Erasmus programme at PPWSZ in Nowy Targ Poland

Erasmus Institutional Coordinator

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ERASMUS is the EU’s flagship education and training programme enabling 200,000 students to study and work abroad each year. In addition, it funds co-operation between higher education institutions across Europe. The programme not only supports students, but also professors and business staff who want to teach abroad, as well as helping university staff to receive training.

Many studies show that a period spent abroad not only enriches students’ lives in the academic and professional fields, but can also improve language learning, intercultural skills, self-reliance and self-awareness. Their experiences give students a better sense of what it means to be a European citizen. In addition, many employers highly value such a period abroad, which increases the students’ employability and job prospects.

Staff exchanges have similar beneficial effects, both for the people participating and for the home and host institutions.

Higher education institutions which want to participate in ERASMUS activities must have an ERASMUS University Charter. The Charter aims to guarantee the quality of the programme by setting certain fundamental principles.

The European Commission is responsible for the overall programme implementation; its Directorate-General for Education and Culture coordinates the different activities.

So called “decentralised actions” that promote individual mobility are run by national agencies in the 33 participating countries. “Centralised” actions, such as networks, multilateral projects and the award of the ERASMUS University Charter, are managed by the EU’s Education, Audiovisual and Culture Executive Agency.

ERASMUS Charter for Higher Education 2014-2020

Podhale College of Applied Sciences in Nowy Targ
Podhale State College of Applied Sciences in Nowy Targ received **ERASMUS EXTENDED UNIVERSITY CHARTER** in December 2009

**ERASMUS EXTENDED UNIVERSITY CHARTER**

Erasmus University Charter (EUC) is issued by the European Commission. It entitles a university to apply for participation in the mobility actions financed by the programme in the current academic year or other projects. The Erasmus University Charter (EUC) provides the general framework for all European co-operation activities a higher education institution may carry out within the Erasmus Programme. The Charter sets out the fundamental principles and the minimum requirements underlying the Erasmus activities a higher education institution has to respect.

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<tr>
<th>Full legal name of the institution</th>
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<td>ERASMUS code</td>
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<td>Address</td>
<td>Kokoszków 71</td>
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<td>34-400 Nowy Targ</td>
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<td>Country</td>
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<td>Web address</td>
<td><a href="http://www.ppwsz.edu.pl">http://www.ppwsz.edu.pl</a></td>
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<td>Head of the institution - Rector</td>
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<td>Institutional Erasmus coordinator</td>
<td>dr Małgorzata Muszyńska - Kurnik</td>
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<td>Institutional Bilateral Agreements</td>
<td>email: <a href="mailto:ppwsz.erasmus@gmail.com">ppwsz.erasmus@gmail.com</a></td>
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FORMAL REQUIREMENTS FOR INCOMING STUDENTS

Study guide

In order to be accepted as a ERASMUS exchange student, you must be a student of a partner university which has signed the ERASMUS Bilateral Agreement with PPWSZ in Nowy Targ

The candidates are requested to submit:

**Application Form** for incoming students , which must be signed by ERASMUS Coordinator from your Home University

**Learning Agreement**, which must be accepted by your Home University and send it together with two photographs to the following address:

The PPWSZ in Nowy Targ
Erasmus Office
ul. Kokoszków 71
34-400 Nowy Targ
Poland
e-mail: ppwsz@ppwsz.edu.pl

The deadlines for returning the completed above mentioned Application Forms are as follows:

15 June - for the winter term of the following academic year
15 December - for the spring term of the following academic year

To cover the costs of the Student’s ID the 5 PLN fee will be charged to each student.

ABOUT THE INSTITUTION

Official name: Podhalańska Państwowa Wyższa Szkoła Zawodowa w Nowym Targu (Podhale State College of Applied Sciences in Nowy Targ)

The Podhale State College of Applied Sciences in Nowy Targ (PPWSZ) was founded in 2001 as the first higher education institution established following the initiative of the province's self-government. It came under the auspices of Krakow’s Jagiellonian University and Bronisław Czech Academy of Physical Education. To ensure the highest teaching standards at the facility, its comprehensive development and a bright future for its graduates, the PPWSZ has also signed an agreement of collaboration with some of Krakow’s renowned higher education institutions. These include the University of Economics, the Krakow University of Technology and the Andrzej Frycz-Modrzewski Krakow University.

In October 2001, the Institution started undertaking academic disciplines in four fields: Polish philology, physiotherapy, nursing, and recreation and tourism management. During the decade the academic disciplines have been subsequently enriched with the following: architecture and urban planning, emergency medical technician studies, and environmental protection. While establishing every new field of study we always bear in mind the needs and specific character of the local region.
In December 2009, the European Commission decided to award the Erasmus Charter to the Podhale State College of Applied Sciences in Nowy Targ entitling PPWSZ’s students to benefit from both the educational opportunities offered by other EU higher education institutions and to pursue an internship placement abroad.

Podhale State College of Applied Sciences in Nowy Targ has developed cooperation with a number of partners in the region. With suitable agreements in place, the PPWSZ cooperates with the Nowy Targ County and the Tatra County, upper secondary schools, the University of the Third Age, Związek Podhalan (the Polish Highlanders Alliance), ZEW Niedzica (the Niedzica Hydroelectric Power Plant), Termy Podhalańskie (a thermal swimming pool and spa complex), health care centres, and many other institutions.

