



Medical University of Białystok



authorities ■ history ■ didactic activities ■ research activities and international cooperation ■ University Library ■ Medical University journals and magazines ■ University clinical hospitals ■ Erasmus ■ students ■ Białystok and the region



MEDICAL UNIVERSITY OF BIALYSTOK

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Dear All,

Medical University of Bialystok is a modern, dynamically developing university, whose mission is to provide the best education of professional, responsible, modern medical staff, conduct research at the highest international level, implement innovative application solutions in cooperation with providers of medical services and act in response to social needs.

Our university is continuously investing in the development of academic staff. Researchers benefit from numerous scholarships, internships, trainings, and study visits to the best scientific and educational centres in the world. The number of foreign scientists collaborating with our University, who represent dynamically developing world research centres is growing annually. These activities result in the growing number of the university staff achievements. Medical University of Bialystok employees are experts in their fields of science, members of scientific committees, editorial offices, national and voivodship consultants. The dynamic, creative Staff constitutes great potential for acquiring external funds, both research and EU grants and for commercialization of research.

Medical University of Bialystok undertakes numerous scientific initiatives of significant importance for the region and the country. It is a precursor and leader in conducting work on artificial intelligence in medicine and contributing to the development of large-scale research on genomics, proteomics, metabolomics, radiomics and bioinformatics. The University also conducts a population – based study, unique in this part of Europe, covering 10 000 inhabitants of Bialystok (Bialystok Plus Study). Unique research programmes in the field of personalised medicine and civilisation diseases are being implemented. One of them is a project to create a reference model of biobanking and a service supporting the diagnosis and treatment of early stages of non-small cell lung cancer.

The University has a state-of-the-art research and educational infrastructure, which includes, among others: a modern University Clinical Hospital, Euroregional Pharmacy Centre, Faculty of Health Sciences Didactic-Scientific Centre, Centre for Experimental Medicine, Centre for Clinical Research, Centre for Bioinformatics and Data Analysis, Laboratory of Molecular Imaging and Centre for Medical Simulation.

The KNOW status (2012-2017) as well as the high parametric assessment of the Ministry of Science and Higher Education, according to which all three MUB Faculties have category A on a four-level scale, are the confirmation of the significant University's position. In addition, MUB, as the only Polish university, has won a prestigious grant for conducting PhD studies in the COFUND competition as a part of the Marie Skłodowska-Curie Actions within the European Commission Framework Programme, Horizon 2020. In 2019, the University took 11th place in the prestigious competition of the Ministry of Science and Higher Education "Initiative of Excellence - Research University", which selected 20 best Polish universities.

Currently, 5500 students study at 16 courses, including over 400 students studying in English, and 30,000 graduates have already left the walls of the University.

It is noteworthy that the Medical University of Bialystok is situated in a region of outstanding tourist attractions. The region of Podlasie is home to various nationalities, languages, religions, traditions and cuisines. It is also an area exceptional for its nature, as there are four national parks, three landscape parks and almost 90 nature reserves, which together form the area known as the Green Lungs of Poland.

You are always welcome to visit the region of Podlasie and Medical University of Bialystok.

Professor Adam Krętowski, MD, PhD
Rector, Medical University of Bialystok

MEDICAL UNIVERSITY OF BIALYSTOK

LEADERSHIP 2020-2024

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HISTORY



Interior of the Branicki Palace after the fire in 1944

The history of the Medical University of Białystok is a continuation of the 18th century tradition of practising medicine and public health care in Białystok. At that time, a palace midwifery school was functioning in Białystok, and it was later transformed into an Institute of Obstetrics (one of only a few in the entire country) – established by Dr. Jakub Michelis in the 19th century. Within the Institute, there was a clinic functioning as a health centre and a teaching facility. The University was officially founded in 1950 as the tenth Doctors Academy in Poland and it was soon renamed Medical Academy. Branicki Palace became the main seat of the newly established institution. The first Rector of the Medical Academy of Białystok, Tadeusz Kielanowski, was a member of the Lviv community. Many among the academic teachers were pre-war professors and graduates of universities in Vilnius, Cracow, Poznan, Warsaw and Lublin. 168 students began their studies at the Faculty of Medicine. The majority of theoretical departments were located in a building adjacent to the palace, now Collegium Primum, formerly Teachers Training College. The buildings that were granted to the University were destroyed in 1944 and their reconstruction began after the war. When the Medical Academy was founded, even the professors and students helped rebuild and renovate the damaged buildings. Hospitals that were at that time in operation in Białystok and which survived the war became the clinical base of the new University.



The Board of the Faculty of Medicine 1952-1953. In the middle: Professor Tadeusz Kielanowski, Rector

In 1951, the University obtained the right to confer the Doctor of Medical Sciences degree. In 1955, first students graduated from the Faculty of Medicine and were awarded the titles of Medical Doctor. In the same year, the first issue of a scientific journal *Roczniki Akademii Medycznej w Białymstoku* was published and it continues to be published under a changed title *Advances in Medical Sciences*.

The first ten years of the Medical Academy ended with a considerable success, as in 1960, for the first time, three graduates of the Faculty of Medicine were awarded a scientific degree of the Doctor of Medical Sciences. A year later, the first procedures of granting postdoctoral degrees were completed. In 1962, the State Teaching Hospital of the Medical Academy of Białystok was opened. Initially, the Medical Academy offered only one faculty of study – the Faculty of Medicine, but in 1969, the University's academic scope expanded by creating the Division of Dentistry. Eight years later the second faculty was established, namely the Faculty of Pharmacy with the Division of Medical Analytics (currently the Faculty of Pharmacy with the Division of Laboratory Medicine).

In 1987, the first child conceived through in-vitro fertilization in Poland was born in the Institute of Obstetrics and Gynecology. In the following year, the Children's Clinical Hospital began admitting patients. The first kidney transplant in Białystok was performed in 1989.

In 1999, the Collegium Novum was opened and a Division of Nursing was created at the Faculty of Medicine. In 2003, this division was transformed into the Faculty of Nursing and Health Care (currently the Faculty of Health Sciences).

Many new departments, clinics and laboratories were created in the following years.

At the beginning of the academic year 2011-2012, two new buildings for academic and research purposes were opened: The Euroregional Pharmacy Centre and Faculty of Health Sciences Didactic-Scientific Centre. In 2017, Centre for Medical Simulation was commissioned for use.

The year 2008 was a milestone year for the University, as the act of renaming the Medical Academy of Białystok to the Medical University of Białystok became effective on 22nd March. The new status of a University is a response to the challenges of the modern times and it accurately reflects the nature of education and the level of conducted research.



Students of the Medical Academy doing cleaning works in front of a new Dormitory



Professor Jan Górski, Rector, unveiling a nameplate *Medical University of Białystok*, 2008

CAMPUS MAP

MEDICAL UNIVERSITY OF BIALYSTOK





FACULTY OF MEDICINE WITH THE DIVISION OF DENTISTRY AND DIVISION OF MEDICAL EDUCATION IN ENGLISH THE COLLEGE OF MEDICAL SCIENCES

**FACULTY OF MEDICINE WITH THE
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The Faculty of Medicine of the Medical University of Białystok is the faculty with the longest tradition. It was established along with the creation of the Doctors Academy in Białystok on 3rd February 1950. In 1969, the University's academic scope expanded by creating the Division of Dentistry. Over the course of the next few years the educational offer was expanded and the faculty's academic and research base was improved. In 1999, the Division of Nursing was established at the Faculty of Medicine and four years later it was transformed into the Faculty of Nursing and Health Care.

A 6-Year English - Language MD Program was inaugurated in 2004, and in the academic year 2009-2010 a new course in Dental Technology was made available to the students. In October 2020, the Faculty opened Dental Hygiene as its fourth course. Currently, among the teaching staff, there are over 70 professors, almost 100 habilitated doctors, and about 500 academic teachers.

In 2017, as a result of the parametric evaluation of scientific units carried out by the Ministry of Science and Higher Education, the Faculty was granted scientific category A.



Practical classes, Medical University of Bialystok Clinical Hospital



Practical classes, Department of Conservative Dentistry



Seminar classes, Department of Dental Surgery



Practical classes, Dental Technology

The Faculty of Medicine with the Division of Dentistry and the Division of Medical Education in English offers the following courses of study:

- Medicine (long-cycle programme, full-time or extramural studies)
- Dentistry (long-cycle programme, full-time or extramural studies)
- Medicine in English (long-cycle programme, full-time studies)
- Dental Technology (I degree, full-time studies)
- PhD Studies

The academic, research, diagnostic and therapeutic programs at this Faculty are executed by 43 clinics, 28 departments and 2 independent laboratories. Currently, there are about 2,200 students and over 16,500 graduates of the Faculty.

