

MASZ PRAWO
WIEDZIEĆ!

Welcome Pack for foreigners

Hi! In this guide you'll find information about life in Poland, particularly in Kuyavian-Pomeranian Voivodeship. You'll learn about different forms of stay in Poland, how to search for a job, what to consider while looking for a place to rent, you'll learn about children's and adults' rights and you'll also find out what kind of family benefits you can get. We hope that you'll find this welcome pack helpful during your first week in Poland.

Emic Foundation

Kuyavian-Pomeranian Voivodeship

Region

Kuyavian-Pomeranian Voivodeship is intriguing and full of surprises. You can never get enough of it because with time it still keeps revealing itself to you. Its landscape consists of meandering rivers, wild backwoods, sandy forest paths, valleys, ecological diversity, prehistorical settlements, gothic buildings and towers that guard plenty of secrets. You'll find bold and colourful cities there, which not only participate in creating the present but also courageously build the future – even though they move forward and develop in technology as well as in craft, they also cherish their heritage and traditions.

Discover corners of this region by planning your journey from scratch! It can be mysterious like Pałuki, adventurous like Bory Tucholskie, fascinating like Dolina Dolnej Wisły, unexplored like Bydgoszcz, "slow" style like Pojezierze Brodnickie, vibrant like Grudziądz, filled with positive energy like our health resorts, serene like Kociewie or reaching for the stars like Toruń.

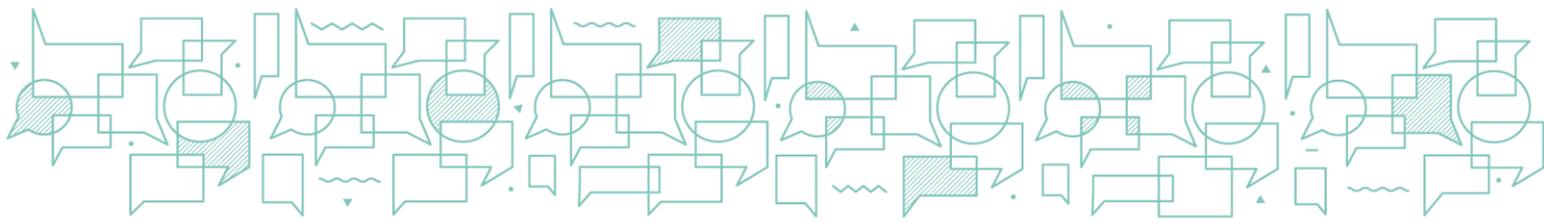
Some cities worth visiting

Bydgoszcz

The Brda River and the Bydgoszcz Canal running through the city create its unique atmosphere. Bydgoszcz listens to its history, particularly the past dating back 150 years. It was a period of prosperity, with growing industry, trade and crafts. The rhythm of the city was outlined by the rapid flow of the river and numerous locks of the Bydgoszcz Canal, which like a water highway connected the city with the east and west of Europe.

The Mill Island (Wyspa Młyńska), which is an enclave of greenery in the heart of the city, is one of the most charming local sites. 19th-century buildings, known as the Bydgoszcz Venice, stand on the Młynówka River surrounding the island. Walking across the island, you are invited to visit its museums and galleries housed in 19th-century mills and granaries. Location on the international waterway E-70 (Berlin-Kaliningrad) offers to the city connection with the national system of inland navigation through the junction connecting the Vistula with the Odra River. Water enthusiasts are invited to a modern

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

marina blended in the surrounding of the historic Rother's Mills. Nearby bridges and footpaths lead to the charming places of downtown Bydgoszcz, featuring impressive Art Nouveau buildings. The city looks beautiful from the water. You can find it out by taking a cruise by a river passenger boat or walking the Trail of Water, Industry and Crafts TeH₂O. It is an industrial, thematic trail combining history of fifteen sites blended in the space of the city. The Opera Nova, standing proudly on the Brda River, is a flagship art stage of our region and nation. Other prominent stages of the city include the Pomeranian Philharmonic and The Polski Theatre.

Toruń

Gothic streets of the city trigger our imagination and give us a unique opportunity to time-travel. Knowledge of the fact that the great astronomer who “stopped the Sun and moved the Earth” was born and raised in Toruń, inspires respect and encourages to take a deeper look at the history of this Hanseatic city. The spice delicacy developed here centuries ago and legends related to it make that everyone wants to return here, wander through local sites and discover the mysteries of Toruń.

The Town Hall, monumental churches, charming tenements, and granaries – Gothic can be sensed everywhere. Therefore, it's not surprising that the medieval city of Toruń was designated as World Heritage Site by UNESCO. The fortified walls with gates and towers as well as castle ruins remind about the founders of the city, i.e. the Teutonic Knights. The brave ones volunteer to undergo the “test of righteousness” at the Leaning Tower. If they are able to keep their balance with their back against the wall of the building, they publically demonstrate their honesty and fidelity. In the Live Gingerbread Museum, listed as one of the seven new wonders of Poland in the 2012 plebiscite of the National Geographic Traveler, and the Toruń Gingerbread Museum one can not only try the spice delicacies, but also participate in their baking and decorating. It's worth checking if the city of Copernicus is closer to the stars by visiting the family house of the astronomer and exploring space in the Toruń Planetarium. The city can also impress military heritage enthusiasts; the Toruń Fortress is one of the biggest fortification systems in Poland.

