## Quarantine rules in dormitories

In case of individual or group COVID quarantine you are expected to isolate and take care of your own grocery, cleaning supplies, medical shopping through the use of apps and websites generally available with a door-to-door delivery option.

The following apps can be used:











General shopping apps:









Cosmetics, basic drugs supplements:





If you ever find yourself in a situation where you need something and you cannot leave your dormroom, please refer to your friends and Erasmus Student Network (e-mail: esn@amu.edu.pl) for help with delivering the essentials to you.

If you don't mind using Google translate from Polish, you may also use:

EMPIK – for books, dvds, CDs, boardgames, cards, toys

e-obuwie: for shoes zalando: for clothes

Allegro: works like Amazon, but it's a Polish brand

OLX: works like E-Bay, carries a lot of second-hand items