Freshmen's



UNIVERSITY OF NYÍREGYHÁZA

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Rector's Welcome

As Rector of the University of Nyíregyháza (NYE), I sincerely welcome you to this Hungarian Higher Educational Institution. You have just made the first step towards your bright future by choosing us. Our mission will be to provide you with self-personalized education, a welcoming community, and comfortable accommodation during your stay in Nyíregyháza. We know that international cooperation is a key driver of knowledge transfer. As an international student who just entered our city, you will need this

guide to lead you through the main destinations of Nyíregyháza and make the most of your stay here. Since the University of

Nyíregyháza seeks to become an international university provide we our international students with package of all-round assistance related to their studies and later graduation. I encourage every student to browse our catalogue and get familiar with the student Nyíregyháza life οf which will help through academic achievement.



Facts and Figures

The University of Nyíregyháza is one of the outstanding institutions of the universities of applied sciences in the country, where research, high-quality education, and personal attention are combined with an excellent infrastructure.

Impressive Hall of the University was named after György Bessenyei – a Hungarian poet and leading figure of Hungarian enlightenment.

7th

LARGEST CITY IN HUNGARY



LOCATED NEXT TO SÓSTÓ

Facts about Nyíregyháza

- Nyíregyháza, city of county status and seat of Szabolcs-Szatmár-Bereg megye (county), northeastern Hungary.
- It is a principal settlement of the upper Tisza River region, which coincides approximately with the traditional Nyírség, an area that was for centuries a wilderness of dunes and swamps and from which the land was gradually reclaimed.
- The history of modern citv really begins with the colonization of the Nyírség in the mid-18th century when Count Károlyi, the Ferenc prime mover behind the program, brought Slovak in many immigrants.



Facts about Sóstó

- The Park Forest, with its 371-hectare area, which attracts many to the fresh air in every season with its walking paths, forest gym, playground, and bacon-barbecue places, is a popular excursion destination in Nyíregyháza.
- The Sóstó Forest, extending between the city and Sóstógyógyfürdő, well deserves to be called the 'lung of the city'.
- The Nyíregyháza Zoo, often called 'the zoo of zoos' is located in a 30-hectare oak forest where
 5,000 animals of 500 species live in yards resembling their natural habitat.
 - Visitors are welcomed by numerous leisure activities in Nyíregyháza. The city centre offers the Júlia Spa, while Sóstógyógyfürdő provides the Park Spa, the Aquarius Spa and the Bathing House as a wellness opportunity.

TO-DO LIST

BEFORE STARTING YOUR STUDIES:

- Check the academic calendar. You can see the semesters, examination period, and national days
- Contact your programme international coordinator

Your programme international coordinator will give you information about administrative issues related to your studies.

- Ask for a mentor
- Arrange your visa application
- Arrange travel health insurance
- Arrange your travel to Hungary
- Visit orientation days at NYE to stay informed

Arrival

You can find all information regarding accommodation, enrolment procedures, student life, and many more on the following website: https://english.nye.hu/en

MENTORS SYSTEM

The University of Nyíregyháza offers personalized support while staying in Nyíregyháza. An English-speaking local mentor is available for you throughout the whole period of your stay at NYE. He or she will make every effort to improve your academic performance.

A mentor may help with exploring careers, setting goals, developing contacts, and identifying resources. Mentors are working at each NYE institute, so international students can turn to their mentors with institute-specific questions as well.

MORE INFORMATION: https://english.nye.hu/en/node/123





MENTORS OF NYE

Meet your mentor: When you arrive at the airport or the city contact your local student mentor who can show you around the campus and in the city. Each mentor participates

in special training to be able to take care of all the incoming international students at NYE.

STUDENT MENTOR RESPONSIBLITIES:

- arrange a residence permit
- arrange Health Insurance (TAJ card)
- arrange the TAX Identification number
- arrange a bank account
- arrange a Student Identity Card
- help with handling Neptun system
- university administration
- help in finding a flat or a room
- support in studies
- or in any other case.