Chełmno

This charming city, sitting on nine hills, has an attractive panoramic view, outlined by steeples of Gothic churches. Among historic sites built from red brick, you will sense a unique atmosphere of this old city with deep-rooted history, situated on the European Route of Red Gothic.

The history of this city is inseparably tied with the Order of the Teutonic Knights, which gave Chełmno its charter rights, known as the “Chełmno Privilege,” naming it the “capital town.” Until the 18th century, this document had served as a pattern to charter over 200 cities, including Warsaw, Toruń, Gdańsk, and Wadowice. In the 13th century, a system of fortified buildings was erected in the historical Chełmno Land. These days, their structures are reminded by the Park of Miniature Teutonic Castles. Chełmno is proud of its Europe's longest preserved fortified walls, medieval chessboard street plan and an architectural gem decorating the Market Square, which is the Town Hall built in the Gothic and Renaissance styles. The Fara – one of the six preserved Gothic churches, is a place that attracts

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

those who are in love. The relics of St. Valentine, stored in it, should be the reason for another rebirth of the city – this time, Chełmno as a city of lovers ®.

Grudziądz

Although the historic cities of Grudziądz are not less important or beautiful than in other towns on the Vistula River, here you will find proofs that the atmosphere of this place is created first of all by its residents.

The panoramic view of Grudziądz is created by some of Europe's biggest historic granaries standing tall over the Vistula riverbank. In 2011, in the plebiscite of the National Geographic Traveler, the granaries were recognized as one of the seven new wonders of Poland. The restored Klimek Tower, which was once part of the local Teutonic castle, towers over the city. You are encouraged to climb the tower, which top offers a breathtaking view of the meandering Vistula River. Walking across the city you will discover parts of 14th-century fortified walls with the Water Gate, a monumental Gothic basilica, and three Baroque monasteries of the Benedictine nuns, the Jesuits and the Reformati.

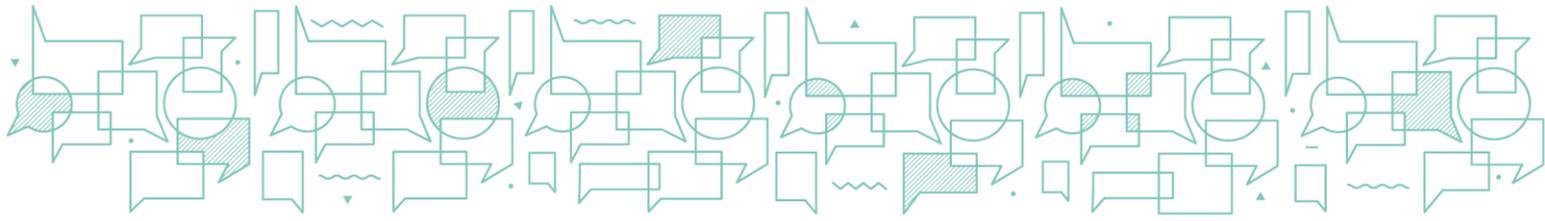
Descriptions of the region come from: <http://k-pot.pl/wydawnictwa-promocyjne/>

Everyday life

Below you can find some guidelines concerning what is socially acceptable in Poland:

- The legal system in Poland is democracy and the biggest set of rules is called Constitution (Konstytucja). You can find its text here: www.sejm.gov.pl/prawo/konst/angielski/kon1.htm
- In Poland there is gender equality which means that every adult citizen can vote, work and make decisions regarding their own life.
- The education system in Poland is of a general and compulsory character.
- The official language of Poland is Polish. Not many websites are translated into various foreign languages. Many Poles are able to communicate in English, older generations often also in Russian.
- Using corporal punishments is prohibited in Poland. Individuals promoting fascist ideas or using hate speech can be penalised.
- Polish people don't like being late – if they have a meeting to attend to, they usually try to make it on time and they perceive others being late as a sign of disrespect.
- Drug consumption is illegal in Poland, it's also prohibited to drink alcohol in public places (such as streets, parks etc.)
- Tap water is safe to drink all around Poland.
- Polish nation is quite homogeneous. There aren't many minorities and such a reality affects people's attitude towards foreigners. Nevertheless, Poles are said to be hospitable and this culture gap can surely be reduced by spending time together with different nations.

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

These are just a few pieces of information regarding Poland and Poles. Of course there is much more but we believe it will be best if you simply discover it all by living here, then you can see it for yourself.

Legal stay in Poland

Forms of stay

CITIZENS OF non-EU COUNTRIES:

If you're a citizen of a non-EU country, then you can live in Poland provided you have one of the following documents:

- Visa,
- Residence card,
- Valid biometric passport (if no visa is required for entry),
- Valid national passport with a stamp confirming that application for stay has been submitted.

More information on forms of stay:

Visa

Visa is a document allowing you to enter Poland and other countries of the Schengen convention as well as to stay there for a determined period of time (validity and the purpose of issuance of visa are specified in the passport). Apart from visa it's also necessary to own a valid passport.

Where can you apply for visa?

You can obtain a visa at a Polish Consulate prior to your departure. You can fill out a form or schedule an appointment at a Consulate at the website of Ministry of Foreign Affairs of the Republic of Poland:

<https://www.e-konsulat.gov.pl/>

Stay on a basis of a visa-free travel:

Stay on the territory of all the countries of the Schengen convention (with no obligation to have a visa) cannot be exceed 90 days for every period of 180 days.

