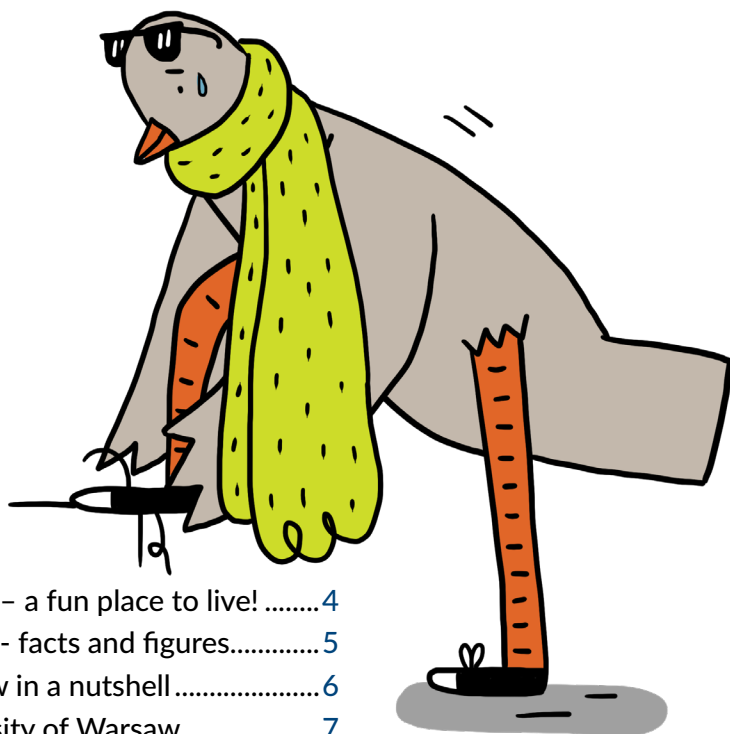


INTERNATIONAL STUDENTS' GUIDE





Poland – a fun place to live!	4
Poland - facts and figures.....	5
Warsaw in a nutshell	6
University of Warsaw.....	7
Exchange programmes.....	12
Academic Calendar.....	13
First steps in Warsaw.....	14
Transportation in Warsaw.....	21
USOSweb / Eduroam (Wi-Fi) ...	23
Learning languages	24
Libraries.....	25
After classes	26
Every problem has a solution...	29
Legalisation of stay.....	32
Useful expressions.....	35

Dear Students,

I wholeheartedly welcome you to the University of Warsaw!


Your journey to join us may not have been easy. From navigating the recruitment process to handling visa formalities in your home country, each step came with its own challenges. Choosing to study abroad is a brave and courageous decision—one that takes you out of your comfort zone and into an exciting new adventure. We hope this experience is filled with academic successes, enriching exchange programs, lifelong international friendships, and inspiring new ideas.

This guidebook is our gift to help ease your adaptation to life at the University of Warsaw. Inside, you'll find essential information about how the university functions and what you can expect as a new student. Our mascot, the Pigeon, will guide you through various sections, from key facts and formalities about the university to practical steps for settling into life in Poland. The rest of your journey is yours to discover, whether through academic pursuits or unraveling the mysteries of this beautiful city, Warsaw.

The University of Warsaw is an inclusive space that welcomes everyone, regardless of religion, race, ethnicity, gender, or age. We are committed to supporting you in all aspects of university life. Should you face any challenges, the University of Warsaw offers various resources to assist you. One of the key ones is the Welcome Point Office, which provides assistance to our international community not only with academic matters but also with day-to-day formalities.

Fly high, UW birds!

Professor Maciej Raś



Vice-Rector for Student Affairs
and Quality of Teaching and Learning

Poland – a fun place to live!

As you arrive in Poland, each one of you might have a different idea of what you are about to discover. Some of you for sure think about medieval cities and castles. Others, on the contrary, have 20th century monumental architecture and modern skyscrapers in mind. And there might be those of you who expect multiple natural attractions: deep forests, spectacular mountains, long coastline, and myriads of lakes.

What if we say that you can expect all of that and more? Because Poland is both young and old, modern and traditional, urban and natural. We encourage you to discover each of the different sides of our country and not to be content only with studying here.



Poland – facts and figures

Official name:	Republic of Poland
Official language:	Polish
Population:	38 million
Area:	312,679 km ² , 7th largest country in Europe
Location:	Central Europe; border countries: Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania and Russia
Membership:	European Union (EU), Schengen Area, European Higher Education Area (EHEA), North Atlantic Treaty Organisation (NATO), United Nations (UN), and others
Capital city:	Warszawa; other major cities: Kraków, Gdańsk, Wrocław, Poznań, Łódź, Szczecin
Time zone:	Central European Time zone (GMT + 1 hour / UTC + 1 hour)
Climate:	moderate
Landscape:	most of Poland's territory is lowland; three major mountain chains: the Carpathians (Karpaty), the Sudeten Mountains (Sudety), the Holy Cross Mountains (Góry Świętokrzyskie); the Baltic sea;
Currency:	złoty (PLN)
Government type:	parliamentary republic
Academic tradition:	650 years, 132 public Higher Education Institutions (HEIs)

Want to learn more?
These are good places to start!

