



INFORMATION BOOKLET FOR FOREIGNERS

WARSAW

PFM
POLSKIE FORUM
MIGRACYJNE

Warszawa, 2021

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 Warsaw, 2021
 English language version



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POLISH MIGRATION FORUM FOUNDATION (FUNDACJA POLSKIE FORUM MIGRACYJNE)

Since 2007 we have been helping foreigners who live in Poland and promoting intercultural dialogue.

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WELCOME IN WARSAW

This brochure is for you – migrants who are newly residents of our town. We've gathered here all the useful information about institutions and offices.

We would like you to know what your rights and obligations in Poland are, and where you can look for information or help in particular situations. This booklet is a guide to how our town is organised and where you can settle various matters.

According to Polish legislation concerning foreigners, the rights of migrants vary depending on their legal status and the type of document that entitles a particular person to stay in Poland. Therefore, not every migrant has the same right

regarding health care or employment. Not everyone has access to the services provided by the Employment Office (Urząd Pracy) – but many people do!

It is good to know that there are various opportunities available to everyone regardless of their legal status, such as the possibility of medical assistance in life-threatening situations, or access to a library or museum. Also, it is worth knowing that there are non-governmental organisations in Poland that offer a variety of assistance for free.

The key thing is: each of you has the right to be treated equally, to be safe, to have equality in the workplace, to be respected.

We wish you to benefit from these rights in Poland as much as possible.

Polish Migration Forum Foundation (Fundacja Polskie Forum Migracyjne)



**THE OFFICIAL
WEBSITE OF WARSAW**
warszawa19115.pl



LEGALISATION OF STAY

Matters related to the legalisation of stay in Poland (changes of residence card, applying for a new card), registration of invitations, issuing work permits, registration of stay of EU citizens, financial benefits for the Card of the Pole (Karta Polaka) holders and matters related to obtaining Polish citizenship shall be dealt with in the Voivodeship Office (Urząd Wojewódzki). The Office for Foreigners in the Mazovian Voivodeship Office serves foreigners in two locations. The head office is the place where you can handle all matters except your permanent residence. All correspondence from the Mazovian Voivodeship Office should also be addressed to the Marszałkowska Street office.

For a personal submission of the application, in the Office (which allows verification of the documents and obtaining a stamp in the passport legalising further stay when the documents are complete), an appointment must be made via the online form. You can also submit your application to the registrar's office or send it by post. The form and other information about legalisation of stay are available on the website:

🌐 <https://mazowieckie.pl/pl/dla-klenta/cudzoziemcy>

The website is available in Polish, Russian and English.



Mazovian Voivodeship Office (Mazowiecki Urząd Wojewódzki) Head Office

THE OFFICE FOR FOREIGNERS (WYDZIAŁ SPRAW CUDZOZIEMCÓW)

- 📍 : ul. Marszałkowska 3/5, 00-624 Warszawa
- 📄 : <https://mazowieckie.pl/pl/dla-klenta/cudzoziemcy>
(the website is available in Polish, Russian and English)
- ☎ : automatic helpline: (22) 695 67 71
- 📧 : contact form:

🌐 <https://kontaktwsc.mazowieckie.pl/>



The office at Krucza Street

APPLICATIONS FOR PERMANENT RESIDENCE AND EU LONG-TERM RESIDENCE

- 📍 : ul. Krucza 5/11, 00-548 Warszawa, Entrance E




ADMINISTRATIVE MATTERS

Most of the administrative matters in Warsaw are dealt with in the offices of the specific district in which a particular person lives. There are 18 districts in Warsaw. Each of them has its own District Office (Urząd Dzielnicy) where you settle matters such as registration, driving licence, vehicle registration, getting married or registering the birth of a child. In some cases all the departments of the District Office are located in one place, in other cases – in different places.

BEMOWO

 : ul. Powstańców Śląskich 70, 01-381 Warszawa


 : tel. 22 443 76 44

 www.bemowo.waw.pl

 : website available only in Polish



BIAŁOŁĘKA

 : ul. Modlińska 197, 03-122 Warszawa

 : tel. 22 676 66 03


 www.bialoleka.waw.pl

 : website available in Polish and English



BIELANY

 : ul. Stefana Żeromskiego 29, 01-882 Warszawa


 : tel. 22 373 33 33

 www.bielany.waw.pl

 : website available only in Polish



MOKOTÓW

 : ul. Rakowiecka 25-27, 02-517 Warszawa

 : tel. 22 565 14 00


 www.mokotow.waw.pl

 : website available only in Polish



OCHOTA

 : ul. Grójecka 17A, 02-021 Warszawa

 : tel. 22 578 36 45

 www.urzadochota.waw.pl

 : website available only in Polish



PRAGA POŁUDNIE

📍 : ul. Grochowska 274, 03-841 Warszawa
 ☎ : tel. 22 443 55 55

🌐 www.pragapld.waw.pl

🌐 : website available only in Polish

**PRAGA PÓŁNOC**

📍 : ul. ks. Ignacego Kłopotowskiego 15, 03-708 Warszawa
 ☎ : tel. 22 590 05 00

🌐 www.praga-pn.waw.pl

🌐 : website available only in Polish

**REMBERTÓW**

📍 : al. gen. Antoniego Chruściela 28, 04-401 Warszawa
 ☎ : tel. 22 443 38 00

🌐 www.rembertow.waw.pl

🌐 : website available only in Polish

**Śródmieście**

📍 : ul. Nowogrodzka 43, 00-691 Warszawa
 ☎ : tel. 22 443 91 09

🌐 www.srodmiescie.warszawa.pl

🌐 : website in Polish, basic information available also in German, English, Spanish, French, Hungarian, Italian and Russian

**Targówek**

📍 : ul. Ludwika Kondratowicza 20, 00-983 Warszawa
 ☎ : tel. 22 443 87 27

🌐 www.targowek.waw.pl

🌐 : website available in Polish and English

**Ursus**

📍 : pl. Czerwca 1976 r. 1, 02-495 Warszawa
 ☎ : tel. 22 443 60 00

🌐 www.ursus.warszawa.pl

🌐 : website available only in Polish

**Ursynów**

📍 : al. Komisji Edukacji Narodowej 61, 02-777 Warszawa
 ☎ : tel. 22 443 71 00

🌐 www.ursynow.pl



🌐 : website available only in Polish

Wawer

📍 : ul. Żegańska 1, 04-713 Warszawa

☎ : tel. 22 443 70 00

🌐 www.wawer.warszawa.pl

🌐 : website available only in Polish



Wesoła

📍 : ul. 1 Praskiego Pułku 33, 05-075 Warszawa

☎ : tel. 22 773 60 00

🌐 www.wesola.waw.pl

🌐 : website available only in Polish



Wilanów

📍 : ul. Franciszka Klimczaka 2, 02-797 Warszawa

☎ : tel. 22 443 50 00

🌐 www.wilanow.pl

🌐 : website available only in Polish



Włochy

📍 : al. Krakowska 257, 02-133 Warszawa

☎ : tel. 22 443 44 44

🌐 www.ud-wlochy.waw.pl

🌐 : website available only in Polish



Wola

📍 : al. Solidarności 90, 01-003 Warszawa

☎ : tel. 22 443 58 00

🌐 www.wola.waw.pl

🌐 : website available only in Polish



Żoliborz

📍 : ul. Juliusza Słowackiego 6-8, 01-627 Warszawa

☎ : tel. 22 560 13 13

🌐 www.zoliborz.org.pl

🌐 : website in Polish, basic information available also in English, German and French



YOU CAN FIND ADDRESSES AND CONTACT DETAILS FOR ALL DISTRICT OFFICES HERE:

🌐 www.informacja.warszawa.pl/urzedy_miejskie



WARSAW CITY CONTACT CENTRE (MIEJSKIE CENTRUM KONTAKTU)

🌐 <https://warszawa19115.pl/>

🌐 : the website is available in Polish and English



REGISTRATION OF RESIDENCE

According to the Act of 24 September 2010 on Registration of Population, a foreigner from outside the European Union is obliged to register residence if his/her stay in Poland is longer than 30 days.

The registration should be made within 4 days from the date of taking up residence in a given place. This procedure is free of charge.