Countries whose citizens are not required to have a visa when entering Poland:

https://www.msz.gov.pl/en/travel_to_poland/entering_poland/visa_free/visa_free_countries

Residence card

If your stay in Poland is planned for a period longer than 3 months, you can apply for an authorisation to stay in Poland as well as receive a residence card. Depending on circumstances of your stay you can get a temporary residence card or a permanent residence card.

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

Types of residence cards:

- Temporary residence card,
- Temporary permit to reside and work,
- Temporary permit to reside for the purpose of highly qualified employment (EU Blue Card),
- Permanent residence card,
- Long-term resident's EU residence permit.

A residence card along with a valid passport allow you to stay in Poland, they also entitle you to multiple border crossing without a need to obtain a visa.

Where can you apply for a residence card?

You can fill out the form and submit all necessary documents at:

- Citizen and Foreign Affairs Department of Kujawsko-Pomorski Voivodeship Office in Bydgoszcz, ul. Konarskiego 1-3 in Bydgoszcz (Wydział Spraw Obywatelskich i Cudzoziemców Kujawsko-Pomorskiego Urzędu Wojewódzkiego)

As well as at branch departments of the Voivodeship Office:

- In Toruń – ul. Moniuszki 15-21,
- In Włocławek – ul. Brzeska 8.

Here you can find the application for a residence card: <https://cudzoziemcy.gov.pl/en/files-to-download/>

CITIZENS OF THE EU COUNTRIES

If you're a citizen of one of the EU countries, you can stay at the territory of Poland up till 3 months on a basis of a valid travel document or another identity document.

A citizen of the EU stands for:

- A citizen of one of the Member States of the European Union,
- A citizen of the Swiss Confederation,
- A citizen of one of the Member States of EFTA – European Free Trade Association – parties of the European Economic Area Agreement.

In case of stay in Poland exceeding 3 months, citizen of the EU should apply for registered stay.

Where can you register your stay?

You can submit the form along with attachments at:

- Department of Work Permits and Registration of Invitations and Citizens of the EU, Kujawsko-Pomorski Voivodeship Office in Bydgoszcz (Oddział Zezwoleń na Pracę oraz Rejestracji Zaproszeń i Obywateli UE, Kujawsko-Pomorski Urząd Wojewódzki w Bydgoszczy),

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

ul. Konarskiego 1-3 in Bydgoszcz, 85-950 Bydgoszcz, II floor.

Here you can find the registration form for a EU citizen: <https://cudzoziemcy.gov.pl/en/files-to-download/>

Work in Poland

Where to search for a job?

- Websites (for example www.pracuj.pl, www.infopraca.pl, www.gratka.pl),
- Central base of job offers: <http://oferty.praca.gov.pl>,
- Notice boards at Employment Offices and other public places,
- Employment agencies,
- Via friends.

Who can help in a job search?

- **Employment offices** – national institutions which provide information for the unemployed and offer career counselling for persons seeking work.
- **Employment agencies** – private companies offering help in job search (including job offers abroad), career counselling, consulting and temporary work.

Employment offices in Kuyavian-Pomeranian Voivodeship:

Powiat Employment Office in Toruń (Powiatowy Urząd Pracy w Toruniu)

ul. Mazowiecka 49 A

working hours: 7:30-15:30

Voivodeship Employment Office in Toruń (Wojewódzki Urząd Pracy w Toruniu)

ul. Szosa Chełmińska 30/32

working hours: 7:30-15:30

Powiat Employment Office in Bydgoszcz (Powiatowy Urząd Pracy w Bydgoszczy)

ul. Toruńska 147

working hours: 7:15-15:15

Voivodeship Employment Office in Bydgoszcz (Wojewódzki Urząd Pracy w Bydgoszczy)

ul. Ignacego Paderewskiego 26

working hours: 7:30-15:30

Powiat Employment Office in Grudziądz (Powiatowy Urząd Pracy w Grudziądzu)

ul. Parkowa 22

working hours: 7:00-15:00

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

Powiat Employment Office in Włocławek (Powiatowy Urząd Pracy we Włocławku)

ul. Kapitulna 24

working hours: 7:30-15:30

Accommodation in Poland

How to legally rent an apartment?

You can rent an apartment in Poland directly from the owner or their representative, or via a real estate agency. It's always necessary to sign a lease agreement which specifies regulations of the rent.

While searching for a room, apartment or house to rent it's important to carefully check the rental fee. Very often the amount that we can find in an advertisement only includes fee for the landlord. Usually it's necessary to add to it costs of rent and so-called media fees (for example gas, water, electricity). The landlord may also demand some deposit (usually equal to a monthly rent).

What to discuss before signing a lease agreement?

- Estimated monthly pay,
- Type of heating (electric heating is more expensive than central heating),
- Amount of deposit (if it exceeds your financial abilities, you can ask the landlord to divide it into instalments).

Costs of renting an apartment = monthly fee for the landlord + expenses (rent, gas, electricity, internet etc.) + one-off deposit

What should be included in a lease agreement?

- Address of the accommodation,
- Period of time for which the agreement is being signed (it can be determined or not),
- The amount of fees and details of payment (for example the deadline being the 10th of each month),
- Conditions of the agreement termination.

What is deposit?

