Welcome to Nowy Sącz!

Nowy Sącz, founded by the Duke of Kraków on 8 November 1292, is one of the oldest towns in the Lesser Poland Voivodeship and the third largest town in the region.

Nowy Sącz is the capital of the area with a 700 years of cultural heritage, surrounded by mountain ranges: Beskid Sałatecki to the south, Beskid Wyspowy to the west, Beskid Niski to the southeast and the foothills of Pogórze Rożnowskie to the north. There are also three mountain rivers – Dunajec, Poprad and Kamienica – and a great variety of resorts and ski lifts.

Nowy Sącz lies in the heart of the region famous for therapeutic waters, breathtaking scenery and refreshing climate.
Wyższa Szkoła Biznesu – National Louis University

Wyższa Szkoła Biznesu – National-Louis University is a place with great climate for studying. This atmosphere is not only created by beautiful surroundings and modern education facilities, but mostly by high quality of teaching and renowned teaching staff. WSB-NLU stands for trust, friendship and atmosphere of respect and understanding, created by students, lecturers and administrative staff.

The university offers classes in well-equipped comfortable, air-conditioned lecture rooms, classrooms and laboratories. Most rooms are equipped with modern audiovisual and sound systems. The school has an advanced, multi-camera monitoring system, assuring students’ safety.

Both the campus and the dormitories belonging to the WSB-NLU network are constantly monitored by professional security agency.

The year of 2014 was a great turning point for the university – MMC Brainville Technology Park was opened due to ”Miasteczko Multimedialne Project”.

This event seems to be a big chance, which can influence WSB-NLU development and give a unique possibility to develop the bravest projects. A well-developed TV studio, animation laboratories, special effects, postproduction, virtual reality, the object materialization 3D, projecting room with the high-tech sound and picture system, rendering farm and a huge server room, these are only some elements of the MMC Brainville Technology Park.

Contact Point At WSB-NLU:

Your contact point will be the Coordinator of International Programs - office located in Building C, room 022.

Phone: +48 18 44 99 122   mail: international@wsb-nlu.edu.pl
How to get to Nowy Sącz from Kraków Airport?

John Paul II international Airport Kraków – Balice is the airport located conveniently close to Nowy Sącz. Most of the major airlines, and also some low-cost companies, offer flights to the airport in Kraków.

To get to Nowy Sącz from the airport you have to reach the main bus station – MDA Kraków

1. **Taxi** – you can take one of the taxis operating at the airport to get to the MDA Kraków bus station. More information can be found at the website: [www.krktaxi.pl](http://www.krktaxi.pl). The average cost is 89.00zł (22Euro)

2. **Bus** – buses 152, 208, 292 and 902 will take you directly to the main bus station (located near Galeria Krakowska shopping center at Bosacka Street 11). More information about the tickets and timetables is available at the website: [www.mkp.krakow.pl](http://www.mkp.krakow.pl)

3. **Train** – Koleje Małopolskie will take you from the airport to the main bus station within 20 minutes. More information about the tickets and timetables is available at the website: [www.malacholejke.pl](http://www.malacholejke.pl)

The fastest and easiest way to travel from Kraków to Nowy Sącz is by bus. More information about the tickets and timetables of the companies which will take you directly to the bus station in Nowy Sącz is available at the websites:

- [www.szwagropol.pl](http://www.szwagropol.pl)
- [www.voyager-transport.pl](http://www.voyager-transport.pl)

Means of reaching WSB-NLU from the bus station in Nowy Sącz:

1. **Taxi** – The Taxi Start is around 6.00zł, the price for 1 km (from 6 A.M. to 10 P.M.) is around 2.50zł. Websites of taxi companies operating in Nowy Sącz:
   - [www.taxi-ns.pl](http://www.taxi-ns.pl) (18 444 44 44)
   - [www.taxigalicja24.pl](http://www.taxigalicja24.pl) (18 444 10 00)
   - [www.taxinowysacz.pl](http://www.taxinowysacz.pl) (18 533 33 33)
   - [www.teletaxi-ns.pl](http://www.teletaxi-ns.pl) (790 606 060)

2. **Bus** – Buses 9, 11, 12, 24, 27, 43, 47 and 49 will take you directly to WSB-NLU Campus at Zielona – WSB bus stop. The tickets are available at the bus stop kiosk or can be purchased from the bus driver.

