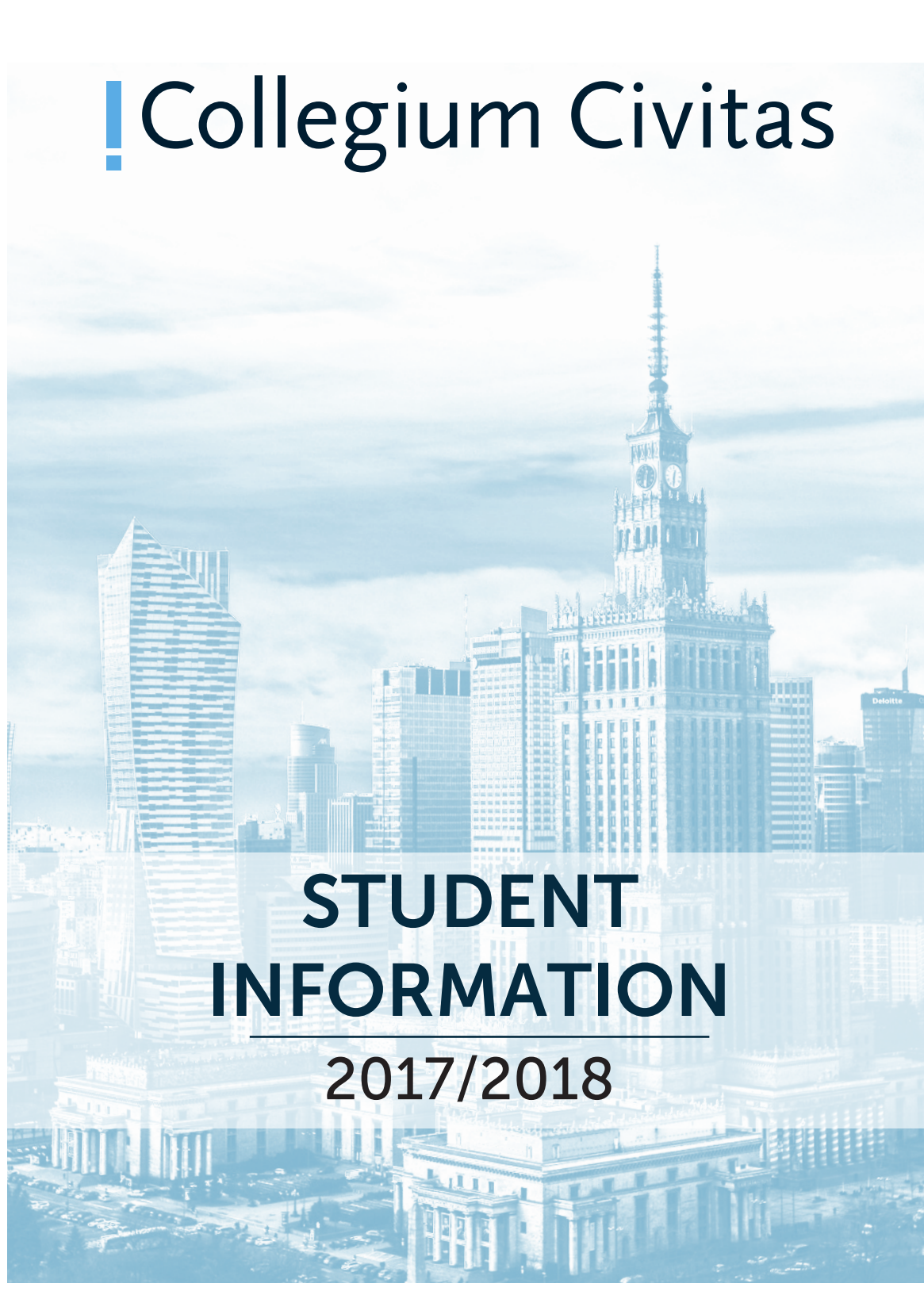


! Collegium Civitas



STUDENT INFORMATION

2017/2018

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ACCOMMODATION



Collegium Civitas offer



Current information on available places at Collegium Civitas Student Halls of Residence:

<https://www.civitas.edu.pl/en/for-students/housing>

How to rent a flat in Warsaw



Looking for a flat or a room on your own is often more cost-effective than going through a letting agency because many of them charge fees.

Friends

Rely on your network of friends when looking for a flat/room – they are usually a reliable source of information with up-to-date information. Also, it's worth posting a message that you are looking for a flat/room on your social network profiles.

