



Co-funded by
the European Union

Living in Poland

Guide for Ukrainians





Table of contents

INTRODUCTION	5
UPON ARRIVAL IN POLAND: STATUS, DOCUMENTS AND THE FIRST STEPS	6
Documents	6
Money	6
Travel Precautions	6
SIM Card	7
LEGALIZATION AND LEGAL ASSISTANCE	8
Obtaining a PESEL Number in <i>Urząd Miasta</i>	8
Temporary Protection Rights and Status	8
Document for Traveling Abroad	10
Registration of Residence (<i>Zameldowanie</i>)	10
Profil Zaufany (<i>Trusted Profile</i>)	11
Getting Married in Poland	11
Legalization Refusal: How to Proceed	12
Frequently Asked Questions on Challenging a Legalization Refusal	13
SEARCHING FOR ACCOMMODATION: HOW TO FIND A HOME AND AVOID SCAMMERS	16
Rent	16
Buying a Home	17
Environmental Situation in Poland	18
HEALTH AND SAFETY IN POLAND	19
Health Insurance	19
Medical Care	21
Prescriptions	23
Psychological Help	23
	2



WORK, MONEY, AND FINANCIAL INDEPENDENCE: HOW TO EARN AND SAVE	24
Opening a Bank Account	24
Taxes and Social Support	24
Right to Work	25
Job Search	26
INTEGRATION, COMMUNITY, AND EVERYDAY LIFE: HOW TO FEEL AT HOME IN A NEW PLACE	27
Learning Polish	27
Cultural Events and Activities	27
Ukrainian Communities and Information Support	28
SHOPPING AND EVERYDAY LIFE	29
Blik Fast Payment System	29
Online Shopping and Marketplaces	29
Groceries with Delivery	29
Food and Meal Delivery	29
Discounted Food (Short Shelf Life)	30
Discounts and Promotions	30
Services and Craftsmen	30
Transportation	30
Pets	31
CHILDREN AND EDUCATION	32
Reproductive Rights and Support in Poland	32
Childbirth in Poland: How It Works	32
School	33
ADDITIONAL RESOURCES AND LINKS	36



Co-funded by
the European Union

Disclaimer: The European Commission supports the publication of this material. The content reflects the views of the authors. The Commission is not responsible for any use that may be made of the information contained therein.



Co-funded by
the European Union



Introduction

Since the beginning of Russia's full-scale invasion of Ukraine in February 2022, the European Union has activated the Temporary Protection Directive (TPD) for the first time since its adoption in 2001. This measure has given Ukrainians immediate access to residence rights, employment, basic healthcare, and education in all EU countries without the need to go through the lengthy asylum process.

However, the trauma and uncertainty that displaced people face require more than basic assistance. Ukrainian citizens in the EU need targeted support to regain their footing, rebuild their lives, and feel part of their new communities. Our project aims to provide that support by helping Ukrainians gain the skills, knowledge, and confidence they need to integrate and thrive.

This concise guide is designed for Ukrainian citizens who are either already in Poland or planning to relocate. It offers key information on legalizing your stay, securing accommodation, accessing healthcare, pursuing education, finding employment, and integrating into life in Poland.

All links provided lead to official Polish resources — primarily the GOV.PL portal and other government websites. The content is regularly updated to ensure access to accurate, reliable, and current information.



Upon arrival in Poland: Status, documents and the first steps

Documents

Keep important documents easily accessible, including your passport (even if expired), driver's license, birth and marriage certificates, school and university diplomas, and medical records. Never give originals to unauthorized individuals — only to official institutions. It is advisable to make copies of all documents and store them securely in cloud storage (e.g., Google Drive or Dropbox). Also, never sign any document you do not fully understand.

If your documents are not in Polish, you will need a sworn translation (*tłumaczenie przysięgłe*) to use them in official or legal matters. A list of sworn translators is available on the official website of the Polish Ministry of Justice:

[List of sworn translators](#)

It is also recommended to store digital scans in the cloud of the following: your PESEL number, proof of residence registration (*Zameldowanie*), employment-related documents (e.g., *Umowa*, PIT), proof of health insurance (*Ubezpieczenie*), and any certified translations, if applicable.

Money

Do not rush to withdraw cash, as currency exchange rates may be unfavorable. It is generally better to use a bank card — most Ukrainian cards (e.g., Monobank, PrivatBank) work in Poland, and currency conversion is processed automatically at more favorable rates. If necessary, you can also open an account with a Polish bank.

If you have cash in hryvnias, check the exchange rates in advance — for example, at PKO BP Bank or at exchange offices that cooperate with the National Bank of Ukraine.

Travel Precautions

When traveling within Poland or abroad, avoid traveling alone whenever possible — try to be accompanied by friends, relatives, or trusted volunteers.

Before your trip, inform your relatives, friends, or volunteers of your travel itinerary and the address of your temporary accommodation. This will be helpful in case of an emergency.

If you notice suspicious behavior, feel threatened, or find yourself in a dangerous situation, contact the police immediately by calling the toll-free number **112**. Also, inform volunteers or people you trust.



**Co-funded by
the European Union**

The 112 number is available 24 hours a day, free of charge, and can be called even without a SIM card.

SIM Card

A SIM card is required to obtain Polish documents. You can purchase one in most retail stores or mobile service outlets, where the salesperson will assist you in registering the number using your passport. For children under 13, the SIM card is registered under the parent's passport.

The main mobile operators in Poland are Plus, Play, Orange Polska, and T-Mobile. Unlimited plans are often the most cost-effective option.



Co-funded by
the European Union



Legalization and Legal Assistance

Obtaining a PESEL Number in *Urząd Miasta*

You can obtain a PESEL — a personal identification number consisting of 11 digits, assigned once for life — at the City Office (*Urząd Miasta*). The PESEL number is required for most official procedures, including accessing medical care, opening a bank account, and completing other administrative matters.

