



# INSTITUTE OF BIOORGANIC CHEMISTRY

Polish Academy of Sciences

## Information booklet for foreign employees, students, and guests.

Broszura została przygotowana w ramach zadania 2 „Przygotowanie organizacyjne ICHB PAN do obsługi doktorantów i kadry z zagranicy” w ramach Programu Operacyjnego Wiedza Edukacja Rozwój, projekt pozakonkursowy pt. **„Podniesienie kompetencji kadry akademickiej i potencjału instytucji w przyjmowaniu osób z zagranicy – Welcome to Poland”** realizowany w ramach Działania określonego we wniosku o dofinansowanie projektu nr POWR.03.03.00-00-PN 14/18 współfinansowanego ze środków Europejskiego Funduszu Społecznego.

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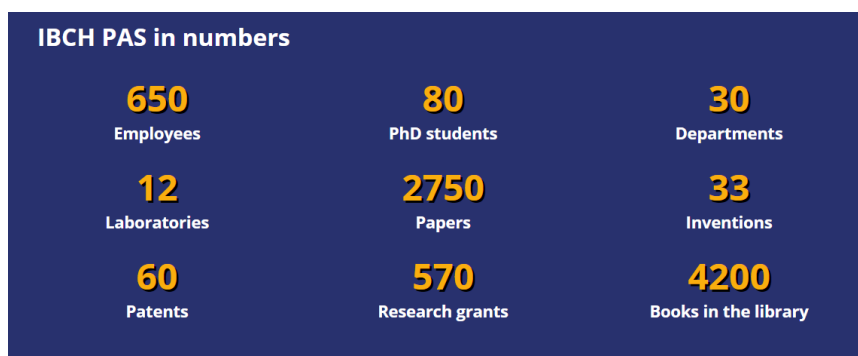
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## IBCH PAS in brief

The Institute of Bioorganic Chemistry, Polish Academy of Sciences (IBCH PAS) is one of the leading research institutions in Poland. It is a host for interdisciplinary studies, encompassing such fields as biochemistry, molecular and structural biology, nucleic acids, molecular probes development, systems biology, molecular genetics, bioinformatics and many more. In particular, research at IBCH PAS is focused on the synthesis, structure and function of nucleic acids and proteins. One of the greatest scientific goals pursued at the Institute is about revealing molecular pathways functioning in plants, animals and humans, including disease conditions.



The Institute was established in its present form in 1988, however, its origins date back to 1969. Currently, on its premises, scientific research in biological and chemical facilities is carried out by more than 200 scientists, including about 100 PhD students. The Institute is entitled to confer PhD (doktor) and DSc (doktor habilitowany) degrees. In cooperation with other institutes of the PAS located in the region – the Institute of Dendrology, the Institute of Molecular Physics, the Institute of Human Genetics and the Institute of Plant Genetics, IBCH PAS coordinates the Poznań Doctoral School of the Institutes of the Polish Academy of Sciences.

IBCH PAS is comprised of more than 30 research departments, supported by 12 specialized laboratories offering high-class infrastructure and equipment. The main buildings of the Institute are located in the center of Poznań, nevertheless, some laboratories are placed at the campus of Poznań University of Technology (the European Centre for Bioinformatics and Genomics), as well as at the Centre for Advanced Technologies (Adam Mickiewicz University - Morasko Campus).

Since the beginning of 2020, scientists from the Institute have been involved in various activities related to the SARS-CoV-2 pandemic by providing support for diagnostics of COVID-19, contributing to the development of first Polish diagnostic tests, performing sequencing of SARS-CoV-2 genomes, and embarking on research projects aimed at finding potential therapeutic molecules.

Current job offers can be found here: <https://portal.ichb.pl/en/kariera-en>

Social media: <https://www.facebook.com/ICHBPAN/>

For details and key contacts please refer to the IBCH PAS “**orientation whitepages**” (available at the Institute).

## Poznań essentials

1. Poznań in a nutshell (introduction & a little bit of history)
2. Exploring the city
3. Must-see attractions
4. Public transport
5. Traditional Poznań/Polish cuisine and some recommendations regarding restaurants/bakeries/pubs
6. Sports & leisure activities
7. Cultural events
8. Poznań - a truly progressive city

### 1. Poznań in a nutshell

Poznań, a lovely mid-sized city in the heart of Poland, is located halfway between two European capitals - Berlin and Warsaw. It lays by the banks of the **Warta River**, and is inhabited by ca. 0.5 million people, at the same time hosting over 130 thousand university students! One can find here Adam Mickiewicz University (the oldest higher education school in the city), Poznań University of Medical Sciences (famous for its international character), Poznań University of Technology, Poznań University of Economics, University of Fine Arts, just to mention the most significant institutions. There are also multiple private higher education schools and academies. Here in Poznań, there is also the Poznań Branch of the Polish Academy of Sciences (PAS), encompassing 6 research Institutes of the PAS, and the PAS Library in Kórnik. For more information about PAS in Poznań, please visit: <https://poznan.pan.pl/>.

Poznań is one of the oldest cities in Poland and the capital of the Wielkopolska province, where **the actual history of the Polish state began**. It was here that Mieszko I, the first Duke of Poland, decided to found his legacy. Most likely, Poznań was also the place where he was baptized in 966, thus gaining recognition among the medieval European rulers. This is how the Duchy of Poland was established - the first ever independent Polish state. It was also here that the first Polish cathedral was erected in 968. Commonly known as **Poznań Cathedral**, it stands proudly on Ostrów Tumski (**the Cathedral Island**), in the heart of the city's oldest part. It served as the final resting place for the early Polish rulers. Everything that you may want to learn about the origins of the Polish state (and more!), is beautifully presented in a very modern and interactive way at **Porta Posnania**, an exhibition and a cultural center located on the Cathedral Island (<https://bramapoznania.pl/en/>), right next to the Cathedral.

Nowadays, Poznań is a vivacious city known for its progressive attitude and spirit of entrepreneurship. But except for hard work, we also like culture and sports! We host quite many international cultural events (see below), and try to keep our surroundings green and entertaining.

### 2. Exploring the city

#### ➔ Play urban games

Urban games – provided by local Tourist Information (<https://poznan.travel/en/>): <http://poznan.travel/en/r/gry-miejskie/miejskie-gry-turystyczne>

#### ➔ Virtual Guide of Poznań

<http://poznan.travel/en/r/warto-zobaczyc/wirtualny-przewodnik-po-poznaniu>

### 3. Must-see attractions

Apart from **Porta Posnania** and the **Cathedral Island** mentioned above, we list for you some more exciting places worth visiting:

**Old Market Square.** The central square of the city was established in 1253 on the left bank of the Warta River. It is a place where the Poznań Town Hall (Ratusz) can be found. The Town Hall's clock tower features two small billy goats, which butt their heads every day at noon. The "Poznań Goats" are very famous, undoubtedly being also one of the most characteristic symbols of the city. The Old Market Square, is the focal point of social life in Poznań. It is full of bars, restaurants, cafés, museums and art. It hosts multiple live attractions like concerts, festivals, and more.

**Imperial Castle.** The erstwhile imperial residence of the German Emperor Wilhelm II, which the Nazis later converted during World War II to suit the needs of their Führer, is currently the home of the **ZAMEK Culture Centre** (CK Zamek). This is the top "cultural" site in Poznań, featuring contemporary and classical art exhibitions, concerts, small studio cinema, bookstore, cafeteria, and much more, both for adults and kids! It is worth paying a visit for those who are into history, art and architecture! More at: <https://ckzamek.pl/>

**Museums.** If you are an art, history, archeology, fashion, or food enthusiast, you will definitely find something interesting for you in the city museums!



