

PRACTICAL INFORMATION GUIDE FOR INTERNATIONAL STUDENTS IN KRAKOW



MULTICULTURAL
CENTRE

KRAKOW, POLAND



2021

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INTRODUCTION

- Being a new resident in Krakow can be a challenging phase in an international student's journey, especially if you do not speak or understand the Polish language.
- The Multicultural Centre in Krakow (Centrum Wielokulturowe w Krakowie) in partnership with Internationaler Bund Polska, Salam Lab, Centrum Promocy Prawnej im. Haliny Niec in Krakow, and the Institute of European Studies at the Jagiellonian University prepared this guide book for students who come from abroad, in order to get familiarized with how things are done in the city in a faster, more efficient way.
- In this guide, you'll find information related to the legalization of your stay in Poland, housing & accommodation, health insurance, living expenses, job opportunities for students, do's and don'ts of Poland, social life in the city, and some information for students with families.



CENTRUM WIELOKULTUROWE W KRAKOWIE

The Multicultural Centre in Krakow is a publicly funded initiative that aims to create a space of contact, interaction, and support of diversity in the city. Through cultural events, networking meetings, discussion groups, and a variety of activities, we aim to bring together different groups and individuals to empower locals – of different nationalities, cultures, religions, social groups – to participate in the public life of the city. Together with the Migrant Info Point in Krakow, the Multicultural Centre would like to reach out to one of the most important and numerous communities in the city, namely the international student body.

MULTICULTURAL CENTRE



Through our free and open initiatives, we offer:

- A space of communication and interaction between student organizations that support diversity and have an international outlook as well as contact and networking with Polish student organizations.
- Internship and volunteering opportunities at the Multicultural Centre and Migrant Info Point, as well as contacts to other NGOs and initiatives working for the public good in the city.
- Webinars, information meetings on legalization of stay, and formal/administrative issues (also available for larger student groups and specialized needs).

MIGRANT INFO POINT- KRAKOW



As a student and new resident in the city, and perhaps the country, you may have questions and needs of a more formal nature, from legalising your stay, to accessing health care, education, working as a student, getting a PESEL number, and many more. This guide is a starting point. Beyond this, the Migrant Info Point in Krakow, alongside the Multicultural Centre, offers **free** legal advice to foreign nationals residing in the city, whether you are here for a short time or plan to make your home in Krakow.

You can find us on Facebook at : MigrantInfoPointKrk

email us at:

punkt@open.krakow.pl

Call us at: +48 887 201 598

Or visit us at:

al. Daszyńskiego 22 in Krakow.



KRAKOW

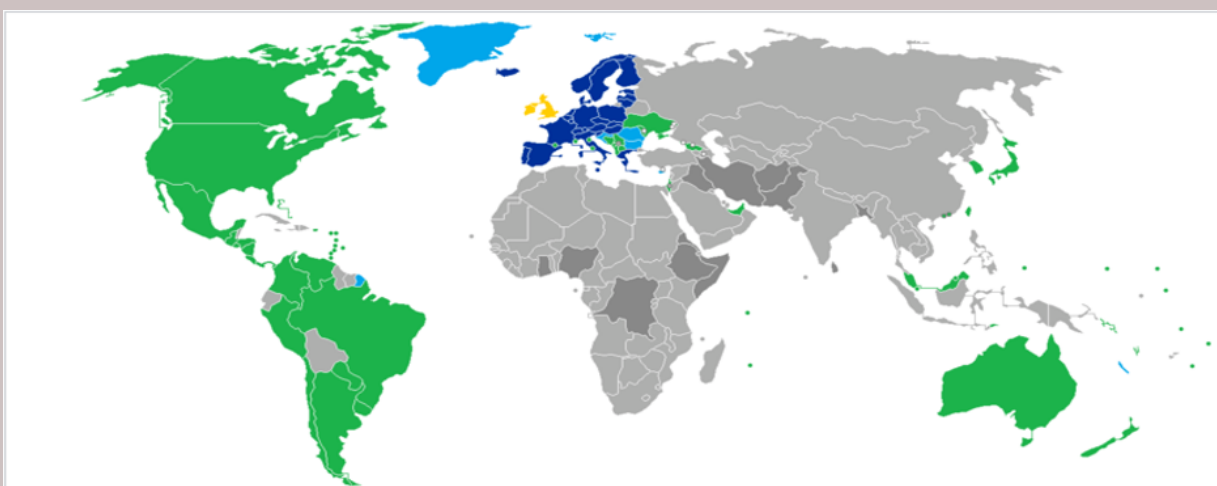
Krakow is the capital city of Lesser Poland Voivodeship, the historical capital city of Poland, a cultural, academic, and scientific centre that has been attracting masses of students, tourists, and entrepreneurs for many years – including Poles and foreigners. There are a considerable number of EU and third-country citizens living in Krakow, some of them residing here only temporarily, others deciding to settle due to various reasons – personal, educational, or economic.

ENTERING POLAND

BEFORE ARRIVING/ ENTERING IN POLAND

- Before departure students should familiarise themselves with certain administrative and legal formalities. Most importantly, students must check which procedure they need to follow to enter Poland.

Please familiarize yourself with the current information on regulations regarding the pandemic in Poland. [Outbreak of coronavirus - rules of entry and stay on the territory of the Republic of Poland - COVID Epidemia koronawirusa – szczególne zasady wjazdu i pobytu na terytorium RP - Komenda Główna Straży Granicznej \(strazgraniczna.pl\)](#)



Schengen Area visa lists.