Students at the Podhale State College of Applied Sciences in Nowy Targ (PPWSZ) can be involved in a variety of activities. They pursue their passions in numerous student scientific associations which operate in every department of the Institution. International student scientific conferences are also organized and held. The students are actively involved in the development of the Academic Chaplaincy, being part of the John Paul II’s Days every year. Every year in May the Students’ Union organizes the Podhalańskie Juwenalia Student Festival – a celebration of youth and joy. Nowy Targ, which comes under the rule of the students for a short period, becomes aware that it has become an academic town due to the loud and colourful celebrations. The Institution provides facilities for RECREO Academic Sports Association, KUSZ Winter Sports Association, Młode Podhale folk ensemble, and, not until recently, a student radio „Fala Podhala”.
The Institution currently provides education in the following fields of study:

- Architecture, Bachelor’s and Master’s Degree
- Cosmetology, Bachelor’s and Master’s Degree
- Environmental Engineering, Bachelor’s Degree
- Land Management, Bachelor’s Degree
- Medical Emergency, Bachelor’s Degree
- Nursing, Bachelor’s and Master’s Degree
- Philology, specialization in English studies, Bachelor’s Degree
- Physiotherapy, Bachelor’s and Master’s Degree
- Polish Philology, Bachelor’s Degree
- Tourism and recreation, Bachelor’s and Master’s Degree

The Institute of Technical Sciences was founded on 6 Feb. 2015 in compliance with a resolution of the Senate of the PPWSZ in Nowy Targ no. 2/2015 of 06 Feb. 2015. It came into being as a result of the fusion of the Institute of Architecture and the Institute of Environmental Engineering. Education in the Institute of Technical Sciences is carried out within the General Curriculum as approved by the Senate Act of 14 Sep. 2007 with later amendments. The teachers are academics with both didactic and research experience and numerous publications.

Maria Ponikiewska-Arct, Ph. D., eng.arch. is the Director of the Institute of Technical Sciences Joanna Suchowiak, Ph.D., interior arch. is Deputy Director for Student Affairs and Education and Alicja Kochman, Ph.d., eng. is Deputy Director for Education and Development.
Fields of study

Architecture – 1st and 2nd grade studies in the field of architecture warrants the acquisition of thorough knowledge in history and theory of architecture, urban development, fine arts, building and architectural and urban designing. During their course of studies students become familiar with technical and building regulations as well as the methods of the organization and development of the process of investment and architectural designing in Poland and other EU states. Jolanta Brandys, Ph.D. is the co-ordinator of the faculty.

SELECTED SUBJECTS IN THE 4 YEARS’ COURSE OF STUDIES:

- Architecture in rural tourism
- Landscape and green terrain architecture
- Regional architecture of the Podtatrze Region
- Architecture in tourism, sport and recreation
- Architecture in mountainous regions
- General building and materials technology
- Physics of construction
- History of architecture and urban development
- History of culture and art
- Building structures
- Modernization and conservation
- Plastic arts
- Building designing
- Urban designing
- Drawing and workshop techniques land development plans and studies

Graduate’s profile:

A graduate is prepared to shape the public space in accordance with civilization requirements and needs, technical resources and the rules of balanced development.

The graduate is awarded the vocational title of architect engineer. The curriculum makes it possible to continue the graduate’s education in a course of 2nd grade studies (master’s degree studies)

Employment options:

- Designing offices
- Land development offices
- Development and management companies
- Building companies
- Departments of urban development and architecture

Supervision and inspection departments responsible for land development, programming, designing and completion of building projects and investments.
LAND MANAGEMENT - 1st grade studies

The field of Land Management is an interdisciplinary course of studies based on social, technical and natural sciences.

The duration of the course of studies is 7 semesters.

The co-ordinator of the field of studies is Krzysztof Miraj, Ph.D.

On completion of a full course of studies a graduate is prepared to meet the challenges and perform the tasks of an environmental planner. The graduate will possess interdisciplinary knowledge of environmental organization of the social and economical development, as well as knowledge of economy, natural sciences, sociology, etc.

SELECTED SUBJECTS IN A 3.5 YEARS’ COURSE OF STUDIES:

- Economics
- Physics
- Economic geography
- Physical geography
- Mathematics
- Introduction to building and materials technology
- Introduction to geodesy and cartography
- Introduction to environmental economy and its theories
- Practical training in geodesy and cartography
- Engineering and planning drawing
- Statistics
- Information technology
- Introduction to jurisprudence
- Rules of architectural and urban planning

Graduate’s profile:

A graduate is prepared to shape the public space in accordance with civilization requirements and needs, technical resources and the rules of balanced development. The graduate knows the rules of environmental organization and balanced development as well as cooperation in the preparation of planning documentation and analyses.

The graduate is awarded the vocational title of engineer.

Employment options:

- Land development offices
- Building companies
- Departments of urban development and architecture
- Supervision and inspection departments responsible for area development, programming, designing and completion of building projects and investments.
ENVIRONMENTAL ENGINEERING – 1st grade studies

The field of studies introduced 4 years ago in co-operation with the AGH University of Science and Technology in Kraków, Department of Geology, Geophysics and Environment Protection, as master’s degree studies. Full time studies take 7 semesters, and extra-mural studies last 8 semesters. Sylwia Tchórzewska, M.A. is the co-ordinator of this field of studies. A geotechnical Laboratory enables students to become acquainted with practical aspects of land examination and testing for building purposes and the assessment of terrain variability depending on its composition and exerted pressures. Students learn the rules of documentation of geodynamic phenomena and practical techniques in engineering geology.

SELECTED SUBJECTS IN A 3.5 YEARS’ COURSE OF STUDIES:

- biology and ecology
- chemistry
- physics
- pedology and recultivation
- physical geography
- hydrogeology and development of water environment
- information technology and rules of designing
- cartography
- land mechanics
- methods of geological and engineering examination and search
- drilling methods in geology
- protection of the environment
- introduction to geology
- introduction to sedimentology
- planning and documentation of geological and engineering examination and search
- techniques of ground and rock centre modification
- water technology
- technical thermodynamics

Graduate’s profile

A graduate in the field of environmental engineering is awarded the vocational title of engineer and is prepared to continue education in the course of 2nd grade studies (master’s degree studies) in technical universities.

