



Vincent Pol Üniversitesi
Lublin, Polonya

Uluslararası
Öğrenci Rehberi

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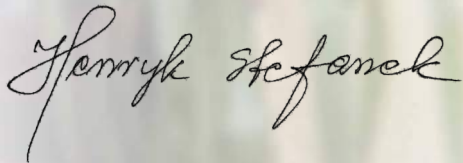
A Warm Welcome

For a young person, choosing a university that serves their needs the best is a momentous and difficult decision that influences their future professional life. Which types of studies are worth pursuing in the contemporary world?

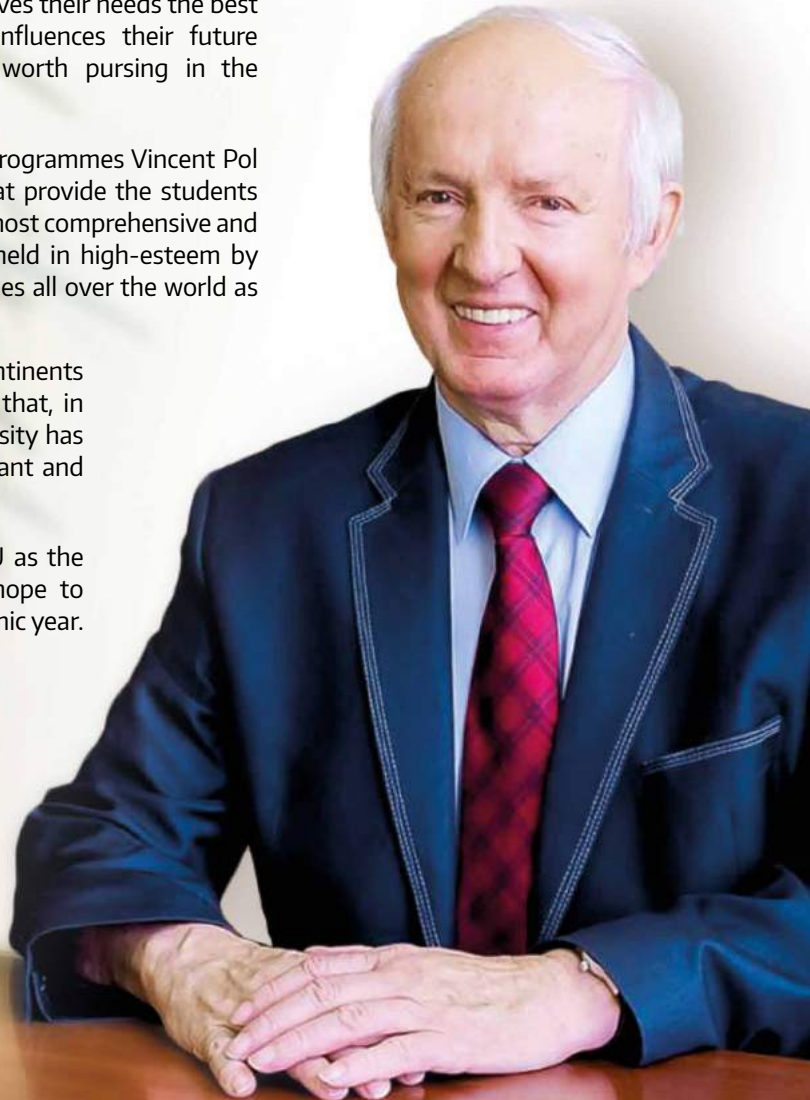
Offering a number of modern and sought-after programmes Vincent Pol University is definitely one of the universities that provide the students with all the options that they need to achieve the most comprehensive and practical education possible. Our graduates are held in high-esteem by employers not only in Poland but in other countries all over the world as well.

As our students and graduates come from four continents and 45 different countries it is possible to state that, in relatively short period of time, Vincent Pol University has become a truly international institution with vibrant and multicultural atmosphere.

Let me encourage you to consider choosing VPU as the best choice for your further education and I hope to welcome you as our students in the coming academic year.



doc. Henryk Stefanek
The President
Vincent Pol University in Lublin



VPU at a Glance



List of programmes

	years	ects	pages
Physiotherapy	5	300	10-11
Physiotherapy	2	120	12-13
Beauty Science	3	180	14-15
Tourism & Hospitality Management	3	180	16-17
International Tourism	2	120	18-19
Sport Science	3	180	20-21
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Affordable

Enjoy our pocket-friendly tuition fees in one of the least expensive cities to live in Poland.



Favorably located

VPU is situated close to the Lublin city centre, and is easily accessible by public transport or by car.



International

Students from 45 different countries make VPU one of the most cosmopolitan and diverse universities in Poland where you can truly study with the whole world.



Perfect for learning

All the lectures and classes are conducted in small groups which allows you to have a more direct contact with your teachers.



Why study at VPU?



Student-focused

VPU is a fast-growing, student-focused University which offers you an opportunity to expand your abilities, gain knowledge and get involved in academic life.



Supportive

International Studies Office is here to assist you in all the issues related to your studies and everyday life.



Sport-oriented

Apart from the wide selection of the sections to join our Academic Sports Association can boast the female handball team that is a proud 4-times European Universities Championships winner.



Recognized

Our Bachelor's and Master's degrees are recognized in EU and many other countries of the world.

Welcome to Poland!

Poland is situated in central Europe. Our country links the East with the West not only geographically but also culturally. Poland is a member of the European Union (EU), the North Atlantic Treaty Organization (NATO) and

the United Nations (UN). Poland's education market has been dynamically developing in the last twelve years and is, currently, one of the most attractive destinations for students from all over the world.

