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NEWS

Information
from the Świętokrzyskie
voivodship
for foreigners

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WELCOME!

We would like to present
second - autumn edition of
the NOWINY bulletin - a
cyclic magazine covering
topics important
and interesting for
foreigners in Poland.

The bulletin is part of the
nowiny.inteuro.info service
created under the project
'INTEURO - Programme of
integration
and professional activation of
foreigners
in the Świętokrzyskie
voivodship'

ADVICE WORK BUSINESS EDUCATION

Practical knowledge, interviews
with experts, courses, training
etc.

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CULTURE TOURISM NGO

Interesting facts about Poland
and the Świętokrzyskie region,
social activity

MORE ON PAGES 9, 10





INTEURO

What's happening at Sienkiewicza 78A in Kielce?

The Association Integration Europe-East has completed the organisation of twenty integration courses in which foreigners learned about Poland in practice.

Participants had the opportunity to visit picturesque corners of the Świętokrzyskie voivodship, take part in cultural workshops and integrate with the local community.

These 5-day courses were not only educational, but also a great way to actively spend time in the summer.

One of the more interesting initiatives was the organisation of journalism workshops for foreign secondary school pupils and students from Kielce. The workshop was led by our editing colleague Liudmyla Yurchenko, who has many years of journalistic experience gained while working in Kyiv.

All courses were held as part of the project 'INTEURO - a programme for the integration and professional activation of foreigners in the Świętokrzyskie voivodeship', co-financed by the European Funds for Świętokrzyskie programme.

Next year it is planned to organise further courses entitled 'POLAND: Europe in practice'.

We would like to thank our participants for their active participation in the courses

and we invite you to enjoy the photographic memories, which we will post on our Facebook profile: fb.com/inteuro

Do you have questions? Get in touch with us:

The editors of the NOWINY website and newsletter
INTEURO Centre for Integration of Foreigners
(Association Integration Europe - East)
25-501 Kielce, Sienkiewicza Street 78A, tel +48 573
338 377 info@nowiny@inteuro.info nowiny.inteuro.info



News from Poland and the region

The floods in Poland



How you can help?

The recent floods that hit Poland caused severe damages. Many families have lost their possessions and some localities are still struggling with the effects of the disaster. At this difficult time, any help is of great importance.

In the Świętokrzyskie voivodship, the most necessary items for the victims were collected. The most needed items were and are: blankets, bedding, clothing, cleaning items, hygiene products, long-term food, bottled water and basic cleaning tools (buckets, brooms, shovels).

As Poland grapples with flooding, it is important to involve the public - including foreigners. In addition to donations, which are crucial in the first days of a disaster, volunteers are often needed to help with clean-up, sorting donations or logistical support.

In Kielce, the 'Zielinski Palace' has finished collecting donations, but is looking for hands to work. The help of volunteers is now invaluable, especially in cleaning up

the affected areas.

Volunteering is a concrete and practical way to help and can bring relief to those affected. For those who wish to help, we recommend contacting the organisation directly and e-mail: dyrektor@palacykzielinskiego.pl.

Before delivering your donations, it is a good idea to contact

with the chosen donation point to make sure which products are most needed at the time. In addition to material donations, you can also make a financial donation to local charities that coordinate aid for those affected.

Your help can make a real difference to the lives of those affected by the floods!

PROGRAM

800+

From 2024, the 500+ benefit has been increased to PLN 800 for each child up to the age of 18. Ukrainian citizens who are legally residing in Poland can apply for these benefits on an equal basis with Polish citizens.

In order to receive 800+, it is necessary to submit an application to the Social Insurance Institution (ZUS) via the PUE ZUS platform. The application can be submitted online and the awarded funds are paid monthly to a designated bank account.

For Ukrainian citizens, it is crucial to have a document confirming legal residence in Poland, such as a residence card or a declaration of temporary protection.

In order for Ukrainian citizens to apply for the 800+ benefit in Poland, they must submit the following documents to ZUS:

- a) Document confirming legal stay in Poland, such as:
 - a residence card with the endorsement 'access to the labour market,'
 - confirmation of temporary protection,
 - other document authorising legal stay.
- b) Documents confirming identity and relationship with the child:
 - child's birth certificate,
 - passport or identity card.
- c) Application form for the 800+ benefit, to be submitted online via the PUE ZUS platform.

More information and details are available on the ZUS website: ZUS 800+ for Ukrainian citizens.

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

How to benefit from free support at the INTEURO Centre for Integration of Foreigners in Kielce?

INTERNET

The fastest way to find us is to visit our online platform: INTEURO.INFO Good Neighbourhood Map

HELPLINE

We have set up a helpline for you in four languages: Polish, Ukrainian, Russian and English.

