



WROCLAW UNIVERSITY  
OF ENVIRONMENTAL  
AND LIFE SCIENCES



# ERASMUS+ Blended Intensive Program in Food Sustainability BIP STUDENT HANDBOOK



## UNIVERSITÀ DI PARMA



[www.unipr.it](http://www.unipr.it)

Università degli Studi di Parma | via Università, 12 - 43121 Parma

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Dear BIP Participant,

Congratulations for having been selected as exchange student for the participation in the ERASMUS+ Blended Intensive Program (BIP) in Food Sustainability. As you already know, BIPs are modern and challenging programs carried out in close collaboration between three or more Higher Education Institutions (HEIs), mixing virtual and physical courses. The BIP in Food Sustainability is run in close collaboration with the University of Extremadura (Spain), the University of Angers (France), the Wrocław University of Environmental and Life Sciences (Poland), the University of Gävle (Sweden) and the University of Oradea (Romania).

The physical period of the blended program is planned for the period 8<sup>th</sup> – 12<sup>th</sup> July 2024 at the [Wrocław University of Environmental and Life Sciences](#), while the virtual courses will take place from the 20<sup>th</sup> of June 2024 (pre-recorded lessons), to 15<sup>th</sup> July 2024 (online-final lesson). Focusing now on the physical part of the program, we are looking forward to having you in Wrocław as Exchange Student!

The aim of this guide is to provide you with guidance for the duration of the entire exchange period, starting with the Application procedures up to the Recognition of activities that you will carry out during your mobility at the Wrocław University of Environmental and Life Sciences, including some tips to manage your stay in Wrocław.

Here are some initial pointers:

- The staff operating at the University International Relations office is in charge for help you to plan your stay in Wrocław. The relevant staff may be contacted at the following e-mail address: [anna.posadowska-malarz@upwr.edu.pl](mailto:anna.posadowska-malarz@upwr.edu.pl)
- Involved academics are responsible for planning and organizing your study plan. Each participating University identified a coordinator whose identity and e-mail address:

University of Parma (Coordinator)

Prof. Tullia Tedeschi

[tullia.tedeschi@unipr.it](mailto:tullia.tedeschi@unipr.it)

Prof. Benedetta Bottari

[benedetta.bottari@unipr.it](mailto:benedetta.bottari@unipr.it)

University of Angers

Prof. Gaëlle Pantin-Sohier

[gaelle.pantin-sohier@univ-angers.fr](mailto:gaelle.pantin-sohier@univ-angers.fr)

University of Extremadura

Prof. Ana Isabel Andrés Nieto

[aiandres@unex.es](mailto:aiandres@unex.es)

Wrocław University of Environmental and Life Sciences

Prof. Małgorzata Korzeniowska

[malgorzata.korzeniowska@upwr.edu.pl](mailto:malgorzata.korzeniowska@upwr.edu.pl)

University of Gävle

Prof. Mikaela Willmer

[mikaela.willmer@hig.se](mailto:mikaela.willmer@hig.se)

University of Oradea

Prof. Adrian Timar

[atimar@uoradea.ro](mailto:atimar@uoradea.ro)

#### The BIP calendar:

- The **Physical part** of the program starts on July 8<sup>th</sup> and ends on July 12<sup>th</sup> 2024.
- The **Virtual part** of the program starts on June 20<sup>th</sup> (pre-recorded lessons) and ends on July 14<sup>th</sup> (online final lesson) 2024.
- 

Enjoy your exchange period at the Wrocław University of Environmental and Life Sciences!



## PLAN YOUR ARRIVAL AND YOUR STAY IN WROCLAW

### Dormitory accommodation



The Wrocław University of Environmental and Life Sciences has reserved single and double rooms in the freshly renovated dormitory ARKA:

- the address of the dormitory: Dom Studencki Arka, Olszewskiego Street 25, Wrocław
- the distance from the dormitory to the destination place (Grunwaldzki Square 24A): approx. 3,5 km; you can find *How to get here*: <https://maps.app.goo.gl/taNeEpU7g1rhqb7U8>
- single room with bathroom and kitchen: EUR 20 per night/per person
- double room with bathroom and kitchen: EUR 17 per night/per person
- you can check-in and check-out whenever you want (I mean the hours) within the dates of your arrival and departure
- you can pay by card at the dormitory.