Quick facts about Poland

Population: **38,5 mln**

Capital: **Warsaw**

Official language: **Polish**

Government: **republic**

Currency: **złoty (PLN)**

Exchange rates: **1 € ≈ 4,20 PLN**

Main religion: **Catholicism (87,6%)**

Climate: **moderate continental
4 seasons**





5 reasons to study in Poland

1. Internationally recognized degrees
2. High quality
3. Low prices
4. Safety
5. Modernity

About Lublin

Lublin is the largest Polish city east of the Vistula River and located approximately 170 kilometers (106 miles) to the southeast of Warsaw by road or train. It is the City of Inspiration for young and active people with its 70,000-strong student community, including over 5500 foreign students.

Lublin's 700-year-long history abounds in events that changed Poland and Europe. Its historical heritage, its Renaissance tradition, and its mosaic of nations, cultures and religions have all contributed to the unique atmosphere that continues to pervade the city.

Transportation



All parts of the city are easily accessible thanks to convenient transport links. Bus services and city bikes are available 24/7. The main bus and train stations, and nearby Lublin Airport allow you to reach major Polish and European destinations.

Shopping



Lublin provides a variety of options to shop, from big and modern shopping malls, such as Lublin Plaza, Atrium Felicity, Tarasy Zamkowe, IKEA, to medium-size economic stores and small local groceries with eco goods.

Sports & leisure



Aqua Lublin, Zemborzycki Lake or Lublin Arena stadium offer a wide range of opportunities for active students. Enthusiasts of team sports, gym and fitness, running, kayaking or even skiing and ice-skating will also find something for themselves.

Culture



Lublin is the cultural capital of Eastern Poland, known for amazing events taking place throughout the whole year. Most famous are Carnival (Circus Artists Festival), Students' Culture Days, Festival of Colours, Night of Culture, and Jagiellonian Fair.

Tourism



The 700 years of history are very much present here in old houses and streets. Lublin's Old Town is one of the best preserved in Poland, and Lublin Castle, Majdanek State Museum and Cracow Gate are the most popular and impressive tourist attractions.

Safety



Very high safety level makes Lublin a secure and friendly place for international students. Collision, road accident, and crime statistics have remained low for years. In case of emergency you can always dial 112 and contact the municipal services.

Costs of living

Accommodation: 100 - 500 € / month
Public transport: 15 - 20 € / month
Mobile & Internet: 20 - 30 € / month

Food:

- a cafeteria lunch: 2 - 4 €
- a loaf of bread: 0,6 €
- a 1.5 liter bottle of water: 0,6 €
- a liter of milk: 0,8 €
- a 0.5 liter Coke: 0,8 €
- a hamburger: 1 - 3 €
- a cup of coffee: 1 - 3 €

Physiotherapy

Long-cycle studies / Master of Science

5 years

10 semesters

300 ECTS



Physiotherapy is a medical profession providing healthcare services with respect to restoring and maintaining proper body functionality and mobility. In many settings, physical therapy is combined with other medical services, aimed at prevention and treatment of illnesses.

Our 5-year MSc Physiotherapy programme has been developed with full reference to recent changes in health service provisions in EU and within education standards and directives of the World Confederation for Physical Therapy (WCPT). The future physiotherapists are taught by experienced health care professionals who are committed to ensuring that students will develop the

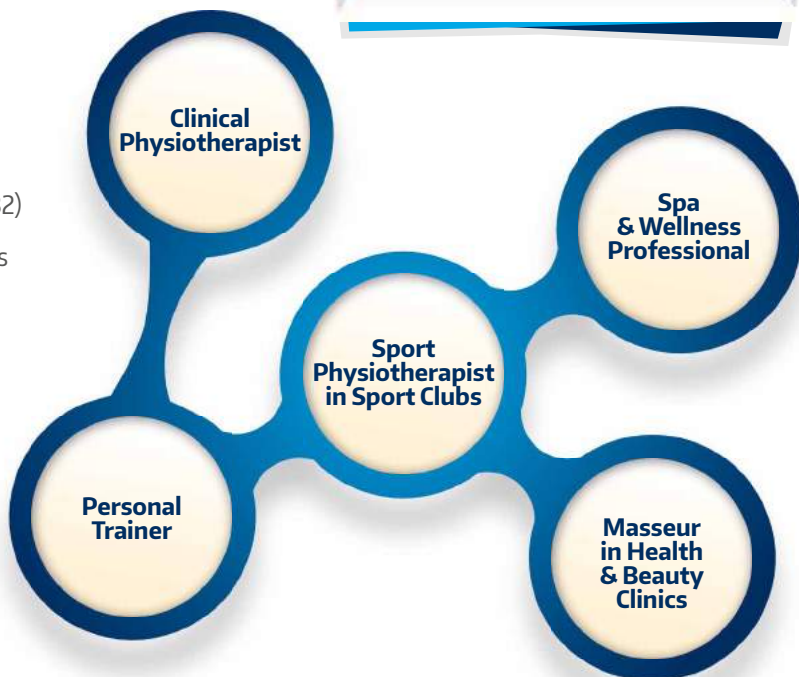
knowledge, skills, attitudes and values which they will then use to identify patient problems, set treatment goals, select and safely apply appropriate evidence-based physiotherapy treatment so that patients reach their maximum potential.