You can obtain the registration of residence at the branches of Administration and Citizen Affairs Office (Biuro Administracji i Spraw Obywatelskich) in particular districts of Warsaw (in the table above). You can find information about what documents are required and how to register residence here (in Polish and English):

🌐 <https://warszawa19115.pl/>

[/zameldowanie-na-pobyt-czasowy-cudzoziemcow](#)

[-oraz-obywateli-panstw-czlonkowskich-unii-europejskiej](#)

[-i-czlonkow-ich-rodzin](#)



It is possible to register residence of a foreigner only up to the expiry date of his/her document entitling him/her to stay in Poland.



REGISTRY OFFICE RECORDS

Getting married, obtaining a document confirming marriage or death, registering a newborn child – such matters are settled at the Registry Office (Urządzie Stanu Cywilnego). Every district of Warsaw has its own Registry Office. Their addresses (not always the same as the head office of the District Office) are available here (only in Polish):



© <https://usc.um.warszawa.pl/siedziby-usc>

For those who are not registered in any district, the Registry Office of the Śródmieście District (Urząd Stanu Cywilnego Dzielnicy Śródmieście) is the relevant authority.



VEHICLE REGISTRATIONS

The purchase of a car in Poland or the purchase of a car from a foreign country requires registration in Poland, within 30 days from the purchase of the car. Car insurance is a compulsory condition for the registration. Registration is conducted at the particular district's department of serving residents. Car insurance must be purchased independently, from the insurance company of your choice.

Department of serving residents are located in the District Offices (addresses in the table above).

DRIVING LICENCE

For people coming from most countries outside the EU, driving licences are valid for 6 months from the date of beginning of their permanent or temporary residence in Poland. After this period, if you plan a further stay in Poland, you must replace your foreign driving licence with a Polish one. This procedure is carried out in the District Office.

It is worth to know that a driver may hold only one valid driving licence - at the moment of obtaining a Polish document, a foreigner loses the driving licence issued in the country of his/her origin.

JOB

Generally, foreigners need a work permit to take up a job in Poland. The permit is issued for a specific position to work for a specific employer. Changing the employer requires a change of the work permit.

Sometimes the status of a foreigner entitles to take up a job without a work

permit: this right is granted, for example, to graduates of Polish universities or persons who have been granted international protection (refugees and persons under subsidiary protection).

There are also certain types of work that do not require foreigners to have a work permit (for example, teaching foreign languages in state schools or occasional artistic activities).

You can find out more about the rights of foreigners to take up jobs in Poland here (information in Polish, Russian and English):

🌐 <https://udsc.gov.pl/cudzoziemcy/obywatele-panstw-trzecich/chce-pracowac-w-polsce/>



EMPLOYMENT OFFICE OF THE CAPITAL CITY OF WARSAW (URZĄD PRACY MIASTA ST. WARSZAWY)

Here you can find job offers. Depending on their legal status, foreigners can also benefit from other support offered by the Employment Office (Urząd Pracy): vocational courses and trainings, counselling on job-seeking, changing jobs, and acquiring new skills, as well as subsidies for starting their own businesses.

THE WEBSITE OF THE EMPLOYMENT OFFICE OF THE CAPITAL CITY OF WARSAW :

🌐 <http://warszawa.praca.gov.pl/>

(available in Polish, English, Russian, Ukrainian, Belarusian)



EMPLOYMENT OFFICE OF THE CAPITAL CITY OF WARSAW

HAS THREE OFFICES:

1) The office for residents of districts

BIĄŁOŁĘKA, PRAGA PŁD., PRAGA PŁN., REMBERTÓW, TARGÓWEK, WAWER ORAZ WESOŁA

📍 : ul. Grochowska 171B, 04-111 Warszawa

☎ : telephone-central: 22 391 13 00

✉ : sekretariat.grochowska@up.warszawa.pl

2) The office for residents of districts

BEMOWO, BIELANY, MOKOTÓW, OCHOTA, ŚRÓDMIEŚCIE, URSUS, URSYNÓW, WILANÓW,

WŁOCHY, WOLA, ŻOLIBORZ

- 📍 : ul.Ciołka 10A, 01-402 Warszawa
- ✉ : sekretariat.ciolka@up.warszawa.pl

3) Service point for people with disabilities (FROM ALL DISTRICTS)

- 📍 : ul. Młynarska 37a, 01-175 Warszawa
- ✉ : mlynarska@up.warszawa.pl

You may also check out the Green Line (Zielona Linia) portal, which is dedicated to hiring and looking for a job: www.zielonalinia.gov.pl. It also contains articles focusing exclusively on the topic of employing foreigners:



📄 <http://zielonalinia.gov.pl/web/zielona-linia/-/zatrudnianie-cudzoziemcow-32145>

There are many employment agencies and job centres in Warsaw, where you can find paid support in your job seeking. It is worth to mention that these services are also offered free of charge by the Employment Office.

Support on the job market is also offered to foreigners by non-governmental organisations – information about their offer is presented in the section “Non-governmental organisations”.

THE NATIONAL LABOUR INSPECTORATE (PAŃSTWOWA INSPEKCYJA PRACY)

You can ask the National Labour Inspectorate for help if your employer treats you unfairly.

Regional Labour Inspectorate in Warsaw (Okręgowy Inspektorat Pracy w Warszawie)

- 📍 : ul. Płocka 11/13, 01-231 Warszawa

FREE LEGAL ADVICE REGARDING WORKING IN POLAND:

- ☎ : tel. 459 599 000 - from mobile phones
- ☎ : tel. 801 002 006 - from fixed-line phones
- ☎ : Mailroom: tel. 22 425 11 94
- ☎ : Registrar's office: tel. 22 628 96 29

📄 <https://warszawa.pip.gov.pl/>

- ✉ : kancelaria@warszawa.pip.gov.pl



TAXES

Every legally employed person pays tax which is paid to the Tax Office (Urząd Skarbowy) by the employer. Once a year (until the end of April) it is necessary to pay tax for the previous year - the employee either pays extra tax due or receives a refund from the Office if the tax paid during the year was too high. If you are employed on an employment agreement for a single employer and you are not entitled to any tax relief, the tax system will settle your tax automatically. However, if you have worked for different employers in the last year (e.g. for a specific job, contract of mandate) or if you can apply for e.g. child tax relief, you have to settle your PIT (tax return) on your own. You will do this at the Tax Office competent for the employee's place of living during the last year (not necessarily the place of residence). You can also ask a non-governmental organisation, such as the Polish Migration Forum Foundation, for help in completing your tax declaration.

TAX OFFICES IN WARSAW

(ALL WEBSITES AVAILABLE ONLY IN POLISH):

Warsaw-Bemowo Tax Office (Urząd Skarbowy Warszawa-Bemowo)

📍 : ul. Białobrzaska 53A, 02-325 Warszawa

☎ : tel. 22 570 88 00

🌐 <http://www.mazowieckie.kas.gov.pl/urzed-skarbowy-warszawa-bemowo>

📍 : boroughs: Raszyn, Warszawa-Bemowo, Warszawa-Ursus, Warszawa-Włochy



Warsaw-Bielany Tax Office (Urząd Skarbowy Warszawa-Bielany)

📍 : ul. Skalbmierska 5, 01-844 Warszawa

☎ : tel. 22 569 32 00

🌐 <http://www.mazowieckie.kas.gov.pl/urzed-skarbowy-warszawa-bielany>

📍 : boroughs: Izabelin, Łomianki, Stare Babice, Warszawa-Bielany



Warsaw-Mokotów Tax Office (Urząd Skarbowy Warszawa-Mokotów)

📍 : ul. Postępu 16A, 02-676 Warszawa

☎ : tel. 22 502 00 00

🌐 <http://www.mazowieckie.kas.gov.pl/web/bip-1401>

[/urzed-skarbowy-warszawa-mokotow](#)

📍 : Warsaw-Mokotów district of the Warsaw-Centrum borough



Warsaw-Praga Tax Office (Urząd Skarbowy Warszawa-Praga)

📍 : ul. Jagiellońska 15, 03-719 Warszawa

☎ : tel. 22 509 18 00

🌐 : <http://www.mazowieckie.kas.gov.pl/web/bip-1401>

[/urzed-skarbowy-warszawa-praga](#)

