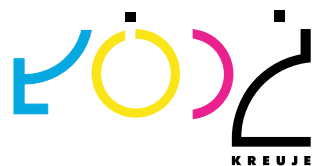




A GUIDE FOR FOREIGNERS

part 1 | first steps



Publisher:

City of Łódź Office

Editorial team:

Monika Grabowska-Skucha, Anna Lichnerowicz, Maryna Yurkovska, Liubov Orel,
Daria Skotnytska, Anastazja Oszowska, Iwona Pobereiznyk

Pictures:

Krzysztof Grzywiński

Cover:

photo Paweł Augustyniak

Composition and graphics:

Kseniya Brekhava

Proof:

Kinga Łos, Teresa Lewandowska, Liliia Bilyk

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We invite you to submit your suggestions and observations by e-mail to the following address:
redakcja@u-work.pl



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ΛΟΔΝ
ΑΤΑΚΣ
ΠΟΔΖ



1

IMPORTANT NUMBERS IMPORTANT CONTACTS IMPORTANT INSTITUTIONS

112 - emergency number (universal)

986 - Municipal Guard

991 - Energy Emergency

992 - Gas Emergency

993 - District Heating Emergency

994 - Water Supply Emergency

997 - Police

998 - Fire Department

999 - Ambulance Service



- **City of Lodz Office (UmŁ)**

Link to the UMŁ website, in Ukrainian: uml.lodz.pl/ua
ul. Piotrowska 104
lckm@uml.lodz.pl

- **Lodz Centre of Contact with Residents (ŁCKzM)**

Telephone information of the City of Lodz Office - CALL CENTER + 48 42 6384444
Hours: Monday to Friday from 8.00 to 17.00.

- **ŁCKzM (Lodz Centre of Contact with Residents) service room,**
110 Piotrkowska St.

People with little knowledge of Polish can get help from officials who speak Russian and Ukrainian.

In the Lodz Centre of Contact with Residents:

- you will get information and help in completing documents;
- you will submit applications, letters, documents addressed to each organizational unit of the City of Lodz Office;
- you will submit an application and collect your ID card;
- you will handle matters related to the population register (registration and deregistration);
- you will confirm, extend or revoke the ePUAP trusted profile;
- you will receive an "M", "S", "T", "R" identifier authorizing you to enter Piotrkowska St.;
- you will report an intervention;
- you will benefit from access to current legal regulations;
- you will submit an application and receive the Lodz Large Family Card ("Guide for foreigners" part 3, page 12)
- you will submit an application and receive a nationwide Large Family Card;
- you will submit an application and receive the City Senior Card ("Guide for foreigners" part 3, page 12)
- you will receive a Box of Life. The "Box of Life" project is addressed to the elderly, sick and lonely. The project involves placing all important information about the patient in a box: information about diseases, allergies, medications, but also: phone numbers of relatives who should be informed about the health condition or hospital stay of the injured person. The box of life is intended to be placed in the refrigerator. Already 40,000 inhabitants of Lodz are in possession of The "box of life";
- you will receive free bags for dog waste;
- you will pay local taxes and other bills at a bank point.

Opening hours:

Monday - Friday from 8.00 to 19.00, Saturdays from 9.00 to 13.00.

The portal: lckm.uml.lodz.pl may be useful

- you will gain access to an extensive Knowledge Base, and in it you will find descriptions of how to handle cases, place of their settlement, time of handling the issue, required documents and fees;
- you will get information about possible forms of contact with the City of Lodz Office.

Sim card

In Poland, each SIM card should be registered. This requirement also applies to foreigners using the services of Polish mobile operators. All SIM cards belonging to Polish mobile operators are subject to registration. Registration can be made immediately when buying a card from the operator, in some banks or via SMS (for more information, please contact the operator). Important! Your number will not be active until you register it. In order to register, you must have one of the following documents:

- ID card,
- passport.

Anyone over 13 years of age can register the SIM card. If the number belongs to a younger person then it should be registered to one of the parents or legal guardians.

The largest Polish operators are, for example: Orange, Play, Plus, T-Mobile. The operators have websites in English and Ukrainian, as well as an offer for people who frequently call abroad.

Be wary of offers where money is offered for registering a card using your data. It is very dangerous.

Bank account

You need a passport to open a bank account. It is also good to have: PESEL (having PESEL will make many things easier for you later). Some banks require a residence card or an apartment rental agreement.

You will probably need to register for a bank account in person. The banking system often rejects applications filled in by foreigners via the Internet.

In some banks, when opening an account, it is possible to consult in Russian or Ukrainian:

- Bank Millennium
5 Karskiego St., 91-071 Lodz
Millennium branch
Manufaktura Shopping Center
- ING Bank Śląski, Branch in Lodz
5 Karskiego St., 91-071 Lodz





2

RENTING AN APARTMENT

Have you just arrived in Poland and want to find your four corners? You've been living here for a long time, but you still don't know where to start looking for your dream home. Below, we have prepared some useful information for you.

■ A short glossary for those who are starting their adventure with renting a flat:

Landlord - a person with whom the tenant has a legal relationship authorizing them to use the premises. In other words, it is a person who rents an apartment (usually the owner) and profits from it.

Tenant - a person using the premises but not being the owner. Otherwise, a tenant who occupies and lives in the premises for a certain amount specified in the lease agreement.

Lease agreement - it is a civil agreement in which the landlord undertakes to hand over the subject of the lease for use to the tenant, for a fixed or indefinite period, and the tenant undertakes to pay the landlord the agreed rent.

Occasional lease - is a rental agreement that protects the landlord better than in the case of regular rental. When signing the contract, the person who will be renting the apartment must indicate the apartment to which he will move when the occasional lease contract expires or is terminated. The apartment can be rented for a maximum of 10 years. The landlord must be a natural person. The occasional lease agreement should be signed in the presence of a notary.

Institutional lease - the period of the lease may be up to 30 years and does not require the indication of a replacement premises, but the tenant must submit a declaration of check-out and vacating the premises within 14 days. The institutional contract only requires the usual written form, but we have to go to a notary, because the tenant's declaration must be in the form of a notarial deed.

Deposit - a specific amount of money that the landlord charges to secure claims in the event of failure to perform or careless performance of the contract. The deposit is returned after the end of the rental agreement. The deposit is a maximum of 6 times the rent. Most often one or three times.

To avoid keeping the deposit by the owner, you can use the procedure of submitting the handover protocol and take photos of the premises during the reception before moving in and before moving out. In the report, at the time of moving in, describe the condition of the apartment, its equipment, any comments, etc. The report should be signed by both parties to the contract, this will protect you from possible unjustified accusations when moving out of the rented premises and guarantee the return of the deposit. When signing the contract, it is worth adding that the deposit should not be deducted for traces resulting from the normal use of the apartment.

When signing a rental agreement, it is worth making sure that utility charges are clearly defined: what is included in the rent and what the tenant has to pay for, and when the bills are to be issued, and when and for what period the settlements take place.

Remember that for electric and gas heating, we pay a different amount in summer and different in winter, especially in old buildings. In district heating you will pay a fixed amount per month.

You pay for gas every two months, and for electricity every month. Check how it is with other utilities and make sure whether you will pay for utilities yourself, or whether the settlements will be handled by the person renting the apartment. Your monthly settlement with the owner will depend on it. It is common practice to establish a fixed monthly advance payment for utilities, which after the settlement period (quarterly/ semi-annual or annual) will be compensated by one of the parties.

Ask what the total monthly rental cost may be, including all charges for a certain number of people, so you don't have to worry about every cubic meter of water or every 1 kWh of electricity. The landlord can show you the cost of renting the apartment in the previous months and you will be able to estimate the likely bills in the following months.

A clear definition of the criteria can narrow the list of apartments that suit you, and at the same time make your decision much easier. Depending on whether you decide to buy the entire apartment or rent one room, you will be able to plan your budget and choose the best solution for you.

If you are a student and you want to save on rent, then renting a room will be the best solution. This is a common solution for learners who rent a multi-room apartment and share all the fees among themselves.

■ When searching for offers, use popular websites (Otodom, Domiporta, Morizon, Gumtree, Gratka, OLX, Nieruchomości-online.pl) or join housing groups on Facebook (Renting an apartment in Lodz -Wynajem mieszkania Łódź). Choose private offers, in this way you will save money and you will not have to pay the fees associated with the service of brokers.

Look carefully at the photos to save yourself an unnecessary trip to see the apartment: check that the description corresponds to the photos: for example, is the room to be rented a connecting one, or if there is enough furniture in the apartment. If you have questions when searching for a listing, write them down and ask the owner over the phone.

Pay attention to what type of apartment it is: an apartment in a new building or a flat in a tenement house, and then what heating you will use. District heating is the cheapest in new buildings, while using electricity, usually in a tenement house, you will pay more.

Take into account the location of the estate on the city map: check what are the nearby service and commercial points and how well-developed public transport is. If you have children, check if there are kindergartens or schools nearby.

Remember that you have the right to request the landlord to show the apartment's deed of ownership and the land and mortgage register number for further verification on the Internet. Refusal to provide such data should raise your suspicions. If you hear that the apartment belongs to someone from your family, ask for a power of attorney in writing.

When signing a rental agreement, pay attention to the amount of rent, the date of its payment and the conditions for changing the amount of rent, as well as the manner in which defects in the apartment will be repaired and who will be responsible for it. If you decide to conclude an occasional lease agreement, remember that such an agreement is signed at a notary's office and the costs are usually covered by both parties.

Remember:

- Do not use the information provided in the title of the advertisement, especially when it comes to the location of the apartment. It is often over-coloured on the Internet in order to get your attention. If you know the exact location of the premises, find it yourself on the map;
- Although Lodz is the third largest city in Poland, after Warsaw and Krakow, in terms of real estate prices it is far from the first five or even ten cities. Nevertheless, do not be tempted by the too "attractive" price on offer;
- Do not pay a deposit for viewing the apartment, let alone a guarantee of keeping it for you, before viewing it;
- The deposit must be paid at the time specified in the contract and you need to keep the confirmation of this payment. If the payment is in cash, take a receipt.





3

REGISTRATION

Registration of temporary or permanent residence is a procedure of registering in the place of residence that applies to Polish citizens and foreigners in the same way. This is the so-called registration obligation. If the stay of a foreigner on the territory of Poland is longer than 30 days, he or she is obliged to register. When registering for the first time in Poland, a foreigner will be assigned a PESEL number.

You register or de-register a temporary stay at any location of the Citizen Affairs Division in the Department of Service and Administration, Population Registration Department:

- 47 Zachodnia St., 2nd floor, room 220, window 1, 2
- 32 Politechniki Ave., 1st floor, room 102
- 2b Krzemieniecka St., ground floor, counter 1–4
- 153 Piotrkowska St., ground floor, room 005
- 100 Piłsudskiego Ave., ground floor, counters 8-10
- 110 Piotrkowska St., ground floor, counter no. 1 and 2

Required documents

- A filled in temporary residence registration form
- Original legal right to the premises at which one's residence is to be registered (e.g. rental or ending agreement).
- passport of the person performing the registration;
- a document legalizing the stay on the territory of Poland for more than 2 months: tourist or national visa, until the end of which there is more than 2 months; decision on a temporary or permanent residence permit; a temporary residence card with more than 2 months left until the end of which; permanent residence card.

You can find more on the website: <https://uml.lodz.pl/en/dla-mieszkancow/registration-of-temporary-residence-by-foreigners/>

Important: If a foreigner is just applying for a temporary stay and is staying in Poland on the basis of a stamp in the passport, in order to obtain a PESEL number, they must have a letter from the Office with them with the expected date of settling the case, which will not be earlier than in 2 months.



PESEL

The PESEL number is an eleven-digit numeric symbol that allows you to easily identify the person who has it. The PESEL number includes the date of birth, serial number, gender and a control number.

Citizens of the Republic of Poland residing in Poland or abroad are given the PESEL number automatically, while foreigners can be assigned a PESEL number when registering for a temporary or permanent residence (read above).

You can find more on the website: <https://uml.lodz.pl/en/dla-mieszkancow/assignment-of-pesel-personal-identification-number/>

The PESEL number can be obtained at any location of the Citizen Affairs Division in the Department of Service and Administration, Population Registration Department:

- 47 Zachodnia St., 2nd floor, room 220, window 1, 2
- 32 Politechniki Ave., 1st floor, room 102
- 2b Krzemieniecka St., ground floor, counter 1–4
- 153 Piotrkowska St., ground floor, room 005
- 100 Piłsudskiego Ave., ground floor, counters 8-10
- 110 Piotrkowska St., ground floor, counter no. 1 and 2



4

E-PUAP

The PESEL number is an eleven-digit numeric symbol that allows you to easily
Trusted profile - is an electronic signature for applications and requests submitted to public entities. A trusted profile can be set up by any person with a PESEL number.

A trusted profile is a confirmed set of data that uniquely identifies the holder in the services of public entities on the Internet. These data include the first name (s), surname, date of birth and the PESEL number itself. A trusted profile is secured so that no one, except its owner, can use it. Thanks to this, any person who has a trusted profile and uses it in a public entity internet service is credible. With the help of a trusted profile, you confirm your identity online, share data, and you can even sign if necessary.

Thanks to the trusted profile, you can use hundreds of online services on many official portals. Such portals are, among others:

- ePUAP
- PUE ZUS - your insurance in Poland
- CEIDG-economic activity
- KRS - establishing a company
- Praca.gov.pl- declaration, information from the Starost, permits

A trusted profile can be set up at the confirmation point (point search: pz.gov.pl/pz/confirmationPointAddressesList) or via the Internet without leaving your home. Provided you have:

- an account in the system of a bank or other entrepreneur that has consent to confirm a trusted profile (their list can be found on the trusted profile page). Helpful website obywatel.gov.pl
 - qualified electronic signature
- Helpful website: biznes.gov.pl

To sum up: ePUAP is used for contact with offices/ public institutions. Thanks to it, online, without leaving your home, you can, for example, report the birth of a child, register a car, enter the voter register (EU citizens can vote in Poland in local elections and in elections to the European Parliament), report the loss or destruction of a driving license, submit Family 500+ application and many other PUE ZUS.

