

My city

Krakow for families



This guidebook provides practical information for:

- Multi-generational families from Krakow,
- Families that have moved to Krakow,
- Families that like to spend their time actively,
- Families that want to use the city support programs,
- Families that want to be involved in the city's life.



Dear Ladies and Gentlemen,

For three years, at the end of each calendar year, I have passed on to you our Guidebook „Krakow for Families” - a publication that is becoming more and more popular every year and is expected by many Cracovians. Our city is dynamically developing and opening to new residents. Every year more and more people decide to live and start a family in our city. I am pleased to introduce you to the third edition of our Guidebook, which has been extended with practical information for everyone who has chosen Krakow as a good place to live for their family. In the new edition, as in the previous ones, you will find practical information on how to handle official matters, proposals for families to spend active leisure time, as well as tips on where and how to use municipal support programs.

The guidebook, “Krakow for Families” is one of four city guides published annually. These publications are a practical compendium of information that covers the issues of necessary matters for seniors, people with disabilities and youth. These are also guidebooks on projects that have been implemented and are offered by our city. I encourage you to read all the publications.

I hope that it will be useful reading, providing access to up-to-date information and facilitate finding solutions of many issues facing Krakow's families.

Jacek Majchrowski
Mayor of the city of Krakow

A blue rectangular banner with a thin white border. The background is a solid blue color with several light blue, stylized circular patterns scattered across it. These patterns consist of overlapping circles and arcs, some containing small white dots. The text "KRAKOW FOR FAMILIES" is centered in the banner in a bold, white, sans-serif font.

KRAKOW FOR FAMILIES

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WE ARE STARTING A FAMILY IN KRAKOW

Getting married is one of the most important decisions that many of us make in our lives. It's not just about the emotions associated with the celebration but also the necessity to attend to many official matters. The city of Krakow makes every effort to facilitate all of the matters related to this event. The chapter also provides the basic information on the subject of marrying in the Registry Office, as well as basic information for people who will become parents. This chapter also contains information for those residents who would like to become a foster family.





1. WE ARE GETTING MARRIED

Marriage may be entered into at the civil registry office (Urząd Stanu Cywilnego) or outside the location of the registry office, at the place indicated. If the indicated place of marriage provides for a solemn form of service of its conclusion and the safety of the participants, then the ceremony may take place outside the civil registry office. The additional fee for accepting declarations of marriage in the indicated place is PLN 1,000. Marriage before the head of the civil registry office cannot be concluded within one month from the date on which both fiancés have submitted their assurances that they do not know about the existence of circumstances which should prohibit the conclusion of the marriage. For important reasons, the head of the civil registry office may allow the marriage to be concluded before that date.

Ensuring that there are no prohibiting circumstances, marriage may be filed with the Polish consul in front of the selected head of the civil registry office in Poland and abroad. The assurance shall remain valid for six months from the date of its submission by both persons intending to enter into marriage. The Office also conducts matters related to the conclusion and registration of a marriage in a religious form with legal effect.

Stamp duty for drawing up a marriage certificate is PLN 84.

Registry Office. Current Registration Department
29 Lubelska, 30-003 Krakow
Marriage registration desk
Tel. 12 616 55 51, fax 12 616 55 20
e-mail sc.umk@um.krakow.pl
Civil State Register Archive unit for Districts XIV to XIII,
ul. Zgody 2, 31-949 Krakow, Marriage Registration Posts, 3rd floor,
room 325, Telephone number 12 616 88 22;
e-mail sc.umk@um.krakow.pl



Detailed information can be found at: www.bip.krakow.pl entering the search procedure SC-2, SC-3, SC-4.



2. WE WILL BE PARENTS - PREGNANCY AND CHILDBIRTH

Pregnancy and childbirth can be a very stressful time in a family's life. In order to prepare well for having offspring, you can use birth schools that are located in the following hospitals:

- ▶ **University Hospital in Krakow**, Kopernika 23, Telephone number 12 424 84 12 - the course fee is PLN 400
- ▶ **Gabriela Narutowicza Specialist Municipal Hospital in Krakow**, ul. Prądniczna 35-37, Telephone number 12 416 22 66, 12 633 01 00, – payment is PLN 200,
- ▶ **NZOZ Hospital on Siemiradzkiego them. R. Czerwiakowski**, al. Juliusz Slowacki 48, Tel. 12 423 36 66, the price of the course depends on the type: regular course/weekend course is PLN 350/pair, the express course costs PLN 200/pair, and the course in English is PLN 500/pair,
- ▶ **Specialist Hospital them Stefan Żeromski Independent Public Health Care Centre**, os. Na Skarpie 66, Telephone number 12 644 01 44 - the course is free,
- ▶ **Specialist Hospital them L. Rydygiera in Krakow sp. Z o.o.**, os. Złotej Jesieni 1, Telephone number 606 957 545, 604 206 696 - the fee for the course is PLN 330,
- ▶ **Medical Center UJASTEK**, ul. Ujastek 3, Tel. 600 420 674 - price depending on the course: weekly classes cost PLN 350/pair and weekend classes cost PLN 450/pair.

3. WE ARE REGISTERING OUR CHILD

After the child's birth, they should be registered in the Civil Registry Office. This matter can be implemented:

- ▶ in person at the registry office

After the birth of the child, the hospital prepares the birth card and delivers it to the registry office within 3 days from the date of birth. The birth card is the basis for drawing up the child's birth certificate. The child's father or mother can file a child's birth at the office. You can also register your child's birth through a proxy.

Children born in hospitals: Uniwersytecki, Narutowicza, Czerwiakowski, Femina should be registered at the Civil Registry Office, 30-003 Krakow, ul. Lubels-



ka 29, current registration letter, birth registration desk, Telephone number 12 616 55 44, fax. 12 616 55 20, e-mail: sc.umk@um.krakow.pl

Children born in hospitals: Żeromskiego, Rydygiera, Ujastek should be registered at the Civil Registry Office, 31-949 Krakow, os. Zgody 2, birth registration desks, 3rd floor, Telephone number 12 616 88 56, e-mail: sc.umk@um.krakow.pl

Birth declarations must be made within 21 days from the date of drawing up the child's birth card.

After this deadline, the head of the civil registry office will draw up a birth certificate ex officio, give the child a name and inform the child's parents in writing about its preparation.

At the Civil Registry Office, please provide:

1. identity document: identity card or passport,
2. power of attorney - in the case of a birth notification by a proxy.

The proxy must have a notarized copy signed by one of the child's parents (the power of attorney should be given to whom and in what case it is granted). If the proxy is not next of kin (e.g. grandmother or grandfather of the child), descendant (e.g. other adult child of the parents) or siblings of the parent granted full-time care-then a stamp duty in the amount of PLN 17 applies.

Immediately after registration in the civil registry office you will receive:

- a shortened copy of the child's birth certificate,
- notification about assigning a PESEL number,
- certificate of arrival.

Registration of the child at the place of permanent or temporary stay of the parents or the parent with whom the child actually resides is carried out by the head of the registry office drawing up the birth certificate. The child's registration shall take place on the date of the birth certificate.

The child's birth declaration is not subject to stamp duty.

Parents can submit to the selected officer of the civil registry office in Poland within six months from the date of drawing up the child's birth certificate, and if abroad - a written declaration before the Polish Consul - about the change of the name (surname) of the child entered in the birth certificate at the time of its preparation. Then, the stamp duty is PLN 11.

If a declaration of recognition of paternity is to be adopted together with the child's registration and the birth certificate, both parents must be present. The parents present their identity documents (identity cards or passports). In the recognition of paternity by a foreigner who does not speak Polish, the presence of an interpreter is necessary. The interpreter's participation is provided by a personal statement.

If the child is still born, this should also be reported to the registry office. In this sad situation, this fact should be reported within 3 days from the date of the still birth card being issued, because after this deadline the registration and giving the name is done ex officio.

Detailed information can be found at: www.bjp.krakow.pl,
after entering the search procedure SC-1 and C-9



- ▶ **electronically via the inbox on the ePUAP platform**

The information card for the birth declaration service and the birth certificate model in the form of an electronic document as of June 1, 2018 were posted on the obywatel.gov.pl portal along with parenting guidelines regarding the rules of this application.

The child's mother or father (whose paternity is legally established at the time of filing the application - the child's parents are married or the child's parents are not married but the paternity is recognized) having full legal capacity may notify the birth of a child in the form of an electronic document, in accordance with the specified minister responsible for computerization through the electronic inbox on the ePUAP platform.

Birth declarations in the form of an electronic document cannot be made by a proxy. The case is carried out in the Civil Registry Office:

- ▶ Current Registration Unit, Lubelska 29, 30-003 Krakow for post regarding birth registration, telephone number 12 616 55 44 (hospitals: University, Narutowicza, Czerwiakowskiego, Femina), fax 12 616 55 20,
- ▶ USC for Districts from XIV to XVIII Zgody 2, 31-949 Krakow, post regarding birth registration III p., Room. 326. Telephone number 12 616 88 56 (hospitals: Żeromskiego, Rydygiera, Ujastek), fax 12 616 88 24.



The child's birth notification in the form of an electronic document should be made to the civil registry office responsible for the place of birth of the child within 21 days from the date of drawing up the birth card. If the child was still born, the application should be made within 3 days from the date of making the stillbirth card.

If a child is registered electronically prior to the birth card/stillbirth card, the head of the registry office cannot accept the child's birth declaration and inform the child's parents about it.

If no birth notification has been made within 21 days of the birth card being made or within 3 days of the date of the birth card being issued, the head of the registry office draws up a birth certificate ex officio on the basis of a birth card or a still birth card, with an annotation - managing the act ex officio, and informs the child's parents about its preparation.

A copy of a shortened birth certificate is issued ex officio after registration in paper form sent by post to a mailing address or in the form of an electronic document by the ePUAP mailbox, depending on the choice of the person making the electronic birth declaration.

Notification of PESEL number assignment and a paper registration certificate will be sent by post to the mailing address or in the form of a scan by the ePUAP mailbox, depending on the choice of the person making the electronic birth declaration.

It is worth knowing that a document issued in the form of an electronic document with a qualified electronic signature - obtained through an electronic inbox on the ePUAP platform - can be used only in electronic form, because it offers the official document only in this form.

Detailed information can be found at: www.bip.krakow.pl after entering the SC-29 procedure in the search engine



PESEL number- rules of creation and information contained therein

The PESEL number is important information, among others it is used in the health-care system, primarily in relation to the provision of health services. This is the number given to a natural person in the Universal Electronic System of Population



Records, consisting of eleven digits and allowing for unambiguous identification of the person to whom it was assigned. You can read the basic data identifying your identity and administrative and legal status. The PESEL number includes date of birth, ordinal number, gender designation and control number. A minor who has Polish citizenship may be issued a number with personal background proof. On behalf of a minor, who is more than 30 days old to the age of 18, the application is submitted by one of the parents or a legal guardian. Submitting an application for an ID card for a child requires the child's presence, except when the child is under five years of age.

An ID card issued to a minor who is under the age of 13 must be picked up by a parent or legal guardian. An ID issued to a minor who is over 13 years old is received by the person applying for the ID card (parent or curator). The receipt of a personal ID issued to a minor requires the presence of the adult person, unless they were present at the time the application was made.

A personal ID issued to a person who is under five years of age is valid for a period of five years from the date of its receipt. A personal ID issued to a person who has completed 5 years of age is valid for a period of 10 years from the date of issue.

Detailed information can be found at: www.obywatel.gov.pl
in the Children tab ⇨ Identity Card for Children



4. TAKING LEAVE AFTER THE BIRTH OF A CHILD

4.1. MATERNITY AND PARENTAL LEAVE

There are two types of leaves in connection with the birth of a child:

- maternity leave (20 weeks),
- parental leave (32 weeks).

In the case of multiple births, the length of leave will be extended to 31-37 and 34 weeks, respectively. Together, it can be from 65 to 71 weeks, depending on the number of children.

The first 14 weeks of maternity leave are for the mother. The rest can be shared with the child's father. In addition to parents, another member of the family may take leave, including in the event of the death of the mother or during her stay in the hospital.



Parents taking advantage of the leave will be able to work a maximum of part-time.

In this case, the leave will be proportionally extended, up to 64 weeks. If a parent combines work with leave, e.g. for 8 weeks, then only 4 weeks of “full-time” leave is used during this period. Parental leave can be used immediately after maternity leave, on a one-off basis or in a maximum of four parts.

Parents have time to use their leave until the end of the calendar year in which the child turns 6. In addition, up to 16 weeks of parental leave can be used at a convenient time, which is not immediately after the previous part of the leave taken. Parents have 3 weeks after delivery to decide whether they want to take full-time parental leave immediately after maternity leave.

The remaining deadlines, for submitting an application for parental leave, or parts thereof, will also be extended to 3 weeks.

Paternity leave may be used by the father for 2 weeks, no longer than until the child is 24 months old. The leave can be used once or in two parts, each of them cannot be shorter than 7 days. A father-employee can take paternity leave of two weeks, regardless of the number of children born at one birth. This means that in the case of the birth of twins, the leave will still be 14 calendar days.

Detailed information can be found on the website:
www.obywatel.gov.pl
in the Children tab ⇒ Take advantage of parental leave



Maternity allowance is a benefit paid to the employee during maternity leave. It is 100% of the average monthly remuneration paid for the period of 12 months preceding the month in which the beginning of the leave occurred. This benefit is also available to mothers who run their own business. Its amount is 80% of the average salary obtained in the last 12 months.

If a child is born by a woman who receives unemployment benefits on general terms or within one month after the end of its collection, the period of receiving the allowance is extended by the time during which she would be entitled (according to separate regulations) to maternity benefit.



Detailed information can be found on the website www.zus.pl in the Benefits tab ⇒ Benefits ⇒ Maternity allowance. You can also get information in the Grodzki Urząd Pracy, ul. Wąwozowa 34, on www.gupkrakow.pl or by phone 12 686 81 22, 12 686 81 23.



4.2. PARENTAL LEAVE

Parental leave can be used immediately after maternity leave or later, i.e. until the end of the calendar year in which the child reaches the age of six. It is for both mother and father of a child. It is provided at the employee's request. The application must be submitted to the employer at the latest 21 days before the leave begins. Parental leave is valid for three years. In the case of a disabled child, it is possible to take additional parental leave also for 3 years, no longer than until the child reaches 18 years of age. Parental leave is free and the person using it is covered by social insurance covered by the state budget.

A person on maternity leave who receives a family allowance may apply for an allowance which is due for:

- 24 calendar months,
- 36 calendar months in the case of taking care of more than one child born during a single birth,
- 72 calendar months in the case of caring for a disabled child.

Detailed information can be found on the website:
www.kadry.infor.pl/urlopy



5. WE ARE A FOSTER FAMILY IN KRAKOW

Every child has the right to be brought up in a family. However, sometimes it happens that parents, permanently or temporarily, are not able to satisfy the basic needs of the child and are required to provide care for their families. Care in such situations should be ensured primarily in the family forms of foster care. Family foster care consists of:

- ▶ foster families,
- ▶ family orphanages.



The surrogate family is made up of the child's closest friends - grandparents or siblings of a child (who is a related relative), a distant family or persons related to a child (non-professional and professional foster families).

A substitute family can be a person or persons who: ensure proper care of children, are healthy, have adequate living and material conditions, enable satisfying emotional, living, developmental, social and religious needs of children and are not deprived of parental power or parental authority was not limited or suspended, they fulfill the maintenance obligation, have no limitation in legal activities, were not legally punished, completed training for candidates for foster parents and live in Krakow.

Detailed information can be obtained at the Family Foster Care Center of the Municipal Social Welfare Center in Krakow. ul. Piłsudskiego 29 and on the website: www.mops.krakow.pl in the My Parent's Placement tab, ⇨ My job or on the telephone numbers: 12 422 29 94, 12 431 07 15.



Financial assistance for foster families and families running a family home

Foster families in which children have been placed have the following benefits:

▶ **obligatory:**

- a benefit to cover the costs of maintaining a child in substitute custody in the monthly amount of PLN 694 (foster family related) or PLN 1,052 (foster family and professional family),
- an allowance to cover increased maintenance costs in the amount of PLN 211 per month, in the case when the child has a disability certificate or a decision of a significant or moderate degree of disability,
- an allowance to cover the increased costs of maintaining a child in a professional foster family in the amount of PLN 211 a month in case of placement on the basis of the Act of October 26, 1982 on proceedings in juvenile cases.

Benefits and allowances are granted to foster families until the child reaches 18 years of age, as well as to existing families in which persons remain after reaching legal adult age and continue their education.



Foster families also receive an allowance of up to PLN 500 monthly for each child up to the age of 18.

▶ **optional:**

- co-financing for recreation outside the child's place of residence,
- one-off payment to cover the necessary costs related to the needs of the adopted child,
- a benefit to cover costs related to the occurrence of fortuitous events or other events affecting the quality of care provided once or periodically,
- financial resources for the maintenance of a dwelling in a multi-family building or a single-family home (a professional and non-family family),
- a benefit to cover the costs associated with carrying out the necessary renovation of a dwelling in a multi-family building or a single-family house, granted once a year (professional family).

Based on contracts concluded with the Municipality of Krakow, foster families are entitled to remuneration depending on the number of children and the type of family:

- ▶ professional foster family acting as a family emergency service
 - PLN 3,500 - the obligation to care for more than one child,
 - PLN 4,300 - duty to take care of not more than two children,
 - PLN 4,800 gross - obligation to care for no more than three children;
- ▶ specialist professional replacement family:
 - PLN 3,500 gross - caring for one child,
 - PLN 4,000 gross - caring for 2 children.

In addition to foster families, family foster care is also a form of family homes that are entitled to receive:

▶ **obligatory:**

- maintenance costs in the amount of PLN 1,052 per month,
- an allowance to cover increased maintenance costs in the amount of PLN 211 per month, in the case when the child has a disability certificate or a decision about a significant or moderate degree of disability,
- financial resources for the maintenance of a dwelling in a multi-family building or a single-family home,



- funds to cover the costs associated with carrying out the necessary renovation of a dwelling in a multi-family building or a single-family house where a family orphanage is run,
 - funds to cover other necessary and unforeseen costs related to the care and upbringing of a child or the functioning of a family children's home,
 - supplement of childcare allowance in the amount of PLN 500 per month for each child until completion of age 18.
- ▶ **optional:**
- co-financing for recreation outside the child's place of residence,
 - a one-off benefit to cover the necessary costs related to the needs of the adopted child,
 - benefits to cover costs related to the occurrence of fortuitous events or other events affecting the quality of care provided on a one-off or periodic basis.

On the basis of contracts concluded with the Krakow City Commune that runs a foster family home, the home is entitled to the following remuneration: PLN 4,800 gross (in the case of taking care of 4-5 children), PLN 4,900 gross (in the case of taking care of 6-8 children).

Department of Children's Assistance
Municipal Social Welfare Center
ul. Limanowskiego 13/6, 30-551 Krakow 12 616 5475
e-mail: dd@mops.krakow.pl



Non-financial aid addressed to foster families

- ▶ Training for candidates to perform the function of a related foster family and newly formed foster families. A series of meetings aimed at familiarizing families, among others with psychological aspects of the functioning of the child placed in custody, tasks and entitlements, and the support system for foster families.
- ▶ Training for candidates to perform the function of a non-professional, professional foster family and running a family children's home. Partici-



pants have the opportunity to acquire knowledge and skills in the field of: legal issues concerning foster care, selected elements of pedagogy, developmental and educational psychology, effective communication, the importance of the family, its functions and tasks. In addition, they acquire knowledge about the impact of crises on the child, addiction issues and its impact on the functioning of the family, and in particular on the child's development. They improve and strengthen parental competences, prepare to use support in the role of foster parents.

- ▶ School for Parents and Educators addressed to foster families and people from the environment of these families (including parents of biological children in foster care) who want to raise their competences in the area of care and education.
- ▶ Local Activity Program offering substitute families speech therapy consultations, diet counselling, legal counseling, mediation, aid in education, horse riding, learning to play the guitar, swimming lessons, robotics classes and other activities developing talents and interests, workshops based on communication in English, weekend club, trips.
- ▶ Aggression Replacement Training for children staying in foster care, providing the opportunity to acquire knowledge and skills in: coping in difficult and conflict situations, replacing aggression with constructive ways of responding and communicating, controlling anger, acquiring skills to build correct relationships group.
- ▶ Prevention and development group for adolescents staying in foster care. An open group, directed to young people aged 14-17 who are staying in foster families. The group's goal is to improve self-esteem and the sense of value of participants and self-awareness, overcoming fears and weaknesses, the experience of acceptance by a peer group, and the indication of healthy, socially acceptable, interesting ways of organizing free time.
- ▶ Support groups for foster families. The groups are open to foster families from the area of the Municipality of Krakow.
- ▶ Supervision and training tailored to the needs reported by people in charge of a substitute.
- ▶ Volunteering addressed to children from foster families, assistance in learning and organizing free time.



- ▶ Psychological counseling.

Detailed information can be obtained at the Family Foster Care Center of the Municipal Social Welfare Center in Krakow, Piłsudskiego 29 and on the website www.mops.krakow.pl in the foster families tab – My job, or telephone numbers 12 422 29 94, 12 431 07 15



KRAKOW - MY CITY

When deciding to move or reside permanently in Krakow and therefore you might be buying a flat or building a house, it is necessary to cooperate with institutions you have not had contact with before. This chapter aims to familiarize readers with the activities of the institutions and procedures connected with settling in Krakow: paying taxes, making connections of thermal energy, water supply / sewage network or waste management. Subchapter 2 provides useful information for foreigners who choose Krakow for their own place of residence.





1. BE THE HERO OF KRAKOW!

PAY TAXES IN YOUR CITY

The revenues of Krakow include, among others, subsidies, tax and local fees, inheritances, donations, but also a part of personal income tax. Annually, the city budget for personal income tax (PIT) affects about one billion zlotys, which is about 25 percent of all income of the city.

According to estimates, the amount that affects the city budget in connection with the settlement by one person of the PIT tax in Krakow is about PLN 2,250. This means that if you pay income tax in Krakow, thanks to you, for example you can:

- ▶ renovate 9.6 m2 of pavement,
- ▶ set six bicycle stands,
- ▶ mount three road mirrors,
- ▶ buy and mount 11 benches with a backrest,
- ▶ buy and mount three bins with a capacity of 50 litres,
- ▶ arrange 173 m2 of lawn,
- ▶ plant 81 bushes.

The more people who pay taxes in Krakow, the more money goes to the municipal coffers. Thanks to this, the city is growing faster and becoming more and more friendly and meeting the needs of residents. The income of PIT tax for a larger number of people can:

- ▶ buy a modern tram wagon = 3,636 taxpayers
- ▶ install a city monitoring point = 36 taxpayers
- ▶ build a playground for children = 113 taxpayers

Is it possible to pay taxes in Krakow without being registered here?

According to the law (in the case of personal income tax), the place of settlement of a natural person is the competent tax office according to the taxpayer's place of residence on the last day of the tax year. This means that in order to pay taxes in Krakow, you do not have to be registered here - all you have to do is live in Krakow.



How to change tax office?

If you still do not pay taxes in Krakow and you live in the capital city of Lesser Poland and want to have an impact on the development of our city, you can change your tax office. The change of the tax office is very simple. During the tax settlement period, it is sufficient to provide the Krakow residential address on the PIT form and indicate the data of the competent local tax office. In addition, you can fill out the one-page ZAP-3 form at any time, available on the website of the Ministry of Finance and at any tax office, which can be submitted in person or sent by post to the competent tax office. If at our request the employer settles with us, it is enough that we inform him about the change of address of residence (for tax purposes) to Krakow. Then the employer will send our testimony to the competent Krakow tax office. You do not have to (in writing or personally) change the data in the "old" tax office as the offices will update them themselves.

Detailed information about the campaign Be the hero of Krakow!
Pay taxes in our city can be found on the website:

www.krakow.pl/podatki



Remember! Persons paying taxes in Krakow may benefit from the Krakow Card entitling cheaper season tickets for public transport, discounts on the purchase of museum passes and city galleries and discounts offered by program partners. Detailed information can be found on the website: www.kk.krakow.pl

2. WE ARE COMING TO KRAKOW. PROCEDURES FOR FOREIGNERS

I want to come to Poland, what documents do I need?

If you are a citizen of a country belonging to the Schengen area, you need:

- ▶ a valid travel document (passport) or valid ID card.

If you are a citizen of a European Union country, outside the Schengen Area;

- ▶ a valid travel document (passport) or valid ID card.

If you are a citizen of a country outside the Schengen area, with the possibility of entering Poland under the visa-free regime:

- ▶ a valid travel document (passport).



If you are a citizen of a country outside the Schengen area, with the possibility of entering Poland as part of a visa-free travel based on a biometric passport:

- ▶ a valid biometric passport.

If you are a citizen of a country outside the Schengen area, without being allowed to enter Poland under the visa-free regime:

- ▶ a valid travel document (passport) with a valid national visa (D) or Schengen visa (C).

If you are a citizen of a country outside of the Schengen Area and you have a residence permit issued by the country of the Schengen area:

- ▶ a valid travel document (passport) and a valid residence permit issued by the country of the Schengen area.

NOTE!

A foreigner entering Poland should have health insurance valid for the duration of the planned stay.



How do I get a visa?

If you want to obtain a Polish national visa (D):

- ▶ you must apply to the proper place of residence of the consul of the Republic of Poland.

If you want to obtain a national visa (D) from another country belonging to the Schengen Zone:

- ▶ you must apply to the appropriate consul of the member country.

If you want to obtain a Schengen visa (C):

- ▶ you must go to the appropriate consul of the country that belongs to the Schengen Area.

How long can I stay in Poland?

If you are a citizen of a non-Schengen country with the possibility of entering Poland as part of a visa-free regime, you can stay:

- ▶ 90 days from the moment of entry to the Schengen Area.

If you are a citizen of a country outside the Schengen Area and you have a Polish national visa (D):



- ▶ the date of stay is determined individually for each national visa - pay attention to the period of validity of the visa and the allowed number of days to be used for a stay in Poland.

If you are a citizen of a country outside of the Schengen Area and have a national visa for a country belonging to the Schengen Area (D):

- ▶ 90 days from the moment of entry to the Schengen Area, unless the period of validity of the visa or the number of days to be used for the stay is shorter ⇒ pay attention to the period of validity of the visa and the number of days allowed to be used.

If you are a citizen of a country outside of the Schengen Area and have a Schengen (C) card:

- ▶ 90 days from the moment of entry to the Schengen Area.

If you are a citizen of a country outside of the Schengen area and have a travel document issued by the country of the Schengen Area:

- ▶ a foreigner is entitled to move across the territory of other Schengen Member States (including Poland) for a period not exceeding 90 days during each 180-day period.

If the stay on the territory of the Republic of Poland is to last for more than 3 months and this is allowed by the above residence titles, you should apply to the appropriate local application for a temporary residence permit or a permanent residence permit.

If you are a citizen of the European Union:

- ▶ EU citizens and their family members who are not EU citizens may stay in Poland for up to three months. If the stay on the territory of the Republic of Poland lasts longer than 3 months, an EU citizen and a member of his family who have EU citizenship are required to register their stay and a family member who is not an EU citizen is required to obtain a residence card of an EU citizen's family member.

I am in Poland and have a problem, what should I do?

Your travel document (passport, ID card) is missing:

- ▶ If your travel document is not found, you must contact your diplomatic post (Embassy, Consulate) for a new travel document.



There was an extraordinary situation that made it impossible for me to leave Poland:

- ▶ If there is an extraordinary situation preventing you from leaving Poland (e.g. illness, an emergency, loss of your passport and inability to obtain a new travel document), remember that your stay in Poland should be legal.
- ▶ If your visa expires or if you have doubts about the legality of your stay, please contact the consultants of the Department of Civil Affairs and Foreigners of the Małopolska Provincial Office in Krakow immediately.

Where can I get information on the legality of my stay?

Check information about your stay in Poland on the website: <http://muw.pl> in the Foreigners tab. If you have additional questions, please visit the Office of Citizens' Affairs and Foreigners Affairs: Krakow, ul. Przy Rondzie 6, ground floor, phone: + 48 12 39 21 804, wo@malopolska.uw.gov.pl

3. CONNECTING HEAT ENERGY

Miejskie Przedsiębiorstwo Energetyki Ciepłej S.A. in Krakow (MPEC S.A.) is the company responsible for providing heat to our homes and flats. The energy is used not only for heating, but also for the preparation of hot tap water, air conditioning, ventilation and other technological needs, such as the heating of football pitches, swimming pools, etc. The scope of the Company's services includes:

- ▶ transmission and distribution of heat carrier in the district heating network,
- ▶ heat production in 78 boiler rooms, including: 77 local and one housing estate,
- ▶ repairs and modernization of existing heating networks and devices,
- ▶ construction of heating networks and connection of new customers to m.s.c.,
- ▶ conducting and participating in investments for ecology and energy saving,
- ▶ production of compact heating nodes for central heating (c.o.) installations, hot utility water (DHW), ventilation and air conditioning.

MPEC S.A. in Krakow is an enterprise that uses modern technologies and organizational solutions. The effect of systematically conducted modernization of



the municipal heating system is efficient supply of thermal energy for recipients and improvement of air condition in the city. Received: "Certificate of Clean Production Enterprise", certificate of the Integrated Management System (ISO 9001, ISO 14001, PN-N-18001, OHSAS 18001), the "Pantheon of Polish Ecology" award and World Climate Award for Municipal Thermal Energy Systems, awarded under the patronage of the International Energy Agency, prove that the company's activities are effective and consistent with the principle of sustainable development, limiting interference with the natural environment. These aspects are reflected in the mission of the Company.

The headquarters of MPEC S.A.

is located at al. Jana Pawła II 188, 30-969.

The Official Journal works from Mon. to Fri. from 7.00 to 15.00
Contact: Telephone number 12 646 52 99, 12 646 55 33, fax: 12 644 55 10, e-mail: mpec@mpec.krakow.pl

Technical Ambulance MPEC S.A.

is available to customers 24 hours a day. It provides services related to removing central heating failures in the facilities you administer, excluding work requiring specialized switching processes, such as welding, soldering, welding, etc.

Contact: Jana Pawła II 188, Telephone number 993, 12 644 18 72, fax 12 646 54 77; e-mail: mpec@mpec.krakow.pl

Customer Service and Sales Office

Accepts clients: Mon-Fri at 7:30 - 14:30, al. Jana Pawła II 188

Mailing address: al. Jana Pawła II 188; 30-969 Krakow Telephone numbers: 12 646 51 51, 12 646 51 53, e-mail: biuro.obslugi.klienta@mpec.krakow.pl



Who starts the heating and when does the heating season begin and end?

The supply of heat for the purposes of central heating may be started or completed at the written request of the Recipient. Submitted application to start or terminate of heat supply should be signed by an authorized person representing the Recipient and submitted to MPEC S.A. The start and end of the heating season depends primarily on the decision of the recipients of heat.

Whom should a resident of a multi-block building turn to if the apartment is too cold?



The phenomenon of underheating of individual flats can among others be related to:

- ▶ improper operation of the c. o. installation in the building (failure, improper adjustment or failure to perform such adjustment after changing the ordered heating power),
- ▶ underestimation of the ordered thermal power in relation to real needs.

In the case of the occurrence of underheating of individual premises for intervention, an explanation of whether the restoration of the appropriate parameters should be addressed to the owner, administrator or property manager. MPEC S.A. is responsible for supplying heat to the building, not to the individual premises.

What is hot water for usage (CWU)?

Domestic hot water is a product that arises as a result of heating cold tap water with district heating. The heat produced in the combined heat and power plant goes to the heating network, and then to the heat centers in the buildings, where it is used not only for central heating, but it can also heat water from the water supply system. The heating process takes place in a separate room, where in a special heat exchanger the water from the aqueduct is heated to 55 ° C. Therefore, hot water is transported by insulated pipelines to the users' flats, where, after unscrewing the tap, it flows at a constant temperature.

How are prices charged for heat?

Energy companies prepare heat tariffs in accordance with the rules set out in the Act of 10 April - Energy Law (Journal of laws of 2006 No. 89, item 625 with later amendments) and executive regulations issued on the basis of this act. In the scope of heat, these provisions are the Regulation of the Minister of Economy of 17 September 2010 on detailed rules for the formation and calculation of tariffs and settlement of supplies of heat. The tariff prepared in this way is submitted in the form of an application to the Urząd Regulacji Energetyki (URE). During the administrative procedure conducted in the matter of tariff approval, the President of URE analyzes the submitted application in order to check whether the tariff developed by the company meets the requirements set out in the aforementioned Act. The tariff approval process is related to the detailed control of the company's justified costs and the verification of the new prices calculation. The URE stands by the observance of regulations, balances the interests of the



parties: the heating company - the recipient, but above all protects the recipient's interest, checking the legitimacy of the increases and the diligence of preparing the tariff. After the verification, the tariff is approved by the President of URE. The tariff includes prices and rates of heating fees for individual recipient groups defined in it and is absolutely applicable.

MPEC S.A. is published in the official journal of the Małopolska voivodeship. It is also made available to recipients at the customer service office of BOK and on the website www.mpec.krakow.pl

What is the “Heat all year” service?

The service “Heat all year round” is based on weather automation - a system of devices installed in thermal nodes that control the heat supply depending on the temperature prevailing outside the building. When the temperature drops below a certain level, the node switches on and starts the heat supply to the building. Similarly, when the temperature rises, the heat supply is automatically stopped.

The boundary temperature, which determines the start of heat supply, is always determined by the client depending on their own preferences and needs.

The advantages of heat all year round

Providing thermal comfort in a flat throughout the year significantly influences the technical condition of the building, and above all, the health of its residents. Maintaining the right temperature protects against dangers to health, the construction of the building against fungi growing on the internal walls and facades. Warming your apartment allows you to avoid colds, which we are particularly vulnerable to in so-called transition periods, offspring and autumn. All-year heating also means more safety and lower costs. Thanks to the automatic heat supply, there is no need to invest in additional heating solutions, such as electric heaters.

What are the costs of this service?

The customer who uses the service “Heat all year round” has the certainty of heat supply in the event of a drop in temperature outside. The service is free, and fees are charged only for the heat actually delivered. This means that in the event of high temperatures, the customer will not incur any additional costs. The estimated fees for the supplied heat are lower than the alternative heat sources used to heat



a flat in case of temperature drop. However, comfort and safety resulting from the lack of additional devices inside the building are incomparably greater.

Who can take advantage of the heat throughout the year?

The “Heat all year round” service is available to residents of multi-family houses using district heating and hot utility water.

How to start using the service?

If you are interested in using the service “Heat all year round” and live in a multi-family building, report this need to the administrator/overseer of the building who will contact MPEC S.A. to determine the terms of cooperation.

4. CONNECTING REAL PROPERTY TO THE WATER SUPPLY NETWORK AND/OR SEWERAGE

Below we present the procedure for the connection of real estate to the water supply and sewage system, owned by Miejskie Przedsiębiorstwo Wodociągów i Kanalizacji S.A. in Krakow (hereinafter referred to as MPWiK S.A.).

Step 1

For those possessing a proprietary location in the city municipality and are interested in connecting this property to the wastewater network and/or sewage network, they should apply to MPWiK S.A. in Krakow, to obtain provision of technical information about the possibility of water supply and sewage disposal. This application should be submitted on the form ITT-1.

MPWiK S.A. issues technical information within 20 working days from the date of submitting a complete application, and in cases requiring detailed recognition, the deadline may be extended to 30 business days.

In a case when the parameters and location of existing or planned networks are sufficient to connect the real estate (i.e. there is no need to build/rebuild the network) – as a result from the content of the technical information issued - the next stage is to develop project documentation in the scope of connections and apply for the conditions for connecting the property to the network.



Step 2

On the basis of the technical information on the possibility of water supply and sewage disposal, a person applying for joining a real estate property to a network that has a legal title to use real estate, instructs an authorized sanitary designer to develop project documentation.

The documentation should be made in accordance with the elaboration of "Operational guidelines for the design, implementation and commissioning of water supply and sewage devices and connections".

MPWiK S.A. issues the conditions for connecting the property to the network (including the provision of water supply and/or collection of sewage) at the request of the person applying for their issue and on the basis of the project documentation attached to the application.

If a representative is to act on behalf of the person applying for the issue of the above-mentioned conditions, the application shall be accompanied by the appropriate power of attorney in this regard. The application for issuing the terms of connection of the real estate to the network should be submitted on the print form: NR ITT-3.

The application should be accompanied in particular by:

- ▶ a minimum of two copies of project documentation,
- ▶ legal title to use the property.

MPWiK S.A. issues the conditions of connection of real estate to the network within 20 working days from the date of submission of a complete application, and in cases requiring detailed information, the deadline may be extended to 30 business days.

The application for issuing the conditions for connecting the property to the network should be submitted to the Customer Service Center of MPWiK S.A. - Position of the Technical Department (Krakow, ul. Senatorska 1, room No. 5).

Step 3

Prior to the commencement of works related to the execution of the water and/or sewerage connection, the investor submits to MPWiK S.A. an application for concluding a connection agreement using form F4-3-2.

The application should be accompanied by:



- ▶ a connection plan on a copy of the current base map or a building permit or notification of the intention to make a connection,
- ▶ a photocopy of a copy of the coordinating conference protocol regarding the arrangement of the location of the designed utilities networks (including the graphical annex),
- ▶ a photocopy of the contractor's building rights or information that the powers are deposited at MPWiK S.A.,
- ▶ a document confirming the legal title to use the property,
- ▶ written consents of the property owners, the road administrator to enter the area to make the connection,
- ▶ application for the conclusion of a water supply and sewage disposal contract (F 3-5-1),
- ▶ an excerpt from the National Court Register or a certificate of economic activity,
- ▶ two copies of the connection agreement (form F4-3-7).

The above documents should be submitted to the MPWiK S.A Customer Service Office (BOK) - Position of the Documentation and Reception Department (Krakow, ul. Senatorska 1, room 3), where you can also get information in the above case (Telephone numbers 12 42 42 412, 12 42 42 495).

In response to the application for the conclusion of the merger contract MPWiK S.A assigns an inspector who will supervise the implementation of the connection. The reply with one copy of the connection agreement is sent to the person applying for connection to the network. Before commencing works, please contact the designated MPWiK S.A. inspector to discuss the conditions for making the connection.

Detailed conditions for the implementation of water and sewerage connections are given in form F4-3-1, as well as in the "Operating guidelines for the design, implementation and acceptance of water supply and sewage systems and connections".

After completion of the works and delivery of the as-built documentation and geodetic inventory of the connection, the acceptance report is prepared.

After signing the acceptance protocol, a contract for water supply and/or sewage disposal is prepared. After its conclusion, the date of assembly of the water meter is set.



Step 4

Based on the collected documents and the application of the investor MPWiK S. A. in Krakow, prepares two copies of the contract for water supply and/or sewage disposal, which must be signed personally in the Customer Service Office (BOK - room 12). After signing the above contract, the date of assembly of the water meter by MPWiK S.A. is set.

Installation of the water meter is possible only in the presence of the investor or a person authorized by them. To confirm the installation of the water meter, the investor receives the assembly report, which is the basis for starting the calculation of fees for water consumption and/or sewage disposal in accordance with the water meter's indications.

Additional information, application forms, as well as electronic versions of the "Regulations for water supply and sewage disposal in the area of the Municipality of Krakow" and "Operational guidelines for the design, implementation and commissioning of water supply and sewage systems and connections" are available on the Waterworks of the City of Krakow website <https://wodociagi.krakow.pl/> in the Client Zone tab. The Center for Serving Residents of MPWiK S.A. is located in the building at ul. Senatorska 9 and is open on work days from 7.00 to 15.00, and on Mondays from 7.00 to 17.00.

5. WASTE MANAGEMENT

The Municipal Waste Management (MPO - Miejskie Przedsiębiorstwo Oczyszczania) in Krakow is a company with traditions dating back to 1866, the start of the revival of the Krakow self-government. Today, the company deals with two important aspects of the functioning of a modern city: manages the waste management system and city cleaning system.

As part of the first task, the company manages installations for waste treatment and organizes their collection from residents - they deal with this in the company-specific tender. Today, the waste management system in Krakow is considered one of the best organized among large cities in Poland, and by experts it is considered as a model.

The second task of MPO Krakow is implemented largely independently, also supporting the support of specialist companies. Cleansing the city means mechanical and manual sweeping, washing and cleaning of streets, sidewalks and bicycle paths, and in the winter they also remove snow from these areas and keep them in good condition.



What should a resident know?

Each owner of a property in Krakow or an entity managing such a property on behalf of the owner is required to submit a declaration on the amount of the municipal waste management fee to the City Council of Krakow. Thanks to this, the commune knows how much waste will be generated in this property (the declaration can be modified later). The owner must also equip their own property with waste containers – an owner can buy and own or rent them from MPO Krakow or any other company offering such services.

How to segregate waste?

By April 2019, selective collection of municipal waste should take place according to the following principles: paper, metal, plastics and multi-material packaging should be collected together in a container for selectively collected municipal waste marked in yellow. Glass packaging should be placed in a green container, while the waste after segregation should be mixed in a blue container.

For construction and demolition waste as well as other problematic waste that cannot be placed in containers, residents of the Krakow Municipal Commune can be transferred free of charge to the Selective Collection of Municipal Waste Points (LAMUSOWNIA at ul. Nowohuckiej 1 and PGOW at ul. Krzemieniecka 40 in Krakow).

The range of services available to residents of Krakow under the Integrated Waste Management System is much larger than in other municipalities. Residents, in addition to standard collection of waste from houses, can use a number of programs thanks to which, as part of the transport and waste management fee (i.e. at no additional cost), you can throw away more fractions and types of waste:

- ▶ “Green waste collection program” - the only green waste collection program implemented on such a large scale in Poland - every year from April to December, according to the schedule - collection from before the house once a week.
- ▶ “Elektrobrygada na telefon” - pickup of electrowaste, waste electrical and electronic equipment - notification by the hotline.
- ▶ Collection of large-size waste - according to the schedule.
- ▶ The “100% benefit” program implemented together with the Polish Red Cross - a program for receiving and managing textiles - notification via the hotline.
- ▶ “Kino za baterie” - collection of used batteries in kindergartens, schools and educational institutions in exchange for cinema tickets for groups entered.



In Krakow, there are also two stationary PSZOKi (Lamusownia and PGOW Barycz) and over 700 sockets (sets - 4 containers) for segregation of secondary raw materials.

From April 2019, a modification of the waste segregation rule required by national law will take place - more information on this subject and detailed rules for individual programs are found on the website: www.mpo.krakow.pl

Contact details: MPO Krakow ul. 1 Myslenicka, 31-580 Krakow
www.mpo.krakow.pl; e-mail: mpo@mpo.krakow.pl;
тел.: 12 646 22 02; гаряча лінія: 801 084 084
telephone number: 12,6462202, fax: 801 084 084, Main dispatcher MPO:
e-mail: interwencje24h@mpo.krakow.pl, tel: 12 646 23 61



CARE AND EDUCATION OF OUR CHILDREN

Providing education and care for our children is the most important task that parents face. This chapter includes information starting with various forms of taking care of a small child, followed by issues related to kindergartens, primary schools, on up to secondary education. You can also find necessary information about special education dedicated to children with disabilities in this chapter.



1. OUR CHILD IN A NURSERY, A CHILDREN'S CLUB AT A DAY CARER

1.1. CHILDREN AND CHILDREN'S CLUBS

As far as vacancies are concerned, entries for a nursery or children's club are held throughout the year.. In order to enroll a child in a communal nursery, you must be residents of the city of Krakow, in the case of nurseries and clubs other than those which are communal there is no such requirement. The basic difference between a nursery and a children's club is the age of children in care - a nursery can provide care for children from the age of 20 weeks to 3 years, a children's club from 1 to 3 years.

When choosing a nursery or a children's club for your child, start by choosing the institution that suits you best. Choose the facilities entered in the register, because only they operate legally. Registered facilities provide a guarantee of employment of qualified care personnel and fulfillment of the necessary fire and sanitary-epidemiological requirements. If you have chosen an open door which is initially responsive and have confirmed the possibility of accepting your child by phone, do not forget that it is very important to take the so-called 'during the adaptation period', at which time you can get to know the work of a selected nursery or children's club and check if your child adapts to the conditions prevailing there. Be sure totake this decision seriously and do not be discouraged. Sometimes it is necessary to check out a few outlets before we find the most suitable one.

LIST OF MUNICIPAL PRE-SCHOOLS (p. 238)

LIST OF PRE-SCHOOLS RUN ON THE MUNICIPALITY'S ORDERS
(page 238)

LIST OF OTHER THAN MUNICIPAL PRESCHOOLS AND CHILDRENS'
CLUBS (p. 234)

Current contact details and data on working hours and the amount of care and board fees in day care centers and children's clubs can be found in the Register of nurseries and children's clubs for the Ministry of the Family, Labor and Social Policy, at:
<https://empatia.mpips.gov.pl/dla-swiadczeniobiorcow/rodzina/d3/rejestr-zlobkow-i-klubow>

Detailed information on childcare facilities for children up to 3 years old can be obtained at the Office for Health



Care of the City of Krakow, ul. Czerwińskiego 16 and telephone numbers: 12 616 92 84, 12 616 94 87.



1.2. CARE COSTS IN NURSERIES AND CHILDREN'S CLUBS

Municipality nurseries - costs borne by the parent for providing care at a municipal nursery are: PLN 199 (cost of care) and up to PLN 150 (cost of board). The payment for care is granted to holders of the Krakow Family Card 3+ and the Krakow Family Card with a Disabled Child "N" who have priority in admission to the nursery. The parents of two or more children who simultaneously benefit from the care of the same nursery and parents whose income does not exceed 180% of the income entitling them to benefit from financial benefits specified in social assistance regulations (partially qualified) are partially exempt from paying fees. - the fee is reduced by PLN 100 for each child.

Nurseries run at the request of the commune of Krakow - the cost of care and food borne by the parents at the commune's order is the same as in the municipal nurseries. The costs borne by the parent for providing care are as follows: PLN 199 (cost of care) and up to PLN 150 (cost of board). First and foremost, the owners of the Krakow Family Card 3+ and the Krakow Family Card with Disabled Child "N" have first priority in joining the nursery.

Other than communal nurseries and children's clubs - costs borne by the parent for providing care and meals in a non-municipal nursery (with 10-hour care on all days of the week) amount to an average of PLN 1,300. In 2018, entities running nurseries, children's clubs or employing day caregivers (all who submitted appropriate applications at the beginning of the year) receive subsidies to the costs of childcare from the Municipality of Krakow. Pursuant to the contract signed with the Municipality, the instructors are obliged to reduce the monthly fees (so-called tuition fees) incurred by the parents or legal guardians of the child by the amount of the subsidy calculated in accordance with the formula: number of hours to provide care for the child in month (calculated on the basis of contracts concluded with parents or legal guardians) x PLN 1.70. The fee is reduced on average by approximately PLN 357 per month. Subsidy (co-financing) applies to all children covered, care of nurseries, children's clubs or day carers residing in the city of Krakow. In addition, from 2018, the Municipality of Krakow grants a subsidy (co-financing) to each child with a disability certificate, residing in the city of Krakow covered by care at PLN 2.40 (per hour of care). On average, 21 days



and 10 hours of care, PLN 504 per month. Co-financing is for the entity running a nursery/children's club to cover additional costs related to taking care of a child with a disability certificate.

1.3. DAY CARER

A day carer (daily guardian) is a natural person employed by municipalities and legal persons (companies, associations, foundations) and organizational units without legal personality (e.g. communal nurseries). From 1 January 2018, due to the change of the Act on the care of children under the age of 3, natural persons conducting business activity may employ daytime carers. A day carer may be a person who runs a sole proprietorship. It should be remembered that the daily carer can take care of up to five children from ages 20 weeks to 3 years and in the case of a child who is under the age of one or requires special care or is disabled, the carer can only deal with three children. With the consent of all parents concerned, the carer can take care of a maximum of eight children, in the case of a child who is under the age of one, is disabled or requires special care, a maximum of five children - if at least one parent will look after the children together with a day carer.

The day carer takes care of children in their own premises or in the premises of the entity that employs a day carer. Let us choose carers who are listed, because only they act legally, have appropriate qualifications and meet the necessary formal requirements. The rules for granting by the municipality subsidies for care performed by a daily carer are the same as those for nurseries and children's clubs (described above).

LIST OF DAY GUARDIANS (p. 239)

Current contact details as well as data on working hours and the amount of care and board fees for daytime carers can be found in the list of daytime carers on the website of the Ministry of Family, Labor and Social Policy at:

<http://empatia.mpips.gov.pl/web/piu/dla-swiadczeniobiorcow/rodzina/d3/wykaz-dziennych-opiekunow>

Detailed information on childcare facilities for children up to 3 years old can be obtained at the Office for Health Care of the City of Krakow, ul.

Czerwieńskiego 16 and telephone number
12 616 92 84, 12 616 94 87.



1.4. REFUND (RETURN) OF CARE COSTS FOR A CHILD

Refunds are available to an unemployed person who has at least one child up to the age of 6 or at least one child with disabilities age 7, as well as an unemployed person who cares for a dependent person if:

- ▶ took up employment or other paid work,
- ▶ was directed to an apprenticeship, adult apprenticeship or training,
- ▶ at the same time, earns monthly income that does not exceed the minimum remuneration for work.

Detailed information can be obtained at the Grodzki Urząd Pracy in Krakow, ul. Wąwozowa 34 - Center for Professional Activation - Public Aid and Refund Benefit Department or telephone number 12 68 68 214, 12 68 68 265 and on the website: www.gupkrakow.pl



2. BEFORE SCHOOL

2.1. LOCAL GOVERNMENT KINDERGARTEN

The Municipality of Krakow runs public kindergartens, to which children in the city are first admitted. Self-government kindergartens can be attended by children aged 3-6. In particularly justified cases, children who have completed 2.5 years may attend. During the school year the director decides about admission to kindergarten. Recruitment is conducted against the criteria set out in the Education Law and the resolution of the Krakow City Council. Recruitment has been supported by the electronic system for many years.

A list of local kindergartens, information on the offer of these kindergartens and recruitment rules (including criteria, schedule) can be found at portaledukacyjny.krakow.pl. Families covered by the Krakow Family Card 3+ program or families who are covered by the Krakow for "N" families program may benefit from a preferential (reduced) rate of payment for the use of self-government kindergarten services in the amount of PLN 0.50 for each hour over 5 hours free. For families covered by both the Krakow Family Card program 3+ and the Krakow for Family "N" program, the fee for using the services of self-government kindergarten is free.





Non-government kindergartens and pre-school points

Apart from self-government kindergartens in the city of Krakow, there are also non-governmental kindergartens: public (in which the rules of payment are the same as in self-government kindergartens) and kindergartens and non-public pre-school points (which define the terms of payment for the use of their services).

Lists of institutions are available at the website:
www.bip.krakow.pl/?dok_id=27315



2.2. SPECIAL NEEDS KINDERGARTEN

Special needs children attend special kindergartens for the:

- ▶ deaf
- ▶ hard of hearing,
- ▶ blind
- ▶ visually impaired,
- ▶ with motor disability, including with aphasia,
- ▶ with moderate or severe intellectual disability,
- ▶ with autism, including Asperger's syndrome,
- ▶ with coupled disabilities.

For children with intellectual disabilities, individual or team revalidation and education classes are organized to a deep extent from the 3rd year of life. The school teacher advises on the redress of recommendations resulting from the ruling on the need for special education.

Rules for the admission of a child to a special kindergarten

The basis for admission to a special kindergarten is:

- ▶ a decision about the need for special education issued by a team deciding on psychological and pedagogical counseling,
- ▶ application of parents (legal guardian) for admission to kindergarten,
- ▶ referral to the Mayor of the City of Krakow issued on the basis of the above-mentioned documents (for children residing outside Krakow issued as the pre-school has a vacancy).

The schooling obligation of children with a decision on the need for special education may be postponed until the end of the school year in the calendar year in which the child turns 9 years old.

Institutions organize appropriate learning conditions adapted to the level and developmental needs of children: specialist equipment, rooms, teaching aids, offices for individual classes (e.g. world experience hall, gymnasium, Montessori office, music therapy area, logopedic and psychological offices, relaxation room).

As part of the classes, kindergartens implement the core curricula approved by the Ministry of National Education and take into account the recommendations contained in the judgments about the child's need for special education. After the diagnosis, a team of teachers and specialists develops an Individual Educational and Therapeutic Program (IPET) for each child.

In kindergartens, work is based on proven, effective methods and forms of work: stimulating the senses that educate communication, supporting motor and intellectual development, as well as developing independence. Group and individual classes are conducted to provide equal educational opportunities. The classes prepare children to take up school education by implementing the obligation of one-year pre-school preparation.

Kindergartens, preventing social isolation and intolerance:

- ▶ support families by providing psychological and pedagogical help,
- ▶ form teams for early support of child development,
- ▶ care about integration with the local community and their peers.

Lists of institutions are available at:
www.bip.krakow.pl/?dok_id=27315



3. EDUCATION - TIME FOR SCHOOL

Since 2015, the internet portal has been functioning www.naszszkoly.krakow.pl. It is an innovative project on a national scale that presents a set of relevant information on all schools and facilities in the city. Thanks to the implementation of the portal, all schools and institutions have a chance to tell about themselves - their strengths, missions and values. The local community gains easy access to reliable information about the education system. The local government has the



possibility of transparent communication with the inhabitants and has gained an excellent tool to monitor the quality of the work of the centers. The portal is also a professional tool that provides parents with reliable information during the school selection process for the next educational stage. During the school year (from September 1 to June 30), pupils of Krakow elementary schools can use public transport free of charge on the basis of having a school ID.