Accommodation is reserved for BIP participants, but payment is the student's own responsibility.

In the following survey each student should indicate the date of arrival and departure to the dormitory and choose the type of the room: <https://forms.gle/kmm5ondk3KwS1CiS7>

There is option to arrive earlier than 7<sup>h</sup> July 2024 and leave later the 13<sup>th</sup> July 2024. Please contact: [anna.posadowska-malarz@upwr.edu.pl](mailto:anna.posadowska-malarz@upwr.edu.pl)

The price includes bed linen, access to Wi-Fi, luggage storage, bike parking and parking space in the hostel's private car park (subject to availability). Each room has a private bathroom and kitchen. Reception is open 24/7.

How to get from the dormitory ARKA to the BIP venue

You can find *How to get here*: <https://maps.app.goo.gl/taNeEpU7g1rhqb7U8>



## Meals

Meals are not included in the accommodation rates.

During the days of the course, students will have free lunches at the university canteen. The canteen is in the same building as the BIP takes place.



## REGISTRATION TO UNIPR

Be informed that professors will use some facilities and services offered by our university such as **Elly**, an e- learning platform, where documents will be uploaded and **Ms Teams**, where online courses will be delivered.

In order to access to online tools, you must be enrolled to the University of Parma; mobility students will be enrolled as exchange students while Unipr students can keep on using their credentials.

The access is compulsory both for the physical than the virtual part of the Program.

## Mobility and Non-Mobility students

The ERASMUS+ Blended Intensive Program in Food Sustainability is coordinated by the University of Parma; there are 2 categories of students:

- Non-mobility students: regularly enrolled in the Institution that hosts the physical part of the BIP .
- Mobility: students regularly enrolled in partner Universities; they are enrolled in the hosting University as exchange students; they receive a mobility grant paid by Home Universities;

## Physical courses

The Physical program starts on July 8<sup>th</sup> and ends on July 12<sup>th</sup> 2024. Courses will take place at the Grunwaldzki Square 24A.

Please find below some info regarding the meeting place:

- Address: Plac Grunwaldzki 24A
- Room: you will be provided with the room number later
- Map: <https://goo.gl/maps/Dh581htwVEzpesAKA>

## Online courses

The Virtual program is organized in two sessions: pre-recorded lessons are available from the 20<sup>th</sup> of June 2024 on the Elly on-line platform and final online lesson is on 15<sup>th</sup> July 2024. While UNIPR students can still use their personal UNIPR account, students coming from partner Universities will receive credentials by the University of Parma.

The Incoming staff registers you to the University of Parma and will send you an e-mail with:

- a username ([name.surname@studenti.unipr.it](mailto:name.surname@studenti.unipr.it))
- a password



## Learning Agreement

Before the beginning of the course, as per any student mobility carried out in the framework of the Erasmus+ Program, you must have your Learning Agreement (Section "Before the Mobility") approved. Once signed by you and your local coordinator, you must send the document for countersignature by the hosting University (Parma).

You can use OLA (Online Learning Agreement), your University's online platform, or a Microsoft Word/paper version, according to your home University's directions.

While completing your Learning Agreement you are asked to indicate Contact person and Responsible person.

The Contact person is the administrative person from the International office of the University of Parma while the Responsible persons are the professor in charge of evaluating and approving your Learning Agreement:

<b>CONTACT PERSON</b>	Head of the International Division (Administration)	Dr. Alessandro Bernazzoli Head of International Division Phone: +39.0521.904203 E-mail: incoming@unipr.it
<b>RESPONSIBLE PERSON</b>	The professors that will approve your Learning Agreement (Academic Part)	<b>BIP Coordinators for your University and for the University of Parma (Prof. Tedeschi)</b>

The document must be approved by the three parties (student, Home university coordinator, UNIPR coordinator). You can sign it digitally or manually and send it back to us. Non-mobility students have the same Home/Host Coordinator







# PLACES TO VISIT IN WROCLAW



## MARKET SQUARE (RYNEK)

One of the largest market squares in Europe, the Rynek is the heart of Wrocław, surrounded by colorful townhouses and the impressive Gothic-style Old Town Hall.

