

MARIA CURIE-SKŁODOWSKA UNIVERSITY
LUBLIN

A PRACTICAL GUIDE

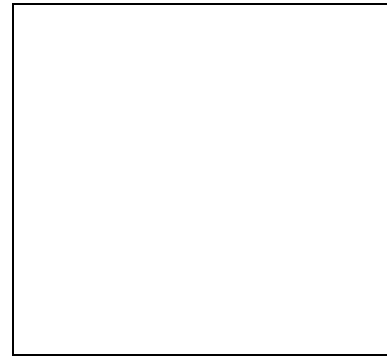
***FOR SOCRATES/ERASMUS
EXCHANGE STUDENTS***

MARIA CURIE-SKŁODOWSKA UNIVERSITY
LUBLIN

IC Code: PL-LUBLIN01

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Dear Erasmus Student,

I am pleased to warmly welcome you on behalf of Maria Curie-Skłodowska University. I am confident that you will find it a place where you can pursue your research, develop your skills, broaden your life experience, and simply make friends with many interesting young people. The university's academic and administrative staff will be happy to give you any assistance you might require.

This brochure will provide you with the basic information about our university and the city of Lublin. I hope it will also help you feel more at home while you are here.

We look forward to your arrival

Prof.

Rector

About Lublin

Lublin, the largest city on the eastern bank of the Vistula River, lies on the Lublin Upland, a predominantly agricultural area with beautiful landscapes and many unspoilt natural settings.

Lublin is thought to be one of the oldest settlements in Poland. It received its town charter in 1317, a time of dynamic commercial and industrial development. In 1569, Poland and Lithuania entered into a union that was signed here in Lublin and that joined both countries into a single political entity that existed till nearly the end of the 18th century. The Second World War caused enormous damage to the city. Thousands of people died in the Lublin ghetto and at the nearby Majdanek Nazi concentration camp. In 1944, after the Nazis had been pushed out of the city. Lublin was for a short time the temporary capital of Poland.

Today, Lublin is a large industrial, commercial, cultural and tourist centre. It has a long-standing tradition of educational and artistic institutions – it has five universities and many tertiary colleges, with a student population of over sixty five thousand during the academic year.

In Brief

Population: 400 000, including over 65 000 students

Location: 170 km south east of Warsaw

Transport from Warsaw to Lublin: by express train (2 hrs., fare: about PLN 30), by coach (3.5 hrs; fare: about PLN 20) or car (3 hrs.)

Local transport: buses, trolleybuses (fare: PLN 2-3),
taxis ("radio" taxis, average fare about PLN 20)

Tourist Information Centre: ul. Jezuicka 1/3, tel. 532 44 12

Telephone code for Poland: +48

Lublin telephone area code: 81

Important telephone numbers: Police: 997, Ambulance: 999, Municipal Guards: 986

Pharmacies and Chemists open on weekend and at night:

- Krakowskie Przedmieście 49, tel. 532 2425

- ul. Bramowa 2/8, tel. 535 3220

Lublin webpage: <http://www.lublin.pl/galeria>

Poland webpage: <http://www.poland.pl>

Erasmus Poland: <http://www.socrates.org.pl/erasmus/en/index.html>

About the University

Maria Curie-Skłodowska University

Name in Polish: Uniwersytet Marii Curie-Skłodowskiej (UMCS)

Address: pl. Marii Curie-Skłodowskiej 5, 20-031 Lublin, Poland

Website: <http://www.umcs.lublin.pl>

Erasmus Code: PL LUBLIN01

Erasmus University Charter number: 53428

UMCS was founded on October 23rd, 1944 as a state university named and after a great Polish scientist – Marie Curie-Skłodowska. During its more that sixty years of history the University has consistently expanded its structure, adding new faculties and fields of study and adapting to the growing academic standards and exigencies of the changing scholarly and social reality.