→ poland.pl
→ culture.pl/en

→ www.poland.travel/en
→ [About Poland](#)

Warsaw in a nutshell

The University of Warsaw is a higher education institution located in the capital of Poland, one of the most dynamically-developing cities in Europe. Warsaw is steadily climbing in the international rankings of the world's most attractive urban areas. Not only is Warsaw a political, economic, social, and cultural centre, it is also an undisputed leader in Polish higher education and science. According to the QS Best Student Cities 2025 ranking, Warsaw is ranked as the 58th best city in the world. It receives a very high score in the affordability category – within the top twenty of the entire index – thanks to its combination of low living costs and reasonable tuition fees.

Warsaw – facts and figures

History:	the capital of Poland since 1596
Location:	Central Poland (Masovian Voivodeship)
Population:	1.8 million inhabitants
Area:	517 km ²
Districts:	18
Academic life:	17 public Higher Education Institutions, 240,000 students

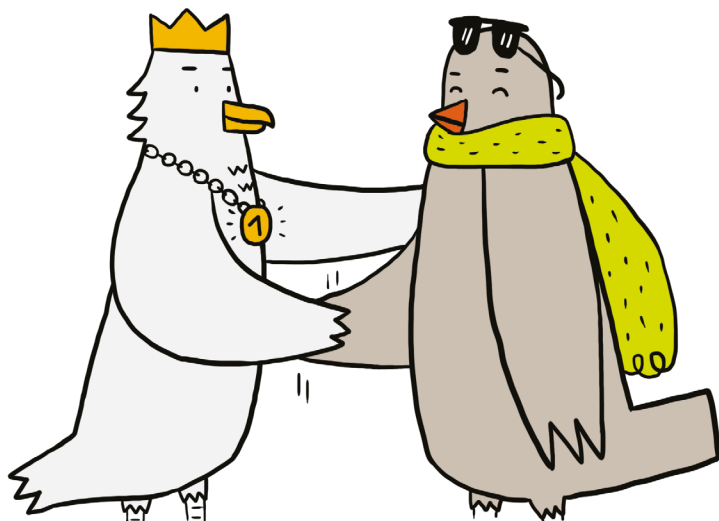
- 8.3 million tourists per year
- 120 hotels and youth hostels
- 175 cinemas, theatres, music venues, museums, art galleries
- 80 parks
- 330 bus and tram lines, 2 metro lines, 5 SKM lines (Urban Rapid Railway)
- 822 kilometres of cycle paths

University of Warsaw is among the top 3% of the world's best universities. According to international rankings it is also the best university in Poland and one of the best in this region of Europe.

Long story short, you have made an excellent choice!

UW in numbers

- 36 300 students (bachelor's and master's) and 1 742 doctoral students
- 8 090 employees, including:
 - academic teachers
 - engineering and technical employees
 - librarians
 - administrative employees
- 25 faculties
- 30+ research units
- 4 doctoral schools



Authorities

- **Rector of UW** – oversees the UW administration and finances, makes key decisions, represents the University externally, and is in charge of the staff as well as undergraduate and postgraduate students.
- **Five UW's vice-rectors** – operate within their power of attorney and carry out the responsibilities given to them by the Rector.
- **Senate of UW** – the University's most important governing body. It has the authority to pass documents which are of key importance to the University, such as bylaws, the mission statement and strategy for development, as set out by the Rector, financial and investment plans, and course regulations.

Location

The University's campuses and facilities are located in a few different areas of Warsaw.

The Main Campus, which is the oldest and largest one, is situated in the heart of the Polish capital and is within walking distance of the Royal Castle and the Old Town. It is also the historic location of the University of Warsaw and home to the humanities, social sciences, UW authorities, and central administration offices (such as: Admissions Office, International Relations Office, Office of Academic and Student Affairs). Due to its convenient location, the Campus' neighbourhood is a very popular area for gatherings, social events, and walks.





- 1 Faculty of Applied Linguistics
- 2 Faculty of Applied Social Sciences and Recocialisation
- 3 Faculty of Archeology
- 4 Faculty "Artes Liberales"
- 5 Faculty of Biology
- 6 Faculty of Chemistry
- 7 Faculty of Culture and Arts
- 8 Faculty of Economic Sciences
- 9 Faculty of Education
- 10 Faculty of Geography and Regional Studies
- 11 Faculty of Geology
- 12 Faculty of History
- 13 Faculty of Journalism and Political Sciences
- 14 Faculty of Law and Administration
- 15 Faculty of Management
- 16 Faculty of Mathematics, Informatics, and Mechanics
- 17 Faculty of Modern Languages
- 18 Faculty of Medicine
- 19 Faculty of Oriental Studies
- 20 Faculty of Philosophy
- 21 Faculty of Physics
- 22 Faculty of Polish Studies
- 23 Faculty of Political Science and International Studies
- 24 Faculty of Psychology
- 25 Faculty of Sociology

UNIVERSITY IN THE WARSAW

COMMUTING OPTIONS

Main Campus ↔ Ochota Campus, 5 km
 128, 175 – about 30 min.

Main Campus ↔ Służew Campus, about 10 km
 503, change for the 401 – about 45 min.
 or 128, 175 change for the 504 – about 50 min.

Main Campus ↔ Botanic Garden and Astronomical Observatory, 4 km
 116, 180, 503 – about 15 min.



HOT SPOT

The university staff and students have access to wireless Internet in the eduroam network having obtained a personal login and password. Guests of units associated with eduroam can log in on a similar basis.



– residence hall

The Ochota Campus, on the other hand, lays in the Ochota district, just 20 minutes by bus from the Main Campus. It is home to science, natural science, and UW's main sports facility.