📍 : districts: Warsaw-Praga Południe of the Warsaw-Centrum borough, Warsaw-Praga Północ of the Warsaw-Centrum borough

**The First Warsaw-Śródmieście Tax Office (Pierwszy Urząd Skarbowy Warszawa-Śródmieście)**

📍 : ul. Lindleya 14, 02-013 Warszawa

☎ : tel. 22 584 61 00

🌐 : <http://www.mazowieckie.kas.gov.pl>

[/pierwszy-urzed-skarbowy-warszawa-srodmiescie](#)

📍 : northern part of the Warsaw-Śródmieście district of the Warsaw-Centrum borough, the Warsaw-Żoliborz district of the Warsaw-Centrum borough

**The Second Warsaw-Śródmieście Tax Office (Drugi Urząd Skarbowy Warszawa-Śródmieście)**

📍 : ul. Jagiellońska 15, 03-719 Warszawa

☎ : tel. 22 51 13 501

🌐 : <http://www.mazowieckie.kas.gov.pl/drugi-urzed-skarbowy-warszawa-srodmiescie>



- ⊙ : southern part of the Warsaw-Śródmieście district of the Warsaw-Centrum borough, the Warsaw-Ochota district of the Warsaw-Centrum borough, the territorial scope of the First and Second Warsaw-Śródmieście Tax Offices is separated by Aleje Jerozolimskie. The northern part of Aleje Jerozolimskie (even numbers) is covered by the scope of the First Office. The southern part of Aleje Jerozolimskie (uneven numbers) is covered by the scope of the Second Office.

Warsaw-Targówek Tax Office (Urząd Skarbowy Warszawa-Targówek)

- ⊙ : ul. Dąbrowszczaków 14, 03-482 Warszawa
 ☎ : tel. 22 511 76 00

⊙ <http://www.mazowieckie.kas.gov.pl/web/bip-1401>

[/urząd-skarbowy-warszawa-targowek](#)

- ⊙ : boroughs: Warsaw-Białołęka, Warsaw-Targówek



Warsaw-Ursynów Tax Office (Urząd Skarbowy Warszawa-Ursynów)

- ⊙ : ul. Wynałazek 3, 02-677 Warszawa
 ☎ : tel. 22 548 68 00

⊙ <http://www.mazowieckie.kas.gov.pl>

[/urząd-skarbowy-warszawa-ursynow](#)

- ⊙ : boroughs: Warsaw-Ursynów, Warsaw-Wilanów



Warsaw-Wawer Tax Office (Urząd Skarbowy Warszawa-Wawer)

- ⊙ : ul. Ludwika Mycielskiego 21, 04-379 Warszawa
 ☎ : tel. 22 870 03 41

⊙ <http://www.mazowieckie.kas.gov.pl/urząd-skarbowy-warszawa-wawer>

- ⊙ : towns: Sulejówek, Wesoła, boroughs: Halinów, Warsaw-Rembertów, Warsaw-Wawer



Warsaw-Wola Tax Office (Urząd Skarbowy Warszawa-Wola)

- ⊙ : ul. Powstańców Śląskich 2D, 01-381 Warszawa
 ☎ : tel. 22 533 66 00

⊙ <http://www.mazowieckie.kas.gov.pl/urząd-skarbowy-warszawa-wola>

- ⊙ : Warsaw- Wola district of the Warsaw-Centrum borough



INSURANCE

Everyone who works legally (on an employment contract or commission agree-

ment) in Poland is covered by mandatory social security and health insurance – the employer pays contributions to Social Insurance Institution (Zakład Ubezpieczeń Społecznych, ZUS) on behalf of the employee. The employee may also include his children or other close family members in the insurance. The employee may also declare to their employer that they wish to pay a sickness contribution which entitles them to receive a benefit if they get ill (this means lower take-home pay).

The employee can also verify on their own whether their employer is complying with their obligations regarding ZUS contributions. More information (in Polish):

📄 <https://www.zus.pl/baza-wiedzy/o-platformie-uslug-elektronicznych-pue-/o-platformie-uslug-elektronicznych-pue-/jaksprawdzic-czy-firma-zglosila-mnie-do-ubezpieczenia>



MORE INFORMATION:

🌐 : www.zus.pl

website available in Polish, English, German and Russian.

If a foreigner is unemployed and doesn't have health insurance, they can buy voluntary health insurance in National Health Fund (Narodowy Fundusz Zdrowia, contact details below), which entitles them to use the public health service (in November 2020, its monthly cost is approximately PLN 470).

There is also a large number of insurance companies in Warsaw offering health insurance in private clinics and hospitals. We recommend you to compare their offers and check the scope of insurance very carefully.

BRANCHES OF THE SOCIAL INSURANCE INSTITUTION (ZUS)


ZUS-I Branch in Warsaw (ŚRÓDMIEŚCIE DISTRICT)

📍 : ul. Senatorska 6/8, 00-917 Warszawa


ZUS-II Branch in Warsaw (FOR PRAGA-PÓŁDNIĘ, REMBERTÓW, WAWER AND WESOŁA DISTRICTS)

📍 : ul. Podskarbińska 25, 03-829 Warszawa

ZUS-III Oddział w Warszawie
(FOR MOKOTÓW AND WILANÓW DISTRICTS)

 : ul. Czerniakowska 16, 00-701 Warszawa

ZUS Warsaw-Żoliborz Inspectorate
(FOR ŻOLIBORZ AND BIELANY DISTRICTS)

 : ul. Kasprowicza 151, 01-949 Warszawa

ZUS Warsaw-Wola Inspectorate

 : ul. Wrocławska 20, 01-493 Warszawa

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FREE LEGAL AID

There are about 20 points in Warsaw where people who cannot afford to pay for legal aid can receive free legal advice from a lawyer. This assistance is available at the District Offices, libraries or cultural centres. The assistance does not concern the legalisation of stay. The aid concerning conducting business and matters related to this is not provided either.

The free assistance may concern labour, civil, criminal, family and other areas of law. In order to receive advice, you must provide an ID document. It is also necessary to fill in a declaration that you are unable to cover the costs of the counselling yourself.

You can find information about legal aid points here (in Polish and English):

 <http://www.um.warszawa.pl/nieodplatnapomocprawna>

What is more, there are several organisations in Warsaw that also provide free advice on the legalisation of stay. We provide information about them in the section “Non-governmental organisations”.



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SOCIAL ASSISTANCE

The possibility to benefit from social assistance in Poland depends on the foreigner's legal status. As a general rule, support from assistance institutions may

be provided to persons who have the permanent residence right in Poland (permanent residence card, EU long-term residence, refugee status or subsidiary protection), as well as to some persons who have a temporary residence permit (this depends on the basis on which the permit was issued).

Other persons with a temporary residence permit in Poland are entitled to receive aid in the form of shelter or food in certain cases. Detailed information about the possibilities of assistance is available at the social assistance centres in the districts.

THE SUPPORT SYSTEM IN WARSAW CONSISTS OF SEVERAL TYPES OF FACILITIES AND SERVICES:

Warsaw Family Support Centre (Warszawskie Centrum Pomocy Rodzinie)

Warsaw Family Support Centre supports persons under international protection (refugees and persons with subsidiary protection) during their integration programmes.



📍 : ul. Lipińska 2, 01-001 Warszawa
☎ : tel. 22 599 71 00



Information for foreigners:

📄 <https://wcpr.pl/nasze-uslugi/cudzoziemcy/kontakt>

Social Assistance Centres (Ośrodki Pomocy Społecznej)

Social Assistance Centres provide help to migrants, within the scope of possibilities defined by the Social Welfare Act (i.e. depending on the legal status of the person).

Social Assistance Centres operate in every district. They can only provide support to residents of a particular district.



