

**Mentoring programme
for 1st year students of the Faculty of
International and Political Studies at the
University of Lodz**



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Dear Students!

We present you a guidebook to help you start your studies! Older students created a list of questions that they asked themselves when they were in their first year, just like you. We hope that you find here some useful tips.

Editorial staff: Julia Parkolap, Mateusz Krata, Martyna Bartoszevska, Tomasz Hreczański. They will guide you through the most important matters one by one.

Coordination: Associate dean for students issues Dr Agata Włodarska – Frykowska

Enjoy reading!



The first year student must know...!

How is University of Lodz organized? Who can I contact with in case of doubts or questions ?

Study programmes have the mentors. You can ask them questions that are not answered by the group or year leader chosen from students.

Student service office

If you need a certificate of student status, collect or extend your student ID, apply for an examination session or find out more about your studies contact with student service office.

We would like to remind you that the best form of contact with employees or lecturers is via e-mail, necessarily via university e-mail.

- Head of the Student Office: Maja Dobkowska- maja.dobkowska@uni.lodz.pl
- Political science, first degree, National Security, first degree and International relations second degree: Zofia Mrowińska - zofia.mrowinska@uni.lodz.pl
- International Relations, first degree, International and Political Studies, second degree: Marta Bączyk - marta.baczyk@uni.lodz.pl
- International Cultural Studies, first degree, Asian Studies, first degree, Political science second degree: Beata Komsta-Osip - beata.komsta@uni.lodz.pl
- International Marketing, first degree, International and Political Studies, first degree, International Cultural Studies, second degree: Katarzyna Kłodawska - katarzyna.klodawska@uni.lodz.pl



The Vice- dean for student affairs

The vice dean for student affairs – dr. Agata Włodarska Frykowska (stationary and online)

Write an email if you want to make an appointment

E – mail prodziekan3@wsmip.uni.lodz.pl

Mentors of the study programmes

- National security - dr Anna Kobierecka email: anna.kobierecka@uni.lodz.pl
- International and Political Studies - dr hab. Michał Kobierecki, prof. UŁ email: michal.kobierecki@uni.lodz.pl
- International Marketing - dr Michał Sędkowski email: michal.sedkowski@uni.lodz.pl
- International cultural studies - dr Ernest Kuczyński email: michal.sedkowski@uni.lodz.pl
- Political science - dr hab. Magdalena Rekść, prof. UŁ email: magdalena.reksc@uni.lodz.pl
- Asian Studies - dr hab. Izabela Kończak, prof. UŁ email: izabela.konczak@uni.lodz.pl
- International relations - dr hab. Tomasz Kamiński, prof. UŁ email: tomasz.kaminski@uni.lodz.pl

Compulsory trainings for the first semester students

- Information technology and introduction to e-learning (workshop)
- Library training
- Copyright
- Occupational health and safety training (OSH) training

I cannot cope with my studies who can I talk to ?



The Academic Support Center located next to Lulumbowo campus. A student of the University of Lodz can apply there and get psychological advice. It is enough to come to the Academic Support Center during opening hours and fill out the form, and the psychologist will contact with you. You can also contact via email

E- mail: acw@uni.lodz.pl

www: www.acw.uni.lodz.pl

[Address: Pomorska 152, 91-404 Łódź](#)

Where can I borrow obligatory literature/books for classes ?



Nooooo! Our university library and faculty library are well-stocked. To get an access to libraries, you should register and complete the compulsory library training on a interactive platform – Moodle during the first semester students. On the Moodle you can find all information the about library. The University library has the American Corner collection where will you find American literature.

The faculty has a faculty library located on the Faculty campus at Lidney 5.

University library: <http://www.lib.uni.lodz.pl/>

Do I have to do internships?

It depends on your study programme more details here -> <https://www.wsmip.uni.lodz.pl/strefa-studenta/studia/praktyki-studenckie>

Internships are compulsory for students of practical study programmes: International Marketing, National Security, International Cultural Studies. The other study programmes at the Faculty have the status of general academic and internships are not compulsory.

Which days are free at the university?