From Airport to NYE

AIRPORT

Budapest Airport, officially called Budapest Liszt Ferenc International Airport (former name: Ferihegy) is the main international airport in the country. For more information about the airport and the flights it serves, visit www.bud.hu.

BUS 200E takes passengers to Ferihegy Railway station from the airport terminals. From there you can take a regular train which is a cheap option or a fast Inter City train. The IC train will bring you to Nyíregyháza destination straight away.

TRANSPORTATION TICKETS

BUS – if you are a digital type of person who likes to buy tickets ahead without waiting in the queue we recommend downloading BudapestGO mobile application. In this app, you will be able to buy one-ride or even monthly passes as well.

TRAIN – there are two types of trains which you can choose from as we have mentioned before. One of them is the simple train which can be a perfect option for small-distance trips. Another type is the IC train which takes you anywhere with saving time. To buy train tickets we recommend registering on this website: https://jegy.mav.hu/

Public Transport

HOW TO LOCATE THE UNIVERSITY OF NYIREGYHAZA BY BUS

When you leave the station, cross the zebra crossing and look for the bus stop. Near the bus stop, you will need to buy a bus ticket. You can either do it with the digital BUDAPESTGO application which you can download from your app store or buy tickets manually. Manually there will be several opportunities to buy the needed ticket: from the kiosk, from the machine, or from the driver. You will also have to check the timetable near the bus stop. Wait for the following buses: 8A,8. When you get on the bus, show the driver the tickets —he will notify you how to verify them and get settled on the short trip.









Driving a car

Foreigners driving a car to Hungary are required to hold a valid international driving license. Car registration and insurance papers are also compulsory. Our dormitories have a safe car park. Driving is on the right-hand side and the seatbelt is compulsory. The speed limit within residential areas is 50 km/hour, 90 km/hour for secondary roads, 110 km/hour for highways, and 130 km/h for motorways.



Cycling in Town

DO YOU LOVE CYCLING?

We would be happy to offer you some help with this. Students of the University of Nyíregyháza are given the opportunity to rent a bicycle until the end of their studies.

RECOMMENDED PROCEDURES:

The procedure starts by signing a bicycle agreement at the International Relations Office. The international coordinator has to provide you with the needed documents and also with the acknowledgment receipt. After the management of the University has approved your agreement you are free to pay the commission fee cost of 20.000 Ft. The commission fee will be paid back when you return the bike in good condition.



Night ride in Nyíregyháza

SAFETY INFORMATION:

You can always hail a cab on the street, but it is cheaper to book one over the phone, online, or with apps. Tourists should avoid hailing unmarked taxi cars. Even if they have a taxi sign on the roof and are seen standing at taxi ranks, do not get in the car unless they have a company name on the outside of the car.

RIDE FEE:

In Hungary, the taxi decree regulates the price of taxis at a fixed tariff of 400 HUF/km (1,15 EUR/km), in addition to a one-off basic fee of 1000 HUF (2.9 EUR) and a waiting fee.







Arrange your VISA application

Citizens of the states of the

European Economic Area (EEA) are entitled to enter the territory of the Hungarian Republic in possession of a valid identity card or passport and might stay, not exceeding 90 days, without any special authorization.

If you are a student from a non-EEA country, you need to obtain a residence permit for the purpose of study.

You need to submit the residence permit application form at the Hungarian Consulate or at other locations authorized to issue residence or nationality permit. It is strongly advised to apply for a residence permit for the purpose of study in your home country approximately one month before arriving in Hungary. With this procedure, you are also applying for the residence permit visa (D-visa) which allows you to enter Hungary only once and stay for 30 days before receiving your residence permit.

After you arrive to Nyíregyháza

All international students have the right to request the accommodation certifying document from the International Relations Office before their arrival for the VISA application.

