



ERASMUS+ STUDENT GUIDE



Rector Prof. dr hab. inż. Jarosław Bosy

PhD students, students and young PhDs

- they are our strength. Our task is to meet their expectations and allow them to grow to their full potential.

A hundred years ago, university students were learning about their books, pens and tables being made out of particles called atoms. But no one knew what these atoms were made of. Today, our students know quite a lot about quarks, leptons and bosons, program flight trajectories to Mars and can read virus genomes.

Our limits of macro and micro cognition are expanding at a drastic pace. Will these new cognitive horizons help save the world as we know it from the effects of climate change, pandemics, as well as social and economic



In any case, it's worth understanding that shifting the boundaries of human cognition, going far beyond the capabilities of one, means the need to create and strengthen communities. Only by working together, cocreating, co-deciding and empathizing do we have a chance.

Let's be together!

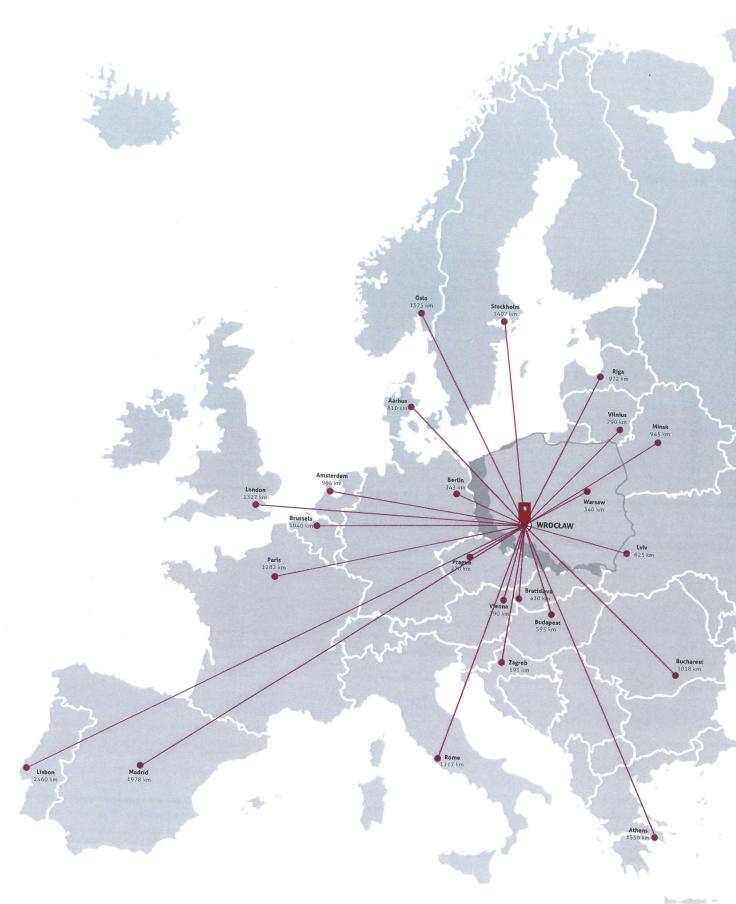
Quod felix, faustum fortunatumque sit.



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WROCŁAW - WHERE ARE WE?



ABOUT POLAND

The Republic of Poland is a rapidly developing modern country in Central Europewhich stretches between the Baltic Sea and the Tatra Mountains. With an area of 312,679 km2 and a population of over 38 million it is the ninth largest country on the continent. Warsaw, the capital of Poland, has a population of 1.7 million inhabitants. Other major cities are: Gdańsk, Katowice, Kraków, Łódź, Poznań, Szczecin and Wrocław.

The weather in Poland is typical of the temperate climate with mild to warm summers and cool winters. However, recent changes caused by the global warming have also affected our country, so that heat waves and temperatures around 30°C from May to September are not unusual. Similarly, winters can be quite severe with frequent snowfalls and temperatures below 0°C from November to March. It is important to be prepared and bring warm clothes and boots.

Poland was the first among the Central and Eastern European countries to reestablish democracy after 44 years of Communist rule. In 1999 Poland joined NATO and in 2004 became an EU member state. Since 1990 it has pursued a policy of economic liberalization and today stands out as a success story among transition economies.



