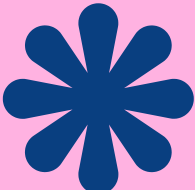


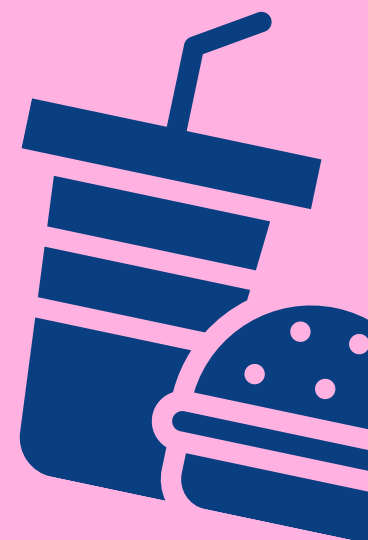


SZCZECIN GUIDEBOOK

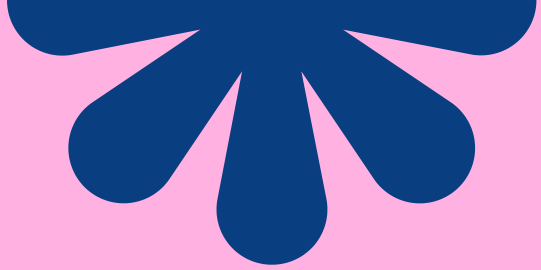


THE ULTIMATE STUDENT &
ERASMUS SURVIVAL GUIDE

Everything you actually need to know about living,
partying & surviving here

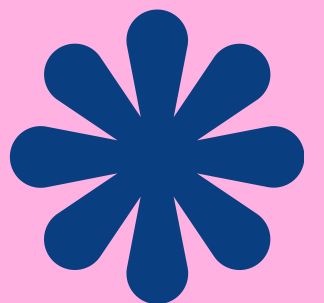
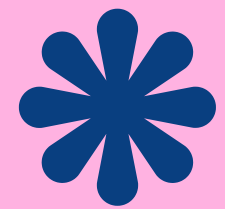


R[↑]ISE



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- Introduction
- Local life & tips
- Green spaces
- Sports
- Attractions
- Food
- Nightlife
- Culture & entertainment
- Day trips



WELCOME TO SZCZECIN!

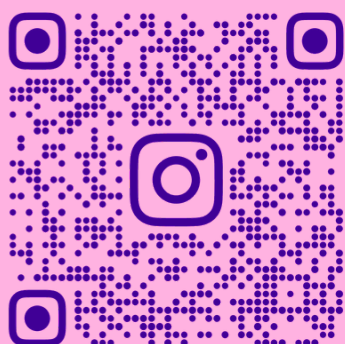
This guidebook was created by students, for students to help you feel like a local and make Szczecin your second home!

You won't find legal articles or official paperwork guidelines here. However, if you ever need help with bureaucracy or university docs, you can always reach out to DSM (International Students' Office) or to us – if it's within our power, we are always super happy to support you!

Instead, this guide gives you real, practical tips about the city, its best spots, local culture, and how to get the absolute most out of your student life.

Most importantly: as an academic club, our main goal is to make your stay completely unforgettable! Make sure to follow us on Instagram ([@rise_usz](https://www.instagram.com/rise_usz)) to stay updated with all our upcoming events, trips and parties.

Now, enjoy the read! We hope you find plenty of useful tips to make your time in Szczecin the experience of a lifetime.



TIPS TO SURVIVE

UNUSUAL RULES (OR AT LEAST THEY MIGHT SEEM LIKE IT!)

Jaywalking: Don't cross on a red light or outside designated pedestrian crossings! Police and Straż Miejska actually give real fines for this (around 100–200 PLN), even if the street is completely empty.

Using your phone on crossings: It's illegal to look at your phone screen while stepping onto a pedestrian crossing. Keep your head up to avoid a fine!

Drinking in public: Drinking alcohol in public places (like streets, parks, or bus stops) is illegal and fined. The big exception: The Boulevards (Bulwary) along the Odra River and Wyspa Grodzka are legal drinking zones, making them the ultimate student hangout spots!

Smoking in the bus stops is prohibited.

Sunday Shopping Ban: Most supermarkets and big malls are closed on Sundays. However, smaller convenience stores like Żabka remain open. Keep an eye out for rare "shopping Sundays", which usually happen right before major holidays

Nighttime Alcohol Sales Ban: Stores and supermarkets in Szczecin cannot sell alcohol between 11:00 PM and 6:00 AM. This ban applies only to retail shops – you can still order alcoholic drinks in pubs, clubs and restaurants..

