



1 FIRST MOMENTS IN POLAND

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If you don't have your own place to stay, if you are hungry, if you need medical assistance, go to the **Reception Point** as soon as you cross the border. There you will get help with:

- temporary accommodation,
- a meal,
- basic medical assistance.

Information: **47 721 75 75** – here you can speak Ukrainian and Russian.

2 LEGALIZATION OF STAY

If you do not need urgent help and have a place to sleep, you do not need to register at the Reception Point or anywhere else. You can go straight to your destination anywhere in Poland. There is no quarantine due to COVID-19.

3 PLEASE NOTE!

Currently, you do not need to additionally legalize your stay – a stamp in your passport or a certificate issued by the Polish Border Guard upon entering Poland as of February 24, 2022 are sufficient documents.

4 MEDICAL CARE

You have free access to the Polish health care system on the same basis as Polish citizens, without any charges.

If you feel unwell, get sick, need a prescription – go to a public medical clinic or call **800 190 590** – you can also speak Ukrainian and Russian.

If you feel unwell in the evening or at night (between 6:00 p.m. and 8:00 a.m.), on weekends or holidays, i.e. outside of working hours of medical clinics, you can get medical advice over the phone. Call **800 137 200** – you can speak Ukrainian and Russian.

Find out more at www.nfz.gov.pl.

5 EDUCATION

Your child aged 7-18 has the right to free education in Polish schools. Call **22 34 74 708** or send an e-mail to ukraina-szkola@mein.gov.pl.

6 WORK

You can take up a legal job. Go to oferty.praca.gov.pl – the website is available in Ukrainian and Russian, or call **19524** - here you can speak Russian.

EMERGENCY PHONE NUMBERS IN POLAND:

Police – **997**

Fire Department – **998**

Ambulance – **999**

European emergency number – **112**

The latest information from the Polish government for refugees from Ukraine is available at:
www.ua.gov.pl