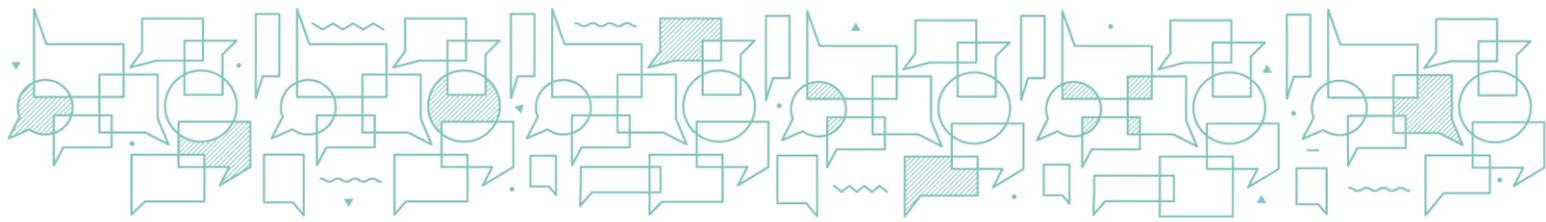
Deposit is an additional fee which is a form of protection in case of landlord's potential claims if the tenant falls behind on payment or damages the household equipment. If all the conditions are met, the deposit should be reimbursed to the tenant after the termination of the lease agreement.

Where to look for advertisements?

You can find many advertisements for apartment rental online:

- www.olx.pl
- www.otodom.pl

www.maszprawowiedziec.com.pl



- www.gratka.pl
- www.morizon.pl

MASZ PRAWO
WIEDZIEĆ!

Family

When and what kind of benefits can foreigners apply for?

Benefit	Amount	The benefits apply to people who are not Polish citizens:
Financial benefit for persons holding a Card of the Pole (Karta Polaka) living in Poland (Dz.U. z 2016 r. poz. 753)	Period of the claim of the benefit as well as the monthly amount is regulated in the voivode's decision.	As long as they hold a valid Card of the Pole and if they apply for a permanent residence permit.
Family allowance (can be accompanied by other benefits, accurate for the situation of a family applying for the allowance)	Monthly 95 zł per child under 5 years of age; 124 zł per child aged 5-18; 135 zł per child aged 18-24.	a) if the rules on coordination of social security systems apply to them (that is to citizens of a Member State of the EU or of of the EEA), b) if bilateral social security agreements binding the Republic of Poland provide so, c) staying on the territory of the Republic of Poland on the basis of: 1. permanent residence permit, 2. long-term residence permit for a citizen of the EU, 3. temporary residence permit granted for the purposes of highly qualified employment * or – for a long-term resident of the EU granted by another Member State of the EU * – for the purposes of employment in the framework of an intra-corporate transfer * – for the purposes of long-term mobility * – or 4. in connection with being granted a refugee status or subsidiary protection * d) having a residence card with a remark "access to the labour market", not including citizens of third countries who have a permit for employment up to six months, admitted for the purposes of taking up studies,
One-off child's birth grant	One-off 1000 zł	
Parental allowance (children up to 52 weeks old)	1000 zł monthly	

www.maszprawowiedziec.com.pl

		seasonal work and those who have the right to work on a basis of a visa. *
"Family 500+" programme	500 zł monthly for each child after the first	<p>a) if the rules on coordination of social security systems apply to them,</p> <p>b) if bilateral social security agreements binding the Republic of Poland provide so,</p> <p>c) staying on the territory of the Republic of Poland on the basis of a temporary residence permit granted: – for the purposes of highly qualified employment, – for the purposes of employment in the framework of an intra-corporate transfer, – for the purposes of long-term mobility,</p> <p>4. in connection with being granted a refugee status or subsidiary protection * d) having a residence card with a remark "access to the labour market", not including citizens of third countries who have a permit for employment up to six months, admitted for the purposes of taking up studies, seasonal work and those who have the right to work on a basis of a visa. *</p>

* As long as they live with their families on the territory of the Republic of Poland throughout a benefit period during which they receive benefits, unless the rules on coordination of social security systems or bilateral social security agreements binding the Republic of Poland state otherwise.

You can find more information on benefits (also those not included in the table above), on rules of applying as well as the forms in City Welfare Centres, Municipal Welfare Centres, or Family Assistance Centres.

Centres offering support for families in Kuyavian-Pomeranian Voivodeship:

Family Benefits Centre in Toruń (Toruńskie Centrum Świadczeń Rodzinie)

ul. Batorego 38/40

87-100 Toruń

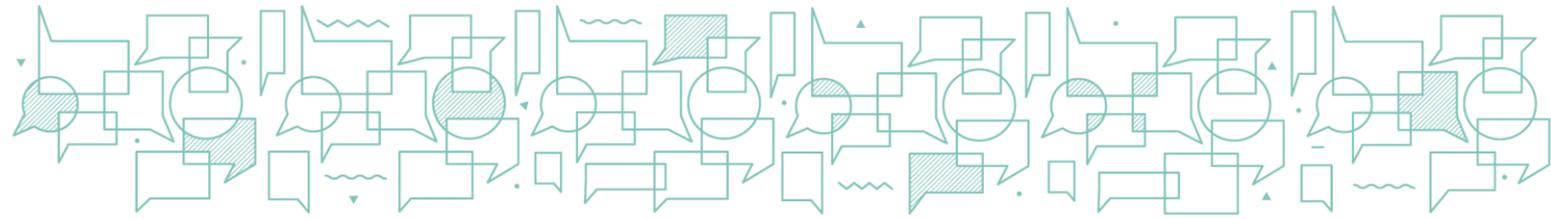
phone number: (56) 657 72 00

phone number: (56) 657 72 38

sekretariat@tcsr.torun.pl

www.tcsr.torun.pl

www.maszprawowiedziec.com.pl



as well as
ul. Bydgoska 74
87-100 Toruń
phone number: (56) 687 00 90
phone number: (56) 678 98 78
500plus@tcsr.torun.pl

MASZ PRAWO
WIEDZIEĆ!

