



Your **new home** in Poland

URBACT



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Sosnowiec łączy

A guide for foreigners living
in Sosnowiec

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Welcome to Sosnowiec

a city with a rich history, which has always been a place with a mix of cultures, traditions and religions. This publication has been created with you in mind – foreigners who have decided to stay in Poland, in particular in Sosnowiec. Our goal is to make your everyday life as comfortable, safe and full of opportunities as possible.

➤ What can you find in this publication?

We have prepared a compilation of knowledge covering the most important areas of functioning in Polish society. You will learn how to legally take up a job, what rights and obligations are associated with social and health insurance, and how to get social assistance in crisis situations. We will also tell you how to successfully complete the formalities related to registering residence or renting a flat, as well as how to access the education system at various levels. Finally, you will also find a list of the most important addresses and telephone numbers, which can be indispensable in everyday life.



➤ Why Sosnowiec?

Our city has always been a diverse mix of nationalities and cultures. For over a hundred years, Catholics, Evangelicals, Orthodox Christians and Jews have lived side by side in Sosnowiec, and this diversity has been the driving force behind the city's development. Today, in the age of globalisation and mobility, the city of Sosnowiec remains open to different cultures, people and their experiences. The slogan 'Sosnowiec Connects' is not just an empty slogan – it is an expression of our willingness to integrate and cooperate, as well as an emphasis that our city can become your second home.

➤ Mutual respect as the basis for coexistence

Respecting local traditions, culture and social norms is key to making your stay in Sosnowiec as pleasant as possible. The people of Sosnowiec are known for their hospitality and openness, and we believe that you can also contribute your values, experiences and positive energy to the local community.

➤ We wish you the best of luck!

Regardless of whether you are staying for a short time or have decided to stay here for good, we hope that Sosnowiec will offer you a place full of opportunities where you can feel at home.

Welcome to Sosnowiec!
Arkadiusz Chęciński

Sosnowiec

Sosnowiec is a city with county rights, belonging to the Silesian Voivodeship and is part of the Upper Silesian and Dąbrowa Basin Metropolis. It is the unofficial capital and the largest city in the Dąbrowa Basin region.

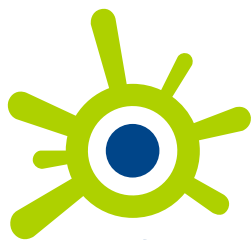
Sosnowiec is famous for its rich and multicultural history. Before World War II, Poles, Jews, Germans and Russians lived in the city, which gave it a unique character. The influences of these cultures can still be seen in Sosnowiec's architecture and traditions, which makes exploring the city a fascinating experience for local residents and tourists alike.

Sosnowiec's dynamic development began over 100 years ago, mainly due to the Warsaw-Vienna Railway that ran through the city. In the 20th centu-

ry, Sosnowiec became an important industrial centre with textile factories, coal mines and steelworks. After the economic transformation in 1989, the city changed its focus to services and higher education.

Today, thousands of students from Poland and abroad study at universities in Sosnowiec. The city is constantly developing, investing in modern infrastructure and pro-environmental activities. The priority is to improve the quality of life for residents – those whose families have lived here for generations, as well as those who have chosen Sosnowiec as their new home.

Sosnowiec is a city that brings people, projects and ideas together, creating a friendly space to live in and inspiring development.



Sosnowiec łączy

City of Sosnowiec logo



City coat of arms



CITY RIGHTS:
10 June 1902



POPULATION:
approx. 180,000



CITY AREA:
91 km²



CITY HALL:
aleja Zwycięstwa 20



WEBSITE
www.sosnowiec.pl

|| Your first steps in Sosnowiec

1. Registration / legalisation of stay

Remember that if you are staying in Poland illegally, you are exposing yourself to legal consequences that could affect your life. Therefore, it is important to comply with Polish immigration law and reside legally in the country. Legalise your stay!

⚠ NOTE!

Different rules for legalising the stay apply to Ukrainian citizens who arrived in Poland **after 24.02.2022**. If you are a Ukrainian citizen and you have arrived in Poland from Ukraine due to the war, go to the City Hall in Sosnowiec (Department of Citizens Affairs, Aleja Zwycięstwa 20, ground floor) immediately after crossing the Ukraine-Poland border to receive a UKR status.

For other foreigners (with temporary or permanent residence permits), the legalisation of your stay (temporary or permanent residence permit) is handled by the Department for Foreigners of the Silesian Voivodeship Office in Katowice, 16 Damrota Street.

a) Temporary residence permit

If you want to stay in Poland for longer than your residence permit allows, you should apply for a temporary residence permit.

A temporary residence permit can be issued for a maximum of 3 years. After obtaining this permit, you will receive a residence card, which confirms your identity in Poland and entitles you to cross the border multiple times without a visa, together with your passport.

b) Permanent residence permit / long-term residence permit

Permanent residence can take the form of a permanent residence permit or **a long-term EU residence permit**.

A permanent residence permit is granted to a foreigner who, for example:

- has been married to a Polish citizen for at least 3 years prior to the date of application;
- has a valid Pole's Card and wants to live in Poland permanently;
- is a child of a foreigner who has been granted a permanent residence permit;
- is a child of a Polish citizen under his or her parental authority;
- is a person of Polish origin and intends to settle permanently in Poland.

A long-term EU residence permit is granted to a foreigner who has been legally and continuously residing in Poland for at least 5 years immediately prior to submitting the application. However, they must meet three conditions:

- they must have a stable and regular source of income sufficient to cover the costs of living for themselves and their family members;
- they must have health insurance or confirmation that the costs of treatment would be covered by an insurer;
- they must have a state-issued certificate of Polish language proficiency at level B1

A foreigner may apply for a permanent residence permit or a long-term EU residence permit only if they are legally residing in Poland.

If you do not legalise your stay, you may face severe consequences such as:

Deportation and re-entry ban

Poland has the right to expel a foreigner whose stay in its territory is illegal and to ban him or her from re-entering the country for a period of 6 months to 10 years. This means that such a person may lose the option of returning to Poland and to the family that has already settled in the country.

Financial penalties

Persons residing illegally in Poland may be subject to fines or other financial sanctions, which can place a significant burden on their budget.

Detention

Illegal residence in Poland carries the risk of being arrested. Persons who are detained by law enforcement agencies may be forced to remain in custody prior to deportation. The authority responsible for the arrest can ask the court to place the foreigner in a guarded centre or in a detention centre for foreigners.

Difficulties in obtaining visas and permits in the future

Individuals who have been reported for illegal residence may encounter difficulties in travelling to Poland in the future. Applications for visas, permits and other documents may be rejected by the authorities. In addition, the procedure for processing applications may be significantly extended.

Travel restrictions to other Schengen countries

Foreigners who have been residing in Poland illegally may be subject to border inspections in the Schengen area when leaving the country and crossing the borders of other countries. If he or she is identified as an illegal resident, he or she may be detained or deported in accordance with the law of the country concerned.

2. PESEL [Polish Resident ID No.]

PESEL [Polish Resident ID No.] is a unique 11-digit identification number which includes the date of birth, serial number, gender and a check digit.

You need a PESEL [Polish Resident ID No.] when:

- you deal with administrative matters (getting married, registering a child's birth, court cases, etc.);
- you want to use free medical care;
- you want to work legally;
- you are opening a bank account, taking out a loan or a credit;
- you are starting your own business;
- you are settling taxes.



If you are staying in Poland for more than 30 days, you are obliged to register for permanent or temporary residence.

Citizens of EU member states residing in the territory of the Republic of Poland are obliged to register their residence no later than on the 30th day from the date of arrival in Poland.

Citizens of non-EU countries residing in the territory of the Republic of Poland are obliged to register their residence on the fourth day from the date of arrival in Poland.

When you register your residence for the first time, you will be assigned a PESEL number by the authorities.

If you would like to receive a PESEL number without registering your residence, you must state the legal basis for your obligation to have a PESEL number in your application.

To obtain a PESEL number, please visit the City Hall in Sosnowiec (Department of Citizen's Affairs, Aleja Zwycięstwa 20, ground floor).

Receiving a PESEL number is free of charge.

3. Registration of residence

Everyone who lives in Poland is required to register their place of residence (specifying the person's permanent or temporary address). If you have a permanent residence permit and want to stay here permanently, you can register permanently.