Today, it offers a wide range of courses within its ten faculties:

Faculty of Biology and Earth Sciences

Pl. Marii Curie-Skłodowskiej 5
20-031 Lublin
Tel: (48 81) 537 52 16
Fax: (48 81) 537 54 14

Major fields of study

- Biology (Biochemistry, Microbiology, General Biology, Environmental Biology)
- Biotechnology
- Geography (Social and Economic Geography with Cartography, Physical Geography, Hydroclimatology, Environmental Protection)
- Environmental Protection (in cooperation with the Faculty of Chemistry)

Faculty of Chemistry

pl. Marii Curie-Skłodowskiej 2
20-031 Lublin
Tel: (48 81) 537 57 16
Fax: (48 81) 533 33 48
<http://chemia.umcs.lublin.pl/index-e.htm>
E-mail: chemia@hermes.umcs.lublin.pl

Major fields of study

- Chemistry : (General and Applied Chemistry, Physical and Theoretical Chemistry, Environmental Science Chemistry, Methods of Teaching Chemistry and Physics, Computational Chemistry, Analytical and Industrial Chemistry)
- Environmental Protection – administered jointly by the Faculty of Chemistry and Faculty of Biology and Earth Sciences.

Faculty of Mathematics and Physics

pl. Marii Curie-Skłodowskiej 5
20-031 Lublin
Tel: (48 81) 537 52 12
Fax: (48 81) 533 36 69
E-mail: mat-fiz@golem.umcs.lublin.pl

Major fields of study

- Physics
- Mathematics, general
- Mathematics and computer science

Faculty of Economics

pl. Marii Curie-Skłodowskiej 5
20-031 Lublin
Tel: (48 81) 537 54 62
E-mail: ekonomia@ramzes.umcs.lublin.pl

Major fields of study

- Economics
- Marketing and Management
- Application of IT in Economics

Faculty of Law and Administration

pl. Marii Curie-Skłodowskiej 5
20-031 Lublin
Tel: (48 81) 537 51 26
Fax: (48 81) 537 54 05
E-mail: lesles@temida.umcs.lublin.pl

Major fields of study

- Law
- Administration

Faculty of Humanities

pl. Marii Curie-Skłodowskiej 4
20-031 Lublin
Tel: (48 81) 537 54 65, 537 54 66
Fax: (48 81) 537 51 02
E-mail: dziekhum@plumcs11.umcs.lublin.pl

Major fields of study

- Modern languages and literature
- French, German, English , Russian
- Slavonic languages (others)
- Romance languages
- Archaeology
- History
- Arts and humanities (others)
- Culture Studies

Faculty of Philosophy and Sociology

pl. Marii Curie-Skłodowskiej 4
20-031 Lublin
Tel: (48 81) 537 54 80
Fax: (48 81) 533 33 48
E-mail: Dziekfis@ramzes.umcs.lublin.pl

Major fields of study

- Philosophy (Philosophy of Culture, Theoretical Philosophy, Theory of Communication, Philosophy of Language, Logic)
- Sociology (Animation of Culture, Promotion of Health and Social Work, Sociology of Economy and Organization, Local Development)
- European Studies in Philosophy and History (Philosophy and European Studies, History and European Studies)

Faculty of Political Science

pl. Litewski 3
20-080 Lublin
Tel: (48 81) 532 39 21
Fax: (48 81) 532 66 10
E-mail: pietras@sokrates.umcs.lublin.pl

Major fields of study

- Political science and government
- International relations
- Journalism
- Local government and politics

Faculty of Pedagogy and Psychology

Narutowicza 12
20-004 Lublin
Tel: (48 81) 532 04 27
Fax: (48 81) 532 04 27

Major fields of study

- Education and teacher training
- Primary education
- Special education
- Education of the handicapped
- Education for specific learning disabilities
- Psychology

Faculty of Art

al. Kraśnicka 2B
20-718 Lublin
Tel: (48 81) 524 53 91, 533 51 74

Major fields of study:

- Art education in scope of fine arts
- Music education
- Graphic Art
- Painting
- Jazz and pop Music

Apart from full-time undergraduate courses, the University offers a wide selection of part-time courses, evening classes, as well as postgraduate and doctorate courses. Depending on the type of studies, the graduates receive the degree of bachelor, master or doctor or postgraduate certificates.

The University also has specialised centres of education, such as the Foreign Languages Teaching and Certification Centre, the Sports and Physical Education Centre and the Polish Language and Culture Centre for Polish People from Abroad and Foreigners. The Main University Library, the network of faculty and departmental libraries, together with the British Council Library and the Centre of the Polish Committee for Cooperation with Alliance Française form an important part of the University's research resources. The University Open Centre of Education organises various courses that take advantage of the University facilities. The University also runs a Botanical Garden with a rich variety of plants from all over the world.

UMCS provides education and research facilities for over thirty three thousand students in thirty one fields of study and more than seventy specialisations. For many years UMCS has been ranked among the top Polish universities.

