



## 1 AFTER CROSSING THE BORDER

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If you have no place to stay, are hungry, or need medical assistance, go to the Reception Point immediately after crossing the border. If you do not need urgent assistance, then you can go straight to your destination across whole Poland. COVID-19 quarantine does not apply. Call **47 721 75 75** for more information.

## 2 LEGALISING YOUR STAY

If you entered Poland legally after the day of Russia's attack on Ukraine, your stay in Poland is legal without any further application for 18 months from the day of the outbreak of war - that is, until **24 August 2023**. The stay of a child born in Poland during that time will also automatically be legal. If you plan to stay in Poland longer, you may apply for a temporary residence permit for a period of 3 years. For more information, visit **[www.ua.gov.pl](http://www.ua.gov.pl)**.

## 3 PESEL NUMBER

If you want to use public services in Poland, apply for a **PESEL identification number** - you can do it only in person at local administration offices or at additional points organised by local governments. It is also a good idea to set up a trusted profile, which enables you to contact offices and arrange many matters online. If you have a PESEL number, you are entitled to a one-off, non-refundable grant of PLN 300 per person. You will also be able to take advantage of many other benefits. More information is available at: **[www.zus.pl](http://www.zus.pl)**.

## 4 MEDICAL CARE

You have free access to the Polish health service, the same principles apply as for Polish citizens, and there are no charges. If you feel unwell, are sick or need a prescription, go to a public health centre or call **800 190 590**. If you feel unwell outside the opening hours of a health centre (i.e. 6.00 p.m.-8.00 a.m.) or at the weekend or on holidays, you can get medical advice over the phone. Call **800 137 200**. More information is available at [www.nfz.gov.pl](http://www.nfz.gov.pl).

## 5 EDUCATION

Pre-schools in Poland are run by local governments - the rules of admission may vary depending on where you are. If you have a child aged 3-6, ask about pre-school and early years of school education at the local office. If your child is aged 7-18, they are entitled to free education in a Polish school. Call **22 347 47 08** or send an e-mail at: [ukraina-szkola@mein.gov.pl](mailto:ukraina-szkola@mein.gov.pl). If you are a student, you can continue your studies at a Polish university. Call **22 529 26 62** or send an e-mail at: [ukraina-studia@mein.gov.pl](mailto:ukraina-studia@mein.gov.pl).

## 6 WORK

You can take up legal employment in Poland - just make sure that your new employer notifies the Labour Office within 14 days. If you are unable to find work yourself, register with the district labour office where you will receive assistance and unemployment benefits. If you are looking for a job, go to [oferty.praca.gov.pl](http://oferty.praca.gov.pl) or call **19524**. Once you have your PESEL number, you can carry out business activity in Poland following the same rules as Poles.

### EMERGENCY PHONE NUMBERS:

Police – **997**

Fire Department – **998**

Ambulance – **999**

European emergency number – **112**

Up-to-date information  
in Ukrainian and Russian  
can be found at [www.ua.gov.pl](http://www.ua.gov.pl).