The National Museum offers rich collections of Romanesque and Gothic art, paintings by famous artists, both Polish (among others, Malczewski, Matejko, Wyspiański) and foreign (an overview of 15th-18th-century Italian, 17th-century Dutch and 16th- and 17th-century Flemish paintings). Multiple facilities cover different periods of the history of Poznań and Greater Poland, just to mention some of them: Porta Posnania (early medieval times), Poznań Historical Museum (showing the history of the city, starting from the thirteenth century to 1954), Museum of Arms (outdoor displays of military equipment featuring over a dozen military vehicles, tanks, airplanes, helicopters, as well as numerous canons and mortars, mainly from 19th

century and World War II), The Museum of Historical Costume (mainly from 19th Century). Of course, there are many others - the Archaeological Museum, the Museum of Musical Instruments (one of the few such institutions in Europe!), but our favorite (and subjective) pick is the Museum of Applied Arts, a small and cozy place, located on the Przemysl Hill, in the Royal Castle. The museum presents applied art - from Middle Ages to modern times. One can find here furniture, ceramics, weapons, jewelry, fabrics, costumes, as well as all sorts of everyday accessories. What is more, the castle tower is also open for visitors, and it offers a unique view of the city and its surroundings! This a really lovely place and a truly unique exhibition.

Wielkopolska (the Greater Poland district) is famous for growing potatoes (“Pyr” in the local dialect). No wonder that potato dishes are so popular among locals. It is also no surprise that one can also find here the Potato Museum of Poznań. However the real specialty is the St. Martin's croissant , a very special one – with white poppy-seed filling . Go and enjoy the croissant show at the Poznan Croissant Museum and taste for yourself!

**Cytadela (eng. citadel) park & Sołacz park.** Poznań is indeed a green city! Enjoy your leisure time in a quiet and spacious Citadel park (~100 ha), nearby the city center. Take your blanket or skates with you! This is not only a park, but it is also a historical place, and an art centre with open-air exhibitions, sometimes a concert place, worth visiting for different reasons! On the other hand, Sołacz park, a green enclave in the Sołacz district, is a more romantic place, with ponds, little bridges, peaceful atmosphere, inspiring for contemplation and relaxation. Go and judge for yourself! Fortunately, there are many more parks ([link](#)) in the city, just to mention lovely Botanical Garden located in Ogrody (eng. Gardens ☺) district. Altogether, the green areas cover ~27% of the city surface. Nice!



**Lake Malta.** A man-made lake created right within the city borders (dated 1952), surrounded by parks and woodland, is today one of the most famous recreation areas in the region. Apart from ideal conditions for regular activities such as cycling or roller-skating, one can enjoy an **ice-rink (open during the winter season)**, a **ski slope**, a world-class regatta course, a **zoo**, an **aqua park**, and dozens of other attractions, just like the Maltese Baths (for a more detailed description, see “Sports” section), Adrenaline Alpine Coaster, the so called **Bula Park**, and several historic sights.

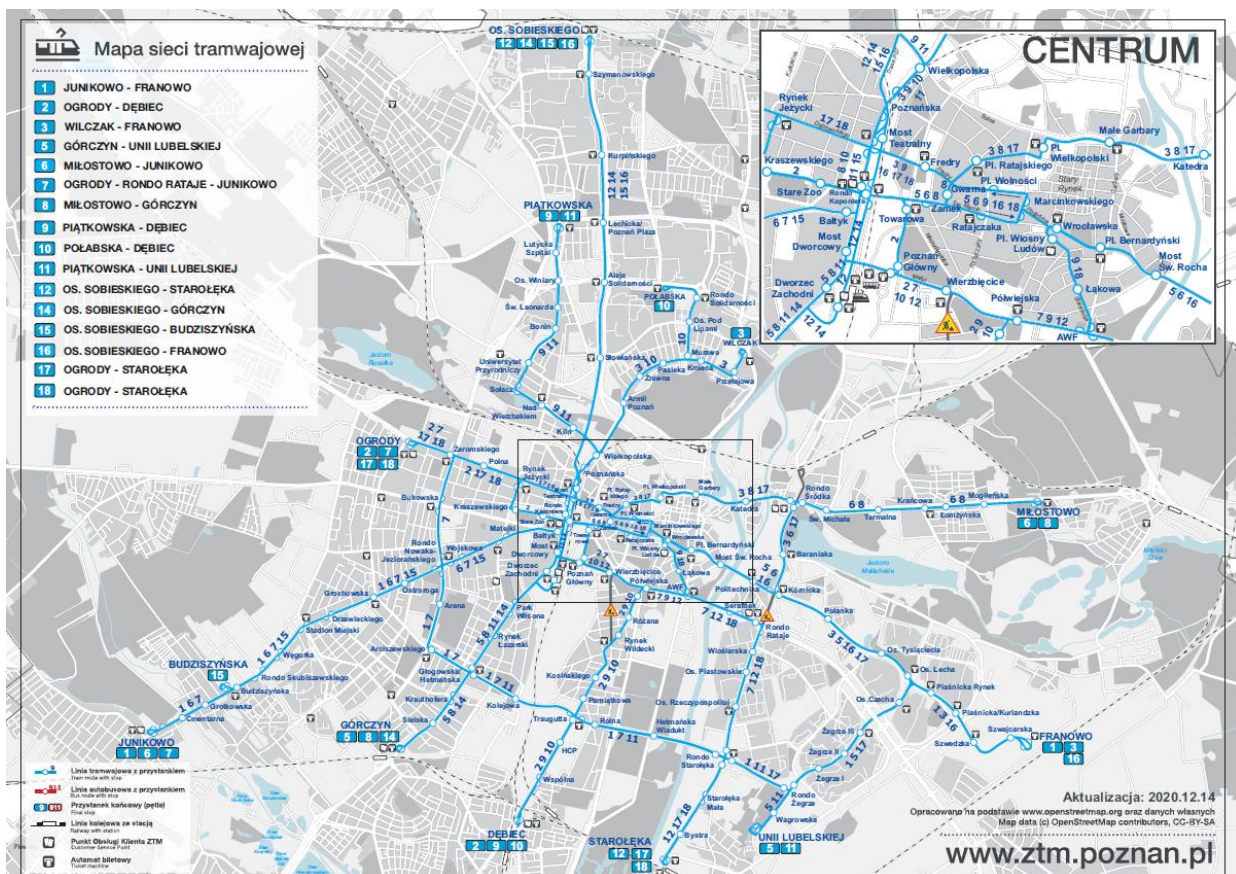


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**Lake Rusałka & Strzeszyńskie Lake.** There are also two natural lakes located in the outskirts of the city, surrounded by forests. These are perfect locations for swimming in the summertime or having a walk through the area and chilling in the tree shade. The hiking trail continues down to the previously mentioned Sołacz Park.

#### 4. Public transport

Poznań is a well-connected city, offering a diverse public transport network, ran by Zarząd Transportu Miejskiego (ZTM) - Urban Transport Authority. The network encompasses mainly of **tram lines** (a few of them constitute the so-called “fast tram” line, connecting the city center with Piątkowo and Winogrody districts) and **bus lines**. Most of the lines operate with a 10 minute frequency. There are usually several complementary lines overlapping with each other, for increased frequency and convenience. **Tickets:** Both single-use or season tickets can



be bought at designated ticket machines, newspaper stands, and service points, or via one of several available mobile apps. One of the most popular apps, available also in English, is called “jak dojadę” (<https://jakdojade.pl/poznan/trasa/>). It offers real-time tracking of incoming trams and busses.