Quiet hours: Usually enforced from 10 PM to 6 AM (22:00–06:00). If you're throwing a pre-game or house party, keep windows closed and turn down the music after 10 PM. Neighbours won't hesitate to call the police if it gets too loud.

Meds at supermarkets: You don't need to find a pharmacy (Apteka) for basic painkillers like Paracetamol or Ibuprofen. You can easily buy them at Żabka, supermarkets, or gas stations.

ESSENTIAL APPS

- **Jakdojade:** An absolute must-have for checking bus and tram timetables, routes, and buying public transport tickets online.
- **ZnanyLekarz:** The ultimate app for booking medical appointments in Poland. You can filter doctors by language (e.g., English), read patient reviews, check prices, and book an appointment online in seconds without having to make a phone call.
- **Booksy:** Need a haircut, nails, a massage or a visit to the barber? Booksy is the go-to app in Poland to find local salons and instantly book your spot!
- **Roovee:** The official app to rent Szczecin's city bikes (BikeS)

EMERGENCY NUMBER

112



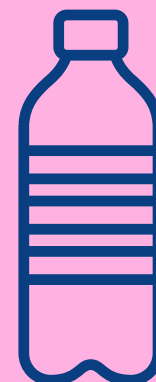
GOLDEN CULTURE RULES

Take off your shoes when entering someone's apartment or dormitory room. It's a sign of respect.

Poles might seem grumpy at first because we don't usually smile at strangers on the street or engage in small talk. But don't worry, we are super helpful if you just ask for help.

Take off your hat inside: It's considered impolite to wear a beanie, cap, or hood inside classrooms, apartments or restaurants.

Give up your seat: Always offer your seat to elderly people, pregnant women, or passengers with disabilities on buses and trams.

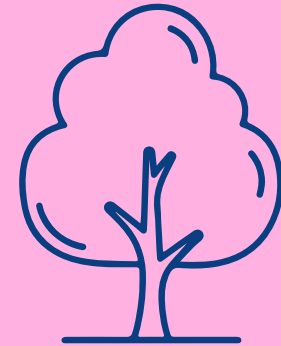


SAVVY TIPS

Bottle deposit system: Don't throw away your plastic bottles, cans, or glass bottles! Most supermarkets (like Biedronka or Lidl) have deposit machines where you can return them for a discount on your next groceries.



GREEN SPACES

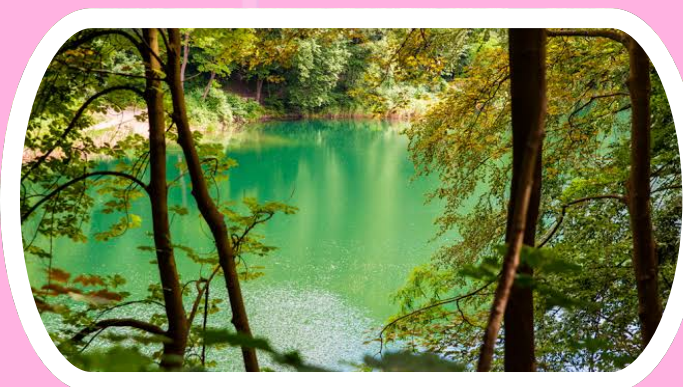
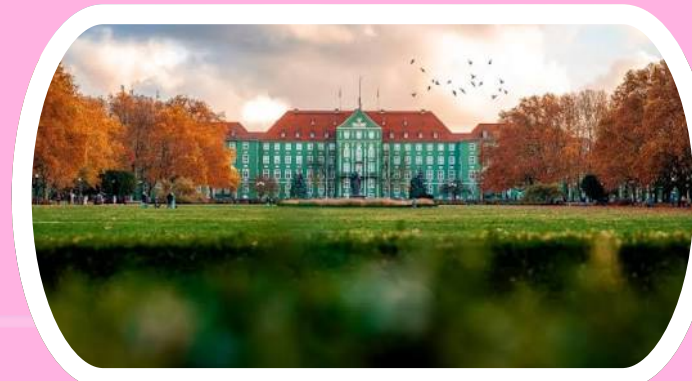


Central Cemetery (Cmentarz Centralny)

If visiting a cemetery as a park sounds weird to you, don't worry - you're not alone! In fact, it is the largest cemetery in Poland and the third largest in Europe. For locals, it functions much like a massive, peaceful park where you can go for a walk or a run. It might feel a bit unusual at first, but it's stunning and well worth a visit!