Language requirements

Polish is the language of instruction at all the faculties. However, a number of courses, lectures and seminars are offered in other languages (English, German, French, Russian). A list of these may be available separately. Students are advised to contact the coordinators at respective departments to receive detailed information regarding the courses offered (http://dwz.umcs.lublin.pl/index_en.htm)

The departments of modern languages (English, German, French, Slavonic, Russian, Ukrainian) provide regular courses in respective languages.

Academic Year

The academic year commences on October 1st and ends before June 20th.

Autumn/Winter Semester	Spring/Summer Semester
Classes: 1 Oct. - 20 Jan. Christmas break: 21 Dec. - 2 Jan. Examinations: January/February	Classes: mid February - mid June Week long break for Easter, May break: 1-3 May Examinations: June

The University Campus

The majority of faculties, main University building (Rektorat), libraries, student residences, Academic Cultural Centre (Chatka Zaka), University Hotel and sports facilities are situated on the main campus. In its central square stands a statue of Maria Curie-Sklodowska. In recent years, the university campus has been encircled by new housing estates and is now almost in the centre of town.

Accepting an Erasmus Candidate

Erasmus candidates will mainly receive help regarding preparation for their studies in Lublin from two people at UMCS:

- University Socrates/Erasmus Coordinator (at the central level)
- Faculty Erasmus Coordinator (at the level of the faculty or department)

Your Erasmus Application form and your Learning Agreement form, both signed by your own university's Erasmus coordinators, should be sent to the UMCS Socrates/Erasmus Coordinator by:

- July 30th for candidates starting their studies in the 1st semester
- October 30th for candidates starting their studies in the 2nd semester

The form is available at: <http://dwz.umcs.lublin.pl> or in the information package sent earlier to your home university's Erasmus office.

You should get in touch with the faculty coordinator at UMCS to discuss the courses to be taken by you and other details connected with your programme of study. The list of faculty coordinators is available at: <http://dwz.umcs.lublin.pl>

Your Application and Learning Agreement documents will have to be approved by the host University's faculty and university coordinators. After your application documentation is processed you will receive by post:

- an acceptance letter
- an information pack that includes a copy of *A Guide for Overseas Students*, a booklet on Lublin and tips on travelling to Lublin
- information on your student residence, if accommodation has been booked for you at the campus

Socrates/Erasmus Office

Rektorat Building, 12th floor, room 1201
pl. M. Curie-Skłodowskiej 5, 20-031 Lublin

University Socrates/Erasmus coordinator

Mr Ryszard Straszyński,
Office of Foreign Relations and International Programmes
Maria Curie-Skłodowska University
pl. Marii Curie-Skłodowskiej 5, room 1201
20-031 Lublin, Poland
tel. (48 81) 537 5410, 537 5218
fax (48 81) 537 5410
e-mail: rstraszy@ramzes.umcs.lublin.pl

Mrs. Justyna Mazur,
Erasmus student exchange officer
jmazur@ramzes.umcs.lublin.pl
tel. (48 81) 537 5410
<http://dwz.umcs.lublin.pl.htm>

Office of Foreign Relations and International Programmes

The office coordinates and monitors international programmes for which UMCS is a partner or contractor.

Head: Mr Ryszard Straszyński

Staff: Ms Beata Pruchniak, (language: Russian)

Ms Eliza Słoboda (language: English)

Mr Justyna Mazur (languages: French, Spanish)

Mr Michał Marszałowicz (language: English)

Office hours: 8-15, Mon-Fri., tel. 537 5410

Preparing for your stay

Visa and residence permit regulations

Citizens of EU / EEA member countries may enter Poland on the basis of just their ID documents (e.g. passport) – no visas are required. It is unnecessary to anything further if you are only going to be in Poland for less than three months. If your planned visit exceeds three months a **temporary residence permit** (*Karta pobytu ob. UE*) is needed. This document is issued at the Department of Citizens Affairs in Lublin (*Urząd Spraw Obywatelskich i Migracji, UW Lublin*), ul. Północna 3, room 225, tel. (81) 740 4530, 740 9602, fax (81) 747 6785; (office hours: 8-15, Mon.-Fri.)