DOCUMENTS FOR RESIDENCE CARD APPLICATION PROCEDURE:

- Valid travel document (Passport)
- Accommodation certifying document (issued by the hosting institution)
- Accommodation reporting form (signed)
- Training/scholarship agreement (issued by the hosting institution)
- Document which certifies the active student status (issued by the hosting institution)
- Bank statement
- Passport size photo
- In case needed: copy of the document issued by the previous higher institution. (high school/diploma)

Applying online

Since 2023. 01. 01 all applications (except the ones submitted at the consulate/embassy) must be submitted online. Visting personally visiting the National Directorate-General for Aliens Policing for submitting applications is only possible in special and vis major cases, and an equity request is needed.

WEBSITE TO REGISTER:

https://enterhungary.gov.hu/eh/

INSTRUCTIONS TO FOLLOW DURING APPLICATION:

https://enterhungary.gov.hu/eh/assets/en-enterhungary.pdf

OPEN THE WEBSITE WITH THE QR CODE:

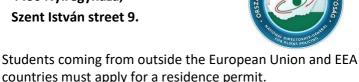






Immigration Office at Nyíregyháza

Address: 4400 Nyíregyháza, Szent István street 9.





Accommodation certifying document

This document has to be provided to the Immigration Office during the residence permit application. For third country nationals it is obligatory to report the change of accommodation when they cross the border and planning a long stay outside their own country.

IN ORDER TO GET THE DOCUMENT YOU NEED:

All the procedures done by the Immigration Office takes time, so we suggest collecting all the documents before application.

- Contact your mentor and international coordinator.
- Dormitory manager has to receive all the data in order to provide you with an accommodation report. The data with personal details are sent by the mentor or by the international coordinator.
- Valid passport (check the expiry date)
- Signed accommodation report by both parties requested to get the certifying document from Immigration.
- http://www.bmbah.hu/index.php?option=com_docman&task=cat_view&gid=455&lang=en_
- When you submit the report via Enter in Hungary you can request the certifying document (QR code) If the application is being handled personally, the certifying document is being stamped at the place of applying.

Student Enrolment

The process of your enrolment starts at the Student Service Center at the University of Nyíregyháza Building A ground floor. Make sure to visit the office and contact the programme coordinator with the original documents listed in your Acceptance letter. Administrative workers of NYE and your mentors will inform you about the steps of your Academic Registration. The registration at the University is supposed to be done in the first week of September as it is also mentioned in your Letter of Acceptance.



Neptun the online study system at NYE

The Neptun Education System is the electronic study system at NYE, which makes the administration of your studies easier and faster. You can take your lectures and exams, and follow the results of your courses, and financial matters.

You can reach your Neptun account by clicking on the "Student web interface" on the opening page of Neptun. Please type your Neptun ID (6 characters) and your password and log in.

Please read the "Neptun User Guide For Students" which our mentors have designed for you.



Online Systems



Check-in at STUDENT SERVICE CENTRE with your mentor buddy, who will:

- help you register at NYE and for the semester as well;
- set your status as "active" in the Neptun study system;
- give you your Neptun code;
- give you a certificate to prove that you have student status at NYE;

Get your Neptun code and password.

You need to have both your Neptun code, and your Neptun password in order to be able to use the Neptun study system.

This electronic database contains the personal data and full academic study records (registration, courses, exams, grades, and credits) of all registered students of the university. Within the system you can manage your student status, your course and exam registration, your financial transactions for items that students are expected to pay to the university or to the dormitory, and also access the materials that the lecturers uploaded.

Grading System and Credits in Hungary

LOCAL CREDITS

Since Hungary is a member of the European Union, Hungarian higher education institutions are part of the European Higher Education Area. The Hungarian academic credit system following the Hungarian law is an ECTS-compatible system. (European Credit Transfer System) Credits and degrees gained in Hungary are transferable to other European institutions. An ECTS equivalent system is applied in all higher education institutions.