Family Benefits Department at Bydgoszcz City Hall (Urząd Miasta Bydgoszczy Wydział Świadczeń Rodzinnych)

Wojska Polskiego 65
85-001 Bydgoszcz
phone number: 52 585 67 35
wsr@um.bydgoszcz.pl

City Family Welfare Centre in Toruń (Miejski Ośrodek Pomocy Rodzinie w Toruniu)

ul. Konstytucji 3 Maja 40 c
87-100 Toruń
phone number: (56) 65 08 565
fax. (56) 64 86 447
sekretariat@mopr.torun.pl
www.mopr.torun.pl

City Social Welfare Centre in Bydgoszcz (Miejski Ośrodek Pomocy Społecznej)

ul. Ogrodowa 9
85-043 Bydgoszcz
phone number: (52) 321 55 35
(52) 325 44 10
sekretariat@mopsbydgoszcz.pl
www.mopsbydgoszcz.pl

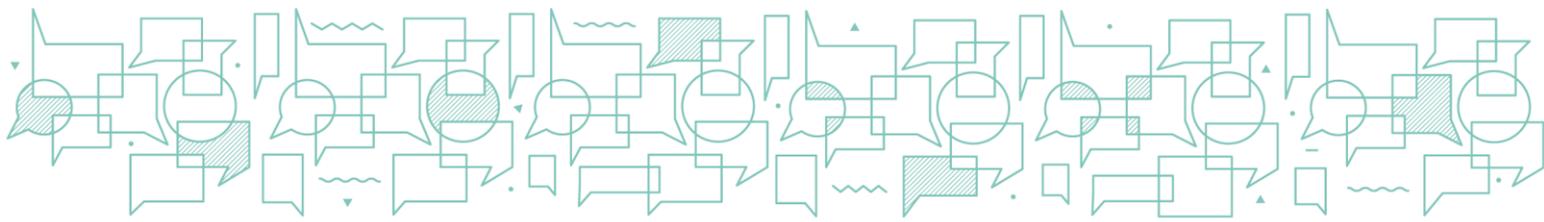
City Family Welfare Centre in Grudziądz (Miejski Ośrodek Pomocy Rodzinie w Grudziądzu)

Ludwika Waryńskiego 34 A
86-300 Grudziądz
phone number: 56 696 87 00
www.mopr.grudziadz.pl

Where you can apply for the "Family 500+" programme in Kuyavian-Pomeranian Voivodeship:

- **Bydgoszcz**
Family Benefits Department (Wydział Świadczeń Rodzinnych), ul. Wojska Polskiego 65,
City Hall (Urząd Miasta), ul. Grudziądzka 9-15 building D;
Branch of the City Hall, ul. E. Gierczak 6.

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

- **Grudziądz**
City Family Welfare Centre (Miejski Ośrodek Pomocy Rodzinie), ul. Waryńskiego 43 A, Dział świadczeń rodzinnych i wychowawczych, pok. 3, 4.
- **Toruń**
Family Benefits Centre in Toruń (Toruńskie Centrum Świadczeń Rodzinie), ul. Batorego 38/40,
City Family Welfare Centre (Miejski Ośrodek Pomocy Rodzinie), ul. Klonowica 19 i ul.
Konstytucji 3 Maja 40 c,
Housing Corporation (Spółdzielnia Mieszkaniowa) Na Skarpie, ul. Wyszyńskiego 6,
VII LO, ul. Batorego 39 b,
Information points of the City Hall of Toruń: ul. Wały gen. Sikorskiego 8, ul. Grudziądzka
124/126, ul. Poznańska 52, ul. Dziewulskiego 38, ul. Broniewskiego 90 (shopping mall Plaza).
- **Grudziądz**
City Family Welfare Centre (Miejski Ośrodek Pomocy Rodzinie), ul. Waryńskiego 43 A, dział świadczeń rodzinnych i wychowawczych, pok. 3, 4.
- **Włocławek**
City Family Welfare Centre (Miejski Ośrodek Pomocy Rodzinie), ul. Kilińskiego 1.

School

Education system in Poland is of a general and compulsory character for children and youth aged 7-18.

Types of educational institutions in Poland:

- Nurseries and kindergartens (for children aged 6 weeks – 6 years),
- Primary schools (8 grades/for children from the age of 6/7 years),
- Secondary schools (4 or 5 grades for youth from the age of 16 years), such as high schools, vocational schools, technical schools.

Until recently, education system in Poland included also three years of junior high school for youth aged 13-16 years. However, a reform of the education system from 2017 is gradually lifting junior high schools and in 2019 they will be completely eliminated.