📄 <http://www.pomocy.waw.pl/przykladowa-strona/osrodki-pomocy-spolecznej/>

Social Assistance Centres help people in difficult life situations in terms of, for example:

- 📍 : Support of social workers and family assistants
- 📍 : Applications for Family 500+ benefit
- 📍 : Family and maintenance benefits (e.g.: child allowance, child's birth grant, care allowance)
- 📍 : Support for people with disabilities and rental of medical and rehabilitation equipment
- 📍 : Support for senior citizens

List of addresses and contact details of all Warsaw Social Assistance Centres can be found here (in Polish only):

<http://www.pomocy.waw.pl/przykladowa-strona/osrodki-pomocy-spolecznej/>

Big Family Card (Karta Dużej Rodziny)

Families bringing up at least three under-age children who have permanent stay in Poland have the opportunity to apply for a Big Family Card. The card entitles the holder to a number of discounts.

More information:

📄 <https://warszawa19115.pl/-/karta-duzej-rodziny>



Crisis Intervention

If you are experiencing violence or for any other reason find yourself in a crisis

caused by an emergency situation, you can receive psychological, legal, psychiatric and social assistance (including a hostel) at the Warsaw Crisis Intervention Centre (Warszawski Ośrodek Interwencji Kryzysowej). The centre also provides help to the homeless people - here you can find up-to-date information on support centres for the homeless in Warsaw.

The facility offers a hostel available to persons with the right of permanent stay in Poland. Other forms of support provided by the centre are available to migrants regardless of their legal status.

The Centre's staff work in Polish but it is also possible to arrange a meeting with an English-speaking social worker.

Warsaw Crisis Intervention Centre (Warszawski Ośrodek Interwencji Kryzysowej)

1) CRISIS INTERVENTION DEPARTMENT (DZIAŁ INTERWENCJI KRYZYSOWEJ)

- 📍 : ul. 6-go Sierpnia 1/5, 02-843 Warszawa
- ☎ : mobile: 514 202 619
- ✉ : interwencjakryzysowa@woik.waw.pl
- 🕒 : The hostel and the first aid room are open on 24-hour basis





2) INTERVENTION POINT (PUNKT INTERWENCYJNY)

- 📍 : Pl. Dąbrowskiego 7, 00-057
Warszawa
- ☎ : mobile: 535 430 902
- ☎ : tel. 22 837 55 59
- ✉ : punkt.interwencyjny@woik.waw.pl
- 🕒 : working hours: 8.00-20.00



3) PREVENTION OF FAMILY VIOLENCE COUNSELLING CENTRE

(PORADNIA DS. PRZECIWDZIAŁANIA PRZEMOCY W RODZINIE)

-  : ul Belgijska 4, 02-511 Warszawa
-  : mobile: 667 833 400
-  : tel. 22 845 12 12
-  : poradnia-przemocdomowa@woik.waw.pl



The Warsaw Crisis Intervention Centre's website (in Polish only):

 www.woik.waw.pl



AID FOR CHILDREN

The Empowering Children Foundation (Fundacja Dajemy Dzieciom Się) provides free psychological, psychiatric and legal help for children - victims of abuse, their parents and caretakers, as well as for parents experiencing difficulties in raising young children (aged 0-6).

Family and Child Centre (Centrum Dziecka i Rodziny)

📍 : ul. Walecznych 59, 03-926 Warszawa

☎ : tel. 22 616 16 69

✉ : cdir@fdds.pl

🌐 www.fdds.pl

🗣 : website available in Polish and English



AID FOR VICTIMS OF HUMAN TRAFFICKING

If you are forced to work against your will; if you know a person who is experiencing such situation - you can call the police (contact details below) or contact the La Strada Foundation.

La Strada Foundation

☎ : tel. +48 605 687 750

🌐 <https://www.strada.org.pl/>

🗣 : website available in Polish and English



POLICE

Warsaw Police Headquarters (Komenda Stołeczna Policji)

📍 : ul. Nowolipie 2, 00-150 Warszawa

☎ : officer on duty: 22 603 65 55

Customer Service Point (Punkt Obsługi Interesanta)

☎ : 22 603 66 26

ADRESY KOMEND REJONOWYCH POLICJI W DZIELNICACH MOŻNA ZNALEŻĆ TUTAJ:

🌐 <http://www.policja.waw.pl/pl/kontakt/komendy-rejonowe-i-powi>

[/46,Komendy-rejonowe-i-powiatowe-garnizonu-warszawskiego.html](http://www.policja.waw.pl/pl/kontakt/komendy-rejonowe-i-powi/46,Komendy-rejonowe-i-powiatowe-garnizonu-warszawskiego.html)



"Our Choice" Foundation

ul. Ludwika Zamenhofa 1

Greek Catholic church

ul. Miodowa 16

**Warsaw Family Support Centre
- Warsaw Centre for People
with Disabilities**

ul. Gen. Andersa 5

**The Association for Legal
Intervention**

ul. Siedmiogrodzka 5

**Helsinki Foundation
for Human Rights**

ul. Zgoda 11

**FROG - Foundat
for Development Beyo**

ul. Mazowiecka 1

Mazovian Voivodeship Office

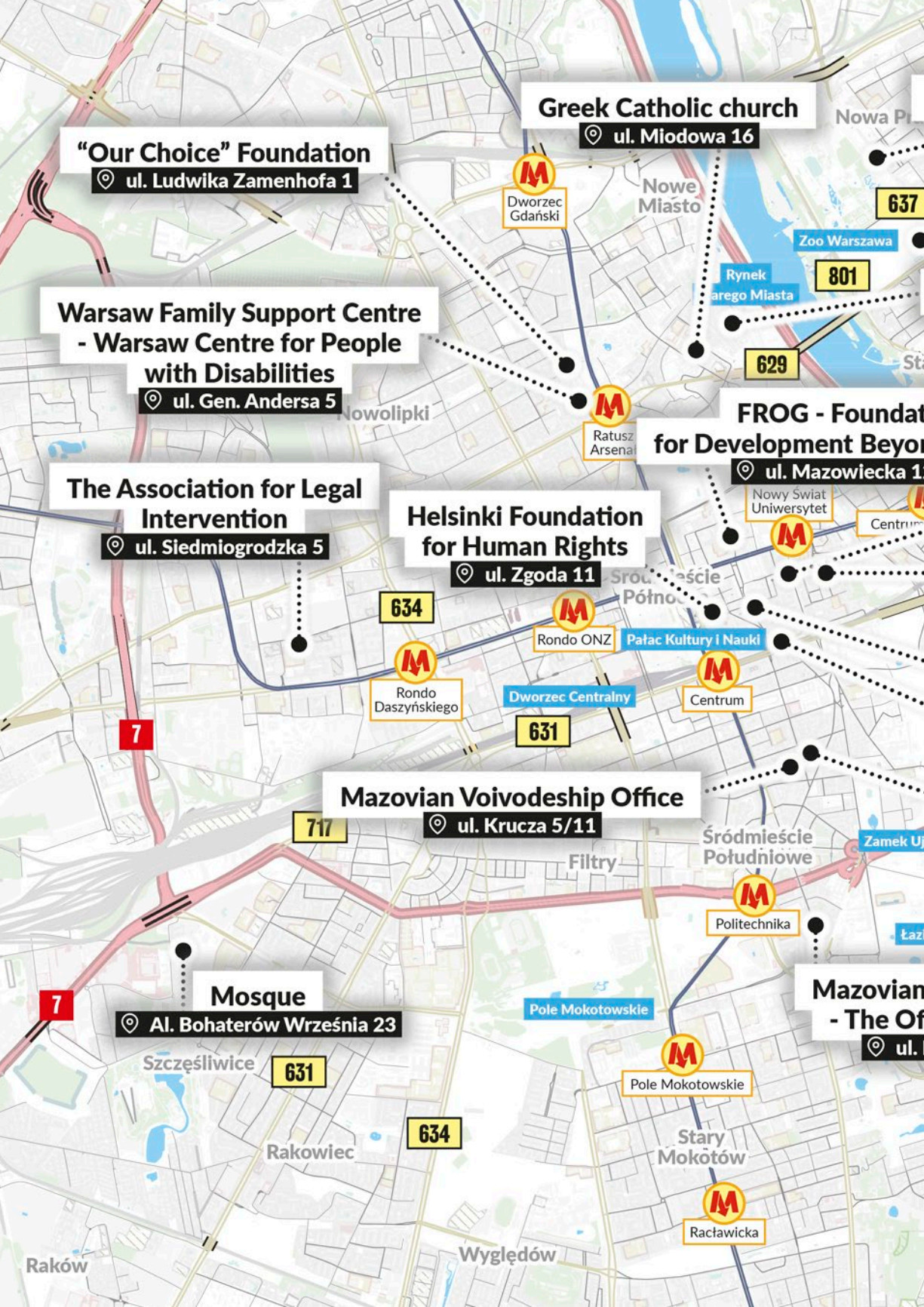
ul. Krucza 5/11

Mosque

Al. Bohaterów Września 23

**Mazovian
- The Of**

ul.