The cost of a 30-minute ride is approx. PLN 4.50 (≈ EUR 1). For a long-term stay, you may consider applying for PEKA Card (Poznań Electronic Agglomeration Card), which facilitates everyday transportation, and allows for making fast payments, based on the distance covered (rather than time spent on a tram or bus, sometimes stuck in traffic jams), or you can buy a season ticket. The regular price of a monthly ticket is about PLN 120, however, there are reduced prices for students, including PhD students. For more information on PEKA Card and other tickets visit: <https://www.ztm.poznan.pl/en/cennik/>  
<https://www.ztm.poznan.pl/en/komunikacja/>

Popular alternatives to the city public transport include:

- ➔ Taxi services, including Uber and Bolt – operated by respective mobile apps
- ➔ Car rental services, ex.: TrafiCar or 4mobility, as well as long-term car rental services, ex.: Qarson, Panek, or other companies operating in the city (including the area of Poznań airport).
- ➔ City bikes: 3G and 4G bike stations can be found all around Poznań. Bikes are typically accessible via mobile apps, ex.: NextBike (at a low cost of PLN 2 (< EUR 0.5) per hour).
- ➔ Electric scooters – distributed in a similar way to bikes, operated by such apps as Lime or Blinker, and quite affordable as well (ex.: ≈PLN 50 (<EUR 12) a day).

## **5. Tradional Poznań/Polish cuisine and some recommendations regarding restaurants/bakeries/pubs**

### **Polish cuisine:**

Polish people love their food and pride themselves on their rich cuisine. Some of the most famous classics include Pierogi (Polish dumplings), kotlet schabowy (pork schnitzel), gołąbki (white cabbage leaves filled with rice, minced meat, in tomato/mushroom gravy), pickled cucumbers, or żurek (sour-rye soup), and many more! Smacznego ('Smatch-NEH-go', aka Bon Appétit)!

More on Polish culture / cuisine:

[https://en.wikipedia.org/wiki/Polish\\_cuisine](https://en.wikipedia.org/wiki/Polish_cuisine)

<https://culture.pl/en/article/a-foreigners-guide-to-polish-cuisine>

There are plenty of high-rated restaurants and cafés, offering both Polish and foreign dishes:

- Trip Advisor list of top restaurants in Poznan: [https://www.tripadvisor.com/Restaurants-g274847-Poznan\\_Greater\\_Poland\\_Province\\_Central\\_Poland.html](https://www.tripadvisor.com/Restaurants-g274847-Poznan_Greater_Poland_Province_Central_Poland.html)
- Trip Advisor list of top cafés in Poznan: [https://www.tripadvisor.com/Restaurants-g274847-c8-Poznan\\_Greater\\_Poland\\_Province\\_Central\\_Poland.html](https://www.tripadvisor.com/Restaurants-g274847-c8-Poznan_Greater_Poland_Province_Central_Poland.html)

There is also a wide network of food delivery services. Some well-known delivery providers that function in other countries are available in Poznan as well, including pyszne.pl (equivalent of Takeaway.com) or Ubereats.



You may also consider ordering directly via the restaurant's website, or by phone. Most restaurants have their menus available in English, and the members of their staff usually speak this language as well. This is a good way to save on delivery fees.

The local gastronomic scene in Poznań is characterized by exceptional variety and fast development over the past decade, resulting in a plethora of places appearing on the map every now and then. Traditional dishes – such as “pyry z gzikem” (boiled potatoes with quark cheese, radish and chives), “bigos” (cabbage stewed with meat, mushrooms and prunes) or “żurek w chlebie” (polish sour rye soup, served in a hollow bread loaf) may be found i.a. at **Bamberka** restaurant (<https://bamberka.com.pl/en/menu-en/>), **Wiejskie jadło** (<https://wiejskie-jadlo.pl/english/>) or **Hyćka** restaurant (<https://hycka.pl/menu/>). Don't miss out on other great places, such as “**Stary Młyn**” (<https://www.pierogarnie.com/>), with a huge, cozy, all-wood interior and delicious dumplings, or **Na Winklu** (<https://na-winklu.eatbu.com/?lang=en>) – a tiny place with a cool and fancy surroundings of Śródka district for a stroll after a really tasty serving of dumplings.

One can find even the most exotic places, such as **The Dark Restaurant** (<https://www.darkrestaurant.pl/witamy.php>), where you may taste dishes selected by the chef to suit your own palate. What is more, you taste them in perfect darkness!

Over the last few years, Korean cuisine has gained more popularity in the city, so if you fancy some spicy kimchi from time to time, **Masiso** (<https://masiso.pl/>) is an excellent choice for those who appreciate high-quality food, prepared by a native chef. Travelling further around Asia in Poznań, one can try delicious sushi at **Zindo** (<https://www.zindo.pl/menu/>), where you can live observe how your sushi is prepared (the restaurant offers discount prices before 5 pm). It is also possible to try a little more expensive option at **Matii Robata & Sushi** (<https://www.matii.pl/index.php/pl/menu>; The menu is available also in English). For ramen enthusiasts, **Yetztu**, a tiny Japanese bar, may become the next joyful stop (<https://www.facebook.com/yetztupoznan>).

Those who opt for probably the most famous menu in the whole world, should not worry about finding their place to go. Such restaurants as **Suszone Pomidory** (<http://suszonepomidory.com/>) or **Pinco Pallino** (<http://pinco-pallino-pizza.pl/en/>) provide a wonderful Italian experience, being filled with the aroma of wine, pizza and olive oil, with a massive variety of dishes to choose from. Moreover, here in Poznań, one can try traditional Neapolitan pizza, as two restaurants under the name of **Forni Rossi** (<https://fornirossi.com/nasze-menu/>) hold a special certificate issued by Associazione Verace Pizza Napoletana. Poznań hosts 2 out of 8 such places found in Poland – something for local pizza lovers to be really proud of. On the other hand, some non-conventional & delicious pizza tastes can be found at **SZTOS** pizzeria (e.g. pizza with bacon and pear; available through [pyszne.pl](http://pyszne.pl) website) or **Przyjemność** (eng. pleasure; <http://www.przyjemnoscpizza.pl/>; the menu here changes periodically). Pasta lovers may try a handwrought pasta at **Tapasta** (<https://www.facebook.com/tapastapoznan>), e.g. traditionally, freshly made carbonara. For Mexican food lovers, **Mamasitas** (<https://mamasitas.eatbu.com/?lang=en>) is a go-to option, striking a good balance between affordability, easy access and authentic Mexican experience.

One of the greatest prides of Poznań is the **Lech Brewery of Greater Poland** (<https://www.kp.pl/browary/lech-browary-wielkopolski>), which is not only considered one of to be one of the biggest, but also the most technically advanced breweries in this part of

Europe. It supplies a local brand of pilsener beer (Lech Pils), available only in Greater Poland, but also offers tours during which the visitors have the opportunity to explore the factory and see the manufacturing process for themselves. Additionally, the place features an on-site bar, where you can quench your thirst with the best quality beer, served cold and straight from the barrel.

