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Support guide for students with special needs at Lazarski University prepared by the team of Center for Accessibility Support and Development

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People with special needs – who are they?

People with special needs are the ones who, due to their external or internal characteristics or circumstances in which they found themselves, they are forced to take additional actions or measures to overcome barriers and participate in various spheres of life on an equal basis with others'¹.

People with special needs include ones with visual, hearing, physical disabilities, those people who are temporarily in a state of limited body efficiency (for instance broken limb), or people experiencing mental health crisis, people on the autism spectrum, people diagnosed with ADHD, elderly people, pregnant women, transgender and non-binary people, foreigners, people suffering from somatic, chronic diseases. The list of special needs is not closed. It is important to remember that any of us can become a person with special needs which is why it is crucial to adapt the common space and provide services to be user-friendly for each of us².

1. Students' support at Lazarski University

1.1. Center for Accessibility Support and Development

Staff members of Center for Accessibility Support and Development help overcome barriers that students encounter during educational process. The basis of the Center's activity is social inclusion and a friendly atmosphere for each and every student who experiences difficulties in the educational process or in private matters that may affect academic achievements.

Staff members of Center for Accessibility Support and Development, while respecting privacy and preserving confidentiality, help solve problems with architectural, information, communication and digital accessibility.

¹ The Act, issued on July 19, 2019, on ensuring accessibility for people with special needs.

² A. Borkowska, K. Jach, J. Mrzygłocka-Chojnacka, 'Politechnika nowych szans. Prowadzenie zajęć dostępnych dla osób ze szczególnymi potrzebami. Podręcznik dobrych praktyk dla kadry dydaktycznej', Wrocław, 2023.

Staff members who help students:

Career Counsellor

Career counseling for students with disabilities and with special needs.

Career counsellor's consultation consists of individual, confidential sessions and includes:

- career coaching and professional development planning,
- assistance in writing a CV and a cover letter,
- analysis of possibilities on the labor market, support in finding non-standard solutions,
- developing a job search strategy,
- preparation for a job interview.

Assistant for Students with Disabilities

Students with special needs and disabilities may be supported by Assistant for Students with Disabilities, who helps at the university daily. The assistant's job is to provide easy access to educational materials and academic space so that each and every student participates fully in academic life.

Assistant may help:

- to move around campus – e.g. getting through to a classroom, the library or to Registrar Office,
- with teaching materials – taking notes, reading documents,
- with communication – support in establishing contacts with lecturers, administration and other students,
- in using technology – assistance in using programs, applications or other devices.

Assistant's support is adjusted to individual needs – student states what kind of support would be beneficial according to the given need.

Teaching Assistant

Teaching Assistant supports students with special needs in the learning process by helping them:

- to solve problems related to passing exams,
- with the organization of classes and the course of studies,
- to contact teaching staff,
- in the unusual difficult situations that may occur during the learning process.

Educational counsellor

Educational counsellors offer support to students in activities concerning the accessibility of the learning process and the selection of appropriate support tools during the academic year.

Please, contact Center for Accessibility Support and Development by e-mail, mobile phone or in person, if you need any help.

Contact:

Center for Accessibility Support and Development

phone contact: (+48) 517 886 379

e-mail: dostepnosc@lazarski.edu.pl

website: [About the Accessibility Support and Development](#)

location: office **35**, ground floor, sector **E**

1.2. Rector's Representative for Persons with Disabilities

Rector's Representative for Persons with Disabilities is responsible for ensuring equal access to education and support for students and staff members with disabilities.

Representative's duties:

1. Holding meetings with students with disabilities, monitoring needs and requests.
2. Cooperation with Deans on matters relating to students with disabilities.
3. Initiating activities to remove barriers to the learning process.

4. Providing opinions to the University units and recommending individual support for people with special needs and disabilities based on solutions developed at Lazarski University.

1.3. Student Help Desk, International Student Services, Accommodation Department

Student Help Desk at Lazarski University was established with the aim of assisting students in all matters, facilitating their adaptation process in Warsaw and at Lazarski University in particular.

What does Student Help Desk do?

Adaptation support – assistance in daily life at the University and in Warsaw,

Student integration – organizing events and initiatives to foster academic community building.

Organization of events such as:

- meetings of students' clubs (Foreign Affairs Club, Lazarski Negotiation Club, Debate Club etc.),
- lectures with experts in various fields,
- joint film watching and discussions,
- trips to museums, exhibitions and other cultural sites.

Student Help Desk is a place where you can always get help and support. Whatever the problem, it's worth checking in - the team will be delighted to help you find the best solution.

Contact:

Student Help Desk

phone contact: (+48) 22 54 35 516

e-mail: studenthelp@lazarski.pl

social media:

- [Instagram Student Help Desk](#)
- [Facebook Student Help Desk](#)

location: office **100A**, I floor, sector **A**

International Student Services at Lazarski University was created to support foreign students in matters related to the legalization of residence and other formalities concerning their education and stay in Poland. If you have any doubts about the legalization of your stay, such as a visa, Residence Card or other required documents, it is worth contacting with the International Student services' team, who will be satisfied to provide the necessary information. Support is available to students and participants, of the language courses, of Lazarski University.

What does the International Student Service do?

- **support in the residence legalization process** - assistance in obtaining and extending visas, receiving Residence Card and completing the required documents,
- **recognition of diplomas and certificates** - support in the process of nostrification of foreign diplomas and assessment of the level of education with a view to continuing education,
- **advice on administrative matters** - assistance in contacts with authorities and clarification of procedures related to residence and studies in Poland.

International Student Services is a place where students can always obtain professional help and reliable information. It is worth taking advantage of the support in meeting the formal requirements for studying at Lazarski University.

Contact:

International Student Services

phone contact: (+48) 22 54 35 516

e-mail: legalizacja@lazarski.edu.pl

location: office **41**, ground floor, sector **E**

Accommodation Department

Looking for accommodation can be a challenge, so take advantage of the support of **Accommodation Department at Lazarski University**, whose staff helps find the best possible solution for students.

What kind of support does Accommodation Department offer?

- **assistance in finding accommodation** - support in finding a flat or room adapted to the needs, expectations of the student,
- **advice on rental procedures** - information on tenancy agreements, required documents and applicable legislation,
- **support for students with disabilities** - assistance in finding housing adapted to individual needs and facilitating contact with the relevant institutions,
- **information on available accommodation options** – current information on vacancies in the University's co-operating dormitories.

All new students of Lazarski University can apply for accommodation, but its allocation depends on the number of available places at the time of application. Accommodation Department also offers assistance to students with disabilities by supporting them in finding suitable accommodation that meets their individual requirements. To increase your chances of finding suitable accommodation, it is advisable to contact Accommodation Department as early as possible. This is the place to get expert help and support in arranging accommodation for your studies.

Contact:

Accommodation Department

phone contact: (+48) 22 54 35 515 or (+48) 502 373 084

e-mail: accommodation@lazarski.edu.pl

website: [Accommodation | Lazarski University website](#)

Location: Office **41**, ground floor, sector **E**

1.4. Library of Lazarski University

The University Library is an ideal place to study, work and relax between classes, located in sector F on the first floor of Lazarski University.

What books are available in the library?

The library offers an extensive book collection, covering literature in various fields such as medicine, law, administration, economics, finance, mathematics, marketing or history. Foreign language textbooks and a general education book collection are

also available. Thanks to the cooperation with Mokotow Public Library, fiction and popular science books can also be borrowed.

Readers have access to around 125 journal titles in paper and electronic versions, as well as access to scientific articles and full-text books through subscribed databases. Electronic resources can be used both within the University and remotely via the Hidden Automation Navigator (HAN) server.

What facilities are available in the library?

The library offers comfortable workstations in the air-conditioned Reading Room, internet access on 27 desktop computers and Wi-Fi for those using their own devices.

Readers can take advantage of three spacious, computer-equipped carrels for individual work and three soundproofed carrels - two for one person and one for four, each with adjustable lighting and ventilation for maximum comfort.

The library provides friendly and adapted spaces for people with disabilities to use its resources and services comfortably. Two reading stations have been equipped with computers with touch screens, enlarged keyboards and computer mouse, and specialized software for people with visual disabilities. The adjustable height of the tabletops at these desks makes it easier for people with limited mobility to use library resources.

Detailed information and a list of equipment and facilities can be found at [University's Library Website](#).

Lazarski University Library is a space designed for effective learning and academic development. Modern equipment, specialized collections and a relaxed atmosphere make it an ideal place to acquire knowledge and develop your skills. We invite to use its resources.

Contact:

University Library

phone contact: (+48) 22 54 35 390 or (+ 48) 501 232 671

e-mail:

- czytelnia@lazarski.edu.pl (on the lending of books and access to databases)

- biblioteka@lazarski.edu.pl (on other matters)

social media:

- [Instagram](#)
- [Facebook](#)

website: [Library](#)

location: I floor, sector F

1.5. Centre of Physical Education and Sport

Lazarski University is committed to ensuring equal access to sports activities for all students, regardless of their life, health or social situation. Centre of Physical Education and Sport offers a wide range of sports activities that are also accessible to people with special needs, including students with disabilities.

Equal access to PE classes

Students who wish to participate in physical education classes may enroll regardless of their health, physical condition or mobility limitations. Anyone can apply to take part by contacting the Centre of Physical Education and Sport's coordinator or directly the instructor who is in charge of a particular group.

The most popular classes are tailored to different fitness levels and health needs, such as:

- yoga - ideal for those seeking harmony, improved flexibility and relaxation,
- healthy spine classes - preventative classes, especially useful for people with postural problems,
- gym activities – the ability to individually adapt the exercise plan to your needs and capabilities.

For students with limited mobility, it is possible to adapt the form of participation and, if necessary, instructors are available to help adapt the exercises to individual health conditions.

Online classes – a flexible form of activity

To enable as many students as possible to participate, classes (apart from the gym activities) are also held online. This is particularly beneficial for people with limited mobility, health problems or logistical difficulties in getting to the University. To join an online class, contact the coordinator who will add the student to the group on MS

Teams platform. If you have technical problems joining a class, it is worth contacting Centre of Physical Education and Sport directly.