■ Schengen member states

■ Other EU members outside Schengen Area but bound by same visa policy and special territories of the EU and Schengen member states. These countries are also legally obliged to join the Area as soon as they meet the criteria.

■ Members of the EU with an independent visa policy

■ Visa-free access to the Schengen states for 90 days in any 180-day period, although some Annex II nationals can enjoy longer visa-free access in some circumstances. (EU 2018/1806 Annex II)

■ Visa required to enter the Schengen states (EU 2018/1806 Annex I)

■ Visa required for transit via the Schengen states (EC 810/2009 Annex IV)

■ Visa status unknown



ENTERING POLAND

VISAS TO ENTER POLAND (For Non-EU/EEA students, known as 'Third Country Nationals')

There are two types of visas to enter Poland – C and D. C is a short term visa (up to 90 days), and D is long term (up to 1 year). Either of these can be issued as student visas by Polish Consulates abroad.

“Student” visas are usually issued as national long-stay visas (type D).

The student visa allows the student to both enter Poland and stay there until the end of the visa’s validity (365 days maximum). *You have to remember both about the number of days for which the visa was issued and the expiration date. As a rule, a visa also allows the student to travel around the Schengen area for a period of maximum 90 days. You should apply for a visa no earlier than 3 months in advance of your arrival. As the procedure may take longer than a month, the optimal time is to apply 2 months before arrival to Poland. Students are encouraged to check the websites of the consulate of the Republic of Poland in their home country for details.

A Full List Of Polish Consulates Abroad

Poland's missions abroad - Ministry of Foreign Affairs Republic of Poland - Gov.pl website (www.gov.pl)

STEP 1. In order to start the visa application process, the applicant needs to go to the “eKonsulat” website and choose the nearest Polish Consulate in his or her country

[System Zdalnej Rejestracji \(e-konsulat.gov.pl\)](http://System.Zdalnej.Rejestracji(e-konsulat.gov.pl))

STEP 2. Students must make an appointment and file the application with their passport in person on the issued date.

STEP 3. After receiving a decision, the student has to pick the passport from the consulate. The general requirements for a **long-term visa type D** are available on the consulates' websites.

Please note that individual consulates might have more specific rules about the documentation for the visa.

Remember! After the expiration of your visa you cannot apply to prolong it. The only way to extend your stay is to apply for a residence permit or go back to your country of origin and reapply for a new one.

It is possible to enter Poland with type D visas issued for other Schengen area countries. (See above)

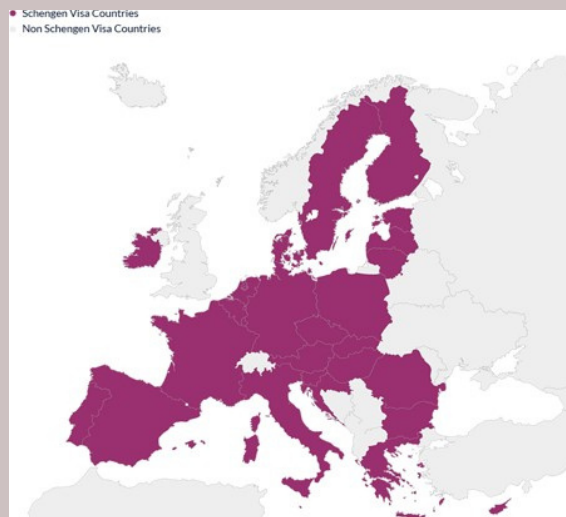
ENTERING POLAND

STUDENT MOBILITY WITHIN THE EUROPEAN UNION

Third Country Nationals travelling from other EU Member States

It is possible to enter Poland with a type D visa issued for other Schengen area countries. You may stay in Poland for up to three months on this visa. If you plan on staying in Poland for a longer period, you may need to apply for a temporary residence permit before the expiration of the three months and the validity of the visa.

Non-EU/EEA students arriving from other EU countries (excluding Denmark and Ireland) for student mobilities exceeding 3 months but no longer than 365 days, through a programme of studies with mobility in its structure (Erasmus Mundus Joint Master's Degrees or other multilateral/bilateral agreements) may be eligible for a facilitated registration of stay through their university. Please note that the facilitated stay cannot exceed the visa/residence permit issued in another EU Member State. See the link for details: <https://udsc.gov.pl/en/cudzoziemcy/obywatele-panstw-trzecich/chce-przyjechac-do-polski/student-mobility/>



A map of Poland and its neighboring countries, including Denmark, Germany, Czech Republic, Slovakia, Ukraine, and Lithuania. Major cities like Warsaw, Krakow, and Gdansk are labeled. The Baltic Sea is also visible. The title 'LEGALIZING YOUR STAY IN POLAND' is overlaid in large white letters.

LEGALIZING YOUR STAY IN POLAND

How To Apply For A Residence Permit

Getting a temporary residence permit (Third Country Nationals)

- When entering Poland based on “visa-free movement” or with a short-term Schengen visa (type C), the student who wants to stay longer than the time allowed based on visa-free or visa C rules needs to legalize his / her / their stay in a regional office for foreigners’ affairs in Krakow by applying for a temporary residence permit.
- The office issues temporary and permanent residence permits for third country nationals. Non-EU/EEA students without a long-term type D visa are advised to apply for a temporary residence permit (zezwoleńie na pobyt czasowy) as soon as possible.
- The student needs to apply for a residence permit no later than on the last day of their legal stay in Poland. The passport will be stamped as proof that the residence permit procedure is in process and that the student is legally staying in Poland.