You can also check dedicated **Facebook groups**, such as:

- ▶ Mieszkaj dobrze Warszawo
<https://www.facebook.com/groups/243436652368515/>
- ▶ Nieruchomości po znajomości
<https://www.facebook.com/groups/490733694279129/>
- ▶ Warszawa wynajmę mieszkanie/pokój, szukam mieszkania/współlokatora
<https://www.facebook.com/groups/wynajemwarszawa/>
- ▶ Warszawa - pokoje / mieszkania wynajem
<https://www.facebook.com/groups/warszawa.pokoje.mieszkania.wynajem/>
- ▶ Accommodation in Warsaw
<https://www.facebook.com/groups/485933348146385/>

Internet

Recommended websites where you can do a flat/room search:

- www.gumtree.pl
- <http://www.dom.gratka.pl>
- <http://olx.pl>
- www.szybko.pl
- www.gazetadom.pl
- www.emieszkania.com.pl
- www.oferty.net
- www.wspollokator.pl
- <http://wynajmemieszkanie.pl/>
- www.otodom.pl

When using Internet forums, take special care! Pay attention to:

- ▶ **Dates:** the newer the offer the more likely it is still valid.
- ▶ **Search options:** search options like maps or advanced searches will help you eliminate offers that don't meet your criteria.
- ▶ **Check the source of the offer:** the offer may include one of the following: „bezpośrednio” (directly), „od właściciela” (private landlord), „bez pośredników” (without intermediaries/agents) or „bez agencji” (no agency). You should confirm the source of the offer when you call because sometimes letting agencies post offers inaccurately as private landlord or “no agency”.

How to find a flat with a letting/rental agency?



The main benefit of using a letting agency is that you can save time, since it is the agent who searches for a flat for you and deals with the paperwork.

There are hundreds of such agencies operating in Warsaw:

<https://www.otodom.pl/companies/agency/>

Typically the agencies assist in renting flats or houses (rarely do agencies help with searches for rooms).

Agencies charge a one-off fee which may vary from 50% to 100% of the monthly rent (+23% VAT). The fee should be paid when you close your contract (i.e. after they find your desired flat).

NOTE: some agencies charge even for organizing a viewing of flats/houses. You might lose money because a viewing does not guarantee that you can rent the property.

What should you consider when viewing rooms/flats?



The type of flat/room:

- ▶ the size of the room/flat, e.g. a kawalerka or a garsoniera is a studio flat consisting of a single room with only a kitchenette instead of a full kitchen;
- ▶ is it a connecting room between other spaces in the flat ?;
- ▶ is the kitchen bright or windowless?;
- ▶ who else lives in the flat and what can they tell you about it (landlord/neighbours/etc.).

The equipment in the flat/room:

- ▶ what household appliances are available (e.g. refrigerator, washing machine, etc.)?;
- ▶ does the room/flat have an Internet connection?;
- ▶ type of heating services: central, gas or electric, ceramic stoves (in some old tenement buildings).

Total cost of rent:

- ▶ are the utility bills included in the advertised price? (e.g. electricity, gas, water, Internet)? Be sure to ask if the administrative maintenance cost (pl. czynsz) is included;
- ▶ how are the bills settled and who pays them?;
- ▶ is a deposit required and if so, how much?

Rental contract/Lease



Signing the contract makes it easy to identify the rights and obligations of the tenant and the landlord, and can be helpful in case of any misunderstandings. For detailed information about the lease please visit:

<https://www.careersinpoland.com/article/living-in-poland/renting-an-apartment-average-prices-safety-tips>



EU/EFTA citizens



A student from a member country (EU/EFTA) staying temporarily in Poland are entitled to free health care on the basis of the E 111 form issued in their country, the European Health Insurance Card (EHIC), or in particular cases on the basis of a special certificate. The student is obliged to present one of these documents together with an identity document directly to the health care provider (it is also advisable to have a photocopy of both).

A person entitled to health care under European Union rules during a temporary stay in Poland can receive urgent health services in the following areas:

- ▶ primary health care
- ▶ specialist outpatient care
- ▶ hospital treatment
- ▶ dental treatment
- ▶ rescue services
- ▶ ambulance transport

For detailed information please visit:

<http://www.nfz.gov.pl/aktualnosci/aktualnosci-oddzialow/european-health-insurance-card-ehic,191.html>

Non-EU citizens



Non-EU citizens are obliged to have an insurance during the whole duration of their stay in Poland. Otherwise students are required to pay for any health service they get. They can sign a healthcare insurance agreement with the Polish National Health Fund (NFZ) or with one of private companies in Poland.