 You must submit your documents in person at the Department of Citizen's Affairs of the Sosnowiec City Hall, Aleja Zwycięstwa 20 (ground floor).

⚠ NOTE!

According to the guidelines of the **Silesian Voivodeship Office**, foreigners cannot register via a trusted profile. To register, you must bring an identity document (e.g. passport or, for EU citizens, ID card), documents confirming legal residence in the Republic of Poland (visa, decision, residence card) and a rental agreement or, if not available, written confirmation on the registration form from the owner of the property or other person in charge of the property that you live there, and the original of the owner's legal title to the property (for inspection). The presence of the owner of the property is not required.

You can also submit the application through an authorised representative. In this case, we will need to see the documents confirming your legal residence in the Republic of Poland (visa, passport, decision, residence card).

4. Employment

Employers in Poland are obliged to employ only people who have a legal right to reside in the country. Illegal workers and employers who hire illegal immigrants may face legal consequences.

⚠ NOTE!

Ukrainian citizens who arrived in Poland **after 24.02.2022** have free access to the Polish labour market.

Citizens of non-EU/EEA countries must have one of the following documents allowing them to enter the Polish labour market:

Declaration on entrusting work to a foreigner – registered at the District Employment Agency by the employer for citizens of Armenia, Belarus, Georgia, Moldova and Ukraine, entitles to entrust work to a for-

eigner for up to 24 months without a work permit in connection with a declaration on entrusting work to a foreigner, entered in the register of declarations.

Work permit – issued by the voivode at the request of the employer.

Permit for seasonal work – issued by the staroste upon the employer's request – entitles the holder to work for 9 months in a calendar year.

Temporary residence and work permit – issued by the voivode upon the foreigner's request, entitles the holder to work and reside in the country.

 Work permits issued by the voivode can be obtained from the Silesian Voivodeship Office in Katowice (16 Damrota Street). Regarding this matter, please contact the Department for Foreigners in person or by email (cudzoziemcy@katowice.uw.gov.pl). There is also a hotline for foreigners from outside the EU: 780 100 935.

In Sosnowiec, the institution responsible for helping the unemployed find work is the District Employment Agency. The agency also organises training courses to help people gain, change or improve their qualifications, provides free advice to job seekers, offers funds to start a business and covers the costs of exams and licences. Unemployed people registered at the Employment Agency are provided with health insurance.

The job offers available at the Agency can be found on the website www.oferty.praca.gov.pl.

Contact details

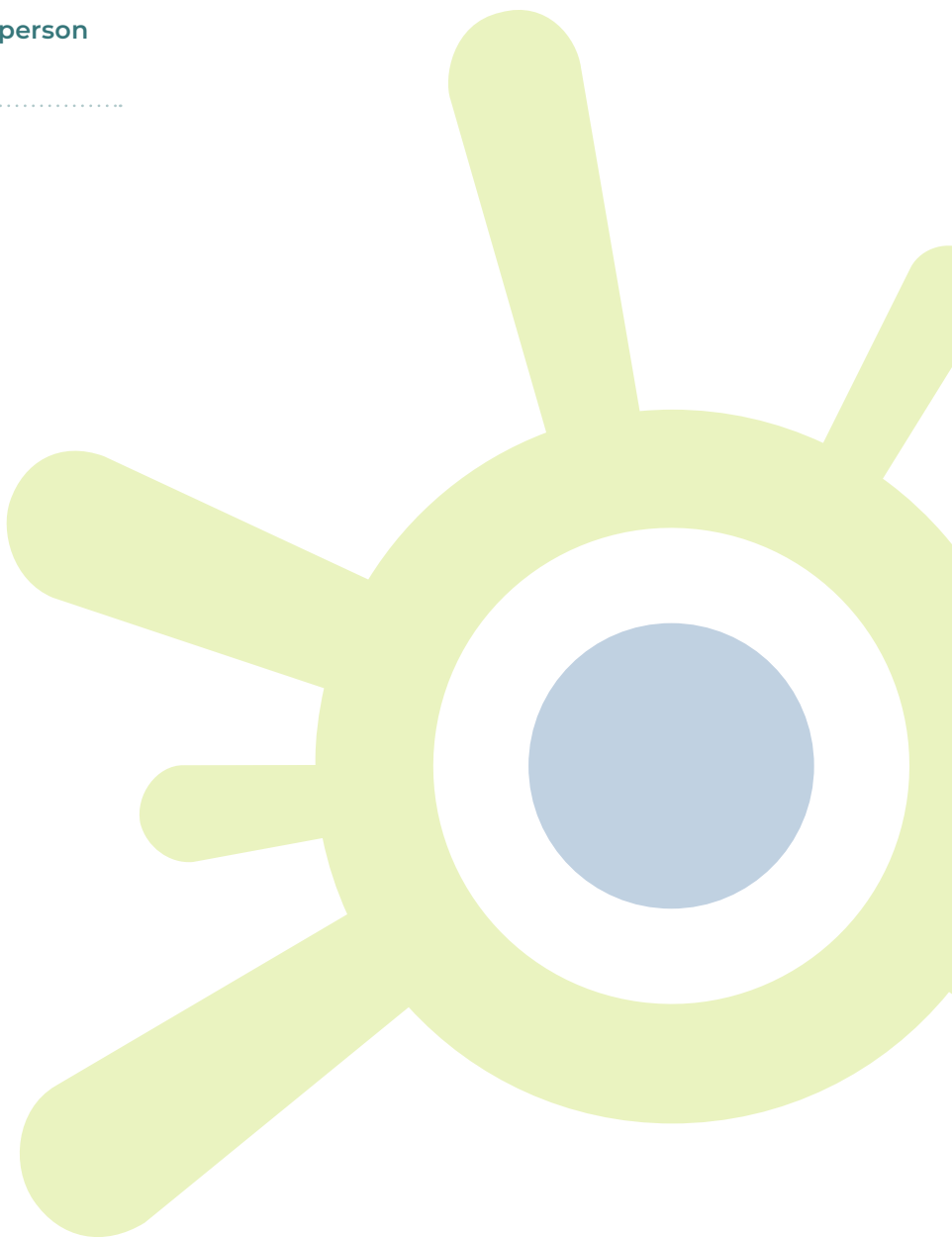
 District Employment Agency in Sosnowiec
 12 Rzeźnicza Street, 41-200 Sosnowiec
 32 297 87 63
 kaso@praca.gov.pl
 www.sosnowiec.praca.gov.pl

If you would like to take up employment, you can also use the offer of the Social Integration Club, which is part of the Local Social Welfare Centre in Sosnowiec. Social Integration Club:

- conducts social projects during the summer and winter holidays for children,
.....
- offers social and professional counselling by specialists in reintegration into employment and a social worker as part of individual counselling,
.....
- offers free access to a telephone and computer equipment with internet access for job searching for the Club members,
.....
- offers assistance in preparing professional application documents in Polish,
.....
- offers access to current job offers as well as training and courses to improve or expand professional qualifications.

**More information can be obtained in person
or by telephone:**

 Social Integration Club
 62 Staszica Street
 695 140 748 • 887 032 214



Administrative matters

1. Getting married

If you want to get married in Poland, you must prepare a copy of your birth certificate with a translation into Polish by a sworn translator.

If this is your second marriage, you must also present a copy of the certificate of your previous marriage with a reference to the divorce or a copy of the spouse's death certificate. These documents should be translated by a sworn translator.

You are also required to present a document stating that you are allowed to marry under the law of your country of origin. If your country of origin does not issue such a document, you are required to obtain a court order exempting you from the obligation to submit this document to the Head of the Registry Office. If you live in Sosnowiec, you can obtain such an order from the District Court in Sosnowiec, 7 Kaliska Street.

If you want to find out more or arrange a wedding date, come to the Registry Office in Sosnowiec, Aleja Zwycięstwa 20, room 105.

2. Birth of a child

If you have had a child, **you have 21 days to register the birth**. Children born in Sosnowiec must be registered at the Registry Office in Sosnowiec, Aleja Zwycięstwa 20, room 105. In order to complete the procedures related to the registration of a child, contact the Registry Office in person!

⚠ REMEMBER!