In accordance with the change adopted by the Krakow Councilors in the 2017/2018 and 2018/2019 school years, the right to free travel by public transport will also be granted to students of the existing gymnasiums and students of junior high school gymnasiums in previous schools and in other schools in the Municipality of Krakow - from September 1 until 30 June. The basis will be the valid student ID of the pupil of the current junior high school or junior high school student.

3.1. PRIMARY SCHOOLS

Before making a decision to start school, children in kindergarten are tested for readiness to take the so-called pre-school diagnosis. This is a kind of specialized research that is to determine the child's development in various aspects: physical, emotional and intellectual. Detection of possible deficiencies in development allows you to quickly create a child's care that will overcome these difficulties. In this matter, parents can count on the support of Krakow psychological-pedagogical and specialist clinics. In primary schools, you can also get help before the start of the educational path.

In Krakow, recruitment to primary schools takes place electronically. Students living in the school area are admitted first, while students from outside the region are admitted on the basis of criteria defined by the City Council, after the recruitment procedure and as far as free places are concerned.

A list of local government schools, information about the offer of these schools and recruitment rules (including criteria, schedule) can be found at: www.portaledukacyjny.krakow.pl

Lists of institutions are available at website:
www.bip.krakow.pl/?dok_id=27315



3.2. SECONDARY SCHOOLS

In Krakow, secondary education is taught in general secondary schools (for youth and adults), technical secondary schools, first-cycle schools and post-secondary schools.

Recruitment for the first self-government classes and some non-standard generalist secondary schools for youth, technicians and industry-level first-level schools is conducted with the use of an IT system. The candidates introduce the electronic version of the application for admission to the school, with the option of choosing many branches in all recruitment schools, and then submit the paper version of the application, signed by parents or legal guardians, in the school indicated in the first place. The recruitment procedure is conducted on the principles set out in educational provisions.

During the school year, the headmaster decides about admission to the first class.

List of general secondary schools, technical schools, industry level schools and post-secondary schools, information about the offer of these schools and recruitment rules (including criteria, schedule) are on page: www.portaledukacyjny.krakow.pl

Lists of institutions are available at:
www.bip.krakow.pl/?dok_id=27315



3.3. SPECIAL EDUCATION

Students attend special schools for the:

- ▶ deaf,
- ▶ hard of hearing,
- ▶ blind
- ▶ partially sighted,
- ▶ with motor disability, including with aphasia,
- ▶ with mild, moderate or significant intellectual disability,
- ▶ with autism, including Asperger's syndrome,

- ▶ with coupled disabilities,
- ▶ threatened by social maladjustment, socially maladjusted.

For children and young people with disabilities, individual or team revalidation and education classes are organized to a deep extent.

The basis for admission to a special school is:

- ▶ a decision about the need for special education issued by a team deciding on psychological and pedagogical counseling,
- ▶ application of parents (legal guardian) for admission to school,
- ▶ a referral of the Mayor of the City of Krakow issued on the basis of the abovementioned documents (for children residing outside of Krakow, issued as the school has a free place).

Referral is issued at the request of the parents or the legal guardian of the child. The application should include an indication of the facility. The application for admitting a child to the school is issued directly in each institution. Parents of children from outside the Municipality of Krakow submit an application for referral to special education with an indication of the institution in the poviast city office competent for the child's place of residence.

Organization of special education

Types of special schools in mainstream education:

- ▶ primary school,
- ▶ secondary school,
- ▶ technical,
- ▶ industry school of the first degree,
- ▶ Secondary school industry,
- ▶ a special school preparing for work,
- ▶ post-secondary school.

In the case of deaf and hard of hearing children, blind and visually impaired people with motor disabilities or with intellectual disability to a degree of lightness, autism, Asperger's syndrome, the same basic pedagogy applies as in public education and



the same subjects are taught. For each student, a team of teachers and school specialists develops an Individual Education and Therapeutic Program (IPET). The educational process employs methods and forms of work adapted to the needs and abilities of pupils. Students in vocational schools can study in various professions offered by schools, taking into account health conditions. An important issue is the consent of the occupational physician for training in a given profession. In a special school, children learn in fewer wards, the size of which depends on the type of disability. They always have additional support in the form of a group of specialists competent for a given disability. Among others, schools run classes of psychological therapy, integration and sensory stimulation, correction of posture defects, correction of speech impediments, biofeedback, hippotherapy, dog therapy, therapy through art, and dance therapy. Children with moderate and severe intellectual disability attend elementary, post-primary and secondary schools, and afterwards attend a school that prepares for work. The curriculum content that a pupil should provide during the course of study is a separate core curriculum and separate subjects (other than in a publicly accessible school). Students learn to read, write, count and acquire skills in the field of work in various professions. At the end of primary school and special school for apprentices, students receive a leaving school certificate and do not take external examinations. They are prepared to take part in occupational therapy workshops or take up a job.

Students with disabilities have the right to learn:

- ▶ in primary school up to the age of 20,
- ▶ in a post-primary school up to the age of 24.

For pupils with a decision about the need for special education, due to disability, the period of study can be extended:

- ▶ in primary school:
 - one year - at the first stage of education,
 - two years - at the second stage of education,
 - in a post-elementary school for one year.

The decision to extend the period of education for a student holding a decision about the need for special education, issued due to disability, is made by the pedagogical council. The decision to extend the period of study is taken:

- ▶ in the case of primary school:



- at the first stage of education - no later than by the end of the school year in class III,
- at the second educational stage - no later than by the end of the school year in class VIII,
- in the case of a post-primary school - no later than by the end of the school year in the last year of education.

To a great extent, children and adolescents with intellectual disabilities have the right to use individual or team revalidation classes up to the age of 25.

It should be emphasized that the education system of a disabled child is both recirculated, i.e. pupils can go from public schools to special schools and special schools to mainstream schools. School names do not include the term “special” in the name of the school.

Lists of institutions are available at side:
www.bip.krakow.pl/?dok_id=27315



3.4. OTHER NON-GOVERNMENT FACILITIES

Other facilities are boarding rooms and dormitories. At the end of the guide you can find the data:

Lists of institutions are available at website:
www.bip.krakow.pl/?dok_id=27315



Cooperation with parents is one of the priorities of the City authorities in the field of education. The quality of education in a given school is inextricably linked to the quality of cooperation between the school and the student's home. The Mayor of the City meets at the beginning of the school year with the Presidents of the Parents' Councils of all schools. One of the effects of these meetings is the creation of Advisory Teams of Parents operating with the Mayor of the City of Krakow. These teams were selected through the selection of all types of schools from among the Presidents of Parents' Councils and function on the advice of school heads as an advisory body to the Mayor of the City, as well as giving the Mayor the opinions of the Parents' environment in matters important to the local government. Teams meet at the initiative of the Mayor, but they can also work together on their own.

Established posts or opinions of advisory teams are sent to the Secretariat of the Deputy President for Education and Sport. Advisory teams work to select new teams, i.e. until the next meeting of the newly elected chairpersons of the School Council in the school year (November). For parents interested in this kind of activity, psychological and pedagogical counseling centers offer thematic workshops.

A list of advisory teams and information and announcements for parents can be found at:

www.portaledukacyjny.krakow.pl

the Krakowska Szkoła Współpracy bookmark.



3.5. AFTER SCHOOL ACTIVITIES

During their free time, students can develop their passions and interests, for example in cultural youth centers. This extremely rich offer allows participation of children and youth in numerous sports, art and music activities. These institutions operate throughout the school year (during the summer and winter holidays, running the campaign “Summer in the city” and “Winter in the city”).

In Krakow, there are 11 youth culture centers run by the Krakow City Commune whose task is to enable children and youth to develop interests and talents, and take advantage of various forms of leisure and the organization of free time by participating in permanent or periodic forms of activities, trips, camps, etc. Youth cultural centers as non-school education centers, run IT, technical, subject and artistic classes (music, art, stage), sports and tourism and sightseeing, which can be attended by children and teenagers aged 3-21, from all over Krakow. The city of Krakow also has an attractive sports offer for spending free time by children and youth, described in greater detail in the title The Family and Sports.

Lists of institutions are available at website:

www.bip.krakow.pl/?dok_id=27315



4. I TURNED 18 YEARS - WHAT'S NEXT?

4.1. MATURA AND VOCATIONAL EXAM

Today, the results of the matura exam are the main criterion for admission to higher education, so if a student is thinking about a particular major, he/she



must find out which subjects (and at what level: basic or extended) are taken into account during the qualification. The professional exam is for students of vocational schools, post-secondary schools and technicians. Successfully passing the exam means obtaining a diploma confirming the graduate's professional qualifications - it is worth remembering that at the request of the graduate, a Europass may be attached – a supplement to the Diploma confirming vocational qualifications, which facilitates people with such a document navigating the European labor market. Regulations, standards, exam sheets, sample tasks on websites:

- ▶ cke.edu.pl – website of the Central Examination Board,
- ▶ oke.krakow.pl – website of the District Examination Board,
- ▶ kuratorium.krakow.pl – website of the Board of Education in Krakow.

The exam confirming qualifications in the profession carried out in accordance with the provisions of the Act on the education system in the wording effective before 1 September 2017 and based on the core curriculum of vocational education in 2012 is:

- ▶ students and students of basic vocational schools, technical schools and post-secondary schools who started their studies no earlier than September 1, 2012, but no later than August 31, 2017 and implemented the core curriculum of vocational education in 2012,
- ▶ graduates of four-year technical schools who started their studies not earlier than September 1, 2012, but no later than August 31, 2017 and the core curriculum from 2012 - until the school year 2024/2025,
- ▶ graduates of basic vocational schools who started their studies not earlier than September 1, 2012, but no later than August 31, 2017 and implemented the core curriculum from 2012 - until the school year 2024/2025,
- ▶ post-secondary school graduates who started their studies no earlier than September 1, 2012, but no later than August 31, 2017 and implemented the curriculum from 2012 - until the school year 2024/2025,
- ▶ persons who have completed a qualification course run based on the core curriculum of vocational education from 2012 - until October 31, 2025,
- ▶ adults who have completed the practical training of adult profession or apprenticeships for adults referred to in Art. 53c and art. 53d of the Act

of 20 April 2004 on the promotion of employment and labor market institutions (Journal of laws of 2017 item 165, with later amendments), until October 31, 2025,

- ▶ graduates of basic vocational schools, technical schools, supplementary technical schools and post-secondary schools who started education before September 1, 2012 but did not pass the exam by the end of the 2016/2017 school year or did not take the exam - until the school year 2024/2025.

The exam confirming the qualifications in the profession is carried out until October 31, 2025, also as an extramural exam for people who:

- ▶ graduated from high school or eight-year primary school,
- ▶ have been studying or working in a profession in which the given qualification has been distinguished for at least two years.

On 1 September 2017, regulations introducing changes in the examination confirming qualifications in the profession came into force, including the new core curriculum of the training in the competition on which the exam is based. The exam confirming vocational qualifications according to the core curriculum of training in 2017 occupations is carried out for students and graduates of industry-first grade schools, students and graduates of 4-year technical schools, as well as students, students and graduates of post-secondary schools, starting their education in the classroom and these schools from 2017/2018, and in subsequent years in subsequent classes/semesters of these schools. The examinee who passed the confirmation test qualifications in a given profession, receives a certificate confirming the qualifications in the profession, issued by the district commission. A person who has certificates confirming all qualifications distinguished in a given profession and has an appropriate level of education receives a diploma confirming professional qualifications.

4.2. COURSES, TRAININGS, INTERNSHIPS

Post-secondary schools enable a student to acquire the knowledge and skills needed to perform a job and obtain a technical diploma. It is not necessary to pass an exam for the post-secondary school diploma. There are several dozen such schools in Krakow that offer one and two-year long education programs.





It is usually necessary to pay tuition fees, but it is also possible to find an offer financed from external funds. Most post-secondary schools offer several weeks of courses and trainings in a particular profession (e.g. hairdresser, bricklayer, bartender, elderly person's guardian) and skills useful in various professions (e.g. computer programs, accounting). You can start a meeting with a vocational counselor who will help you plan your future profession free of charge. If a student, finishing high school or at secondary school, does not take the matriculation examination.

Information on procedures on the Central Examination Board:

www.cke.edu.pl/egzamin-maturalny/egzamin-w-nowej-formule/o-egzaminie/ and the District Examination Board: www.oke.krakow.pl

Information on courses and training:

- ▶ Center for Information and Planning for Careers of the Province of Lodz in the Labor Office, Plac Na Stawach 1, Krakow; Telephone number 124240738; 8.00-15.00; www.wup-krakow.pl,
- ▶ www.pociagdokariery.pl – WUP portal with a search engine for courses, trainings, schools, etc. in Krakow and the region,
- ▶ Grodzki Urząd Pracy in Krakow, ul. Wąwózowa 34, Telephone number 12 686 80 00 (central station), from 7.45-14.45. Information on the forms of support and procedures in force at the Office is available on the following website: www.gupkrakow.pl,
- ▶ Pracownia Informacji Młodzieżowej and Samorządowa Centrum Młodzieży them. dr. Henryk Jordan, ul. Krupnicza 38, Telephone number 12 430 00 15 ext. 237; www.cmjordan.krakow.pl

Lists of institutions are available at website:
www.bip.krakow.pl/?dok_id=27315



4.3. UNIVERSITY STUDIES IN POLAND

Every year, each university sets and announces its recruitment rules, according to which recruitment will be carried out a year later - it is very important for



students who choose subjects to pass on their secondary school departure exams. Information can be found on the university's website. The majority of universities conduct on-line registration by registering candidates in the electronic system via the Internet. Usually in such a system you will also find detailed information about recruitment (where and what documents should be sent), possible examinations, fees.

Studies in Poland are three-level. What do the individual names mean and what title can be obtained?

- ▶ First-degree (bachelor) studies usually last three years, are professional studies and result in obtaining a baccalaureate (lower rank from the master's degree), which allows you to undertake further studies in master's and often post-graduate studies.
- ▶ Second level studies, also known as "SUMs" (from "supplementary magisterial studies") are intended for graduates of BA studies, last 2-3 years and end with obtaining a master's degree. Some courses of study (for example medicine, law, psychology) are only conducted in a 5-6-year continuous mode - it is called uniform master's studies.
- ▶ For admission to doctoral studies (third degree), preparing for further research and didactic work in academic institutions, graduate students may apply. These studies usually last four years - during this time, PhD students under the supervision of a supervisor deepen their knowledge in a given field, conduct research and prepare work that will be the basis for obtaining a doctorate.
- ▶ After obtaining a diploma from the first or second degree studies, it is possible to undertake postgraduate studies. They last at least two semesters, classes are held on weekends, they are usually paid, although some majors are financed, e.g. from EU funds.

Studies are also diverse in terms of the course and time of organizing classes:

- ▶ Full-time studies - classes (e.g. lectures, classes, seminars) take place from Monday to Friday. At public higher education institutions, studies are free of charge, usually paid at private universities, although there are some courses financed or co-financed such as by EU funds.



- ▶ Part-time studies are a good form of study for people who for various reasons cannot be at the university during working days, for example, they work or look after a child. Classes are held on weekends, once or twice a month. The studies are paid, and the price depends on the university and the field of study.
- ▶ Part-time evening studies are also a good solution for working people, because classes take place during the week in the afternoon and evening hours. The studies are paid, and the price for a year of study depends on the university and the field of study.
- ▶ Extramural studies involve independent work of a student who receives a list of examinations and guidelines concerning the scope of material necessary in a given discipline, a list of textbooks and auxiliary literature. They are paid and can be taken by students in a unique situation.
- ▶ A newer version of part-time studies are studies over the Internet offered by the so-called virtual universities and less frequently by traditional universities (because this e-learning is usually a complement to direct contacts between students and lecturers). The didactic materials are then found on a special e-learning platform, and the study consists mainly of independent learning (anywhere and at any time), participation in several meetings at the university headquarters and examining examinations (online or in direct contact with the lecturer).

Before deciding on this form of study, you should check the qualifications of the university to conduct such part-time studies and to issue diplomas of graduation. Students with outstanding skills and focus on academics or students who are in a unique personal situation can apply for an individual course of study (ITS), which consists of working according to a specially prepared program. Detailed information on Polish public, non-public and church colleges (with permission from the Ministry of Science and Higher Education) can be found on the website: www.nauka.gov.pl (choose "higher education" "universities"). Search engine of studies (by voivodeship, city, university, field, etc.): www.wybierzstudia.nauka.gov.pl

4.4. YOUNG KRAKOW PROGRAM

The time of studying for a child in secondary schools is a time of growing up, building a personal identity and relations with a peer group, as well as the first step to social and civic activity. As part of the “Young Krakow” youth social activation program, the Krakow City Office implements activities that serve to strengthen pro-social attitudes of young people. Every year, in October, secondary school students start training at the Krakow Academy of Self-Government (Krakowska Akademia Samorządności), a multi-month course of social activity. During the classes, young people gain practical knowledge and skills needed in social work and activities for civil society. Among others, they learn work in a group, conflict resolution and creation of social projects. Support for growing up is the issue of active teenagers called ‘Śmigło’, published by the city (www.mlodziez.krakow.pl), which is co-edited by secondary school students. The magazine promotes social and civic activity of young people and a life without stimulants and violence. The magazine is given to students of 60 Krakow schools. The offer of leisure time management which a young person encounters is extremely rich, but not necessarily safe and ensuring development. A child is not always able to make good decisions. Therefore, it is necessary for adults to care and provide young people with safe, but also interesting offers to fulfil their aspirations and needs. The idea of Krakow to develop free time for children and young people is to promote sports, in particular low-cost sports, which can be practiced by everyone. Hence the idea of organizing “Juliada”, a summer sport and recreation event came about thanks to which young people can feel that Krakow trusts them and wants them to experience it as co-hosts.

Detailed information on the activities carried out under the “Youth Krakow” program can be obtained from the Youth and Senior Affairs Office, Telephone number 12 616 78 19, 12 616 78 33, and at website: www.mlodziez.krakow.pl





YOUNG Krakow GUIDE

All information that an adult citizen needs in Krakow can be found in the Young Krakow Guidebook. If your child or someone in your family turns 18, encourage them to reach for this guide. More information at www.mlodziez.krakow.pl the Young Krakow Guidebook.




CITY OFFICE OF KRAKOW -
Municipal Office Centre for Supporting Social Initiatives
2 Centrum C 10, 31-931 Krakow,
Telephone number 12 616 78 00
e-mail: ms.umk@um.krakow.pl

KRAKOW SUPPORTS FAMILIES

Well-functioning families are the proof of a well-functioning society. That is why every Krakow family receives support in difficult times. The following chapter is divided into three parts. In the first part, we present non-financial forms of help for families offered by various Krakow institutions. The second part contains a list of financial support tools, i.e. benefits and rules for obtaining them. Part three concerns support for families experiencing various crises situations - related to occurrence of violence, addictions or breaking the law. Let's not be afraid to turn to specialists for such matters.



1. NON-FINANCIAL SUPPORT OF THE FAMILY



The city of Krakow, through the activities of public institutions and the implementation of a number of programs, works to ensure a high quality of life for all families. In this chapter, the activities supporting Krakow's families are approximated. In the first part, we present non-financial forms of assistance for families offered by various Krakow institutions. The second part contains a list of financial support tools, i.e. benefits and rules for obtaining them. The third part concerns support for families passing through various crises related to the occurrence of violence, addictions or breaking the law. Do not be afraid to turn to specialists in specific matters.

1.1. KRAKOW CARD

Krakow is our city. Here we live, work, learn, pay taxes. Here we invest and do business and we care about development. The Krakow Card was created thinking about everyone for whom Krakow is the center of life and activity.

The Krakow Card is a pass for discounts and attractive offers available only to residents and people paying taxes in Krakow. Holders of the Krakow Card can use the discount for season tickets of public transport and discounts for the purchase of tickets to museums and city galleries. The principles of the Krakow Card program are clear and simple, and the offer is successively extended by further privileges and benefits. The issuance of the Card is free, and everything can be done without leaving your home.

To use the Krakow Card, persons who meet at least one of the following conditions are entitled if they:

- ▶ are registered as permanent residents within the City,
- ▶ calculate personal income tax in the tax office competent for a person residing in the City, with the indication of the City of Krakow as a place of residence, regardless of whether these persons earn income.

The following children are also entitled to use the Krakow Card: children of the persons referred to above (aged up to 18 years of age) and persons staying in care and education centers (up to 18 years of age), educators and directors of these institutions. The card is valid for a period of one year - counting from the day it was obtained, i.e. from the date of positive verification of the complete application.

Attention! If the person submitting the application already has a document with a photo, such as:

- Krakow City Card (mobile and plastic version),
- Krakow Family Card 3+ (plastic form),
- Małopolska Agglomeration Card (mobile and plastic version),
- student card,

The person does not have to make a plastic Krakow Card, because it is possible to upload the Charter of Krakow on the above carriers.

The application and issuance of the Card is a simple formality. The form can be completed online via the website www.kk.krakow.pl. The application can also be submitted at Ticket Sales Points.

People who want to make a Krakow Card in a mobile or plastic form need to provide a photograph. Requirements for photography: ID photo showing the face evenly lit, on a light background, without headgear and sunglasses. The face in the photo should occupy about 2/3 of the image. In the case of paper applications, the photograph is attached to the application in paper form. On the reverse side, a description should be provided - name and surname. In the case of electronic applications, the photograph is attached as a graphic file in JPG or PNG format, no larger than 5 MB.

Persons who are not registered (only) applying for the Krakow Card, are shown one of the following documents:

- ▶ the first page of the PIT with a stamp of verification of the Tax Office or confirmation of its submission, with the proviso that in the case of PIT 40A, confirmation of submission is not required,
- ▶ the first page of PIT with the Official Receipt of this PIT (UPO),
- ▶ certificate from the Tax Office.

Detailed information about the program and partners offering discounts for holders of the Krakow Card can be found at:

www.kk.krakow.pl



1.2. KRAKOW FAMILY CARD 3 +

The card is a system of discounts, concessions and entitlements created by the Municipality of Krakow and partners joining the program on the basis of agreements concluded with the City. The Krakow Family Card 3+ is implemented in particular in the areas of: public transport, culture and entertainment, sports, recreation and leisure, care for children up to 3 years old, education and upbringing, health, gastronomy, shops and services.

Use of the Krakow Family Card 3+ program, is entitled for:

- ▶ large families living in the Municipality of Krakow, where parents (the parent in the case of single-parent families) settle income tax on individuals in the Tax Office competent for a person residing in the City of Krakow. A multi-family is understood as a family consisting of parents (the parent in the case of single-parent families) with at least three children cared for (including children over whom they have family foster care):
 - persons up to the age of 18,
 - persons up to the age of 24 - when a child is studying at a school or college,
 - without age restrictions - in the case of children with a decree of a significant degree of disability.
- ▶ family-type care and education facilities, run by the Krakow City Commune or on its behalf.

Detailed information on the issue of the Krakow Family Card can be found in the Service Card No. SO-28 located at www.bip.krakow.pl under the tab: services - procedures.



1.3. BIG FAMILY CARD

The government Big Family Card offers a system of discounts and additional entitlements. Its owners have the opportunity to use the cultural, recreational or transport offers throughout the country. Discounts are offered not only by public institutions, but also by private entrepreneurs. The right to have a card is available to a large family member who is understood as a family, in which the parent (parents) or spouse of the parent have at least three children dependent:

- ▶ up to the age of 18,
- ▶ until the end of the age of 25 - in the morning, when you are ready to learn:
 - school - by 30 September following the end of the school year,
 - university - until the end of the academic year in which graduation is planned,
- ▶ without age restrictions - in the case of children with a moderate or severe degree of disability.

The right to use the program is independent of income.

Detailed information can be found at www.rodzina.gov.pl



However, information on issuing the Big Family Card can be found in the Service Card No. SO-27 on the website: www.bip.krakow.pl in the tab under the name: Services - Procedures.

1.4. KRAKOW FAMILY CARD FOR A FAMILY WITH A DISABLED CHILD

The program called Krakow for the Family "N" is an element of the social policy of the Municipality of Krakow and is aimed at supporting families with a disabled child. Confirmation of discounts, concessions and entitlements as part of the program is valid for the Krakow Family Card For a Family with a Disabled Child, issued in the form of a personalized identification card.

Use of the program, is entitled for:

- families with a disabled child residing in the Municipality of Krakow
- family-type care and education facilities run by the Krakow City Commune or on its behalf (substitute family houses).

The Krakow Family Card for a Family with a Disabled Child is given to:

- a disabled child up to the age of 25, having an up-to-date disability certificate or a current moderate or severe disability certificate,
- siblings of a disabled child up to the age of 18 or until they are 24 years old if they are studying at a school or college,
- entitled members of the families in which a disabled child is brought up,



- entitled disabled children placed in facilities,
- guardians of institutions.

The card is not issued to children with disabilities and disabled children with disabilities up to the age of four. Children are entitled to discounts, concessions, preferences and entitlements upon the presentation of the important Krakow Family Card For a Family with a Disabled Child by a parent or guardian of the institution.

The Krakow Family Card For a Family with a Disabled Child is issued or its validity period is extended free of charge, after verifying the submitted, complete application, for the duration of the disability or disability certificate held by a disabled child however, for no longer than 5 years and not longer than until the disabled child reaches the age of 25.

The Krakow Family Card with a Disabled Child allows you primarily to:

- free travel by public transport in Krakow,
- Fee relief in the amount of PLN 0.50 for the use by a child under 5 years for education, upbringing and care in self-governing kindergartens for each additional hour, exceeding 5 hours a day. For families covered by both the program Krakow Family Card 3+ as well as the program Krakow for Family "N" is free of charge,
- admission to local government nurseries outside the queue,
- exemption from the payment for the child's stay in a local commune nursery (this fee is PLN 199 per month),
- free admission for disabled children to the Krakow Zoo,
- free entry to all branches of the National Museum in Krakow,
- 70% discount for selected events carried out by the Krakow Festival Office,
- use of the offer of private companies and institutions.

The list of Partners and places where the Krakow Family Card for a Family with a Disabled Child is honored and a list of discounts, concessions and entitlements is available at www.krakow.pl/bezbarrier/kkrn

List of MOPS branches p. 239 The case is dealt with by:
 Office for Persons with Disabilities of the City of Krakow:
 ul. Stachowicza 18, 30-103 Krakow,
 ground floor, stand no. 3,
 hours: 7.40-15.30,
 Telephone numbers: 12 616 52 93,
 12 616 52 94.



1.5. LOCAL ACTIVITY PROGRAM AND VOLUNTEERING AT MOPS

The aim of the activities of Local Activity Programs (PAL - Programy Aktywności Lokalnej) is to integrate and activate local communities to take effective actions to improve mutual relations and quality of life, counteract marginalization and exclusion, improve the competence of residents and increase the sense of identification with the place where you live.

In PAL, various integration, activating and supporting activities are implemented that respond to the needs of a given community. These are both educational activities - including creativity workshops, DIY enthusiasts, tailors, horticulturalists, self-defense and assertiveness workshops for women, art and graffiti workshops, film and theater workshops, handicraft workshops, ceramics, eco-cosmetics creation workshops, prophylactic workshops against addiction for youth (among others in cooperation with the Municipal Addiction Prevention Center), as well as tutoring for children and youth, local events, social campaigns, special events and social projects. Some of the projects are implemented as part of the Citizens' Budget and from the District Council funds. PAL also carries out work with young people up to the age of 25. Activities in this area are implemented, among others by accompanying, advocacy of interest, assistance in the educational process and when starting employment, cooperation with institutions and organizations, sports, cultural and social activation.

Participation in the Local Activity Programs is free.

Local Activity Program "Jeziorko"

ul. Jeziorko 42 E, Krakow, Tel. 668 259 130 for the residents of the 18th District, in particular the Ruzsacza district

Local Activity Program „Na Skarpie”

Na Skarpie 35, Krakow, Telephone number 668 259 130

for the residents of the 18th District, in particular the district Na Skarpie

Local Activity Program “Ugorek”

ul. Ugorek 1, Krakow, Telephone number 660 637 859

for the residents of District III, especially Ugorek district

Local Activity Program “Na Olszy”

ul. Brogi 26, Krakow, Telephone number 780 511 835

for the residents of District III, especially districts Olsza and Olsza II

Local Activity Program “Stare Podgórze and Zabłocie”

ul. Dąbrówki 7/3-4, Krakow, 780 511 839 and 780 511 837

for the inhabitants of District XIII, in particular of Stare Podgórze and Zabłocie

Local Activity Program “Rybitwy”

ul. Dąbrówki 7/3-4, Telephone number 538 282 132

for the residents of District XIII, in particular, Rybitwy

Local Activity Program „Siemaszki”

ul. Siemaszki 31, Krakow, Telephone number 697 129 887

for residents of District IV, in particular ul. Ks Siemaszki

Local Activity Program “Azory”

ul. Jaremy 1, Krakow, Tel. numbers 660 637 831 and 695 802 278 for the inhabitants of District IV, in particular, Azory

Local Activity Program “Złota Jesień”

ul. Obrońców Krzyża 11c, Krakow, tel 660 637 862 and 780 511 833 for the residents of the District XVI, in particular Złotej Jesień

Local Activity Program “Sikorki”

ul. Sikorki 15, Krakow, Tel. numbers 660 637 862 and 780 511 833

for the residents of District XIV, in particular ul. Sikorki and Sołtysowska

Local Activity Program “Krzemieniecka”

ul. Krzemieniecka 63, Tel. numbers 780 511 839 and 780 511 837 for residents of District X

Local Activity Program "Streetwork -

Discover the potential of your district "for people under 25 years of age

- ul. Obrońców Krzyża 11c, Tel. 607509368 and 781977203-for persons from districts XIV and XVI
- ul. Na Skarpie 35, Tel. 781 977 201 or 607 809 507 for residents of District XVII, in particular.
- ul. Jaremy 1, Tel. 607 808 431 and 660 637 843 - for people from District IV
- ul. Brogi 26, Tel. 781 977 200 and 780 579 594 - for people from District III

Local Activity Program "Meaning of the Family" for people with mental disorders and those living with them, as well as relatives from Krakow

- ul. Chmielowskiego 6a, Telephone number 668 373 409
- ul. Ugorek 1, Telephone number 660 637 860

Local Activity Program addressed to foster families related and non-professional from the area of the Municipality of Krakow

- ul. Słoneczne 14, Krakow

Volunteer Opportunities


In the Municipal Social Welfare Center in Krakow there is the possibility of volunteering. People above 15 years who would like to help children, people with disabilities, the elderly, lonely, support street workers' work with homeless people and help local animators of Local Activity Programs implemented by MOPS, can report to the volunteer office located at the headquarters at ul. Ugorek 1, 31-450 Krakow on the following days: Monday, Wednesday, Friday from 11.00-18.00 and Tuesday and Thursday from 9.00-16.00 or by writing to the e-mail address: wolontariat@mops.krakow.pl; Telephone number 608 052 409.

Work with children in the area of educational matters, includes possibilities to provide tutoring for selected subjects in the field of primary and middle school, teach an active and interesting way of spending free time, develop the child's interests and skills. Meetings take place in the place of residence of people volunteered and take place at least once a week for a period of 1 to 2 hours.



Before starting volunteer work, volunteers take part in training in the field of occupational health and safety and the structure and activities of MOPS in Krakow, as well as perform volunteer tasks and duties.

1.6. PARENTS' CLUBS



The main purpose of the clubs is to support families with children and parents expecting offspring. Their task is to create a space that is friendly to parents and children. These are places of integration and sharing experiences as well as good practices and problems related to bringing up children. Clubs also carry out their tasks by organizing meetings with specialists such as: a psychologist, an environmental nurse, midwife, speech therapist, dietitian, educator, medical rescuer, lawyer and other specialists depending on the needs of people attending particular Clubs. Families can take advantage of workshops and educational, cultural and recreational activities, for example: raising awareness of planning and functioning of the family, developing parenting skills, including care and education, knowledge of breast-feeding, promoting a healthy lifestyle - including nutrition, facilitating return to work after maternity leave, career counseling, makeup workshops, classes with a stylist, brafitter, fitness for parents with children, yoga for pregnant women, classes dedicated to fathers (also future fathers). The Clubs offer also includes a wide range of development activities for children. During the meetings the youngest children are supervised by animators in specially created play corners.

Parents' Clubs are run with the cooperation of the Krakow City Office along with Culture Centrum Podgórze, Culture Centrum "Dworek Białooprądnicki", Culture Center Krakow - Nowa Huta, Culture Center C. K. Norwid, the Nowa Huta Cultural Center, the Krakow Cultural Forum, the Municipal Social Welfare Center (MOPS) and non-governmental organizations.

The location of the clubs has been proposed so that the residents of all districts of Krakow have convenient access to them. 35 Clubs operate in Krakow (as of September 2018).

Classes in Parents' Clubs run by Cultural Centers are payable at PLN 1 per adult. Classes run by MOPS as part of the Local Activity Programs and by non-governmental organizations are free. Persons with a Krakow 3+ Family Card have a 50% discount. Detailed information at www.kkr.krakow.pl in the Parent Clubs tab.

Contact details of all Clubs can be found at

www.kkr.krakow.pl/206283,artykul,kluby_rodzicow.html

Contact details of all Clubs can be found on page 240



1.7. ZIELONY DOMEK - FREE PSYCHOLOGICAL SUPPORT FOR FAMILIES WITH CHILDREN UNDER 3 YEARS

Zielony Domek is an institution created on the initiative of private persons and its task is the psychological support of parents with children under the age of 3 and prevention of disorders in family relationships. Since September 2015, the institution has been co-financed by the City Commune of Krakow.

Zielony Domek provides assistance in building healthy, positive family relationships that are the basis for the proper psychophysical development of the child. Activities are directed at child-parent relations and peer relations. The facility is preventive, and the use of it is not conditioned by a previous diagnosis of the child. Zielony Domek is a meeting place with other parents and an opportunity to talk about the child and exchange experiences. At the parents' disposal are therapists who deal with the child's early relationships, who understand their great importance for the course of the whole life of a human being. The facility is adapted to the needs of young children (changing table, bottle warmer) and equipped with appropriate toys. For older children there are play vehicles on which they can move around in an assigned area as well as a special place for water play. Activities at the Zielony Domek are free, you do not have to make an appointment, just check the opening hours.

Detailed information can be found on the website

www.fundacja-promyk.org/ or on the profile

www.facebook.com/ZielonyDomekKrakow

Phone number: 537-957-333,

e-mail fundacja@zielonydomek-krakow.pl

The facility is located on ul. św. Marka 21a.



1.8. CHILDREN'S TALENT PROGRAM

The aim of the Children's Talent Program is to help gifted and talented children attending primary schools located in the Municipality of Krakow, which for material, family and personal reasons cannot fully develop their talents and passions.

In addition to the development of talents and overcoming financial barriers, the project aims to equalize educational opportunities. An important assumption is also the activation of the local environment; We invite parents, teachers and heads of schools to cooperate with us to discover and care for children's passions and watch over their progress.

Recruitment to the project is carried out only by the organizers in cooperation with the directors of Krakow's primary schools. For more information, please visit: www.kkr.krakow.pl and www.mdt.czasdzieci.pl

1.9. TEENAGER ZONE

Teenager Zone is a place for those who are lost, have a difficult situation at home, at school or in relationships with their peers. In particular, it is addressed to teenagers who experience physical or psychological violence or struggle with problems of alcoholism of their parents or caretakers.

Friendly and open-minded specialists are waiting and ready to listen and indicate the possibilities of help for anyone. Visitors to the Zone can count on anonymity and a friendly and respectful atmosphere. The most important principles of the Teenager Zone are:

- ▶ You are safe and anonymous here,
- ▶ Come if something worries you, if you feel overwhelmed or someone is hurting you – e.g. beats, humiliates or offends you,
- ▶ You can “talk away” - you will definitely be listened to,
- ▶ You will find out that there is no unimportant situation,
- ▶ Every problem and worry need attention and we will help you solve them,
- ▶ The Teenager Zone is also open to parents and carers who do not know how to help teenagers struggling with difficulties.

The duties of psychotherapists and employees of the Krakow Association of Probation Curators are held at the Cultural Center “Dworek Białostrzemiński”, ul. Papiernicza 2. In addition, the project also includes WARSZATATY #jestemso-ba (WORKSHOP #I am me). The organizer of the project is the Cultural Center “Dworek Białostrzemiński” and the Krakow Association of Probation Curators, within the Parent Zone that is active in the Cultural Center.

The partner and initiator of the project is the City of Krakow Office - Plenipotentiary of the Mayor of the City of Krakow for Family Affairs - Marzena Paszkot.

Details can be found on the pages
www.kkr.krakow.pl and www.dworek.eu



1.10. OTHER FORMS OF NON-FINANCIAL ASSISTANCE

Specialized counseling, which aims to support the family in difficult situations by providing psychological assistance in the form of:

- ▶ individual therapy,
- ▶ family therapy focusing on the diagnosis of problems hindering the functioning of the whole family or its individual members and on the change of destructive patterns of functioning, improvement of relations and communication in the family,
- ▶ group therapy, in which several to a dozen people experiencing similar problems participate.


The decision on qualification for individual forms of therapy is made jointly with the therapist depending on the problem the person is reporting. The services are free of charge and provided both at the headquarters of counseling centers as well as at the place of residence of persons/families using this type of support.

LIST OF COUNSELING CENTERS AND FAMILY THERAPIES on (p.239)



Social work is intended to help in solving the difficulties encountered in life. Family members together with a social worker jointly look for ways out of the

situation. Each person can personally, by phone or e-mail address the Municipal Social Welfare Center (MOPS) in order to obtain this form of assistance in a convenient place and time.



The family assistant is a form of support for families experiencing difficulties in care and education. The role of the assistant is to support the family with children in search of solutions to various problems. Assistants also help those parents who want to have their children returned to their direct care. The main activities of the family assistant are accompaniment and assistance in various important matters, for example, official court matters, education, training in running a household, budget management, skills in raising a child at various stages of their development and organizing free time, using the available cultural and sports offers. In Krakow, the family support organization is organized by the Municipal Center for Social Welfare. This service is completely free, and the income generated by the family is not a criterion for making use of this type of support. The only formal requirement is to determine the need to provide the service based on a family environmental interview carried out by a social worker in the place of residence of the family. Family assistants can also provide help to families of children who have been diagnosed with a serious irreversible impairment or incurable disease threatening their health and life, occurring during the prenatal period of child development or during childbirth, as well as help pregnant women, especially in the case of pregnancy complications. The role of the assistant in such a situation is to support the family in the process of organizing comprehensive assistance. The family assistant coordinates various services in the area of specialist counseling, helping to overcome difficulties in nursing and raising a child, social and vocational rehabilitation, and facilitating access to psychological support and legal assistance, in particular in the field of parental rights and employee rights. The granting of this service does not require an environmental interview. People interested in this form of help can contact social workers at the MOPS Branch in Krakow.

Municipal social welfare Center (MOPS)
ul. Józefińska 14; Monday Friday: 7.30-15.30
www.mops.krakow.pl
LIST OF MOPS FILES (page 239)



Supportive families - their mission is to help families in need of support in overcoming difficulties related to care and upbringing, also in the case of children with disabilities and running a household. Relationships that arise between supportive families and families who need this support allow us to shape positive patterns of parental and social attitudes. The expenses incurred by the supporting family for costs related to, among others, with spending time together, i.e. purchase of MPK public transport tickets, cinema tickets, or theater for a child come from the supporting family. Families in need of help can themselves indicate candidates for supportive families. These can be people from the immediate environment of the child, e.g. neighbors, people who are friends with the family or godparents, as well as single people without children.

The fulfillment of the function of the supporting family is preceded by the conduct of family environmental interviews. Its aim is to verify candidates in terms of meeting criteria such as:

- ▶ no criminal record,
- ▶ full parental responsibility,

In addition, the candidate for the family support may present a recommendation or a positive opinion about themselves, e.g. from a school, sports club, religious organization, NGO, employers.

1.11. VIOLENCE IN THE FAMILY - WHERE TO SEEK HELP?

Domestic violence is a one-time or recurring at deliberate intervals or omission that violates the law or the personal interests of family members, especially those that expose individuals to danger of loss of life or health, violate their dignity, physical integrity, freedom, including sexual misuse, causing damage to their physical or mental health, as well as causing suffering and moral harm to people affected by violence.

Domestic violence can take many forms, most often physical, psychological, sexual and economic. Manifestations of violence are also negligence, e.g. leaving without supervision persons who are unable to independently fulfil their own needs because of there are sickness or disability.

These behaviors cause suffering and do not allow people to live safely. Therefore, if you or someone you know is being harmed, you might want to talk to people you trust - neighbors, friends, other family members to be able to direct and sup-



port you in regaining peace. You can also talk to a doctor who not only provides medical assistance, but also has a duty to seek further support and set up a Blue Card, which will help the person affected by violence to get help from specialists. However, if you do not have trusted people in your environment, you have no one to talk to, then it is worth contacting:

- ▶ Crisis Intervention Center (open 24 hours), ul. Radziwiłłowska 8b, Telephone number 12 421 92 82. In the Center there is also a Trust Phone Line for Seniors, open from Monday to Friday from 1.00-4.00, at phone number 12 413 71 33,
- ▶ Center for People Affected by Violence (open 24 hours), ul. Krakowiaków 46, Telephone number 12 425 81 70
- ▶ Municipal Social Welfare Center, ul. Józefińska 14, Telephone number 12 616 54 08, or employees at MOPS branches.

Persons experiencing domestic violence may report to the nearest police station or, at the moment of danger, call the police by dialling 997 or 112. Remember your life and safety are the most important!

Respond to violence - if you are a witness of domestic violence, inform the police, personally at the police station or at 997. You can also notify the Municipal Social Welfare Center, ul. Józefińska 14, Telephone number 12 616 54 08 or in the branches of the Municipal Social Welfare Center (MOPS).

1.12. VIOLENCE AGAINST OLDER PEOPLE

It happens that people living together with their closest relatives, who are in close emotional relation or who are financially dependent, can also experience violence at the same time. Unfortunately, such situations also affect older people. The forms of violence most often encountered by these people, in addition to physical violence, there are also forms of psychological and economic violence. Unpleasant words from loved ones, ridiculing, insults, shouting, offending and humiliating, as well as forbidding contact with friends or other family members, constitute psychological violence. This can also lead to neglect, which occurs when the elderly or disabled people are not provided with food, do not receive medical care or medications prescribed by a doctor are purposefully not bought by the people who should look after the elderly

person. In relation to an elderly person, financial misuse may also occur. This happens when family members take the person's money, force them to finance unwanted purchases or take out loans or credit, force changes in the will or force the donation of their property.

All the above behaviors bring harm and do not allow the affected person to live safely. Therefore, if such actions are happening to you or someone you know it is worth talking to trusted people - neighbors, friends, other family members, to help and support you in regaining peace. You can talk to your doctor, tell him about the harm you have suffered. The doctor provides medical assistance, but also has the responsibility to seek further help for a person experiencing violence, may establish a Blue Card, through which the affected person will get the help of a social worker, a policeman or, the help of a lawyer or psychologist as to stop the violence coming from the perpetrators or closest relatives. However, if you have no trusted people in your environment, you have no one to talk to about the problem of violence, then it is worth turning to institutions that deal with help in case of violence:

- ▶ Crisis Intervention Center (round the clock), ul. Radziwiłłowska 8b, Telephone number 12 421 92 82. In the Center there is also a Telephone Trust Line for Seniors, open from Monday to Friday from 13.00-16.00, at Telephone number 12 413 71 33,
- ▶ Center for Persons Affected by Violence (round the clock), ul. Krakowiaków 46, Telephone number 12 425 81 70
- ▶ Municipal Social Welfare Center, ul. Józefińska 14, Telephone number 12 616 54 27.

You can always call the police at numbers 997 or 112. Remember your life and safety are paramount, so look for help from institutions that work to help you.

VIOLENCE IN THE FAMILY - IMPORTANT TELEPHONE NUMBERS

Center for Persons Affected by Violence - 12 425 81 70,
Crisis Intervention Center - 12 421 92 82, Nationwide Telephone
for Victims of Violence in the Family "Blue
Line" free, open 24 hours – 800-120 002, National Ambulance
for Victims of Domestic Violence" Blue Line "(daily from 12.00 to
18.00) Tel. - 22 668 70 00.



Crisis intervention

The Crisis Intervention Center in Krakow provides specialist assistance to individuals and families experiencing crises including in situations of:

- family crisis,
- marital crisis,
- domestic violence,
- sexual violence,
- loss, mourning
- threats of suicide,
- accidents and disasters,
- experience of crime.

In the event of a threat to life or health, it is possible to temporarily shelter at the Ośrodek Crisis Intervention Center, ul. Radziwiłłowska 8b, 12 421 92 82, 24/7 assistance.

1.13. DAY SUPPORT FACILITIES

These are places where support is provided to parents in caring for and satisfying the child's needs, including: living, developmental, emotional and social. The task of the outlets is to work with the child in cooperation with the parents. Children can participate in educational, specialist and recreational activities, they also have a meal. The outlets operate all year round on all weekdays. There are three types of daytime support facilities in Krakow:

- ▶ Institutions maintained in a care form provide the child with care and education, help in learning and organizing free time,
- ▶ Specialized Institutions, in addition to providing care and education, provide for the organization of therapeutic, corrective counseling, and individualisation of individual correction plans, including pedagogical, psychological and sociotherapy,
- ▶ Institutions run in the form of outside play carry out animation and socio-therapeutic activities, which means that they work with children from different backgrounds. They aim to prevent and reduce the marginalization of children and young people. Activities are undertaken by street pedagogists

using the streetwork method in the environment of children spending time on the street. Participants can take part in educational, sociotherapeutic and recreational activities.

Detailed information on daytime support facilities can be found at: www.mops.krakow.pl in the Social Welfare Units tab - Day Support Center or by phone: 12-616 53 49 259, fax 12-616 53 49 341



1.14. SUMMER HOLIDAYS FOR CHILDREN AND YOUTH

Each year in Krakow, for non-governmental organizations, an open competition of offers for the implementation of the public task “Summer holidays for children and youth” is announced. The list of non-governmental organizations to whom that the City of Krakow has granted co-financing for the calendar year for implementation of this program can be found on the Public Information Bulletin – www.bip.krakow.pl, at the Municipal Portal for Non-Governmental Organizations – www.ngo.krakow.pl and on the board announcements at the headquarters of the Education Department of the Nicolaus Copernicus University, ul. Stachowicz 18.

2. FAMILY FINANCIAL SUPPORT, SERVICES


2.1. CHILDREN'S BENEFITS (500+)

Parents and guardians of children up to the age of 18 are entitled to parental benefits. Every family with a minimum of two minor children have the right to a benefit of PLN 500 for the second and each subsequent child. In the case of families with an income not exceeding PLN 800 per person, the family is also entitled to support for the first or only child.

For families with a disabled child, the income criterion is PLN 1,200. Additional support in the amount of PLN 500 per child will also be provided to foster families, family-type care and educational facilities and family orphanages. For children placed in professional foster families, family-type care facilities and family-owned orphanages, an allowance in the amount of an educational benefit (PLN 500) is granted irrespective of income.

The purpose of the parental benefit is to partially cover the expenses related to raising the child, including taking care of him or her and satisfying their life needs.

You can apply for a parental benefit if you are:

- 
- ▶ the child's parents (if they live together with the child and keep the child),
 - ▶ actual guardian of a child - means a person who actually cares for a child and applied to the guardianship court for the adoption of a child,
 - ▶ legal guardian of the child.

Parents and guardians of children up to the age of 18 are entitled to parental benefit. Each family with a minimum of two under-age children is entitled to a benefit of PLN 500 for the second and each subsequent child. In the case of families with an income below PLN 800 per person, the family is also entitled to support for the first or only child.

For families with a disabled child, the income criterion is PLN 1,200.

Applications for establishing the right to an educational benefit can be submitted electronically:

- ▶ through e-banking system of banks that joined the program,
- ▶ through EMPATIA portal run by the Ministry of the Family, Labor and Social Policy (for persons having the so-called ePUAP Trust Profile or electronic signature),
- ▶ using the Electronic Services Platform - PUE ZUS,
- ▶ using the electronic Public Administration Platform - ePUAP,
- ▶ in person at the City Hall of Krakow: ul. Stachowicza 18, from Monday to Friday: 7.40-18.00, Zgody 2 room 117 from Monday to Friday from: 7.40-15.30 (in August from 7.40- 18.00).

In the period from August 1 to September 30, applications may also be submitted to the City Hall of Krakow in the following locations:

ul. Wielicka 28 A; hours 7.40 - 15.30

29 Powstania Warszawskiego 10; hours 7.40-15.30

Plac Wszystkich Świętych 3-4; hours 7.40-15.30

CH "Bonarka", from Monday to Saturday; hours 10.00 - 18.00

CH "Bronowice", from Monday to Saturday; hours 10.00-18.00

CH "Serenada", from Monday to Saturday; hours 10.00-18.00

or via post to the following address:

Office of the City of Krakow Department of Social Affairs
Office for Educational Benefits
ul. Stachowicz 18
30-103 Kraków

All information on the Family + Program can be found on the website of the Department of Social Affairs www.sprawyspoleczne.krakow.pl



2.2. FAMILY AND ADDITIONAL BENEFITS

The family allowance is granted to cover part of the child's maintenance costs. It is available to parents, legal guardians, actual person learning until the age of 18 or school education, but not later than until the age of 21 or 24, if the child is still in school or college and has a certificate of moderate or severe disability. A student, up until 24 years not dependent on his/her parents because of death or in connection with a court verdict or settlement has the right to support by them as long as they continue their education at a school or college.

This is possible if the family income per person is PLN 674 or PLN 764 or in the case when a disabled child is brought up in a family.

If the family income exceeds PLN 674 or PLN 764, the family benefit together with the allowances is payable in the amount of the difference between the total amount of family benefits and allowances, and the amount by which the family income was exceeded. An allowance is not payable if the difference is less than PLN 20.

The amount of the family allowance is:

- ▶ PLN 95 per child until the age of 5,
- ▶ PLN 124 for a child over 5 years of age up to the age of 18,
- ▶ PLN 135 for a child over 18 years of age.



The following supplements apply to the family allowance:

- ▶ due to the birth of a child PLN 1,000,
- ▶ caring for a child while using parental leave PLN 400 per month,
- ▶ from child-renegotiation PLN 193 per month (not more than PLN 386 for all children), an increase of PLN 80 per month for a child with a disability or severe disability certificate (no more than PLN 160 for all children),
- ▶ due to bringing up a child in a large family 95 zlotys a month - it is not supported in the same period as a families' social benefits,
- ▶ for education and rehabilitation of a disabled child PLN 90 per month for a child up to the age of 5 or PLN 110 per month for a child over 5 years of age up to the age of 24,
- ▶ PLN 100 for the beginning of the school year - due to the child taking up education in the school away from home - an allowance of PLN 113 is granted for 10 months in connection with residing in the place where the secondary school is located or PLN 69 for travel to a secondary or post-secondary school outside of your place of residence.

2.3. CHILDBIRTH BENEFITS

Childbirth benefits (statutory)

A one-off allowance for childbirth is due for the birth of a child. It is granted to the mother or father of the child, the legal guardian or the actual guardian of the child, provided that the income criterion is met, amounting to PLN 1,922 per person. The benefit is due when the child's mother remained under medical care no later than from the 10th week of pregnancy until the day of delivery (this obligation does not apply to the legal or actual guardian). It is paid in the amount of PLN 1,000.

Childbirth grant (municipal)

A one-off financial grant for the birth of a child is due to the birth of a child. It is granted to the mother or father of the child, the legal guardian or the actual guardian of the child, provided that the income criterion of PLN 850 per person is met. It will be released when the applicant resides in Krakow one year before the day the child is born, and the child must also be a resident of Krakow. For

families with the Krakow Family Card, the grant is available irrespective of the family income.

Applications for benefits referred to in points 2.3 and 2.4 may be submitted electronically:

- ▶ through the EMPATIA portal run by the Ministry of the Family, Labor and Social Policy (for persons having the so-called ePUAP Trust Profile or electronic signature),
- ▶ using the Electronic Platform of Public Administration Services - ePUAP,
- ▶ in person at the City Hall of Krakow: ul. Stachowicz 18; in hours from 7.40 to 18.00 or os. Zgody 2; hours from 7.40 to 15.30.

In the period from August 1 to October 31 applications may also be submitted to the City Hall of Krakow:

- ▶ ul. Wielicka 28 A; hours 7.40 - 3.30
or via post - to the following address:
City Hall of Krakow. Department of Social Affairs ul. Stachowicz 18,
30-103 Kraków

2.4. GOOD START PROVISION (300+)

Good start (300+) is the implementation of the government's "Good start" program. Its purpose is to support families with children in expenses incurred related to the start of the school year. This support will consist in awarding once a year a benefit of PLN 300 for each school-aged child, regardless of the amount of income received by the family.

An application for good start can be submitted by:


- ▶ a child's parent,
- ▶ actual guardian (i.e. a person who actually looks after a child and applied to the guardianship court with a request for adoption of a child), legal guardian,
- ▶ learner, i.e. an adult studying at school, not dependent on their parents in connection with their death or in connection with the determination of a court judgment or court settlement of the right to support from their side or an



independent person (referred to in Article 140 of the Act about supporting the family and foster care system).

The Good Start provision entitles to a one-time payment of PLN 300.