The Warsaw Multicultural Centre

📍 ul. Jagiellońska 54

Eastern Orthodox Church

📍 aleja „Solidarności” 52

Old Town Cultural Centre

📍 Rynek Starego Miasta 2

FISE - The Foundation for Social and Economic Initiatives

📍 ul. Nowy Świat 49, lok. 201

Migration and Borders

2/24

Linguae Mundi Foundation

📍 ul. Mikołaja Kopernika 17

Family and Child Centre - The Empowering Children Foundation

📍 ul. Walecznych 59

Polish Migration Forum Foundation

📍 ul. Szpitalna 5/14

Foundation for Somalia

📍 ul. Bracka 18

Ocalenie Foundation

📍 ul. Krucza 6/14A

Voivodeship Office for Foreigners

Marszałkowska 3/5



IMPORTANT EMERGENCY PHONE NUMBERS:



Emergency telephone

 : **112**

Ambulance services

 : 999



Fire services

 : 998

Police

 : 997



City Guard

 : 986

Gas emergency

 : 992



NON-GOVERNMENTAL ORGANISATIONS

Non-governmental organisations are social initiatives of a different kind that generally operate thanks to resources other than government funds. Most assistance in non-governmental organisations is available free of charge or at prices lower than market rates.

There are over 2750 various organisations in Warsaw. They specialise in different fields: sport, health care, support for people with disabilities, arts and culture, and many others. You can find the full list of organisations here:

📍 <http://ngo.um.warszawa.pl/organizacje-pozarządowe>

[/baza-warszawskich-organizacji-pozarządowych](#)



There are also organisations in Warsaw that specialise in helping migrants - some of them are listed below:

Polish Migration Forum Foundation

(Fundacja Polskie Forum Migracyjne)

📍 : ul. Szpitalna 5/14, 00-031 Warszawa

☎ : tel. 22 110 00 85

☎ : tel. 692 913 993

📍 www.forummigracyjne.org

📄 : <https://www.facebook.com/PolskieForumMigracyjne/>

🕒 : **Legal Aid** : **Job market assistance** : **Social assistance** : **Psychological assistance**
: **Learning Polish language** : childbirth classes, support for migrant mothers, tax settlement, support for chronically ill and disabled migrants, voluntary service



The Association for Legal Intervention

(Stowarzyszenie Interwencji Prawnej)

📍 : ul. Siedmiogrodzka 5, 01-204 Warszawa

☎ : tel. 22 621 51 65

📍 <https://interwencjaprawna.pl>

📄 : <https://www.facebook.com/Stowarzyszenie.Interwencji.Prawnej>

🕒 : **Legal Aid** : **Social assistance**



Helsinki Foundation for Human Rights

(Helsińska Fundacja Praw Człowieka)

📍 : ul. Zgoda 11, 00-018 Warszawa

☎ : tel. 22 556 44 40 extension 2

📍 <https://www.hfhr.pl>

🕒 : **Legal Aid** (servicing of migrants once a week)



Foundation for Freedom

(Fundacja dla Wolności)

📍 : ul. Ordynacka 9, 00-364 Warszawa

☎ : tel. 502070701

📍 <https://www.fundacjadlawolnosc.org/>

🕒 : **Social assistance** : Etnoleague – intercultural football tournaments



Ocalenie Foundation (Fundacja Ocalenie)

📍 : Krucza 6/14A, 00-537 Warszawa

🌐 : <https://ocalenie.org.pl/>

📱 : <https://www.facebook.com/FundacjaOcalenie>

🕒 : **Legal Aid** : **Job market assistance** : **Social assistance** : **Psychological assistance**
: **Learning Polish language** : material support, assistance of the community nurse, help with finding accommodation

**Caritas**

📍 : ul. Okopowa 55, 01-043 Warszawa

📞 : tel. 22 334 85 00,

📧 : caritaspolska@caritas.pl

🌐 : <https://caritas.pl/pomoc-w-polsce/migranci-i-uchodzcy/>

🕒 : **Job market assistance** : **Social assistance** : **Psychological assistance** : subsidies for the purchase of medicines and rent (single payment for migrants in difficult situation), material support

**Foundation for Somalia (Fundacja dla Somalii)**

📍 : ul. Bracka 18/63, II piętro, 00-028 Warszawa

📞 : tel. 22 658 04 87

🌐 : <http://fds.org.pl/>

📱 : <https://pl-pl.facebook.com/FundacjaDlaSomalii>

🕒 : **Legal Aid** : **Job market assistance** : **Social assistance** : **Psychological assistance** : **Learning Polish language** : ABC of entrepreneurship

**Linguae Mundi Foundation**

📍 : ul. M. Kopernika 17, 00-359 Warszawa

📞 : tel. 22 625 42 53

🌐 : <http://linguaemundi.pl/>

🕒 : **Learning Polish language** : learning about the culture of Warsaw

**Open House (Dom Otwarty)
(INFORMAL GROUP)**

🌐 : <https://www.facebook.com/InicjatywaDomOtwarty/>

🕒 : **Social assistance** : accompanying/translating in hospitals, material support

**“Our Choice” Foundation (Fundacja „Nasz Wybór”)**

📍 : Ul. Zamenhofa 1, 00-153 Warszawa

📞 : tel. 22 258 40 18

🌐 : <https://naszwybor.org.pl>

🕒 : **Job market assistance** : **Social assistance** : support for migrant cultural initiatives



Chlebem i Solą

📍 <https://www.facebook.com/polacydlauchodzcow/>

- 📍 : **Job market assistance** : **Social assistance** : the entire offer **ONLY** for refugees, persons under protection and in the asylum procedure



Fu Shenfu Migrant Centre (Werbistowskie Centrum Migranta Fu Shenfu)

📍 : ul. Ostrobramska 98, Warszawa

☎ : tel. 22 610 02 52,

☎ : tel. 781 904 555

@ : centrum@migrant.pl

📍 <https://www.facebook.com/>

[/Werbistowskie-Centrum-Migranta-Fu-Shenfu-174025973027166/](#)

- 📍 : **Social assistance** : **Learning Polish language** : spiritual service for Catholics in Vietnamese, Spanish, English and Chinese



Jesuit Social Centre "In Action" (Jezuickie Centrum Społeczne „W Akcji”)

📍 : ul. Rakowiecka 61, 02-532 Warszawa (entrance in the ul. Boboli)

☎ : tel. 797 907 588

@ : kontakt@wakcji.org

🌐 : <http://www.wakcji.org/>

🕒 : **Legal Aid** : **Social assistance** : **Learning Polish language** : material support, integration initiatives

**The Foundation for Social Diversity (Fundacja na rzecz Różnorodności Społecznej)**

☎ : tel. 574 682 244

🌐 : <https://www.facebook.com/pg/FundacjaNaRzeczRoznorodnoscSpolecznej>

🕒 : advice on matters relating to access to education

**Foundation for Development Beyond Borders (FROG - Fundacja Rozwoju Oprócz Granic)**

📍 : ul. Mazowiecka 12/ 24, 00-048 Warszawa

☎ : tel. 517 459 418

🌐 : <https://www.facebook.com/fundacjafrog>

🕒 : **Legal Aid** : **Job market assistance** : **Learning Polish language** : counselling regarding legalisation of stay, job market and learning the Polish language is paid

**The Foundation for Social and Economic Initiatives (Fundacja Inicjatyw Społeczno-Ekonomicznych FISE)**

📍 : ul. Nowy Świat 49 lok. 201, 00-042 Warszawa

☎ : tel. 730 623 658

☎ : tel. 730 623 779

🌐 : <https://fise.org.pl/>

🕒 : **Job market assistance** : counseling and vocational trainings for migrants

**Old Town Cultural Centre (Staromiejski Dom Kultury)**

📍 : Rynek Starego Miasta 2, 00-272 Warszawa

🌐 : www.sdk.pl

@ : porady.prawne@sdk.pl,

@ : paulina.zajac@sdk.pl

☎ : tel: 721 981 113

🕒 : **Legal Aid** : **Learning Polish language** : Presenting documents proving residence status in Poland (residence card, visa, etc.) is not necessary



The scope of the organisations' activities changes as it depends on the funds obtained by the organisations. Current offers can be found directly on the organisations' websites.