Poznań also offers many places with more and more popular “craft beer”. It is worth to visit and try fancy brewery compositions at **Ministerstwo Browaru** (<https://www.facebook.com/ministerstwobrowaruwroniecka/>), **Piwna Stopa** (<http://piwnastopa.pl/en>), **Dom Piwa** (Mokra 2 street, no website) or **Wściekły Chmiel** (<https://www.facebook.com/wscieklychmiel/>).

Over the last few years, the city bloomed with restaurants offering vegetarian & vegan options. At one of the most popular ones, **Falla** (<https://fallawege.pl/falla-poznan/menu>), with its famous gigantic vegan kebab (vegap), all the tables are usually booked well in advance, and people are forced to wait in a long queue just beside the doors (reservations can be made over the phone). On the other hand, **WYPAS** (<https://www.wypas.co/>) and **miXtura wege café** (<https://www.mixtura-vege.pl/en/restauracja/mixtura-vege-cafe?locale=en>) are well known for vegetables burgers. As for those pizza lovers, who want to reduce the amount of meat in their menu, **Vege Pizza** (<https://www.facebook.com/pizzavege/>) offers some really unique variations. One can find even vegan kebabs, at **Vegab** (<http://www.vegab.pl/en/menu-poznan-en/>).

Last, but not least – it is high time to think about the dessert. Most of the best known cafés are located in Jeżyce and the Old Town. The most delicious cakes can be found at **Różowe** (probably the pinkest place in Poznań; offering cakes in such flavors as Kinder chocolate, Oreo cakes, etc.; <https://www.facebook.com/rozove>), **ALEkosmos** (cheesecake with salty caramel is highly recommended; <https://www.facebook.com/alekosmospoznan/>), **Cukier Puder** (<https://www.facebook.com/CukierPuderPoznan/>), **Kocimiętka** (<https://www.facebook.com/kawiarniakocimietka/>; offering a bonus - cute kittens, which one can play with and even adopt!), **KAHAWA** (<https://kahawa.pl/>; interesting books are waiting for reader, while they wait for their delicious cakes), **Dżungla Café** (<https://www.facebook.com/dzunglacafe/>; a café full of plants) or **Zarośla** (one can buy real plants here! <https://www.facebook.com/Zarosla/>). For one of the best coffees, one can visit **Brisman** (<https://www.facebook.com/BrismanKawowyBar/>) or **Stragan** (<https://www.facebook.com/StraganKawiarnia/>).

## 6. Sports & leisure activities

“A sound mind in a sound body” – bearing in mind Thales words, there is no better way to enhance our scientific efficiency than staying in a good shape. Poznań is a good place to do both indoor and outdoor sports, no matter if you are amateur or pro.

### Indoor sports facilities

**Maltese Baths** (Termy maltańskie) is the largest sports and recreation center in Poland and the second-largest facility of this type in Europe, located on the northern shore of Lake Malta in Poznań, near the Malta recreational center and the Maltanka Park railway track, leading to the New Zoo in Poznań. It is a year-round facility that offers **sports swimming pools** (one olympic-sized swimming pool and another one featuring a 10-meter high diving tower), a **water park** equipped with an array of 16 pools (including a wave pool and children’s

play pool) and 13 water slides, along with two wild rivers! Really impressive! There is also the so called **World of Saunas** (14 saunas, two of which are outdoors), and a fully equipped **spa complex** with underground thermal springs, offering therapeutic and beauty baths, including Turkish Hammam and Rasul mud bath, massage, hydromassage, rehabilitation, Pollogen slimming, and rejuvenating treatments, and more – all under a watchful eye of well-trained staff. Website (unfortunately, it is available only in Polish - <https://termymaltanskie.com>). There are also several smaller swimming pools located in different areas in Poznan, in case when you are interested only in “regular” swimming.

**Fitness** clubs and gyms are almost around every corner. Apart from the ones located in each shopping mall, there are plenty of independent smaller and bigger facilities. If you like to train your body and do some workout, our recommendation is **Fabryka Formy**, with 8 clubs spread all over the city ... but feel free to check out the one behind your corner! If you are a woman and you prefer both to work out in the gym and participate in fitness classes only with women, visit **Beauty and Fitness Center** (Centrum urody i fitnessu). This place also offers various types of beauty treatment.

**Yoga** is good both for your body and mind. In Poznań, you can join regular classes organized at fitness clubs and many yoga studios, like Studio Namaste Yoga (<https://namasteyoga.pl/>), Yam Studio (<http://joga-yam.pl/>) or Dom Kultury Jogi (<http://domkulturyjogi.pl/>).

**Climbing** – unfortunately (if you are a regular climber), in Poznań you find yourself quite far away from rocks – the nearest ones (predominantly granite) are located in Sokoliki ~260 km (<https://www.thecrag.com/en/climbing/poland/sokoliki>), whereas the nearest limestone ones can be found in Jura Krakowsko-Czestochowska ~360km (<https://www.thecrag.com/en/climbing/poland/area/1443033972>). Luckily, you can always train hard at many well equipped climbing gyms, such as the **Climbing spot** and **Blok House** or the one with lead climbing routes - **Blok Line**. All these places are also perfect for taking the first steps in this sport – which is as beautiful as addictive.

**Rollerskating.** At **Wywrotka** (<https://www.facebook.com/WrotkarniaWywrotka>; <https://wrotkarnia-wywrotka.pl/poznan/cennik/>) it is possible to ride in a closed circular area (over 350 m<sup>2</sup>) for 1.5 hr, using your own rollers or borrowing a pair, together with protector pads, at the place. Skating at **St. John Paul's park** (which is a huge one!) or on many available **bike paths** is another option.

**Jump Arena.** Poznań has two **Jump Arenas**, one is located in Grunwald district (<https://jumparena.pl/poznan-grunwald/>), the other in Rataje district (<https://jumparena.pl/poznan-rataje/>). One can try there many different kinds of trampolins and check his/her abilities.

### **Outdoor sport possibilities**

Poznan is surrounded by beautiful lakes, where you can swim in the summer, like **Strzeszynskie** Lake, **Lusowskie** Lake and many others. Just have a look at the map of Wielkopolska! The lakes also allow for doing windsurfing and kitesurfing, as well as sailing.

Poznan, with its surroundings, is also a real paradise for cyclists, as it offers many attractive cycle routes - like **Nadwarcianska** route, and many other picturesque routes in **Zielonka** forest or **Wielkopolski Park Narodowy**. Furthermore, there are quite a few located closer to the city center; e.g. in parks, around **Malta** and **Olszak** lakes, from **Sołacz** to **Rusałka** lake, in **Marceliński** woodlot or **Dębina**.

**Jogging & running.** Running for fun and for training is now very common in Poznań and other parts of the region. Poznań hosts quite a list of different events devoted to running, that bring together runners from all over the world, along with their families, friends, and local residents. The biggest ones are Poznań Marathon (held once a year, usually in October, <https://marathon.poznan.pl/en/>), Poznań Half-marathon (usually taking place in April, <https://halfmarathon.poznan.pl/>), international initiative called Wings for Life, with a few smaller ones as well. On top of that, almost every small town (sometimes even villages) in Greater Poland celebrate the tradition of hosting a half-marathon or 10 km run once a year, which is usually accompanied by festive celebrations with local food, live music, and a lot of fun! Join as a runner or cheer for those who run!

If you are a **kayaker/canoelist** you can train at **Malta** lake (<https://wioslarstwo.poznan.pl/>), where in winter you have also the opportunity to enjoy your time at **Malta Ski – a small ski station right by the lake** (<https://maltaski.pl/>).