When applying for voluntary healthcare insurance in the Polish National Health Fund a foreigner has to present:

- ▶ passport with a current visa or residence permit
- ▶ confirmation of student status (issued by the students office of the faculty)

After signing a contract with the NFZ, the applicant has to fill out and submit the ZUS ZZA form

(http://www.foreignersinpoland.com/form/zgloszenie_ubezpieczenia_do_ZUS.pdf) to an appropriate Social Security Institution (ZUS) branch or inspectorate (delivered in person or sent by post). Contributions for each calendar month are paid by the 15th day of the following month (e.g. for March by 15 April).

Useful links:

http://www.migrant.info.pl/Health_insurance_and_medical_care.html

<http://www.migrapolis.pl/en/thematic-section/health-insurance/voluntary-health-insurance-in-the-national-health-fund>

Confirmation of the right to healthcare services



Entities providing healthcare services check whether the patient has the rights to healthcare service, using the system for electronic verification of rights of service recipients (eWUŚ) and based on the identity document of the patient (e.g. passport, residence card). If the particular facility does not have access to the eWUŚ system or the verification outcome is negative, the patient should present a paper document, confirming his/her right to use the services, such as e.g.:

- ▶ the agreement made with the Polish National Health Fund (NFZ) together with a copy of the ZUS ZZA form and current proof of paying the insurance premium – for a person subject to voluntary insurance;
- ▶ Polish Card (Karta Polaka) – for a person entitled to healthcare services in emergency situations;
- ▶ European Health Insurance Card (Europejska Karta Ubezpieczenia Zdrowotnego, E 111) – for a person insured in another EU/EFTA state.

Additionally, in the case of students (between 18 and 26 years of age), a student card is required. If the patient does not have a document in paper form, he/she can make a written statement on the right to healthcare services that he/she has.

In emergency situations and when making the statement is impossible due to health condition, healthcare services are provided despite non-confirming the right to healthcare services. In such case, a person, to whom services are provided, is obliged to present the document confirming his/her right to healthcare services or making the statement – otherwise they risk paying the full cost of services provided (Article 50 section 11 of the Act on healthcare services financed from public funds). These activities should be carried out

- ▶ **within 14 days** of the day when healthcare services began;
- ▶ **within 7 days** after ending treatment at a hospital ward.

A person, who confirms his/her right to healthcare services by making a statement inconsistent with their actual status or by using a paper document despite not being entitled to one, is liable to the full costs of services.

List of health care providers



List of health care providers which have contracts with the NFZ:

<https://zip.nfz.gov.pl/GSL/>

Private medical care



Private healthcare services supplement standard healthcare services covered by NFZ insurance. Many people in Poland - both citizens and foreigners alike - use a combination of public and private health care. This is due to perceived inadequacies in the public health care system. Waiting times for public health care tend to be long, and the facilities may not be quite what international students are used to.

<http://www.migrapolis.pl/en/thematic-section/health-insurance/private-healthcare-services>

Examples of private healthcare companies:

- ▶ www.luxmed.pl
- ▶ www.damian.com.pl
- ▶ www.medicover.com
- ▶ <https://enel.pl/>

Emergencies



In the evening, at night, or on Sundays and public holidays, students may use 24-hour primary health care in a clinic that has signed a contract with the NFZ. Each clinic is obliged to inform patients where they can get the 24-hour care. In urgent situations requiring immediate medical attention, **students may seek help from the nearest Hospital Emergency Department (Szpitalny Oddział Ratunkowy) or call an emergency service (phone number 999).**





In Warsaw you can travel around by buses, trams and metro. Timetables are available at <http://www.ztm.waw.pl/index.php?l=2>

- ▶ Warsaw's **metro** has two lines: M1 and M2. Both lines cross near the Palace of Culture and Science (Świętokrzyska station). The underground operates between 5 am and 00:35 am during weekdays and till 3 am during Fridays and Saturdays. www.metro.waw.pl

Student can benefit from a **51 % discount** on public transport.

- ▶ To be able to use public transport, you need to hold a **valid ticket or valid Warsaw City Card** (Warszawska Karta Miejska). You should validate your ticket immediately after boarding the bus or train (in a yellow validator).