Options for employment:

- hydrotechnical, geological and mining companies
- building companies
- state administration Office

Student Research Groups in the Institute of Technical Science Ad Quadratum

Student Research Group was founded on 6th Feb. 2009. Its aim is to broaden students’ knowledge useful in the profession of an architect, organization of scientific meetings and organization of conferences. Modulor Student Research Group came into being on 10th Oct. 2011 as an initiative of the students who resolved to enhance the development of their vocational talents. Its main aim is to broaden the students’ scientific interests, develop their artistic abilities through the organization of drawing and plastic arts workshops and open air photo sessions, as well as representation of the College in Poland and abroad and further development of the skills and abilities required in the profession of an architect.
MEDICAL EMERGENCY – 1st grade studies
The education in the field of Medical Emergency guarantees the acquisition of thorough knowledge in medical sciences and biology as well as an ability to provide qualified aid in an emergency of various aetiologies. Practical classes are conducted in a classroom or ambulance with the use of phantoms and medical equipment. Practical hospital training is conducted by experienced medical doctors in hospital Emergency Units and doctors, nurses and first aid rescue workers in Medical Emergency Services. Foreign language and sign language classes are conducted in very well equipped language laboratories. Students participate in Polish and international conferences and medical emergency rescue competitions.

Graduate’s profile: A graduate in the field of Medical Emergency is awarded the degree of a bachelor on completion of a 3 years’ course of studies and can continue education in 2nd grade studies.

SELECTED SUBJECTS IN A 3 YEARS’ COURSE OF STUDIES:
- qualified first aid
- emergency medicine
- catastrophe and disaster medicine
- internal diseases
- surgery with elements of transfusiology
- paediatrics with elements of infantile surgery
- traumatology with elements of neurotraumatology, jaw surgery and dentistry
- infectious diseases
- obstetrics and gynaecology
- organization of medical emergency services
- pharmacology
- toxicology
- sign language

Options for employment (as described in the state act concerning Medical Rescue Services of 8 Sep. 2006):
- hospital emergency wards
- medical emergency information centres
- ambulance medical emergency service
- non-public health service centres for medical services as support for mass events
- air medical emergency service
- rescue and firefighting units
- educational institutions teaching first aid
- state and local administration units operating within medical emergency service system
- Polish army
- Police
- Municipal police and guards
- Mountain rescue
- Water rescue
**COSMETOLOGY – 1st and 2nd grade studies**

In accordance with the decision of the Minister of Education of 8 July 2013 the Podhale State College of Applied Sciences in Nowy Targ was granted the right to open a course of studies in the field of Cosmetology.

The curriculum of the field of cosmetology at PPWSZ in Nowy Targ provides education for a cosmetologist with practical knowledge based on solid theoretical foundations and thus fully prepared for work in modern cosmetic services. Graduates possess general knowledge in health sciences and specialised knowledge of cosmetology.

The educational concept with a strong interdisciplinary emphasis, combining medical and chemical knowledge with practical ability to perform a wide range of traditional and modern cosmetic treatments, will enable the graduate to meet both the current and future market demands.

A modern Cosmetology Laboratory boasts state-of-the-art equipment.

**The Institute of Cosmetology offers two specializations:**

- **Wellness & SPA regeneration** – a graduate will be prepared to work on an independent post. The graduate will be able to perform standard relaxing and spa treatments with good knowledge of world cosmetology, ecological cosmetology and effective time and work management.

- **Medical cosmetology** – a graduate will be qualified for co-operation with medical professionals and performance of primary and secondary preventive treatments.

**SELECTED SUBJECTS IN THE 3 YEARS’ COURSE OF STUDIES:**

- Sensory analysis
- Legal aspects of cosmetology
- Biology and genetics
- Dietetics
- First aid
- Pharmacology
- Physiology
- Musical therapy in medicine
- Wellness & spa regeneration
- Reflexology
- Diploma seminar
- Modern treatment centre management
- Wellness & SPA centre management
Graduate’s profile:

There has been noticeable increase in the interest in healthy lifestyle in Poland with a lure of retaining youth. Consequently, there is a growing demand for modern bio-technological, chemical and medical solutions to help retain the healthy and young appearance. Aesthetic medicine, plastic surgery and modern cosmetic technologies are ever more frequently and widely used. The therapy and treatments currently applied are much more complex and advanced than a couple of years ago. There is an ever growing role and impact of the wellness and SPA market that propagates healthy lifestyle. Along with those changes there is a growing demand for cosmetology specialists with higher education.

Employment options:

- Cosmetic saloons and cosmetic treatment centres
- Podological centres
- Aesthetic medicine centres
- Regeneration centres
- SPA centres
- Old people homes

PHYSIOTHERAPY - 1st grade course of studies (bachelor’s degree)

The Institute of Physiotherapy guarantees acquisition of knowledge and skills indispensable in maintaining and restoring of physical fitness in people of different age groups and ability to perform professional physiotherapeutic treatments. The graduates in the field of physiotherapy possess professional knowledge to work with disabled and ill people.

Theoretical and practical classes are conducted by professors and highly qualified specialists in medicine and physiotherapy in multimedia equipped rooms.

The Institute of Physiotherapy possesses a good didactic base with workshops and laboratories with the newest diagnostic and rehabilitation equipment.

Workshops and specialised rooms in the Institute of Physiotherapy:

- Therapeutic massage workshop
- Posture diagnosis workshop
- Manual therapy workshop
- Pain therapy workshop
- Physical therapy workshop
- Kinetic therapy workshop
- Anatomy workshop
- IT workshop
- Sauna
- Fitness room
- Gym
SELECTED SUBJECTS IN THE THREE YEARS’ COURSE OF STUDIES:

- Anatomy, physiology and pathology
- Medical biology, biochemistry and biophysics
- Biomechanics
- Kinetic therapy
- Physical therapy
- Therapeutic massage
- Manual therapy
- Mobilisation techniques
- Sport for the disabled
- Posture pathology
- Regeneration in sport
- Introduction to clinical physiotherapy in kinetic system diseases and internal diseases

Graduate’s profile

The Institute of Physiotherapy guarantees acquisition of knowledge and skills indispensable in maintaining and restoring of physical fitness in people of different age groups and ability to perform professional physiotherapeutic treatments indispensable in modern therapy.