CREDIT TRANSFER

The ECTS conversion table ensures transfer procedures between the Hungarian academic credit system and the ECTS. The recognition of courses completed abroad is based on the credit transfer regulation. For incoming international students, a Transcript of Records is issued at the end of the semester, which contains the code and title of the completed courses, credits, grade, and its ECTS-compatible grade.

Grading



At the end of the semester, the assessment of knowledge is generally carried out according to a five-grade scale:

5	A excellent Outstanding with minor errors	EXCELLENT VERY GOOD
4	B verygood Generally sound work with a number of notable	GOOD e errors
3	C satisfactory Fair, but with significant shortcomings	FAIR
2	D/E passed Performance meets the minimum criteria	PASS
1	FX/F failed Further work is required	FAIL

Student Life













Public Holidays

There will be some days when you don't have to attend the university. You can spend this time on leisure activities which brings to you the feeling of having a break. During national holidays stores are usually closed and works only by specific hours. These happen on national holidays which are the following throughout the year:

- January 1 New Year's Day Hungarians eat lentil soup and pork which is said to bring wealth and luck to the family during the whole year
- March 15 Anniversary of the 1848 Revolution and War of Independence Hungarians wear "Cockade" attached to the coat above their heart
- Good Friday different every year the Friday before Easter
- Easter: its exact days are different every year but usually in March or April, from Good Friday through Easter Monday
- May 1 Labour Day
- August 20 Hungary's first king St. Stephen's Day the greatest national holiday, celebrated with day-long festivities followed by spectacular fireworks displayed on the bank of Danube.
- October 23 Anniversary of the 1956 Revolution
- 1 November All Saint's Day
- December 24-26th Christmas

Dates to save:

1 January New Year's Day 15 March National Holiday commemorating the Hungarian Revolution of 1848 March or April Good Friday (date changes) March or April Easter (date changes) 1 May Labour Day May or June Whit/Pentecost Monday (dat 20 August St Stephen's Day commemorating the first king of Hungary 23 October Day of Republic in memory of the 1956 uprising 1 November All-Saint's Day honoring the memory of the deceased 25 December **Christmas Day** 26 December Second Day of Christmas

> Remember: On national holidays and on all public holidays most businesses are closed in Hungary. Public transportation is on holiday schedule and runs less frequently.

New Year's Eve

31 December

Academic Calendar

Academic year opening and jubilee graduation ceremony: 2 September 2023, 11:00

Registration week:

From 28th August 2023 to 1st of September 2023 (without education)

Subject and course enrolment:

From 21th of August 2023 8 o'clock Until the 4th of September 2023 12 o'clock

Study period:

From the 4th of September 2023 Until the 9th of December 2023

Researchers' night:

September 2023

Day of Hungarian Science:

The first week of November

Deadline for submitting theses:

30 of November

Exam period:

From 11th of December 2023 until 22nd of December 2023 and from 2nd of January until 26th of January Dates who are taking their final exams earlier or later due to the postponement of studies hours may differ

Graduation ceremony:

3rd of February 2024 at 11 o'clock

International Relations Office

The International Reltions Office is in charge of the international collaborations of the University of Nyíregyháza, promotes the mobility opportunities for students, academic and administrative staff and researches, and supports the initiatives to submit international projects.

Office hours:

To book an appointment, please contact the colleagues of the office via email.

Address:

University of Nyíregyháza International Relations Office H-4400 Sóstói út 31/B Building "A", 2nd Floor, Room 249 Nyíregyháza, Hungary

International Café Events at NYE

The events began in January 2023.

Main focus and purpose: experience sharing, keeping in touch, strengthening students' contacts and cooperation, professional bonding, and the development of performance management skills.



Erasmus+ International Room

The Erasmus+ International Room is used for multiple purposes and is a perfect place for internationalization at the University of Nyíregyháza.