The trusted profile is valid for 3 years. Then you can extend its validity for another 3 years.

5

LIVE IN LODZ - PAY TAXES IN LODZ

The great lottery of the City of Lodz

To encourage residents to pay taxes in Lodz, the "Great Lottery of the City of Lodz" was organized.

wielkaloteriamialodz.pl page 21

On the website you will also find information in Ukrainian.

■ What are the prizes?

- in the weekly draws, 2 people win, PLN 1000 each;
- in the monthly draw, one person wins PLN 10,000;
- in the annual draw, one person wins PLN 100,000.

■ Who can take part in the lottery?

- persons who have so far paid taxes in other communes and live in Lodz;
- people who have decided to live in Lodz (there is no obligation to register, it is enough to provide your address in Lodz);
- anyone who submits a PIT tax return for 2019 for the first time;
- people under 26 who worked from January to July 2019 and did not pay taxes in Lodz in 2018;
- foreigners who lived in Lodz in 2019 and paid taxes outside Poland or in another commune in 2018.

■ Where to start with the formalities related to living in Lodz? You should:

- from November 4, 2019 to December 31, 2019, submit an update application, by marking on the ZAP-3 form and indicate the city of Lodz as the place of tax settlement for 2019;
- from 1st January 2020 by April 30, 2020, submit a PIT declaration for 2019, indicating the city of Lodz as the place of tax settlement;
- from 1 January 2020 by April 30, 2020, submit a PIT declaration for 2019, indicating the city of Lodz as the place of tax settlement, if the tax year 2019 is the first year of tax settlement in Poland;
- from 1 January 2020 by April 30, 2020, submit a PIT declaration for 2019, indicating the city of Lodz as the place of tax settlement, if the tax year 2019 is the first year of tax settlement in your life.

■ What if ZAP3 was filed earlier?

- If the ZAP 3 form was submitted before the lottery was launched, but in 2019, participation in the lottery is possible. If you win, you will need to prove that the taxes for 2018 were paid in another municipality.

■ Where are the lottery points located?

- at the Lodz Centre of Contact with Residents (Schillera Passage);
- at the Driving License Department (30/32 Smugowa St.);
- at the City of Lodz Office (104 Piotrkowska St.);
- at the administrative offices of the City of Lodz Office (47 Zachodnia St., 32. Politechniki St., 2b Krzemieniecka St., 100 Piłsudskiego Ave., 153 Piotrkowska St.).

■ **Where can I find out more?**

- call the helpline number + 48 42 638 4444 (Mon-Fri, 8:00 am - 5:00 pm);
- lodz.pl/loteria;
- by writing to the address info@wielkaloteriamialodz.pl.

■ **What do you have to remember?**

- ZAP3 can be delivered to the Tax Office in person or via the Internet;
- keep the confirmation of submission of the ZAP3 form;
- after registering for the lottery, remember the special code;
- if you win, be ready to show your PIT for 2018 and 2019.

The city of Łódź, apart from the Grand Lottery, is planning to introduce a special discount card, which will entitle you to discounts when purchasing public transport tickets.

**What are your taxes
used for?**

You can check it at: uml.lodz.pl/dla-mieszkancow/ile-kosztuje-lodz

Enter the amount of your earnings in the calculator above and you will check how much money from your taxes goes to education, how much is spent on public transport, and how much on road repair. You can also check what the city can buy from your taxes and in what quantity, for example: bushes, benches, bags for dog droppings.

ТЕРМІН ПРОВЕДЕННЯ ЛОТЕРЕЇ
4 ЛИСТОПАДА 2019 Р. - 7 ТРАВНЯ 2020 Р.

РЕЄСТРАЦІЯ ТА ІНФОРМАЦІЯ
WWW.LODZ.PL/LOTERIA
ГАРЯЧА ЛІНІЯ:
42 638 44 44

ПОЧНІТЬ ПЛАТИТИ ПОДАТКИ В ЛОДЗІ!
І ВИГРАЙТЕ ВЕЛИКІ ГРОШІ!

ГОЛОВНИЙ ПРИЗ
100 000 зл.
КОЖНОГО МІСЯЦЯ
10 000 зл.
КОЖНОГО ТИЖНЯ
2 x 1000 зл.

ПАМ'ЯТАЙТЕ:

- ZAP3 можна подати у Податкове управління особисто або через сторінку podatki.gov.pl
- Зберігайте підтвердження надання форми ZAP3
- Після реєстрації участі в лотереї запам'ятайте спеціальний код
- В разі виграшу будьте готові надати ваші декларації PIT за 2018 та 2019 роки

«Велика лотерея міста Лодзі» призначена для всіх, хто почав сплачувати податки у Лодзі у 2019 році. Перевірте, чи можете ви взяти участь у лотереї – детальна інформація та правила на сайті www.lodz.pl/loteria

РЕЄСТРАЦІЯ ТА ІНФОРМАЦІЯ:
WWW.LODZ.PL/LOTERIA
ПОЧАТОК ЛОТЕРЕЇ: 4 ЛИСТОПАДА

Str. 19

ХТО МОЖЕ ВЗЯТИ УЧАСТЬ У ЛОТЕРЕЇ?

1 Усі, хто сплачує податки за межами Лодзі

ВІЗЬМІТЬ ФОРМУ ZAP-3 → ВКАЖІТЬ АДРЕСУ ПРОЖИВАННЯ У ЛОДЗІ → ПОДАЙТЕ ЗАПОВНЕНУ ФОРМУ ZAP-3 У ПОДАТКОВЕ УПРАВЛІННЯ І ЗАРЕЄСТРУЙТЕ СВОЮ УЧАСТЬ У ЛОТЕРЕЇ

2 Кожна особа, яка подає декларацію PIT вперше (за 2019 рік) та подає свою адресу проживання у Лодзі.

У ВАШІЙ ПЕРШІЙ ДЕКЛАРАЦІЇ PIT ВКАЖІТЬ АДРЕСУ ПРОЖИВАННЯ У ЛОДЗІ І ЗАРЕЄСТРУЙТЕ СВОЮ УЧАСТЬ У ЛОТЕРЕЇ

ЯК ВЗЯТИ УЧАСТЬ В ЛОТЕРЕЇ?

1 Виконайте умову участі в лотереї

2 Перейдіть на САЙТ **WWW.LODZ.PL/LOTERIA**

3 Заповніть форму та зареєструйтеся онлайн

Зкачайте та подайте заповнену форму в одному з пунктів.

Пункти участі у лотереї в будівлях Мерії:

- Контактний центр з мешканцями міста Лодзі (pasaż Schillera)
- Відділ видачі водійських прав (Smugowa 30/32)
- Мерія міста Лодзь (Piotrkowska 104)
- Канцелярія управління (Zachodnia 47, Politechniki 32, Krzemieniecka 2b, Piłsudskiego 100, Piotrkowska 153)



6

COMMUNICATION - CITY | LOCAL REGIONAL

City public transport has over 25 tram lines and nearly 100 bus lines at its disposal. In addition, from 22:30 to 5:00 there are also 12 night bus lines. Trams and buses have different schedules on weekdays and weekends. Lodz tickets are temporary tickets. Timetables can be found at: mpk.lodz.pl/rozkłady/linie.jsp

jakdojade.pl/lodz/rozklad-jazdy - On this page you can check how long the journey will take, how to buy a ticket and how much you will pay for it. You can buy a ticket using the app.

Lodz public transport is divided into two zones:

- zone 1-within the city limits of Lodz
- zone 2- outside Lodz

Stops that constitute the borders of the zones are marked on the timetables with the # sign.

Types of Lodz public transport tickets:

Single-use tickets

It is worth knowing that in Lodz single-use tickets are TIMED /TEMPORAL (20, 40 and 60 minutes), i.e. they entitle you to travel on any tram and bus line, with any number of transfers within a specified time limit. The validity period of tickets has been extended from February 1, 2020 to December 31, 2020. Their price has also changed.

For example:

- the price of a 20-minute ticket (extended to 40 minutes) increases from PLN 2.80 to PLN 3.00;
- the price of a 40-minute ticket (extended to 60 minutes) increases from PLN 3.60 to PLN 3.80.

Ticket prices after the change:

mpk.lodz.pl/files/zmiany_biletow_2020_02_01_cennik_nalepka.pdf

Single-use tickets are valid in both zones and the zone boundaries do not affect them.

Single-use tickets can be purchased at one of the many points of sale located throughout the city. Additionally, EVERY tram and bus has a ticket machine where you can buy tickets by paying with a payment card. Some of the ticket machines allow you to pay with coins or BLIK. The ticket can also be purchased using a mobile phone, using the selected mobile payment system.

A novelty is a contactless payment with a payment card. Currently being tested on 10A or 10B tram lines. When entering the tram, select "normal ticket" or "concessionary ticket" on the ticket terminal screen. Place your contactless payment card at the terminal, wait a moment for the transaction confirmation and it's ready! You already have a valid ticket. Before the next stop at which you intend to get off, be sure to bring your payment card to the terminal again (NOTE you do not need to select the tariff anymore!), wait a moment for confirmation and it's ready - you have just paid for as many stops as you have travelled.

Details: ops.lodz.pl

Periodic tickets

One-day, weekend, 5-day and long-term tickets (Migawka) are available in zone 1 or in two zones. The 30-day ticket can also be purchased: only for zone 2. Junior, Student and Senior tickets are valid only in zone 1. Season tickets are issued for the period of 7, 14, 30 and 90 days. The ticket price depends on the length of the period and the zone in which they are valid.



migawka- long-term ticket

MIGAWKA is an electronic proximity card (in appearance similar to a payment card) on which periodic tickets are coded, i.e. saved, entitling to travel by public transport in Lodz.

On the website migawka.lodz.pl you can find detailed information about MIGAWKA, along with a list of points where it can be obtained, the current price list of periodic tickets and answers to the most common questions about MIGAWKA.

NOTE! It is worth remembering that the purchase of a periodic ticket is not always tantamount to its ENCODING, i.e. electronic saving on the card. When buying a ticket directly from the seller or at a ticket machine, the encoding is automatic and does not require any additional actions from the buyer. However, in the case of purchasing a ticket via the online store, it must be encoded at the seller or by yourself in the ticket machine. Without coding, the ticket will be invalid!

How do I get a MIGAWKA?

There are two types of MIGAWKA cards:

- Personal MIGAWKA (for the name and surname of a specific person), on which only personal periodic tickets are encoded;
- MIGAWKA for a bearer, on which only bearer's periodic tickets are coded, i.e. for each person who shows the ticket. This ticket is more expensive than the registered one. The issuing of your first MIGAWKA is free. The cost of issuing another card is PLN 5.00.

To get a PERSONAL MIGAWKA:

Step 1. Fill in the online application or submit it in person at one of the 3 points in Lodz. You will receive the hard-copy application from the seller or in the following points:

1. (BOK - Customer Service Office) 6 Tramwajowa St., Lodz Mon-Fri 7: 00-18: 00;
2. (POK- Customer Service Point) 9 Wolności Square, Lodz Mon-Fri 6: 00-20: 00 Sat-Sun 7: 00-18: 00 Holidays: 9: 00-17: 00;
3. (POK) Niepodległości Square, Lodz Mon-Fri 6: 00-20: 00 Sat-Sun 7: 00-18: 00 Holidays 9: 00-17: 00;

The application should be accompanied by a recent photo reflecting the current image of the person to whom the application relates, showing this person without a hat and dark glasses, at least 2.5 x 3 cm. The photo can also be done free of charge when submitting the application at the Customer Service Office at 6 Tramwajowa St.

When completing the application, please provide the following data:

- first name and last name;
- PESEL number (in the case of foreigners who do not have a PESEL number, provide the date of birth);
- registered address;
- telephone - optional;
- e-mail address - optional.

When submitting the application, you must show the seller an identity document to verify the data. Additionally, provide a place of collection of MIGAWKA to the employee accepting the application, it can be collected at one of the above-mentioned points. on the website migawka.lodz.pl in the tab "Points of sale and coding" you will find opening hours and locations on the map of all points.

Step 2. Wait 5 working days (Mon-Fri) for MIGAWKA to be prepared. If the application was submitted online or you provide your e-mail address on the paper application, you will receive an e-mail with the exact date from which the card can be collected.

Step 3. Pick up your MIGAWKA card: at a point chosen by you. Present your identity document again and buy a personal periodic ticket on the spot, which the seller will encode on your new card. You will not receive a MIGAWKA without purchasing a personal periodic ticket.

MIGAWKA's are stored at collection points for about 12 months, after which they will be withdrawn and destroyed.

To receive a MIGAWKA for a bearer

An application is not required. When purchasing a bearer's periodic ticket, it is enough to ask the seller to issue such a card. This can be done at any Ticket Sales Point (approximately 150 points in Lodz, Aleksandrow Lodzki, Brzeziny, Konstantynow Lodzki, Pabianice and Zgierz) and at the points mentioned above. Such a MIGAWKA is obtained on the spot.

Same ticket for bus, tram and train?

Yes, in Lodz, you can travel by bus, tram and trains on one ticket. When you change to another mode of transport, you do not have to buy a new ticket and validate it each time. All tickets available in public transport, i.e. 20, 40 and 60 minute, daily and periodic tickets (migawka) are honoured on the trains. We can freely travel by public transport or rail in Lodz. In the case of single-use tickets, our journey must be within the validity period of the ticket.

If we have a train ticket, we can also use public transport without buying additional tickets. It is enough to have a 20, 40 or 60-minute train zone ticket. Monthly tickets for ŁKA (Lodz Agglomeration Railway) and PR (Regional Transport) and quarterly ŁKA tickets are also accepted. In the case of time tickets, just like in public transport, the validity of the ticket counts.