Here you can find types of tickets and list of ticket offices:

<http://www.ztm.waw.pl/?c=110&l=2>

- ▶ A **Warsaw City Card** can be obtained in one of the many passenger service points. For detailed information on the Warsaw City Card please visit:

<http://www.ztm.waw.pl/?c=557&l=2>

- ▶ **The Student Electronic Card** also functions as a travel pass similar to the Warsaw City Card. Both 30-day and 90-day city travel cards may be added to it. For detailed information on Student Electronic Cards please visit:

<http://www.ztm.waw.pl/?c=203&l=2>

- ▶ **Bicycles:** there is a very well-developed bicycle rental system in Warsaw, which is available from March to November. You can register online. The first 20-minute ride is always free. For more information please visit

<https://www.veturilo.waw.pl/en/>

Mobile applications

- ▶ **Google Maps** has a good map of Warsaw and lists the names of restaurants, shops, etc. as well as a navigation service for the metro network. You can use them while you're offline if you pre-download the area you are going to visit.

- ▶ **Jakdojade.pl** is a map and navigation service which has the only public transport route planner for the whole city (including metro, tram and bus) This program works online. You can download it for iOS or Android. After you open Jakdojade, it checks your location and all you need to do is choose the address of your destination. The app will then show you the most convenient way to get around.

- ▶ **Uber** is used to order taxi services by linking passengers to drivers using the application.

NATIONAL AND INTERNATIONAL TRANSPORT



Transport	Detailed information
Polish Railway Lines (Polskie Linie Kolejowe)	https://portalpasazera.pl/en
Polish Bus Lines (Polskie Linie Autobusowe)	http://www.rozklady.com.pl/
Chopin Airport in Warsaw (Lotnisko Chopina w Warszawie)	https://www.lotnisko-chopina.pl/en/index.html
Warsaw Modlin Airport (Port Lotniczy Warszawa-Modlin)	http://en.modlinairport.pl/

ACCESS TO THE INTERNET AND POST OFFICE



In Warsaw, train stations, shopping centres and most cafes and restaurants offer free Wi-Fi. The center of Warsaw is actually one big hotspot. Check the map for details: <http://www.wificafespots.com/wifi/city/PL--Warszawa>

The Main Post Office in Warsaw is located at 31/33 Świętokrzyska Street. It is open 24/7. To find the address of other post offices just enter your address here: <http://placowki.poczta-polska.pl/>

ACTIVE WARSAW – SPORTS AND LEISURE



The capital offers lots of attractions for enthusiasts of active leisure.

Bicycle

Varsovians like to cycle with their own bicycles or with public bicycles (Veturilo). The first 20 minutes are free! More information here: <https://www.veturilo.waw.pl/en/>

Running

Running is increasingly popular in Warsaw. In the capital and its suburbs various running events are organized with different routes and distances. This website will keep you updated about the various options: www.run-log.com/events/kalendarz_biegow_warszawa.html

Rollerblading

Enthusiasts of this sport organize night skating on the streets of Warsaw. More information can be found here: www.nightskating.waw.pl.

Ice-skating

Winter is a fun time to visit Warsaw's ice rinks: Stadion Narodowy (the National Stadium), Torwar at 6a Łazienkowska Street, the ice skating rink at Stegny – 1 Inspektowa Street, and Plac Zamkowy (Castle Square).

Other sports and fitness

There are approx. 100 public outdoor gyms in Warsaw. You can find a map of them here:

www.wformie24.poradnikzdrowie.pl/rekreacja/silownie-zewnetrzne-w-warszawie-lista-lokalizacji_42281.html.

Information about Warsaw's swimming pools, fitness clubs and other activities can be found here: <http://www.warsawtour.pl/en/aktywny-wypoczynek.html>.

CULTURE AND ENTERTAINMENT IN WARSAW



There's always plenty going on in Warsaw, from exhibitions to concerts, from fairs and festivals to film screenings, and from theatre performances to dance parties. Best of all, an increasing number of events are being created with the foreign visitor in mind.

Theatres



Many cultural institutions offer special entry passes called “wejściówki”. These tickets are sold 15 or 30 minutes before the start of the performance at a very attractive price. People with such entry passes can take empty seats or sit in the aisles or stairs. **NOTE:** In order to get passes for the most popular performances, be ready to queue even 2.5 hours before the show.

- **The National Theatre:** 3 Plac Teatralny. A theatre with a rich history, great casts and a diverse repertoire that never fails to attract audiences. Everyone will find something to their taste.