The high level of teaching at Medical University of Bialystok is proven by the top positions obtained by our graduates in the Medical Final Examination and Medical-Dental Final Examination.

In 2017, the learning facilities of the University was improved with the most modern Centre for Medical Simulation, where practical classes are held in the fields of medicine and dentistry.



Practical classes, Medical University of Bialystok Clinical Hospital



English Division graduate students presenting their Diplomas



ENGLISH DIVISION

In the academic year 2004-2005, the Faculty admitted the first group of 24 students to the 6-Year English – Language MD Program. Currently, there are over 400 students from 30 countries, mainly from Scandinavia, but also from Canada and the USA, Ireland, Finland, Spain and Germany. The English Division students benefit, both, from theoretical knowledge as well as practical experience of the academic staff. The teachers strive to provide the students with optimal conditions for studying and working, all in a friendly atmosphere and with the emphasis on the ethical principles. During its 16-year history, the English Division has granted medical doctor diplomas to 11 classes of graduates.

English-speaking students participate in the annual all-Poland Anatomical Knowledge Competition called Golden Scapula and they achieve very good results (multiple individual and team winners, many second and third places and other awards). Additionally, many English Division students represent the University in various disciplines in sports contests.

The international community of English-speaking students is very active. They organize football tournaments, celebrate their national holidays and integrate very well into the local community.

74
professors
99 habilitated
doctors and
490
academic teachers



FACULTY OF PHARMACY WITH THE DIVISION OF LABORATORY MEDICINE THE COLLEGE OF PHARMACEUTICAL SCIENCES

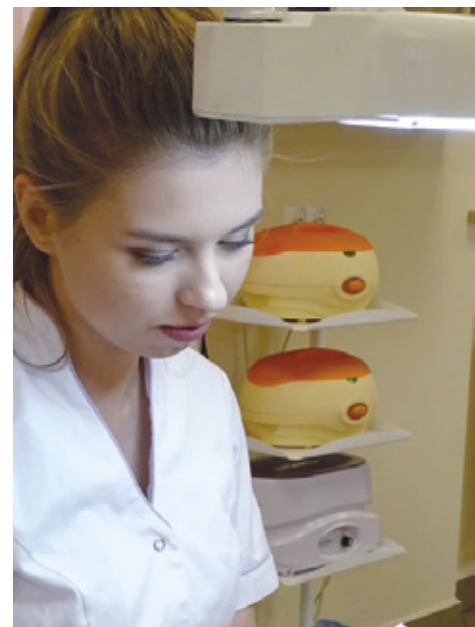
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Practical classes, University's training pharmacy



Practical classes, Cosmetology

The Faculty of Pharmacy with the Division of Laboratory Medicine was established at the Medical Academy of Bialystok on 1st July 1977 by the decision of the Ministry of Health and Welfare. In 2001, it was renamed the Faculty of Pharmacy with the Division of Laboratory Medicine.

In 2012, the Faculty received institutional accreditation by the Polish Accreditation Committee as a confirmation of the high quality of the provided training. As a result of a parametric evaluation conducted by the Polish Ministry of Science and Higher Education, the Faculty received category A.

Currently, the Faculty consists of 28 departments and 1 independent laboratory, with 140 academic teachers, including 22 professors and 32 habilitated doctors.

The Faculty is located in modern buildings with laboratories equipped to a high technological standard and used for academic and research purposes.

The Faculty offers the following courses of study:

- Laboratory Medicine (long-cycle programme)
- Pharmacy (long-cycle programme)
- Cosmetology (I degree and II degree)
- PhD studies.

Programs for the Laboratory Medicine and Pharmacy courses have been approved by the State Accreditation Committee.

Until 30th September 2020, diplomas were awarded to over 1,750 laboratory diagnosticians, over 1,800 pharmacists and almost 800 cosmetologists. At present, there are about 1,200 students (including PhD students).



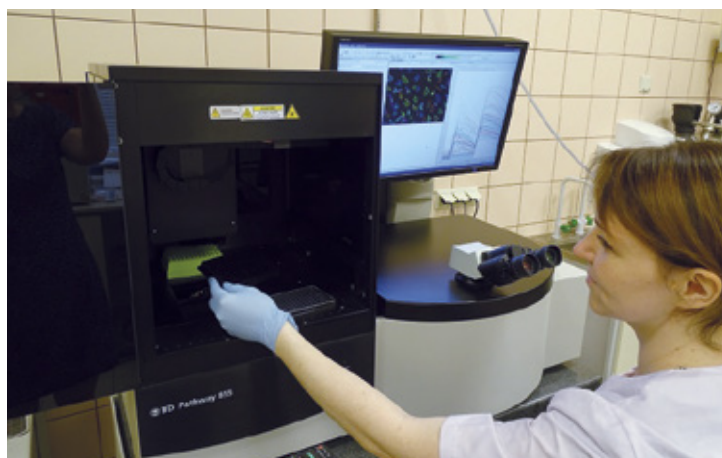
Practical classes, Cosmetology



Practical classes, Laboratory Medicine



The Youth University of Life Sciences



Cell imaging



PhD graduation at the Faculty of Pharmacy

22 professors
32 habilitated
 doctors
140 academic
 teachers

Additionally, the Faculty provides vocational training for pharmacists and laboratory diagnosticians conducted within the Faculty's Postgraduate Study Centre.

In September, 2015 the Youth University of Life Sciences (PUM) was established at the Faculty of Pharmacy with the Division of Laboratory Medicine at the Medical University of Białystok. The main purpose of PUM is to promote science by encouraging and supporting secondary schools students in a bid to deepen their knowledge in the natural sciences.

The Faculty of Pharmacy conducts scientific research in cooperation with many national and international research centers. Among others, the research involves finding new natural and synthetic drugs, analyzing drug activity and mechanism of action, drug toxicity, pharmacokinetic and pharmacodynamic profile, and technology of drug dosage forms. Furthermore, the Faculty deals with the evaluation of the pathomechanisms of neoplastic, inflammatory and metabolic diseases, as well as with determination of their markers.

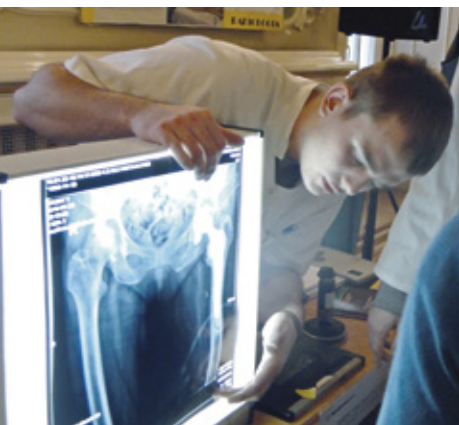


FACULTY OF HEALTH SCIENCES THE COLLEGE OF HEALTH SCIENCES

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Open Day at the Medical University of Białystok, Electroradiology



Podlasie Arts and Sciences Festival, Nursing students doing health examination



Entrepreneurship Day at the Medical University of Białystok, Speech Therapy with Phonoaudiology

The Faculty of Health Sciences of the Medical University of Białystok is the newest faculty and was created in 1999. In the beginning, it functioned as a Division of Nursing at the Faculty of Medicine, offering Master's Degree studies in the field of nursing. In 2000, full time Bachelor's Degree studies were made available to students, providing education in the fields of nursing and physiotherapy and a specialization in dietetics. In 2002, two additional programs were added, namely, a course in obstetrics and a public health specialization. In 2003, the Senate of the Medical University of Białystok passed a resolution forming the Faculty of Nursing and Health Care. On 27th March 2008, the name of the faculty was changed to the Faculty of Health Sciences.

The Faculty of Health Sciences of the Medical University of Białystok takes pride in its highly qualified academic staff, well organized structure and facilities, all ensuring the implementation of a modern educational and scientific program. The Faculty employs 179 academic teachers, including 22 professors and 22 habilitated doctors.

The Faculty consists of 9 clinics, 20 departments and 2 independent laboratories. The departments provide training to Public Health students, as well as doctors, dentists, nurses, midwives, electroradiologists, dieticians, physiotherapists, medical rescue workers, speech therapists and phonoaudiologists.

In October 2011, a newly built, modern Faculty of Health Sciences Didactic-Scientific Centre was opened and the majority of the Faculty's facilities are now located within its premises.

The Faculty of Health Sciences received category A in the parametric evaluation conducted and announced by the Polish Ministry of Higher Education.