In 2014, trains from the Lodz Agglomeration Railway entered the tracks of the Lodz Province. ŁKA trains connect the nearby towns with Lodz. They are also a great alternative for traveling Lodz residents. Connections have been launched as part of the so-called peripheral railway: Lodz Kaliska - Lodz Widzew and Lodz Widzew - Zgierz. More information about ŁKA can be found at: lka.lodzkie.pl/strona-glowna. Here you will find a timetable, search for a connection, buy a ticket, check information about promotions.

However, you have to be prepared that the ticket will have to be bought with a card. If you want to pay in cash, there are few such ticket machines.

If you use SQR codes or Blik, you can buy a ticket in any public transport vehicle.

The validity of the ticket encoded on MIGAWKA can be checked:

- on the sales confirmation received from the seller when purchasing the ticket;
- using the form in the upper left corner of the website migawka.lodz.pl;
- at the online shop;
- at the seller in BOK (Customer Service Office), POK (Customer Service Point) or PSB (Ticket Sales Point);
- in a specially marked ticket machine;
- at the ticket inspector.

In order to receive e-mail notifications about the approaching expiry of a season ticket, it is enough to have an account in the MIGAWKA online store. Reminders are sent both for tickets purchased online and for tickets bought at stationary points of sale. Messages are sent automatically, 3 days before the end of validity of the ticket assigned to a given card. Registration in the online store is very simple - in the registration form, you only need to enter your e-mail address and card number and define an access password. An e-mail is sent to the given e-mail address with a link to confirm the creation of an account.

Ticket control

Pursuant to the applicable regulations, the FIRST action that the passenger is obliged to perform immediately after boarding the vehicle is to pay the fare.

Whether such a fee has been paid can be checked by authorized inspectors who have an identifier placed in a visible place and an authorization issued by the Road and Transport Authority in Lodz. These persons have the right to impose additional fees for the lack of a valid ticket. In the case of people who use discounted tickets, it is necessary to present the inspector with a document that entitles them to such a discount (e.g. student ID). The lack of this document may also result in an additional fee.

On the website mpk.lodz.pl, you can find out about the fees for the lack of a ticket, the possession of an invalid ticket, or the lack of a document entitling to free travel.

The amount due can be paid directly to the controller or at a later date, in which case the controller gives an "summons for additional fee", which should be paid within 30 days from the date of issue. The passenger has the right to appeal against the additional fee imposed by the ticket inspector within three months from the date of issuing the request. If we have a document confirming the fare (e.g. a migawka) or the entitlement to a discount, but we do not have it with us, it should be presented to the Customer Service Office within 7 days. The additional fee will be cancelled upon payment of a small handling fee.

If the passenger refuses to pay the amount due, the inspector has the right to demand the presentation of a document enabling identification in order to issue the summons. When a passenger refuses to present an identity document, the controller has the right to detain the passenger until the arrival of representatives of the police or the City Guard to establish their identity.



driving license

A foreigner, within 6 months after obtaining a temporary or permanent residence permit, is required to exchange the foreign driving license for a Polish driving license. After this deadline is exceeded, the foreign document is no longer valid.

In terms of the acceptability of foreign driving licenses, the Vienna Convention on Road Traffic is of key importance. This international agreement was adopted to harmonize certain rules relating to the use of public roads. States that are party to the Vienna Convention are obliged, among others, to recognize driving licenses issued by other signatories of the international agreement mentioned above. If your driving license does not match the model set out in the Geneva Convention or the Vienna Convention, you must pass the theoretical part of the state examination. Find out at the office what to do in your situation.

obywatel.gov.pl/kierowcy-i-pojazdy/wymien-zagraniczne-prawo-jazdy-na-polskie
Department of Driving Licenses and Vehicle Registration
26a and 30/ 32 Smugowa St., 91-433 Lodz



7

HEALTH INSURANCE

Health insurance is an insurance which enables a free visit to a doctor, hospital, etc. in the event of illness, accident, injury, poisoning, or life-threatening conditions.

There is a public health service in Poland. It can be used by all persons insured in the National Health Fund.

There are two types of insurance in the National Health Fund (NFZ) - compulsory and voluntary. Both groups of people insured in the National Health Fund can use public health care services on the same terms.

voluntary health insurance

If someone is not subject to compulsory insurance, but resides legally in Poland, he / she may insure them self voluntarily.

You should apply for the possibility of paying the premium for voluntary health insurance at a facility of the National Health Fund. For this purpose, it is enough to fill in the appropriate application and pay the monthly premium.

The most common example of self-contribution for voluntary health insurance are employees with a contract for specific work.

The contract for specific work does not constitute an independent title to social insurance and health insurance. Therefore, the employee is not entitled to retirement, disability, sickness, accident or health insurance.

Remember! - A person applying for voluntary health insurance should make sure that they also register their family members - a child, spouse, grandparents - for insurance.

how to insure yourself voluntarily:

■ Fill out an application for voluntary health insurance in the National Health Fund: nfz.gov.pl/dla-pacjenta/zalatw-sprawe-krok-po-kroku/jak-ubezpieczyc-sie-dobrowolnie

■ Take with you:

- passport

Remember! - if you are not an EU citizen, in addition to your passport, take one of the following documents with you:

- a visa for the purpose of work;
- a temporary residence permit;
- a permanent residence permit,
- a residence permit for a long-term EU resident;
- a permission to stay for humanitarian reasons;
- a tolerated stay permit;
- a document confirming the refugee status granted in Poland or the use of temporary protection in its territory.

■ Apply to the voivodship branch of the National Health Fund with jurisdiction over your place of residence.

For the residents of Lodz:

Lodz Voivodship Branch of the National Health Fund

58 Kopcińskiego St. 90-032

telephone: +48800 190 590

e-mail: kancelaria@nfz-lodz.pl

Affiliation to a specific voivodship branch of the National Health Fund depends on the place of residence and registration. As a rule, we should be reported at our place of residence. Temporary residence is irrelevant.

■ **Complete the contract:**

After presenting the application and documents, you will receive a contract for signature. We handle matters related to voluntary insurance in the voivodship branch of the National Health Fund, depending on the place of residence.

■ **Pay the fee:**

The condition for voluntary health insurance is also to pay an additional fee. The amount of this fee depends on the length of the break in health insurance and the payment of premiums.

The amount of the premium for voluntary health insurance is 9% of salary in the enterprise sector, including profit payments, and its value fluctuates throughout the year (it is a kind of index, reference and it is the amount provided quarterly by the Central Statistical Office).

For the beginning of 2020, the Central Statistical Office will provide the amount of remuneration in the enterprise sector along with profit payments, on the basis of which it will be possible to calculate the amount of the premium for voluntary health insurance.

Contribution for voluntary health insurance

Period	* Assessment Basis	Rate	Amount of premium
January February March 2020	PLN 5,368.01	9%	PLN 483.12

* average monthly remuneration in the enterprise sector, including profit payments in the previous quarter

■ **Submit a ZUS ZZA form**

After signing the contract for voluntary insurance with the National Health Fund, the insured should submit to the Social Insurance Institution (ZUS), appropriate for his place of residence, the ZUS ZZA form with the insurance title code 2410XX, within 7 days of concluding the contract.

For each month of being covered by health insurance, the insured is obliged to submit a ZUS DRA settlement declaration and pay contributions to the ZUS account.



Students and doctoral students with a valid **Pole's Card**, as well as people with a document confirming Polish origin within the meaning of the provisions on repatriation, may benefit from medical care on the same terms as Polish students and doctoral students - if you are a student or doctoral student and have Polish origin, you must report insurance, but your university will pay the premiums for you.

Foreign students from outside the EU take out insurance in Poland by concluding a voluntary health insurance contract with the appropriate branch of the National Health Fund and finance themselves the payment of monthly health insurance premiums.

From the contribution for November 2018 for foreigners who are students from outside the EU and foreigners who are clergy from outside the EU, or people from outside the EU completing an adaptation traineeship, or a Polish language course, or preparatory courses to study in Polish, the basis of assessment of the premium is PLN 620, and the premium is PLN 55.80 per month.

For volunteers, the basis of assessment of the premium is PLN 2,250 (minimum wage), and the premium is PLN 202.50 per month.

From January 1, 2018, the premium for voluntary health insurance is paid to the ZUS account, after obtaining an individual account number.

Coverage and termination of insurance

Coverage by voluntary health insurance takes place on the date specified in the contract concluded with the National Health Fund - but not earlier than on the date of submitting the application, and ceases on the date of termination of this contract, or after one month of uninterrupted arrears in paying premiums.

Voluntary health insurance will terminate when the person is covered by compulsory health insurance.

Insurance of family members

A person who has entered into a contract for voluntary health insurance is required to register family members who do not have such insurance on other grounds.

Registration for members' insurance - no additional premium has to be paid for reported family members.

Family members are reported to the NFZ by the insured person by completing an appendix to the contract and submitting a properly completed ZUS ZCNA document to ZUS. **Failure to do so is punishable by a fine.**

The following persons are family members:

- Own child, child of a spouse (wife, husband), adopted child, grandchild or a foreign child for whom custody has been established, or a foreign child within a foster family,
 - Up to the age of 18,
 - Until the age of 26, if he or she continues to study at school, teacher training institution, university or research unit running doctoral studies,
 - Without age limit, if he or she has a certificate of significant disability or other treated equally,
- Spouse,
- Initial relatives, e.g. parents, grandparents - staying with the insured person in the same household.

Termination of the contract for voluntary insurance

You can terminate the contract for voluntary insurance:

- at the insured's written request to the National Health Fund. The termination of the contract should include the date on which the termination takes place and it should be remembered that all proofs of paid premiums (possibly a printout of premiums from ZUS) for the duration of the contract, and a document confirming obtaining another insurance title (in the event of a change in the insurance title) should be attached. The notification is effective at the earliest on the date of submission to the appropriate branch of the National Health Fund.

The contract expires after one month of uninterrupted arrears in paying contributions or in the event of failure to pay the next instalment within the prescribed period. The contract also expires in the cases specified in separate regulations, including on the basis of the provisions on coordination, in particular:

- upon the transfer of the Insured's place of residence outside the territory of the Republic of Poland;
- in connection with obtaining a compulsory health insurance title.

After the termination of the voluntary insurance contract with the National Health Fund, it should be deregistered at the Lodz Voivodship Branch of the National Health Fund.

Compulsory health insurance

An insured person is anyone who:

- is subject to compulsory health insurance (e.g. an employee, a person who runs a business, a pensioner, an unemployed person);
- is a family member of an insured person and has been registered for insurance.

The insured person who pays the insurance premium independently registers a family member for health insurance on their own. If, on the other hand, the employer pays for health insurance, then the employee reports his family members for insurance through the employer.

In some cases, the status of a family member exempts you from compulsory health insurance.

Example: a student up to the age of 26 should only be registered for health insurance if he or she cannot be registered as a family member.

The right to benefits

■ Employed in Poland

In Poland, all legally employed persons, including foreigners, are covered by compulsory health insurance. This means that an employee may use public and non-public health services free of charge.

Note: however, it should be remembered that health services in private health care are free of charge only when a given facility or doctor has a contract with the National Health Fund.

The employer is obliged to cover the newly hired employee with health insurance. For this purpose, he reports him to the Social Insurance Institution by completing the ZUS ZUA and ZUS ZZA application form. Then, the employer pays a monthly contribution from the employee's income for health insurance to the National Health Fund.

■ Family members of insured persons, including family members of employees

Family members of the insured person reported for insurance:

- own children, children of the spouse, adopted children, grandchildren, foreign children for whom custody has been established or foreign children as part of a foster family - until they turn 18. If a child continues education after the age of 18, he or she may be registered for insurance as a family member, but not longer than until the age of 26. After this time, if he or she is not insured for any other reason, he or she should notify the school or university, which will be obliged to register them for insurance in the National Health Fund. Children with a certificate of severe disability or other treated as equal may be registered for insurance without age limit;

* spouses - husband, wife (does not apply to people who are in extramarital

* ascendants (parents, grandparents) remaining in the same household with the insured person.

■ Beneficiaries. Children

People under 18 have the right to healthcare, whether or not they are insured. Registering a child or children for insurance does not affect the amount of tax.

- A child may be registered for insurance as a:
- family member;
- ward of the institution;
- pupil.
- Depending on the child's status, they are reported for insurance by:
- either one of the parents or grandparents;
- or the institution that looks after the child or in which the child is staying;
- or school.

IMPORTANT! Every school-age child should be insured, either as a family member or as a charge of an educational institution.

If the parents (or those caring for the child) are not covered by work or voluntary health insurance, the child is insured as a student. In this case, the school registers the child for insurance.

Types of benefits

Persons insured compulsorily or voluntarily in the National Health Fund are entitled to a number of benefits in the following areas:

- primary health care;
 - outpatient specialist care;
 - hospital treatment;
 - psychiatric care and addiction treatment;
 - medical rehabilitation;
 - Nursing and care benefits as part of long-term care;
 - dental treatment;
 - spa treatment;
 - the supply of medical devices, at the request of an authorized person, and their repair, referred to in the Act on the reimbursement;
 - medical emergency;
 - palliative and hospice care;
 - highly specialized services;
 - health programs;
 - medicines, foodstuffs for special nutritional purposes and medical devices available in a pharmacy on prescription;
 - drug programs specified in the provisions of the Act on Reimbursement;
 - chemotherapy drugs specified in the provisions of the Act on Reimbursement.
- relationships);

cessation of the right to benefits

The right to healthcare services usually expires 30 days after the expiry of the health insurance obligation, for example:

- in the event of termination of employment, eg under an employment contract - after 30 days from the date of termination of the employment contract;
- in the case of employees who are on unpaid leave - after 30 days from the start of the leave;
- in the case of the unemployed - after 30 days from the date of loss of the unemployed status;
- in the event of the death of the person who registered family members for insurance - family members lose the right to benefits after 30 days from the date of death.