- ▶ **TR Warsaw (former Teatr Rozmaitości):** 8 Marszałkowska Street. This is one of the most innovative theatres in Poland. It also organizes educational activities and aims to transcend traditional ideas about the theatre arts.
- ▶ **New Theatre:** 10/16 Madalińskiego Street. This theatre aims to engage, provoke and involve the public in the performances. This theatre is considered innovative and experimental.
- ▶ **Collegium Nobilium Theatre:** 22/24 Miodowa Street. This is the theatre which organizes performances of student works. Check out young, talented actors at work!
- ▶ **Teatr Powszechny:** 20 Zamoyskiego Street. A prestigious theatre that attracts new generations of spectators since the 1950s. It is well-known for its great cast and stages both Polish and foreign plays.
- ▶ **Teatr Polonia:** 56 Marszałkowska Street. Tickets from 45 PLN, "passes" from 25 PLN. The theatre was founded by Krystyna Janda's Cultural Foundation. Krystyna Janda is a famous Polish actress who aims to stimulate emotions through the shows in her theatre. The theatre's repertoire also includes popular comedies.
- ▶ **Teatr Dramatyczny:** 1 Defilad Square. A truly artistic place where nobody fears experimentation.
- ▶ **Teatr Studio:** 1 Defilad Square. It is part of the Studio Art Center, one of the most interesting cultural venues in Poland. The Center conducts varied artistic activities spanning many fields of art: theater, visual arts, music, film, performance, and interdisciplinary forms.
- ▶ **Teatr 6. Piętro:** 1 Defilad Square. It is located on the sixth floor of the Palace of Culture and Science in the adapted Concert Hall.
- ▶ **ROMA Musical Theatre:** : 49 Nowogrodzka Street. Excellent entertainment at the highest level in the heart of Warsaw, where you can experience an unforgettable musical adventure.
- ▶ **Studio Buffo:** 6 Konopnickiej Street. One of the most popular musical theatres in Poland.

Here you can check the programmes of Warsaw theatres and buy tickets:
<https://ewejsciwki.pl/warszawa>

Cinema



If you like to watch films on the big screen, but also like an intimate setting, visit smaller cinemas in Warsaw that show diverse films and often offer special discounts. In Poland, foreign films are usually screened with Polish subtitles (not dubbing), except for animated films. For animated films check the cinema website to see if film will be dubbed or with subtitles. Remember that tickets are more expensive on weekends than during the week and do not forget that your student card generally gives you a discount!

NOTE: Follow the on-line profiles of your favorite cinemas and theatres to find out about special offers and to have a chance to win free “passes”.

List of Warsaw cinemas:

http://www.warsawtour.pl/en/kultura_i_rozrywka/kultura/baza_adresowa/en/87

Libraries



You can take advantage of your local district libraries, the Warsaw Public Library and the National Library. Universities, colleges and the numerous research institutions also have their own libraries. In order to join a library you will need to present your passport at the registration desk. Some libraries may also require a document with your address and/or your PESEL number (e.g. your residency permit). Some libraries not only allow you to borrow books and other materials (e.g. films), but also run reading rooms where it is possible to consult resources that cannot be taken out. Reading rooms also serve as a nice, quiet place to study.

Here you can check the nearest library in your neighbourhood:

<http://warszawa.wikia.com/wiki/Biblioteki>

Libraries with foreign books



- ▶ **Praga Południe District Public Library** with Foreign Books Section: 5 Meissnera Street. Holds books that were formerly in the British Council.
- ▶ **Wola District Public Library** with Foreign Books Section—Poliglotka: 20 Nowolipie Street.
- ▶ **Library of the Russian Center for Science and Culture** in Warsaw: 25 Belwederska Street.
- ▶ **Library of the Cervantes Institute** in Warsaw: 22 Nowogrodzka Street.
- ▶ **Library of the Goethe Institute** in Warsaw: 13a Chmielna Street.
- ▶ **Media-library of the French Institute** in Poland: 12 Widok Street.

Community Centres



Community centres offer workshops, exhibitions and other activities free of charge. The main goal of these places is cultural education. For a list of community centres please visit: www.kulturaonline.pl/instytucje/dom_kultury

Sightseeing



Compared to other cities in Poland, Warsaw is the most dynamic place. It not only offers the best education in Poland, but also constitutes the heart of the country's social and cultural life.

Old Town

The place where the heart of Warsaw beats. With its alleys, cafes and cosy squares you can easily imagine going back in time to the 17th century. During the summer the Old Town is the number one neighbourhood for musical and theatrical performances and open air galleries.