The organization of the academic year is regulated on the basis of the academic calendar. [Academic calendar for 2022-2023](#)

How to apply for a scholarship?

At the University of Lodz, we have many types of scholarships, including:

- Social scholarship
- Rectors's Scholarship
- Scholarship for students with disabilities
- Scholarship for outstanding achievements

Detailed information regarding all types of scholarship (granting rules, applications, amount of a scholarship) is provided -> <https://www.wsmip.uni.lodz.pl/strefa-studenta/wsparcie/stypendia>

How can I join to the academic sports club?

In this way You can certainly develop your sports passions and meet new and inspiring people. If You are good at what you do, You can take part in various sports competitions! For memberships in Academic Sports Club You have to pay a semester fee, You get a card and buy insurance. On this page You can learn more about Academic Sports Club-> Do sports and take care of your physical and mental health! Sport helps!



What can I do after graduation?

It all depends only on You! **The Career Office** offers a wide range of internships, workshops and other forms of development. It will enable You to get familiar with the labour market during Your studies. You can find the offer with Your first job there.

The Career Office offers a wide range of serviced for students and graduates. First of all, the Career Office assisted students in finding their career path. It encourages reflection on strengths, talents, experience and resources. It enables the gaining of useful knowledge and skills on the labour market. Detailed information can be found here:

Contact:

<https://www.biurokarier.uni.lodz.pl/>

address: Lumumby 14, Łódź

phone: 42 665 53 39, 42 665 53 34

[email: biurokarier@uni.lodz.pl](mailto:biurokarier@uni.lodz.pl)

How can I pass the exams? Is it the same as in the previous stages of education?

Yes and no. The academic year consists of two semesters, every semester ends with an examination session. If you successfully take all your courses, your semester is passed. The university grading scale is from 2 to 5. The 5 is the highest grade that You can get and 2 means a failure. The lowest positive grade that you can get is 3. Remember that participation in all classes is obligatory and absences must be excused. The lecturers may require a number of different activities from students during the semester for example: written assignment, presentations, projects, filming or creating.

What is an annual higher education students' holiday (Juwenalia)?

Usually a holiday takes place in May and good music of Polish and international singers and bands is guaranteed.

How can I develop my academic passions ?

First of all, the teachers and lecturers running classes but also you study programme mentors. The Vice – Dean for Student Affairs will also help.

Study of physical education of University of Lodz

Address: Styrska 5, Łódź

Phone: 42 665 51 89,

e-mail: studiumwfis@uni.lodz.pl

All BA students should complete physical education classes in the second and third semester of studies (two semesters). Physical education is a compulsory course with a grade.

Enrolment for physical education classes takes place on the USOS platform using a token registration. A student receives one token which allows them to choose the discipline.

Token registration for PE classes:

https://www.wsmip.uni.lodz.pl/en/student-zone/news/details?tx_news_pi1%5Baction%5D=detail&tx_news_pi1%5Bcontroller%5D=News&tx_news_pi1%5Bnews%5D=32576&cHash=8c0c7e90281b83a5638c47eaebc629a1

Foreign Language Centre

Address: Łódź, Pomorska 149/153

Phone: 42-635-52-72

e-mail: sjoul@uni.lodz.pl

www: www.sjo.uni.lodz.pl

Erasmus+

It is a mobility program that allows students to complete part of their studies abroad in one of the partner universities in the European Union, as well as in selected countries participating in the program. Recruitment for studies takes place every year. It is a great adventure and an opportunity to gain new knowledge, experience and increase competences.

For more information, please contact the Dean's Plenipotentiary for International Study Programs and ECTS

Dr. Agata Włodarska – Frykowska

agata.wlodarska@uni.lodz.pl

What is USOS?

USOS is an University Study System. Students can check their courses, grades, payments (in case of paid studies, repetition or conditional promotion).

Log here: <https://logowanie.uni.lodz.pl/login>

Science Clubs For Students:

[East Asia and the Pacific](#)

[American Studies and Media](#)

[Middle East Al-Maszrik](#)

[PolitikON \(political science\)](#)

[Avant - Gardists](#)