Our Physiotherapy programme provides an innovative, student-centered and employability-focused curriculum. Students gain the knowledge of the most up-to-date forms of manual therapy (Kinesiotaping), neuro-developmental techniques (PNF, NDT-Bobath), physical medicine, functional diagnosis and rehabilitation programming. Graduates are prepared for work in scientific research institutions, and are eligible to apply for a professional specialty in physiotherapy as well as PhD studies.

Placement

- 1450 hours of practical training
- Public hospitals in Lublin
- Academic Physiotherapy Centre (see p. 32)
- Special education centres and preschools
- Fitness and sports centres
- Private physiotherapy practice
- Centres for the disabled
- Internships abroad: UK, Ireland, Greece, Portugal, Spain, Germany

Careers



Physiotherapy

Second-cycle studies / Master of Science

2 years

4 semesters

120 ECTS



The main goal of our MSc Physiotherapy programme is to enable graduates of bachelor's degree in Physiotherapy to continue their studies and develop their knowledge and skills.

Our 2-year MSc Physiotherapy programme develops the ability to use high-level clinical reasoning skills to assess, diagnose and treat people with movement problems caused by a wide variety of joint, muscle, nerve and metabolic disorders. Students will gain in-depth knowledge and advanced skills, necessary to critically evaluate and contribute to research in preferred area of clinical specialty. Students also gain the abilities of

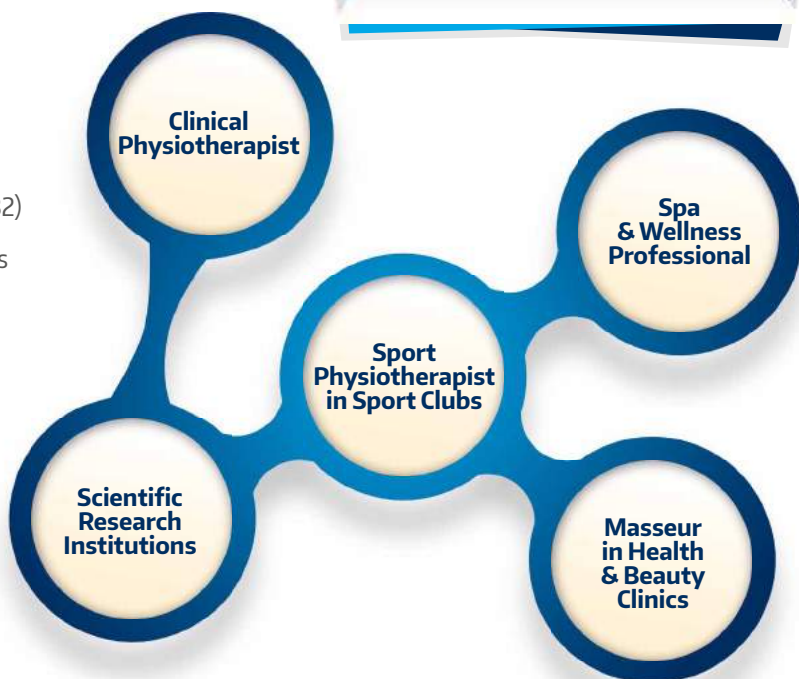
planning and controlling the effectiveness of a medical rehabilitation process. Acquiring these abilities is possible thanks to an extensive schedule of theoretical and practical classes within special methods used in physiotherapy, neurodevelopmental techniques (PNF, NDT-Bobath), physical medicine and functional diagnosis and rehabilitation programming.

Graduates are prepared for work in scientific research institutions, state administrative and municipal centres and are eligible to apply for a professional specialty in physiotherapy as well as PhD studies. Apart from the compulsory study programme, students have the opportunity to attend voluntary certified courses.

Placement

- 600 hours of practical training
- Public hospitals in Lublin
- Academic Physiotherapy Centre (see p. 32)
- Special education centres and preschools
- Fitness and sports centres
- Private physiotherapy practice
- Centres for the disabled
- Internships abroad: UK, Ireland, Greece, Portugal, Spain, Germany