*Bear in mind that the stamp doesn’t allow you to travel to other countries and the border patrol may not let you back into Poland if you do so. Unless you still have some Schengen days left or your visa is still valid, you will not be permitted to travel abroad.

- The process of issuing the residence card may take more or less 6 months, in some cases even longer.

A map of Poland and its neighboring countries, including Denmark, Germany, Czech Republic, Slovakia, Ukraine, and Moldova. Major cities like Warsaw, Krakow, and Gdansk are visible. The title 'LEGALIZING YOUR STAY IN POLAND' is overlaid in large white letters.

LEGALIZING YOUR STAY IN POLAND

Residence Permits for Third Country Nationals - continued

- For non EU/EEA students, the first residence permit will last for a maximum of 15 months or 24 months in case of studies based on cooperation between two or more universities. If the residence permit expires, you need to have a new one issued and go through the process once again. Remember to apply for a new permit before your current one expires. The second residence permit will only be issued when you successfully finish your first year of studies, therefore the University is required to inform the Foreigners Office if you did not successfully complete the year. The second residence permit will last till the end of your studies plus another 3 months.
- **NOTE: There is a possibility to remain in Poland** after your studies; as a Polish University graduate you can apply for a residence permit on the basis that you are searching for a job in Poland. This may be issued for a year.
- **Please note that the holder of a residence permit issued by Poland can travel within the Schengen area for a maximum 3-month period.**

- In order to get the residence permit, a non-EU/EEA (third country national) student will need to apply to the Małopolska Provincial Office in Krakow with the documents listed at their website.

http://www.malopolska.uw.gov.pl/default.aspx?page=TEMPORARY_STAY_PERMIT
www.info.opt

- You can also contact the Migrant Info Point for support!

* First you apply for a temporary residence permit and it is only after at least 5 years of stay and meeting additional conditions that you can apply for a permanent residence permit.

TEMPORARY ADDRESS REGISTRATION & PESEL

Registering your place of residence / identification number (EU and non-EU students)

- All foreigners must register at the place of permanent or temporary residence (address registration, 'meldunek'). When registering your address you will also automatically be given a PESEL identification number, that you will need for example when seeing a doctor or getting a vaccination.
- Find more information about how to get PESEL number (The Universal electronic system of registration of the population) through the link below.
<https://www.gov.pl/web/gov/uzyskaj-numer-pesel--usluga-dla-cudzoziemcow-en>

Documents From The Applicant

1. Address registration application form
2. Application signed by the owner or other entity having legal title to the premises and by the person registering (the signature of the person registering must be notarized - the signature must be certified by a notary public).
3. Passport or Identification document
4. Residence permit - documents legalizing the stay
5. Legal title to the premises (one of below): register indicating the land and mortgage register number, notarial deed, civil law contract - lease
**You need to Show originals and have a copy with You as well; if not then notary can make a certified copy that also qualifies*
**in case You have a lease contract signed with the owner, you can sign the application form*
6. Request for proof of Registration (certificate confirming you registered at a specific address)
7. Fee Issuing a certificate confirming the registration for a temporary stay (17 PLN)
8. The document must be submitted in one of the offices below (depending on which part of the city you live in): (1) al. Powstania Warszawskiego 10 (2). os. Zgody 2 (3). ul. Wielicka 28a



TEMPORARY RESIDENCE REGISTRATION - EU NATIONALS

FAQ - *meldunek* (address registration and PESEL):

- What if I do not manage to do the procedure in time?
→ The document may be issued even if you will not manage to apply on time, but it must be within your legal stay in Poland.
- Which date should I indicate on the application form?
→ The date of submission of the application.
- What if my landlord is not available or does not want to sign the document?
→ Ask the landlord for the proxy to fulfill this procedure.
- What if my landlord doesn't want to provide the legal title to the premises?
→ Fulfilling this procedure is not possible. But if you have a lease contract you should be able to do it.
- I was renting a room in a hotel or sleeping at my friends' place. Since when I should start to count the days?
→ From the day that you moved into the new apartment that you want to be registered to.
- Is the moment of the beginning of my contract a day of my stay at the place?
→ No, signing your rental contract doesn't mean that you moved there.
- What is a fee for not fulfilling the requirement?
→ The fee may be enforced only on non-EU/EEA citizens. The amount of fee may vary from 20zł to 5000zł.

TEMPORARY RESIDENCE REGISTRATION EU / EEA NATIONALS

A national of the European Union staying in Poland for a period exceeding 3 months has the obligation to register his/her/their stay. For an EU national to register his/her/their stay in Poland, the EU national should file an application in the Małopolska Voivodship Office. Note: this is NOT the same as *meldunek* (temporary address registration, above).



HOUSING & ACCOMMODATION

- Please keep in mind that Universities may not always be able to guarantee a place at student dormitories, but with the info package below, you can easily find a place to stay in Kraków.

Student dormitories

University-owned student dormitories can be applied for through relevant official university webpages.

Common Information for all dorms

Administration Offices are usually open Monday - Friday between 8:00 and 15:30

Check-in information:

You may check-in during the regular opening hours of the dorm's Administration. In case of arrival during the weekend or after working hours it is possible to stay at the dorm overnight and deal with all check-in formalities on the next working day (in such case we must notify the dorm's Administration).

Before checking in students will be asked to become familiar with the regulations of the Hall. It describes their rights and obligations while they are residents there. Students will be asked to sign a declaration that they will obey the rules of the Hall.