Jasne Błonia

Located right behind the City Hall, this is the ultimate spot for picnics, running, or a relaxed stroll under the trees. There are several cafés and Żabka stores right around the park, so you can easily grab a coffee or a snack and enjoy the view.



Emerald Lake (Jezioro Szmaragdowe)

It's a bit outside the city centre, but the striking emerald colour of the water makes it totally worth the trip. It's great for a walk, and if you enjoy trail running, the hilly terrain is perfect.

(It also hosts the local [CityTrail 5k races!](#))

Głębokie Lake (Jezioro Głębokie)

An amazing place for a run, walk, or day out in nature. It features wooden picnic tables, designated bonfire spots, and even a sandy beach area.



Arkonka

A fantastic area surrounding the Arkonka open-air swimming pool and Goplana Lake. It features smooth, paved paths that are ideal for running, inline skating, or cycling.



Mermaid Ponds (Syrenie Stawy)

It's a peaceful area with wooden footbridges over small lakes, quiet walking paths and plenty of benches. It's perfect if you want to escape the city noise and study or read in nature.



SPORTS

GYM & FITNESS



Best deal for students (16–26 y.o.): Check out BeActive. It is usually the most affordable membership option for young people (aged 16–26), giving you access to multiple gyms across the city with a single pass, including:

- Zdrofit (Galaxy, Kaskada, Piastów Office Center)
- Universum Fitness Club
- Studio Fitness Forma

Other popular options:

- MY GYM Szczecin
- Fitness Point
- Well Fitness Szczecin Hanza
- Just GYM

CLIMBING

Big Wall Szczecin – Rope climbing & bouldering. They offer a “First 3 Climbs” pass if you just want to give it a try!



Bald Port – Bouldering & rope climbing.

SKIING & SNOWBOARDING



Szczecińska Gubałówka gives you the unique chance to ski right inside the city! Since Szczecin is mostly flat, this is a pretty cool opportunity.

Tip: Check their Facebook page for updates, as opening times strictly depend on the weather. They offer equipment rentals, a T-bar lift and two slopes.



ICE SKATING

- Lodogryf – ul. Maciejowicka 61 (Right Bank / Prawobrzeże)
- Enea Arena
- Szczecińska Gubałówka
- Hit2Fit

CYCLING



Szczecin has a city bike system. While the bikes might not be the most modern, they are very affordable if you fancy a quick ride. To rent one, download the **Roovee** app.



RUNNING

For running trails, check the ‘Green spaces’ section and choose your favourite!

Worth checking out:

- Girls’ Run Club: [@girlsrunchlub.szn](https://www.girlsrunchlub.szn.pl/)
- Boys’ Run Club: [@boysrunchlub.zs](https://www.boysrunchlub.zs.pl/)

SWIMMING



- SDS, ul. Wąska 16
- Aquapark Fabryka Wody – generally it’s an aquapark, but you can find a sport swimming pool as well
- Pływalnia Politechniki Morskiej

TEAM SPORTS

The easiest way to find fellow athletes and local sports venues is by joining Facebook groups, such as:

Football



- [Piłka nożna Szczecin](#)
- [Piłka Nożna na Hali, Orliki Szczecin - Zbierz brakujący skład](#)
- [Szczecin - Piłka nożna, Orliki, Hale, Boiska](#)

Volleyball

- [Siatkówka w Szczecinie](#)



If your sport isn't on the list and you want to keep training, just reach out to us and we'll help you find the right spot.



WATCHING SPORTS LIVE!



Pogoń Szczecin (Football): Pogoń is the pride of Szczecin! Attending a match at the modern Stadion Miejski im. Floriana Krygiera is a must-do experience for the local crowd atmosphere.

How to get tickets: Create an account on the official ticketing website (bilety.pogonszczecin.pl) or buy them at the stadium ticket desks.

- You'll need a Polish PESEL number or your passport/ID number to purchase a ticket!

King Szczecin (Wilki Morskie – Basketball): Szczecin's top-tier professional basketball team! They play in the Polish Basketball League (ORLEN Basket Liga) at Enea Arena.

How to get tickets: You can grab tickets directly at the Enea Arena box office before the game.

