GDAŃSK
MEDICAL ACADEMY
OF APPLIED SCIENCES

STUDENT'S GUIDE

ACADEMIC YEAR 2026/2027

GDAŃSK MEDICAL ACADEMY OF APPLIED SCIENCES

Who we are…

Gdańska Akademia Medyczna Nauk Stosowanych (Gdańsk Medical Academy of Applied Sciences) is a well-known higher education institution that has been in operation for more than 24 years and is located in Gdańsk in northern Poland.

We educate specialists in the fields of dietetics, cosmetology, physiotherapy, nursing, and psychology through our first- and second-cycle studies and long-cycle master's studies.

Our ability to innovate, focus on development, and constant strive to adapt our offer to the modern labour market expectations is what sets us apart.

Our competitive advantage lies in the high quality of education, which is guaranteed by our teaching staff, which is composed of outstanding specialists, such as doctors and practitioners.

We have gained recognition as a centre for educating qualified specialists in the field of health sciences. The implementation of the study program is largely dependent on practice. This method ensures that graduates who leave our institution will continue their professional careers with honour, integrity, and a commitment to helping others.

High quality of education, rich experience, teaching staff consisting of an outstanding team of doctors, specialists, experts, consultants, as well as our professionally equipped laboratories decide that the Gdańsk Medical Academy of Applied Sciences is a very important centre for training physiotherapists, nutritionists, cosmetologists, nurses, and psychologists.

Studies at the Gdańsk Medical Academy of Applied Sciences enable students, apart from gaining education, to develop on many additional levels, as well as to participate in interesting projects, which often constitute an introduction to the future career path.

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OUR MISSION

The mission of the Gdańsk Medical Academy of Applied Sciences is to professionally educate highly qualified staff in accordance with the needs of the country's developing economy and uniting Europe.

OUR VISION

Our objective is to establish a university that, through its high-quality operations, fully meets the requirements of both our clients and employees:

- establishes the necessary materials and intellectual conditions for the development and education of qualifications in line with market requirements,
- provides graduates with the tools and support they need to find a fulfilling job,
- provides potential employers with valuable employees,
- offers the university's employees satisfactory work and development conditions, as well as provide support for scientific research implementation,
- contributes actively to the development of the region, science, and culture, as well as to the creation of the European Higher Education Area.

OUR QUALITY POLICY

Quality at the Gdańsk Medical Academy of Applied Sciences is a priority and a source of high prestige of the university and its graduates among employers, the region's community and the academic community.

For us, quality means the ability to satisfy our external and internal stakeholders. The quality of education applies equally to the educational results and development of each student, improving the quality of school work and the educational process, as well as meeting national standards and using international patterns. We also guarantee operation in a manner consistent with legal requirements and regulations. To this end, we constantly improve all our processes, employees and the Internal Education Quality Assurance System.

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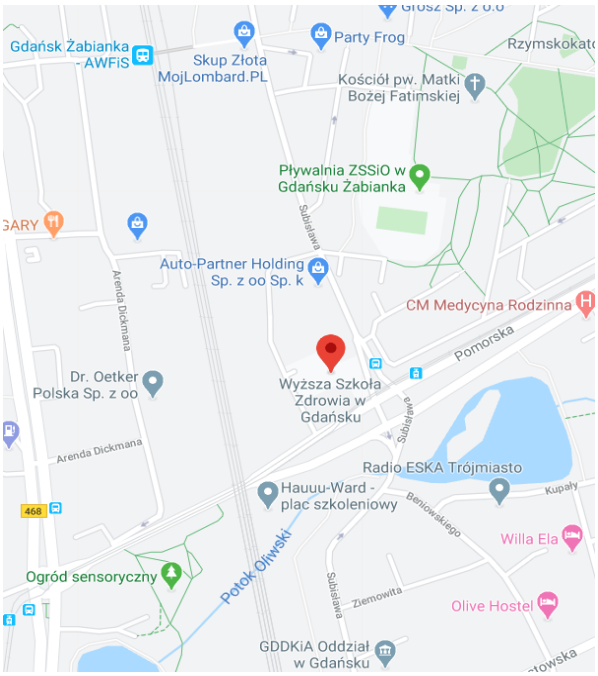
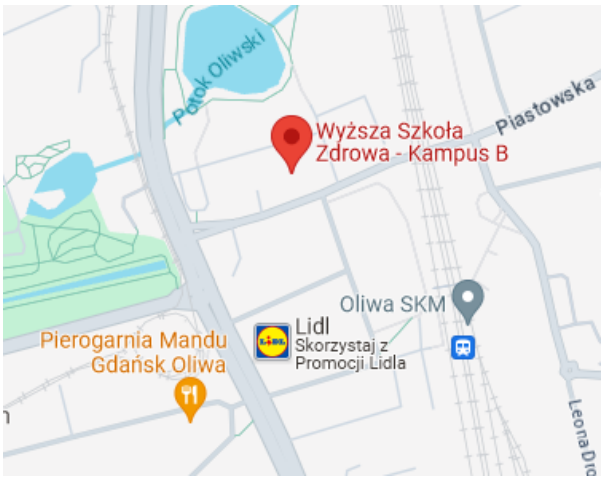
How to find us…