CITY OF WROCŁAW - WROCLOVE

With 640,000 inhabitants and over 140,000 students who come here for study at 11 public universities and more than 20 private higher education institutions, Wrocław is the largest city in the west of Poland. The rich and fascinating history of the city and its multicultural heritage can be seen not only in the museums, but also in the architecture of the old city. The traces of the past show that Wrocław was home to the Czech, Austrian, Jewish and German people. Totally destroyed during World War II, it has been completely reconstructed and modernized. Youth, innovation and new technologies are the indications of today's achievements and challenges for the future. Close vicinity to the German and Czech borders makes the city an attractive destination for both tourists and investors.

"It is truly a city that never sleeps! Even if you don't waste time for eating and sleeping, it's impossible to see it all."
- incoming Erasmus+ Student at UPWr



CITY OF WROCŁAW - WROCLOVE

Wrocław is the only city in Poland which allocates more than 5% of its budget on activities connected with culture and the arts. A wide array of entertainment is offered throughout the year. Numerous events are held in over 100 art and cultural facilities and over 50 sports centers, including the modern stadium opened for the European Football Championship 2012. Rynek is a square in the heart of the city with numerous pubs, clubs and discos, where you can hear many languages and meet young people from all over the world. If you need peace and quiet in a romantic atmosphere, you will definitely find it strolling around Ostrów Tumski, a small island with a Gothic Cathedral and other churches. This place is dotted with gas lanterns. If you come here just before the sunset, you will have a chance to see the lamplighter wearing a long black coat, walking around with a vintage pole and lighting them up one by one.



CITY OF WROCŁAW - WROCLOVE

In 2016 the city of Wrocław was the European Capital of Culture. In 2017 the city of Wrocław organized the World Games – Olympic Games at non-Olympic sports. In 2018 Wrocław was elected Best European Destination 2018. More information is available on https://www.europeanbestdestinations.com/

Places worth seeing in Wrocław:

- Panorama Racławicka large painting showing the Battle of Racławice
- Ostrów Tumski historic quarter with the Cathedral
- Centennial Hall UNESCO World Heritage Site
- Rynek Market Square main old city square
- Wrocław Zoo one of the oldest in Europe
- Pergola Fountain multimedia fountain
- Aquapark Wrocław water park
- Japanese garden
- Botanical garden
- Hydropolis



HOW TO GET TO WROCŁAW?

By plane

Wrocław International Airport has connections to many European cities i.e. Warsaw, Alicante, Amsterdam, Athens, Barcelona-Girona, Bari, Belfast, Birmingham, Bologna, Bristol, Brussels, Chania, Copenhagen, Cork, Doncaster Sheffield, Dortmund, Dublin, Düsseldorf, East Midlands, Edinburgh, Eindhoven, Faro, Frankfurt, Gdansk, Glasgow, Göteborg, Kiev, Kharkiv, Kutaisi, Lisbon, Liverpool, London, Lviv, Madrid, Malaga, Malta, Manchester, Milan, Munich, Naples, Newcastle, Odessa, Oslo, Oslo Torp, Palma de Mallorca, Paris, Pisa, Palermo, Podgorica, Porto, Reykjavik, Rome, Shannon, Stockholm, Stuttgart, Tel Aviv and Tenerife.

More information about timetables and destinations is available at: www.airport.wroclaw.pl/en/

By train

Wrocław is a hub in the Polish railway network. It is linked to all main cities in Poland and also holds international connections. The main railway station is situated in the city centre and can be easily reached by local trams and buses.

More information about timetables and destinations is available at: http://rozklad-pkp.pl/bin/query.exe/en?