Careers



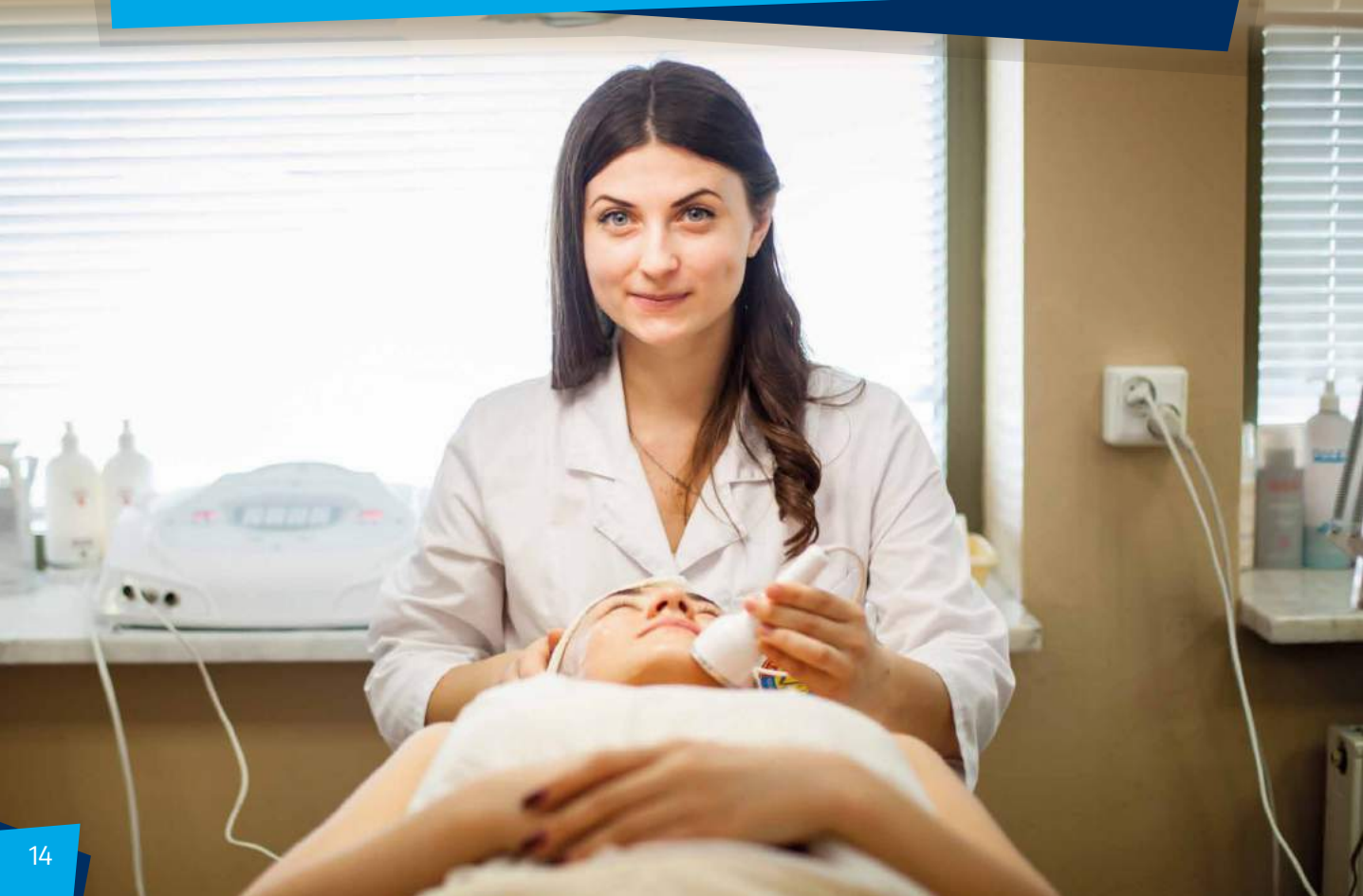
Beauty Science

First-cycle studies / Bachelor of Science

3 years

6 semesters

180 ECTS



Beauty Science is a knowledge of beauty care techniques, which enable one to conduct beauty treatments and choose suitable cosmetics. The main aim of Beauty Science studies is to educate highly qualified, creative and socially responsible beauty therapists prepared for the professional career, seeking personal and professional growth through lifelong learning.

Our 3-year BSc Beauty Science programme includes lectures and classes taught in professional, well-equipped cosmetology labs, by experienced, highly qualified and dedicated academic staff, professionals such as dermatologists, allergists or plastic surgeons.

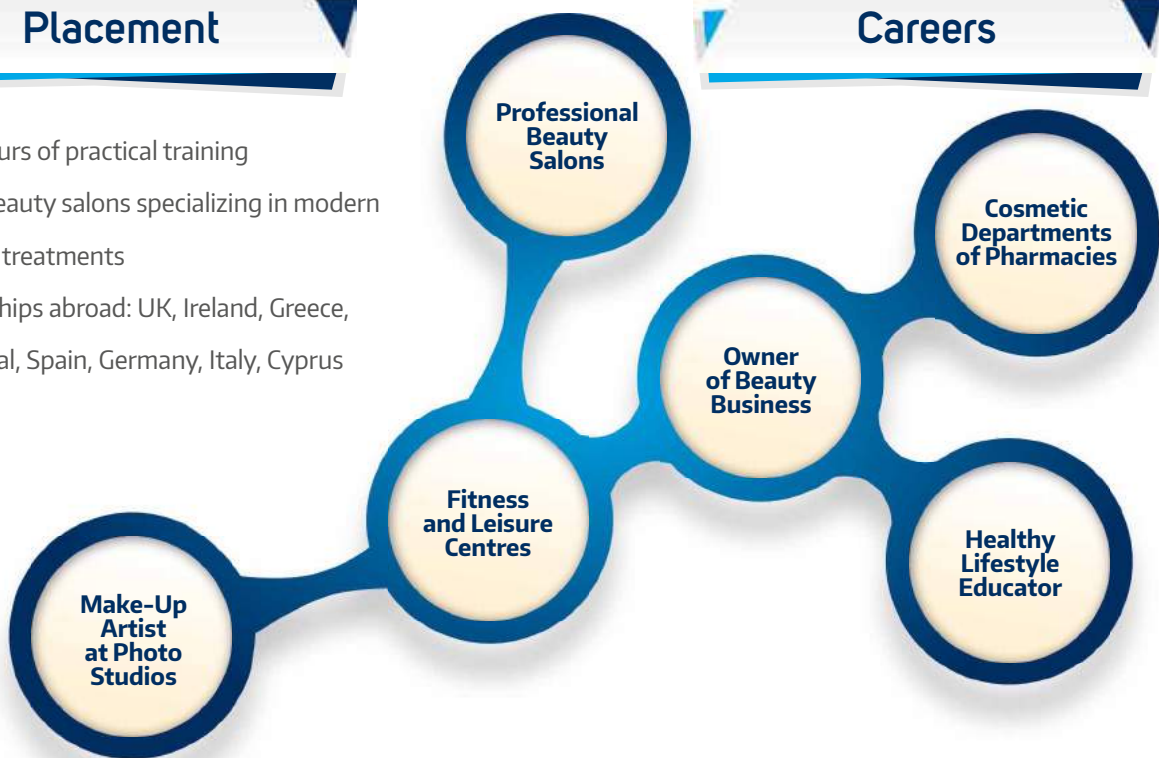
The future beauty therapists will be able to develop tools and techniques to maintain a healthy facial and body skin, eliminate skin and body defects, highlight attractive features of the face and shape the desired image, by employing the latest technologies in cosmetic procedures.