The Służewiec Campus, with its Faculty of Management, is the most distant from the city centre. Nevertheless, thanks to the nearby metro line M1, commuting there does not take too long.

Mission

The University of Warsaw still upholds the mission defined by its founders in 1816, as a public utility institution: *The University should not only maintain in the nation both learning and skills at the level they have already attained in the scholarly world, but also further develop and propagate them as well as apply their theory for the public good.*

The only difference in UW's stance today is that we like to add an "s" to the word "nation". Our goal is not only to become one of the world's leading internationally recognised research institutions, but also to achieve this in a way that brings different cultures closer together—making the world a better place.

4EU+ Alliance



As a UW student, you will have the opportunity in the future to study simultaneously at seven other member universities.

4EU+ members:

- Charles University, Prague, Czech Republic
- Heidelberg University, Germany
- Sorbonne University, Paris, France
- University of Copenhagen, Denmark
- University of Geneva, Switzerland
- University of Milan, Italy
- University of Warsaw, Poland
- Paris-Panthéon-Assas University, France

Core values:

- Academic and research freedom
- Democratisation of education
- Student-centred approach
- Interdisciplinary collaboration
- Research excellence
- Creativity and openness
- Integrity
- Internationalisation

Learn more [on the 4EU+ website](#).



Erasmus+

The University of Warsaw offers its students the opportunity to study abroad with an **Erasmus+ scholarship**. The offer includes 27 EU-countries + the UK, along with North Macedonia, Turkey, and 3 EEA countries (Iceland, Liechtenstein, Norway). To be eligible for the scholarship, you must be a student in at least the second year of an undergraduate degree or the first year of a graduate degree.

Students of the University of Warsaw can also apply for internships at foreign institutions, enterprises, research centres, or non-profit organisations—such as museums, libraries, hospitals, or local government offices.

If you are interested in participation in the Erasmus+ programme, contact the **International Relations Office** or visit their [website](#).

The International Relations Office can also provide information about other scholarship and government programmes and contracts.

MOST

If you want to experience the perks of an exchange programme but don't want to travel abroad, MOST is the perfect option for you. MOST is the local version of the Erasmus+ programme, which means you can spend a semester or two, or study just one subject, at another Polish university. You can apply for the programme after finishing the 2nd semester of your studies.

For more information on the programme, as well as the registration dates, visit: most.amu.edu.pl.

WINTER SEMESTER 01.10.2025 – 15.02.2026

Classes	02.10.2025 – 02.11.2025
Linkage time for courses conducted in the summer semester of the academic year 2025/2026	01.10.2025 – 15.02.2026
Winter holidays	22.12.2025 – 06.01.2026
Winter examination session	26.01.2026 – 08.02.2026
Language exams	26.01.2026 – 27.01.2026
Inter-semester break	09.02.2026 – 15.02.2026

SUMMER SEMESTER 16.02.2026 – 30.09.2026

Classes	16.02.2026 – 22.03.2026
Resit examination session for the winter semester runs	20.02.2026 – 01.03.2026
Spring holidays	17.04.2026 – 22.04.2026
Days off from classes	02.05.2026 09.05.2026 – 10.05.2026 Juwenalia (Students' Festival)
Linkage time for courses conducted in the winter semester of the academic year 2026/2027	01.06.2026 – 30.09.2026
Summer examination session	09.06.2026 – 29.06.2026
Language exams	09.06.2026 – 10.06.2026
Summer holidays	30.06.2026 – 30.09.2026
The resit examination session for the summer semester	01.09.2026 – 14.09.2026
Language resit exams	01.09.2026 – 02.09.2026

Detailed calendar can be found on our [website](#).

Welcome Point

is the central support office for international students, doctoral candidates, and staff at the University of Warsaw. Our mission is to make your arrival and stay in Poland as pleasant as possible. We help with formalities such as legalisation of stay, obtaining health insurance, registering for courses, and accessing university systems and services. Support is available by email, phone, or in person, and you can also find useful printed materials like maps, guides, and booklets to help you find your way around the University and the city of Warsaw.

In addition, we organise orientation events, integration meetings, and workshops to help you settle in and meet others. At Welcome Point, you can also learn about student organisations, language courses, and the many cultural and sports activities available at UW – so you never feel lost or left out.

Contact details:

→ Welcome Point Main Campus

Krakowskie Przedmieście 32A, upper courtyard

→ Welcome Point Ochota Campus

Stefana Banacha 2c, CeNT UW

tel. (+48) 22 55 24 080, 22 55 24 103,

(+48) 22 55 24 118, 22 55 24 119, 22 55 24 125,

22 55 24 143, 22 55 24 144

welcome@uw.edu.pl

welcome.legalisation@uw.edu.pl

www.welcome.uw.edu.pl

From your first question to your final exam – we are here!

Accommodation

The University of Warsaw offers 2 722 places in seven **residence halls** scattered around the city of Warsaw. Each hall has a quiet study lounge (*pokój cichej nauki*), a TV room, a computer room, and laundry facilities. Monthly rent ranges from 480-1110 PLN (112-258 EUR) per person, depending on the type of room.

How to apply?

Degree programme students: you can apply for a room via USOSweb. Make sure to check the deadline for applying, as applications for dormitories are organised during several registration rounds. Please keep in mind that the number of dormitory places is limited, so unfortunately we may not be able to provide accommodation for everyone who applies.