You can download the application form from the website or obtain it directly from the central *Urząd Miasta* office.

The legal basis for issuing a PESEL number as of 1 June 2021 is contained in Article 3, paragraph 1, subparagraph 1 of the Act on the Rules for the Record of Taxpayers and Payers (*Art. 3 ust. 1 pkt 1 ustawy o zasadach ewidencji i identyfikacji podatników i płatników*, Dz. U. z 2020 r. poz. 170, z późn. zm.), in connection with Article 7, paragraph 2, and within the scope specified in Article 9, paragraph 4 of the Act on the Population Register (*ustawa o ewidencji ludności*, Dz. U. z 2021 r. poz. 510).

Details and the application form are available on the official portal [GOV.PL](https://gov.pl):

[Obtain a PESEL number](#)

Temporary Protection Rights and Status

Updates on temporary protection status can be found on the official portals:

- <https://mos.cudzoziemcy.gov.pl/>

On February 19, 2026, the President of the Republic of Poland, Karol Nawrocki, signed the Act of January 23, 2026 on the gradual termination of the special regime for Ukrainians (*o wygaszeniu rozwiązań wynikających z ustawy o pomocy obywatelom Ukrainy w związku z konfliktem zbrojnym



na terytorium tego państwa oraz o zmianie niektórych innych ustaw*, **nr druku sejmowego 2172**). This law marks the start of Poland's transition from emergency protection measures to standard immigration rules.

The transition period will last until March 4, 2027, and until that date Ukrainians holding UKR status may continue to stay in Poland legally. The special protection system introduced in March 2022 will remain fully in force only until early March 2026, after which certain benefits and simplified procedures will gradually be withdrawn. For example, residence cards will need to be obtained under general rules. Previously, applicants with UKR status who lacked some documents could receive a one-year card, but this option will no longer be available, meaning a complete set of documents must be submitted.

Time spent in Poland under UKR status (*ochrona czasowa*) is still considered legal residence and counts toward the period required for a future long-term residence permit (**art. 211, 212 Ustawy o cudzoziemcach**). However, Ukrainians who remain in Poland only under UKR status cannot apply directly for long-term resident status. They must first change their basis of stay—for example, by obtaining a residence permit or visa. The legal basis for this restriction is art. 213 Ustawy o cudzoziemcach (Przesłanki odmowy wszczęcia postępowania w sprawie zezwolenia na pobyt rezydenta długoterminowego UE), which provides that proceedings will not be initiated if the applicant resides on the basis of humanitarian permission, tolerated stay, asylum, or temporary protection.

Several administrative and social changes will also be introduced. Registration requirements will become stricter, and the PESEL UKR number will serve as the main proof of legal stay. By August 31, 2026, people with UKR status must update their data in the PESEL register and ensure their passport information is current. Failure to meet documentation requirements may result in loss of protection status.

Access to some social benefits will become more conditional. Certain payments, including child benefits, may depend on employment, contributions to ZUS, and children attending local educational institutions, with authorities regularly verifying compliance.

Healthcare rules are also being revised. Emergency and basic care will remain available (**art. 10 p. 16**), but access to some public medical services may be limited for unemployed adults, while children, working individuals, and vulnerable groups will retain priority. Housing support will become more temporary and targeted, and long-term collective accommodation will mainly be reserved for people in particularly difficult circumstances.

At the same time, some simplified solutions will remain in place, including digital identification tools and simplified employment procedures.

Further legal references are available in our bot.

If you cannot use temporary protection status, other types of documents for legal residence are available in Poland:

<https://www.gov.pl/web/gov/uslugi-dla-obywatela/#cudzoziemiec-w-polsce>

Entry into Poland is possible with:

- A valid national or Schengen visa
- Under a visa-free regime (if applicable)
- A residence permit issued by another Schengen state



Co-funded by
the European Union

- A long-term visa issued by a Schengen state

Examples of residence documents:

- *Residence permit / Karta pobytu czasowego* — usually valid for up to 3 years
- *EU Blue Card / Niebieska Karta UE* — for highly qualified specialists
- *Assistance Card / Niebieska karta* — issued in cases of domestic violence
- *Permanent Residence Card / Karta pobytu stałego* — valid for up to 10 years, renewable
- *EU Long-Term Resident Card / Karta rezydenta długoterminowego UE* — valid for up to 5 years
- *Polish Card / Karta Polaka* — for those with Polish roots, valid for up to 10 years

Travel Restrictions After Applying for a Residence Card:

After applying for a residence card, you may not travel outside Poland until you receive your temporary or permanent residence permit (*Zezwolenie na pobyt czasowy/stały*) and the physical card — which serves as an identity document in Poland and other European countries (*Dowód osobisty*).

Document for Traveling Abroad

A passport is required for traveling abroad to certain countries.

If you are unable to obtain a passport from a consulate, you may consider applying for a *Travel Document for Foreigners*:

<https://www.gov.pl/web/uw-podlaski/dokument-podrozy-dla-cudzoziemca>

Registration of Residence (*Zameldowanie*)

Zameldowanie is the official registration of your residential address in Poland. There are two types of registration:

- **Temporary (*na pobyt czasowy*)** — valid for the duration of your temporary stay
- **Permanent (*na pobyt stały*)** — with no time limit

How to register:

You must apply in person at the local authority office (*urząd gminy* or *urząd miasta*) in your place of residence.

Required documents:

- Completed application form
- Passport or other identity document
- Document confirming legal residence (visa, residence card, etc.)
- Proof of the right to reside at the address (lease agreement, owner's written consent, etc.)

Registration is **free of charge** and is processed immediately upon submitting the application. It is required for purposes such as receiving social benefits, accessing healthcare, obtaining a driver's license, employment, and enrolling in education.



Profil Zaufany (*Trusted Profile*)

Most administrative matters in Poland can be handled online using a *Trusted Profile* (*Profil Zaufany*), which is free of charge, valid for three years, and unique to each individual.