In response to evolving demands of the job market, our Beauty Science programme involves not only medical courses like anatomy, physiology or genetics and biology but also unique classes, such as thalassotherapy, podology or perfumery and a wide range of optional certified workshops. Students are also provided with scientific development opportunities thanks to participation in symposiums and conferences organized by the University.

Placement

- 360 hours of practical training
- 100+ beauty salons specializing in modern beauty treatments
- Internships abroad: UK, Ireland, Greece, Portugal, Spain, Germany, Italy, Cyprus

Careers



Tourism and Hospitality Management

First-cycle studies / Bachelor of Arts

3 years

6 semesters

180 ECTS



Tourism is the fastest growing industry in the world which plays crucial role in the global economy. It is dynamic, customer-focused, and provides graduates with exciting worldwide career opportunities. Tourism and Hospitality Management prepares students for managing various institutions within the hospitality industry and supplying culinary, accommodation and related services to tourists and visitors.

Our 3-year BA Tourism and Hospitality Management programme combines both academic and practical aspects of tourism, allowing students to gain first-hand industry experience, to live an unforgettable

adventure as well as to learn and appreciate different cultures. An important part of this programme is working with the staff - professionals in the tourism and hospitality industries, as well as participating in guest lectures at the University and study visits to partner hotels, tourism institutions, events, tourist sites, and entertainment venues.

Students have the opportunity to choose one of two specialities: Hospitality Management or Tourism Management, which focus on the hotel and tourism sectors, respectively. Our university offers not only traditional study subjects, but also the opportunity to gain additional practical experience, for example as a trip guide, a tourist guide, a summer camp career and a holiday place manager.

Placement

- 320 hours of practical training
- Leading local hotels in Lublin
- International settings in Europe
- Education and Recreation Centre in Piotrawin (see p. 33)
- Internships abroad: UK, Ireland, Greece, Portugal, Spain, Germany, Italy

Careers



International Tourism

Second-cycle studies / Master of Arts

2 years

4 semesters

120 ECTS



The main goal of our MA International Tourism is to enable graduates of bachelor's degree in Tourism and Hospitality Management to continue their studies and develop their skills and knowledge of social environment, history, culture, law, economics, management, finances, and statistics. This allows students to specialise in their chosen areas of interest.

Our 2-year MA International Tourism programme enables the students to choose one of two interesting specializations: Tourism and Hospitality Management or Business Management. They gain the abilities of solving

common problems that managers and other tourism professionals are likely to face in their work. Students also develop academic, decision making and critical evaluation skills. Apart from theoretical issues, there is also a practical focus on the managerial and strategic issues in tourism, which belongs to the most rapidly developing branches in the world economy.

The International Tourism Programme includes classes taught by experienced and qualified teaching staff, including both academic teachers as well as tourism and hospitality professionals and experienced practitioners and managers. Graduates are prepared to work in state and private-owned institutions and businesses of the hospitality and tourism sectors.

Placement

- Leading local hotels in Lublin
- International settings in Europe
- Education and Recreation Centre in Piotrawin (see p. 33)
- Internships abroad: UK, Ireland, Greece, Portugal, Spain, Germany, Italy

Careers



Sport Science

First-cycle studies / Bachelor of Science

3 years

6 semesters

180 ECTS



Sport Science is a field of study examining the functioning of a human body under the influence of exercise, training, and many other stimuli. It also emphasizes the ways of promoting health by means of physical activity.

Our 3-year BSc Sport Science programme is a multi-disciplinary field of study, designed to provide a balanced understanding of both sport and exercise sciences across a range of sub-disciplines. It includes such areas as Physiology, Psychology, Anatomy and Biochemistry, uniquely merged with Individual and Team Sports, Dancing, Fitness and Health Training. The programme

educates highly qualified specialists endowed with broad theoretical and practical knowledge concerning physical education, sport and health promotion. Students gain considerable knowledge of traditional and unconventional training methods, physical and social measures of influence on pupils, somatic and motoric development, health and fitness maintenance, planning and conducting the process of physical education, and corrective and compensatory exercises. The graduates are prepared to do didactic-educational work, promote health and physical activity, plan, carry out and evaluate physical activity which serves health, recreation and beauty.

Placement

- 270 hours of practical training
- **Summer Camp:** swimming, lifesaving, sailing, canoeing, biking and hiking
- **Winter Camp:** skiing, snowboarding, cross-country skiing
- Primary and secondary schools
- Fitness and sports centres, gym
- Culture and education centres
- Academic Sport Association (see p. 40)

Careers



International Business Management

First-cycle studies / Bachelor of Science

3 years

6 semesters

180 ECTS



International Business Management is the art of professional functioning in a complex and competitive international environment. The growth of world trade and technological progress as well as global capital flow across national boundaries add to the competitive pressures on companies. The programme prepares students to understand and face those challenges.

Our 3-year full-time BSc Business Management programme is aimed at educating and training international business professionals working successfully in any country or culture and combining one's knowledge of business processes with interpersonal relations with

partners from diverse cultures. The hands-on and case-based teaching approach provides each graduate with a comprehensive knowledge of business and economics, including the fields of marketing, sales, finance, quality, and management.

