

Hello there,

If you are reading this, that means that you have planned to spend some time in Krosno.

First I will introduce myself saying that my name is Edu and I was an Erasmus but doing an internship, so my stay was shorter, only for three months, from the beginning of May to the end of July, I was lucky and I didn't feel the winter cold.

These lines are to give you some advice and tell you about some of the things you can do here.

Weather is a good subject to start, as I said I don't know how winter is here, but other students told me that it is very cold, it used to snow and many days temperature can fall below zero, so get ready to bring with you good warm clothes, and don't worry, even you will use some of them the rest of the year. Don't trust sunny sunrises or weather apps, weather here can change in minutes. It rained almost every day during my stay, an umbrella will become in one of your best friends. Of course there will be sunny days, and when sun hits, it hits hard.

Now let's talk about money. Remember that in Poland the currency are zlotys. I was sure they used euros here but I realized it was not like this few days before arriving, so I had to get zlotys quick and it is not an easy currency to find.

I think the best option is to exchange the minimum amount of money in your country, just for your first expenses in Poland, why? Here in Krosno you have several exchange offices and they sell zlotys with an exchange rate very similar to the official one, not like at banks. If you don't find zloty in exchange points in your country, the first one that you will meet will be on Krakow airport.

One euro (most of you will come from countries that use it) is about 4,10 zlotys, of course this is a variable rate.

It is better to have some cash always in your pocket, not everywhere you will be able to pay with a credit card. Around Rynek (main square) you have some cash machines. Find out how much commission you will pay when you extract money from them.

And don't forget to have with you your student card from Krosno, you will get discounts in many places.



Exchange office near Rynek

What else, Krosno has a population of 45000 inhabitants, but sometimes you will feel like the only person on earth, where are the people! Maybe the city has not a big population but that contrasts its big surface, most buildings are houses.

Your life as Erasmus will take place between the students residents, Rynek and the campus (there are three of them, one next to Rynek and the other two in opposite sides of the city), so get ready to walk a lot, for example the main students resident (Dom Studenta located on Żwirki i Wigury 9a street) is 25 minutes walking away to Rynek.

The city has a local bus service that I never used, but if you are interested you can get information in this website http://cms.mobiinfo.pl/m/m7xp.php?IDKlienta=KROSNO_MKS, and of course you will get a discount as a student (50%).

There is as well a good service of taxis, you will find the phone numbers at the residents. You will find 4-5 taxi stops around the city.

I have not seen too many people using bikes, the city is not flat by the way, but cycling can be a healthy option to move around.

And talking about moving, as I said Krosno doesn't have too much to do in your spare time, so maybe after putting on weight (too much pasta and fried food) you will decide to do some exercise. Among the options you have three gyms, one of them located in one of the campuses (you won't need to pay). Gyms here are very basic but enough. There are two indoor pools open the whole year. You can run as well and as I said Krosno is full of steep slopes. Krosno is located in the Subcarpathian region. You will see it is a mountainous area full of rivers and woods that it will let you do all kinds of outdoor sports such as hiking, climbing or skiing.

Don't get surprised if you see people walking with sticks, they are practising nordic walk, a very popular sport in Poland last times. It has its own technique for a correct practice.



Eurogym

But if you prefer exercises as 'The beer lifting' Krosno is a good place to drink and eat, prices are very affordable. Almost all the restaurants, cafes and bars are in or around Rynek. There are not too many options to choose, one Georgian, one Indian (but outside city centre) restaurants, no Chinese or more exotic restaurants. Mostly Polish food, which is very good and nourishing (cold winter) and kebabs and pizzas. One thing that may surprise you is that people have ice creams whole year.

By the way, there is in Krosno a restaurant of a worldwide famous chain of fast food.



Restaurant with typical Polish food

Another options to spend your spare time out the residents are the bowling center and the cinemas. There are a couple of cinemas and sometimes they project the movies in original version with Polish subtitles, but you must be fast if you interested about some film because the programming changes fast.



Kino cinema

To say that the best way to move up and down in this area is by bus, they are cheap and on time, but not too much modern (sometimes) and slow. Try always to find out in advance timetables and availability calling by phone, and book a seat, many of the buses are small, so if you don't book you may be left behind.

Near Krosno there are another cities such as Rzeszów, Nowy Sącz or Krakow. You can find in them big shopping centers with restaurants and shops we all know, going there is a good plan after sightseeing these cities.

Krosno has very good geographic location, near the borders of several countries such as Ukraine or Slovakia. Travelling here is easy and cheap, if you can afford it, just do it.

Finally some surprising and interesting notes. Maybe you will decide to get a Polish number, but about wifi to say you can get it for free in most of the restaurants and cafes.

Don't be worry about getting sick, there is one pharmacy almost in every corner.

This point is only for men, one custom here is that men shake their hands even if they don't know you, it's something extrange at first.

Another business very common here are the hair saloons, but they are run only for women. Find a barber in Krosno is impossible.

This city and the region is very green, so there are lots of insects. With the good weather will appear mosquitoes and they bit with anger.

So this is more or less that what I can say about Krosno, of course I forgot things to put here, but I hope this information helps to you . Next step....enjoy Krosno.

Guide written by Eduardo Bermudez.