22
professors
22 habilitated
doctors
179
academic
teachers



Physical Therapy students giving advice at a health promoting event in a shopping center



Practical classes, Department of Neonatology and Neonatal Intensive Care, Obstetrics students

In June 2011, the scientific journal *Progress in Health Sciences*, published in English, was founded at the Faculty of Health Sciences.

In 2011, the Faculty was awarded the title of *The Most Active Company* and in 2015 *The Most Active School*, for organizing an Entrepreneurship Day for secondary school students. The aim of the event was to prepare young people to consciously choose their education and career paths.

Currently, there are 9 courses of study at the Faculty of Health Sciences:

- Biostatistics (I degree studies)
- Dietetics (I degree and II degree studies)
- Electroradiology I degree and II degree studies)
- Physiotherapy (long-cycle programme)
- Speech Therapy with Phonoaudiology (I and II degree studies)
- Nursing (I and II degree studies)
- Midwifery (I and II degree studies)
- Emergency Medicine (I degree studies)
- Public Health (I and II degree studies)
- PhD studies.

Currently, there are about 1,800 students and about 9,000 graduates of the Faculty. The courses of study received institutional accreditation by the National Accreditation Commission for Nursing and Midwifery Education (KRASzPIP) and have been approved by the Polish Accreditation Committee (PKA).

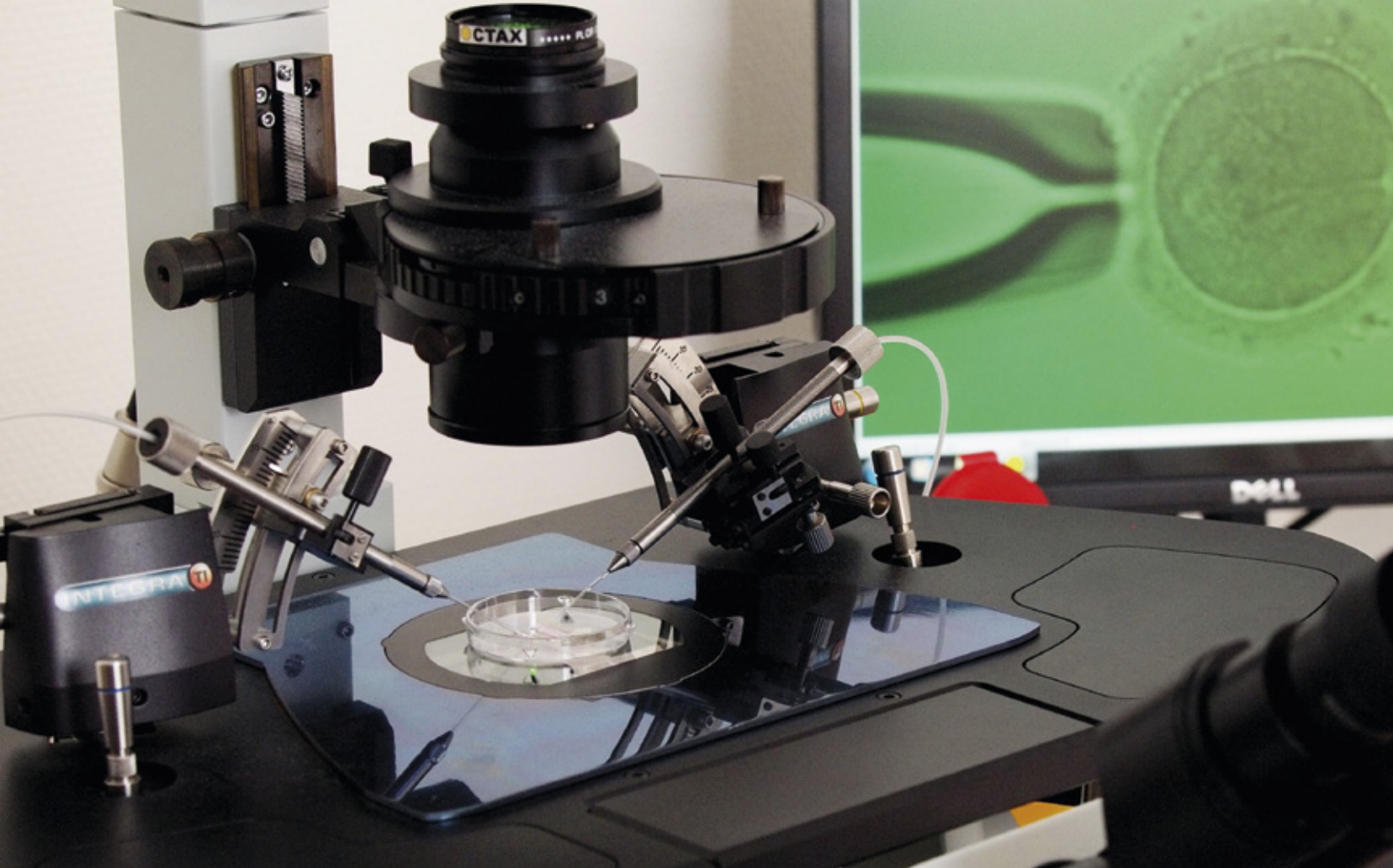
The Faculty runs the University of Healthy Preschooler and University of Healthy Senior, both of which attract a lot of interest. Additionally, the Faculty runs a Volunteer Centre, which annually prepares several charity and health promotion events.



Preventive action at school, Public Health students



Dietetics students giving advice



SCIENCE AND DEVELOPMENT

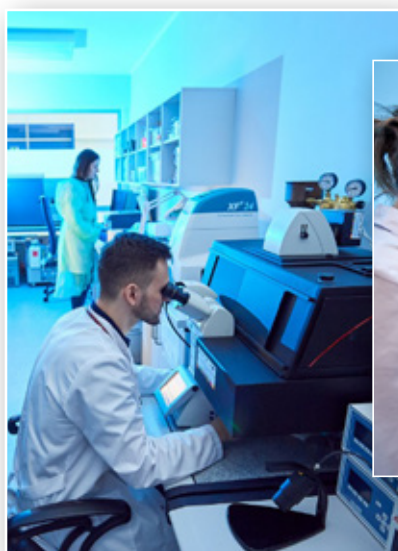
SCIENCE AND DEVELOPMENT

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Clinical Research Centre

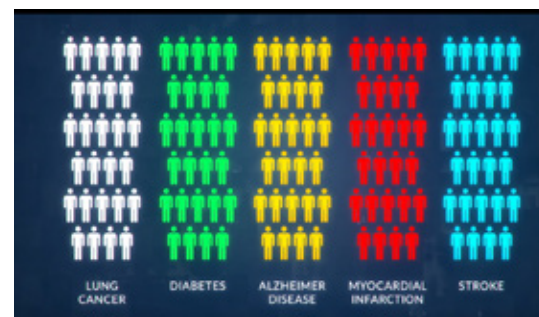


Clinical Research Centre



The Medical University of Bialystok belongs to the most dynamic medical universities in Central and Eastern Europe and, for many years, it has been adopting an innovative scientific policy.

University is a precursor and leader in the conduct of innovative large-scale research, including in particular innovative techniques related to the development of artificial intelligence in medicine, genomics, proteomics, metabolomics, radiomics, bioinformatics. It was here that the first, in this part of Europe, Centre for Artificial Intelligence in Medicine was founded, based on the generation of high-quality comprehensive data sets from patients with civilization diseases. MUB is a leader in high-quality biobanking of biological material from patients with civilization diseases. What is more, the Medical University runs a unique in this part of Europe population survey covering ten thousand residents of Bialystok (Bialystok Plus Study). Working in cooperation with the National Centre for Research and Development, the Medical University of Bialystok carries out unique research programs in the field of personalized medicine and civilization diseases. One of them is a project to create a reference biobanking model and a service supporting the diagnosis and treatment of early stages of non-small cell lung carcinoma (MOBIT). As a result of the project implementation, a unique database containing the results of the whole genome analysis of several hundred patients with non-small-cell lung carcinoma was created. Another project involves the development of an innovative VAMP (Voice Analysis for Medical Professionals) computer diagnostic system, which can improve the early detection of civilization diseases, mental disorders and neurodegenerative changes. Thanks to its use, medical diagnostics can be initiated not only during a doctor's visit, but also during a telephone conversation.



The university places importance on teamwork conducted by outstanding scholars in the most innovative research areas with the participation of a foreign partner - as demonstrated by the project, obtained from the Foundation for Polish Science under the TEAM programme, aimed at clarifying the role of intramuscular lipid accumulation in the induction of muscular insulin resistance.