In the case of a stillbirth, the deadline for registration is **only 3 days**

Those who have had a child can apply for a one-off newborn allowance, known as the 'becikowe' benefit, which is PLN 1,000 for each child born. The benefit is granted if your family income does not exceed

PLN 1,922 per person. A person declaring that they are raising a child alone must have child support awarded from the other parent.

It is also possible to receive a parental benefit of PLN 1,000 per month for one year from the birth of the child. This benefit is paid if the child's mother is not entitled to maternity benefit. In certain situations, the benefit is also available to the child's guardians who are not their biological parents, e.g. the child's de facto guardian, non-professional foster parents, adoptive parents.



More information on family support can be obtained in person at the Local Social Welfare Centre in Sosnowiec, 3 Maja Street 33, Department of Family and Alimony Benefits, 1st floor, room 201, or by calling 32 296 22 42, 32 296 23 36.

3. Registering the death of a loved one

If one of your loved ones or friends has passed away, you must register the death within 3 days of the date on the death certificate.



To register the death, go to the Registry Office, aleja Zwycięstwa 20 (ground floor), telephone number 32 2960 590. Please bring the following documents with you:

- death certificate issued by a doctor,
- passport of the deceased,
- residence card (if applicable),
- your passport or residence card.

4. Birth, marriage and death certificates

To obtain a Polish **copy of a registry office record** (e.g. birth, marriage or death certificate), you must:

- fill in an application for entry of a foreign certificate into the registry office records,
.....
- attach the original foreign registry office document together with a translation into Polish by a sworn translator – if the foreign copy is issued on a multilingual form in accordance with the convention signed in Vienna on 08.09.1976, a translation is not required,
.....
- attach proof of payment for the issuance of the certificate
.....
- carry your passport/residence card with you

You can obtain an official copy of the certificate from the Registry Office in Sosnowiec, Aleja Zwycięstwa 20, room 105 (ground floor).

5. Documents (driving licence, Polish identity card, Polish travel document)

Driving licence – if you are a driver providing passenger transport or taxi services, you are required to have a Polish driving licence from 17 June 2024. Be sure to exchange any driving licence issued in a country other than Poland.



⚠ NOTE!

You can apply for a Polish driving licence only after residing in the territory of the Republic of Poland for 185 days.

This condition applies to anyone who has a foreign driving licence and has been living in Poland for at least 185 days. After this period, they must exchange their document.

If the country that issued your driving licence is a signatory to the Geneva or Vienna Conventions, you do not need to pass the theoretical part of the driving test; in any other case, you must pass the theoretical part of the test in order to exchange your foreign licence for a Polish one.

If you do not exchange your licence, the police will treat you as a person who is driving without the required licence, which is punishable by arrest, restriction of freedom or a fine of not less than PLN 1,500.

Ukrainian citizens who want to exchange their driving licence for a Polish one, while having valid Ukrainian licences, should meet the following conditions:

- they must reside in the territory of the Republic of Poland for at least 185 days in each calendar year, due to their personal or professional ties

or

- they must have a certificate of studying for at least 6 months in a year.

In order to exchange the document authorising to drive vehicles, a Ukrainian citizen must submit the following documents together with the application:

- a photocopy of the driving licence together with a translation of the driving licence into Polish, made by a sworn translator or consul of the Republic of Poland,
.....
- a photocopy of the document confirming the right to reside in Poland,
.....
- consent to the processing of personal data,
.....
- confirmation of payment of the consular fee to the competent Consulate of Ukraine in Poland, which will confirm the authenticity of the exchanged document.

You can exchange your driving licence at the City Hall in Sosnowiec, at the Department of Transport, 9 Teatralna Street (tel. 32 296 06 60). You can also register your car or report the sale of your car at the same location.

The Polish identity document for foreigners is valid for 1 year from the date of issue and confirms the identity of the foreigner during their stay in Poland. This document does not confirm the foreigner's cit-

izenship and does not entitle him/her to cross the border, and its possession does not exempt him/her from the obligation to obtain a visa, temporary residence permit, permanent residence permit or long-term EU residence permit.

The Polish identity document for foreigners is issued by the Silesian Voivodeship Office (Branch for Foreigners of the Department of Citizen's Affairs and Foreigners, 25 Jagiellońska Street, room 161, Katowice, tel. 32 207 79 20). An application for a document should be submitted if:

- you are staying in Poland and do not have any citizenship, if it is in the interest of the Republic of Poland,
.....
- you are a victim of human trafficking.

A Polish travel document is needed if you have lost your travel document or if your document has been destroyed or has expired and you are unable to obtain a new travel document. You can apply for a Polish travel document if you have:

- a permanent residence permit,
.....
- a long-term residence permit for residents of the Republic of Poland,
.....
- you are a citizen of Belarus and reside in Poland on the basis of a temporary residence permit,
.....
- subsidiary protection,
.....
- permission to stay for humanitarian reasons.

 The application, together with the necessary attachments, i.e. 2 photographs and proof of payment, should be submitted to the Silesian Voivodeship Office (Branch for Foreigners of the Department of Citizen's Affairs and Foreigners, 25 Jagiellońska Street, room 161, Katowice, tel. 32 207 79 20).

The application on behalf of a minor foreigner can be submitted by the parents, court-appointed guardians, one of the parents or one of the court-appointed guardians.

6. Nursery, kindergarten or school

If you are legally residing in Poland and live in Sosnowiec, your child can attend city and private educational institutions. Children aged 0-5 years have the right to attend a nursery and kindergarten, whilst children aged 6 years and over are obliged to do so.

All information for parents of children under 3 years of age who wish to have their child looked after in a nursery, children's club or with a childminder can be found on the website of the information and service portal: www.empatia.mpips.gov.pl in the tab: map of nurseries and children's clubs and in the tab list of childminders.

The website contains information about all nurseries, children's clubs and childminders that offer care for children under 3 years of age, not only in Sosnowiec, but throughout the country.

THE NURSERY AND CHILDREN'S CLUB UNITS run by the Municipality of Sosnowiec do not charge for childcare and meals. To find information about these forms of childcare, go to: www.zlobekmiejski.sosnowiec.pl and contact the facility.

NON-PUBLIC NURSERIES IN SOSNOWIEC are run by non-public entities. All information about the facility of interest to you can be found on the website of the Empatia information and service portal: www.empatia.mpips.gov.pl.

NOTE!

recruitment is conducted online and lasts all year round. To enrol your child in a nursery or children's club, you must provide your child's PESEL number.

For a child cared for in a nursery, children's club or with a childminder, you can apply for the 'Aktywnie w Żłobku' (Actively in the Nursery) benefit. All information can be found on the website of the Social Insurance Institution: www.zus.pl. **Information available in Polish, English and Ukrainian.**

➤ **City kindergartens**

If you want to enrol your child (aged 3-6) in a kindergarten during the school year, contact the director of any kindergarten of your choice directly to find out if there are still places available. The director of the kindergarten decides whether to admit your child during the school year. If you have any documents confirming your child's age, please bring them with you.



If you want to enrol your child in kindergarten for the next school year, i.e. from 1 September, you must take part in the recruitment process. The recruitment process is conducted online, and the dates are announced by the end of January each year on the website of the Sosnowiec City Hall www.sosnowiec.pl and on the websites of the kindergartens. After logging into the system, an application for admission to the facility will be displayed. If you have any problems filling it in, contact the kindergarten you have chosen for your child. The completed application form, together with the documents indicated by the system, should be printed, signed and brought to the kindergarten.

The place of residence is not relevant for the admission to kindergartens – the parent/guardian chooses the facility where they would like to enrol their child.

➤ **Primary schools**

The child's compulsory education begins at the beginning of the school year in the calendar year in which the child turns 7.

If you want to enrol your child during the school year, contact the head teacher of the primary school closest to your place of residence. Bring documents confirming your child's age and the number of years of school education completed, if you have them.

If you want to enrol your child in primary school for the next school year, i.e. from 1 September, you must take part in the recruitment process. The recruitment process is conducted online, and the dates are announced by the end of January each year on the website of the Sosnowiec City Hall www.sosnowiec.pl and on the websites of the schools. After logging into the system, the application form for admission to the facility will be displayed. If you have any problems filling it in, please contact the secretary's office of the school closest to your place of residence. The completed application form, together with the documents indicated by the system, should be printed, signed and brought to the school.