Campus 'A' (main building) is located in Gdańsk at Pelplińska 7 street and it is situated in the well-connected are – approximately 800 meters from the SKM station 'Gdańsk Żabianka' and about 100 meters from the 'Subisława' tram stop.



Campus 'B' is located in Gdańsk at Piastowska 7 street – approximately 300 meters from the Railway & SKM station 'Gdańsk Oliwa'.

Your student ID and an individual card issued by the Student Service Office are needed to enter Campus 'B' during classes.

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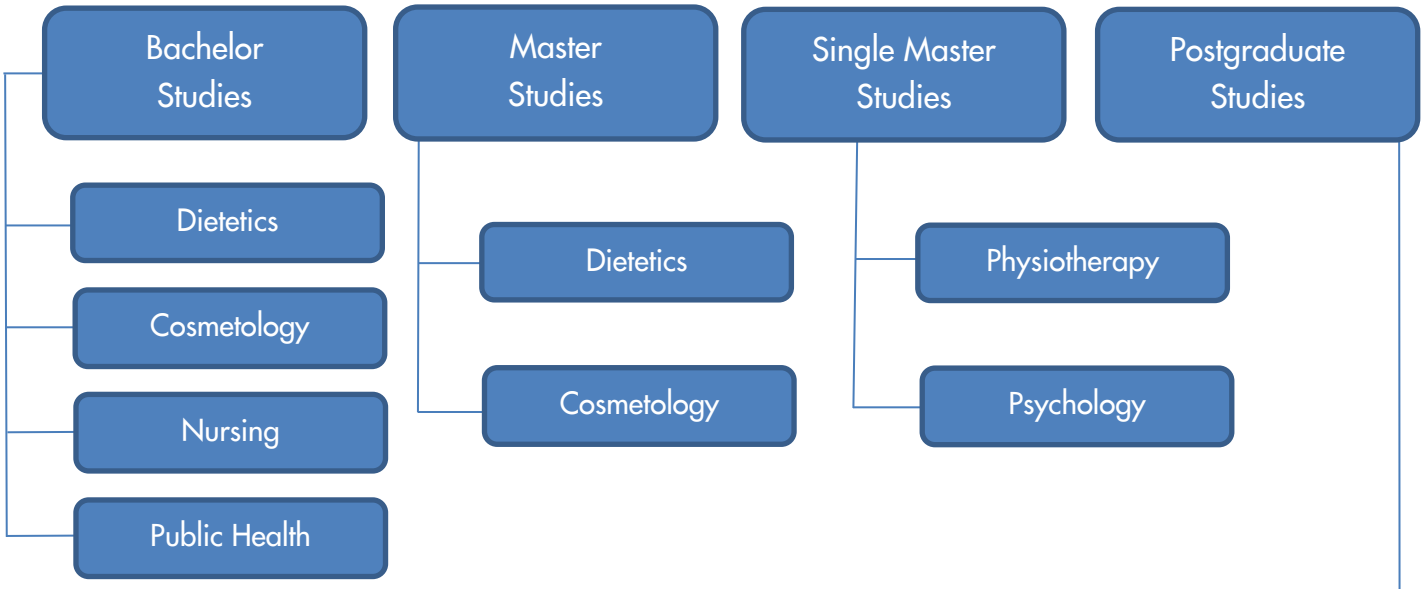
Education Offer



- Dietetics
- Dietetics in Sport
- Diabetes Educator
- Psychodietetics
- Bioaestethic Cosmetology
- Cosmetological Trichology
- Hi-Tech in Cosmetology
- Onkocosmetology
- Podiatry
- Medical Trainer
- MBA in Healthcare

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Specialist Laboratories

High-quality equipment, constant modernization and improvement of specialist laboratories in line with emerging market trends are undoubtedly one of the Academy's greatest advantages.

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Students' Union

The Students' Union may include representatives of all organizational units of the Gdańsk Medical Academy of Applied Sciences.