By bus

International and domestic buses arrive and depart from the bus station which is located just behind the main railway station. You can check the connections and the fares on the following websites:

https://www.flixbus.pl/http://www.eurolines.com/



LOCAL TRANSPORT

Public transport

It is possible to use a public transport to travel in Wroclaw city and it requires a valid ticket. Reduced prices: single ticket for one bus/tram: 2,30 PLN; short-term tickets for all lines: 15-minute: 1,60 PLN, 30-minute: 2,00 PLN, 60-minute: 2,60 PLN, 24-hour: 7,50 PLN; personal tickets – requires having the URBANCARD: 7-day: reduced - 19,00 PLN, 30-day for all lines: reduced - 55,00 PLN, 4 months for all lines: 200,00 PLN, 5 months for all lines: 245,00 PLN. Reduced ticket is valid only with a student ID card. Students can apply for the URBANCARD (https://www.urbancard.pl/), which is a card used for the public transport in Wrocla and it allows to use the public transport in the city to travel without buying single tickets for each journey.

Cycling - public bicycle sharing

The concept of the system is to provide free access to bicycles for short-distance trips (up to 20 minutes) in the urban area as an alternative to motorized public transport or private vehicles, thereby reducing traffic congestion, noise, and air pollution. However, the traffic and uneven roads can make cycling a challenging experience, so you must be cautious if you decide to rent a bike. Make sure you stay clear of the tram rails. Remember to return it at the nearest bike station. Never leave it unattended. https://wroclawskirower.pl/en



LOWER SILESIA - DOLNY ŚLĄSK

The region is located in the south-west of Poland. It will take you no longer than two hours to get to places where you can admire spectacular views of the mountain ranges, rapid rivers and streams, huge forest areas, lakes as well as beautiful valleys boasting rare species of plants. The unique architecture of spas and health resorts will take you on an unforgettable journey to the early 19th century. You will never regret ski trips in the winter and seasonal hiking, climbing or cycling on the slopes of the Sudetes Mountains.

Places worth seeing in Lower Silesia

- Medieval Castles the most famous is Książ Castle going back to the 13th century
- Churches of Peace two churches (in Świdnica and Jawor) are listed on the UNESCO World Heritage List
- Sudetes Mountains mountain range reaching 1602 m above the sea level
- Jelenia Góra Valley intramontane basin of the Sudetes Mountains
- Health Resorts ancient health spas (in Duszniki, Kudowa, Lądek, Polanica, Szczawno, Świeradów)
- Kłodzko Fortress unique fortification complex of the Lower Silesian Voivodeship
- Project Riese secret Nazi underground construction
- Cistercian monasteries Lubiąż and Krzeszów Abbey



WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

- Founded in 1951-more than 70 years of academic education and research
- almost 745 academic staff, over 260 professors and post-doctoral degree holders
- 9 Leading Scientific Disciplines, 17 Leading Research Teams
- 6 faculties, 2 campuses

Rector, elected for a term of 4 years, is the superior and guardian of all the students and staff. Re-election is possible only once.

Chancellor is in charge of administration.

Vice-Chancellor is responsible for finances and accountancy.

Dean of the Faculty is the superior and guardian of all the students at a given Faculty.



WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Faculties

- Biology and Animal Science
- Biotechnology and Food Science
- Environmental Engineering and Geodesy
- Life Science and Technology
- Spatial Management and Landscape Architecture
- Veterinary Medicine

The University ranks high in national rankings of higher education institutions.

The University participates for years in many international educational programmes, such as: ERASMUS+(KA103, KA107, Mundus), CEEPUS, TEMPUS."

Almost two hundred exchange students from international partner institutions visit us annually under the ERASMUS+ programme.

The University has over a dozen off-campus research and educational facilities for scientific research, field work and student training. Students with a real passion for research have a choice of 44 science clubs. The University also fosters the activity of numerous artistic groups and student clubs, such as: Salsa Dancing, the University of Folk Dance and Song Group Jedliniok, the University Choir, the Academic Dance Club Menada, the University Orchestra and the University Sports Centre with a choice of 22 sport sections.