Additional access to the gym

Those who prefer a more individual approach to physical activity can use the gym outside of regular Physical Education classes, during the hours when it is available under the supervision of an instructor. During these hours, there are fewer people, allowing for more relaxed and comfortable use of the equipment, which can be particularly important for students with disabilities who need more space or time to adjust their exercises.

Support and individual adjustment of activities

Dla studentów, którzy preferują aktywność rekreacyjną, dostępne są również stoły do tenisa stołowego. Wystarczy zgłosić się do Studium Wychowania Fizycznego i Sportu, aby wypożyczyć paletki oraz piłeczki i rozegrać partyjkę tenisa stołowego w dowolnym, dogodnym dla siebie czasie.

Wsparcie i indywidualne dostosowanie zajęć

Centre of Physical Education and Sport aims to ensure that every student can participate in Physical Education classes to the best of their ability and needs.

Students with disabilities or special health needs can apply to the Centre of Physical Education and Sport's coordinator to:

- determine individual exercise modifications,
- plan an alternative form of activity,
- obtain support for the availability of activities.

Each situation is considered individually to provide students with maximum comfort and the opportunity to participate in sports activities.

If you have questions regarding Physical Education classes, you need to adapt a class to suit your needs or want to sign up for a class of your choice, please get in touch by phone, email or in person.

Contact:

Centre of Physical Education and Sport

phone contact: (+48) 22 54 35 482

e-mail: j.mosinska@lazariski.edu.pl

website: [Centre of Physical Education and Sport](#)

location: office **112**, I floor, sector **B**

1.6. Erasmus+ Programme

Support for Students with Special Needs in the Erasmus+ Programme

The Erasmus+ Programme is one of the most important initiatives supporting educational mobility in Europe. Its aim is not only to provide students with international experience but also to ensure equal access to these opportunities for all—regardless of their life, health, or social circumstances.

Equal Opportunities and Participation Principles

The Erasmus+ Programme operates based on the principle of equal opportunities.

This means that:

- **The university opposes all forms of discrimination** – regardless of gender, race, ethnic origin, religion, beliefs, disability, age, or sexual orientation.
- **Every student has the right to participate in the programme**, and barriers arising from individual circumstances should be minimized through appropriate forms of support.

These provisions are outlined in the mobility regulations, which define the rights and responsibilities of students as well as the recruitment rules.

Support During the Recruitment Process

Activities that increase the chances for students with special needs to participate in mobility include:

- **Additional recruitment points:** Students with special needs may receive **5 bonus points** during the recruitment process, which can significantly affect their position on the ranking list.
- **Individual approach:** Students with disabilities may provide feedback regarding adjustments needed in the recruitment process. The Recruitment Committee is obliged to consider such feedback and modify the procedures if necessary.
- **Transparency and fairness:** Every applicant is assessed according to clearly defined criteria, and the recruitment process is transparent. Appeals against the committee's decisions are also possible.

Financial Support and Funding

The Erasmus+ Programme offers additional financial support for students with special needs:

- **Top-up grant:** Students qualified for mobility may receive a top-up individual support to the standard Erasmus+ grant. The amount depends on the individual situation and may cover, for example, additional travel expenses, accommodation, or assistant support.

Digital Accessibility and Inclusive Communication

The Erasmus+ Programme ensures that all information is accessible to everyone:

- **The university's Erasmus+ website** complies with digital accessibility standards (WCAG).
- **Simple language and diversity awareness** – Informational materials are written in an easy-to-understand manner and take into account the diverse needs of their audiences.
- **Alternative communication formats** – Information is provided not only in text but also visually (informational leaflets, posters, videos).

Student Engagement and Building an Inclusive Community

Erasmus+ is not only about educational mobility, it also fosters a community based on cooperation and mutual support.

- **Campus Tour:** An event organized by Erasmus+ student ambassadors to help new participants get to know the university infrastructure and feel part of the academic community.
- **Orientation Day:** An adaptation day where students with fewer opportunities can receive tailored information and connect with other programme participants.
- **Active participation:** Students can engage in programme activities not only as mobility participants but also as event organizers, mentors, and ambassadors. One student-led initiative includes visiting the Invisible Exhibition, where participants can experience what it's like to live with visual impairment.

Contact:**Erasmus+ Programme Office**

Phone: (+48) 22 54 35 365 or (+48) 513 038 056 or (+48) 518 017 405

e-mail: erasmus.outgoing@lazarski.edu.pl

Social Media:

- [Instagram: Erasmus+ Programme](#)
- [Facebook: Erasmus+ Programme](#)

Website: [Erasmus+ | Lazarski University](#)

Location: Room **307**, 3rd floor, sector D

1.7. Vertimed Medical Group

Students of Lazarski University are entitled to discounts on medical and psychological services under an agreement with Vertimed Medical Group. More information about mental health services is provided in the section: [Vertimed Medical Group](#) (odsylacz).

List of Discounts and Scope of Medical Services at the Vertimed Clinic:

20% off the full range of laboratory tests

20% off nursing procedures

20% off COVID swab tests with a travel certificate in English

15% off specialist consultations, including with an internist and family medicine doctor

10% off ultrasound examinations

10% off rapid diagnostic tests (CRP, Strep A test)

Important: The above discounts do not apply to promotional prices, seasonal offers, hormonal IUD insertion, or vaccinations.

To use the discount, please present a valid student ID at the clinic.

Contact:**Vertimed Medical Group**

ul. Bronikowskiego 55, 02-796 Warsaw (Ursynów district)

Phone: (+48) 22 405 63 75 or (+48) 603 804 702

e-mail: recepca@vertimed.pl

2. Student Support in the City of Warsaw

2.1. Social Insurance Institution (ZUS)

Activities of the Social Insurance Institution (ZUS) Supporting Students with Disabilities:

ZUS implements a range of actions aimed at supporting students with disabilities in the areas of customer service, rehabilitation, employment, and access to information, including:

- **Eliminating architectural barriers** – adapting buildings, installing elevators, ramps, and Braille signage.
- **Support for individuals with hearing impairments** – Polish Sign Language (PJM) interpretation, video interpreter services, and trained staff.
- **Support for individuals with visual and mobility impairments** – removal of structural barriers, high-contrast signage, and accessibility for assistance dogs.
- **Online services** – contact via the Electronic Services Platform (PUE)/eZUS, e-visits, helpline, and the mZUS mobile application.

Medical Rehabilitation as Part of Disability Prevention

The goal of ZUS rehabilitation is to restore the ability to work for individuals at risk of becoming unfit for work. The programme includes:

- **Inpatient rehabilitation** – 24-hour stay at a rehabilitation center.
- **Outpatient rehabilitation** – daily commute for treatments.

The scope of rehabilitation includes kinesitherapy, physical therapy, psychological therapy, and health education. ZUS covers the full cost of rehabilitation, including accommodation, meals, and transport.

Vocational Activation and Employment Support

ZUS supports persons with disabilities through:

- organizing internships and work placements,
- adapting workplaces,
- participation in job fairs,
- training for employers on hiring people with disabilities.

Education and Knowledge Dissemination

ZUS conducts training sessions and publishes informational materials in cooperation with the State Fund for the Rehabilitation of Disabled Persons (PFRON) and other organizations.

All information regarding support for persons with disabilities and other ZUS services is provided by consultants at the ZUS Customer Contact Center. Consultations are available Monday through Friday from 7:00 a.m. to 6:00 p.m.

Contact:

Social Insurance Institution (ZUS)

Phone: (+48) 22 560 16 00

e-mail: cot@zus.pl

Website: [Home Page - ZUS](#)

ZUS Branches in Warsaw:

ZUS Branch I in Warsaw

Address: ul. Senatorska 6/8, 00-917 Warsaw (Śródmieście)

ZUS Branch II in Warsaw

Address: ul. Podskarbińska 25, 03-829 Warsaw (Praga Południe)

ZUS Branch III in Warsaw

Address: ul. Czerniakowska 16, 00-701 Warsaw (Mokotów)

ZUS Headquarters in Warsaw

Address: ul. Szamocka 3, 5, 01-748 Warsaw (Żoliborz)

2.2. State Fund for the Rehabilitation of Disabled Persons (PFRON)

The State Fund for the Rehabilitation of Disabled Persons (PFRON) and support for persons with disabilities

PFRON is an institution that finances activities aimed at the social and professional activation of persons with disabilities.

Programmes supporting the education and professional development of students

PFRON offers support in the field of education and career development for persons with disabilities through:

- **„Active Local Government“ programme** – co-financing for higher education (e.g. covering tuition fees, purchase of specialized equipment).
- **Scholarships and grants** – for students with disabilities, including financial support to cover study costs.
- **Co-financing for educational assistants** – learning support, e.g. an assistant for blind persons or those using a wheelchair.

Employment support

PFRON helps persons with disabilities enter the labor market by providing:

- Co-financing of workplaces and adapting them to the needs of employees,
- Vocational activation programmes,
- Support for employers hiring persons with disabilities (e.g. salary reimbursement, reimbursement of training costs).

Social and vocational rehabilitation

PFRON funds rehabilitation stays and programmes that enable persons with disabilities to participate more fully in social and professional life.

Advisory and information services

The Fund runs information portals, job offer databases, and consultation points for persons with disabilities and their families.

Co-financing of Education Costs for Students with Disabilities (PFRON)

Students with any degree of disability may apply for financial support for their education, including:

- **Tuition fees** – up to PLN 4,400 per semester/half-year for students of higher education institutions, post-secondary schools, or colleges.
- **Additional allowance to cover educational costs** – up to PLN 1,650 for university students and up to PLN 1,100 for post-secondary school or college students.