In order to check in at the student's dorm you will need:

- your identity card (e.g. passport),
- one photograph for the residency card,
- deposit in the amount of monthly fee (reimbursed when checking out)
- money to pay for your stay in the first month of your stay.



HOUSING & ACCOMMODATION

- The full fee for a monthly stay in the 2021/22 academic year ranges from 420 to 630 PLN.

Please note you need to pay a deposit and fee for the dorm in cash.

Students receive the keys to their rooms and a resident ID card which must be presented at the entrance to the security guard.

- All bed linen is provided for and can be changed monthly. Other basic equipment (e.g. blanket, lamp) are available to pick up from the storage room.
- The Internet connection is available in each dorm but it must be activated individually by each student [for details please ask in the administration office].

Private Off-Campus Housing

- Although Universities are often able to offer international students places in the halls of residence, many postgraduate students choose to rent private flats while studying in Krakow. It is very easy to find flats in every size, in every area of Krakow and at a broad range of prices.
- It is advised to ask for a contract in Polish or bilingual contract, due to the requirements of Polish administration, and registration of your stay purposes.
- *A deposit is usually required in the amount of monthly fee, reimbursed when checking out if everything is fine.*



HOUSING & ACCOMMODATION

Pros and cons of Private Flats

- On one hand, living in a private flat allows students to control their environment to a greater extent than they could in the halls of residence – do their laundry whenever they can, cook meals in a well-equipped kitchen or invite guests over.
- Private flats are much more expensive than the halls of residence. If there is a dispute about payment, damage or noise levels in a private flat, the tenant will be personally responsible for resolving it. We will do our best to assist you, but the Universities or the Multicultural Centre cannot be held responsible for contracts between students and third parties.

How to look for a flat

There are a few options for getting information on flats available for rent:

1. Private dorm: There is a commercial dorm for students, it is a bit far from the city centre and slightly more expensive: <https://unibase.pl/>

2. Online ads: the most popular website for flat searching is Gumtree , where there are numerous offers of rooms to rent in shared apartments, people looking for roommates, flat owners looking for tenants without having to pay the real estate agencies etc.

Other websites are: <http://laborooms.com/>, [http://dom.gratka.pl/mieszkania-dowynajecia/lista/malopolskie ,krakow.html](http://dom.gratka.pl/mieszkania-dowynajecia/lista/malopolskie_krakow.html)

<https://www.olx.pl/nieruchomosci/mieszkania/krakow/> ,

Many of the ads are posted by private individuals, but real estate agencies also use this means to attract more clients.



HOUSING & ACCOMODATION

3. University Organisations:

- Some university organisations help in finding accommodation, for example the Bratniak Foundation.

4. Other Current Students Or Alumni:

- Some of the students from previous years have remained in Krakow and are happy to invite new students to split the cost of a flat with them. Some of the newly arrived students may already have a flat but will need a roommate.

5. Facebook Groups, Erasmus Facebook Groups:

<https://www.facebook.com/groups/527336080659504/?fref=ts>

https://www.facebook.com/groups/krakowrooms/?ref=br_rs

https://www.facebook.com/groups/FINDYOURFLATINKRAKOW/?ref=br_rs

https://www.facebook.com/groups/44212006407/?ref=br_rs

https://www.facebook.com/groups/1456493581096205/?ref=br_rs

https://www.facebook.com/groups/1723180554581951/?ref=br_rs

6. Real Estate Agencies: There are numerous real estate agencies in Krakow that will help foreigners who are searching for a private flat. It is the agency's duty to provide information on available flats for rent/lease, to set up appointments and to assist in negotiations with the owner of the property. Going through a real estate agency means that both the landlord and the tenant will have to pay up to one month's rent in commission to the agency.

Although some students decide to rent a private flat on their own, from our experience, many students decide to band together in groups of 2-4 to share the costs of a larger flat.



NEGOTIATION & CONTRACTS

- Sometimes furniture (or household appliances) can be negotiated as well as the price. However, owners are reluctant to buy a lot of furniture for a tenant on a short-term contract period. There are some items that owners are very unlikely to be willing to add to their flats, such as clothes dryers and dishwashing machines.
- Some property owners would prefer not to declare their income to the tax authorities. They may charge more for tenants who insist on legally registering the flat as their residence. The students should have a legally registered residence (meldunek), a contract and some sort of proof of the landlord's ownership of the flat in order to get residency permit. Remember that to apply for residency permit you are supposed to show a contract in Polish.
- Once the terms of rental have been agreed upon, a contract must be signed by both parties. In the contract, the duties and responsibilities of both the tenant(s) and the property owner will be stipulated. Each tenant is legally bound to honour all conditions of the contract. The universities cannot assume any responsibility, whether legal or financial, for students who violate the terms of a contract with an outside party or break Polish law.



NEGOTIATION & CONTRACTS

Rental Fee

- The monthly rental fee is determined largely by the size of the flat, the location and the extent to which it is furnished. For example, a two-bedroom, fully-furnished flat, with bathroom and kitchen, and 55 m² of usable space, located very close to the city centre might have as a monthly rental cost of 1900-2600 zł/month (450-610 €) plus bills for utility usage (electricity, water, gas, Internet, etc.) for an additional 200-400 zł (45-110 €). These prices will be lower further out of the city centre – it might be worth considering them, as some parts of town are very well connected, with numerous trams and buses running to the centre every few minutes.