<https://www.gov.pl/web/gov/zaloz-profil-zaufany>

To create a profile, you will need your name, middle name, date of birth, and PESEL number. The *Trusted Profile* is protected so that no one else can use it. In addition to the *Trusted Profile*, there is also **ePUAP** — the electronic public administration services platform — which allows citizens to handle official matters online.

Ways to create a profile:

- **Through a bank** — most Polish banks allow you to activate a profile via online banking, confirming the operation with a code
- **Online** — fill out the application form and confirm it in person at one of the confirmation points (e.g., tax office, NFZ, or ZUS branch)

With a Trusted Profile, you can:

- Apply for benefits and allowances
- Register and report the loss of an ID card
- Obtain certificates of marital status
- Register temporary and permanent residence
- Check fines
- Register the birth of a child
- Make appointments with government agencies
- Manage business activities
- Add yourself to the electoral register

Getting Married in Poland

To register a marriage with a foreigner in Poland, you will need the following documents:

- **Birth certificate** with a sworn translation
- **Certificate of No Impediment** to marry (*wydanie zaświadczenia z konsulatu*) — confirms that you are legally free to marry. This usually takes about a month to obtain; alternatively, a Polish court may decide that this certificate is not required
- **Marriage or divorce certificates**, if you have been married previously

A detailed description of the marriage registration process can be found in specialized resources, such as the Kancelaria Migrant website:

<https://kancelaria-migrant.pl/blog-i-porady/slub-z-cudzoziemcem.html>



Legalization Refusal: How to Proceed

If your application for legalization is refused, it is important to act quickly. Seek legal advice as soon as possible — preferably from a lawyer fluent in Polish who is familiar with immigration matters.

1. Filing an Appeal (*Odwolanie*)

You have **14 calendar days** from the date you receive the refusal to file an appeal. The appeal must be submitted as a **registered paper letter** with your signature and a return receipt (*list polecony za potwierdzeniem odbioru*). Submissions by email are not accepted.

Using registered mail with confirmation of delivery is essential, as this provides legal proof of the filing date — critical for meeting statutory deadlines.

The appeal is addressed to the **Voivode** but must be sent via the Head of the Office for Foreigners (*Szef Urzędu do Spraw Cudzoziemców*) in Warsaw:

Szef Urzędu do Spraw Cudzoziemców
ul. Taborowa 33
02-699 Warszawa

Suggested opening for your letter:

ODWOŁANIE

I, the undersigned ..., hereby submit an appeal against the decision of the Voivode dated ... (case reference: ...)

It is advisable to attach all supporting arguments and documentary evidence at the time of filing — for example, bank statements, employer confirmations, or a criminal record certificate. Additional documents may be provided later, but no later than the conclusion of the proceedings.

If any documents are in a language other than Polish, they must be accompanied by a sworn translation (*tłumaczenie przysięgłe*).

2. During the Appeal Proceedings

You have the right to remain in Poland legally until a final decision on the appeal is issued — even if the refusal is already in place and there is a theoretical risk of deportation.

While the statutory processing time is **90 days**, in practice appeal proceedings can last from **6 months to 3 years**. You may submit reminders to the Voivode to prompt progress.

Polish law allows for certain refusal decisions to take immediate effect, resulting in an enforceable order to leave Poland; however, such cases are rare in practice.

3. If the Appeal Is Dismissed



Co-funded by
the European Union

If the appeal is rejected, you may lodge a complaint with the **Voivodeship Administrative Court in Warsaw** (*Wojewódzki Sąd Administracyjny w Warszawie*) within **30 days** of receiving the decision from the UDSC.

You may also request the court to suspend enforcement of the refusal. If granted, your stay in Poland will remain lawful until the case is resolved. The court's review process typically takes **6 months to 1.5 years**.

If the Voivodeship Administrative Court upholds the refusal, you may file a final cassation appeal with the **Supreme Administrative Court** (*Naczelny Sąd Administracyjny*). Proceedings at this stage generally last **1.5 to 2 years**.

Frequently Asked Questions on Challenging a Legalization Refusal

Does it make sense to file again on different grounds?

Possibly — but if you do not present new facts or arguments, the refusal is likely to be repeated.

Can I work while my legalization case is in process?

Yes, but only if your employer follows the correct procedure:

- They must obtain a **work permit** (*zezwoleń na pracę*), or
- File a **declaration of intent to employ** (*oświadczenie o powierzeniu wykonywania pracy*), depending on your immigration status.

If the court rules in my favor, do I need to reapply?

No. If the court overturns the decision of the Voivode or the Head of the Office for Foreigners (UDSC), the case is sent back to the authority for reconsideration. However, this does **not** guarantee a positive outcome — another negative decision is possible, and it can also be appealed.

If I leave Poland after a refusal, can I be banned from re-entry?

Yes. If you leave Poland following a refusal, you may be entered into:

- The **register of undesirable foreigners** (*lista cudzoziemców niepożądanych*), or
- The **Schengen Information System (SIS)***.

This may result in a ban on entering Poland and/or other Schengen countries for **6 months to 5 years**.



Tip: To avoid this, it is usually advisable to remain in Poland during the appeal process, provided you have a valid legal basis to stay (e.g., the appeal period is still running or court proceedings have begun).

What if one of my family members is refused legalization?

A refusal for one family member does **not** automatically mean deportation for the entire family. Both Polish law and court practice respect the **right to family life**, which is also protected by international agreements such as the European Convention on Human Rights.

- If the main applicant (e.g., the primary income earner) is refused but other family members have legal status, this can be a strong argument in court. The court may find that separating the family violates your rights.
- If you are married to a Polish citizen, deportation is practically impossible. This is a strong factor when considering legalization applications. However, it is important to keep in mind that the **law may change**, especially in the area of migration policy.

