# Living & Studying in Poltava

# ESTIMATED MONTHLY EXPENSES

The total amount of tuition and living expenses will vary depending on your personal choices and habits.

Renting an apartment or house or room (with payment for electricity, heating, water, internet)	110-400€/month	(The cost of renting an apartment may depend on the area of location, living space and living conditions.)
Dormitory	30-60€/month	(Dormitories are located on the territory of universities)
Food	200€/month	
Transportation	13€/month	
Leisure and shopping	150€/month	
Total	822€/month	

# RENTING APARTMENTS AND ROOMS IN DORMITORIES

Many students choose to rent individual rooms or apartments in dormitories or private houses. This can be a cheaper option compared to renting an entire apartment.

The rental price will depend on the location of the accommodation, the size of the room or apartment, the level of comfort and the availability of amenities (for example, a private or shared bathroom).

# **Dormitory**

The university provides dormitories for foreign students. This can be a convenient option, as you will live close to educational institutions and other students, and it is relatively cheaper accommodation than renting an apartment or room.

# **Housing search:**

First of all, to live in a university dormitory, it is necessary to contact the campus administration with the issue of lodging in a dormitory upon admission to the university.

When renting private living space, the Internet is one of the best tools for finding housing. Classifieds sites, student forums and social networks can help you find suitable offers.

#### **Prices:**

The cost of rent will depend on various factors, including location, level of comfort, size of the home, etc. Usually, renting a room in a hostel can be a bit cheaper than renting a private apartment.

The cost of living in a university dormitory can cost from 30€ to 40€ per month.

#### **Lease conditions:**

Before signing the lease agreement, it is important to clarify the conditions: whether utilities are included, whether it is necessary to pay additionally for the Internet, how payment is made, the terms of the lease, etc.

## **FOOD**

#### Traditional Ukrainian cuisine:

Ukrainian cuisine in Poltava has many options for gastronomic delights. You can try such dishes as borscht, varenyki, cabbage rolls, donuts, lard with garlic, sausages and many others. Many restaurants and cafes offer authentic Ukrainian cuisine.

#### **International cuisine:**

Poltava also has a variety of international restaurants and cafes where you can find dishes from different cuisines of the world. You can enjoy Asian, Italian, Japanese and other types of cuisines.

## Fast food and coffee shops:

Poltava also has many places for fast food, such as pizzerias, burger joints, sushi bars, coffee shops and coffee shops. This can be a convenient option for students or those looking for a quick meal.

# Canteens at the university:

The university has its own canteens which are located near the dormitories and educational buildings, where traditional and international cuisine is served, and food in these canteens is much cheaper than in restaurants or cafes

## Markets and grocery stores:

If you want to cook at home, Poltava has many grocery stores and markets where you can buy fresh ingredients and products. Not far from the universities, there are leading supermarkets where you can purchase both ready-made food and products for cooking.

#### **Cultural features:**

Do not forget that Ukrainians prefer hearty breakfasts, and lunches and dinners can be large and varied. Also, in Ukraine it is common practice to drink tea, coffee and other hot drinks at any time of the day.

#### **Prices:**

The cost of food may vary from restaurant to restaurant. Generally, prices in midrange restaurants and cafes for locals can be quite affordable, especially compared to events in larger cities.

# **TRANSPORT**

In general, Poltava is called a city of ten minutes, because every part of the city can be reached in 10 minutes by various means of transport.

## Public transport in the city is divided into three types:

Buses: Buses are one of the main types of public transport in Poltava. They cover most areas of the city and provide a convenient way to get around.

Trolleybuses: Poltava has a well-developed trolleybus network. They are also a popular form of public transport, especially on major routes.

Minibuses: Minibuses are widely used for short trips. They are more maneuverable compared to large buses and trolleybuses.

Taxi: Taxis are also a popular option for getting around the city. You can call a taxi using apps on your smartphone or stop on the street.

The fare on all three types of public transport will cost  $\in 0.4$ .

## **Personal transport:**

Car: Many residents of Poltava use personal cars for convenience and speed of movement. Parking is available in most areas of the city. You can also rent a car, which will be more expensive than traveling by bicycle or public transport. The cost of gasoline per liter for this type of transport is  $\in 2$ 

Bicycles: Bicycles are becoming an increasingly popular form of transportation in Poltava. The city has created bike lanes that promote safe cycling. By bicycle you can also reach any part of the city in 20 minutes, which makes this mode of transport the most profitable for moving around Poltava.

