

# PRE-COURSE TIMETABLE 1 st YEAR STUDENTS 2025/2026

September 2025

All lectures and Polish classes will be held online.

| <b>MONDAY</b><br><b>Sept. 08</b>     | <b>TUESDAY</b><br><b>Sept. 09</b>    | <b>WEDNESDAY</b><br><b>Sept. 10</b>  | <b>THURSDAY</b><br><b>Sept. 11</b>   | <b>FRIDAY</b><br><b>Sept. 12</b>  |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|---|
| <b>Physics</b><br>8:00 – 9:30        | <b>Chemistry</b><br>8:00 – 9:30      | <b>Physics</b><br>8:00 – 9:30        | <b>Physics</b><br>8:00 – 9:30        | <b>Polish gr. 2</b><br>8:00 – 9:30  |
| Break<br>9:30 – 9:45                 | Break<br>9:30 – 9:45                 | Break<br>9:30 – 9:45                 | Break<br>9:30 – 9:45                 | Break<br>9:30 – 9:45  |
| <b>Chemistry</b><br>9:45 – 11:15     | <b>Physics</b><br>9:45 – 11:15       | <b>Chemistry</b><br>9:45 – 11:15     | <b>Chemistry</b><br>9:45 – 11:15     | <b>Polish gr. 3</b><br>9:45 – 11:15   |
| Lunch break<br>11:15 – 11.45         | Lunch break<br>11:15 – 11.45         | Lunch break<br>11:15 – 11.45         | Lunch break<br>11:15 – 11.45         | Lunch break<br>11:15 – 11.45  |
| <b>Biology</b><br>11:45 – 13:15      | <b>Biology</b><br>11:45 – 13:15      | <b>Polish gr. 3</b><br>11:45 – 13:15 | <b>Polish gr. 3</b><br>11:45 – 13:15 | <b>Physics</b><br>11:45 – 13:15   |
| Break<br>13:15 – 13:30               | Break<br>13:15 – 13:30               | Break<br>13:15 – 13:30               | Break<br>13:15 – 13:30               | Break<br>13:15 – 13:30  |
| <b>Polish gr. 1</b><br>13.30 – 15:00 | <b>Polish gr. 2</b><br>13.30 – 15:00 | <b>Polish gr. 1</b><br>13.30 – 15:00 | <b>Polish gr. 1</b><br>13.30 – 15:00 | <b>Polish gr. 4</b><br>13.30 – 15:00  |
| Break 15.00-15.15                    | Break 15.00-15.15                    | Break 15.00-15.15                    | Break 15.00-15.15                    | Break 15.00-15.15   |
| <b>Polish gr. 4</b><br>15.15-16.45   | <b>Polish gr. 4</b><br>15.15-16.45   | <b>Polish gr. 2</b><br>15.15-16.45   | <b>Polish gr. 4</b><br>15.15-16.45   | <b>Biology</b><br>15.15-16.45 ,<br><b>After lecture meeting 1:</b><br><i><u>Studying in Poland: culture shock</u></i> |

# PRE-COURSE TIMETABLE 1 st YEAR STUDENTS 2025/2026

September 2025

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| <b>MONDAY</b><br>Sept. 15            | <b>TUESDAY</b><br>Sept. 16           | <b>WEDNESDAY</b><br>Sept. 17        | <b>THURSDAY</b><br>Sept. 18  | <b>FRIDAY</b><br>Sept. 19           |
|--------------------------------------|--------------------------------------|-------------------------------------|--|-------------------------------------|
| <b>Polish gr. 1</b><br>9:45-11:15    | <b>Polish gr. 1</b><br>8:00 – 9:30   | <b>Polish gr. 3</b><br>8:00 – 9:30  | <b>Polish gr. 4</b><br>8:00 – 9:30   | <b>Polish gr. 3</b><br>8:00 – 9:30  |
| <b>Break</b><br>9:30 – 9:45          | <b>Break</b><br>9:30 – 9:45          | <b>Break</b><br>9:30 – 9:45         | <b>Break</b><br>9:30 – 9:45  | <b>Break</b><br>9:30 – 9:45         |
| <b>Physics</b><br>9:45-11:15         | <b>Polish gr. 2</b><br>9:45 – 11:15  | <b>Chemistry</b><br>9:45 – 11:15    | <b>Chemistry</b><br>9:45 – 11:15   | <b>Chemistry</b><br>9:45 – 11:15    |
| <b>Lunch break</b><br>11:15 – 11:45  | <b>Lunch break</b><br>11:15 – 11:45  | <b>Lunch break</b><br>11:15 – 11:45 | <b>Lunch break</b><br>11:15 – 11:45  | <b>Lunch break</b><br>11:15 – 11:45 |
| <b>Chemistry</b><br>11:45 – 13:15    | <b>Chemistry</b><br>11:45 – 13:15    | <b>Physics</b><br>11:45 – 13:15     | <b>Polish gr. 2</b><br>11:45 – 13:15   | <b>Biology</b><br>11:45-13:15       |
| <b>Break</b> 13:15 – 13:30           | <b>Break</b> 13:15 – 13:30           | <b>Break</b> 13:15 – 13:30          | <b>Break</b> 13:15 – 13:30   | <b>Break</b> 13:15 – 13:30          |
| <b>Polish gr. 2</b><br>13:30 – 15:00 | <b>Polish gr. 4</b><br>13:30 – 15:00 | <b>Physics</b><br>13:30 – 15:00     | <b>Physics</b><br>13:30 – 15:00  | <b>Physics</b><br>13:30 – 15:00     |
| <b>Break</b> 15:00-15:15             | <b>Break</b> 15:00-15:15             | <b>Break</b> 15:00-15:15            | <b>Break</b> 15:00-15:15   | <b>Break</b> 15:00-15:15            |
| <b>Polish gr. 3</b><br>15:15-16:45   | <b>Biology</b><br>15:15 – 16:45      | <b>Polish gr. 1</b><br>15:15-16:45  | <b>Biology</b><br>15:15-16:45<br><b>After lecture meeting 2:</b><br><i><u>Adjusting to university life</u></i> | <b>Polish gr. 4</b><br>15:15-16:45  |