Recommendations:

- Always declare family members living in Poland in your application.
- Provide documents proving marriage, kinship, or cohabitation.
- Seek legal advice — in many such cases, courts tend to side with the family.

What if I have gone through all the courts in Poland?

If you have exhausted all domestic appeal options and received a final refusal, you may still apply to international courts:

1. European Court of Human Rights (ECHR), Strasbourg

- You can apply if you believe Poland has violated your fundamental rights (e.g., protection against arbitrary deportation, right to family life) under the **European Convention on Human Rights**.
- The complaint must be submitted **within 4 months** of the final decision in Poland.
- You must use the official application form and submit it personally.
- The ECHR cannot overturn Polish decisions but can find a violation, which may require Poland to remedy the situation or pay compensation.
- Official website and forms: <https://www.echr.coe.int/>

2. Court of Justice of the European Union (CJEU), Luxembourg

- The CJEU deals with whether Polish law complies with EU law.
- You cannot file a complaint directly; a Polish court must refer your case via a **preliminary ruling request** (*pytanie prejudycjalne*).
- This requires experienced legal representation.

Important: Filing a complaint to Strasbourg does not automatically suspend Polish decisions. You may request **interim measures** to stop deportation until your case is examined.



What are common reasons for legalization refusals now (2024–2025)?

1. **Incomplete or false information** in the application:
 - Always list all travel movements, including transit countries, with accurate entry and exit dates.
 - Even small discrepancies can be seen as withholding information and lead to refusal.
 - **Tip:** Collect proof in advance — tickets, passport stamps, hotel bookings, travel records.
2. **Previous refusals or deportations:**
 - Past immigration violations or overstaying a visa can influence new decisions.
3. **Internal Security Agency (ABW) opinion:**
 - If ABW believes your stay poses a threat to public safety, a refusal is automatic.
 - This can only be challenged in court.



Searching for Accommodation: How to Find a Home and Avoid Scammers

Below are some useful websites offering a wide range of rental and property listings in Poland:

- <https://www.otodom.pl>
- <https://www.olx.pl>
- <https://www.morizon.pl>
- <https://gratka.pl>
- <https://www.nieruchomosci-online.pl>
- <https://bezposrednio.net.pl>
- <https://www.domiporta.pl>

Rent

Paying for a Viewing

Some agents may request a small fee to show you an apartment. This is usually not related to the agent's commission but should be clarified in advance.

Realtor's Commission

Often charged upon signing the lease agreement. The fee is usually equal to one month's rent and covers the agent's work in finding a property, negotiating with the landlord, and preparing the contract.

Deposit

The standard security deposit ranges from **one to three months' rent**.

When signing the contract, make sure it includes the possibility of **residence registration** (*zameldowanie* — similar to *propiska*). This will be useful for updating official documents such as a driver's license.



Co-funded by
the European Union

If you have school-aged children, ensure they are included in the rental agreement — this can help when enrolling them in a local public school, as schools are required to accept children registered at an address within their district.

Be aware that part of your deposit may not be returned when you move out, as landlords often deduct costs for cleaning or minor repairs.

Payments

It is best to make rental and deposit payments via online bank transfer. This provides a clear payment record, which can be important if disputes arise.

Where to Find Free Accommodation

- **Temporary and emergency housing:** <https://pomagamukrainie.gov.pl>
- **Facebook support groups:** [Accommodation, Help & Shelter for Ukraine](#)
- **Women-only network:** [Host A Sister](#)

Buying a Home

In theory, Ukrainian citizens in Poland can apply for a housing loan (mortgage). In practice, however, this is extremely difficult due to strict bank requirements. Most banks require:

- A valid **residence card** (usually permanent residence or EU long-term resident status)
- Proof of stable, official income
- A valid employment contract
- A significant down payment — typically **10–20%** of the property's value
- A strong credit history

Without meeting all of these conditions, obtaining a mortgage is virtually impossible.

If you still plan to purchase a home — especially one under construction — it is essential to carefully check the developer's credibility.

How to check a developer:

- Use the **National Court Register** (*Krajowy Rejestr Sądowy*, KRS) if the developer is a legal entity.
- Use **CEIDG** if you are dealing with an individual entrepreneur.

Key points to verify:

- **Authorized signatory** — confirm who has the legal right to sign contracts.
- **Company status** — ensure the company is not undergoing liquidation.



Co-funded by
the European Union

- **Filing of financial statements** — late submission may signal poor management or bad faith.

You can also verify the company through the **National Debtors Register** (*Krajowy Rejestr Zadłużonych*) and the **VAT Payers Register** to ensure reliability.

More details and guidance on checking a developer can be found here: <https://poland-consult.com/polezno-znat/zhile/proverka-developera.html>

Important: Owning property or taking out a mortgage does **not** give you the right to legalization in Poland. Temporary or permanent residence permits are granted on other legal grounds, not simply through property ownership.

Environmental Situation in Poland

Some Polish cities, particularly those with coal-fired heating, experience smog during the winter months. To assess air quality in your chosen location before moving, you can use the following apps:

- **IQAir**
- **Kanarek** (Android)
- **AirVisual** (Android)

These tools allow you to monitor real-time air pollution levels so you can choose a place to live that is both comfortable and safe for your health.



Health and Safety in Poland

Health Insurance

In Poland, health insurance is **mandatory** and is required for many purposes, including the legalization of your stay.

More information: <https://poland-consult.com/polezno-znat/zdorowe/zus-i-nfz.html>

Types of Health Insurance in Poland

1. State Health Insurance – NFZ

Contributions to the **National Health Fund (NFZ)** are deducted from your income.

- **Contribution amount:** Depends on your type of activity and income.
 - For employees under an employment contract: around **9%** of gross salary, with approximately **7.75%** going directly to NFZ.
 - For entrepreneurs: the minimum monthly contribution in 2025 is about **PLN 480** (≈ EUR 105).
 - For people without income or voluntarily insured: premiums are fixed and usually higher.