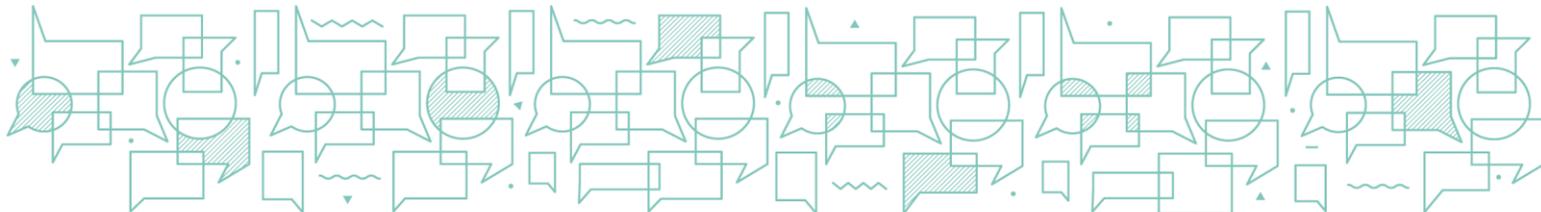
Nurseries, kindergartens and schools in Poland can be public or private. **Public institutions** are run mainly by local governments authorities (they're either free or the fees are lower). **Private institutions** are run by separate legal entities – private or social ones (the fees are higher). Each local government takes care of the organisation side in regard to their own policy as well as to the number of institutions and fees charged from parents.

Rights and obligations of a parent in Poland

Every parent is obliged to:

- Sign up their child do school and make sure they attend to it,
- Take care of physical and psychological development of their child,
- Support their child financially (alimony obligation in case of a divorce),
- Provide suitable conditions for education and development of their child.

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

Every parent has the right to:

- Bring up and educate their children according to their own moral and religious views, but taking into account the level of child's maturity, freedom of conscience and religion, views, with full respect of their dignity and rights,
- Expect their child to be obedient. If the child lives with them, parents can expect help in household chores as well as – if the child has their own income – participate in supporting the family financially,
- To keep in touch with their child, regardless of parental responsibility. Restriction as well as deprivation of parental rights may only occur in cases regulated by law and on the basis of a final decision of the court.
- Access information on the criteria of internal grading assessment, especially on: education requirements necessary to achieve a specific grade, methods of the evaluation of students' knowledge, conditions, methods and criteria used for behaviour assessment etc.
- Access up-to-date and reliable information on their child's progress at school, difficulties and reasons behind them, behaviour as well as special talents.

Every child has the right to:

- Freedom of speech; this also includes the freedom to seek, receive and pass information and ideas of all sorts, in any form they wish – verbally, in written or printed form, through art or with use of any other medium of communication chosen by the child.
- Have their identity, dignity and privacy respected.
- Freedom, dignity, respect and personal immunity.
- Freedom of conscience, religion and views.

Parents and children are obliged to respect and support each other. Corporal punishments are prohibited in Poland.

Education support for children with migration background at a Polish school includes:

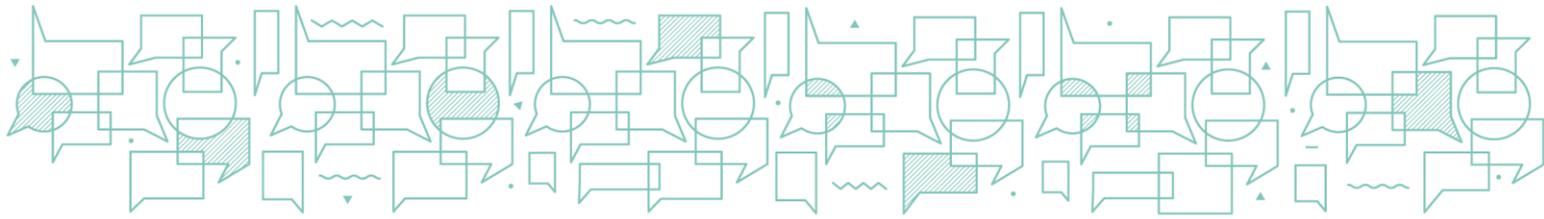
- Polish language classes (individual or in groups) – at least 2 hours per week for 2 years or as long as the child needs it,
- Help of a special assistant for foreign children for 2 years,
- Remedial classes meant to help reduce the curriculum differences between a Polish school and a school from their country of origin. In total a child is entitled to 5 hours of remedial classes and Polish language classes per week.

Medical care

Public medical care (free)

People insured in the National Health Fund are entitled to benefit from public and free healthcare in Poland (Narodowy Fundusz Zdrowia). The National Health Fund is a national unit financing (from public funds) treatment and refunding medication for the insured.

www.maszprawowiedziec.com.pl



MASZ PRAWO
WIEDZIEĆ!

Who has health insurance?

- Employee with a labour contract and/or an order contract.
- Employee's spouse. However, it doesn't happen automatically – one needs to apply for their spouse at their employer's. If the spouse takes up employment, it's necessary to report this to the employer so that one doesn't have a double insurance.
- Employee's children. Each children up to the age of 18 is insured thanks to a working parent. People aged 18-24 are only insured if they attend school (high school, technical school, post-high school, academic institution).

Confirmation of the right to health insurance

If you have PESEL (Personal ID number), your data regarding health insurance is in **eWUŚ** system (network service provided by the National Healthcare Fund). However, a system issue may occur and your insurance may not be confirmed. In this case you need to have documents confirming your insurance, analogically to people who don't have PESEL.

Documents confirming health insurance:

- A monthly report ZUS RMUA, issued by the employer,
- A valid payment certificate for payment of health insurance – for people who carry out economic activities,
- A contract with the National Healthcare Fund along with a copy of the ZUS ZZA form and a valid proof of payment of health insurance – for people insured voluntarily,
- Students (aged 18-26) need also a valid student ID.

You can also receive health insurance and the right to free treatment by paying a health insurance contribution independently. Such a procedure is called "a voluntary health insurance contribution".