In order to obtain the residence permit you will, soon after your arrival, need to submit:

- a residence permit application in two copies filled out in Polish (*Wniosek o zezwolenie na pobyt*)
- a copy of your ID (e.g. passport)
- a health insurance document
- certification of your Erasmus student status from UMCS (your host university)
- registration of your residence at an address in Poland
- a declaration regarding sufficient financial resources to cover your costs of living in Poland
- two photographs

The permit will also entitle the bearer to take up employment in Poland.

Citizens of non UE/EEA member countries who intend to study in Poland for periods longer than three months should apply for a **temporary residence permit** either at a Polish consulate in their own country before their arrival or soon after arrival in Poland. They should submit their applications at least six weeks before the termination of their legal stay and attach:

- a valid passport
- a visa/residence permit application in two copies filled out in Polish
- three colour passport-size photographs
- certification from the host university in Poland
- their registration at an address in Poland
- evidence of having sufficient financial resources to cover their costs of living in Poland

All documents must be submitted in the Polish language or with sworn translations into Polish. The Lublin visa office is located at: ul. Północna 3, room 225, tel. (81) 740 4530, 740 9602, fax (81) 747 6785 (office hours: 8 a.m. - 3 p.m., Mon.-Fri.)

Insurance and medical care

Students from EU/EEA member countries

UE/EEA citizens are entitled to health care in Poland on the basis of an E-128 document issued by the competent institution in their country of permanent residence or on the basis of a European Health Insurance Card.

Shortly after arrival, you should contact the Lublin division of the National Health Fund (*Narodowy Fundusz Zdrowia - NFZ*) ul. Szkolna 16, 20-124 Lublin, tel. (48 81) 748 3657, where you will present your E-128 and where another document will be issued for you confirming your right to medical assistance in Poland (*Potwierdzenie prawa do świadczeń zdrowotnych na terenie Polski*). This document also contains a list of

medical services available to its holder. Health services related to dental care are not for the most part covered by the regular medical insurance system.

If there is need for hospital treatment, a GP doctor's referral is normally required. In the case of an accident, injury, sudden illness or sudden deterioration in the state of health you will receive free rescue services and ambulance transportation. In this case, if there is need for hospital treatment, no doctor's referral will be required.

Students from non-EU/EEA member countries

Non EU/EEA students do not participate in the Polish national health care system. On the basis of international bilateral agreements they can be given assistance free of charge only in case of emergency. However, the costs of medical care in hospital and appointments to general physicians will have to be paid for by the students. Therefore, they should purchase health care and accident insurance for the period of their visit to Poland while still in their home countries.

Students without valid health care insurance will have to purchase one immediately upon their arrival in Poland or be prepared to cover the costs of medical treatment themselves.

Medicines

An insured person or a person entitled under EEA rules is provided with medicines and medicinal products on the basis of a prescription issued by a doctor who practises within the health care system or a doctor who does not practise within this system but has concluded a contract with the Fund authorizing him to issue prescriptions. Prescriptions can be redeemed in pharmacies. Prescribed medicines can be purchased:

- for a lump-sum price (basic medicines and medicines made on recipe)
- for 30 or 50% of the price of a medicine (supplementary medicines)

Information regarding medicines (Lublin): 443 4443

Medical information (Lublin): 749 8666

Arriving in Lublin

Arriving by air

Lublin can be reached easily from the main International Airport *Okęcie* in Warsaw (<http://www.polish-airports.com>) by coach, train or car.

Students are advised to exchange about fifty euros into Polish currency (about 220 zloty) on their arrival for immediate expenses (tickets, telephone cards, snacks, taxis). Currency exchange points – *Kantor* – are located within the arrivals hall and the ORBIS travel agency at the Warsaw Airport Also, at ORBIS you can buy a *Polski Express* coach ticket from Warsaw to Lublin (50 zloty – the ticket can be also bought from the driver).

Students can then take a *Polski Express* coach departing from *Okęcie Airport* bus stop (in Polish: *Warszawa – Lotnisko*) which is just across the Arrivals exit – walk along the zebra crossing, the bus stop is on the left, look out for the *Polski Express* logo). The departures usually are at 9 a.m., 11 a.m., 1 p.m., 3 p.m. 5 p.m. 7 p.m.. 9 p.m. (last run). Also please check at <http://www.polskiEXPRESS.pl>

The *Polski Express* coach arrives in Lublin Coach Station after about 3 hours. From there students can take a taxi to their residence at UMCS - it is about 15 minutes' drive at the cost of about 25 zloty.