# PRE-COURSE TIMETABLE 1 st YEAR STUDENTS 2025/2026

September 2025

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| MONDAY<br>Sept. 22           | TUESDAY<br>Sept. 23   | WEDNESDAY<br>Sept. 24        | THURSDAY<br>Sept. 25          | FRIDAY<br>Sept. 26           |
|------------------------------|---|------------------------------|-------------------------------|------------------------------|
| Polish gr. 1<br>8:00 – 9:30  | Polish gr. 3<br>8:00 – 9:30   | Polish gr. 2<br>8:00 – 9:30  | Polish gr. 1<br>8:00 – 9:30   | Chemistry<br>8:00 – 9:30     |
| Break<br>9:30 – 9:45         | Break<br>9:30 – 9:45  | Break<br>9:30 – 9:45         | Break<br>9:30 – 9:45          | Break<br>9:30 – 9:45         |
| Physics<br>9:45 – 11:15      | Polish gr. 1<br>9:45 – 11:15  | Chemistry<br>9:45 – 11:15    | Polish gr. 3<br>9:45 – 11:15  | Chemistry<br>9:45 – 11:15    |
| Lunch break<br>11:15 – 11:45 | Lunch break<br>11:15 – 11:45  | Lunch break<br>11:15 – 11:45 | Lunch break<br>11:15 – 11:45  | Lunch break<br>11:15 – 11:45 |
| Chemistry<br>11:45 – 13:15   | Chemistry<br>11:45 – 13:15  | Chemistry<br>11:45 – 13:15   | Polish gr. 4<br>11:45 – 13:15 | Physics<br>11:45 – 13:15     |
| Break 13:15 – 13:30          | Break 13:15 – 13:30   | Break 13:15 – 13:30          | Break 13:15 – 13:30           | Break 13:15 – 13:30          |
| Chemistry<br>13:30 – 15:00   | Physics<br>13:30 – 15:00  | Physics<br>13:30 – 15:00     | Polish gr. 2<br>13:30 – 15:00 | Biology<br>13:30-15:00       |
| Break 15.00-15.15            | Break 15.00-15.15   | Break 15.00-15.15            | Break 15.00-15.15             | Break 15.00-15.15            |
| Polish gr. 2<br>15:15-16:45  | Biology<br>15:15-16:45<br>After lecture meeting 3:<br><u>Planning your work</u> | Polish gr. 3<br>15:15-16:45  | Physics<br>15:15 – 16:45      | Polish gr. 4<br>15:15-16:45  |

**All lectures and Polish classes will be held online.**

**12 September, 2025** at 16.45

**Meeting 1. Studying in Poland: culture shock**

When you study abroad, your daily routine, the culture and attitudes and reactions of people around you are no longer familiar. The process of recognizing, understanding and adapting to these changes is called culture shock.

In our home environment much of our behavior, like gestures, tone of voice, what we expect to happen in certain situations and how we interact, rely on collectively understood cultural cues. However, we don't actively pay attention to these or analyse them - they're simply what we are used to, the unspoken norm. In a new country, we become more aware of these cultural subtleties because they ***are different from what we are used to.***

You may not literally be shocked, but this feeling of disorientation and processing new ways of life, attitudes and cultural norms is by definition **culture shock**.

The purpose of this meeting is to exchange information about these cultural differences, how we interpret them and our reactions to them. Having some insight into why these differences in attitudes and behavior exist may help to put them in perspective and to realize that they are not necessarily a reaction to us personally. This may help to diffuse many situations in which we feel uncomfortable.

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**18 September, 2025** at 16.45

Meeting 2.

**Adjusting to university life**

Going to university, for many students, is a completely new experience. It may turn out to be very different from what you expected, especially if you are studying in a foreign country. You may have to make lots of adjustments: the hours for classes and lectures may be different, the workload may be much higher and there may be more tests than you have been used to in the past. Teachers may treat you differently and the expectations of the university authorities may seem unusual. The aim of this session is to allow students to raise any issues that they may have concerning studying at the university in order to get a better understanding of situations that may be confusing to them.

**23 September 2025** at 16.45

Meeting 3. **Planning your work**

Although it may seem very obvious to all of us that having a clear work plan is the basis for successful studying, we don't always follow this advice. We can't seem to get organized, leave things until the last minute and often get by in a fairly chaotic way. This leads to stress and worry – we may find that we are unable to concentrate, we feel tense and are unable to sleep.

This session will be devoted to finding ways of helping to cope with such problems.