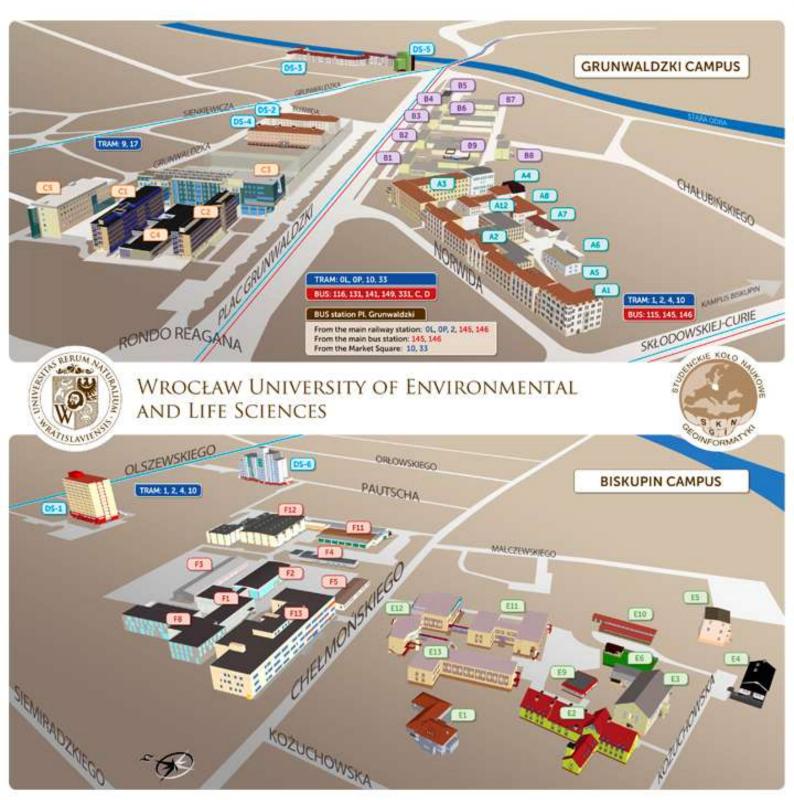
The mission of the University is to provide top quality education and promote innovative approach and openness to the surrounding world. The curricula correspond to the current labour market demands. The University staff is involved in projects connected with the development of rural areas, environmental issues, land management, animal health and welfare, animal products technologies, hydrology, food production and processing technologies.



UPWr - CAMPUS MAP

Online campus map: https://upwr.edu.pl/en/university/campus-map **The list of buildings, classrooms and offices:**

https://upwr.edu.pl/en/university/campus-map/building-addresses



SPORT ACTIVITIES

Chełmońskiego St. 43

www: http://swfis.upwr.edu.pl/erasmus/

The students are offered free sport activities including gym, swimming and volleyball. The timetable is given to Erasmus+ students by the International Relations Office after the students' arrival.







CENTRAL LIBRARY

C.K. Norwida St. 29

Opening hours from Monday to Friday: 8:00 a.m.-3:00 p.m. www: http://www.bibl.up.wroc.pl/ENU

You can find here the resources in a traditional way (hard copies) or in an electronical way according to the scientific profile and Internet access to the collections. Library is in cooperation with other libraries (The Consortium of Wroclaw Libraries).







THE PAWŁOWICE CENTRE



Located in the suburbs of Wrocław, at the very heart of a beautiful park belonging to the University Arboretum, the Pawłowice Centre is a real gem in the region of Lower Silesia and a seat of the University Continuing Education Centre and the Congress Centre. The facilities are used for education and training courses, music concerts and both outdoor and indoor occasional events. The Pawłowice Centre has a hotel with 25 rooms.



THE FACULTY OF BIOLOGY AND ANIMAL SCIENCE

Bioinformatics



Biology



Animal Husbandry



Human Biology









THE FACULTY OF BIOTECHNOLOGY AND FOOD SCIENCE

Biotechnology



Food Qualiy Managment and Analysis



Food technology and human nutrition



Food Technology and Culinary Arts



Human Nutrition and Dietetics



Food technology





THE FACULTY OF ENVIRONMENTAL ENGINEERING AND GEODESY

Civil Engineering



Environmental Engineering



Geodesy and Cartography



Water engineering and



Bioeconomy



Safety engineering















THE FACULTY OF LIFE SCIENCE AND TECHNOLOGY

Agriculture



Environmental protection



Renewable energy sources and waste managment



Agricultural engineering



Horticulture



Economics



Production engineering and managment









FACULTY OF SPATIAL MANAGEMENT AND LANDSCAPE ARCHITECTURE

Land Management



Landscape Architecture









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THE FACULTY OF VETERINARY MEDICINE







Each faculty offers study programmes leading to a degree of Bachelor of Science, Master of Science and a PhD. The curricula are in line with the Bologna Process. ECTS is implemented at each level of study (30 ECTS required for the accomplishment of one semester, 60 ECTS for one year). A full study programme for the Bachelor's degree takes 180 ECTS or 210 ECTS, depending on the field of study. The Master's degree is awarded after completion of 3 or 4 semesters (90 ECTS or 120 ECTS).