Compulsory NFZ insurance applies to:

- Officially employed workers
- Registered unemployed persons
- Entrepreneurs
- Students from the EU/EEA



Co-funded by
the European Union

- Refugees and those with temporary protection
- Family members of the insured (children under 18/26, spouse, dependent parents, etc.)

Registration is done via:

- **Employer** – for employees
- **ZUS** – for entrepreneurs
- **Educational institution** – for students
- **Social security office** – for others

NFZ official website: <https://www.nfz.gov.pl>

2. Voluntary Health Insurance

For people who are not eligible for compulsory insurance. Provides the same rights as NFZ coverage.

To apply, sign a contract with your regional NFZ branch and submit:

- Completed application form (**ZUA form**)
- Passport or other ID
- Proof of legal residence

3. Private Health Insurance

Offered by major medical networks such as:

- **Luxmed**
- **Medicover**

Annual packages (individual, family, maternity, senior) are often the most cost-effective option.

Additional Information on Insurance

- If you are in Poland temporarily, you may receive medical care under an **insurance policy used for visa purposes**. In this case, the medical facility will contact the insurer directly after you present your policy.
- If you have a **European Health Insurance Card (EKUZ)**, you are entitled to emergency medical care in EU countries. You can apply for EKUZ via **Profil Zaufany** at: <https://www.nfz.gov.pl/dla-pacjenta/nasze-zdrowie-w-ue/>



Co-funded by
the European Union

- Completely free medical care for uninsured foreigners is available only for **contagious diseases**, including COVID-19.

Read more: <https://www.nfz.gov.pl>

Medical Care

Ambulance

- **Emergency numbers: 999** (ambulance) or **112** (general emergency). Use these numbers **only in life-threatening situations**.

For other urgent but non-life-threatening cases, you should contact:

SOR – Szpitalny Oddział Ratunkowy (Hospital Emergency Department)

- You can go directly to a SOR without an appointment.
- Upon arrival, your condition will be assessed. Patients with the most severe conditions are treated first.
- Be prepared for long waits for minor injuries, especially in large cities — sometimes several hours.
- It is advisable to bring: a phone charger, necessary medications, and ID documents.
- Most departments have vending machines for drinks and snacks.
- There are separate SORs for children — check in advance whether a facility treats children.

Nocna i Świąteczna Opieka Zdrowotna (Night and Holiday Medical Service)

- Available outside regular clinic hours — usually from **6:00 PM to 6:00 AM**, weekends, and public holidays.
- Intended for urgent but non-life-threatening conditions (e.g., fever, pain, colds, minor injuries).
- Services include consultations, examinations, treatment, and hospital referrals.
- In case of serious or life-threatening conditions, call an ambulance instead.

Pogotowie Stomatologiczne (Emergency Dental Care)

- For urgent dental issues outside normal working hours, such as severe pain, injuries, inflammation, or other acute dental conditions.



Co-funded by
the European Union

- Usually available at night, on weekends, and on holidays.

How to find medical centers:

- Use **Google Maps** to search for the exact service name.
- Addresses and contact details can also be found on:
 - pacjent.gov.pl
 - [NFZ website](#)

Choosing a Doctor and Making an Appointment

If you have **NFZ (public) health insurance**:

- Look for hospitals and clinics marked **NFZ**.
- Specialist appointments in large cities may take several months to schedule, but follow-up visits are usually quicker.
- **Teleporady** (online consultations) are widely available.

Useful resources:

- Registration & appointments: pacjent.gov.pl
- Doctor search & reviews: znanylekaz.pl
- Check whether a facility accepts NFZ patients before booking.

Further information (unofficial): <https://poland-consult.com/polezno-znat/zdorowe/ekuz.html>

Official information:

- [Financing treatment of foreigners in Poland](#)
- [Treatment of EU/EFTA citizens in Poland](#)

Private Medicine

Private healthcare is available through both large medical networks and smaller individual clinics.

- If you require regular care, annual **medical packages** are often more cost-effective.
- Packages are available for individuals, companies, families, mothers, children, and seniors.

Popular providers:

- Luxmed: <https://www.luxmed.pl/>



- Medcover: <https://www.medicover.pl/en/>

Prescriptions

In Poland, medicines are either **prescription-only** or **over-the-counter (OTC)**.

- **OTC medicines** (available without a prescription) include painkillers (paracetamol, low-dose ibuprofen), antipyretics, cold remedies, vitamins, supplements, and certain ointments and creams.
- **Prescription medicines** require an **e-prescription** from a doctor.
 - Standard validity: **30 days** (unless otherwise stated)
 - Antibiotics: **7 days**
 - Immunological drugs: **up to 120 days**
 - Long-term prescriptions: up to **365 days** with an end date

Online prescription renewal services:

- e-recepta.net
- erecept.pl (Ukrainian language)
- receptomat.pl

Psychological Help

- Free counselling for migrants is available through: forummigracyjne.org



Work, Money, and Financial Independence: How to Earn and Save

Opening a Bank Account

To open a bank account in a Polish bank, you will typically need:

- Passport or other identity document
- Residence card or visa
- Proof of employment in Poland
- Proof of address (e.g., rental agreement)
- PESEL number
- Polish phone number and email address
- Completed application form (filled out at the bank branch)

Procedure:

Visit any branch of your chosen bank and ask the staff to assist you in opening an account. You will fill out a short questionnaire and provide an address for card delivery. The bank card usually arrives within **7–14 working days**, after which you can activate it online or by phone.