People who:

- graduated from:
 - Post-gymnasium school - expires 6 months after graduation or removal from the list of students;
 - Higher education school - expires 4 months after graduation or removal from the list of students;
- they receive an allowance granted under the provisions on sickness or accident insurance - the right to healthcare benefits is granted during the period when these people receive the allowance.

After this time, a person who wants to continue using health benefits under the NFZ insurance should obtain another right to insurance, e.g. voluntarily insure them self. If they fail to do so, they may bear the costs of the services provided to them.

Who pays the health insurance contribution

Contribution financing for certain groups of insured persons

- If you are:
 - worker;
 - you perform an agency contract, contract of mandate or contract for the provision of services, to which the provisions on mandate apply in accordance with the provisions of the Civil Code;
 - the health insurance premium is calculated, collected from your income and paid to us by your contribution payer (employer).

- If you receive unemployment benefit, your health insurance contribution is calculated, collected from your income and paid by the district employment office.
Important! If you are unemployed and do not receive any unemployment benefits, the health insurance contribution is paid by the employment office.

- If you are on parental leave, the health insurance contribution is calculated by the employer, and it is financed entirely by the state budget.
The purpose of the parental leave is to create conditions enabling parents or guardians to personally care for a small child. Only employees are entitled to use this leave.

- If you receive a nursing benefit, a special care allowance, a carer's allowance, the health insurance contribution is financed for you from the funds received from the state budget by the head of the commune, mayor or city president.

How to check if I am insured?

- You can check it yourself in the eWUŚ system.
All you need is a passport and PESEL number. Verification takes seconds!
If you do not have a PESEL number - read how to get one at the beginning of this guide on page 15.

- You can also check directly at a National Health Fund clinic, just ask a doctor or nurse. After entering the PESEL number (or passport number), you get information in a few seconds. GREEN colour - you are insured, RED colour - no insurance.

Dedicated places where you can go to check in the system if you are insured?

- In the service room of Lodz Voivodship Branch of the National Health Fund in Lodz at 58 Kopcińskiego St.
from Monday to Friday from 8.00 to 16.00, Tuesday from 8.00 to 17.00;
 - at the Lodz Voivodship branches of the National Health Fund in Sieradz, Piotrkow Trybunalski and Skierniewice from Monday to Friday from 8 am to 4 pm.
- Online on the ZUS Electronic Services Platform - if you have a trusted ePUAP profile, just log in. After entering the system, click on the tab at the top of the page "Insured", then "Insurance and payers" and check your status there.

Principles of treatment of foreigners in Poland

The rules of treating foreigners in Poland largely depend on the country from which the patients come and for what purpose they came to our country.

For example, citizens of EU countries should have different documents than people who need a visa to come to Poland.

Nationals of EU / EFTA Member States

Citizens of EU / EFTA countries should have a European Health Insurance Card (EHIC). EKUZ

What does the EHIC entitle you to?

The card entitles you to benefits necessary for medical reasons, so that the patient is not forced to return to the country for treatment. EHIC holders can use in Poland, among others from services provided by a primary care physician. The doctor may also refer you for tests, specialist or hospital treatment.

If the patient does not present an EHIC or a commercial health insurance policy, the service provider (e.g. a doctor, nurse, midwife, clinic, hospital, dentist's office or physical therapy office that provides services under an agreement with the National Health Fund) should contact the voivodship branch of the National Health Fund in order to issue a Certificate of Temporary Replacement of EHIC.

If the patient does not have an EHIC, Certificate or policy, he may be charged the full cost of treatment.

A referral is not required in the event of a sudden illness (a condition occurring suddenly, that requires immediate medical attention - e.g. heart attack, stroke), in the event of an accident, poisoning or threat to life.

The costs of the benefits are settled by the National Health Fund.

The EHIC must also be presented at the pharmacy when filling the prescriptions.

If a patient comes to Poland for a scheduled visit, a document confirming consent to planned treatment is also required. The scope of benefits is then determined individually and limited to the benefits indicated on the document issued by the country where the patient is insured.

Nationals of non-EU / EFTA countries

Citizens of third countries (including the Russian Federation and Ukraine) should present the service provider with a document confirming having health insurance in their country or travel medical insurance.

If the foreigner does not have such documents, he / she is obliged to cover the full costs of treatment.

Citizens of countries with which Poland has concluded relevant bilateral agreements or arrangements (Albania, Bosnia and Herzegovina, Montenegro, the Russian Federation and Serbia), who do not have the appropriate documents, may take advantage of the necessary healthcare services in the event of a sudden illness or life-threatening condition or health.

The costs are covered by the Ministry of Health.

Foreigners applying for refugee status

Asylum seekers must report to the reception centre in Debak or Biala Podlaska in order to receive social assistance and medical care. After being directed from there to the residence facility, they receive an ID, which includes data of the foreigner, registration number, name of the centre to which they were directed or where they receive financial aid. On its basis, they benefit from medical care.

In exceptional situations, e.g. health threat, it is possible to grant medical care from the moment of submitting the application for granting the refugee status, before the foreigner registers at the reception centre.

The benefits cover the same range of medical services as for Polish citizens, with the exception of spa treatment.

e-prescription



Until recently, a patient received a paper prescription from a doctor, with which he went to a pharmacy in order to obtain medicinal products necessary for treatment. It is a thing of the past today. Thanks to the possibility of using an e-prescription, a patient can receive an e-prescription without leaving home and having to make an appointment with a doctor in order to continue treatment and issue a prescription. Then it is enough to go directly to the pharmacy to buy the medicines. The e-prescription will be delivered directly by e-mail to the patient's e-mail address or SMS to the patient's phone.

NFZ insured patients of hospitals and other institutions providing 24-hour healthcare receive the necessary medicines free of charge.

It is worth remembering that it is possible to buy a cheaper equivalent of some drugs prescribed by a doctor in a pharmacy. This information can be obtained from the pharmacist.

Please note that prescription drugs must be purchased within 30 days of the day the prescription was issued; in the case of antibiotics, this period is 7 days. Antibiotics in Poland are available only on prescription!

Sometimes it may happen that there is a problem with finding certain medications at the pharmacy. Patient Telephone Information Consultants will inform you about the availability of the drug you are looking for. All you need to do is call the toll-free number 800 190 590.

What are the next steps?

- Dial the toll-free number 800 190 590
- An answering machine will answer and ask you to select a topic for the conversation
- From the telephone keypad, dial the number 3. Then you will be connected with a consultant who will tell you where to buy the drug you need.

From the hotline you will find out in which pharmacy you will find your medicine. Make sure the drug is in place before visiting the pharmacy. The telephone number to the pharmacy will be given to you by the consultant during the call.

Remember that the hotline mainly informs about the availability of drugs, but does not provide information on the dosage of drugs, their substitutes and does not reserve drugs at the pharmacy. Ask your doctor or pharmacist at the pharmacy for these details. The hotline is open from Monday to Friday, from 8.00 a.m. to 6.00 p.m.

Registration at the clinic

To check the available dates of treatment under the NFZ, you can use the search engine on the website: terminyleczenia.nfz.gov.pl or you can call a specific facility.

What is worth knowing when going to the clinic to make an appointment?

When providing benefits, it is not allowed to refer to the regionalisation.

The patient cannot be sent back to their place of residence in a situation where they have selected a service provider on the basis of a referral for treatment such as: outpatient specialist care (specialist clinics); hospital treatment; medical rehabilitation; addiction treatment; psychiatric care; long-term care and hospice-palliative care.

The registration officer should not ask the patient overly detailed questions about the disease, its causes and course.

The scope of questions asked by the registration employee should only concern the area allowing for the registration of the event (name, surname, PESEL number, home address, possibly the patient's telephone number to confirm the visit). In addition to the possibility of signing up to a doctor, the patient should obtain complete information about: the scope of services provided at the facility, the queue waiting for services, times of signing up with doctors, required documents necessary for admission to a doctor, addresses of places where diagnostic tests are performed, rules for sharing medical documentation and other information on the organization of the clinic's work. The patient, in the event of non-confirmation by the electronic verification system of beneficiaries (e-WUŚ), should also present a document confirming health insurance.

It is against the law for a healthcare provider to set a specific day or time for registering for a doctor's appointment.

The patient has the right to make an appointment at the doctor's office on any chosen day, during the clinic's working hours. The service provider provides ongoing registration of beneficiaries on the basis of personal application or through a third party, including using the telephone or other means of electronic communication.

The patient may not be compelled to register in person.

In order to register with a doctor, the patient may: report in person, by phone, via a third party, and if the facility has appropriate software, also by e-mail and by letter. The registration worker is obliged to inform about the date and time of the visit and, in the case of first-time registration, to inform the patient about the need to provide the original referral to the facility within 14 working days under pain of being removed from the waiting list.

The date of the follow-up visit should be arranged during the current visit to the doctor.

If the patient is under specialist treatment, the date of the follow-up visit should be arranged during the current visit to the doctor. Continuity of treatment should be ensured by the physician, not by the registration staff. Patients treated in specialist clinics under the continuity and continuation of treatment may not be put on waiting lists for health services. Treating these patients on an equal footing with patients waiting for their first medical appointment, entered on the queue list, is an action inconsistent with the principles of providing health services.

There is no justification for asking the patient to update their referral.

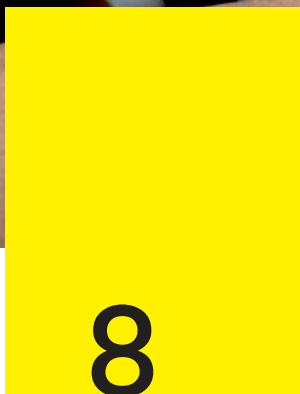
The first visit to a specialist is always based on a referral, which was the basis for the first-time specialist advice. The patient is covered by specialist treatment until its completion – they are not obliged to renew their referral periodically. In the absence of the doctor, the patient should be informed about how to organize specialist care during this period. Such information should be made available at the place where benefits are provided, as well as at the premises of the service provider. Updating the referral to specialist treatment is necessary in a situation where the patient has not started treatment in the last 730 days. A new referral is also necessary when the reason for issuing it is different than that indicated in the previous referral.

Note: Which referrals will expire? Referral for spa treatment (the document is checked every 18 months) and referral to physiotherapy treatments on an outpatient basis. The document becomes invalid if it is not registered in the rehabilitation centre within 30 days from the date of issue.

The service provider should inform the patient about a possible change in the date of providing the service. On the other hand, the patient, when unable to appear on the agreed date, should also inform the healthcare provider about it, taking into account the welfare of other patients waiting for the service.

Note: Before the first visit, it is worth checking what we were vaccinated for, if there are any diseases in the family. The doctor may ask about chronic diseases and medications taken constantly, illnesses we have had, and whether the woman is pregnant. If you have a health card from Ukraine, take it with you.





8

MEDICAL CARE

Patient telephone information:

800 190 590 - this is the number of free nationwide information provided by the National Health Fund and the Patient's Rights Ombudsman.

At this number, you will find out in Polish and English, among other things: what rights the insured person is entitled to, where the nearest hospital is located, how to report a violation of patient rights.

Where to be treated in Poland?

In Poland, there are different types of healthcare institutions.

Healthcare establishments may be public or non-public (private).

As part of the health insurance - free of charge - you can use the services of a doctor and health care facilities with which the National Health Fund has a signed contract. Such hospitals and clinics are marked with a plate that says "National Health Fund".

If the facility does not have a signed agreement with the National Health Fund, a patient using the services of such facility will have to bear the costs of treatment, regardless of whether he is insured or not.

In the event of a life-threatening situation, you can benefit from free medical assistance (only to the extent necessary) in an outpatient clinic or hospital that does not have a signed agreement with the National Health Fund.

Check if you can take advantage of free medical care in the chapter: "Health insurance".

Primary health care (POZ)

Primary health care

(POZ) is a part of the health care system, providing all eligible persons residing / staying in the territory of Poland, comprehensive and coordinated health care services at the place of residence.

Services are provided on an outpatient basis (in an office, clinic or clinic), and in medically justified cases, also at the patient's home (also in a social care home). They also include preventive care for children and young people provided by a nurse / hygienist in the educational and upbringing environment.

The functioning of POZ, with the exception of preventive care for children and youth in the educational and upbringing environment, and night and holiday health care services in POZ, is based on the right to choose your primary health care doctor, nurse, midwife. You make your choice by submitting a written declaration to the doctor, nurse, primary care midwife at the clinic of your choice.



availability of benefits

POZ services, with the exception of preventive care for children and youth in the educational and upbringing environment, and night and holiday health care services at POZ, are provided on weekdays from Monday to Friday from 8.00 to 18.00, excluding public holidays.

The services of preventive care for children and youth in the educational and upbringing environment are provided on weekdays from Monday to Friday (excluding public holidays), during school hours, in accordance with the school's work schedule.

Night and holiday health care services at POZ are available on weekdays, from 6.00 p.m. to 8.00 a.m. the next day, and 24 hours a day on public holidays.

■ primary care physician

The services of a primary care physician include:

- disease prevention, including examinations and advice as part of developmental age prophylaxis and preventive vaccinations;
- providing the prevention of cardiovascular diseases;
- providing advice in the treatment of diseases, including the provision of laboratory, imaging and non-imaging diagnostics (ECG, X-ray, USG) in accordance with the current list;
- performing treatments in the treatment room and at the patient's home;
- adjudicating on the state of health;
- other benefits resulting from the needs of people covered by care, including: referral to specialist clinics and hospital treatment, referral to rehabilitation and spa treatment, qualification for sanitary transport services in POZ and issuing transport orders, issuing orders for the implementation of services remaining within the scope of tasks of a primary health care nurse, issuing certificates regarding the patient's health.