**Ticket prices**

- One way ticket (with a student discount) – 1.50 zł
- One way ticket (without a student discount) – 2.50 zł
- One way ticket (with a student discount purchased on the bus) – 1.75 zł
- One way ticket (without a student discount; purchased on the bus) – 2.80 zł
- Monthly pass (with a student discount) – 45.00 zł
- Monthly pass (without a student discount) – 75.00 zł

More information about the tickets and timetables is available at the website: [www.mpk.nowysacz.pl](http://www.mpk.nowysacz.pl)
On-campus accommodation

WSB-NLU provides the accommodation at Jana Pawła II Street 16, situated close to the university (around five-minute walk). Every semester, WSB-NLU offers a limited number of rooms to exchange students staying at the university. The available accommodation is a place in single, double or triple shared room with the kitchen and the bathroom. Each room is equipped with basic furniture, an Internet socket, a phone plug and television. The kitchens are equipped with fridges and electronic cookers.

Charges vary between 430 and 580zł per month
The students can apply for one-campus accommodation by filling in the accommodation form which is available at the university website.

Off-Campus Accommodation

Exchange students who are not provided with on-campus accommodation must find housing on their own. They can try to book a room in one of the hotels or rent a flat.

www.mieszkania-studenckie.pl/nowy-sacz www.olx.pl
www.nowy-sacz.nieruchomosci-online.pl www.nowysaczcity.pl/nieruchomosci-nowysacz
7 | www.wsb-nlu.edu.pl

Historic features and attractions

Nowy Sącz offers a lot of historic features and attractions significant for cultural life and development of the region.

The city center is one of the largest in Europe, after Kraków, and the late 19th century Town Hall is centered in the square.

District Museum in Nowy Sącz is one of many places worth visiting in the town. The collections of the museum present the history of the region and the art from the Middle Ages to the present including painting, sculpture, decorative arts, as well as crafts and folk art. The former canon’s residence, known as the “Gothic” residence, which dates from the 16th century, began to be used as a museum in the 20th century, and is currently the main seat of the museum.

Another branch of the museum, Maria Ritter Paintings Gallery, which was opened in 1984, occupies two rooms in the painter’s family home. Along with its branch in Krynica, the museum organized the Sądecki Ethnographic Park.

The Park consists of 68 objects presenting the regional Wooden Architecture and folk culture.
The sector of the Sądecki Ethnographic Park is known as the Galician Town. The Town is a reconstruction of Galician buildings from the 19th and 20th centuries, consisting of 20 objects e.g.: the town hall, pottery reconstruction of the Jewish tavern and a town well. In contrast to the other branches of the museum, the Galician Town provides hotel, catering and commercial functions, and it is also a heart of many cultural events, e.g. the International Charity Marathon “Run 4 a Smile” organized by WSB-NLU students. The money raised during the event is used to help seriously ill children. More information about the marathon and the videos of the previous editions are available at the website:

The great synagogue, from the 18th century, now the Galeria Dawna Synagoga, a gallery with some historical displays. There is a memorial tablet to the murdered Jews on the front in Polish, Hebrew, and Yiddish.

One of the most famous historical buildings associated with Nowy Sącz is a medieval Royal Castle from the 14th century during the reign of Kazimierz the Great. It was destroyed at the end of World War II when it was used as a German ammunition store and the site of mass executions.

Nowy Sącz is a homeland of several successful sport teams. The most famous football team is Sandecja which is currently in the Polish First Division. Beskid and Olimpia are handball teams playing in the Polish First Division, which are the pride of the town. Czarno Biali rugby club popularized rugby in the region and currently plays in the Polish Second Division. There are many other teams and clubs performing different sports discipline: volleyball, canoeing, kick-boxing, basketball and many others.

Students can spend their free time at several courts, football pitches or swimming pools, skate park, shooting range or gyms. In winter, the town offers an ice rink, but in this season the mountainous area around Nowy Sącz is extremely popular with tourists, hikers and skiers. Krynica-Zdrój and Piwniczna-Zdrój are the main mountain resorts.