Additionally, there is a possibility of increasing the educational cost allowance in specific cases, such as:

- **Holding a valid Large Family Card** – PLN 330
- **Studying away from place of residence** – PLN 550
- **Simultaneous studies in two fields** – PLN 330
- **Using sign language interpreter services** – PLN 330
- **aving an electronic signature/Trusted Profile and submitting the application electronically** – PLN 880 (one-time)
- **Studying in remote or hybrid form** – PLN 550

Note – the above amounts may change in the coming years

Support Service System (SOW) Applications for co-financing should be submitted via SOW. Detailed information and access to the system are available on the [PFRON website](#).

PFRON Contact Information

If you have questions or need further information, you can contact the appropriate PFRON branch. For residents of Warsaw and the Mazowieckie Voivodeship, the competent branch is the Mazowieckie Branch:

Contact:

State Fund for the Rehabilitation of Disabled Persons

Aleja Jana Pawła II 13, 00-828 Warsaw (Wola)

phone: (+48) 22 311 83 12

e-mail: warszawa@pfron.org.pl

A complete list of regional branches with contact details is available on [the PFRON website](#). Additionally, [the nationwide PFRON helpline](#) operates at: (+48) 22 581 84 10.

Support Service System (SOW)

Application wizard for support depending on the degree of disability:

Forms of support – mild degree of disability

- Support for victims
- Limb prostheses
- Prosthesis servicing
- Education
- Rehabilitation stays
- Rehabilitation equipment
- Orthopedic items and assistive devices
- Elimination of architectural barriers
- Elimination of communication barriers
- Elimination of technical barriers
- Sign language interpreter or guide-interpreter services
- Starting a business, agricultural activity, or contribution to a social cooperative
- Bank loan interest subsidies
- Training organized by the Labor Office

Link to information and applications:

[mild degree \(formerly Group III\) \(I want to learn about the support options I can use – Person with Disability\) | SOW Support Service System financed by PFRON funds](#)

Forms of support – moderate degree of disability

- Support for victims
- Limb prostheses
- Prosthesis servicing
- Education
- Rehabilitation stays
- Rehabilitation equipment
- Orthopedic items and assistive devices

- Elimination of architectural barriers
- Elimination of communication barriers
- Elimination of technical barriers
- Sign language interpreter or guide-interpreter services
- Starting a business, agricultural activity, or contribution to a social cooperative
- Bank loan interest subsidies
- Training organized by the Labor Office
- Car adaptation – hearing impairment
- Car adaptation – mobility impairment
- Driver's license
- Electronic equipment
- Electronic equipment – training
- Care for a dependent person
- Technology rental

Link to information and applications:

[moderate degree \(formerly Group II\) \(I want to learn about the support options I can use – Person with Disability\) | SOW Support Service System financed by PFRON funds](#)

Forms of support – severe degree of disability

- Support for victims
- Limb prostheses
- Prosthesis servicing
- Education
- Rehabilitation stays
- Rehabilitation equipment
- Orthopedic items and assistive devices
- Elimination of architectural barriers
- Elimination of communication barriers
- Elimination of technical barriers
- Sign language interpreter or guide-interpreter services
- Starting a business, agricultural activity or contribution to a social cooperative
- Bank loan interest subsidies

- Training organized by the Labor Office
- Car adaptation for hearing impairment
- Car adaptation for mobility impairment
- Driver's license
- Electronic equipment
- Electronic equipment training
- Electronic equipment servicing
- Care for a dependent person
- Technology rental
- Electric-powered wheelchair
- Wheelchair or scooter servicing
- Mobility scooter or electric add-on for manual wheelchair
- Graduate accommodation
- Accessible accommodation
- Mobility of persons with disabilities

Link to information and applications:

[severe degree \(formerly Group I\) \(I want to learn about the support options I can use – Person with Disability\) | SOW Support Service System financed by PFRON funds](#)

Forms of support – disability certificate (person under 16 years of age)

- Support for victims
- Rehabilitation stays
- Rehabilitation equipment
- Orthopedic items and assistive devices
- Elimination of architectural barriers
- Elimination of communication barriers
- Elimination of technical barriers
- Sign language interpreter or guide-interpreter services
- Car adaptation for mobility impairment
- Technology rental
- Electric-powered wheelchair
- Wheelchair or scooter servicing
- Mobility scooter or electric add-on for manual wheelchair

- Electronic equipment
- Electronic equipment training
- Electronic equipment servicing
- Energy allowance

Link to information and applications:

[disability certificate \(persons under 16 years of age\) \(I want to learn about the support options I can use – Person with Disability\) | SOW Support Service System financed by PFRON funds](#)

2.3. Warsaw Family Support Centre (WCPR)

The primary goal of the Warsaw Family Support Centre (WCPR) is to provide social support at a supra-municipal level.

Persons with disabilities can find support and information in the following areas:

Information and Consultation Point for Persons with Disabilities (PIKON)

Here, individuals can receive detailed information and support. PIKON is a service dedicated to persons with disabilities living in the city of Warsaw, who, due to everyday challenges, require broadly understood support in the form of information, advice, or direct access to services offered by institutions and entities operating in the capital.

Contact:

Warsaw Family Support Centre

Al. Solidarności 93, 00-144 Warsaw (Śródmieście)

phone: +48 661 439 072

e-mail: pikon@wcpr.pl

Website: [PIKON – Warsaw Family Support Centre](#)

Municipal Disability Evaluation Team

The following link contains detailed information on the conditions and procedures for issuing disability certificates, as well as downloadable documents and instructions for completing all formalities: [Disability Assessment – Warsaw Family Support Center](#)

Contact:**Municipal Team for Disability Assessment**

ul. Generała Andersa 5, 00-147 Warsaw (Śródmieście)

tel.: +48 22 278 84 19 or +48 22 278 84 29

e-mail: orzecznictwo@wcpr.pl

Website: [Disability Assessment](#)

Department for Supporting People with Disabilities**1. Funding for People with Disabilities:**

Individuals with a disability certificate may apply for funding from PFRON for:

- participation of people with disabilities and their carers in rehabilitation stays;
- subsidies for the purchase of rehabilitation equipment, orthopaedic items, and assistive devices;
- funding for the removal of communication, technical, and architectural barriers;
- funding for the costs of sign language interpreter services or a guide interpreter for the person with a disability, or the upkeep of an assistance dog.

[Detailed information about PFRON funding PFRON](#)

2. Funding for Higher Education for People with Disabilities:

Persons with a certified disability may receive funding/reimbursement for tuition fees and an allowance to cover education costs at higher education level. Applications must be submitted separately for each semester (usually by 31 March and 10 October). Detailed information is available here:

[Link to information about the Active Local Government Programme](#)

3. Support and Funding for People with Disabilities to Remove Barriers

The following link provides information on how to apply for funding to remove transport, informational, and mobility barriers, as well as support to maintain professional activity for carers of people with disabilities.

[Funding for Barrier Removal](#)

Applications are accepted from 1 March to 31 August.

Kontakt:

Stołeczne Centrum Osób Niepełnosprawnych

Dział Wspierania Osób Niepełnosprawnych

ul. Generała Andersa 5, 00-147 Warsaw (Śródmieście)

Support Service Helpline: (+48) 800 889 777

[Homepage – Warsaw Family Support Centre](#)

[Information on support for people with disabilities](#)

2.4. City of Warsaw Office

2.4.1. Social Welfare Centres

Support for Residents in Difficult Life Situations

Social Welfare Centres (OPS) in Warsaw provide assistance to individuals and families facing financial or life challenges. Support is available, among others, for students with special needs, including those with disabilities, as well as those in need of material aid or access to social benefits.

Support for People with Disabilities

Students with disabilities may benefit from:

- **support worker services** – assistance with mobility, handling official matters, or participating in classes,
- **care services** – help with everyday activities,
- **support in adapting accommodation** to meet the needs of a disabled person.

Financial and Material Support

OPS in Warsaw offer various forms of aid that may be particularly helpful for students in difficult circumstances:

- **permanent, temporary, and one-off benefits** – financial support for those on low incomes,
- **housing and energy allowances** – help with paying rent and utility bills,
- **food assistance** – food parcels or vouchers for groceries,
- **co-financing of medicines, rehabilitation equipment, and medical treatment.**

OPS and Student Support

OPS provide material assistance to students in financial difficulty. It is worth contacting the relevant OPS to obtain information on available forms of support and

the application procedure. OPS also cooperate with universities and student organisations to help young people access assistance more easily.

Location: Each district of Warsaw has its own Social Welfare Centre (OPS). A full list of centres is available at: [OPS Warsaw – List of OPS in the Capital](#)

tel.: (+48) 22 487 13 00

e-mail (main contact): ops@um.warszawa.pl

Website: [Warszawa 19115](#) – Municipal Contact System for Residents.

2.4.2. Free Legal Assistance

Who is eligible for free legal and civic advice?

Legal and civic advice is available to residents of Warsaw who, due to financial hardship, are unable to afford paid services in this area.

What kind of help is available?

- information on legal status, rights and obligations of the person seeking advice,
- guidance on how to resolve a legal problem,
- assistance in drafting documents such as letters, applications for exemption from court fees, or applications for court-appointed legal representation,
- free mediation, e.g. in neighbourhood disputes.

How to access legal aid?

- by calling 19115 – the helpline is available **24/7**.

Remote advice

People with severe mobility impairments or communication difficulties can access legal and civic advice remotely.

More information, including details of required documents and videos with **sign language interpretation**, is available on the official website of the City of Warsaw's portal on free legal aid.

Useful links:

[List of free legal aid points in Warsaw](#)

[List of free legal aid points offering services in foreign languages](#)

2.5. National Health Fund (NFZ)

Who can register a student for health insurance under the National Health Fund (NFZ)?