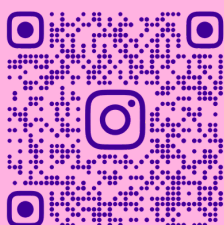
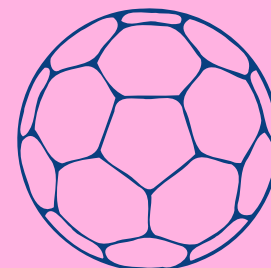


LOTTO Chemik Police (Women's Volleyball): While based just outside the city in Police, they regularly play their big championship matches and European League games at Enea Arena in Szczecin.

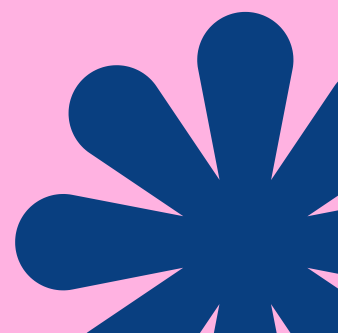
How to get tickets: Tickets can be bought at the arena box office on match days.

Sandra SPA Pogoń Szczecin (Handball): Handball is fast, intense, and super dramatic to watch live! Catching a local match is a great weekend activity for any sports fan.

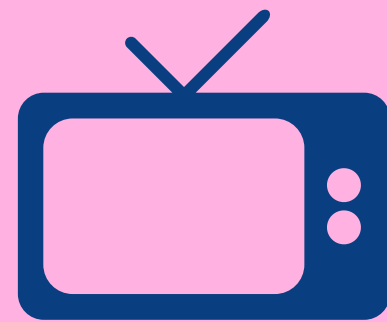
How to get tickets: Just visit their official website handball.szczecin.pl and click the "Kup bilet" button to grab your spot online!



We'll try to organize at least one match trip every semester, so keep an eye out on our socials!



WATCHING SPORTS ON SCREEN!



Kicker Pub (ul. Nowy Rynek 3)

An absolute favorite for sports fans! It's worth following their Facebook page, as they post a weekly schedule of all the games they show live. o They also organize regular dart competitions



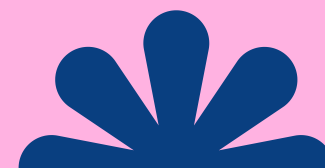
Nowy Browar (ul. Partyzantów 2)

A massive brewery pub with big screens, fresh local beer, and great food. A fantastic spot to catch major football matches with a big crowd.



Pub Coolturka/COOLout Pub

The go-to hangout spot if you're into Formula 1 race weekends or live football broadcasts with cheap drinks and a relaxed atmosphere.





FOOD

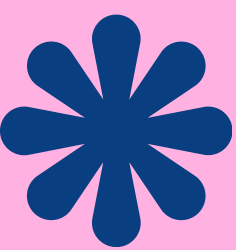
You can easily find restaurants of all kinds on Google, but we want to share some hidden gems and local spots with you!

- **Bar Turysta** – affordable, traditional Polish food (a classic milk bar experience).
- **Bar Rab** – best kebab, open 24/7. Every Szczecinian finishes their parties or nights out there. If you are vegetarian, you should try Bułka z frytkami (chips in a bun) – it may not be very nutritional, but it's just delicious!
- **Mak Kwak** – more or less the same concept as Bar Rab, but they have two locations.
- **Pasztecik** – it's a traditional Szczecin snack worth trying. You have different fillings to choose from, such as meat or cheese with mushrooms. Important: you have to buy a cup of red borscht (barszcz) with your pasztecik to get the full, authentic experience! (The oldest spot at Wojska Polskiego street has been serving them since 1969 and still looks super retro!)
- **Manekin** – the legendary pancake house of Poland! Always packed for a reason: massive portions of sweet and savory crêpes at very student-friendly prices.

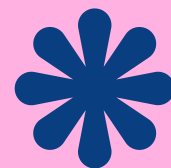


If you want cheap, homemade Polish food to take away, look for signs saying 'Garmażerka'. These are local delis where you buy freshly cooked food by weight or piece (like pierogi, croquettes/krokiety, cutlets or crepes). You just take it home, warm it up in a microwave or pan, and you're good to go! You can find them even in some malls such as Galeria Turzyn or in Jadłodajnia "Obiad w 10 minut" or "Babcia Gotuje", but basically you can find them everywhere.

We have some places that use the apps like Foodsi or TooGoodToGo, so you can download them to grab some food while taking care of the environment!

