



Financial support for families

Family benefits are a form of state support for the birth and care of a child. Such benefits are available to all foreigners who are entitled to work in Poland or have been exempted from the obligation to hold a work permit if they reside in the territory of the Republic of Poland during the benefit period and fulfil the statutory conditions.

They are therefore granted to foreigners:

1. to whom the provisions on the coordination of social security systems apply, if this results from bilateral international agreements on social security binding Poland,
2. residing in Poland on the basis of a temporary residence permit,
3. residing in Poland on the basis of a permanent authorisation to stay, a residence permit for a long-term resident of the European Union, a temporary residence permit for the purposes of highly qualified employment or in connection with obtaining in Poland the status of refugee or subsidiary protection, if they reside in our country with their family members,
4. holding a residence card with the annotation 'access to the labour market' if they reside in Poland with their family members, excluding third-country nationals who have obtained a work permit on the territory of a Member State for a period not exceeding 6 months, third-country nationals admitted for the purpose of study and third-country nationals who have the right to work based on a visa.

Applications for such benefits shall be submitted to the local office (social affairs and health/benefits department) with authority over the place of residence.

Types of family benefits:

Family allowance is granted to parents, one parent or the child's legal guardian if the per capita family income does not exceed PLN 674 per month. More about family allowance can be found at gov.pl/web/rodzina/zasilek-rodzinny.

A person entitled to family allowance can apply for additional benefits e.g. for:

- education and rehabilitation of a disabled child,
- start of the school year,
- child's birth,
- caring for a child during parental leave,
- starting of schooling by a child outside his/her place of residence,
- raising a child alone,
- raising a child in a large family.

Further information can be found at gov.pl/web/rodzina/dodatki-do-zasilku-rodzinnego.

A separate group is care **benefits for 24-hour carers of disabled people or for people with disabilities themselves**.

Information about these can be found at gov.pl/web/rodzina/swiadczenia-opiekuncze.

Parental payment amounts to PLN 1,000 per month and is not dependent on income. It is a net amount and is not subject to taxation. It is due to the mother or father of the child, the child's actual guardian, a foster family or a person who has adopted a child for a period of 52 weeks (in the case of the birth of one child) up to 71 weeks (in the case of the birth of five or more children).

An application for parental payment shall be submitted within three months of the birth/adoption of a child. More information can be found at gov.pl/web/rodzina/swiadczenie-rodzicielskie.

A one-off childbirth allowance of PLN 1,000 is granted if the mother remained under medical care started no later than from the 10th week of pregnancy until the day of delivery.

The application for determining the right to the one-time childbirth allowance must be accompanied by a certificate that can be issued by a doctor or a midwife. The application for payment must be submitted within 12 months from the child's birth.

More information: gov.pl/web/rodzina/jednorazowa-zapomoga-z-tytulu-urodzenia-sie-dziecka.

More about family benefits can be found at gov.pl/web/rodzina/swiadczenia-rodzinne.



The 500+ child (upbringing) benefit is available for each child until he/she will reach the age of 18 and amounts to PLN 500 per month, regardless of income.

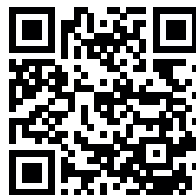
To receive 500+ you need to electronically submit an application to the Social Insurance Institution (ZUS). You can submit all forms (SW-R, SW-O, SW-D) via the ZUS Electronic Services Platform (PUE ZUS). If you are the mother or father of a child and have a PESEL number, you can also submit a SW-R application via empatia.mpips.gov.pl, or via your bank's website.

You can get help with child (upbringing) benefit at:

- the helpline 22 290 55 00 (Monday to Friday, 8 a.m. to 3 p.m.),
- the ZUS Call Centre 22 560 16 00 (Monday to Friday, 7 a.m. to 6 p.m.).

Detailed information on the 500+ programme can be found at

<https://tinyurl.com/4tpv8fws>



Good Start benefit - Once a year you can receive PLN 300 per child for a school starter kit if you are the parent or guardian of a child learning at a school:

- up to his/her 20 years of age,
- up to the age of 24 (in the case of a student with a disability).

You will receive the money regardless of your family income to the bank account indicated in the application. The electronic application should be submitted between 1 July and 30 November via the electronic banking system, via PUE ZUS at zus.pl or via <https://empatia.mpips.gov.pl>.

Information on this benefit can be found at zus.pl/baza-wiedzy/program-dobry-start.

The Family Care Capital (RKO) is a benefit for families with dependent children. Its purpose is to partially cover the expenses of caring for a second and subsequent child from the age of 12 to 35 months.

RKO is not dependent on family income and amounts to PLN 12,000 for the second and each subsequent child. Parents can decide whether they want to receive a benefit of PLN 500 for 24 months or PLN 1,000 for 12 months.

The application for RKO and the required attachments can only be submitted electronically, via e-banking, via PUE ZUS at zus.pl or via <https://empatia.mpips.gov.pl>.

Details can be found at zus.info.pl/rodzinny-kapital-opiekunczy-rko.



Co-financing of the child's stay at the crèche/nursery

You can apply to ZUS for a co-financing of your child's stay at a crèche, children's club or day-care provider. The right to a subsidy does not depend on the family's income.

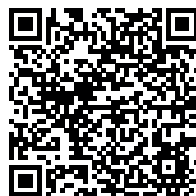
You are entitled to it if:

- you are the child's parent, legal guardian or a person to whom the court has entrusted custody of the child, such as a foster parent,
- your child attends a crèche, a children's club or a day-care provider,
- you do not receive the Family Care Capital (RKO) for this child.

The subsidy is a maximum of PLN 400 per month per child, but no more than the fee you pay for your child's stay at a crèche, children's club or day-care provider.

More information can be found at <https://www.zus.pl/-/dofinansowanie-pobytu-w-zlobku>

More information can be found at gov.pl/web/rodzina/pomoc-spoeczna-dla-cudzoziemcow-na-jakie-wsparcie-w-polsce-moga-liczyc.



Until 24 August 2023, Ukrainian citizens have access to social assistance, parental payments, family benefits, the Good Start benefit, the Family Care Capital (RKO) or a co-financing of the child's stay at the crèche, children's club or day-care provider.



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