Helpline: +48 573338377
Viber/WhatsApp: +48789085083
e-mail: info@inteuro.info

STATIONARY INFORMATION POINT

25-501 Kielce
st. Sienkiewicza 78A (second floor)



Own business in Poland How to start?



Non-registered business. What you need to know?

Unregistered business is a form of entrepreneurial activity in Poland that does not require registration with the Central Register of Business Entities and Information (CEIDG). It is an ideal solution for people who want to start a small business without major formalities.

In order to benefit from this form of business, several conditions must be complied with:

- Income: Monthly business income cannot exceed 75% of the minimum wage (currently it is PLN 4300.00 gross).
- No business in the last 60 months: You must not have had a registered business in the last five years.
- Industry: The activity must not include activities that require concessions, permits or licences.

An unregistered business offers the opportunity to earn money legally on a small scale without having to register, pay social security payments or keep complicated accounting records. You only need to keep simplified income records. However, you have to bear in mind the obligation to pay personal income tax if income is earned.

Foreigners in Poland may carry out unregistered business but they must comply with certain conditions. Firstly, the foreigner must be legally staying in Poland, which means it is necessary to have the appropriate residence documents, such as a residence card or a visa. In the case of Ukrainian citizens, temporary protection status is sufficient. In addition to these conditions, foreigners must comply with the same rules as Polish citizens regarding an income limit and no entrepreneurial activity in the last 60 months.

More information can be found on government websites:

[Biznes.gov.pl - dzialalnosc_nierejestrowana](https://biznes.gov.pl - dzialalnosc_nierejestrowana)

Would you like to find out more?

Take advantage of free legal advice

at the INTEURO Centre for Integration of Foreigners in Kielce!

You are welcome to visit the Information Point for Foreigners in Kielce or contact us via the Helpline: +48573338377 and e-mail: info@inteuro.info

We speak Polish,

Ukrainian, Russian and English.



Birds of a feather flock together

As a result of Russia's full-scale invasion of Ukraine, several million Ukrainians left for Poland. In the beginning, financial support from the government was very important. However, Ukrainians are not a nation that lives on donations. They all gradually adapted and found their place. Some gained new qualifications, others found work and still others started their own business. It is about the latter group that I would like to talk more. Ukrainians in Kielce are no exception and, like in other cities, they are opening their own small businesses. Everyone has probably heard of "Pan Czeburek", but it will come as a surprise to many that there is another "Ukrainian" gastronomic establishment on Sienkiewicza Street. It is the Etna restaurant - ETNA Pizza & Pasta. The owners are a married couple, Iryna Sribnenko and Oleh Bushyn, who came to Poland from Dnipro. Although their restaurant does not serve Ukrainian food, but Italian, it is with a Ukrainian soul. Mr Oleh prepares the pizza dough with his own hands according to an Italian sourdough recipe, and only Italian products are used for the filling.

The restaurant also serves delicious pasta. Ms Iryna quips that the quality of their pasta has been confirmed by the Dutch triathlon team, because during the entire championships, which took place in Kielce, the athletes ate at their restaurant.

ETNA Pizza & Pasta is located near Plac Artystów, so if you stroll along Sienkiewka, you can drop in for a filling lunch at the Ukrainian.

Author: Liudmyla Yurchenko





Education Adventures with Polish Polish

Travelling of a foreigner

Learning Polish is like going on a great, adventurous journey, where every turn may surprise you and every word seems to hide more secrets than Atlantis itself. Understanding this linguistic travel requires courage, determination and... a large dose of good humour.

The first challenge? Orthography! Who would have thought that letters could have so many variations? 'S', "Ś", "SZ", 'Ć' - all sound alike, but each has its own secrets. And when a foreigner happily announces that he has learned to say 'czaszka', he quickly learns that 'szczaw' and 'szczeniak' are a completely different story. Sounds which are exotic rarities in other languages are commonplace in Polish.

And grammar? It's already a real game of contingency puns. The cases resemble mysterious portals to different dimensions. 'Whom? What? To whom? Why?' - these are not existential questions, but everyday dilemmas for every student of Polish. In addition, every noun and adjective is dressed up with a different ending,

depending on the mood (read: case) and gender.

Then comes the turn of phraseologisms, the cherry on the cake. Funny phrases such as 'to have flies up your nose' or 'to go out on a limb' sound like mystical riddles to foreigners. And try translating 'to make a fork out of a needle' into another language - it's like explaining the theory of relativity! Despite these challenges, learning Polish has its rewards. Once you've mastered the basics, each new sentence is like gaining another level in the game.