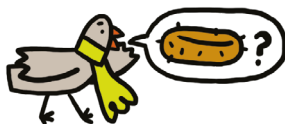
Short term students: you can obtain all the necessary information about on-campus accommodation from the [International Relations Office](#).



How to rent a flat?

If you are planning to rent a place on your own, we cannot recommend specific options, but it is a good idea to search relevant Facebook groups using phrases like *Warszawa mieszkanie wynajem*, join the group, and start your search. Polish online marketplaces are also a helpful resource.

Tips when renting a flat



→ Verify the Landlord's Identity:

Before signing any lease, ask the landlord for identification and proof of property ownership, such as a property deed or management agreement. This helps confirm that you are dealing with a legitimate owner or authorised agent.

→ Inspect the Property:

Visit the property to check its condition, including for damage, mold, and working utilities. Test locks on doors and windows. Before moving in, take photos of any existing damage and share them with the landlord.



→ Double-check the lease agreement:

Do not rush while reading the agreement and ensure all terms of the tenancy are clearly outlined in the lease agreement. This includes the rent amount, due date, security deposit, responsibilities for repairs, etc. Verbal agreements are hard to enforce, so having everything documented is crucial. If something is unclear, ask for clarification before signing.

First steps in Warsaw

→ Secure Your Security Deposit (PL: Kaucja):

Make sure the deposit is detailed in the lease with return conditions. Get a receipt when paying and know when it will be refunded.

→ Keep Emergency Contacts Ready:

Keep key contacts handy: landlord, property manager, and emergency services for urgent issues.

Beware of rental scams: If an offer sounds too good to be true, it probably is. Watch out for landlords who ask for large upfront payments before you see the property or sign a lease. Always verify the offer's legitimacy before making any payments.



Canteens

It is located on the **Main Campus**, in the small building with a red roof, to the left of the gate leading out to Oboźna street. It is wheelchair accessible via a ramp.

In the canteen, you can have lunch as part of a subscription or choose any dish from the current offer. You can also buy take-away meals.

First steps in Warsaw

Prices (subscription lunches served from 12:00 – 18:00):

- for students: PLN 17
- for employees: PLN 20
- for doctoral students: PLN 18
- for pensioners and disability pensioners: PLN 19

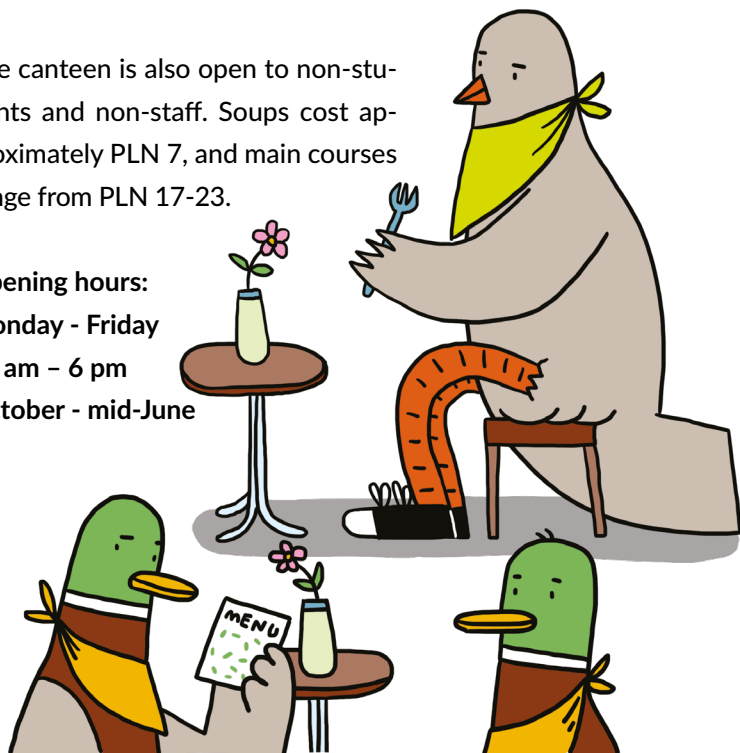
The canteen is also open to non-students and non-staff. Soups cost approximately PLN 7, and main courses range from PLN 17-23.

Opening hours:

Monday - Friday

10 am – 6 pm

October - mid-June



Cards for subscription lunches are issued at the Office for Personnel Social Benefits (Main Campus, small courtyard, 1st floor, room no. 13, from 10am to 3pm)

Those of you studying at the **Ochota Campus** can use the canteen at the Faculty of Biology. You can get soup for PLN 7 while the price of the main dish varies between PLN 12 and 28. The canteen is open from Monday to Friday, 11:00 a.m. - 4:00 p.m.

Registration of address

In Poland there is an obligation, for both Poles and foreigners, to have their stay here registered if it exceeds a **14-day period**. This registration is called **zameldowanie**. In order to fulfill this obligation visit District Office, (Polish: *urząd dzielnicy*) responsible for your place of residence with the following documents:

EU citizen	Non EU citizen
<ul style="list-style-type: none">→ rental agreement→ ID from home country	<ul style="list-style-type: none">→ rental agreement→ passport→ visa or residence card
within the first 30 days since arriving to Poland	within the first 4 days since arriving to Poland

At the office you will need to fill in and submit an [application form](#) and receive confirmation of your registration. If you do not have a PESEL number and you are registering your stay for more than 30 days, the district office should give you one automatically. Please check our [website in order to learn more about PESEL](#).

