

# Welcome. We are open

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# city that connects

Each of over 540 thousand residents of Poznan has their own unique story. Poznan citizens come from almost all parts of the world and from different backgrounds. They practice different professions and have various passions. And this very variety is a great asset of Poznan. Tell us your story. Together we create one Poznan.

Every fourth person met on the streets of Poznan is a student. 25 universities act as the Alma Mater for around 112 thousand people. Each year 30 thousand students graduate. About 80 percent of students are visitors who had made Poznan their deliberate choice as the greatest centre of science and academic life.

According to estimations, the residents of Poznan originate from 120 countries and speak at least 102 languages. Cultural diversity has been a commonly observed phenomenon at the universities. Poznan has become the education centre for over 5 thousand foreign students from over 90 countries around the world. Poznan students originate mostly from Europe, North America and Asia. Vast majority of them come from Ukraine, United States, Norway and Spain – and in such international company there is no way to be bored.

Once a year, in May, the Mayor of Poznan hands over the keys to the city gates to the students. This is the time when crowds of students from different universities celebrate uproariously together on the streets. Juwenalia are filled with music, sport and culture events. It begins with a colourful parade (in recent years also a run) of the students through

the city. The concerts, at which you can listen to the recently most popular music genres in various compilations, have been always the greatest attraction of Juwenalia. These are the days of a great celebration and also the manifestation of students' independence and imagination.

The multiculturalism of Poznan has been also reflected by its tastes. Poznan restaurants serve cuisines from all around the world and the residents savour the delicacies from all continents (except possibly for Antarctica) found on their tables.

Poznan students are known for their mobility. Thanks to the foreign exchange agreements they can study at any university in the European Union or even choose their Alma Mater in Liechtenstein, Norway and Turkey. Poznan universities participate in the Erasmus+ programme enabling students and academics to gain new experiences and skills while studying, training or volunteering abroad. Students can also gain professional experience during the internships in foreign companies and institutions. Several Poznan universities have been already participating in the international scholarship programmes, joined by about a thousand of young people in each academic year.





# city of possibilities

You want. You know. You can. You decide. You are facing the choice of selecting a faculty that will most probably influence the rest of your life. The chosen profession will determine your working hours, lifestyle, earnings and the amount of your free time. Therefore, it is worth to choose knowingly, not following only the current trends on the labour market or fad towards certain faculties. Choose the faculty matching your talents and potential.

You think about studying at a good university, at a great faculty, with interesting people and living a successful life. Focus on strategy! A good plan is the key to success. Ask yourself what your strengths are, what you are good at. Consider what challenges you would like to face. Answer the question how your life will look like in 10, 15, 20 years from now. What is really important for you? The labour market changes so dynamically that it is better to stand by your interests and skills. It also pays to choose a university in a city where various businesses launch and develop; where the unemployment rate is low and where you can pursue your professional development already during the studies.

Start planning your future today. Step by step. It is important and at the same time... quite satisfying, the more that many great opportunities open in front of you. In Poznan you can pursue any of your pas-

sions and exchange experiences in the international environment. Our City offers you the highest possible level of education, since many of our universities are considered the best ones in the country.

Now you can become a part of this City. You can say: I study in Poznan, I live in Poznan, I work in Poznan. And each time you will say it, it will be said with pride.

Whether you plan a research or a professional career, Poznan will let you bring your bravest ideas to life. Get ready to attract your dreams.





# city that motivates

Take matters into your own hands! Poznań creates favourable conditions for ambitious young people. The studies are not only the period of intensive learning, but also the time of new contacts, developing your passions, interests and skills as well as gaining first professional experiences. Even during your studies it pays to think about your carrier. Active participation in the student organizations and associations is highly appreciated by employers.

Is it then possible to plan your success? In many cases it actually is. Sometimes you just have to know what you want. You have to exploit all the opportunities and pursue your life plans – scientific, business, artistic... – consequently. Poznań can help you. Graduating from a good university is only the introduction to the accomplishment of truly great goals. Many people who studied in Poznań earned spectacular professional success also in global scale. Today, Jan A. P. Kaczmarek watches Poznań from the perspective of the Hollywood Red Carpet. The American Academy of Motion Pictures awarded his music for the film "Finding Neverland" with Oscar. Did Jan A. P. Kaczmarek plan his

future well? But of course. He owes the success both to his talent and the consequence of his actions, followed by ambition and catching the opportunities – also those offered by the City. Also Maria Siemionow, who performed the first in the United States and fourth in the world successful face transplant, studied at the then Poznań Medical Academy. Today she heads the plastic surgery and microsurgery ward in the Clinic Lerner College of Medicine in Cleveland, Ohio. Did she take full advantage of her opportunity? She certainly did. And you can do it too.