Apart from other outdoor activities, it is even possible to do **yoga** in the city – An event described as Yoga at the Opera Fountain (<https://pl-pl.facebook.com/>) is organized in every regular summertime. It is for free, led by experienced yoga instructors. It takes place at the fountain in front of the Opera House, on the big lawn just on the opposite side of the street, and it is open to everyone with a mat free of charge.

If you are fed up with gyms and want to do some outdoor **climbing**, there is also a small climbing wall available near Warta river <https://goo.gl/maps/JeeuktTVJ81MmCyD9>.

## 7. Cultural events

Here are just some recommendations regarding regular cultural events taking place in Poznań: **International Documentary Film Festival OFF CINEMA** <https://offcinema.ckzamek.pl/> **Malta Festival**, staged each summer, has initially been launched as the International Theatre Festival (in 1991). Now, it is not only about theater art from all over the world, but also music. In the past, the festival has seen performances by Nine Inch Nails, Goran Bregovic, Jan Kaczmarek, Elvis Costello, Sinéad O'Connor, and the Buena Vista Social Club. More info available at: <https://malta-festival.pl/en/festival/festival-idea>

**ETHNO PORT Poznań**, bringing together musicians and music fans from around the world (an amazingly diverse selection each year!). This music festival crosses all sorts of boundaries between visual arts, literature, theatre, dance, and cinema. There are many opportunities to interact within workshops, dances, screenings, and meetings. In previous years, Ethno Port hosted artists from Mali, Hungary, Norway, Ukraine, Maroko, Columbia, India, Egypt, Spain, France, Romania, New Guinea and Cape Verde, among many others. There are also performers representing Asia and Europe. <https://ethnoport.pl/podstrony/142-o-festiwalu/> **Enter Music Festival. It is a two-day meeting in the open air, among the magnificent surroundings of Lake Strzeszyńskie in Poznań. The Festival's Artistic Director, a pianist and a composer** Leszek Możdżer, invites artists he met on different stages worldwide. Consequently, these two days become a fabulous music experience filled with late evening concerts, warm atmosphere, all bound with jazz style and good energy. <http://enterfestival.pl/en/#home-program>

**ST. MARTIN STREET NAME DAY** celebrated along with the Polish Independence Day on November 11th each year, featuring the Saint Martin parade, open-air shows, circus workshops, concerts, firework displays and many more attractions. Must-be for kids and parents as well! See the program of the last one here: <https://poznan.travel/en/r/wydarzenia/imieniny-ulicy-swietego-marcina-program>.

**DANCING POZNAN.** International Contemporary Dance Workshops, an original project created by Ewa Wycichowska in 1994 at the Polish Dance Theater. Try your skills and release the energy in your favorite dancing style, under the eye of a professional international group of instructors.

**Good Taste Festival** (aka Poznań Food Days). Every year, in the middle of August, Poznań becomes a true magnet for foodies from all over Poland, and for many taste-driven tourists visiting the city. Poznań Food Days, also known as the Good Taste Festival (direct translation from Polish - "Festiwal Dobrego Smaku") is a celebration of food culture in its wide spectrum. Visitors searching for more international fare will not be disappointed either. Fancy a sausage or stuffed pepper from Hungary, Moroccan olives, Turkish baklava or some unusual sweets from Azerbaijan? You will find them here! And much more. Street artists' performances and jazz concerts by the Old Market Square fountains enhance the atmosphere of Poznań Food Days. <https://www.ofds.pl/english-version>



(picture - © Maciej Kopiński)

## 8. Poznan – a truly progressive city

Poznań is considered as one of the most minority-friendly cities in Poland; thus it is attractive for foreigners. According to the local authorities (2017\*), there are about 3.5 thousand students staying here under international exchange programs like Erasmus. International students usually socialize using social media (surprise!) and Erasmus Student Network. The most numerous groups of international students come from Germany, Ukraine, Belarus, China, Vietnam, Russia, Great Britain, Spain, Italy and France; among which more than 31%\*\* agreed that Poznań is a friendly city, indicating it's biggest advantages as low cost of living (31%), public infrastructure (30%), friendly attitude of people living here, and numerous forms of entertainment (22%). Nearly 90% of the respondents answered that they would recommend visiting Poznań to their friends.

The city is also LGBT+ friendly, and the community is supported by the mayor of Poznań – Jacek Jaśkowiak. You can also find associations like The Stonewall Group, offering support to LGBT+ people and their families. In Poznań, you can also join the “Poznań Pride Week”, which is one of the biggest events of that kind in Poland. The Institute of Bioorganic Chemistry, as well as the entire Polish Academy of Sciences, is against discrimination of any kind, and supports all minorities\*\*\*.



\* <https://www.poznan.pl/mim/studia/en/news/poznan-attractive-for-foreigners,104684.html>

\*\* <https://www.morizon.pl/blog/foreigners-in-poznan/>

\*\*\* [https://piast.pan.pl/index.php?option=com\\_content&view=article&id=604:polska-akademia-nauk-solidarna-z-osobami-lgbt&catid=66&Itemid=347&lang=pl](https://piast.pan.pl/index.php?option=com_content&view=article&id=604:polska-akademia-nauk-solidarna-z-osobami-lgbt&catid=66&Itemid=347&lang=pl)

## Accommodation in Poznan

The city of Poznań offers both affordable and high-standard housing, suitable for people of variable needs. The costs of living are relatively cheap, when compared to some other countries in Europe. Furthermore, the accommodation base meets all the standards typical of developed EU countries.

In Poland it is customary to rent a fully-furnished apartment. The average price for renting a 38m<sup>2</sup> flat is PLN 1400 PLN, a bigger one - from 38m<sup>2</sup> to 60m<sup>2</sup> will cost PLN 1800 PLN, the price of the largest ones, ranging from 60m<sup>2</sup> to 90m<sup>2</sup>, is around 2500 PLN.

The rental rate mostly refers to the basic rent, which means that you would have to pay an extra administration fee (czynsz) encompassing utilities, such as water, heating, electricity, waste disposal, and other administration costs. Depending on the flat size, location, accommodation standard, it varies from ca. 300 PLN up to ca. 1000 PLN.

Rooms can be rent at a cost starting from 500 PLN per month to 1000 PLN per month, depending on the room size, location of the apartment, availability of the private bathroom and overall standard.

Accommodation for university students is typically ensured by the universities. Standard and prices of the rooms offered in dormitories can vary significantly, even between individual houses. It is therefore important to learn about available options before making your choice. As much as living in a dormitory provides a unique social experience and an opportunity to create long-lasting friendships, many people prefer to rent private apartments. Apart from renting a flat on your own, sharing a bigger apartment with other students is a common choice, and typically there are many offers available across the city, with variable standards of living. The prices are naturally related to the standard and location; see section "Living expenses" for more details.

- For students, there is also a possibility to stay in a dormitory, instead of renting a room in an apartment, or an apartment itself.