Health insurance

Having health insurance while staying in Poland is mandatory. If you are a citizen of an EU country and have **European Health Insurance Card**, you are eligible for the same public health services as Poles do. Otherwise, you have to sign an agreement either with **NFZ (National Health Fund)** or one of the private medical clinics. Students who decide to insure themselves through NFZ will be required to pay contribution in the amount of **PLN 56 PLN (EUR 13)** per month.



If you are interested in getting NFZ insurance but do not know how to proceed, visit [our website](#).

Medical clinics which are part of the NFZ system are easily recognizable by this sign located somewhere near entrance door.

Bank account

It is highly advised to open a Polish bank account once you arrive in Poland, even though you can use your current card without any problems. The reason is simple: using a foreign account entails additional costs due to the currency conversion.

In order to open a bank account in Poland, you need to visit a selected bank with all required documents. It is a good idea to call them first and explain your status. Thanks to that you may avoid going there a couple of times and learn straight away if a PESEL number is required, if there is an online banking system in English, if there is a possibility to speak with a consultant in English etc.



Warsaw Public Transport

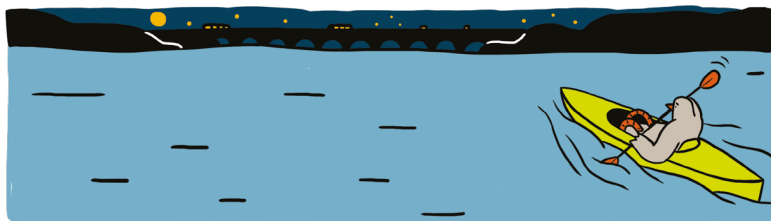
Warsaw is well known for its developed public transportation system. The Polish capital offers a variety of transportation options, including the metro, trains, trams, and buses. In order to use them in most cases you only need to buy **WTP's (Warsaw Public Transport) ticket**. You can buy one not only from machines inside buses, trams, or near stops, but also at many kiosks located throughout Warsaw.

As a student, you are entitled to 50% discount, and long-term tickets (such as 30-day and 90 days ticket) can be encoded into your Electronic Student Card. Please note that the public transport discount is available to BA/MA students under the age of 26 and PhD students under the age of 35.

It is worth noting that a valid WTP ticket also allows you to use other forms of transportation in Warsaw, such as KM (Koleje Mazowieckie – Masovian Railways) and WKD (Warszawska Kolej Dojazdowa – Warsaw Commuter Railway).

Travelling by night

Night timetables are in effect from 11 PM to 5 AM every night. During that time, you can use one of many bus lines, which are recognizable by the letter "N" before the regular number. Generally, buses run less frequently at night, and almost stop is on request, meaning that you need to press the "STOP" button for the bus to halt.



Warsaw by bike

Warsaw offers over 882 km of bike lanes and is home to one of the largest urban bike systems in Europe – [Veturilo](#). Its stations can be found all around Warsaw. You can ride on a regular bike, electric one, or on a tandem (for 2 persons)!

With so many options, even veteran Varsovians can find it difficult to pick the most efficient way to travel around the city. That is why we recommend you downloading the app called [jakdojade.pl](#). With it, you can easily find the fastest or most convenient way to get from point A to point B.



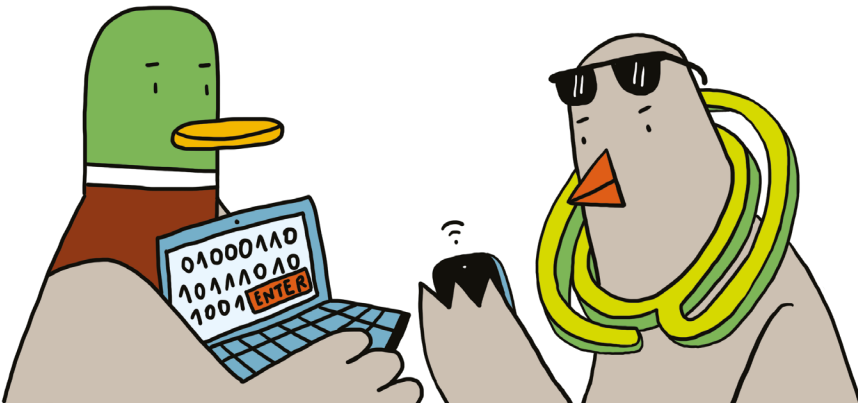
USOSweb

Once you become a student of the UW, you will gain access to your own **USOSweb account**. What is USOS? It is an online platform created in order to help students, such as you, manage their studies. With your USOSweb account, you can apply for a place in a dormitory, register for classes at your faculty, sign up for general elective courses, language courses and PE, check your grades and class schedule, manage tuition fees, and much more!

EDUROAM

Wondering about **free access to the Internet at the UW**? Do not worry – all students at the UW have access to it once they obtain a personal login and password for USOSweb.

To configure the network on your device, please follow [the instructions on our website](#). If you have problems with connecting to eduroam and you have Apple iOS system on your mobile, check out [our guide](#).



Polish language

During your stay in Warsaw, you will hear Poles pronounce a lot of "sh's" and "ch's" intertwined with a lot of "r's" and other strange-sounding noises, but fret not – we are here to help you grasp what is happening. Feel invited to join **Polonicum UW** – the **Centre of Polish Language and Culture for Foreigners**, and make the most out of your stay in Poland. It always pays off to make an effort to learn some Polish while living in Poland. After all, as Goethe said: *As many languages as you know, so many times you are a human being.*

All international students at the UW can learn the Polish language for free. Check your USOSweb account to find out if you have tokens for Polish language classes (they should be in the "Cart" section). If you do not see them, then you should contact your faculty to get them.



