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NEWS

Information from the
Świętokrzyskie voivodship
for foreigners

MORE ON PAGES 3, 4, 9



ADVICE WORK BUSINESS EDUCATION

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

MORE ON PAGES
2, 5, 6, 7

CULTURE TOURISM NGO

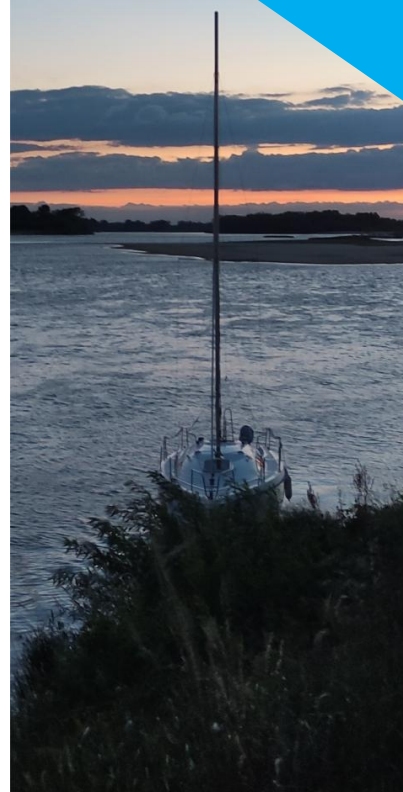
Interesting facts about Poland
and the Świętokrzyskie region,
social activity
MORE ON PAGES
8, 10, 11, 12



WELCOME!

We would like to present
you with the next issue 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'





INTEURO JOB FAIR

Three meetings with employers
and careers advisors already behind us

The INTEURO Centre for Integration of Foreigners organised three job fairs in May and June: 28 May, 18 June and 25 June in Kielce.

These events were an important platform for professional activation of foreigners in the Świętokrzyskie Voivodeship and connected local employers with people seeking employment - both beginners and those with experience.

The first exchange entitled. 'New job - new challenges', organised on 28 May in the premises of INTEURO (ul. Sienkiewicza 78A), was dedicated to the IT, advertising and marketing industry. Advisors from the WUP, EURES, and were present, as well as translators and INTEURO advisors.

The second exchange, on 18 June at the INTEURO CIC, was mainly aimed at women from Ukraine. Representatives of the MUP presented current job offers from various sectors. Participants were able to talk to advisors and local employers, who were happy to answer questions and invite them to the next stages of recruitment. The third - the Summer Job Exchange - was held on 25 June at the Market Square in Kielce, on the initiative of MUP. The event was open and attracted many residents and foreigners. There were stands of employers, employment agencies and the INTEURO point, where gave advice on legalisation of work, CVs, language courses and professional activation as part of the INTEURO project co-financed by the European Funds for Świętokrzyskie.

By the end of the year we will organise one more job exchange. When? Be in contact with us and follow the FB profile INTEURO www.fb.com/inteuro



Do you have questions? Contact us:

Editorial staff 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





Polish school in the age of migration



INTEURO supports a multicultural environment

The Association Integration Europe-East has been working for years at for the benefit of foreign children studying in Polish schools. Through the project 'INTEURO - Programme of integration and professional activation of foreigners in the Świętokrzyskie Voivodeship' INTEURO offers extensive educational and integration support.

Children with migration experience often struggle with language barrier, stress and a sense of alienation. INTEURO helps them through free language courses Polish, remedial classes and cultural and psychological workshops. In parallel, training courses for teachers and school staff are provided.

They teach how to recognise the needs of migrant children, how to conduct lessons in a multicultural environment and how to build an atmosphere of safety and acceptance.

Thanks to such activities, INTEURO makes the school a place of real integration, and children with the experience of migration have a chance for development, education and a better start in a new country.



New application form for long-term EU resident. Important change for foreigners in Poland!

As of July 2025, a new application form for the granting of a long-term resident's EU residence permit is in force. The change was introduced in order to adapt the national legislation to EU regulations and to simplify procedures for foreigners living in Poland.

Where to download the new application form?

The new application form can be downloaded:

- from the website of the Office for Foreigners: <https://www.gov.pl/web/udsc/nowy-wzor-wniosku-oudzielenie-zezwozenia-na-pobyt-rezydentadlugoterminowego-ue>
- directly on the subpage: Download documents - Long-term resident's EU residence permit
- in paper version - at the information point of the department for foreigners in the voivodship office competent for the foreigner's place of residence

Remember: the application should be filled in legibly, preferably by computer, and then printed out and signed.

Who can apply for a long-term resident's EU residence permit?

