



INFORMATION FOR PARENTS

University Confidentiality Policy Regarding Student Information:

According to the 2018 General Data Protection Regulation (GDPR), University staff cannot disclose any information about prospective, current, or existing students to third parties, including parents or legal guardians, without the student's consent, unless the student is under 18 years old. In Poland, individuals are considered adults and assume legal responsibility for their affairs upon reaching 18 years of age. The University of Lodz (UL) does not have a specific authorization document that students can sign to grant family access to their records.

The GDPR provides extensive privacy protection to all student education records, including grade reports, transcripts, disciplinary files, and personal contact information, maintained by the University.

Emergency situations

In emergencies, university staff may contact a student's next of kin without prior consent in sensitive or urgent cases, if recommended by qualified personnel or decided by the head of the relevant UL department. Upon arrival in Lodz, students are required to designate an emergency contact person from among their family members.

If an emergency involving a University of Lodz student occurs off-campus, the university will attempt to notify the student's parents according to emergency notification procedures. Hospitals and police follow their own notification protocols, and treatment of students aged 18 and older is confidential unless the student chooses to share information.

Parents of underage students retain the right to access their children's medical information.

Candidates and students under 18

If your child is under 18, you have the right to access information regarding their academic affairs. University staff may request personal details to verify your eligibility to receive such information. It is recommended that only family members who have signed a parental or guardian consent form contact the university. Please note that once your child turns 18, direct access to information is no longer granted.

Candidates

During the admission process, information about a candidate's progress can only be discussed directly with the candidate. If your child wishes to discuss their application, they must contact the university themselves via the admission platform.



Current students

To obtain information about your child, regular direct communication with them is necessary. Communicating with young adults can be challenging, but it's also a time of growth and maturity. As students gain confidence and responsibility, they tend to share more information. However, the university cannot disclose their class attendance or academic grades.

Accommodation

Students living off-campus have more autonomy than those residing in university dormitories. Off-campus housing arrangements are governed by individual rental agreements, not by the university. In emergencies related to health or safety within the dormitories of the University of Lodz, our staff are obligated to immediately inform university management. If life-threatening situations arise and parents have not been contacted, we will make every effort to notify them.

Roommate conflicts

Conflicts between roommates can occur regardless of how well they know each other. Most issues are resolved through conversation, but sometimes assistance is needed. It is discouraged to involve parents in roommate disputes. Students should approach the dormitory manager directly, as they are experienced in handling such matters.

Preparing your child for campus life

Starting university marks a significant transition for students. It involves changes in beliefs, behaviors, and attitudes. Parents and family support play a crucial role in this transformation. Understanding and adapting to these changes is a rewarding challenge for both students and parents. Parents can mentor, advise, and provide stability, while also encouraging independence and responsibility.

From managing academic workload to coping with social pressure, students may experience stress and anxiety. To prepare your child, discuss expectations in advance and encourage them to practice essential life skills. The more prepared they feel, the smoother their adaptation to university life will be.

****Shopping, cooking, or laundry****

Make sure your child knows how to operate household appliances, cook simple meals, clean up after themselves, and do laundry. Practicing these tasks at home is very helpful.

****Sharing a room****

Teach your child to respect their roommate's space and belongings. Show them how to communicate effectively and ask for help when needed.



****Scheduling medical appointments / managing prescriptions****

Encourage your child to take responsibility for their health by scheduling medical appointments. Ensure they know their medical history and health insurance details. Remind them to register at a medical facility after arriving in Poland.

****Using public transportation****

Help your child practice using public transport, especially if they've mostly traveled by car before. Teach them how to read timetables, use transport apps, and plan their journeys. They will receive a guide on local transport rules in Poland.

****Communicating with university staff and faculty****

Encourage your child to handle university matters independently. Inform them which departments to contact and support their autonomy. Be aware that during a visit with your child, university staff may ask parents to wait outside.

****Living on a budget****

Help your child set a weekly or monthly budget. Teach them to manage both regular and unexpected expenses. Discuss whether they should use a debit or credit card, and guide them in comparing financial services and managing debt responsibly.

****General safety guidelines****

Help your child understand expectations around safety, alcohol, and drugs. Discuss family values on these topics and inform them about Polish national and campus regulations. Alcohol is widely available in Poland, but drinking in public places or on university campuses is prohibited. Make sure your child knows that drug use is illegal and can result in imprisonment for up to 10 years. Teach them how to protect their belongings—locking doors, securing bikes, and keeping an eye on laptops—and emphasize that personal and property safety is their responsibility.

****Expectations for the first year****

Don't forget to take care of yourself! This new chapter is also a challenge for you as a parent. Experiencing mixed emotions—joy, sadness, pride, and a sense of loss—is completely normal. Family dynamics may shift, especially if there are younger siblings at home. It's a great time to refocus on your own hobbies and interests. Remember, your child still needs and loves you, even if they don't always show it.



****What happens to new students****

New students are adjusting to roommates, relationships, freedom, and responsibilities. The first six weeks are a significant period of adaptation. They may feel excited but also homesick. Starting life at the University of Lodz is thrilling, but early on they may feel uncertain about fitting in, their academic abilities, or navigating a new environment. They're learning to manage their time in a less structured setting and to understand the academic expectations of the university. First-year students often realize that university work requires more effort than high school, which can lead to feelings of inadequacy and self-doubt.

After Christmas, the time leading up to final exams is short. Semester papers and projects demand considerable research and effort. Students may sleep less, neglect healthy eating and exercise, and feel stressed about final exams. When they receive their winter semester grades, they'll better understand the academic demands at the University of Lodz—whether they feel disappointed or proud.

What can parents and family members do?

Help your child by setting realistic expectations around academics, finances, and social life. Discuss these expectations in a supportive and nonjudgmental way. Keep communication open and encourage independence and responsibility. Be an empathetic listener, but resist the urge to solve their problems for them. Show trust in their abilities and encourage them to engage in the academic community and university events. Offer support and remind them that their feelings and adjustment process are completely normal.

Prepare for late-night conversations where your child may need to vent their frustrations. They'll feel better afterward, even if it leaves you worried. Celebrate their successes and help them put disappointments into perspective—like not getting the highest grade or not immediately finding a best friend. Speak to your child as one adult to another, without judgment.

Understand that exam periods are extremely stressful for your child. Encourage healthy habits to reduce stress, which also helps prevent illness. During this time, minimize family expectations. Your child will be under a lot of pressure in January. While you can't eliminate academic stress, you can reduce the pressure to participate in family activities, which adds to their already tight schedule.