Children who do not speak Polish fluently have the option of attending a preparatory class at Primary School No. 10 in Sosnowiec, 36 W. Reymonta Street – please contact the school secretary's office directly (no recruitment process).

For recruitment to bilingual or sports departments, please contact the head teacher of the selected school directly.

➤ **Secondary schools – general and technical secondary schools, level 1 and 2 vocational schools**

If you want to enrol your child in a secondary school during the school year, please contact the head teacher of the school of your choice directly to find out if there are any places available. The head teacher decides whether to admit your child during the school year. Bring documents confirming your child's age and the number of years of school education completed, if you have them.

If you want to enrol your child in secondary school for the next school year, i.e. from 1 September, you must take part in the recruitment process. The recruitment process is conducted online and the dates are published by the end of January each year on the website of the Board of Education in

Katowice www.kuratorium.katowice.pl under the tab 'rekrutacja' (recruitment) and on the websites of the schools.



After logging into the system, an application (in Polish) for admission to the facility will be displayed. If you have any problems filling it in, please contact the secretary's office of your chosen school. The application, together with the documents indicated by the system, must be printed, signed and brought to the school.

For recruitment to bilingual or sports departments, please contact the head teacher of the selected school directly.

7. 800+ benefit

The 800+ child benefit is available to EU citizens and foreigners residing in Poland, provided they are legally residing in Poland and have access to the Polish labour market. The benefit is available for each child up to the age of 18, regardless of the family's income. It amounts to 800 PLN per month, and in the case of alternating childcare, 400 PLN. To receive the 800+ benefit, the parent must submit an application, to which they should attach a document confirming the legality of their stay in Poland together with access to the labour market, e.g. a residence card with the annotation 'access to the labour market'. Citizens of Ukraine who came to Poland in connection with war activities after 23 February 2022 and obtained legal residence in our country under the Act on assistance to Ukrainian citizens in connection with armed conflict on the territory of that state, should submit their application for benefits

on a specially prepared SW-U form, which is available in Ukrainian. This application can be submitted via PUE ZUS, the Emp@tia portal or electronic banking.

8. Sosnowiec City Card

If you are a resident of Sosnowiec, be sure to join the Sosnowiec City Card users www.skm.sosnowiec.pl/sosnowiecka-karta-miejska

With the Sosnowiec City Card, you can benefit from attractive discounts at city institutions and from discounts offered by programme partners.



Any person who lives in the city and meets at least one of the following conditions is entitled to participate in the programme:

- is registered as a permanent resident in Sosnowiec,
- pays personal income tax in Sosnowiec,
- is staying in an educational care facility in Sosnowiec,
- is registered as a temporary resident in Sosnowiec, is under 26 years old and is covered by "Benefit for the Young" Programme;
- is a university student at a university located in Sosnowiec;
- is a person staying in a 24-hour nursing home in Sosnowiec.

You can apply for the card via the app or in person at:

- Customer Service Office of the Sosnowiec City Card,
S. Małachowskiego Street 3, room 35, 41-200 Sosnowiec,
Ph. +48 32 296 0 651, email: wrp@um.sosnowiec.pl
- City Information Centre, 3/20 Warszawska Street,
41-200 Sosnowiec, Ph. +48 32 265 60 04, e-mail:
cim@um.sosnowiec.pl

You will need:

- a colour photo (similar to the one for your ID card; you
can have one taken for free on site);
- the first page of your annual tax declaration and the
official confirmation of receipt;
- your Polish resident identification number (PESEL).

The “New Resident Bonus” Program has recently been developed dedicated to the Sosnowiec City Card users who have registered as permanent residents of Sosnowiec and who were previously registered in another municipality.

The “New Resident Bonus” entitles you to:

- 50% discount at city cultural institutions (each user is en-
titled to a one-time purchase of one discount ticket for
a cultural event in a given institution),
- purchase of admission tickets to municipal (MOSiR)
sports facilities for 1 PLN.

The offer does not apply to events organised by external entities in MOSiR facilities and in city cultural institutions.

9. The Large Family Card and the ‘Have More’ card

The Large Family Card is a system of discounts and additional entitlements for Families 3+, applicable throughout Poland.

The card is effective in public institutions as well as private companies, e.g. in the food, fuel, banking or leisure sectors. Foreigners are also entitled to the Card: for instance, on the basis of a permanent residence permit, a long-term EU residence permit, in connection with obtaining refugee status or subsidiary protection in Poland, if they reside with their family members on the territory of Poland, and citizens of EU and EFTA countries residing in Poland.

An application for the Large Family Card may be filed:

- in person at the Social Policy Department of
the City Hall at 3 Maja Street 33 in room 405, 3rd
floor,
- online via the Empatia information and service
portal (empatia.mpips.gov.pl).
- Detailed information is provided by the Social
Policy Department of the City Hall at 3 Maja
Street 33 in room 405, 3rd floor.

Families 3+ living in Sosnowiec may also benefit from the ‘Have More’ programme. The programme involves a system of discounts and reductions granted by the programme partners, primarily cultural institutions, sports centres, retail outlets and service points.

Participants in the programme receive a personalised card.



An application for a card under the ‘Have More’ programme should be submitted to the Social Policy Department of the City Hall at 3 Maja Street 33, room 403, 3rd floor.



10. 'Active Senior 60+' card



The 'Active Senior 60+' programme is addressed to people who are 60 years of age or older and reside in Sosnowiec. The programme allows seniors – programme participants – to benefit from discounts, re-

ductions and rebates. Programme partners work in the following sectors: travel agencies, resorts, spas, catering, sports and recreation, culture and education.

An application for a card under the 'Active Senior 60+' programme should be submitted to the Social Policy Department of the City Hall at 3 Maja Street 33, room 403, 3rd floor.

11. Trusted profile

Setting up a trusted profile will allow you to quickly and easily handle various formalities (e.g. applying for benefits, registering a company, opening a bank account). It allows you to confirm your identity free of charge in electronic administration systems and sign documents. The trusted profile is also linked to the Electronic Platform of Public Administration Services (ePUAP), which means you will be able to log in to the electronic service of a specific office.

Remember that the trusted profile may be set up only by persons who have a PESEL number (see section II.2: PESEL).

The Trusted Profile can be set up in 3 ways:

1. via an online form in Polish and Ukrainian
www.pz.gov.pl/pz/index,
.....
2. via the bank where you have an account,
.....
3. via e-ID, i.e. an ID card with an electronic layer.

12. Individual Integration Programme

As part of assistance for foreigners who have been granted refugee status or subsidiary protection in Poland, the Local Social Welfare Centre carries out an Individual Integration Programme. This is an individually tailored programme in which an employee of the Local Social Welfare Centre provides support in everyday matters and assists in obtaining the financial resources to which they are entitled for a period of 12 months. Assistance includes cash benefits for food, financing the costs of renting accommodation, learning the Polish language and paying health insurance premiums.

Assistance to foreigners is granted upon their application, which should be submitted within 60 days from the date the foreigner obtains refugee status or subsidiary protection or obtains a temporary residence permit.



More information concerning this form of assistance may be obtained at the Local Social Welfare Centre in Sosnowiec 3 Maja Street 33 ground floor room 111 in person or at telephone number 32 296 22 48.

IV Sosnowiec after hours

Sosnowiec offers many ways for the youngest and adult residents to spend their free time in an interesting, active way and to pursue their passions. We have prepared a description of locations for you, among which you can easily find a place where you can develop your interests, relax or make new friends. The possibilities are endless! The city's cultural and sports facilities, as well as the unique places of which the citizens of Sosnowiec are particularly proud, will allow you to spend your time in the most enjoyable way. Get to know these places and the people who create them; your time spent there will definitely not be time wasted.



1. Cultural events

The Gustaw Daniłowski Public Library in Sosnowiec – is a modern multimedia library located in the city centre and a network of 18 branches available in all districts of the city. It provides the citizens of Sosnowiec with free access to a rich collection of books and magazines (also foreign language ones) and multimedia collections (audiobooks, e-books, board games, vinyl records, microfilms). The multimedia library has a specially designed, creative and multifunctional space dedicated to activities such as reading, coding and

robotics activities, DIY, making music, exploring and experiencing. The cultural events organised in the multimedia library, which are also aimed at foreigners living in Sosnowiec, such as meetings with foreign-language writers or film screenings for children in the original languages, are very popular among local residents.