The good start is entitled for the completion of:

- 
- ▶ 20 years of age by a child or learner, and also when the child or learner is over 20 years before the start of the school year in the calendar year in which the child or learner is 20 years old,
 - ▶ 24 years old by a child or a learner in the case of children or learners with a certificate of disability, and also when the child or learner has completed 24 years before the start of the school year in the calendar year in which the child or the learner is 24 years old (in the case of children or learners with a disability certificate).

An application for a good start can be submitted:

- ▶ from July 1, 2018 to November 30, 2018 - electronically:
 - via the electronic banking system,
 - using the EMPATIA portal run by the Ministry of Family, Labor and Social Policy:
<https://wnioski.mpips.gov.pl/ewnioski/index.eup> (for people with so-called ePUAP Trust Profile or electronic signature)
- ▶ from August 1, 2018 to November 30, 2018 - personally at the City Council of Krakow:
 - Stachowicza 18, from Monday to Friday in: 7.40-6.00
 - Zagody 2 rooms 117 from Monday to Friday from: 7.40-15.30 (in August from 7.40-18.00)

or via post - to the following address:

Krakow City Council, Department of Social Affairs
Department for Educational Benefits
Ul. Stachowicza 18, 30-103 Krakow

In the period from August 1 to September 30, applications may also be submitted to the City Hall of Krakow in the following locations:

- ul. Wielicka 28 A; in hours 7.40-15.30
- al. Powstania Warszawskiego 10; hours 7.40-15.30

- Plac Wszystkich Świętych 3-4; hours 7.40-15.30
- CH "Bonarka", from Monday to Saturday; hours 10.00-18.00
- CH "Bronowice", from Monday to Saturday; hours 10.00-18.00
- CH "Serenada", from Monday to Saturday; in hours 10.00-18.00

2.5. OTHER BENEFITS

Parental benefit is paid in the absence of entitlement to maternity bail, paid regardless of family income in the amount of PLN 1,000.

It is for the mother or father (including in the event of the death of the mother's child, abandonment of the child, shortening at the mother's request periods of parental benefit) for the period of:

- ▶ 52 weeks in the case of the birth of one child, or the adoption of one child,
- ▶ 65 weeks for the birth of twins or the adoption of two children,
- ▶ 67 weeks in the case of the birth of three children or the adoption of three children,
- ▶ 69 weeks for the birth of four children or the adoption of four children,
- ▶ 71 weeks for the birth of five or more children at one birth or the adoption of five or more children.

A one-time provision of "for life" in the amount of PLN 4,000 granted regardless of family income.

"For life" is entitled to the mother or father of the child, the legal guardian of the child or the actual guardian of a child diagnosed with a severe and irreversible impairment or an incurable life-threatening illness that arose during the prenatal period of the child's development or during delivery. The benefit is due when the child's mother was under medical care no later than from the 10th week of pregnancy until the day of delivery (this obligation does not apply to the legal or actual guardian).

The nursing allowance is awarded of PLN 153 (from November 1, 2018 in the amount of PLN 184.42, and from November 1, 2019 in the amount of PLN 215.84) in order to partially cover expenses resulting from the necessity to pro-



vide care and assistance to another person in connection with the inability to self-exist, and is entitled to:

- ▶ a disabled child,
- ▶ a disabled person over 16 years of age, if they have a severe disability certificate,
- ▶ a disabled person over the age of 16 with a moderate disability certificate if the disability arose before the age of 21,
- ▶ a person who is over 75 years.

The nursing benefit of PLN 1,767 per month is payable to the mother or father, the actual guardian of the child, the person being a relative foster family, other persons on whom, pursuant to the provisions of the Act of February 25, 1964, the Family and Guardianship Code has an obligation if they do not take up or give up employment or other gainful employment in order to take care of a person with a disability certificate, including the indications: the necessity of permanent or long-term care or assistance of another person with a significantly limited possibility of independent existence and necessity of permanent complicity on an every day basis for a child's guardian in the process of the child's treatment, rehabilitation and education, or a person with a severe disability certificate.

Special care allowance is granted to persons on whom, in accordance with the provisions of the Act of 25 February 1964, the Family and Guardianship Code under maintenance and spouses, if they: do not take up employment or other gainful employment or resign from employment or other work for the permanent care of a person with a large disability certificate or a disability certificate together with the indications: the need for permanent or long-term care or assistance of another person due to a significantly reduced possibility of independent existence and the necessity of permanent participation every day for a child's carer in the process of their treatment, rehabilitation and education. Special care allowance of PLN 520 (from November 1, 2018 in the amount of PLN 620) per month is payable if the total income of the family of the guardian and the family of the person requiring care per person does not exceed the amount of the income criterion of PLN 764.

The allowance from the Alimony Fund is granted to a person who is in a difficult financial situation due to the inability to provide amenities. A prerequisite for receiving the above-mentioned benefit is to meet the income criterion, which may not exceed PLN 725 per person in the family. The benefit from the maintenance fund is payable in the amount of alimony on an ongoing basis, however not higher than PLN 500 per child.

Applications for benefits can be submitted electronically:

- ▶ through the EMPATIA portal run by the Ministry of the Family, Labor and Social Policy (for persons having the so-called ePUAP Trust Profile or electronic signature),
- ▶ using the Electronic Platform of Public Administration Services - ePUAP,
- ▶ in person at the City Hall of Krakow: ul. Stachowicz 18; in hours from 7.40 to 18.00 or Zagody 2; in hours from 7.40 to 15.30.
- ▶ or via post - to the following address:

Office of the City of Krakow;
 Department of Social Affairs
 ul. Stachowicza 18, 30-103 Krakow

2.6. HOUSING ALLOWANCE AND REDUCED ENERGY SUPPLEMENT RATE

A housing allowance is a benefit intended to co-finance housing expenses incurred in connection with occupancy of a dwelling for a person who simultaneously satisfies three conditions:

- ▶ has a legal title to the premises or is expecting a social or exchangeable remises,
- ▶ receives a monthly income not exceeding 175% of the lowest old-age pension in a single-person household and 125% in a multi-person household,
- ▶ resides in a flat with a usable floor area not exceeding the standards specified by the legislator, as per the table below:





| Number of household members | Normative surface | Permissible area at 30% exceeding the normative area | Permissible area exceeding 50% provided that the share of the rooms' area and the kitchen in the usable area does not exceed 60% |
|-----------------------------|-------------------|--|--|
| 1 person | 35 m ² | 45, 50 m ² | 52,50 m ² |
| 2 people | 40 m ² | 52,00 m ² | 60,00 m ² |
| 3 people | 45 m ² | 58,50 m ² | 67,50 m ² |
| 4 people | 55 m ² | 71,50 m ² | 82,50 m ² |
| 5 people | 65 m ² | 84,50 m ² | 97,50 m ² |
| 6 people | 70 m ² | 91,00 m ² | 105,00 m ² |

The housing allowance is not a fixed amount and is calculated individually on the basis of attached documents. The amount of the housing allowance may not exceed 70% of the expenditure on the normative area of the occupied dwelling. However, if the person applying for the housing allowance lives in a dwelling, which is not part of the commune's housing stock, the expenses incurred are converted to the amount of the rent that would apply to a given flat if the premises were part of the municipality's housing.

This flat rate allowance is granted to sensitive recipients of electricity. A sensitive recipient is a person who has been granted a housing allowance, is a party to a comprehensive agreement or contract for the sale of electric energy concluded with an energy company and lives in the place of electricity supply. The amount of the benefit is determined annually by the minister competent for energy.

Applications for energy and housing subsidies should be submitted to:

Department of Social Affairs of the City of Krakow,
ul. Stachowicz 18; hours 7.40 to 18.00
or os. Zagody 2; hours 7.40 to 15.30.

All information about benefits can be found on the website
Department of Social Affairs www.sprawyspoleczne.krakow.pl



2.7. STUDENT SUPPORT PROGRAMS

Students in a difficult financial situation can apply for a school scholarship. Students who meet the following conditions are entitled to the scholarship:

- ▶ they live in Krakow,
- ▶ start or continue school education,
- ▶ the income per capita in the family does not exceed PLN 514.

The aid is paid in the form of a refund, based on invoices, receipts and other documents confirming that expenditures have been incurred for educational purposes related to a given school year. Applications can be downloaded at www.bip.krakow.pl - E-office - Services - in the search engine you should enter SO-20 (for family allowance and supplement to family allowance) or MOPS-45 (for school scholarship).

- ▶ Olympic Laurel - an award for special achievements in competitions, Olympics, tournaments,
- ▶ The Educational Award of the Capital Royal City of Krakow,
- ▶ Scholarship of the Mayor of the City of Krakow Juliusz Lea,
- ▶ Congratulatory letter,
- ▶ A 100% high school diploma - a special prize for high school graduates who have passed the high school diploma for 100%
- ▶ Other forms of student support:
 - Educational Scholarship of the Royal Capital City of Krakow,
 - Co-financing of travels (ticket, train, bus),
 - Co-financing of stay costs (daily allowance, accommodation),
 - Co-financing the purchase of scientific aids (scientific journals, publications, books),
- ▶ Coordinated by talented pupils from the budget of the Municipality of Krakow, scientific camps - subject / thematic organized by schools.

The right to nominate candidates for awards is available to school principals.



Detailed information can be found at www.bip.krakow.pl ⇨
Development of the City ⇨ of Politics ⇨ Education.



2.8. FINANCIAL BENEFITS

Allowances in the form of benefits are granted to persons and families who do not have the means to meet basic life needs, and their monthly income is lower than the net amount of PLN 634 (from October 1, 2018 - PLN 701) for a single person or from PLN 514 (from October 1, 2018 - PLN 528) per person in the family. Financial aid is provided in the form of money allowances:

- ▶ periodic benefit to meet basic life needs,
- ▶ special-purpose allowance to meet necessary living needs, e.g. purchase of medicines, clothing, necessary household items, covering housing fees, heating costs, etc.,
- ▶ permanent benefit for people who are completely unable to work due to their age (for women over 60 years of age, for men after 65 years of age) or those with disabilities (for people with moderate or severe disability or people with a certificate of total inability to work (former disability group II) or total incapacity for work and independent existence (formerly disability group I).

Persons and families whose incomes exceed the financial criteria may be granted assistance in the form of a special targeted allowance.

Help with food

- ▶ Meals for children and pupils - this is help in the form of providing a meal for children and pupils enjoying nutrition at school, kindergarten or nursery, which is provided on condition that:
 - income per capita in the family does not exceed PLN 1,028 (from 1.10.2018 - PLN 1,056).
 - the income per capita in the family is higher than PLN 1,028, but does not exceed PLN 1,285 the aid is granted on the condition of reimbursement of 50% of the meal costs (from October 1, 2018, higher than PLN 1056, but not exceeding PLN 1320).

Meals for other beneficiaries - this is help in the form of one hot meal a day, which you can use in the milk bar with which MOPS has made a contract. It shall be granted on condition that:

- ▶ income per capita in the family does not exceed PLN 951 (from 01/10/2018 – PLN 1051.50) in the case of a single-person household or PLN 771 (from 01/10/2018 – PLN 792) per person in family,
- ▶ income per capita in the family exceeds PLN 951 (from October 1, 2018 - PLN 1051,50) - in the case of a single-person household or PLN 771 (from October 1, 2018 - PLN 792) per person in the family, but does not exceed PLN 1268 (from October 1, 2018 - PLN 1402) for a single-person household or PLN 1028 (from October 1, 2018 - PLN 1056) per person in a family, then, the assistance may be granted subject to the reimbursement of 25% of the meal costs.

Target allowance for food purchase - financial aid in the form of a special purpose allowance for the purchase of meals or food is granted in a situation where it is not possible to provide meals or if the family or personal situation speaks towards this need. Help in the form of a special purpose allowance for the purchase of food can be granted when the income per capita in the family does not exceed PLN 951 (from 01/10/2018 - 1051,50 PLN) in the case of a single person managing or PLN 771 (from 01/10/2018 – PLN 792) per person in the family.

Food aid - this is aid in the form of food parcels intended for single persons whose income does not exceed PLN 1268 (from October 1, 2018 - PLN 1402) and persons in families whose income does not exceed PLN 1028 (from 01/10/2018 - PLN 1056) per person. The aid is implemented under the Operational Program Food Aid 2014-2020 (OP Po) co-financed by the European Fund for Assistance to the Most Deprived (FEAD). The condition for using the assistance is to receive a referral from MOPS, which is issued on the basis of a statement of income from the month preceding the submission of the application. Referrals for food aid are issued by all branches of the Center. In Krakow, food is distributed by partner organizations of the Food Bank, Caritas of the Archdiocese of Krakow and the Polish Social Aid Committee. Food packages sent to those concerned contain basic food products such as pasta, rice, cereals, sugar, oil, canned food and milk. People using support under the aforementioned program, apart from obtaining food aid, have the opportunity to participate in culinary and nutrition workshops as well as workshops for managing the household budget.

The school allowance is granted to a student living in Krakow, who is in a difficult financial situation due to a fortuitous event, such as: a fire or flooding of



a flat, sudden illness in a student's family, an unfortunate accident that causes permanent impairment of the student's family's health, theft in the student's apartment, sudden, unintentional loss of job by a parent or legal guardian. You can apply for a school allowance no later than two months after the occurrence of a fortuitous event. School allowance may be granted in the form of an educational curriculum or in the form of a cash payment to cover education-related expenses.

Detailed information can be obtained at the Branch Office of the Social Welfare Center.

Municipal social welfare Center
 Ul. Józefińska 14; Monday to Friday: 7.30-15.30
www.mops.krakow.pl
 LIST OF MOPS FILES (page 239)



3. SUPPORT IN CRISIS

There are difficult situations in the life of every human being that they cannot solve. This chapter contains information about institutions and organizations that can help in solving and supporting crisis situations.

3.1. SPECIALIZED CARE SERVICES FOR PEOPLE WITH MENTAL DISORDERS

Specialized care services for people with mental disorders are intended for people with special needs resulting from the type of disability. They include in particular activities in the area of:

- ▶ learning and developing the skills necessary for independent living (shaping the ability to satisfy basic life needs and social skills, motivating for activity, treatment and rehabilitation, training self-management skills and social skills, supporting in everyday life activities; interventions and help in family life, help in dealing with official matters, help in managing money),
- ▶ nursing, as a support for the treatment process (assistance in accessing health care services, overseeing medical visits, diagnostic tests, taking medicines, help in reaching health care facilities and rehabilitation centers).

Detailed rules for the implementation of specialist care services, including the rules for determining the amount of payment for services are set out in the Regulation of the Minister of Social Policy of 22 September 2005 on specialist care services. In the case when the income per capita in the family does not exceed the income criterion specified in the Act on social assistance, i.e. PLN 514 (from October 1, 2018) - PLN 528) or in the case of income for a single person, PLN 634 (from October 1, 2018 - PLN 701), specialist care services are provided free of charge. Other cases have been added for the amount of free time. In order to apply for help, you must submit a request for assistance to the Branch of the Municipal Social Welfare Center in Krakow, according to your place of residence.

ALCO-TEL 24-hour Telephone Helpline - designed for people with alcohol problems (addicts, families or relatives of addicts, risky drinkers). Help is also provided to people abusing psychoactive substances, experiencing violence, people in a suicide crisis.

You can also turn to Consultation Points for people with alcohol problems and their family members who work at the Municipal Center for Addiction Prevention in Krakow. There are psychological and legal counseling, comprehensive information on addiction problems, initial diagnosis and referral to addiction treatment centers. Points can be found at the following addresses:

- ▶ ul. Rozrywka 1, Telephone number 12-4114121, fax: 115 (from Monday to Friday),
- ▶ Rynek Podgórski 4 / 2a, Tel. 12 656 27 34 (Monday and Thursday),

Current information can be found at: www.mcpu.krakow.pl, in the Consultation Point tab.

Information on addiction therapy can be obtained at the Municipal Center for Addiction Prevention in Krakow, ul. Rozrywka 1, on the internet:

<https://www.mcpu.krakow.pl/content/terapia-uzaleznien> or by phone at 12 411 41 21.



You can also use the ALCO TEL 24-hour telephone for people with alcohol problems and their family members 12-411 60 44.



3.2. FREE LEGAL AID

There are 31 points in Krakow, where you can take advantage of free legal advice. Legal help points are open five days a week, minimum four hours a day. The table below contains detailed information.

| point No. | address | hours of operation of the point /Monday to Friday */ |
|-----------|---|--|
| 1. | os. Centrum C 10 [room 4] | 07.30-11.30 |
| 2. | | 12.00-16.00 |
| 3. | | 16.30-20.30 |
| 4. | ul. Rzeźnicza 2 [room 28] | 15.30-19.30 |
| 5. | ul. Józefińska 14 [room 003] | 16.00-20.00 |
| 6. | Krakowska 55 [entrance from Krakowska 53, ground floor] | 15.30-19.30 |
| 7. | Helclów 2 [room № 10] | 16.00-20.00 |
| 8. | Sas-Zubrzyckiego 10 [house No. 1 „Socius”] | 11.00-15.00 |
| 9. | Białoprowadnicka 3 [counselors' hall] | 11.00-15.00 |
| 10. | Grunwaldzka 8 [room № 13] | 12.00-16.00 |
| 11. | | 16.00-20.00 |
| 12. | Grunwaldzka 8 [room № 13] | 14.00-18.00 |
| 13. | Pl. Wszystkich Świętych 3-4 [room № 6] | 16.00-20.00 |
| 14. | os. Dywizjonu 303 № 34 [Counselors' Council room] | Mondays: 09.00-13.00 Tuesdays: 13.00-17.00 Wednesdays: 12.00-16.00 Thursdays: 12.00-16.00 Fridays: 08.00-12.00 |
| 15. | al. Powstania Warszawskiego 10 [room № 49] | 16.00-20.00 |

| | | |
|-----|--|-------------|
| 16. | Pl. Wszystkich Świętych 3-4 [room № 27] | 07.30-11.30 |
| 17. | | 12.00-16.00 |
| 18. | | 16.00-20.00 |
| 19. | Wielopole 17a [room № 5, POM] | 16.00-20.00 |
| 20. | os. Zgody 2 [room № 25] | 16.00-20.00 |
| 21. | Stachowicza 18 [room № 8] | 16.00-20.00 |
| 22. | Wielicka 28a [room № 15] | 16.00-20.00 |
| 23. | Rynek Podgórski 1 [room № 8] | 16.00-20.00 |
| 24. | Grunwaldzka 8 [room № 13] | 07.30-11.30 |
| 25. | Kasprowicza 29 [room № 1] | 16.00-20.00 |
| 26. | Czerwieńskiego 16 [room № 32] | 10.00-14.00 |
| 27. | | 14.30-18.30 |
| 28. | Rynek Podgórski 4 / 2a | 07.30-11.30 |
| 29. | | 12.00-16.00 |
| 30. | os. Na Kozłówce [room № 2a] | 15.30-19.30 |
| 31. | os. Zgody 2 [room № 22] | 16.00-20.00 |

Who is free legal aid for?

- ▶ For natural persons who were granted social assistance benefits under the Social Assistance Act in the previous year.
- ▶ For young people up to 26 years old.
- ▶ For seniors who are 65 years and older.
- ▶ For veterans.
- ▶ For those entitled to use the Big Family Card.
- ▶ For each endangered or injured because of:
 - natural disaster,
 - technical failure,
 - natural catastrophe.
- ▶ For pregnant women, based on a document confirming pregnancy.

Free legal assistance is provided in the scope of:

- ▶ labor law,
- ▶ preparation for starting a business,
- ▶ social insurance,
- ▶ criminal cases,
- ▶ administrative matters,
- ▶ civil cases,
- ▶ family affairs,
- ▶ tax law, excluding tax matters related to running a business.
- ▶ matters related to pregnancy and childbirth, in particular parental rights and employee rights (applies to pregnant women).

Free legal assistance consists of:

- ▶ preparing a draft letter for exemption from court costs or appointing a representative from office,
- ▶ information on the legal status and entitlements or duties vested,
- ▶ indicating the way of solving the legal problem,
- ▶ help in preparing the draft letter, excluding the pleading,
- ▶ preparing a draft letter initiating judicial or court-administrative proceedings.

Help can also be obtained from the Municipal Consumer Ombudsman in Krakow. The office accepts clients in the building of UMK at al. Powstań Warszawski 10. The Legal Consulting Point of the Krakow City Center in Krakow is located on the ground floor of the Administrative Center building in box 49 (ground floor). You can get legal advice there, but to do this you need to take all documents needed to query the case - a contract with all attachments to it, complaints, bills, invoices copy of correspondence to and from the trader. You do not have to make an appointment to meet an Office lawyer, but you have to wait for the queue if more people would come at a given time.

There is also the possibility of obtaining free telephone advice by the residents of the Krakow powiat at telephone number 12 616 92 32 or via electronic means via the Servo e-PUAP platform, but after obtaining and confirming the trusted profile by the applicant, detailed information can be found at

<http://www.bip.krakow.pl/?dok id=44927>

In addition, the Ombudsman has legal duties twice a year in the seats of all districts of the City of Krakow and Powiat Starostwo in Krakow - six times. Detailed information on the roster schedule can be obtained at the District Council Offices and the Powiat Starostwo in Krakow. Headquarters at al. Słowackiego 20.

3.3. CRISIS INTERVENTION

The Crisis Intervention Center in Krakow provides specialist assistance to individuals and families experiencing crises including in situations of:

- ▶ family crisis,
- ▶ marital crisis,
- ▶ domestic violence,
- ▶ sexual violence,
- ▶ loss, mourning,
- ▶ threats of suicide,
- ▶ accidents and disasters,
- ▶ experience of crime.

In the event of a threat to life or health, it is possible to temporarily shelter at the Ośrodek Crisis Intervention Center, ul. Radziwiłłowska 8b, Tel. 12 421 92 82 - 24/7 assistance.

4. SAFETY OF OUR FAMILY

Issues related to the safety of city residents are described in detail in the Security Improvement Program for the City of Krakow "Safe Krakow". It contains information on the activities of municipal institutions, which are designed to maintain a high level of security in Krakow. Below are some forms of threats that affect everyday life: using the Internet, looking for a job abroad or losing identity documents. However, it should be remembered that if we do not feel safe or notice something disturbing in our environment, we should always notify the Police or the Municipal Guard.



4.1. CYBERTHREATS

For many people, the Internet is a common way of communicating, entertaining and acquiring information. It is also used to make transactions, account servicing or work. However, it carries with it many internet crimes, Cyberbullying or harmful content. The sense of anonymity makes Internet users more of a threat than the real world.

REMEMBER !!!

Using the Internet, you can unknowingly become a victim or perpetrator of Internet crime.

Colloquially, an Internet crime of aggression on the network, or commonly called cyberbullying, is an aggressive behavior aimed at hurting another person using modern technologies. These actions can include harassment, persecution, tormenting (stalking), electronic mobbing (cyber bullying), grooming, disseminating and making private material with erotic content (sexting) public. Cyberbullying is a phenomenon of denigration, harassment, tyranny and mockery on the network. It is usually anonymous.

The harmful content usually includes:

- ▶ pornographic content,
- ▶ content presenting violence and cruelty,
- ▶ content that promotes bad behavior;
- ▶ discriminatory content, calling for hostility or hatred.

HOW TO PROTECT YOUR CHILD ON THE NETWORK?

1. Discover the Internet together with your child.
2. Teach your child the basic safety rules on the Internet.
3. Talk to your children about the risk of arranging meetings with people met on the Web.
4. Teach your child caution when giving out their private data.
5. Teach your child a critical approach to information read on the Web.
6. Be forgiving towards your child.
7. Report illegal and harmful content.

8. Learn about the ways your child uses the Internet.
9. Remember that positive aspects of the Internet outweigh its negative sides.

If you need help:

- ▶ <http://www.helpline.org.pl/> – project [helpline.org.pl](http://www.helpline.org.pl/) aims to help children and young people in situations of security threats on the Internet. If you encounter something unpleasant on the web and you do not know what to do - go to the project website.
- ▶ <http://kidprotect.pl/> – the website of the Kidprotect.pl Foundation, dealing with the prevention of social pathologies (in particular sex crime) and the help affected by social pathologies..
- ▶ <http://dzieckowsieci.fdn.pl/> – a portal dealing with the issues of child safety on the web.

You can also use the Telephone for Parents and Teachers for Children's Safety: 800 100 100 or the Trust Phone Line for Children and Youth 116 111.

IDENTITY THEFT

Identity theft consists in the fact that the perpetrator or group of perpetrators in an unlawful (and most often crafty) way takes possession of personal data (such as: name and surname, address, Pesel, date of birth, credit card number, etc.) of individual persons.

How does this procedure work?

- ▶ setting up false internet accounts, fake mailing addresses,
- ▶ counterfeiting the victim's documents and creating "bank" accounts on their behalf,
- ▶ counterfeiting bank documents and extorting loans,
- ▶ counterfeiting payment cards,
- ▶ renting a flat using the victim's data (there, for example, ordered goods are picked up),
- ▶ using fictitious data they employ people called "Money mules" that are unaware of participating in the process of money laundering (their job is to transfer money between different accounts after keeping a commission for themselves).



PHISHING - deliberately incorrect entry of the word "fishing" - this is, in short, the acquisition of confidential personal information. Phishers use social engineering mechanisms to this end. Phishers are popular for mimicing banks and online auctions. The phisher usually starts an attack by sending e-mails of properly prepared messages that pretend to be official correspondence from a bank, auction site or other portals.

Another way for cybercriminals to investigate confidential data is to use malicious software, called worms, Trojan horses (Trojans) or viruses, depending on their form.

Each Internet user should be aware of the risks associated with downloading software from unreliable servers or responding to suspicious e-mail from the network.

Remember that:

- websites do not send e-mails asking users to visit and log in to the site,
- do not open hyperlinks directly from the received e-mail:
- system and software should be regularly updated,
- You should not send any personal data by e-mail - under no circumstances should you fill in the personal details of the forms contained in the e-mail,
- think about writing an e-mail with plain text instead of HTML,
- banks and financial institutions use the HTTPS protocol where it is necessary to log into the system. The address of the website then starts with the expression, https: // 'and not, http: //'. If the login page does not contain the name of the HTTPS protocol in the address, this should be reported to the bank employee and no data should be provided.



Any suspicions regarding fake websites should be handed over to the police officers or bank employees responsible for its functioning in the network as soon as possible.

How to guard yourself?

- ▶ secure the computer with appropriate antivirus programs,
- ▶ do not hastily give personal data on the Internet and third parties,
- ▶ avoid providing data in strange situations (e.g. PESEL number to a telemarketer),
- ▶ look after personal documents and payment cards,
- ▶ immediately report loss, theft of documents, payment cards.

Secure your computer

Today, complicated financial transactions are made with the help of network security which can be bought in virtual stores and it supports bank accounts.

- ▶ While surfing the Internet, remain vigilant and use caution. On some sites, there are very often malicious programs that can unknowingly be installed on a computer.
- ▶ Use a legal operating system. Pirated software are not only illegal but can also contain spyware.
- ▶ Install an antivirus and antispymware program.
- ▶ It is also worth buying a firewall that blocks attempts to break into the computer from the network.
- ▶ Regularly update the operating system, antivirus and antispymware software and other programs that we use to connect to the Internet. Vulnerabilities in the software can be used to break into the computer,
- ▶ Take a close look at the websites of the banks that we use via the Internet. Fraudsters often impersonate bank employees and ask us to provide payment card numbers and PIN codes.
- ▶ Do not open e-mails from unknown recipients and do not use links sent in unwanted e-mails (spam) and communicators.
- ▶ In web browsers, you can set the family filter option or install software on your computer that will prevent younger members of the family from using unwanted websites.



Safe online shopping

Some rules on how to safely buy online:

- ▶ Above all, remember to always be guided by limited trust to the seller,
- ▶ Never buy items on the Internet using a computer standing in an internet café
- ▶ Use only known and tested internet portals,
- ▶ Before buying from a virtual store, consult with them and check its reliability,
- ▶ When paying by credit card, pay attention to whether the internet connection is secure
- ▶ When buying at an online auction, read the comments about the seller. No positive comments or a small number of them should arouse your special vigilance,
- ▶ When receiving an offer via e-mail, do not use links, enter the store's website by entering the address in the browser window, thus avoiding sites that impersonate legally operating stores,
- ▶ When ordering equipment, ask if the seller includes original disc software and a user manual,
- ▶ When buying a mobile phone, ask about the charger and proof of purchase, stolen telephones are often sold without a charger and "documentation",
- ▶ If, despite following the precautionary principles, you receive an empty box instead of the ordered product, please inform the police. Then the written correspondence and the package sent by the imposter will be evidence of the crime.

Skimming is a crime that involves the unlawful copying of the magnetic strip of a bank card (ATM, credit, etc.) in order to create a duplicate of the original card. Such a duplicate card works in the same way as the original one, and the transactions made with it are charged to the rightful owner of the card. Cards can be copied in shops, restaurants, petrol stations, in principle at any point where card payments can be made.

4.2. LOSS OF DOCUMENTS

An identity document is often used today as a tool for committing crimes. Therefore, do not underestimate their loss. What to do if you lose documents?

- ▶ immediately block them in the System as BLOCKED DOCUMENTS,
- ▶ if the loss occurred as a result of theft or other crime, inform the Police,
- ▶ notify the nearest commune body or consular office and create a new document.

What types of documents should be blocked? The most important are:

- ▶ ID card,
- ▶ passport,
- ▶ driving license,
- ▶ credit card.

Where and how to block your documents?

- ▶ In every branch of your Bank.
- ▶ If someone does not have a bank account, he or she should go to any Bank accepting reservations not only from its clients (the current list can be found on the website www.dokumenty.zastrzezone.pl).
- ▶ It is enough to block your documents in one branch so that the data is automatically transferred to each bank, company and institution using the Blocked Documents System.
- ▶ Using the Credit Guard Alert service, which can be ordered at www.bik.pl

How to block a lost card?

Calling on Telephone number +48 828 828 828 can be done from anywhere in the world, at any time, from both landline and mobile phones, to report the lost card.

4.3. SAFETY AT WORK

Mobbing, or violence in the workplace

It is also worth remembering about your own sense of security. Unresolved problems or living in a sense of threat can affect the whole family. One of the threats, which unfortunately is still given little attention to in Poland, is



mobbing, or persecution in the workplace. It can take many forms, nevertheless by definition it is groundless, continuous and long-lasting torment, intimidation, persecution, harassment of a person at work, not only by the superior, but sometimes also by co-workers, causing feelings of helplessness, humiliation and harm, resulting in general ill feelings and deterioration of the victim's health.



Trafficking in human beings - slavery of the 21st century

Trafficking in human beings is a global offense that occurs in most countries around the world. Its essence is enslavement of a person or persons (using various methods and means) are used to work. Hence, human trafficking is often referred to as modern slavery. The most dynamic element of the phenomenon of human trafficking are the forms of using victims of this crime. For many years in Poland prostitution is the form that has been utilized and is the most perceptible socially. This form still dominates, however, there is an increase in other forms, such as human trafficking for forced labor, begging, declining loans and social benefits, as well as crimes including fictitious marriages with foreigners..

How often are the victims recruited?

Advertisements in the press, on the Internet, work offered orally most often on a trip and should be decided very quickly, so that there is no time to check the offer or get familiar with the opinion of family and friends. The job offered is one that does not require special qualifications (in services - cleaning, care, waiter, work on plantations, etc.). A proposal to work as a waitress, secretary, models, dancers, nurses, babysitters, etc. may also turn out to be a path to forced prostitution or slave labor.

What to look for when answering job offers abroad?

- ▶ Find as much information as possible - always try to find out as much as possible about the employer, the employment agency or people publishing the advert you are interested in or presenting you with an attractive proposition. Try to search for reviews on the Internet. If you can, ask someone who knows the language of the country you are going to.
- ▶ Always follow the principle of limited trust - if you plan to use a recruitment agency, check if the agency is operating legally. A list of registered

employment agencies can be found at: www.kraz.praca.gov.pl the website of the National Registry of Employment Agencies, where there is a list of all companies with the Ministry's certificate.

When can a job ad be a scam?

- ▶ earnings - if someone offers higher earnings than other employers, when answering to the announcement check what are the average rates of remuneration in similar positions,
- ▶ qualifications - if someone offers a well-paid job and does not require any qualifications or experience, you can check what skills are required in a similar job,
- ▶ language skills - if someone offers work abroad and does not require the ability to speak. Even the most basic knowledge of the language of the country in which work is to be carried out, it is appropriate to be cautious when answering.

What is worth knowing before you go?

Before leaving, it is worth knowing the addresses and telephone numbers of the Polish embassy and consulate in the country to which we go. Use the web portals www.polakzagranica.msz.gov.pl/ or www.odyseusz.msz.gov.pl. Check how to prepare for the trip accordingly. You can find a guide and many valuable tips related to making a safe trip abroad at www.handelludzmi.eu

When traveling abroad for business purposes, check the reliability of your future employer and ensure that your employment is legal.

It is worth using a database of job offers from reliable employers and job brokers. You can use websites such as EURES - European Services Employment www.eures.praca.gov.pl, or KRAZ - National Register of Employment Agencies www.kraz.praca.gov.pl. On the KRAZ website, you can check whether the employment agency offering the job is registered and works legally. If you have any doubts as to whether the job offer may raise concerns, it is worth checking the credibility of such an employer before accepting.

Have you noticed something disturbing?

In the Department for the Fight against Human Trafficking of the Criminal



Service Office of the Police Headquarters in Warsaw, there is an e-mail: handelludzmibsk@policja.gov.pl, to which anyone can send information about indications of this procedure and a telephone helpline at 664 974 934 .

If you have become a victim of trafficking, ask the experts. They will provide information, legal consultation and support in dealing with the relevant institutions. You can contact us by phone or e-mail:

- ▶ National Intervention and Consultation Center for Victims of Trafficking in Persons (KCIK) Telephone number 22 628 01 20, e-mail: info@kcik.pl, www.kcik.pl,
- ▶ Foundation Against Trafficking and Human Bearer La Strada, Telephone number 22 628 99 99, e-mail: strada@pol.pl, www.strada.org.pl – deals mainly with the assistance of victims of human trafficking.

4.4. DRUGS AND STIMULANTS

Adolescents and children reach for stimulants and drugs because things are not going well for them, through curiosity or peer pressure. You can assume that something bad is happening with your child when you notice several of the following symptoms at the same time:

- ▶ the child moves away from you and becomes distant, even though you were close before,
- ▶ the child has learning difficulties, although they were doing well before, truancy,
- ▶ avoids conversations, contact, “turns” into conversation, lies,
- ▶ is impatient, irritable,
- ▶ is alternately aroused or lethargic, sleeps at odd times,
- ▶ often disappears during the day from home under any pretext and tries to avoid contact after returning, returns very late or without notice stays out of the house,
- ▶ has new friends that they do not want to invite home,
- ▶ questions the harmfulness of drugs, believes that they should be legalized,

- ▶ has an excessive appetite or no appetite,
- ▶ has congested eyes, narrowed or dilated pupils, chronic runny nose,
- ▶ it smells strange in their room, they have glass pipes and pipes of different shapes, rolling paper, white powder, pills of unknown origin, burnt aluminum foil, medicines without prescriptions, unknown chemicals,
- ▶ money and valuables disappear from home.

In a situation where your child or close person is using psychoactive substances:


1. Evaluate the severity of the problem. Are they just attempts, or maybe the person cannot imagine life without psychoactive substances. Or maybe they need it to get up, eat, leave the house.
2. Talk - tell your child or adult who is close all the facts and assumptions you have, which indicate that they are using psychoactive substances. It is worth telling your child that you do not agree that will take any substances or drink alcohol - both at home and outside.
3. Set specific rules. For example, your son should say where and with whom he comes and goes, he has to come back home at a specific time, not to be late for school, not to be truant, etc. It is important that these are specific matters, stiffly defined so that it would be easy to settle them with the child. And above all, you must be firm - there can be no question of any concessions. It's good if you put these rules together with your child and agree that if they do not follow them, they will have to undergo therapy.
4. Do not protect your child - let them bear the consequences of their actions. If they stole money from someone, do not hide it from your friends or the police, etc.

If this does not help, or if your child is already more advanced in taking drugs, seek help from specialists. It is important to address someone who is involved in working with addicts, which would ideally be a certified specialist in addiction therapy.

In the situation of potential use by a child or adult of psychoactive substances:

- ▶ information on the risks, possibilities of obtaining help and psychological support can be obtained by contacting the ALCO TEL 24-hour Telephone Dialogue at 12 411 60 44,



- 
- ▶ The 24/7 Trust Telephone no. 12 411 60 44, 116 111, the line is available every day between 12:00 and 02:00,
 - ▶ in the situation of immediate threat to life, please contact the 112 emergency number,
 - ▶ in a situation where you suspect that a child is reaching for psychoactive substances, a test can be performed. Drug tests can be purchased at the pharmacy. Tests for the presence of new psychoactive substances (dopants) are carried out for a fee in the form of laboratory tests,
 - ▶ information on new psychoactive substances can be obtained at the number of the 24-hour hotline of the Chief Sanitary Inspector - 800 060 800, especially on the negative effects of using the so-called afterburners (designer drugs) and addiction treatment options, for children and parents. Under this number you can also report information about trade in illegal substances,
 - ▶ 116 111 is the number of the Trust Phone Line for Children and Youth. You can encourage your child to contact specialists. This serves young people's need for support, care and protection. It provides callers the opportunity to express concerns, talk about matters important to them and make contact in difficult situations. The line is available every day between 12:00 and 22:00, online help is available at www.116111.pl/napisz,
 - ▶ 800 12 12 12 is the Children's Telephone Trust Line of the Ombudsman for Children. If you are looking for help and information about "designer drugs", you can also use the Ombudsman for Children's telephone. The number is intended for both children and adults who want to report problems of children. The telephone is open from Monday to Friday from 8.15 to 20.00.

Threats in the field of behavioral addiction:

- ▶ in the situation of experiencing Internet violence by a child or an adult person in the form of mobbing, cyberbullying, a police offense should be reported. In this situation it is necessary to secure the available evidence of the event, e.g. in digital form in a computer or other mobile device,
- ▶ more materials and information on behavioral addictions can be found on the website www.uzaleznieniebehavioralne.pl. There you can find knowledge about compulsive behaviors, including those related to new media, shopping, food.

WHERE TO SEEK HELP?

116 111 - Free Telephone Trust for Children and Teenagers
(open from Monday to Saturday from 12 to 20) 801 199 990 -
Anti-drug Telephone of Confidence
(open every day from 16 to 21)

800 060 800 Free State Sanitary Inspection Service hotline on
websites: [http:// www.narkomania.org.pl](http://www.narkomania.org.pl), <http://www.narkomania.gov.pl>, <http://www.kbpn.gov.pl>

and at the Consultation Point Municipal Center for Addiction Pre-
vention in Krakow ul. Rozrywka 1, Telephone number 12 411 41 21
(from Monday to Friday), Rynek Podgórski 4 / 2a, Telephone number
12 656 27 34 (Monday and Thursday).

The list of addiction therapy centers is on page 242 and at
www.mcpu.krakow.pl in the Therapy tab.



4.5. NATIONAL SAFETY HAZARD MAP

Is it safe in your area? You want to know? You can influence it. Respond to threats and share your insights by visiting the National Safety Threat Map. The "Map" is available on the website of the Małopolska Police: www.malopolska.policja.gov.pl

Source:

<http://www.dzieckowsieci.pl>

<http://www.szkolabezprzemocy.pl>

<http://www.wsse.krakow.pl>

<http://www.DokumentyZastrzezone.pl>

<http://www.handelludzmi.eu>

<http://www.malopolska.policja.gov.pl>

4.6. MUNICIPAL GUARDS - AUTHORITY AND PREVENTIVE PROGRAMS

The tasks of the Municipal Guard are to protect peace and order in public places. Officers of the rules oversee traffic according to the designated traffic regulations. The municipal guards' tasks also include the protection of municipal facilities and public utility devices, cooperation with organizers and other services in

order to provide protection during public gatherings and events. The Municipal Guard co-operate with relevant entities in the field of saving citizens' lives and health, removing technical failures and the consequences of natural disasters and other local hazards, securing places where a catastrophe or other similar incident occurred or places threatened by such an event against access by outsiders or the destruction of traces of evidence until the arrival of the appropriate services, and to determine, as far as possible, the witnesses of the event.

Reporting need of intervention

What information should be given to the municipal guard on duty?

The Krakow City Guard Department receives applications via a round-the-clock emergency number: 986 (from fixed and mobile phones) - there is no need to dial the area code). The application can be anonymous - there is no need to enter your personal data. We give to the dispatcher:

- ▶ The exact address of the event.
- ▶ What the application concerns - a short and factual description of the situation.
- ▶ An approximate number of people committing offenses, e.g. alcohol consumption.
- ▶ Registration numbers of vehicles left in a place where it is forbidden.
- ▶ Possibly, a description of persons committing offenses.
- ▶ One should not end independent talks but wait for confirmation of acceptance of the application.

Deaf people can send an SMS to 515 251 986. In the message, enter:

- type of irregularity noticed,
- place of the event,
- name and address of the reporting person.

Competences of the City of Krakow Municipal Guard to enforce Traffic rules

The city guards can control traffic by intervening with drivers who have not complied with the traffic rules and violate traffic regulations such as going the wrong way on a designated street. They can also inspect road traffic partici-

pants when they violate the provisions for stopping or parking vehicles, and control pedestrian traffic, or the movement of mopeds, bicycles, wheelchairs, sledge vehicles, riding on horseback or animals being driven.

In search of parking spaces

In Krakow, we have been struggling with the problem of a lack of enough parking spaces for years. That is why, in many Krakow settlements, the shortage of parking spaces is defined by signs restricting access to unauthorized persons.

Every year, the patrols of the city guard control the residents' car parks - above all, at the request of the residents themselves. If they detect irregularities, they react to specific events using their rights.

he rights of city guards to take actions in the residences' traffic zone and public road.

Area of residence

This is a special area in which precise legal standards apply. It is meant to primarily serve the inhabitants and is to provide them with maximum safety. The residence zone is primarily designated for large housing districts. Such a solution is to slow down the traffic and maximize pedestrian safety on the road.

In the residential area, pedestrians are able to use the entire width of the road, there is no obligation to use the sidewalk or road shoulders, and most importantly, they have priority over vehicles. The vehicle speed is limited to 20 km/h. In addition, children up to 7 years of age do not have to be under the care of an elderly person.

There are special regulations regarding parking of vehicles in the residence zone. The most important one says that leaving the vehicle at a stop is possible only in designated places.

The city police, in accordance with the provisions of the Law on Road Traffic, may intervene on public roads, residential zones and traffic zones as to signs and traffic regulations.


Traffic zones

Traffic zones are designated on internal roads in order to apply general rules, i.e. the same as on normal roads. The traffic zone corresponds in a way to the expectations of internal road managers. This means that the City Guard patrols



can intervene without any obstacles. As a rule, interventions in traffic zones concern parking of vehicles on sidewalks, hindering vehicle traffic.

On roads marked as “Internal roads”, municipal police can intervene in relation to drivers who do not follow road signs.



Information left behind the wiper - placed by the city guard behind the vehicle wiper blade is intended to draw the attention of the driver to the fact they have committed an offense. Such information is left in cases of absence on the spot of the person driving the vehicle, provided that the vehicle left is not hindering traffic. The information is not a summons to appear to the City Guard of the City of Krakow. This information is not a ticket!

Notice - in case of leaving a vehicle in a place where it is forbidden, officers of the Municipal Guard of the City of Krakow may use the vehicle's wiper to leave a notice for the driver. In this situation, the vehicle driver is required to report to the local municipal guard department (indicated on the summons), within 3 days from the date of the offense, in order to clarify the circumstances of the event.

If the driver does not report during the specified time, explanatory actions will be initiated to apply the sanctions provided for by the Code of Petty Offenses. Then the owner of the vehicle will be summoned to the municipal guard as a witness, and his appearance will be obligatory.

Pursuant to the regulations in force, every person called by a trial body as a witness is under an absolute obligation to appear at the place and time specified by the trial body. As a witness who, without justification, did not appear at the request of the authorized body or refused to testify without reason, an orderly fine of PLN 50 to 1,000 may be imposed, and in the event of repeated failure to comply with the summons from PLN 100 to 1500.

If the witness fails to appear on the summons without justification, it is possible, regardless of the imposition of the penalty, to order his detention and forcibly have the police make the person appear. The matter of leaving a notice behind the windshield wiper can take place round the clock.

List of branches of the City Guard of Krakow, to which you should report after receiving the request:

Branch I Downtown

Walerego Sławka 10

(districts: I - Old Town, II - Grzegórzki, III - Prądnik Czerwony)

Branch II Krowodrza

ul. Stachiewicza 3

(districts: IV - Prądnik Biały, V - Krowodrza, VI - Bronowice, VII - Zwierzyniec)

Branch III Nowa Huta

Osiedle na Stoku 1 or Osiedle Centrum C 9

(districts: XIV - Czyżyny, XV - Mistrzejowice, XVI - Bieńczyce, XVII - Krzesławice Hills, XVIII - Nowa Huta)

Branch IV Podgórze

ulica Na Kozłowie 25 or ulica Cechowa 19

(districts: VIII - Dębniki, IX - Łagiewniki - Borek Fałęcki, X - Swoszowice, XI - Podgórze Duchackie, XII - Bieżanów - Prokocim, XIII - Podgórze).

Towed vehicle - if the vehicle is parked in a place where it is forbidden and hinders traffic or otherwise threatens safety, leaving a vehicle not marked with a parking card in a place intended for a disabled person's vehicle with reduced mobility or leaving the vehicle in the place of validity of a sign indicating that the parked vehicle will be removed at the expense of the owner, the Municipal Guard can remove the vehicle from the road at the expense of the owner. The removed vehicle is transported to a paid guarded car park.

In this case, please contact the guard of the Municipal Police of Krakow (Telephone number 986), which will inform you in detail about the method of picking up the vehicle.

The basis for picking up a vehicle from the guarded parking lot is a permit issued by the City Guard on duty in the City of Krakow. The condition for issuing the permit is that the driver presents an identity document, a document authorizing to use the vehicle and proof of payment for the removal and parking of the vehicle in a guarded car park.

Locking device on the vehicle wheel, so-called "Blockade" – takes place in the case of parking the vehicle in a place where it is forbidden but does not hinder traffic, the city guard may place a blocking device on the wheel of the vehicle.



In this case, you should contact the guard of the Municipal Police of Krakow (Telephone number 986), which will inform you about further actions to take.

More information on the activities of the Municipal Police
on websites:

www.strazmiejska.krakow.pl
www.facebook.com/strazmiejskakrakow



THE CITY IN THE HANDS OF RESIDENTS

In addition to the authorities elected in general elections, in Krakow there are many mechanisms of cooperating with the city. They enable a response to the problems we observe or provide the opportunity to propose specific solutions. In this part of the publication we present brief instructions on how to be an active resident of Krakow. The range of activities of districts, the idea of the citizens' budget and local initiatives as well as the structure of the civil dialogue committees are presented.



1. SOCIAL PARTICIPATION IN PRACTICE - CIVIL BUDGET, LOCAL INITIATIVE AND CIVIC CENTER

We understand civic participation as a process in which citizens gain influence and indirectly control over the decisions of public authorities when these decisions have a direct or indirect impact on their own interests. Citizens who gain influence on the shape of regulations at an early stage of their creation are more likely to be involved in its implementation. Social participation is a process in which two or more parties cooperate in the preparation of plans, implementation of a specific policy and decision-making. A characteristic feature of participation is the active participation of all partners participating in the cooperation process. Social participation is based on the communication of residents with the commune authorities and their mutual cooperation. The goal of civic participation is to involve citizens in every decision made by the authorities. In the partitioning processes, the following are distinguished:

- ▶ Civic Budget
- ▶ Local Initiative

1.1. CIVIC BUDGET

A civic budget is a process in which residents are able to decide on part of the budget of the city of Krakow. It is a process thanks to which residents can first and foremost directly influence the city by prioritizing and implementing the needs of their local communities. Inhabitants best know their own needs and the civic budget is a tool for their satisfaction - a tool that supports building local social capital and seeking innovation.

The civic budget is an excellent tool for education about self-governance - it is an element of a specific philosophy of the functioning of self-government - as a community of authorities and residents of a given territorial unit, cooperating for its development. The participatory budget is a process during which residents decide to spend part of the city budget by submitting projects, discussing them and then casting their votes on them. Projects that are supported by residents are implemented by the Mayor of the City of Krakow.

So far, the fifth edition of the civic budget has been held in Krakow, as part of which over 450 projects have been selected by residents for a total amount of over PLN 50 million planned for implementation.

The next call for applications to the civic budget of the city of Krakow will take place in 2019. The rules for the next, 6th edition will be determined in the fourth quarter of 2018.

1.2. LOCAL INITIATIVES

This is a form of cooperation between territorial self-government units and their inhabitants, in order to jointly carry out a public task for the benefit of the local community.

An application for a local initiative may be submitted by:

- ▶ Residents - minimum 2 people.
- ▶ Residents through non-governmental organizations (foundations, associations, sports clubs) that are based in the commune with the exception of social cooperatives.

The application may concern such activities as:

- ▶ Activities supporting the development of communities and local communities,
- ▶ Charity activities,
- ▶ Maintaining and disseminating national tradition, nurturing Poland and developing national, civic and cultural awareness,
- ▶ Activities for ethnic minorities and regional language,
- ▶ Culture, art, protection of cultural and national heritage,
- ▶ Promotion and organization of volunteering,
- ▶ Science, higher education, training education and upbringing,
- ▶ Support and dissemination of physical culture, tourism and sightseeing,
- ▶ Ecology and protection of animals and protection of natural heritage,
- ▶ Public order and security,
- ▶ Revitalization.



The application can be submitted:

- ▶ in person by delivery to the MOWIS Office, os. Centrum C 10, 31-931 Krakow,
- ▶ via e-mail, by sending the application to the following address: Krakow City Council - City Office Center for Supporting Social Initiatives, os. Centrum C 10, 31-931 Krakow.

The evaluation of applications takes place according to such criteria as:

1. Usefulness - by defining the importance for the local community.
2. The contribution of social work to the implementation of the task. The contribution of the inhabitants (as applicants) may be based on social work, on cash or in a kind of benefits. The Office does not give subsidies to the local initiative. The Office supports the implementation of the task in an organizational or material way, including also through, for example, the purchase of services and/or materials necessary to implement a local initiative. For the duration of the contract, residents may obtain from the Office things necessary to perform a local initiative.

The implementation of the local initiative involves the cooperation of both parties - residents and the City of Krakow.

1.3. CIVIC CENTER

For non-governmental organizations, informal groups, local leaders and residents, Krakow offers a friendly space to work with a broad spectrum of training and counseling, civic debates on current local issues, panels and thematic meetings. The aim of the Civic Center is to support the development of social and civic activities in Krakow and to strengthen inter-sector and intersectoral cooperation in the field of activities for the benefit of residents. In practice, the center is a place where you can use free space for meetings of your initiative/group, organize lectures, film screenings, workshops etc.

Detailed information can be obtained
at the Civic Center ul. Reymonta 20 (building of the Municipal
Stadium Henryk Reyman), first floor, room 39
Telephone number 669 528 381,
e-mail: centrum@krafos.pl, www.co.krakow.pl



ACTIVE FAMILIES IN KRAKOW - CULTURE, SPORT AND RECREATION

Krakow is filled with cultural life, sports infrastructures and green areas that we should use as much as possible. This chapter it is an ordered list of cyclical events, interesting places and attractions. The first part of the chapter concerns culture - we present events and institutions that should be regularly visited. The second part is a list of sports attractions, both events and public facilities. Contact with nature is an integral part of our life. Therefore, the last part of the chapter is dedicated to the playgrounds, parks and green areas in Krakow.



1. SEARCHING FOR INFORMATION

1.1. KRAKOW FOR EVERYONE

The Krakow for Everyone project created by the Krakow Festival Office in a reliable and impartial manner collects in one place the whole spectrum of cultural events in Krakow that also take into account the requirements necessary to satisfy people with disabilities. It is first of all a social profile on Facebook Krakow for All, which shows how the access to the culture of people with special needs changes, as well as a mini-guide to Krakow's culture. For more information, please visit www.facebook.com ⇨ [Krakow for Everyone](#).

1.2. KIDS IN KRAKOW PROJECT

The Kids in Krakow project can be used to help find current cultural events addressed to children and families. It is a modern, rich, full and reliable database of organized events for children and family-friendly places. Convince yourself that the culture in Krakow is family-friendly! More on the websites:

www.kidsinkrakow.pl and www.facebook.com/KidsInKrakow/

2. CULTURE AND ART (THEATERS, ORCHESTRAS, MUSEUMS, CINEMAS)

2.1. CYCLIC EVENTS

From May to October, every month, for one night... museum exhibitions, recesses of theater scenes, monastery treasuries, cloisters, squares, gardens and even places that are inaccessible to visitors every day, open up and invite visitors for a night tour.

Add to this numerous concerts, performances, dance shows and poetry, and all contribute to a cycle of valuable cultural undertakings under the name Krakow Nights. The cycle consists of: Museum Night, Theater Night, Dance Night, Jazz Night, Cracovia Sacra Night and Poetry Night.

Apart from municipal cultural institutions, the Krakow art of creators and artists, churches and monasteries are actively involved in the project, thanks to which a rich, diverse offer is created at the highest level, addressed both for the inhabitants of Krakow and tourists.

Participation in program events and accompanying events is free.

- ▶ Detailed information can be found at: www.krakowskienoce.pl

Emaus - a trip to Salwator on the second day of Easter is a tradition known in Krakow since the Middle Ages. Every year, at the monastery of the Norbertine Sisters, there are stalls where you can buy, among others: traditional trees of life and sculptured figures of Jews. Dom Zwierzyniecki - a branch of the Historical Museum of the City of Krakow - organizes educational events devoted to Christmas customs from Zwierzyniec.