What range of medical care can people insured in the National Healthcare Fund benefit from?

- Help of **GP (General Practitioner/family doctor)**. Before your first appointment you need to go to your chosen clinic, fill out a form declaring your choice of family doctor, and, in women's case, also declare your choice of midwife.
- Night and holiday care, hospital care, help of an emergency department.
- Prescription for refundable medicines.
- Therapeutic rehabilitation.
- Right to any diagnostic testing referred by a doctor, whose clinic has the information "Contract with the National Healthcare Fund" ("Umowa z NFZ").
- Appointment with a specialist referred by your GP. Your chosen specialist has to have a clinic with the information "Contract with the National Healthcare Fund".

Without a referral you can seek treatment with:

- A psychiatrist,
- An oncologist,
- A dentist,
- A gynaecologist.

www.maszprawowiedziec.com.pl



You can also seek treatment without a referral if you:

- Have tuberculosis,
- Have HIV,
- Are addicted to alcohol or drugs (within the confines of addiction therapy).

MASZ PRAWO
WIEDZIEĆ!

www.maszprawowiedziec.com.pl

FUNDACJA
EMIC



PROJEKT "MASZ PRAWO WIEDZIEĆ"
WSPÓLFINANSOWANY Z PROGRAMU
KRAJOWEGO FUNDUSZU AZYLU,
MIGRACJI I INTEGRACJI



UNIA EUROPEJSKA
FUNDUSZ AZYLU,
MIGRACJI I INTEGRACJI



MASZ PRAWO
WIEDZIEĆ!

Private medical care

Private medical clinics are available to anyone who pays for the service they're getting (doctor's consultation, medical examination etc.). There are many private clinics – it's easiest to find them online by searching for a specific phrase. One of the websites which may be helpful is www.znanylekarz.pl.

By paying a special fee once a month you can also get a medical package (different options available with different range of services).

Help in case of an emergency

Emergency numbers

112 is a European emergency number. You can use it if you feel like your safety, health or life are threatened. Public-safety answering point may put you through with police station, fire department or medical rescue, depending on your situation.

Other emergency numbers:

Police station 997

Emergency medical services 999

Fire department 998

Municipal police station 986

Gas emergency service 992

Power emergency service 991

Diplomatic missions:

Honorary Consulate of Ukraine in Bydgoszcz (Konsulat Honorowy Ukrainy w Bydgoszczy)

ul. Garbary 3

85-229 Bydgoszcz

phone number 52 567 0786

konsulathonorowy.ukrainy@byd.pl

www.konsulathonorowyukrainy.byd.pl

Honorary Consulate of the Republic of Moldova in Toruń (Konsulat Honorowy Republiki Mołdawii w Toruniu)

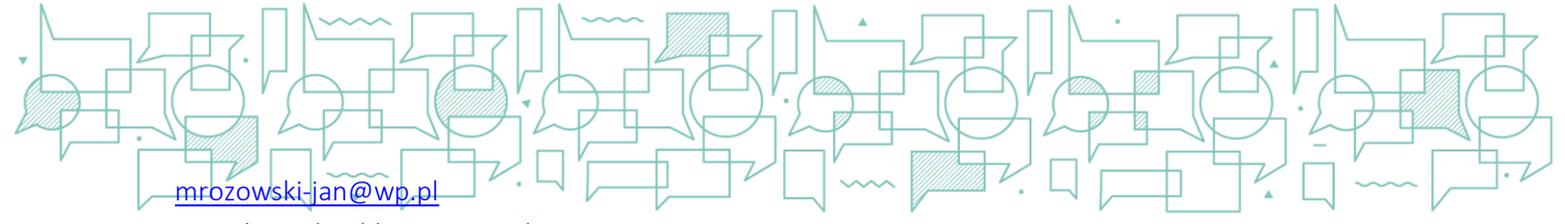
ul. Podmurna 60

87-100 Toruń

phone number 56 652 13 14

mobile 601 683 022

www.maszprawowiedziec.com.pl



mrozowski-jan@wp.pl

www.konsulmoldawiatorun.pl

MASZ PRAWO
WIEDZIEĆ!

Consulate of the Republic of Slovenia in Toruń (Konsulat Republiki Słowenii w Toruniu)

ul. Ludwika Rydygiera 30/32

87-100 Toruń

phone number [56 623 88 90](tel:566238890)

Consulate of the Republic of Peru in Toruń (Konsulat Republiki Peru w Toruniu)

87-100 Toruń

ul. Moniuszki 46/19

phone number [56 658 57 56](tel:566585756)

Honorary Consulate of Finland in Toruń (Honorowy Konsulat Finlandii w Toruniu)

ul. Droga Starotoruńska 5

87-100 Toruń

phone number [609 229 900](tel:609229900)

Consulate of the Republic of Lithuania in Toruń (Konsulat Republiki Litewskiej w Toruniu)

ul. Piekary 12

87-100 Toruń

phone number [56 658 39 19](tel:566583919)

Honorary Consulate of the Czech Republic in Bydgoszcz (Konsulat Honorowy Republiki Czeskiej w Bydgoszczy)

Aleje Adama Mickiewicza 3/2

85-071 Bydgoszcz

phone number [52 331 74 25](tel:523317425)

Honorary Consulate of the Federal Republic of Germany in Bydgoszcz (Konsulat Honorowy Republiki Federalnej Niemiec w Bydgoszczy)