Sosnowiec Public Library
11 Kościelna Street
32 266 33 96, 32 294 95 38
mediateka@biblioteka.sosnowiec.pl
www.biblioteka.sosnowiec.pl

Opening hours of the multimedia library:
Monday: 12.00 pm – 8.00 pm
Tuesday – Friday: 08.00 am – 8.00 pm
Saturday: 08.00 am – 3.00 pm

The Zagłębie Theatre in Sosnowiec – is one of the oldest theatre stages in Poland, having been established in 1897. Today, it creates and presents a variety of award-winning performances for adults and children. In addition to performances, the Zagłębie Theatre also offers workshops as well as educational and social projects, open to all age groups, from children to seniors.

The Zagłębie Theatre, as part of its 'Parents to the Theatre' project, provides childcare for children aged 4–8 while their parents watch a performance.

Tickets for all performances can be purchased at the box office and online (tab 'repertoire' on the Theatre's website). Holders of the Sosnowiec City Card, can benefit from special actions entitling them to discounts.

Zagłębie Theatre in Sosnowiec
4 Teatralna Street
32 266 11 27
rezerwacje@teatrzaglebia.pl
www.teatrzaglebia.pl

The box office is open during the following hours:
Monday–Wednesday: 12.00 pm–5.00 pm
Thursday–Friday: 12.00 pm–7.00 pm
Saturday–Sunday: 3.00 pm–6.00 pm

Sosnowiec Art Centre – Sielecki Castle – is a local cultural unit located in the oldest building in the city, in the restored defensive castle in the Sielec district. The Art Centre focuses mainly on presenting the work of visual artists within the framework of the Extravagance Gallery. For many years, the institution has been developing the theme of broadly understood regionalism and multiculturalism by organising exhibitions, workshops, lectures and meetings with regionalists. An important part of the Centre's activities is artistic education, which results in numerous workshop projects conducted in cooperation with professional artists. The Arts Centre offers a wide range of activities for participants of all ages, including painting, graphic design and art crafts workshops. We particularly recommend the Weekend Family Academy, where children and their caregivers create artwork together in a joyful, creative atmosphere.

-  **Sosnowiec Art Centre – Sielecki Castle**
-  **Zamkowa Street**
-  **32 266 38 42**
-  **centrum@zameksielecki.pl**
-  **www.zameksielecki.pl**
-  **Opening hours:**
Monday – Friday: 08.00 am–7.00 pm
Saturday – Sunday: 3.00 pm–7.00 pm



Schoen Palace Sosnowiec Museum – is one of the most important places on the cultural map of Sosnowiec, located in a historic neo-Baroque palace once belonging to the family of German industrialists – the Schoen family. The museum exhibits memorabilia related to Sosnowiec's past and promotes knowledge of the city and its spiritual and material heritage.



The museum offers not only permanent and cyclical exhibitions, but also art workshops (e.g. glass painting and weaving, making small sculptures or Christmas decorations), museum lessons (e.g. Sosnowiec tales and legends, Sosnowiec – the city of four cultures) or the popular 'On the other side of the wardrobe' escape room, where young participants take part in a role-playing adventure game, discovering the history of Sosnowiec and practising logical thinking.

-  **Schoen Palace Museum in Sosnowiec**
-  **12 Chemiczna Street**
-  **32 363 45 10**
-  **muzeum@muzeum.org.pl**
-  **www.muzeum.org.pl**
-  **Opening hours:**
Tuesday–Saturday: 10.00 am – 7.00 pm
Sunday–10.00 am – 6.00 pm
on Monday the museum is closed to the public

Jan Kiepura City Club – is an inspiring place for the development of passions, interests, talents and skills of Sosnowiec residents of all ages. Children, teenagers and adults eagerly enjoy the educational, dance, art, drama or music classes offered at the Club, which are carried out in individual and group forms in the building of the Energetic Cultural Centre at 64 Będzińska Street.



The Jan Kiepura City Club is also the initiator of cyclical festivals and competitions as well as the organiser of open-air city events: the festival Sosnowiec Days of Known and Unknown Music and the European Integration Festival of Children's Song INTERMUZA are events prepared by the Club, whose reputation extends far beyond Sosnowiec.

The unquestionable pride of the Club is the memorial hall dedicated to the outstanding tenor, the 'Boy from Sosnowiec', Jan Kiepura and his wife Marta Egghert, located in the building on Będzińska Street, and the Władysław Szpilman concert and performance hall 'MUZA' located in the city centre on 2 Warszawska Street. The Muza is the venue for very popular concerts and theatre performances.

**J. Kiepura City Club:
Energetic Cultural Centre**
65 Będzińska Street
32 788 99 73, 32 788 33 73
sekretariat@kiepura.pl

**Władysław Szpilman concert
and performance hall 'MUZA'**
2 Warszawska Street
32 213 99 00
www.kiepura.pl

Open Culture Stop – is a cultural institution operating in the districts of Kazimierz Górniczy and Maczki, which offers residents of the eastern part of Sosnowiec a space for creative thinking, active leisure activities, and the pursuit of their passions and talents. The cultural institution operates in three locations: in the building at 19 Główna Street, in the amphitheatre in Jacek Kuroń Park (the so-called Muszelka) and in the building at 26 Krakowska Street. The Open Culture Stop offers cyclical concerts and music festivals, exhibitions, special events (Halloween, St. Nicholas' Day, etc.), theatre performances, reviews and competitions, cabaret and stand-up performances, family festivals, sports tournaments, as well as trips and recreational activities. The facility also organises artistic and handcraft workshops that stimulate and inspire the residents of Sosnowiec who use its services. Senior citizen clubs operate at both locations. The building in Maczki district has a gaming room and a common room with a pool table, ping-pong and foosball tables, and a large selection of board games.

Open Culture Stop
19 Główna Street
32 269 41 19
kazimierz@pok.sosnowiec.pl

Open Culture Stop
26 Krakowska Street
32 291 81 28
maczki@pok.sosnowiec.pl
www.pok.sosnowiec.pl

The Earth Sciences Museum of the University of Silesia – is a geological museum located in the tallest building in Sosnowiec, the so-called Żyleta, which houses around 4,000 specimens from Poland and all over the world. The collections are on display in 17 permanent exhibitions, which provide an accessible insight into the dynamic history of the Earth and the evolution of life. Open admission.

In front of the museum building, visitors may admire a model of a Tyrannosaurus rex, known in Sosnowiec as Zuzia. The 6-metre-high and 14.5-metre-long T-Rex figure is a favourite of Sosnowiec children.



 **Museum of Earth Sciences of the University of Silesia**

 **60 Będzińska Street**

 **32 368 96 03**

 **muzeumnoz@gmail.com**

 **www.mnoz.us.edu.pl**

 **Opening hours:**
Monday–Friday: 08.00 am–3.00 pm

The Museum of Medicine and Pharmacy of the Medical University of Silesia – is a fascinating journey into the mysterious world of potions and herbs for all those who want to learn what the world of medicine and pharmacy once looked like. Interesting exhibits give you the opportunity to travel to the operating theatre of a 20th-century hospital, see what surgical procedures barber-surgeons used to perform and stand behind the counter of an old pharmacy. A must-see for history enthusiasts as well as medical and pharmacy students.

 **Museum of Medicine and Pharmacy of the Medical University of Silesia**

 **30 Ostrogórska Street**

 **32 364 13 85**

 **muzeum@sum.edu.pl**

 **Opening hours:**
Tuesday, Thursday, Friday: 09.00 am–3.00 pm (last entry at 2.00 pm)
Wednesday: 10.00 am–5.00 pm (last entry at 4.00 pm)

2. Sports events

The sports infrastructure available in Sosnowiec allows residents to pursue their sports passions and recreational needs. The city's sports and recreation map is diverse, modern, accessible and safe.