A full study programme for the students of Veterinary Medicine, leading to the degree of a veterinary surgeon, takes 5,5 years (330 ECTS).

International students are offered courses taught in English provided that at least six candidates sign up for a given course. It is possible to choose courses taught at different faculties.

The Faculty of Veterinary Medicine is the only faculty that offers a full cycle feepaying study programme taught in English. You can read more about it here: http://www.rekrutacja.upwr.edu.pl/en/

Updated Course Catalogue for Erasmus students is available on: https://student.up.wroc.pl/lista/



INTERNATIONAL RELATIONS OFFICE

The Erasmus Office staff is responsible for the organization of the study period or traineeships at the University.

We administrate the application process and assist the students with any issues they may experience before, during and after the study period or placement.

Director MSc Krzysztof Kafarski

e-mail: krzysztof.kafarski@upwr.edu.pl tel. +48 71 320 1024

Erasmus+ Institutional Coordinator, Outgoing students MSc Anna Posadowska-Malarz

e-mail: anna.posadowska-malarz@upwr.edu.pl tel. +48 71 320 5287

Erasmus+ Officer, Incoming Students PhD Eng. Jowita Pyszczek

e-mail: jowita.pyszczek@upwr.edu.pl tel. +48 71 320 5478

Internships and Staff/Student Mobility MSc Kamila Majchrzak

e-mail: kamila.majchrzak@upwr.edu.pl

Address: Skłodowskiej-Curie St. 42, building A1, room 201



ERASMUS+ DEPARTMENTAL COORDINATORS

The departmental coordinators are responsible for the courses before and during the mobility of the incoming Students.

Faculty of Biology and Animal Science: PhD Maja Słupczyńska, assistant professor

Tel. +48 71 320 5839

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Faculty of Biotechnology and Food Science: PhD Anna Żołnierczyk

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Faculty of Environmental Engineering and Geodesy,
Faculty of Spatial Management and Landscape Architecture:
PhD Hanna Houszka

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e-mail: hanna.houszka@upwr.edu.pl

Faculty of Life Sciences and Technology: PhD Marta Pasławska

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Faculty of Veterinary Medicine: PhD Małgorzata Kandefer-Gola

Tel. 71 320 5414

e-mail: malgorzata.kandefer-gola@upwr.edu.pl

ERASMUS+ APPLICATION PROCEDURE

Academic Calendar

Generally, the academic year starts on 1st October and finishes in the mid June. The first semester finishes around 20th January. The exam session is held until the mid February. The second semester usually starts around 1st March and finishes in the mid June. The exam session is held until the end of June. Re-sitting is possible in September, the date depends on the agreement between the lecturer and the student.

More information can be found here:

https://upwr.edu.pl/en/students/erasmus-ects/incoming-students

Nomination deadlines:

1st semester and the whole academic year: 1st June

2nd semester: 1st November

Deadlines for submission:

1st semester and full academic year: 1st July

2nd semester: 15th December

All applicants must go successfully through the on-line registration.

Documents for submission:

- Learning Agreement, Online Learning Agreement
- Photo for the Student ID Card
- Proof of English certificate (at least B2 level)
- Health insurance

The scanned documents (Learning Agreement duly signed and stamped by the student and his/her home institution coordinators should be submitted on-line together with a proof of English certificate. The LA/OLA accepted by the departmental and institutional coordinators is sent back to the home institution of the Applicant together with the Letter of Acceptance after the deadline for submission.



ERASMUS+ APPLICATION PROCEDURE

The form "Changes to Learning Agreement" has to be completed by the student not later than 30 days after arrival. It has to be signed by the student, the departmental coordinator and the institutional coordinator at the host institution. The institutional coordinator sends a scanned document (or the original if requested by the sending institution) for approval to the sending institution, which should be sent back (scan via e-mail) duly signed by the respective coordinator(s) of the sending institution.