# city that inspires

Live intensely! Look around, since you never know what may become your inspiration. Sometimes the brain wave and creativity come unexpectedly. Therefore it's worth to draw knowledge and feedback by, for example, attending various workshops, concerts, open-air events, festivals, competitions...

In Poznan you can live a colourful intensive cultural life. There are numerous projects involving artists from all around the world performed in the City. Poznan has been the platform for many spectacular events for years. Malta Festival combines theatre, music, dance and film. The amazing open-air theatrical spectacles have been always attracting the biggest audience. "Malta" is a true phenomenon in international scale and the performing groups are comprised of the greatest masters of the alternative stage. Or perhaps you would be interested in "Animator"? At this International Animated Film Festival about 500 animations from the entire world are presented each year. The festival programme includes also the exhibitions, workshops, lectures, thematic reviews and traditional meetings with the artists. Visit the Made in Chicago jazz festival, which attracts both the great legends of the Chicago music scene and the newly emerging jazz talents. Another event you cannot

miss in your festival calendar is the international Ethno Port Poznan festival. If you prefer classical music, you may appreciate the fact that every five years Poznan hosts the oldest in the world International Henryk Wieniawski Violin Competition. The dance enthusiasts are welcomed to attend the International Contemporary Dance Workshops with the participation of the recognized teachers and dancers from all around the world.

Independent and avant-garde theatres and cinemas, including these performing ambitious, niche productions are another sites contributing to the cultural map of Poznan. You can also visit Arena, the legendary sports and entertainment hall, where world-class music stars perform on a regular basis, or check what's on the agenda of the student clubs.

The atmosphere in all these sites will fill you with creative energy. Use your new ideas to create something exceptional.





# city that engages

Do you like being involved in social activities and making the world a better place? While studying in Poznan, you will have a real impact on what's going on in the City. There are a several ways to do it.

If you wish to change your reality, join the interesting projects carried out by any of thousands of non-governmental organizations operating in Poznan. Young people frequently participate in the actions aimed at improving the quality of life of local communities or drawing attention to crucial social or environmental problems. If you enjoy helping people, you will most probably succeed as a volunteer. Volunteering is a great opportunity to meet new people, acquire new skills and experiences, also in the international environment. Apart from social area, the volunteers work in many other domains, including culture and, among others, support sport events.

Poznan enables you to submit, discuss and implement projects supporting the City you live in. Your presence at the meetings,

debates and discussions organized for the inhabitants is very important. The Poznan City Budget means public funds allocated in line with the decisions made by the citizens. You will have the opportunity to get involved in joint creation of projects focused on various areas of our lives: sport, recreation, education, culture, communication, environmental protection, social assistance, public space, urban greenery etc. By doing so, you will both influence your surroundings and gain awareness that you build a part of your world yourself. Do you dream about a new skatepark? More cycling paths? Or perhaps you have an idea for a cultural project? Poznan can help you bring these plans to life.



# city that activates

When the stress helps and when it hurts? Numerous studies indicate a direct correlation between the level of stress and success. All of them lead to the following conclusions: certain stress level has a mobilising effect – it enhances effectiveness and productivity, however, when exceeded, leads to drop of our performance quality.

Therefore, we have several proposals for you to help you get rid of the pre-exam stress. Make sure you have relaxed and balanced life-style. Nutrition, sleep, day-night cycle, physical activity and social life are crucial.

You don't need to go with your mates to the pub or cinema every day. Recently, the "escape the room" games, within which you have to escape from so-called "puzzle room", have become a popular form of spending time with friends. There are quite a few of them in Poznan. Another interesting option is an outdoor game called "geocaching" using GPS and consisting in searching for hiding places and treasures hidden in various sites within the city area. You can also bowl, play billiard, paintball (including laser tag), go to a climbing wall or drive go-karts.