► City Sports and Recreation Centre in Sosnowiec

Family Activity Centre ŻeromPark at 4D Żeromskiego Street is a modern facility consisting of a water zone (sports pool, paddling pool, swimming pool for children's swimming lessons, 2 spa tubs with hydromassage); a SPA zone (sauna complex, cooling pool, spa tub with hydromassage), fitness zones (fitness room, TRX and gym) and posture improvement zones.



Klimontów Family Activity Centre at 99A Mjr. Hubala-Dobrzańskiego Street, where users can enjoy the indoor swimming pool, sauna, gym, fitness rooms and posture improvement exercises. The facility offers various classes including body shaping, endurance training, aqua fitness, swimming lessons and posture improvement exercises for children with special needs.

Summer swimming pools: 3 Maja Street 41 and 181 Wojska Polskiego Street (available during the summer season).

Indoor swimming pool at 46A Bohaterów Monte Cassino Street, offering a 25-metre

pool with 8 lanes, a recreational pool, a paddling pool, a dry and steam sauna, and rehabilitation rooms. The swimming pool is adapted to the needs of people with disabilities.

Football complex at 1 Kresowa Street, which includes an artificial turf pitch, grass training pitches and a beach soccer pitch. Young footballers from the Zagłębie Sosnowiec Academy train on these pitches. If you would like to join the academy, please contact the coaches of the respective age groups. www.zaglebie.eu/akademia/akademia

Sports complex at 70 Orłąt Lwowskich Street, with a full-size and training grass pitch, a sports hall, a gym and a martial arts hall where judo and kick-boxing classes are conducted.

Athletics Stadium at 4 Mireckiego Street.

Sports Complex at 31 Mireckiego Street, where the women's football team 'Czarne Sosnowiec' trains. The facility consists of 2 grass football pitches and 3 clay tennis courts.

Skate parks at Braci Mieroszewskich, Jasieńskiego, Zamkowa and Orłąt Lwowskich streets.

Tennis courts at 4B Szkolna street (the facility is open every day and offers 3 tennis courts and a training wall).

A full list of facilities belonging to the City Sports and Recreation Centre in Sosnowiec, including current prices and opening hours, can be found at www.mosir.sosnowiec.pl/obiekty-mosir.html

Remember that if you have the Sosnowiec City Card, you can get discounts at any of the above facilities.

The Zagłębie Sports Park is a modern sports complex located at 1 Zagłębie Square, consisting of a football stadium with stands for 11,600 spectators, a winter stadium, that serves occasionally as a public skating rink as well as a training and competition venue for the Zagłębie Sosnowiec Hockey Club, and a Sports Hall where volleyball, basketball and hand-ball matches are organised. It is not only a place where you can cheer on your favourite athletes, but also participate in music and cultural events organised in the Park. Recurring events, such as the grand finale of the Great Orchestra of Christmas Charity

Foundation or the Sosnowiec Fun Festival, attract thousands of residents of Sosnowiec and the region every year. Come and join us!

Sport Level 450 is a climbing centre located on the premises of the former Sosnowiec coal mine (51 Narutowicza Street), where everyone, regardless of their age and skills, can spend their time climbing and having fun. Forget about the worries of everyday life and have fun climbing to new heights.

Sport Level 450 also offers climbing courses, organises birthday parties for children and day camps during the summer and winter holidays. The full offer of the facility, including opening hours and the current price list, can be found here: www.poziom450.pl

Wake Zone Stawiki, located next to the sports complex on Kresowa Street, by the Stawiki reservoir, is the best facility of its kind in Poland. Wake Zone offers a wakeboarding lift and track, an aquator (water obstacle course) and a beach, where sport, recreation, relaxation and fun come together in one place. At the facility, you can rent the equipment you need, take lessons, and enjoy a hot bath in an outdoor hot tub or a Finnish sauna. www.wake-zone.pl

The ski slope Śródula located in the Śródula Park (in the immediate vicinity of the Zagłębie Sports Park), is open during the winter season, provided that the weather conditions are suitable. Thanks to the artificial snow system, ski lifts and equipment rental,



skiers and snowboarders can practise their favourite sport without leaving Sosnowiec. In addition to the main slope (450 metres high), there are also smaller hills, which are loved by children who enjoy sliding down them on sledges or bum sliders. Getting to the slope is very easy. You can get there by public transport (tram no. 15 or buses; Zagórze Osiedle or Zagórze Pekin stops).

3. Interesting facts

Although Sosnowiec has a relatively short history and our city cannot compete with the history and monuments of Wrocław or Kraków, we do have some unique places that are worth exploring. Visiting them will help you understand the people of Sosnowiec better and find your place in the local community.

An extremely popular place in Sosnowiec, known to everyone who lives here, is the Centennial Square, called 'the Pan' by everyone. Located opposite the historic 'Sosnowiec Główny' railway station building, to which it is connected by an underground shopping arcade, the square is a meeting place for the people of Sosnowiec and a central interchange point where train, bus and tram routes intersect. When arranging a get-together, the locals usually meet 'next to Janek', a statue of the most famous resident of Sosnowiec, the world-famous opera singer Jan Kiepura. The underground arcade houses the City Information Centre, where you can obtain comprehensive information about the city, buy souvenirs related to Sosnowiec, read the daily newspapers and drink a good coffee. The centre is open Monday to Friday from 8.00 am to 6.00 pm and on Saturdays from 8.00 am to 4.00 pm.

The most important traces of local history can also be found in other parts of the city, for example, by visiting:

The Three Emperors' Corner, a place where the borders of three European powers converged: the Kingdom of Prussia, the Austri-

an Empire and the Russian Empire, at a time when Poland lost its independence and was divided between the three invaders. The place is located at the confluence of the Black and White Przemsza rivers near Orłąt Lwowskich Street.

The Cemetery of Four Faiths is a unique complex of four cemeteries (Catholic, Jewish, Evangelical, and Orthodox) on Smutna Street, which is a testament to the multicultural history of the city; where representatives of different nationalities and religions, thanks to their talents, entrepreneurship, hard work, and skills, built Sosnowiec together.

Dietel Palace, one of the most spectacular buildings in Sosnowiec, a 19th-century palace that was once home to a famous family of entrepreneurs. The lavish, restored interiors are often used by filmmakers to shoot scenes for films and music videos. The palace can be visited with a guide, who gives an insight into the history of the family, which has contributed greatly to Sosnowiec, and the history of the city itself. www.palacdietla.pl

The city's current priority is to create places that are friendly to both residents and the environment, providing the people of Sosnowiec with a friendly space, while positively affecting local biodiversity and helping to reduce the negative effects of climate change. We are extremely proud of our city parks, as they are a favourite place for residents to take a walk, relax or play sports. The parks are equipped with the appropriate infrastructure for cyclists and rollerbladers, as well as children's playgrounds, educational paths and brine graduation towers. Find a park in your area and enjoy its attractions:

- Sielecki Park – a historic park in the Sielec district (with a playground, brine graduation tower, skate park, dog park) which regularly hosts city events and other popular outdoor events (e.g. sports competitions, food truck conventions);
- Jacek Kuroń Park in Kazimierz – especially popular among children (features a mini zoo, a rope park, a palaeontological learning trail with dinosaur models, a go-kart rental, and the Muszelka amphitheatre);
- Millennium Park in Milowice (ideal for walks and bike rides, with modernised paths, interesting vegetation and an educational trail for children);
- Scout Park on Ostrogórska Street (with a polysensory garden stimulating the proper development of children);

- Biodiversity Park at the crossroads of Kresowa and Piłsudskiego streets, where you can find a natural and educational trail presenting and protecting various plant species
- and many other parks, squares and green areas that can become your place of relaxation.

Be sure to visit our biggest attraction of recent years, the Ecological Education Centre Egzotarium, located in a modern building on Piłsudskiego Street next to the Biodiversity Park. Here, you can see plants

from different climate zones and exotic animals all in one place. The Egzotarium also offers themed workshops, organises birthday parties for children and special events in a unique setting. You can visit the facility from Tuesday to Sunday from 9.00 am to 7.00 pm. Don't forget to use your Sosnowiec City Card to buy a ticket at an attractive price!