- ▶ Detailed information can be found at: www.parafrasalwator.pl, www.mhk.pl/oddzialy/dom-zwierzyniecki

Traditional Festival of Rękawki (Sleeves) - on Tuesday after Easter, it is worth going to the Rękawki, which takes place under the mound of Krak. This is a traditional custom referring to the Slavic rituals, and called the Sleeve in memory of the legend of rebuilding the Krak mound by grateful subjects who carried the dirt for their ruler's grave in their sleeves.

- ▶ Detailed information can be found at: www.ckpodgorza.pl

The Great Dragon Parade - every year, enthusiasts of the Wawel dragon and experts of all other dragons meet at the Great Dragon Parade, which has been organized since 2000. The parade is attended by children who move their dragons. Dragons from different parts of the world pass in a colorful procession through the streets of Krakow, accompanied by artists, acrobats, and orchestras. The event ends with a great open-air spectacle on the Vistula.

- ▶ Detailed information can be found at: www.paradasmokow.pl

The Festival of Science and Art in Krakow - each of us has something of a scientist in it! To convince you of this, it is enough to bring your entire family or school or pre-school group for the Science Festival in Krakow, which has been organized since 2001. During the presentations, lectures and exhibitions prepared by the Krakow universities, you can satisfy your curiosity and see for yourself that scientific experimentation is a fascinating adventure.

- ▶ Detailed information can be found at: www.fnis.pl

The Lajkonik Procession - is associated with the yearly derivative of the Zwierzyniec horse, and always takes place on Thursday on the octave of Corpus Christi and is accompanied by crowds of Cracovians and tourists. This procession has been known since the Middle Ages and begins in the courtyard of the Norber-



tine Sisters' Convent in Zwierzyniec, where Lajkonik is traditional dances with a banner. Then, surrounded by dressed up skirmishers, Lajkonik procession goes down the streets of Krakow to the Main Market Square.

- ▶ Detailed information can be found at: www.mhk.pl

Long bow Fraternity - Krakow is a truly royal city! Until today you can still participate in the annual selection of a new king of the long bow. This is one of the oldest traditions of Krakow, because the Bractwo Kurkowe (the Long Bow Fraternity), which was established in the middle of the 13th century, each year organized a shooting competition for the title of king of the long bow as to who was the best shooter. After the archers competition was settled, the ceremony of enthronement took place (elevation to the throne, beginning of rule). For a dozen or so years, on the same day there is also a competition for children for the title of Little King of the Long Bow, which following the "adult" version have their own insignia.

- ▶ Detailed information can be found at: www.mhk.pl

Malopolska Air Picnic - is a unique family event and also the largest civil aviation show in Poland, which attract scores of thousands if spectators every last weekend in June. Thanks to various exhibitions and presentations, participants can also get acquainted with the unique exhibits gathered at the Museum of Aviation.

- ▶ Detailed information can be found at:
www.pikniklotniczy.krakow.pl

The International Festival of Street Theaters - these are July meetings, presentations and performances that take place at the Main Market Square, Mały Rynek, Rynek Podgórski, Szczepański Square and the city's space. Street theatrical performances are unique spectacles that are characterized by a high artistic level and played outdoors at various times of the day provide extraordinary experiences.

- ▶ Detailed information can be found at: www.teatrko.pl

The Middle Ages can be fun - it gives the ability to travel in time. All you have to do is come to the Barbican, where meetings with the Middle Ages continue throughout the summer months. The employees of the Historical Museum, but also craftsmen, past people of past times, using various means of communication help you to get to know this distant era.

- ▶ Detailed information can be found at: www.mhk.pl

The Cracovia Danza (Dance Court Festival) is the only one in the world that brings together historical dance masters and numerous teams specializing in court dances from different eras and different countries. On the Main Market Square and in the Wawel Castle you can see musical spectacles that attract crowds of dance lovers and experience court culture.

- ▶ Detailed information can be found at:
www.cracoviadanza.pl/festiwal

International Book Fair - one of the largest book fairs in Poland. The event organized since 1997 promotes reading. It is open to all, and during it there are numerous lectures, workshops and meetings with authors. The Children's and Youth Books Salon deserves a special recommendation, which brings the world of literature closer to the youngest participants and shows parents the valuable content that Polish children's books have.

- ▶ Detailed information can be found at: www.ksiazka.krakow.pl

The Conrad Festival - held in October is considered one of the most important literary events in Europe, gathering guests from many countries. The program of the festival also includes an extensive children's band, in which meetings, literary workshops and reading lessons are organized.

- ▶ Detailed information can be found at: www.conradfestival.pl

Film Festival Kino Dzieci (Children's Cinema Festival) not only shows and promotes good films, but also invites visitors to family workshops that encourage children to interpret films and teaches parents to have a different look at cinema.

- ▶ Detailed information can be found at: www.kinodzieci.pl

Krakow's manger scenes are brought every year on the first Thursday of December to the Market Square in front of the Adam Mickiewicz monument. Manger-makers from around the city since 1937 take part in a competition organized by the Historical Museum of the City of Krakow. Children can also take part in this competition - for them a separate category is foreseen. When the sounds of the bugle call played in the very midnight will be heard, a colorful procession starts, which goes to the Krzysztofory Palace. There is a jury and a post-competition exhibition is prepared there. It always runs from the second week of December to the middle of February of the following year.



- ▶ Detailed information can be found at: www.mhk.pl

Theater Festival for Children - takes place during the holidays. You can watch performances by theaters from all over Poland presented on the stage of the Nowa Huta Cultural Center. The repertoire is diverse and very rich.

- ▶ Detailed information can be found at:
www.nck.krakow.pl/festiwal-teatrow

The Film Music Festival is a paradise for both music lovers and film lovers. The audience is particularly fond of concerts in which the orchestra and choirs present Oscar-winning soundtracks for film production. The festival offers an exceptionally varied band for children and families FMF4Kids: from film screenings for children with live music through special concerts of youth orchestras, to free outdoor shows.

- ▶ Detailed information can be found at: www.fmf.fm

St. John's Fair - comedians, traveling musicians, preachers, pilgrims, merchants and stallholders from distant parts - the magic of the shortest night of the year draws them to Wawel. For three days, we move to old Krakow at the Saint Martin's Fair. The Czerwonański Boulevard near Wawel transforms into a medieval town with a colorful procession of merchants, burghers, knights and ladies of the manor.

- ▶ Detailed information can be found at: www.jarmarkswietojanski.eu

Wianki - Festival of Music organized on the weekend nearest to świętojańską (midsummer night). The whole day is filled with music, which in the last editions of the event comes from the scenes located in various parts of the city: the concerts were organized in wide cooperation with Krakow music institutions and clubs. As part of the so-called Music Festival (part of a global event under this name), the audience may from the Nowa Huta reservoir through the Main Market Square to the boulevards listen to music from classics, through jazz, pop and rock, to ethno and world music.

- ▶ Detailed information can be found at: www.wianki.eu

The EtnoKrakow/Rozstaje Festival belongs to the group of the most important annual events, presenting traditional, ethno, folk and world music, co-organized by the Krakow Festival Office. The festival program EtnoKrakow/Rozstaje is the place for performers of the most specialized varieties of traditional music, but also for well-known celebrities of world music and those artists for whom folk is one of the sources of creative inspiration.

- ▶ Detailed information can be found at: www.etnokrakow.pl

Sacrum Profanum - in September Krakow consistently and in an extremely attractive form presents the music of the twentieth century. Thanks to this, the festival has become one of the most interesting musical events in Europe, and the participation of world-class ensembles performing contemporary music has contributed to building its popularity. The week-long event boldly tries to combine classical music with other contemporary trends. The program also includes events addressed to families.

- ▶ Detailed information can be found at: www.sacrumprofanum.com

New Year's Eve in Krakow - takes place in four places and on four stages. Each of them has artists who provide the inhabitants and tourists visiting Krakow with unforgettable experiences and the power of memories from concerts, parties and dances!

- ▶ Detailed information can be found at: www.sylwester.krakow.pl

2.2. SITES AND ATTRACTIONS

Krakow Museums

Krakow's museums are an integral part of the Krakow landscape. They offer visitors a diverse offer in which everyone will find something for themselves.

Wawel Royal Castle - State Art Collections introduce the guests to the court life or other aspects of the royal celebrations, e.g. the ceremonial ceremonies. Museum staff prepare many interesting meetings for families with children, organize family games and invite kindergarten and school groups for museum lessons.

- ▶ Detailed information can be found at: www.wawel.krakow.pl or at the following address ul. Wawel 5

The Historical Museum of the City of Krakow has 16 branches, each with a very different profile of interests and activities. For families with children, there are several of them worth recommending: In the Hipolit House, you can go through a burgher's house to find out where family meetings were organized, what a grandmother or girl's room looked like, what things were packed when going on vacation or looking for a "goat", "dog" or Hipolit cat! In the Krzysztofory Palace, it is worth visiting the modern exhibition in Cyberteka, where you can trace the development of Krakow from almost empty fields on the Vistula in the 9th century, to a large agglomeration.

Everyone will be interested in large mock-ups of the Town Hall and the Market



Square or a balloon model from the 18th century, or the possibility of displaying the location of the towns connected to Krakow on a large map. The underground of the Krakow market has been prepared for visiting, even with very small children, who are provided with many attractions and educational games, and they are also allowed to see a performance about Skubie's shoemaker. It is worth visiting Celestat during the Christmas and New Year period and see the annual exhibition of Krakow's mangers and every day the newest branches: Museum of Podgórze and open to the public modern museum magazines Thesaurus Cracoviensis.

LIST OF DEPARTMENTS OF THE HISTORICAL MUSEUM OF THE CITY OF KRAKOW

- "Krzysztofory Palace" - Rynek Główny 35, Tel. 12 422-32-64
- Branch: "Wieża Ratuszowa", Rynek Główny 1
- "Dom pod Krzyżem" – ul. Szpitalna 21
- "Stara Synagoga" – ul. Szeroka 24
- "Fabryka Emalia Oskara Schindlera" – ul. Lipowa 4
- Branch: "Ulica Pomorska" – ul. Pomorska 2
- Branch: "Apteka pod Orłem Tadeusza Pankiewicza" – plac Bohaterów Getta 18
- "Celestat" – ul. Lubicz 16
- Branch: "Barbakan" – Planty
- Branch: "Mury Obronne" – ul. Pijarska
- "Kamienica Hipolitów" – pl. Mariacki 3
- "Dom Zwierzyniecki" – ul. Królowej Jadwigi 41
- "Dzieje Nowej Huty" – Słoneczne 16
- "Rynek Podziemny" – Rynek Główny 3
- "Thesaurus Cracoviensis" - ul. Księcia Józefa 336
- "Museum of Podgórze" - ul. Powstańców Wielkopolskich 1

► Detailed information can be found on the website www.mhk.pl or at the following address: Rynek Główny 35

The National Museum in Krakow is the oldest of national museums in Poland, and its first seat was the Sukiennice. Currently, about 900,000 unique monuments are presented in nine branches of the NMK in Krakow and one in Zakopane.

- ▶ Detailed information can be found at: www.mnk.pl or at the following address: al. 3 Maja 1.

The Archaeological Museum presents treasures from excavations, Egyptian mummies, relics of old Krakow, Nowa Huta smokers. The museum currently has three branches. The museum's collections are extremely mysterious and getting to know them is an unusual adventure.

- ▶ Detailed information can be found at: www.ma.krakow.pl or at the following address: ul. Senacka 3.

Museum of the Home Army general Emil Fieldorfa "Nila" became an important place to acquire knowledge about the Polish Underground State, and especially about the Home Army. The rich educational offer includes lessons and workshops for children and school youth, and their scope is based primarily on patriotic and civic content.

- ▶ Detailed information can be found at: www.muzeum-ak.pl or at the following address: ul. Wita Stwosza 12, tel. 12 41 00 770.

The Ethnographic Museum conducts intensive scientific, publishing and educational activities. The museum gives visitors a modern look at art and folk culture. Interesting and very engaging works are accompanied by almost every new exhibition or are associated with special folk customs.

- ▶ Detailed information can be found at: www.etnomuzeum.eu or at the following address: ul. Krakowska 46, Plac Wolnica 1.

The Pharmacy Museum has collected a collection that reveals the secrets of pharmacy, a multitude of objects with a fascinating purpose.

- ▶ Detailed information can be found at: www.muzeumfarmacji.pl or at the following address: ul. Floriańska 25.

Museum of History of Photography Walery Rzewuskiego - the headquarters of the museum at ul. Józefitów is under renovation (planned to be reopened in 2021), which is why the Museum invites children and adults to a new headquarters in the restored historic Strzelnica in Wola Justowska (ul. Królowej Jadwigi 220). In addition to the exhibition space (permanent exhibition "Portrait"), we find something for the body in the gastronomic premises, as well as for the spirit in the museum library and bookstore. An additional attraction is the garden surrounding the building, where visitors can enjoy pleasant relaxation.



- ▶ Detailed information can be found at: www.mhf.krakow.pl or at the following address: pl. Jana Nowaka Jeziorańskiego 3, tel. 12 634 59 32.

The Museum of Municipal Engineering collects historical objects of technology. Particular emphasis is placed on acquiring objects illustrating the development of Polish industry and indigenous companies and industrial plants, in particular: objects illustrating the history of engineering development of Krakow, trams, buses and technical vehicles, documents and devices illustrating the development of collective communication in Krakow, collections of motorcycles and domestic production cars. The museum has a branch - Garden of Experiences of Stanisław Lem, located by Aleja Pokoju 68 in Lotników Park. It is an outdoor exhibition - a park in which, thanks to interactive experience in the field of acoustics, mechanics, hydrostatics and optics, you can learn the laws of physics through play.

- ▶ Detailed information can be found at: www.mim.krakow.pl or at the following address: ul. św. Wawrzyńca 15, tel. 12 428 66 00.

The Polish Aviation Museum is located in the area of the oldest Polish airport, which is one of the points of the first regular postal service in Europe. Currently, you can admire, among others, an exceptional collection of aircraft from the First World War. The area of the airport was one of the first places in Krakow liberated from the partitioning power - therefore, here Independence began.

- ▶ Detailed information can be found at: www.muzeumlottnictwa.pl or at the following address: al. Jana Pawła II 39.

The Natural History Museum of the Institute of Systematics and Evolution of Animals of the Polish Academy of Sciences provides an incentive to enter the natural world. For children, the “tropical jungle” and the opportunity to meet a mammoth or rhino are especially attractive. On the other hand, the thematic grouping of exhibits makes it possible to supplement knowledge learned during nature, biology or geography lessons.

- ▶ Detailed information can be found at: www.isez.pan.krakow.pl/muzeum.html or at the following address: ul. św. Sebastiana 9.

The Museum of Japanese Art and Technology MANGGHA offers many forms addressed to the youngest, such as educational exhibitions about samurai, family meetings accompanying temporary exhibitions or cyclical events, often associated with Japanese holidays, monthly exploration of Japanese fairytales and stories, and the Japanese Day of the Child.



- ▶ Detailed information can be found at: www.manggha.pl or at the following address: ul. M. Konopnickiej 26.

The Museum of the Jagiellonian University - Collegium Maius allows you to get to know the scientific instruments used by scholars and professors of the former Cracow Academy. There are instruments from astronomy, geodesy, navigation, physics, mathematics, chemistry, biology as well as measurements and weights.

- ▶ Detailed information can be found at: www.maius.uj.edu.pl or at the following address: ul. Jagiellońska 15.

Museum of Contemporary Art in Krakow MOCAK presents international contemporary art, conducts workshops and museum lessons that are tailored to the needs of younger and older recipients as well as for research and publishing projects.

- ▶ Detailed information can be found at: www.mocak.pl or at the following address: ul. Lipowa 4, tel. 12 263 40 03.

The Museum PrL-u (the organization) presents exhibitions connected thematically with the history of Nowa Huta and Poland in the years 1944-1989. Currently, its greatest attraction are the shelters of Nowa Huta located under the building, which can be visited together with a guide.

- ▶ Detailed information can be found at: www.mprl.pl or at the following address: os. Centrum E 1 tel. 12 446 78 21.

Contemporary Art Gallery "Bunkier Sztuki" in Krakow presents and promotes the latest achievements of contemporary art, through exhibition activities, complemented by meetings in the "Bunkier Art Club".

- ▶ Detailed information can be found at: www.bunkier.art.pl or at the following address: pl. Szczepański 3a, tel. 12 422 40 21.

The Center for the Documentation of the Art of Tadeusz Kantor Cricoteka is a multidimensional institution that simultaneously performs the function of an archive, museum, gallery and educational institution, offers activities for children and youth, and invites you to dynamic discoveries of Tadeusz Kantor's work.

- ▶ Detailed information can be found at: www.cricoteka.pl or at the following address: ul. Nadwiślańska 2-4.

The Amber Museum gathers unique exhibits showing the natural beauty of Baltic amber. School museum lessons are organized for school children and youth. There are often meetings with interesting people (authors of books about amber, designers, craftsmen and artists).



- ▶ Detailed information can be found at: www.ambermuseum.eu or at the following address: ul. św. Jana 2.

The Stained Glass Studio and Museum proposes to learn the secrets of creating stained glass windows and allows you to design or make them on your own. The museum can be admired, for among others, the "Apollo" stained glass - reconstructed on the basis of Stanisław Wyspiański's project.

- ▶ Detailed information can be found at: www.muzeumwitrazu.pl or at the following address: al. Krasieńskiego 23.

The Glass and Ceramics Center introduces the history and technology of glass art. Particularly interesting are the demonstrations of manual "live" glass forming - which allow you to get to know the fascinating process of creating glass objects, and also allow you to try your hand at the glass worker's profession.

- ▶ Detailed information can be found at: www.lipowa3.pl or at the following address: ul. Lipowa 3.

The Galicia Jewish Museum is located in the Kazimierz district of Krakow. It conducts comprehensive educational activities, organizing workshops, meetings or walks in this part of Krakow, during which knowledge about the history and culture of Jews is communicated in an accessible way.

- ▶ Detailed information can be found at: www.galiciajewishmuseum.org or at the following address: ul. Dajwór 18.

Theater, music

The National Old Theater Helena Modrzejewska in Krakow is the second oldest theater in Poland. In 1865, Helena Modrzejewska performed for the first time on the theater stage. The current repertoire of the Theater consists of both stagings of contemporary texts as well as reinterpretations of the classics as well as innovative multimedia and music projects.

- ▶ Detailed information can be found at: www.stary.pl/pl or at the following address: ul. Jagiellońska 5.

Theater Juliusz Słowackiego in Krakow invites children and whole families to theatrical realizations of fairy tales and plays performed by well-known Krakow actors.

- ▶ Detailed information can be found at: www.teatrwkrakowie.pl or at the following address: pl. św. Ducha 1.



Krakow Theater Stage STU - a Krakow theater, operating since 1997, being a continuator of the tradition of the "STU Theater" was founded in 1966 by Krzysztof Jasiński. The theater has an imposing character, it is also known for the benefit of the largest Polish stars organized for years.

- ▶ Detailed information can be found at: www.scenastu.com.pl or at the following address: al. Krasińskiego 16-18.

Apart from interesting and extremely artistic performances for children, the Groteska Theater also prepares large open-air spectacles, urban games and performances for adults, and organizes workshops, reviews of youth and children's creativity, theater and art literary contests, and thanks to the program, the "secrets of the scene" the youngest can visit the corners of the building.

- ▶ Detailed information can be found at: www.groteska.pl or at the following address: ul. Skarbowa 2, tel. 12 633 48 22.

Apart from staging plays also for the youngest, the People's Theater conducts a large-scale educational and therapeutic activity under the slogan "Therapy through art".

- ▶ Detailed information can be found at: www.ludowy.pl or at the following address: os. Teatralne 34, tel. 12 680 21 01.

Teatr Bagatela T. Boya-Żeleńskiego comprehensively encourages new viewers to come to the theater - for example, parents of small children as part of the "With a child to the theater" action can quietly watch the performance, and at the same time their children take part in interesting educational workshops.

- ▶ Detailed information can be found at: www.bagatela.pl or at the following address: ul. Karmelicka 6, tel. 12 424 52 00.

Łażnia Nowa Theater, apart from its basic artistic activity, is involved in educational and social activities, involving the residents of the district as widely as possible. It is the organizer of a series of events prepared for the summer period (from the beginning of June to the end of August) on the Nowa Hotd Lake. Every day as part of the project "New Bulwar(t) Sztuki" there are free events: performances, meetings with artists, classical and serious concerts, film shows, outdoor games and activities, workshops for children, youth and adults.

- ▶ Detailed information can be found at: www.laznianowa.pl or at the following address: os. Szkolne 25, tel.: 12 425 03 20.



The KTO Theater is the organizer of the International Festival of Street Theaters in Krakow, as well as the coordinator of a part of ventures as part of Krakow's artistic projects - the Night of Theaters and the Night of Poetry.

- ▶ Detailed information can be found at: www.teatrkto.pl or at the following address: Krowoderska 74/13, tel. 12 623 73 00.

Variete Krakow Theater presents music and entertainment performances: musical comedies, vaudeville, burlesque or horror theater.

- ▶ Detailed information can be found at: www.teatrvariete.pl or at the following address: ul. Grzegórzecka 71, tel.: 12 442 78 00.

MOS (Małopolski Ogród Sztuki) is a unique meeting place for young people, children, the disabled, the elderly, but also artists and art lovers. The center uses the most modern technical solutions on the occasion of various performances and artistic and educational workshops for children and youth.

- ▶ Detailed information can be found at: www.teatrwkrakowie.pl or at the following address: ul. Rajska 12, tel.: 12 375 21 50.

The Krakow Opera presents a variety of musical works, including ballet performances and music performances for children and youth.

- ▶ Detailed information can be found at: www.opera.krakow.pl or at the following address: ul. Lubicz 48, tel.: 12 296 61 01.

Philharmonic Karol Szymanowski offers musical meetings for families with children of all ages: "Smykowe granie" for children from 0 to 3 years old, "Concerts for children" for preschool and early school age is a meeting with the world of music similar in form to musical theater.

- ▶ Detailed information can be found at: www.filharmonia.krakow.pl or at the following address: ul. Zwierzyniecka 1, tel.: 12 619 87 21.

Capella Cracoviensis is an urban cultural institution specializing in stylish performance of early music. The orchestra performs ambitious musical undertakings, including opera and phonographic projects, and also coordinates the Theatrum Musicum festival - a joint project of Krakow music institutions.

- ▶ Detailed information can be found at: www.capellacracoviensis.pl or at the following address: św. Marka 7-9/9, tel. +48 602 620 698.



The orchestra of the Royal City of Krakow “Sinfonietta Cracovia” is a music institution with a wide range of activities (from classical music concerts to performances at the Unsound Festival).

- ▶ Detailed information can be found at: www.sinfonietta.pl or at the following address: ul. Papiernicza 2, tel.: 12 416 70 75.

The Cracovia Dance Court Ballet - the institution initiates, organizes and supports various events aimed at popularizing the heritage and culture of dance. The ballet conducts workshops for children’s and youth groups and provides lessons - programs related to the history of dance and the presentation of historical costumes from various eras.

- ▶ Detailed information can be found at: www.cracoviadanza.pl or at the following address: Pl. Na Groblach 7, tel. 12 421 08 36.

The Krakow Chamber Opera prepares, among others, song and music spectacles that captivate with fairy-tale costumes, wonderfully chosen music played and sung live and with extraordinary, expressive acting creations. Opera also runs workshops for singers and theater workshops for children and teenagers.

- ▶ Detailed information can be found at: www.kok.art.pl or at the following address: Miodowa 15, tel.: 12 430 66 06.

TAURON Arena Krakow

TAURON Arena Krakow is the largest and the most modern sports hall in Poland. Cultural events are organized such as: concerts, festivals, film screenings, musicals, circus shows, ice shows; sporting events of world and European championship rank, tournaments, league matches; e-sport events; religious events; congresses, conferences, fairs and outdoor events. The facility is also made available to visitors.

- ▶ The event calendar and detailed information are available at: www.tauronarenakrakow.pl or at: ul. S. Lema 7, tel.: 12 349 11 02.

Every year, at the beginning of June, TAURON Arena Krakow is organized, in which whole families can participate. The program includes visiting TAURON Arena Krakow, numerous attractions for children, sports shows, concerts and sweet birthday surprises.

The offer of Mała Hala TAURON Arena Krakow can be used by individuals, families, organized groups, sport clubs and companies. Among others, you can organize



here trainings, competitions, games, school classes, activities for children and seniors. The Dojo of the Traditional Karate Academy Niepołomice-Krakow operates at Mała Hala.

- ▶ Mała Hala is open every day from 8:00 to 23:00. Detailed information can be found at: www.tauronarenakrakow.pl or under the address ul. S. Lema 7, Tel. 12 349-11-90.

Cinemas

Agrafka, ul. Krowoderska 8, Telephone number 12 430 01 79

Apollo Film: Kiev Center al. Krasieńskiego 34, Tel. 12 433 00 33, 12 422 30 93

Tomasza 11, Tel: +48 784 022 11, Telephone number: 12 - 42141-ext.10

Cinema City Bonarka, ul. Kamieńskiego 11, Tel. 12 299 99 99

Cinema City Galeria Kazimierz ul. Podgórska 34, Tel: 12 254 54 54

Cinema City Plaza, al. Pokoju 44 Telephone number 12 290 90 90

Cinema City Zakopianka, ul. Zakopiańska 62, Tel. 12 295 95 95

Galeria Bronowice Mikro, ul. Stawowa 61, Tel. 609 109 116

IMAX, al. Pokoju 44, Telephone number 12 290 90 90

Kika Cinema ul. Krasickiego 18, Telephone number 12 296 41 52

Mikro Cinema, ul. Lea 5, Telephone number 12 634 28 97

Pod Baranami Cinema, Rynek Główny 27, Tel. 12 423 07 68

Multkino, ul. Dobrego Pasterza 128, Telephone number 12 298 46 10

Paradox, ul. Krupnicza 38, Telephone number 12 430 00 15

Sfnks, os. Górali 5, Telephone number 12 644 27 65

Wrzos, ul. Zamojskiego 50, Telephone number 12 656 10 50

Cultural centers

Houses and cultural centers conduct multi-directional activities in the field of disseminating culture for children, youth and adults in all Krakow environments. Their program proposals are complementary to extra-curricular activities.

LIST OF HOUSES AND CENTERS (p. 244)



The Krakow Library

The Krakow library, through the Main Library and 56 branches, provides library services in Krakow. It conducts cultural and educational activities through: providing various library collections (books, magazines, audio-books, e-readers, readers), access to computers and the Internet, organization of reading events and educational activities for children, youth, adults and seniors. The Krakow Library also performs publishing activities. Since 2017, the Library has been awarded the “Yellow Cizemka” Award for the best book for children and youth. Details on the website: www.biblioteka.krakow.pl

LIST OF KRAKOW LIBRARY FILES (p. 245)



3. THE FAMILY GOING ON HOLIDAY

3.1. PASSPORT

Information on issuing passport documents

1. An application for issuing a passport document may be submitted at any passport point in the country and abroad at the consul, regardless of the place of registration. It should be remembered that the document is picked up at the same passport point where the application was filed.
2. In the Malopolska province, passport service can be arranged in 12 passport points in: Krakow, Nowy Sącz, Tarnów, Bochnia, Brzesko, Chrzanów, Gorlice, Limanowa, Nowy Targ, Olkusz, Oświęcim and Wadowice (contact details of the branch in Krakow are below).

Passport Department in Krakow

Accepting passport applications: ul. św. Sebastian 11 (ground floor, passport control room). Issuing of passports: ul. św. Sebastian 9 (ground floor, passport control room). The entrance to the building is No. 9 up the stairs. People with a mobility problem can collect their passport in building no. 11, after reporting to the information stand.

Telephone numbers

- ▶ Passport information: 12 39 21 820,



- ▶ Passport deposit (information about the possibility of collecting a passport): 12 39 21 806

Service hours of residents Monday 9:00-17: 00 Tuesday-Friday 8:00 - 15:00. In order to submit a passport application or collect a passport, you must first download a ticket from the queuing system. The issue of numbers from the queuing system is discontinued when the approximate time of service for people who have already downloaded blocks from the system will not allow for servicing more people during the working hours of the Passport Department.

3. Filing a passport application and collecting a passport document takes place in person.
4. On behalf of a child under 18 years of age, the application for issuing a passport document is submitted jointly by parents or legal guardians (the presence of a child is not compulsory only in the case of applying for a passport for a minor who has not attained 5 years).
5. Children under 18 do not need to be present when collecting the passport. The document is collected by one of the parents or legal guardians.
6. The waiting period for issuing a passport is up to a month from the date of submitting the passport application, and in particularly complex matters that require an explanatory procedure up to 2 months.
7. The passport becomes invalid after changing of the surname (e.g. after marriage) or in the case of changing of personal data contained in the passport (name, surname, date and place of birth, gender, PESEL number) as a result of an administrative decision or final court decision regarding the changed data. The document automatically loses its validity after 60 days from the date on which the data was changed. In the case of persons staying abroad, the passport expires after 4 months.
8. The passport also expires on the day the President of the Republic of Poland grants consent to the renunciation of citizenship, on the day of notification of loss, destruction or finding a document or on the day of death of the passport holder.
9. Passport is issued to adults and children over 13 with a validity of 10 years, and children up to the age of 13 with a validity of 5 years.
10. A temporary passport is issued by the voivode or consul, in documented emergency cases related to disease or the funeral of a family member or



conducted professional activity, persons temporarily staying in the country and abroad to return to permanent residence - with a validity period up to 12 months.

11. Documents required to submit an application for a passport:

- completed application for issuing a passport, handwritten by the applicant.
- color 35 x 45 mm photo, made in the last 6 months, on a uniform, bright background, having a good sharpness, imitating natural skin color, showing the whole head up to shoulder height, clearly showing the eyes, especially the pupils and the face that should occupy 70-80% of the photograph, showing the person in a frontal position, without headgear and darkened eye glasses, looking straight ahead with open eyes, hair uncovered, with a natural expression of the face and closed mouth,
- written consent of the parents or guardian's appointed by the court, or one of the parents, when the court's decision shows that the right to decide on issuing a passport to a minor is not accountable by the second parent, made in the presence of an employee of a passport point (abroad - consul) by a notary (in the case of a notary abroad, an apostille should be enclosed, in accordance with the Convention abolishing the requirement to legalize foreign official documents drawn up at The Hague on 5 October 1961). issuing a passport replaces the decision of the family court.

exceptions:

A person who has a disability certificate, or whose health does not allow to take photographs in accordance with the above requirements, may submit a photograph of 35 x 45 mm, made in the last 6 months, on a uniform light background, mimicking the natural color of the skin, having a good sharpness, showing the person in a frontal position and showing the face from the top of the head to the upper part of the shoulders, so that the face occupies 70-80% of the photograph.

A person with congenital or acquired vision defects may attach to the application a photograph showing themselves in glasses with dark lenses. The document confirming the entitlement to attach such a photograph is a decision about disability or degree of disability due to congenital or acquired vision defect.

A person wearing headgear in accordance with the principles of their religion may attach a photograph showing themselves in a head dress, which, however,



can not cover or distort the oval of the face. In this case, the document certifying the right to attach such a photograph is a certificate of membership belonging to the community registered in the Republic of Poland.

- A short or complete copy of a Polish marriage certificate, if the person applies for a passport document after changing his/her surname as a result of entering into a marriage abroad.
 - Proof of payment of the passport fee - original.
 - A document entitling you to benefit from a passport relief (e.g. ID card, certificate, index, last pension or retirement) - for inspection.
 - In addition, an applicant for a passport also submits a passport document, and if the document has expired, also a valid ID card.
12. Forms of passport applications cannot be downloaded via the Internet due to special paper requirements and a specific format. You can download them in:
- the seat of the Małopolska Provincial Office in Krakow at ul. Basztowa 22,
 - The Passport Department
 - in Krakow, ul. św. Sebastian 11,
 - in Nowy Sącz, ul. Jagiellońska 52,
 - in Tarnów, al. Solidarności 5-9.
 - Regional Passport Points operating in Poviát Authorities in: Bochnia, Brzesko, Chrzanów, Gorlice, Limanowa, Nowy Targ, Olkusz, Oświęcim, and Wadowice.
13. Passport fees:
- from minors who did not turn 13 on the day of submitting the passport application:
 - PLN 30 (in the absence of a document entitling a discount - PLN 60)
 - PLN 15 (if they have a valid Big Family Card)
 - from minors who, on the day of submitting the passport application, have turned 13 but are under the age of 18:
 - PLN 70 (in the absence of a document entitling a reduction - PLN 140),
 - 35 PLN (if they have a valid Big Family Card).
 - from adults:
 - PLN 140 - basic fee,



- 70 PLN - reduced fee (upon presentation of a document entitling you to a discount or a valid Big Family Card),
- PLN 35 - reduced fee for persons under 25 years of age who hold a valid Big Family Card.

Relief for the passport fee is granted to:

- ▶ pensioners, people with disabilities, as well as spouses of such persons, if they are solely dependent on them,
- ▶ people staying in social welfare homes or care facilities, or benefiting from social assistance in the form of permanent benefits,
- ▶ veterans,
- ▶ students and students.
- ▶ members of large families within the meaning of the Act of 5 December 2014 on the Big Family Card, holding a valid Big Family Card.

In the case of the convergence of titles entitling to a reduction in the fee for issuing a passport, you are only entitled to one discount in the fee.

The payment of a new passport before the end of the validity period of your passport is increased by 200% if the passport was lost or damaged due to the fault of the holder.

The fee for issuing a passport is lowered if a new passport is issued before the expiry date of the passport previously held as a result of one of the following circumstances:

- ▶ changes in personal data that are subject to entry in the passport,
- ▶ change of the appearance of a person holding a passport, which may make it difficult to determine their identity,
- ▶ lack of space in the previous passport to place visas or stamps confirming the crossing of the border.

You can pay for the issuance of a passport:

- ▶ in post offices, banks or via the Internet by depositing money into account: MAŁOPOLSKI URZĄD WOJEWÓDZKI NBP, District Branch in Krakow 08 1010 1270 0051 2222 3100 0000 with a note: passport fee for ... (name and surname of the person for whom the passport is to be issued), e.g. "passport fee for Jan Kowalski".
- ▶ at the box office of the Malopolska Provincial Office in Krakow, ul.



Basztowa 22, 3rd floor, room 303, from Monday to Friday from from 9.30 to 14.30.

- ▶ at the ticket office of a banking agency located at the Passport Department in Krakow, at ul. św. Sebastian 11. At the ticket office of the banking agency, you can pay in cash or by debit card (commission is PLN 2 per transaction).
- ▶ at the positions of accepting passport applications, using a payment card (the commission is PLN 0.79 per transaction). The document confirming the payment must be attached to the passport application.

There is no fee for issuing a passport from:

- ▶ persons who have turned 70 years old on the day of submitting the passport application,
- ▶ people residing in social welfare homes or in care facilities or using social assistance in the form of permanent allowances if their travel abroad takes place for long-term treatment or in connection with the need to undergo surgery,
- ▶ persons who have applied for the exchange of a passport due to its having a technical defect,
- ▶ soldiers assigned to serve outside the state, with the exception of professional soldiers.

3.2. SAFE HOLIDAYS

Going on holidays is an exciting event. To avoid unpleasant adventures, you must follow some basic rules.

A mobile phone with saved emergency numbers will be useful for every trip: 112 - emergency call center, 997 - Police, 998 - fire brigade, 999 - ambulance and contact ICE in the address book. The acronym ICE on the phone is a global life-saving symbol, under which one should write down the telephone number of the person to be notified in the event of an accident. Detailed information on ICE can be found on the website www.icefon.eu (English language version).

When traveling by public transport, it is advisable to follow the instructions of the airport, aircraft or train staff. Be vigilant to not easily fall victim to pickpocket thieves. Do not carry money in one place and divide cash into several parts and hide it in several pockets. Luggage should always be looked after. Carry bags and

backpacks should be carried at the front or under the arm, closing them to each other, so that they are always under control.

Avoid sleeping on the road, and certainly never accept accommodations from people met by accident.

IMPORTANT EMERGENCY NUMBERS

Near water: WOPR – 601 100 100

In the mountains: TOPR 601 100 300 lub 18 206 34 44

GOPR – 985 lub 601 100 300

Grupa GOPR Beskidzka – 33 82 96 900

Grupa Bieszczadzka – 13 46 32 204

Grupa Jurajska – 34 31 52 000

Grupa Karkonoska – 75 75 24 734

Grupa Krynicka – 18 47 77 444

Grupa Podhalańska – 18 267 68 80

Grupa Wałbrzysko-Kłodzka – 74 842 34 14



Tour guides should remember to assess the psychophysical fitness of the driver and check the technical condition of the bus before departure. The easiest way is a few days before the planned trip, to ask the local Police unit for help. When setting off on a longer route, you need to make sure that the driver has an alternative. If you notice that the driver is breaking traffic regulations, do not hesitate to mention it to him. When going to the mountains, always leave the place of stay with the information about the route of the trip and the planned time of return. Bathing and swimming in the water can only be best allowed under In road traffic, always follow the basic safety rules. In the city you should walk only on the pavement, and outside the city on the left side of the road. Make crossing passes only in places designated for that purpose. One should not run - even at the pedestrian crossing. It is easy to trip and fall over when running. Before entering the road, always look carefully both ways and check if a car is coming.

Attach reflective elements to the satchel and clothing. Driving a car, remember about fastening seat belts can save lives in the event of an accident.

4. FAMILY SPORTS PROGRAMS

4.1. URBAN SPORT PROGRAMS - OFFER FOR CHILDREN AND YOUTH

For many years, the Sports Department has been preparing a diverse sports offer, addressed to children and young people, in accordance with the provisions of the Sport Development Program in Krakow (available at www.bip.krakow.pl). These are free and general activities organized as part of the Urban Sports Programs, prepared, among others, in agreement with individual sport associations. The city, by creating a sports' offer for residents, also cooperates with sports clubs through subsidies provided as part of open offers/projects and contests. Thanks to this support, clubs can organize daily, systematic trainings, competitions and occasional sporting events. Complementing the wide offer are extracurricular sports activities organized by municipal educational and instructional institutions, i.e. inter-sports centers and the Krakow School Sports Center.

URBAN SPORT PROGRAMS

Classes in urban sports programs are open, universal and completely free, and their level is adapted to the individual possibilities and needs of participants

Department of Sport of the City of Krakow
al. Powstania Warszawskiego 10, 31-549 Krakow
Telephone number 12 616 9611 e-mail: sp.umk@um.krakow.pl
Office hours: Monday - Friday 7.30 - 15.30

More information about the sports offer for children and youth in Krakow can be found at: www.krakow.pl/sport and on the official profile Department of Sport
Facebook - KRK.Sport

Kindergarten Academy - information on the program can be found at www.mos-zachod.pl/akademia-przedszkolaka/

Akademia Młodych Orłów - information on the program can be found on www.krakow.pl/sport and on the profile of the Sports Department of Facebook KRK.Sport

Sport Animator - information can be found at: www.krakow.pl/sport and on the official profile of the Sports Department Facebook KRK.Sport

Krakow Volleyball Academy - information can be found on the website www.

krakow.pl/sport and on the official profile of the Sports Department Facebook - KRK.Sport

Krakowska Basketmania - information can be found at: www.krakow.pl/sport and on the official profile of the Sports Department Facebook - KRK.Sport

Krakow Youth Olympics - detailed information can be found on: www.krakow.pl/sport and on the official Facebook page KRK.Sport;

Athletics for Everyone and Youth Meetings with Athletics - information can be found at: www.krakow.pl/sport and on the profile of the Sports Department Facebook - KRK.Sport;

My Coach - information can be found at: www.krakow.pl/sport and on the profile of the Sports Department Facebook - KRK.Sport;

The First Steps on the Snow - information can be found at: www.krakow.pl/sport and on the profile of the Sports Department Facebook - KRK.Sport;

Rugby For Everyone - information can be found at: www.krakow.pl/sport and on the profile of the Sports Department Facebook - KRK.Sport;

Sports Against Exclusions - information can be found at: www.krakow.pl/sport and on the profile of the Sports Department Facebook - KRK.Sport;

Handball School - information can be found at: www.krakow.pl/sport and on the profile of the Sports Department Facebook - KRK.Sport;

I am dancing in Krakow - information can be found at: <http://moswschod.pl/tancze-w-krakowie/>

4.2. CYCLIC SPORTS EVENTS

“Juliada” summer party with sports and recreation, brings thanksgiving to the feeling that they are co-hosts of the city. During Juliada, which is always organized in July, children and youth compete in football, futsal, volleyball, handball, badminton, chess and participate in a break dance tournament. Of particular interest is the streetball tournament (street basketball), which is also visited by teams from outside of Krakow. The “Julida” competition takes place at the facilities of the modern sports and recreation center Com-Com Zonew Nowa Huta and on the square of Jan Nowak Jeziorański, next to Galeria Krakowska.

- ▶ Detailed information can be found on the website www.juliada.pl



PZU Cracovia Marathon is one of the largest and most popular running events in Poland. It is also the most international of all Polish marathons, with the highest attendance of participants from abroad in the country. In previous editions of Cracovia Marathon, Krakow hosted runners from 55 countries. Organized in Krakow since 2002, the run is also included in the so-called Crowns of Polish marathons. The start and finish of PZU Cracovia Maraton are located on the Main Market Square. According to the slogan of the event: "With history in the background", the participants of the marathon run alongside many great monuments of the Podwawel castle. The PZU Cracovia Marathon route is also open to users of wheelchair. The most numerous marathons in Poland will come in the form of a group of drivers running in the categories of HandBike, Rim Push Exclusive Wheelchair. During the marathon weekend, the following are also organized: Mini Cracovia Marathon Piotr Gładki (4.2 km) and Cracovia Maraton on Rollerblades (full marathon distance). On the occasion of the Krakow marathon, the organization also hosts a Night Run for 10 km, and on the eve of the struggle of the Cracovia Marathon participants, special competitions are organized for the youngest lovers of running - as part of the Mini Cracovia Marathon.

- ▶ Detailed information can be found at: www.pzucracoviamaraton.pl

PZU Cracovia Royal Half Marathon - organized in Krakow from 2014, at the end of the running season - in October. The event is accompanied by numerous attractions designed for players, residents and tourists. From the second edition, the finish line PZU Cracovia Royal Half marathon is located at TAURON Arena Krakow. PZU Cracovia Royal Half Marathon presents a chance to face the long route (21 km and 97.5 m), leading among the monuments and picturesque streets of Krakow to all runners who do not feel strong enough to beat the marathon distance and therefore they have not decided to take part in PZU Cracovia Marathon. The event met with excellent reception of the running environment. The first edition of the PZU Cracovia Royal Half Marathon was awarded the 2014 Tomasz Hopper Event of the Year in the category debut at the Gala Biegów Masowych in Warsaw. The attendance increases significantly from year to year. During the half marathon, a 5 km run is also organized. Cracovia Royal Half Marathon is part of the Crown Polish Half Marathons projects. Along with the Cracovia Marathon and the Three-Mound Run, Cracovia Royal Marathon also creates the Royal Triad Run.

- ▶ Detailed information can be found at: www.pzucracoviapolmaraton.pl

PZU Bieg Trzech Kopców - The International Open Championship of Krakow in the Mountain Run is an event whose first edition was organized in 2007. The race takes place on the first Sunday of October. The participants have to overcome a 13-kilometer route between three Krakow mounds - Krakus, Kościuszki and Piłsudski. Almost $\frac{1}{4}$ of the route runs along unpaved roads. The difference in levels reaches 160 m. Due to the diversity of terrain in the international classification, the run was classified as "Anglo-Saxon", in which the route ascends and descends as distinguished from the "Alpine" version, where the route for the most part only rises. Everywhere along the route you can see that Krakow offers not only monuments and modern infrastructure, but also charming landscapes and natural nature. Interestingly, it is the only mountain run in Poland that leads through the center of a large city.

- ▶ Detailed information can be found at: www.pzubiegtrzechkopcow.pl

Krakow New Year's Eve Race - is an event combining sports competition with the atmosphere of New Year's Eve fun. Players can choose one of two distances - "Dragon Five" (5 km) or "Joyful 10" (10 km). They have 90 minutes to cover them. The participants run in fanciful costumes, and the authors of the most ingenious costumes are granted special prizes. Everyone who completes in the race receives a commemorative medal, a hot meal, drinks and sweets at the finish line, and ladies are greeted with roses.

- ▶ Detailed information can be found at:
www.biegsylwestrowy.krakow.pl

Vienna Life Lang Team Cycling Marathons - this is an event that participants can ride on mountain bikes. Since 2011, one of the annual editions is held in Krakow. The idea of the cycle is to promote a sporting lifestyle and to promote tourism values of Poland. Both professional riders and amateurs compete on the route. There are also plenty of families who are looking for an active form of recreation. Everyone can start on their own distance: Mini (24 km), Medio (64 km) or Grand Fondo (89 km). Vienna Life Lang Team Cycling Marathons is not just a sport competition, it is also a great picnic where whole families play a part. With the youngest in mind, the Family Parade has been prepared - a short, eight-kilometer around Błonia, which the little ones can compete themselves or in the presence of their parents. The atmosphere, sports emotions and routes leading through the picturesque areas of Poland make the number of participants grow from year to year. The attendance record is always in the Krakow edition of the cycle!



- ▶ Detailed information can be found at: www.viennalifemaraton.pl

INFORMATION ABOUT SPORTS EVENTS

Sports Infrastructure Management in Krakow

ul. Walerego Sławka 10, 30-633 Krakow

Telephone number 12,616 63 99 028,

e-mail: e-mail: sekretariat@zis.krakow.pl

Office hours: Monday - Friday 7.30-15.30

More information about organized sport events in Krakow can be found on the website: www.zis.krakow.pl and on the official profile of the Sports Infrastructure Management in Krakow Facebook - ZIS.

INFORMATION ABOUT LOCAL RECREATION AND SPORTING EVENTS

Department of Sport of the City of Krakow

Al. Powstania Warszawskiego 10, 31-549 Krakow

Telephone number 12 616 9611 e-mail: sp.umk@um.krakow.pl

Office hours: Monday - Friday 7.30-15.30. More information about local events can be found at www.krakow.pl/sport and on the official profile of the Sports Department Facebook - KRK.Sport



4.3. SPORTS FOR DISABLED PEOPLE

SPORTS OFFERS FOR DISABLED PEOPLE

Department of Sport of the City of Krakow

Al. Powstania Warszawskiego 10, 31-549 Krakow

Telephone number 12 616 9611 e-mail: sp.umk@um.krakow.pl

Office hours: Monday - Friday 7.30 - 15.30. More information about the sports offers for the disabled in Krakow can be found on www.krakow.pl/sport/ and on the official profile of the Sports Department Facebook - KRK.Sport

The Department of Sport systematically supports people with disabilities who want to pursue sports, among others by matching the offer of sports events for people with disabilities, bearing in mind their need for physical and intellectual activity, and distinguishing talented youth by awarding them with sports scholarships.

4.4. URBAN SPORTS FACILITIES

INFORMATION ON SPORTS FACILITIES

Department of Sport of the City of Krakow

al. Powstania Warszawskiego 10, 31-549 Krakow

Telephone number 12 616 9611, e-mail: sp.umk@um.krakow.pl

Office hours: Monday - Friday 7.30 - 15.30. More information about the Sports Facilities in Krakow can be found at

www.krakow.pl/sport/

Interschool Sports Center Krakow Zachod (West) - conducts activities supporting and supplementing the process of physical education and education directed mainly towards Krakow pupils and preschoolers.

Details about the Przemysł Sports Center Zachod under the Sport Department of the City of Krakow can be found at:

www.mos-zachod.pl

Address: pl. Na Groblach 23, 31-101 Krakow Tel. 12 422 12 21,

e-mail: mos-srodmiescie@groble.pl

Interschool Sports Center Krakow Wschod (East) - the main goal of the center is to shape and develop the sports skills of children and adolescents by: improving physical fitness, shaping the habits of active rest and participating in free activities conducive to the physical development of pupils.

Details about

Interschool Sports Center Wschod under the Sport Department of the City of Krakow can be found at: www.moswschod.pl

Address: os. Zgody 13a, 31-950 Krakow

Telephone number 12 644 22 72, e-mail: biuro@moswschod.pl

Krakow School Sports Center - its activities are guided by the idea of "education through sport". Using both traditional and modern methods, the center teaches children how to be healthier, smarter and happier through sporting activities. KSOS has four modernized, fully equipped swimming pools, on which it organizes mass swimming lessons for over 5,000 children from the III classes.



Details about

The Krakow School Sports Center subordinate to the Sports Department of the City of Krakow can be found at:


www.ksos.pl

Address: al. Powstani Warszawskiego 6, 31-549 Krakow

Telephone number 12 411 58 66,

e-mail: sekretariat@ksos.krakow.pl

4.5. SCHOLARSHIPS OF THE CITY OF KRAKOW



Every year, a group of athletes – due to their achievements in sports competition can apply for a sports scholarship of the City of Krakow. The goal of the scholarship is to support gifted players in even better preparation of the training process and participation in planned launches. Players who achieve high sports scores in international or national competitions can count on financial support. Details on the possibility of applying for a scholarship can be found in the Public Information Bulletin: www.bip.krakow.pl/?dok_id=98

4.6. BIKE INFRASTRUCTURE

Krakow is at the forefront of the Polish metropolises with one of Poland's most developed bicycle infrastructures. According to the data collected by the Local Government PAP, in 2017 our city was overtaken only by Warsaw and Wroclaw. Nowadays, this situation is dynamically changing in favor of Krakow, as already 220 km of bicycle infrastructure are available to two-wheel fans. Over the next 2-3 years, 60km of new bicycle paths will be built. The construction of the following sections of paths is planned: along ul. Babińskiego and Skotnicka (from ul. Bunscha to ul. Trotsky); from ul. Powstańców along Piasta Kolodzieja, Srebrnych Orłów, Wiślicka; from ul. Powstańców along Strzelców and Lublańska streets to the overpass together with the adaptation of the tunnel connecting Brogi-Rakówicka streets to bicycle traffic; from ul. Przybyszewskiego along the streets: Armii Krajowej and Jasnogórska to the borders of the City of Krakow.

The next planned sections of the paths will be located: from the footbridge on the Vistula connecting Kazimierz with Ludwinow along ul. M. Konopnicka to the Rondo ONZ, then along ul. Kamińskiego and Wielicka (along with a footbridge on ul. Kamińskiego); from the Norbertine Sisters' Convent to the existing section of the path at the Zwierzyniec Bridge and from ul. Wioślarska to ul. Jodłowa, as well

as from ul. Mirowska to the borders of the City of Krakow; along the Vistula - on the section from ul. Widłakowa to ul. Tyniec.

In addition to the above-mentioned paths, additional sections planned for construction this year will appear, which will be implemented as part of the Civic Budget projects. Among the tasks: We connect the parks of Krakow - from District I, IV, V, and VII to Ojców (800 m); paths in the “design and build” system along the A1. 29 November - from Żelazna to Opolska (1400 m) and extension of the path along Al. Solidarnosc (150 m).

As part of ZIT, bicycle investments will also be implemented in neighboring municipalities associated with the Krakow Metropolis Association. In the Liszki commune there will be approximately 4,960 m of bicycle paths enabling, among others, direct access to Kryspinów. In the area of the Wielka Wieś Commune a bicycle path along Jasna Góra will be extended to the Modlnica Junction (891 m). In total, a network of bicycle paths with a total length of nearly 80 km will be created in the following years in the municipalities of the Krakow Metropolitan Area: Czernichów (4,190 m); Michałowice (5760 m); Niepołomice (2,630 m); Skawina (22,190 m);

Wieliczka (25,000 m); Zabierzów (4,310 m); Zielonki (8,070 m).

On the website bikes.zikit.krakow.pl/mapa you can find the current map of cycling infrastructure. We recommend it when planning bicycle trips and bicycle routes to work or school.

The bikes.zikit.pl website is a compendium of knowledge about bicycles in Krakow.

Wavelo public bike rental

For almost two years, the Wavelo public bicycle system has been operating in Krakow. The BikeU company is the operator of the system delivering the most modern bicycles of the “fourth generation” in Krakow. The bicycles are safe, comfortable and easy to locate (they have an on-board computer and GPS). There are 156 stations and 1,500 bicycles at the disposal of residents. Users can purchase a subscription (a certain number of free minutes available during the day) or pay for the actual time of renting a bike. Using the bicycle system is extremely simple: Step 1. Register - on the website or via a mobile application, register in the Wavelo system and select the plan that suits you
Step 2. Rent - enter the 6-digit account number and a 4-digit PIN number on the keyboard at the back of the bike to unlock it.



Step 3. Drive - place the lock in the holder on the side of the rear wheel. Stop for a while without finishing the rental, press the STAY button on the keyboard and secure the bike using the lock.

Step 4. Return - to finish the rental, simply connect it to a stand at a chosen Wavelo station. You may also leave the bike other places than the station for a small fee. [source: www.wavelo.pl/]

4.7. CLUBS, SPORTS CENTERS, POOLS

Sports and Recreation Center "Kurdwanów Nowy" ul. M.B Wysłouchów 34a invites individuals and families to take advantage of the Center's offer.