In summary, Polish is a language that requires the learner not only to know but also to distance themselves. Every mistake is another anecdote to tell around the dinner table, laughing about your linguistic adventures. And at the end of this journey, every foreigner discovers that although Polish is a difficult language, it is also fascinating and full of charm - just like Poland and its people.

In the meantime, we would like to invite you to free Polish language courses at the Centre for Integration of Foreigners INTEURO in Kielce!

Enrolment: <https://inteuro.info/inteuro-edukacja>

Educational vouchers FOR WOMEN FROM UKRAINE!

Are you a Ukrainian woman? Are you unemployed? Are you looking for a job? Or do you want to requalify?

Quickly, substantially and free of charge benefit from the support provided by experts of the Voivodeship Labour Office in Kielce, which is provided thanks to the project "INTEURO - Programme of integration and professional mobilisation of foreigners in the Świętokrzyskie Voivodeship". Career counsellors are waiting for you!

What We Offer?

- We will edit your application documents
- We will review job offers and assist you in submitting applications for selected positions
- Prepare you for job interviews
- We will show you the easiest way to find a job
- We will identify your competences and professional predispositions
- We will help you to make a decision on the choice of profession or retraining
- Plan your future career and help you find your way in the local labour market

... and very importantly we will sponsor the course of your choice with a voucher of up to PLN 5,000

P.S.: We also refund travel expenses for our forms of support!



WOJEWÓDZKI URZĄD PRACY
W KIELCACH

Don't delay your decision! Since the beginning of the year, we have supported dozens of Ukrainian women! You could be next!

Feel free to contact us:

Voivodship Labour Office in Kielce

str. Witosa 86; Kielce

Phone: 41 36 41 610, 41 36 41 638

E-mail: ciz@wup.kielce.pl

Messenger: <https://www.facebook.com/wupkielce/>

INTEURO Centre for Integration of Foreigners

st. H. Sienkiewicza 78A; Kielce

Phone: 573 338 377



Fundusze Europejskie
dla Świętokrzyskiego



Rzeczpospolita
Polska



Dofinansowane przez
Unię Europejską



WOJEWÓDZTWO
ŚWIĘTOKRZYSKIE

Załącznik nr 4 do Regulaminu wsparcia

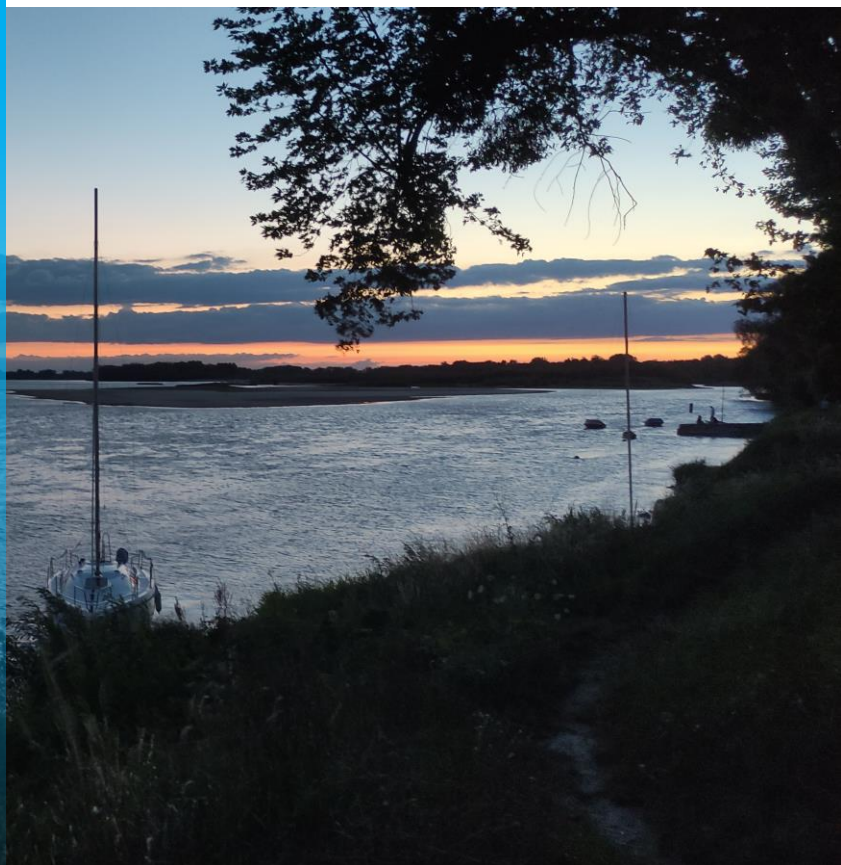
VOUCHER SZKOLENIOWY NR z dnia

w ramach Projektu pod nazwą „INTEURO - program integracji i aktywizacji zawodowej
cudzoziemców w Województwie Świętokrzyskim”
Integracja Europa-Wschód w Kielcach w



1. Voucher szkoleniowy dla Pani
zamieszkania: Uczestniczka
i aktywizacji zawodowej cudzoziemców
..... PLN (słownie:)
na sfinansowanie kosztów Tytuł usługi z
2. Wartość vouchera może zostać podwyższona w ramach projektu.
3. Voucher może zostać wykorzystany w

Świętokrzyskie tourism Sightseeing in Kielce!