WSB-NLU also offers a lot of attractions and activities for sport lovers. The academic sport center “Olimp” is a building containing a large sports hall, a tennis court and a sauna. In addition, a wide range of fitness classes are organized e.g. Pilates, aerobic, Zumba and many others.
Besides the swimming pool, tennis courts and the sports hall, the Town Sports and Leisure Centre (MOSiR, at Killińskiego Street 47) offers also the climbing wall, High Ropes Course ABlandia in Rytro (located around 13 km away from Nowy Sącz) attracts everyone who wants to take on an exciting challenge with friends or family. The park provides 5 climbing tracks, swings and other activities next to the Poprad Landscape Park. For more information about the prices and attractions visit the website: www.ablandia.pl

Nowy Sącz offers a few cinemas: Sokół Cinema, 5D Extreme cinema and Helios. With the newest productions and independent classic movies repertoire, everyone will definitely find something for their taste.

The town is developing as a cultural center thanks to the theatrical venues, including Teatr Robotniczy, Teatr Nowy, Teatr NSA, which perform shows for both children and adults. The “Ergo” cabaret was also founded in Nowy Sącz.

In Nowy Sącz you can also find a few dance schools offer all styles of dance classes and lessons:

- www.wirdance.pl  
- www.adeem.pl  
- www.helios.pl  
- www.bailadance.pl

Nowy Sącz offers a great variety of restaurants and pubs of different types – from the traditional Polish cuisine to dishes from around the world. If you want to try Polish dishes, order one of those typical meals: pierogi (served in a variety of flavors, with different kinds of filling – cabbage, meat, cottage cheese but also fruit like strawberries, cherries etc.), traditional Polish soups (e.g. żurek or barszcz), bigos (made from cabbage, sauerkraut and meat), goląbki (made with minced meat and rice wrapped in cabbage leaves). Trzy Korony shopping center offers a large food court consisting of a number of restaurants, fast-food outlets and self-service diners e.g. McDonald, KFC, Subway, Sevi Kebab etc.

**List of some restaurants in Nowy Sącz:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratuszowa</td>
<td>Rynek 1</td>
<td>18 443 56 15</td>
</tr>
<tr>
<td>Bohema</td>
<td>Rynek 13</td>
<td>18 444 40 00</td>
</tr>
<tr>
<td>Portofino</td>
<td>Lwowska 35</td>
<td>514 514 187</td>
</tr>
<tr>
<td>Imperial</td>
<td>Jagiellońska 14</td>
<td>18 448 78 75</td>
</tr>
<tr>
<td>Tu i teraz</td>
<td>Barbackiego 79</td>
<td>18 441 04 44</td>
</tr>
<tr>
<td>Mekong (orient)</td>
<td>Lwowska 140</td>
<td>18 444 33 70</td>
</tr>
<tr>
<td>Impresja</td>
<td>M.Romanowskiego 4a</td>
<td>18 449 04 33</td>
</tr>
</tbody>
</table>
### List of some bars in Nowy Sącz

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apollo</td>
<td>Grottgera 9</td>
<td>18 442 15 66</td>
</tr>
<tr>
<td>Pod Wierzbą</td>
<td>1 Pułku Strzelców Podhalańskich 2 Krakowska 38</td>
<td>18 442 07 12</td>
</tr>
<tr>
<td>Jadłodajnia na Krakowskiej</td>
<td>Prólewce Jadwigi 67 Rzeczna 5</td>
<td>18 443 11 88</td>
</tr>
<tr>
<td>Zajazd Sądecki</td>
<td>Prólewce Jadwigi 67 Rzeczna 5</td>
<td>18 443 67 17</td>
</tr>
<tr>
<td>Karczma na Kamieńcu</td>
<td>Prólewce Jadwigi 67 Rzeczna 5</td>
<td>18 414 43 96</td>
</tr>
</tbody>
</table>

### List of some café, pubs and other places with delicious meals

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Café Kwadrans</td>
<td>Długosza 9</td>
<td>18 443 07 80</td>
</tr>
<tr>
<td>Prowincjonalna</td>
<td>Piastowska 3</td>
<td>608 499 585</td>
</tr>
<tr>
<td>Kawiarnia etc</td>
<td>M. Romanowskiego 4</td>
<td>698 341 888</td>
</tr>
<tr>
<td>Browar Trzy Korony</td>
<td>Lwowska 80</td>
<td>18 547 53 33</td>
</tr>
<tr>
<td>Q-sushi (sushi)</td>
<td>G. Narutowicza 3</td>
<td>881 243 243</td>
</tr>
<tr>
<td>Steakhouse Safir (Europa)</td>
<td>Nawojowska 1</td>
<td>18 449 51 89</td>
</tr>
<tr>
<td>Argasińscy (ice cream)</td>
<td>Kościuszki 9-11</td>
<td>18 442 00 53</td>
</tr>
</tbody>
</table>

