

Legal assistance (legalization of stay, official matters)

Stowarzyszenie Interwencji Prawnej

Association for Legal Intervention
schedule an appointment by phone:

Mon–Fri, 3pm–4pm

☎ +48 880 145 372

interwencja@interwencjaprawna.pl

ukraina.interwencjaprawna.pl/en

Helsińska Fundacja Praw Człowieka

Helsinki Foundation for Human Rights
refugees@hfhr.pl

www.hfhr.pl

Fundacja Ocalenie

Rescue Foundation
Assistance in English, French, Ukrainian,
Russian, Farsi, Arabic, Georgian, Tajik,
Vietnamese.

cpc@cpc.org.pl

www.ocalenie.org.pl/kontakt

Ukraiński Dom / Fundacja Nasz Wybór

Ukrainian House / Our Choice Foundation

☎ +48 727 805 764, open 9am–9pm

ul. Zamenhofa 1

konsultacje@ukrainskidom.pl

www.ukrainskidom.pl/kontakt

Fundacja Polskie Forum Migracyjne

Polish Migration Forum Foundation

☎ +48 692 913 993 (Whatsapp and Viber)

open Mon–Fri, 10am–5pm

zapisy@forummigracyjne.org

Assistance available in English, Spanish,
French, Ukrainian, Russian, Belarussian.

Support for animals

„Na Paluchu” Shelter

vaccinations, chipboarding, veterinary
help, feed

☎ +48 22 868 15 78, open 24/7

ul. Paluch 2

info@napaluchu.waw.pl

Open 8am–8pm. In situations, where the
animal's life is at risk, open 24/7.

Fundacja dla Somali

Foundation for Somalia

☎ +48 22 658 04 87

open Mon–Thu, 9am–6pm

Fri, 9am–3pm

biuro@fds.org.pl

www.fds.org.pl

Okręgowa Rada Adwokacka

The Warsaw Bar Association

If possible, please include your phone
number in your application:

ukraina@ora-warszawa.com.pl

☎ +48 22 350 66 16

Mon–Fri, 10am–7pm

Sat–Sun, 10am–2pm

The National Consulting and Intervention Centre for the Victims of Trafficking

www.kcik.pl/k2

☎ +48 22 628 01 20, available 24/7

Fundacja La Strada

La Strada Foundation
Assistance in the event of a threat of
human trafficking.

If in crisis, call ☎ +48 605 687 750

<https://www.strada.org.pl/en/contact-us>

Help offers: online databases

<https://ukrainesupport.net/en>

<https://ukraina.services/en>

<https://www.uasos.org/en>

<https://potrzeby-ua.org/en-US>

<https://herotohero.eu/en>

Useful information for persons without Ukrainian citizenship arriving from Ukraine

WARSAW

If you:

- do not have documents
 - cannot verify your identity
 - want to apply for temporary or
international protection in Poland
- contact the **Office for Foreigners (Urząd do
Spraw Cudzoziemców, ul. Taborowa 33).**
Legalization of stay:
legalizacjapobytu@udsc.gov.pl

Granting refugee status:

dpu.udsc@udsc.gov.pl

Attention: Before contacting the Office,
contact one of the organizations that
provide legal assistance.

**Is your permit for a 15-day legal stay in
Poland expiring? Read:**

<https://bit.ly/info-15days>

Information centers

Mazowiecki Urząd Wojewódzki Masovian
Voivodeship Information

☎ +48 22 595 13 00, +48 47 721 75 75
or 987

Information for Deaf persons:

deafukraine@pzg.org.pl

Hotlines for embassies of third countries

<https://bit.ly/embassy-hotlines>

If you don't have Ukrainian citizenship,
contact the embassy or consulate of your
native country. Check its website for
information about available support. No
diplomatic representation of your country
in Poland? Contact the institution in
another EU country.

Dworzec Centralny Kolejowy (Central
Railway Station) Al. Jerozolimskie 54, main
hall Open 24/7

Dworzec Wschodni Kolejowy

East Railway Station

ul. Kijowska 20, main hall (glass container)
Open 24/7

Dworzec Zachodni Autobusowy

West Bus Station – voivodeship reception
point, Al. Jerozolimskie 144

In the bus station and in the parking lot you
will find various aid initiatives (information,
snacks, clothes). Open 24/7.

Dworzec Zachodni Kolejowy

West Railway Station

Al. Jerozolimskie 142

Passenger Service Point (Punkt Obsługi
Pasażera), Railway Station building, entry
from Al. Jerozolimskie street, on level -1
Open 24/7

Multicultural Center

Comprehensive support, e.g.: housing
assistance, legal advice on legalization of stay,
psychological support, assistance with finding
a school for a child and job search support.
ul. Jagiellońska 54

☎ +48 22 648 11 11, +48 604 932 969

centrum@cww.waw.pl

Open daily: 8am–8pm

This brochure
contains information
only about assistance
provided free
of charge

updated: 28.03.2022
live document: bit.ly/ulotka-ua

This brochure was created on the basis of information available online, verified with entities offering support.