Deposit

- Usually the tenant will be expected to pay a deposit (kaucja), which is at least the equivalent of one month's rent. This is supposed to cover any damage that may occur during the tenancy, not general wear-and-tear or the cost of a fresh coat of paint. The contract should specify and confirm this. However, in our experience it happens that landlords/landladies may try to keep a large portion of the deposit no matter what. Asking for a detailed written inventory to be made when signing the contract might help to avoid such a situation. Taking photographs of the state of furniture and rooms on arrival is also a good idea.

A photograph showing two people in a professional setting. On the left, a woman in a light-colored blazer is looking towards the right. On the right, a man in a blue shirt and dark tie is looking down at a laptop. They are sitting at a wooden desk with various office supplies like notebooks and pens. The background is a bright window with a view of a city building.

NEGOTIATION & CONTRACTS

Payments

The method of payment is decided during the negotiations with the property owner. The standard methods of making the monthly rental payments are:

- 1) bank transfer (if you have a bank account in Poland)
- 2) direct deposit into the property owner's bank account
- 3) and (decreasingly) cash payments directly into the owner's outstretched hand.

Tenants traditionally have until the 10th of every month to make the monthly rental payment.

Bills

- Utility bills can be paid online through bank transfers or at any post office (you will be charged a small service fee, about 3PLN) or from bank accounts with activated online payments. The way that the bill is received may vary from flat to flat. Other utilities may be settled according to little booklets of pre-calculated monthly payments. The deadline for payment is always listed on the bill itself. If gas is used in the flat (for heating and/or gas cookers in the kitchen), a representative of the gas company comes to the flat every 2-3 months to read the metre. Sometimes, there is a flat fee called 'czynsz' that the administration of the building requires payment for. Some utilities, mostly hot and cold water, are included in this 'czynsz,' along with the cost of garbage removal, maintenance of the building etc. The 'czynsz' can be included in the monthly rental payment, but sometimes it is a separate payment added to the cost of the monthly rental payment. In the colder months, heating can come in the form of electric or gas heat. Electric heat is by far more expensive, but any heating can be costly in a large or old flat. It is important to ask the owner about the cost of heating the flat.

A photograph showing two people in a professional setting. On the left, a woman in a light-colored blazer is looking towards the right. On the right, a man in a blue shirt and dark tie is looking down at a laptop. They are sitting at a wooden table with a laptop, a notebook, and some papers. The background is a bright window with a view of a city building.

NEGOTIATION & CONTRACTS

IMPORTANT!

Be aware that some of the old buildings and tenements can be cold and humid during the winter. Please be aware that costs of maintenance may be higher because of old windows or electric heating. Do not sign the contract before visiting the apartment. Generally, the highest quality apartments are those built in the 60ties, 70ties, 80ties and after 2010 which have connections to the communal central heating system, although it is possible to find a lot of other quality apartments.

COMMUNICATION



MOBILE TELEPHONE OPERATORS

- The following list contains the popular mobile telephone companies, whose websites provide information about the present prices for mobile services:
- T-Mobile Polska www.t-mobile.pl
- Orange Polska www.orange.pl
- Plus www.plus.pl
- Play www.play.pl Others:
- Lycamobile www.lycamobile.pl/
- Klucz Telekomunikacja Sp. z o.o. www.klucz.net
- Nju Mobile www.njumobile.pl
- Red Bull Mobile www.redbullmobile.pl/
- Heyah www.heyah.pl/
- Virgin Mobile Polska Sp. z o.o. www.virginmobile.pl

You will find more information about the available mobile telephone companies on:
<http://super-sim.pl/sieci-komorkowe-w-Polsce>

INTERNET

- In Krakow, there are many places in public (coffee houses, shopping malls, railway stations, cinemas, etc.) and also in certain institutions, the wifi internet connection is free.
- You should ask the staff working in the place you're at if there's a possibility to use their wifi connection and if so, request the relevant password.
- On the other hand, many telephone operators which you subscribe to generally include sufficient internet quotas to your monthly payments as a package.



HEALTH INSURANCE

Medical, Accident, And Life Insurance

Students are required to have health and accident coverage for the entire period of their studies. We will be happy to advise and assist you with any aspect of medical care, but responsibility for registering, purchasing, and maintaining appropriate insurance remains with you. Universities or the Multicultural Centre cannot assume responsibility or liability for any medical needs not covered by the student's existing coverage.

We recommend that international students who will be staying longer than one semester have all of the following:

1. Valid medical insurance from their home country that will cover long-term hospital stays
2. Local Polish health coverage, private or public (it is possible to sign up for insurance with NFZ, National Health Fund)

Students who will be staying for one semester or less should be able to rely on insurance from their home country.

It is also possible, although not as likely to be necessary, to purchase a wide variety of additional insurance plans from private companies in Poland.



HEALTH INSURANCE

Insurance from your home country (repatriation)

Most people prefer to spend long hospital stays in their home country and near their family. We recommend having medical insurance in the student's home country that covers "**repatriation**", *which is a plan that will pay to return the student to their home country in case of serious medical problems.*

Students are encouraged to check with their insurance provider whether their insurance covers stays abroad and what are its conditions. Most often, the student will have to buy extra insurance to cover all of his or her stay in Poland.

European Health Insurance Card (EHIC)

Citizens of Member States of the European Union plus Iceland, Liechtenstein, Norway, and including Switzerland should make sure that they get their European Health Insurance Card (EHIC) in their home country before traveling to Poland. The exact terms for qualifying for an EHIC vary between countries. In Poland, the EHIC will cover basic health costs equivalent to those covered by NFZ.