The Business Management Programme includes classes and lectures taught by experienced and highly qualified teaching staff, including both respected academic teachers as well as professional trainers and experienced business practitioners and managers. Students are educated and trained both by attending theoretical classes and by participating in practical training events, group projects integrating different management skills, case studies, and business simulation activities.

Placement

- 320 hours of practical training
- Successful and innovative companies
- Real-life business challenges
- Supervision of highly-qualified business practitioners
- First contacts in the professional world of business
- Business Incubator
 - start your business under our guidance (p. 43)

Careers



English Philology

First-cycle studies / Bachelor of Arts

3 years

6 semesters

180 ECTS



English philology is a discipline devoted to history and culture of English-speaking countries. Intensive development of language skills is combined with engaging studies in the fields of literature, linguistics, history and media.

Our 3-year BA English Philology programme is aimed at students who apart from learning the English language are also interested in everything that is connected with English-speaking culture and lifestyle, for example theatre, poetry, but also films, TV series and press. Therefore, the studies should on no account be treated as an intensive language course. The improve-

ment of language skills is very often an aftermath of participation in challenging classes on variety of topics ranging from classical and modern British and American literature to various approaches to language, culture and media studies.

The main aim of our English philology Bachelor programme is to prepare students to function in all kinds of English-speaking environments by providing them both linguistic and non-linguistic skills. The former include the ability to use correct British or American variety of English in speaking and writing, whereas the latter comprises public speaking, preparing and giving presentations, collecting and processing information and teamwork.

Placement

- 160 hours of practical training
- Primary and secondary schools
- Translation offices
- Publishing houses
- PR companies
- International business companies

**Primary
& Secondary
School
Teachers**

**International
Administrators**

**Newspaper
& Magazine
Editors**

**Managers
in International
Companies**

Careers

Translators

English Language Preparatory Course

1 year

2 semesters

600 hours



If you are thinking about studying abroad, but you are not sure if your language skills are sufficient, or you do not have the required language certificate, you should consider signing up for the English Language Preparatory Course. VPU offers a course, which is perfect preparation for non-native English speaking students who wish to study a degree at the university, or who are serious about improving their level of English.

Open to all students whose first language is not English, the course provides you with comprehensive general and academic learning in all relevant areas of English language – giving you the opportunity to practice your reading, writing, listening, and speaking skills with your tutor and your fellow students.

Course description

- a 600-hour course (classes 5 days a week)
- Practice in all language skills
(listening, speaking, reading and writing)
- Qualified and experienced teachers
- Classes taught by various teachers using different methods and teaching techniques
- Focus on specific exam tasks (IELTS)
- Free mock exams
- Using multimedia in the classroom
- Free coursebook and materials

You will have the opportunity to increase your knowledge of English grammar and vocabulary and develop your academic skills, in order to meet your required level of English.

The course ends with a final language exam (level B2). The exam will be recognised as a proof of English language competence required for admissions at VPU.

Course start dates:
October & March

Why should you choose ELPC?

- international environment
(VPU has students and graduates from 45 countries)
- opportunity for becoming a member of a VPU union
and participating in the life of the university
- opportunity to develop your language skills with
native speakers
- access to university library with a large number of English
coursebooks, CDs and dictionaries
- course-completion certificate
- possibility of taking a certificate exam (IELTS) in one
of the centres in Lublin
- additional Polish classes
- attractive prices & lots of satisfied students

Students' Opinions

Moustapha (Kuwait) - Sport Science

I love studying at VPU and I am planning to get a degree in Sports Science. The University offers affordable education for international students. I advise potential applicants to be ready to face a new challenge in their life and be serious about their study.



Nur (Malaysia) - Beauty Science

VPU has elevated my passion in my field, Beauty Science, with guidance conducted in a friendly atmosphere from helpful lecturers. I especially learned a lot from hands-on classes. All the people here, including international & Polish friends, have been warm and friendly.



Sai (India) - Tourism and Hospitality Management

VPU truly takes care of its students giving them every opportunity imaginable. In return, we are helping our University to become a leading college in the eastern Poland. Moreover, we meet local Polish students, which is itself the most amazing experience.



Elizabeth (Ukraine) - Physiotherapy

I enjoy studying at VPU because of diversity of people. The range of activities conducted by the University is highly entertaining like BBQs, going to restaurants, various festivals and concerts where you can just enjoy time and meet new people.





Nene (Zimbabwe) - Physiotherapy

I'm a Physiotherapy student at VPU, which is an awesome University as we are provided not only with quality education, but also trained to be professionals. I highly recommend studying here because of the endless opportunities it offers!



Punam (Nepal) - International Tourism

VPU offers a chance to gain international experience with reasonable tuition fees. Make sure to participate in students organizations like ISU as you will learn to create more opportunities during your time in VPU.



Princhan (United Arab Emirates) - Beauty Science

I've chosen VPU because teachers over here have appropriate teaching techniques to enhance my learning. The University maintains and promotes a positive environment for students. The staff are very helpful and they're solving students' queries immediately.



Ibrahim (Pakistan) - International Business Management

As a first semester student of International Business Management at VPU, I could simply say that I got the perfect start that I've ever wanted. The cooperative and friendly teachers and staff members have enabled me to secure a top GPA from the start.

