



GUIDE BOOK

START YOUR GENETIC JOURNEY

July, 2021



**INSTITUTE
OF HUMAN GENETICS**
POLISH ACADEMY OF SCIENCES

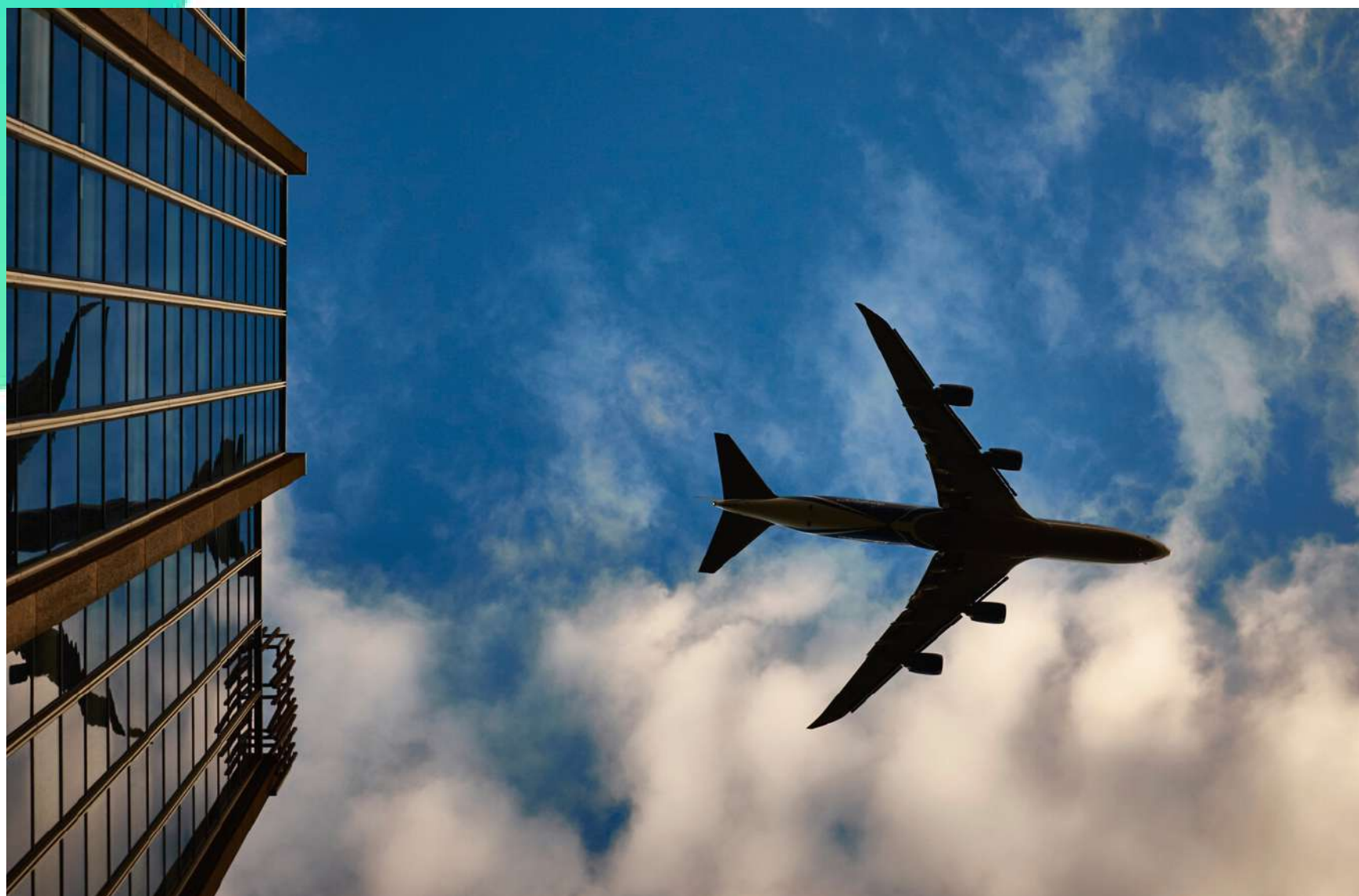


GENERAL INFO

If you have never been to Poland, you should know that:

- Poland has a moderate climate. There are 4 seasons.
- The currency in Poland is Zloty (1PLN = 0,22 EUR; 0,21 GBP; 0,25 USD). ATM machines can be found almost everywhere. Card payments are accepted in most shops, restaurants, bars etc.
- chocolates called 'Ptasie Mleczko' are a delicacy. Typical Polish dishes are: pierogi (dumplings), bigos (hunter's stew) and schabowy (pork chop).





HOW TO TRAVEL?

There is an [airport in Poznan](#) (POZ) that serves many domestic and international destinations. The airport also serves flights of low-cost carriers such as Ryanair, Wizzair. As Poznan is situated on the route Berlin - Warsaw, you can also fly to one of these cities and then get train to Poznań.

The cost of a train ticket is 12 - 44€.

[Train from Berlin](#)

[Train from Warsaw](#)

IN THE CITY

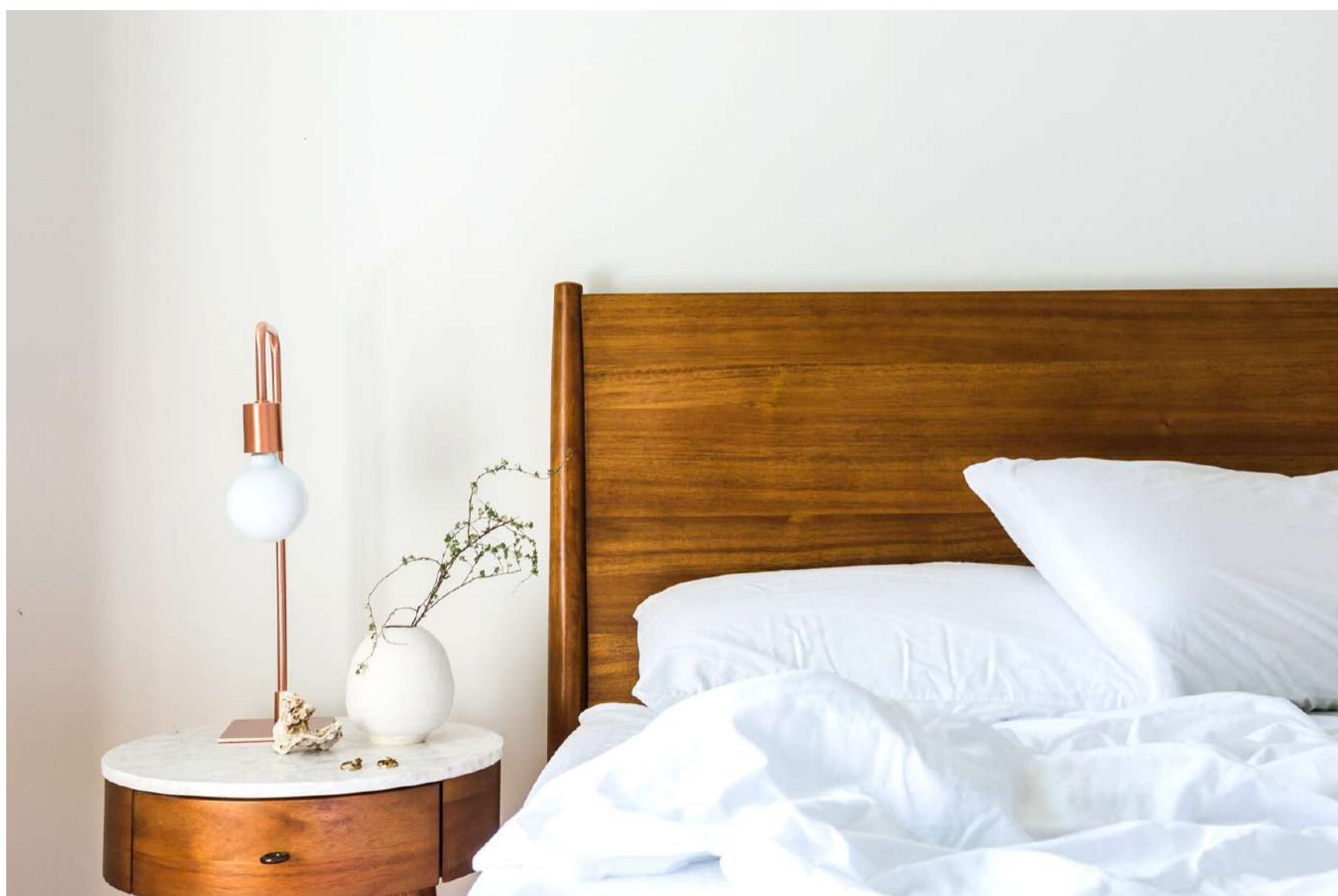
You can get from the airport to the center of Poznan by bus line 159 and Uber or cab. To get to the Institute of Human Genetics PAS take line 168. You can buy a ticket in ticket machines, bookstore or using applications such as jakdojade.pl. If you want to stay longer in Poznan, make yourself a PEKA card (season ticket).