V Practical tips

1. Public transport

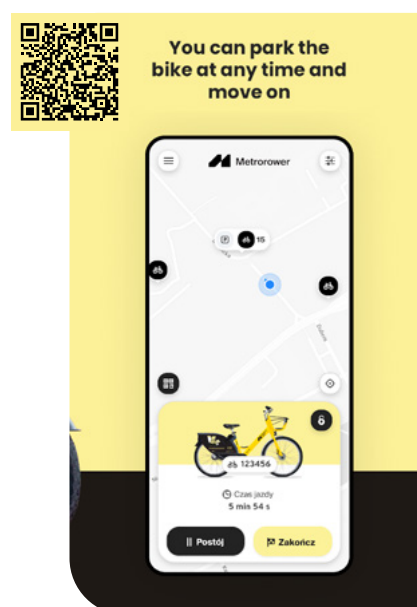
When travelling around the city and the metropolitan area, you can choose from various modes of transport, such as bus, tram, train, bicycle or electric scooter.

Current timetables as well as bus and tram ticket prices are available at: www.transportgzm.pl. The website is available in four languages: Polish, English, German and Ukrainian.

Remember that electronic tickets are cheaper than paper tickets. Children under 16 years of age travel for free. Enter the special discount for them in the GZM transport system. People over 70 years of age can also travel for free. If you travel frequently, check out the long-term ticket offer. Travelling with such a ticket is cheaper and more convenient than buying single tickets every day. Create an account in the official GZM transport app (Metroappka) and start travelling by public transport.

Holders of medium- or long-term tickets in the GZM Transport system can use the Metrorrower bike for 60 minutes a day free of charge. The free use of the bikes also applies to people who are entitled to free use of the GZM Transport network, i.e. young people under 16 years of age and senior citizens. To use them, the right must be confirmed in the GZM Transport system. Other users pay one zloty for the first half hour of driving and 2.50 zloty per hour. The longer the ride, the higher the price. To avoid paying for every single ride, you can purchase an annual, semi-annual or monthly subscription.

Download the Metrorrower app, find a yellow bike and travel comfortably, affordably and environmentally friendly!



In Sosnowiec, you can also travel with the TIER electric scooter. Download the app, register and select your payment method. Then find the e-scooter on the map or on the street and unlock it by scanning its QR code with the app. To end your ride, find a safe place to park, lower the kickstand, open the TIER app and tap the 'Zakończ przejazd' ('End ride') button.

If you are planning a trip to another city in our metropolis, think about taking the train! This way, you will avoid possible traffic jams and get to your destination quickly and comfortably. The train station 'Sosnowiec Główny' is the perfect place to start your journey. You can find the current timetable and price list on the website of Koleje Śląskie (www.kolejeslaskie.com), which is available in Polish, Ukrainian and Czech.



2. Renting a flat

Remember that when you rent a flat on the private market, you are subject to exactly the same rules as Poles.

The person you rent a flat from has the right to verify your identity (they may ask you to show your passport or residence card), they may ask you where you are employed, what your occupation is, how long you plan to live in Poland. They may also request a salary certificate (ask your employer to provide one). This person is entrusting you with their property, so they want to make sure they can trust you. However, they cannot demand a fee for showing you the property. This is not permitted in Poland.



The agreement you sign should be in writing, in Polish and in a language you understand. You and the person renting you the flat must be sure that you understand and accept the terms of the agreement. If you sign an agreement in Polish only and do not understand all the provisions, it is still a binding document! The duration of the rental agreement should not exceed the period of your residence permit in Poland.

If you stay in Poland for more than 30 days (foreigners from EU countries for more than 90 days), you are obliged to register your place of residence. You can easily do this at our Department of Citizens Affairs (see point II.3. registration). Please note that registration of your place of residence does not give you any rights to the property!

The owners of flats in Poland prefer to sign an occasional rental agreement. It is the most favourable for the owner because if you do not pay the agreed monthly amount, they can easily terminate the agreement and you will have to leave the flat immediately. Therefore, you should indicate another address in the agreement in case of eviction. Ukrainian refugees are exempt from this obligation.

Another type of agreement is the traditional rental agreement. In such an agreement, it is not required to provide an alternative address, nor is it mandatory to use a written form. However, it is always better to draw up a document to clearly define the rights and obligations of both parties.

The landlord has the right to determine the number of people who can live in their property and to collect a deposit, e.g. in the amount of 2-3 months' rent (in case of late payments or to cover the costs of any damage; the deposit is refundable at the end of the agreement).

A real estate agency (there are several in Sosnowiec) can help you conclude a safe agreement; however, remember that such a service is subject to a fee, the amount of which is determined by the agent.

You can also obtain an apartment from the city's resources. Determining whether you can apply for such a property requires an analysis of your individual situation (e.g. financial, family, legal). If you are interested in this form of rental, please visit the Housing Department at the City Hall (14 Mościckiego Street, 1st floor, room 115), where you will receive detailed information and assistance in understanding the regulations

3. Social assistance

 If you or your family live in Sosnowiec and need assistance, please contact the Local Social Welfare Centre in Sosnowiec, located at 3 Maja Street 33.

The right to social assistance benefits is granted to foreigners who reside and stay in Poland and have:

- a permanent residence permit
- a long-term EU residence permit
- a refugee status
- subsidiary protection
- a temporary residence permit issued for the purpose of joining the family for a family member of a foreigner residing in Poland and having refugee status or international protection
- a temporary residence permit granted to persons holding a long-term EU residence permit issued by another EU member state, intending to work, run a business, undertake or continue studies or vocational training in the territory of the Republic of Poland, or demonstrating that there are other circumstances justifying residence in Poland.

Citizens of other European Union member states, European Free Trade Association (EFTA) member countries that are parties to the Agreement on the European Economic Area or the Swiss Confederation and their family members who have the right of residence or the right of permanent residence in Poland, also have the right to social assistance.

The social assistance benefits in the form of shelter, meals, necessary clothing and purpose-specific benefits are available to foreigners residing and staying in Poland in connection with obtaining:

- a resident permit for humanitarian reasons
- a tolerated residence permit

4. Financial assistance

Foreigners residing in our municipality who have one of the above entitlements and are in a difficult life situation, whose monthly income does not exceed PLN 1,010.00 (per single person) or PLN 823.00 (per 1 person in a family) can receive:

- periodical benefit (due to disability, long-term illness, unemployment, etc.)
- purpose-specific benefit granted, for example, for the purchase of food, medicines, clothing, necessary personal items, etc.)

Foreigners can also benefit from the 'Meals at School and at Home' programme, receiving meals, food products or money to buy meals/food.

 For more information, please contact the Local Social Welfare Centre in Sosnowiec, 3 Maja Street 33, ground floor, room 129, or call 32 296 22 30/32 296 22 08.

If your family income does not exceed 674 PLN per single person or 764 PLN per person in the case of a family with a disabled child, you are entitled to a family allowance for a child up to the age of 18 or, in the case of continuing education at school, up to the age of 21, and in the case of a disabled child up to the age of 24.

 More information on these forms of assistance can be obtained at the Local Social Welfare Centre in Sosnowiec 3 Maja Street 33 Family and Alimony Benefits Department 1st floor room 201 in person or by calling 32 296 22 42 / 32 296 23 36.

If you have a **Pole's Card** (Karta Polaka), you may be entitled to financial benefits. To find out more, contact the Social Policy Department of the City Hall at 3 Maja 33, room 402, third floor.

A person can receive the Pole's Card if they:

1. demonstrate their connection to the Polish nation through at least a basic knowledge of the Polish language as well as knowledge and cultivation of Polish traditions and customs;
2. submit a written declaration of belonging to the Polish Nation in the presence of a consul;
3. prove that they are of Polish nationality or that at least one of their parents or grandparents or two great-grandparents were of Polish nationality or present a certificate from an authorised Polish or Polish minority organisation confirming active involvement in activities for the Polish language and culture or the Polish national minority for a period of at least the last three years;
4. submit a declaration that they or their ancestors did not repatriate from the territory of the Republic of Poland on the basis of agreements concluded by Poland in the years 1944-1957 with:
 - the Byelorussian Soviet Socialist Republic,
 - the Ukrainian Soviet Socialist Republic,
 - the Lithuanian Soviet Socialist Republic,
 - the Union of Soviet Socialist Republics,
5. are of Polish origin, which has been confirmed in accordance with the provisions of the Repatriation Act of 9 November 2000, provided that they demonstrate at least a basic knowledge of the Polish language

5. Healthcare / disability

In Poland, people with health insurance from the National Health Fund are entitled to free healthcare, i.e.:

- people working on the basis of an employment contract or a contract of mandate,
- registered as unemployed at the District Employment Agency,
- persons conducting business activities,
- foreigners placed in a guarded centre or detained for the purpose of deportation,
- persons who have been granted refugee status or subsidiary protection in the Republic of Poland,
- holders of the Pole's Card, with regard to the use of healthcare services in emergency situations, unless an international agreement to which the Republic of Poland is a party provides for more favourable rules

⚠ NOTE!