The Student's Union conducts activities in the field of cultural, recreational and social welfare matters for students. Representatives of the Students' Union have the right to represent the University during national and local conferences and student meetings. The Union takes an active part in activities aimed at maintaining a high level of teaching, including: by periodically conducting surveys aimed at assessing the functioning of the University and the needs and opinions of students.

The Students' Union of the Gdańsk Medical Academy of Applied Sciences is the initiator and organizer of numerous charitable, cultural, entertainment and sports activities. All members take an active part in promoting the University during open days, workshop meetings for high school graduates, guest lectures, conferences, and the World Health Day.

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Erasmus+ Programme

The Gdańsk Medical Academy of Applied Sciences was again granted the **Erasmus University Charter** (ECHE), which is valid throughout the duration of the **Erasmus+ Programme**, i.e. in the years 2021-2027. The card entitles you to use European funds intended for the organization of interinstitutional exchanges under the Erasmus+ Program, including: mobility of students and academic teachers.

Under the Erasmus+ Higher Education program, student mobility is possible:

- in order to complete part of the studies at a foreign university;
- in order to complete an internship in a foreign company.

Moreover, under the **Erasmus+ Programme**, mobility of scientific and teaching staff and administrative staff of the university is possible.

The condition for starting the exchange is the signing of an interinstitutional agreement between partner institutions. The university's coordinator is responsible for its preparation.

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Visa for Incoming Students

A valid travel document (passport) and a visa (if required) are the primary documents needed for non-EU citizens to enter Poland.

As a general rule, you would need a visa to enter Poland. However, foreigners from a number of countries are exempted from visa requirements when entering the Schengen Area for periods not exceeding 90 days within a 180-day period.

Poland is a part of the Schengen Area, so you can apply for a Polish visa and travel all around Europe (excluding the United Kingdom, Ireland, Cyprus, Bulgaria, Romania, Croatia and states outside the EU).

There are several types of visas to choose from:

1. 'A' type – an airport transit Schengen visa, so it cannot be used by a student coming to Poland
2. 'C' type – a short-term Schengen visa allowing the holder to stay in the Schengen territory for up to 90 days in 180 day period (we recommend that you apply for a visa type 'C')
3. 'D' type – a long-term national visa issued for up to one year, allowing travel around the Schengen area for up to 90 days in a 180 day period A visa can only be extended in exceptional situations. Should you need to stay in Poland longer than the specified time in your visa, please apply for a temporary residence permit (see below).

5 simple steps to obtain a visa:

1. Locate the Polish Consulate or consular section of the Embassy of the Republic of Poland that is competent in processing your application. You can use the MFA's search engine at https://www.gov.pl/web/diplomacy/polands-missions-abroad.

2. Read carefully all the information regarding visa application on the consulate's website and follow all the instructions.
3. Schedule a visa appointment at the consulate. In most situations, it's necessary to register on the website: https://secure.e-konsulat.gov.pl/
4. Prepare the necessary documents, including an application form, travel documents (passport), a biometric photo, health insurance, sufficient funds to support yourself, and documents confirming the purpose of your stay. It's important to check with the consulate's website about the specifics of the required documentation, as they may vary from one consulate to another.
5. Submit all the documents including a printed and signed application form and the visa fee. Your visa application is complete. It is expected to take up to 15 days to be reviewed.

Submitting visa documents early is recommended as the procedure may take a considerable amount of time in some cases.

Additional Information:

- Students who intend to travel to Poland are required to obtain certain documents,
- Find out what visas are needed for any country,
- Information on students who arrive in Poland at the EU portal.

Other students have used helpful videos while applying for a visa, and you can find links to them below.

- https://www.youtube.com/watch?v=XuR2sv2qYEg
- https://www.youtube.com/watch?v=ozdqMvMi5zs

Health Insurance in Poland

Learn about how health insurance works in Poland

It is crucial for international students to have sufficient health insurance coverage for the duration of their stay when studying abroad. You don't want to be caught off guard if something unexpected happens and you become ill or injured while you are abroad. If you have to receive health care treatments while in Poland, you will be treated on the same basis as a Polish resident. However, remember that every country's health system is different, and you may not receive all the treatment you might expect free of charge. You may be required to make a patient contribution to the cost of your care. Health insurance for foreigners in Poland depends largely on their country of origin.

Health Care in Poland

The health care system in Poland is based on a general health insurance system. Subsidized health services are provided to Polish residents that are covered by the general health insurance. This can be either on a compulsory or a voluntary basis. The standard of public health care in Poland is high; medical staff are extremely well trained. The Ministry of Health is in charge of policy overall, and the National Health Fund (NHF), aided by its regional branches, manages the health care insurance scheme.