A student may be registered for health insurance by:

1. **A parent** who holds valid health insurance (e.g. through an employment contract, business activity, pension or retirement benefits) – students are entitled to healthcare services funded by the NFZ until they reach **the age of 26**.
2. **A grandparent** if neither parent is subject to compulsory health insurance in Poland or another EU country – students are entitled to healthcare services funded by the NFZ until **the age of 26**.
3. **A spouse** - if the student is married, the spouse may register them for health insurance, provided **the spouse** holds valid health insurance (e.g. via employment). This entitlement lasts until the student acquires another basis for insurance, such as employment, starting a business, or registering with the job centre.
4. **An employer** - if the student is employed under a contract of employment or a contract of mandate, the employer is responsible for registering them.
5. **An institution** – if the student receives benefits (e.g. from the Social Insurance Institution – ZUS, or the Agricultural Social Insurance Fund – KRUS), the institution paying the benefit handles the registration.
6. **The Job Centre** – if the student holds the status of an unemployed person.
7. **The student themselves** - if the student runs their own business.
8. **The University** - if the student* cannot be registered through any family member and continues studying after the age of 26 without any other basis for health insurance, the responsibility lies with the university. The university pays the monthly insurance contribution. Universities also register students holding the **Pole's Card** or those from **EU/EFTA** countries.

Where should a student at Łazarski University report if they cannot be registered for health insurance as a family member of an insured person and do not have any other basis for insurance?

The student is required to report in person to the **Bursary Department – Student Settlements** room **205**, 2nd floor, Sector D

email: kwestura@lazarski.edu.pl,

tel.: (+48) 22 54 35 463 and submit an application for health insurance coverage along with a declaration confirming that they are not subject to compulsory health insurance under any other basis.

Important: Students are responsible for notifying the University if they obtain another basis for health insurance, e.g. by starting employment. This must be reported to the **Bursary Department – Student Settlements**, room **205**, 2nd floor, Sector D (**e-mail:** kwestura@lazarski.edu.pl, **tel.:** (+48) 22 54 35 463).

When does the right to health care expire if the University registers the student?

The right to health care for persons who have completed higher education or doctoral studies expires **four months** after graduation or removal from the student register.

Voluntary health insurance

If the student is from a **non-EU/EFTA** country, they must take out voluntary health insurance with the NFZ branch appropriate for their place of residence in Poland. In this case, the student is responsible for paying the contributions.

Contact:

Mazovian Voivodeship Branch

ul. Chałubińskiego 8, 00-613 Warsaw (Śródmieście)

[Contact details of the Mazovian Voivodeship Branch](#)

List of required documents:

1. Application for voluntary health insurance – 2 copies. [Link to download the voluntary health insurance application form](#)
2. Passport or other identity document (copy and original for verification).
3. Valid student ID or certificate of student status issued by the Dean's Office (copy and original for verification).
4. Document confirming residence in the territory of the Republic of Poland, e.g. tenancy agreement (copy and original for verification).
5. Power of attorney from a parent (only for underage students, printed scan of the document), along with a copy of the parent's and the proxy's passport.

6. Information clause (video surveillance) – available at the NFZ office – 2 copies.
7. Information clause (GDPR) – available at the NFZ office – 2 copies.

Additional information on the required NFZ documents

To receive **assistance in completing the application** and to obtain all the necessary forms for applying for NFZ health insurance, please contact the **Student Help Desk**, room **100A**, 1st floor, Sector A, **e-mail:** studenthelp@lazarski.pl.

Once you receive the agreement from the NFZ, you must visit the nearest ZUS (Social Insurance Institution) office to obtain an individual bank account number. You will need to make monthly payments into this account and submit the ZUS DRA declaration each month in order to remain insured.

You must present the original NFZ agreement along with proof of payment from ZUS at the **Lazarski University International Admissions Office** - room **63A**, ground floor, Sector F.

What does National Health Fund (NFZ) insurance entitle you to?

With health insurance coverage, you can access healthcare services funded by public resources – i.e. free of charge for the patient. These include GP visits, hospital stays, prescriptions, rehabilitation treatments under NFZ, or health resort treatment – all of which are considered healthcare services.

More information about the public healthcare system is available on the following websites: [Healthcare system | Pacjent.gov.pl](#) and [Medical facility search engines | Pacjent.gov.pl](#).

How to choose a medical facility under NFZ insurance?

The National Health Fund finances healthcare services based on agreements signed with healthcare providers across the country. There is no catchment area system in place, meaning patients may choose a facility freely, even outside their place of residence.

Important: Please note that only facilities marked with the NFZ logo may offer free services under certain categories, such as primary healthcare. However, specialist visits, e.g. to an ophthalmologist, may not be covered under the contract with the

NFZ. It is therefore advisable to always check whether a specific service is covered under your NFZ insurance.

[Search engine for clinics and hospitals, including emergency cases, at night and on public holidays](#)

Where to check the nearest appointments for services covered by the National Health Fund (NFZ)?

[The NFZ Treatment Appointment Information Service](#) allows you to check appointments for both routine and urgent cases.

National Health Fund (NFZ)

Contact

- **Patient Telephone Information Service: (+48) 800 190 590**, available 24 hours a day, 7 days a week; **(+48) 22 125 66 00 - for callers from abroad**, support available in **English, Ukrainian, and Russian**. Provides information about out-of-hours and public holiday medical assistance, nearest Emergency Department for urgent cases, and on-duty pharmacies.
- **Chat with a Patient Telephone Information Service consultant:** [National Health Fund – Chat](#)
- **Chat with a sign language interpreter:** [Patient Telephone Information Service – NFZ \(National Health Fund\) – tłumacz.migam.org](#)

2.6. Foundations

A full list of non-governmental organisations supporting persons with disabilities is available on the website of the Government Plenipotentiary for Persons with Disabilities

[List of non-governmental organisations supporting persons with disabilities.](#)

Selected organisations providing support to persons with various disabilities are presented in the following subsections.

2.6.1. Avalon Foundation

One of the largest non-governmental organisations in Poland, supporting persons with disabilities and those with chronic illnesses.

Areas of support offered by the Avalon Foundation:

- Financial support and managing sub-accounts for 1.5% tax donations,

- Sexuality and parenthood,
- Free consultations with: disability specialists, lawyers, a psychologist, a medical advisor, an educational specialist, a sexologist, and a career advisor,
- Support groups,
- Refugee Assistance Centre for Persons with Disabilities,
- Vocational activation,
- Accessibility map,
- Social and educational programmes aimed at changing public perception of persons with disabilities.

Contact:

Avalon Foundation

ul. Domaniewska 50A, 02-672 Warsaw (Mokotów)

tel.: (+48) 666 324 328

e-mail: kontakt@fundacjaavalon.pl

Website: [Avalon Foundation – With us, barriers do not exist!](#)

2.6.2. Association of Friends of Integration and the Integration Foundation

The Association supports persons with physical disabilities through counselling, training, and efforts to eliminate architectural barriers. It also runs public campaigns promoting the social inclusion of persons with disabilities.

Contact:

Association of Friends of Integration

ul. Dzielna 1, 00-162 Warsaw (Śródmieście)

tel.: (+48) 22 831 85 82 lub (+48) 570 066 506 lub (+48) 570 066 806

e-mail: warszawa@integracja.org

Website: [About us – Integracja.org](#)

Integration Foundation

ul. Andersa 13, 00-159 Warsaw (Śródmieście)

tel.: (+48) 22 530 65 70

e-mail: integracja@integracja.org

Website: [Integracja](#)

2.6.3. Synapsis Foundation

The Foundation offers diagnosis, therapy, and support for autistic individuals and their families. It also provides training for specialists and educational activities aimed at raising public awareness of autism. Specialist consultations with lawyers, psychologists, and educators are available. All information and registration can be found at the following link:

[Advice line numbers – Synapsis Foundation](#)

Contact:

Synapsis Foundation

ul. Ondraszka 3, 02-085 Warsaw (Ochota)

tel.: (+48) 22 825 87 30

e-mail: fundacja@synapsis.org.pl

Website: [Synapsis Foundation | Foundation for children and adults with autism](#)

2.6.4. Polish Association of the Deaf

The Association provides support for deaf individuals by offering educational, rehabilitative, and social activities. It organises sign language courses, vocational training, and counselling for deaf persons and their families.

Contact:

Polish Association of the Deaf

ul. Białostocka 4, 03-741 Warsaw (Praga Północ)

tel.: (+48) 22 619 92 95 lub (+48) 882 088 890

e-mail: biuro@pzg.warszawa.pl

Website: [Polish Association of the Deaf Main Board — Learn more about the structure and activities of PZG](#)

2.6.5. Chance for the Blind Foundation

The Foundation provides support for blind and visually impaired individuals and their carers. It carries out rehabilitation, educational and social activities aimed at integrating people with visual impairments. It organises training sessions, workshops, and individual consultations, as well as offering assistance in selecting rehabilitation equipment and obtaining funding.

Contact:**Chance for the Blind Foundation**

ul. Gałczyńskiego 7, 00-362 Warsaw (Śródmieście)

tel.: (+48) 22 635 10 60 lub (+48) 662 138 400

e-mail: warszawa@fundacjaszansa.org

Website: [Chance for the Blind Foundation – We Are Together – Home Page](#)

2.7. Non-governmental organisations providing support for foreigners in Warsaw

2.7.1. Foundation for the Support and Integration of Foreign Students and Graduates (InterStud)

This is an organisation that supports foreigners in education and integration into the Polish labour market. It specialises in assisting refugees and migrants by offering comprehensive support in finding employment and improving professional qualifications.

What support does the Foundation for the Support and Integration of Foreign Students and Graduates (InterStud) offer?

- **Professional activation** – assistance in job searching, preparation for the recruitment process, support in writing CVs and cover letters.
- **Polish language learning** – specialist courses tailored to various professional groups, covering industry-specific vocabulary and cultural issues related to working in Poland.
- **Adult education** – guidance on improving qualifications, choosing vocational courses, post-secondary schools, and university studies in Poland.

The InterStud Foundation works towards the integration of migrants, helping them acquire the knowledge and skills necessary for independent functioning in a new environment. Through its programmes, it contributes to building an open and supportive society.

Contact:**Foundation for the Support and Integration of Foreign Students and Graduates (InterStud)**

ul. Grzybowska 80/82, VII piętro, 00-844 Warsaw (Wola)

tel.: (+48) 794 681 947

e-mail: biuro@interstud.pl

Website: [Foundation for the Support and Integration of Foreign Students and Graduates](#)

2.7.2. Foundation for Migrants “Good Start”

This is an organisation supporting people with migration and refugee experience in Poland. It works towards integration, equality and intercultural dialogue.