### Fast food and pizza

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s</td>
<td>Al. Piłsudskiego 6 Lwowska 80 (Trzy Korony)</td>
<td>668 854 284</td>
</tr>
<tr>
<td>KFC</td>
<td>Prażmowskiego 11 Lwowska 80 (Trzy Korony)</td>
<td>539 985 841</td>
</tr>
<tr>
<td>Quake Pizza</td>
<td>Paderewskiego 54 Lwowska 80 (Trzy Korony)</td>
<td>801 464 646</td>
</tr>
<tr>
<td>Cezar Pizza</td>
<td></td>
<td>713 861 961</td>
</tr>
</tbody>
</table>

Most of the listed places offer the delivery. Moreover you can take advantage of portals such as [www.pyszne.pl/en](http://www.pyszne.pl/en) and order the food online.
Clubbing

In Nowy Sącz you can find a great selection of clubs, music pubs and discos which caters for all tastes. The clubs in the town offer a wide range of music genres – from electronic beats to rock music or disco classics. In the clubs the students can also spend their time bowling or playing pool.

The list of clubs in Nowy Sącz:

- STUdjO Artystyczne
- UFO (billard club)
- Biznes Klub (billard & bowling)
- Event
- Bohema
- LaRocca
- Magnum (bowling club)
- Atom (bowling club)
- Jagiellońska 18
- Radziecka 19
- Grottgera 3
- Dąbrowskiego 2
- Rynek 13
- Szwedzka 3
- Limanowskiego 1 (Hotel Beskid -1)
- Grodzka 5

Places to visit around Nowy Sącz

Stary Sącz – located between two rivers – Dunajec and Poprad. The space encourages hiking and cycling in beautiful wildlife surroundings. The town is also the seat of Park Service – one of the biggest landscape parks in Poland is stretching all over the range of the mountains Radziejowa and Jaworzyna. The wooden Papal altar is worth visiting while in Stary Sącz. The altar commemorates the events that took place in 1999 when Pope John Paul II canonized blessed Kinga who is the patron of the town.

Tropsztyn Castle – the building is situated by Jezioro Czchowskie, between Wytrzyszczka and Tropie, it is a reconstruction of the castle from the 13th century.

Lake Rożnów – an artificial lake built to regulate the Dunajec river and to provide electricity to the Rożnów Power Plant. The area attracts many tourists who want to relax by the lakeside, admire the landscape or spend their time actively by hiring water sports equipment.

Kamienna – a village which lies approximately 20 km south-east of Nowy Sącz. It is the apitherapy center famous for honey and other bee products. Another attraction in Kamienna is Museum of Beekeeping. In the village you can purchase one of the local bee products: the various types of honey, propolis, honey-based cosmetics and many others.
Krynica-Zdrój – the town is extremely popular and crowded with tourists in both summer and winter. Bike trails of different levels of difficulty, surroundings which are perfect for short walks as well as long hiking expeditions, pontoon rafting on the Poprad river or horse riding are a few examples of spending free time in the open air. Krynica-Zdrój is known as region of long winter sports tradition. It is one of the biggest ski restorts in the country with jaworzyna Krynicka as the main attraction. The town has also the status as a health resorts due to its mineral water springs. Krynica-Zdrój has got a total of 23 intakes – 5 natural springs and 18 wells. Tourists may try mineral waters in many pump rooms in the town.

Zakopane – located around 100 km away from Nowy Sącz offers a wide range of attractions all year round. In summer it is popular with mountain climbers and hill walkers and in winter with the winter sports lovers. The Tatra mountain range is known for breathtaking landscapes and even the most experienced mountain climbers are amazed by the view over the Valley of the Five Lake (in Polish: Dolina Pięciu Stawów) or Morskie Oko (the largest lake in Tatry).