<https://www.warsawtour.pl/en/warsaw-for-everyone/old-town-and-surroundings-2946.html>



Łazienki Królewskie Park and Palace

The complex which served as the summer residence for King Stanislaw Poniatowski is one of the most beautiful of this type in Europe. The beautiful park includes many interesting monuments, the most important of which includes the Palace on the Island built for King Stanislaw.

<http://www.lazienki-krolewskie.pl/en/home.html>

Wilanów Park and Palace

Wilanów Park and Palace is one of the most prominent examples of the European Baroque style of architecture. It was the summer residence of King Jan III Sobieski and then King August II the Strong. Today Wilanów Park and Palace are one of the most popular venues of important cultural events and concerts in Warsaw.

<http://www.wilanow-palac.art.pl/>



Palace of Culture and Science

1 Defilad Square. Inside the building there are popular theatres, museums, a cinema and a concert hall. The Palace of Culture and Science has the highest viewing platform in Warsaw (30th floor) and it offers a beautiful panoramic view of the city. **You will have the pleasure of studying here!**

<http://www.pkin.pl/en/>



Royal Castle

4 Castle Square. This is not only a museum, but also a centre of education, culture, art and celebration. Wonderful interiors reproduced with great dedication and craftsmanship delight the visitors. Accumulated works of art, created by the most outstanding Polish and world artists evoke admiration.

<https://www.zamek-krolewski.pl/en>



The National Museum of Art in Warsaw

3 Jerozolimskie Street. In this historic interwar building, you can see a rich collection of exhibits from antiquity to modern times. The National Museum organizes numerous temporary exhibitions presenting art from all over the world. You can also find an interesting outdoor exhibition at the building's Vistula side in which the Museum of the Polish Army presents the history of the Polish military.

<http://www.mnw.art.pl/index.php/pl/english>



The Fryderyk Chopin Museum

1 Okólnik Street. This museum is a mandatory place on the map of Warsaw's tourist attractions for the fans of the work of this extremely talented composer. Here, you can explore the musician's life and his biggest achievements. This is one of the most modern biographical museums in Europe!

<http://chopin.museum/en>



Warsaw Rising Museum

79 Grzybowska Street. The Warsaw Rising Museum was opened in 2004, during the 60th anniversary of the outbreak of the Warsaw Uprising. The museum depicts the uprising through photographs, videos and interactive displays. The aim of the museum is to pay tribute to those who fought and died for Poland's independence.

<http://www.1944.pl/en/>



POLIN - Museum of the History of Polish Jews

6 M. Anielewicza Street. Free admission to permanent exhibits on Thursdays. The museum showcases the history of Jews in Poland to the present day.

<http://www.polin.pl/en>



Centre for Contemporary Art at the Ujazdowski Castle

2 Jazdów Street. Free admission on Thursdays. Art on display here often transcends mediums and disciplines. The Centre hosts events and organizes exhibits that draw attention to experimental art as well as fostering dialogue between art and society.

<http://u-jazdowski.pl/en/main>



Zachęta – National Art Gallery

3 Małachowskiego Square. Free admission on Thursdays. The oldest modern art gallery in Warsaw. It organizes exhibits that are often new and controversial for the Public in Poland.

<https://zacheta.art.pl/en/?setlang=1>



Copernicus Science Center

If you are interested in experiments, you will certainly be in your element here. With the interactive environment of the Copernicus Science Centre you can learn about nature's many mysteries and conduct experiments. You will not even realize how time flies!

<http://www.kopernik.org.pl/en/>



CHECK IT OUT!

Every May, most museums and galleries in Warsaw offer free entrance during the "Night of Museums" (Noc Muzeów). It's a popular event that attracts crowds to the art scene in Warsaw and transforms the city into a vibrant space with people enjoying quality time out late into the night.

PGE Narodowy - National Stadium

The National Stadium was built for UEFA EURO 2012. It is located close to the Old Town and city centre. The stadium today hosts football matches and concerts. It is highly visible from many places in Warsaw and takes less than 30 minutes to get there by foot from Palace of Culture and Science.

<http://en.pgenarodowy.pl/>



Polish Army Museum

3 Jerozolimskie Street. This museum will be a treat for all lovers of Polish history and the military. There are more than 250,000 exhibits.

www.muzeumwp.pl



Multimedia Fountain Park

It is located on a lovely site between the Old Town and the River Vistula. On hot summer days, the Fountain Park serves as a refreshing oasis for tourists and locals alike, while in the evenings its show of colours and fabulous shapes is quite simply captivating!