Foreigners who are not covered by compulsory insurance can pay voluntary contributions to the regional branch of the National Health Fund (NFZ). Remember that it is worth considering this option if you do



not have insurance as part of your employment contract. For more information on voluntary insurance, please contact the Insurance Section of the Silesian Regional Branch of the National Health Fund (NFZ) in Sosnowiec at 32A Modrzejowska Street

Citizens of EU/EFTA countries/the United Kingdom and Northern Ireland must obtain a European Health Insurance Card (EHIC) before coming to Poland. The EHIC allows you to obtain the necessary medical assistance within the healthcare system of the country you are staying in, with the same rights and at the same cost as the citizens of that country.

Rights of the insured person

If you have health insurance, you have the right to:

- a) use the help of a family medicine specialist or an internal medicine specialist, i.e. a general practitioner. This is the person you go to when you have health problems, if you need a prescription or a referral to a specialist;
- b) use the help of specialists (a specialist doctor must have a contract with the National Health Fund, and you need a referral from your GP to make an appointment. Without a referral, you can receive treatment from the following specialists: psychiatrist, oncologist, dentist, gynaecologist and obstetrician);
- c) purchase cheaper medicines (some prescription medicines in Poland are dispensed free of charge or at lower flat rates);
- d) free hospital stay;
- e) access the hospital emergency department in the event of a health or life-threatening accident, injury, poisoning or suspected heart attack or stroke (at the Regional Specialist Hospital No. 5 at Plac Medyków 1);
- f) free night and holiday care in the event of:
 - a sudden illness;
 - a sudden deterioration in health, when there are no symptoms suggesting an immediate threat to life, and home remedies or over-the-counter medicines have not brought about improvement;
- g) If you are afraid that waiting for a doctor's appointment at the clinic may significantly affect your health and the clinics are closed due to the weekend or holidays, go to the night and holiday care centre at the Sosnowiec City Hospital at Szpitalna Street, tel. 32 41 305 20. If your life or the life of your loved ones is in danger, call the emergency services by dialling 999 or 112;
- h) medical rehabilitation,
- i) diagnostic tests for which you will receive a referral from a doctor who has an agreement with the National Health Fund. The doctor will give you the address of the place where the recommended tests are performed.

You have the right to free treatment without a referral if you are:

- suffering from tuberculosis,
.....
- infected with HIV,
.....
- addicted to alcohol, drugs or psychotropic substances
for the treatment and therapy of addiction.

Ukrainian citizens who arrived in Poland after 24.02.2022 are covered by compulsory insurance without any additional formalities.

Access to dental services under the insurance is very limited. The waiting time for an appointment is very long. However, there are many private dental practices in the city. The cost of the service depends on the price list set by the practice.

If you have long-term or permanent difficulties in performing everyday activities due to your health condition, contact the District Team for Disability Assessment in Sosnowiec, which issues disability certificates and disability degree certificates for the residents of Sosnowiec. These certificates are the basis for applying for the benefits and entitlements available, e.g.:

- the possibility of obtaining suitable employment, participating in training courses, exercising the right to additional holiday leave, a longer break from work, shorter working hours;
.....
- the possibility of participating in occupational therapy and rehabilitation stays,
.....
- subsidies for the purchase of orthopaedic equipment, removal of architectural barriers,
.....
- tax relief, discounts on public transport, exemption from radio and television licence fees,
.....
- social, care, therapeutic and rehabilitation services provided by social welfare institutions, non-governmental organisations and other facilities,
.....
- entitlement to care allowance and other family benefits
.....
- (e.g. disability-related family allowance supplements) and to permanent social assistance benefit.

 More information about this form of assistance can be obtained in person at 1 Szpitalna Street (former hospital building), second floor, or by calling +48 503 900 137.

6. Waste separation

Every resident of Sosnowiec is obliged to separate waste. Waste is disposed of in 6 colour-coded bins: **yellow, blue, green, black, brown and grey.**



The yellow bin is for: metals (e.g. beverage cans) and plastics (e.g. plastic bottles, milk cartons, bottle caps). Food packaging should be emptied and all waste crushed to take up as little space as possible in the bin.



Paper (e.g. newspapers, books, notebooks, wrapping paper) **goes in the blue bin.** Do not use the blue bin for heavily soiled paper, milk cartons or disposable nappies.



Glass (e.g. bottles and jars) goes in the green bin. Do not put ceramics, ovenproof glass, mirrors, light bulbs, car headlights, etc. **in the green bin.**



Organic waste (e.g. fruit and vegetable waste, food leftovers) **goes in the brown bin.**



Ash is disposed of **in the grey bin** (only applies to houses).



Mixed waste is disposed of **in the black bin** (everything that is not disposed of in the other bins and is not hazardous waste).

Other waste, such as large furniture, rubble, fittings, green waste, electronic equipment, batteries, tyres and textiles (clothing, fabric tablecloths, curtains, blankets, bed linen, bedspreads, sheets, used footwear) can be

disposed of at special collection points in the city and delivered to the Municipal Selective Communal Waste Collection Point – Ekostacja Juliusz, which is located at the headquarters of the Municipal Waste Management Company, at 21 Grenadierów Street.

Dispose of expired and unused medicines in a special container at the pharmacy.

Public holidays and local events

Remember, do not plan to do any official business or shopping on these days. Below you will find a list of Polish holidays (public and religious) which are non-working days. Institutions and shops throughout Poland will be closed.

Data	Święto
January 1st	New Year's Day
January 6th	Epiphany
moveable holiday	Easter
May 1st	Labour Day
May 3rd	Three May Constitution Day
moveable holiday	Corpus Christi
August 15th	Assumption of the Holy Mother of God
November 1st	All Saints' Day
November 11th	Independence Day
December 24–26	Christmas

In Sosnowiec, we also celebrate important days together and with great enthusiasm. We invite you to join us!

Children's Week

In Sosnowiec, we don't celebrate Children's Day, but Children's Week. At the end of May and beginning of June, the city comes to life with a range of attractions for children. You can find us in Sosnowiec's parks and squares with games and activities for children. We usually celebrate the finale of the children's week on Sunday at Górka Środulska, where children can enjoy performances, concerts, workshops, bouncy castles and many other attractions. Detailed information is published every year on the website www.tydziendziecka.pl

Sosnowiec Fun Festival

This three-day music festival usually takes place in the second weekend of June. During the Fun Festival, Polish music stars perform on stage in Sosnow-

iec. The festival is accompanied by many attractions and events, including a funfair and a large food and drink area. Detailed information is available every year on the website www.sosnowiecfunfestival.pl

Santa's Workshop

is a celebration for the children of Sosnowiec. For this one day a year, the City Hall in Sosnowiec turns into Santa's Workshop. Instead of officials, there are elves who make all kinds of Christmas decorations with the youngest inhabitants of our city, hand out sweets and invite them to play together. The car park in front of the city hall turns into an amusement park full of attractions, concerts, performances and workshops. The event takes place on the first or second weekend of December.

7. Emergency numbers

In case of a threat to life, health or property, immediately notify the appropriate services by calling one of the numbers below. They can be called from mobile and landline phones. The service is free of charge.

112 emergency number – you will be connected to the emergency call centre. The operator will decide which services are needed. To call 112, you do not need to unlock your mobile phone. The call should be connected if you do not have a SIM card.

Emergency number	Type of service
997	Police
998	Fire brigade
999	Ambulance
986	City Guard
991	Power Emergency Service
992	Gas Emergency Service
994	Water and Sewage Emergency Service



We are building a community open to people and their experiences.

We are here for you.





Sosnowiec łączy

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Sosnowiec łączy

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