For those who are not enthusiasts of winter sports or hiking, Zakopane offers many other attractions.

The architecture of the region is absolutely unique, presenting traditional wooden buildings and handicrafts decorated with floral motifs. Krupówki Street is an avenue lined with restaurants and taverns where tourists may try local dishes.
### Costs of living in Nowy Sącz

#### Food

<table>
<thead>
<tr>
<th>Item</th>
<th>PLN</th>
<th>EUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>2.50 zł</td>
<td>0.60 €</td>
</tr>
<tr>
<td>Loaf of bread</td>
<td>3.00 zł</td>
<td>0.70 €</td>
</tr>
<tr>
<td>Rice (1kg)</td>
<td>6.00 zł</td>
<td>1.40 €</td>
</tr>
<tr>
<td>Sugar (1kg)</td>
<td>2.00 zł</td>
<td>0.45 €</td>
</tr>
<tr>
<td>Flour (1kg)</td>
<td>2.50 zł</td>
<td>0.60 €</td>
</tr>
<tr>
<td>Eggs (10)</td>
<td>5.00 zł</td>
<td>1.15 €</td>
</tr>
<tr>
<td>Local cheese (1kg)</td>
<td>25.00 zł</td>
<td>5.70 €</td>
</tr>
<tr>
<td>Apples (1kg)</td>
<td>2.00 zł</td>
<td>0.45 €</td>
</tr>
<tr>
<td>Bananas (1kg)</td>
<td>4.50 zł</td>
<td>1.00 €</td>
</tr>
<tr>
<td>Potatoes (1kg)</td>
<td>1.50 zł</td>
<td>0.35 €</td>
</tr>
<tr>
<td>Instant coffee</td>
<td>25.00 zł</td>
<td>5.70 €</td>
</tr>
<tr>
<td>Water (1.5l bottle)</td>
<td>1.50 zł</td>
<td>0.35 €</td>
</tr>
<tr>
<td>Beer</td>
<td>3.00 zł</td>
<td>0.70 €</td>
</tr>
<tr>
<td>Coca-Cola (1l bottle)</td>
<td>4.00 zł</td>
<td>0.90 €</td>
</tr>
<tr>
<td>Chicken breasts (1kg)</td>
<td>15.00 zł</td>
<td>3.40 €</td>
</tr>
<tr>
<td>Tea</td>
<td>6.00 zł</td>
<td>1.40 €</td>
</tr>
<tr>
<td>Ham (1kg)</td>
<td>25.00 zł</td>
<td>5.70 €</td>
</tr>
<tr>
<td>Sausages (1kg)</td>
<td>10.00 zł</td>
<td>2.30 €</td>
</tr>
</tbody>
</table>

#### Services

<table>
<thead>
<tr>
<th>Item</th>
<th>PLN</th>
<th>EUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal (inexpensive restaurant)</td>
<td>15.00 zł</td>
<td>3.40 €</td>
</tr>
<tr>
<td>Meal for 2 (mid-range restaurant, three courses)</td>
<td>80.00 zł</td>
<td>18.10 €</td>
</tr>
<tr>
<td>Cinema ticket</td>
<td>14.00 – 20.00 zł</td>
<td>3.20 – 4.50 €</td>
</tr>
<tr>
<td>Private healthcare, appointment with a specialist</td>
<td>80.00 zł</td>
<td>20.00 €</td>
</tr>
<tr>
<td>Renting a two-bedroom flat (per month)</td>
<td>800.00 zł + utilities</td>
<td>182 € + utilities</td>
</tr>
</tbody>
</table>

You should budget for approximately **400 €** to cover your basic expenses.

### Health

**EMERGENCY TELEPHONE NUMBER: 112**

**Emergency Service**

**Address:** ul. Waryńskiego 2, 33-300 Nowy Sącz

**Public healthcare:**

- ‘Batorego’ medical center: Batorego 77, 18 442 00 06
- Health Care Center (ZZOZ) no. 1: Kazimierza Wielkiego 9, 18 443 66 90
- Health Care Center (ZZOZ) no. 2: Poniatowskiego 2, 18 443 66 90
- Health Care Center (ZZOZ) no. 3: Broniewskiego 3, 18 441 55 85