Employment options:

- Public and non-public health service centres in Poland and abroad
- Specialised clinical hospitals
- Hospitals, specialised outpatient departments
- Rehabilitation centres
- Natural therapy centres
- Sanatoria in resorts
- Senior citizen homes
- Specialised centres and departments for mentally handicapped patients
- Sport and recreation centres for disabled people

PHYSIOTHERAPY – 2ND grade studies (master’s studies)

The Institute of Physiotherapy of The Podhale State College of Applied Sciences in Nowy Targ obtained the right to teach 2nd grade studies in 2015.

The field of studies, 2nd grade studies, is part of the field of medical, health and physical education sciences in accordance with the order of the Minister of Education concerning Qualification Criteria for Higher Education of 2nd Nov. 2011.

Effects of education for the field of physiotherapy, 2nd grade studies, are connected with the following fields of study:

1. Medical sciences: medical biology medicine
2. Pharmaceutical sciences
3. Health sciences
4. Physical culture and education
SELECTED SUBJECTS IN THE COURSE OF 2 YEARS’ STUDIES

- Adaptation kinetic activity
- Diagnostics and programme in rheumatology
- Methodology of research
- Neurophysiology
- Special pedagogy
- Prosthetics and orthotics
- Clinical psychology and psychotherapy
- Rehabilitation in sport
- Sociology of disability and rehabilitation
- Health protection organisation system
- Physical education
- Biomedical engineering in physiotherapy
- Public health

Graduate’s profile The aim of the education in the field of physiotherapy is a graduate’s comprehensive and complete knowledge of physiotherapy. Second grade studies include courses indispensable for the theoretical preparation for the profession of a physiotherapist, as well as practical courses and classes that teach specific professional skills. The aim is to broaden the scope of curriculum by including the course content not taught in the 1st grade studies yet essential for a highly qualified physiotherapist.

- Functional and image diagnostics, theory and practical performance of therapeutic methods, ability to plan physiotherapeutic procedures and control their effects,
- Preparation for independent work with ill and disabled people, primarily within the scope of application of natural (physical) factors both in prophylactics and treatment,
- Obtaining of the right to specialise in the field of physiotherapy
- Acquisition of mental and physical qualities necessary for work with ill and disabled people, as well as the level of physical fitness sufficient to demonstrate and carry out physical exercises with those patients
- Development of abilities necessary for teaching of physiotherapeutic procedures and professional subjects as well as doing research in research groups
- Development of the ability to work independently in health service institutions, disabled people centres, sport centres, research institutions, state administration and education
- Acquisition of an ability to conduct the work of a therapeutic group, organisation or institutions and centres providing physiotherapeutic services,
- Ability to continue a graduate’s education and self-education
- Development techniques and methods of communication with specialists and non-specialists
Learning a foreign language on a higher level (B2) and ability to use specialist language

Development of an ability to plan research and scientific procedures in the course of preparation and defence of master’s thesis

Development of professional, ethical, critical and analytical thinking as a graduate’s attitude to the profession of a physiotherapist

Development of emotional resilience necessary for work with ill and disabled people

Preparation for further education in 3rd grade studies (doctoral studies)

Employment options:

After graduation a graduate – a physiotherapist with a master’s degree - will find employment in health services dealing with medical rehabilitation, in hospitals, outpatient rehabilitation departments, physiotherapy centres, sanatoria, spa centres and in sport medicine services:

- Various hospitals
- Specialised outpatient departments
- Rehabilitation centres
- Various sanatoria
- Health centres
- Public and non-public centres for disabled people
- Institutions and companies with health promoting business activity
- Sport clubs
- Massage and manual therapy centres
- Sport and recreation centres
- Specialised therapeutic centres for children and adolescents
- Specialised sports and recreation centres for the disabled
- Specialised orthopaedic equipment shops
- SPA centres

NURSING

Nursing continues the traditions of nursing education in the Podhale Region in medical schools in Nowy Targ, Rabka Zdrój, Zakopane, Mszana Dolna and Limanowa. On the basis of Zofia Materowa Medical Vocational School in Rabka in the Institute of Health, the Institute came into being along with the inception of the PPWSZ in Nowy Targ on 1st Oct. 2001. In 2002 an independent Institute of Nursing took over the education of nurses. In the academic year 2002/2003 bachelor level studies for nurses were opened in Medical Vocational School in Rabka as continuation of the 25 years’ tradition of nursing education. In 2004 extramural nursing studies were opened. In the academic year 2011/12 2nd grade (master’s) studies in nursing were opened as both full time and extramural studies as the first 2nd grade field of studies opened in the PPWSZ. Currently the Institute of Nursing offers full time studies for secondary school graduates and extramural studies for the nurses that hold a secondary school diploma or a post-secondary school of nursing diploma. Graduates of the 1st grade studies can continue their education in 2nd grade studies in nursing. The basic aim of the Institute of nursing is preparation of its graduates for the profession of a nurse.

NURSING 1ST GRADE STUDIES bachelor’s degree

The aim of the studies is to enable students to obtain knowledge, abilities and social competences required to receive the license to perform the profession of a nurse. The results and standards of education remain in compliance with the guidelines described in the order of the Minister of Education of 9 May 2012 and art. 2 of the act of 15 Jul. 2011 concerning the professions of a nurse and obstetrician (Dz.U. nr 174, poz. 1039).
1st grade studies graduate. On completion of 1st grade studies the graduate is awarded the degree and vocational title of a bachelor of nursing. In the course of the studies the graduate obtains knowledge, abilities and social competences required for employment in health service (hospitals, health centres, nursing care centres, palliative and hospice care centres) in nurseries and social care centres. The acquired qualifications are automatically recognised in the European Union states.

SELECTED SUBJECTS IN THE COURSE OF STUDIES:

- Introduction to nursing
- Basic health care
- Paediatrics and paediatric nursing
- Internal medicine and internal medicine nursing
- Surgery and surgical nursing
- Rehabilitation and care of the disabled
- Neurology and neurological nursing
- Psychiatry and psychiatric nursing
- Anaesthesiology and nursing in life threatening conditions
- Pharmacology
- Anatomy
- Physiology
- Biochemistry and biophysics
- Sign language
- Hospital infections
- English language

ORGANISATION OF EDUCATION

1st grade studies (bachelor’s studies) take 6 semesters (3 years) and are offered as full time and extramural (so called connecting studies for nurses, track A, C, D, E) studies.