Foreign languages

Students of the University of Warsaw have the opportunity to learn more than 40 different languages. **The University System of Language Provision** was distinguished by the European Union with the European Language Label award – a European recognition of innovative approaches in language teaching and learning. Students of the 1st cycle and long-cycle (5-year) studies at the UW are eligible for 240 teaching hours for free, while students of the 2nd cycle are entitled to 30 teaching hours.

UW Library

There is no studying without libraries – and at the University of Warsaw, you will have access to one of the largest collections of academic books and journals in Poland, with more than 3 million volumes. The main part of the collection is located in the **University of Warsaw Library (BUW in short)**, which is conveniently situated within walking distance from the Main Campus. In addition to its extensive collection of books, journals, and other study and research materials, the library provides access to computers, printers, and copy machines. And when you need a break, you can visit the beautiful rooftop garden – a perfect place to relax after studying.

Contact details:

Dobra 56/66

00-312 Warszawa

Information Desk

tel. (+48 22) 55 25 178, 55 25 179

Information Services and Training Department

tel. (+48 22) 55 25 181

Front Office

fax (+48 22) 55 25 659

askalibrary.buw@uw.edu.pl

Besides BUW, every faculty has its own book collection that is focused on a specific field of expertise. [You can find a list of all faculties at UW on our website.](#)

Learn more about BUW on [our website](#).

Get Involved

If you are an active person who perceives their time at the university not only as a chance to study but also as an opportunity to contribute to the community and develop useful skills, UW is a perfect place for you!

In addition to being the no.1 research institution in Poland, UW continuously works to create a welcoming environment for socially engaged individuals. That is why there are so many entities that mainly focus on providing opportunities to cover a wide range of interests. Among them are:

→ The Volunteer Centre of the University of Warsaw

If you want to join a community of people who believe that their potential and energy can help to change their surroundings and contribute to enriching community life, the Volunteer Center is the place for you.



Volunteer Centre
University of Warsaw

Volunteers take part in organising both local and international conferences and cultural events related to the University of Warsaw. They also lead projects that support the development of the UW community and promote intercultural awareness and dialogue.

Volunteering is not only about sharing, it's also a great opportunity to develop skills and meet wonderful people.

→ Students' Union UW

The Students' Union represents the student body within the University's governing



SAMORZĄD STUDENTÓW
UNIWERSYTETU WARSZAWSKIEGO

After classes

bodies and takes part in the decision-making process on various matters — including the election of the Rector, scholarship rates, and dormitory room prices. In addition to its representative role, the Students' Union organises the annual student festival "Juwenalia". The Union's Internationalisation Commission supports international students by offering ad hoc assistance and organising events that help them expand their knowledge, share their cultures, and connect with others in the university's international community.

→ Erasmus Student Network, University of Warsaw (ESN UW)

The ESN UW is a member of the pan-European, non-profit student organisation which supports the development of exchange programmes and mobility. The goal of ESN UW



is to help all international students with everyday matters and make their stay at UW as fruitful and as pleasant as possible. The ESN offers the Mentor and tandem programmes, organizes trips, parties and events to integrate international and local students.

→ The UW Student Science Movement

Would you like to deepen your knowledge in a specific field of study? Check out the wide variety of student circles focused on various areas of science.

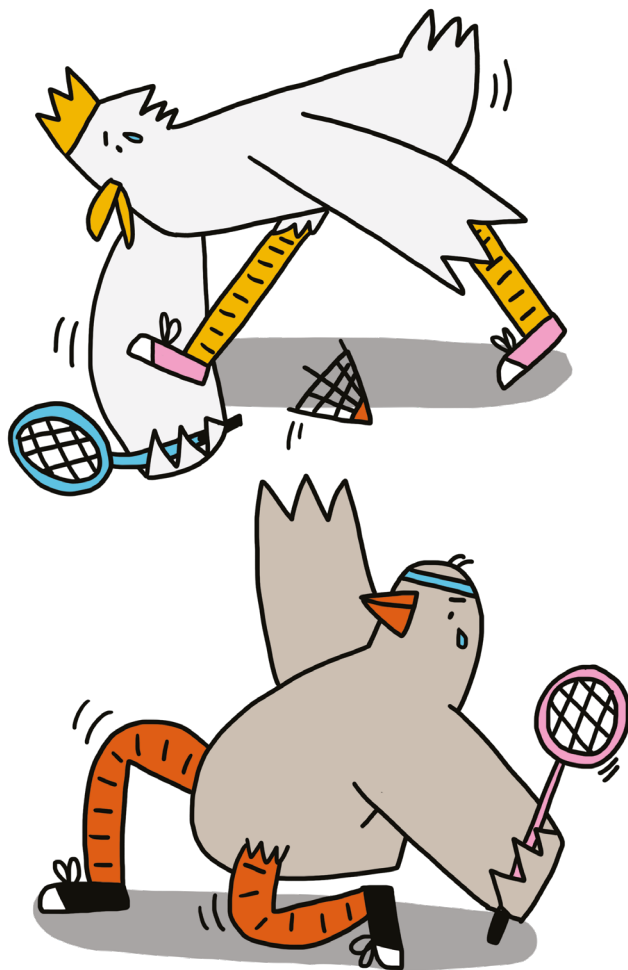
→ Arts and Cultural Organisations

Interested in culture or artistically talented? You can develop your passion at the UW and join a choir, dance group, or theatre. The largest ones are: Warsaw University Choir, The University of Warsaw Collegium Musicum Chamber Choir and the Folk Song and Dance Ensemble of the University of Warsaw.