Important!

For those who need to see a specialist through the NFZ (public health care system), they need to get a referral from a family doctor (doctor of 'first contact') beforehand.



HEALTH INSURANCE

List of clinics where you can get a medical service Monday to Friday 18:00 – 8:00, Saturdays Sundays, and Holidays with European Health Insurance Card

- Wojewódzki Specjalistyczny Szpital Dziecięcy im. św. Ludwika Kraków, ul. Strzelecka 2a tel. 12 619 86 87, 12 619 86 61
- Specjalistyczny Szpital im. J. Dietla Kraków, al. Marsz. Ferdynanda Focha 33 tel. 12 68 76 400, 12 68 76 442, 12 68 76 479, 12 68 76 492
- Szpital Specjalistyczny im. Stefana Żeromskiego Kraków, os. Na Skarpie 66 tel. 12 622 95 76, 12 622 95 45
- Szpital Specjalistyczny im. Ludwika Kraków, os. Złotej Jesieni 1 tel. 12 64 68 792
- Szpital św. Rafała w Krakowie Kraków, ul. Armii Krajowej 5 tel. 12 370 27 35
- Szpital św. Rafała w Krakowie Kraków, ul. Bochenka 12 tel. 12 385 58 05
- NZOZ Kraków - Południe Kraków, ul. Kutrzeby 4 tel. 12 656 10 07
- NZOZ Kraków - Południe Kraków, ul. Szwedzka 27 tel. 12 266 02 70
- Szpital Miejski Specjalistyczny im. Gabriela Narutowicza Kraków, ul. Prądnicka 35 tel. 12 257 86 06
- Krakowski Szpital Specjalistyczny im. Jana Pawła II Kraków, ul. Prądnicka 80 Pawilon M-V, entrance C tel. 12 614 28 88



HEALTH INSURANCE

Polish National Health Fund (applying directly)

- Students who are not citizens of an EU member state, nor are of Polish origin may apply directly to the Narodowy Fundusz Zdrowia (NFZ, the National Health Fund).
- Your right to purchase Polish public medical coverage as an international student is established by the law on public health insurance. In order to sign an agreement for health insurance, you will need to have a student ID and a passport.

Under the standard student plan, you receive:

1. All visits to general practitioners
2. A broad range of medical examinations
3. Consulting specialists
4. Hospital stays
5. Emergency service in life-threatening situations
6. Basic dental care

EU citizens are eligible for free health services in Poland providing that they present a valid **European Health Insurance Card**.

EU citizens without health insurance in their countries of residence and non-EU citizens can sign a health insurance agreement with the National Health Fund (NFZ – Narodowy Fundusz Zdrowia) or with one of the private clinics.

- The cost of the insurance for international students who do not have European Health Insurance Card or are not citizens of EU is around 13 EUR per month (c. 59,45 PLN).

Private Medical Coverage

There is a wide variety of private insurance plans available in Poland for almost any contingency that you can imagine. Generally, the more expensive the plan, the more it covers. Private companies offer a variety of insurance plans.

Private Clinics in Cracow:

- <https://www.falck.pl/>
- <http://acernis.pl/acernis-urgent-medical-care.html>
- <https://www.medicover.pl/en/>
- Private Dental Service:
<http://scandinavian-clinic.pl/en/>
- <http://veronadent.pl/>



HOW TO OPEN A BANK ACCOUNT

You have many options when opening a bank account in Poland, and some of them are;

- Mbank
 - Bank Polski
 - Bank Pekao
 - Santander
 - Alior Bank
 - ING
 - BNP Parabis
 - Inteligo
 - CITI Handlowy
 - Bank Millennium
- You can use your passport or driving license from your country of origin as an identification for your account.
 - You will be able to use your Polish bank account without a PESEL number for the lifetime of your account with a few restrictions.
 - Interested students should note that the required documents can differ from one bank to another and while some financial institutions will only require an identification document, others may ask for a residence permit.
 - You can get more information about required documents from the banks' websites.



ESTIMATED LIVING EXPENSES

1. Accommodation

a. Hall of Residence

(Shared room 3 people)

- 420 zł / 95€ / 105\$ per month

- (Students must pay a 420 zł deposit, which they get back at the end of their stay if no damages were incurred)

b. Private Housing

- These vary From **800 zł / 174€ / 205\$** To **1700zł / 370€ / 437\$** month for a shared apartment in the city center (Cost depends on location, whether utilities are included or not, room size, heating type, and number of roommates)

2. Board

a. Food cooked at home may cost from around 300zł / 65€ / 80\$ per month

b. Lunch at the student canteen: from 12zł / 2,8€ / 3,1\$

3. Books

Universities provide online access to all major scientific databases for students.

4. Communication

a. Depending on usage, students may spend around 30zł / 7€ / 8\$ per month with mobile Internet included.

b. Monthly Internet fee can vary from about 40-100zł/month. Often you will need to pay an installation fee (from 100-250zł).