There are several websites with private and rental agency offers regarding apartments for rent. The most popular include:

in Polish:

- <https://www.olx.pl/>  
In the case of olx.pl, categories "Nieruchomości" (properties), "Mieszkania" (apartments), and „Wynajem" (for rent) should be selected, then the the desired location should be added. Moreover, the portal features the following filters for meeting specific expectations: type of building ("rodzaj zabudowy"), floor number ("poziom"), price ("cena"), furnished ("umeblowane"), number of rooms ("liczba pokoi"), surface ("powierzchnia"). It is also possible to show all offers at a time, or limit your query to private offers only. Selecting "only direct offers" allows to discard offers from agencies, in which a pricey commission must be paid.
- <https://www.otodom.pl/>  
When it comes to otodom.pl, "Mieszkania" and "Na wynajem" should be selected and the location added. The main filters that can be used are: type of building ("rodzaj zabudowy"), floor number ("poziom"), price ("cena"), furnished ("umeblowane"), number of rooms ("liczba pokoi"), surface ("powierzchnia"), type of heating ("ogrzewanie"). There are other filters such as utilities (Internet, cable television,

telephone) as well as additional information (balcony, garage, elevator, etc.). If a student is searching for accommodation, it is recommended to select the filter “I will also accept students” (“Wynajmę również studentom”). If one wishes to check only private, the filter „tylko oferty prywatne” should be activated.

- Gumtree.pl (<https://www.gumtree.pl/>)
- Nieruchomosci-online.pl (<https://www.nieruchomosci-online.pl/>)

in English:

- Rentflat Poland (<https://rentflatpoland.com/city/poznan/>)
- Erasmusu (<https://erasmusu.com/en/erasmus-poznan/student-flat-rent>)
- Rentberry (<https://rentberry.com/pl/apartments/s/poznan-poland>)
- Some groups on *Facebook* are useful for finding rooms, room-mates or apartments in Poznań. There are posts both by people renting out a room or an apartment, as well those who are looking for a room or an apartment.  
<https://www.facebook.com/groups/178106855926699/>  
<https://www.facebook.com/groups/PoznanRentals/>

#### **Key words to be found in advertisements:**

For rent (“na wynajem”, room (“pokój”), studio apartment (“kawalerka”), 2-room apartment (“mieszkanie dwupokojowe”).

**Attention:** Some advertisements give such information as to whom they are willing to rent their apartments (only to workers, or to both students and workers) or not, whether their place is animal-friendly, vegan-friendly etc. It is a common practice for landlords to ask for double the amount of a regular deposit from foreign tenants.

#### **The lease contract should include at least the following arrangements:**

- Details of both parties, landlord and tenant: name and surname, PESEL/passport number, place of permanent residence, contact telephone number,
- Details of the property to be rented\*,
- Renting period: starting and end date,
- Price (monthly rent),
- Monthly cost of utilities (water, gas, electricity, internet, administrative fees, trash),
- Amount of returnable deposit,
- Date of payment of the rent and a relevant bank account number
- Information on termination of the contract before the date of expiry. Conditions to be met by both the landlord and the tenant to end the agreement before its due date. If there is no such information on how the tenant can terminate the agreement, it has been established by Polish law that the tenant will still have to pay the rent for the entire period until the scheduled expiry of the agreement, even if he or she is forced to move out beforehand.
- Information on termination of the contract and the natural date of expiry.

\*If possible – ask whether it is possible to sign “protokół zdawczo-odbiorczy” (eng. “protocol of delivery and acceptance” or “hand-over report”) – this is a document specifying what type of furniture and other equipment can be found at the flat/room upon moving in. Furthermore, this document may include a description (from both parties) of the actual condition of the property, including any sort of damage. This helps to avoid potential conflict with the landlord upon leaving the apartment (and, most importantly, upon requesting for the deposit to be paid back). Should signing such a protocol turns out to be impossible, it is worth to express your remarks to the landlord, e.g. by sending an e-mail or a text message. It is also worth to take photos documenting the current state of the flat/room.



## Living expenses

### Average living expenses (per month) in PLN

	Single, shared apt	Single, non-shared apt	Family of three
Accommodation (rent)	500-900	1200-2000	1500-2500
Groceries	500-600	500-600	1000
Transportation	<100	200	400

#### Groceries, food and beverages, hygiene measures, and cleaning supplies

It is quite easy to buy daily products in Poznan. Shops can be divided into three groups. Firstly, there are large supermarkets, such as Carrefour and Auchan, with a huge range of products, from food to household goods. The products are diverse, but the prices are high. The medium-size markets include Lidl and Biedronka, which provide daily food products of a good quality and at good prices. Even though they mainly provide food and common groceries, some household goods such as batteries, light bulbs, etc. can also be found there. In urgent cases, most common groceries can be found at Zabka, a mini-market (easy to spot due to its all-green branding) that can be found just around almost every corner. The shops are open from early morning to late evening, even on Sundays. It should be noted at this point that in Poland there is a trade ban on Sundays, with some exceptions. Hence, almost every store is closed on Sundays. Apart from the options described above, small local markets are good places to buy fresh vegetables, fruit and more, even letting you... train your Polish language skills.

If you need to buy furniture, it is best to IKEA, Brico Marché, JYSK. There is always an option to buy things online through Allegro (eBay-like service, in Polish); you will just need some keywords in Polish to find what you look for.

On average, the prices of food in shops is lower than in Western Europe. For instance (prices given in Polish zloty - PLN):

- A loaf of white bread - 3.50, a small loaf of whole-grain bread (300 g) 4.00
- Dairy products: milk (1 l) - 3.00, cheese (1 kg) - 20.00, butter (200 g) - 5.00
- Meat and animal products (per kg): chicken – from 10.00, pork - 15.00, beef - 18.00, lamb - 18.00, eggs (10) 5.00
- Fruit and vegetables (kg): potatoes - 2.50, apples - 3.00, pears - 4.00, oranges - 4.00, bananas - 4.00
- Coffee (250g) - 15.00 and tea (100 bags) - 15.00
- Biscuits (100g) - 3.00, salt (1kg) - 1.00, sugar (1kg)- 4.00

**Internet** – the price for the internet connection (60 Mbps to 1 Gbps, depending on the location) may fall between PLN 40 and 70 per month.

**Clothing** – there are 22 large shopping malls in town, so it is very easy to do shopping, as they can usually be reached within walking distance from your place of residence. Prices of clothes are quite similar to those in other European countries, and depend mostly on the chosen brand. For instance, prices for basic items are the following (in PLN): warm winter coat - 300-1000, raincoat – 150, jumpers – 50, skirts – 50, shoes (leather) - 200, shoes (synthetic) - 60, trainers – 60, jeans – 100.

**Using the car** - the prices of petrol about 5 PLN per liter. Parking fees are collected in a special zone encompassing the central districts of the city, most often from Monday to Friday, from 8:00 AM to 8:00 AM, and on Saturdays, from 8:00 PM to 6:00 PM. The prices range from 3.50 PLN per hour in Jeżyce , Wilda and Łazarz districts, to 5 PLN – e.g. also in Jeżyce, but closer to the Center, and even 7 PLN per hour in the very center. For registered tenants residing in those districts, a special monthly fee is available - 30 PLN for a single car and 150 for every next.

**Fitness** - There are many fitness clubs and other sports facilities in Poznań, which offer monthly tickets at prices of around 100 PLN per month. The best option, however, is to get yourself a MULTISPORT card, available at IBCH PAS at price around 80 PLN per month. The card allows you to the access many available facilities like gyms, fitness studios, swimming pools, yoga classes etc, without additional costs.

## Communities and websites for foreigners

1. There are several groups where immigrants can receive advice from the residents of Poznań or other foreigners, meet new people or find information about local events:

- **International Poznan friends**- <https://www.facebook.com/groups/265453946936337>
- **International Poznań Group**- <https://www.facebook.com/InternationalPoznan>
- **Poznan expats**- <https://www.facebook.com/groups/poznanexpats>
- **Couchsurfing Poznań**- <https://www.facebook.com/groups/cspoznan/>
- **Foreigners in Poznań**- <https://www.facebook.com/groups/ForeignersInPoznan/>

2. Groups for foreigners and local people who would like to practice foreign language skills in person or in a group.

- **Blablaba Language Exchange OnLine**- online meetings with people from all over the world. The main aim is to improve language skills and meet new people.