Highlights: The Fountain of the Bear, the late-Gothic Town Hall, and numerous cafes and restaurants perfect for people-watching.



## CATHEDRAL ISLAND (OSTRÓW TUMSKI)

The oldest part of Wrocław, Ostrów Tumski, is a picturesque area featuring cobblestone streets and historic buildings.

Highlights: The Cathedral of St. John the Baptist, the Tumski Bridge (Lovers' Bridge), and serene views along the Oder River.



## WROCLAW UNIVERSITY

A historic university known for its Baroque architecture and the stunning Aula Leopoldina, a grand ceremonial hall.

Highlights: Aula Leopoldina, the Mathematical Tower offering panoramic views of the city, the Oratorium Marianum concert hall, Botanical Garden.



## CENTENNIAL HALL (HALA STULECIA)

A UNESCO World Heritage site, this monumental structure is an example of early 20th-century architecture and hosts various events and exhibitions.

Highlights: The multimedia fountain shows in the adjacent Szczytnicki Park and the nearby Wrocław Zoo.







# PLACES TO VISIT IN WROCLAW



## WROCLAW DWARFS

Scattered throughout the city, these small bronze statues have become one of Wrocław's most endearing attractions. Highlights: Hunting for dwarfs across the city and learning about their quirky backstories through the "Dwarf Map" available at tourist information centers.



## RACŁAWICE PANORAMA

A colossal cycloramic painting depicting the Battle of Racławice, a significant event in Polish history. Highlights: The 360-degree painting experience and accompanying exhibitions that provide context to the historic battle. With a ticket to the Panorama of Racławice, you can visit the permanent exhibiton in four other museums.



## SZCZYTNICKI PARK

One of the oldest and largest parks in Wrocław, featuring diverse plant species and beautiful landscapes. Highlights: The Japanese Garden, the picturesque pond, and leisurely walks among centuries-old trees.



## ODER RIVER CRUISES

Enjoy a scenic cruise along the Oder River, offering a unique perspective of Wrocław's skyline and landmarks. Highlights: Evening cruises to see the city illuminated and themed tours with historical narration.





# FOOD AND DRINK SCENE IN WROCLAW



## LOCAL CUISINE

**Pierogi:** dumplings made from unleavened dough, usually filled with a variety of ingredients

**Bigos:** a hearty dish made with sauerkraut, fresh cabbage, various cuts of meat, and sausages.

**Żurek:** a sour rye soup, often served with boiled eggs and slices of sausage.



## CRAFT BREWERIES

**Browar Stu Mostów** offers a variety of beers, including IPAs, stouts, and lagers. They also have a taproom where you can try their latest creations. Address: Jana Długosza 2

**Browar Profesja** known for its creative and experimental beers, often featuring unique ingredients and bold flavors. They have a cozy taproom for tastings. Address: Swojczycka 28

## PASTRIES

**Pączki:** Deep-fried doughnuts filled with sweet fillings such as rosehip jam, plum jam, custard, or other fruit preserves.

**Sernik:** A type of cheesecake made with twaróg, a Polish farmer's cheese, which gives it a unique texture and flavor.

**Drożdźówka:** Sweet yeast buns or rolls that can be filled with sweet cheese, poppy seeds, or fruit preserves.



## STREET FOOD

**Zapiekanka:** A half-baguette or bread roll topped with sautéed mushrooms, cheese, and sometimes other toppings like ham or vegetables.

**Obwarzanek Krakowski:** A traditional pretzel, boiled and then baked, often sprinkled with salt, sesame seeds, or poppy seeds.





# USEFUL QR CODES

## SCAN IT!



### TOURIST INFORMATION



### OFFICIAL TRAVEL SERVICE



### TRAMS AND BUSES



### NATIONAL MUSEUMS



### UNIWROC MUSEUM



### BOTANICAL GARDEN



### HYDROPOLIS WROCLAW



### SKY TOWER VIEWPOINT



### ZOO WROCLAW



### BROWAR STU MOSTÓW



### BROWAR PROFESJA



### PIWNICA ŚWIDNICKA





Emergency locations and numbers:

**Emergency  
Room**

**+48 608 599 999**

**Taxi Call**

**+48 796 600 896**



**Single european  
emergency number**

**(112)**

**Call**



## Course calendar

Here's the calendar to the **physical activities** in Wrocław

Date		Presentation	Speaker
7 <sup>th</sup> July		Arrival to Wrocław	
8 <sup>th</sup> July	9:00 – 13:00	Insects as a sustainable alternative source of animal protein	Prof Gaele Pantin-Sohier
	15:00 – 17:00	Agricultural practices and phosphorus cycle: local, European and global perspectives.	Prof. Monia Magri
9 <sup>th</sup> July	8:00 – 18:00	Field trip to Radomierz experimental station	
		Nature based solutions to contrast diffuse pollution in agroecosystems	Prof Marco Bartoli
		Nature based solutions – soil and plants	Prof Cezary Kabala Prof Magdalena Szymura
10 <sup>th</sup> July	9:00 – 18:00	Laboratory activities in groups	Prof Malgorzata Korzeniowska Dr Jacek Lyczko MSc Szymon Juchniewicz MSc Katarzyna Leicht MSc Marcelina Stach
11 <sup>th</sup> July	9:00 – 11:00	A way to produce sustainable and traditional food products linked to the environment: Iberian dry-cured ham, paprika ("Pimentón de La Vera"), cheese ("Torta"), Virgin Olive Oil.	Prof Ana Isabel Andrés Nieto/ María Jesús Petrón Testón/María Luisa Timón Andrada
	11:00 – 13:00	Green extraction methods for the recovery of bioactive compounds from agrifood by-products	Prof Ana Isabel Andrés Nieto/ María Jesús Petrón Testón/María Luisa Timón Andrada
	15:00 – 18:00	Project work in groups	
12 <sup>th</sup> July	9:00 – 10:00	Possibilities and challenges for sustainable eating and public health	Prof. Mikaela Willmer
	10:00-12:00	Working Group on LCA	Dr. Arianna Paini
	12:00 – 13:00	Foods and food habits in the past	Prof Maciej Oziemblowski
	15:00 – 17:00	Pitch session	All Professors



Here's the calendar to the **virtual activities** (on Elly/MS Teams)

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		Pre-recorded Lecture	Speaker	
From June 20 <sup>th</sup>		The multiple dimensions of Sustainable Development	Prof Antonella Banchiorri	
		Life cycle assessment: introductory aspects	Prof. Giuseppe Vignali	
		Introduction to sustainable eating – a public health perspective	Prof Mikaela Willmer	
		Novel foods and edible insects in the EU	Prof. Lucia Scaffardi	
		Risk assessment of Novel Foods-	Dr. Gabriela Precup-EFSA	
		International and European Union Law -	Prof. Marco IngleseURL	
		Presentation	Speaker	
15 <sup>th</sup> July	9:00 – 13:00	Work group	Soil system budget: source of data. Realization of the input and output database.	Prof Marco Bartoli
			Calculation of Nitrogen budget at the municipality scale	Prof Marco Bartoli
			Evaluation of nitrogen use efficiency in arable land and of the risk of water	Prof Marco Bartoli





## SOCIAL EVENTS AND LEASURE

### The STEP UP – Students' network

Some social activities have been planned to allow students enjoy the city of Wrocław.

The activities will be arranged with the support of STEP UP - the organization which helps the incoming students with getting around from the date of their arrival in Wrocław.

For more info about STEP UP please check the following details:

- [step.upwr@gmail.com](mailto:step.upwr@gmail.com)
- STEP UP - Support Team for Exchange Programs UPWr | Facebook



## AT THE END OF YOUR MOBILITY

### Transcript of Records

After the end of the Blended Intensive Program you will receive the Transcript of Records, a document that states the activity that you have performed. This document allows you to receive credits from your Home Institution.

We invite you to contact the Coordinator of the BIP at your home University in order to know the procedures for the recognition of learning outcomes.

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### Survey

Students are requested to fill in a survey on organization and education issues: we would like to know your opinion.

The final evaluation survey will be available after the conclusion of the project.

Thank you for your participation!

## Contact us

International Relations Division

Erasmus and International Home

P.le San Francesco, 2 – 43121 Parma



[bip@unipr.it](mailto:bip@unipr.it)  
[incoming@unipr.it](mailto:incoming@unipr.it)



+39.0521.034203

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