IT PROVIDES:

- A social meeting place for international students (students with Erasmus and Stipendium Hungaricum scholarship and full-time international students
- A social meeting room for Hungarian and International students
- A place for Intercultural events
- A place for international workshops
- A place for Hungarian and English language classes for incoming and outgoing students
- A calm and quiet environment for learning



Accommodation

Residence place is provided for International students who arrived in the frame of the Stipendium Hungaricum scholarship. As it is mentioned in the Letter of Acceptance. We provide students with a place to stay for 12 months and so on after renewing their contract with the dormitory.

What about self-paying students?

A self-paying student who is paying a tuition fee for his or her studies is also provided with accommodation of the same comfort. The management of the University is trying to satisfy the needs of the students who are staying far away from their families, especially during the summertime. That means that the facilities which we are providing need to be "more than good".

CAMPUS DORMITORY OF THE UNIVERSITY

Description: the dormitory has four buildings altogether which can contain Hungarian as well as International students at the same time. In most cases, students are able to get a single room with a shared bathroom on the other side. The chance of getting a single room always depends on the number of incoming students. The kitchen and bathroom are shared with the residents of the floor and can be found in the corridor. Inside the room, all the residents are provided with a personal fridge that can contain food and drinks bought from local stores.

FOR MORE INFORMATION: https://koli.nye.hu/

Excited about moving in?

Living on Campus is a great way to meet fellow students and to be where the action is. Moreover, it comes with many benefits such as:

SUPPORT - Welfare and health support from the tutors, mentors, accommodation managers, and people working with the administration. There always will be always someone to count on in case of any emergency situation.

ALL IN ONE - it's a big advantage that the services at the University are built all in one. What does it mean? You can find all the facilities near to the Campus: restaurant, sport areas, university café and the famous Erasmus Room.



CAMPUS dormitory

The Campus dormitory provides accommodation for students admitted to the University of Nyíregyháza. This is the main dormitory as for Hungarian students as well as internationals too.

Room type: Normal, lower comfort level rooms, 2+2 beds, 2+ 3 beds. All rooms have Internet and a fridge.

Between the two rooms, there is a shared shower and a sink.

The kitchen and the toilets for women00 and men's shared with the residents of the floor and can be found in the corridor.

All kitchens have microwaves and hot plates.

In the basement of the building, there is a laundry (devices work with coins) and an ironing room for the residents of the dormitory.

There is also a fridge in the room which can contain all your groceries. The accommodation is provided on the basis of a prior request, the request must be sent to the International Relations Office.



NYE International Freshmen Orientation Days

international student. an starting your university experience in another country or is an exciting opportunity. You might not be sure where to begin on your new journey, but there are many other students who feel this way, too! This is where an orientation program can help you get your bearings and give you a better sense of what your new day-to-day life will be like at.

Freshmen orientation days aims to teach new students more about the campus, go over the various services and resources available to learners, and provide meet-and-greet opportunities with peers. Attending orientation can also help get you excited about campus life.

Things which you can expect:

- Campus tours
- Information sessions
- Meeting up
- Choosing your class schedule
- Regulation rules











University of Nyíregyháza



























Cinema City Nyir Pláza



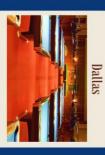
Múzeumfalu Sóstó







Csatorna street 2







Pharmacies and HOSPITALS

Pharmacies (gyógyszertár):

Pharmacies are usually open until 8 pm, but there are ones that are open around the clock where there are dis-pensing chemists on night duty. Note if you go to a pharmacy in the evening or during the night, you have to go to a special window and sometimes ring a bell too.



BENU PHARMACY

Address: Pazonyi út 36



PATIKA PLUS (Interspar)

Address: Korányi Frigyes u. 5



KÖRTE PATIKA

Address: Körte u. 21

In the case of emergency:

AMBULANCE POLICE DEPARTMENT 105 EUROPEAN EMERGENCY NUMBER 112

Support Services

MENTAL HEALTH SUPPORT

You might never know when it's time for you to speak up about your problems. For an international student its always harder to deal with the challenges which can come up to their way than for a normal student. There can be some circumstances when you will feel far from your loved family, far from friends from your country neighborhood.