This permit may be obtained by a foreigner who:

- has been legally and continuously residing in Poland for at least 5 years
- has a stable and regular source of income
- has health insurance
- knows Polish at the level of at least B1 (confirmed by certificate)

Required documents

The application for residence of a long-term EU resident should be accompanied by:

1. a completed application form (new model!)
2. 4 recent photographs which comply with passport requirements
3. copy of a valid travel document (e.g. passport)
4. documents confirming an uninterrupted legal stay in Poland for at least 5 years (e.g. decisions on granting previous permits, residence cards)
5. documents confirming a stable and regular source of income for the last 3 years (e.g. employment contracts, PITs, certificates from the Tax Office)
6. confirmation of health insurance (e.g. from ZUS)
7. proof of knowledge of the Polish language at level at least B1 - currently certificate issued by the State Commission or certificate of graduation from a Polish school is required
8. confirmation of payment of stamp duty (PLN 640)
9. document confirming place of residence
10. document confirming payment of health dues for the last 3 years from ZUS.

Where to submit the application?

The application should be submitted in person to the provincial office competent for the foreigner's place of residence.



Why is it worth it?

Long-term resident status in the EU gives you greater residence stability, facilitates access to the labour market and enables you to move more easily in other EU countries.

Do you have any questions?

Take advantage of free consultations at INTEURO Centre for Integration of Foreigners in Kielce at Sienkiewicza Street 78A.

We are waiting for you from Monday to Friday from 8:00 to 16:00.

Use our infoline:

- Hotline: +48 573 338 377
- Viber/WhatsApp: +48 789 085 083
- Email: info@inteuro.info

Training We support women in business!



The first cycle of training at CIC INTEURO is behind us

The INTEURO Centre for Foreigners' Integration in Kielce has completed the first cycle of training courses under the INTEURO BIZNES programme - an initiative supporting professional integration and entrepreneurship of foreigners in Świętokrzyskie voivodeship.

The meetings were attended by 12 women from Ukraine, who live and plan to develop their careers right here - in Poland.

The series comprised five intensive one-day training sessions, led by experienced experts in accounting, taxes, marketing or occupational health and safety. The classes were held in a friendly and supportive atmosphere at the premises of CIC INTEURO at Sienkiewicza 78A in Kielce.

What topics we have trained in:

- business registration, taxes and insurance
- creating a business plan and working with Polish partners
- time management and marketing for small businesses
- investment, anti-discrimination and sustainability
- health and safety in business.

The trainees are women with great potential and determination to be self-employed. Most of them are already planning to set up their own business in Poland. Thanks to their participation in INTEURO BIZNES they gained not only knowledge, but also practical tools, mentoring support and contact with other migrant women in a similar situation.

What does INTEURO offer?

- Free legal and accounting assistance

Experts will help you step by step through the business registration process, advise on the appropriate legal form, and explain how to manage accounting during the first months of operation.

- Coworking space for aspiring entrepreneurs

The INTEURO Center provides free office space in the very heart of Kielce — at 78A Sienkiewicza Street. It's a great place for development, business meetings, and building your first professional contacts.

- Trainings and business consulting

Project participants can take part in practical workshops on topics such as online marketing, client acquisition, financial management, and effective communication. Additionally, individual consultations with business advisors are available.

Who can benefit from the support?

This offer is for women from Ukraine who arrived in Poland after February 24, 2022, and plan to start a business in the Świętokrzyskie Voivodeship.

How to join?

Simply contact the INTEURO Center for the Integration of Foreigners in Kielce to get detailed information about the available forms of support. Our team will gladly guide you through every step so you can start your business journey in Poland.

New opportunities for women from Ukraine – **take advantage of training vouchers**

If you are a woman from Ukraine looking for new career opportunities in Poland, this offer may be just for you.

The INTEURO Center for the Integration of Foreigners in Kielce, together with the Voivodeship Labour Office, invites you to take part in a project where you can receive a training voucher to develop your skills.

With a voucher, you can choose a professional course that will help you find a job more easily or gain new qualifications. It could be a course in cosmetology, gastronomy, IT, language learning, or an entirely different field — you decide what knowledge you need.

The value of one voucher can be up to 5,000 PLN, and participation in the project is completely free of charge.