■ primary health care nurse

The services of a primary health care nurse include comprehensive nursing care for a person, family and community in the living environment, taking into account the place of provision of services, such as:

- preventive services for children aged 0-6, including:
 - patronage visits in the 3-4 (third-fourth) month of life and if during this visit disturbances in the child's health were found, also in the 9 (ninth) month of the child's life,
 - screening tests at the 12th (twelfth) month of the child's life and at the age of 2, 4 and 5;
- tuberculosis prophylaxis services;
- medical services, including: performing injections and treatments on the basis of orders from health insurance doctors in the office of the primary care nurse and at the patient's home;
- diagnostic services, including: collecting materials for diagnostic tests on the basis of an order from a primary care physician, in a situation where the collection for medical reasons should be performed at the patient's home;
- nursing and rehabilitation benefits, in particular for people suffering from reduced psychophysical fitness as a result of illness.

Primary care midwife

The services of a primary care midwife include comprehensive obstetric, neonatal and gynecological nursing care for the population covered by the care, including:

- education in family planning;
- care during pregnancy, childbirth and the postpartum period, including antenatal education for pregnant women (including high-risk pregnancy), starting from the 21st (twenty-first) week of pregnancy until delivery;
- caring for a woman, new-born baby and infant up to the age of 2 (two) months, carried out as part of patronage visits;
- care in gynecological diseases, including nursing care for a woman after gynecological or oncological-gynecological surgery, covering the period from discharge from the hospital to complete healing of the postoperative wound, based on a referral from the department doctor who performed the surgery;
- performing, in accordance with their competences, injections and treatments on the basis of orders from other health insurance doctors, in the primary care midwife's office and at the patient's home;
- collecting cervical material for Pap smear screening under the Cervical Cancer Prevention Program, provided that the service provider's contract with the Fund covers the above-mentioned service;
- caring for a woman in all stages of her life.

night and holiday health care

Night and holiday health care services at POZ include services provided on weekdays, after 6.00 p.m. to 8.00 a.m. the next day and 24 hours a day on public holidays.

- ad hoc medical advice on an outpatient basis or at the patient's home in cases of illness, except for sudden threats to health or life;
- nursing services ordered by a doctor, resulting from the advice provided;
- nursing services provided on an outpatient basis or in the patient's home, ordered by health insurance doctors, resulting from the need to maintain continuity of treatment.

Information about the place where night and holiday care is provided should be placed in a visible place inside and outside the premises of the primary care physician.

Night and holiday health care in Lodz is provided by entities such as:

night aid point	housing estates/ communes	healthcare provider	address	telephone
Łódź-Bałuty Zachód	Bałuty-Centrum Bałuty Zachodnie Radogoszcz Teofilów-Wielkopolska	Wojewódzki Specjalistyczny Szpital im. dr W. Biegańskiego	Łódź, ul. Studzińskiego 61	42 657 41 25 510 935 692
Łódź-Bałuty Wschód	Bałuty-Dół Łagiewniki Julianów-Marysin-Rogi Osiedle Wzniesień Łódzkich	Miejskie Centrum Medyczne im. dr K. Jonschera w Łodzi	Łódź, ul. Przyrodnicza 7/9	42 655 01 70
Łódź-Górna Północ	Chojny-Dąbrowa Piastów-Kurak Rokicie Górniak	Wojewódzkie Wielospecjalistyczne Centrum Onkologii i Traumatologii im. M. Kopernika w Łodzi	Łódź, ul. Pabianicka 62	42 689 50 01 42 689 50 04 42 689 50 05
Łódź-Górna Południe	Chojny Osiedle nad Nerem Ruda Wiskitno gm. Brójce gm. Tuszyn gm. Rzgów	Szpital Zakonu Bonifratrów św. Jana Bożego w Łodzi	Łódź, ul. Kosynierów Gdyńskich 61	42 687 50 54
Łódź-Polesie	Karolew-Retkinia Wschód Koziny Lublinek-Pienista im. Józefa Montwiłła-Mireckiego Retkinia Zachód-Smulsko Stare Polesie Zdrowie-Mania Złotno	Wojewódzki Specjalistyczny Szpital im. M. Pirogowa w Łodzi	Łódź, ul. Wileńska 37	42 680 47 81

night aid point	housing estates/ communes	healthcare provider	address	telephone
Łódź-Śródmieście	Katedralna Śródmieście-Wschód	Centrum Medyczne im. dr L. Rydygiera w Łodzi	Łódź, ul. Rewolucji 1905 r. nr 54	42 633 36 42
Łódź-Widzew	Andrzejów Dolina Łódki Mileszki Nowosolna Nr 33 Olechów Janów Stary Widzew Stoki Widzew-Wschód Zarzew gm. Nowosolna gm. Andrespol	Miejskie Centrum Medyczne im. dr K. Jonschera w Łodzi	Łódź, ul. Milionowa 14	42 672 19 18



Specialist services

When reporting to the selected healthcare provider, in addition to confirming the entitlement to benefits, you should present a valid referral. It is a document required for access to diagnostic tests and services provided under:

- outpatient specialist care;
- hospital treatment;
- spa treatment;
- medical rehabilitation;
- care for the chronically ill.

An information card from a hospital treatment, emergency room or hospital emergency department is not a referral to a specialist doctor. If continuation of treatment is indicated in the information sheet, the referral should be issued by the doctor treating the patient in the hospital.

Remember! On the basis of one referral, you can register only in one facility providing services in a given area. Patients who require more than one specialist advice for a given reason only present a referral the first time they visit a selected specialist clinic.

You do not need a referral to the following specialist doctors:

- gynecologist and obstetrician;
- an oncologist;
- a psychiatrist;
- a venereologist;
- dentist.

The following outpatient specialist care recipients do not need to submit referrals either:

- infected with HIV;
- in the field of organ donation testing;
- addicted to alcohol, intoxicants and psychotropic substances - in the field of drug addiction treatment.

hospital - specialist care

Persons with a referral from a doctor are entitled to hospital treatment or rehabilitation. A referral to a hospital may also be issued by a privately treating physician, without an agreement with the National Health Fund. If admission to the hospital is not possible on the day of reporting, the patient should be put on the waiting list. Only persons with urgent cases are admitted without the required referral.

How to check the information on the waiting time for services?

To obtain information on all medical facilities that have an agreement with the National Health Fund throughout the country, the number of people waiting for medical services in clinics and hospital departments, and the first free date for the provision of services, use the National Guide on Waiting Time for Medical Services: kolejki.nfz.gov.pl

dental treatment

You do not need a referral to a dentist. A patient presenting to the dentist with pain is admitted on the day of the visit.

Teeth treatment under NFZ insurance. What is free?

- "White fillings" are available in the upper and lower front teeth (from 3+ to +3, from 3- to -3- that is the front teeth: "ones", "twos" and "threes").
The remaining teeth are entitled to grey-amalgam fillings;
- Root canal treatment - adults are entitled to root canal treatment from canine to canine (3-3, i.e. teeth in front: "ones", "twos" and "threes"). Children and adolescents up to 18 years of age, pregnant and postpartum women (up to the 42nd day after childbirth) are entitled to root canal treatment of all teeth including treatment of up to 3 canals in a tooth;
- medical dental examination with instruction on oral hygiene - once a year;
- medical check-ups - 3 times a year;
- intraoral x-rays;
- treatment of lesions on the oral mucosa;
- removal of tartar;
- single and multi-rooted tooth extraction;
- partial denture with the use of elements bent over from 5 missing teeth or in the case of toothlessness - complete denture in the maxilla or mandible. Prosthetic services are granted once every 5 years. Denture repair is available once every 2 years;
- Anaesthesia is reimbursed in conjunction with other guaranteed benefits.

Children and adolescents up to the age of 18 are also entitled to:

- securing the fissures of the first permanent molars once until the age of 8 and the fissures of the second permanent molars once until the age of 14 with fissure lacquer;
- varnishing of all permanent teeth not more frequently than once a quarter;
- dentin impregnation of primary teeth;
- cosmetic coverage of enamel underdevelopment in permanent teeth;
- treatment of periodontal diseases;
- orthodontic treatment with removable braces until the age of 12

That's part of the possibilities. Other reimbursed procedures to be checked at the dental clinic or on the NFZ website:

nfz-lodz.pl/index.php/dlapacjentow/jak-sie-leczyc/58-dla-pacjenta/dla-pacjenta-jak-si-leczy/1445-opieka-stomatologiczna

In the event of a sudden toothache, you can use the dental emergency. Open Monday through Friday from 19:00 to 7:00. On weekends and holidays around the clock.

Provincial Medical Rescue Station in Lodz.

DENTAL CLINIC

137/141 Sienkiewicza St., 90-302 Lodz - Śródmieście

telephone for registration: +48 42 6815 141

telephone: +48 42 6815 141

Clinic opening hour:

Monday 00:00-07:00, 19:00-23:59

Tuesday 00:00-07:00, 19:00-23:59

Wednesday 00:00-07:00, 19:00-23:59

Thursday 00:00-07:00, 19:00-23:59

Friday 00:00-07:00, 19:00-23:59

Saturday 00:00-23:59

Sunday 00:00-23:59

Medicines

Some drugs are available only on prescription; such a prescription is issued by an authorized physician. Prescription drugs may be reimbursed in part (they are cheaper then) or in full.

emergency medical system

What is commonly referred to as "ambulance" is in fact a medical emergency system.

The main goal of the **State Medical Rescue** system is to provide assistance to every person in a state of sudden health emergency, i.e. a state requiring immediate medical rescue operations, in connection with the sudden or anticipated in a short time symptoms of deterioration of health, the direct consequence of which may be serious damage to body functions or bodily harm or loss of life..

First of all, actions are taken by emergency medical teams, which, after receiving a call, provide healthcare services at the scene of the accident, and, if necessary, transport the person to a hospital emergency department or an appropriate specialist hospital. In special cases, the Air Medical Rescue Team joins the operation.

In emergencies that may lead to significant damage to health, it is also possible to report directly to the hospital emergency department or the emergency room operating at hospitals.

■ Calling an emergency medical team

To call the emergency medical team, call:
from a landline to 999 or from a mobile to 999 or 112

This can be done by anyone who notices a person or persons in a state of emergency or is witness to an event causing such a state.

■ When to call the emergency medical team?

Taking into account the main task of the medical rescue system resulting from legal regulations, the call of emergency teams or a visit to a hospital emergency department should take place only in situations requiring immediate medical rescue operations in relation to a person in a state of health emergency.

Such a condition may be suggested by symptoms such as:

- Loss of consciousness;
- Disturbances of consciousness;
- seizures;
- Sudden, sharp pain in the chest;
- Heart arrhythmia;
- Increased breathlessness;
- sudden severe abdominal pain;
- Persistent vomiting, especially if it contains blood;
- Massive lower gastrointestinal haemorrhage;
- Rapidly progressive labour;
- Acute and severe allergic reactions (rash, dyspnoea) as a result of taking a drug, bite or stings by poisonous animals;
- Poisoning with drugs, chemicals or gases
- Extensive burns;
- Heatstroke;
- Hypothermia;
- Electric shock
- Drowning;
- Aggression caused by a mental illness;
- An attempted suicide;
- Fall from a great height;
- Extensive wound resulting from trauma;
- Injuries of the lower limb, making it impossible to move independently;
- In any other situation not mentioned above, when there is a concern about the threat to health or life;

Please note that:

- a control visit in relation to the treatment started earlier
- prescription for constantly used drugs in connection with a chronic disease
- routine health certificate
- referral to a specialist
- additional tests and specialist consultations recommended by the treating physician will not be carried out by the called emergency medical team (ambulance), in the hospital emergency department, as well as part of night and holiday health care!

In other cases, healthcare services may be provided under:

- primary health care
- night and holiday health care

Provision of assistance by a medical rescue team

Telephone notifications to **999** or **112** are received by medical dispatchers. The dispatcher's task is to conduct a medical interview, allowing in particular:

- determining whether the person subject to notification of the event is in a state of health emergency;
- making a decision to call a medical emergency team, including an air medical emergency team, or, if it is determined, on the basis of medical history, that there is no state of health emergency, refusing to call a medical emergency team.

That is why it is so important to calmly and objectively answer their questions, even if they seem trivial, and when necessary, follow the recommendations regarding first aid.

You should be prepared for the need to provide, among others such information as:

- details of the caller (name, surname and telephone number);
- type of event (accident, sudden illness);
- number of people suspected of being in a state of health emergency, data of these people (if possible, name, surname, sex and age, degree of relationship);
- the place of the incident, and in case of doubts related to the determination of the exact place of the incident, obtaining, if possible, additional information about the place, enabling the emergency medical team to reach the scene quickly.

On the basis of the interview, the medical dispatcher informs the calling person about the disposition of the medical rescue team, including the air medical rescue team, or the refusal to arrange the emergency medical team, stating the reasons for the refusal and recommendations for further action.

The medical rescue team provides services at the scene of the accident and, if necessary, transports a person in a state of emergency to the nearest (in terms of time), hospital emergency department or to a hospital indicated by a medical dispatcher or a medical rescue coordinator.

In emergencies, healthcare services are provided immediately and without a referral, and the patient has the right to use the help of a nurse, midwife, doctor or hospital who do not have a contract with the Fund.



In the case of a subjective sense of life threatening or in emergency situations, the patient has the right to seek emergency assistance in a hospital emergency room without a referral. If necessary, the patient is medically protected in the emergency room and transported to another, specialized facility. The admission room is not a place where scheduled advice is provided. Scheduled benefits can be obtained by the patient during the day, on an outpatient basis, from his primary care physician or specialist doctor. Only emergency services are provided at the admission room.

Hospital emergency ward (SOR)

The hospital emergency department provides assistance to patients who are in a state of health and life threat, e.g. due to an accident, injury or poisoning. A patient may come to the emergency department without a referral. There is no regionalisation. Help is provided regardless of the patient's place of residence and the place of the event.

Hospital emergency department services should not be used to obtain:

- prescriptions for drugs used in chronic diseases;
- specialist consultations and additional tests, other than those necessary at a given moment;
- sick leave, application to the Social Insurance Institution, referral to a sanatorium and other medical certificates and forms not related to the current illness.

The hospital emergency department is intended for patients requiring emergency care, but it is not a substitute for a primary care physician or specialist clinic.