Campus & Facilities

Campus

VPU is located in a modern building with special teaching rooms fully adapted to the needs of the students from different courses. VPU is proud to own an exceptional lecture hall with a circular shape and a capacity of 200. The Campus contains a number of modernly equipped classrooms, laboratories and studios for all types of physiotherapy, cosmetology, biomechanics, anatomy, massage, sports, tourism, hospitality, geography and computer classes. Moreover, the building is endowed with a hi-tech conference room that allows to arrange fluent meetings with people all over the World.



Physical Medicine labs



Kinesiotherapy labs



Cafeteria



Lecture hall



Library



Conference room



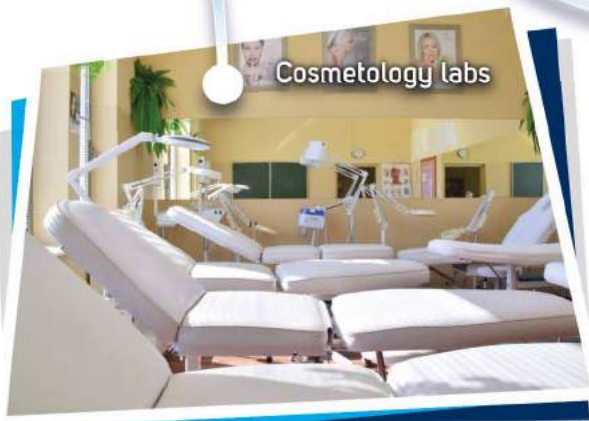
Tourism labs



Computer labs



Sports hall



Cosmetology labs



Anatomy labs

For maximum comfort and security, the rooms are equipped with air-conditioning and video surveillance. The efficient facility management and technology solutions ensure that all the students have access to innovative laboratories, a free Wi-Fi connection as well as various leisure facilities that VPU cooperates with. That includes recreation and leisure rooms, sports halls, fitness clubs and swimming pools. If you are hungry, VPU invites you to the student cafeteria, which is a popular place for social meetings, that offers good quality and affordable meals and snacks.

Academic Physiotherapy Center

In 2010, VPU founded the Academic Physiotherapy Centre, a modern clinic boasting invaluable experience, which can be used not only by our physiotherapy students but also by the citizens of Lublin. The centre has the most modern equipment for a full body diagnostics and rehabilitation and is contracted with the Polish National Health System. Due to the invaluable experience gained from practical sessions attended by future physiotherapists, it is also a place where students do their clinical practice and where scientific research is conducted.



Education and Recreation Center in Piotrawin

VPU students have the opportunity to study and rest in the Education and Recreation Center in Piotrawin. It is located next to the Vistula River, about 60 kilometers from Lublin, and about 15 kilometers from Kazimierz Dolny - in the area of a beautiful landscape park, forest and water recreational environment. The center can accommodate up to 50 people in comfortable conditions and is perfectly adjusted for organizing student's workshops, social activities, sport competitions, hiking, and even fishing.



Accommodation

We know that where you live is very important to you. You want to settle down quickly and live in a secure, well-located, sociable and conducive study environment. This is why VPU provides a guarantee of accommodation in a variety of residences that suite both your preferences and your budget.

The recommended option is **Cube Stay & Study Apartments** located just 500 meters from the Univer-

sity. The housing facility was build in 2015 and is designed to cater for foreign students and individaul tenants. The six-floor modern building contains 10 apartments on each floor. Cube Stay & Study combines individual, stylish private flats (42m² and 51m²) with typical share-areas for students like library, fun zone, gym and fitness (1300m²), laundry, bar, garden and summer roof (500m²).

Get in touch with us: info@cube-study.pl



/CubeStayAndStudy



If you prefer **private accommodation**, there is an opportunity to rent a room (100-200 € per month) or a flat in different parts of the city. The prices depend on

the standard, location, length of stay and distance from the city centre. We offer free help and advice on all aspects of private-rented accommodation.

A fully furnished single apartment in Cube Stay & Study includes:



Research at VPU

Library

The library of VPU is used by students, teachers, and the University staff. At present, total collection amounts to 22.000 volumes. It gathers materials related to disciplines of science represented in VPU as well as source materials (dictionaries, encyclopaedias, address guides, biographies and others), special collections (old prints, manuscripts, rare book manuscripts) and electronic sources (databases, electronic magazines, audiovisual documents, microforms). We also subscribe to over 50 physical journals.

The library catalogue is available online for our students and staff at: www.makplus.pl. The system allows you to

reserve and renew books. To borrow from the library you will need a valid electronic student ID.

Students also have access to the online libraries of our partner universities: MCSU Main Library, KUL Library and the District Pedagogical Library in Lublin. Moreover, our library has access to variety scientific databases, eg. Virtual Library of Science (wbn.icm.edu.pl). As a result, you can use the most prestigious and valuable scientific publications world-wide: Elsevier, Scopus, Springer, Wiley, Web of Knowledge.

Get in touch with us: **biblioteka@wssp.edu.pl**



Publishing house

VPU's publishing house was established in 2004. Its main aim is to prepare and print scientific and popular science texts – books, monographies, and journals – that result from our academic staff research enterprises. It also provides a variety of student coursebooks, manuals and provisory notes. The subject matter of publishing house outcome touch upon both local and global issues.

Starting from regional guides, albums and even postcards, through general publications on the national level, finishing with international journals elaborated in cooperation with health scientist all over the globe, VPU publishing house is considered as a truly universal instrument for a vivid academic development.

Academic journals

The Quarterly **Archives of Physiotherapy and Global Researches** is a periodical addressed to scientists, doctors, pharmacologists, chemists, psychologists and physiotherapists involved in the process of treating patients including basic pre-clinical tests, diagnostic tests, clinical tests and rehabilitation of movement, mental health as well as a healthy diet. The quarterly aims at creating a platform where representatives of all the sciences concerned with the treating process are able to exchange their knowledge, experience, achievements and discoveries.

