website:

www.kartalodzianina.pl

Phone number: +48 785 999 900,

e-mail: informacja@kartalodzianina.pl





6. Lodz Multicultural Centre

Lodz Multicultural Centre (LMC) is carried out in cooperation between the Family Service Centre and the Koper Pomaga Foundation and is co-financed by the City of Lodz. The main goal of LMC is widely understood integration of foreigners, new citizens, and their neighbours. Clients of Foreigners Information Point can take advantage from free advice from cultural assistants, lawyers, psychologists and counsellors and career advisors who speak five languages: Polish, English, Russian, Ukrainian, and Belarusian.

The Centre offers language courses for adults and children and animation and integration activities, workshops, city walks, anti-discrimination activities and various meetings.

The staff of Foreigners Information Point offers complex services in:

- support in solving every-day difficulties in communication with public institutions, including educational facilities, social assistance, police, health services;
- counselling in the process of legalising residence;
- help with finding a job and accommodation;
- intervention in situations of violence and discrimination;
- specialist counselling, including psychological and legal assistance;
- oral translation, especially in communication with public institutions;
- Polish language learning for adults and children;
- information on available support, educational and cultural offers;
- promotion of anti-discrimination measures.

Foreigners Information Point's help and counselling is free.

Lodz Multicultural Centre

48 Kosciuszki Street, room 1, 90-427 Lodz

Phone number: + 48 722 25 28 28

e-mail: info@koperpomaga.org

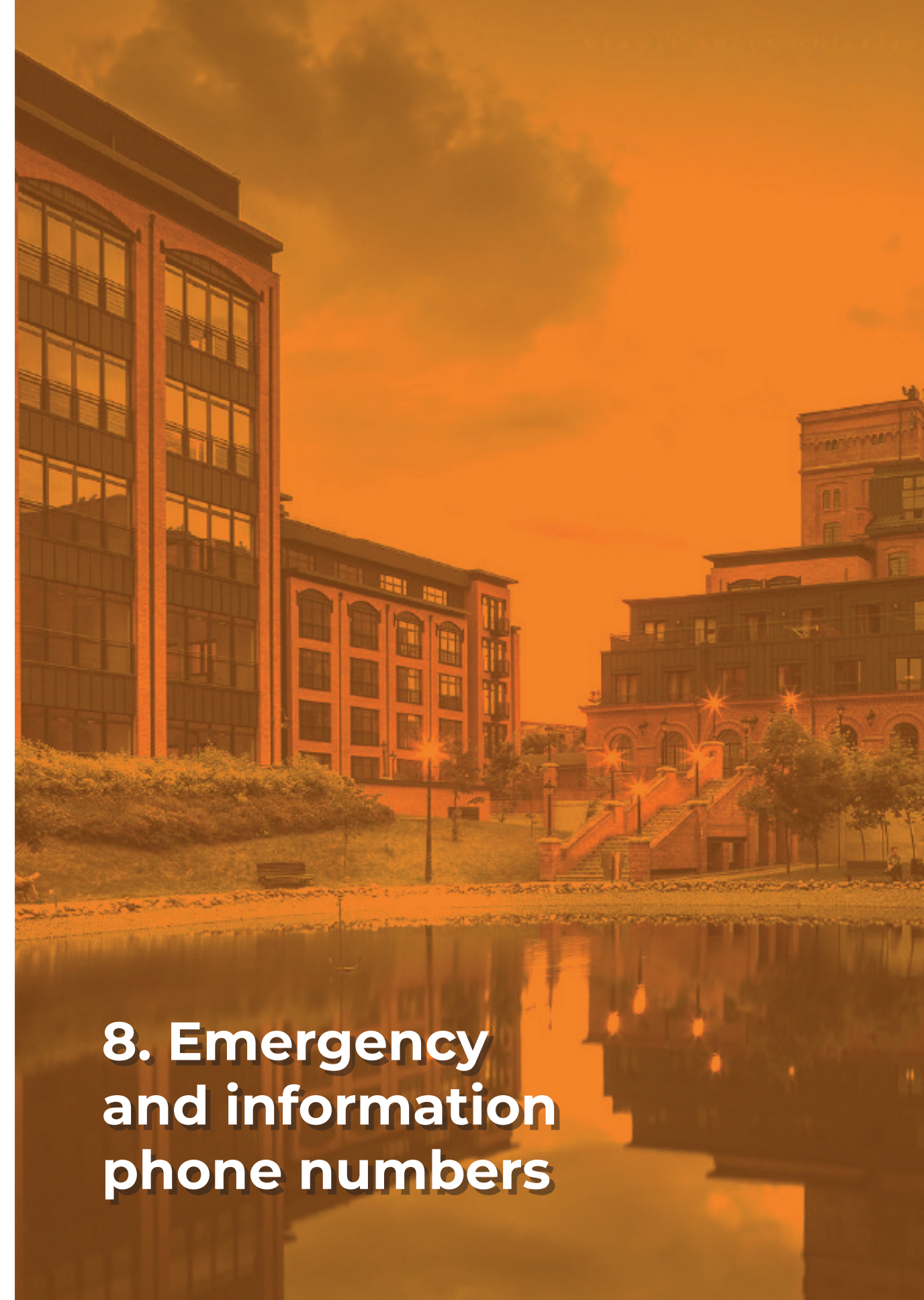
www.cw.lodz.pl



7. Work/study days off

Living in Poland, we have a list of public holidays that are free from work by law.

- 1st January – New Year's Eve
- 6th January – Festival of Three Kings
- Easter Sunday and Monday
- 1st May – Labour Day
- 3rd May – Constitution Day of 3rd May
- Corpus Christi Day (movable feast day, falls on Thursday in June)
- 15th August – Assumption of the Blessed Virgin Mary
- 1st November – All Saints' Day
- 11th November – National Independence Day
- 25th December – first day of Christmas
- 26th December – second day of Christmas



8. Emergency and information phone numbers

112 – European emergency number

986 – Municipal Police

991 – Emergency Energy Service

992 – Emergency Gas Service

993 – Emergency Heating Service

994 – Emergency Water Supply Service

997 – Police

998 – Fire Department

999 – Emergency Medical Service

+48 42 683 52 55 – Lodz Airport Information

+48 19757 – Polish State Railways Information

+48 42 63197 06 – Polish State Bus Information

+48 801 301 309 – Municipal Public Transport Service Information



9. Useful applications

USEFUL APPLICATIONS

Tropiciel

*Mobile Lodz University
of Technology*

*USOS
Mobile University of Lodz*

The Lodz's Citizen Card

Skycash

Bike sharing in Lodz

Jakdojade.pl

Blinkee-city



FUNDACJA
POLITECHNIKI ŁÓDZKIEJ