From *Okęcie* Airport in Warsaw students can take a 175 bus (buy your bus ticket in a newsagents at the airport - about 2,50 zł) and after about 30 min. get off at "DWORZEC CENTRALNY" bus stop. Then continue your journey to Lublin by train.

Arriving by train

There is a train connection between Warsaw Central Train Station and Lublin with fast trains departing every 2 hours with the last train at about 8.40 p.m. Please consult:

<http://pkp.com.pl/english/index.php>

You should go to the ticket hall, queue to buy a one-way ticket to Lublin, (First class is about 60 zloty, no student reduction for this journey); most departures for Lublin are from Platform 2 ("PERON 2") every 2 hours.

If you arrive in Warsaw very late you should know there is no recommended public transportation (train or coach) to Lublin after 9.00 p.m. You should either stay for a night in a nearby hotel (there is information about the hotels at the airport arrivals section), there is a hotel at the airport for transfer passengers but you can only stay there before crossing the Polish border (it's about 60 euro/night); the best thing would be to ask the aeroplane crew on late arrival. Alternatively, if in a group, the students could share the cost of a taxi to Lublin which will be negotiable with the driver and should not amount to more than 200 euros; "Radio" taxis are the cheapest.

Accommodation

The University has seven student residence halls with about 3,200 beds in rooms for 2, 3 or 4 students. All of them are self-catering and located on the campus. The fees vary depending on the student's family income and the standard of the room. Accommodation charges include heating, lighting, water, sheets and limited cleaning. If university campus accommodation is required it must be clearly stated in the application form.

The University provides most accommodation places for visiting foreign students in: the DS Babilon residence hall, ul. Radziszewskiego 17, 20-036 Lublin, tel. 533 82 91 (double study-bedroom: modern standard + bathroom, toilet, telephone, cooking facilities on the same floor, lifts) at about 400 zł/month. Accommodation might also be offered at other student residences on the university campus. The rooms are normally available from September 28th till June 27th. Payments can be made in cash at the reception.

It is also possible to rent a room or a flat in different parts of town. The prices differ depending on the standard, location and distance from the University. The Students' Self-Government (on the ground floor of the Rektorat building) and the Regional Council of Polish Students' Association (ul. Narutowicza 61) can provide addresses of Rent-a-Flat agencies and assistance in negotiating the contracts.

(<http://www.samorzad.umcs.lublin.pl>)

Food

The students' canteen (ul. Langiewicza 16) offers lunches from 12.00 to 4.00 p.m. at about 4 euro. Apart from the canteen there are also many bars, buffets, small grocery shops and vending machines situated in most faculty buildings and dormitories (usually on ground floors or in basements). One of the buffets is located on the lowest level of

the Rektorat building; it is open from 8 a.m. till 6 p.m. on weekdays and from 8 a.m. till 3 p.m. on weekends.

For food prices and other relevant information please consult:
<http://www.socrates.org.pl/erasmus/en/index.html>

Transport

The railway station is located at ul. Dworcowa. Direct connection: Campus - Central Railway Station: bus line 13 and trolleybus line 150. Transport from Lublin to Warsaw: by express train (2.5 hrs., fare: 50 zł).

The Central Coach Station is located near the Old Town at ul. Tysiąclecia. Direct connection: Campus - Central Coach Station: bus lines: 10, 18, 31, 57. Transport by coach from Warsaw to Lublin is about 35-50 zł (duration: 3.5 hrs.).

Local transport: buses, trolleybuses (fare: about 2 zł), taxis ("radio" taxis; average fare within the city is about 20-30 zł).

Survival Polish

Overseas students may take Polish language courses with elements of Polish literature, culture and history. The regular courses are fee-based eg. a 4-week level I-II elementary course costs about 350 euro.

Erasmus students are offered participation in the Polish language courses during their stay at UMCS for free. The Centre is a perfect place to meet the other overseas students in Lublin and join various cultural activities organised there, such as sight-seeing excursions or tours of the region.

Further information can be found at the Polish Language and Culture Centre for Polish People from Abroad and Foreigners:

Centrum Języka i Kultury Polskiej dla Polonii i Cudzoziemców,
ul. Weteranów 18, 20-038 Lublin, tel. (+ 48 81) 533 2786, 537 5425.