NURSING 2nd GRADE STUDIES masters

The aim of the studies is to obtain knowledge, abilities and social competences that remain in compliance with the guidelines described in the order of the Minister of Education of 9 May 2012 and art. 2 of the act of 15 Jul. 2011 concerning the professions of a nurse and obstetrician (Dz.U. nr 174, poz. 1039).

The curriculum includes social sciences and specialist care in nursing.

The total number of hours in either a full time or extramural course of 2nd grade studies is 1300 and amounts to 120 ECTS points.

2nd grade studies graduate. On completion of 2nd grade studies the graduate is awarded the degree and vocational title of a master of nursing and is prepared for employment in health service, in public administration connected with health service and also in schools (with additional pedagogic qualifications required).

The graduate of 2nd grade studies in nursing is prepared for further continuous education and vocational development and to take up 3rd grade (doctoral) studies.

In recognition of the highest standards of education the faculty of nursing has been continuously accredited by the State Accreditation Committee (PKA) and State Accreditation Council for Nursing and Obstetrics Schools (KRASPIP) since 2001.
SELECTED SUBJECTS IN THE COURSE OF STUDIES:

- European nursing
- Invasive cardiology
- Advanced specialist care in nursing
- Management in nursing
- Didactics in nursing
- Introduction to clinical immunology and transplantology
- Psychotherapy
- Introduction to clinical gastroenterology
- Blood diseases
- Intensive care and nursing in intensive medical care
- Modern diagnostic techniques
- Death and dying in different cultures
- Medical statistics
- English language

ORGANISATION OF EDUCATION

2nd grade studies (master’s studies) take 4 semesters (2 years) and are offered as both full time and extramural studies.

Nursing Students Research Group

In 2003 the Nursing Students Research Group came into being in the Institute of Nursing and in 2010 Psychiatric Nursing Students Research Group was founded.

Members of the research group are involved in the organisation and take part in the International Conference of Student Research Groups in the PPWSZ in Nowy Targ and in other conferences in Poland.

INSTITUTE OF HUMANITIES, SOCIAL SCIENCES AND TOURISM

The Institute of Humanities, Social Sciences and Tourism came into being on 1st Sep. 2015 as a result of the fusion of the Institute of Tourism, Recreation and Environment Protection with the Institute of Humanities.

Fields of study

- Tourism and recreation with specializations: Tourist services and tourism management and Kinetic recreation with psychosomatic regeneration; as 1st grade studies

- Tourism and recreation with specializations: Tourist resources management and Recreation for health (commencing in the academic year 2015/2016) as 2nd grade studies:
TOURISM AND RECREATION (1st grade studies)

A graduate from Tourism and Recreation in the PPWSZ is awarded the degree of licencjat (bachelor) and acquires the knowledge and qualifications necessary to compete on the work market and seek employment in tourism and recreation. The graduate possesses the following knowledge and skills and in particular:

1. general knowledge of natural and social sciences, economics and legal regulations pertaining to the field of tourism and recreation,
2. communicative competence in a foreign language with English being the most popular language students choose,
3. practical knowledge and skills required in the field of tourism and recreation with an ability to prepare a complete offer addressed to various clients and its realisation,
4. ability to organise one’s own continuous further education, introduce new forms of kinetic and tourist activity, to use new methods of teaching and technical equipment.

In view of the specific location of The Podhale State College of Applied Sciences in an attractive mountainous region emphasis is placed on local and regional content which additionally provides the graduate with:

1. an ability to use regional natural, cultural and touristic assets of the Podhale region in offer preparation,
2. knowledge of the possibilities and ways of supporting of local initiatives to create proper conditions for the development of tourism and recreation in the Podhale region.

SELECTED SUBJECTS IN THE 3 YEARS’ COURSE OF STUDIES:

- Business plan in tourist services
- Strength exercises
- Economics
- Economics in tourism and recreation
- Work and rest physiology
- Geography for tourism
- Kinetic games
- Hospitality
- Marketing of tourist services
- Skiing
- Nordic walking
- Organisation of tourism and tourist activities
- Leisure pedagogy
- Basic fitness training
- Introduction to accountancy
- Psychology

Graduate’s profile: A bachelor’s degree enables a graduate to start his/her own business in the field of tourism and recreation as well as to seek employment in travel offices, hotels, sport and recreation centres, SPA centres and in state and local administration in executive capacities in the fields connected with tourism.

Employment options:

- State and local administration (departments of tourism, promotion, protection of environment, culture, land management, etc)
- travel offices and their branches in Poland and abroad
- national parks, landscape parks, geological parks,
- hotels, boarding houses, rural tourism centres,
- sport and recreation centres, fitness and wellness clubs,
- rest and regeneration centres, SPA centres, sanatoria,
- social organizations, foundations and associations,
TOURISM AND RECREATION (2nd grade studies)

A graduate of the specialisation in Tourist Resources Management will possess theoretical and practical knowledge of planning of tourism development particularly tourist investment and enterprises on the basis of the analysis and use of regional natural and human resources. A graduate of the specialisation in Recreation for health will possess theoretical and practical knowledge necessary for the assessment of clients’ different health requirements and needs (health improvement and preventive health care) as well as for planning and performance of different forms of health recreation. A graduate will have sufficient knowledge to find employment in tourism and recreation in administration and local government as well as on the market. The graduate will be qualified to work as a specialist in tourism and recreation business and the connected businesses as well as to start his/her own business in this field.