Useful resources:

- Bank comparison for foreigners: <https://www.najlepszekonto.pl/rachunek-bankowy-dla-obcokrajowca>
- Information about the **BLIK** instant payment system widely used in Poland: https://poland-consult.com/polezno-znat/dengi/sistema-blik.html#google_vignette

Taxes and Social Support

Tax Residency



Co-funded by
the European Union

Under Polish law, you are considered a **tax resident** if:

1. You have a **center of personal or economic interests** ("center of vital interests") in Poland — meaning your family lives here, you work here, or you own real estate, property, or a business in Poland.
2. You live in Poland for **more than 183 days** in a tax year. These days do not need to be consecutive; all days spent in Poland, even partial ones, are counted.

Tax resources:

- Tax portal: <https://www.podatki.gov.pl/>
- Tax details for residents: <https://www.randstad.pl/ru/baza-znaniy/kakie-nalogi-nuzhno-platit-pri-rabote-v-polshe/>

Benefits

- **Adaptation allowance:** Ukrainian refugees receive a **one-time payment of 300 PLN** upon entry into Poland.
- **Child allowances:** Benefits such as **800+**, **400+**, and **Family Capital** are granted under specific conditions.
 - **800+** and **300+** are available for school-age children only if they attend a Polish school full-time.
 - Children studying remotely in a Ukrainian school are not eligible for these benefits.
 - Pre-school children and those who have completed **8th grade** may still qualify, even if they are not attending school in Poland.

Tax note: Most benefits are tax-free (per Article 21 of the **Ustawa o PIT**). If this is your only source of income, you will not need to pay taxes.

Benefit resources:

- ZUS (Social Insurance Institution): <https://www.zus.pl/>
- Government information: <https://www.gov.pl/web/udsc-ru/-3>

Right to Work

Under a special law, **all Ukrainian citizens** who are in Poland legally and hold a **PESEL number** may work **without the need for a work permit**.

If you have a **Temporary Protection Card (CUKR)**, you must inform your employer. They are required to notify the **district employment office** (*powiatowy urząd pracy*) about your employment **within 7 days** (previously 14 days). Your salary **cannot be lower** than the national minimum wage.



Co-funded by
the European Union

Types of Documents Authorizing Employment:

- **Zaświadczenie** – certificate authorizing seasonal work
- **Oświadczenie** – declaration of intent to employ a foreigner
- **Zezwolenie na pracę** – work permit issued by the voivode
- **Karta pobytu z prawem do pracy** – residence card with the right to work (single permit for residence and work)

More information:

- <https://www.gov.pl/web/cyfryzacja/rynek-pracy-utrata-i-poszukiwanie-pracy>
- https://poland-consult.com/praca/razreshenie-na-rabotu#google_vignette
- <https://poland-consult.com/praca/bez-razresheniya.html>
- <https://poland-consult.com/eu/pl/uchodzcy/specustawa-izmeneniya.html>

Job Search

The labor market in Poland remains open, particularly in sectors with staff shortages such as **construction, logistics, caregiving, catering, and IT**.

Knowledge of Polish is not always required, especially for manual work or in international companies, but even **basic Polish skills** significantly improve your chances of finding a job.

General job portals:

- <https://www.pracuj.pl/>
- <https://razem.work/>
- <https://www.olx.pl/praca/>
- <https://www.praca.pl/>
- Telegram channel: t.me/warsawwork

For IT professionals:

<https://nofluffjobs.com/pl>

<https://bulldogjob.pl/>

<https://4programmers.net/Praca>

<https://teamquest.pl/praca-w-it>

LinkedIn job postings: <https://pl.linkedin.com/>

Networking & events in IT:

- Meetups & networking: <https://www.meetup.com>



Co-funded by
the European Union



Integration, Community, and Everyday Life: How to feel at home in a new place

Learning Polish

For successful integration, it is important to acquire at least a **basic knowledge of the Polish language**. This will help in everyday life, communication with local authorities, and finding employment. Below are useful resources and platforms for both self-study and structured learning:

- **Official materials from the Polish government:**
[Polish language learning materials for adults \(GOV.PL\)](#)
- **Free online course for beginners:**
[Po polsku po Polsce](#)
- **Online tutors:**
[Preply](#) – search for tutors by level, topic, and price
- **Free language courses from NGOs:**
[Cup of Polish](#) – language training and support for refugees and migrants
- **Educational portal about life in Poland:**
[Typical Poland](#) – information in English and Russian
- **Lifhacks and self-study tips:**
[Happy Travelling article](#) – practical recommendations, learning approaches, and useful phrases

Cultural Events and Activities

Stay informed about concerts, exhibitions, theater performances, and other cultural events via:

- [ebilet.pl](#)
- [goapp.pl](#)



Co-funded by
the European Union

Ukrainian Communities and Information Support

- **Ukrainian House in Warsaw** – cultural and information center for Ukrainians: ukrainskidom.pl
- **Poland Consult** – current news, consultations: poland-consult.com
- Telegram channel: t.me/polandconsult

Helping Organizations (NPOs)

Large and local non-profit organizations provide assistance in various areas including housing, documentation, language learning, and psycho-social support:

- **International Rescue Committee (IRC) – Poland**
International organization offering housing, protection, and psychosocial support.
- **Caritas Polska**
Broad assistance: housing, food, support for children and families, education.
- **Polish Red Cross (PCK)**
Humanitarian aid, temporary accommodation, and medical supplies.
- **Fundacja Ocalenie**
Housing assistance, legal support, Polish language courses, and psychological help.
- **Fundacja Nasz Wybór / Center for Ukrainian Culture**
Based in Warsaw; publishes a Ukrainian-language newspaper, provides information and consultations.
- **Salam Lab (Kraków)**
Intercultural center supporting refugees and migrants, with a focus on adaptation and human rights.
- **Zustricz (Kraków)**
Local organization supporting Ukrainian communities.
- **Fundacja Ukraina (Wrocław)**
Migrant support center offering language courses, integration activities, and help with documents.
- **Homo Faber (Lublin)**
Legal advice, employment assistance, and language courses.
- **Interkulturalni PL (Kraków)**
Promotes multiculturalism and migrant rights.
- **Refugee.pl**
Legal aid centers, training courses, and advocacy.
- **Kancelaria Migrant**
Professional counseling and legal advice: kancelaria-migrant.pl



Co-funded by
the European Union



Shopping and Everyday Life

Blik Fast Payment System

Familiarize yourself with the [Blik](#) fast payment system widely used in Poland for quick and secure transactions.