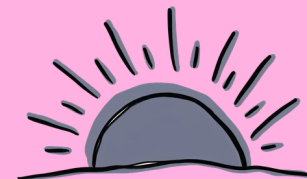


NIGHTLIFE & HANGOUT SPOTS



BULWARY & WYSPA GRODZKA

The ultimate spring and summer spots! Everyone gathers along the river to drink outdoors, listen to music, and watch the sunset over the crane contours (Dźwigozaury).

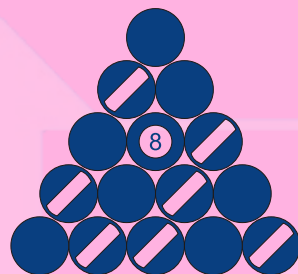


EXPPUB & CYBERMACHINA

The best spots if you love board games.

OLYMPIC BILLIARDS

Perfect for a budget-friendly game night! On Tuesdays and Thursdays, you can play for just 20 PLN for 2 hours per table.



KLUB SZAFKA (KARAOKE)

Looking to sing your heart out? Head to Szafa! Thursdays are student night, which means a 20% discount on drinks with your student ID.



B4 BILLIARDS

Great spot in the city center for pool, darts and cocktails with a cool lounge vibe!

HALA ODRA

An industrial venue right by the river. They host street food markets, outdoor cinema, DJ sets and electronic music parties in the summer.



DEPTAK BOGUSŁAWA

A pedestrian street lined with bars, pubs and late-night food.

PUBS & DRINKS

- **Pijalnia Wódki i Piwa:** The cheapest place to get a beer or a classic shot in the city center.
- **Taverna Cutty Sark:** A legendary pub if you're looking for a proper draft Guinness, live sea shanties and a nautical vibe.
- **Czeski Film:** A hidden gem with a great atmosphere! They offer awesome Czech craft beers, cozy cinema chairs and show real Czech films on screen.
- **Dylematy:** Perfect if you're looking for unique local brews, cider on tap and a chill spot to chat with friends before a party.
- **Melanż:** A student-friendly shot bar known for cheap drinks, energetic vibes, and a great place to warm up before heading to the clubs!



PARTIES & CLUBS

- **Hormon**
- **City Hall / Tanzbar** – the best spots if you're into electronic music, techno, house and a proper clubbing vibe.
- **Grey Club** – if you prefer a more elegant, modern clubbing experience with top 40 hits and commercial music.
- **Coyote Club** – a crazy party spot right on Deptak Bogusława.
- **Havana Club** – the ultimate spot for latino vibes, reggaeton, salsa and bachata in Szczecin!



CULTURE & ENTERTAINMENT

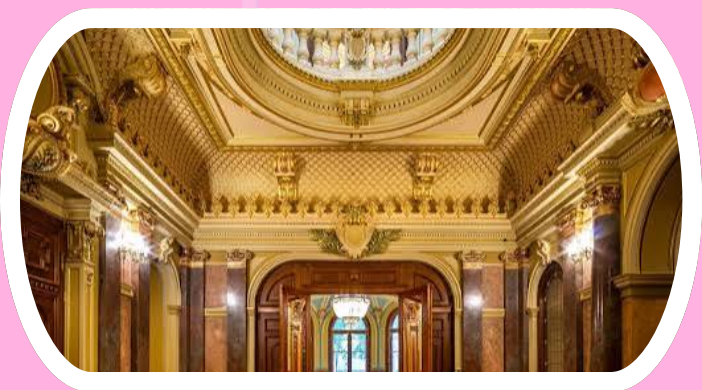


OGRODY ŚRÓDMIEŚCIE

A green oasis hidden right in the city center. It's a mix of an open-air cultural garden, pub and food space hosting live concerts, outdoor movie nights, flea markets and art events during warmer months.

JAZZMENT CLUB

Located in a cozy historic basement, this is the premier spot in Szczecin for live jazz, blues and acoustic sessions



WILLA LENTZA

A beautifully restored 19th-century villa hosting outdoor movie nights, intimate concerts and art exhibitions in a stunning garden setting.

FILHARMONIA

Iconic, glowing white building that won Europe's top architecture award. Great for classical, jazz and movie soundtrack concerts.