Numerous green areas – over 40 parks and more than 100 squares encourage to spend free time outdoors. Take a long walk to the beauti-

ful, especially in the spring season, Morasko Meteorite Nature Reserve. There are four large lakes within the city area. The Maltańskie Lake hosts one of the most advanced regatta tracks in the world and the site of numerous sports competitions, including those of international importance. The Malta Ski complex consists in, among others, year-round ski slope, alpine slide, roller coaster, mini golf and little drivers' school. Those wishing to relax and rest will enjoy the Termy Maltańskie – the biggest aqua park in Poland. Several yacht clubs have their marinas on the Kierskie Lake. In winter, you can see there the ice-boat and ice-board fans as well as skate or ski paragliders.

Remember that regular, daily exercises both accelerate the learning process and stimulate the endorphin and serotonin release that improves your mood. However, it is really important to exercise every day for at least 30 minutes. And who knows, perhaps if you improve your fitness, you will decide to compete in the annual Poznan marathon.





# city in shape

Do you know that semi-automatic activities, like walking, swimming or running enhance your creativity? Your mind relaxes and the links between the fragments (modules) of knowledge, which are idle on a daily basis, activate. Physical activity strengthens the part of your brain responsible for cooperation between both cerebral hemispheres. The better cooperation and linkage between the hemispheres, the greater your intellectual potential.

You will get fit to study during many academic sport events. The AZS Poznan (Academic Sports Association) belongs to the largest and most active structures in Poland. Athletics, fencing, tennis, acrobatics, rowing and women's basketball are among its strongest sections. AZS Poznan was the organizer of numerous academic world championships in various disciplines and host of the academic European tennis and basketball championships. For the students of more recreational attitude towards sport we organize the greatest regional competition system in Poland (over 50 disciplines) as well as many summer and winter sport camps. Students compete with each other in the Polish Academic Championships,

ZG AZS Cups, Wielkopolska Academic Championships, Freshmen's Championships and Rectors' Cups.

Each year several dozen international as well as several hundred national and regional prestigious sport events take place in Poznan. The city provides access to numerous sport facilities available both for citizens and professional sportsmen. Poznan has plenty of running, cycling, horse riding, skiing and swimming areas. As for now, there are over 150 artificial turf pitches (the highest number in Poland) and the new ones are under development. During each game the INEA Stadium of 44 thousand audience capacity vibrates with life.





# city that never sleeps

The scientists have proved – the pre-exam stress is manageable. What is helpful? For instance good memories... Simply go back to the best moments of your life, recollect pictures and sounds from your favourite places and then revive the positive emotions and feelings related to these places. Make sure you have something to remember, because student's life is not all about learning – you are what you remember.

Studying means also partying – that remains unchanged. And Poznan is the city that never sleeps. Manage your free time wisely to come in time for all the attractions offered by the City. Many music clubs invite you to hot dance parties, whereas the bars and pubs with their unique atmosphere provide you the perfect location for cameral meetings and long discussions with friends. All these places offer student discounts. Don't forget about multiple restaurants and cafés. A great variety of cuisine provided by Poznan restaurants will satisfy even the most demanding palates.

Poznan offers you multiple open-air events giving a great opportunity to party hard – all around the clock.

But remember – breakfast is crucial! Well fed brain works much more efficiently. During the summer season, try all the tasty delicacies at one of the Breakfast Markets held on weekends within the green areas of the city. It is a true feast of food and friendly atmosphere.





# city of guarantees

Motivation, positive thinking and awareness of the meaning of education are among the key elements to plan your future. The Poznan universities are among the best in the country as the guarantors of education at the highest possible level.

The City offers you 25 universities, including 8 public schools, and, thanks to the foreign exchange agreements, the opportunity to study abroad. These institutions are future-oriented and educate modern-thinking young people. Each day, more than 8 thousand lecturers, including over a thousand professors, are available to the students. The authority figures are always the best example to follow – in Poznan you may personally meet the most prominent representatives of the world of science and art, including the Nobel Prize winners holding open lectures in the city's Alma Maters.

The Students may choose from hundreds of faculties, technologically advanced education centres and comprehensive foreign exchange programmes supporting the graduates in entering the labour market as well as high quality and modern university campuses, such as Morasko or Piotrowo. Universities offer different forms of activity to the students, including about 300 student organizations and scientific circles.

Poznan remains the important science and research centre in Poland. Spectacular accomplishments of Poznan scientists have been recognized both in Poland and abroad. Joint activities of the entire research

community in Poznan enabled development of the multidisciplinary centres of advanced research and experimental works associating the best experts in the field of exact, life and technical sciences.