After working hours of Primary Healthcare facilities, medical services are provided in the form of night and holiday health care. Help is provided by doctors and nurses in outpatient clinics or at the patient's home.

Vaccinations I foreigners

Do foreigners coming to Poland have to get vaccinated?

Protective vaccinations in Poland are carried out in accordance with the Protective Vaccination Program in force in a given year, which is announced by the Chief Sanitary Inspector in the form of an Announcement.

All foreigners under the age of 19 staying on the territory of the Republic of Poland for more than 3 months (regardless of the basis of their stay), they should undergo obligatory protective vaccinations.

In the Preventive Vaccination Program, vaccinations against measles in adults are listed in the group of recommended vaccinations, for which the person concerned pays. In order to be vaccinated, you should report to the general practitioner together with the health booklet, which records the vaccinations performed. The qualification is made by the doctor to whom the patient is declared. You can also report directly to the Vaccination Center.

The price of an antibody test, if you do not know if you have been vaccinated, is 70 PLN.

The unit price of the vaccine is approximately PLN 87.

Vaccination is free for persons under 19 years of age.

Keep in mind that:

- measles affects mainly unvaccinated people;
- measles is especially dangerous for people with a weakened immune system;
- A possible reason for getting measles may be related to the growing number of parents who do not agree to have their children vaccinated.

compulsory and recommended vaccinations in Poland

Vaccinations have two main goals:

- provide maximum protection against contracting serious infectious diseases;
- eliminate the occurrence of specific infectious diseases in society.

Mandatory vaccinations

Compulsory vaccinations include vaccinations against:

- measles; • rubella;
- tuberculosis; • tetanus;
- pneumococcal infections; • viral hepatitis
- diphtheria; type B;
- whooping cough; • infections against *Haemophilus influenza* type B.
- polio (poliomyelitis);
- mumps;

People from high-risk groups are also vaccinated against: chicken pox, diphtheria, tetanus and rabies.

Compulsory vaccinations are free. However, if you decide that you want to vaccinate yourself or your child with a vaccine other than the one purchased by the Minister of Health, you must pay for it.

when to carry out compulsory vaccinations

- The first vaccinations against tuberculosis and hepatitis B are given to the child in the hospital in the first days of their life.
- Subsequent vaccinations (against pneumococci, diphtheria, tetanus, whooping cough, hepatitis B, *Haemophilus influenza* type b and possibly recommended vaccinations), which should be performed in the 6-8 week of the child's life, are performed by a doctor chosen by the parents in a primary care clinic.

Who is subject to mandatory vaccinations?

In Poland, compulsory vaccinations are carried out according to the vaccination calendar in:

- children and youth up to 19 years of age;
- people particularly vulnerable to the disease, ie students of medical universities, health care workers, employees of veterinary services.

■ How does vaccination work?

If a large number of people from a given population (over 90%) are vaccinated, the spread of microorganisms that cause infectious diseases can be inhibited. This protects not only the vaccinated but also those who have not been vaccinated for health reasons (such as cancer patients).

■ Can a sick child / adult be vaccinated?

No, if a person gets sick, then he or she is not vaccinated. In this case, the date of vaccination is determined by the doctor.

■ Who is responsible for vaccinating children?

Parents and a family doctor are responsible for compulsory vaccinations in a child. During the first visit to the clinic, ask your primary care doctor to discuss the vaccination schedule with you and, if necessary, to adjust it to the individual needs of your child.

Note: If you do not vaccinate a healthy child, you are negligent and expose them to the disease and possible complications of an infectious disease.

Remember! Before the vaccination, the doctor must examine your child to see if they are suitable for vaccination.

■ Vaccinations recommended

The recommended vaccinations supplement the mandatory vaccinations. Additionally, they enable wider protection of the child against the following infectious diseases:

- Chickenpox;
- tick-borne encephalitis;
- hepatitis A;
- flu;
- rotavirus infection;
- meningococcal infections.

■ Recommended vaccinations - course

- Get a prescription from a doctor;
- Buy the vaccine at the pharmacy.

Bring the vaccine to the clinic. Remember to keep proper transport conditions.





9

SAFETY

Basic emergency numbers

Emergency number - **112**
Municipal Guard - phone: **986**
Police - phone: **997** or **112**
Fire Department - phone: **998** or **112**

Information Point of the City Police Headquarters in Lodz

28 / 30 Sienkiewicza St., 90-114 Lodz
(open 24 hours a day):
phone: +48426651091 lodz.policja.gov.pl

Municipal Guard Headquarters in Lodz

121/123 Wólczanska St., 90-521 Lodz
phone: +48 422502201,
fax: +48 426309322
strazmiejska.lodz.pl

Anti-discrimination program

Lodz has a Multiannual Anti-Discrimination Action Program.

The program aims to eliminate discrimination in the social life of Lodz. The program is to counteract discrimination on the grounds of age, gender, disability, sexual orientation, gender identity, nationality, ethnic origin, religion, denomination, worldview

Plenipotentiary of the Mayor of the City of Lodz for Equal Treatment

Agnieszka Łuczak

phone: +48 42 638 54 63

fax: +48 42 638 57 66

e-mail: ag.luczak@uml.lodz.pl

Works during office hours

The Plenipotentiary cooperates with non-governmental organizations that operate in the area of counteracting various forms of discrimination, organizes trainings, debates, conferences, educational and information campaigns in the field of equal treatment.

Assistance to victims of human trafficking

National Intervention and Consultation Centre for victims of human trafficking

24/7 helpline:

telephone: +48 22 6280120 e-mail: info@kcik.pl

You are a foreigner.

You came to Poland and you feel threatened (you are afraid for your life) because someone:

- took your passport, identity document;
- beats you, threatens you, blackmails you;
- makes you prostitute, steal, beg, work in inhumane conditions and does not pay you the money you are owed.

This means that you may be a victim of a trafficking crime.

You can ALWAYS get help from the NATIONAL INTERVENTION AND CONSULTATION CENTER FOR VICTIMS OF HUMAN TRAFFICKING (KCIK)

The Centre provides:

- 24/7 telephone contact (hotline -24h) +48 226 280 120;
- basic needs - food, clothes, shoes, hygiene products;
- safe accommodation;
- psychological support;
- legal consultations;
- assistance of an interpreter;
- medical assistance.

assistance
in returning
to your country

IOM International Organization for Migration
telephone: +48226282413 | +48226238188 | +48 22226282415
mobile phone: +48666343466 (urgent matters)
e-mail: iomwarsawavr@iom.int
Mon-Fri 9: 00-17: 00

If you decide to leave Poland and return to your country, you can take advantage of the voluntary return assistance program. The program is addressed to citizens of non-European Union countries who have been refused refugee status, subsidiary protection or a permit for tolerated stay, or who are staying in Poland without a valid visa or other document authorizing them to stay legally. If you find yourself in this situation, you can ask the IOM for help with your return home.

Remember that returning under the program is voluntary, so you have to decide on your own to return. Contact us and tell us about your situation. You will receive detailed information on how to help you and on the situation in the country you are returning to. If you choose to participate in the program, your trip will be planned and prepared by the IOM organization. The organization will pay for travel expenses. You will also receive support and help when you return.

At <http://avr.iom.pl/home> you can check if you qualify for assistance in voluntary return to your country (tab "Verification"). You can check it in many languages, incl. Ukrainian, Russian, English, Spanish.

Domestic violence - what to do?

What is domestic violence?

Domestic violence is any deliberate act or inaction, such as neglect, that causes harm and physical or mental suffering to a family member. The perpetrator of violence uses the advantage over the victim and violates their basic rights, such as dignity, freedom and physical integrity.

Forms of violence:

- physical violence - if someone hits you, pushes you, pulls you, kicks you, strangles you;
- psychological violence - if someone insults you, challenges you, humiliates you, prevents you from contacting your relatives, controls your actions, constantly criticizes you;
- sexual violence - if you are molested, forced to have intercourse or any other sexual behavior;
- other behaviors - for example, if someone you depend on deprives you of the care you need, makes you drink alcohol, take drugs.

■ What help can you get?

Reach out to services or organizations that offer help to people affected by domestic violence. Don't be afraid to seek help!

If for some reason you do not want to call the police, you can contact the "Blue Line" on 800 120 002 - consultants will help you, tell you what is best to do in your situation.

The blue line is free and works 24 hours a day.

Remember, the Blue Line is not an emergency number! If someone's health or life is in immediate danger - call 112 or 997.

When the police arrive, depending on the situation, they may:

- detain the perpetrator - if he or she has committed a crime or is suspected of committing it;
- secure traces and evidence of a crime;
- start the Blue Card procedure.

During the intervention, you can tell the police that you want to report a suspected crime. The officers will inform you about the next steps.

The Blue Card is a procedure in which representatives of various public institutions work together to help a person affected by domestic violence. The special team includes, among others, a policeman, psychologist, doctor, social worker. This team prepares a plan to help the aggrieved person, support them and ensure their safety.

Notification of a suspected crime is information about a situation that may be a crime. When the police receive such a report, they have a duty to deal with the matter.



medical certificate

If you are injured as a result of the violence, you can apply for a medical certificate explaining the causes and type of injury.

Such a certificate may be evidence in a court case. If you submit a notification of a suspicion of a crime, an expert medical examiner may - on the basis of such a certificate - issue a forensic medical opinion. Such an opinion is strong evidence in a court case.

When to obtain a medical certificate?

After you experience violence. The sooner the doctor examines you, the more accurate and detailed the certificate will be issued.

How to get a medical certificate?

Go to your primary care doctor or other doctor in your area. If you experience violence when you cannot go to your GP (at night, for example), go to a hospital, emergency room or a Specialist Emergency Department.

Ask for a medical certificate about the causes and type of injury, in which the doctor will describe what injuries you have (for example, bruises, cuts).

How much will you pay?

Issuing a certificate is free of charge.

What to prepare?

A document that confirms your identity, for example, student ID card, passport, ID, PESEL number.

Forensic medical opinion about injuries

If you are injured as a result of the violence, you can obtain a forensic medical opinion. A forensic expert will perform a medical examination, during which he will determine the type, cause and time of your injuries.

The opinion issued by an expert medical examiner is stronger evidence in court than a certificate issued by an ordinary doctor.

When can you get a forensic opinion?

After you experience violence. The sooner the doctor examines you, the more precise and detailed the opinion will be.

You have two options to obtain a forensic opinion:

- if you report a suspicion of a crime to the police. Police officers may decide on the need to obtain such an opinion — then they will either take you to such a doctor or indicate the place of examination;
- you can make an appointment with an expert medical examiner yourself.

The list of forensic experts can be found on the website of the district court lodz.so.gov.pl

How much will you pay?

- forensic examination is free of charge if ordered by the police or the prosecutor;
- from 100 to 200 PLN — if you do it privately.

What to prepare?

- a document that proves your identity, for example an identity card, passport, student ID card;
- PESEL number.



shelter

If you are fleeing the perpetrator of violence, you can find shelter in special centres, for example in:

- Specialist Support Centre for Victims of Domestic Violence (in short: Specialist Support Centre) (page 65);
- the Crisis Intervention Centre.

The centres provide shelter and specialist assistance, including psychological, legal and social assistance. You can stay there for up to three months.

You can come to the centre together with your children.

When can you use the shelter? Anytime.

What to do?

Go to the nearest Specialist Support Centre or Crisis Intervention Centre. More about the centres in the next section. The use of assistance in these centres is free of charge.

If you have problems finding a centre in your area yourself, contact the "Blue Line" on 800 120 002. The blue line is free and open 24 hours a day.

Consultants will answer your questions, advise on what to do in your situation, tell you about places and forms of help in your immediate vicinity.

You have 3 options:

- Call:

Telephone for Victims of Domestic Violence

800 120 002 — toll-free, open 24/7

Duty hours in foreign languages:

English - Mondays from 6.00 p.m. to 10.00 p.m.,

Russian - Tuesdays from 6.00 PM to 10.00 PM,

Legal duty — Wednesdays from 6.00 pm to 10.00 pm.

In addition, lawyers are on duty at +48226662850 on Mondays and Tuesdays from 17.00 to 21.00.

- Write an e-mail: niebieskalinia@niebieskalinia.info
- Make a call via SKYPE — if you want to talk in sign language (pogotowie.niebieska.linia)

Where to get help in a psychological crisis?

■ Crisis Intervention Centre

102 Piotrkowska St., 90-004 Lodz

phone: +48 42 630 11 02

e-mail: mopz@s102.com.pl

Open: round the clock

Range of services:

- psychological help;
- social assistance (social work);
- medical assistance.

Problems in which help is provided:

- family conflicts;
- suicide;
- home abuse;
- aggression;
- sexual violence;
- sexual exploitation of children;
- unemployment;
- accidents, disasters.

■ Crisis Intervention Centre

41 Niciarniana St.

phone: +48 42 630 11 02

The Crisis Intervention Centre is a free psychological help for people who find themselves in a difficult life situation. The following types of services are provided by telephone assistance:

- Providing information and elements of education;
- Support;
- Reducing tension, anxiety and other unpleasant emotional states;
- Brief crisis interventions;

The main goal of the intervention is to restore the person's ability to deal effectively with problems, and if necessary, to indicate where he can obtain further psychological help. On the other hand, the help provided by phone does not serve systematic psychotherapy or diagnostic purposes.

The facility is open all year round and round the clock.

For people experiencing a deep crisis, there is also the possibility of direct contact with therapists from the Crisis Intervention Centre.

■ **Domestic violence**

telephone: 800 112 800 (free, open 24/7)

■ **Hotline**

telephone: 19 288

from Monday to Friday from 20:00 to 8:00

on Saturdays, Sundays and public holidays 24 hours a day

The Hotline is an anonymous telephone psychological help.

■ **Specialist Support Centre for Victims of Domestic Violence in Lodz**

85 Franciszkańska St., 91-837 Lodz

telephone: +48 42 640 65 91

The facility is open all year round and round the clock.