The biannual journal **Archives of Tourism, Hospitality and Sport Science** is an international, scholarly and refereed periodical aiming to promote and further research in the fields of tourism, hospitality, recreation and physical education. The journal is addressed to both members of the scholarly community dealing with tourism, hospitality, recreation and sport science, as well as business practitioners and professionals.



Students Life

At VPU, we believe that community starts with sharing common space and a common spirit. To ensure a comprehensive student experience, we are committed to providing limitless opportunities for students to make the most of their time at the VPU by supporting their intellectual, physical and emotional development. We understand that student success is not solely defined by academic achievement.

Through clubs and activities, leadership and service, students at the VPU grow as individuals, embrace diversity and learn to engage in their communities. You'll find a vast number of ways to enjoy yourself, keep busy and make friends on campus and in halls. It's easy to immerse yourself in exciting opportunities and experiences both at the University and across the city. The cultural and entertainment attractions of Lublin are never more than a short bus ride away.



Get the most out of your time at VPU

share ideas, create and have fun with **ISU**

join a sport section at **Academic Sport Association**

find part-time or full-time job at **Careers Office**

start your first business with **Business Incubator**

spend a semester abroad with **Erasmus+**

gain two diplomas during your studies with **Program 2+1**

International Student Union (ISU)

ISU is a non-denominational, value-neutral and politically independent organization representing the views of over 3000 students. The main focus of the organization is to improve the social, educational and cultural experience of all students by representing students at all university levels.



Every student has the right to become a member and to participate in the activities of the organization. ISU believes that no student can be privileged or prejudiced against for the reason of ascendancy, gender, race, language, place of origin, nationality, religion, political convictions or ideologies, economical situation, social condition, health disabilities and sexual orientation.

We are here to assist all students with the VPU campus life experience.

Get in touch with us: isu.vpu@gmail.com



/isuvpuwssp



Academic Sport Association

Academic Sports Association is a mass students' sport organization, one of the biggest sports associations in Poland. Having more than a hundred years old history, it has integrated generations of students centered around broadly understood physical activity. Its main objectives are development of physical education, promotion of healthy lifestyle and physical activities within the academic community. At VPU, students associated with

the organization can practice various kinds of sports as amateurs and as professionals. Our most eminent section is women's handball team, that has succeeded in academic championships at both national and European levels, winning multiple gold medals and awards. VPU has also well developed sections of men's soccer, men's and women's futsal, swimming, kick-boxing, and athletics.

VPU Women Handball Team



4x

European Universities
Handball Champion



2x

European Universities
Games Gold Medal



4x

Polish Universities
Handball Champion





Join our sections!



handball



football
& futsal



volleyball



basketball



cricket



swimming



athletics



aerobic



kick-boxing



karate
& judo



badminton



table tennis

Careers Services

VPU education provides a fantastic platform for the future. To ensure that you stand out in an ever more competitive graduate job market, the University's Careers Office provides you with the opportunity to boost your CV, gain practical experience, meet employers and find out about vacancies on offer.

Careers Office lists dozens of vacancies for volunteering, work experience, internships and graduate opportunities. Many students undertake short-term work placements during their long vacations to try out different careers and gain valuable skills and experience. It's never too early to prepare for your next step.



What can you gain?

- meet employers
- earn additional money
- gain experience
- develop practical skills
- meet people and challengers
- try various career paths

Business Incubator

The VPU Business Incubator is a new university unit, which concentrates on helping students to try and set up their own businesses and start their careers as entrepreneurs. Thanks to the Incubator, any VPU student can start their own company at no cost and without any fees or monthly social contributions. It is unnecessary to register one's own business, either.

The Business Incubator is a practical school of entrepreneurship. The incubated start-up companies operate under the VPU umbrella and supervision, enjoying the support of the entire University's staff and school community. What is more, for students cooperation with the Incubator is absolutely for free.



Study Abroad

Erasmus+

The Erasmus+ Programme is a European funding programme established in 1987. It offers university students a possibility of studying or doing an internship abroad for a period of at least 2 months and maximum 12 months per cycle of studies. Erasmus+ now offers the possibility to go way beyond the European borders as well. Higher education students after completing a 1st year of studies can benefit of the Erasmus+ studies and

Erasmus+ placement programmes. There is no age limitation.

Each student receives a grant which covers partly the costs of the stay abroad. Your university is required to make the amount of the grant publicly known to students, so you can just ask at International Relation Office. The grant can often be complemented by VPU or national grants.

Get in touch with us: inter.rel@wssp.edu.pl

Why should you choose Erasmus+?

- acquire a new perspective on your subject
- live abroad and experience a new culture
- meet people and learn a foreign language
- enrich the period of your studies
- gain better job opportunities
- accomplish an internship abroad
- develop personality and change your life



2+1 Programme

The VPU programme 2+1 gives you a unique opportunity to graduate from two independent universities during one cycle of studies. Students of Physiotherapy, Sport Science and Tourism can benefit from finishing two years at the VPU and continue their final year of education at either The University of Bedfordshire or The University of Northampton. Thanks to 2+1 Programme students, graduate with two diplomas - one from VPU and one from one of the British universities.



What can you gain?

- two diplomas during one cycle of studies
- experience living and studying in the United Kingdom
- save lots of money (up to 20 000 €)
- unlimited international contacts
- open paths for your future career



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