Employment options:

- State and local administration (departments of tourism, promotion, protection of environment, culture, land management, etc)
- travel offices and their branches in Poland and abroad
- national parks, landscape parks, geological parks,
- hotels, boarding houses, rural tourism centres,
- sport and recreation centres, fitness and wellness clubs,
- rest and regeneration centres, SPA centres, sanatoria,
- social organizations, foundations and associations,
- advertising agencies; newspaper, TV and radio offices

POLISH PHILOLOGY (1st grade studies)

Polish Philology has been in existence since the inception of PPWSZ in 2001. The following fields of studies are offered: Polish philology with teaching and journalism specialisations, English philology with teaching and translating specialisations, and since the academic year 2015/16 English philology with the German language.

The staff of the Institute includes doctors and professors with academic experience and considerable achievements in scholarship and research.

Polish Philology encompasses the mission of PPWSZ in its work for the benefit of the local communities and protection of the cultural heritage of the region. We offer postgraduates studies in Cultural Heritage of Podtatrze Region. We offer a series of lectures on history of literature, history and culture of the region for secondary school students and the Third Age Universities in Rabka and Nowy Targ. We organise annual spelling competitions for secondary school students.

In compliance with a decision of the Senate of PPWSZ no. 12/2015 of 24.04.2015 and as a result of a fusion of the Institute of Humanities with the Institute of Tourism, Recreation and Environment Protection there came into being the Institute of Humanities, Social Sciences and Tourism.

POLISH PHILOLOGY 1st grade studies (bachelor’s degree)

- teaching specialisation
- specialisation in journalism
Our curriculum is based on the premise of two level education:

1. modern and solid education in the chosen field
2. development of selected specialisation that would provide a graduate with specific and tangible vocational qualifications

A graduate is awarded the degree of bachelor and is qualified and entitled to continue education in a course of 2nd grade studies in Polish philology and other fields. The duration of the complete course of studies is 6 semesters.

Characteristic features of education in the field:

The curriculum has been constructed so as to ensure that on completion of a three years’ course of intensive studies our graduate will possess philological education on a par with a Polish philology department at any chosen university. And it refers not only to the obvious formal requirements, but also to the actual scope of education or the importance of the students’ acquaintance with contemporary post-structural methodologies of research in humanities.

SELECTED SUBJECTS IN THE 3 YEARS COURSE OF STUDIES:

- history of Polish literature with elements of world literature
- contemporary Polish literature
- analysis of a literary work
- historical grammar
- multinational culture of the Polish Republic

Characteristic features of a given specialisation:

Teaching specialisation (for the students who want to teach Polish language i.e. to have influence on the quality of thinking of young people). It is over 400 hours and practical training in school and in effect the right and licence to teach Polish language on an elementary school level.

SELECTED SUBJECTS IN THE 3 YEARS’ COURSE OF STUDIES:

- psychology
- introduction to general didactics
- information technology for Polish language teacher

Specialisation in journalism (for the students who want to both inform and comment i.e. to have influence on the quality of thinking of adult people). It is over 400 hours and practical training and in effect the acquisition of knowledge, abilities and skills required in the work of a journalist.

SELECTED SUBJECTS IN THE 3 YEARS’ COURSE OF STUDIES:

- history of Polish press
- genres in journalism
- interpersonal communication
Postgraduate studies – Cultural Heritage of Podtatrze Region (3 semesters in extramural format)

- postgraduate studies for those who wish to study or systematise their knowledge of the culture of Podtatrze and work for the Podtatrze Region;
- 350 hours and various workshops and excursions to the museums of the region;
- result – general and complete knowledge of geography, nature, history, culture, literature and language of the region of Podtatrze.

SELECTED SUBJECTS IN COURSE OF STUDIES:

- The Tatra Mountains and Podhale in literature
- Multidimensional work with local dialect texts
- The art of Podhale (painting, sculpture, woodcarving, embroidery, metalwork, etc.)
- Music, song and dance of the Carpathian Mountains
- Romanis in Podtatrze

ENGLISH PHILOLOGY 1st grade studies

English Philology is one of the newest fields of study offered in the PPWSZ in Nowy Targ. Graduates will possess a very high level of both philological and practical knowledge; they will continuously improve their own vocational qualifications and shall attempt to propagate the knowledge of foreign languages in the local community.

First Grade studies will provide the graduate with the knowledge of the English language on C1 level of the European System of Description of Language Education of the European Council as well as specialised language required to work as a teacher, translator, employee in an international corporations and others, where the knowledge of the English language (and German language in the case of the specialisation of English philology with the German language) is indispensable.

Our graduates have fundamental knowledge of history, literature and culture of English language countries as well as interdisciplinary competences that help them use their knowledge of and about the language in different spheres of academic and social life. In order to achieve the best effects the PPWSZ has employed the best teachers who meet the most rigorous didactic and academic requirements and have acquired their experience in big academic centres. First grade studies last 6 semesters and are offered in a both full-time and extramural format. After the first semester students choose their specialisation. Graduates are awarded the degree of bachelor and are entitled to continue their studies in 2nd grade studies.
SELECTED SUBJECTS FOR ALL SPECIALISATIONS:

- Practical knowledge of the English language
- British culture
- History of Great Britain
- American culture
- History of the U.S.A.
- Psycholinguistics
- British literature
- American literature

Specialization offered in the field of English philology:

- Teaching specialisation
- Translation
- English philology with German language

**English philology, teaching specialisation:** students become acquainted with the theory and practice of English language teaching; they acquire psychological and pedagogic knowledge. Bachelor’s diploma of the PPWSZ entitles its holder to teach the English language in kindergartens and elementary schools (in accordance with an order of the Minister of Education of 17 Jan. 2012 concerning standards of teachers’ education in preparation for their profession). Because English is more and more widely taught on pre-school level and then at all the other consecutive stages of education both in public schools and numerous language schools, the graduates will have no problems with finding employment.

SELECTED SUBJECTS:

- Didactics of English language teaching
- General psychology
- General pedagogy
- Voice emission

**English philology, translating specialisation:** the basic aim of this specialisation is the education of very well prepared and competent translators of English. Thanks to their work with a variety of texts students are well prepared for translation in many disciplines. The acquired practical translating abilities will enable them to make competent oral and written translations in law, medicine, technology and business. The graduates can seek employment as translators in state administration, companies, cultural institutions, translation offices and other services that require a good knowledge of the language and its culture such as tourism and commerce.