The command of English

The student should submit an adequate certificate issued by the home university or an authorized institution certifying that the student is able to communicate, read literature and follow lectures taught in the English language (level B2 – CEFR).

Health Insurance

It is necessary for all the Erasmus students to have a valid Health Insurance Card issued in their home country. Non-EU students have to purchase in their home country the Health Insurance (valid for EU countries for the entire period of study in Poland). The insurance must cover medical assistance and hospitalisation, including repatriation that will cover the expenses incurred abroad. The students should have the Insurance Policy accessible at any time during the entire exchange period.



ACCOMODATION AT UPWR

Every UPWr dormitory (Centaur, Labirynt, Raj, Talizman, Zodiak) has Internet connection, but you will need your own kitchen utensils (plates, cups, pots, pans, etc.) - they can be bought in the nearest shopping mall at the Grunwaldzki Square, where Grunwaldzki Campus is located.

Duvets, pillows and bed linen are included and changed by the dormitory services once a month. The plugs have two male contact points. Washing machines (payable) are available in the dormitory. There is an access to the kitchen and bathrooms with showers, WC.

https://upwr.edu.pl/en/students/accommodation

OUR DORMITORIES

CENTAUR

The dormiory offers in total 6 single rooms, 38 double rooms, 52 triple rooms.

Facilities: Internet connection, guest room for two people, 3 study rooms, a laundry/dryer equipped with two washers and a dryer, TV room, the gym, bicycle storage, private medical and dental clinic (contract with NFZ).









ACCOMODATION

LABIRYNT

The rooms in the dormitory are arranged in modules for 5 persons (1 double + 1 triple room) to share a kitchen and a bathroom.

<u>Facilities:</u> Internet connection, TV room, photocopiers, a workout room, volleyball and basketball courts, a small shop downstairs.









RAJ

The rooms are arranged in modules for 2 or 4 persons to share a kitchen and a bathroom (2 single rooms or 2 double rooms in a module).

<u>Facilities:</u> TV room, photocopiers, a workout room, a small shop downstairs.







ACCOMODATION

TALIZMAN

The dormitory offers in total 24 double rooms and 51 triple rooms.

<u>Facilities:</u> 3 study rooms, laundry room equipped with two washing machines and a dryer, gymnasium with classical piano, the gym, fitness room, TV room with billiards, darts, board games and table football, table tennis bicycle storage, photocopier, private medical clinic (contract with NFZ), headquarters: "Jedliniok" Academic Song and Dance Ensemble and the theater and film club "Na Grunwaldzkim".







ZODIAK

The dormitory offers in total 21 double rooms and 70 triple rooms.

<u>Facilities:</u> five-person guest set, 3 study rooms, 5 dryers, including 3 equipped with washing machines, the gym, TV room equipped with a billiard table, table tennis table, table football, parking place.



UPON ARRIVAL

Registration

Upon arrival the students go to their place of residence.

Registration in the International Relations Office (Erasmus+ Officer) and at the Faculty (Departamental Coordinator) is possible from the first day of the academic year/semester.

Electronic Student ID

Document is issued for each student. It entitles to discounted tickets for public transport, museums, cinemas, restaurants etc.

Polish Language Course

This course starts in the mid October and in the second week of the second semester. The students are informed about the timetable via e-mail.

Checking in the dormitory

While checking in the dormitory you are assigned to, please remember to visit the manager of the dormitory first. Take a printed photo with you, which will be used in the Resident Card, which will be ready to collect soon.



OTHER USEFUL INFORMATION

Erasmus Student Network (ESN)

International Relations Office together with the Erasmus Student Network (ESN) organize a welcome day in order to establish good relations with the incoming students. The Erasmus students receive a Welcome Pack containing, among others, a mobile phone SIM card for Poland. The ESN students will organize social activities and cultural events to help the exchange students integrate into the academic life in Wrocław. Each Erasmus student will have individual contact with a Polish student (buddy) who will help him/her solve the problems and give assistance in case of emergency.