Online Shopping and Marketplaces

- allegro.pl – Poland's largest online marketplace
- temu.com/pl – inexpensive goods and accessories
- zalando.pl – clothing and footwear
- vinted.pl – second-hand and handmade items
- olx.pl – classified ads for goods and services

Groceries with Delivery

- [Auchan](#)
- [Frisco](#)
- [Carrefour](#)

Food and Meal Delivery

- [Pyszne.pl](#)
- [Glovo](#)
- [Wolt](#)
- [UberEats](#)



Discounted Food (Short Shelf Life)

- [Too Good To Go](#)
- [Foodsi](#)

Discounts and Promotions

- [mojagazetka.com](#) – supermarket flyers and discounts
- [pepper.pl](#) – hot deals and limited offers
- [groupon.pl](#) – discount coupons for goods and services

Services and Craftsmen

- [fixly.pl](#) – find professionals: plumbers, electricians, handymen
- [booksy.com](#) – book beauty salon and grooming services

Transportation

Public Transport

- [Jakdojade](#) – route planner and ticket purchase
- [Mobilet](#) – mobile ticket purchase

Trains and Buses

- [Intercity](#) – national train network
- [Koleo](#)
- [FlixBus](#)
- [Lux Express](#)
- [Ecolines](#)

Electric Scooters

- [Bolt](#)
- [Lime](#)
- [Dott](#)
- [Blinkee](#)

Bicycles

- [Veturilo \(Warsaw\)](#)
- [Miejski.bike](#)
- [Nextbike](#)
- Rent from [Decathlon](#) or [RowerRent](#)



Taxis

- [Uber](#)
- [Bolt](#)

Car Rental

- [Panek](#)
- [Traficar](#)
- [4Mobility](#)
- [Odkryj Auto](#) – long-term rental

Pets

Important to know when transporting pets across the border

When a Permit is Not Required

For non-commercial transportation of pets (dogs, cats, parrots, etc.), you may not need a permit, but you must follow certain rules:

- **Identification:** Animals must be microchipped or have a legible tattoo (for those marked before July 3, 2011).
- **Health Certificate:** A veterinary certificate confirming the animal's health and compliance with import requirements.
- **Minimum Age:** At least 12 weeks old.
- **Rabies Vaccination:** Administered at least 21 days before travel.

When a Permit is Required

For commercial purposes (e.g., shows, zoos, markets):

- Obtain a **carrier permit**.
- Comply with **animal welfare transport regulations**.
- Provide rest breaks for long journeys.

Useful resources:

1. Official animal transport regulations – [Główny Inspektorat Weterynarii](#)
2. Information on traveling with companion animals – [WIW Gdańsk](#)
3. Leaflet for travelers with animals – wetgiw.gov.pl

These resources will help you verify the **latest requirements** for documentation, vaccinations, and transport conditions. Regulations can vary depending on the destination and species, so always check the rules before traveling with a pet.



Co-funded by
the European Union



Children and Education

Reproductive Rights and Support in Poland

Poland has strict restrictions on abortion, even for medical reasons. For information or support, contact:

- **Aborcyjny Dream Team** – counseling and support, including in English and Ukrainian
- **Women Help Women** – international initiative offering anonymous counseling
- **Federacja na rzecz Kobiet i Planowania Rodziny** – Polish human rights organization with a Ukrainian-language section

All communication is confidential, regardless of your legal status in Poland.

Childbirth in Poland: How It Works

Register your pregnancy as early as possible – ideally before the **10th week** – to access the full range of free medical services if you have NFZ insurance. Many hospitals also offer **Szkoła Rodzenia** (prenatal classes).

You must **register in advance** at the maternity hospital of your choice. Note that the responsibility for arriving at the hospital on time rests with you – ambulances are dispatched only for medical emergencies.

Bring to the hospital:

- ID (passport or residence card)
- Pregnancy card
- Test results
- Proof of insurance (e.g., ZUS RMUA if employed)

After birth, you will receive a discharge summary and your child's health book.



Co-funded by
the European Union

If neither parent has Polish citizenship, the child will not automatically acquire it. Registration takes place at the **Urząd Stanu Cywilnego** (civil registry office). Ukrainian parents will need a **full birth extract (Wypis zupełny)** to register the child with the Ukrainian consulate.

If the newborn cannot obtain a residence card, they may stay legally in Poland for **90 days**. Within this period, apply for temporary documents at your consulate, followed by a passport and visa or residence card.

Useful resources:

- [Information about childbirth](#)
- [Detailed guide on childbirth in Poland](#)
- [Parents' guide in Russian](#) – childbirth, health, benefits, nutrition, crèches, kindergartens

Local Facebook groups for mothers:

- [Warsaw Moms Group](#)
- [Kraków Moms Group](#)

School

Primary School

To enroll your child in school, start with the one closest to your place of residence. The **district (zoned) school** is obliged to admit your child if you are registered there. If you do not have official registration, admission is still possible, but the decision is at the discretion of the school principal.

If a school refuses admission despite your registration, you can:

- Contact your municipality for assistance; or
- Search for free places in other schools.

Transferring from one school to another is possible. It is preferable to present documents confirming previous education, but their absence is not an obstacle. You simply need to submit an application indicating:

- The number of full years of completed education; and
- The name of the previous school.

Your rights:

- Free public education for children aged 7–18;
- Admission without the requirement to already speak Polish;
- Free additional lessons in Polish as a foreign language;
- Additional classes in other subjects, if needed;
- Access to psychological support for both children and parents.

