

*booklet*

# SEP

WITH

PPSA, POLAND



POLISH PHARMACEUTICAL  
STUDENTS' ASSOCIATION





Do you want to experience  
the **best time of your life?**

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Are you interested in  
getting some **new skills**  
and having a **great time** at  
the same time?

Maybe you want to discover something  
completely new, meet people full of  
passion, get to know a new culture, visit  
new places and do all of it during your  
summer internship?

If you answered 'yes' to at least one question, you are on a good way to make your dreams come true!

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This year choose Poland as your holiday destination and we promise, you will not regret it!

# First of all - who we are

Polish Pharmaceutical Students' Association is the largest pharmacy students' organisation in Poland, connecting over 1200 future pharmacists from all over the country. We are driven by a deep commitment to personal development, social responsibility and care for the image of pharmacy and pharmacists.





Our **scope of activity** is immanently interlinked with the statutory objectives of the association:



**1**  
to elevate the **prestige** of the pharmaceutical profession, the **status** of pharmacy student and to represent the **interests** of Polish pharmacy students and young pharmacists in Poland and abroad;

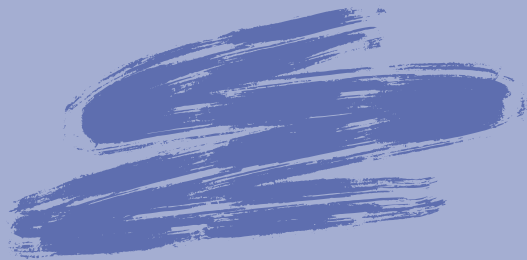
**2**  
to assist pharmacy students in gaining practical **experience** and theoretical **knowledge** in the field of pharmaceutical sciences, increasing their **scientific level**, and to promote the idea of pharmaceutical care and clinical pharmacy in Poland;

**3**  
to **integrate** pharmacy students at local, national and international level.

# SECONDLY - A FRIENDLY ATMOSPHERE

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Pharmacy is all about people and Poles are famous for their generosity, hospitality and kindness. We will go an extra mile to make you feel welcome.



# Possible areas of internship

## 1 Community Pharmacy

The highest amount of places, this area is possible in each city. Work will include not only shadowing pharmacists and drug preparations but also getting knowledge about drug dispensing and pharmacy administration. In our community pharmacies you will have the possibility to learn a lot about making prescription drugs. In Polish pharmacies compounding drugs are prepared quite often, so you can become a master of compounding. Hosts in community pharmacies will surely share with you some interesting information about the role of the pharmacist in Poland.



## 2 Research at universities

Conducting a scientific project will be possible in most cities - at the Faculties of Pharmacy, for example in Warsaw, Łódź, Gdańsk, Kraków, or other pharmaceutical institutions. Possible Institutes are Pharmaceutical Chemistry, Analytical Chemistry, Organic Chemistry, Pharmacognosy, and much more. During this internship you will work in the laboratory, with scientists from Polish universities. You may take part in a research project with them so that you will also get to know precisely how Polish universities work.

## 3 Hospital Pharmacy

We offer you at least 5 places for internship in this area. The hospital pharmacy provides services for hospital units and polyclinics. Compounding drugs are made there, as well as infusion fluids, products for enteral and parenteral nutrition. During your internship you will also learn how to produce eye drops under aseptic conditions. Some hospital pharmacies take an active part in clinical trials conducted in the hospital.

# Places to discover: available cities

## Gdańsk

Do you want to visit the beach by the Baltic Sea, take a sunbathe or see charming sunsets or sunrises? You should definitely visit Gdańsk!

## Warsaw

Warsaw is the capital of Poland by the Vistula River. You can go for a walk to the Royal Łazienki Park or ride a city bike in Pole Mokotowskie. We also have the Old Town (which is not that old) but definitely worth seeing.

## Bydgoszcz

An adorable city in northern Poland. There are lots of beautiful views by the river Brda and Myślęcinek - gorgeous Forest Park of Culture and Recreation. You can also go to the Old Town and visit the Museum of Soap and History of Dirt, which offers interactive time travel through the history of cleanliness and soap making.