Public Holidays

New Year's Day – 1st January, Epiphany – 6th January, Easter Monday – Following Easter Sunday, Labor Day – 1st May, Constitution Day – 3rd May, Corpus Christi – 9th Thursday after Easter, Assumption of the Blessed Virgin Mary – 15th August, All Saints Day – 1st November, Independence Day – 11th November, Christmas Day – 25th December, Second Day of Christmas – 26th December

Important phone numbers

- Emergency alert 112 (Police, Fire Brigade, Ambulance)
- 24/7 "Narodowy Fundusz Zdrowia" helpline (National Health Fund), phone: **800 190 590** (when you hear Polish, press "6", then "2")
- Road Assistance 981

The international code for Poland is +48. The area code for Wrocław is 71.



OTHER USEFUL INFORMATION

Currency

The currency in Poland is Zloty (PLN). EURO and other foreign currency can be easily exchanged at banks, "kantors/exchange" and ATMs at the airport, railway station, in shopping centers and other places.

ATMs (Automatic Cash Machines)

In Poland look for a "BANKOMAT" sign. All major credit cards are accepted and these machines are fast and safe. However, please remember about standard safety practices for collecting the money in public places. Credit cards are commonly accepted.

Costs of living

The monthly cost of accommodation and living starts from 250 EUR (economical standard) and goes up to 500 EUR (higher standard). Accommodation and food prices are about 30% lower than in other EU countries. Shopping for food can be done in local shops or in supermarkets which offer lower prices.



MEET OUR ERASMUS+ STUDENTS

"I'm very proud of my experience in the UPWr, although I haven't been able to enjoy all the facilities inperson of the university due to the pandemic situation. The staff members are very helpful and they always reply to emails quite fast. The education quality is excellent and most of the teachers make classes very dynamic and enjoyable.

Also, thanks to the international environment in the UPWr and in Wroclaw it's very easy to meet tones of different students from different countries, with time you become one big family.

Wroclaw is such a great city for Erasmus people, with an amazing public transport system and has many places to hang out with friends, including clubs and a lot of cool thematic bars. It also has an amazing location for traveling to different countries like Czech Republic, Germany, Hungary, and so on.

To the incoming students: Come here and see yourself! It's the best experience ever, you can make great new friends and spend amazing time travelling everywhere."

Marta Manzanares Porlán from Universidad Miguel Hernández de Elche (Spain)



MEET OUR ERASMUS+ STUDENTS

"As an Erasmus student in Wroclaw, I have had the opportunity to get to know the city, the Polish culture, and its people. It has been a very enriching experience. The teachers are very friendly and are always willing to help us, I am completely happy to be here."

Danilo Jiménez-Calva (Ecuador) from Universidade de Trás-os-Montes e Alto Douro (Portugal)





"Studying in this city has been an unforgettable experience. I have met many people from Europe, as well as from my own country and I have practiced a lot my English until I improved it. I thank the university and all the teachers for this great experience. I have been very lucky to be on Erasmus in this city that will always be in my heart."

Laura González Valcárcel from
Universidad de León, Sergio
Galindo Sevillano from Universidad
de Salamanca, Antonio Jesus
Zapata and Miguel Ángel Jiménez
Rivas from Universidad de Almería,
Arantxa Garcia from Universidad
Autónoma de Madrid, Francisco
Pentinel Valentín from Universidad
de Córdoba (Spain)

MEET OUR ERASMUS+ STUDENTS

"My experience in Erasmus was incredible, even with the current pandemic context we experienced it was possible to visit cities in Poland such as: Krakow, Warsaw, we made a trip to Zakopane, we view the Auschwitz Museum. It was the most enriching experience ever with constant support from coordinators and teachers who were very friendly, helpful, and accessible with the greatest availability and understanding. I have met people from a lot of nacionalities and got familiarized with their culture, now I want to visit their countries because I have made friendshipn with them. I would love to repeat."

Sara Maria Lourenço Martins from Universidade dos Açores (Portugal)







Welcome rasmus students!





Authors

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Designed byJowita Pyszczek

Photos

Archive of Wroclaw University of Environmental and Life Sciences (Archiwum UPWr we Wrocławiu)

Wrocław 2024









WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