SWIMMING POOL:

- 25-meter sports pool with 6 lanes
- recreational pool with water massage and water cascade, elephant slide
- two jacuzzi pools

At the pool you can take advantage of classes:

- learning and improving swimming
- aqua aerobics
- gymnastics in the water for seniors

SALT CAVE:

- screenings begin at full hours - according to the schedule (available on the Center's website)

SAUNA - open seasonally (October - March)

GYMNASTIC HALL:

The offer includes:

- yoga
- dance school
- general development for children up to 4 years of age
- pilates

We support the following cards: MULTISPORT, FIT PROFIT and FIT SPORT and OK SYSTEM.

We provide a 50% discount for individual tickets to grotto and the pool for KKR 3+ and KKN holders.

- ▶ Details are available at www.ksos.pl (OSR Kurdwanów Nowy tab) or at Tel. numbers 12-654 53 55, 12-659 53 57.

Krakow Klub Kajak Sports and Recreation Center KOLNA

The facility consists of:

- 25-meter sports pool with 6 lanes (depth: 1.4-1.8 m.
- recreational pool (depth: 0.6-1m) with a slide, water cascade and water massage and jacuzzi
- multifunctional sports hall - 44 × 22 m, audience seating, sound system, professional scoreboard. The hall is suitable for playing indoor football, volleyball, basketball, handball and for all types of recreational and motor activities
- fitness room
- gym
- sports dormitory (52 air-conditioned rooms) of a 4-star standard, conference room for 150 people, restaurant, cafeteria, free outdoor parking for 300 cars and 40 places in a paid underground car park
- beach and soccer fields
- mountain canoeing track - total length of the track (including water supply channels) - 600 m
- parameters of the racing track: length: 320 m, width: 12-14 m, depth: 1.45 m, equipped with the so-called adjustable water figures, filling water
- parameters of the starting pool: length: 78.9 m, width: 11-22 m.

The Kolna Sports and Recreation Center is open daily from 07.30 to 23.00.

Among other things, at the swimming pool are classes in learning and improving swimming, synchronous swimming, games for children and adolescents. By the pool there is a fitness room, a solarium, a sauna, a massage parlor, a hydrotherapy office and a physiotherapy office. Schools can use the swimming pool and hall for a fee.

Thanks to its location in the Tyniec-Bielański Landscape Park near the Benedictine Abbey in Tyniec, the Kolna resort with its surroundings is an ideal place for rest and recreation for the inhabitants of Krakow and tourists. You can rent tourist kayaks, pedal boats and rowboats here. In the resort there are playgrounds for beach volleyball, football, table tennis and in the summer season there is a tent



with grill and bar, and a year round restaurant is located in the building of the sports boarding house.

Sports Club “Orzeł Piaski Wielkie” ul. Niebieska 15 in Krakow

The property has a sports hall with dimensions of 66 x 36 m with a height of 11 m. The hall is adapted to the games of all indoor sports disciplines, including futsal, basketball, tennis, hand volleyball.

Opening hours: 8.00-22.30

The hall is available for individuals, families, sports groups, clubs, organized groups and companies.

- ▶ More info on page: www.hala-orzelpw.pl

The Sport and Culture Center “Sidzina” is a sports and service complex that offers to individuals, families, organized groups and companies:

- full-size football field pitch
- Grassy pitch (artificial grass) for team games
- conference and banquet room (for 70 people) with multi-media equipment

The building also has:

- Health center with NFZ Telephone number 12 267 72 03
- Professional Cabinet of Medical Rehabilitation, Tel. 12-4467887(8)
- Stomatology Center Sidzina Telephone number 665 603 750
- Cafe & Bistro “Orzeł”

In autumn - winter the following are organized for children, youth and adults:

- Open Table Tennis Tournaments
- Young Athlete of the Year competition
- Vocal-Actor Competition for Young Talents “Spotlights”
- Chess Championship Schools
- Birthday parties for children
- Occasional events

The Center runs the professional OSKF Football School “Orzeł Sidzina” for children and adolescents.

In the Centrum of Sport and Culture, the Fitness Club for 3 generations has worked rapidly, offering exercises for slimming and strengthening the spine.



The Sport and Culture Center “Sidzina” organizes and maintains entries for the following classes:

- Art classes with ceramics for children and adolescents
 - Ballet classes for children
 - Dance classes: Latino Solo for Ladies, ballroom dancing, modern dance for children
 - Chess classes for children and youth
 - Mathematical classes for children and adolescents
 - Martial Arts Classes - Karate for children
 - Musical activities: piano and guitar for children and youth
 - Language courses: English, Spanish, Russian for children, adolescents and adults
- ▶ Detailed information and news: CSiK ul. Działowskiego 1, 30-399 Krakow, phone: 12 255 41 50, 535 533 550 (07) and on the website www.csksidzina-krakow.pl

Krakow Sports Club Bronowianka, ul. Zarzecze 124-A in Krakow.

Opening hours: Monday-Friday 6.30-23.30 and Saturday-Sunday 7.00- 23.30

- ▶ Contact: Telephone number 12 636 94 33, 889 465, e-mail: sekretariat@bronowianka.pl, www.bronowianka.pl

KS Bronowianka makes available to individuals, families, organized groups, sports clubs, associations and companies:

- two sports halls with facilities
- a large hall with dimensions of 45 x 36 x 12 m + 200 seats in permanent stands + 100 seats on sliding stands.

Suggested sport disciplines: futsal, 3 volleyball training fields or one for matches, 5 badminton courts (4 pitches for doubles and singles, 1 singles pitch), table tennis - hall for 16 tables, basketball, hand ball, martial arts, seminars, training camps, demonstrations. It is possible to divide the hall into 3 sectors with curtains.

- a small hall with dimensions of 29 x 24 x 9.5 m + 60 seats on sliding stands.

Suggested sports: volleyball, basket ball, table tennis specialist hall for 12 tables, seminars, training camps, demonstrations.



- grass field measuring 102 x 64 m
- artificial turf with dimensions of 62 x 30 m with lighting.

The facility organizes sports events, matches, tournaments and other events such as: family picnics, birthdays and name-days for children, company events.

- a hotel with 80 beds, a conference room, a restaurant for approx. 50 people and an observation deck. The restaurant offers Chinese and Polish cuisine.
- ▶ Contact: Hotel Kaipol, hotel tel. 12 307 06 76, restaurant tel. 12 375 50 87, e-mail: hotel@kaipol.pl, www.kaipol.pl

Recreation Center

- swimming pool with dimensions: 5.5 m x 12.00 m x depth 1,1 m-1,4 m
- sauna
- gyms

Opening hours: Monday-Friday 8.00-22.00 and Saturday-Sunday 8.00-20.00

- ▶ contact: PHU Kreator, Tel. number 12 636 94 35, 662 074 010, e-mail: marpol6302@wp.pl

At the pool there are individual and group swimming lessons (for schools, companies, etc.), aqua aerobics classes.

- 3 tennis courts

The courts are open every day from 6.00-24.00 (from October to April), from 6.00-21.00 (from May to September) Tennis classes for children take place from Monday to Friday from 14:00 to 18:00, attractive family packages are available on weekends. In addition, camps, half-camps and ski trips are organized. We have qualified and experienced staff.

- ▶ Contact: MagicSports Sp. z o.o. Academy of Young Sportsman, telephone number 694 107 073, e-mail: kontakt@magicsports.pl, www.magicsports.pl

Sports and recreation center KS Wanda Krakow, ul. Bulwarowa 39 in Krakow

We offer individuals, companies, families and organized groups:

- Outdoor pool with a three-track water slide measuring 19 m x 39 m, the largest depth - 1.90 m, locker rooms, showers, sanitary facilities, cabinets. There is a large, well-maintained green area by the pool and a free car park for 60 cars and a recreational equipment rental. There is a snack bar in the swimming pool, offering among others, casseroles,

sausages etc., drinks and ice cream. We offer discounts for families and organized groups, we respect Multisport cards.

- Four beach volleyball courts.
- Multi-functional playground (3 tennis courts). The facility is open during the summer every day from 10.00-18.00.

At the address ul. Odmogile 1b are located:

- A sports hall with dimensions of 28 x 18.5 x 10 m for team games.
- the possibility of organizing company sports events, providing private parties and companies with sports activities.
- Three football pitches - the main full-size and two pitches for training. Possibility to provide companies or groups with sports and recreation events, family picnics.
- Children and adolescents have the opportunity to play sports in team football under the supervision of professional coaching and instructional staff.

The Sports Club Korona Krakow offers individuals, families, organized groups and companies:

- Large swimming pool with "sea water" 25 x 12.5 x 4.60 m
- Small pool for swimming lessons
- Relaxation and relaxation zone, sauna, jacuzzi, treatments
- Sports and entertainment hall for 1,000 seats
- Two specialized rooms for acrobatics and sports gymnastics
- Climbing wall
- Gym and fitness room
- Hotel - 49 places in rooms with bathrooms
- Buffet overlooking the swimming pool

Children and adolescents have the opportunity to practice disciplines of: swimming, basketball, gymnastics, climbing, chess, judo. School groups can use the swimming pool and multifunctional sports hall.

Hours of operation of individual attractions:

large pool - pool hall should be left by 22:45, Monday - Friday from 7.15-13.15 and 17.45-22.15, Saturday from 9.30-20.45, Sunday from 9.30-17.45

- swimming pool small Monday - Friday 8:00-20:00



- sauna - Monday - Sunday 16.00-22.00
 - gym and fitness room - Monday - Friday 6:30-22:00, Saturday 9.00-17.00, Sunday 9.00-15.00
 - gyms - Monday - Thursday 16:30-21:00, Saturday 12:00-17:00
 - sports Hall
 - according to the availability schedule:
 - Climbing wall
 - Bouldering - Monday - Friday: 12.00-22.00, Saturday - Sunday: 18.00-22.00
 - large wall - Monday 19.20-22.00. Wednesday 19.20-22.00
 - buffet - Monday - Friday 8.00-20.00, Saturday 8.00-14.00
- ▶ Detailed information is available at www.korona.krakow.pl or at ul. Kalwaryjska 9-15, Telephone number 12 656-02-50

The Sailing Club HORN Krakow offers individuals, families, organized groups and companies:

- marina with water equipment, i.e. water bikes, kayaks, yachts
- possibility to use the gym (we respect Benefit and Multisport)
- green area with a gazebo grill
- the possibility of using the restaurant

Children and adolescents have the possibility of sailing on the Optymyst type yachts (children 6-13), older people over 60 years have the opportunity to train on cabin yachts and open-deck yachts.

The Krakow's site organizes rank events of the Polish Championships, the Małopolska Championships and regattas for those who start their adventure with charity. At the KZ HORN marina you can prepare (youth, adults, seniors) to obtain a license for a sail or motorboat and participate in preparatory courses. It is possible to organize individual classes for groups of 4-5 people.

School groups can use the marina and sailing equipment. For organized groups the Sailing Club Horn Krakow (operator of the Center) prepares: family picnics, birthdays for children, company events, regattas, barbecues, mini cruises on Bagrach, one-day or systematic classes (the possibility of organizing PE lessons) sports and educational events (green education).

Hours of operation of individual attractions:

- Marina - must be closed by 21.00
 - OPTYMYST Nautical classes Monday - Friday from 16.30 to 19.30
 - systematic activities; Saturday - Sunday from 10.00-18.00 (regattas, events and trainings are organized)
 - LASER sailing lessons - only for members of KŻ HORN
 - Sauna (only for Club Members and members of KŻ HORN Krakow)
 - Gym Monday - Friday 09.00-21.00
 - Restaurant - Tavern on HORN Monday - Sunday 10.00 - 22.00
- ▶ Detailed information can be found at: www.kz.hornkrakow.pl or under the address: ul. Kozia 22, Telephone number 12 6530508

The Ekologia i Żagle Association is:

- combining, integrating and creating space to realize the passion related to ecology and sailing
- the possibility of using workshops on environmental education (schools, community centers, organized groups)
- the possibility of organizing a green sailing school - Active Tourism on Bagrami
- the possibility of organizing sailing classes and mini ecological regatta
- ecological walks
- implementation of recreational and sports projects for the elderly
- implementation of sailing trips and cruises for young and old.

The Association is located at the Harbor of the Sailing Club Horn Krakow.

- ▶ Detailed information can be found at: www.eiz.hornkrakow.pl or the address: ul. Kozia 22 ekologiaizagle@gmail.com, tel. 12 653 05 08

Railway Water Club 1929 Krakow

ul. Księcia Józefa 24 a, 30-206 Krakow, tel.: 12 427 05 00, www.kkw29.pl
e-mail: kkw1929@o2.pl

A water harbor with facilities.

The property includes: Hotel, restaurant, hangars for floating equipment, gym, conference room available for the disabled, recreation area, sandy beach, green beach, floating equipment rental, bike rental, mooring promenade. Sports grounds for volleyball and basketball.



The club provides training for young people and people with disabilities in classic and sports kayaking.

The club achieves significant successes in the national and international arena in classical canoeing. The club organizes classes for disabled children in the area of active barrier-free recreation.

The club cooperates with nearby schools in the organization of sports and recreation activities, and also organizes rafting trips in Krakow and surrounding areas for organized groups and individuals.

We invite you to visit our facility beautifully located in a charming place on the Vistula River amidst lush greenery, we guarantee a nice and attractive holiday without leaving our city. We suggest you visit us on a bicycle during the closest bike tour.

5. GREEN AREAS IN KRAKOW

5.1. PLAYGROUNDS, DRAGON SQUARES, JORDAN GARDENS

Places of children's entertainment such as the Jordan gardens, dragon squares and playgrounds under the care of the City Green Board include over 250 locations. When each arrives, they are retrofitted with existing equipment or thoroughly modernized when their glory years have passed. Maintaining playgrounds also includes their ongoing maintenance, minor repairs, replacement of used elements, or sand refilling. All this to make it safe, friendly and best suited to the needs of the youngest. Over 50 such places are located in parks and in green areas, complementing the play space for children as all is green, which in such places comes in the form of wicker huts, plant labyrinths, or wooden platforms sunken in the grass.

A characteristic form of the playground for our city is certainly the Dragon Square referring to the legend of the Wawel Dragon, which is one of the most recognizable symbols of Krakow. They are multigenerational playgrounds that remind us of the legend and play at the same time. All dragon squares are made of natural materials, such as wood or string, which emphasize the simplicity of a place resembling more a monkey grove than a traditional playground. The naturalistic concept is also reflected in subdued colors. Dragon squares are a completely new version of typical playgrounds, which until now were characterized by flashy colors. Such a change undoubtedly contributes to the development of a sense of slightly different aesthetics among children and adults.

Dragon playgrounds are also distinguished by their simplicity, which provides the youngest with the great opportunity to creatively use individual play items. They do not impose a particular way of playing, but they affect the imagination of young users, stimulate their creativity and creativity. A full list of the recreational infrastructure can be found at www.krakowwzieleni.pl in the “What?” Tab.

5.2. GREEN AREAS

The Department of Management of Zieloni Miejska (Green Areas) in Krakow is a unit that takes care of almost all green areas in the city. They include:

- parks
- forests (excluding the Wolski Forest)
- green areas and squares
- districts' greenery
- greenery in road lanes
- Vistula Boulevards

The scope of activities includes ongoing maintenance of subordinate green areas as well as the implementation of district and city-wide investments.

Green areas in Krakow, although unknown to most residents bring potential worth a closer look and use. For inhabitants thinking about using this space, in the information portal www.krakowwzieleni.pl, you can find out what, where and when is happening any activities in their immediate vicinity. A map with locations and a brief description of Krakow's parks are available on the website above. Information on events dedicated to residents such as picnics in parks and outdoor fitness classes are also published on an ongoing basis. Through the website, you can also submit your own idea for a variety of pro-ecological activities, a neighborhood initiative or a nice time spend in a broader sense in the open air.

As part of the Krakow-Zielone (Green Krakow) project, parks become just like centers of social life, bringing together and engaging residents, positively influencing the recreation of social ties between neighbors and all!

Thanks to the mobile application “Krakow in greenery” you can play urban games and discover the secrets of Krakow's parks and gardens. Field games available as part of the application allow for empirical exploration of space and education through experience. Invite friends to play together. Discover Krakow from 200



years ago or learn about an enchanted story etched in stone. A perfect opportunity to spend interesting time outdoors in the family circle.



QR code Android



QR code iOS

Parks

Planty Krakowskie - located in the center of Krakow, is one of the most beautiful and largest urban gardens. The gardens were erected at the sites of defensive walls, ground-like moats, and the ongoing descriptions of the fortifications surrounding the Old Town. They consist of 8 gardens, whose names refer to objects and places located in the vicinity - Barbakan, Dworzec, Florianka, Gródek, Pałac Sztuki, Stradom, University, Wawel. A walk along the alleys of Planty is a specific lesson in the history of art and architecture.

Vistula Boulevards were built in 1907-1913 on both sides of the Vistula River as flood defenses. Currently, they have the character of a walking promenade and are used to organize large outdoor family events. There are numerous hydrotechnical constructions with anti-flood functions. The Vistula Boulevards are an urban technique facility along the route of the Krakow Technology Route. They also run a recreational cycling trail that is part of the European cycling route EuroVelo. In addition, there are water-bus stops on Boulevard Rodła, Czerwieński and Wołyński.

Strzelecki Park - ul. Lubicz is a place associated with the Strzelecki Strzelecki Association "Bractwo Kurkowe" where there are several older and new monuments and a sundial, while the building of the former Celestat is now a branch of the Historical Museum of the City of Krakow.

Błonia - Błonia's history dates back to 1162, when the wealthy nobleman Jaksa

from Miechów gave the Norbertine monastery a meadow between Zwierzyniec and Łobzów. His intention was to obtain a blessing before going on a pilgrimage to the Holy Land. Historically, it was a place for grazing cows. Fortunately, Błonia has never been completely built up and still serves as a recreational area, a place for festivities, artistic open-air shows and sports competitions. They offer a beautiful view of the Old Town and, on the other hand, the hills of Krakow's mounds - Kościuszko and Piłsudski. Błonia is one of the largest in Europe in a city center, which has been entered in the register of monuments since 2000. Błonia is famous for its route, which is suitable for cyclists, skaters and runners.

Jordan Park - Park was established on the grounds of the national industrial and agricultural exhibition from 1887. The organizers of the exhibition adapted a part of the Błóczarnowiejska area to a makeshift garden through which roads of the market pavilion and individual stands. A total of 24,000 trees were planted, shrubs and turf beds were made, and the Erzgebirge section was cared for.

After the exhibition, Dr. Jordan submitted to the City Council a project of adapting these areas to a park for recreation of children and young people. The design of the park was prepared by Bolesław Malecki (then the protector of the Planty). The central part of the park, around the avenues and monuments commemorating meritorious Poles of Poland, was intended for walks, the rest were playing fields and other gymnastic equipment for children and adolescents to exercise. During this magnificent period there were 14 destinations of various and shapes and sizes in the park. Dr. Jordan believed that through appropriate organization of free time for young people, one can minimize the effects of overloading from the school program and ensure children's sustainable development.

Two world wars significantly changed the image of the park, which fell into devastation. In the times of the Polish People's Republic, gradual restoration of the park began, including the return of the bases of the monuments, which were removed during the war.

The current composition of the park is significantly different from the original plan. Only the main avenue with a roundabout survived, bearing the hallmarks of neoclassical thought. The Avenue of Great Poles of the Twentieth Century, constitutes a contemporary addition to the concepts initiated by the founder of the park is also noteworthy.

In 2007-2008, a part of the park was revalorized, new playgrounds were created and artificial turf pitches.



Jordan Park is an urban park, entered into the register of monuments.

The park is subject to the regulations, adopted by the resolution of the Krakow City Council of 29.01.1997.

There is a ban on smoking in the Jordan park, except for a separate place.

The park is fenced, open from 6:00-22:00 in the spring and summer period, i.e. from 1 April to 31 October, while in the autumn and winter season from 6:00 to 20:00, from 1 November to 31 March.

Park Lotników Polskich - is located in the Vistula river valley, on the left bank of the river under the name Park Kultury i Wypoczynku. The park's terrain is varied. In the southern part (at al. Pokowju) the area is flat, in the middle part there is a slope, rising the park area by about 3 meters. It is characterized by a wealth of flora and fauna. The southern part of the park is scarcely wooded - grass and herbaceous plants with single trees or their clusters prevail. The northern part of the park has dense foliage. The stand of trees of the Polish Aviators Park is characterized by great diversity, mostly native trees, mainly deciduous trees: black poplar, late bird cherry (American), black alder, white and crisp willow, sessile and pedunculate oak, common and silver maple, silver birch, robinia acacia. European larch and several spruces grow from conifers. A variety of tree stands are fruit trees: cherries, red-leaf cherry, plums and walnuts. One of the most interesting and characteristic elements of the park are the stately and quite old weeping willows. The area of the park is inhabited by interesting bird species: pigeon, green woodpecker, common jay, magpie, starling and blackbird. The biggest attraction is the Garden of Experiments located here - a unique enterprise in the form of dozens of outdoor didactic installations.

Park Decjusza, ul. Królowej Jadwigi, occupies a 10 ha area. One of the oldest parks in Krakow. It was designed in the first half of the 16th century by Italian architects at the behest of King Zygmunt Stary. The summer residence built here was the resting place of the royal secretary - Ján Ludwik Decjusz.

Wolski Forest, Wola Justowska - is a natural forest park within the city limits with a large number of attractions, which above all include the zoological garden, the Kamedulow monastery in Bielany, the Piłsudski mound and the original buildings in Przegorzały (castle and Baszta villa). There are also 3 nature reserves in the Wolski Forest: Panieńskie Skałki, Bielańskie Skałki and Skałki Przegorzalskie.

Park Wojciech Bednarski, Podgórze is an urban landscape park. One of the most interesting parks in Krakow in terms of landscape and history. It is located in a

picturesque hollow of land created as a result of the exploitation of limestone. The park is divided into two parts - older neoclassical and newer modernist. Particular values of the park are the sprawling city skyline and large spaces for children to play.

Zakrzówek - Although it resembles the Croatian coast, it is located in the southern part of Krakow. Zalew Zakrzówek was founded in 1990 after flooding of an old limestone quarry. This is one of the favorite holiday spots of the city's residents. Water here has an amazingly beautiful turquoise color - how is it possible? All thanks to the limestone deposits that were once mined here.

The maximum depth of the quarry is about 32 meters. The visibility reaches up to 15 meters, but in the summer, a layer of less transparent sediment forms near the bottom.

Zakrzówek is one of the most attractive diving spots in Poland. Under the water there is also a granite plaque commemorating Karol Wojtyła, who worked in the quarry during World War II.

Planty Dietlowskie - was built on the site of a buried Old Vistula riverbed between two carriageways of one of the most important communication arteries in Krakow - ul. Dietl. During World War I they constituted a system of guardian ditches. Despite the fact that after the construction of the tram track, the park has largely lost its character, but they are still a great place to admire historic tenement houses located on both sides of the street.

Jalu Kurek Park - Initially it was the garden of the Montelupich Palace. It owes its name to the representative of the so-called Krakow avant-garde - Jalu Kurek. Until 1989, the seat of Radio Krakow was located here, and later the park became the property of the assembly of the Catholic Church and was closed to inhabitants.

Park Tadeusza Kościuszki - the name of the park refers to the legend that Tadeusz Kosciuszko rested under one of the local maple trees in 1794. The garden owes its beauty to the Prądnik River, also known as Białużka, flowing through it. There are many species of trees in the park - limes, elms, chestnuts. The main artery is made up of two intersecting avenues, defining the composition of the park.

Park Krakowski - Located almost in the heart of the city, an inseparable element of Krakow's history. Founded at the end of the nineteenth century, over time, it has become one of the favorite meeting places for residents who spend time



here, drinking coffee, using the pool, or even using the most attractive ice rink in the city. The expansion of the city after the First World War changed this state, but despite the reduction of the park area, the disturbances of its composition and the former recreational functions are still remembered by the inhabitants of Krakow, this place is exceptional. It deserves to become the Colorful Salon of Krakow again. In May 2018, the Municipal Management of Zielona Góra completed its renovation, which is a comprehensive revitalization of space - from the modernization of infrastructure, renewal of greenery, exchange of small architecture, to changing the lighting for LEDs or renewing sculptures and improving their exposure. An investment of more than PLN 6 million is designated to be used for example to create a driveway for bicycles and strollers, renovate alleys, and improving the park's functionality by organizing the communication system or creating a rich recreational base. Park Krakowski is now a place for Cracovians of all ages. This is ensured by zones created to meet the needs of all users. To the delight of children, a unique playground with rope tunnels, platforms, hills for rappelling, swings or water play equipment. For lovers of calm restoration there is a unique hornbeam cabinet with a reading room and a book-changing library. The park also has picnic tables, chess tables, a boulevard and pitches. The perennial meadows are noteworthy, which thanks to the well-thought-out composition adorn the park from spring until late autumn. A fountain was renovated, being a special sign of this place. We hope that Park Krakowski will become a showcase of Krakow and a place where Cracovians will be happy to spend their free time among greenery, colorful flowers and trees that give shade on hot days.

Krakow Parks - these are parks of special sentimental significance in which every resident of Krakow can plant a tree commemorating the birth of a child. Participation in the campaign is completely free, all you have to do is apply via the form launched on a regular basis at the website of the Board of the City Greenery in Krakow www.zzm.krakow.pl tab For Cracovians - Park Krakowia.

The action began in spring 2017 and is always organized in spring and in winter. Trees decorated with commemorative plaques with the date of birth of the child were planted at ul. Prince Józef (379 trees), ul. Falistej (326 trees) And at ul. Ptaszycki (500 trees).

Park Anna and Erasmus Jerzmanowski - a palace and park complex of extremely interesting and turbulent history. Over the years, the park has repeatedly changed its owners and character - from the court garden in the Italian style to the recreation of Cracovians from various social strata. The Park's splendor is

associated with the figure of Erasmus Jerzmanowski - a patriot and philanthropist who, after purchasing the park, has invested a large part of his estate in its development. A hothouse was established here, a stream was led through the park, numerous bridges were built, and sculptures were lined along the alley. Currently, a large dendrological diversity in the park deserves attention. In addition to the pedunculate oaks, red beech and maple trees constituting natural monuments, weeping birches, Manchurian willow trees and Japanese cherries are found.

Florian Nowacki Planty - the oldest park in Podgórze located on the site of a buried medieval royal pond at the estuary of Wilga to the Vistula.

Park in Łucznanowice - manor park founded in the English style. Originally there were two ponds fed by the Łuczjanówka stream. Currently, the only preserved reservoir is numerous protected species of amphibians - common and swamp frogs and newts. In the central part of the park there is a historic Baroque-Classical manor house.

Park Wadów - court park with specimens of exotic trees, surrounding the classical mansion of Baden from 1874. The largest of the local lipa trees reach just under 500 cm.

Klasztorna Park - a small park located in Nowa Huta, intersected by numerous alleys with mixed trees.

Park Dąbie - a small city park founded in the Grzegórzki district in the middle of the 16th century.

Park of the Enchanted Dorożka - a picturesque park located on the site of the former Dominican monastery. In the past, there were fish ponds and a water mill. During the Swedish deluge, the farm and its buildings were burnt, and the ponds and river beds were buried. In later years, both the mill and the ponds were rebuilt. Currently, the park has a recreational function - there is a playground and a fountain in the shape of a mill wheel that refers to the turbulent history of the garden. The local pond is a nesting place for mallard ducks.

Forest Park Witkowice - the only forest park in Krakow situated along the picturesque valley of the Bibiczanka river. The geological structure of the valley reveals several exposures in the walls of the former quarries. There are many species of trees and shrubs in the park, a fragment of the oak-hornbeam forest on a very varied terrain remained. The park has a recreational function for local residents. Due to the varied topography of the terrain and the landscape as well as



numerous bicycle routes, it is a paradise for lovers of two wheels, at the same time the paths are also adapted for families with prams. The Witkowice Forest Park is a great place for a family holiday. In the park there is an educational route consisting of six pylons, which provide knowledge about the fauna and flora of this place.

Krowoderski Park - a municipal park with a typical recreational character with numerous elements of small architecture. The Trail of the Eagles' Nests runs here.

Park Stanisław Wyspiański - his shape reminiscent of the crater is a reminder that it was created after the destroyed and buried earth Austrian fort belonging to the Krakow Fortress (Fort 9 Krowodrza). It is also called the "Old Park". The central point of the park is the green area with alleys and benches and a playground for children. There are numerous bicycle paths for the youngest cyclists. The alleys are adapted to the needs of disabled people. Powerful chestnut trees provide shade in the summer.

Park Kleparski - a tree-lined park is surrounded by the only fort of Krakow - Fort Kleparz preserved in the state of the original. Thanks to the nesting boxes installed on the trees, it is a perfect place for bird watching.

Park Wincente a Paulo - it was established just after the Second World War in the area of the former parish gardens at the church of the Blessed Virgin Mary of Lourdes. Originally, the park was named after the leftist political activist - Adam Polewka. In April 2010, a monument to the new patron - Wincenty a Paulo - a French Catholic priest, a mission pioneer, was unveiled. The park is famous for its beautiful floral alleys.

Młynówka Królewska - an unusual park on the green map of Krakow. Its character results from its dimensions - only 8 meters wide and up to 8 km long. It is located on both sides of the channel called Młynówka Królewska, which feeds drinking water into the city. The water from the channel was also used by the royal mills and mill in Bronowice, as well as town baths and numerous fountains.

Dębnicki Park - One of the youngest parks in Krakow. It consists of two parts separated by an industrial area. The peculiarity of the park is the Neo-Renaissance Lasocki Palace - the funders of the area established for a garden. At the back of the park is the Neo-Renaissance Lasocki palace - a family that about a hundred years ago gave Krakow the area for the construction of the park. In the interwar period, in the park there was a facility for poor boys run by the Albertine brothers. Walk from the main gate, located at ul. Praska, it only takes a few

minutes. Along the way, you will pass the small architecture of the park, among others, wooden bridges and interestingly composed benches with alleys that invariably bring up the image of the former park of the existing order. Dębnicki Park is located off the beaten track at the Vistula River itself, thanks to which you can indulge in silence here - an ideal place for all thirsty for enclaves of peace.

The perfect place to go for a meeting, sit on a bench and talk, read and think.

Solvay Park - one of the best developed tourist parks in Krakow, located in the vicinity of the former Solvay Soda Plant in Borek Fałęcki. From the east, its natural border is the picturesque Urwisko stream. The area of the park is slightly undulating and forms a peculiar green oasis and a paradise for ornithologists. There are over 40 species of trees and shrubs. The oldest specimens reach over 400 cm in circumference.

Park Maciek and Dorota - patrons of the park are Maciej Szumowski and Dorota Terakowska - prominent editors of "Gazeta Krakowska", in whose honor two trees were planted - rowan for Dorota and elm for Maciej. In the western part, the park has a forest character. Small architecture was arranged for the youngest and people with disabilities.

Park Kurdwanów - a small park located in the district of the same name. It is famous for the "Autumn Kurdwanowska" festival organized here every year. As part of the event, cross-country races, bicycle races and numerous concerts take place.

Park of Aleksandra - a park located in the picturesque valley of the Bieżanowski stream. It is a paradise for nature lovers. In the pond located here, there are numerous amphibians - common frog, common toad and green toad and common newt. Species of birds such as the finch, primrose, crested wood, cap and a scabbard made the whole area of the park a mecca for amateur ornithologists.

Lilia Veneda Park - located in the former area of Prokocimski Forest. On all sides, it is surrounded by picturesque slopes. On its site there are numerous ponds constituting a habitat of amphibians and breeding areas of birds. For geocaching enthusiasts, one of the boxes has been installed here. It is found in a broken tree a few meters from the northern alley separating ponds from the tree line.

Rżąka Park - A phenomenal, small city park located on the estate Rżąka. The central part of the park is occupied by a charming pond, from which anglers have been using since 2008 for recreational purposes, the fish pond and amateur fishing. The park has an infrastructure that makes it more attractive to spend time in this place. The park has a playground and asphalt fields for volleyball and basketball.



Płaszów Park - River park with the character of urban gardens. In the future, it will be one of the largest parks in the Podgórze district. It is planned to create a place offering various types of sporting activities, recreation and leisure. The park is divided in a legible way into a forest part and a part of decorated nature. At the moment the park has a playground and chess tables as well as park infrastructure such as alleys, benches, rubbish bins and lighting.

Park Skalskiego - Park is a flat area developed with forests heating the extent covered with trees. There are walking routes, small architecture devices, ie benches, baskets, completely new play equipment and a gym. The last revitalization brought a recreational glade, new flower meadows, an insect hotel and a bumblebee house. At the entrance, new plantings appeared, and new benches stood by the alleys. Near the exit zone there are chess tables with seats, and a hammock was placed under a spread cherry tree. An additional advantage of the park is the Hot Spot located in it.

Millenium Park - a city park with a varied topography. It has a recreational function. Concerts are also held here. The attractions are two tobogganing hills, chess tables, a playground, a multi-purpose playground, a fountain. The place is consistently furnished and well cared for. The unquestionable advantage of this park is greenery. Trees at times create miniature forests and there are the flower beds in the flower season. A view that is different from the surrounding blocks of flats. The park in summer is full of greenery. A large variety of attractions and interesting surroundings make everyone find something for themselves here.

Planty Mistrzejowickie - a vast green area located between the Golden Age and Bohaterów Września housing estates. Thinking about the enthusiasts of geocaching, near a large, lonely tree, one of the boxes was installed. Batowice Artillery Fort 48 is located on the north side of the planty.

Fort Batowice - a park surrounding the 19th-century Fort Batowice 48. Since 2013, Live History Lessons have been held here, during which you can get acquainted with the epic weapons and participate in the battle with participation of reconstruction groups.

Planty Bieńczyckie - a vast city park located in the Bieńczyce district, mostly covered with trees. The flat terrain is conducive to learning to roll on skates and bicycles.

Park at the Nowa Huta Reservoir - a park situated by the Nowa Huta Lagoon - a large water reservoir with an island that is a habitat of ducks and swans called



“Monkey Grove”. All paths are adapted to the needs of people with disabilities. Some of them have been excluded from vehicular traffic, which allows safe rides for the youngest cyclists.

Park Zielony Jar - a city located in the northern part of Krakow in the Krzesławice Foothills. After revitalization, it became a place willingly visited by local residents.

Park Stefan Żeromski - a small park in the shape of a triangle located in Nowa Huta. From here there is a vast view of the Nowa Huta meadows, the Vistula river valley and the Wieliczka Hill. A great place to set footprints on skates or a bike.

Park Szwedzki - a small, intimate park in the district of Nowa Huta. The name refers to the so-called Swedish block of flats of the Glass Houses neighborhood - the first fully modernist residential building in Nowa Huta. On the first anniversary of the death of Pope John Paul II a memorial oak was planted here.

Park Wiśniowy Sad - The park was established in the early sixties of the twentieth century, when these Nowa Huta housing estates were built. One of the smallest and youngest parks in Krakow. However, if it were not for this area, the life of the surrounding flats was as colorful as it is. It is an ideal place for a walk, a rest, fun on the playground or multifunctional pitch or jogging on the grass.

Park Ratuszowy (City Hall) - A small city park located in Nowa Huta. An ideal place for recreation for seniors thanks to numerous chess tables. The name should refer to the town hall that is to be built in this place, according to the original plans of the architects. This is another of several small Nowa Huta parks, whose task is to provide a place to rest for residents of nearby settlements. The park is very well-kept and friendly for people of all ages. Among the attractions of this place can be mentioned a bird watching point, “Fish” sculpture or chess tables.

Park Stacja Wista - a new park is the result of the efforts of residents gathered around the SOS Zabłocie initiative, supported by the Free Time Foundation and the PODGORZE.PL Association. Together, we managed to conduct a public consultation, on which specific expectations of residents were gathered. They became the basis for the announcement of a competition for the park concept. The park allows a lot of activities such as sports, relaxation, games and play and growing vegetables and flowers in pots, as well as participation in small events, such as concerts or outdoor exhibitions. In the pavilion located in the park there is a gastronomic zone and a toilet.

Park Bronowice - is a new park on the map of Krakow. Although the overall management of this place has to wait a bit, today the area tempts with charm



and encourages discovery. Located between Rydel and Rodakowski Streets, over 2 hectares of greenery surrounding the redite fort Za Rzeką (Behind the River) is an unusual and still wild place. Singing birds, flower fields beautifully planned between trees seems to be an ideal place for events such as outdoor cinema or picnics.

Reduta Park - Reduta Park, to be built soon in Prądnik Czerwony, is a 7.8 ha area, which is co-created by the Municipal Management of the City Greenery. The heart of the park will be a pavilion intended for a café and a meeting place for residents. He will have a roof on the summer cinema. Of course, there is no lack of places for carefree fun for children. Each age group will find something for themselves. The playground for older children will be multi-level and on the walls drawings will be placed. In the park there will be separate zones offering people different outdoor activities. The forest part of the park there is a walking path between trees, intended for runners. Amateurs of active recreation will be able to use the pitch with a traditional surface. Peace and rest will be guaranteed by an orchard with interiors intended for rest. There will be sun loungers and hammocks. In the vicinity of the trees there will be swings, also available to adults to remind them of their childhood. In the park will be a dog park with agility track appropriately distant from other buildings to ensure adequate shade. On 13/04/2018, GMK signed a subsidy contract for the Reduta Park. The project will be implemented as part of the Operational Program Infrastructure and Environment 2014-2020. The planned completion date is December 2018.

Kosciuszko Mound - access from ul. św. Bronisława and al. Waszyngtona. Currently, in the fortress buildings there is a museum dedicated to T. Kościuszko and exhibitions of wax figures and fort equipment.

Krak Mound - around ul. Wielicka, is the largest prehistoric mound in Poland and the oldest in Krakow. According to legend, it is the grave of prince Krak - the founder of the city.

Józef Piłsudski's Mound - Wolski Forest, also known as the Mound of Niepodległości, the largest of the Krakow mounds.

Wanda Mound - ul. Ujastek. According to legend, it was the grave of Krak's daughter, built in the place where her body was found, which became the reason for naming this area Mogiła.

Most of the issues related to green areas in Krakow are the responsibility of the Urban Green Area Management, which deals with the following issues:



- permission to enter the green area
 - certification of not including the plot with a simplified forest management plan
 - personal injury or property damage
- ▶ All procedures are available on the website
<http://zsm.krakow.pl/procedury.html>

URBAN GREEN AREA MANAGEMENT IN KRAKOW

Address ul. Reymonta 20, 30-059 Krakow, Wisła Krakow Stadium,
 LE entrance from ul. Reyman

Opening hours on work days from 7.30 to 15.30. Serving
 residents in matters of greenery: (12) 12 20 10 242,

e-mail: sekretariat@zsm.krakow.pl

Detailed information is available at www.zsm.krakow.pl



5.3. GREEN AREAS AND RESIDENTS

Since the beginning of its operation, the Urban Management of Green Areas (Zielenie Miejska) in Krakow has been trying to, in addition to carrying out investments and current maintenance of urban greenery, meet the residents' expectations and involve them in its co-creation by spreading the idea of a participatory society. Achievement of the above objective is based on three main factors such as education, cooperation and fun. All residents of this type of activity can learn about the website and the dedicated tab "For the citizens of Krakow". All events, ventures and workshops in which residents can participate are published there.

Application Collectively

This is one of the forms of contact with the City Green Board, except of course standard ones such as telephone or e-mail. Collectively, is an application that gives residents the opportunity to report matters requiring intervention, but also suggestions for developing green areas or ideas for organizing various activities in them. It is based on the principle: perceive, react, cooperate - collectively. The application gives the possibility of greater interaction between residents and the office, but also between the residents themselves. The idea of collective action assumes that residents can, if possible, remove the reported defect, for example, collect rubbish, inform the unit and report the need to collect the trash. Thanks to this, together we can better take care of the surrounding space in accordance with

the principle of “My city - my concern”.

The application is available in the web version and on Android, soon there will also be a version for IOS. Just download it on your smartphone or log in to the site collectively.org. It is also possible to log in via a facebook account.

Collectively, offers enormous opportunities and thanks to this potential in the future it may be a place of correlation and overlapping of various areas of our city's functioning. In the application you can report various types of problems, from faults and problems to places worthy of interest or thanks for removing or repairing existing problems reported. Taking into consideration the multitude of reports appearing in the application, they have been divided into several categories. The City Green Management is able to deal with or intervene in matters falling within the scope of its competences and activities resulting from the document defining the areas of operation, that is, the statute of the Municipal Management Board.

The advantages of using the Collectively application:

- you can immediately notify from almost any place (mobile version)
- the reported case is visible for all users
- You can follow the progress of each notification on a regular basis
- based on cooperation of residents who can also intervene

Krakowian's Gardens - 18 small parks in 18 districts

Ogrody Krakowian is a project implemented by the Urban Green Area Management of the City of Krakow. Its aim is to create small, friendly areas in the urban space green areas meant for recreation. They are so-called pocket parks, which are becoming more and more popular all over the world. In large cities with very dense buildings, it is important to care for creating small green spaces, which will give residents the opportunity to rest and contact with nature. Why pocket parks? Because of their size, which usually does not exceed 5000 m². Quite the contrary is their function, which cannot be overestimated. The idea of pocket parks is a response to a very important issue of accessibility of green areas for inhabitants of urban agglomerations. The ideal situation is the one where everyone has a park, square, or other green area around them within 5-15 minutes of walking from their place of residence. It is very difficult to implement such a thesis in relation to large surface parks with rich recreational infrastructure. It is possible, however, to create smaller spaces that, if properly managed, will please the eye and become places where you can relax, spend a pleasant time with family or friends and in a colorful, fragrant space to rest more or less actively. This is the idea behind our project for

Krakowians' Gardens. Inspired by global trends, we want to show that sometimes a small area is combined with a good idea that takes into account the needs of the local community, that a place will arise that will completely change the space of the nearest residents each day. Such places have their own unique atmosphere and character. They stand out in the urban space creating specific enclaves, in which time spent gives, what is missing for everyday residents of large cities. In 2018, 18 of them will be built in various Krakow locations. Work on their creation has already begun. Each of them will have its own unique character.

Locations:

- I Old Town - ul. Łobzowska
- II Grzegórzki - ul. Bobrowski
- III Prądnik Czerwony - ul. Celarowska
- IV Prądnik Biały - ul. Gnieźnieńska/Marii Jaremy
- V Krowodrza - ul. Kronikarza Galla
- VI Bronowice - ul. Armii Krajowej/Bronowicka
- VII Zwierzyniec - ul. J.I. Kraszewskiego
- VIII Dębniki - ul. Skwerowa
- IX Łągowie - ul. Borek Fałęcki - Plac Łągowiecki
- X Swoszowice - ul. Kłuszyńska
- XI Podgórze Duchackie - ul. Wincentego Witosa / Łużycka
- XII Bieżanów-Prokocim - ul. Bieżanowska / Nad Potokiem
- XIII Podgórze - ul. Sokolska
- XIV Czyżyny - ul. Franciszka Wężyka
- XV Mistrzejowice - ul. Popielidów XVI Bieńczyce - ul. Wacław Król
- XVII Wzgórza Krzesławickie - ul. Zielony Jar
- XVIII Nowa Huta - ul. Jakuba Zachemskiego


Education

The Urban Green Board Management in Krakow organizes and participates in various types of educational campaigns. One of them is the urban project Young Krakowian Academy addressed to primary school students. Young people of



Krakow have the opportunity to learn about the activities of institutions and municipal companies supervised by the Krakow local government. By participating in classes organized by individual units, children learn the principles on which the functioning of the city is based as a complex whole. The City Green Board also organizes various types of activities, such as regular family-run Zielone Horyzonty workshops or workshops organized during summer picnics in Krakow's parks. Promoting the sensitivity of the youngest generation to greenery and the world around us is an activity that will bring many benefits in the near future. For in children there is a natural curiosity about the world, passion and a huge commitment to what they do. It is therefore worth using this, equipping the youngest inhabitants of Krakow with knowledge in the field of ecology, plant cultivation, and the functioning of the city as a space for which they have real influence.

How to start a community garden in the city?



Krakowskie Ogrody Społeczne is a project created in response to the growing need for the creation of gardens in the city. However, its nature and way of functioning is unique. The “community” concept is the key here. It is a space that has a community dimension because it is created by the inhabitants. This in turn indicates the openness of the enterprise. Everyone can be part of a community that creates and uses the garden. It is a place available to all and its character is a response to the needs of the local community.

How to start? All you have to do is apply to the City Green Management Board with such a proposal. For the functioning of the garden at the beginning you need three people associated around this idea. You also need a plot, which will be a municipal area, and which ZZM gives the garden to founders in lending. Gardeners can also count on help that is multi-faceted. On the one hand, it is substantive support (workshops, gardening classes), gardener's care and on the other, material support in the form of necessary things such as tools, a bench-table, increased discounts, or assistance in maintenance works (e.g. elevated greenery care). Community gardens that already exist in the city are located on Krzemionki, in Ozory, at ul. Macierzanki and at ul. Siemaszko. In addition, several initiative groups have already taken the first steps to create more such places.

5.4. OUTDOOR EDUCATION

The Botanical Garden of the Jagiellonian University has gathered here a large collection of palm trees, carnivorous plants, tropical, utilitarian flowers, mountainous plants and many species of flowers.

- ▶ Detailed information can be found at: www.ogrod.uj.edu.pl

Stanisław Lem Garden of Experiences is an educational park in which you can experiment, play the researcher of the laws of physics and nature related to the senses or experience them as an observer. The garden is available from April to October.

- ▶ Detailed information can be found at: www.ogroddoswiadczen.pl

The Kraków Zoological Garden exhibits approximately 1,300 animals, including some nearly extinct or endangered species. It conducts educational activities through didactic classes, broadcasts, interviews, website and view boards. Carefully cultivated greenery, as well as the possibility of direct contact with domesticated species in the mini zoo create favorable conditions for visitors to relax.

- ▶ Detailed information can be found at: www.zoo-krakow.pl

World Villages - Global Education Park - you can find an African village, a Papuan house on stilts, a Mongolian yurt, an igloo, an Indian teepee and a Peruvian hut. They are shown on a large outdoor map, which makes it easier to locate them in specific regions of the world. Interactive sightseeing and a rich program of educational workshops allow learning about the culture, everyday life and problems of the most needy inhabitants of the world.

- ▶ Detailed information can be found at: www.wioskiswiata.org



FAMILY HEALTHCARE

Health prevention and well-functioning health services are extremely important for the authorities of the City of Krakow. We all use medical care at every stage of our lives. This chapter contains information about free preventive programs, principles of basic healthcare functioning, emergency medical services as well as issues associated with mental health. Let's remember to not underestimate symptoms concerning both ourselves and our relatives.



1. PREVENTION AND HEALTH POLICY PROGRAMS

In the framework of the Municipal Program for a Healthy Krakow “Zdrowy Krakow” 2016-2018 and the Municipal Program for Mental Health Care for the years 2016-2018, it is possible to use, among others, from the following free health policy programs addressed to the residents of the City of Krakow:

- ▶ Obesity prevention program, type 2 diabetes, hypertension and atherosclerosis,
- ▶ Prevention program for hip dysplasia
- ▶ Health program in the field of prevention and detection of circulatory system diseases in the population of the province’s inhabitants,
- ▶ Program for the prevention of meningococcal infections for children aged 12 to 24 months residing in the Municipality of Krakow,
- ▶ Prevention program for pneumococcal infections for children aged 0-3, residing in the Municipality of Krakow, attending nurseries and kindergartens,
- ▶ The program of immunization against influenza after the age of 65,
- ▶ Program of prevention and therapy of children with autism,
- ▶ Help in returning to a healthy mental functioning: Program for the prevention of deep, recurrent mental disorders.

Detailed information about the implementers and places of implementation of the above programs are available on the website of the Krakow City Information Bulletin, under the number of the 24-hour medical information, Telephone 12 661 22 40 and at the

Office for Health Care

Office of the City of Krakow, ul Czerwieńskiego 16,
Telephone number 12 616 94 96




2. HOW TO APPLY AND CHOOSE A BASIC HEALTH CARE DOCTOR (POZ)?

Persons insured in the National Health Fund are entitled to free health care as part of basic health care provided by doctors, nurses and midwives of primary health care and school nurses.



The insured has the right to choose a doctor, nurse and midwife from among persons having an agreement with the Małopolska Regional Branch of the National Health Fund. The choice is made by means of an appropriate submission declaration indicating the choice of a particular doctor, nurse or midwife, regardless of your place of residence. The insured has the right to choose only one doctor, nurse or midwife and no obligation to have the whole family signed up to the same doctor. The declaration to be filled by the insured should be available at every primary care facility. The doctor, nurse, and midwife of POZ can not refuse any insured person to register on the list of patients due to their age, gender or health condition. The only limitations that may arise when submitting declarations arise from the limits of patients taken per person for those providing health services.

3. WHAT KIND OF HEALTH PROBLEMS CAN A PRIMARY CARE DOCTOR HELP WITH AND WITHIN WHICH HOURS?



A primary care physician provides patients with access to health services at the clinic/health center, every day between 8.00 and 18.00. The patient can register to the primary care physician in person, by telephone or through third parties. Between 18.00-8.00 and on public holidays, you can take advantage of any night and holiday care, regardless of where you live and the declared doctor/nurse. In emergencies, acute and emergent diseases, the advice is given on the day of notification, while in chronic conditions the benefits are provided on the date agreed with the provider. Patient information on the provision of basic health care services on weekdays after 18.00 and on Saturdays, Sundays and public holidays with regard to night and holiday health care, including a telephone number, should be placed on the board outside the POZ office. The services of night and holiday health care are provided to patients in the event of a sudden illness or sudden deterioration of health, excluding states of imminent life threatening situations (in particular a situation of loss of consciousness, falls from heights, fractures, traffic accidents, sudden disturbances of consciousness, accident injuries) arising in emergency situations, sudden shortness of breath, electric shock, delivery and discomfort associated with pregnancy). The POZ doctor decides about the diagnosis, methods of treatment, referring patients to specialist clinics, as well as the need for taking the hospital treatment.

The competence of the POZ doctor also includes health resort applications, some orthopedic items and auxiliary needs. In addition, he performs tasks in the area of prophylaxis and health promotion, is responsible for the performance of immunization, including vaccination in children and adolescents, and conducting preventive medical examinations (health checks). Patients who have submitted written declarations regarding the choice of primary care physician have the right to:

- ▶ medical examination and advice,
- ▶ free diagnostic tests necessary to make the right therapeutic decision (according to the list of tests falling under the competence of the POZ doctor listed in the Ordinance of the Minister of Health of 24 September 2013 on guaranteed services in the field of basic health care (Journal of Laws of 2016, item 86)
- ▶ sanitary transport in cases when medical indications require transport by means of road sanitary transport (ambulance) to the nearest service provider, providing services in the right scope, and in the case of services provided in outpatient mode also back to the place of residence (stay) of the beneficiary. The order for transport is issued by the PZO doctor after the assessment of the state of health and the assessment of the degree of disability of the patient. Transport by means of ambulance transport may be free, partly free or paid for by the patient. An order for transport to a specialist clinic, for which a referral from a physician to a health insurance is not required, including a dentist - for the first advice - is issued by a primary care physician,
- ▶ referral in case of a justified need for specialist consultations or hospital treatment. In this case, the POZ doctor managing the patient is obliged to attach to the referral a set of diagnostic tests performed in order to confirm the initial diagnosis,
- ▶ referral for rehabilitation, spa treatment or long-term care in an institution operating on the basis of an agreement with the NFZ,
- ▶ information about other entities operating under the contract with the NFZ,
- ▶ judgments and medical certificates issued at the insured's request, related to further treatment, rehabilitation, inability to work, continuing education, participation of students in organized rest, as well as certificates issued for social welfare purposes or obtaining a nursing allowance,



- ▶ preventive medical examinations for specific age groups,
- ▶ preventive vaccinations.

The insured person also has the right to be informed about the cessation of providing health care services by a selected primary care physician or change of employment by the doctor.

4. WHAT TO DO WHEN CHANGING PHYSICIANS?

The insured has the right to choose (change) a doctor, nurse, midwife, POZ no more than three times a year. If the patient changes for the fourth time in a given calendar year a general practitioner, a POZ nurse or midwife, then he is obliged to pay PLN 80 to the Fund's branch account. When changing your doctor, nurse or midwife, remember to forward your medical records to the new provider. The previous provider is obliged to issue at the insured person's request a copy or copies of medical records regarding the insured. The costs of photocopying or copying shall be borne by the patient.

5. WHERE TO FIND MEDICAL INFORMATION?

There is a 24/7 Telephone Medical Information Service in Krakow, a medical hotline available under number 12 661 22 40, which is financed by the Municipality of Krakow.

- ▶ Under the aforementioned number, you can get information on:
 - availability of medical services (waiting time for medical services) for individual healthcare providers,
- ▶ centers providing free help for addicts, their families, victims of domestic violence, "Alcoholics Anonymous (AA)" clubs and helplines for these people from the area of the City of Krakow,
- ▶ addresses and telephone numbers of service providers along with an indication of the type of medical services provided in the field of:
 - primary health care,
 - specialist outpatient care,
 - emergency care (emergency medicine),
 - 24/7 care,
 - hospital treatment,
 - dentistry
 - therapeutic rehabilitation,

- spa treatment,
- long-term care (care and treatment institutions and nursing and care facilities);
- addresses and telephone numbers of service providers providing social welfare and palliative and hospice care services from the City of Krakow,
- addresses and phone numbers of implementers of municipal health programs in the field of prevention and health promotion and addiction treatment from the area of the City of Krakow,
- addresses and telephone numbers of non-governmental organizations operating in the field of health care and operating in the City of Krakow.

The cost of a telephone connection is not higher than the standard cost of telephone calls made in the ORANGE Polska SA network.