The research will allow to determine the influence of individual lipid groups on the activity of the insulin pathway. Thanks to them, it will be possible to discover the critical nodes of the insulin pathway, the action of which is reduced by the accumulation of intramuscular lipids. Project results will provide knowledge for the definition of new objectives in the treatment of insulin resistance and type 2 diabetes.

The university has a modern scientific and didactic base, well equipped infrastructure and laboratories, including: the Clinical Research Centre, the Innovative Research Centre, the Centre for Bioinformatics and Data Analysis, the Euroregional Pharmacy Centre, the Biobank, the Centre for Artificial Intelligence, the MUB Laboratory of Molecular Imaging and Technology Development, the Experimental Medicine Centre (with GLP certificates) and modern clinical hospital base.

The Clinical Research Centre is a university Centre, unique in the scale of the whole country, conducting non-commercial clinical trials for civilization diseases, equipped with laboratories that enable all university units to conduct research with the use of large-scale techniques in the fields of genomics, transcriptomics, proteomics, and metabolomics.

The Innovative Research Centre ensures the cooperation within the interdisciplinary scientific team, whose scope of interest comprises searching for innovative diagnostic and therapeutic methods, particularly the methods of effective pharmacotherapy. The centre was awarded the title of the Brand of the Year by the Marshall of Podlaskie Voivodship for its influence on creating a positive image of the region.

The Centre for Bioinformatics and Data Analysis enables university staff to analyse terabytes of data obtained with the use

of largescale techniques and to perform data analysis as part of the planned population cohort studies.

The Euroregional Pharmacy Centre, is a highly specialized pharmaceutical and analytical research facility, which conducts research on, among other things, the search for new drugs of synthetic and natural origin, assessment of the mechanism of action of drugs, their toxicity and pharmacokinetic and pharmacodynamic profile, drug form technology and medical diagnostics.

The Biobank at the MUB collects human biological material for diagnostic, therapeutic and scientific purposes.

The MUB Laboratory of Molecular Imaging and Technology Development equipped with a hybrid PET/MRI, makes it possible to conduct innovative research in the area of civilization diseases, including Alzheimer's disease, cardiovascular diseases, obesity, and early detection of cancer in particular.

The Experimental Medicine Centre of the Medical University of Białystok is one of Europe's most advanced facilities conducting experimental research and breeding laboratory animals. In 2012, the Experimental Medicine Centre received a certificate of compliance with the principles of Good Laboratory Practice (GLP) covering physio-chemical properties tests, toxicity tests and pharmacokinetics tests.

The University's highly-qualified academic staff (800 academic teachers, including 120 professors and 150 habilitated doctors) benefit from widely available development programs that enable study visits and training at the best research centres in the world. The university maintains intensive cooperation with international research centres, implements joint scientific projects, hosts eminent professors and researchers from around the world, including centres such as Mayo Clinic, National Institute of Health in Bethesda, Harvard Medical School, University of Pennsylvania, Universitätsmedizin Greifswald, Universidad CEU San Pablo, Madrid, China Agricultural University.

As a result of the implementation of many different research projects, both domestic and international, as well as the

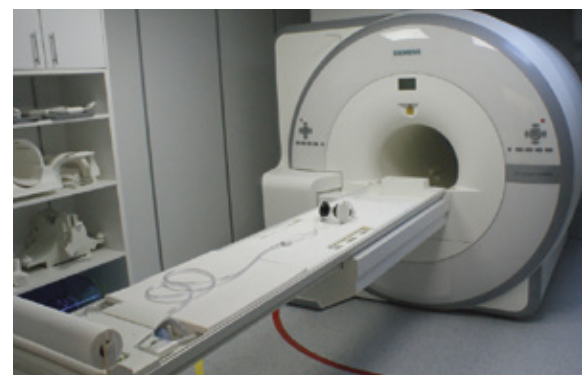
Centre for Clinical Research



Centre for Experimental Medicine



Laboratory of Molecular Imaging





Drug composition analysis by IR spectroscopy

cooperation with other research units and domestic and foreign companies, the scientific achievements of the University's employees is constantly increasing. In the last decade, the number of papers published in the Thomson Scientific Journal Citation Reports (JCR) indexed journals and the total Impact Factor value of published papers has doubled.

In the last comprehensive evaluation of scientific activity for the years 2013-2016 announced by the Ministry of Science and Higher Education, all Faculties of the Medical University of Białystok: The Faculty of Medicine with the Division of Dentistry and Division of Medical Education in English, the Faculty of Pharmacy with the Division of Laboratory Medicine, as well as the Faculty of Health Sciences received category A.

In 2012-2017, the University received the KNOW certificate and was recognized by the Minister of Science and Higher Education as the Leading National Research Centre.

An important success achieved by the Medical University of Białystok is the establishment of International Interdisciplinary

Meeting of international PhD Students



PhD Studies in the field of Biomedical Research and Biostatistics. Financing was granted by the European Commission within the framework of the prestigious European COFUND scheme: Marie Skłodowska-Curie Actions of the Horizon 2020 Framework Program. The project was also co-financed by the Ministry of Science and Higher Education. MUB is the only Polish University which received funding in the COFUND scheme as part of the prestigious Marie Skłodowska-Curie Actions.

In 2019, the Ministry of Science and Higher Education included MUB among the 20 best (out of all 400 Polish universities), which were qualified for the prestigious competition "Initiative of Excellence - Research University". The project of MUB was very highly rated by a team of international experts who recommended special support for the university's innovative strategy. In 2020, the Ministry of Science and Higher Education decided to transfer bonds worth 50 million PLN for the further development of High-Definition Medicine.

Researchers at the Medical University of Białystok are actively patenting and commercializing their scientific discoveries, and the University is open to cooperation with various business entities. Since 2012, the Office for Technology Transfer has been operating, creating advisory facilities for researchers, doctoral students and students regarding issues related to the broadly understood commercialization of research results.

The University publishes two magazines: *Advances in Medical Sciences* (IF 2,570) included on the Philadelphia List and *Progress in Health Sciences*.



INTERNATIONAL COOPERATION

**RECTOR'S PLENIPOTENTIARY
FOR INTERNATIONAL COOPERATION**
Professor Tomasz Hryszko MD, PhD

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One of the priorities of the Medical University of Białystok is dynamic internationalization.

International Cooperation Department conducts activities resulting from the Internationalization Strategy. One of the main activities of the International Cooperation Department is implementation of projects financed from external sources, aimed at internationalization of the university. The Medical University of Białystok is one of the largest beneficiaries of the funds distributed by the Polish National Agency for Academic Exchange. Currently, the department implements 10 projects financed under the NAWA programs and the BECOMING project, co-financed under Erasmus+ program of the European Union.

Agreements have been concluded with universities from all over the World: Texas Tech University, University of Edinburgh, University of Pecs, University of Osijek and many others. MUB has concluded agreements with clinic networks in Western Europe: The AMEOS GROUP and Klinikum Dortmund gGmbH. This way, students of the MUB will be able to conduct their internships in clinics in Switzerland, Austria and Germany.

WELCOME CENTRE



International Sport Day

Examples of activities carried out by our Department include, among others, events for the entire academic community (e.g. International Cooking Workshops, International Sports Day, International Karaoke Night, etc.), intercultural training for employees, foreign promotional campaigns in social media, extension of the library's electronic collection, coordination of short-term outgoing and incoming visits of domestic and foreign PhD students and academic employees, study visits, preparation and distribution of brochures and promotional leaflets and many other activities aimed at the development of internationalization of the university.

One of the main goals of our Department is to increase the comfort of staying in Białystok for visitors that is why since November 2019, our Department also manages a Welcome Centre – a point of comprehensive service for students, PhD students, employees and guests of MUB. In addition, in the last two years, a bilingual system for marking the Campus has been developed, the English Division website has been modernized, a new and attractive Admission website has been created and the content on the MUB's main website is available in 9 languages – Polish, English, Chinese, Spanish, German, Norwegian, Russian, Finnish and Swedish.