MAKE THE FIRST STEP

Our students can ask for personal support at our institution throughout their stay. The Mental Help Consultation is provided by the professional expert László Körei, Head of the Mental Health Support Centre.

Don't be afraid to make a change!

GET IN TOUCH

4400 Nyíregyháza, Sóstói út 31/b "B" building ground floor: 09.

Tel.: 06-42/599-400 /1/

2805 extension



Governmental Health Insurance (TAJ CARD)

Those are entitled to have the TAJ card who have:

- foreign citizenship,
- -who have no permanent accommodation in Hungary BUT have a temporary Hungarian accommodation

If you are studying under the Stipendium Hungaricum scholarship programme, if you are part of the Scholarship Programme for Christian Young People, or if you are part of the Hungarian Diaspora Scholarship Programme.

In case - if you are a student with a scholarship offered by the Minister of Education in Hungary, you are eligible for health care services in Hungary and you will receive a "TAJ card". With the "TAJ" health insurance ID, you are eligible to use health services in Hungary.

With the "TAJ card" (the card for Hungary's national health insurance scheme). scholarship holders are publicly ensured and they are able to access public healthcare for free, not just emergency or urgent care. Scholarship holders can request a public health insurance card (TAJ card).



THE FOLLOWING DOCUMENTS ARE NEEDED:

- A copy of your passport (valid for at least 3 months),
- A copy of your residence permit card (both sides, valid for at least 3 months),
- A copy of your address card (both sides, stamped by the Immigration Office, or printed version if you received a QR code from the Immigration Office),
- An original student status certificate with both signature and stamp, that you can get only by visiting the CAO personally. It has to be issued no longer than 30 days ago,
- Your Letter of Award (a document that proves that you are receiving a monthly stipend),
- Letter of authorization: You need to fill it out, print it and sign it. You will also need two witnesses to sign it, they can be anyone you know ("tanú" means witness).

You are advised to contact your NYE coordinator who is responsible for the tasks dealing with international students. The application process will start if you present all the documents to your coordinator who



will help you to go through the process of TAJ application.

(TAJ CARD)

Governmental Health Insurance for self-paying international students

As a regular student, you are not entitled to free health care in Hungary. NEAK, which is the governmental body responsible for issuing TAJ cards, cannot take your application without payment for the healthcare services.

As of January 2023, the payment equals 30% of the Hungarian minimum wage for 24 months, that currently equals 69,600 HUF/month, or 1,670,400 HUF altogether. You can set up payment schemes that fit as closely to your needs as possible (paying in one sum, or monthly installments for a specific number of months, etc.).

You must keep in mind, that you are only eligible for emergency treatment before paying the above-mentioned sum altogether! This means that as long as you haven't paid the whole 1,670,400 HUF, you can only use public healthcare in emergency cases! If, at the time of the contract, you pay the whole amount, you will be entitled to health care services with full coverage from the first day of the following month.

After paying the whole fee, using the TAJ card still comes with some restrictions:

- You can only use emergency dental care.
- Your TAJ card is only valid in Hungary, you cannot get free treatment in any other country with it (not even EEA member states).
- You cannot sign up for transplantation and surgical waiting lists.
- Any examinations or medications that are related to a medical condition that was present before the application for a TAJ card are NOT covered.



If the case happened in the dormitory:

- Go to the dorm reception
- Inform University safety guards about the problem
- If the case is serious and you need the help of the doctor, they will call an ambulance for you.
- Bring all the documents which can certify your identification.
- If you are allergic to some painkillers or sensitive to some treatments, please inform the doctor who will take care of you.

Before you ask for treatment, please always ask if you can use your TAJ card for the service. If you need help and would like to visit the doctor, please contact your local, Hungarian-speaking mentor who can help you with finding a doctor.