Municipal transportation PEKA card

Prises:

- single ticket- 0,9€, 1,3€
- 24-hour ticket - 3,3€
- 7-day ticket - 12€





PLACE TO STAY

The city offers many accommodation options. You can choose a hotel, hostel or private apartment.

Here are some options:

[Student Depot Polonez](#)

[Sofa room 4 you](#)

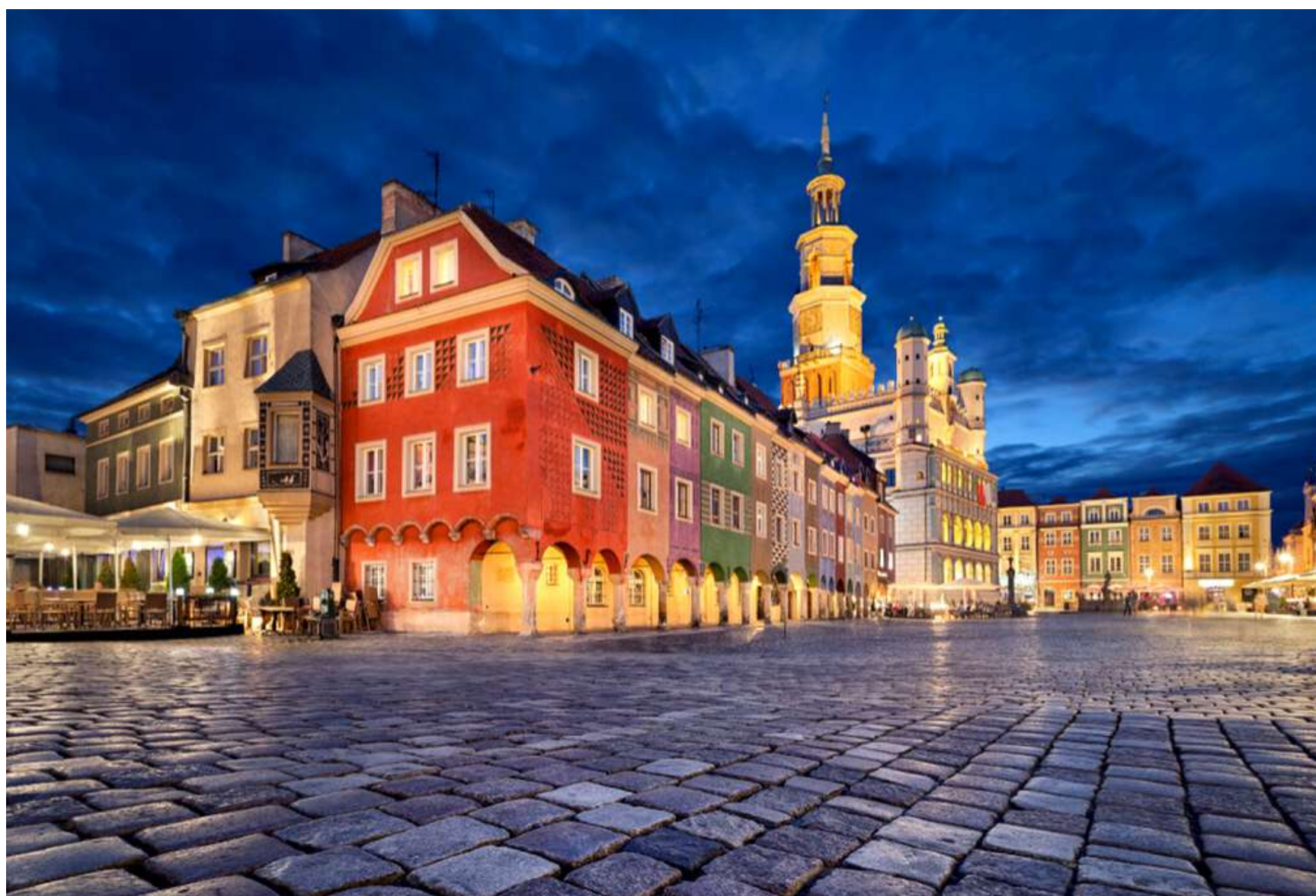
You can also search for accommodation on the following websites:

[airbnb.pl](#)

[booking.com](#)

[realestate24.com](#)

[housinganywhere.com](#)



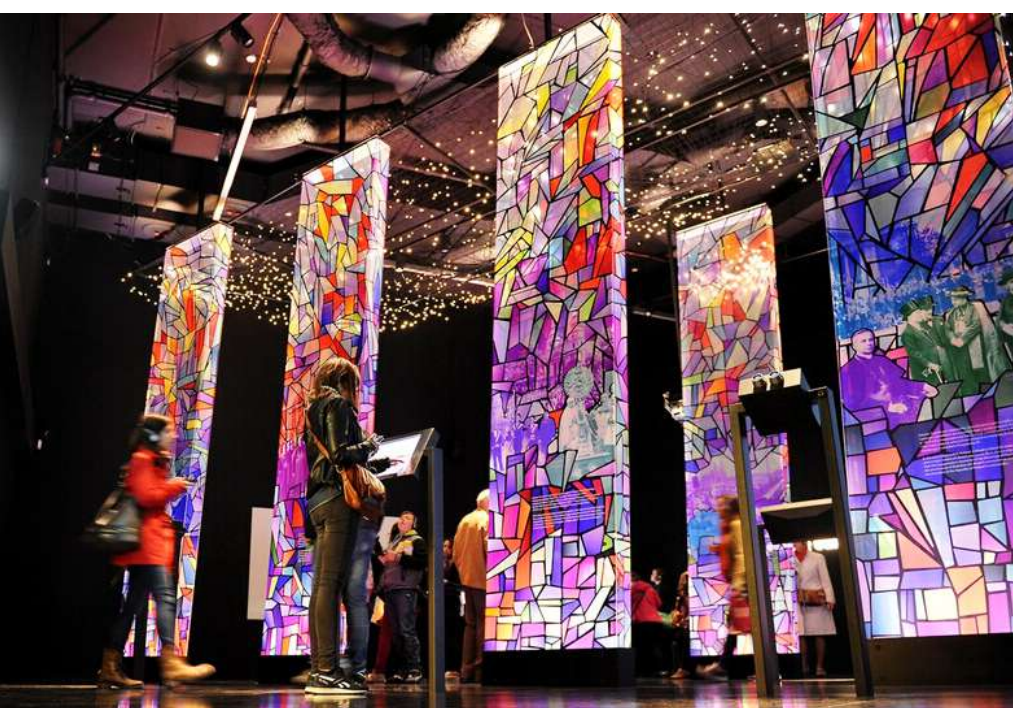
DISCOVER POZNAŃ

Poznań is one of the largest and oldest Polish cities, The Slavs settled here already in the 5th century, in the 8th century Poznań became the most important center of the Polan State. Poznań obtained city rights in 1253. Poznań is the capital of the Wielkopolska voivodship, the seat of the authorities of the voivodship and the powiat of Poznań. It has over 550,000 inhabitants and belongs to the most important academic, scientific and cultural centers of Poland.

SIGHTSEEING STORIES

Every place in Poznań has its story.
You can get to know them walking
around the city.

Click the picture or the text on it :)



Porta Posnania,
Interactive History Center

POZnań*



City Hall and goats (goats'
butting display takes place
every day at 12:00 on the
tower



CHILLOUT AND HAVE FUN



KontenerART and Night market,
Riverside Arts and Culture Center



Citadel Park
(be sure to visit
Umberto restaurant)



Malta Lake and park

The Zoo



TASTE THE CITY

Poznań offers a lot of tasty places. There are many restaurants around the [Old market square](#). Being in the capital of Wielkopolska you must try regional dishes:

- pyry z gzikiem (potatoes, cottage cheese with chives)
- szare kluchy (potatoes dumplings with cabbage)
- kaczka z pyzami i burakami (roast duck with dumplings and beets).



For dessert have Rogal Świętomarciński (croissant with white poppy seed filling). To be honest, it's terribly caloric, but hell, You only live once!

THE INSTITUTE



Location

Institute of Human Genetics PAS
32 Strzeszyńska street, Poznań

The main research areas of the Institute are cytogenetics, molecular genetics, cellular pathology, reproductive biology, mutagenesis and biotechnology. The work carried out at the Institute aims to elucidate the molecular basis of various disorders with particular emphasis on rare genetic diseases, cancer, stem cell biology and application, fertility disorders, common autoimmune and infectious diseases.