Dworcowa 19

85-009 Bydgoszcz

phone number [52 349 30 59](tel:523493059)

Embassy of the Republic of Belarus (Ambasada Republiki Białorusi)

ul. Wiertnicza 58

02-952 Warszawa

phone number 22 742 09 90, 22 842 52 02

www.maszprawowiedziec.com.pl

FUNDACJA
EMIC



PROJEKT "MASZ PRAWO WIEDZIEĆ"
WSPÓLFINANSOWANY Z PROGRAMU
KRAJOWEGO FUNDUSZU AZYLU,
MIGRACJI I INTEGRACJI



UNIA EUROPEJSKA
FUNDUSZ AZYLU,
MIGRACJI I INTEGRACJI

General Consulate of the Russian Federation (Konsulat Generalny Federacji Rosyjskiej)

ul. Stefana Batorego 15

80-001 Gdańsk

phone number 58 341 10 88

Loss of documents

In case of loss or theft of documents, you should immediately report this to a police station. It's very important to prevent any unwanted persons from using those documents. A police officer will give you a certificate attesting loss of documents, which you need to deliver to the Embassy or Consulate of your country in order to receive a new document or a replacement document. It's also important to block your debit or credit cards at your bank.

Culture

Kuyavian-Pomeranian Voivodeship is a region with a rich cultural life. Many cultural institutions, film (and not only) festivals as well as local art events make it a really unique place. Amateurs of culture and art will find something to their liking in any of these cities – Toruń, Bydgoszcz, Inowrocław or Chełmno.

Chosen cultural institutions in the area:

Toruń

Dwór Artusa – venue with a large selection of concerts at Rynek Staromiejski. www.artus.torun.pl

Teatr Baj Pomorski – children's theatre with a friendly repertoire, also for adults. www.bajpomorski.art.pl

Kulturhauz – independent cultural centre that organises alternative art events. www.kulturhauz.com

Bydgoszcz

Teatr Polski – critical theatre with an interesting. www.teatrpolski.pl

Miejski Ośrodek Kultury w Bydgoszcz – place that organises concerts, exhibitions, festivals, meetings with authors, lectures, plays, discussions, workshops and meetings of creative groups. www.mck-bydgoszcz.pl

Grudziądz

Centrum Kultury Teatr w Grudziądzu – impresario-type of venue with many events related to theatre, music and cabaret. www.teatr.grudziadz.pl

Chosen cultural initiatives in the region:

Transgresje – festival in Toruń that combines music and art. www.transgresje.com.pl

Tofifest – film festival in Toruń. www.tofifest.pl

www.maszprawowiedziec.com.pl



Bella Skyway Festival – festival of audiovisual art in Toruń. www.bellaskyway.pl
Camerimage – film festival in Bydgoszcz. www.camerimage.pl

MASZ PRAWO
WIEDZIEĆ!

9 Hills Festival – art and animation festival in Chełmno. www.9hf.pl

Important dates and holidays:

January 1 – New Year's Day, holiday

January 6 – Epiphany, holiday

last Sunday of March – setting the time to Central European Summer Time

March/April – Easter, moveable feast; Easter Monday is also a holiday

May 1 – International Workers' Day, holiday

May 3 – Constitution Day, holiday

May 26 – Mother's Day, working day

June 23 – Father's Day, working day

July and August – summer holidays for students

August 15 – Assumption Day, holiday

September 1 – beginning of the school year, working day

last Sunday of October – setting the time to Central European Time

November 1 listopada – All Saints' Day, holiday

November 11 – Independence Day, holiday

December 6 – St. Nicholas Day, working day

December 24 – Christmas Eve, working day

December 25 and 26 – Christmas, holidays

Civil society:

In our region there are many non-governmental organisations: foundations, associations, informal groups. Anyone can found a non-governmental organisation, regardless of their country of origin. Non-governmental organisations can be responsible for activities related to various areas of life: ecology, informal education, support for socially excluded people, art projects. Emic Foundation is one of such organisations in this region.

Many foundations and associations need volunteers – volunteering is a great opportunity to learn, meet new people and develop your passions.

Here you can find out how to found a NGO: <https://poradnik.ngo.pl/jak-zalozyc-fundacje-stowarzyszenie>.

A few NGOs in the region:

- Fundacja Emic – provides support for migrants and refugees in taking their first steps in Poland. www.emic.com.pl
- Pracownia Zrównoważonego Rozwoju – organises social consultations, revitalisation and space planning. www.pzr.org.pl
- Kamienica Inicjatyw – integrates children and seniors. www.kamienica-inicjatyw.pl
- Fundacja Wiatrak – applies teachings of John Paul II into life. www.wiatrak.org.pl

www.maszprawowiedziec.com.pl



Thank you for reading our guide. We hope it will be useful during your time in Poland. If the information in our guide wasn't enough, you can always contact us and participate in our project "You have right to know!", which includes:

**MASZ PRAWO
WIEDZIEĆ!**

- Polish language classes,
- Legal advice, psychological support and career counselling,
- Courses and workshops,
- Meet great people during many events.

www.maszprawowiedziec.com.pl

**FUNDACJA
EMIC**



PROJEKT "MASZ PRAWO WIEDZIEĆ"
WSPÓLFINANSOWANY Z PROGRAMU
KRAJOWEGO FUNDUSZU AZYLÓW,
MIGRACJI I INTEGRACJI



**UNIA EUROPEJSKA
FUNDUSZ AZYLÓW,
MIGRACJI I INTEGRACJI**