ESTIMATED LIVING EXPENSES

6. Local Transportation

(student discounts apply for students up to 26 years old)

a. Cost of one tram or bus ride <http://www.mpk.krakow.pl/pl/bilety2/cenniki-biletow-jedno-i-wieloprzejazdowych/>

b. Monthly Card for Public transportation <http://www.mpk.krakow.pl/pl/bilety2/cenniki-biletow-okresowych/>

c. Due to the close proximity of the dorms to classrooms, most students choose to walk.

d. Example prices: 20 minutes student ticket - 2.00zł (4.00zł without discount) / 0,44€ / 0,52\$ Network ticket for 1 month - 74zł (148zł without discount) 16€ / 19\$

Taxi (5km) - around 20zł 4,5€ / 5,2\$

Uber (5km) - around 15zł / 3,5€ / 3,9\$

IN KRAKOW

- **Buses and trams** (50 % discount ticket for students) - www.mpk.krakow.pl

MONTH/SEMESTER TICKET - ul. Podwale 3/5 - www.krakow.jakdojade.pl + app

- **Taxis** (iCAR, MEGA TAXI, BARBAKAN)

- **Uber**

- **Cycling**

- Krakow is a convenient city for cycling and its year-round bike-share service. In the city centre, you may usually get a rental bicycle at the following addresses

- 4 Sw. Anny street,
- 2 Grodzka street,
- 33a/12 Starowislna street,
- 24 Florianska street, and 9 Koletek street.

OUT OF KRAKOW

- Trains and buses (50 % discount ticket for students up to 26 years old)
- Planes (Balice Airport) - II zone

www.e-podroznik.pl

7. Other

Gym monthly pass: 100zł approx. / 22€ / 26\$

Swimming Pool for 1h: 10zł / 2,3€ / 2,6\$

Yoga classes: 135zł / 29€ / 35\$ per 4 classes



SCHOLARSHIPS

If you're wondering how to get a scholarship as an international student in Poland, the good news is that there are many organizations that are here to help!

The first place to look is the “Polish National Agency for Academic Exchange (NAWA) which is a governmental agency in Poland established to carry out tasks related to the academic mobility between Poland and other countries.

Find more information about it through its official webpage:

<https://nawa.gov.pl/en/>

The second place would be universities themselves. There are several scholarship opportunities given by universities to students in general based on their academic performances or/and other criteria.

There are also some financial aid provisions given to international students from developing countries with the aim of improving their countries of origin's literacy level. Most of them are founded from dual collaborations between education ministries and foreign relations ministries, or governmental and non-governmental organizations.

One of these is the Stephan Banach Scholarship Programme:
<https://study.gov.pl/scholarship-citizens-developing-countries>



SPORTS FACILITIES

Sports and leisure activities are some of the things that do not only make us healthier but also encourage us in our academic development, and the good news is that in Krakow we find multi-functional sports facilities adjusted to help us all find our favorite ways of exercising.

Most Higher Education Institutions in the city will have sports facilities and sports clubs that are available for students, and you can find more information from whichever university you're enrolled in. These centres are usually also open to the public, so please check the time slots!

A good example is: <http://www.basen.agh.edu.pl/?lang=en>

There are also private gyms/sports centers that give discounts to students and usually the prices start from 70zł/Month.



CIVIC PARTICIPATION OPPORTUNITIES

Volunteering & Workshops:

- If you like volunteering & workshops and would like to contribute to the development of the city and to the welfare of people who need help, there are many opportunities waiting for you in Krakow!
- You can volunteer in the Multicultural Centre (MC) & if you want to get more information on how to volunteer or how to participate in diversified workshops in the MC or any other organizations we are partnered with, please reach us through Facebook (Centrum Wielokulturowe w Krakowie), Instagram (@Centrumwielokulturowekrk), or e-mail to (centrum@openkrakow.pl)

Student Organizations

There are a variety of student organizations in Krakow, here are just a few to choose from:

- Samorząd Studencki (Student Union)
- AEGEE
- AIESEC
- Erasmus Student Network
- Academic Choir
- Academic Tourist Club “Rozdroże”
- AZS – Academic Sports Association
- Through the link below you can find more information regarding student organizations in Krakow
- <http://www.krakow.info-migrator.pl/en/students-in-crakow/student-organizations>



INTERNSHIPS / PART-TIME JOBS FOR STUDENTS

Universities:

- There are also part-time job and internship opportunities in universities and depending on the student's area of study, updated information can be easily found on faculty webpages.

Private Companies:

- There are many private companies that provide part-time jobs to students in the city like Uber Eats, Wolt, Glovo, and many others as you can find in the links below.

- https://www.pracuj.pl/praca/-x34-part-time-x34-;kw/krakow;wp?gclid=Cj0KCQjwpmf2IBhDkARIsAGVo0D07uy8uKwk2J6uL2-STDnBFcVH8VRFrP6CGZZDFfQag59cq5by-sfQaAiDCEALw_wcB&gclsrc=aw.ds
- https://www.glassdoor.com/Job/krak%C3%B3w-part-time-jobs-SRCH_IL.0,6_IC3017091_KO7,16.htm



THE LEGAL DOS AND DON'TS OF POLAND

Stamp your bus/tram ticket

In Poland, in order to have a valid ticket, you need to validate your ticket on the bus or tram in which there are machines to be applied. This means finding a validating machine on the bus or tram you are traveling on. The machine will stamp it with the date, time, and route.

If this is not done, the ticket cannot be regarded as valid and you may be fined. Ticket inspectors can ask for your valid ticket at any time in your destination.

You can buy tickets from machines on the street, on some buses and trams, or from kiosks.

You can also buy your bus/tram ticket through the app **Jakdojade** or you can use the website of the application to buy a ticket (<https://jakdojade.pl/krakow/trasa/>).

Public Drinking

It is illegal to drink alcohol in a public place.