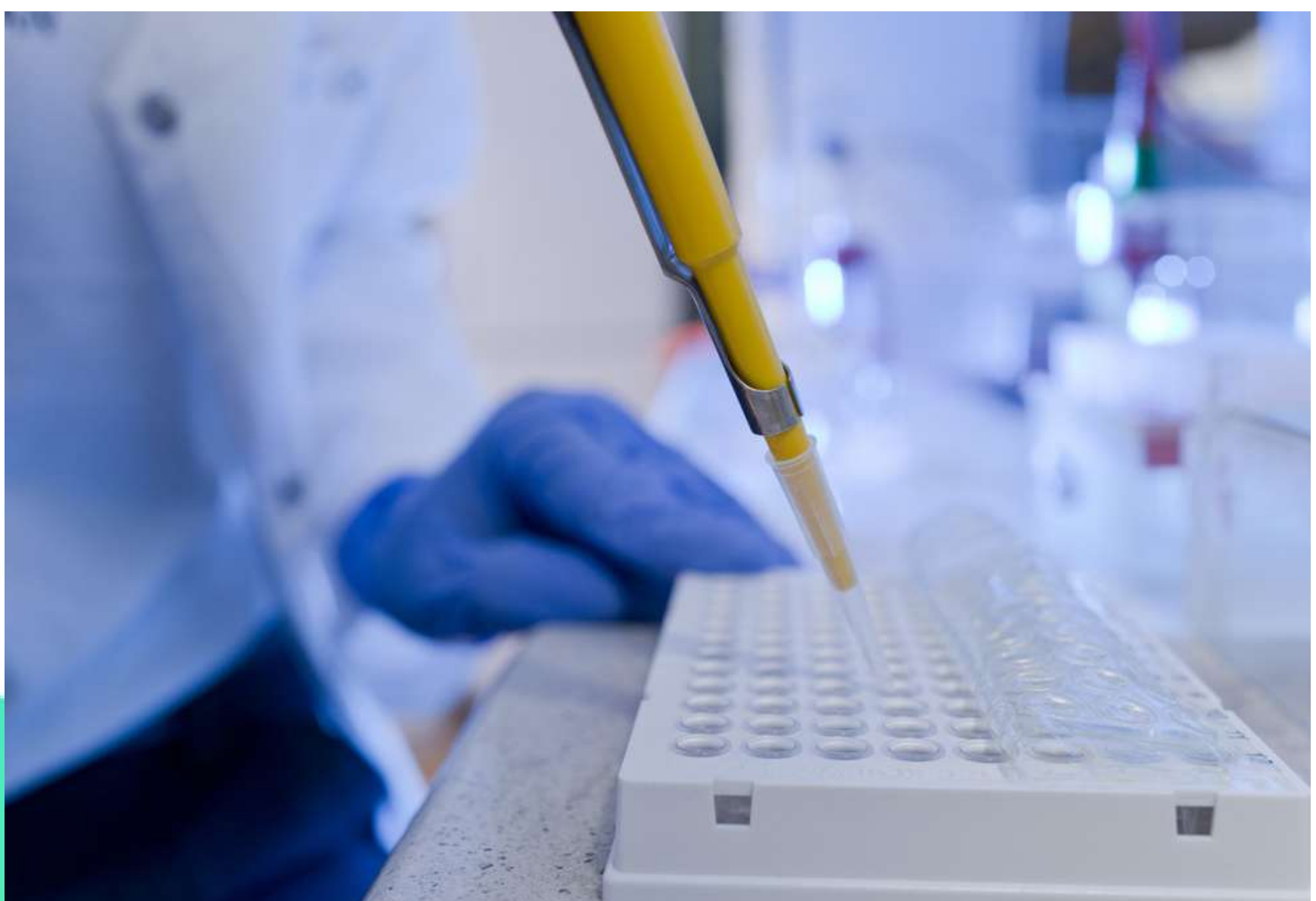
SCIENTIFIC EXCELLENCE

The Institute is a leading center of human genetics in Poland.

It has the right to confer doctoral and habilitation degrees in medical sciences.

Scientists of our institute conduct research within projects obtained in competitive calls for proposals and publish in reputable journals.

The [Journal of Applied Genetics](#) published by Springer Nature is co-edited at our institute (IF:3.24).



DEPARTMENTS AND LABS

Research departments:

- Molecular and Clinical Genetics
- Molecular Pathology
- Functions of Nucleic Acids
- Reproductive Biology and Stem Cells
- Cancer Genetics



Labs:

- Innovative Medical Centre
- COVID-19 Diagnostic Laboratory
- Department of Genetic Engineering
- Animal Repository



YOUNG RESEARCHERS

Our priority is the development of young scientists.

The Institute educates PhD students in the field of medical sciences within the framework of [Poznan Doctoral School of Institutes of the Polish Academy of Sciences](#). The program of studies is conducted entirely in English. Doctoral students receive stipends covered by research grants.

[Open positions at the Institute](#)

GET A GRANT AND VISIT US

We support all incoming researchers.
Check grant offers available for
foreigners and visit us.



Short-term visits:

Erasmus+

Visegrad Program

EMBO Exchange Grants

CEEPUS scholarship

Long-term visits:

PASIFIC Project

ULAM Programme

Marie-Skłodowska Curie
Fellowships

ERC Starting Grants

ERC Consolidator Grants

POLONEZ BIS



If you want to know more, just contact us.



CONTACT US

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