## **Poznań**

The fighting goats are the symbol of Main Square in the Poznań Old Town. You can find many phenomenal places including Imperial Castle which is surrounded by many modern buildings, the sport and recreation centre - Malta (an amazing man-made lake) and well-liked beach on the coast of Warta. Poznań has one special dish - Gzik. That's white cheese with sour cream and onion served with potatoes.



## **Wrocław**

A lovely city in lower Silesia, around the city there is an Odra river with a great amount of bridges which are very pretty especially during evening walks. The Market square is really beautiful and there are a lot of charming streets nearby. While exploring this city you may notice cute sculptures of dwarfs, you can also grab a map or application to find them all - it is also a great way to see the whole city



## **Silesia**

The best thing about Polish Silesia is that it's very easy and quick to move from one city to another. You can visit "Spodek" in Katowice and in 12 min be at "Guido mine" in Zabrze which is roughly 20 km away, that way attractions never end. Can't wait to see you, Cześć!



## Cracow

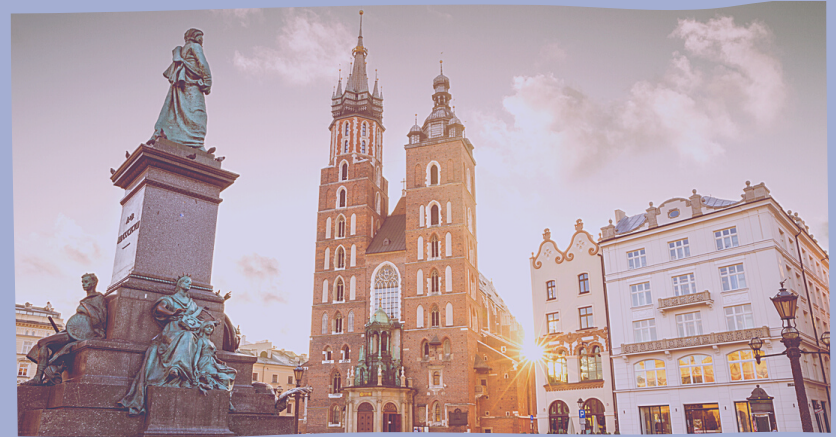
The former capital of Poland. If you are in Cracow, you will have an opportunity to explore Polish history by visiting Wawel Castle. The city is known for the Jagiellonian University, which is the second oldest University in Europe.

## Białystok

Białystok the Green Lungs of Poland offers a refreshing alternative for travelers keen to escape from today's fast-paced, high-pressure lifestyle. Just outside the city, there are charming towns and villages, places of the remains of the past Polish, Jewish, Orthodox and Muslim cultures. Where you can churn the butter or try some local dishes.

## Łódź

Łódź - a city in the center of Poland, not far away from our capital. We invite you to walk down Piotrkowska street, shop in Manufaktura, chill on OFF Piotrkowska, see the Księży Młyn district or visit one of our museums, including EC1. Taste the "Polish Manchester" and discover how industrial past can become modern present!





## Lublin

Lublin is a lovely city in the eastern part of Poland.

It's a mixture of pretty green hills and outstanding architecture- you can sight-see in the morning and relax by the water, in Zalew Zemborzycki, in the afternoon.

When in Lublin, it's a must-have to try delicious local cuisine - we are famous for our baked goods, for example cebularz. Moreover, you can enjoy night life with friends- you can visit some really cool clubs, pubs and karaoke bars. We promise that it's so much fun! If you want to have the time of your life, Lublin is your best choice!



## Szczecin

Szczecin is a lovely port city, mostly about water and lush verdure. It is considered to be a crucial seaport and a large shipbuilding centre. The marine character of the city makes it attractive to foreign visitors. Although Szczecin was destroyed during the II World War, there are still some remaining magnificent monuments of the medieval architecture.