THE WARSAW MULTICULTURAL CENTRE

(WARSZAWSKIE CENTRUM WIELOKULTUROWE)

This initiative, co-founded by the City of Warsaw and NGOs, offers counselling, Polish language courses as well as the opportunity to participate in various artistic, cultural and integration activities for migrants. It gives opportunities for volunteer work and also provides free event space to migrant organisations and informal groups for foreigners.

📍 : ul. Jagiellońska 54, 03-463 Warszawa

☎ : tel. 22 648 11 11

✉ : centrum@cwaw.waw.pl

🌐 : <https://centrumwielokulturowe.waw.pl/>

🌐 : website available in Polish and English



EDUCATION

In Poland, every child up to the age of 18 is obliged to be educated - regardless of the legal status and nationality of the parents Warsaw provides opportunities for education at every level. There are also schools for adults here.

The parents, together with their child, can choose which school they want to send their child to. The school can decide whether to admit the child or not, depending on whether it has a vacancy in the class. However, a child cannot be refused admission to a "district" school - that is, a school to which the child belongs because of their place of living.

YOU CAN FIND A LIST OF SCHOOLS IN WARSAW

IN THE FORM OF A BROWSER AVAILABLE IN POLISH AND ENGLISH:

🌐 : <http://www.kuratorium.waw.pl/pl/form/3,Wykaz-szkol-i-placowek.html>



Some of the state schools are particularly well prepared for the education of children with migration experience - they have so-called preparation departments. In those departments - usually for 2 semesters - children who have recently moved to Poland are taught. Education in the preparatory department mainly focuses on learning the Polish language. When the teacher assesses that the pupil speaks

Polish well enough, the child joins a regular class where the subject lessons and the core curriculum are carried out.

The list of schools with preparatory departments for the 2020/2021 school year:

The Tadeusz Gajcy Primary School No. 58 in Warsaw (Szkoła Podstawowa Nr 58 im.

Tadeusza Gajcego w Warszawie)

📍 : ul. Mieszka I nr 7, 03-886 Warszawa

☎ : tel. 22 679 03 43

🌐 : <https://sp58.edupage.org/>

The Barbara Bronisława Czarnowska Primary School no. 221 (Szkoła Podstawowa

Nr 221 im. Barbary Bronisławy Czarnowskiej)

📍 : ul. Ogrodowa 42/44, 00-876 Warszawa

📍 : ul. Żelazna 71, 00-871 Warszawa

☎ : tel. 22 620 17 40, 22 620 24 44

🌐 : <http://sp221.edu.pl/>

The Romuald Traugutt High School No. 45 (XLV Liceum Ogólnokształcące im. Romualda

Traugutta)

📍 : ul. Miła 26, 01-047 Warszawa

☎ : tel. 22 838 35 32, 22 838 98 96

🌐 : <https://traugutt.edupage.org/>



It is worth mentioning that apart from state schools, run by the State, there are also private and community schools in Warsaw (both are fee-paid schools). There is a network of bilingual schools, foreign-language schools run at the embassies, and Saturday schools, for example for Russian- and Ukrainian-speaking children. We recommend you to look for the information about these facilities through the embassy of your home country.

LEARNING POLISH LANGUAGE

There are many schools in Warsaw that offer courses of Polish as a second language. Several NGOs also have free or partially paid courses.

ORGANISATIONS WHICH OFFER POLISH LANGUAGE COURSES:

- ☉ : Linguae Mundi Foundation,
- ☉ : Foundation for Somalia (Fundacja dla Somalii),
- ☉ : Ocalenie Foundation,
- ☉ : FROG,
- ☉ : Old Town Cultural Centre (Staromiejski Dom Kultury)
- ☉ : Jesuit Social Centre "In Action" (Jezuickie Centrum Społeczne „W Akcji”)
- ☉ : The Warsaw Multicultural Centre (Warszawskie Centrum Wielokulturowe).

You can find contact details for these organisations in the section "Non-governmental organisations".

VOLUNTARY SERVICE

Warsaw offers many volunteering opportunities of various kinds. Information on volunteering opportunities can be found, for example, on the website (in Polish only):

☉ <https://ochotnicy.waw.pl/>

Also, almost all Warsaw universities have volunteer centres. Many NGOs and cultural institutions benefit from the work of volunteers, too.



AMBULANCE SERVICES

The public health care system in Poland works on the basis of insurance - contributions paid to the Social Insurance Institution (more on this in the chapter about ZUS). In state hospitals and clinics, you can only receive free treatment if you have health insurance. Only life-saving help is free for everyone. Currently, the public medical care system in Poland is not performing very well. Not all services are available even to people who have insurance. As a result, many insured Poles choose paid medical services.

AMBULANCE SERVICES

112 OR 999

THESE ARE EMERGENCY TELEPHONE NUMBERS FOR HEALTH CARE-RELATED CASES

On the basis of the conversation, the ambulance worker decides whether to send an ambulance to the patient or not. As a general rule, an ambulance will only come for a patient in an immediate life-threatening situation.

Note that a patient may receive a bill for an unjustified ambulance call!

HOSPITALS

There are many hospitals in Warsaw, including numerous specialist hospitals. Except from emergencies, you can access hospitals after receiving a referral from your doctor.

A list of hospitals with their addresses and telephone numbers can be found here:

<https://warszawa19115.pl/-/wykaz-szpitali>



SOME OF THE HOSPITALS:

Bielany Hospital (Szpital Bielański)

  ul. Cegłowska 80, Warszawa

☎ : tel.: 22 56 90 500
🌐 : www.bielanski.med.pl

EMERGENCY ROOM

☎ : tel.: 22 56 90 120 (until 3.00 p.m.)
☎ : tel.: 22 56 90 131/3 (round-the-clock)







Bródno Hospital (Szpital Bródnowski)

📍 : ul. Kondratowicza 8, Warszawa
☎ : Reception Desk, tel.: 22 326 52 26
☎ : Information, tel.: 22 326 53 17 (Mon.-Fri.: 08:00-15:30)
☎ : Admission room, tel.: 22 326 56 76
☎ : Emergency Room (SOR), tel.: 22 326 56 76
☎ : Ophtalmological ward, tel.: 22 326 59 77
☎ : Obstetric-gynecologic admission room, tel.: 22 326 57 69
🌐 : www.szpital-brodnowski.waw.pl



Central Clinical Hospital of the Ministry of Interior and Administration

(Centralny Szpital Kliniczny MSWiA)






-  : ul. Wołoska 137, Warszawa
-  : tel. 22 508 20 00
-  : Reception Desk tel.: 22 508 15 52
-  : Ambulance tel.: 22 508 15 00
-  : Emergency Room tel.: 22 508 15 10
-  : www.cskmswia.pl

SOME OF THE HOSPITALS FOR CHILDREN:

Independent Public Children's Clinical Hospital (Samodzielny Publiczny Dziecięcy Szpital Kliniczny)




-  : ul. Żwirki i Wigury 63A, Warszawa
-  : Information point tel.: 22 317 91 64, 22 317 91 65
-  : <http://spdsk.edu.pl/>

Prof. J. Bogdanowicz, MD Regional Children's Hospital (Wojewódzki Szpital Dziecięcy im. prof. dr. med. J. Bogdanowicza)

-  : ul. Niekańska 4/24, Warszawa
-  : Registrar's office tel.: 22 672 78 42
-  : Planned Admission Room tel.: 22 50 98 440
-  : Emergency Room tel.: 22 50 98 412
-  : www.nieklanska.pl

SOME OF THE OBSTETRIC-GYNECOLOGIC HOSPITALS:

Gynecological and Obstetric Hospital (Szpital Ginekologiczno-Położniczy) **ul. Inflancka 6**

-  : Registrar's office, tel.: 22 697 31 10
-  : Registering appointments (prenatal care during the pregnancy), tel.: 22 697 33 33
-  : www.szpital-inflancka.pl

Gynecological and Obstetric Hospital (Szpital Ginekologiczno-Położniczy)

-  : ul. Madalińskiego 25, Warszawa
-  : Registrar's office of the Hospital Authorities, tel.: 22 45 02 215
-  : Admission Room, tel.: 22 45 02 221

☎ : Information and registration for the Hospital Out-Patient Clinic, tel.: 22 45 12 600, 8:00 a.m. to 3:00 p.m. (Tuesdays, Thursdays 10:00 a.m. to 6:00 p.m.)