## **Transport maps and tickets:**

To use public transport in Poltava, you can buy tickets or use transport cards, which provide discounts and convenient transportation.

#### **Prices and schedule:**

Public transport fares are usually cheaper compared to many other cities. Timetables are available at bus stops, online and in smartphone apps.

# LEISURE AND RECREATION:

Parks and squares: The city has several beautiful parks and squares where you can walk, enjoy nature and relax. One of the famous parks in Poltava is the Gogol Park of Culture and Recreation and Corps Park in the city center.

Museums and cultural centers: The city has several museums, galleries and cultural centers where you can deepen your knowledge about the history, culture and art of Poltava and Ukraine.

Entertainment facilities: Poltava has cinemas, cafes, restaurants, bars and nightclubs, where you can spend time in the company of friends, enjoying entertainment and gastronomic experiences.

## **Sport:**

Fitness and sports clubs: The city has many fitness centers and sports clubs where you can do fitness, bodybuilding, aerobics and other types of physical activities.

Sports grounds: Poltava has sports grounds for football, basketball, volleyball and other types of team sports.

Active recreation: You can go on a bike ride or go jogging in the parks. Roller skating and beach volleyball are also popular activities.

## **Kinds of sport:**

Football: Football is very popular in Ukraine, and Poltava is no exception. The city has soccer fields and teams where you can practice or watch matches.

Basketball, volleyball and other sports: Other sports are also popular in Poltava, which can be played in sports grounds or specialized clubs.

## **Competitions and events:**

Sports competitions: Various sports competitions are held in the city, both for professionals and for amateurs.

Marathons: The city organizes marathons that offer an opportunity to immerse yourself in the sports culture and test your capabilities.

All these possibilities make Poltava an attractive place for active recreation, sports and relaxation, regardless of your interests and level of physical fitnes

# USING BANK CARDS AND RECEIVING BANKING SERVICES

#### **Banks:**

Large national banks and branches of international banks operate in Poltava. They offer various types of banking services such as accounts, deposits, loans, money transfers and more.

There are banks that specialize in serving students and young people, which can be useful for international students.

#### **ATMs:**

ATMs are common in Poltava and can be found on many streets, shopping centers, banks, etc. They are usually available 24/7 and allow you to withdraw cash and check your account balance.

Most ATMs accept cards from various payment systems, such as Visa, MasterCard, etc.

#### **Payment systems:**

Contactless payments: Contactless payment technology is widespread in Poltava. Most supermarkets, restaurants and other establishments support contactless payments using cards or mobile devices.

Visa and MasterCard: Cards of these payment systems are accepted in most shops, restaurants, hotels and other places.

Local payment systems: Some banks may provide local cards or payment systems that can also be used for payments and cash withdrawals.

### **Currency exchange:**

Currency can be exchanged in banks or exchange offices. Most banks provide currency exchange services.

# SAFETY AND HEALTH PROTECTION

#### Health care:

Hospitals and Clinics: Poltava has a number of hospitals, clinics and medical centers that provide a variety of medical services, including general consultations, treatment, diagnostics and surgical operations.

Specialized care: The city has specialized hospitals that provide high-quality medical care in various fields such as cardiology, oncology, neurology, etc.

Emergency medical care: The city has an emergency medical care system that provides emergency medical care in case of emergencies.

## **Emergency services:**

Fire service: Poltava has a fire service that provides protection against fires and provides assistance in emergency situations.

Police: The Poltava Police Line is responsible for public safety and law enforcement. Medical care: Emergency medical care and ambulance services guarantee quick medical care in case of emergencies.

## **Prevention and training:**

Local authorities and medical organizations conduct preventive measures and educate the public about fire safety, emergency medical care, road safety, and other aspects.

# **Emergency numbers:**

Special numbers such as 101 (fire department), 102 (police), 103 (ambulance), 112 (European emergency number) are available to call for help in emergency situations in Poltava.

Emergency services operate around the clock and arrive on call within 5-10 minutes.

In general, health care and emergency services in Poltava provide an adequate level of medical care and community safety, responding to various situations and providing assistance in emergency circumstances.