What support does the Foundation for Migrants “Good Start” offer?

- **Language courses** – free Polish lessons to facilitate everyday life and access to the labour market.
- **Career counselling** – support in finding employment, writing CVs, starting a business and professional adaptation.
- **Legal and psychological assistance** – individual consultations for migrants regarding residence legalisation, labour rights, protection against discrimination and emotional support.
- **Material support** – clothing, footwear, food and hygiene products for people in difficult life situations.
- **Intercultural education** – activities promoting intercultural dialogue, equality and counteracting social exclusion.

The Foundation works to build an open society in which every person, regardless of origin, has the chance for a dignified life and active participation in social life.

Contact:

Foundation for Migrants “Good Start”

ul. Bracka 18/63, II piętro, 00-028 Warsaw (Śródmieście)

tel.: (+48) 22 658 04 87

e-mail: biuro@fds.org.pl

Website: [Help us support migrants – Foundation for Migrants “GOOD START”](#)

2.7.3. Polish Migration Forum

This is an organisation supporting foreigners in Poland, helping them adapt and manage everyday life through education, counselling and psychological support.

Regardless of country of origin, language, status or life situation, the Polish Migration Forum offers comprehensive assistance in the integration process.

What support does the Polish Migration Forum offer?

- **Language learning** – organises free Polish and English conversation classes led by volunteers.
- **Psychological support** – provides individual consultations for adults and children, crisis intervention and health education.
- **Assistance with formal matters** – offers advice on residence legalisation, setting up a business, employment, education and official procedures.
- **Helpline and legal consultations** – provides guidance on migration law and everyday challenges related to life in Poland.
- **Mobile support** – reaches people outside Warsaw, operating within the Mazovian Voivodeship.
- **Children's day-care centre** – runs a space dedicated to migrant children aged 3–7, enabling their parents to benefit from the assistance offered.

The Polish Migration Forum works towards the integration of foreigners in Poland, creating welcoming conditions for learning, working and living.

Contact:

Polish Migration Forum

ul. Szpitalna 5/14, 00-031 Warsaw (Śródmieście)

tel.: (+48) 692 913 993

e-mail: info@forummigracyjne.org

Website: [Home – Polish Migration Forum Foundation](#)

2.7.4. Civic Foundation Perspektywa

This is an organisation working for tolerance, intercultural dialogue and the building of an open society. Its aim is to support cooperation between different nations, ethnic groups and religions, as well as to counteract discrimination and social exclusion.

What support does the Civic Foundation Perspektywa offer?

- **Education and social awareness** – organising training courses, workshops, lectures, talks, seminars, meetings, conferences, lessons and educational activities.

- **Anti-discrimination support** – social, legal, educational and psychological assistance for people affected by discrimination and social exclusion.
- **Cultural and integration activities** – organising artistic events, concerts, exhibitions and festivals promoting cultural diversity.
- **Social programmes** – developing and implementing programmes to combat racism, xenophobia and all forms of discrimination, as well as programmes to promote equal opportunities and the legal protection of those facing discrimination.
- **Publications and media** – publishing books, brochures and educational materials, as well as producing films and audio-visual recordings promoting the values of equality and openness.

The Foundation is engaged in a wide range of social and cultural activities, supporting the development of a multicultural society based on dialogue and mutual respect.

Contact:

Civic Foundation Perspektywa

ul. Puławska 24b/14, 02-512 Warsaw (Mokotów)

tel.: (+48) 501 022 598

e-mail: fundacja@obywatelska.org.pl

Website: [What's New – Civic Foundation Perspektywa](#)

2.7.5. Foundation for Freedom

This is an organisation supporting children and adults with refugee and migration experience in Poland. It works towards integration through sport, education and community support, breaking down cultural barriers and counteracting discrimination.

What support does the Foundation for Freedom offer?

- **Sport and integration** – organising free sports activities for children and adults from diverse backgrounds, fostering relationship-building, strengthening a sense of belonging and overcoming cultural barriers.
- **Support for refugee children** – running educational centres in the accommodation facilities for foreigners in Dębak and Linin, providing help with learning Polish, and organising activities and excursions.

- **Intercultural education** – workshops and training sessions for schools, teachers and coaches aimed at building an open society and counteracting stereotypes.
- **Support for refugee families** – assistance with legal, social, medical and professional matters to facilitate everyday life in a new country.

The Foundation aims to establish a model centre for the integration of foreigners in Warsaw, combining sport, education and social engagement. It works in partnership with national and international organisations, promoting the values of equality and solidarity.

Contact:

Foundation for Freedom

ul. Ordynacka 9, 00-364 Warsaw (Śródmieście)

tel.: (+48) 22 398 14 46

e-mail: info@fundacjadelawolnosci.org

Website: [Playing Fair – Foundation for Freedom](#)

2.7.6. Ocalenie Foundation

Since 2000, the Foundation has supported people with migration and refugee experience in building a safe life in Poland. It offers comprehensive assistance regardless of country of origin or the route taken to reach Poland.

What support does the Ocalenie Foundation offer?

- **Centre for Foreigners' Assistance** – the heart of the Foundation, operating since 2004 in Warsaw, where migrants can access legal and psychological assistance, career counselling and the support of cultural mentors.
- **Learning Polish** – free courses for adults at all levels, delivered by volunteers trained in teaching Polish as a foreign language.
- **Housing support** – the Foundation helps people with refugee experience to find safe and stable accommodation. The “Welcome Home” programme provides families with rental support, rent subsidies and the assistance of family mentors and specialists. The “Refugees Welcome Poland” initiative enables refugees to live with private hosts, fostering integration and relationships based on mutual understanding.

- **Material aid** – people in need can receive essential items at designated points, including clothes, shoes, toys, cosmetics and cleaning products.
- **Professional and social activation** – support in finding employment, organisation of workshops and meetings, and encouragement for migrants to participate actively in social life.
- **Humanitarian activities at the Polish Belarusian border** – since 2021, the Foundation has provided assistance to people at the border. It also undertakes advocacy activities, opposing pushbacks and the violation of human rights at Poland's borders.

The Ocalenie Foundation actively works towards integration, counteracting racism and driving systemic change in Poland's migration policy, striving to build an open society in which everyone, regardless of background, has equal opportunities for a dignified life and development.

Contact:

Ocalenie Foundation

ul. Krucza 6/14A, 00-537 Warsaw (Śródmieście)

tel.: (+48) 22 828 04 50

e-mail: cpc@cpc.org.pl

Website: [Homepage – Ocalenie Foundation](#)

2.7.7. Multiocalenie Foundation

This organisation supports refugees, immigrants and repatriates through legal and psychological assistance as well as Polish language learning in Warsaw. It also works to protect the multicultural heritage of Podlasie and to promote intercultural dialogue.

What support does the Multiocalenie Foundation offer?

- **Support for refugees and migrants** – assistance with residence legalisation, social integration, professional activation and psychological support for those experiencing migration-related crises.
- **Education and culture** – organisation of language classes, intercultural workshops and initiatives spreading knowledge about the history and traditions of national minorities.

- **Heritage protection** – activities aimed at the renovation of religious sites, the preservation of cemeteries and the commemoration of the shared history of nations inhabiting the former Second Polish Republic.
- **Promotion of Podlasie** – supporting local culture, folk art, traditional food production methods and the development of agritourism in areas rich in multicultural heritage.

The Foundation combines humanitarian aid with educational and cultural initiatives, building bridges between communities and supporting the idea of an open, diverse society.

Contact:

Multiocalenie Foundation

ul. Słomińskiego 1/15, 00-204 Warsaw (Śródmieście)

tel.: (+48) 22 635 08 98

e-mail: info@multiocalenie.org.pl

Website: [Homepage – Multiocalenie](#)

2.7.8. Caritas Polska

This is the largest charitable organisation of the Catholic Church in Poland, providing assistance to those in need regardless of their origin, faith or life situation.

What support does Caritas Polska offer?

- **Material and financial assistance** – support in the form of food, clothing and financial aid for people in difficult life situations, including seniors, children, migrants, refugees and people experiencing homelessness.
- **Support facilities** – over 1,600 centres across the country, including soup kitchens, shelters, mother-and-child homes, therapeutic day centres and occupational therapy workshops.
- **Crisis response** – humanitarian aid in situations of natural disasters, humanitarian and health crises both in Poland and abroad.
- **Social programmes** – initiatives supporting the education of children and young people, professional activation of excluded individuals, and care for the elderly.

- **Volunteering and community** – a network of 60,000 volunteers engaged in local and nationwide aid activities.

The organisation operates in line with Catholic social teaching, promoting solidarity and the dignity of every person. Through cooperation with diocesan Caritas branches, public administration and international organisations, it effectively responds to social and humanitarian needs.

Contact: Caritas Polska

ul. Okopowa 55, 01-043 Warsaw (Wola)

tel.: (+48) 22 334 85 00 lub (+48) 22 334 85 85

e-mail: caritaspolska@caritas.pl

Website: Caritas Polska

2.7.9. Fu Shenfu Migrant Centre

This is a centre run by the Verbite missionaries, offering spiritual, language and administrative support for migrants and refugees in Poland.

What support does the Fu Shenfu Migrant Centre offer?

- **Meeting space** – a place where migrants can find support, take part in integration meetings, as well as cultural and religious events.
- **Language courses** – free Polish language lessons and other languages taught by volunteers, making integration and daily life in Poland easier.
- **Support with residence legalisation** – assistance with administrative procedures, completing applications and contacting offices.
- **Pastoral care for migrants** – pastoral support for different national communities, including Vietnamese, African and Spanish-speaking groups, as well as Masses in Chinese.
- **Spiritual guidance** – opportunities for conversations and consultations in foreign languages, along with access to religious literature.

The centre operates in a spirit of openness, welcoming everyone regardless of nationality, religion or worldview. It creates a space for integration, supporting migrants in building a new life in Poland.