EU Nationals

If you are an EU national in Poland who holds a European Health Insurance Card (EHIC) or an E-111 form, you are able to receive free public health care. This includes access to primary care, specialist out-patient care, hospital treatment, dental treatment, and ambulance transport. Emergency treatment and treatment in the case of sudden illnesses are generally free of charge. In some cases you may be asked to pay upfront, but try not to do so. If you have to pay, make sure you receive a proper receipt with every treatment listed.

Due to an agreement between Poland and Great Britain, British citizens may get free national health service treatment in Poland. Students from some additional countries, including Sweden and Slovakia, can also take advantage of Polish health services free of charge, while Czech students can use it in case of an emergency or a sudden illness.

Non-EU Nationals

If you are an international student from a non-EU country, you should purchase health insurance before your trip to Poland. International students are required to present proof of adequate health insurance coverage when applying for a student visa.

Before coming to Poland, you should purchase medical insurance. It is obligatory to have valid medical insurance during your whole period of studies. After arrival in Gdańsk, you can sign a voluntary insurance agreement with the Polish National Health Fund. With this insurance, you will have the same access to public health care services in Poland as Polish citizens (appointments with doctors in medical centres and stays in hospitals that signed a contract with NFZ without additional charges). The monthly cost of this insurance for non-EU students is PLN 55,80 (EUR 12).

Required documents:

- a valid passport + its copy;
- a valid visa or residence permit + its copy;
- a document from the Faculty confirming your student status (please ask your Dean's Office for this document) + its copy;
- you can also submit your valid student card if you already have it, if not – the certificate from your Dean's Office should be enough;
- a document confirming residence in Poland (e.g. certificate from a dorm, rental agreement) + its copy;
- 2 application forms for the insurance of the Polish National Health Fund

After collecting these documents, please visit the Office of the Polish National Health Fund (NFZ – Narodowy Fundusz Zdrowia) in Gdańsk to sign an agreement.

Then, fill in the ZUS ZZA form and submit it to the branch of the Polish Social Insurance Institution (ZUS) competent for the place where you live within 7 days of signing the agreement.

ZUS branches: Contact – ZUS (branches, inspectorates, local offices)

It will be necessary to pay for the insurance for a given month to the bank account number of the Polish Social Insurance Institution (ZUS) until the 15th day of the next month (e.g. for July, you have to pay until the 15th of August) and to submit the social insurance statement (ZUS DRA) to ZUS for each month until the 10th day of the next month (e.g. ZUS DRA for July has to be submitted until the 10th of August).

Private Health Care

Many people in Poland - both citizens and foreigners alike - use a combination of public and private health care. This is due to perceived inadequacies in the public health care system. Wait times for public health care tend to be long, and the facilities may not be quite what international students are used to.

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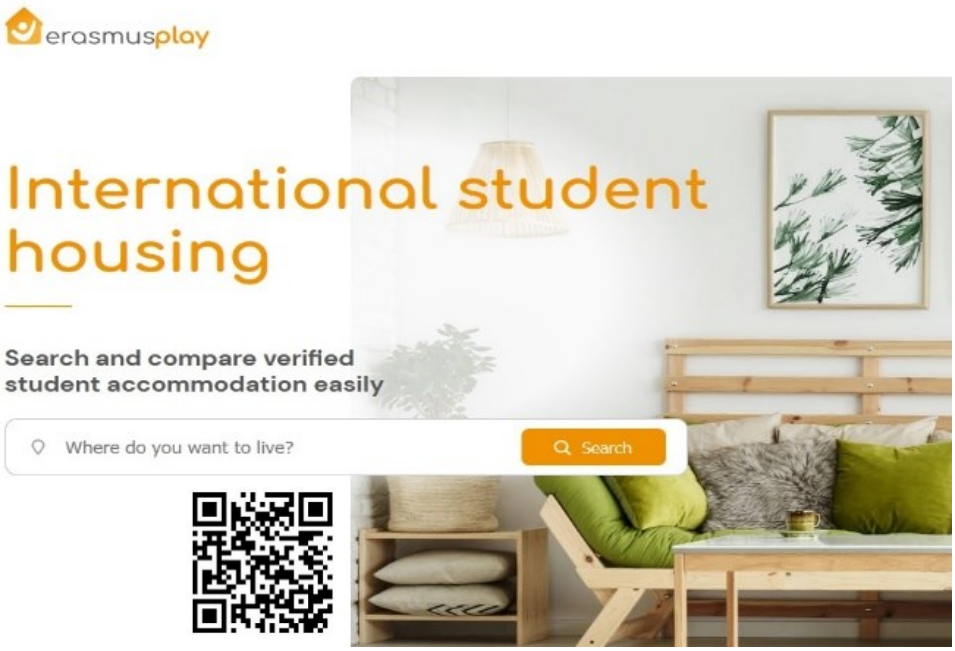
Student Accommodation

Our utmost priority is to offer you support in finding adequate accommodation. If you require our assistance, please inform us promptly so that we can search for the most advantageous offers on your behalf.