In case you cannot reach out to anyone:

In case of emergency, do not hesitate to visit a medical emergency service ("ügyelet"). In urgent cases, you will receive medical treatment. Until you receive your TAJ card, in case of emergency, please always take with you your "Letter of Award" (scholarship holders), your "certificate of student status" and your passport and residence permit with the accommodation reporting form.

Student ID Card

International students are provided with a student ID card with which they can have the same advantages as Hungarian students. After granting student status at the host institution.

Discounts with the Hungarian student card:

- 50% discount when buying a monthly pass for public transport (diákbérlet).
- 50% discount on travelling by train.
- 50% discount on travelling by bus.
- 50% discount on membership fees in public libraries.
- 50-100% discount on entrance fees in particular museums.

FIRST STEPS

- Attend the orientation days at NYE
- Register at the University and establish a student status at the Neptun system (ACTIVE)
- Go to the Government office with your mentor student (kormányablak) found at the city center to fill out an official application for the student card
- Bring the following documents: passport, student certifying status document (can be asked from the administrative at the Student Service Centre of NYE).
- Provide your personal data exactly as it is mentioned in the passport

NEK NUMBER

Definition: a unique code, in the top right corner which is called NEK identifier.

You will be given a NEK (Nemzeti Egységes Kártyarendszer) datasheet at the Government Office (Kormányablak).

This form has a 16-character identification number in the upper right corner. Please note that you must keep this sheet for further use.

Please double-check all your data on the issued NEK document! The data on the NEK document have to be exactly the same as the data registered in the Neptun system (if not, your student card request will be rejected)!

After getting your NEK document please follow the instructions given by your coordinator and mentor student. You have to show the code to the administrator at the Student Service Centre who will help you with further procedures.

The temporary student card can only be issued if you have applied for the NEK code. The temporary student card can be issued for 60 days; after the expiry, you have to ask the student administrator to provide you with a new temporary card.



TAX NUMBER

If you study at NYE with a Hungarian governmental scholarship you are required to apply for a Tax Card after your arrival in Hungary. You need to request a Tax Card in person at the National Tax and Customs Administration (Nemzeti Adó- és Vámhivatal). You are required to take with you your passport. You need to pay taxes if you have a job in Hungary or you receive any other income from anyone in Hungary.





As soon as the TAX Identification Number will be ready you have to provide your international coordinator with its details.

Sport facilities

Our 30x40 m sports hall accommodates in its one half ball games and in its other half gymnastics classes.

The athletics classes take place in our 76x24 m indoor athletics hall with tartan tracks and on our 400 m 3-lane plastic-covered outdoor track.

Our 25-meter-swimming pool features 5 lanes and a stretched water surface. Outdoors, there are 2 bitumen-covered handball courts, 6 backboarded streetball courts, and 3 clay tennis courts. Education is also supported by one 10x22 m fitness room, equipped with modern multifunctional and conditioning equipment. We also have a 25x5 m mirror room for aerobics training.











Sports

If you are interested in football: Look for a team

There are many football teams who are looking to hire people and accept some. Don't be afraid to take a chance and approach a football team that you think is out of your league - and don't turn them down if they approach you. Opportunities are free, so you might as well take them. It will work out for you in the long run!

Exercise

Most football players will usually run and jump after having a busy day. It is your duty if you want to become a good player, to jog laps and run on courses. Get plenty of exercise by also going to a gymnasium and keep your body in shape. This will give you a great exercise and will make you strong and healthy the next time you want to participate.

Stay in touch with students who graduated, meet the Alumni community. Ask around people who are involved in the sport activities in which you are interested.