When you say Poznan, you mean high quality of life. Titles and awards won in prestigious rankings only confirm that. Our City has the lowest unemployment rate in Poland, whereas a diploma issued by a recognized university is able to open many doors. Poznan is a city of specialists and new technologies as well as a dynamically developing entrepreneurship centre, where the biggest world companies have their seats. More than 110 thousand companies have been operating here, whereas the number of foreign-invested companies is one of the highest in Poland.

International corporations, such as Amazon, Bridgestone, Imperial Tobacco, Nivea, SAB Miller, Volkswagen or Wrigley continue to invest in Poznan. The sector of advanced services is booming with such popular companies as Carl Zeiss, Carlsberg, Century Link, Ciber, Exide Technologies, Franklin Templeton Investments, IKEA, MAN, Mars, Osram or Roche running their centres here.





# city that surprises

Welcome to the metropolis where history meets modernity in the most unusual and unique way. Each part of the City features its specific nature. Take a moment to admire modern buildings, original spaces and impressive murals as well as numerous historic monuments representing a wide variety of styles – from Romanism to Secession.

Make sightseeing easier by using the Poznan City Card and follow numerous suggested tourist routes, including the Royal-Imperial Route. The oldest parts of Poznan include Śródka, Komandoria and Ostrów Tumski located on the east side of the Warta River and hosting the oldest in Poland Cathedral being the burial place of the first kings of Poland.

Do you wish to understand what Poznan means to Poland and the Poles? Visit Porta Posnania. In this multimedia museum of cultural heritage of Ostrów Tumski no one will force you to watch boring exhibits. It's just the opposite. The ultramodern presentation and... light will lead you through the history.

The Old Market is definitely one of the most romantic places in Poznan. A beautiful renaissance Town Hall, historical tenement houses, fountains, charming lanes around the Market Square and numerous pubs and cafes contribute the unique atmosphere of this site. Here you can feel the City's fascinating history.

Don't forget to visit Fara located near the Old Market – one of the most beautiful and magnificent baroque churches in Poland. The monumental structure of the Imperial Castle from the early 20th century located in the centre of the city continues to impress the passers-by. You must remember however that the Poznan Old Town is at the same time a contemporary site. High-tech air-conditioned trams pass between the historic buildings and the Old Market is full of life day by day since it continuously attracts thousands of young people, who – just like you – focus mainly on 'here and now'. That's why the atmospheric pubs, bars, restaurants, clubs and galleries await you all the time. Visiting the Warta river shore at the summer season, with its city beaches, passenger ships and a river port, is a must. You will discover in a second that Poznan is a truly European city.





# open city

High number of direct intercity and international connections is frequently decisive for a choice of a place to study and live. Poznan is within your reach! As befits the agglomeration, its transport is perfectly organized. Apart from excellent railway and bus transport system, Poznan offers numerous convenient flight connections from the Poznan-Ławica Airport.

The City infrastructure is student-friendly and – as we know - mobility is crucial for many of them. Poznan offers comfortable and effective public transport. The tram and bus networks are planned in a way enabling free and convenient travelling across the entire Poznan – also at night. Dense network of cycle paths and numerous city bicycle stations guarantee convenient access to the university.

Poznan acts also as a great starting point. Motorway enables you to reach both Berlin and Warsaw equally fast. If you wish to make a weekend visit to Milan, Paris or Barcelona, just take a cheap flight from the Ławica airport. You may choose many direct connections to Dublin, Eindhoven, Frankfurt, Glasgow, Copenhagen, London, Oslo, Rome or Stockholm.

Poznan means dynamics, progress and opening to the world. Why it is so appealing for many young people with very different interests? The answer is in the very nature of the City – extremely open and

hospitable. This may be confirmed by almost half a million of visitors attending the exhibitions and commercial events organized by the Poznan International Fair each year for almost 100 years.

For many years Poznan has been the place of many international conferences, conventions and meetings, also at the highest level. Each year, the City hosts over 3 thousand conference events, mostly corporate meetings, association conventions as well as international political meetings. For example, Poznan hosted the 14<sup>th</sup> United Nations Climate Change Conference attended by more than 10 thousand guests from all around the world. The Capital City of Wielkopolska welcomed also thousands of young people during the 32<sup>nd</sup> European Meeting of Young Adults organized by the Taizé Community. The rank of our City was demonstrated by choosing Poznan as the host of the meetings organized under the Polish presidency of the Council of the European Union.