6. WHEN CAN I CALL AN AMBULANCE?

Whenever it seems that our or someone's life is in danger, it is essential to call the emergency number 999 or 112. Assistance is provided to every person who is in a state of emergency or health risk regardless of their insurance and legal status. The dispatcher accepting the application is able to assess whether the patient's health condition requires sending an ambulance.

7. WHERE TO SEEK AMBULATORY ASSISTANCE IN CASE OF EMERGENCY?

In emergencies, seek help at night and holiday health care facilities and in hospitals that have Hospital Department Emergency or patient admission rooms. Help provided at night care points is not related to the primary care physician with whom the patient is registered. Health insurance can provide benefit from the assistance of any point of night care. Information on where the night and holiday medical and nursing care is provided in a given area may be obtained from a POZ doctor in the appropriate voivodeship branch of the NFZ or its delegation. The services of night and holiday medical care are free (for insured persons) and provided without a referral.

The doctor on duty gives advice:

- in ambulatory settings,
- at the patient's home (in medically justified cases),



- by phone.

On public holidays, after 18.00, patients are also entitled to nursing procedures as part of advice given by a physician on duty at POZ and procedures resulting from the continuity of treatment. These treatments can be performed by a nurse in the treatment room or at the patient's home.

LIST OF NIGHT AND HOLIDAY HEALTH SUPPORT UNITS

(page 252)

LIST OF HOSPITAL EMERGENCY ROOMS IN KRAKOW

(page 252)



Night dental help - patients are admitted in emergency cases. Emergency departments, provide interim or immediate services, including the removal of teeth. On weekdays, dental duties are performed from 19.00 to 07.00. On Saturday, Sunday and holidays - 24 hours a day. MOW NFZ informs that in cases of a sudden toothache, when it is not possible to use the offices providing NFZ services, between 8.00-18.00, there is a possibility of using the services of dental consultancy in the evening and on non-working days .

The above-mentioned benefits are secured in Krakow by NZOZ STOMEDYK, ul. Strzelecka 2a, Telephone number 668 810 810, 12 35 76 412 (Monday-Friday, from 19.00 to 7.00, on Saturday, Sunday and holidays round-the-clock).

**LIST OF HOSPITALS, PUBLIC HEALTH CENTERS AND PHARMACIES
OPEN 24/7**

Information on hospitals, outpatient clinics, nursing and care facilities, care and treatment centers, hospices and palliative care wards as well as health nurses with contact details and access maps are available at: www.zip.nfz.gov.pl/GSL/

LIST OF 24/7 PHARMACIES (page 252)



8. PSYCHOLOGICAL AND PEDAGOGICAL COUNSELLING CENTERS

Psychological and pedagogical counseling centers provide assistance to pupils, parents and teachers of schools and institutions having their headquarters in the area of counseling. There are 8 self-governed psychological and pedagogical counseling centers in the Municipality of Krakow, including 4 outpatient clinics and 4 specialist clinics. Using the help provided by counseling centers is voluntary and free of charge and does not require referral. In psychological and pedagogical counseling, psychological and pedagogical help can be obtained, consisting in particular of:

- ▶ psychological and pedagogical diagnosis of children and adolescents,
- ▶ recognizing potential abilities and individual student's needs,
- ▶ recognizing the causes of learning difficulties and school failures,
- ▶ supporting a student with outstanding talents,
- ▶ organizing various forms of psychological and pedagogical help,
- ▶ undertaking preventive and educational activities resulting from the school's educational program and supporting teachers in this field,
- ▶ supporting students with active methods in choosing the direction of further education, occupation and career planning and providing information in this field,
- ▶ supporting teachers and parents in activities balancing the student's educational chances,,
- ▶ providing teachers with help in adapting educational requirements
- ▶ resulting from their curriculum to psycho-physical capabilities of the student,
- ▶ supporting parents and teachers in solving educational problems,
- ▶ enabling the development of qualifying parents of teachers,
- ▶ undertaking mediation and intervention activities in crisis situations,
- ▶ multidisciplinary diagnosis and therapy of severe disorders in children and adolescents, with specific learning problems, type of dyslexia, dysgraphia, dysorthography, dyscalculia,
- ▶ early support of the development of a child from birth to school time,



- ▶ providing assistance to children and young people with disabilities or with developmental dysfunctions and their parents,
- ▶ to provide carefree nutrition to solve the problems of puberty,
- ▶ problem prevention, including prevention of addiction of children and adolescents,
- ▶ supporting the educational function of the family.



FAMILIES TAKING PUBLIC TRANSPORT

We move around the city by various means of transport every day. Our choices affect the environment in which we live. This following chapter provides basic information about public transport and encouraging its use in Krakow.



1. AUTHORIZATION FOR FREE DAY AND NIGHT PUBLIC TRANSPORT

| No | Authorized persons | Basis of entitlement / document certifying the rights ¹ |
|----|---|--|
| 1. | Children from birth until September 30th of the year in which they turn 7 years old | Declaration of the parent or guardian or an official document of the child or parents (guardians) enabling the child's age to be determined |
| 2. | <p>Primary school students in the area covered by inter-communal integration², from September 1 to June 30.</p> <p>In the school year 2018/2019, the students of the current gymnasiums and the students of the lower secondary school classes of the current junior high schools in schools established in accordance with art. 129 par. 1 or 3 points 1 - 4, 9 and 10 acts from December 14, 2016. Regulations introducing the Act - Educational Law (Journal of law of 2017 item 60, 949 and 2203) in the area covered by inter-municipal integration², from September 1 to June 30.</p> | <p>Valid school ID card of a pupil of a primary school or a current gymnasium or junior high school student of a current grammar school, in a school established in accordance with art. 129 par. 1 or 3 points 1 - 4, 9 and 10 Act of 14 December 2016. Provisions introducing the Act - Educational Law (Journal of laws of 2017 item 60, 949 and 2203), located in the area included in the inter-communal integration², issued according to the pattern specified by the minister competent for education and upbringing.</p> |
| 3. | Children and youth covered by the program Krakow Family Card 3+ | Krakow Family Card in the form of a personalized electronic card with a free ride ticket |
| 4. | Children from large families, i.e. families in which the parents / guardians are responsible for at least three children (including children over whom they have family foster care) under the age of 18 or up to 24 years of age if the child continues education or without limitation of age in the case of a child with a pronounced disability to a significant degree, residing permanently in the area covered by inter-municipal integration. The entitlement includes children and young people studying until they are 24 years old | A personal name - free ride ticket, issued on a carrier in the form of an electronic card, for a period of one year (the authorization is valid until the end of the validity period of the issued ticket) |

| | | |
|-----|--|--|
| 5. | Pupils from foster care families and educational facilities, along with caretakers and their children and pupils of care and educational centers and children from large professional foster families residing permanently in the area covered by inter-municipal integration | A personal, free ride ticket, issued on a carrier in the form of a personalized electronic card, for a period of one year |
| 5a. | Disabled children and other family members covered by the Krakow for Family program „N” and children with disabilities placed in care and educational institutions using this program and carers of these institutions | Krakow Family Card with a Disabled Child in the form of a personalized identification card |
| 6. | Children under 18 who are disabled due to: hearing disorders or mental retardation, or eye diseases, or diseases of the musculoskeletal system, or neurological disorders together with the accompanying carer in the vehicle | The identity card of a disabled person or a certificate, with the entry of one of the symbols of the reason for the disability: - „03-L”, „L”, „§26 point 1 letter i” „together with a medical certificate confirming the hearing impairment - „01-U”, „U”, „§26 point 1 lit. c” - „04-O”, „O”, „§26 point 1 lit. h” - „05-R”, „R”, „§26 point 1 lit. a” - „10-N”, „N”, „§26 point 1 lit. a” |
| 7. | Pupils with special educational needs, attending elementary, middle and high schools, and post-secondary schools together with a guardian who travels: with an entitled person, picking up an authorized person or after dropping them off only on the route: from the place of residence of the entitled person to an educational or other institution- a special institution (educational institution, therapy center, health care facility, etc.) to which the entitled person is attending and back (this law is limited to the shortest route) | For the entitled person: a valid school ID issued to pupils with a recognized need for special education due to disability and for the guardian: a certificate issued by the institution attended by the authorized person, specifying the name and address of the institution and the address of the eligible student |



| | | |
|-----|--|---|
| 8. | <p>Disabled people with a certificate: significant degree of disability or total incapacity for work and independent existence or an inability to live independently or group 1 disability together with the guardian accompanying them in the vehicle</p> | <p>The identity card of a disabled person or a decision, with a significant determination of degree of disability or a decision with the determination of complete incapacity for work and independent existence or inability to live independently or the decision on the first group of disability with a document enabling the authorized person's identity to be confirmed</p> |
| 9. | <p>People with eye disease and a guide accompanying them in the vehicle</p> | <p>The identity card of a disabled person or a ruling, specifying a moderate degree of disability, with an entry for one of the symbols of the reason for the disability: „04-O”, „O”, „\$26 point 1 lit. h „or an ID of the Polish Union of the Blind with a document enabling the confirmation of the identity of the entitled person</p> |
| 10. | <p>Disabled people with lower limb movement disability with the certification of: moderate disability or total incapacity to work or the group 2 disability</p> | <p>The identity card of a disabled person or a ruling with a moderate degree of disability, with an entry for one of the symbols of the cause of disability: „05-R”, „R”, \$26 point 1 lit. a, N, 10-N or a decision with the determination of total incapacity to work or a decision on the group 2 disability together with a medical certificate for the disabled with mental retardation with a moderate degree of disability</p> |
| 11. | <p>Disabled people with a certified mental disability of medium degree</p> | <p>The identity card of a disabled person or a decision with a moderate degree of disability, with an entry for one of the symbols of the cause of disability: „01-U”, „U”, „\$26 point 1 lit. c” with a document confirming the identity of the authorized person</p> |
| 12. | <p>People who are above 70 years</p> | <p>Document with photo allowing confirmation of the age and identity of the authorized person</p> |



| | | |
|-----|---|--|
| 13. | <p>People who gave blood for free: For Men: at least 18 liters of whole blood or the equivalent amount of its other components, For Women: at least 15 liters of whole blood or quantity corresponding to this volume of its other components</p> | <p>ID card confirming the award of the „Honored Blood Donor” badge for donating 15/18 liters of blood or an ID card of the Honorary Blood Donor with the appropriate entry, certified with a stamp of the Blood Donation Center along with a document enabling confirmation of the identity of the entitled person</p> |
| 14. | <p>Persons with the status of repressed due to war and post-war period repressions</p> | <p>The card of a repressed person issued by the pension body, containing the entry of the current ruling in full or in part incapacity for work or total incapacity for work and inability to live independently or certificate on the rights of veterans and persecuted persons, issued by the Office for War Veterans and Victims of Oppression with a document enabling confirmation of the identity of the authorized person</p> |
| 15. | <p>Activists of the anti-communist opposition and repressed people for political reasons</p> | <p>ID card of anti-communist opposition activist or person repressed for political reasons by the Office for Veterans and Victims of Oppression</p> |
| 16. | <p>Polish citizens suffered under the Third Reich who are ordinary members of the Association of Polish Victims of the Third Reich</p> | <p>ID card of the Association of Polish Victims by the Third Reich with a document confirming the identity of the authorized person</p> |
| 17. | <p>Passengers traveling on KMK means on the day of celebration of the European Day without a Car, i.e. September 22nd of each year</p> | <p>-</p> |



2. AUTHORIZATIONS FOR DISCOUNT TRAVELS WITH DAY AND NIGHT LINES

| No | Authorized persons | Basis of entitlement / document certifying the right ¹ |
|----|--|--|
| 1. | <p>Children and adolescents from October 1 of the calendar year in which they reach the age of 7 up to the age of 16 (not applicable to elementary school students) in the area covered by inter-municipal integration², from September 1 to June 30, entitled to travel free; does not apply to students of the existing gymnasiums and junior high school students from previous gymnasiums in schools established in accordance with art. 129 par. 1 or 3 points 1 - 4, 9 and 10 acts from December 14, 2016. Regulations introducing the Act - Educational Law (Journal of laws 2017 item 60, 949 and 2203) conducted in the area covered by inter-municipal integration² in the school year 2018/2019, in the period from September 1 to June 30 - entitled to free travel)</p> | A document with a photo and date of birth |
| 2. | Young people after turning 16, studying in public schools or non-public ones with the rights of public schools covered by the Polish education system - no longer than until they reach the age of 24 | A valid school ID card issued according to the pattern specified by the minister competent for national education or culture |
| 3. | Participants of third degree studies | A valid doctoral student ID issued according to the pattern specified by the minister competent for |
| 4. | Pupils and students of foreign schools up to the age of 26 | Valid personal card: ISIC (International Student Identity Card) |



| | | |
|----|--|--|
| 5. | Disabled people with a pronounced moderate degree of disability or total incapacity to work or disability group II | The identity card of a disabled person or a judgment with a moderate degree of disability or a decree of total incapacity for work or a decision on the second group of invalidity with a document confirming the person's identity authorized |
| 6. | People with disabilities of hearing | Identity card of a disabled person with a slight degree of disability certificate with an entry causes of disability: „03-L” or ID issued by the Polish Deaf Association with the entry „invalid” hearing |
| 7. | Pensioners up to the age of 70 | Identification card confirming the pensioner's status or a legally valid decision on granting retirement benefits along with a document enabling confirmation of the authorized person's identity. |

¹ The entitlement to free or reduced travels is granted to disabled persons and pensioners only if the disability or the right to a retirement benefit have been found by competent institutions or public administration bodies.

² The entitlements to free travel are available to primary school pupils, to students of the existing gymnasiums

and to students of junior high school gymnasiums of the current junior high schools in schools established in accordance with art. 129 par. 1 or 3 points 1 - 4, 9 and 10 of the Act of 14 December 2016. Provisions introducing the Act - Educational Law (Dz. U. of 2017 item 60, 949 and 2203) conducted in the area of communes, which specified with the Municipality of Krakow in the relevant inter-municipal agreement detailed conditions for covering the costs of this measure.

Persons who have the entitlement to free travel, listed in point I, in the table in item Lp. 6, No. 8-11, and Lp.113-14 may, after documenting the entitlement, obtain a registered free ride ticket, stored on a carrier in the form of a personalized electronic card, for a period consistent with the validity of documents confirming the entitlement. In the cases mentioned in point I, in the table in item Lp. 6, 8-9 free driving ticket includes a special sign confirming the entitlement for the guardian / guide.

Persons listed in point II in the table in item Lp.1 or No. 2 using a personal monthly period ticket, which during the period of validity of the ticket ends 16 or 24 years of entitlement, is valid until the end of the validity of the ticket.



3. RIGHTS ARISING FROM COMMONLY APPLICABLE LAW

| FREE TRANSPORT | |
|--|--|
| MPs and senators | A deputy or senatorial card [in connection with art. 43 par. 1 and art. 45 par. 1 and 3 of the Act of 9 May 1996 on the performance of a Member's mandate and senator (text mon. OJ 2003 No. 221, item 2199)] |
| War and military invalids as well as a guide for war disabled assigned to disability group I | Military invalids containing an entry about the inclusion of a suitable group of invalids or a total or partial incapacity for work or a total inability to work and the inability to live independently [The Act of 29 May 1974 (Journal of Laws - of 2002 No. 9 item 87 with changes)] |
| Civil blind victims of military operations and a guide | The ID card of a blind civilian victim of hostilities according to the pattern specified in the Ordinance of the Minister of Labor and Social Policy of February 1, 2007 on the civilian identity of a blind victim of hostilities (Journal of Laws of 2007 No. 24, Pos. 153), in connection with art. 10 and art. 11 of the Act of November 16, 2006 on Monetary Benefit and rights for civil blind victims of military |

| RIDES WITH A 50% DISCOUNT | |
|---|---|
| Combatants or persons engaged in activities equivalent to veterans' activities and some persons who are victims of war and post-war repressions | The card of an oppressed person containing an entry for total or partial incapacity for work or for total incapacity for work and incapacity for independent existence or a certificate issued by the Office for Veterans and Persons Repressed with the entry about the fee deductions. Act of 24 January 1991 on combatants and certain persons who are victims of repression, war and post-war period (Journal of laws of 2002 No. 42 item 371, as amended) |
| Bachelor, engineering or master's students | Valid student ID or electronic student ID according to the formula set out in the Ordinance of the Minister of Science and Higher Education regarding the documentation of the course of studies of September 14, 2011 (Journal of Laws of 2011 No. 201, item 188) in connection with art. 188 par. 1 of the Act of July 27, 2005. Law on higher education (Journal of Laws from 2005 No. 164, item 1365 with amendments) |

| | |
|---|--|
| Auditors of teacher training colleges and colleges of social service employees | Valid identity of the auditor of the college according to the formula of MENiS II / 183 in connection with art. 9f par. 2 and art. 77 paragraph 4 The Act of September 7, 1991 on the Education System (consolidated text OJ 2004 No. 256, item 2572) |
| Veterans of the victims in receipt of an invalidity allowance for injuries or diseases arising in the relationship with participation in activities outside the state | The veteran's identity card along with the pensioner's identity card specified in the Ordinance of the Minister of National Defense of 16 February 2012 on the veteran's ID and the veteran's model and the procedure for issuing, exchanging or returning it (Journal of laws of 2012 No. 0 pos. 229) in connection with art. 30 of the Act of 19 August 2011 on veterans of activities abroad (Journal of laws of 2011 No. 205, item 1203) |

4. A RESIDENCE TICKET

As part of the program The Krakow Card has introduced a new type of ticket - "Resident ticket".

The Resident ticket is available from 1 August 2018 at preferentially low prices, including a purchase discount applicable in the first ticket zone, registered personal tickets (normal, reduced): for 1 line, for two lines, for a network and a semester ticket. The ticket holder is entitled to persons who have the status of the Krakow Card, i.e.:

- they are registered for permanent residence in the Municipality of Krakow, or
- they settle personal income tax at the tax office competent for a person residing in the Municipality of Krakow with an indication of the Municipality of Krakow as a place of residence, regardless of whether these persons earn income

People who are also enabled to use the Krakow Card, including the Resident ticket:

- children of the persons referred to above, aged up to 18 years of age,
- people staying in institutions, up to the age of 18, educators and directors of institutions.

More information about the Krakow Card and the Resident ticket can be found on the website www.kk.krakow.pl



Websites:

<http://kmmkrakow.pl/> - the website of City Transport in Krakow

<http://zikit.krakow.pl/> - website of the Management Board
of Municipal Infrastructure and Transport in Krakow



Contact details:

The Management of Municipal Infrastructure
and Transport in Krakow

Headquarters: 31-586 Krakow, ul. Centralna 53, fax 12,616 7417

Secretariat: tel: 12 616 7416

e-mail: sekretariat@zikit.krakow.pl



DISABLED PERSONS IN FAMILIES

For many years, the City of Krakow has been taking actions to support people with disabilities so that they could fully participate in social life. This chapter provides practical information for both the parents of children with disabilities and adults. The rules of certifying level of disability are presented along with various forms of support - regarding education, job seeking, acquiring new skills, use of rehabilitation and care and applying for funding to adapt the environment to the needs of people with disabilities.



1. CHILDREN AND YOUTH WITH DISABILITIES

1.1. FREE TRANSPORTATION TO SCHOOLS AND KINDERGARTEN

The Municipality of Krakow provides students with a defined type of disability with free transport or reimbursement of transport costs to schools / facilities and provides free for 5-year and 6-year-old children with disability or a refund of costs of transport to kindergartens. Applications in this matter should be submitted to the Department of Education of UMK on ul. Stachowicza 18.

1.2. EARLY SUPPORT FOR CHILD DEVELOPMENT

In kindergartens and educational institutions there are teams of early support of child development in order to stimulate psychomotor and social development of the child, from the moment of detecting a disability to study at school, conducted directly with the child and his family. The condition for taking up the child with early support activities is issuing by the public psychological and pedagogical counseling desk the opinion on the need for early support of the child's development. Early support classes are conducted individually with the child and his family. For children over 3 years of age, early support activities may be conducted in groups of 2 or 3 children with their families.

Detailed information can be obtained at the Early Psychological and Pedagogical Emergency Clinic in Krakow, ul. Półkole 11,
Telephone number 12-4121566, www.owpp.pl



1.3. SPECIALIST CARE SERVICES FOR FAMILIES WITH A DISABLED CHILD

Assistance in this form is addressed to families in which at least one disabled child is brought up and who, due to the child's disability, require specialist support from other people. The purpose of granting help in the form of specialist care services is to support the family in a way that allows reducing the negative impact of the child's disability on shaping mutual relationships between family members and on the functioning of the family in the social environment.

The specificity of this form of support lies in the fact that the services are directed not only to the child with disability, but above all to his whole family. The services are directly provided by persons with specialist professional preparation. In a situation where the net income per capita in a family does not exceed the amount of PLN 1028 (200% income criterion specified in Article 8 paragraph 1 of the Act on social assistance, from October 1, 2018, PLN 1065), specialized services care services are provided free of charge. In other cases, the family bears a fee, which depends on the level of its income. The detailed rules for determining the amount of payment for specialist care services and the procedure for their collection, as well as the rules for partial or total exemption from fees are set out in Annex No. 2 to Resolution No. LXXIV / 941/09 of the Krakow City Council of June 3, 2009 (with later amendments).

1.4. "HELP AT HOME" SERVICE

The service is a form of support for families with a disabled child or carers of a disabled person who perform daily household duties of 10 hours a week. The service can be used by parents and guardians of children with a disability certificate, including the following indications: the necessity of permanent or long-term care or help of another person due to a significantly reduced possibility of independent living and the necessity of constant participation in the treatment of a child, rehabilitation and education or carers of persons with disabilities with a significant degree of disability. The service is unpaid and does not provide care for a disabled person. The people who provide the service are unemployed people registered in the Grodzki Urząd Pracy (Labor Office), participating in classes of the Social Integration Club. As part of the "help at home" service, parents and carers of people with disabilities can get help in everyday activities related to running a household, including maintaining cleanliness in the apartment and shopping.

Parents or guardians of children / persons with disabilities who meet the above criteria may apply for the "help at home" service at MOPS branches in Krakow, relevant to their place of residence.



1.5. HOUR CARE

In Krakow, there are two Social Welfare Homes for intellectually disabled children and adolescents who provide 24-hour assistance in nursing, living and educational activities. Referral to the facility involves conducting an environmental interview and issuing an administrative decision. A stay in a social care home is payable.

Social welfare homes for intellectually disabled children and adolescents:

- ul. Ułanów 25, telephone number: 12 417 38 38,
- ul. Łanowa 43, telephone number: 12 653 20 41

1.6. ADDITIONAL BENEFITS TO FAMILY ALLOWANCE FOR EDUCATION AND REHABILITATION

The supplement to the family allowance for education and rehabilitation of a child with a disability is monthly:

- ▶ PLN 100 per child up to the age of 5,
- ▶ PLN 120 per child over 5 years of age up to the age of 24.

The supplement for education and rehabilitation of a child is entitled to:

- ▶ the mother or father of the child,
- ▶ the actual guardian of the child (the person actually caring for the child, if he applied to the family court for the adoption of the child) or the legal guardian of the child,
- ▶ a learner (adult learner, not receiving parental support, in connection with their death or in connection with the determination of court order or court settlement of the right to receive alimony from their part).

2. THE DECISION ABOUT DISABILITY AND GROUNDS OF DISABILITY

2.1. DECISION FOR REASONS OTHER THAN BENEFITS

Disability assessment is appointed by Poviats Disability Assessment Teams as organs of 1st instance and Provincial Disability Assessment Teams operating for a second appeal instance. Adjudication about disability and the degree of disability is a case-law for non-standard purposes, in order to benefit from concessions and entitlements on the basis of separate provisions.

The local jurisdiction of the Poviats and Voivodeship Disability Assessment Team is determined according to the place of permanent residence of the interested person or a child within the meaning of the provisions on population records and identity cards. In the case of homeless people staying outside the place of permanent residence for more than two months for family or health reasons, staying in correctional facilities, social assistance and support centres within the meaning of social welfare regulations, local jurisdiction is determined according to their whereabouts.

In the case of persons registered in the area of the Municipality of Krakow or staying on its premises for the reasons indicated above, the local Poviats Disability Advisory Board in Krakow functioning in the structure of the City of Krakow with the headquarters at 18 Stachowicza St. in Krakow - Telephone number 12 616 52 12, 12 616 52 17, fax 12 616 52 14. The team welcomes people from Monday to Friday from 7.30 to 15.30.

Forms necessary to apply for a disability or disability certificate are made available to persons interested in the Team's office or can be downloaded from the "Magiczny Krakow" Municipal Internet Presentation website - www.krakow.pl or the website of the Public Information Bulletin of the City Office of Krakow - www.bip.krakow.pl

More information on the types of judgments issued by the Poviats Disability Assessment Team can be found in the "Krakow Informer for People with Disabilities".



2.2. JURISPRUDENCE ON THE DEGREE OF DISABILITY - A DISABLED ADULT

The Poviats Disability Assessment Team in Krakow issues rulings on the degree of disability for people above the age of 16 at the request of the person concerned or his legal representative, or with their consent at the request of a social welfare centre.

An application for a certificate of a disability degree includes:

- ▶ personal data of the person concerned or the child and his legal representative or legal guardian,

- ▶ address of residence or stay, series and number of the document confirming the identity, PESEL number,
- ▶ defining the purpose for which it is necessary to obtain a ruling,
- ▶ data on the social and professional situation of the person or child concerned,
- ▶ statement of the person concerned or statutory representative of the child, legal guardian about the truthfulness of the data contained in the note..

The proof of ordering the degree of disability is accompanied by medical documentation, including: a medical certificate on the state of health containing a description of the state of health, diagnosis of underlying and co-morbid diseases, issued (not earlier than 30 days before the date of submission of the application) by the doctor, - under whose care the person or child remains, as well as other possessed medical documents that may influence the determination of the degree of disability.

The decision on the degree of disability is issued at the sitting of the adjudication panel after a medical examination and an interview with the second member of the adjudication panel. The person concerned is notified of the date of the medical examination and the meeting of the person making the letter of correspondence, at least 14 days before the date, not later than within 1 month from the date of submitting the application, and in the case of particularly complicated matters, within two months from the date of submission of the application.

The adjudicating panel issues a disability certificate classifying the person or child to one of three levels of disability - significant, moderate or light.

A significant degree of disability includes a person with impaired fitness, incapable of work or able to work only in sheltered work conditions and required to perform social roles, permanent or long-term care and help of other people in connection with inability to live independently.

A moderate degree of disability includes a person with impaired fitness, unable to work, or able to work only in protected work conditions or requiring temporary or partial help of others in order to fulfill social roles.

A slight degree of disability is a person with impaired fitness, causing a significant reduction in the ability to perform work, compared to the ability of a person with similar professional qualifications with full mental and physical



fitness, or having limitations in performing roles that can be compensated by using orthopedic items, auxiliaries or technical means.

The degree of disability is determined permanently - if according to medical knowledge, the state of health does not promise improvement, or for the period - if, according to medical knowledge, the health condition may improve. Each disability degree certificate includes a digital-letter identification of the cause of disability symbol, as well as indications regarding, in particular: adequate employment, training, employment at the workplace, participation in occupational therapy, supply of orthopedic items and auxiliaries, use of the system environmental support in independent existence, the necessity of constant or long-term care or help of another person due to a significantly limited possibility of independent existence, the necessity of permanent participation of the child's legal guardian in the process of his treatment, rehabilitation and education, use of a parking card.

From the decision of the District Team for Disability Assessment in Krakow, which will assign one of three levels of disability, if not in agreement, one may appeal to the Provincial Disability Assessment Team in Krakow through the Team who issued the judgement within 14 days from the date of the reception of the disability assignment.

In turn, the decision of the Provincial Disability Assessment Team for complaints about incapacity in Krakow may be appealed against within 30 days from the date of its delivery to the Labor and Social Security Court in Krakow. Proceedings in appeal cases are free from court costs and fees.

2.3. ASSIGNING DISCOUNTS AND ALLOWANCES FOR THE DISABLED

The Poviatic Disability Assessment Team in Krakow issues decisions on the indications for concessions and entitlements at the request of a person with a valid decision on being classified as an invalid or incapacity for work.

The application for issuing the decision on the indications for concessions and entitlements includes:

- ▶ personal data of the person concerned,
- ▶ address of residence or stay, series and number of the document confirming the identity, PESEL number,



- ▶ defining the purpose for which it is necessary to obtain a ruling,
- ▶ data on the social and professional situation of the person concerned,
- ▶ statement of the person concerned about the truthfulness of the data contained in the application.

The application for issuing the decision on the indications to the concessions and entitlements shall be accompanied by the medical documentation possessed by the person concerned, the certificate on invalidity or inability to work, and other documents possessed that may affect the determination of the indications to the concessions and entitlements.

In proceedings in matters referred to above, the degree of disability is determined on the basis of submitted assessments, and the indications included in the assessment are determined in accordance with the degree of bodily disability and functional limitations justifying the use of allowances and entitlements based on separate provisions.

From the District Disability Assessment Team issued by the Poviát in Krakow, the disability certificate with indications for allowances and entitlements is not subject to appeal in accordance with the applicable regulations.

3. SUPPORT FOR DISABLED PEOPLE

3.1. DISABLED PERSON'S CARD

The assessments issued by the Poviát Advisory Board on Disability in Krakow form the basis for granting allowances and entitlements on the basis of separate provisions.

The document confirming the status of a disabled person is the disabled person's card. The application for the card is issued by the interested person or legal representative or the legal guardian of the child, enclosing a 35 mm x 45 mm photographic film, reflecting the current image of the person concerned, showing the person without headgear and dark glasses - an exception: a person with congenital or acquired eye defects may attach to the application a photograph showing themselves in dark lens glasses, and a person wearing headgear according to the rules of their religion - a photograph depicting a person with headgear, provided that such photography is placed in a document confirming the identity of that person, a photocopy of the degree of disability or indications for concessions and authorizations (the original of the judgment

and an identity card for inspection at the time of submitting the application), and in the case of persons under the age of 16 - a photocopy of the judgment (the original of the decision and the ID card of the statutory representative of the child or their legal guardian - for inspection when submitting the application).

If a disabled person has more than one certificate of disability or degree of disability, the document certifying the disability or degree of disability is issued on the basis of the last valid, final decision.

Cards are issued for the period of validity of the judgment, but no longer than for the period of:

- ▶ 5 years - in the case of a document documenting a disability,
- ▶ 10 years - in the case of ID cards indicating the degree of disability issued to persons who are under 60 years of age,
- ▶ in the case of persons over 60 years of age, the ID card is issued for the period of validity of the decision constituting the basis for issuing the card without time limits, such as in the case of ID cards for disability or the degree of disability of persons under 60 years of age - in the case of these persons it is possible to issue a permanent ID card.

The procedure for issuing the card is not subject to fees. However, a fee of PLN 15 is charged for issuing a duplicate ID card documenting the degree of disability.

3.2. DISABILITY PARKING CARD

The body issuing the parking card is the chairman of the district / municipal team for disability (in case of a disabled person), and in the case of the institution the chairman of the poviát / disability adjudication team competent for the seat of the institution.

A disabled person with a significantly limited ability to move independently, driving a car with a parking card, may not adhere to some road signs.

This provision also applies to:

- ▶ driving a vehicle transporting a person with a significantly reduced ability to move independently,



- ▶ employees of institutions dealing with the care, rehabilitation or education of people with disabilities who have significantly limited opportunities to move independently, who are under the care of these facilities.

All provisions regarding the parking card apply also to persons who use a parking card issued outside of Poland.

The parking card confirms the right to:

- ▶ use of parking spaces designated for people with disabilities (so-called envelopes),
- ▶ Failure to comply with the following road signs:
 - B-1 prohibiting traffic in both directions,
 - B-3 entry ban for motor vehicles with the exception of single-track motorcycles,
 - B-3a no bus entry,
 - B-4 no entry for motorcycles,
 - B-10 no entry for mopeds,
 - B-35 ban on parking,
 - B-37 ban on parking on odd days,
 - B-38 no parking on even days,
 - B-39 restricted parking zone.

The fee for issuing a parking card is PLN 21.

The case is dealt with:
 Powiat Team for Disability Assessment in Krakow
 30-103 KRAKOW, ul. Stachowicza 18, room 201
 Telephone number 12 616 50 29



3.3. TRANSPORTATION OF DISABLED PEOPLE WITHIN THE KRAKOW CITY LIMITS

Transport of disabled people in the Municipality of Krakow is currently being carried out by Radio Taxi “Partner” (Telephone number 12 196 33 or 12 196 88). The contractor was selected by way of an unlimited tender. The Office for Disabled People supervises the implementation of the contract.

The right to use or benefit from free travel co-financed by the Municipality of Krakow is assigned for people with disabilities residing in the Municipality of Krakow and having a valid degree of disability with certification.

The right to use the free transport of people with disabilities co-financed by the Municipality of Krakow also includes children with a valid disability certificate issued by the disability assessment team.

Ordering transport can be done through phone number 12 196 33 or 12 196 88.

Attention!

This service does not include transport of disabled children from home to school to classes and back.

Detailed information is also provided by the Office for Disabled Persons of the City of Krakow, phone number 12 616 51 91.

More information on the support of people with disabilities can be found in the "Krakow Information Handbook for People with Disabilities".



4. SELECTED TASKS IMPLEMENTED FROM THE RESOURCES OF THE GOVERNMENT FUND FOR REHABILITATION OF THE DISABLED

Co-financing the participation of disabled people and their carers in rehabilitation camps, which is an organized form of active vocational and social rehabilitation, combined with leisure elements, and the goal is general improvement of psychophysical fitness and development of social skills of participants, inter alia, through establishing and developing social contacts. Rehabilitation stays are funded by PFRON are organized exclusively in Poland. The duration of the stay is at least 14 days. The stay must take place during the period of validity of the disability certificate and must start in the calendar year in which the disabled person has received funding. A disabled person who has received a grant chooses the stay themselves, in accordance with the doctor's recommendations and contraindications included in the medical application.



A disabled person may apply for co-financing for the purchase of rehabilitation equipment for rehabilitation at home, in accordance with the needs resulting from their disability. The condition for granting co-financing is that the applicant provides own contribution in the amount not lower than 20% of the costs of the implemented project. Co-financing cannot include the costs of carrying out the task incurred before granting financial resources and concluding the contract for co-financing from the PFRON funds.

Co-financing of supplying orthopedic items and auxiliary means and items granted to disabled people on the basis of separate provisions - every disabled person who has received funding from the National Health Fund to supply orthopedic items and auxiliary means may also apply for co-financing for these objects from The State Fund for Rehabilitation of Disabled People, if the funding received did not cover the total cost of the purchase. The amount of co-financing for disabled people is up to 150% of the limit granted under the NFZ and the participation by the disabled person, if such participation was required. The basic conditions for obtaining co-financing are: having the right document confirming the disability and fulfilling the income criterion.

Co-financing the elimination of architectural barriers in relation to the individual needs of people with disabilities - architectural barriers are all obstacles that prevent or reduce the freedom of movement for disabled people. The liquidation of barriers in the place of residence of a disabled person is aimed at enabling or facilitating to a large extent the performance of basic everyday activities and, above all, moving around in the place of residence. A disabled person with mobility difficulties may receive funding to liquidate architectural barriers in the amount of up to 95% of qualified works, but not more than up to fifteen-fold average remuneration.

Co-financing of the elimination of barriers to communication in relation to the individual needs of people with disabilities - barriers to communication are constraints that prevent or make it difficult for a person with disabilities to communicate. The elimination of these barriers is aimed at enabling or to a large extent facilitating the performance of basic everyday activities or contacts with the environment by a disabled person, resulting in the improvement of functioning in society. The condition for granting co-financing is that the applicant provides own contribution in an amount not lower than 5% of the costs of the implemented project.

Co-financing of the elimination of technical barriers in relation to the individual needs of people with disabilities - technical barriers are constraints that prevent or make it difficult for a disabled person to overcome certain limitations. The liquidation of these barriers is aimed at enabling or to a large extent facilitating the performance of basic everyday activities by a disabled person, resulting in the improvement of functioning in society. Equipment that can be the subject of co-financing as part of the task of removing technical barriers should be of individual use and be a specialist device.

A condition for co-financing the services of a sign interpreter is that the applicant has in the disability certificate or the judgment on the degree of disability the symbol 03-L, or 03-L with the symbol 04-O or equivalent symbols used in earlier decisions. In the case of a decision in which there is no provision concerning the cause of disability, the MOPS in Krakow has the right to ask for a doctor's certificate confirming the type of illness.

Co-financing is not provided for a Polish sign language interpreter (PJM), sign language system (SJM) and how deaf/blind people communicate (SKOGN) in public administration bodies (meaning; ministers, central government administration bodies, voivodes, acting in their own name or on behalf of other local organs of combined and unincorporated governmental administration, bodies of territorial self-government units) and in other units, which by virtue of regulations are obliged to provide access to the abovementioned services.

Under the "Municipality self-government" program, people with disabilities may also receive assistance in eliminating barriers that impede social and professional activation:

Program modules, areas and tasks.

Module I - elimination of barriers hindering social and professional activation, including:

Area A - removal of transport barriers:

Task 1 - help in the purchase and assembly of equipment for your car,

Task 2 - help in obtaining a driving license category B.

Area B - elimination of barriers in access to participation in the information society:



Task 1 - help in purchasing electronic equipment or its components and software.

Task 2 - co-financing trainings in the field of servicing the electronic equipment and software purchased under the program,

Area C - elimination of barriers to movement:

Task 2 - help in maintaining the technical efficiency of the wheelchair with electric drive,

Task 3 - help in the purchase of a limb prosthesis, in which modern technical solutions have been applied, i.e. prostheses at the III level of quality.

Task 4 - help in maintaining the technical efficiency of your limb prosthesis, in which modern technical solutions have been applied (at least at the third quality level).

Area D - help in maintaining professional activity by providing care for a dependent person.

Module II - help in obtaining education at a higher level.

The procedures of the tasks co-financed by PFRON are available on the MOPS website in Krakow www.mops.krakow.pl (tab: How to get help then link: get help, point 3 social and vocational rehabilitation).

5. DISABLED ADULTS

People with disabilities can get help as part of social rehabilitation funded by the State Fund for Rehabilitation of Disabled People. Persons residing in Krakow may apply for co-financing, whose disability has been confirmed by a disability certificate issued by the Poviast Disability Assessment Team or a decision treated equally with this ruling.

Co-financing from PFRON funds can be obtained for:

- ▶ costs of participation in a rehabilitation stay,
- ▶ supplying orthopedic items and auxiliary materials,
- ▶ supplying rehabilitation equipment,
- ▶ co-financing for the elimination of architectural barriers,
- ▶ co-financing for eliminating barriers in communication and technical ones,

- ▶ co-financing for sign language interpreter services or guide translator.

In order to obtain help within the framework of social rehabilitation financed from the funds of the State Fund for Rehabilitation of Disabled People, the applications should be submitted to the Municipal Social Welfare Center, ul. Józefińska 14.

Assistance Service of a Disabled Person

The purpose of the service is to help in the social and professional reintegration of disabled people. The assistant provides help in everyday life activities, assistance in dealing with official matters, or participation in shaping the right relationship of a disabled person with others, in particular with people from the immediate environment and the local environment, helps in restoring the ability to function in society. In addition, within the service the assistants provide services for the disabled person in the activities supporting the health treatment process, i.e. help in reaching health care facilities and rehabilitation facilities, help in the purchase of medicines or support in obtaining employment (including, for example, assistance in seeking information about vacancies, help in completing documents and preparing for interviews with a potential employer). Detailed information at telephone number 12 616 54 71 and in the branches of the Municipal Social Welfare Center.

Workshops of Occupational Therapy

This is another form of support for people with disabilities. Their goal is to improve overall development and improve the fitness of participants necessary in active independent life. The task of the workshop is to gradually help the pupils become independent - from learning to perform everyday activities through social independence, to take up employment.

LIST OF WORKSHOPS OF OCCUPATIONAL THERAPY (p. 254)



Job search support

The Grodzki Urząd Pracy (City Job Center) in Krakow offers help for people with disabilities to find a job, the opportunity to take advantage of training, internships and other forms of assistance provided by the Act on employment



promotion and labor market institutions, including granting:

- ▶ one-off financial resources from PFRON for undertaking business or agricultural activities or for contributing to a social cooperative,
- ▶ co-financing from the PFRON funds the interest on a bank loan contracted for continuing business activity of own or leased farm,
- ▶ reimbursement of monthly employment costs of an employee helping a disabled employee financed by PFRON,
- ▶ reimbursement of the cost of equipping the workplace of a disabled person financed from the PFRON.

Detailed information can be obtained at the Grodzki Urząd Pracy in Krakow, ul. Wąwozowa 34 - Center for Vocational Activation - a Department of Activation of the Disabled, telephone numbers: 12 68 68 109, 12 68 68 113 and on the following pages:

www.gupkrakow.pl



In addition, the Grodzki Urząd Pracy in Krakow may:

- ▶ refund to the business entity the costs of equipping or retrofitting the workplace for an unemployed person seeking a job and having no income other than caring for a disabled person in the amount specified in the contract, no higher than 6 times the average salary.
- ▶ refund to a natural person, a legal person or an organizational unit without legal personality, residing or having its registered office in the territory of the Republic of Poland, being the owner of an agricultural holding or running a special agricultural production section, employing in the last 6 months, at least every month, at least one full-time employee, costs of equipping or retrofitting a job position for an unemployed person or for a jobseeker who does not have other employment other than caring for a disabled person in the amount specified in the contract, but no higher than six times average salary,



- ▶ refund to nurseries or children's clubs created and run by natural persons, legal persons and organizational units without legal personality, referred to in the provisions on caring for children under the age of 3, costs of equipment or retrofitting work, directly related to taking care of disabled children or running classes for them, for an unemployed person, a jobseeker looking for a job or a jobseeker who is not employed or not pursuing another job, or a graduate looking for a job, in the amount specified in the contract, not higher than six times the amount of an average salary,
- ▶ refund to an entity conducting economic activity consisting in the provision of rehabilitation services, costs of equipment or workstation, directly related to the provision of rehabilitation services for children with disabilities in the place of residence, including mobile services, for the unemployed job seekers who do not have employment or unemployed or not getting remuneration for other work than caring for a disabled person, or a graduate looking for a job, in the amount specified in the contract, not higher than 6 times the average,
- ▶ grant a social co-operative a one-off payment to create a job position for a sent in unemployed person or jobseeker who is unemployed or does not pursue any paying job other than as an assistant of a disabled person or as a jobseeker who is not in employment or does not have other gainful employment, in the amount specified in the contract, not higher than six times the average wage,
- ▶ to give an unemployed person or jobseeker who is not employed in another paying job other than as a caretaker for a disabled person a once-off payment for business start-ups, including costs of legal assistance, consultancy and advisory related to undertaking such activity, in the amount specified in the contract, not higher than 6 times the average remuneration,
- ▶ to give the unemployed or jobseeker who is not employed or does not perform other gainful employment other than as a carer of a disabled person or jobseeker who is not in employment or who does not pursue other gainful employment, at the same time means to set up a social cooperative or join it after its foundation, including covering the costs of legal assistance, consultations and consultancy connected with undertaking such activity in



the amount specified in the contract, not higher than 6 times the average remuneration,

- ▶ to give a social cooperative means to finance the costs of remuneration, up to 6 months from the date of conclusion of the contract, paid out monthly in an amount not higher than the minimum wage for a period not longer than 6 months, for the unemployed or a jobseeker who is looking for employment or a jobseeker who is not employed in employment or who does not pursue other work, or an unpaid person who cares for a disabled person or an employee who is looking for a job who is not in employment or does not pursue other gainful employment.

The Mayor of the City of Krakow - Director of the Municipal Labor Office in Krakow may also conclude a contract on the basis of which he or she reimburses the employer or entrepreneur for a period up to 6 months part of the costs incurred for remuneration, rewards and social insurance contributions for the unemployed carers of the disabled person, employed at at least half of the working time, in the amount previously agreed, not exceeding, however, the amount determined as the product of the number of employees in a month, calculated as a full-time working time and half of the minimum remuneration for work, in force on the last day of employment of each accounted month and social security contributions on the reimbursed wage.

Detailed information can be obtained at the Grodzki Urząd Pracy in Krakow, ul. Wąwozowa 34 - Center for Vocational Activation - Paper on Labor Market Programs or tel. 12 68 68 211, 12 68 68 212 and on the website www.gupkrakow.pl



Environmental Self-Help Houses

Daily support for adults with mental disorders and intellectual disability is provided in the Environmental Home of the Self-help. The facility conducts activities aimed at acquiring skills necessary for independent functioning by participants, as well as cultural and educational activities. The facility operates from Monday to Friday for 8 hours a day. Referral to the facility involves conducting an environmental interview and issuing an administrative decision. In Krakow, there are 13 Environmental Self-Help Houses located in various parts of the city.

LIST OF ENVIRONMENTAL SELF-HELP HOUSES IS ON PAGE 255



Self-help club for people with mental disorders

Adults who experience mental health problems may use the services of the Self-help Club for people with mental disorders. Classes in the facility are tailored to the needs of the participants and are aimed at improving the quality of life, social and professional activation of participants and providing psychological support. The self-help club is open from Monday to Friday in the afternoon.

Club's contact details can be found on page 255



Protected and Supported Housing

A protected and supported housing is a form of 24-hour help, prepared under the care of specialists for people with disabilities, chronically ill or elderly who are in a difficult life situation to lead independent living or supporting them in everyday life. Currently, there is protected and supported housing in Krakow intended for elderly people and people with mental disorders. Entry to the facility involves conducting an environmental interview and issuing an administrative decision.

Social Welfare Homes

People referring to 24-hour care may apply for referral to a social care home because of their age, illness or disability, who cannot function independently in their daily lives and who cannot be provided with the necessary help in the form of care services. The centers provide round-the-clock assistance in nursing activities and daily life activities, meals and occupational therapy. Referral to DPS involves conducting an environmental interview and issuing an administrative decision. A stay in a social care home is payable.

In Krakow, there are houses for adults such as for:

- ▶ elderly people



- ▶ chronically physically ill people
- ▶ chronically mentally ill people
- ▶ adults with intellectual disabilities
- ▶ people with physical disabilities
- ▶ people addicted to alcohol



SENIORS IN KRAKOW FAMILIES

The city of Krakow has a wide variety of offers addressed to seniors, so that they can fully enjoy the autumn years of life. In this chapter we are presenting both proposals for active residents - third age universities, seniors' activity centers, etc. including solutions for families who need help in the care of the elderly - nursing care, the list of specialized centers for day care and around the clock.



1. ACTIVE SENIOR

1.1. SELF-HELP CLUBS

Self-help clubs offer older people the opportunity to take advantage of a variety of activities such as gymnastics run by qualified specialists, art workshops, computer classes, cooking together and occasional meetings. Clubs also organize integration trips. Within Clubs there are classes in occupational therapy, during which seniors perform various manual and artistic works. As part of cultural and recreational activities, reading of books and newspapers is promoted, social games, organizing rest and recreation, going to cinemas and theaters, acting for the benefit of amateur artistic activity, organizing exhibitions, opening the participants. The Clubs also organize talks and discussions on health, hygiene, ecology, law, safety, occasional social gatherings, and literary meetings. Clubs are open from Monday to Friday for 8 hours a day. There are currently 6 Self-help Clubs in Krakow.

- ul. Balicka 289, telephone number: 607 243 332, 606 379 007,
- os. Zielone 7, telephone number: 12 644 85 52,
- Lea 55, telephone number: 12 636 12 18,
- ul. Komandosów 18, telephone number: 12 269 86 12,
- pl. Gen. W. Sikorskiego 14/2, telephone number 12 421 52 17,
- ul. Krowoderskich Zuchów 6, tel. 12 634 24 74.

1.2. MUNICIPAL DAY CARE CENTERS OF SOCIAL WELFARE (MDDPS)

This is a daytime support facility for seniors. MDDPS outlets provide participants with the opportunity to take advantage of a warm meal, rehabilitation, cultural and educational activities, group and individual occupational therapy for maintaining a psychophysical condition, psychotherapy, and spending free time together. Classes take place under the supervision of experienced specialists - occupational therapists and physiotherapists. Seniors are also surrounded by support from psychologists and volunteers. The Municipal Day Care Centers are located in several branches. Referral to the facility involves conducting

environmental interviews and issuing administrative decisions. All facilities are open from Monday to Friday for 8 hours a day.

There are also Senior Clubs in the structure of MDDPS, which do not offer a warm meal. Participation in the Senior Clubs does not require an administrative proceeding.

The list of facilities functioning in the structure of the Municipal Daily Social Welfare Home is on page 259



1.3. SENIOR DAY HOME WIGOR

The classes offered in the facility can be used by elderly people who have completed 60 years of age. Seniors are offered movement classes, kinesitherapy, rehabilitation workouts, occupational therapy, sports and recreation activities and other pro-health activities. In addition, the curriculum is adjusted to the needs reported by the participants.

Warm meals are also provided. In justified cases, participants can take advantage of the delivery service for classes. Referral to the facility involves conducting an environmental interview and issuing an administrative decision. The Senior WIGOR home is open from Monday to Friday for 8 hours a day. Address: ul. Zielony Dół 4, Telephone number 12 4251102, 604 434216.

1.4. SELF-HELP CLUBS FOR SENIOR - PROJECT "AT THE PRIME OF LIFE"

In the period from 1.03.2017 to 28.02.2020, the Municipal Social Welfare Center is implementing a project entitled: "In the prime of life", financed by the European Union from the European Social Fund under the Regional Operational Program of the Małopolska Voivodship for the years 2014-2020. The project is addressed to the residents of Krakow, who due to their advanced age (60+), state of health or disability require care or support in connection with difficulties in performing basic activities of the day, as well as for their actual guardians.

As part of the project there are: Specialized Self-help Club for people who suffered a stroke, suffer from Alzheimer's or other dementia and 4 other Activation Self-help Clubs.

Clubs are open from Monday to Friday from 7.00 to 17.00 and provide support in the form of services:



- ▶ nursing and caring: assistance in eating meals, basic life activities, hygienic care, delivery for selected participants from the place of residence to and from the self-help club;
- ▶ activating and improving physical fitness: organizing free time, therapeutic activities improving fitness and activating in an individual or group form; integration, recreational and tourist events, occupational therapies: culinary, reminiscence, IT, entertainment, ergotherapy, exercise, speech therapy, art therapy, music therapy, bibliotherapy, choreotherapy etc.; supporting: the possibility of obtaining support in the form of information, education and counseling
- ▶ in an individual form through the direct contact of a social worker with the project participant (including representation of interests, assistance in arranging visits to the doctor, help in determining the degree of disability, etc.) as well as through support provided for actual caregivers (individual counseling, psychological support, thematic workshops, among others in the field of: caring for the health of elderly carers, mental hygiene of carers of the elderly, etc.).

The package of services is selected individually after the identification of the needs and potentials of the person who meets the formal conditions and decides to start participation in the project. The neediest are provided with transport from the place of residence to and from the Self-help Club.

In order to become a member of the Club, you must submit an application together with a medical certificate directly at the headquarters of MOPS in Krakow, ul. Józefińska 14, self-help clubs, or at the premises of the MOPS Branch by post or social worker. The recruitment rules include a policy of equal opportunities.

Self-help Club - Specialist, os. Krakowiaków 2, tel. 660 637 847,
 Self-help Club - Activation, ul. Okulickiego 51/279,
 Telephone number 668 375 795,
 Self-help Club - Activation, ul. Gdańska 19/5,
 Telephone number 660 637 805
 Self-help Club - Activation, ul. Grzegórzecka 19/1-2.
 Telephone number 668 254 980,
 Self-help Club - Activation, ul. Bronowicka 19/5,
 Telephone number 12 626 04 67



1.5. UNIVERSITIES OF THE THIRD AGE

These are intended to disseminate educational initiatives, intellectual, psychological, social and physical activation of older people, facilitating contacts with institutions such as health care, cultural centers and, in addition, engaging listeners in activities for the benefit of the environment, maintaining social bonds.

- ▶ Akademia Prądnicki Senior - ul. Kazimierza Odnowiciela 2, Telephone number 12 418 29 72,
- ▶ Jagiellonian University - ul. Gołębia 24, telephone number: 12 422 10 33 ext. 1185,
- ▶ Nowohucka Senior Academy - os. Centrum A 6a, phone number 12 644 68 10 ext. 26,
- ▶ UTW Cracow University of Technology – ul. Warszawska 24,
- ▶ Tel. 12 628 25 19,
- ▶ UTW at the University of Economics – ul. Rakowicka 27, Telephone number 12 293 55 69,
- ▶ UTW at the Higher School of Philosophy and Education IGNATIANUM – ul. Kopernika 26, Telephone number 12-629 3417.

1.6. SENIOR ACTIVITY CENTRES

Since 2015, Krakow has been implementing the Social Activity and Integration Program for Older People for 2015-2020, according to which the network of Seniors' Activity Centers financed by the City is to comprise 54 - three in each district of Krakow. They will be led by non-governmental organizations selected in an open competition. Classes may also be conducted by seniors themselves on the principle of volunteering. The initiative is addressed to seniors who would like to learn new things, improve their mental and physical condition and work for the common good.

Detailed information and the current CAS list on the website: dlaseniora.krakow.pl in the Activity Centres of Seniors tab.