**Private healthcare:**

- Primadent: Nawojowska 29, 18 440 74 60
- ‘Hipokrates’ medical center: K. Wielkiego 9, 18 443 85 30
- ‘Medicus’ medical center: Szujskiego 4, 18 442 13 19
- ‘Remedium’ medical center: Poniatowskiego 2, 18 443 66 90
- ‘Osteodex’ medical center: Grunwaldzka 62, 18 547 51 62
European Health Insurance Card

All students from the European Union or European Economic Area are entitled to medical services under the European Health Insurance Card (EHIC). It should be issued by a competent domestic authority before departing for Poland. EU students are allowed to use free medical care provided by NFZ – Narodowy Fundusz Zdrowia (National Health Fund). Students who hold EHIC can receive health services in the following areas:

- Primary health care
- Specialist out-patient care
- Hospital treatment
- Rescue services and ambulance transport
- Dental treatment

More information about health care in Poland can be found at the website: www.nfz.gov.pl

Useful links:

About Poland, Nowy Sącz and WSB-NLU
www.poland.gov.pl
www.nowy-sacz.pl/en/
www.powiat.nowy-sacz.pl/pl/
www.wsb-nlu.edu.pl

Weather forecast
www.meteo.pl
www.meteoprog.pl

Currency rate
www.nbp.pl
www.money.pl
www.kursy-walut.mybank.pl

Stores, Supermarkets and shopping centers
www.e-rafa.pl
www.biedronka.pl
www.lidl.pl
www.carrefour.pl
www.galeria-sandecja.pl
www.galeria-trzykorony.com.pl
www.golabkowice.pl
www.europaplaza.pl

List of the nearest Banks
List of the nearest ATMs

Rent a car www.magocar.pl

Useful Polish phrases

English
Good morning /good afternoon
Good evening
Goodbye
Goodnight
Hi/Bye
Thank you
Please
Yes/no
How are you?
What’s your name?

Polish
Dzień dobry
Dobry wieczór
Do widzenia
Dobranoc
Cześć
Przepraszam
Proszę
Tak/nie
Jak się masz?
Jak się Pan(i) nazywa
(formal)
Jak się nazywasz? (inf)
Nazywam się…/Mam na imię…
Skąd Pan(i) jest? (formal)
Skąd jesteś? (informal)
Jestem z…
Powodzenia
Miłego dnia
Smacznego
Nie wiem
Nie rozumiem
Ile to kosztuje?
Gdzie jest…?
Jak dojść do…?
Jak jest po polsku …?
Apteka
Szpital
Sklep
Przyszanek
Basen
Galeria/centrum
handlowe

Pronunciation
Dzień dobr-y
Do widz-e-nya
Dobra-noć
Cześć
Przeprasz-a-m
Proszę
Tak/nie
Jak się masz?
Jak się Pansi ni-a-zywa
(f-o-mal)
Jak się nazywa-sz? (informal)
Nazywa-m się…/Ma-nn na
imię…
Skąd Pansi jis-t? (formal)
Skąd jis-tęs? (informal)
Jes-te-m z…
Powa-dozen-i-a
Mi-le-go d-nia
Sma-czne-go
Nie vee-em
Nie rozumi-em
Ile to koszt-uję?
Gdzie jis-t…?
Jak doj-sć do…?
Jak jest po po-lski …?
Apteka
Sz-pital
Sklep
Przysza-nek
Basen
Gal-e-ria/cen-trum
han-dlowe

Dzung-druh-bree
Dzung-vye-zh-oo-r
Dzung-vye-zen-ya
Dzhang-hrah-nots
Che-shch
Psheh-pra-sham
Prosh-eh
Tack/nye
Yah-k sheh mash
Yah-k sheh pan(ee)
nahzy-va /Yah-k sheh
nah-zy-vash
Nah-zy-vam sheh…/
Mum nah ee-mye
Skond pan(ee) yest/
skond yestsheh
Yestem z…
Po-vo-dze-nya
Mee-ue-go dne-ea
Sma-chne-go
Nye vee-em
Nye-roh-zoo-mee-em
Illeh toh kosh-too-ye
Gzhsie yest
Yah-k doy-shch dogh…
Yah-k yesh pohl-skoo
Ap-te-kah
Shpee-tal
Sklep
Psheh-sta-neck
Ba-sen
Ga-ier-ya/cen-troom-han-d-loveh