Jaywalking

In some countries (like the UK), crossing the street at any point or going through a red light when there is no traffic is perfectly acceptable. Jaywalking in Poland, by contrast, is an offense that can carry a fine.

Smoking in public places

Smoking in public places and the use of drugs are matters that are seen differently according to places and it's worth noticing the fact that they are both illegal in Poland.



DRIVING LICENSE FOR FOREIGNERS

Validity of foreign driving licenses in Poland

If a foreigner's country of origin is party to the Vienna Convention on Road Traffic, and the authorities of this country issued the document entitling him/her to drive vehicles, the foreigner's driving license will be recognized on the Polish territory. The foreigner may, therefore, drive in Poland, as his/her license is valid also on the territory of the Republic of Poland.

However, an existing limitation under the provisions of the Convention and relevant provisions of Polish law provides that the use of a license issued by the authorities of another state is limited to 6 months. This means that from the start of the temporary or permanent residence on the Polish territory, the foreigner has 6 months to exchange his/her foreign driver's license for a Polish document.

Check out how to convert your driving license issued in another country to the Polish document on Open Krakow's webpage www.otwarty.krakow.pl in the "Welcome to Poland- Info package for foreigners living in Kraków pg. 25".

SPECIAL GUIDE FOR STUDENTS WITH FAMILIES



- Students with families usually have a harder time settling into student life because they have to make sure that their family members (children or parents) are also not excluded from the community.
- To support new students with elderly or very young family members in Krakow, the **Open Krakow (Otwarty Krakow) Initiative** - *Linked below* - offers some information that will lead you to the best options you can get in the city regarding childcare and elderly care facilities to help you and your loved ones in having a happy experience in Krakow.

<https://otwarty.krakow.pl/zalacznik/396325>



INTERNATIONAL STUDENT IDENTITY CARD

ISIC (**International Student Identity Card**) is the only document confirming student status worldwide. Students of state and private universities are entitled to all types of studies (full-time, evening, extramural, bachelor's, master's, and doctoral studies) without age limits.

- With ISIC you get discounts in tens of thousands of places around the world. Over 250 points are honored by ISIC in Poland, granting its holders discounts of **up to 50%**.
- Thanks to ISIC, you save on transport by paying for a place in a hotel, restaurants, pubs, cultural centers, as well as shops and service points. In many countries, ISIC holders receive discounts on goods or services that are not covered by the formal contract, as many institutions treat the ISIC card as a local student card.
- The ISIC card is valid for a maximum period of **16 months**.
- To get the ISIC you need a **valid school/student ID** and one photo.



INTERNATIONAL STUDENT IDENTITY CARD

- **ISIC Card Without Insurance**

- For **PLN 24**, you can buy an ISIC card, thanks to which you will save in many places in the country and abroad.

- **ISIC Card With Insurance**

- If you want, you have the option to buy an ISIC with an insurance package. Each person who buys an ISIC with insurance benefits from all the benefits of having an ISIC card, and additionally is covered by insurance. Decide what package you need. Insurance under ISIC is guaranteed by Wiener TU SA

- **1.** ISIC with accident insurance (PLN 20,000) only in Poland - card price **PLN 69**

- **2.** ISIC with accident insurance (PLN 20,000) and medical expenses (EUR 50,000) abroad. The insurance does not apply in the USA, Canada, Australia, and Japan - the card price is **PLN 99**

- You can get your ISIC card from Almatour Office which is located in Rynek Główny 27 and also from Albatros Travel Agency which is located in Szpitalna 20-22

- You can also make an order for ISIC order online;
<https://get.isic.pl/en/>

<https://www.isic.pl/pl/o-isic.html>



MUSEUMS IN KRAKOW

Krakow, which is called the cultural city of Poland, hosts various historical art pieces and museums that allow you to explore more about Polish history and also contemporary museums in which artworks of different artists from different countries are presented.

This is the list of the most popular museums located in Krakow

- National Museum in Cracow (Muzeum Narodowe w Krakowie)
- The Cloth Hall (Sukiennice)
- Wawel Royal Castle
- Rynek Underground Museum
- Oskar Schindler's Enamel Factory
- Historical Museum of the City of Cracow (Muzeum Krakowa (biura))
- Muzeum Uniwersytetu Jagiellońskiego Collegium Maius
- Polish Aviation Museum
- Museum of Contemporary Art in Cracow MOCAK
- Stained Glass Workshop and Museum (Pracownia i Muzeum Witrażu)
- The Princes Czartoryski Museum (Muzeum Książąt Czartoryskich)
- Seweryn Udziela Ethnographic Museum in Krakow (Muzeum Etnograficzne im. Seweryna Udzieli w Krakowie)

- These museums also have a free day of the week. You can access these informations from museums' websites.



SOURCES & COMPILERS

1. <https://www.facebook.com/CentrumWielokulturoweKrk/>
2. <https://otwarty.krakow.pl/>
3. <https://ces.uj.edu.pl/>
4. <https://www.isic.pl/pl/>
5. <https://muzeumkrakowa.pl/en>
6. <https://udsc.gov.pl/wp-content/uploads/2014/12/FIRST-STEPS-IN-POLAND-Guidebook-for-foreigners-applying-for-international-protection.pdf>
7. <https://www.inyourpocket.com/krakow>
8. <https://etsc.eu/issues/drink-driving/drink-driving-in-poland/>
9. <https://udsc.gov.pl/en/cudzoziemcy/obywatele-panstw-trzecich/chce-przyjechac-do-polski/student-mobility/>

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