■ **Single Mother House**

1a Broniewskiego St., 90-001 Lodz

phone: +48 426881849

The center provides assistance to mothers with underage children and pregnant women affected by domestic violence. The facility is open all year round and round the clock.





10

THE POLE'S CARD - WHAT DOES IT
ALLOW FOR IN POLAND



The Pole's Card is a document that confirms that a foreigner belongs to the Polish nation.

Attention:

It does not mean granting Polish citizenship.

It does not mean granting the right of temporary or permanent residence in Poland.

It does not allow crossing Polish borders without a visa.

What does the Pole's Card allow for:

- The holder of the Pole's Card is exempt from consular fees for accepting and processing the application for a national visa;
- The holder of the Pole's Card is exempt from stamp duties for accepting the application and preparing documentation for granting Polish citizenship;
- The holder of the Pole's Card has the right to:
 - exemptions from the obligation to have a work permit;
 - set up and run a business on the same terms as Polish citizens;
- take up and pursue studies, doctoral studies and other forms of education, as well as participation in research and development works;
- take advantage of various forms of education;
- use of healthcare services in emergencies, unless an international agreement to which the Republic of Poland is a party provides for more favourable rules;
- 37% concessions when traveling by public transport (applies only to rail, not public municipal transport);
- free admission to state museums;
- assistance of the Polish consul on the territory of Ukraine, within his competence and with the application and respect of customs and international law, in a situation of threat to life or safety;
- have priority in applying for financial aid granted to natural persons;
- use funds from the state budget or local government budgets allocated to supporting Poles abroad;
- apply for scholarships when undertaking education and other assistance provided for foreigners in separate regulations.

Note: the use of the rights of the holder of the Pole's Card requires presenting it and an identity document!



the right to a cash benefit supporting integration - on the basis of submitting an application for permanent residence

A person who submits an application for a permanent residence permit on the basis of a Pole's Card may apply for a cash benefit!

- The application for granting the cash benefit is submitted to the voivode to whom the application for granting the permanent residence permit has been submitted.
- The application for granting the cash benefit is submitted within 3 months from the date of submitting the application for granting the permanent residence permit.
- Cash benefit is granted for a period of up to 9 months.
- The cash benefit is determined in the amount of:
 - in the first 3 months - the equivalent of 50% of the minimum remuneration for work, applicable in the year of submitting the application for granting the cash benefit - for the applicant and their spouse, and the equivalent of 50% of this amount for each minor child remaining under the parental authority of the applicant or their spouse;
 - in the period from the 4th to the 9th month - respectively 60% of the amounts specified above;.
- When determining the amount of the cash benefit, only family members of the applicant who stay with them in the territory of the Republic of Poland are taken into account.



11

FOREIGNER AS A CONSUMER RIGHTS OF THE CONSUMER

Help can be found on the website of the Office of Competition and Consumer Protection: prawakonsumenta.uokik.gov.pl

There you will find detailed information on the regulations, types of contracts and the way of complaint about goods.

Ready forms are useful, e.g. a declaration of withdrawal from a distance contract.

Dates:

- we have 14 days to withdraw from a distance or off-premises contract. It is counted from the date of delivery of the goods or conclusion of the contract for the provision of services. So, for example, when shopping online, we can return the goods within 14 days, without giving any reason;
- the entrepreneur has 14 days to consider the complaint. This period is the time to review the submitted complaint and inform about the possibility of its resolution. After this deadline has expired and the entrepreneur fails to reply, the complaint is deemed to have been accepted;
- 30 days - the deadline for delivering the goods to the consumer, unless the contract provides otherwise;
- 1 year-period of special protection of goods. If a defect is found at that time, it is assumed to have existed at the time of sale;
- 2 years - the period of the seller's liability under the warranty, counted from the date of delivery of the goods.



12

COMPULSORY EDUCATION IN POLAND

Each child aged 7 to 18 residing in Poland is subject to compulsory education or schooling. This obligation also applies to children who do not have Polish citizenship, regardless of the migration status of their parents in Poland.

Education is compulsory until the age of 18. Compulsory education for a child begins with the beginning of the school year in the calendar year in which the child turns 7 and continues until the end of primary school, but no longer than until the age of 18.

A 6-year-old child, if the parents so wish, may be admitted to the 1st grade of primary school and thus be covered by compulsory education.

The headmaster of the school in the district where the child lives (compulsory one-year pre-school preparation for a 6-year-old child and compulsory schooling from the child's 7th year of age to the end of primary school) **controls the fulfilment of compulsory schooling.**

Parental Responsibilities:

■ Parents of a child subject to compulsory schooling are obliged to:

- registering the child with school;
- ensuring regular attendance at school;
- provide the child with conditions enabling them to prepare for classes;
- informing the principal of the primary school in the area where the child lives about the fulfillment of compulsory education by 30 September each year.

■ Control of compliance with compulsory education and school education.

- All teachers are obliged to meticulously record the absence of students from all activities organized by the school.
- Parents / legal guardians excuse the student's absence in accordance with the excuse rules applicable at the school.
- If a student is absent from school for a period of 14 days without explaining the reasons for their absence, the student's tutor has the right, among others, to:
 - contacting parents by phone asking them to explain their child's long absence from school;
 - developing a plan with parents to improve student attendance;
 - remind to excuse school absences in accordance with the school rules.

If a student exceeds 50 percent of his or her unjustified absences from compulsory classes in a month, the headmaster of the school will intervene, among other things by:

- writing a letter and sending, with an acknowledgment of receipt, containing a summons to stop the avoidance of the obligation and the threat of referring the case to enforcement proceedings.

■ Fulfilment of compulsory education:

- a 6-year-old child undergoes one-year pre-school preparation;
- the child's compulsory schooling begins at the beginning of the school year in the calendar year in which the child reaches the age of 7 and lasts until the end of primary school, but not longer than until the age of 18;
- a 6-year-old child, at the parents' request, may be admitted to the 1st grade of primary school and thus be covered by compulsory education;
- from September 1, 2019, compulsory education is fulfilled by attending primary school - public or non-public;
- it is possible to postpone compulsory education. The headmaster of the public primary school in whose district the child lives shall, at the request of the parents, postpone the start of compulsory education for one school year. The application is submitted in the calendar year in which the child turns 7 years old, no later than August 31st. The postponement concerns the school year in which the child is to start fulfilling compulsory education. An opinion shall be attached to the application, which indicates the need to postpone the child's compliance with the compulsory education, issued by a public psychological and pedagogical counselling centre or a private psychological and pedagogical counselling centre. A child whose school attendance has been postponed continues pre-school preparation in a kindergarten, a kindergarten section in a primary school or in another form of pre-school education.

In the case of children who have a special education certificate, the commencement of compulsory schooling may be postponed no longer than until the end of the school year in the calendar year in which the child reaches 9 years of age. The headmaster of the public primary school in whose district the child lives shall, at the request of the parents, postpone the start of compulsory schooling for the school year in question. The application is submitted in the calendar year in which the child turns 7 years old. The application may be submitted again in the calendar year in which the child reaches the age of 8. The application is submitted no later than on August 31. The postponement applies to the school year in which the child is to start fulfilling compulsory education. The application is accompanied by a decision on the need for special education and an opinion, which indicates the need to postpone the child's fulfilment of compulsory education in a given school year, issued by a public psychological and pedagogical counselling centre or a private psychological and pedagogical counselling centre.

A child whose school fulfilment has been postponed continues pre-school preparation in a kindergarten, a kindergarten section in a primary school or in another form of pre-school education, and a child with a special education certificate issued due to multiple disabilities, one of which is intellectual disability, also in the rehabilitation and educational centre.

■ **Completion of compulsory education:**

- from September 1, 2019, the compulsory education is fulfilled after the completion of an 8th grade primary school;
- post-primary school graduates who are under 18 years of age will fulfil the obligation to study by attending qualifying vocational courses or to a university.

Structure of education in Poland

Education structure - includes education, upbringing and care in order to implement the universal law and the obligation to study in the relevant types of schools operating in the Polish education system.

Features of Polish education

- the division of schools into public, private and social;
- co-financing of primary schools by communal self-governments;
- compulsory education up to the age of 18;
- determining the time frame of compulsory education;
- the dominant role of public over private education.



stages of education in Poland

Early Care and Education

■ **Nursery / Children's club** - covers the age group from 0-3 years. Care in these facilities is payable, and using it is not obligatory - the decision about the child's attendance at a nursery / children's club is made by their parents or legal guardians.

In public nurseries, the amount of fees for the stay and meals of a child is determined by the commune or city office. In non-public nurseries - the nursery itself. In some nurseries it is possible to partially or completely exempt from these fees. Therefore, contact the selected nursery and check what the fees are there.

How to enrol a child in a nursery?

obywatel.gov.pl/edukacja/zlobek-jak-zapisac-dziecko-do-zlobka

Search engine for city nurseries: mzz.lodz.pl/zlobki

Schedule of recruiting children to nurseries in the Municipal Complex of Nurseries in Lodz

mzz.lodz.pl/zlobki/nabor-do-zlobkow

Social benefits: mzz.lodz.pl/zlobki/swiadczenia-socjalne

■ **Pre-school education** - covers children aged 3-6 and may be provided in public and non-public kindergartens, pre-school units in primary schools and in other forms of pre-school education. Education in these institutions is compulsory for children aged 6 years.

The procedure for admitting a foreign child to kindergarten is the same as for a Polish child.

Persons who are not Polish citizens benefit from education and care in public kindergartens or other forms of pre-school education on the terms applicable to Polish citizens. Thus, upon admission to kindergarten, the same procedures apply as for Polish children.

Enrolment to kindergartens:

uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/nabor/nabor-do-przedszkoli

Municipal kindergartens - search engine:

uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/placowki-edukacyjne-i-opiekunczo-wychowawcze/przedszkola-miejskie

■ Primary school

Compulsory primary education consists of students attending an 8-year primary school. The basic criterion is the age of the student - children who are 7 years old and completed one year of education in kindergarten are subject to compulsory education. Primary school education is free of charge and ends with an examination after the end of the 8th grade.

Primary school enrolment:






uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/nabor/nabor-do-szkol-podstawowych/






List of public primary schools in Lodz:






uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/placowki-edukacyjne-i-opiekunczo-wychowawcze/szkoly-podstawowe/






Elementary Schools with bilingual units:






List of Primary Schools with bilingual departments 2019/2020






 90-212 Lodz, 24 Sterlinga St.
 Spnr1lodz.wixsite.com/jedynka
 kontakt@sp1.elodz.edu.pl
 1*
 French**

 92-508 Lodz, 9 Ćwiklińskiej St.
 Sp34.szkoly.lodz.pl
 kontakt@sp34.elodz.edu.pl
 1
 Spanish

 90-301 Lodz, 8/10 Wigury St.
 Sp14lodz.szkolnastrona.pl
 kontakt@sp14.elodz.edu.pl
 1
 English






 91-013 Lodz, 4 Kutrzeby St.
 Sp35lodz.edu.pl
 kontakt@sp25.elodz.edu.pl
 1
 English






 94-108 Lodz, 1 Balonowa St.
 Sp19lodz.wikom.pl
 kontakt@sp19.elodz.edu.pl
 1
 German






 93-262 Lodz, 6 Anczyca St.
 Sp64lodz.wikom.pl
 kontakt@sp64.elodz.edu.pl
 1
 English






* Planned number of bilingual class VII classes






** A modern foreign language taught bilingually






 93-379 Lodz, 74 Pryncypalna St.
 Sp109lodz.wikom.pl
 kontakt@sp109.elodz.edu.pl
 1*
 English **

 91-231 Lodz, 2/4 Ratajska St.
 Edupage.org
 kontakt@sp116.elodz.edu.pl
 1
 French

 93-321 Lodz, 15 Powszechna St.
 Sp162.szkoly.lodz.pl
 kontakt@sp162.elodz.edu.pl
 2
 German

 94-231 Lodz, 7/17 Napoleńska St.
 sp169.pl
 kontakt@sp169.elodz.edu.pl
 1
 English

 91-496 Lodz, 19a Syrenki St.
 Sp184lodz.edu.pl
 kontakt@sp184.elodz.edu.pl
 1
 English

 92-504 Lodz, ul. Elsnera 8
 Sp199.edu.lodz.pl
 kontakt@sp199.elodz.edu.pl
 1
 English

extra-curricular activities

Educational care facilities, artistic and after-school work institutions

uml.lodz.pl/edukacja/dla- uczniow-i-rodzicow/placowki-edukacyjne-i-opiekunczo-wychowawcze/placowki-oswiatowo-wychowawcze-artystyczne-ipracypozaszkolnej/

Psychological and pedagogical clinics, including specialist clinics

uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/placowki-edukacyjne-i-opiekunczo-wychowawcze/poradnie-psychologiczno-pedagogiczne

secondary education

Secondary education includes: 4-year general secondary school, 5-year technical secondary school, 1st and 2nd degree vocational school. Graduating from the 1st degree vocational school allows you to receive a diploma confirming your professional qualifications, obtain basic vocational education and enable you to study at the 2nd degree vocational school. Graduates of general secondary school, technical secondary school and vocational secondary school receive a certificate of secondary education, and the condition for obtaining it is passing the secondary school-leaving examination.

■ General secondary schools:

uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/placowki-edukacyjne-i-opiekunczo-wychowawcze/licea-ogolnoksztalcace

■ Secondary schools complex:

uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/placowki-edukacyjne-i-opiekunczo-wychowawcze/zespoly-szkol-ponadpodstawowych

■ General schools complex:

uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/placowki-edukacyjne-i-opiekunczo-wychowawcze/zespoly-szkol-ogolnoksztalcacych

post-secondary education

Post-secondary school (post-secondary study) - a facility for high school graduates. The criterion for admission to post-secondary school is a document certifying secondary education. Post-secondary education lasts from 1-2.5 years.

higher education

Higher education is carried out by independent universities offering first, second and third degree studies (bachelor's / engineering, master's, doctoral studies). There are state, local government and private universities. They are not included in the education system in Poland. There is a full-time and part-time study system. Full-time (intramural) studies at public (state) universities are free.