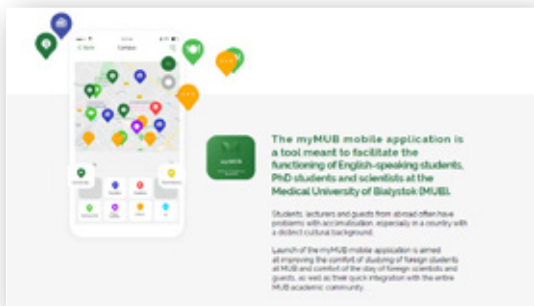
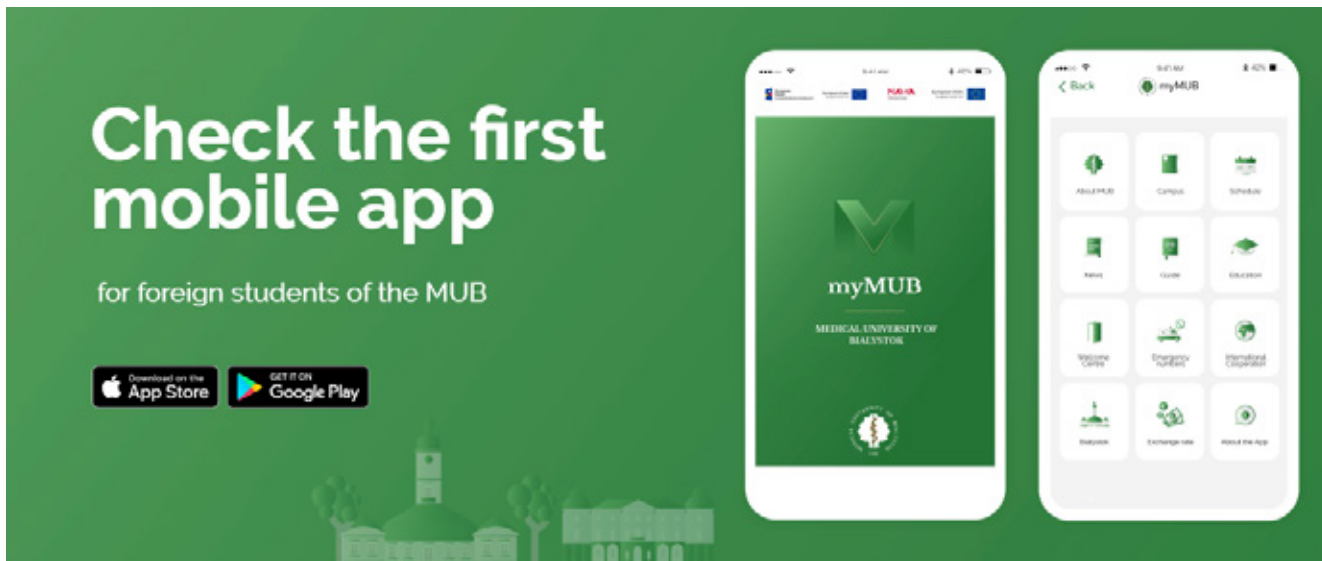


International Karaoke Night



International Cooking Day





Another priority action recently implemented by our Department is creating an English-language mobile application myMUB, intended for foreign students and guests of the Medical University in Bialystok.

MUB also obtained funds to finance the procedures of obtaining several foreign accreditations. The International Cooperation Department is responsible for obtaining foreign accreditations. Currently, activities are aimed at acquiring, among others, Sri Lanka Medical Council Accreditation and full APHEA accreditation for the public health major. So far, MUB has obtained two accreditations:

- APHEA foreign accreditation for the Public Health curriculum (stage I),
- National Medical Commission foreign accreditation.

An important point in the internationalization strategy of the university is taking steps to include the Medical University of Bialystok in the global rankings of higher education institutions. Universities classified in international rankings, due to their greater recognition, are a more attractive destination for foreign students. Inclusion of the Medical University of Bialystok in international rankings of higher education institutions also positively influences the position of the University's graduates on the labour market.

Due to the activity of the International Cooperation Department, the Medical University of Bialystok was included in the prestigious U-Multirank ranking. The university has also started work to be classified in the QS World University Ranking. MUB also participates in the "International Visibility Project", the aim of which is to improve the ranking of Polish universities. 20 outstanding Polish research centres were invited to participate in the project.

UNIVERSITY LIBRARY



The University Library



The University Library, books reading room

Studying at the Medical University of Białystok is supported by a modern and very well equipped University Library. It is the largest scientific-medical library in the Podlasie region. It was established in 1950 along with the University.

The Library provides various services and training, and also functions as a medical science information center. Its resources are mainly used by students, postgraduates, research and academic staff, as well as health professionals from the region and scientific institutions from outside the region.

Currently, the Library's collection consists of nearly 130 000 books, over 50 000 journals and 8 000 inventory units from special collections. Apart from the printed resources, the Library provides access to many bibliographic and full text databases, i.e. 15,000 e-journals and over 90 000 e-books including educational resources from the Polish Scientific Publishers PWN Group portfolio on the IBUK Libra platform and textbooks from Elsevier on eLibrary platform, as well as, to AccessMedicine and ClinicalKey databases. The academic staff and students use the e-sources not only via the academic network, but also from their computers at home, which allows for 24h access to scientific literature. Detailed information about the library's resources is available in electronic catalogues. The Library users can remotely reserve titles to rent and also monitor their account status via the ALEPH remote library system.

Printed, as well as digital resources, are available for use in two stylish reading rooms, equipped with computers and wireless Internet connection.

Apart from its fundamental services, the Library organizes lectures promoting healthy lifestyle and also presents paintings by Polish artists working, both, in the country and abroad, within the exhibition series called *Art in the Library*.

UNIVERSITY LIBRARY
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The University Library, journals reading room



JOURNALS AND MAGAZINES PUBLISHED AT THE MEDICAL UNIVERSITY OF BIALYSTOK

Advances in Medical Sciences

The journal was first published in 1955 and was originally entitled *Roczniki Akademii Medycznej w Białymstoku – Annales Academiae Medicae Białostocensis*. In 2006, the title was changed to *Advances in Medical Sciences*. Since 2008, due to intense growth, it has been issued twice a year. The Journal presents articles on current advances in medical sciences and related disciplines. It is published entirely in English, supported by an International Editorial Board (including co-editors from the USA and Canada) and reviewed by a number of experts from all over the world. The Journal is published in Article-based Publishing model and available on Science Direct platform. It is indexed in several most important international databases such as PubMed, Web of Science or SCOPUS, and is rated by the Polish Ministry of Science and Higher Education. Current Impact Factor rating for 2019 is 2.570.

As of January 2014, the Journal is published by Elsevier – the largest publisher of scholarly journals in the world. For more information on *Advances in Medical Sciences* please visit our website www.advms.pl

Progress in Health Sciences

The scientific journal *Progress in Health Sciences*, published in English, was founded at the Faculty of Health Sciences in June 2011. The journal covers scientific achievements in the fields of: healthcare science, health policy and health services, nursing, nutrition, dietetics, public health, environmental health, parasitology, infectious diseases, epidemiology, occupational disorders, physical fitness and sports science, biomedical and social sciences, medical ethics, addiction, violence and aggression, as well as the issues of basic science, clinical and experimental medicine. The journal is published

twice a year in electronic version. It is indexed in international databases: CABI, DOAJ, Gale, EBSCO, Academic Search Complete, ProQuest, Google Scholar, CAS, CEJSH, Polish Medical Library, ProQuest, The Nursing Journals Directory INANE, WorldCat and in Index Copernicus Journal Master List (ICV for 2018 - 100.00, IBI Factor - 3.90).

Medyk Białostocki

The Medical University of Białystok has been publishing *Medyk Białostocki* continually since 2000. The history of the magazine dates back to the beginning of the University. The first issues, published in 1956, were edited by Henryk Miksza – a student of the Medical Academy of Białystok. After that, due to political reasons, further issues of the journal were stopped and then again publishing resumed in 2000, with a special issue devoted to the 50th anniversary of the Medical Academy. Since 2002, *Medyk Białostocki* has been published on a monthly basis. The magazine has regular thematic sections and it discusses current University matters as well as historical facts. A part of *Medyk Białostocki* is edited by the students of the Medical University of Białystok and it is called *Młody Medyk*.

Special Publication

The 65th anniversary of the Medical University of Białystok was celebrated with a special publication series edited by Prof. Dr hab. L. Chyczewski, Dr M. Grassmann, P. Radziejewski MA and M. Piszczatowska MA. It consists of four volumes: *From Academy to the Medical University of Białystok. History of the Institution 2000-2010*; *History of the foundation of the Medical Academy of Białystok. The First Students; Holders of Doctor Honoris Causa degree of the Medical University of Białystok 1950-2013*; and *Rectors of the Medical University of Białystok 1950-2013*.

The series introduces the academic heritage of the first medical institute of higher education in North-Eastern Poland.



CLINICAL ACTIVITIES HOSPITALS

**THE MEDICAL UNIVERSITY
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**THE MEDICAL UNIVERSITY OF
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HOSPITAL OF L. ZAMENHOF**
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Operating room, Department of Neurosurgery



Hospital Emergency Department



A helicopter landing site with heated surface

The Medical University of Bialystok Clinical Hospital and the Medical University of Bialystok Children's Clinical Hospital named after Ludwik Zamenhof, are two largest medical centers in the region of Podlasie. They constitute the University's educational and research facilities and also provide a full range of health services.