<https://www.facebook.com/groups/OnLineBlaBlaLanguageExchange>

- **Language Exchange Group Poznań**- Multilingual and multicultural meetings are organized on Thursdays at 08:30 p.m. at Szewska St. 20

<https://www.facebook.com/groups/lec.poznan>

3. Information and support for foreigners in Poznań

- **Migrant Info Point** - a place where foreigners can receive information and support related to the legalization of their stay, work and daily life. Moreover, Migrant Info Point offers workshops, language courses, training sessions and integration meetings. Voluntary workers at MIP speak English, Russian and Ukrainian.

You can download a guidebook for foreigners living in Poznań from MIP website:

[http://migrant.poznan.pl/wp-content/uploads/2020/01/broszura\\_ANG\\_2-edycja.pdf](http://migrant.poznan.pl/wp-content/uploads/2020/01/broszura_ANG_2-edycja.pdf)

<http://migrant.poznan.pl/en/>

Email: [office@migrant.poznan.pl](mailto:office@migrant.poznan.pl)

Phone: +48 503 979 758

4. Free legal assistance

From the link below, foreigners living in Poznań can download the list of counsellors declaring free legal assistance:

**Urząd do spraw cudzoziemców** (Foreigners office)

<https://udsc.gov.pl/en/urząd/bezplatna-pomoc-prawna/lista-adwokatow-i-radcow-prawnych/>

5. Scientific news from Poland:

- **Do Science**- <https://www.facebook.com/DoSciencePoznan>

- **PAS PhD Students**- <https://www.facebook.com/groups/pasphdstudents/>

6. Daily News in English:

- Poland Today- <https://poland-today.pl/#>

- BBC News Poland- <https://www.bbc.com/news/topics/cywd23g0q1mt/poland>

- TVN24 News in English- <https://tvn24.pl/tvn24-news-in-english/>

- Polskie Radio English - <https://www.polskieradio.pl/395>

## Immigration issues

- Obtaining a residence permit and PESEL number

Foreigner's stay in Poland can be either temporary or permanent (lasting for more than three months). Foreigners who intend to legalize their residence in Poland must register at the competent Municipal Office (Urząd Miasta or Urząd Gminy) for their place of residence. The registration process must be carried out in person, and the deadline for completion of the entire procedure must not exceed the period of three months after a foreign citizen entered the territory of the Republic of Poland. First, candidates have to fill in a special form entitled "Zgłoszenie pobytu czasowego"\*. Then, a residence permit, along with a proper entry in the central registry, as well as an individual PESEL number can be obtained. The foreign citizen must inform of any changes in her/his address and/or status.

\*A useful hint: If your name or the name of your city of birth contains special characters (eg: diacritic), it is better to fill the form with Latin alphabet characters only. This will help to avoid eventual complications/conflict with other documents.

Links:

<https://www.gov.pl/web/gov/zamelduj-sie-na-pobyt-czasowy-dla-cudzoziemcow>

<https://www.gov.pl/web/gov/uzyskaj-numer-pesel-usluga-dla-cudzoziemcow-en>

- Consular registration

The documents to be supplied to the Consular Office depend on the foreigner's home country, but in either case they must contain the following information: place and proof of residence, identity and nationality. The application form must be accompanied by a photocopy of the passport or national identity card.

In order to register a stay in Poland, one should also present an employment contract or other documents that prove sufficient financial funds and medical insurance of the candidate.

- Registration in the census of resident-absent voters living abroad

Resident-absent voters may vote from abroad in the following electoral processes held in their country of origin: elections for deputies and senators/members of the European Parliament, autonomous elections. The vote request should be addressed to the Provincial Delegation of the Electoral Census Office through an official form. The application form must be accompanied by a photocopy of the passport or national identity card.

- Consular discharge

Foreigners residing abroad who transfer their residence to their country of origin or to another place abroad can request withdrawal from the register, at the Consular Registration Registry, and proceed to register to the Consular Office competent for to their new address.

Links to some EU embassies in Poland:

<http://ambasada-portugalii.pl/pl/>

<https://diplomatie.belgium.be/en/poland>

<http://www.exteriores.gob.es/Embajadas/VARSOVIA/es/VivirEn/Paginas/inicio.aspx>

<https://polen.diplo.de/pl-de>

<https://pl.ambafrance.org/>

<https://www.gov.uk/world/organisations/british-embassy-warsaw>

[https://ambvarsavia.esteri.it/ambasciata\\_varsavia/it/](https://ambvarsavia.esteri.it/ambasciata_varsavia/it/)

<https://www.netherlandsworldwide.nl/countries/poland/about-us/netherlands-embassy-in-warsaw>

<https://vietnamembassy-poland.org/>

Applying for opening a Bank account in Poland usually requires one document: the passport. The requested details include the passport number and a permanent address to which letters and banking cards will be sent. The application documents must be accompanied by a photocopy of the passport.

- Trusted profile (Profil zaufany)

A trusted profile is used to handle official matters online, without going in person to the competent office. It is useful for e-PIT (see the section on Taxes) and other bureaucratic procedures. The link: <https://www.gov.pl/web/gov/zaloz-profil-zaufany>

## Healthcare in Poland

**For emergency call 112**

### Health insurance

Health insurance is mandatory for all students and employees of IBCH PAS, domestic or foreign. It is also recommended that foreigners have at least traveler's insurance **during their travel to Poland**. EU citizens are entitled to continue coverage obtained in their home countries. For that, they should apply for the European Health Insurance Card (EHIC) **before going to Poland**.

***It is important to arrange your health insurance as soon as possible.***

The public healthcare insurer in Poland is the National Health Fund (Narodowy Fundusz Zdrowia, NFZ). The insurance provided by NFZ gives you access to both public and private healthcare providers.

If you are coming to work under an employment contract (Umowa o Pracę), the Institute will automatically deduce your monthly contributions to NFZ from your salary. You are also eligible to request for coverage of your closest relatives (spouse and children), within the same insurance package. Contact the Human Resources Office (HR) to do so.

If you are not eligible for automatic enrollment, e.g., in many the case of students or PhD stipends, you can sign an individual insurance contract with NFZ. To do that, you should fill in the dedicated application [form](#) (only in Polish). You will also need your passport, a document confirming your legal stay (e.g., visa), and a document specifying your income. All documents must be submitted to a competent branch of NFZ, where you'll also eventually sign the contract. After signing the insurance contract with NFZ, you will also have to fill out the ZUS ZZA and ZUS DRA forms (available [here](#), only in Polish) and submit them to one of the branches of the Social Insurance Institution (Zakład Ubezpieczeń Społecznych - ZUS). You may also enroll family members by filling in the ZUS ZCNA form (children, spouse, parents, or grandchildren, if they live with you). The payment is due by the 15<sup>th</sup> day of the following month (e.g., payment for September will due till 15<sup>th</sup> October). Alternatively, you may choose social insurance provided by private companies.

PhD students who are EU citizens can use healthcare services guaranteed under the EHIC, throughout their entire stay in Poland, provided that they have an insurance policy valid in their home countries. Those students can also be registered at NFZ by the Institute.