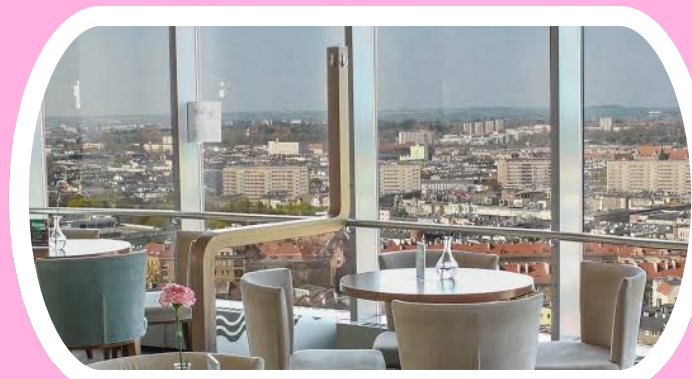


OPERA NA ZAMKU

A modern opera house located inside the medieval Pomeranian Dukes' Castle, featuring world-class operas, ballets and musicals (with English subtitles).

CAFE 22

Located on the 22nd floor of the Pazim tower, offering a stunning 360-degree panoramic view of the entire city! Drop by for coffee and desserts or visit on Wednesdays for live music sessions featuring local Szczecin artists.





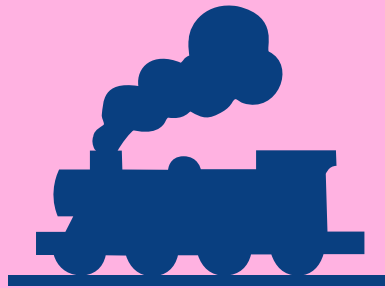
DAY TRIPS



Some people say that the best thing you can do in Szczecin is to leave... So, if you ever feel like agreeing with that at some point during your stay, or if you just want to explore Poland and Germany, here are a few tips and top destinations for you!

How to travel by train

Don't be afraid of Polish trains! They are actually quite comfortable and convenient – as long as you book your ticket in advance.



- **InterCity (IC / TLK) Trains:** These require a seat reservation. If you buy your ticket at the last minute, you might end up with a "ticket without a seat reservation" (bilety bez gwarancji miejsca), meaning you'll have to stand or find a spot on the floor!
- **Regio (Polregio) Trains:** These don't have reserved seating, so it's first-come, first-served—get to the platform early to grab a good seat.
- **Student Discount:** As a student under 26 with a valid Polish student ID (or ISIC card in some cases), you get a 51% discount on all domestic trains! Always keep your ID with you, as ticket inspectors will check it.



Where to buy train tickets:

- **Koleo App / Website** (the easiest and best app for Polish trains!)
- **Bilkom App or PKP Intercity App**
- **Ticket desks (Kasy biletowe)** at the main train station (Szczecin Główny)

TOP DESTINATIONS



The Baltic Coast:

- **Międzyzdroje** (~1h 15m by train): Famous for its long pier, sandy beach, Walk of Fame (Aleja Gwiazd) and the Wolin National Park with live bison
- **Świnoujście** (~1h 30m by train): Home to the widest beach in Poland, the highest lighthouse on the Baltic Sea and a free city ferry.
- **Kołobrzeg** (~2h by train): A popular seaside resort town with a historic lighthouse, pier and vibrant atmosphere.

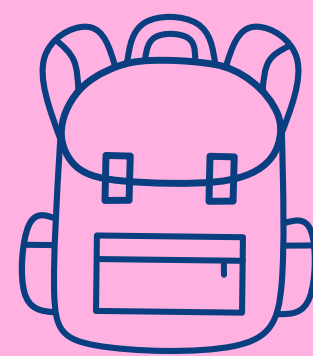
Unique Local Spots:

- **The Crooked Forest (Krzywy Las)** in Gryfino (~30m by train): A mysterious grove of strangely bent pine trees. A quick, unusual day trip!
- **Observation Platform in Widuchowa** (~40–45 mins): A modern, ring-shaped wooden viewpoint perched on a hill over the Odra River valley.





DAY TRIPS



GERMAN GETAWAYS



Berlin (~2h by bus or train):

You can easily take a FlixBus or a direct regional train (RB66 / RE5). Look for special tickets like the Brandenburg-Berlin Ticket (a group day pass for up to 5 people) to travel super cheap!

Potsdam (~2.5h by train/bus):

Located right next to Berlin. It's famous for the stunning Sanssouci Palace and Gardens, often called the German Versailles.



Stralsund & Rügen Island (~2h–2.5h by train):

Stralsund is a beautiful German port town featuring the huge oceanarium. From there, it's just a stone's throw to Rügen – Germany's largest island, famous for its dramatic white chalk cliffs (Königsstuhl).