THE MEDICAL UNIVERSITY OF BIALYSTOK CLINICAL HOSPITAL

The State Clinical Hospital named after Dr Jerzy Sztachelski was opened in Bialystok on 15th December 1962. In 2008, its name was changed to the Medical University of Bialystok Clinical Hospital. It is the most advanced and the largest health institution in the region.

The hospital has 35 clinical departments and 50 out-patient clinics. As many as nine are monopolistic - the only ones in the Podlaskie region. These are: Department of Cardiosurgery, Department of Neurosurgery, Department of Vascular Surgery and Transplantation, Department of Maxillofacial and Plastic Surgery, Department of Infectious Diseases and Neuroinfection, Department of Infectious Diseases and Hepatology, Department of Thoracic Surgery, Department of Haematology, Department of Endocrinology, Diabetology and Internal Medicine.

The clinical hospital performs highly specialized medical procedures such as: brain aneurysm clipping and brain angioma treatment, thrombolytic therapy, angioplasty, carotid recanalization, and atrial and ventricular septal defects treatment.

Department of Invasive Cardiology, as the first in Podlaskie Voivodship, began offering 24-hour service for patients requiring coronarography, coronary angioplasty, carotid recanalization, and atrial and ventricular septal defects treatment. It is also the only certified center in the country and in Central and Eastern Europe, which is authorized to provide training in rotablation treatments.

Department of Re-productiveness and Gynecological Endocrinology, in turn, is the only one in the Podlasie region to implement the program *Comprehensive procreative health care in Poland* in the years 2016-2020. The hospital is also the first in the voivodeship to implement the Coordinated Care for Pregnant Women (CCPW) and comprehensive care after myocardial infarction (CCMI) programs. There is also the only hyperbaric chamber east of the Vistula River in the hospital, where unconscious patients requiring intensive therapy, who remain in life threatening conditions, can be treated. The hospital performs hemodialysis and peritoneal dialysis (is the only hospital in Poland to monitor peritoneal dialysis patients at home online). In 2018, the University Center of Oncology was also launched, where patients with gynaecological tumors can receive the most modern treatment.

In 2018, the seven-year-long, state-funded, thorough reconstruction and modernization at the hospital at ul. Skłodowskiej (the cost of which amounted to 500 million PLN) has ended. Although

35 clinics

50 specialist outpatient clinics

2700 members of staff

no more beds (have been provided (804), literally everything has changed. The hospital, which for years was called the Giant, has grown twice in recent years. At present, it has an area of 56,000 square meters (before modernization it was proximately 25,000 square meters). The interiors are modern and spacious, the glass passage connecting the three buildings is also impressive. The reconstructed and modernized hospital has a total of about 5,000 rooms, 21 lifts, 21 staircases and several dozen kilometers of corridors. Comfortable patient rooms await patients, all with their own sanitary facilities, TV sets and wireless Internet. The windows in the patient rooms are equipped with external automatically controlled blinds. In the newly built part of the hospital many technological novelties have been applied: among others, a modern ventilation and air-conditioning system. The air is cleaned and heated, and in the summer the whole thing is conditioned. The hospital units are connected by means of a pneumatic mail system, which allows for quick and efficient transfer of medical orders and results. In the future, mail is also supposed to be an element of the Unite dose system - a system for the distribution of drug sets individually prepared for a given patient.

After the modernization and renovation, new services appeared in the hospital's offer: hyperbaric chamber treatments and cryotherapy. The so-called hybrid operating room for cardiac and vascular surgeries is also a new addition. The hospital boasts a modern operating theater consisting of 26 operating rooms and a 13-bed recovery room. All operating rooms are connected to the lecture halls and it is possible to watch the surgeries online. The operating theater is connected to a well-equipped 30-bed Intensive Care Unit. In 2018, the second dialysis station was launched, and in the future, after the team is prepared and trained, the marrow transplant subdepartment will be launched. The laundry and sterilization room, in turn, although invisible to patients, are extremely modern, fully automated and meet modern requirements.

The largest unit is the Emergency Department. It is set on over 1,500 square meters of floor space and offers excellent facilities for patient diagnosis and treatment with state-of-the-art equipment. Additionally, the Medical University of Bialystok Clinical Hospital is among 14 hospitals in Poland running a Trauma Center. The hospital has a medical helicopter landing site with a heated surface on the roof. Another novelty is the University Family Doctor out-patient clinic, operating since April 2018.

The hospital employs nearly 2,700 members of staff , including 61 professors, 43 habilitated doctors, and 230 doctors. There is over 1,070 nursing staff, including around 300 nurses and midwives with higher education and almost one third with at least one specialization.

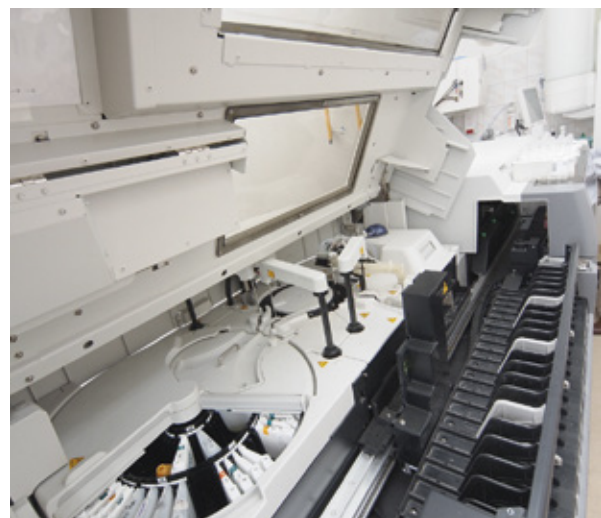
The Medical University of Bialystok Clinical Hospital, thanks to its success in treating patients and managing the unit, enjoys a good reputation throughout Poland.



Hyperbaric chamber



Recovery ward



Department of Biochemical Diagnostics



Therapy playground



Department of Pediatric Physical Therapy



Department of Ophthalmology and Strabismus Division

THE MEDICAL UNIVERSITY OF BIALYSTOK CHILDREN'S HOSPITAL OF L. ZAMENHOF

The hospital is a modern, multidisciplinary medical center for diagnostics and treatment of children and youth under the age of 18. It performs specialized inpatient and out-patient medical service. The hospital was established in 1988. Annually, over 20,000 patients are admitted to its 15 departments and wards and almost 140,000 patients are consulted in its 33 specialist medical outpatient clinics.

The Medical University of Bialystok Children's Hospital employs a highly specialized medical and nursing staff: 224 doctors, 170 of which are specialist physicians, including 29 professors and habilitated doctors and 381 nurses, 240 of which have specializations.

The hospital houses one of the 12 Children's Trauma Centers established in Poland. Here, the children from the whole region with severe injuries, receive immediate and comprehensive assistance.

The Children's Clinical Hospital is the only medical facility in the region with a Department of Pediatric Haematology and Oncology, an excellently equipped Department of Pediatric Physical Therapy and a Dialysis Center.

It is also the only hospital in the city with a Department of Pediatric Orthopedics and Traumatology as well as Department of Pediatric Surgery. Additionally, the Hospital's Department of Pediatrics, Endocrinology and Diabetology with the Division of Cardiology is the only facility in the region, which provides diagnostics and treatment to children of short stature, using growth hormone and recombinant insulin-like growth factor.

It should also be emphasized that the hospital's Pediatric Dental Care and Surgery Center, is one of only a few institutions in the region treating disabled children under general anesthesia.

Between the years of 2008-2011, within the framework of a project called *View into the future*, the Department of Ophthalmology and Strabismus Division was supplied with advanced medical equipment for early detection and treatment of eye diseases in children, including advanced facilities for cataract treatment. The project reached 2nd place in OSOZ Leaders 2009 competition in the category of activities for the benefit of patients (OSOZ is The Polish National Health Care System providing support for the development of health care methods).

The Hospital runs schools educating on diabetology, allergology, pulmonology, healthy eating and other. Additionally, the Hospital ensures that all hospitalized children may continue their school educational program within the Hospital's premises.

The young hospital patients may also visit a hospital library offering a large collection of books. In addition to that, there are volunteers who organize children's free time and help create a pleasant and friendly atmosphere.

15 departments and wards Emergency Department 33 specialist outpatient clinics

The patient rooms and all the clinic rooms are colorful, friendly, and adapted to the needs of children of different ages.