Contact:**Fu Shenfu Migrant Centre**

Adres: ul. Ostrobramska 98, 04-118 Warsaw (Praga-Południe)

tel.: (+48) 22 610 02 52 lub (+48) 781 904 555,

e-mail: osrodek@migrant.pl

Website: [Fu Shenfu Migrant Centre](#)

2.7.10. Legal Intervention Association

This organisation provides free legal and integration support for foreigners in Poland, specialising in migration law, asylum law and human rights.

What support does the Legal Intervention Association offer?

- **Legal support** – advice on residence legalisation, asylum, protection against discrimination, and appeals against decisions of the Office for Foreigners.
- **Integration assistance** – support with social, housing, educational and medical matters.
- **Protection against bias-motivated violence** – legal, psychological and mediation support for victims of hate crimes.
- **Translation services** – provision of interpreters for official appointments, medical visits and other situations requiring language assistance.

The organisation operates confidentially and tailors support to the individual needs of those seeking help.

Contact:**Legal Intervention Association**

ul. Siedmiogrodzka 5/51, 01-204 Warsaw (Wola)

tel.: (+48) 22 621 51 65 lub (+48) 880 145 372 (information for foreigners 15:00–16:00)

e-mail: biuro@interwencjaprawna.pl

Website: [Legal Intervention Association](#)

2.7.11. Helsinki Foundation for Human Rights

This is the oldest and most experienced organisation in Poland dedicated to the protection of human rights, democracy, and the rule of law. It operates nationally, at

the European Union level, and in Eastern Europe, Central Asia, and the Caucasus region.

What support does the Helsinki Foundation for Human Rights offer?

- **Monitoring human rights** – tracking the observance of fundamental rights, overseeing government actions, and pursuing cases before courts and institutions in Poland and abroad.
- **Legal support** – assistance for individuals whose rights have been violated, defence of persecuted activists, and advocacy for fair trials and the rule of law.
- **Freedom and equal treatment** – protection of civil society, media freedom, migrant rights, and prevention of discrimination and torture.
- **Defence of rights amid ecological crises** – actions to safeguard human rights in the context of climate change.

The Foundation remains independent and apolitical, focusing on the effective protection of rights enshrined in the Constitution and international treaties.

Contact:

Helsinki Foundation for Human Rights

ul. Wiejska 16, 00-490 Warsaw (Śródmieście)

tel.: (+48) 22 556 44 40

e-mail: hfhr@hfhr.pl

Website: [Helsinki Foundation for Human Rights](https://www.helsinki.org.pl/)

2.7.12. Linguae Mundi Foundation for Foreign Language Learning

This organisation has extensive experience in teaching foreign languages to adults and Polish as a foreign language. Since 1989, it has supported foreigners in language, cultural, and professional integration, helping them adapt to their new environment.

What support does Linguae Mundi Foundation offer?

- **Language courses** – training for companies and institutions, as well as Polish language courses at various levels tailored to participants' needs.
- **Certification and exams** – the Foundation is an official Examination Centre for Polish as a Foreign Language and organises international language exams.

- **Adaptation and integration support** – Polish language courses combined with knowledge about Poland, cultural and professional workshops to facilitate functioning in a new country.
- **Social projects** – initiatives promoting the integration of foreigners, funded partly by public funds, including those from the City of Warsaw.

The Foundation emphasises quality, cooperation, and innovation, combining modern teaching methods with practical approaches that enable participants to effectively develop language skills and build a better future in Poland.

Contact:

Linguae Mundi Foundation for Foreign Language Learning

ul. Kopernika 17, 00-359 Warsaw (Śródmieście)

tel.: (+48) 22 625 42 53 lub (+48) 22 625 42 67 or (+48) 22 654 22 18

e-mail: sekretariat@linguaemundi.pl

Website: [Linguae Mundi](#)

Additional useful contacts for foreigners in Poland:

- **Office for Foreigners**
ul. Taborowa 33, 02-699 Warsaw (Ursynów)
tel.: (+48) 47 721 76 75 (weekdays 9.00-16.00)
e-mail: infolinia@udsc.gov.pl
Website: [Office for Foreigners – Gov.pl](#)
- **Mazovian Voivodeship Office – Department for Foreigners**
ul. Marszałkowska 3/5, 00-624 Warsaw (Śródmieście)
tel.: (+48) 22 695 65 65
e-mail: wsc@mazowieckie.pl
Website: [Mazovian Voivodeship Office in Warsaw – Gov.pl](#)
- **Border Guard**
al. Niepodległości 100, 02-585 Warsaw (Mokotów)
tel.: (+48) 22 500 40 00 – Centrala
e-mail: gkg.kg@strazgraniczna.pl
Website: [Foreigners – Border Guard Headquarters](#)
- [List of centres for foreigners applying for international protection](#)

3. 3. Psychological and psychiatric assistance

What services are provided by a psychologist, psychotherapist, psychiatrist?

A psychologist – diagnoses current difficulties affecting daily functioning. A psychologist conducts an interview and often uses psychological tests. A psychologist establishes a therapeutic plan with the service recipient and makes a referral to a psychotherapist or psychiatrist. A psychologist does not deal with psychotherapy, does not make orders for pharmacological treatment.

A psychotherapist – carries out the therapy based on a goal and a therapeutic plan agreed with the client according to a specific method. A psychotherapist explores the reported difficulties that contribute to reduced functioning in various spheres of life and cause mental disorders.

A psychiatrist – makes a diagnosis and establishes a treatment plan, including pharmacological treatment. Takes a history and orders laboratory tests. Issues a referral, if treatment in hospital is necessary, directs to a day ward. **If symptoms are severe and there is significant dysfunction, for example, increased mania, increased depression, schizophrenia, suicidal thoughts, autoimmunity, a psychiatrist should be consulted.**

More information on psychological, psychotherapeutic and psychiatric services available at [Psychologist, psychotherapist or psychiatrist? | Patient](#)

3.1. National Health Fund

Information on where National Health Fund services are provided can be obtained via the 24-hour Patient Telephone Information Service on the following number: 800 190 590.

- **(+48) 22 125 66 00** – telephone for abroad callers, service in English, Ukrainian and Russian.
- **Chat with a telephone patient information consultant:** [National Health Fund - Chat](#)
- **Chat with a sign language interpreter:** [Patient Information Hotline - National Health Fund- tlumacz.migam.org](#)

[Mental health support centre search engine.](#)

More information on National Health Fund is available in chapter: [Błąd! Nie można odnaleźć źródła odwołania.](#) (reference).

3.1.1. Children and adolescents

Mental health services for children and young people are provided at three levels.

When a child or adolescent has worrying symptoms of a mental nature, the first steps should be taken to the community help centre - **level I** - no referral is needed. The help is free of charge, funded by National Health Service.

Level I: Centre for Environmental Psychological and Psychotherapeutic Care for Children and Adolescents - Psychological counselling centre for children: psychologist, psychotherapist, community therapist.

For conditions that require consultation with a psychiatrist, visit Mental Health Centers - **level II** - no referral is needed. Treatment is free of charge, funded by National Health Service.

Level II: Mental Health Centre for Children and Adolescents – Mental health clinic for children: child and adolescent psychiatrist, psychologist, psychotherapist, day ward.

If a child or adolescent requires 24-hour treatment, he or she will be referred to **level III** - this is treatment in a hospital psychiatric unit. A referral is required. Assistance is free of charge, funded by National Health Service.

Level III: Highly Specialised 24-Hour Psychiatric Care Centre – Admissions Room, Psychiatric Ward for Children.

Note: In a situation of imminent threat to life and health of a child, a referral should be made to the reception room of a **level III centre**. **In a life-threatening emergency, you can report without a referral.**

More information on psychological and psychiatric support available on [website in the Patient Guide: How to help a child in a mental health crisis?](#)

[List of facilities closest to your place of residence, at each of the three levels of care.](#)

3.1.2. Adults

When is a referral required?

- to see a **psychologist on an outpatient basis** (except during an epidemic or epidemic emergency),
- to see a **psychotherapist on an outpatient basis** - at a mental health clinic and at a psychological counselling centre,
- to the **psychiatric hospital**.

Who can issue a referral?

- **to a psychologist or psychotherapist:** any Doctor of Health Insurance, that is a doctor who has a contract with National Health Fund or works in a facility that has such a contract. This can be a general practitioner, but also a specialist doctor, such as a cardiologist or endocrinologist.
- **to a psychiatric hospital:** any doctor, including private ones. Such a referral is valid for 14 days.

More information is available on the website [Referral for treatment | Patient](#).

Attention! In a life or health emergency:

- call the emergency number **112**,
- call the emergency services **999**,
- go to the nearest emergency room in the hospital where the psychiatric unit is located,
- go to the hospital emergency department of the hospital where the psychiatric unit is located.

List of hospitals and 24-hour care available on the website [Hospitals and 24-hour care - Where to seek treatment](#).

Mental Health Centres

Adults over the age of 18 who are experiencing a mental health crisis can access services at a **Mental Health Centre**, if one exists in their area. No referral neither appointment is necessary, it is free of charge. The Centre has a **Registration and Coordination Point** where:

- an initial assessment of health needs is carried out, a preliminary treatment plan is agreed upon, and any possible support is provided,
- the date of admission is agreed upon and the location where the necessary psychiatric care will be provided is indicated, in urgent cases no later than 72 hours after notification,

- it is advisable to indicate the place where the necessary social assistance benefits can be obtained, if needed.

Depending on the patient's needs and health condition, the **Mental Health Centre** provides services in the following modes:

- **outpatient** (visits to a psychiatrist or psychologist), including **community-based treatment** (home visits by a psychiatrist or psychologist),
- **day psychiatric care** (therapeutic services and programmes, necessary diagnostic tests, medication and meals, educational and counselling activities for families organised as part of treatment, 5 hours a day, 5 days a week, for a specified period of time),
- **inpatient** (stay in a psychiatric hospital),
- **the emergency room.**

Addresses of Mental Health Centres available on website [National Health Fund](#) or [GOV](#).