Gdańsk also offers the option of renting private rooms and apartments. It may be beneficial to arrive here before the semester starts and explore the accommodation market to find a suitable place to stay.

Another option is the **Erasmus Play,** a platform that enables students to locate accommodation in more than 520 European cities and compare them quickly and effortlessly. All available offers are fully verified, making it easy to book with confidence. The booking process is straightforward: choose your destination and stay dates, assess all accommodation options, and book without any concerns.



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How to Get Around the Town…

SKM KOMPAS application facilitates the receiving of messages from PKP SKM dispatchers that are related to the safety of travellers and train disruptions. The app contains information about the scheduled timetable of trains PKP Szybka Kolej Miejska w Tri-City. It also provides information about current ticket prices and additional tools such as alarms and favourite routes, and enables you to view the scheduled timetable offline for a three-week period. The application is available in three languages

JAK DOJADĘ application makes it easy and fast to plan your trip using public transportation and PKP. Check timetables, live departure information, and purchase tickets.

FALA application allows you to schedule your trip and the system will select the optimal route for you. You have the option to verify the status of the passenger account, and purchase tickets for family members or friends. Review the trip and payment history, read the carrier messages, and receive assistance in case of any issues. To start and/or end your trip, simply indicate it in your application or buy a single or season ticket on your own.

MEVO provides bicycle sharing services – a public transport service that is genuinely and accessible for all your travels. The fleet compromises of mechanical bicycles that are several hundred in number. The app allows you to locate the nearest station, select a subscription, and unlock the bike you selected by scanning its QR code. It is not allowed to drive for more than two hours at a time. Take pleasure in MEVO and keep the environment in mind.

Other Useful Apps…

Instead of carrying your Gdańsk resident card, download the JESTEM Z GDAŃSKA application instead! Your card will be upgraded to a mobile version, and you'll be able to enjoy all the rights and discounts. With the application, you also have constant access to news and events, during which you can use your resident card.

OLX application is a smart choice for everyone. A smart choice for you. Are you looking for a better job? Or maybe someone who will fix the tap? Here you will find everything! A smart choice for your wallet. Hunt for unique opportunities or start your own business. A smart choice for our planet. Buy used items and sell what you no longer need.

Pyszne.pl is a food ordering application. All restaurants from your city are in one place. Hungry? Order food delivery to your home and office. You can order your favourite pizza, kebab, sushi and other dishes with delivery in 2 minutes! Just enter the delivery address, choose a restaurant in your area and the dish you want and your favourite pizza, kebab, hamburger, or sushi are with you within minutes.

SkyCash application is the largest Polish virtual wallet that can be used to purchase tickets for public transportation (available in 70 cities), regional railways, PolRegio, and PKP Intercity, and to make payments for city car parks. SkyCash is also partnered with some cinemas. The big advantage of SkyCash is that it replaces money – no more searching for change, standing in lines at a kiosk, or taking out your wallet with documents in a crowded bus.

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Get to Know Gdańsk Better

Gdańsk's unique history has had a significant impact on its current landscape. For centuries, it has been a place where diverse cultures, people, and traditions have come together to form a unique community. Moreover, Gdańsk is one of the rare Polish cities where nature is practically near to the people. There are many opportunities to spend your leisure time outside thanks to the surrounding environment.

Are you looking for suggestions for an exciting weekend? You're in the proper location. All the elements – earth, air, fire, and water – come together here. Gdańsk offers a plethora of opportunities, all conveniently located at your fingertips.

Art is a great way to learn about a wide range of topics, locations, and people. Modernity and industry coexist with tradition and history in the culture of Gdańsk. Make the most of the everything our city has to offer. Additionally, if you have previously visited the main sights in Gdańsk, it is worthwhile to visit its other districts. They all have distinct personalities that are shaped by their history, cultures, and most importantly, their people.

To learn more about what Gdańsk and Poland have to offer, please have a look at the following websites:

VISIT GDANSK

READY, STUDY GO! POLAND