<http://www.warsawtour.pl/en/tourist-attractions/multimedia-fountain-park-multimedialny-park-fontann-161002.html>

Restaurants, bars and cafés



Collegium Civitas is located in the very centre of Warsaw, so you will find the largest selection of restaurants and bars in the immediate vicinity.

In the Palace of Culture and Science itself, we have Bar Studio and Café Kulturalna (you will appreciate this place if you like a venue with character) where you can eat, drink coffee, listen to music and spend time with friends. DJs, film screenings and readings are regularly held here.

<https://www.barstudio.pl/>

<http://www.kulturalna.pl/>

- **Bar Mleczny** — which literally translates to Milk Bar in English—is a unique kind of budget restaurant that can be found all over the country.

Make sure you visit one of these three Bar Mleczny in Warsaw: Bar Prasowy (10/16 Marszałkowska Street), Mleczarnia Jerozolimska (47 Emilii Plater Street), or Bar Bambino (21 Krucza Street).

- **Restaurants:** In the centre there are a lot of them. Just walk along Chmielna Street or Nowy Świat Street:

<https://www.google.pl/maps/@52.2324874,21.0137446,17z>

- **Vegetarian/Vegan cuisine:** Krowarzywa (29/31 Hoża Street or 27/35 Marszałkowska Street), Vege Miasto (60a Solidarności Street), Kubek i ołówki (8 Kredytowa Street).

- **Healthy food:** Kik Fit-Bar (5 Szpitalna Street), F&G Fit And Green (5 Krakowskie Przedmieście Street).

- **Cafés:** Kawiarnia Kafka (3 Obożna Street), E. Wedel (49 Emilii Plater Street), Green Café Nero (one of them is located in the Palace of Culture and Science), Costa Coffee, Starbucks, Tchibo, Grycan, etc.

- **Hala Koszyki:** With eighteen fabulous restaurant concepts, eleven fantastic groceries and service premises, Warsaw's "Śródmieście" (literally meaning Inner City, i.e. the city centre) has regained its lost pearl. Hala Koszyki is the first and only place of its kind in the whole of Poland. Now all the best restaurateurs and chefs may feed you with the delicacies from every part of the world under one roof at Hala Koszyki. <http://koszyki.com/home-en-us>

Shopping



In terms of shopping, Warsaw has everything from big sparkling shopping malls to tiny boutiques and specialty stores, as well as some decent street markets. Increasingly, international chains are appearing, which has meant that locally produced products are sometimes harder to find than expensive imported alternatives.

Shopping hours are usually from 11 am to 7 pm on weekdays and from 10 am to 1 pm on Saturdays, but shopping centre are open until 8 pm or even 10 pm every day.

RUCH kiosks, which sell bus and train tickets, newspapers, and cosmetics, are usually open from 7 am to 7 pm.

Popular shops



- ▶ **Biedronka, Lidl** – a network of cheap discount stores where you can buy all kinds of goods. In the very centre there are a few of them: 12/14 Grzybowska Street; 36 Chmielna Street; 54 Aleje Jerozolimskie Street.
- ▶ **Tesco** (8/12 Młynarska Street), Carrefour (104/122 Marszałkowska Street), Auchan (124 Górczewska Street, 8 Modlińska Street)
- ▶ **Hala Mirowska** – fresh products, eco products (1 Mirowski Square).
- ▶ **Złote Tarasy**: The most popular shopping centre in the city, Złote Tarasy is in the centre of Warsaw, located next to the Central Railway Station. You can find various brands, restaurants and a multiplex cinema.
<http://www.zlotetarasy.pl/en/index>
- ▶ **Arkadia**: One of the most popular shopping centre lately, where you can find anything you want. Arkadia has more than 180 stores and it may take you a whole day to discover it <http://en.arkadia.com.pl/W/do/centre/strona-glowna>
- ▶ **Galeria Mokotów**: : One of the oldest shopping centre in the city, where you can find designer clothes, it has a good selection of restaurants and snack bars, as well as a multiplex cinema, a play area for children, and a bowling alley. <http://en.galeriamokotow.pl/W/do/centre/accueil>
- ▶ **Wola Park**: This big shopping centre offers almost 200 shops, a dozen restaurants and cafés, a Multikino cinema (6 screens), Calypso Fitness Club and a kid's playground. <http://www.wolapark.pl/>
- ▶ **IKEA**: furniture and accessories for the home—kitchen, bedroom, bathroom etc.
- ▶ **Decathlon**: sports equipment of all kinds and sports clothes.
- ▶ **Castorama, Leroy Merlin**: shopping in other areas: garden, interior design, arrangement, decoration, DIY, construction, technical, etc.