🌐 : www.szpitalmadalinskiego.pl

ACCIDENT & EMERGENCY

Warsaw's hospitals have a system of A&Es - round-the-clock medical services of various specialists in dedicated facilities. You can come to the A&E without a referral in case of emergency. Information about the current A&E is available at any hospital (their location changes).

HEALTH CENTRES PRIMARY HEALTH CARE

(PODSTAWOWA OPIEKA ZDROWOTNA)

POZs are health centres where you can find a family doctor, paediatrician, general practitioner or dentist. There are many Primary Health Care centres in Warsaw which function as public or private but contracted by the National Health Fund entities. Both forms of POZ are available to those who pay (either themselves or through their employer) a health contribution - they are insured.

Once you are insured, it is worth going to a health centre and register as a patient at the health centre that is most convenient for you (the one which is close to your home, your workplace, or convenient for other reasons). You can change your family doctor three times a year for free.

An interactive map of primary health care services is available on the website of the Mazovian branch of the National Health Fund:

Ⓢ <http://www.nfz-warszawa.pl/dla-pacjenta/co-kazdy-pacjent-wiedziec-powinien>

[/podstawowa-opieka-zdrowotna/](http://www.nfz-warszawa.pl/dla-pacjenta/co-kazdy-pacjent-wiedziec-powinien/podstawowa-opieka-zdrowotna/)



MEDICAL CARE FOR UNINSURED PERSONS

According to Polish law, medical care for uninsured persons is only available for a payment. However, there is a non-governmental organisation in Warsaw which

provides free medical care to homeless people. It also supports uninsured foreigners who are unable to access other medical care. As the clinic doctors work on a voluntary basis, it is advisable to call before your appointment to check the possibility of a consultation.

Doctors of Hope (Lekarze Nadziei)

📍 : ul. Wolska 172, 01-258 Warszawa

🕒 : open from Monday to Friday between the hours: 09:00 a.m. – 4:00 p.m.

☎ : tel.(fax) 22 836 81 82

✉ : lekarzenadziei@vp.pl

🌐 <http://lekarzenadziei.waw.pl/>



SANEPID

DISTRICT SANITARY-EPIDEMIOLOGICAL STATION (POWIATOWA STACJA SANITARNO-EPIDEMIOLOGICZNA)

The institution is responsible for epidemiological issues - in terms of epidemics, testing, quarantine - but it also conducts the tests necessary for professions related to the production of food (medical record book for sanitary and epidemiological purposes).

SANEPID has its facilities in a few districts of Warsaw. More information:

🌐 <https://www.pssewawa.pl/>



DISABILITY

In Poland, there is a support system for persons with disabilities. However, only people who have a disability certificate obtained in Poland can benefit from it. Obtaining a disability certificate is only possible for foreigners who have a long-term right of residence in Poland.

Warsaw Family Support Centre (Warszawskie Centrum Pomocy Rodzinie)

WARSAW CENTRE FOR PEOPLE WITH DISABILITIES (STOŁECZNE CENTRUM OSÓB NIEPEŁNOSPRAWNYCH)

Warsaw Family Support Centre is a facility that deals with disability evaluation. Those who would like to obtain such a certificate and, consequently, various benefits should contact the Warsaw Family Support Centre for information.

📍 : ul. Gen. Andersa 5, Warszawa

☎ : Customer Call Centre: 22 50 97 119, 22 50 97 129, 22 50 97 161, 22 50 97 162

🌐 <https://wcpr.pl/>



Information and Coordination Point for People with Disabilities PIKON

(Punkt Informacyjno-Konsultacyjny dla Osób Niepełnosprawnych)

PIKON is a place where a person with disability can find out what forms of support are offered by the City of Warsaw or public institutions (such as ZUS)

📍 : Al. Solidarności 93, 00-144 Warszawa

☎ : tel. 661 439 072

📧 : pikon@wcpr.pl

🌐 <https://wcpr.pl/zadania/pikon/pikon-oferta>



PUBLIC TRANSPORT

TICKETS

Warsaw has a metro, buses, trams, a system of city bikes, electric scooters, as well as the car rental by the hour.

The same public transport tickets are valid for the metro, buses and trams, and also for trains travelling within Warsaw.

You can buy tickets at kiosks, ticket machines (occasionally available on newer trams and buses) or via smartphone apps (e.g. jakdojade.pl). Note! Tickets are not sold by bus or tram drivers. You have to validate your ticket in the ticket validator after getting on the vehicle or at the metro gate. Tickets for multiple trips need to be validated only on the first ride.



You can find the information on the types of tickets here

📍 <https://ztm.waw.pl>

🗣️ : in Polish and English

Regular users of public transport can apply for a city card which allows them to buy a ticket for one or three months. You can submit an online application for the card here

📍 <https://personalizacja.ztm.waw.pl/>

In order to do this, it is necessary to prepare an electronic version of a colour photograph (like for a passport). You can collect your card after a few days at a chosen passenger service point (they operate for example in metro stations).



WARSAW CITIZEN CARD (KARTA WARSZAWIAKA)

If you live in Warsaw and pay taxes there, you can apply for a Warsaw Citizen Card. The card entitles you to significant discounts on long-term public transport tickets. It also gives discounts on other services in the city: e.g. entrance to the swimming pool.



RIDING A BIKE

Warsaw has a growing network of bike paths. There is also a public bicycle sharing system called Veturilo. The first 20 minutes of ride is always for free, then the fees are charged. The use of a bike is possible after prior registration.

More information:

🌐 <https://www.veturilo.waw.pl/veturilo-jak-to-dziala/>

🌐 : website available in Polish, English, German and Russian



It is worth to know that there is an Open Bicycle Workshop in Warsaw (at the back of the Marketplace “Bazar Różycykiego”). You can repair your bike there or buy a second-hand one inexpensively.

🌐 <http://mierzwysoko.org.pl/dzialania/otwarty-warsztat-rowerowy/>



SPIRITUAL MINISTRY

Warsaw offers places of prayer for believers of many faiths, in many languages.

Eastern Orthodox Church:

ORTHODOX METROPOLITAN CATHEDRAL OF ST. MARY MAGDALENE IN WARSAW

(PRAWOSŁAWNA KATEDRA METROPOLITANNA ŚW. MARII MAGDALENY W WARSZAWIE)

📍 : Al. Solidarności 52, 03-402 Warszawa

☎ : tel. 22 619 84 67

Greek Catholic church:

GREEK CATHOLIC PARISH OF THE DORMITION OF THE HOLY VIRGIN MARY IN WARSAW

(PARAFIA GRECKOKATOLICKA P.W. ZAŚNIĘCIA NAJŚWIĘTSZEJ MARII PANNY W WARSZAWIE)

📍 : ul. Miodowa 16, 00-246 Warszawa

☎ : tel. 22 831 17 18; 606 733 999

Greek Catholic church:

BLESSED BP. MIKOŁAJ CZARNIECKI PARISH IN WARSAW OF THE GREEK CATHOLIC CHURCH IN

POLAND (PARAFIA BŁ. BP. MIKOŁAJA CZARNIECKIEGO W WARSZAWIE CERKWI GRECKOKATOLICKIEJ W POLSCE)

📍 : ul. Domaniewska 20, 02-672 Warszawa

Mosque:




THE MUSLIM COMMUNITY IN WARSAW (MUZUŁMAŃSKA GMINA WYZNANIOWA W WARSZAWIE)

📍 : ul. Wiertnicza 103, 02-952 Warszawa

☎ : tel. 22 842 9174




Mosque:

THE MUSLIM CULTURAL CENTRE IN WARSAW (OŚRODEK KULTURY MUZUŁMAŃSKIEJ W WARSZAWIE)

-  : Al. Bohaterów Września 23, 02-389 Warszawa
-  : okm.warszawa@gmail.com
-  : tel. 22 636 72 46

The Evangelical-Augsburg Church:




THE HOLY TRINITY EVANGELICAL-AUGSBURG CHURCH (PARAFIA EWANGELICKO-AUGSBURSKA ŚWIĘTEJ TRÓJCY)

-  : ul. Kredytowa 4, 00-062 Warszawa
-  : tel. 22 556-46-60
-  : <https://www.trojca.waw.pl/>



The Evangelical Reformed Church (Kościół Ewangelicko-Reformowany):

-  : Al. Solidarności 76a, 00-145 Warszawa
-  : tel. 22 636 99 45
-  : <http://reformowani.org.pl/>

The Pentecostal Church (Kościół Zielonoświątkowy)

-  : ul. Sienna 68/70, 00-825 Warszawa
-  : tel. 22 595 18 22
-  : <http://www.sienna.waw.pl/>

The Baptist Church (Kościół Baptystów)THE CONGREGATION OF THE CHRISTIAN BAPTIST CHURCH
IN WARSAW (ZBÓR KOŚCIOŁA CHRZEŚCIJAN BAPTYSTÓW W WARSZAWIE)

-  : ul. Waliców 25, 00-865 Warszawa
-  : <https://baptysci.waw.pl/>



The Catholic Church (Kościół Katolicki)

Catholic services in foreign languages (sometimes less than once a week) are celebrated in Warsaw in English, French, Spanish, Chinese, Arabic, Vietnamese, German, Italian, Korean, Lithuanian, Armenian, Hungarian, Filipino and Latin. More information:



Ⓞ <http://archwwa.pl/wyszukaj-msze/msze-swiete-w-jezykach-obcych/>

(website available in Polish, English, Italian and Spanish)

CULTURE AND ENTERTAINMENT

You can find information about Warsaw's cultural offer on the following websites:

- 📺 : <https://cojestgrane.pl/polska/mazowieckie/warszawa> (cinemas, theatres, concerts, cultural events, in Polish)
- 📺 : <https://www.repertuary.pl/> (cinema programmes, in Polish and English)
- 📺 : <http://www.kulturalna.warszawa.pl/> (the city's website, in Polish)
- 📺 : <https://www.kiwiportal.pl/wydarzenia/m/warszawa> (in Polish)
- 📺 : <http://kulturalnie.waw.pl/> (in Polish)

It is worth to know that there are also theatre initiatives involving migrants in Warsaw, e.g. Strefa WolnoSłowa. More information www.strefawolnoslowa.pl

SMALL TIPS:

- 🕒 : Many cinemas offer cheaper tickets on Mondays or Wednesdays.
- 🕒 : Most of the Warsaw museums are closed on Mondays.
- 🕒 : In the summer, there are free Sunday concerts of Chopin's music in Łazienki Park in Warsaw.
- 🕒 : Many museums offer free admission once a week, e.g. the Warsaw Rising Museum (Muzeum Powstania Warszawskiego) on Sunday, the Railway Museum (Muzeum Kolejnictwa) on Monday, the National Museum (Muzeum Narodowe) on Tuesday, the Royal Castle (Zamek Królewski) on Wednesday, POLIN Museum of the History of Polish Jews (Muzeum Historii Żydów Polskich POLIN), the Centre for Contemporary Art (Centrum Sztuki Współczesnej), Wilanów Palace (Pałac w Wilanowie), the Ethnographic Museum (Muzeum Etnograficzne) and Zachęta Art Gallery (Galeria Sztuki Zachęta) on Thursday.

📍 : Copernicus Science Centre offers a monthly pool of free tickets for economically disadvantaged people

🌐 : <http://www.kopernik.org.pl/odwiedz-nas>

[/bezplatne-wejscie-dla-osob-w-trudnej-sytuacji-spoecznejekonomicznej/](http://www.kopernik.org.pl/odwiedz-nas/bezplatne-wejscie-dla-osob-w-trudnej-sytuacji-spoecznejekonomicznej/)



LIBRARIES

The only thing required to register at the library is an identity document - no PESEL or residence card is (almost always) necessary.

In many districts, the library system is interconnected - by registering at one library in a district, you can use all of the other libraries in that district.

You can find a list of Warsaw libraries here:

🌐 : <https://www.bibliotekiwarszawy.pl/>



Some libraries have collections in foreign languages. You can find books in foreign languages, for example in:

The Foreign Languages Library (Wypożyczalnia Zbiorów Obcojęzycznych) – Warsaw-Praga

📍 : ul. J. Meissnera 5, 03-982 Warszawa,

☎ : tel. 22 613 62 73

🌐 : <http://www.bppragapd.pl/wyposzczalnia-zbiorow-obcojezycznych>

📍 : collections in 8 foreign languages



Ursynoteka - Wypożyczalnia Zbiorów Obcojęzycznych

📍 : ul. Edwarda Dembowskiego 12, 02-781 Warszawa,

☎ : tel. 22 899 18 87

🌐 : <https://ursynoteka.pl/>

📖 : collections in English, Russian and German



Many libraries also organise various cultural events where admission is free.

IMPORTANT TELEPHONE NUMBERS

European emergency number

☎ : tel. 112

Ambulance services

☎ : tel. 999

Fire services

☎ : tel. 998

Police

☎ : tel. 997

City Guard

☎ : tel. 986

Helpline – hospital accident & emergency units

☎ : tel. 800 777 770

Gas emergency

☎ : tel. 992

Energetic emergency

BEMOWO, BIELANY, WOLA, ŚRÓDMIEŚCIE (ON THE NORTHERN SIDE OF AL. JEROZOLIMSKIE),
ŻOLIBORZ

☎ : tel. 22 821 51 11

MOKOTÓW, OCHOTA, ŚRÓDMIEŚCIE (ON THE SOUTHERN SIDE OF AL. JEROZOLIMSKIE),
WILANÓW, WŁOCHY, URSYNÓW

☎ : tel. 22 821 52 11

PRAGA PÓŁNOC, BIAŁOŁĘKA, TARGÓWEK

☎ : tel. 22 821 53 11

PRAGA POŁUDNIE, REMBERTÓW, WAWER

☎ : tel. 22 821 54 11

WESOŁA

☎ : tel. 778 28 00, 778 28 22

Heating emergency service

☎ : tel. 993

Water and sewage emergency

☎ : tel. 994

Tourist Emergency Line

TELEFON BEZPIECZEŃSTWA DLA ZAGRANICZNYCH TURYSTÓW

☎ : tel. 0 800 200 300

☎ : tel. 608 599 999



ABOUT PFM FOUNDATION

Polish Migration Forum Foundation provides free consulting to foreigners regarding: legalisation of stay in Poland, job and employment in Poland, establishing one-person business and limited liability company, social and health security (ZUS), the job market - how to write a CV and cover letter, how to find a better job.

You can also make an appointment for a free counselling with:

- ☎ : psychologist – for children and adults,
- ☎ : career adviser,
- ☎ : lawyer,
- ☎ : development and business creation adviser,
- ☎ : integration assistant.

We are also having enrolment for:

- ☎ : multicultural childbirth class,
- ☎ : support groups for migrant mums with children under the age of 2.

Feel free to make an appointment for a consultation online, by phone or at the Foundation office. Enrolment:

- ☎ : +48 692 913 993
- ☎ : +48 22 110 00 85
- ☎ : Mon. – Fri. 10.00 a.m. – 3.00 p.m.

- @ : zapisy@forummigracyjne.org
- 🌐 : www.forummigracyjne.org
- 🌐 : www.facebook.com/PolskieForumMigracyjne
- 📍 : ul. Szpitalna 5/14, 00-031 Warszawa

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