Out of date information? Send an email: ulotka.ua@gmail.com

IOM International Organization for Migration – UN Agenda for Migration
Support and information on applicable regulations in Poland in Ukrainian, Russian, French and English.

+48 22 490 20 44

Transport

Note: Public transport in Warsaw and railways in Poland are free of charge **only** for Ukrainian citizens who crossed the border from February 24, 2022 onwards.

Railways in Poland

Timetable: <https://rozklad-pkp.pl/en>

Support in finding accommodation, apartment in Warsaw

Ukraiński Dom / Fundacja Nasz Wybór
Ukrainian House / Our Choice Foundation

+48 727 805 764

ul. Zamenhofa 1, open 9am–9pm
ukrainskidom.pl

Fundacja Polska Gościnność

Polish Hospitality Foundation
www.fb.com/polacydlauchodzcow

Psychological assistance (consultations and support)

Fundacja Polskie Forum Migracyjne

Polish Migration Forum Foundation
+48 669 981 038 (Whatsapp and Viber)

open: Mon, 4pm–8pm

Wed, 10am–2pm

Fri, 2pm–6pm

Whatsapp and Viber calls possible
zapisy@forummigracyjne.org

Fundacja Ocalenie Rescue Foundation

open: Mon–Fri, 9am–5pm

cpc@cpc.org.pl

www.ocalenie.org.pl/kontakt

Support for children and parents organized by the city

Most clinics provide support in English.

<https://bit.ly/psych-WAW-UA>

Contacts to activists from some non-Ukrainian diasporas in Poland offering support

<http://bit.ly/3it69Ub>

Public transport in Warsaw

Schedule, route planning:
www.wtp.waw.pl/en or Google Maps or Jakdojade app (iOS and Android)

Ticket price list:

www.wtp.waw.pl/en/ticket-tariff

KIK Hostel for (mostly) non-Ukrainian refugees from Ukraine

hostel@kik.waw.pl

Fundacja dla Somalii

Foundation for Somalia

+48 736 380 203, +48 22 658 04 87

maria@fds.org.pl, www.fds.org.pl

Centrum Terapii i Rozwoju „Akson”

Support in English for children

+48 697 343 396

biuro@aksoncentrum.pl

Enel-med

Psychological support in English.

+48 22 267 68 53

open: Mon–Fri, 9am–2pm

Medical assistance (consultations and examinations)

Public healthcare

is fully available free of charge only to foreigners who are entitled to health insurance in Poland (eg. they are employed here) or who have been granted refugee status in Poland. The exceptions are citizens of Ukraine who crossed the Polish border after February 24, 2022, regardless of the legal basis for their legal stay in Poland.

Private healthcare

The following companies provide support to refugees from Ukraine regardless of their nationality (the scope of support varies). A confirmation of refugee status is:

- entry/stamp in passport/travel document
- certificate issues by the Polish Border Guard

confirming legal stay on the territory of the Republic of Poland, after crossing the border from February 24, 2022 due to the armed conflict on the territory of Ukraine.

Obstetric Monitoring Center

Free eCTG for pregnant women (possibility of delivering equipment within Warsaw)

+48 888 065 534, +48 514 951 077
zamowienia@carebits.pl

Znany lekarz

Free appointments (in English):

+48 22 357 40 40 pon–pt. g. 8.00–16.00

Support for LGBTQ+ people

Lambda Warszawa Association

Legal and psychological support. Make an appointment by phone: +48 22 628 52 22
Mon–Fri, 6pm–9pm

ukraina@lambdawarszawa.org

Accommodation support:

www.bit.ly/Lambda-LGBTQ

Fundacja Alivia Alivia Foundation

support for oncology patients
onko_ukraine@alivia.org.pl

Grupa LUXMED LUXMED Group
Medical assistance in urgent cases available throughout the country. Make an appointment by phone (in English, Ukrainian and Polish):

+48 22 45 87 007, open daily 9am–5pm. The voice message is recorded in Ukrainian – don't worry about it, dial “1” and you will be redirected to a representative.

ua.kontakt@luxmed.pl

Damian Medical Center

Consultations (also specialized) and examinations in all facilities (to make an appointment call: +48 22 566 22 22, dial “9”)

Emergency internist aid in the admission room of Damian Hospital (ul. Wałbrzyska 46):

Mon–Fri, 7.30am–8pm

Sat, 8am–8pm

Sun, 8am–4pm

Enel-med

Free appointments to internists and pediatricians. To make an appointment call: +48 22 434 09 09, dial “1”, and then dial “9”.

Contacts and information

<https://ukraina.paradarownosci.eu>