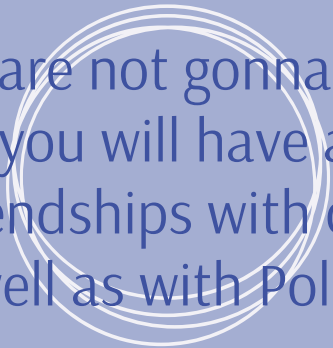
# Accommodation

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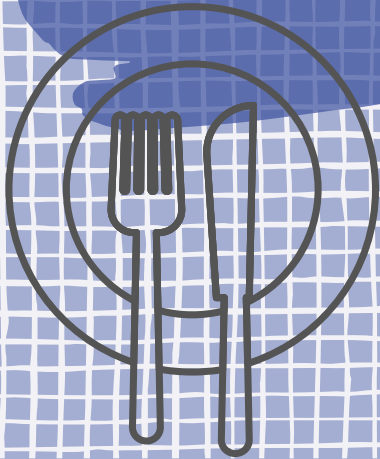
We usually offer our incomings a place in dormitories for students.

There are double or triple rooms, ladies and gentlemen separately.

For sure, you are not gonna be alone there. Furthermore, you will have an opportunity to make new friendships with other incoming students as well as with Polish students!



# Something to eat



You can taste our **most traditional** dishes as well as some less traditional ones. We have got a **vast variety** of food and everyone can find something for himself/herself. Do not forget that **tasty food** is also a very important part of your trip ☺ So, what kind of delicious meal can you eat in Poland?

## Dumplings

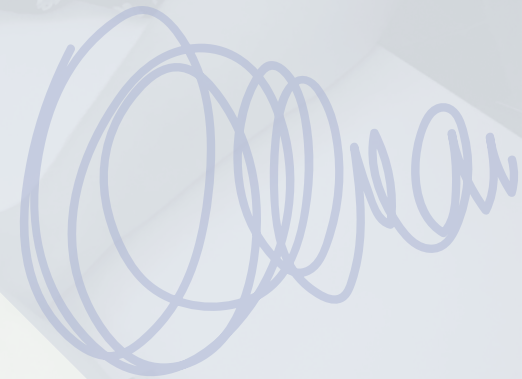
Poland is famous for the **best** dumplings **in the world!** There are so many various types of this dish, **sweet** or **salty**, with meat or with another farcing, so you certainly are going to find something for yourself.

## Zapiekanka

Another traditional, but **unofficial** Polish food is “zapiekanka”. It is a **baguette** cut in **half**, topped with cheese and **mushrooms** and doused in garlic mayonnaise and lots of ketchup.

## PPSA SEP Team

In each of 11 PPSA branches amazing LEOs and their SEP Teams will **wait for you!** We promise that you will not be bored in your free time. You can **go out with us** or participate in trips to other cities. During our SEP Weekend, you will have the possibility to **meet** more students from **all over the world** and have a great time together!



NEW

## SEP Buddy

This year PPSA is launching a **brand new project - SEP Buddy!** During the upcoming summer SEP PPSA offers each of our incoming students the SEP Buddy. **Who are they?** They are Polish students who will not only pick you up from the station and help you to find yourself in an internship place. They will also **assist you**, before the arrival in Poland, in preparation for the internship and **will be there** for you after the official ending of the exchange. **Every incoming student will be assigned to one SEP Buddy.**

Before the beginning of the internship all incoming students will be provided with necessary **contact information to their SEP Buddies.** If you are going to visit Poland, your SEP Buddy will also do everything to **make you feel welcome** in our country and to help you whenever SEP-related problems come up. You can ask them about **whatever you want**, so we hope your trip to Poland going to be one of the **best memories in your life.**

# Interesting facts about Poland

1 The name "Poland" (Polska) has a meaning. It originates from the name of the tribe Polanie, which means "people living in open fields".

3 Poland has the biggest castle in the world – Malbork. It is located in the northern part of the country.

2 Warsaw is known as a phoenix city. During World War II was almost completely destroyed and had to be rebuilt completely.

4 Poland has a diverse nature – beaches, mountains, forests, deserts and lakes. Almost 800 km of the seashore and a few mountain chains. Poland also has the only Central-European desert, Pustynia Błędowska.





For further information please do not hesitate to  
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**We are waiting for you in Poland!**

PPSA SEP Team