Sports

As the saying goes, "healthy body, healthy mind". The UW offers a wide range of sports activities: wfsport.uw.edu.pl. If you would like to practise sports more seriously, you may also contact the Academic Sports Association (AZS UW) – the biggest university sports organisation in Poland. It has 40 sections in various disciplines.

Learn more about different activities on [our website](#).



Every problem has a solution

It may happen that during your stay in Poland, you encounter a problem that will require someone's help. Do not get discouraged! The University is ready to help you. We have a dozen of units and people who can assist you.

→ The Ombudsman

is an academic representative for students and staff-related matters. The Ombudsman offers assistance and support in various university issues. You can ask for help in any situation – whether you feel you have been treated unfairly, are experiencing a conflict and need a mediator, or simply do not know who to turn to with your problem.

UNIwersYTET WARSZAWSKI
OMBUDSMAN



Dobra 56/66,
first floor, room 1.60 C
tel. (+48) 22 55 27 214
ombudsman@uw.edu.pl
www.ombudsman.uw.edu.pl/en/start

→ Equal Opportunity Chief Specialist at UW

the person who performs this function is engaged in anti-discrimination policy, equal treatment and diversity at the UW. Anyone who has experienced discrimination or unequal treatment may report the incident directly to the Chief Specialist or to the Rector's Committee for Preventing Discrimination.

Dobra 56/66, mezzanine, 1st floor, room No 1.60C
tel. (+48) 22 55 27 185
rownouprawnienie@uw.edu.pl
antydiskryminacja@uw.edu.pl
rownowazni.uw.edu.pl/en

 **WE ARE ALL
EQUAL**

Every problem has a solution

→ Center for Conflict and Dispute Resolutions

promotes amicable conflict resolution, respect for human rights, tolerance and acceptance. You can contact the Centre if you have experienced discrimination, violence or unequal treatment.

Collegium Iuridicum II,



Center for Conflict and Dispute Resolution at the Faculty of Law and Administration UW

Lipowa 4, room 2.5.

tel. (+48) 22 552 59 23

office hours: Monday, Wednesday (10:00 am–1:00 pm)

mediacje@uw.edu.pl

mediacje.wpia.uw.edu.pl/en

→ Academic Legal Counselling Team

provides free legal aid to students, including persons who have experienced unequal treatment, harassment, mobbing, or violations of their rights in any other way.

Krakowskie Przedmieście 24, room 109

tel. (+48) 228 264 999

biuro@akademickaporadniaprawna.pl



→ Legal Clinic UW

is a free of charge Student Legal Aid Center.

Legal advice is provided by a group of students at an advanced stage of their studies to anyone who needs it and is not able to pay. Those students are supervised by professional lawyers.

Collegium Iuridicum I



Every problem has a solution

Krakowskie Przedmieście 26/28 room 102

tel. (+48) 22 55 20 811

klinika@wpia.uw.edu.pl

→ Office for Persons with Disabilities

Supports persons with disabilities and diverse needs.

Dobra 55

ground floor, room 0.070

tel. (+48) 22 55 24 222

bon@uw.edu.pl

www.bon.uw.edu.pl/en



→ Psychological Counselling Centre

If you are facing emotional or mental difficulties, the **PCC** offers free and confidential support, with the option to consult a psychologist or psychiatrist. Every student has the right to professional help – English consultations are available on Wednesdays from 10:00 AM to 2:00 PM (an appointment to the psychiatrist can be made at the Office for Persons with Disabilities).

Psychological Counselling Centre

Pasteura 7, 1st floor, room 108B

tel. (+48) 694 711 731

cpp@psych.uw.edu.pl



EMERGENCY NUMBERS

112 – European Emergency number

999 – Ambulance

998 – Fire Brigade

997 – Police

Get Involved

You have to remember that your stay in Poland always must be legal.

- ➔ If you are an EU/EEA (Lichtenstein, Switzerland, Norway or Iceland) citizen you do not need a visa or temporary residence permit. You can visit our country freely, but your stay should be registered if it exceeds a 90-day period (what is registration of stay? Check out [our website](#)).
- ➔ If you are a citizen of non-EU/EEA country, then first of all, check the list of visa-free countries on the website of [Polish Ministry of Foreign Affairs](#). If your country appears on the list, then you can enter Poland without a visa and stay here up to 90 days.

Both citizens of visa-free countries and those from other countries have **to apply for temporary residence card** if they want to stay in Poland. Former – before 90 day period ends, latter – before their visas expire. It is good, however, to get down to it sooner than later. The whole procedure is done through [the Department of Foreigners of Mazowieckie Province Office](#).

Firstly, you need to create accounts and generate applications in two government systems: inPOL and MOS. Instructions for completing the application can be found on [our website](#).