SELECTED SUBJECTS:

- Linguistic foundations of editing
- Translation in medicine and technology
- Audio-visual translation
- Contrastive grammar
Typical cost of living in Poland

The standard of living in Nowy Targ corresponds to that of most cities in Poland and is relatively cheap compared to other areas of Europe. The prices listed below give an approximate indication of the prices in the area:

**Accommodation:**

The PPWSZ in Nowy Targ does not offer campus accommodation, but our International Office will help exchange students with finding suitable lodgings.

If you think you will need help in finding accommodation in Nowy Targ, please contact the Office for International Affairs.

Access to computer facilities and the Internet is provided at the College for student use, both in the library and the Internet Café.

Average rent for a studio flat (per month): € 110
Average rent for a two-roomed flat (per month): € 150
Average rent for a single room in private flats (per month): € 70
Average rent for a double room in private flats (per month): € 80 – 120
Cost of a single room in a 3-star Hotel (per night): € 40 -50

**Travel (students receive a 50% discount):**

Single bus ticket: € 0.70 (student rate € 0.35)
Monthly bus Season Ticket: € 8.50 (student rate € 4.25)
Taxis: € 0.50 per km

**Food:**

One-week supermarket shopping: approx. € 30.00
Pizza: approx. € 5.00
A meal in a typical Polish restaurant: approx. € 10.00
Breakfast in a café (cappuccino and croissant): approx. € 2.00
Meal of the Day at the College cafeteria: € 3.00

Example Supermarket Food Prices:

- Milk (litre): € 0.50
- Butter (200g): € 0.80
- Meat (kg): € 2.00 - € 7.00
- Fruit (kg): € 0.40 - € 4.00
- Loaf of bread: € 0.50
- Cheese (kg): € 3.00 - € 10.00
- Eggs (carton of 12 eggs): € 0.90
- Potatoes (kg): € 0.50

For more prices please check:

https://www.numbeo.com/cost-of-living/country_result.jsp?country=Poland
Travel

There is a regular bus service between the College and the town centre.
Taxis are available 24 hours a day.
Buses to Warsaw (hourly service) and other main towns in the area are available from the central bus station and buses travel on most days of the year except for one or two days during the Christmas and Easter holidays.
From Krakow, Warsaw and other cities, there are air, train and bus services throughout Poland and the rest of Europe.

How to get to Nowy Targ from the Balice Airport:

Getting to Nowy Targ is fairly easy to do on your own! The closest airport is in Kraków (airport code: KRK). If you don’t have polish currency (PLN or more commonly: zł) you can exchange it there. There are also ATMs, if you would like to withdraw money. There is a direct tram connecting airport with the main station - Kraków Główny (cost: 9 PLZ). More info here: http://www.busy-krk.pl/en/balice-airport.php

The train station and the bus station are very close, around 5 minutes walking. Here is the map: http://pkpsa.pl/dla-pasazera/dworzec-Krakow-Glowny-i-okolice.html There are connections from the upper platform to Nowy Targ very often, c. every 30 minutes. The buses go via Nowy Targ and the bus destination you are looking for is ZAKOPANE. You can buy a ticket at the cashiers office, or directly in the bus.

It's fairly easy to know where to get off, as it stops at the bus station.
Here you can check the schedule: https://en.e-podroznik.pl/
The ride takes around 1:40 to 2:00, and it costs around 13 PLN.

In Nowy Targ your best bet is to take taxi - which would cost more or less 5 euro (20 PLZ) to the PPWSZ.

Things to see

House of the Cold War and Socialism

The IZWiS is located in the basement of the City Hall, in the rooms that during the Cold War were to serve the city authorities responsible for the civil defense and communications center, while at the same time they served as a bomb shelter. In the House there are military exhibits of the era. Tours on the weekend must be arranged on weekdays.

Czeslaw Pajerski Podhale Museum in the Town Hall

The collections of the museum currently have more than 7,000 attractive objects

Gorce Mountains:

From the north, Nowy Targ is surrounded by the green massif of the Gorce mountain range. It terms of tourism, Gorce are one of the most attractive mountain ranges in Poland. The gently rising wooded peaks are extremely attractive especially for tourists who like peace and solitude, and they encourage family hikes. The trails starting in Nowy Targ offer attractive views on Tatra Mountains, Podhale villages, Czorsztyn lake and the Pieniny Mountains with its famous peak the Tree Crowns.

Things to do:

Climbing Centre You can climb walls to a height of 10m using professional equipment. Qualified staff will ensure everyone’s safety as well as provide basic training. Centrum Wspinaczkowe TOP (http://www.cwtop.pl/)
ul. Konfederacji Tatrzanskiej 1b
34-400 Nowy Targ

City Ice Hall Is a fully dimensional ice rink where the most popular sport of Nowy Targ inhabitants is practiced-ice hockey. You can see a match, or just go for a skate (rentals available on site).

Municipal Swimming Pool Next to the Evry Square it offers many different attractions. There is a sports pool, training pool, tube slides, Jacuzzi, and a leisure pool. In addition you can go to the climbing wall or salt cave.

http://www.basen.nowytarg.pl/
Nowy Targ Airport
On the outskirts of Nowy Targ is the only airport in the region adopted to receive small sport and tourist aircraft. You can go for a sightseeing flights, try gliding and parachuting and hot air balloon flights. In the winter time there are cross-country trails.

There is also restaurant “Rancho lot” if you get hungry!

Nature Reserve “Bór na Czerwonym” - the only protected high peat bog in Podhale. You can visit it on foot or by bike, which takes about 1 hour. The path ends with a viewing platform overlooking the Tatras and Gorce Mountains. Also, cross-country ski trails and Nordic walking trails go here.