Weekend breakfast markets (targi śniadaniowe) are increasingly popular in Warsaw. Breakfast markets attract farmers who bring their food products, ranging from fresh produce to full, ready-to-eat meals. You can eat at the market at a communal table or buy fresh products to take and eat at home. There are also culinary markets, which offer more than just breakfast foods. Various activities for children usually accompany these events.

- ▶ **Breakfast market:** organized in the Warsaw district of Wola and Żoliborz, www.targsniadaniowy.pl
- ▶ **Culinary market – Warsaw Taste:** often organized in cooperation with the club “1500m2” or the club Znajomi Znajomych www.facebook.com/WarszawskiSmak/timeline
- ▶ **Soho Food Market:** 25 Mińska Street, hall no.19, www.facebook.com/sohofoodmarket/timeline
- ▶ **Tasty Market:** organized in the Warsaw district of Białoleka and Saska Kępa www.facebook.com/smacznytarg
- ▶ **Le Targ:** organized in the district of Wilanów www.facebook.com/LeTargWWilanowie

Also, if you are looking for homemade, natural food, try fresh produce directly from farmers. For example: **Rano Zebrano** (www.ranozebrano.pl) or the **Warsaw Food Cooperative** (www.wks.waw.pl). Health food trucks became quite popular in Warsaw. They offer food that is fresh, tasty and ready in just a few minutes. Food truck festivals are organized in the summer season. More information here: www.food-trucki.pl.





Legalisation of stay



Document	Description	Institution	Useful links
Temporary residence permit	A document confirming the identity of a foreigner during his stay in Poland. This document together with a valid foreign passport confirms the right to stay in Poland and entitles you to multiple crossings of the Polish border without the necessity of having a visa.	Mazovian Department of Foreigners (Wydział Spraw Cudzoziemców) 3/5 Marszałkowska Street	Full-time students: https://www.mazowieckie.pl/en/for-foreigners-1/residence-temporary-residence-pe/education Part-time students and graduates: https://www.mazowieckie.pl/en/for-foreigners-1/residence-temporary-residence-pe/other-circumstances
Visa extension	In case of exceptional situations a foreigner can apply for a visa extension while staying in Poland.	Mazovian Department of Foreigners (Wydział Spraw Cudzoziemców) 3/5 Marszałkowska Street	https://www.mazowieckie.pl/en/for-foreigners-1/residence/visa-extension
Registration	In Poland there is, theoretically, an obligation to register your place of residence (meldunek), although in practice it is increasingly less frequently required. Most institutions simply ask for your actual residence address (rather than a formally registered address).	Registration Office (Urząd Gminy) appropriate for your place of residence	https://www.mswia.gov.pl/pl/sprawy-obywatelskie/obowiazek-meldunkowy/12986.Zameldowanie-cudzoziemcow-na-pobyt-czasowy.html (in Polish)

For detailed information on legalisation issues, please visit:
<https://www.mazowieckie.pl/en/for-foreigners-1/518,For-Foreigners.html>

Organisations supporting foreigners



Organisation	Kind of support	Web-site
Association for Legal Intervention (Stowarzyszenie Interwencji Prawnej)	Free legal and integration advice for foreigners	http://interwencjaprawna.pl/en/
Ocalenie Foundation (Fundacja Ocalenie)	Support for migrants in integration and individual development: help with finding accommodation and work; legal advice; psychological help; training; workshops etc.	https://ocalenie.org.pl/en/
Foundation for Somalia (Fundacja dla Somalii)	Legal advice, Polish language courses, career counseling.	http://fds.org.pl/en/
Polish Migration Forum (Polskie Forum Migracyjne)	Counseling, education, various activities for migrant integration in Poland	http://www.forummigracyjne.org/en/

Emergency numbers



Institution	Telephone
General emergency number	112
Ambulance	999
Fire Brigade	998
Police	997
Gas ambulance	992
„Telephone of trust” – psychological help	116 123 (from 2 pm till 11 pm)

Using mobile phones: remember to dial the local code before the number: e.g.

22 - 997 to call the police in Warsaw. Emergency calls from phone boxes are free of charge. If you do not know the local code, dial the general emergency number for mobile phones: 112. The operator will request the appropriate emergency unit. We recommend using direct emergency numbers in case of danger (997, 999, 998) because in some areas the general emergency number (112) still does not work properly.

Notes

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