The hospital has been part of the National Network of Health Promoting Hospitals since 1997. It constantly participates in rankings, competitions, pro-health programs and boasts a number of successes in this area, among others, it is ranked among the best public hospitals in the National Hospital Rankings of the Rzeczpospolita daily newspaper, called Safe Hospital (Bezpieczny Szpital). In 2013, in the Best Hospitals Ranking of the "Rzeczpospolita" daily newspaper, it placed in the "Golden Hundred" of the best surgical, multi-specialist and oncological hospitals, and at the same time it placed third in the country among children's hospitals, obtaining a high score in the "Medical Care" area.

Taking into account the evaluation in the field of management and economics, the hospital can be proud to belong to the elite club Gazele Biznesu - a group of the most dynamically developing.



Division of Pediatric Radiology





ERASMUS

ERASMUS OFFICE – STUDENT AFFAIRS OFFICE

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The Medical University of Bialystok joined the ERASMUS program in 2004, and in 2014 it received the ERASMUS + Charter for Higher Education 2014-2020. In consequence, the mobility is carried out in four categories: mobility of students for the purposes of studying, student placements, teaching assignments for teaching staff, staff training for teaching and other staff.

The Medical University of Bialystok has signed a number of bilateral agreements with universities from Germany, France, Spain, Portugal, Italy, Belgium, Czech Republic, Croatia, Slovakia, Hungary, Estonia, Turkey, Lithuania and Romania.

Participating in ERASMUS + program supports gaining knowledge and exchange of experience at renowned academic centers abroad, as well as learning the culture and mentality of different European countries.



STUDENT ACTIVITIES

STUDENT AFFAIRS OFFICE

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The Medical University of Białystok is a place where students can develop their interests and broaden their knowledge of medical sciences. The majority of the University's departments run student associations and organizations, enabling students to conduct clinical research, acquire practical skills and participate in national and international conferences, alongside studying. Currently, there are 89 student associations at the Medical University of Białystok and all of them are affiliated with the Student Scientific Society.

Since 1974, the Student Scientific Society has been integrating, coordinating, and supporting the educational and research activities of the University's students. It enables them to present their academic achievements at the annual *International Scientific Conference of Medical Students and Young Doctors*. The Student Scientific Society consistently cooperates with partner universities from Belarus, Lithuania, Germany, Japan, and Sweden.

An organization representing students of all faculties and constituting one of the collective bodies of the University is the Students' Parliament. Within the framework of the statutory activity, members of the Students' Parliament engage in grant boards, election commissions, disciplinary committees, peer tribunals and participate as members in the University Senate and Faculty Boards. The most important value of the Students' Parliament is the energy of the young and united team, who through collective ideas and independent implementation of them, become the leaders of the students' life at the Medical University of Białystok.

Branches of national and international student associations such as International Federation of Medical Students' Associations (IFMSA-Poland), Polish Association of Dental Students, and Student Section of Polish Pharmaceutical Students' Association, operate



International AIDS day organized by IFMSA



PTSS educational event in kindergarten



Polish Pharmaceutical Students' Association



Members of the KDL organization at a blood collection course

at the Medical University of Bialystok. Apart from their main activities, these organizations additionally support students in going on conferences and placements abroad, and also student exchange. Moreover, they participate in organizing various social and educational events at the Medical University of Bialystok, namely, the Night of Museums, Open Day, and Podlasie Arts and Sciences Festival.

IFMSA (International Federation of Medical Students Associations) is the largest organization in the world for medical students and young doctors. Through its members, it carries out various activities, for example, it runs a preventive action called *Health under Control* and organizes *A Teddy Bear under the Christmas tree* charity event. Every year, IFMSA members run education projects concerning HIV, AIDS and cancer prevention. As core activities, IFMSA organizes various workshops, for example, on suturing, doctor-patient relations, and sign language.

Polish Association of Dental Students (PTSS) is a national organization representing ambitious students enthusiastic about dentistry. The aims of the organization are not only to educate and develop interests, but also to create opportunities to get together and exchange experiences with other students at various years of their studies. *Polish Association of Dental Students* organizes educational and health promoting events in Bialystok.

Polish Pharmaceutical Students' Association, is an association for pharmacy students who want to actively participate in further development of the Medical University of Bialystok and aim at introducing the image of a professional pharmacist. Numerous events organized by Polish Pharmaceutical Students' Association i.e. National Scientific Symposium – *Pharmacists inspect dietary supplements*, *Fight Diabetes Day*, *Pharmaceutical Care Contest*, are not only meant for the pharmacy students, but also for all those interested in medicine and pharmacy.

Student Association of Laboratory Diagnosticians is an organization also acting at the Medical University of Bialystok. It brings together students and alumni of laboratory medicine and aims at promoting the profession of diagnostician, as well as cooperating with other student organizations at the University and students from all medical universities in Poland.

Innowacyjny Kosmetolog (Innovative Cosmetologist) is an organization of MUB cosmetology students, aiming at broadening their knowledge on cosmetology - acquired during studies, and the subjects of general medicine but also at developing members' individual interests. The organization focuses on training professional staff and raising health awareness among the public.

Independent Students' Association (Niezależne Zrzeszenie Studentów – NZS) is one of the largest student organizations in Poland with over 30 years history and it has operated at the Medical University of Bialystok since 2011. The association unites people who want to make the most of their time during studies and have a real impact on the surrounding reality. The association organizes various events, e.g. *Wampirjada - a blood donation event*,

Career Signpost. Members of the association develop their skills and interests and also realize their ideas through their own projects.

Apart from the scientific and educational activities, the Medical University of Bialystok students have many possibilities to develop their interests and skills, be it in sports club – *Academic Sports Association (Akademicki Związek Sportowy – AZS)* or in any other of the various student organizations, including *Students Radio Center Radiosupel*, the *Medical University of Bialystok Choir*, *Co nie Co Club*, *Student Photography and Film Agency* and *Młody Medyk* magazine.

Currently, the AZS Sports Association has over 200 members, training in sections: football, volleyball, basketball, swimming, aerobics, bodybuilding, athletics, sports climbing and table tennis.

The Students Radio Center Radiosupel has been operating at the Medical University of Bialystok since 1951. It is the oldest student radio station in Poland. Its program is prepared by the students and includes University news, anecdotes, interviews, features, and reportages. The studio is located in Dormitory 1, but the reporters broadcast live from various events, such as, Juwenalia Student Festival, Freshman Party, Medykalia Student Festival, or Open Day.

Also in 1951, as a result of an initiative by a group of students passionate about singing, *the Medical University of Bialystok Choir* was established. It is a mixed choir, performing both, sacred and secular choral repertoire, reaching back to the Renaissance, and also contemporary composers' works. Throughout its long history, the Choir participated in a variety of prestigious competitions and festivals, winning many awards and receiving honors. The Choir has performed at numerous concerts in Austria, Belgium, Belarus, Bulgaria, Czech Republic, Denmark, France, Greece, Spain, The Netherlands, Ireland, Lithuania, Germany, Portugal, Slovakia, Vatican City State, Hungary, The United Kingdom and Italy.

Student Club Co Nie Co has a 62-year tradition. Since the very beginning, the Club has organized students' cultural life and promoted integration. In mid-70's, a stand-up comedy club called *Meetings Under the Stairs (Spotkania pod Schodkami)* was formed and it still functions today under the name *Stairs (Schodki)*. Several times a year, the students perform in front of the academic audience. The main theme of the sketches are people or events related to the University.

The BUM (Białostocki Uniwersum Medyczny) Team is a Cultural Section of the Students' Parliament at the Medical University of Bialystok. It was created in 2009 to support and encourage student integration and interaction. Their main form of activity is a series of various theme parties organized in *Herkulesy* club located in the basement of the *Collegium Universum* building. Shared entertainment helps to relax after everyday studying and gives a great opportunity to meet students from other courses of study.

Students interested in press and radio journalism, photography and film production, can become members of the *Student Photography and Film Agency*. Currently, the Agency is



Wampiriada organized by NZS



AZS Sports Association at triathlon competition



Students Radio Center Radiosupel



The BUM Team



The Medical University of Białystok Choir



Młody Medyk magazine

engaged in documenting academic life of the University, organizing open air events, workshops, exhibitions, as well as film production. The members, also work on improving their photography skills by learning how to develop films, sharing their experience and organizing workshops on digital and analog photography.

The students of the Medical University of Białystok also have their own magazine *Młody Medyk*. The magazine is edited by the University students, representing various courses of studies. The English Division students also publish articles in the magazine, and so, some of the published material is in English. The magazine covers important issues related to students' life, but there are also satirical texts and drawings.