More information about Mental Health Centres is available on website [in the article outpatient treatment of adults.](#)

3.1.3. Treatment at an addiction clinic

People addicted, among others, to alcohol, drugs, gambling, computer games, exercise, shopping, may come to the addiction clinic. The services of the facility may also be used by co-dependent people, that is, those who live with an addicted person and whose mental condition is a result of remaining in an emotional relationship with the addicted person. A **referral** to the facility **is not required**. During treatment, participants receive access to medical advice and individual and group therapy conducted by a specialist in addiction psychotherapy.

[Addiction counselling centre search engine on the National Health Fund website](#)

3.2. Information and Consultation Points

What kind of assistance do Information and Consultation Points offer?

The Information and Consultation Points offer assistance to people:

- in a mental health crisis,
- who are addicted,
- experiencing violence,

- struggling with parenting issues.

Zadania:

Duties:

- initial diagnosis and assessment of the family situation,
- providing psychological, legal and social counselling and advice, as well as advice on HIV/AIDS prevention,
- motivating patients to undergo treatment and referring them to specialist facilities,
- initiating intervention in cases of diagnosed domestic violence,
- conducting educational, informational and motivational activities in the community,
- providing educational and informational materials,
- continuous updating of the database with all forms of assistance,
- providing information by telephone,
- keeping statistics on advice and consultations provided (source: [Information and Consultation Points of the Capital City of Warsaw](#))

List of the Information and Consultation Points in individual districts of Warsaw [available on website of the City of Warsaw.](#)

Important: [Information and Consultation Point](#) on the website has posted its contact number and email address, opening hours and the scope of support offered.

3.3. Crisis Intervention Centre

Crisis Intervention Centre in Warsaw assists residents who find themselves in difficult life situations, including those related to domestic violence. The Centre ([Contact – Warsaw Crisis Intervention Centre](#)) operates within the framework of:

Crisis Intervention Department offering:

- **24-hour crisis intervention assistance** (help for people who are unable to cope with life's problems),
- **short-term psychological assistance** for adults.

How may I apply?

- by telephone,
- in person at the facility, **without prior registration**.

Contact:

Crisis Intervention Centre

1/5 6-go Sierpnia Str., 02-843 Warsaw (district: Ursynów)

phone contact: (+48) 514 202 619 or (+48) 511 200 200 or (+48) 22 855 44 32

e-mail: interwencjakryzysowa@woik.waw.pl

website: [Warsaw Crisis Intervention Centre](#)

Intervention Point offering:

- **crisis intervention assistance** (assistance for people who are unable to cope with life problems),
- **short-term psychological assistance** for adults.

How may I apply?

- by telephone,
- in person at the facility, **without prior registration**.

Important: Intervention Point is open from Monday to Friday from **8:00 a.m. to 8:00 p.m**

Contact:

Intervention Point

7 Plac Dąbrowskiego Str., 00-057 Warsaw (district: Śródmieście)

phone contact: (+48) 535 430 902 or (+48) 22 837 55 59

e-mail: punkt.interwencyjny@woik.waw.pl

website: [Warsaw Crisis Intervention Centre](#)

Domestic Violence Prevention Counselling Centre offering:

- psychological and psychotherapeutic assistance for adults who are victims of domestic violence, as well as for those who perpetrate violence against others,
- individual support,
- counselling and therapy for couples and families,
- support groups, therapeutic groups, psychoeducational groups.

How may I apply?

- by telephone,
- in person at the facility, **without prior registration.**

Important: Registration is open from Monday to Friday **from 8:00 a.m. to 4:00 p.m.**

Domestic Violence Prevention Counselling Centre is open from Monday to Friday from 8:00 a.m. to 4:00 p.m;

Contact:**Domestic Violence Prevention Counselling Centre**

45/47 Madalińskiego Str., 02-544 Warsaw (district: Mokotów)

phone contact: (+48) 667 833 400) or (+48) 782 835 303

e-mail: poradnia-przemocdomowa@woik.waw.pl

website: [Warsaw Crisis Intervention Centre](#)

Hostel:

- open **24 hours a day**,
- offers assistance and shelter to people experiencing violence and those in crisis situations, that is, those requiring assistance in the form of temporary accommodation away from their place of residence.

How may I apply?

- by telephone,
- in person at the facility, **without prior registration.**

Contact:**Hostel WOIK**

1/5 6-go Sierpnia Str., 02-843 Warsaw (district: Ursynów)

phone contact: (+48) 514 202 619 or (+48) 885 523 171

e-mail: hostel@woik.waw.pl

website: [Warsaw Crisis Intervention Centre](#)

3.4. Vertimed Medical Group

Lazarski University offers psychological support to its students, which can be crucial in coping with life challenges and stress. As part of this initiative, students can take advantage of **three subsidised visits** to a mental health clinic, which is an excellent opportunity to talk to qualified specialists.

Details:

- In-person and online appointments are available.
- **Cost:** The first three visits are subsidised by the University and cost PLN 30 per visit. The fourth and subsequent visits are paid in full according to the current price list of the clinic.

How can I access support?

Contact the facility: by phone, email or in person at the facility (contact details below).

1. Select a convenient appointment date.
2. Prepare your student ID card.
3. Meet with a specialist who will provide you with appropriate support.

Ważne informacje:

Important information:

If you are unable to attend your appointment, please cancel it at least 24 hours in advance. Failure to cancel will result in the loss of your subsidised appointments. Psychiatric consultations are also available in **English, Ukrainian and Russian**.

Contact:

Vertimed Medical Group

55 Bronikowskiego Str., 02-796 Warsaw (district: Ursynów)

phone contact: (+48) 22 405 63 75 or (+48) 603 804 702

e-mail: recepca@vertimed.pl

3.5. Foundations dealing with mental health

3.5.1. Fundacja Pomocy Psychologicznej (Psychological Assistance Foundation)

The foundation's objectives:

- Supporting people who want to undergo psychotherapy but who, for various reasons, do not have the financial means to pay for it.
- Supporting people in psychological crisis who need both psychotherapeutic and psychiatric support, as well as pharmacotherapy prescribed by a psychiatrist, but who, for various reasons, do not have the financial means to pay for psychotherapy and psychiatric treatment.
- Educating the public on topics related to psychology and mental health in the broadest sense.

The foundation offers free consultations with a psychologist (online), during which you can discuss your problems. If, during the first free meeting, it is determined that a few additional meetings are needed, their cost will be nominal – between PLN 10 and PLN 20.

How can I contact the foundation?

Please fill in the form available [on the Psychological Assistance Foundation website](#).

Within 7 days, the person in need of support will be contacted by email.

IMPORTANT! If a person does not show up for a free consultation, they lose the opportunity to use it at another time. The consultation can be rescheduled up to 5 days before the appointment date.

3.5.2. Fundacja ThePresja

The foundation's **mission** is to bring psychological relief in a world of pressure.

The Foundation offers free psychological consultations, including **in English**, online for those experiencing family difficulties, job loss, bereavement, relationship difficulties, coping with stress, persistent low mood, as well as for those seeking knowledge on how to help loved ones in a mental health crisis.

How can I contact the foundation?

You have to register using the form available on [ThePresja Foundation website](#). After filling in your details and consenting to the processing of your personal data, you will receive a link to a meeting with your chosen therapist at the email address you provided.

IMPORTANT: Each person is entitled to one free consultation. If the recipient fails to attend the meeting or does not cancel the consultation 24 hours before the appointment, they lose the opportunity to take advantage of the free consultation.

The Foundation enables individuals to apply for co-financing of therapy for people who, due to their difficult financial situation and state of health, require long-term therapy. More details are available on [ThePresja Foundation website](#).

3.5.3. Fundacja Psych – Strefa Pozytywnych Myśli (Foundation Psych – Zone of Positive Thoughts)

The Foundation's **mission** is to protect the mental health of the inhabitants of Mazovia. Those seeking help can fill in [the form available on website of Foundation Psych - Zone of Positive Thoughts](#).

[Support programmes implemented by Foundation Psych – Zone of Positive Thoughts](#) available in the 'News' tab on website.

3.6. Support hotlines

Free helplines offering psychological support 24 hours a day, 7 days a week in the event of a mental health crisis:

- **112** – Emergency number in life-threatening situations.
- **116 111** - Helpline for **children** and **young people** run by We Empower Children Foundation (Fundacja Dajemy Dzieciom Siłę).
e-mail: [Send a message - 116111](#)
chat: [Chat - 116111](#)
Support also available for children and young people in **Ukrainian** ([Home - Ukraine - 116111](#)).
- **800 12 12 12** - helpline for **children** and **young people** run by the Children's Ombudsman. **Adults** may also call to **report problems involving children**.
chat: [Chat for children and young people - Ombudsman for Children's Rights](#).
Support also available for children and young people in **Ukrainian** and **Russian** ([Helpline in Ukrainian – 800121212.pl | Children's Helpline of the Ombudsman for Children's Rights](#)).
- **800 70 22 22** - Telephone Support Centre for **adults**.
e-mail: porady@centrumwsparcia.pl
website: [Home - Support Centre](#)
- **116 123** – support hotline for **adults** run by the Institute of Health Psychology of the Polish Psychological Association.
e-mail: [116sos.pl | Contact form | Psychological help for adults](#)
chat: [116sos.pl | Psychological help for adults](#)
- **697 071 112** – **SMS police line for deaf people**. It allows reporting situations that pose a threat to life, health or property via text messages.
- **511 200 200** - **SMS police line for deaf people**. It allows reporting situations that pose a threat to life, health or property via text messages.
- **800 12 01 48** – **Anonymous Police Hotline 'Stop Violence'** - 24-hour, free helpline.