1.7. KRAKOW'S SENIOR CENTER

It is a place gathering volunteer seniors who want to work towards the activation of a senior environment. It is located in the premises of the Municipal Support Center for Social Initiatives (os. Center C 10, room No. 2, Telephone number 12 616 78 32) and the UMK building at ul. Wielopole 17a room 4, Telephone number 12 616 84 36). In KCS, volunteers are on duty during which they provide information to interested persons related to the activities of various pro-annuals institutions and non-governmental organizations. The days and hours of rosters can be found at www.dlaseniora.krakow.pl

1.8. SENIOR CLUBS

The clubs offer elderly people a lot of activities such as: gymnastics run by a physiotherapist, occasional meetings, art and computer classes, culinary workshops, visiting museums. They also organize trips around Krakow. Some of them conduct specialist activities directed to blind seniors.

LIST OF SENIOR CLUBS (page 258)
 INFORMATION GUIDE OF Krakow SENIOR Guidebook for
 Krakow Seniors - contains all information about the life of seniors
 in Krakow. It is also available in electronic form at
www.dlaseniora.krakow.pl in the Informator tab.



2. SENIOR HELP

2.1. SAFETY OF SENIORS

Seniors are a group of people who are particularly vulnerable to fraud, family violence and transport accidents. When you are a witness or a victim of a crime, and when there is a risk of committing a crime, contact the nearest police station by calling 997, 112 or the Municipal Guard at 986.

The emergency number for the deaf 515 251 986 is the telephone number under which deaf people can report interventions to the municipal guard on duty.

The person using the number should enter in the body of the message:

- ▶ type of irregularity noticed,
- ▶ place of the event,

- ▶ name, surname and address of the person submitting.

2.2. HOME CARE

Care services

Care services is a non-monetary benefit from social assistance, covering assistance in meeting everyday life needs, hygienic care, care recommended by the doctor and, if possible, providing the elderly person with contacts with their environment. The dimension and scope of care services depends on the health condition of the person covered by the services, his / her family and material situation, psychophysical fitness as well as the possibilities of support and help from the family and the environment. Support in the form of care services is intended for those residents of Krakow, who due to their age, illness or other causes require the help of other people and who are deprived of such help. Care services include activities of an economic and caring nature. The rules for granting assistance in the form of care services, scope of activities included in care services and detailed rules for determining the amount of payment for care services are regulated by Resolution No. XXI / 272/07 of the City Council of Krakow of 26 September 2007 on defining detailed rules granting by the Municipality of Krakow assistance in the form of care services, the scope of activities included in care services and detailed rules for establishing the payment for care services (unified text - Resolution No. LIX / 1294/16 of the Krakow City Council of December 7, 2016 with later changes). In cases when the income does not exceed the income criterion specified in art. 8 sec. 1 of the Act on Social Assistance, it is: PLN 634 (from October 1, 2018 - PLN 701.00) in the case of a single person managing PLN 514 (from October 1, 2018 - PLN 528) in the case of a person in a family, care services are provided free of charge. In other cases, the amount of payment is determined on the basis of the tables contained in Annex No. 2 to Resolution No. XXI / 272/07 of the Council of Krakow. Persons who find in particular a difficult situation, which prove that the amount of income remaining at their disposal after paying the necessary fees and additional treatment and payment for care services would not enable the basic needs of life to be met, may be partially or completely exempt from payment for care services, however, in the case of people whose payment for services should amount to 100%, they may be partially exempt from payment for services, but the reduced payment should be at least 60% of the cost of the service hour. In order to apply for assistance, you must submit an applica-



tion for granting help to the Branch of the Municipal Social Welfare Center in Krakow, according to the place of residence.

LIST OF MOPS BRANCHES (p. 239)



2.3. ALL DAY CARE FOR SENIORS

Social welfare home

Social Welfare Home (DPS) is a facility addressed to the elderly and chronically ill in need of help in everyday functioning.

The facilities provide round-the-clock assistance in care activities and daily activities. We divide Social Assistance Homes depending on who they are intended for.

Social welfare homes for the elderly:

ul. Kluzeka 6, telephone number: 12 415 25 92, fax 12 415 58 08

ul. Sołtysowska 13d, Telephone number 12 684 52 90, fax 12 684 52 91

Social welfare homes for chronically ill people:

ul. Helclów 2, Telephone number: 12 634 42 55, fax 12 634 31 51

ul. Nowaczyńskiego 1, Telephone number: 12 255 41 61, fax 12 269 10 57

ul. Radziwiłłowska 8, Telephone number: 12 422 99 56, 12 421 15 16, fax 12 422 13 19

ul. Łanowa 39, telephone number: 12 653 22 47, 12 653 26 48, fax 12 659 00 41

ul. Podgórkki Tynieckie 96, Telephone number: 12 267 50 55

ul. Ułanów 25, telephone number: 12,4173848

ul. Łanowa 1b, Telephone number: 12,6505020

ul. Praska 25, Telephone number: 12 266 03 64, fax 12 267 26 40

os. Sportowe 9 (branch DPS os. Szkolne 28), Telephone number: 12 644 40 79, fax 12 644 29 93

Social welfare homes for chronically mentally ill patients:

ul. Krakowska 55, Telephone number: 12 430 62 30, fax 12 430 62 12

ul. Łanowa 41, telephone number: 12 653 23 35, 12 650 56 00, fax 12 653 23 35

os. Szkolne 28, Telephone number: 12 644 40 79, fax 12 644 29 93

Social Welfare homes for adults with intellectual disabilities:

os. Hutnicze 5(branch of DPS os. Szkolne 28), Telephone number: 12,6866377

ul. Babińskiego25, Telephonenumber: 122624872, 122620227, fax 122620272

ul. Łanowa 43, telephone number: 12 653 20 41, 12 650 54 60, fax 12 653 03 90

Rodzinny Dom Pomocy - ul. Źródłana 15, Telephone number: 12 653 03 41

Social assistance home for alcohol addicts -ul. Rozrywka 1, Telephone number 12-411, 94, 00.

Detailed information is available at www.mops.krakow.pl/ in the Help Units of the Social Welfare Department or at the number 12 616 53 12, 12 616 53 13.

You can find the information about the SocialProcess Help Center on the following page: <http://www.dps.mcpcu.krakow.pl>



Family Aid House

If it is not possible to provide care services in a place of residence, a person requiring, due to age or disability, help from other people may take advantage of caring and living services in the form of a family home for help.

A family help centre is a form of nursing and living services provided 24 hours a day by a natural person or public benefit organization for no less than three and no more than eight people living together who require age or disability support in this form.

A protected apartment, supported for the elderly, provides the possibility of independent functioning of the support of qualified persons. Supported sheltered housing provides living services and assistance in carrying out activities necessary in everyday life and implementing social contacts.



BURIALS IN KRAKOW

There comes a day when we must say goodbye to our loved ones. This is an extremely difficult and painful time. This chapter contains all information about organization of a burial and the location of Krakow cemeteries.



Reporting a death

Death certificates can be reported for filing at the Registry Office:

- ▶ Current Registration Unit, ul. Lubelska 29, 30-003 Krakow, Department of Death Registration, Telephone number: 12 616 55 44, fax 12 616 55 20
- ▶ Civil State Register Archive unit for Districts XIV to XVIII, ul. Zgody 2, 31-949 Krakow, office for the registration of deaths, room 324, Telephone number 12 616 88 21, fax 12 616 88 24.

Documents required from the applicant:

1. A death certificate stating the death issued by a doctor.
2. Personal ID of the deceased (passport in the case of a foreigner), if it is in the possession of the person reporting the death.
3. Military book of the deceased (if in possession of the person reporting the death).
4. A document identifying the person who died: a personal ID or a passport.
5. Power of attorney - in the event of death registration by a proxy. Stamp duty on a submitted document stating the granting of a power of attorney for a person handling a case (excluding the power of attorney given to the spouse, or closest relatives) - PLN 17.

Death registration is not subject to stamp duty. A person's death should be reported no later than within 3 days from the date of issuing of a death certificate. If death occurred as a result of an infectious disease, notification is made within 24 hours of death. An abridged copy of a death certificate is issued ex officio after registration with a person reporting death. The death declaration replaces the late person's check-out.

Detailed information can be found on the website www.bip.krakow.pl after entering the SC-5 procedure in the search engine



Municipal cemeteries

The Board of Municipal Cemeteries in Krakow (ZCK) with headquarters at ul. Rakowicka 26 manages twelve Krakow municipal cemeteries. Formalities related to the funeral and graves can be arranged in one of four ZCK Customer Service Offices:



ul. Rakowicka 26, 31-510 Krakow

supports the following Cemeteries: Rakowicki, Bronowice, and Mydlniki telephone number: 12 619 99 11, 12 619 99 12, 12 619 99 14, 12 619 99 15 Manager: 12 619 99 09; e-mail: sekretariat@zck-krakow.pl

ul. Wapienna 13, 30-544 Krakow

supports the following Cemeteries: Podgórski, Stary Podgórski, Prokocim, Wola Duchacka, Pychowice, Maki Czerwone, Kobierzyn-Lubostron, Telephone number: 12 656 17 25; Manager: 12 656 25 23 e-mail: sekretariat@zck-krakow.pl

ul. Powstańców 48, 31-422 Krakow

supports the Prądnik Czerwony cemetery: 12 410 65 50, 12 410 65 62, Manager: 12,410, 65, 55. e-mail: sekretariat@zck-krakow.pl

ul. Darwina 1g, 31-764 Krakow

supports the Grębałów Cemetery, telephone number: 12 645 31 14, 12 645 44 34 Manager: 12,640, 51, 20, e-mail: sekretariat@zck-krakow.pl

Opening hours of Customer Service Offices:

Monday: 7.30-17.00, cash point: 7.30-16.30; Tuesday-Friday: 7.30-15.30 cash point: 7.30-15.00

Opening hours of municipal cemeteries:

April - September: 7.00-20.00; October - March: 7.00-18.00

During holidays, the opening hours of cemeteries and the working hours of Customer Service Centres may change.

ZCK headquarters:

ul. Rakowicka 26, 31-510 Krakow Director's Office: Telephone number: 12 619 99 91, fax 12 619 99 90 Central office: 12 619 99 00; Administration: 12 619 99 30 - 32 Website: www.zck-krakow.pl, www.cmentarze.krakow.pl, e-mail: sekretariat@zck-krakow.pl



When someone close dies

If the death of a loved one occurred at home, you should call a doctor who will confirm the death and issues a death card. This document is necessary to begin the funeral formalities, in particular to issue a death certificate by the Registry Office and to bury the deceased at the cemetery. Then, you need to choose a funeral director, whose employees will take the body of the deceased person to the morgue, prepare the body for burial (or cremation) and provide funeral

services in cooperation with the cemetery manager. The following documents will be needed to settle the funeral formalities at the municipal cemetery:

- ▶ Death certificate with an entry of the Civil Registry Office on the registration of death,
- ▶ Proof of the funeral organizer's identity (identity card or passport) and if applicable:
- ▶ The cremation certificate (the document is issued by the person responsible for the incineration),
- ▶ The consent of the trustee of the existing grave to comply to add an additional burial,
- ▶ Certificate of registration of a deceased person in Krakow for a period of at least 5 years before death (concerns a new place in the Rakowicki or Podgórze Cemetery),
- ▶ Authorization of the Mayor of the City of Krakow and the Polish consular office for transport of the body from a foreign state and foreign documents confirming death along with their sworn translation,
- ▶ Consent of the Mayor of the City of Krakow for burial in the avenue of meritorious people.

More information: www.zck-krakow.pl ⇒ our activity ⇒ how to settle the matter of the ⇒ ZCK-1, ZCK-2 procedures.

Who can organize a funeral?

In the first place, the immediate family, i.e. spouse, descendants (children, grandchildren, etc.), preliminary (parents, grandparents, etc.), siblings and distant relatives up to the 4th degree of kinship, are entitled to make decisions regarding the burial of the deceased, and affinities in a straight line to the first degree (in-laws, son-in-law and daughter-in-law). If there is no family to organize the funeral, practically any person who volunteers can take care of it, e.g. a friend or a neighbor, can take care of it. In certain cases, the right to bury a corpse is vested to state bodies, institutions and organizations.

More information on the website: www.zck-krakow.pl ⇒ our activity ⇒ how to settle the matter of the ⇒ ZCK-1, ZCK-2 procedures.



Funeral subsidy

The organizer of the funeral is entitled to a one-off cash benefit intended to cover expenses related to the funeral, currently amounting to PLN 4,000. They are paid by the Social Insurance Institution (ZUS) or the Agricultural Social Insurance Fund (KRUS).

Acquiring a new place at the municipal cemetery

Residents of Krakow who do not have a family grave in the municipal cemetery, may apply to the Board of Cemeteries in Krakow for the assignment of a new place to be buried. It may be a grave (for coffins or urns covered with earth), a place for a brick tomb (a brick cellar for coffins and urns) or a niche (a place for urns located in the wall called the columbarium). Currently, new places are allocated primarily at the Prądnik Czerwony cemetery also called Batowicki, and - if possible - at the Rakowicki and Podgórski Cemeteries (concerns the deceased registered in Krakow, for a min. 5 years before death), as well as at other cemeteries.

More information on: www.zck-krakow.pl ⇒ our activity ⇒ how to settle the matter of the ⇒ ZCK-1, ZCK-4 procedures.

Who is the keeper of the grave?

In the case of an earth based grave, it is usually the funeral organizer or the person who has paid the prolongation fee, in relation to other types of burial sites, the keeper is a person or persons who have concluded a civil-law contract with ZCK, have been appointed to manage the grave by its previous keepers, acquired the right to the grave in a court judgment or in connection with inheritance proceedings.

More information on: www.zck-krakow.pl ⇒ our activity ⇒ how to settle the matter of the ⇒ ZCK-10, ZCK-12, ZCK-13 procedures.

Construction of a family tomb

Burial places are generally assigned posthumously, but there is a possibility to obtain a burial place "while alive". It may be the purchase of a site in the cemetery for the construction of a brick tomb. Free places for the construction of a brick tomb for the residents of Krakow are available at the Prądnik Czerwony Cemetery and, in a small amount at the Grębałów Cemetery.

A ready tomb cellar as well as a niche can be purchased by taking part in an oral auction organized cyclically by the ZCK. Announcements about auctions are

published in the press and at www.zck-krakow.pl

More information on: www.zck-krakow.pl ⇒ our activity ⇒how to settle the matter of the ⇒ZCK-4 procedure.

Earthen graves after 20 years

An earthen grave remains inviolable for 20 years after the body was buried in it. After this period (not before), a prolongation fee of 20 or 10 years should be paid to the Management Board of Municipal Cemeteries, currently in the amount of 1360 and 680 PLN (children's graves 696 and 348 PLN). The fee is paid at the ticket office of the Customer Service Office in charge of a given cemetery or sent by transfer to the ZCK bank account. The prolongation fee can be spread over installments. The payment for the inviolability of the grave is first granted to the grave holder, and then to the family and relatives of the persons buried in the grave, in the order as in the section "Who can arrange the funeral". It should be emphasized that bringing the above-mentioned fee is not obligatory, but it must be remembered that unpaid tombs can be allocated for re-burial. Before such a situation occurs, employees of ZCK send out several notifications to the addresses of the grave's administrator in the documents. More information on: www.zck-krakow.pl ⇒ our activity ⇒how to settle the matter of the ⇒ZCK-10, ZCK-11 procedures.

Renovation and construction works at family graves

Decisions on all renovation and construction works at the grave are at the disposal of the grave's administrator. Conducting these works requires obtaining ZCK approval and paying a fee. In the case of works on historic tombstones, it may also be necessary to submit a conservation program and pay an additional fee for obtaining a decision or permission of the Municipal Heritage Conservator in Krakow.

More information on: www.zck-krakow.pl ⇒ our activity ⇒how to settle the matter of the ⇒ZCK-5, ZCK-6, ZCK-7 procedure.

Information about funerals

Current information about the place and time of funerals is posted on the website www.zck-krakow.pl in the "Schedule of Funerals" tab.



Location of the grave

Information on the location of the grave can be obtained at the Customer Service Offices or by using the graves finder on the website www.zck-krakow.pl. After entering the data of the deceased and the name of the cemetery, you will obtain the location of the grave, i.e. the number of the quarters, row and place along with the location of the cemetery on the cemetery plan, and information about other people buried in this grave. Attention, in connection with the graves inventory being carried out at the Rakowicki Cemetery, the locator covers only those graves for which the inventory has been completed.



IMPORTANT TELEPHONE NUMBERS AND ADDRESSES



ALERT:

European emergency number: tel. 112

Ambulance service: tel. 999

Fire Brigade: tel. 998

Police: tel. 997

Municipal Police: tel. 986

Energy emergency: tel. 991

Emergency service: tel. 992

Emergency heating: tel. 993

Emergency water and sewage: tel. 994

Emergency energy service: tel. 12-2612111.

Emergency energy service (Krakow-rowodrz): tel. 12-6330697.

Emergency energy service (Krakow-Nowa Huta): tel. 12-6441210.

Emergency energy service (Krakow-Podgórze): tel. 12 6562155
Ambulance Service (Krakow-Śródmieście): tel. 12- 4212749, 12-2612454

Emergency Water and Sewage Service (Krakow-Nowa Huta): tel. 12-648 28 61.

Emergency Water and Sewer Services (Krakow-Śródmieście): tel. 12-422 92 05.

Emergency Water Service (Krakow-Podgórze): tel. 12-655, 53, 98.

Crisis Management Centre of the City of Krakow: tel. 12-616 59 99
Security phones: (for foreigners - only in the summer season) tel. 608 599 999, 800 200 300

Tourist Hotline - provides tourist information and assistance in urgent cases related to e.g.: loss of documents, the need to find medical facilities, roadside assistance, etc., Telephone number 222 787 777, 608 599 999



Information on City Transport in Krakow (KMK): The Management of the Municipal Infrastructure and Transport in Krakow - provides information on the KMK system, accepts comments on the organization of transport services, and the helpline: 12 616 75 55 or 12 194 78

Mobilis Sp. z o. o. Krakow Depot - accepts complaints and requests regarding transport services provided, 24 hours dispatcher: 12,684, 50, 00.

Z.W "Renoma" - an entity conducting ticket controls in means of municipal communication in Krakow (accepts complaints and complaints about inspections), tel. 12 306 77 11

MEDICAL HELP:

Hospital Emergency Departments - www.kpr.med.pl

24-hour medical information at the number: tel. 12 661 22 40.

24-hour ALCO-TEL Telephone Helpline for people addicted to alcohol and their family members tel. 12 411 60 44.

"Telefon Nadziei" for pregnant women and mothers in a difficult life situation, open: Mon-Fri. 15.00-7.00, Saturday, Sunday, holidays 24 hours a day, Telephone number 800 112 800

Ambulance Service for Family Violence "Blue Line", free, daily, open every day, Telephone number 800 120 002

National Telephone Emergency Service for Victims of Violence in the District "Blue Line" IPZ PTP, open daily from 12.00 to 18.00, Telephone number 22 668 70 00

Police Telephone Helpline for Counteracting Domestic Violence, open from Monday to Friday from 9.30 am to 3.30 pm, Telephone number 800 120 226

Crisis Intervention Center, 24-hour psychological help, support in a crisis situation, assistance to victims of accidents and disasters, sexual violence, family violence, the possibility of providing a 24-hour shelter in the event of a threat to health and life, telephone number 12 421 92 82



Centre for People Affected by Violence, 46 os. Krakowiaków, oodp.krakowiakow@caritas.pl, www.krakowcaritas.pl

“School without Violence”, a telephone helpline, open from Monday to Saturday from 12:00 to 5:00, Telephone number 801 171 701

Telephone helpline for drug addicts, open from 9.00-18.00, Telephone number 12 262 96 29

A telephone helpline for families of drug addicts, open from Monday to Friday, from 4:00 PM to 7:00 PM, Telephone number 12 412 77 22

A helpline for women, open on Mondays, Wednesdays between 10.00 - 1.00, Thursday 4.00-7.00, Friday 8.00-12.00, Telephone number 12 422 47 50

A helpline on AIDS, open from Monday to Friday between 5:00 and 9:00, 12 430 61 35

The “FAMILY” telephone line is open from 6.00 to 8.00, tel. 12 422 03 21

Orange Line - a system of help for parents of children who drink alcohol and take drugs, open from Monday to Friday from 14.00 to 20.00, Telephone number 801 140 068

Telefon Zaufania w Krakowie - a hotline when you are overwhelmed with the problems of everyday life, marital crisis, job loss, addictions, loneliness, you have been hurt or you have been affected by a sudden deterioration of mood, there is no one to turn to for help, every day between 4 pm and 9 pm, tel. 12 413 71 33

Telephone of Trust for Victims and Perpetrators of Sexual Violence, open on Tuesdays and Wednesdays from 15.00 to 18.00, Telephone number 22 828 11 12

Free support line for people after losing relatives, Telephone number 800 108 108

Trust Phone For Children and Teenagers, every day from 12.00 to 22.00, Telephone number 116 111



National Telephone Trust "Drugs - Narkomania", open every day from 16.00 to 21.00, Telephone number 801 190 990

Telephone Trust "Behavioral addictions", open every day from 17.00 to 22.00 except public holidays, Telephone number 801 889 880

Telephone for parents and teachers regarding children's safety, Telephone number 800 100 100

Telephone of Trust by the Children's Ombudsman, open from Monday to Friday from 8.15 to 20.00, tel. 800 121 212

Telephone for Confidence for Adults in Emotional Crises, open from Monday to Friday from 14.00 to 22.00, tel. 116 123

Phone for Confidence for Seniors - open from Monday to Friday from 13.00-16.00, Telephone number 12 413 71 33

In the case of a missing child, 24-hour, free, tel. 116 000





LISTS OF INSTITUTIONS



LIST OF MUNICIPAL SOCIAL HELP CENTERS

LIST OF OTHER THAN COMMUNITY NURSERIES AND CHILDREN'S CLUBS

Non-Public Nursery No. 1 Misie-Pysie

ul. Raciborska 17

Children's Club "Kubuś i przyjaciele"

os. Akademickie 4/5

Non-Public Nursery "Krasnal"

ul. Klonowica 33

Non-Public Nursery "Uśmiechnięty domek"

ul. Bobrzyńskiego 39b/26

Nursery "Kubuś"

ul. Ks. J.Meiera 20G/1B

"Tęczowy Żłobek"

os. Dywizjonu 303 14/1

Non-Public Nursery "Mali Geniusze"

ul. M. Drzymały 15

Non-Public Nursery "Bajka"

ul. Ruczaj 43U/4

Non-Public Nursery No. 7 "Misie-Pysie"

ul. Kadłubka 3

Nursery "centrum Malucha AGUGU"

ul. Zdunów 18B

Non-Public Nursery "Tosia"

ul. Grzegórzecka 67c/U4

Nursery Center for Healthy Development**"Czyżyk"**

ul. Moczydło 7a

Nursery Integration Point of Child Care**"Calineczka"**

ul. Pod Fortem 2a/1

Nursery "Bąbelkowo"

ul. Siewna 30a/2

Nursery „Re-re kum-kum"

ul. J. Szablowskiego 3/III

Non-Public Nursery "Akademia Elfów"

ul. Kazimierza Wielkiego 71

Club "Momi"

ul. Kluczborska 54/1

Nursery No. 8 at the Children's Education**Center "Pozytywka"**

ul. Pęcznińskiego 21

Nursery "Chatka Maluszka"

ul. Trybuny Ludów 71

Nursery "Malutkowo 2"

ul. Kluczborska 48/1

Children's Club "Przytulanka"

ul. Dietla 71/1

Nursery "Kraina odkrywcy"

ul. Drukarska 3

Toddler's Club "Troskliwie Misie"

Os. 2 Pułku Lotniczego 2/81

Catholic nursery "Aniołek"

ul. Zmartwychwstania Pańskiego 2A

Non-Public Nursery "Eko-Park"

ul. Beskidzka 23

Nursery "Krasnoludki"

ul. Wystouchów 30B/3

Nursery "Tereferę"

pl. Sikorskiego 4 lok. 1

Nursery "Artystyczna Akademia Malucha"

ul. J. Bitschana 4

Nursery "Chatka Niedźwiadka"

ul. Krawiecka 18

Non-Public Nursery "Bajkowo"

ul. Prosta 35B

Nursery "Cioci Ani"

ul. Wandejska 3

Nursery „Marzenie"

ul. Kuźnicy Kołłątajowskiej 13D

Nursery „Puszek"

ul. Miłkowskiego 7

Nursery „Śpioszek"

ul. Stachiewicza 32

Non-Public Nursery "Lokomotywa"

ul. Z. Glogera 5

Non-Public Nursery "Lokomotywa"**„Lokomotywa"**

ul. Radzikowskiego 47C

Nursery „Kubuś i przyjaciele"

ul. Przemysłowa 4/125

Nursery „Malutkowo"

ul. Łepkowskiego 5LU1



Nursery „Krasnoludki”

os. Oświecenia 51/106

Nursery „Artystyczna Akademia Malucha 2”

ul. Przemiaraki 23a

Non-Public Nursery „Lokomotywa” Nr 10 „Tęczowe Misie”

os. Tysiąclecia 85

Nursery „Kraina odkrywcy”

ul. Rodakowskiego 1

Nursery „Kraina odkrywcy”

ul. Przewóz 40

Nursery „Magiczne Safari”

ul. Myśliwska 5B lok.102

Nursery „Kolorowa Przysiań”

ul. Konecznego 6/15U

Nursery „Mini Bambini”

ul. Grodzisko 30

Nursery Akademia Malucha „Słoneczny Kąt”

ul. Ciechocińska 2

Nursery „Tygryski”

ul. St. Kostki Potockiego 19

Children’s Academy „Kraina Tysiąca i jednej nocy”

os. Centrum E 14/LU3

Nursery „Zaczarowany Melonik”

ul. A. Augustynka Wichury 14/LU 1

Non-Public Nursery Międzynarodowa Akademia Malucha „Daisy”

ul. Grota-Roweckiego 51B lok. 96

Nursery „Mini Pysie”

ul. Królowej Marysieńki 6

Non-Public Nursery „Centrum Maluszek”

ul. Szuwarowa 4 lok.64

Non-Public Nursery „Pluszowy Miś”

ul. Czyżyńska 21 lok. 98

Non-Public Nursery „Złoty Kogucik”

ul. Majora Łupaszkii 13/LU1

Non-Public Nursery „Kącik Świata i Maluszki”

ul. Ostatnia 1D

Non-Public Language Nursery „Fair Play”

ul. Francesco Nullo 42/U9

Non-Public Nursery „Motylkowa Kraina”

ul. Rakowicka 18A/100

Nursery „Mini Mini”

ul. Marii Dąbrowskiej 17I

Nursery „Bajkowy”

ul. Samuela Lindego 13/20

Toddler Club „Tup-Tup”

ul. Wiedeńska 108

Nursery „Karmelkowy Zakątek”

ul. Porucznika Wąchały 7

Private Nursery „Kacperkowo”

ul. Promienistych 10

Nursery „Gumisiowy Las”

ul. Na Barciach 14/I LU

Children’s Club „Centrum Małego Dziecka”

ul. Miłkowskiego 9/lok U1

Non-Public Nursery „Stokrotki”

ul. Skotnicka 101

Nursery „Kubuś i przyjaciele”

ul. Gdańska 20

Non-Public Nursery „Pompon”

ul. Sportowa 2A

Non-Public Nursery „Pyza i Ja”

ul. Wincentego Danka 8

Non-Public Nursery „Fajny Żłobek”

ul. Sołtysowska 12 i/46

Non-Public Toddler Club „Smerfy”

ul. Bunscha 20 lok. 76,77

Non-Public Nursery „Iskierki”

ul. Kanarkowa 1

Non-Public Nursery „Kącik Maluszka”

ul. Kaczorówka 1 lok.2

Non-Public Nursery Zielona Wyspa

ul. Doktora Judyma 16

Niepubliczny Żłobek Językowy „Fair Play”

ul. Jana Dekerta 24

Niepubliczny Żłobek Językowy „Fair Play”

ul. Ruczaj 43

Nursery Montessori House

ul. Solvaya 4/1

Nursery Montessori „Wesoły Jeżyk”

ul. Wyżynna 2

Nursery „Re-re kum-kum”

ul. Żabiniec 70

Non-Public Toddler Club „Smerfy”

ul. Wystouchów 55

Nursery „Re-re kum-kum”

ul. Przybyszewskiego 20

Non-Public Nursery „Mały Einsteinek”

ul. Koszykarska 21C/3

Nursery „Fiku Miku”

ul. Gwieździsta 7

Nursery „Dzieciaczkowo Due”

ul. Juliana Tokarskiego 6

**Nursery Uniwersytetu Jagiellońskiego
„Żaczuś”**

ul. Bydgoska 19B

Nursery „Ogródek Krasnoludków”

ul. Dominikanów 32/21

Non-Public Nursery Nr 5

ul. Kurczaba 6

Non-Public Nursery Klub Malucha „Panda”

ul. Petrażyckiego 52

**Nursery Centrum Zdrowego Rozwoju
„Czyżyk”**

ul. Siewna 10

Non-Public Nursery Borowinka

ul. Zaruskiego 4

Nursery „Re-re kum-kum 2”

ul. Radzikowskiego 104/1

Non-Public Nursery „Tygryski”

ul. Walerego Sławka 27/2

Non-Public Nursery Skrzacikowo

ul. Czarnogórska 10B lok 11

Nursery Kraina Odkrywcy

ul. Strycharska 10 lok LU 2

Nursery Kubuś i Przyjaciele

ul. Myśliwska 57

Non-Public Nursery Majowa Łąka

ul. Komuny Paryskiej 2

Non-Public Nursery Przedszkole Świat Dziecka

ul. Piltza 34

Non-Public Nursery Krasnal

ul. Kobierzyńska 24

Non-Public Nursery Delfinki

ul. Kijanki 2

Non-Public Nursery „Mądra Sowa”

ul. Przewóz 10 / 42

Clever Kids Nursery

ul. 28 lipca 1943 4

Nursery Małe Tygryski

os. Oświecenia 21/u3

Non-Public Nursery „Koala”

ul. Kołaczy 5

Nursery „Muszelka”

ul. Grzegórzecka 73 B/5, 6, 7, 8

Children's Club „Małe Gwiazdeczki”

ul. Romanowicza 5/8c

Private Nursery „Śpioszek 2”

ul. Bieńczycka 15a

Private Nursery Kacperkowo 2

ul. Dobrego Pasterza 56 / LU 1

Non-Public Language Nursery „Fair Play”

ul. Życzkowskiego 20 / 20

Non-Public Nursery GABI

ul. Dr. Jana Piltza 22

Nursery Pierwsze Kroczki

os. II Pułku Lotniczego 44 / LU 5

Nursery Klasa Bobasa

ul. Przemiaraki 23 lok. 3

Nursery Mini Mini

ul. Mistrzejowicka 2 A

Non-Public Nursery First Step

ul. Beskidzka 4 c

Non-Public Nursery Raj Maluszka

ul. Dąbska 18 D / 11, 12, 13

Non-Public Nursery Baby College

ul. Wandajska 4

Non-Public Nursery Międzynarodowa

Akademia Malucha Daisy

ul. Grzegórzecka 76B

Nursery Wesołe Skrzaty

ul. Pańska 20

**Non-Public Nursery and Preschool Sports
and Language Fair Play**

ul. Macieja Dębskiego 125

Non-Public Nursery Ence Pence

ul. prof. Wojciecha Marii Bartla 19 B

Private Nursery „Pod chrząszczykiem”

al. Krasieńskiego 24a/3

Nursery „Dzieciaczkowo”

ul. Łokietka 320 A

Non-Public Nursery Akademia Skrzatów

os. Bohaterów Września 1J lok. U6

Non-Public Nursery Filemon

ul. Murarska 3 B / 3 LU

Non-Public Nursery nr 11

ul. Bujaka 10

Non-Public Nursery Butterfly

ul. Koszykarska 31

Nursery Miś

ul. Murarska 19/5U

Non-Public Nursery Malinowe Skrzaty

ul. Irysowa 7/1

Nursery Lokomotywa

os. Złotej Jesieni 2c

Nursery „Mini Bambini”



ul. Grodzisko 30

Non-Public Nursery Bajka

ul. W. Lipińskiego 13 lok. D

Positive Nursery No. 1 in Krakow

ul. Maciejkowa 28

Nursery Zaczarowany Melonik

ul. Kapelanka 6A lok. U15

Nursery Tereferę

ul. Zdunów 18C/1

Toddler Club „Fabryczka” Centrum

Kreatywnego Dziecka

ul. Fabryczna 3 lok.1

Toddler Club Wesole Wygibasy

ul. Vetulaniego 8

Children’s Club Świat Według Maluszka

ul. Wolska 7

Children’s Club „Niunia”

ul. T. Rejtana 8/1

Non-Public Nursery Żłobek Nr 4

ul. Kurczaba 6

Private Nursery Magiczny Domek

ul. Kobierzyńska 166a

Non-Public Nursery Fair Play JP Sports

ul. Dobrego Pasterza 52/L 5

Non-Public Nursery Fair Play

ul. Wielicka 28

Non-Public Nursery Pierwsze Krocuki

os. Dywizjonu 303 19C/LU1

Children’s Club Momi Klub 2

ul. Wybickiego 1/LU2

Positive Nursery No. 2

al. 29 Listopada 193

Non-Public Nursery Misie-Pysie

ul. Komuny Paryskiej 54

Nursery Frajda

ul. Miodowa 24

Non-Public Nursery Royal Baby

ul. Saska 5/31

Nursery Bajkowy Świat Malucha

ul. Siemomysta 30

Non-Public Nursery „Glukusie” – Ujastek

ul. Ujastek 5B

Nursery „Magiczna Kraina”

ul. Ks. kard. Adama Sapiehy 69

Children’s Club Akademia Malucha Avalon Montessori

ul. Sodowa 22

Non-Public Nursery Akademia Muminków

ul. Turniejowa 40

Non-Public Nursery „U cioci Jadzi”

ul. Gliniana 15 lok.19 i 20

Non-Public Nursery „Magiczna Kraina”

os. Dywizjonu 303, 62F

Nursery Montessori Dreams

ul. Armii Krajowej 97 LU1

Non-Public Nursery „Pod Magnolią”

os. 2 Pułku Lotniczego 47D

BeBaby an intimate nursery

ul. Ludwinowska 11

Non-Public Nursery „Hutniczek”

os. Stalowe 16 lokU1

Nursery „Klasa Bobasa”

ul. Wolska 17

Nursery „Ogródek Krasnoludków”

ul. Skrajna 3/2

Klub Malucha Karuzela

ul. Lenartowicza 11/2

Akademia Smyka – Toddler Club

ul. Agatowa 27

Positive Nursery No. 3

ul. Wystouchów 22a/2

Nursery Gumisiowy Las

ul. Gen. A. F. Niła 17/JU 11 JU12

Non-Public Nursery Delfinki

ul. Łużycka 73

Nursery „Malinowy Domek”

os. Niepodległości 3a/4a

Klub Malucha „Kasztanek”

ul. Ojcowska 143

Nursery „Kubuś i przyjaciele”

ul. L. Rydygiera 18 lok. LU2, LU3

Nursery Hop Kids Nr 1

ul. Na Zakolu Wisły 12D/LU2

Nursery Mini Mini

ul. Rogozińskiego 3

Nursery „Happy Kids”

al. Jana Pawła II, 180/1

Non-Public Nursery Zielona Wyspa II

ul. Bałicka 14a

Non-Public Nursery Baby College

ul. Działowskiego 7

Non-Public Nursery Akademia Skrzatów II

os. Kościuszkowskie 12A

Non-Public Nursery Serduszko



os. Kombatantów 6

Non-Public Nursery „Malinowe Skrzaty”
ul. W. Łokietka 238

Non-Public Nursery „Fair Play”
ul. Lipska 8

**Non-Public Nursery Sportowo-Językowy
Fair Play OZON**

ul. Stefana Banacha 31/U1,

Non-Public Nursery „Słodziaki”
ul. Zdrowa 2A

Nursery Mini Mini
os. Na Lotnisku 1/U2

Non-Public Nursery Chatka Maluszka
ul. Sebastiana Klonowica 24

**LIST OF NURSERIES RUN
BY THE MUNICIPALITY OF KRAKOW**

tel. 570 563 988

Non-Public Nursery Nr 6 „Misie-Pysie”
ul. Domagały 63 i 65, tel. 505 073 737

Non-Public Nursery „Misie-Pysie”
ul. Dobrego Pasterza 18, tel. 505 073 737

Nursery „Re-re kum-kum”
ul. Radzikowskiego 100J/48,

Nursery „Re-re kum-kum”
ul. Radzikowskiego 100K/1, tel. 509 301 283

Non-Public Nursery „Pod Magnolią”
ul. Lipska 75, tel. 12 357 99 34

LIST OF MUNICIPAL NURSERIES

Nursery No. 1
ul. Podzamcze 1, tel. 12 312 05 63

Nursery No. 2
ul. Piastowska 47, tel. 12 637 50 09

Nursery No. 5
os. Willowe 2, tel. 12 644 24 43

Nursery No. 6
os. Piastów 42, tel. 12 648 55 71

Nursery No. 7
os. Zielone 28, tel. 12 644 37 98

Nursery No. 12 „Bajkowy Domek”
os. II Pułku Lotniczego 23, tel. 12 648 40 24

Nursery No. 13
os. Centrum A 12, tel. 12 644 23 95

Nursery No. 14
ul. Sienkiewicza 24, tel. 12 623 74 82

Nursery No. 18
ul. Mazowiecka 30 A, tel. 12 633 06 42

Nursery No. 19
ul. Świtezianki 7, tel. 12 414 34 78

**Integration Nursery No. 20 „Pluszowy
Miś”**
ul. Okólna 6, tel. 12 658 41 09

Nursery No. 21
ul. Lekarska 3, tel. 12 416 24 01

Nursery No. 22
os. Tysiąclecia 14, tel. 12 648 12 32

Nursery No. 23
ul. Słomiana 7, tel. 12 266 12 46

Nursery No. 24
ul. Opolska 11, tel. 12 415 83 39

Nursery No. 25
ul. Ehrenberga 3, tel. 12 637 58 96

Nursery No. 27
os. Kazimierzowskie 28, tel. 12 648 26 46

Nursery No. 28
ul. Kurczaba 21, tel. 12 658 44 10

Nursery No. 30
ul. Majora 18, tel. 12 285 71 71

Nursery No. 31
ul. Sanocka 2, tel. 12 655 39 10

Nursery No. 32
ul. Wystouchów 47, tel. 12 654 39 91

Nursery No. 33
ul. Żółkiewskiego 15, tel. 12 421 33 48

LIST OF DAY CARERS (as of 31/08/2018)

Healthy Development Centre "Czyżyk" Maciejkowo Sp. z o.o.

ul. Moczydło 7A – Beata Pietrzyk

ul. Siewna 10 – Sylwia Kwiatkowska,
Monika Kubińska, Anna Janik, Monika
Zwolińska-Kowalczyk

Local Government Nursery No. 22 os. Tysiąclecia 14

– Renata Kierdaj, Monika Tokarz

Tup-Tup Sp. z o.o.

ul. Wiedeńska 108 – Katarzyna Skóra

ASMIR Sp. z o.o. ul. Ks. Meiera 20g/1a –

Katarzyna Łozińska, Magdalena Szydło,
Agnieszka Woźniak, Mariola Stajnder,
Natalia Motylska, Wioleta Kiesztyn

Centrum Rodzinki Sp. z o.o.

ul. Porucznika Wąchały 7 – Agata
Muszyńska, Izabela Dąbrowska, Dominika
Burnos, Renata Gałek, Paulina Karkowska-
Kania, Katarzyna Batko
ul. Zbożowa 4 – Joanna Mitoraj, Lidia
Wilczyńska

KEMI Ilona Szczęch, Ewa Szczęch Sp. J.

ul. Wyżynna 2 – Justyna Pawłowska-
Budziosz, Adrianna Jeleń,

Michał Chrobak, ul. Żabiniec 70 - Anna
Biłos, Anna Dyrz

Patrycja Fijałkowska-Chrobak

ul. Przybyszewskiego 20 – Elżbieta Borys,
Katarzyna Sienko

LIST OF COUNSELING CENTERS AND FAMILY THERAPIES

"Podbrzezie" Krakow Institute of Psychotherapy

ul. Podbrzezie 6, 31-054 Kraków
tel. 12 423 02 28, 783 222 263
e-mail: podbrzezie@kip.edu.pl

Ośrodek jest czynny od poniedziałku do
piątku w godzinach 10.00–18.00

"Krakowiaków" Krakow Institute of Psychotherapy

os. Krakowiaków 2, 31-962 Kraków
tel. 12 644 12 66 w. 21
e-mail: krakowiakow@kip.edu.pl

Ośrodek jest czynny od poniedziałku do
piątku w godzinach 10.00–18.00

"Ptaszyckiego" Krakow Institute of Psychotherapy

ul. Ptaszyckiego 6, 31-979 Kraków
tel. 12 682 11 50, 692 960 436
e-mail: ptaszyckiego@kip.edu.pl
The team welcomes people from Monday
to Friday from 10.00 to 18.00.

Centre for Family Counselling and Therapy – Dobra Nadzieja:

ul. Batorego 5, 31-135 Kraków

tel. 12 633-35-31
e-mail: opitr_basztowa@op.pl
Rejestracja czynna: poniedziałek - piątek:
08.00–20.00

ul. Stoczniovców 7, 30-709 Kraków

tel. 12 262 92 99
Rejestracja czynna: poniedziałek - piątek:
08.30–14.30

KRAKOW SUPPORTS FAMILIES

LIST OF MOP BRANCHES

Branch No. 1:

os. Teatralne 24, tel. 12 430 45 46, 12 430
45 44, poniedziałek-piątek: 7.30–15.30;
e-mail: f1@mops.krakow.pl; supports
Districts: III, XIV, XV

Branch No. 2:

ul. Radzikowskiego 39, tel. 12 636 77 98,
12 636 77 84, poniedziałek-piątek: 7.30–
15.30, e-mail: f2@mops.krakow.pl; supports
District IV

Branch No. 3:

ul. Rzeźnicza 2, tel. 12 257 00 07;
poniedziałek-piątek, 7.30–15.30;
e-mail: f3@mops.krakow.pl; supports
Districts: IX, X, XIII, the northern part of
District XI

Branch No. 4:

os. Szkolne 34, tel. 12 425 75 64, 12 425
75 82, 12 643-75-68, poniedziałek-piątek:
7.30–15.30, e-mail: f4@mops.krakow.pl;
supports District XVIII



Branch No. 5:

ul. Praska 52, tel. 12 269 05 54, 12 269 06 37, poniedziałek-piątek: 7.30–15.30, e-mail: f5@mops.krakow.pl; supports District VIII

Branch No. 6:

ul. Dietla 64, tel. 12 421 61 44, 12 421 94 96, poniedziałek-piątek: 7.30–15.30, e-mail: f6@mops.krakow.pl; supports Districts: I and II

Branch No. 7:

ul. Mazowiecka 4-6, tel. 12 632 66 20, 12 632 21 46, poniedziałek-piątek: 7.30–

15.30, e-mail: f7@mops.krakow.pl; supports Districts: V, VI and VII

Branch No. 8:

ul. Na Kozłowiec 27, tel. 12 659 12 86, 12 658 63 63, poniedziałek-piątek: 7.0–15.30, e-mail: f8@mops.krakow.pl; supports Districts: XII, the southern part of District XI

Branch No. 9:

os. Teatralne 24, tel. 12 644 76 09, 12 644 80 34, poniedziałek-piątek: 7.30–15.30, e-mail: f9@mops.krakow.pl; supports Districts: XVI and XVII

| |
|-------------------------------|
| LIST OF PARENTS' CLUBS |
|-------------------------------|

Far Association More ul. Berka Joselewicza 28, www.dalekowiecej.pl

Association "Kultura i Edukacja" ul. Bobrowskiego 6, www.facebook.com/Association-Kultura-i-Edukacja

Understanding Foundation ul. Tarnowskiego 6/1, www.facebook.com/Fundacja-Understanding

Association Siemacha ul. Ptaszycykiego 6, www.siemacha.org.pl/
Association Siemacha, Bonarka City Center ul. Kamieńskiego 11, www.siemacha.org.pl/

Foundation Rodzina Plus ul. Witosza 39, www.rodzinaplus.org/index.html

Cultural Centre Podgórze ul. Sokolska 13, www.cpkpodgorza.pl

Dwór Czeczów ul. Popiełuszki 36, www.dworzczeczow.pl

Piaskownica Club ul. Łużycka 55, www.klubpiaskownica.pl

Kliny Club ul. Biskupa A. Małysiaka 1,

www.kkkliny.krakow.pl

Ruczaj centre ul. S. Rostworowskiego 13, www.ckruczaj.pl

Skotniki Club ul. Batalionów Chłopskich 6

Iskierka Club ul. Żywiecka 44

Teatr Praska 52 ul. Praska 52, www.teatrpraska52.pl

Wróblowice Club ul. Niewodniczańskiego 74, www.okkwroblowice.pl

Rybitwy Club ul. Rybitwy 61

Cultural Centre "Dworek Białoprądnicki" ul. Papiernicza 2, www.dworek.eu

Culture Club "Mydlniki" ul. Balicka 289, www.mydlniki.dworek.eu/

Culture Club "Przegorzały" ul. Kamedulska 70, www.przegorzaaly.dworek.eu/

Culture Club "Paleta" ul. Wrocławska 91, www.paleta.dworek.eu/

Culture Club "Chelm" ul. Chelmska 16, www.chelm.dworek.eu/

Culture Club "Wena" ul. ks. Meiera 11, www.wena.dworek.eu/

Culture Club "Wola" ul. Królowej Jadwigi 215, www.wola.dworek.eu/

Culture Club "Łokietek" ul. Łokietka 267, www.lokietek.dworek.eu/

Jędrus Club os. Centrum A 6a, www.krakownh.pl/klub/klub-jedrus/10.html

Dukat Club ul. Styczna 1, www.krakownh.pl/klub/klub-dukac/2.html

303 Club os. Dywizjonu 303 nr 1, www.krakownh.pl/klub/klub-303/12.html



Karino Club
ul. Truskawkowa 4, www.krakownh.pl/klub/klub-karino/11.html

Kuźnia Club
os. Złotego Wieku 14, www.kuznia.edu.pl

ARTzona
os. Górali 4, www.artzona.okn.edu.pl

Nowohuckie Cultural Centre
al. Jana Pawła II 232, www.nck.krakow.pl

Malwa Club
ul. Dobrego Pasterza 6, www.facebook.com/klubmw/

www.facebook.com/klubmw/

Integrative Olsza Culture Club
ul. Stanisława ze Skalbmierza 7,
www.krakowskieforum.pl

PAL "Azory"
ul. Jaremy 1, www.pal.mops.krakow.pl

PAL "Dąbrówki"
ul. Dąbrówki 7, www.pal.mops.krakow.pl

LIST OF DAY SUPPORT SERVICES CARRIED OUT IN CARE FORM

District I – Stare Miasto

ul. Augustiańska 22, tel. 12 4306018,
ul. Brzozowa 9/2, tel. 606 485 018

District III – Prądnik Czerwony

ul. Strzelców 15, tel. 12 417 30 13,
ul. Strzelców 9a/1, tel. 12 413 67 11,
ul. Pawła Włodkowica 7a, tel. 12 417 21 70

District IV – Prądnik Biały

ul. Elsnera 3, tel. 666 858 697,
ul. Radzikowskiego 29, tel. 12 638 75 37

District V – Krowodrza

ul. Skarbińskiego 16, tel. 697 653 731

District VI – Bronowice

ul. Szlachtowskiego 31, tel. 12 638 11 28

District VII – Zwierzyniec

ul. Ks. Józefa 337, tel. 12 429 72 10

District VIII – Dębniki

ul. Różana 5, tel. 12 269 31 10

District X – Swoszowice

ul. Borkowska 27, tel. 12 264 35 88

District XI – Podgórze Duchackie

ul. Bujaka 15, tel. 12 654 41 47

District XII – Bieżanów Prokocim

ul. Popfawskiego 17, tel. 510 190 935,
ul. Aleksandry 1, tel. 12 657 01 58
ul. Kurczaba 5, tel. 12 341 48 51

District XIII – Podgórze

ul. Józefińska 3, tel. 12 423 57 54, 514 407 293,
Rynek Podgórski 4/1a, tel. 12 423 50 76

District XV – Mistrzejowice

os. Tysiąclecia 86, tel. 667 678 267

District XVI – Bieńczyce

os. Kalinowe 18, tel. 12 648 27 46,
os. Albertyńskie 36, tel. 12 649 14 92

District XVII – Wzgórze Krzesławickie

os. Na Wzgórzach 13a, tel. 12 645 15 76
ul. Jaskrowa 5, tel. 12 645 27 22

District XVIII – Nowa Huta

os. Szklane Domy 7, tel. 796 140 700,
os. Górali 15, tel. 669 803 685

LIST OF DAY SUPPORT SERVICES CARRIED OUT IN SPECIALIZED FORM

District I – Stare Miasto

ul. Długa 42, tel. 12 632 62 51

District II – Grzegórzki

ul. Mogilska 58, tel. 12 638 02 63

District XI – Podgórze Duchackie

ul. Kamieńskiego 11, tel. 12 298 63 75

District XII – Bieżanów, Prokocim

ul. Na Kozłowiec 25, tel. 12 658 26 25

District XVIII – Nowa Huta

ul. Ptaszyckiego 6, tel. 12 682 11 60



LIST OF DAY SUPPORT SERVICES CARRIED OUT IN THE FORM OF OUTDOOR WORK

| Leadership | Address | Area where actions are taken |
|---|---------------------------------------|--|
| Association Centrum Profiliaktyki i Edukacji Społecznej PARASOL | ul. Izaaka 5 tel. 12 430 08 20 | District I Stare Miasto, District II Grzegórzki, District XIII Podgórze |
| Foundation Ukryte Skrzydła | os. Teatralne 23 tel. 12 680 21 56 | District XVI Bieżczyce, District XVIII Nowa Huta |
| Foundation Nowe Centrum | os. Słoneczne 14, tel. 698 138 948 | District XIV Czyżyny, District III Prądnik Czerwony, District XV Mistrzejowice |

LIST OF SPECIALIZED CONSULTING UNITS

Centre for Family Counselling and Therapy
ul. Stoczniovców 7,
e-mail: opitr_basztowa@op.pl,
www.sdn.org.pl

Centre for Family Counselling and Therapy
ul. Batorego 5, e-mail: dobra_nadzieja@op.pl
Centre for therapy and counseling - Krakow
Institute of Psychotherapy ul. Podbrzezie 6,
e-mail: podbrzezie@kip.edu.pl,
www.kip.edu.pl

Centre for therapy and counselling - Krakow
Institute of Psychotherapy - Branch No.2
os. Krakowiaków 2, e-mail: krakowiakow@kip.edu.pl, www.kip.edu.pl

Centre for therapy and counselling
- Krakow Institute of Psychotherapy -
Branch No. 3, ul. Ptaszyckiego 6,
e-mail: ptaszyckiego@kip.edu.pl,
www.kip.edu.pl

LIST OF CRISIS INTERVENTION CENTERS:

Centre for People Affected by Violence
os. Krakowiaków 46,
e-mail: oodp.krakowiakow@caritas.pl
www.krakowcaritas.pl

Crisis Intervention Centre (open 24 hours)
ul. Radziwiłłowska 8b, tel. 12 421 92 82

LIST OF CENTERS FOR TREATMENT FOR ALCOHOL AND OTHER PSYCHOACTIVE SUBSTANCE PROBLEMS

Krakow Association of Addiction Therapists:

1. Addiction Treatment Clinic
ul. Wielicka 73, 30-552 Kraków
tel. 12 425 57 47, 12 290 05 56,

2. Addiction Treatment Clinic
ul. Jerzmanowskiego 40, 30-836 Kraków
tel. 12 359 30 18, 792 430 240, www.kctu.pl

**CM Unimed Sp. z o.o.
Addiction Treatment Clinic**
ul. Młodej Polski 7, 30-131 Kraków,

tel. 12 637 08 49, www.unimed-nzoz.pl

University Hospital in Krakow Addiction Treatment Center for Adults, Addiction Treatment Center for Children and Adolescents

ul. Śniadeckich 3, 31-531 Kraków,
tel. 12 424 87 43, www.su.krakow.pl

Foundation "Zdrowie dla Budowlanych" Addiction Treatment Clinic,
os. Sportowe 24, 31-966 Kraków,
tel. 512 981 617, http://alkomed.pl/

Association "Tygart" Nowohuckie Center for Psychotherapy and Addiction Therapy Outpatient Treatment

os. Kolorowe 21, 31-941 Kraków, tel. 12 644 45 55, <http://www.poradnia-pema.pl>

Association "Monar" Outpatient Clinic of Addiction Treatment and Addiction Therapy in Krakow

ul. Św. Katarzyny 3, 31-063 Kraków, tel. 12 430 61 35, www.monar.kki.pl

Centre for Preventive Medicine s.c.**Addiction Treatment Clinic**

ul. B. Komorowskiego 12, 30-106 Kraków, tel. 14 421 13 01, 12 421 34 66, www.cmp.krakow.pl

Association Pomocna Dłoń**1. Addiction Treatment Clinic**

ul. Radzikowskiego 29, 31-315 Kraków, tel. 12 626 02 33

2. Addiction Treatment Clinic

ul. Sudolska 16, 31-422 Kraków, tel. 12 418 05 34, www.pomocnadlon-krakow.pl

Helpful Hand Maszachaba,**Addiction Treatment Clinic**

ul. Prądnicza 50A, 31-202 Kraków, tel. 12 632 70 27, www.maszachaba.com.pl

Lidia Godzwon Training and Therapeutic Centre

ul. Krowoderska 29/12, 30-507 Kraków, tel. 603 654 483, www.mctu.pl

Ergomed s.c.**Addiction Treatment Clinic**

ul. Bonarka 18, 30-415 Kraków, tel. 12 266 21 95 wew. 107, www.ergomed.pl

Niepubliczny Zakład Opieki Zdrowotnej**Małopolska Centrum of Prophylactic****Health and Treatment of Addiction****Współpraca sp. z o.o. Addiction Treatment Clinic**

ul. Stoczniovców 7,

30-709 Kraków, tel. 12 262 95 49

Centrum Dobrej Terapii

ul. Miłkowskiego 7/U1 oraz 9/U3, 30-349 Kraków, tel. 12 264 17 41, 668 230 869, www.centrumdobrejterapii.pl

„Pro-Vita” Non-public Centrum for Mental Health and Addiction Therapy Kraków-Śródmieście**Poradnia Leczenia Uzależnień**

ul. Basztowa 5, tel. 12 421 95 67, www.provita.org.pl

Voivodship Center of Addiction and Co-**dependency Therapy Specialist Hospital****Józefa Babińskiego SP ZOZ Krakow,**

ul. Babińskiego 29, 30-393 Kraków, tel. 12 652 45 18, www.wotuw.malopolska.pl

Specialist Hospital im. Ludwika Rydygiera w Krakowie,**Addiction Treatment Clinic**

os. Złotej Jesieni 1, 31-826 Kraków, tel. 12 646 83 17, www.szpitalrydygier.pl

Association Dobrej Nadziei Nzoz Dobrej Nadziei,**1. Addiction Treatment Clinic**

ul. Batorego 5, 31-135 Kraków, tel. 12 633 35 31

2. Addiction Treatment Clinic

ul. Radońska 36, tel. 12 418 18 52, www.nzoz.sdn.org.pl

Non-public Monar Health Care Center, Rehabilitation and Readaptive Center in Krakow,

ul. Suchy Jar 4, 31-983 Kraków, tel. 12 645 09 67,

www.dommonarukrakow.pl

Center for Treatment, Therapy and**Rehabilitation of Addicted Persons with Recurrent Disease in Krakow**

ul. Nadbrzezie 25, 31-983 Kraków, tel. 12 681 00 66, www.gwan.nazwa.pl

LIST OF HEALTHCARE TREATMENT CENTERS**Centre of Good Therapy**

ul. Miłkowskiego 7/U1 oraz 9/U3, 30-349 Kraków, tel. 12 264 17 41, 668 230 869, www.centrumdobrejterapii.pl

Krakow Association of Addiction Therapists

ul. Wielicka 73, 30-552 Kraków, tel. 12 425 57 47, www.kctu.pl

Provincial Specialist Hospital Ludwika Rydygiera in Krakow Addiction Treatment Clinic,

os. Złotej Jesieni 1, 31-826 Kraków, tel. 12 646 83 17, www.szpitalrydygier.pl

Medical Centre Maszachaba,**Addiction Treatment Clinic**

ul. Prądnicza 50A, 31-202 Kraków, tel. 12 632 70 27



Association Pomocna Dłoń:

1. Addiction Treatment Clinic,
ul. Radzikowskiego 29, 31-315 Kraków,
tel. 12 626 02 33

2. Addiction Treatment Clinic

ul. Sudolska 16, 31-422 Kraków,
tel. 12 418 05 34,
www.pomocnadlon-krakow.pl

“Pro-Vita” Non-public Mental Health and Addiction Therapy Center Krakow-Śródmieście

ul. Basztowa 5, tel. 12 421 95 67,
www.provita.org.pl

Association Dobrej Nadziei (Non-public Health care center

ul. Batorego 5, 31-135 Kraków,
tel. 12 633 35 31, ul. Radomska 36,
tel. 12 418 18 52, www.nzoz.sdn.org.pl

Non-public Health Care Center Malpolska Centrum of Prophylactic and Addiction Treatment Cooperation sp. z o. o. Addiction Treatment

ul. Stoczniovców 7, 30-709 Kraków,
tel. 12 262 95 49

SNZOZ UNIMED Sp. z o.o.