One of the mission statements of the Medical University of Białystok is helping people in need. This is accomplished by the *Volunteer Center* run by the Faculty of Health Sciences, created in 2007. This organization brings together students of all three University faculties, but the majority of them are from the Faculty of Health Sciences. The activities of the Volunteer Center can be classified into two forms, that is, participating and organizing charity and educational events, and also cooperation with health care institutions where students, after prior training, do their volunteer work under supervision of their mentor teachers.

The Medical University of Białystok is also home to international students' associations: the *American Medical Student Association (AMSA)*, the *Association of Norwegian Students Abroad (ANSA)*, the *German Medical Students in Białystok (GMS)* and *Medical Association for Students of Spain in Białystok*.

In April 2011, the academic community of the Medical University of Białystok, produced the first University lip dub video in the region. The video turned out to be a spectacular success, it was viewed on YouTube over 515,000 times. Among the 550 people who took part in the video production there were University students of all courses of study, members of the academic staff, as well as the University authorities.



Student Club Co Nie Co participating in LipDub video



GET TO KNOW BIALYSTOK AND THE REGION

For centuries, Białystok was a city on the border between the Crown of the Kingdom of Poland and the Grand Duchy of Lithuania. The region was marked with routes used by Polish kings and dukes to travel to their residences in Vilnius or Grodno. Nowadays, the region prides itself on beautiful and unique nature and a multicultural heritage.

The history of Białystok, as an urban center begins in the 15th century, and is closely linked to the Raczko-Tabutowicz family. In the middle of the 16th century, Białystok was taken over by the Wiesiołowski family who built a brick tenement house at the location of today's Branicki Palace. They also funded a catholic church and a hospital which functioned as a shelter. The most significant period in the city's development happened between the second half of the 17th and the beginning of the 19th century, which was during the reign of the Branicki family. In the 18th century, owing to the Hetman Jan Klemens Branicki and his wife Izabela Branicka, nee Poniatowska, the city of Białystok was called *Versailles of Podlasie*. The palace of the magnate Branicki, was itself very remarkable. It was built in Baroque style, very popular at the time, and surrounded by a complex of gardens and parks. The Branicki family cared about the city's development. Owing to them, the city gained a town hall, an arsenal, a market square, numerous artists and craftsmen were brought and a theater was established. They also provided health care for the citizens (a new parish hospital and a hospital supported by the Jewish community were built and Sisters of Mercy were brought to Białystok). During the reign of the Branicki family, education flourished in the city and two schools were created, namely, the Military School of Construction and Engineering and the Obstetrics Institute with a clinic.

In the 19th century, due to a large number of incoming manufacturers, Białystok was called the *Manchester of North*. People of many different nationalities created the economy and the culture of Białystok, including Polish, Jewish, Belorussian, German, Russian, Ukrainian, Lithuanian, and Tatars. Nowadays, the city cultivates its cultural heritage and clearly marks its presence on the cultural map of Poland, aiming to become the capital for dance and puppetry.

The history of Białystok, as an urban centre begins in the 15th century. The most significant development started in the middle of the 17th century and lasted till the beginning of the 19th century.



St. Roch's Church – the only religious building in Poland presenting modernist architectural forms expressed on a large scale



Museum of the History of Medicine and Pharmacy

WORTH VISITING:

From the very beginning, Białystok has always been a multicultural and multinational city of many languages. Nowadays, when walking down the streets of Białystok you can notice its various features:

- ➔ **aristocratic** – starting with Branicki Palace (the seat of the Medical University of Białystok), through to the Guest Palace (6 Kilinskiego St.), the Cathedral (2 Koscielna St.), former inn (4 Sienkiewicza St.) and the City Hall (10 Rynek Kosciuszki St.),
- ➔ **industrial** – starting with the Trylling Family Palace (7 Warszawska St.), through to the tobacco factory (39 Warszawska St.), the Old Power Plant (current Modern Art Gallery, 12 Elektryczna St.), Becker Palace and Factory (current Alfa Shopping Centre, 15 Swietojanska St.), and finishing at Dojlidy Fabryczne Street with two pearls of architecture – Hasbach Palace and the Krusenstern Family Palace,
- ➔ **multi-religious** – St. Roch's Church (1 ks. A. Abramowicza St.), Orthodox Church of St. Nicholas (15 Lipowa St.), Citron Synagogue (current Slendzinski Art Gallery, 24a Warynskiego St.), St. Adalbert's Church (former protestant church, 46a Warszawska St.), Muslim house of prayer (13f Piastowska St.)
- ➔ **wooden architecture** – remains of the 19th and 20th century wooden architecture are concealed in the city center – the whole district of Bojary and former Jewish house estate called Chanajki located around today's Sienny Market Square.

Museum of the History of Medicine and Pharmacy of the Medical University of Białystok is located in the right wing of the Branicki Palace. The museum cultivates the medical heritage of Białystok started by the city's owners in the 18th century. In the palace, you can visit dental, anatomical and ophthalmological offices, a pharmacy from the turn of the 19th and 20th centuries, and a field hospital from the First World War. The museum is a centre of academic heritage. It is also a research and teaching base in the field of the history of medicine and pharmacy, and an institution documenting the memories of university graduates.



Main building of the Medical University of Białystok – Branicki Palace



Supraśl, Monastery with fortified Orthodox Church

MULTICULTURALISM

- **Tykocin** – is a town by the river Narew, formed over centuries by coexisting Christian and Jewish communities. Due to the well-preserved urban arrangement and historic architecture, the town is called the pearl of Polish Baroque. It was a favorite place of the Polish King Zygmunt August. For decades, Tykocin Castle functioned as one of the greatest fortresses in the country. In the 17th century, The War Veterans' Home (also called Alumnat) was created in Tykocin, as one of only a few such, care providing, institutions in the country. In Tykocin, you can still visit one of the oldest and the largest Synagogues in Poland and the baroque Church of the Holy Trinity.
- **Supraśl** – is a beautiful health resort with over 500 years of history. Here you can find a famous post-Basilian monastery buildings with a fortified Orthodox church, built in Gothic and Byzantine styles at the beginning of the 16th century. Within the premises of the Orthodox monastery buildings, there is a Museum of Icons with one of the most extensive collections of the 18th, 19th and 20th centuries icons in Poland. Here you can also admire the unique 16th century murals, which survived from the destroyed and later rebuilt Orthodox Church of the Annunciation, located in the churchyard.
- **Orient in Podlasie** – two villages, Kruszyniany and Bohoniki, are the largest settlements of Polish Tatars living here since the 17th century. These are the centers of Tatars' history and their religious life, where you can see the unique wooden mosques and modern mizars (Muslim cemeteries) – the only ones in Poland. When visiting Kruszyniany, it is an absolute must to taste the original Tatar cuisine including pieriekaczewnik, kibiny, and pieremiacze.



Potato pudding, traditional dish from Podlasie



Synagogue in Tykocin



Mizar in Kruszyniany



European Bison from Białowieża



Narew National Park



White Storks



VARIOUS FACES OF BIALYSTOK REGION WILD NATURE:

- ➔ **Biebrza National Park** – is a birds' paradise (over 270 species of birds) with countless oxbow lakes, backwaters, an elk refuge, as well as the largest complex of primeval swamps and bogs in Central Europe,
- ➔ **Narew National Park** – called the *Polish Amazon Forest*, is a unique water system of the river Narew, which flows through many joining and separating river beds. The National Park is also a birds refuge with 203 species of birds, and the crossroads of several historic trails,
- ➔ **Podlasie White Stork Trail** – is 412 km long and runs through four national parks (Wigry, Biebrza, Narew, and Białowieża National Parks). The heart of the trail is located in Pentowo by the river Narew, and is called the European Village of Storks due to a large number of storks visiting every year.
- ➔ **Białowieża Forest National Park** – is the last primeval forest in Europe. It is one of the most important natural treasures in the world. In 1979, the Białowieża Forest was included in the UNESCO World Heritage List. The bison is the symbol of the Białowieża Forest.
- ➔ **Puszcza Knyszyńska (Knyszyn Forest) Landscape Park** – is an extensive complex of pine and spruce forests. The National Park is famous for the *Supraśl pine* (mast pine), which has been used for centuries to produce masts. A herd of wild bisons lives in the Park.
- ➔ **Augustów region** – is a land of lakes and forests. The majority of the region is covered with Augustów Forest (the largest forest complex in Poland that spans 114,000 ha) and numerous beautiful lakes. The region is cut across by the Augustów Canal, a historic monument of waterways architectural technology, built in the early 19th century, still functioning as a water route linking the Biebrza river and the Niemen River.



Białowieża Forest

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