Types of universities in Poland:

- universities;
- technical universities (polytechnic universities);
- medical and theological universities;
- technical, agricultural, economic, pedagogical and maritime universities;
- state-owned theatre schools, academies of physical education;
- universities of state services, military and arts.

Higher education institutions: uml.lodz.pl/edukacja/szkoly-wyzsze

adult education and training

It consists in supplementing secondary and primary education by adults, undertaking various types of training to raise professional and personal qualifications, as well as joining training by unemployed or jobseekers.

information on the education of foreigners in the Polish education system

Foreigners benefit from education and care in all types of public kindergartens and schools until the age of 18 or graduation from secondary school under the same conditions as Polish students.

Foreigners are admitted to schools on the basis of documents without the need for their recognition (authentication). Post-secondary schools are an exception, as the admission condition is secondary education. A foreign certificate confirming secondary education may be recognized in Poland by law or by decision of the education superintendent. Detailed information is available at: men.gov.pl/pl/wspolpraca-miedzynarodowa/uznawanie-swiadectw-zagranicznych.

In the case of applying for admission to public schools providing vocational, sports, art or bilingual education, the admission requirement may be the fulfilment of additional criteria.

The principal of a public school qualifies a student coming from abroad to the appropriate class or semester, taking also into account the age of the student, the opinion of the parent or the student them self, if they are an adult.

Preparatory departments

The authorities running public and non-public schools may create preparatory departments for students coming from abroad who have little or no knowledge of the Polish language. The purpose of introducing this organizational form is to support the effectiveness of education of people who studied in schools operating in foreign education systems. Teaching in the preparatory unit generally lasts one school year, but may be shortened or extended by no more than one school year.

Foreigners benefit, on the terms and conditions applicable to Polish citizens, from education in public schools for adults, public post-secondary schools, public art schools, public institutions and public colleges for social service employees, and continuing education in the form of vocational qualifying courses, if they are:

- 1) citizens of the other 27 Member States of the European Union, a member state of the European Free Trade Association (EFTA) - parties to the agreement on the European Economic Area (Iceland, Liechtenstein, Norway) and the Swiss Confederation, as well as members of their families with the right of residence or the right of permanent residence ;
- 2) persons of Polish origin within the meaning of the provisions on repatriation;
- 3) persons who, on the territory of the Republic of Poland, have been granted:
 - permanent residence permits;
 - subsidiary protection and their family members;
 - consent for tolerated stay;
 - residence permits for humanitarian reasons and members of their families;
 - temporary protection;
 - residence permit for a long-term European Union resident;
 - temporary residence permits
- 4) persons who have been granted refugee status and members of their families;
- 5) family members of persons applying for the refugee status;
- 6) people with a valid Pole's Card;
- 7) persons for whom such entitlement results from international agreements;
- 8) persons who have a residence card with the annotation "access to the labour market", a Schengen visa or a national visa issued for the purpose of performing work in the territory of the Republic of Poland;
- 9) scholarship holders receiving scholarships from the Minister of National Education, the body running the school or the school headmaster.

The remaining foreigners may study in public schools for adults, public post-secondary schools, public art schools, public institutions and public colleges for social service employees, and use continuing education in the form of qualifying vocational courses on the conditions for payment.

The amount of the fee and the method of paying fees, taking into account the expected costs of education and the possibility of total or partial exemption from this fee, are set by the school's headmaster.

Foreigners subject to compulsory schooling or education, who do not know the Polish language or know it at a level insufficient to benefit from education, have the right to additional, free learning of the Polish language in the form of additional Polish lessons. Additional learning of the Polish language is organized by the commune or poviát competent for the foreigner's place of residence. The use of additional Polish language classes by foreigners is not limited in time.

Foreigners may also take advantage of additional compensatory classes in a given subject for a period of 12 months. The total number of additional Polish language lessons and compensatory classes may not exceed 5 hours a week.

Students - foreigners subject to compulsory schooling or education, who do not know the Polish language or know it at a level insufficient to benefit from learning, have the right to assistance provided by a person who speaks the language of the country of origin, employed as a teacher's assistant by the school head for not longer than 12 months.

For foreigners subject to compulsory education, a diplomatic or consular post of their country of origin operating in Poland or a cultural and educational association of a given nationality may organize at school, in consultation with the school headmaster and with the consent of the governing body, teaching of language and culture of the country of origin.



After school, children don't get bored.

Workshops, performances, exhibitions, walks, outdoor events and many, many others:

Pages available in Polish, English and Ukrainian.

- Playing fields: uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/po-szkole/boiska
- Recreational facilities - something nice for everyone - this is the slogan that describes Lodz's offer addressed to people interested in spending their free time actively. The pursuit of interests is facilitated not only by the constantly modernized and expanded sports and recreation facilities, but also by natural conditions.
uml.lodz.pl/czas-wolny/sport/obiekty-rekreacyjne
- Playgrounds: uml.lodz.pl/czas-wolny/zielen-i-rekreacja/place-zabaw
- Extracurricular activity centres - Sports, art, language classes, tours around Lodz or maybe circus workshops?
uml.lodz.pl/edukacja/dla-uczniow-i-rodzicow/po-szkole/centra-zajec-pozaszkolnych
- Extracurricular activities in cultural institutes - Theatres, cinemas, galleries, museums, public libraries uml.lodz.pl/kultura/instytucje-kultury/stala-oferta-zajecia-

A photograph showing three people from behind, sitting on a long wooden bench. They are facing a large wall covered in abstract, light-colored chalk or paint drawings on a dark background. The person on the left has long dreadlocks and is wearing a black sweater. The person in the middle is wearing a teal shirt and a black beanie. The person on the right is wearing a patterned sweater and a grey beanie. A large yellow square is overlaid on the left side of the image, containing the number 13.

13

CULTURE AND ENTERTAINMENT

A rich and up-to-date source of information on cultural events in Lodz is the website of the City Hall, available in Polish, English and Ukrainian:
uml.lodz.pl/czas-wolny

The calendar of events is useful, in which you can check what concerts, exhibitions, cultural meetings will take place on a specific day: <https://uml.lodz.pl/kalendar-wydarzen/>


■ Discounts and free admission to museums and theatres in Lodz:
<https://uml.lodz.pl/kultura/instytucje-kultury/znizki-i-bezplatne-wejscia>

■ Lodz in social media:

 lodzpl

 kochamLodz

 miasto_lodz

 ratusz.pl/1061011/lodz/urzed-gminy

■ **Tourist Information**
lodz.travel

■ **Lodz Tourist Information**
28 Piotrkowska St., 90-269 Lodz
phone: +48 42 208 8181
facebook.com/itlodz
Monday-Friday 09: 00-18: 00
Saturday 10: 00-18: 00 | Sunday 10: 00-15: 00

The Lodz Tourist Information Team provides services to Polish and foreign tourists in the following languages: English, German, Italian and Russian. There is also a shop with Lodz souvenirs in the premises.

■ **Tourist Information Point in Manufaktura**
Regional Tourist Organization of the Lodz Region
phone: +48 695 131 113
e-mail: it.manufaktura@rotwl.pl
Open Mon-Sat 10:00 - 22:00, Sun, 10:00 - 21:00



14

MIGRATION AN INTEGRATION

NGOs, meeting places

The website is devoted to the cooperation of the City of Lodz with non-governmental organizations: uml.lodz.pl/dla-mieszkancow/lodzianie-decyduja/ngo/

Union of Ukrainians in Poland (Lodz branch)

22 Pomorska St.

Meetings on Saturdays and Sundays

The Belarusian House Association

bialoruskidom.pl

31 Piotrkowska St., office 52, 90-410 Lodz

facebook.com/bialoruskidom

The mission of the association is to initiate, support and conduct comprehensive cooperation in the field of culture and art, primarily Belarusian, Russian and Ukrainian. Other nations and minorities are also welcome.

■ Poland-Belarus Association - Lodz Branch

The Poland-Belarus Association was established in 1992.

The mission of the association is to build and develop good-neighbourly relations, cooperation and friendship between Polish and Belarusian society on the basis of equality, partnership, mutual benefit, trust and respect

facebook.com/polskabelarus

The Marek Edelman Dialogue Centre

83 Wojska Polskiego St., 91-755 Lodz

e-mail: biuro@centrumdialogu.com

phone: +48 42 636 38 21, +48 506 155 911

centrumdialogu.com

The Marek Edelman Dialogue Centre is an institution established in 2010. Its goal is to conduct activities in the field of popularizing the multicultural and multi-ethnic heritage of Lodz, with particular emphasis on Jewish culture and other cultures that have a significant impact on the city's development.

International Education Centre

12 Plac Wolności Sq., Lodz

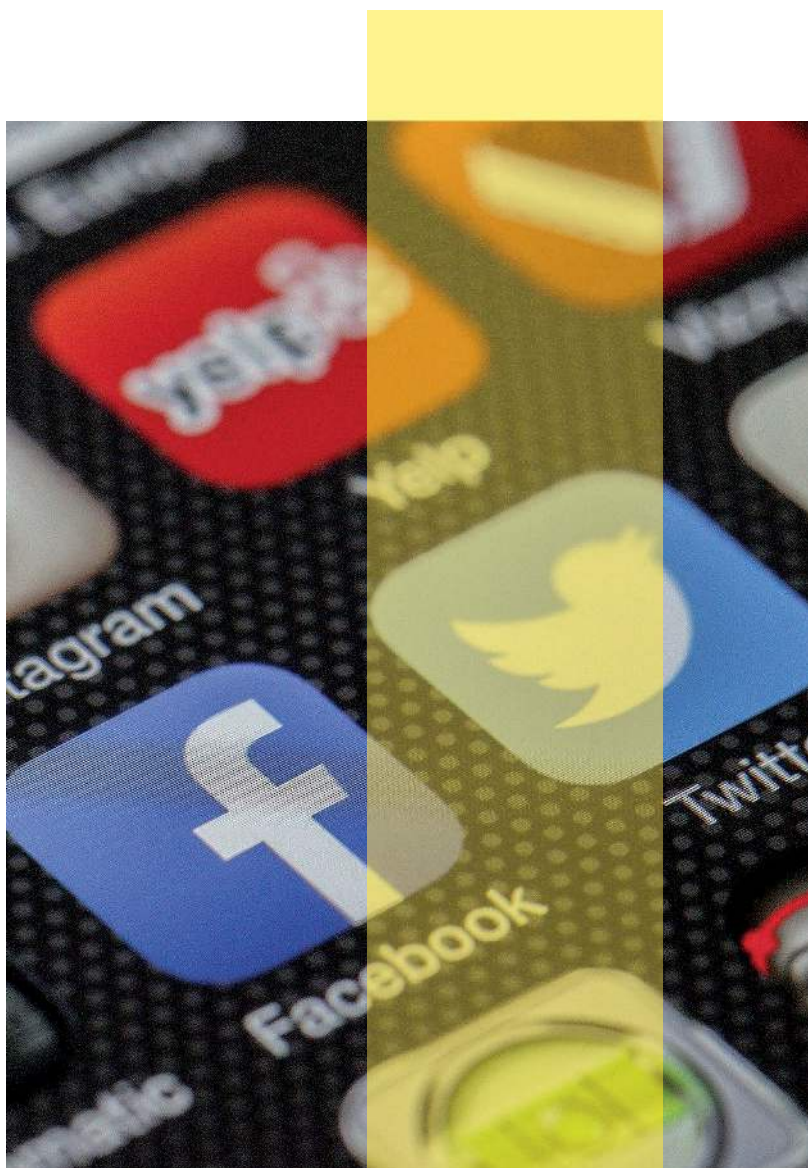
facebook@moclodz

Activities for children and adults in Russian. Children from 3 years and teenagers. Parent's club.

Classes: Russian, speech development, speech therapist, mathematics, logic, music, singing, karate, photography, creative workshops, English, Polish (integration in kindergarten, school, at work). Speech therapy consultations, psychological consultations for children and adults. Workshops and family events.

Groups on Facebook

- Families in Łódź
- Foreigners in Łódź
- Foreigners in Lodz
- Expats in Lodz, Poland
- Obcokrajowcy w Łodzi/Foreigners in Lodz
- FyccKoaabNHbie B JI0fI3M - Bce o >KM3HH pyccKOfl3biHHbix B /10fl3M / Russian speakers in Lodz - all about the life of Russian speakers in Lodz;
- Ukraińcy w Łodzi)))opus
- nasha.lodz



honorary consulates

Honorary Consulate General of Hungary	Kaczeńcowa 10	42 253 53 03
British Consulate in Lodz	Sienkiewicza 55	42 631 18 18
Honorary Consulate of Albania	Pomorska 41	42 307 10 91
Austrian Honorary Consulate	Tuwima 17	42 652 72 12
Honorary Consulate of Belgium	Tymienieckiego 25C/203	42 630 04 33
Honorary Consulate of the Kingdom of Denmark	Piotrkowska 89	42 630 69 52
Honorary Consulate of the Czech Republic	Skłodowskiej-Curie 11	42 665 54 59
Honorary Consulate of the Federal Republic of Germany	Piotrkowska 111	42 633 71 00 601 224 037
Honorary Consulate of the French Republic	Pawilońska 47	505 104 817
Honorary Consulate of the Republic of Latvia	Kościuszki 35	42 633 97 68 42 630 59 54
Honorary Consulate of the Republic of Malta	Boh. Monte Cassino 4	42 611 10 25
Honorary Consulate of the Republic of Moldova	Narutowicza 34	42 208 92 08
Honorary Consulate of Ukraine	Piotrkowska 77	601 155 330
Honorary Consulate of the Grand Duchy of Luxembourg	Żeromskiego 116	42 253 53 03

my notes

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The paper itself is a clean, off-white color. There are no margins, text, or other markings present on the page.