Weekend in Kielce – where to relax?

This question deserves a separate column, as the Świętokrzyskie Voivodeship offers many options for active leisure. However, a lot depends on your preferences and possibilities. For example, whether you have a car or not, whether you are planning a one-day trip or an overnight stay, and whether you prefer active holidays or just relaxing in nature.

So let's start with one of the most frequently asked questions by Ukrainians: where can you have a barbecue and what are the conditions? Our answer.

In several parks in the city you will find stationary barbecues, where you can bring your own briquettes and fry sausages, vegetables or meat skewers. However, there is another interesting option for larger groups - alcoves with barbecues in the Communal Forest. This is located near the Binkowski aquapark in the Barwinek district. A huge forest area, a field where you can play football, space for other physical activity games or simply a place where children can run around.

The gazebos are equipped with benches, tables and barbecues and, most importantly, firewood is also prepared.

And all this is free of charge. However, in order to take up the space, it must be booked in advance by calling 413676583.

So, if it's still golden autumn time and it's not raining, you can try to take advantage of this option. While booking, don't forget to find out in advance what it's all called in Polish. To do so, you can visit the Polish-language version of our information portal.

Author: Liudmyla Yurchenko



Świętokrzyskie tourism

Mountain Miedzianka

Miedzianka Mountain, located just a few kilometres from Kielce, is a unique place that delights nature and history lovers alike. This not very high, but picturesque mountain hides many mysteries, which are worth discovering during a weekend trip.

At the top of Miedzianka, a breathtaking view of the vast valley, the surrounding hills and charming villages and the castle in Chęciny. It's the perfect place for a relaxing walk, picnic or bird watching. But Miedzianka is not only nature - it also has a rich mining history. Old pits and adits, which are remnants of copper ore mining, attract history enthusiasts and adventurers.

The paths through forests and fields are easily accessible, and the route itself is not demanding, making it ideal for family outings. Miedzianka Mountain is a place worth visiting to get away from everyday life for a while and feel close to nature.

Check out the photos from our trip :)



How to get there?

By car (parking at the Museum Chamber of Ore Mining in Miedzianka)
bus line Kielce-Zajęczków, stop Miedzianka, then walk uphill ;)

For more interesting information, necessarily read here: https://swietokrzyskie.travel/informator_turystyczny/natura/gora_miedzianka

Photographs:
Archive of the Association Integration Europe-East





Psychological support for foreigners in Poland



Loneliness in a foreign country

Loneliness is one of the most difficult challenges faced by employment and war migrants, especially after arriving in a new country. Loss of contact with close relatives, the language barrier and unfamiliar surroundings intensify feelings of isolation.

Psychologists underline that the key to coping with loneliness is to build new relationships and find support in local communities. It is important not to be afraid to ask for help - many Poles offer support, both emotional and hands-on.

Finding a support group or attending local events can help with integration and a sense of belonging. And don't forget to take care of your mental health - talking to a psychologist can be the first step to regaining balance. Remember that loneliness is a natural reaction, but you don't have to go through it alone.

At the INTEURO Center for Integration of Foreigners, a qualified psychologist from Ukraine, Olha Kholodna, provides consultation to foreigners.

All this is part of a special program launched at the Center called "My Friend."

The main problems with which Ukrainians come forward are related to:

- The emotional and physical survival of the loss of relatives, property, previous lifestyles and the inability to contact loved ones who remained in the occupied territories;
- emigration, specifically the difficulties associated with social, cultural and linguistic adaptation in the new country. The fear and anxiety of integrating into a new environment, looking for a job, changing one's main activity, accessing the educational market and health care system is intensified;
- seeking internal support and resources to cope with stress and ensure harmonious functioning, ability to build relationships and communicate.

We invite you to take advantage of free advice from Monday to Friday from 8:00 to 16:00 at the Center on Sienkiewicza Street 78A in Kielce.

Visits are arranged by phone: +48 573 338 377 oraz e-mail: info@inteuro.info

Read more about psychological support at <https://inteuro.info/psycholog-pomoc>



Photos from the activities of the "Pro Swoje" support club for Ukrainian women run by psychologist Olha Kholodna. Registration for classes at the INTEURO Center for Integration of Foreigners: +48573338377 You are welcome!