***In all cases, confirm with the HR Office that you have a valid insurance package.***

### Insurance provided by private companies

Apart from the insurance offered by NFZ, there are many other useful options. Employers of IBCH PAS usually decide to obtain a general insurance in case of an accident ("NNW") from PZU S.A. company, called "GRUPOWE TYP P PLUS" (60-70 PLN/month). You may contact HR Office at IBCH PAS for further information. There are two types of insurance packages, which differ in terms of coverage and conditions.

It is also possible to obtain private medical insurance (~102 PLN/month if you opt for a 1-year contract encompassing an extended version of the insurance package. Choosing that option, you will have 2 weeks after signing the contract to make the payment after you sign; if you decide to pay in installments, the cost will be slightly higher). Example: private medical insurance from PZU ("PZU PLAN NA ZDROWIE") guarantees an appointment with a relevant doctor within 24 hours from filing a request. When it comes to medical specialists, the waiting time will not be longer than 5 days (in case of NFZ, the waiting time is usually significantly longer). For making a reservation of your visit, you can either use an online calendar and select

a specialist you would like to meet, or call a helpdesk. There are 23 medical specialists, 5 specialists available remotely (online or per phone), 71 diagnostic tests and 30 outpatient surgeries available. To get such an insurance, you can visit the closest branch of PZU, most favorable accompanied by a native speaker of Polish: <https://www.pzu.pl/kontakt-i-pomoc/znajdz-oddzial-lub-agenta?address=pozna%C5%84>

Apart from the insurance offered by PZU insurance, you may wish to check:

- Medicover (<https://www.medicover.pl/en/>),
- Aviva ([https://zycie.aviva.pl/zycieizdrowie1/?gclid=Cj0KCQiA-OeBBhDiARIsADyBcE5qv162hbhGJ4PvmcrGNh-DYf38s30I6USKEHc0aLFxWsKsWOQwiWQaAgLgEALw\\_wcB&gclsrc=aw.ds](https://zycie.aviva.pl/zycieizdrowie1/?gclid=Cj0KCQiA-OeBBhDiARIsADyBcE5qv162hbhGJ4PvmcrGNh-DYf38s30I6USKEHc0aLFxWsKsWOQwiWQaAgLgEALw_wcB&gclsrc=aw.ds)),
- Uniqa/Axa (<https://www.uniqa.pl/ubezpieczenie-zdrowotne/>).

### **Occupational medicine**

Before starting work at the Institute, every employee must be admitted by an occupational medicine physician. Contact the Institute's HR Office for a proper referral form. When it comes to occupational medicine, the Institute currently cooperates with Wielkopolskie Centrum Medycyny Pracy at Poznańska 55A (within walking distance from the Institute).

### **General practitioner**

Having signed the contract with NFZ, you should also choose your general practitioner (lekarz rodzinny), who will be most convenient for you. It will be your first-contact doctor in all cases, except for an emergency. To do that, fill in a declaration form ("Deklaracja wyboru świadczeniodawcy udzielającego świadczeń z zakresu podstawowej opieki zdrowotnej oraz lekarza podstawowej opieki zdrowotnej", or other forms supplied at Primary Health Care Centers) and submit it along with the following documentation: PESEL number certificate, passport, confirmation of employment contract. Make sure that the selected doctor speaks English fluently (or another language of your choice).

Your general practitioner will help you in case of moderate illness (free of charge) or refer you to a specialist in case of more serious lesions. Such referral is the sole basis for making an appointment with the specialist free of charge.

Links to example general practitioner clinics in Poznań:

<https://www.lekarzrodzinny.com.pl/>

Most specialists and therapists have their own private practices. Scheduling a visit in such cases requires paying a fee, which varies depending on the type of service, location, doctor's experience, and other factors. There is a useful website to find a private practitioners – [www.znanylekarz.pl](http://www.znanylekarz.pl); you'll find reviews, prices and addresses there. The private healthcare system is well developed, nevertheless making an urgent appointment, for instance with an orthopaedist, will cost about 100-200 PLN. A private dentist will be more expensive – the prices range between 150 and 500 PLN per visit.

### **Mental health in the era of COVID-19 pandemic**

It is important to remember to keep our bodies healthy, but we should not forget about our mental health as well. The entire world has suffered because of tragic consequences of COVID-19 pandemic, and our mental well-being is much more vulnerable than before. Remember that it is completely normal to feel blue in these difficult times, but sometimes the feeling of gloom may last longer than it should. Therefore it is so important to be aware of even minor symptoms of depression, and act preventive before it becomes too difficult to deal with It's a slippery slope! Remember, there are many people that suffer from isolation, some more than others - talking about it with your friends, colleagues and supervisors can do wonders! Even if

you don't experience any dramatic effects of the isolation yourself, be observant of your peers – depression can be sneaky and hard to notice.

**Ask for the next available mental health workshops at IBCH PAS.**

Due to the COVID-19 pandemic, the city of Poznan offers free remote psychological support. You can find specialist help, offered in English and other languages:

<http://www.outsourcingportal.eu/en/city-of-poznan-encourage-you-to-take-advantage-of-free-remote-psychological-help>

<https://www.poznan.pl/mim/info/news/wsparcie-psychologiczne-skorzystaj-z-porad-specjalistow,145073.html>



## Taxes in Poland

### For RESIDENTS and NON-RESIDENTS

*When can you call yourself a **polish tax resident**\*?*

You may acquire the status of a tax resident in Poland if you are a natural person and:

- the **center of your personal or economic interests** (center of vital interests) is located in Poland, or
- you spend more than **183** days in a fiscal year in Poland.

If you meet these conditions, you are basically treated like a Polish taxpayer.

All other individuals are treated as non-residents.

**Most stipends and scholarships are tax-exempt** and are not considered a source of income by the tax law. In those cases, you **must not** include your scholarship in the tax form. **Always confirm that with the HR Office and payroll clerks at the Accounts Department.**

Moving on to...

#### **numbers:**

The basic tax rates applicable in Poland are 17% (if the tax base does not exceed PLN 85 528) and 32%. The types of income taxed in this manner include: **income from employment, pension, or economic activity.**

#### **dates:**

Taxpayers deriving income that is included in the aggregate income have to file a form called income tax return by April 30th in the year following the fiscal year (Fiscal year in Poland is the period from 1<sup>st</sup> January to 31<sup>st</sup> December). The reporting procedure opens on 15<sup>th</sup> February.

#### **methods:**

YOU CAN USE 3 OPTIONS TO SUBMIT THE FILE:

- an interactive PDF file,
- e-Deklaracje Desktop application,
- Twój e-PIT online service (PIT-37, PIT-28, PIT-36 and PIT-38 forms).

Read more at:  
<https://www.podatki.gov.pl/en/residents/>

#### **NOTES:**

\* The **status of a tax resident** in Poland means that you should declare **all** income for tax purposes in Poland, regardless of the country in which that income has been earned.

You are then subject to **unlimited tax liability.**

If you **do not have the status of a tax resident** in Poland, you are treated as a non-resident.

As a non-resident, you declare only the income generated from the sources situated in Poland.

You are then subject to **limited tax liability.**

Poland has concluded double taxation agreements with all the EU countries to eliminate international double taxation. To **avoid double taxation**, you should check whether and since when the Multilateral Convention to Implement Tax Treaty Related Measures to Prevent Base Erosion and Profit Shifting (MLI convention) has an effect on the bilateral double taxation agreement. The MLI convention and the bilateral double taxation agreement are two parallel agreements that may be used to determine where you should pay taxes.