Bike Trails
The great landscapes is one of the advantages of Nowy Targ bike trail. Phenomenal panoramic views of Nowy Targ, Babia Góra Kotlina Orawsko-Nowotarska, and above all the massif of the Tatra Mountains extend from practically everywhere. The interesting route begins in the reserve “Bór nad Czerwonym” and crosses over both Dunajec Rivers, the City Park and further connects with the main cycling route between Nowy Targ and Sucha Hora (Slovakia).

ZAKOPANE
Situated 22 km away from Nowy Targ, Zakopane is a touristic city surrounded by highest mountains in Poland, the Tatras. From Nowy Targ, you can get there by bus or by train. Travel time: 30-45 min. If you are looking to do some hiking, more information here: http://www.zakopane.pl/en/tourism/hiking-tours


For more information about Zakopane visit: http://www.zakopane.pl/en

KRAKÓW
Located just 80 km away from Nowy Targ with a variety of touristic and entertainment options. Main attraction include: the Old Town, Kazimierz, Wawel, Salt Mine Wieliczka,

More information here: https://www.inyourpocket.com/krakow/sightseeing

The best pubs, clubs and restaurants are located around The Main Square and Kazimierz.

Places to eat:
Absynt ul. Zachemskiego 5
Adona, oriental food ul Szafarska 37
Bajera, ul. Królowej Jadwigi 29b
El Mariachi, ul. Ogródowa 23
Karcma u Borzanka ul. Waksmundzka 105
Karcma „Góralsko Strawa”
Karczma Hanka, ul Krakowska 7a
Oberża pod Różą ul. Sikorskiego 20
Polska Kuchnia, Rynakie 39
Rancho Lot, ul. Lotników 2
Ruczaj, ul Ludżmierska 32
Villa Toscana, Italian ul. Rynek 17
Winiarscy, ul. Królowej Jadwigi 48

Clubs/Pubs
ADHD, Rynek 6
Plama, Pub, ul Kościelna
Toster, Music Club Rynek 17
Big Star Pub, Rynek 10

Pizzas:
De Grasso, ul. Kowaniec 2f
Martino, ul. Kilińskiego 16
Primavera, ul. Rynek 27
Telepizza, Galeria Nowotarska ul Krulowej Jadwigi 17
Zajezdnia, ul. Ludżmierska 30
Bars:
Copacabana, ul. Kazimierza Wielkiego 3
Gastrofaza, ul Kopernika 12
Green Lemon Bar, Centrum Dekada, ul. J.Kilińskiego 20
Rumcajs, ul. Ogrodowa 101
Star Doner Kebab i Pita, Rynek 14
Sushi House, ul. Sikorskiego 51
Gospoda u Jaśka, ul św. Doroty 18
U Mamy, ul. Krulowej Jadwigi 15
U Romka, ul. Na Równi 28
Winner Pub, ul. Królowej Jadwigi 38
Zajezdnia, ul. Łudźmierska 30

Coffeehouses
Deja Vue, Rynek 25, ul. Długa 64
KsiążKAwiarnia Rezerwat, pl. J., Słowackiego 15
Galateria & Boniek, Adam Mickiewicz Park
„Co-Nieco” Cafe Bistro, Plac Evry 4

Health Care

Poland has a ‘free’ health care system based on national health insurance contributions. Anyone paying national health insurance is entitled to use the health services in the territory of Poland at any medical establishment having a contract with the National Health Fund (NFZ - Narodowy Fundusz Zdrowia).

All citizens of member countries of the EU are entitled to use most of the health care services in Poland free of charge provided they have either form E111 or a European Health Insurance Card and some form of identity such as a passport.

The services that can be used for free are:
- primary health care
- specialist out-patient care
- hospital treatment
- dental treatment
- rescue services
- ambulance transport

Please note that if you do not have the necessary documents then you will have to pay for your treatment yourself.

In addition to the national health service Poland also has a well-developed private health care sector and it is advisable for students to take out private health care insurance. Special student health insurance is available in many countries at very reasonable rates.
Academic Calendar 2015-2016

Winter Term 01.10.2015 - 30.01.2017

Ceremony to inaugurate the new academic year will be announced yearly.

Holiday breaks: 31.10.16; 02.11.2016; 23.12.2016-02.01.2017

Winter examinations 31.01-12.02.2017
Winter examinations (resits) 20.02-01.03.2017
Inter-semester break 13-19.02.2017
Summer Term 20.02-14.06.2017
Spring break 13-18.04.2017
30.04.16; 02.05.17;
Summer examinations 16-29.06.2017
Summer examinations (resits) 01-15.09.2017
Summer break 30.06-30.09.2017

National holidays

New Year’s Day (Nowy Rok) 1st January
Easter Different each year but generally at the end of March or beginning of April
Labour Day (Święto Pracy) 1st of May
Constitution Day 3rd of May
Corpus Christi (Boże Ciało) The ninth Thursday after Easter (May or June)

Feast of the Assumption of the Blessed Virgin Mary/Polish Army Day 15th August
All Saints’ Day/All Souls’ Day (Wszystkich Świętych) 1st/2nd November
Independence Day (Dzień Niepodległości) 11th November
Christmas Eve (Wigilia) 24th December
Christmas Day/Boxing Day (Boże Narodzenie) 25th/26th December
Other festivities

Carnival (Karnawal) – New Year’s Day until the start of Lent (40 days before Easter)

Lent - the 40 days before Easter. Traditionally this is a time of abstinence for Poles and, although many young people don't observe this tradition, you will generally find that pubs and other places of entertainment are quieter than at other times of the year.

Fat Thursday – The Thursday of the last week of Carnival when Poles eat lots of donuts.

Śmingus – dyngus—also known as Lany Poniedziałek („Wet Monday”) is held on Easter Monday. Traditionally, people throw water at each other.

“Andrzejki” – 30th November, an evening of fortune telling and the last opportunity for entertainment before the start of Advent.

Name Days – Each day of the year is assigned one or more people’s names and it is common for people having the name associated with a particular day to have a small celebration on that day.

Following websites were used:
- ppwsz.edu.pl
- pwsip.edu.pl

European Commission's Education & Training

Podhale College of Applied Sciences in Nowy Targ