Clinic of treatment of alcohol addiction and co-addiction CM Unimed Sp. z o. o.
ul. Młodej Polski 7, 30-131 Kraków,
tel. 12 637 08 49, www.unimed-nzoz.pl

University Hospital in Krakow Addiction Treatment Center for Adults, Addiction Treatment Center for Children and Adolescents

ul. Śniadeckich 3, 31-531 Kraków,
tel. 12 424 87 43, www.su.krakow.pl

ACTIVE FAMILY IN KRAKOW - CULTURE, SPORT AND LEASURE

LIST OF HOUSES AND CULTURE CENTERS

Nowa Huta Cultural Centre

al. Jana Pawła II 232, tel. 12 644 05 80

Cultural Center Dworek Białostrzaniecki

ul. Papiernicza 2, tel. 12 415 02 00

Branches:

Zajazd Kościuszkowski – ul. Białostrzaniecka 3,
Club Chełm – ul. Chełmska 16,

Club Mydlniki – ul. Balicka 289, Club Paleta –
ul. Wrocławska 91,

Club Przegrzały – ul. Kamedulska 70, Club
Wola – ul. Królowej Jadwigi 215, Club
Kultury “Wena” – ul. ks. Meiera 11,

Klub Kultury “Łokietek” – ul. Wł. Łokietka 267.

Podgórze Culture Centre

ul. Sokolska 13, tel. 12 656 45 43

Branches:

Club Iskierka, ul. Żywiecka 44,

Club Kliny, ul. Bpa Albina Małysiaka 1, Club
Kostrze, ul. Dąbrowa 3,

Club Piaskownica, ul. Łużycka 55, Club
Przewóz, ul. Łutnia 1,

Club Pychowice, ul. Ćwikłowa 1, Club
Rybitwy, ul. Rybitwy 61,

Club Skotniki, ul. Batalionów Chłopskich
6, Club Soboniewice, ul. Kuryłowicza 115,
Club Tynec, ul. Dziewiarzy 7,

Club Wola Duchacka, ul.
Malborska 98, Club Wróblewice, ul.
Niewodniczańskiego 74, Club Zbydniowice,
ul. Matematyków Krakowskich 102,

Czeczów Manor, ul. Popiełuszki 36, Ruczaj
Resort, ul. Rostworowskiego 13, Center for
Contemporary Art Solvay,

ul. Zakopiańska 62,

Teatr Praska 52, ul. Praska 52..

Krakow Culture Forum

ul. Mikołajska 2, tel. 12 422 08 14

Branches:

Culture Club “Kazimierz”, ul. Krakowska
13, Culture Club “Strych”, ul. Masarska 14,
Integration Club of Culture “Olsza”,
ul. Stanisława ze Skalbmierza 7.

Club of Modern Music “Małwa”, ul.
Dobrego Pasterza 6,

Center for Documentation and Artistic
Initiations “Piwnica pod Baranami”, ul. Św.
Tomasza 26.

Kraków-Nowa Huta Culture Centre

os. Zgody 1, tel. 12 644 24 32

Branches:

“Wersalik” – os. Ogrodowe 15, Club
“Aneks” – os. Łuczanowice 1,



Club "Pod Kasztanami" – os. Kościelniki, ul. Płoszczyzny 1,

Club "Dukat" – os. Grębałów – ul. Styczna 1, Club "Karino" – os. Chafupki – ul. Truskawkowa 4,

Club "Herkules" – os. Branice – ul. Tokarzewskiego 29,

Club "Jedność" – os. Wolica – ul. Drożyska 3c,

Club "Mirage" – os. Bohaterów Września 26,

Club "Krzestawice" – os. Krzestawice – ul. Wańkowicza 17,

Club 303 – os. Dywizjonu 303.

C.K. Norwid Culture Center

os. Górali 5, tel. 12 644 27 65,

Branches:

Club "Kuznia" – os. Złotego Wieku 14, ARTzona – os. Górali 4

Culture Center of Song and Dance Group "Krakowiacy"

ul. Gertrudy 4, tel. 12 430 65 60.

Culture Center Library of Polish Songs

ul. Krakusa 7, tel. 12 430 43 00

Library management and administration

pl. Jana Nowaka-Jeziorańskiego 3,

31-154 Kraków, tel. 12 618 91 00,

e-mail: sekretariat@biblioteka.krakow.pl

www.biblioteka.krakow.pl

Main Library

ul. Powroźnicza 2, 30-307 Kraków,

tel. 797 024 013,

e-mail: biblioteka_glowna@biblioteka.krakow.pl

LIST OF KRAKOW LIBRARY BRANCHES

Branch No. 1

ul. J. Dietla 80/82, 31-073 Kraków,

tel. 12 429 34 30,

e-mail: filia_1@biblioteka.krakow.pl

Branch No. 2

ul. Krakowska 29, 31-062 Kraków,

tel. 12 422 92 43,

e-mail: filia_2@biblioteka.krakow.pl

Branch No. 3

pl. Jana Nowaka-Jeziorańskiego 3,

31-154 Kraków, tel. 12 618 91 00,

e-mail: filia_3@biblioteka.krakow.pl

(od IV kwartału 2018 r. pod tym adresem będzie nowa lokalizacja)

Branch No. 4

ul. S. Bobrowskiego 11, 31-552 Kraków,

tel. 12 412 76 91,

e-mail: filia_4@biblioteka.krakow.pl

Branch No. 5

ul. A. Lubomirskiego 7 a, 31-509 Kraków,

tel. 12 430 37 39,

e-mail: filia_5@biblioteka.krakow.pl

Branch No. 6

al. I. Daszyńskiego 22, 31-534 Kraków,

tel. 12 423 24 26,

e-mail: filia_6@biblioteka.krakow.pl

Branch No. 7

al. Pokoju 33, 31-564 Kraków,

tel. 12 414 26 01,

e-mail: filia_7@biblioteka.krakow.pl

Branch No. 8

ul. J. Brodowicza 1, 31-525 Kraków,

tel. 12 412 49 55,

e-mail: filia_8@biblioteka.krakow.pl

Branch No. 9

ul. Dobrego Pasterza 6, 31-416 Kraków,

tel. 12 411 04 00,

e-mail: filia_9@biblioteka.krakow.pl

Branch No. 10

al. 29. Listopada 59, 31-425 Kraków,

tel. 12 411 80 96,

e-mail: filia_10@biblioteka.krakow.pl

Branch No. 11

ul. Bosaków 11, 31-476 Kraków,

tel. 12 411 96 03,

e-mail: filia_11@biblioteka.krakow.pl

Branch No. 12

ul. Łąkowa 27, 31-443 Kraków,

tel. 12 417 26 37,

e-mail: filia_12@biblioteka.krakow.pl

Branch No. 13

ul. M. Dzieskiego 2, 31-465 Kraków,

tel. 12 412 30 00,

e-mail: filia_13@biblioteka.krakow.pl

Branch No. 14

ul. Ugorek 14, 31-456 Kraków,

tel. 12 417 17 15,

e-mail: filia_14@biblioteka.krakow.pl

Branch No. 15

ul. Dobrego Pasterza 100, 31-416 Kraków,

tel. 12 417 22 73,

e-mail: filia_15@biblioteka.krakow.pl



Branch No. 16

ul. W.E. Radzikowskiego 29,
31-315 Kraków, tel. 797 301 005,
e-mail: filia_16@biblioteka.krakow.pl

Branch No. 17

ul. Ojcowska 27, 31-344 Kraków,
tel. 797 301 011,
e-mail: filia_17@biblioteka.krakow.pl

Branch No. 18

ul. ks. K. Siemaszki 31, 31-207 Kraków,
tel. 797 301 014,
e-mail: filia_18@biblioteka.krakow.pl

Branch No. 19

ul. W. Łokietka 267, 31-263 Kraków (Tonie),
tel. 797 301 017,
e-mail: filia_19@biblioteka.krakow.pl

Branch No. 20

ul. Opolska 37, 31-277 Kraków,
tel. 797 301 026,
e-mail: filia_20@biblioteka.krakow.pl

Branch No. 21

ul. Królewska 59, 30-084 Kraków,
tel. 797 301 021,
e-mail: filia_21@biblioteka.krakow.pl

Branch No. 22

ul. H. Sienkiewicza 2, 30-033 Kraków,
tel. 797 301 004,
e-mail: filia_22@biblioteka.krakow.pl

Branch No. 23

ul. Bałicka 297, 30-198 Kraków (Mydlniki),
tel. 797 301 007,
e-mail: filia_23@biblioteka.krakow.pl

Branch No. 24

ul. Na Błonie 13 d, 30-147 Kraków,
tel. 797 301 009,
e-mail: filia_24@biblioteka.krakow.pl

Branch No. 25

ul. J. Fałata 2, 30-110 Kraków, tel. 797 301 002,
e-mail: filia_25@biblioteka.krakow.pl

Branch No. 26

ul. B. Komorowskiego 11, 30-106 Kraków,
tel. 797 301 003,
e-mail: filia_26@biblioteka.krakow.pl

Branch No. 27

ul. Królowej Jadwigi 37 b, 30-209 Kraków,
tel. 12 411 92 74, 797 301 016,
e-mail: filia_27@biblioteka.krakow.pl

Branch No. 28

ul. Komandosów 1, 30-334 Kraków,
tel. 797 024 003,
e-mail: filia_28@biblioteka.krakow.pl

Branch No. 29

ul. Praska 52, 30-322 Kraków tel. 797 024 006
e-mail: filia_29@biblioteka.krakow.pl

Branch No. 30

ul. Dziewiarzy 7, 30-398 Kraków (Tynec),
tel. 797 024 008,
e-mail: filia_30@biblioteka.krakow.pl

Branch No. 31

ul. Zachodnia 7/3 a, 30-350 Kraków,
tel. 797 024 021,
e-mail: filia_31@biblioteka.krakow.pl

Branch No. 32

ul. Żywiecka 32, 30-427 Kraków,
tel. 12 266 15 01,
e-mail: filia_32@biblioteka.krakow.pl

Branch No. 33

ul. Zakopiańska 103, 30-418 Kraków,
tel. 797 024 012,
e-mail: filia_33@biblioteka.krakow.pl

Branch No. 34

ul. Borsucza 12, 30-408 Kraków,
tel. 797 024 020,
e-mail: filia_34@biblioteka.krakow.pl

Branch No. 35

ul. T. Chałubińskiego 47, 30-689 Kraków
(Swoszowice), tel. 797 024 005,
e-mail: filia_35@biblioteka.krakow.pl

Branch No. 36

ul. H. Niewodniczańskiego 123, 30-698
Kraków (Wróblowice), tel. 797 024 007,
e-mail: filia_36@biblioteka.krakow.pl

Branch No. 37

ul. J.I. Sztajdyngera 5, 30-692 Kraków
(Kosocice), tel. 797 024 018,
e-mail: filia_37@biblioteka.krakow.pl

Branch No. 38

ul. W. Sławka 10, 30-633 Kraków
tel. 797 024 004,
e-mail: filia_38@biblioteka.krakow.pl

Branch No. 39

ul. por. Halszki 1, 30-611 Kraków,
tel. 797 024 009,
e-mail: filia_39@biblioteka.krakow.pl



Branch No. 40

ul. Łużycka 55, 30-658 Kraków,
tel. 797 024 017,
e-mail: filia_40@biblioteka.krakow.pl

Branch No. 41

ul. Gotańska 13/1, 30-619 Kraków,
tel. 797 024 022,
e-mail: filia_41@biblioteka.krakow.pl

Branch No. 42

ul. Telimeny 9, 30-837 Kraków,
tel. 797 024 001,
e-mail: filia_42@biblioteka.krakow.pl

Branch No. 43

ul. gen. J. Jasińskiego 32, 30-815 Kraków,
tel. 797 024 002,
e-mail: filia_43@biblioteka.krakow.pl

Branch No. 44

ul. Spółdzielców 3, 30-682 Kraków,
tel. 797 024 014,
e-mail: filia_44@biblioteka.krakow.pl

Branch No. 45

ul. Teligi 24, 30-835 Kraków,
tel. 797 024 016,
e-mail: filia_45@biblioteka.krakow.pl

Branch No. 46

ul. Limanowskiego 4, 30-534 Kraków,
tel. 797 024 011,
e-mail: filia_46@biblioteka.krakow.pl, (od IV
kwartału 2018 r. pod tym adresem będzie
nowa lokalizacja)

Branch No. 47

os. Dywizjonu 303/1, 31-871 Kraków,
tel. 12 647 28 85,
e-mail: filia_47@biblioteka.krakow.pl

Branch No. 48

os. Boh. Września 26, 31-621 Kraków,
tel. 12 645 95 27,
e-mail: filia_48@biblioteka.krakow.pl

Branch No. 49

os. Tysiąclecia 42, 31-610 Kraków,
tel. 12 648 50 69,
e-mail: filia_49@biblioteka.krakow.pl

Branch No. 50

os. Kościuszkowskie 5, 31-812 Kraków,
tel. 12 648 79 46,
e-mail: filia_50@biblioteka.krakow.pl

Branch No. 51

os. Kalinowe 4, 31-812 Kraków,
tel. 12 648 52 68,
e-mail: filia_51@biblioteka.krakow.pl

Branch No. 52

os. Na Stoku 1, 31-701 Kraków,
tel. 12 645 29 52,
e-mail: filia_52@biblioteka.krakow.pl

Branch No. 53

os. Stalowe 12, 31-921 Kraków,
tel. 12 644 23 52,
e-mail: filia_53@biblioteka.krakow.pl

Branch No. 54

os. Młodości 8, 31-908 Kraków,
tel. 12 644 13 22,
e-mail: filia_54@biblioteka.krakow.pl

Branch No.55

os. Teatralne 25, 31-946 Kraków,
tel. 12 644 40 46,
e-mail: filia_55@biblioteka.krakow.pl

Branch No. 56

os. Zgody 7, 31-949 Kraków,
tel. 12 644 40 72,
e-mail: filia_56@biblioteka.krakow.pl

Reporters Club Pod Gruszką

ul. Szczepańska 1, 31-011 Kraków,
tel. 512 455 260

Inter-interface rental

ul. Masarska 14, 31-539 Kraków,
tel. 12 431 00 68



CITY SPORT CENTERS

| Name | Contact details | Sections |
|---|---|--|
| Interschool Sports Center Krakow „West” | Plac na Groblach 23, 31-101 Kraków; tel. 12 422 12 21; e-mail: mos-srodmiescie@groble.pl | skating, volleyball, carries out the „Kindergarten Academy” sports |
| Interschool Sports Center Krakow „East” | os. Zgody 13a, 31-950 Kraków, tel. 12 644 22 72, e-mail: biuro@moswschod.pl | football, modern dance, jiu-jitsu, implements the „Krakow Youth Olympics” programs |
| Cracow School Center Sporty | Al. Powstania Warszawskiego 6, 31-549 Kraków, tel. 12 411 58 66, e-mail: sekretariat@ksos.krakow.pl | swimming lessons, corrective gymnastics, badminton, bridge, chess, table tennis, tennis, mini-tennis, recreational and corrective activities |

LIST OF PLAYGROUND IN KRAKOW

| | |
|---|---|
| Park Bednarskiego, ul. Parkowa | Park Zielony Jar Wandy, ul. Zielony Jar |
| Park Dąbie, al. Pokoju | Park Żeromskiego, |
| Park Decjusza, ul. Królowej Jadwigi | ul. Wacława Sieroszewskiego |
| Park Jerzmanowskich, ul. Wielicka | Playground, ul. Daszyńskiego |
| Park Jordana, ul. Reymonta | Playground, al. Focha |
| Park Kościuszki, ul. Mackiewiczza | Playground, al. Powstania Warszawskiego |
| Park Krowoderski, ul. Łokietka | Playground, Błonia Mogiłskie |
| Park Kurdwanów, ul. Bujaka | Playground, Bulwary Wiślane |
| Park Leśny Witkowice, ul. Bibicka | Playground, Dom Hut |
| Park Lotników Polskich, al. Jana Pawła II | Playground, Fort Batowice |
| Park Maćka i Doroty, ul. Wichrowa | Playground, Fort Mistrzejowice |
| Park Młynówka Królewska, | Playground, ul. Lotnicza |
| ul. Jadwigi z Łobzowa | Playground, Mauzoleum |
| Park Płaszów, ul. Myśliwska | Playground, Młynówka Dominikańska |
| Park Rząka, ul. Ludwika Rydygiera | Playground, os. Albertyńskie |
| Park Skalskiego, os. Dywizjonu 303 | Playground, os. Bielany |
| Park Solvay, ul. Żywiecka Boczna | Playground, os. Centrum A |
| Park Stanisława Wyspiańskiego, | Playground, os. Centrum B |
| ul. Władysława Łokietka | Playground, os. Centrum B6 |
| Park św. Wincentego a`Paulo, | Playground, os. Centrum C10 |
| ul. Misjonarska | Playground, os. Centrum D5 |
| Park Wiśniowy Sad, ul. Wiśniowy Sad | Playground, os. Dywizjonu 303 |
| | Playground, os. Górali 11 |



- Playground, os. Górali 3
 Playground, os. Handlowe 6-8
 Playground, os. II Pułku Lotniczego
 Playground, os. Jagiellońskie
 Playground, os. Jagiellońskie 27
 Playground, os. Kalinowe 9
 Playground, os. Kazimierzowskie 24
 Playground, os. Kazimierzowskie 7
 Playground, os. Kolorowe
 Playground, os. Krakowiaków 13
 Playground, os. Łuczanowice
 Playground, os. Na Lotnisku
 Playground, os. Na Skarpie 43
 Playground, os. Na Skarpie 9
 Playground, os. Na Stoku
 Playground, os. Ogrodowe 6
 Playground, os. Piastów
 Playground, os. Piastów 16
 Playground, os. Ruszcza
 Playground, os. Słoneczne 15
 Playground, os. Słoneczne 7
 Playground, os. Sportowe 25A
 Playground, os. Strusia 18
 Playground, os. Strusia 4
 Playground, os. Szklane domy 1
 Playground, os. Szkolne 10
 Playground, os. Szkolne 35
 Playground, os. Teatralne 11
 Playground, os. Teatralne 30
 Playground, os. Urocze 8
 Playground, os. Wandy 8
 Playground, os. Widok
 Playground, os. Willowe 1
 Playground, os. Willowe 22A
 Playground, os. Wyciąże
 Playground, os. Wysokie
 Playground, os. Zgody 8
 Playground, os. Zielone 18
 Playground, os. Zielone 25
 Playground, os. Złotego Wieku
 Playground, os. Polana Nagłowicka
 Playground, Skwer Eilego
 Park Zaczarowanej Dorożki,
 ul. Dominikańska
 Playground, ul. Aleksandry
 Playground, ul. Bielańska/Orla
 Playground, ul. Bitwy nad Bzurą
 Playground, ul. Bobrowskiego 7
 Playground, ul. Bohaterów Wietnamu
 Playground, ul. Celarowska 26a
 Playground, ul. Celarowska/Żytnia
 Playground, ul. Centralna 34
 Playground, ul. Chełmska
 Playground, ul. Ćwiklińskiej
 Playground, ul. Danka
 Playground, ul. Dąbrowa
 Playground, ul. Dmowskiego 22
 Playground, ul. Dobrego Pasterza 110
 Playground, ul. Elsnera 24
 Playground, ul. Francesco Nullo 15
 Playground, ul. Fredry
 Playground, ul. Gdyńska
 Playground, ul. Górnickiego
 Playground, ul. Gromady Grudziąż
 Playground, ul. Grzegórzecka/Fabryczna
 Playground, ul. Heila
 Playground, ul. Hynka
 Playground, ul. Jaremy
 Playground, ul. Kamedulska
 Playground, ul. Kamionka
 Playground, ul. Kantorowicka
 Playground, ul. Kielecka 9
 Playground, ul. Kisielewskiego
 Playground, ul. Kluczborska
 Playground, ul. Kmieca-Mazowiecka
 Playground, ul. Konecznego
 Playground, ul. Korpala
 Playground, ul. Kosmowskiej
 Playground, ul. Kozienicka
 Playground, ul. Królewska
 Playground, ul. Krzywy Zautek
 Playground, ul. Kurczaba
 Playground, ul. Kuryłowicza
 Playground, ul. L. Wenedy
 Playground, ul. Lipińskiego



Playground, ul. Łokietka
Playground, ul. Medweckiego/Dąbrowska
Playground, ul. Miechowity
Playground, ul. Miśnieńska 58
Playground, ul. Młodej Polski
Playground, ul. Modrzejewskiej
Playground, ul. Mogińska 58
Playground, ul. Nawojowska
Playground, ul. Niepokalanej Marii Panny
Playground, ul. Ojcowska
Playground, ul. Petofego
Playground, ul. Pietrusińskiego
Playground, ul. Piłkarska
Playground, ul. Płaszowska
Playground, ul. Pod Strzechą
Playground, ul. Prusa
Playground, ul. Pużaka
Playground, ul. Schweitzera
Playground, ul. Siedleckiego 13
Playground, ul. Siewna/Bociana
Playground, ul. Stachewicza 17-21
Playground, ul. Stachewicza 35
Playground, ul. Strzelców
Playground, ul. Styczna 1
Playground, ul. Suchy Jar
Playground, ul. Sztudyngera
Playground, ul. Szyllinga
Playground, ul. Śliska
Playground, ul. Tetmajera
Playground, ul. Ugorek 1-3
Playground, ul. Unruga
Playground, ul. Ważewskiego
Playground, Wężyka
Playground, ul. Włodkowica 2-4
Playground, ul. Włodkowica 7
Playground, ul. Zachodnia
Playground, ul. Zarzecze
Playground, ul. Zarzyckiego
Playground, ul. Zdrowa/Bohrzeckiej
Playground, Zalew Nowohucki
Playground, Zieleniec Opatkowice
Playground, Planty Bieńczyckie
Playground, Planty Mistrzejowickie
Playground, Planty Nowackiego
Playground, Zieleniec Grota Roweckiego
Playground, Zieleniec Miłkowskiego/
Kobierzyńska Playground, plac Sikorskiego
Playground, os. Stalowe Playground, ul.
Sądowa Playground, ul. Do Wilgi
Playground, Zieleniec Sidzina
Playground, ul. Morcinka 34
Playground, ul. Banacha
Playground, ul. Chałupnika
Playground, ul. Księcia Józefa 365
Playground, ul. Jodłowa
Playground, ul. Lubostroń/Szwai
Playground, ul. Sodowa
Playground, ul. Inicjatywy lokalnej
Playground, ul. Okólna
Playground, ul. Działkowa
Playground, ul. Sikorki
Playground, ul. Limanowskiego
Playground, ul. Wacława Króla
Playground, ul. Wańkowicza
Playground, os. Wróżeńce
Playground, ul. Podstawie
Playground, ul. Wiatraczna
Playground, ul. Mačka z Bogdańca



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| LIST OF PARKS |
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| <p>Park Krakowski Szymanowskiego Park Skalskiego, os. Dywizjonu 303 Park Strzelecki, Zygmunta Augusta 7 Błonia, Focha/3 Maja Park Jordana, al. 3 Maja 11 Park Lotników Polskich, al. Jana Pawła II/ al. Pokoju Park Decjusza, Królowej Jadwigi Las Wolski, Wola Justowska Park im. Wojciecha Bednarskiego, Zamoyskiego Skałki Twardowskiego, Zakrzówek Planty Dietlowskie, Dietla Park Jalu Kurka, Szlak 73A Park Tadeusza Kościuszki, between streets Mackiewicza, Białoprądnicką and Górnickiego Park Krakowski, plac Inwalidów Park Krakowian, Księcia Józefa Park im. Anny i Erazma Jerzmanowskich, Wielicka Planty Floriana Nowackiego, plac Emila Serkowskiego 9 Park w Łuczanicach, between streets Mycielskiego and Morstina Park Wadów, Wadowska Park Klasztorna, Klasztorna Park Dąbie, od ul. Ofiar Dąbia do al. Pokoju the left bank of the Vistula river) Park Zaczarowanej Dorożki, Dominikanów 30 Park Leśny Witkowice, between streets Bibicką, Dożynkową i Witkowską Park Krowoderski, Palacha 7 Park Stanisław Wyspiański, Łokietka Park Kleparski, between streets Prądnicka and Kamienną Park Wincentego a Paulo, between streets: Bydgoska, Stanisława Skarbińskiego, Juliusza Lea, Misjonarska and al. Kijowska Młynówka Królewska, from Al. Słowackiego</p> | <p>to Zakłiki z Mydlnik Park Dębnicki, Praska 22 Park Solvay, on both sides of Kościuszkowców street Park Maćka i Doroty,Wichrowa 23 Park Kurdwanów, in the region Turniejowa And Bujaka Park Aleksandry, in the region Wielickiej, Jerzmanowskiego and Aleksandry. Park Lilii Wenedy, Bieżanowska 100 Park Rząka, in the region Wielickiej Rydygiera, Os. Rząka Płaszów Park Myśliwskiej, Lasówka, Gumniska Park Dywizjonu 303, in the district Czyżyny Park Tysiąclecia Bora- Komorowskiego, Wiślicka, Miśnienieńska os.Tysiąclecia and Oświecenia Planty Mistrzejowickie.: Wawelska, Obrońców Warszawy, Srebrnych Orłów Fort Batowice,Wawelska Planty Bieńczyckie, in the district Bieńczyce Park nad Zalewem, in the district Bieńczyce Park Zielony Jar, between os. Na Wzgórzach i Na Stoku Park Stefana Żeromskiego, in the district: al. 3 Maja,Reymana, Reymonta Park Szwedzki, between al. Przyjaźni,Solidarności and Andrzeja Struga Wiśniowy Sad Park, between streets Bieńczycką, Boruty Spiechowicza and os. Kolorowym and Spółdzielczym Ratuszowy Park, between al. Róż, 29 Przyjaźni, Rydza Śmigłego i Gardy- Godlewskiego Park Stacja Wista Park Bronowice Park Reduta</p> |
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FAMILY HEALTHCARE

LIST OF CENTERS FOR NIGHT AND HOLIDAY HEALTHCARE

OPC sp. z o.o. sp. k. Kraków

al. Pokoju 4, tel. 12 411 83 96

OPC sp. z o.o. sp. k. Kraków

ul. Rusznikarska 17, tel. 12 357 50 10

OPC sp. z o.o. sp. k. Kraków

ul. Galla 24, tel. 12 294 73 83

OPC sp. z o.o. sp. k. Kraków

ul. Komorowskiego 12, tel. 12 357 14 75

NZOZ Kraków – Południe Kraków

ul. Szwedzka 27, tel. 12 266 02 70

NZOZ Kraków – Południe Kraków

ul. Białoruska 15, tel. 12 655 51 89

NZOZ Kraków – Południe Kraków

ul. Kutrzeby 4, tel. 12 656 10 07

**Specialist Hospital Ludwika Rydygiera
Cracow**

os. Żółtej Jesieni 1, tel. 12 64 68 792

Specialist Hospital Cracow Jana Pawła II

ul. Prądnicka 80

SCANMED S.A.

ul. Armii Krajowej 5

SCANMED S.A.

ul. Bochenka 12

**Specialist Municipal Hospital Gabriel
Narutowicz w Krakowie**

ul. Prądnicka 35

**Specialized Hospital
J.Dietla w Krakowie**

al. F. Focha 33

**Provincial Specialist Children's Hospital.
Ludwika w Krakowie**

ul. Strzelecka 2-2a

**Specialized Hospital
St. Żermoski, An Independent Public
Health Care Center in Krakow**

os. Na Skarpie 66

LIST OF HOSPITALS IN KRAKOW WITH HOSPITAL EMERGENCY UNITS

**Military Clinical Hospital with SPZOZ
Polyclinic**

ul. Wrocławska 1-3

**Szpital Specjalistyczny
im. Stefan Żeromski SPZOZ**

os. Na Skarpie 66

Hospital Gabriel Narutowicz

ul. Prądnicka 35-37

Specialist Hospital Ludwika Rydygiera

os. Żółtej Jesieni 1

**University Hospital - Trauma Center for
Emergency Medicine and Disasters**

ul. Kopernika 50

University Children's Hospital

ul. Wielicka 265

LIST OF 24 HOUR PHARMACIES

Pharmacy

ul. Kronikarza Galla 26, tel. 12 636 73 65

Pharmacy

ul. Kazimierza Wielkiego 117,
tel. 12 637 44 01

Pharmacy

ul. Karmelicka 23, tel. 12 631 19 80

Pharmacy

ul. Mogińska 21, tel. 12 411 01 26

Pharmacy

ul. Kalwaryjska 94, tel. 12 656 18 50

Pharmacy

ul. Cwiklińskiej 10, tel. 12 658 10 01



Pharmacy

ul. Wolska 1, tel. 12 657 13 16

Pharmacy

os. Centrum A, bl. 4, tel. 12 425 75 40

Pharmacy

ul. Miłkowskiego 3/1, tel. 12 268 99 88

Pharmacy

ul. Zielińska 3, tel. 12 415 08 04

LIST OF REGIONAL PSYCHOLOGICAL AND PEDAGOGICAL COUNSELLING CENTERS

Psychological-Pedagogical Counseling Clinic No. 1 in Krakow

ul. Adama Chmielowskiego 1, tel. 12 430 50 52, supports Divisions I-III, www.poradnia.oswiata.org.pl; e-mail: ppp1.krakow@interia.pl

Psychological-Pedagogical Counseling Clinic No. 2 in Krakow

ul. Siewna 23d, tel. 12 415 69 68, supports Divisions IV-VII, www.poradnia2krakow.pl, e-mail: poradnia2krakow@op.pl

Psychological-Pedagogical Counseling Clinic No. 3 in Krakow

ul. Konfederacka 18 tel. 12 266 19 50,

supports Divisions VIII-XIII, www.poradnia3.krakow.pl e-mail: ppp3krakow@gmail.com

Psychological-Pedagogical Counseling Clinic No. 4 Janusz Korczak in Krakow

os. Szkolne 27, tel. 12 644 18 85. Psychological and Pedagogical Outpatient Clinic No. 4 branch in Krakow: os. Złotego Wieku 36 supports Divisions XIV-XVIII, www.poradnia4.krakow.pl, e-mail: ppp-4@wp.pl

LIST OF SPECIALIST PSYCHOLOGICAL AND PEDAGOGICAL CLINICS

Specialized Psychological and Pedagogical Counseling Center „Krakowski Ośrodek Terapii”

ul. Helców 23a, tel. 12 422 18 58, www.kot.krakow.pl, e-mail: kot.krakow@poczta.onet.pl

Specialistic Early Psycho-Pedagogical Assistance Clinic in Krakow

ul. Półkole 11, tel. 12 412 15 66, www.owpp.pl, e-mail: owpp@poczta.onet.pl

Specialistic Psychological Clinic Pedagogy for Children with Educational Failures in Krakow

ul. św. Gertrudy 2, tel. 12 422 43 83, www.poradnia-psychologiczna.com, e-mail: pppddd@op.pl

Specialistic Psychological and Pedagogical Clinic for Children in Preschool in Krakow

ul. Wacława Popławskiego 17, tel. 12 632 87 73, www.poradniakrakow.com.pl, e-mail: sopp.krakow@interia.pl

LIST OF NON-PUBLIC SPECIALIST PSYCHOLOGICAL AND PEDAGOGICAL COUNSELLING CENTERS

Non-Public Small Children's Psychological and Pedagogical Outpatient Clinic

ul. Zygmunta Miłkowskiego 9

Specialistic Psychological and Pedagogical Child and Family Development Clinic “CRESCO”

ul. Mieszcząńska 5

Non-public Psychological and Pedagogical Clinic - “Kangur”

ul. Józefa Dietla 93

Specialistic Psychological and Pedagogical Clinic “Open Future”

ul. Kwiecista 25



Non-public Psychological and Pedagogical Counseling Center for Promittis Therapy

al. Artura Grottgera 1/3

Niepubliczna Poradnia Psychologiczno-Pedagogiczna dla Dzieci i Młodzieży

ul. Filarecka 17

Specialistic Psychological and Pedagogical Clinic Stymulus

ul. Juliana Dunajewskiego 5

Non-Public Clinic for Early Development Assistance Association of Polish Knights of Malta

al. Kasztanowa 4a

Psychological and Pedagogical Help Center „Smile”

ul. Wenecja 6

Psychological Outpatient Clinic of the Polish Dyslexia Society

ul. Mogilska 80

Psychological and Pedagogical Counseling Center for Children and Youth of Foundation „Pro Humana Vita”

ul. Wacława Lipińskiego 15/1-2

Logos Non-public Specialist Logopedics and Psychological Clinic

ul. Mazowiecka 53/2

Non-public Specialist Psycho-Pedagogical Counseling Center „Agaja”

ul. Erazma Jerzmanowskiego 37

Non-public Specialist Psychological and Pedagogical Counseling Center „Totoro”

ul. Orłąt Lwowskich 2/2

Non-public Specialist Psychological and Pedagogical Counseling Center of the Krakow Association “Razem dla Przyszłości”

ul. Romana Ingardena 4/4N

Specialist Non-Public Psychological - Pedagogical Clinic “Ośrodek Wspierania Rozwoju Dziecka” (Center for child development and support)

al. Juliusza Słowackiego 44

Specialized Speech Therapy and psychological Clinic Gaduła

ul. Kronikarza Galla 7

Non-public Christian Family Counseling “Uczeń”

ul. Armii Krajowej 4

Non-public Specialistic Psychological and Pedagogical Counseling Center “EduPrimo Talent School”

ul. Wacława Lipińskiego 13C

Non-public Psychological and pedagogical Center SensoLab

ul. Andrzeja Sokotowskiego 19

DISABLED PERSONS IN FAMILIES

LIST OF WORKSHOPS OF OCCUPATIONAL THERAPY

Workshop of Occupational Therapy at the Association for the Development of Psychiatric and Community Care

ul. Miodowa 9, tel. 12 421 17 30

Workshop of Occupational Therapy at the Association of Integration and Professional and Social Activation of People with Disabilities „Emaus”

ul. Rondo Mogiłskie 1, tel. 12 393 12 07

Workshop of Occupational Therapy at the Social Welfare Association „Gaudium et Spes”

os. Szkolne 35, tel. 12 644 29 33

Workshop of Occupational Therapy at the Social Welfare Association „Gaudium et Spes”

ul. Królowej Jadwigi 81, tel. 12 425 19 53

Workshop of Occupational Therapy at the Specialist Hospital Dr. J. Babinski

ul. Babińskiego 29, tel. 12 652 43 93

Workshop of Occupational Therapy at the Brother Albert Foundation

os. Dywizjonu 303 nr 65, tel. 12 647 09 00

Workshop of Occupational Therapy at the Society of Friends of Children, Krakow Nowa Huta Branch

os. Wandy 18, tel. 12 685 57 90

Workshop of Occupational Therapy at the Society of Friends of Children, Krakow Nowa Huta Branch

ul. Truskawkowa 4, tel. 12 681 04 77



Workshop of Occupational Therapy at the Social Welfare Association
ul. Łanowa 43, tel. 12 296 80 08

Workshop of Occupational Therapy at the Social Welfare Association
ul. Cechowa 142, tel. 12 653 74 04

Workshop of Occupational Therapy at the Pastoral Association of People with Mental Disabilities
os. Centrum C 7, tel. 12 425 97 53

Workshop of Occupational Therapy at the Artes Foundation
ul. Estery 3, tel. 12 446 65 40

Workshop on Occupational Therapy at the Christian Association of People with Disabilities of their Families and Friends „Ognisko”
ul. Basztowa 3, tel. 12 423 32 36

Workshop of Occupational Therapy at the Association of „Dobrej Nadziei”
ul. Za Torem 22, tel. 12 257 10 32

Workshop on Occupational Therapy at the Catholic Association of People with Disabilities and their Friends „Klika”
ul. Fatimska 41a, b, tel. 12 395 33 29

LIST OF ENVIRONMENTAL SELF-HELP HOMES (ŚDS)

Environmental Self-Help Home
ul. Józefa 1, tel. 12 430 68 31, 422 12 11

Environmental Self-Help Home
ul. Olszańska 5, tel. 517 456 810

Environmental Self-Help Home
ul. Pasteura 1 z filią ul. Komandosów 18,
tel. 12 415 31 21, 12 267 02 60

Environmental Self-Help Home
ul. Piekarska 3, tel. 12 430 63 13

Environmental Self-Help Home
os. Szkolne 30, tel. 12 643 18 01

Environmental Self-Help Home
os. Tysiąclecia 86, tel. 12 647 51 31

Environmental Self-Help Home
ul. Aleksandry 1 z filią ul. Teligi 26b,
tel. 12 658 54 94, 12 311 42 36

Environmental Self-Help Home
Al. Pokoju 7, tel. 12 633 23 01

Environmental Self-Help Home
ul. Grottgera 3, tel. 12 631 30 15

Environmental Self-help Home for people with Alzheimer's disease
os. Słoneczne 15, tel. 12 410 54 20

Environmental Self-help Home for people with Alzheimer's disease
ul. Kurczaba 5, tel. 12 410 54 20

Environmental Self-Help Home ŚDS
os. Młodości 8, tel. 12 686 91 20

Environmental Self-Help Home ŚDS
os. Wandu 23, 503 131 288, 887 131 288

LIST OF SELF-HELP CLUBS

Self-help club
os. Zielone 7, tel. 12 644 85 52

Self-help club
ul. Lea 55, tel. 12 636 12 18

Self-help club
ul. Komandosów 18, tel. 12 269 86 12

Self-help club
pl. Gen. W. Sikorskiego 14/2,
tel. 12 421 52 17

Self-help club Branch
ul. Krowoderskich Zuchów 6,
tel. 12 634 24 74

Self-help club
ul. Bałicka 289,
tel. 607 243 332, 606 379 007

Self-help club for people with mental disorders
ul. Bobrowskiego 11, tel. 12 430 68 31



**LIST OF SELF-HELP CLUBS ACTIVE AS PART OF THE
"PRIME OF LIFE" PROJECT**

Specialistic Self-help Club,
os. Krakowiaków 2, tel. 660 637 847,

Activational Self-help Club,
ul. Okulickiego 51/279, tel. 668 375 795,

Activational Self-help Club
ul. Gdańska 5, Tel. 660 637 805

Activational Self-help Club,
ul. Grzegórzecka 19/1-2, tel. 668 254 980,

Activational Self-help Club,
ul. Bronowicka 19/5, tel. 12 626 04 67
(carried out as part of the function
commissioned by the John Pawel II
Association for the Help of the Elderly and
Disabledthrough)

**LIST FOR RENTAL OF ORTHOPEDIC
AND AUXILIARY EQUIPMENT**

**The Foundation for those with MS "Anieli
Salawy"**

ul. Dunajewskiego 5, tel. 12 430 07 58,
12 422 28 11,
ul. Józefa 5, tel. 12 421 57 85,
e-mail: biuro@fundacja-sm.org; Open Mondays,
Wednesday and Fridays 9.00–13.00.

**Krakow Help Foundation for the
Krakowian Hospice. Rental of medical
equipment**

os. Centrum B bl.6, tel. 12 644 65 50,
e-mail: fundacja@fundacjapkh.krakow.pl

Association of philanthropists

"Brora Hansson" in Krakow
ul. Smolki 9, tel. 507 274 615
(z wyjątkiem dni świątecznych)

Solidarity Assistance Society
ul. Ujastek 3 tel. 12 644 09 68,
e - mail: tsp_kr@onet.pl

**Free rental of rehabilitation equipment.
Centrum Klucka Social and Occupational
Activation**

ul. Siemaszki 31 tel. 12 416 53 05,
e-mail: wypożyczalnia@centrumklika.pl

**Medical Equipment Rental. "Gift of the
Heart J.D.G. Caritas of the Archdiocese
of Krakow"**

ul. Komandosów 18 (w podziemiach
kościółka pw. Matki Bożej Fatimskiej)
tel. 537 965 651
e-mail: wypożyczalnia.krakow@caritas.pl

SENIORS IN THE KRAKOW FAMILY

LIST OF SENIOR ACTIVITY CENTERS

| Name of Centrum | Address | Contact |
|--|---|-----------------------------|
| <u>CAS Senior w Centrum</u> | ul. Berka Joselewicza 28 31-031 Kraków | 12 265 65 53 733 131 638 |
| <u>CAS Stowarzyszenia Dobrej Nadziei</u> | ul. Batorego 3/5 31-135 Kraków | 662 383 382 |
| <u>CAS w Dzielnicy I</u> | ul. Krupnicza 38 31-123 Kraków | 12 430 00 15 wew. 243 |

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| <u>CAS Siemacha Długa</u> | ul. Długa 42 31-146 Kraków | 882 053 561 |
| <u>CAS przy parafii św. Kazimierza</u> | ul. Bobrowskiego 6, 31-552 Kraków | 12 417 35 00 |
| <u>CAS Dojrzały smak życia!</u> | ul. Rzeźnicza 2a 31-540 Kraków | 12 294 81 35 |
| <u>CAS Miechowity</u> | ul. Miechowity 6, 31-469 Kraków | 518 329 888 |
| <u>CAS Uskrzydłona Wieczysta</u> | ul. Młyńska Boczna 7 31-470 Kraków | 660 065 729 |
| <u>CAS Prądnik Biały</u> | ul. Pachońskiego 8, 31-223 Kraków | 578 775 119 |
| <u>CAS Uskrzydleni Wiekami</u> | ul. Rusznikarska 14 lok. 16 31-261 Kraków | 511 200 011 |
| <u>CAS „Nie Dzieli Nas Wiek”</u> | ul. Weissa 8/21, 31-339 Kraków | 501 529 993 727 430 999 |
| <u>CAS "Toń" w Toniach</u> | ul. Gaik 7, 31-338 Kraków | 513 283 859 |
| <u>CAS Aktywny Senior – Optymista</u> | ul. Sienkiewicza 2a, 30-033 Kraków | 12 634 51 57 |
| <u>CAS Srebrzysta Krowodrza</u> | ul. Reymonta 18, 30-059 Kraków | 793 293 999 |
| <u>CAS Źródło</u> | ul. Bandtkiego 19, 30-129 Kraków | 12 637 29 44 wew. 202 |
| <u>CAS Bronowice</u> | ul. Na Błonie 15 B, 30-147 Kraków | 518 329 303 |
| <u>CAS w Willi Decjusza</u> | ul. 28 lipca 1943 17a 30-233 Kraków | 12 425 36 38 wew. 153 508 688 474 |
| <u>CAS Lemon Fitness</u> | ul. Ludwinowska 11 30-331 Kraków | 518 329 303 |
| <u>CAS KOLNA</u> | ul. Kolna 2, 30-381 Kraków | 12 252 40 53 |
| <u>CAS Radosny Senior</u> | ul. Rostworowskiego 13 30-001 Kraków | 882 825 767 518 810 724 |
| <u>CAS Rajsko</u> | ul. Nad Fosą 32, 30-699 Kraków | 508 660 299 |



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| <u>CAS Kurdwanów</u> | ul. Witosa 39, 30-647 Kraków | 510 789 340 |
| <u>CAS Siemacha Bonarka</u> | ul. Kamińskiego 11, 30-644 Kraków | 882 053 561 |
| <u>CAS „117”</u> | ul. Kurczaba 15 30-868 Kraków | 799 070 616 |
| <u>CAS Żeglarz</u> | ul. Kozia 22 30-733 Kraków | 12 653 05 08 501 411 416 |
| <u>CAS Srebrzyste Podgórze</u> | ul. Celna 5 30-507 Kraków | 883 593 999 |
| <u>CAS Zabłocie – Grzegórzki</u> | al. Daszyńskiego 16 31-534 Kraków | 12 200 29 26 |
| <u>CAS Młodzi duchem</u> | os. Dywizjonu 303, bl. 66 31-873 Kraków | 722 102 173 |
| <u>CAS Siódemka Centrum</u> | os. Oświecenia 7/1A 31-635 Kraków | 722 102 173 |
| <u>CAS Bieńczyce</u> | os. Złotej Jesieni 16 31-828 Kraków | 575 361 492 |
| <u>CAS Nowe Centrum Aktywności Seniorów</u> | os. Zielone 22 31-971 Kraków | 733 956 640 |
| <u>CAS Fruwająca Ryba</u> | os. Na Skarpie 35, 31-910 Kraków | 606 200 354 660 569 100 |
| <u>CAS Seniorzy nauczycielami życia</u> | os. Górali 23, 31-961 Kraków | 662 191 024 |
| <u>CAS Cyfrowe Centrum</u> | os. Centrum E 18, 31-934 Kraków | 504 456 901 501 148 630 |
| <u>CAS Siemacha Ptaszyckiego</u> | ul. Ptaszyckiego 6, 31-979 Kraków | 882 053 561 |

LIST OF SENIOR CLUBS

Club Dr. Jan Deszcz at the Hospice St. Lazarus

ul. Fatimska 17, tel. 12 641 46 58, 12 641 43 30, e-mail: biuro@hospicjum.org

Senior Club BETANIA w Nowym Bieżanowie

ul. Aleksandry 1, tel.: 12 658 03 50,
e-mail: sanktuarium@najswietszarodzina.pl

Senior Club JUTRZENKA

os. Dywizjonu 303 1, kontakt przez Klub 303 – tel. 12 681 39 78; kontakt przez PKPS – tel. 12 623 78 67, e-mail: klub303@krakownh.pl, www.krakownh.pl



Senior Club Mistrzejowice (led by PZERiI Polish Association of Retirees, Pensioners and the Disabled)

os. Tysiąclecia 42, tel. 12 648 14 70
(contact through Związek Emerytów), tel. 515 337 555

Senior Club (led by PZERiI Kraków – Nowa Huta, Koło Terenowe nr 1)

os. Zgody 10, tel. 12 648 14 70 (kontakt przez Związek Emerytów)

Senior Club (led by PZERiI Kraków – Nowa Huta, Koło Terenowe nr 15)

os. Bohaterów Września 26, tel. 12 648 14 70 (kontakt przez Związek Emerytów)

Senior Club (led by PZERiI Kraków – Nowa Huta, Koło Terenowe nr 20)

os. Centrum A, bl. 6a, tel. 12 648 14 70 (kontakt przez Związek Emerytów)

Senior Club (led by PZERiI Kraków – Nowa Huta, Koło Terenowe nr 9)

os. Strusia 18, tel. 12 648 14 70 (kontakt przez Związek Emerytów)

Senior Club „Seniorek” (led by the Polish Committee of Social Health – Malpolska Voivodeship administration)

os. Górali 5, tel. 12 644 27 65

Senior Club of Culture Centrum PODGÓRZE

ul. Sokolska 13, tel. 12 656 44 41 wew. 27,
e-mail: dzialimpres@interia.pl

Senior Club in the Dwór Czeczów

ul. ks. J. Popiełuszki 36, tel. 12 651 39 13,
e-mail: dkdworczeczow@dworczechow.pl

Senior Club in the PIASKOWNICA Culture Club

ul. Łużycka 55 tel. 12 652 10 10,
e-mail: klub.piaskownica@gmail.com

Senior Club “Ostoja” (led by the Polish Committee for Social Help – Malpolska**Voivodeship Administration)**

os. Na Stoku 50/2, tel. 12 645 40 75

Senior Club “Wersalik” (led by the Polish Committee for Social Help – Malpolska Voivodeship Administration)

os. Ogrodowe 15, tel. 12 644 13 52,
e-mail: wersalik@krakownh.pl,
www.krakownh.pl/Kluby

Senior Club at the Krakow Culture Center – Nowa Huta

os. Zgody 1, tel. 12 644 24 32,
e-mail: biuro@krakownh.pl

Senior Club at the Krakow Culture Center- Nowa Huta

Meetings in the senior club are realized by OK Krakow branches – Nowa Huta: Jędrus (os. Centrum A 6a), Wersalik (os. Ogrodowe 15), Mirage (os. Bohaterów Września 26), Krzesławice (os. Krzesławice), Pod Kasztanami (os. Kościelniki), Herkules (os. Branice), Karino (os. Chałupki), Club 303 (os. Dywizjonu 303), Club Ośrodka Kultury Krakow- Nowa Huta (os. Zgody 1)

Senior Club in the Podgórskie Kluby Osiedlowe

ul. Sokolska 13, tel. 12 656 36 70,
e-mail: dzialimpres@interia.pl

Integration Club of the Blind Senior Branches:

Integration Club of Blind Seniors Branch MDDPS Dom Nr 4

ul. Bandtkiego 19, tel. 12 412 6234

Senior Club Branch MDDPS Dom Nr 3
ul. Zapolskiej 15, tel. 12 638 3156

Senior Club Branch MDDPS Dom Nr 1
ul. Facimiech 16, tel. 12 346 1222

Senior Club Branch MDDPS Dom Nr 5
ul. Focha 39b, tel. 12 415 5414

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| LIST OF MUNICIPAL SOCIAL HELP CENTERS |
|--|

Home No. 1

ul. Sas-Zubrzyckiego 10, tel. 12 655 21 76

Home No. 2

ul. Gurgacza 5, tel. 12 411 00 50

Home No. 3

ul. Korczaka 4, tel. 12 416 15 60

Home No. 4

ul. Sudolska 7a, tel. 12 412 62 34



Home No. 5

ul. Nad Sudotem 32, tel. 12 415 54 14

Home No. 6

os. Szkolne 20, tel. 12 644 20 52,
12 425 04 75

**Integration Club of the Blind Senior
Branch MDDPS Home No. 4**

ul. Bandtkiego 19, tel. 12 412 6234

Senior Club Branch MDDPS Dom Nr 3

ul. Zapolskiej 15, tel. 12 638 3156

Senior Club Branch MDDPS Dom Nr 1

ul. Facimiech 16, tel. 12 346 1222

Senior Club Branch MDDPS Dom Nr 5

al. Focha 39b, tel. 12 415 5414