COST OF LIVING IN NYÍREGYHÁZA





water

(1.5 liter bottle) 160,00 Ft



eggs

(regular) (12) 1,104.00 Ft



white bread

(500g) 381.67 Ft



rice

(white), (1kg) 600.00 Ft



apples

(1kg) 575.00 Ft



onion

(1kg) 445.00 Ft



chicken fillets

(1kg)

1,650.00 Ft



milk

(regular), (1 liter)

442.00 Ft



COST OF LIVING IN NYÍREGYHÁZA





single bus ticket
bought in advance
350 Ft



bus ticket
bought at the driver
450 Ft



monthly pass for students





monthly pass
without student card
7.000 Ft



24 hour ticket 1300 Ft



COST OF LIVING IN NYÍREGYHÁZA





utilities/monthly

Basic (Electricity, Heating, Cooling, Water, Garbage) for 85m2 Apartment 50.000Ft



mobile phone

Monthly Plan with Calls and 10GB+ Data 10.000Ft



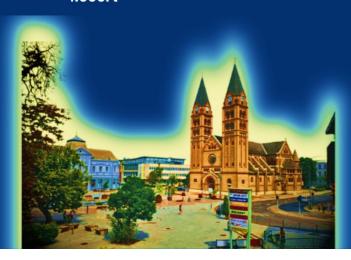
internet

(60 Mbps or More, Unlimited Data, Cable/ADSL) **4.000Ft**



gym

Fitness Club, Monthly Fee for 1 Adult 10.000Ft



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Useful Phrases Everyday Conversations

ENGLISH	HUNGARIAN
Hello	Szia/Sziasztok!
Good morning!	Jó reggelt!
Good evening!	Jó estét!
Good night!	Jó éjszakát!
Good bye!	Viszontlátásra!
Yes	Igen
No	Nem
I know.	Tudom.
I don't know.	Nem tudom.
Do you speak English?	Beszél angolul?
Please!	Kérem!
Great!	Nagyszerű!
I don't speak Hungarian.	Nem beszélek magyarul.
I only speak a little Hungarian.	Csak egy kicsit beszélek magyarul.
Thank you very much!	Köszönöm szépen!
No, thank you!	Nem, köszönöm!
Excuse me/Sorry!	Elnézést/Bocsánat!
What is this called in Hungarian?	Hogy hívják ezt magyarul?

Graduating? Stay in touch.

Alumni are great role models for current students and are often well-placed to offer practical support to students as they start their careers. Alumni are often in the position to engage the expertise of the institution in their professional lives.

5 question types to ask a student ambassador:

- Contact information
- Employment
- Graduate school
- Engagement
- Overall satisfaction

As you walk through your college years of self-exploration and discovery, it's of course also the time to consider how you will contribute to society and support yourself in the future. We are happy to hear about the successes of our student graduates, so if you are interested in joining our Alumni community please contact us.



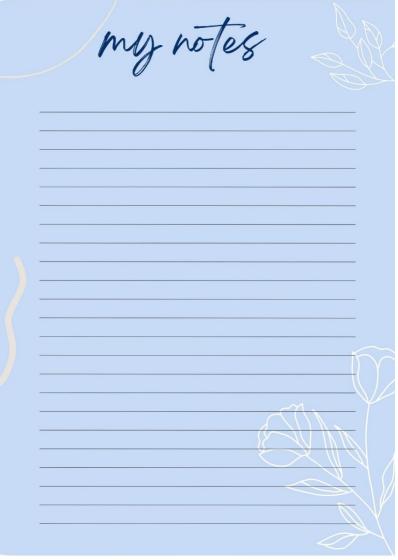
Motivation until the end!

Marilyn Monroe Quoted: "Don't stop when you're tired; stop when you're done.".

We are all worked hard to achieve our dreams, so when you get stuck or get hesitate again about if it's really worth finishing your studies or not remember: "You have to fight till the end".

- ✓ get diploma
- ✓ achieve your dreams
- ✓ be a proud member of your family
- ✓ go further and do not stop







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Information in this guide is correct at the time of publication. All the information contained in this guide is subject to change without prior notice by the officials of the University of Nyíregyháza. For the most up-to-date information, please consult the university's english website.



UNIVERSITY OF NYÍREGYHÁZA

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