Support from other specialists:

- **669 981 038 or (22) 255 22 02 – Psychological support** by telephone from the Polish Migration Forum Foundation. Assistance in **Ukrainian** and **Russian**.
- **800 12 02 26 – Police Helpline for Combating Domestic Violence** (Monday to Friday, 9:30 a.m. to 3:30 p.m., free calls).
- **(22) 484 88 01 – ITAKA Foundation Antidepressant Helpline.**
Psychological assistance available on Mondays and Tuesdays from 3:00 p.m. to 8:00 p.m. **Psychiatrists** are on duty on Thursdays and Fridays from 3:00 p.m. to 8:00 p.m.
e-mail: porady@stopdepresji.pl
- **(22) 594 91 00 - Antidepressant Helpline Forum Against Depression.**
Psychiatrist on duty on Wednesdays and Thursdays from 5 p.m. to 7 p.m.
- **(22) 484 88 04 – Youth Helpline. Assistance aimed at children, teenagers and young adults up to the age of 25.**
Psychologists are available from Monday to Sunday from 1:00 p.m. to 8:00 p.m.
Sexologist consultations on Mondays from 5 p.m. to 8 p.m.
Eating disorder therapists are available on Thursdays from 2:00 p.m. to 5:00 p.m.
- **800 12 00 02 - National helpline for victims of domestic violence, 'Blue Line'.** The helpline is available 24 hours a day.
Help in **English** on Mondays from 6 p.m. to 10 p.m.
Consultations in **Russian** on Tuesdays from 6:00 p.m. to 10:00 p.m.
e-mail: niebieskalinia@niebieskalinia.info
- **720 720 020 – The SEXEDPL Foundation's Anti-Violence Helpline** is free and anonymous for people experiencing **violence in intimate situations**.
Specialists on duty: psychologists, sexologists and psychotherapists (Monday to Sunday, 12:00 p.m. to 8:00 p.m.).
[Website of the Anti-Violence Helpline of the SEXEDPL Foundation.](#)
- **800 199 990 - National Drug and Drug Addiction Helpline for drug users, addicted people and their loved ones.** The helpline is free of charge and open every day from 4 p.m. to 9 p.m., except of public holidays. Provided: psychological support, information about treatment, and legal advice.

- **801 88 98 80 – Helpline for people addicted to activities** (gambling, the Internet, sex, shopping, food, work, etc.)
Open daily from 5 p.m. to 10 p.m., including weekends.
[Website about behavioural addictions.](#)
- **801 88 84 48 – HIV/AIDS Helpline** (the line is open from 9:00 a.m. to 9:00 p.m., from Monday to Friday. You only pay for the first minute of the call).
- **800 493 494 – The Polish Oncology Union hotline** offers assistance from oncologists in the field of **cancer prevention** and **support** in the event of a **cancer diagnosis**. Free helpline, open from Monday to Thursday, from 4 p.m. to 7 p.m.
- **800 108 108 – The Nagle Sami Foundation helpline** offering support to **people in mourning**.
Free helpline open from Monday to Friday, from 2:00 p.m. to 8:00 p.m., an additional session on Thursday, from 2:00 p.m. to 5:00 p.m., is for children who are grieving.
e-mail: info@naglesami.org.pl
- **533 112 121 - The Two Lines Association Helpline for pregnant women**. Free of charge. Open daily from 6 p.m. to 11 p.m.

4. Financial Support for Students: Ministry of Science and higher Education

Full-time and part-time students pursuing first-cycle, second cycle, and long-cycle master's degree studies may apply for non-repayable financial support in the form of:

- **Social scholarship** for students in a difficult financial situation; the income threshold allowing students to apply for a social scholarship is determined in a given academic year. More information is available in the section [Discounts and Scholarships for Students | Lazarski University](#).

Holding a visa does not entitle students to apply for a social scholarship – it is necessary, for example, to have a temporary residence permit for the purpose of studies, issued by the Mazovian Voivode.

- **Scholarship for persons with disabilities** for students holding a disability certificate, a certificate of the degree of disability, or a certificate issued by a ZUS certify doctor, a certificate of inclusion in one of the groups of persons with disabilities, or a certificate of permanent or long-term incapacity for work in agriculture.
- **Rector's scholarship** may be awarded to a student who has achieved outstanding academic results, scientific or artistic accomplishments, or sporting achievements at least at the national level.
- **Financial aid** may be granted to a student who has temporarily found themselves in a difficult life situation.

More information on the rules for granting financial support from ministerial funds is available on the [GOV](#) website.

Contact with the Scholarship Committee at Lazarski University:

Plenipotentiary of the Rector for Student Benefits

tel.: (+48) 22 54 35 491

e-mail: stypendia@lazarski.edu.pl

Room no. **263**, IInd floor, sector F

The Lazarski University Student Benefits Regulations, application submission instructions, and additional information are available on the Lazarski University website under the section [Discounts and Scholarships for Students | Lazarski University](#).

5. Support in the Area of Career Development

Information on job offers and career counselling for persons with disabilities and special needs:

5.1. Employment Office

The Employment Office for persons with a disability certificate provides services in the field of career development, counselling, job placement, and various types of funding for training, internships, etc. More information here:

[Labour market information for persons with disabilities](#)

[Career counselling](#)

[Service department for persons with disabilities](#)

Contact:

Employment Office of the Capital City of Warsaw

ul. Kasprzaka 18/20 01-211 Warsaw (Wola)

Telephone – switchboard: (+48) 22 391 13 00

e-mail: kasprzaka@up.warszawa.pl

Website: [Home page – Employment Office of the Capital City of Warsaw](#)

5.2. Activation Foundation – Warsaw Branch

The Foundation supports persons with disabilities in education and the labour market, helping them acquire new competences, increase independence, and adapt to the professional environment.

Career activation and skills development through career counselling, workshops, and training, the Foundation helps participants gain the skills necessary in the labour market.

Available support includes:

- Individual consultations on career planning,
- Workshops developing soft and technical skills,
- Internship and work placement programmes,
- Support in the recruitment process and job placement.

Training is provided both **on-site** and **online**, making it more accessible for persons with mobility limitations.

Mentoring programmes

Participants can benefit from **mentoring programmes** in which experienced specialists help define career paths and prepare for employment. The Foundation also offers **psychological consultations**, supporting individuals in coping with stress and building self-confidence.

Workplace adaptation and technological support

The Foundation helps adapt workplaces to the needs of persons with disabilities, including:

- Specialist software and assistive equipment,
- Assistance in obtaining funding,
- Training for employers on integration and accessibility.

Contact:

Activation Foundation

ul. Chałubińskiego 9 lok. 9a, 00-004 Warsaw (Śródmieście)

Tel.: (+48) 509 251 322

e-mail: kontakt@aktywizacja.org.pl lub warszawa@aktywizacja.org.pl

Website: [Activation Foundation](#)

5.3. Integration Foundation and the Association of Friends of Integration

The Integration Foundation runs the portal “Sprawni w pracy” (“Able to Work”), created to connect Employers with Employees with disabilities. It features job offers for persons with various types of disabilities: [Job offers for persons with disabilities](#)

Contact:

Able to Work

ul. Dzielna 1, 00-162 Warsaw (Śródmieście)

tel.: (+48) 22 831 85 82 lub (+48) 22 530 65 70

e-mail: sprawniwpracy@integracja.org

Website: [Able to Work](#)

The Integration Association runs the portal [niepelnosprawni.pl](#). It is the largest and most popular information service in Poland covering disability issues. It contains a comprehensive knowledge base on the labour market for persons with disabilities: [Niepełnosprawni.pl Information Service](#)

Contact:

Portal Niepełnosprawni.pl

e-mail: integracja@integracja.org

Website: [Niepełnosprawni.pl](#)

- **Integration Centres** – places where an experienced team of job coaches, career and social counsellors, as well as experts from various fields (lawyer, psychologist), support, advise, and activate persons with disabilities seeking employment.

Contact:

Integration Centre in Warsaw

ul. Dzielna 1, 00-162 Warsaw (Śródmieście)

tel.: (+48) 22 831 85 82 lub (+48) 570 066 506 lub (+48) 570 066 806

e-mail: warszawa@integracja.org

Website: [Centra Integracji](#)

I Integration

ul. Andersa 13, 00-159 Warsaw (Śródmieście)

tel.: (+48) 22 530 65 70

e-mail: integracja@integracja.org

Website: Integracja.org – Support for persons with disabilities

5.4. Foundation for the Vocational Activation of Persons with Disabilities (FAZON)

The FAZON Foundation focuses on creating opportunities for persons with disabilities to fully exercise their civil rights. It promotes various forms of employment for people with disabilities, supports vocational activation and both professional and social rehabilitation, and works towards the development of general and vocational education. The Foundation conducts training and provides extensive counselling in law, psychology, and career management, striving to ensure the active participation of persons with disabilities in public and social life. It organises conferences and symposia dedicated to employment, education, and vocational and social rehabilitation, as well as develops and implements programmes aimed at enhancing the integration of persons with disabilities. FAZON also supports enterprises employing or planning to employ people with disabilities

Detailed information and job offers for persons with disabilities:

[Job offers for persons with disabilities](#)

[Jobseeker's toolkit](#)

Contact:

Foundation for the Vocational Activation of Persons with Disabilities (FAZON)

ul. Marszałkowska 55/73 lok 61, 00-676 Warsaw (Śródmieście)

tel.: (+48) 22 620 32 02 lub (+48)514 952 613

e-mail: praca@fazon.pl lub warszawa@fazon.pl

Website: Foundation for the Vocational Activation of Persons with Disabilities

6. Contact details for CWiRD

To ensure full accessibility of the academic environment, if a student encounters any architectural, digital, information and communication, or organisational barriers, the situation should not be left without response. The issue can be reported to the Centre for Accessibility Support and Development, which works to identify and eliminate obstacles hindering the functioning of students, staff, and university guests.

A report may concern, for example:

- Architectural barriers – lack of ramps, out-of-order lifts, narrow passages,
- Digital barriers – inaccessible websites, difficulties with educational platforms,
- Information and communication barriers – lack of captions for video materials, difficulties in obtaining information,
- Organisational barriers – procedures making it difficult for persons with disabilities to access university services.



Every opinion matters – each report helps to build a more inclusive academic community and eliminate difficulties that may hinder studying and working. In case of any problem encountered, it is worth contacting the Center for Accessibility Support and Development. [You can find the current contact details on our website.](#)

#EUFunds #EuropeanFunds