After generating application forms, it is time to gather all necessary documents. You will need:

- ➔ 2 copies of the application for a temporary residence card permit (if you are a part-time student, remember to check “other circumstances” in “the main purpose of stay” section);
- ➔ 4 recent colour photographs, size 45x35 mm, made in the last six months;

Legalisation of stay

- a valid travel document (2 photocopies);
- certificate from the University about acceptance or continuing education;
- transcript of records;
- document confirming possession of health insurance or coverage by the insurer (learn more about health insurance in Poland on [our website](#));
- document confirming having sufficient funds to cover the cost of tuition, living in Poland and return travel;
- documents confirming having place to live in Poland (e.g. dormitory certificate or lease agreement);
- information about utilities expenses (such as electricity, water, waste disposal, heating, and sewage);
- stamp duty – PLN 340.



What are 'sufficient funds to cover the cost of living in Poland and return travel'?

These funds are legally regulated and might change with time. For now (September, 2025) it is **1010 PLN** per month for single person and **823 PLN** per month for family member. The costs of return travel depend on the country of your origin:

- **200 PLN** – if you came from Poland's neighbouring state (namely: Russia, Lithuania, Belarus, Ukraine, Slovakia, Czech Republic or Germany),
- **500 PLN** – if you came from one of the EU states not neighbouring with Poland (that also includes: Iceland, Lichtenstein, Norway and Switzerland),
- **2500 PLN** – all other countries.

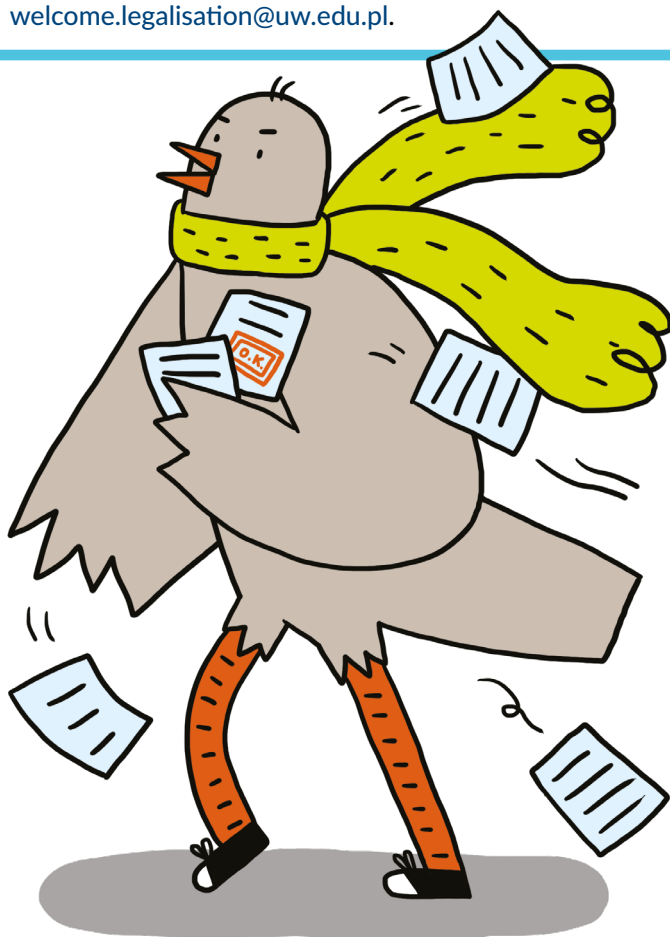
Check how much money you need by filling in the Excel Sheet: [Costs calculations](#).

Legalisation of stay

Once you submit all necessary documents and fingerprints, the procedure will begin, and you should receive a stamp in your passport. Remember that it may take a lot of time for you to receive the decision, and during that period, you will not be able to leave Poland unless you still have a valid visa (to be precise: you will be able to leave, but then you would not be able to come back).

If you have any doubts or questions about legalizing your stay, you can always contact Welcome Point:

welcome.legalisation@uw.edu.pl.



Useful expressions

My name is...	Mam na imię...
Good morning / Good day (formal)	Dzień dobry
Good evening (formal)	Dobry wieczór
Good night	Dobranoc
Hello! / Hi! (informal)	Cześć! / Hej!
Goodbye (formal)	Do widzenia / Do zobaczenia
Bye! (informal)	(Pa) Pa!
Thank you	Dziękuję
1. Please (when asking for something)	Proszę
2. You're welcome (when someone says "Thank you")	
You're welcome (when someone says "Thank you")	Nie ma za co
Sorry / Excuse me	Przepraszam
Help!	Pomocy!
Bless you (after sneezing)	Na zdrowie
Enjoy (only before eating; "Bon Appétit")	Smacznego
What time is it?	Która godzina?
How much is it?	Ile (to) kosztuje?
Where is...?	Gdzie jest...?
...ulica	street
...akademik	dormitory
...pokój	room
...przystanek	stop (public transport)
...wydział	faculty

1 jeden	3 trzy	5 pięć	7 siedem	10 dziesięć
2 dwa	4 cztery	6 sześć	8 osiem	9 dziewięć

Welcome Point
University of Warsaw

Main Campus Office:
Krakowskie Przedmieście 32A, upper courtyard

Ochota Campus Office:
Stefana Banacha 2c, UW CeNT building
welcome@uw.edu.pl
welcome.legalisation@uw.edu.pl
welcome.uw.edu.pl
facebook.com/groups/WelcomePointUW
instagram.com/welcome_point_uw



Layout design and illustrations
Marta Zabłocka / życie-na-kreskę
marta@zycienakreske.com
zycienakreske.com

The publication of this guide is co-funded by
Excellence Initiative – Research University (IDUB)