Useful resources:

- [School rankings](#)



- [Database of all schools](#)

After Grade 8

After completing the 8th grade, students take an exam. Based on their results, they can apply to:

- **Liceum** (general secondary school),
- **Technikum** (technical school), or
- **Branżowa szkoła** (vocational school).

The number of available places depends on the total points scored. You can calculate points here: [How to calculate points for secondary school admission](#)

More about school types: [Guide after 8th grade](#)

In most cities, students can apply to a maximum of **three** schools. However, in Kraków and Warsaw, there is **no limit**.

Vocational School (Szkoła policealna)

This is a post-secondary school for adults (18+; no upper age limit) offering vocational training. It is often an alternative to college. Training may be **free** for professions in high demand in the region.

- Language of instruction: **Polish**.
- Many schools offer Polish courses alongside the main program.

Important: If your legal stay in Poland is based on education, absences or poor attendance may affect your residence status.

Required documents:

- School-leaving certificate with sworn translation (since 2006 – with nostrification);
- 2 photos (3.5×4.5 cm);
- Copy of passport or residence card.

Register only with schools in the state register: [RSPO Register](#) – ensures that your diploma is recognized across the EU and allows you to work without an *opinia starosty*.

Read more: [Guide to policealna schools](#)

University

When applying to a university, contact the **international students department** in advance to confirm the specific admission requirements for your case.

Possible grounds for admission:

- **Świadectwo maturalne** – Polish secondary school certificate; or



Co-funded by
the European Union

- Foreign secondary school certificate – requires **nostrification**.

Nostrification is carried out at the **Kuratorium Oświaty** (Regional Education Authority).

Required documents:

- Original certificate + sworn translation;
- Apostille + translation;
- Certificate from your school stating the number of hours, curriculum, and grading scale;
- Certificate from the consulate confirming the right to continue education;
- Copy of an identity document.

Applications are accepted year-round. The process usually takes up to **1 month** (or **2 months** in complex cases). Submit documents to the relevant Kuratorium depending on your place of residence or the main location of the university.

Information on nostrification:

- [Warsaw Kuratorium](#)
- [Kraków Kuratorium](#)
- [Wrocław Kuratorium](#)



Co-funded by
the European Union



Additional Resources and Links

Official Portals

- **Central Migration Information Portal** (Ukrainian & Polish) – gov.pl/web/udsc/information-for-citizens-of-ukraine
Up-to-date information on legalization, education, employment, healthcare, and other important topics for foreigners, including refugees from Ukraine.
- **InfoOpt** – infoopt.pl
Regularly updated articles on documents, education, law, and employment. Written in clear, simple language.
- **Voivodeship (Regional Administration) Websites** – official sources for information on residence cards, invitations, and work permits:
 - Warmińsko-Mazurskie – gov.pl/web/uw-warminsko-mazurski/obsługa-cudzoziemcow-i-zaproszenia
 - Wielkopolskie – migrant.poznan.uw.gov.pl
 - West Pomeranian – gov.pl/web/uw-zachodniopomorski/informacje-dla-cudzoziemcow
 - Kujawsko-Pomorskie – cudzoziemiec.bydgoszcz.pl
 - Lubelskie – cudzoziemcy.lublin.lublin.uw.gov.pl
 - Lubusz – gov.pl/web/uw-lubuski/cudzoziemcy
 - Łódź – wsoic.lodzkie.eu
 - Małopolska – malopolska.uw.gov.pl
 - Mazowieckie – migrant.wsc.mazowieckie.pl
 - Lower Silesia – gov.pl/web/dolnoslaski-uw/cudzoziemcy3



**Co-funded by
the European Union**

- Opolskie – cudzoziemcy.e-wojewoda.pl
- Podkarpackie – rzeszow.uw.gov.pl
- Podlaskie – gov.pl/web/uw-podlaski/cudzoziemcy-legalizacja-pobytu
- Pomoranie – gov.pl/web/uw-pomorski/sprawy-cudzoziemcow
- Śląskie – katowice.uw.gov.pl
- Świętokrzyskie – kielce.uw.gov.pl

Ministries of Poland – Official Websites

- **Ministry of Health** – gov.pl/web/zdrowie
- **Ministry of Digitalization** – gov.pl/web/cyfryzacja
- **Ministry of Education** – gov.pl/web/edukacja
- **Ministry of Finance** – gov.pl/web/finanse
- **Ministry of Funds and Regional Policy** – gov.pl/web/fundusze-regiony
- **Ministry of Infrastructure** – gov.pl/web/infrastruktura
- **Ministry of Climate and Environment** – gov.pl/web/klimat
- **Ministry of Culture and National Heritage** – gov.pl/web/kultura
- **Ministry of Science** – gov.pl/web/nauka
- **Ministry of National Defense** – gov.pl/web/obrona-narodowa
- **Ministry of Industry** – gov.pl/web/przemysl
- **Ministry of Family and Social Policy** – gov.pl/web/rodzina
- **Ministry of Agriculture and Rural Development** – gov.pl/web/rolnictwo
- **Ministry of Development and Technology** – gov.pl/web/rozwoj-technologie
- **Ministry of Sports and Tourism** – gov.pl/web/sport
- **Ministry of Justice** – gov.pl/web/sprawiedliwosc
- **Ministry of Interior and Administration (MSWiA)** – gov.pl/web/mswia
- **Ministry of Foreign Affairs (Diplomacy)** – gov.pl/web/dyplomacja

Additional Information for Foreigners in Poland



**Co-funded by
the European Union**

- **Forms and documents** (Lower Silesia Voivodeship) – przybysz.duw.pl/dokumenty-do-pobrania
- **Cost of living comparison by cities** (unofficial) – numbeo.com/cost-of-living
- **General information for migrants** (unofficial) – migrant.info.pl
- **Advice and assistance in Russian** – poland-consult.com