<http://www.cjpk.umcs.lublin.pl/angielska/index.html>

Post office, banks and use of credit cards

The nearest post office is located on ul. Łopacińskiego on campus (open: 9 a.m. - 7 p.m.). Apart from postage stamps, you can buy telephone cards, stationery and even exchange currency there.

Bank Pekao S.A. is located in the Rektorat building, ground floor, and is open between 9 a.m. and 4 p.m. (Mon.-Fri). It offers full service to students: runs accounts, preferential student cards, provides service of Visa credit cards and gives loans to students. There are some cash machines on campus (Visa, MasterCard), but you can also pay out cash in the town centre or in any bank.

Weather

The weather in Lublin is rather typical of the continental type, with cold winters (-10 °C) and warm summers (+20 °C). However, the weather can be unpredictable, especially during autumn and spring. You will, therefore, need warm clothing whatever time you visit.

Time Out

Student life does not concentrate only on the campus although the Chatka Zaka Academic Culture Centre at ul. Radziszewskiego 16 houses some cultural institutions of the University and hosts such cultural events as the Kozienalia Student Festival, the Żakeria Religious Song Festival or the Mikołajki Folkowe Folk Music Festival (<http://www.ack.lublin.pl>)

In the vicinity of the campus there are many pubs, bars and discos: *MC, NOT, Megido* and *Coloseum* discos; *Giuseppe, Fantasy, Venezia* and *La Casa* pizza restaurants; *Buon Giorno, Grolsch* and *Dziekanka* pubs.

Lublin has a network of many fast-food restaurants (*McDonald's, Pizza Hut, KFC*) and good international (Mexican, Chinese, Asian) and vegetarian restaurants.

Many of the city's pubs, bars, clubs and restaurants are situated in the Old Town and in the centre, among others, the *Hades, Graffiti* and *Odlot* clubs; *Old Pub, Złoty Osioł, Ulice Miasta, Szeroka 28, Lolo Ferrari* pubs; *Karczma Słupska, Acerna, Resursa, Piwnica* restaurants.

Sports facilities

The University sports Club AZS UMCS offers a comprehensive choice of sports and recreational facilities in the Academic Sports Centre situated at ul. Langiewicza 22.

(25-meter swimming-pool, gymnasium, basketball court, athletics tracks, weight-lifting room, fitness and aerobic facilities).

UMCS has many tourist and hiking clubs like *Mimochodek* or *Pełzak* which can help you make the most of your free time in Poland.

Shopping

There are a few small stationery and grocery shops on campus (usually open 10 a.m.-6 p.m.) and a few large shopping malls in Lublin (*E. Leclerc, Real, Tesco, Champion, Lidl*); the nearest is *E. Leclerc*, situated at ul. Zana (open Mon-Sat).

Sightseeing in Lublin

There are a lot of interesting places to see in Lublin: the Old Town with its beautiful narrow streets and Brama Krakowska (the Cracow Gate) – a symbol of old, medieval Lublin, the Castle and the Holy Trinity Chapel, the Cathedral, the Dominican Basilica and many old churches, the Town Hall, museums, parks and historical buildings.

You can learn more about Lublin by visiting local museums:

- Museum at the Lublin Castle (paintings, numismatic and military collections)
- Museum of the History of Lublin at pl. Łokietka 3 (documents, photographs)
- Lublin Village Museum (Outdoor museum) at ul. Warszawska 96 (old wooden buildings) <http://skansen.lublin.pl>
- Museum in Majdanek (Nazi concentration camp)

Krakowskie Przedmieście is Lublin's high street with many banks, hotels, offices, restaurants and shops. Part of the street is now a walking promenade and a popular place to window-shop.

The Lublin Tourist Information Centre is located at ul. Jezuicka 1/3, in the Old Town (tel. (81) 532 44 12), where you can buy souvenirs from Lublin: books, pictures, maps, postcards, badges, plates, caps, etc.

The Lublin Region

The Lublin region has traditionally bridged the West and the East and is located in the south-eastern part of Poland. In early medieval times the region lay at the crossroads of important trade routes and the Vistula river facilitated transport to the north.

There are many places of interest in the region, beautiful natural landscapes, many historical towns and cultural phenomena: the towns of Kazimierz (most fashionable tourist place in the region), Nałęczów (spa), Puławy, the palace and park complex in Kozłówka (including the Zamoyski Museum with a unique collection of social realist art), the Łęczyńsko-Włodawskie Lake District, Roztocze Nature Reserve and the Poleski National Park.

Your notes:

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