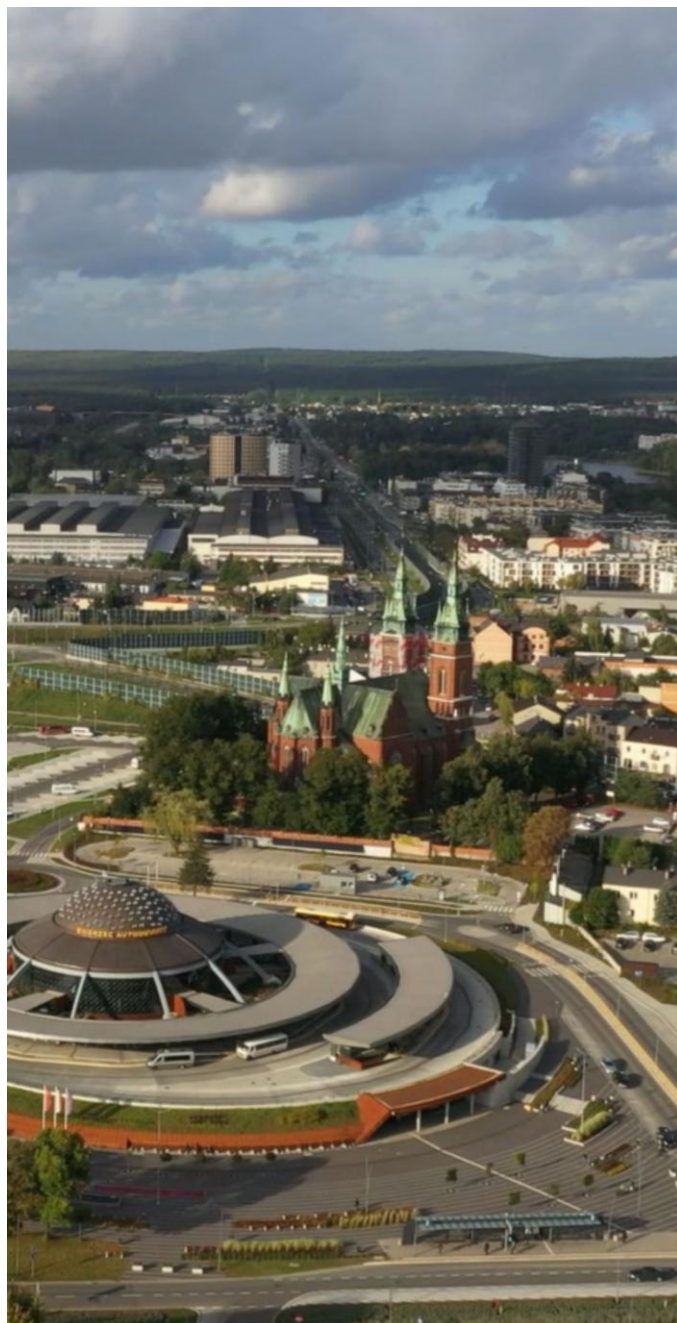
In addition to funding for courses, you can also receive support from career advisors who will help you:

- write a professional CV and cover letter,
- prepare for a job interview,
- identify your strengths and plan your career path.

If you don't have any work experience in Poland yet or you want to change your profession — this is a great opportunity to take the first step.

If you would like to join, simply contact the INTEURO Center for the Integration of Foreigners:

- by phone: +48 573 338 377
- via WhatsApp or Viber: +48 789 085 083
- or by email: info@inteuro.info



Education in Poland



Registration is open for free Polish language courses for foreigners!

The INTEURO Center for the Integration of Foreigners in Kielce warmly invites all non-EU citizens to participate in free Polish language courses.

Enrollment is currently open for classes at various levels — from beginner (A1) to advanced (B2).

It's a great opportunity to start or continue learning the language that helps with everyday life in Poland, finding a job, studying, and handling official matters.

Our courses are taught by experienced teachers in a friendly atmosphere, using practical materials and exercises tailored to the needs of participants. Classes take place in small groups, which promotes more effective learning and allows for better communication with the teacher.

To register for a course, simply fill out a short registration form available at our office or on the Center's website: www.inteuro.info. The number of places is limited, so we encourage early registration.

We welcome everyone — regardless of your current language level. Learning Polish together can be easy and enjoyable!

inteuro
mapa dobrego sąsiedztwa

CENTRUM INTEGRACJI CUDZOZIEMCÓW INTEURO

Bezpłatne kursy języka polskiego

Kursy na poziomach A1-B2

Centrum Integracji Cudzoziemców
w Kielcach
ul. H. Sienkiewicza 78A
+48573338377
inteuro.info



Fundusze Europejskie
dla Świętokrzyskiego



Rzeczpospolita
Polska

Dofinansowane przez
Unię Europejską



WOJEWÓDZTWO
ŚWIĘTOKRZYSKIE

Where to cool down in hot weather in the Świętokrzyskie region? Take a look at the swimming facilities

Although Świętokrzyskie cannot boast seaside beaches, it more than makes up for it with charming water bodies scattered throughout the region. On hot days, local bathing beaches attract crowds of refreshment-thirsty tourists and locals. Looking for a place for water relaxation in beautiful natural surroundings? Here is a list of places worth visiting this summer!

One of the most popular bathing spots near Kielce was the Cedzyna Haff - unfortunately not available this season due to dam repairs. But rest assured - there are plenty of alternatives!

The Lubianka Harbour in Starachowice is a modern bathing site located near a landscape park. Awaiting you here is a sandy beach, a two-storey pier, a promenade, playgrounds, sports fields, an outdoor gym and even a climbing wall. An ideal place for all-day outing with family or friends.

Chańcza Haff (Staszów powiat), in turn, is a proposal for those who appreciate wild nature and silence. Situated on the edge of the Cisowsko-Orłowski Park, it offers space, peace and contact with nature. In the area you will find cottages, holiday resorts and agrotourism. And for anglers - a real paradise.

Haff in Borków is a compact gem located only a dozen or so kilometres from Kielce. It is easy to get here (even by public transport - line 11). There is a beach, there is pier, there are canoes, and nearby - a stud farm. An ideal place for a quick trip out of town.

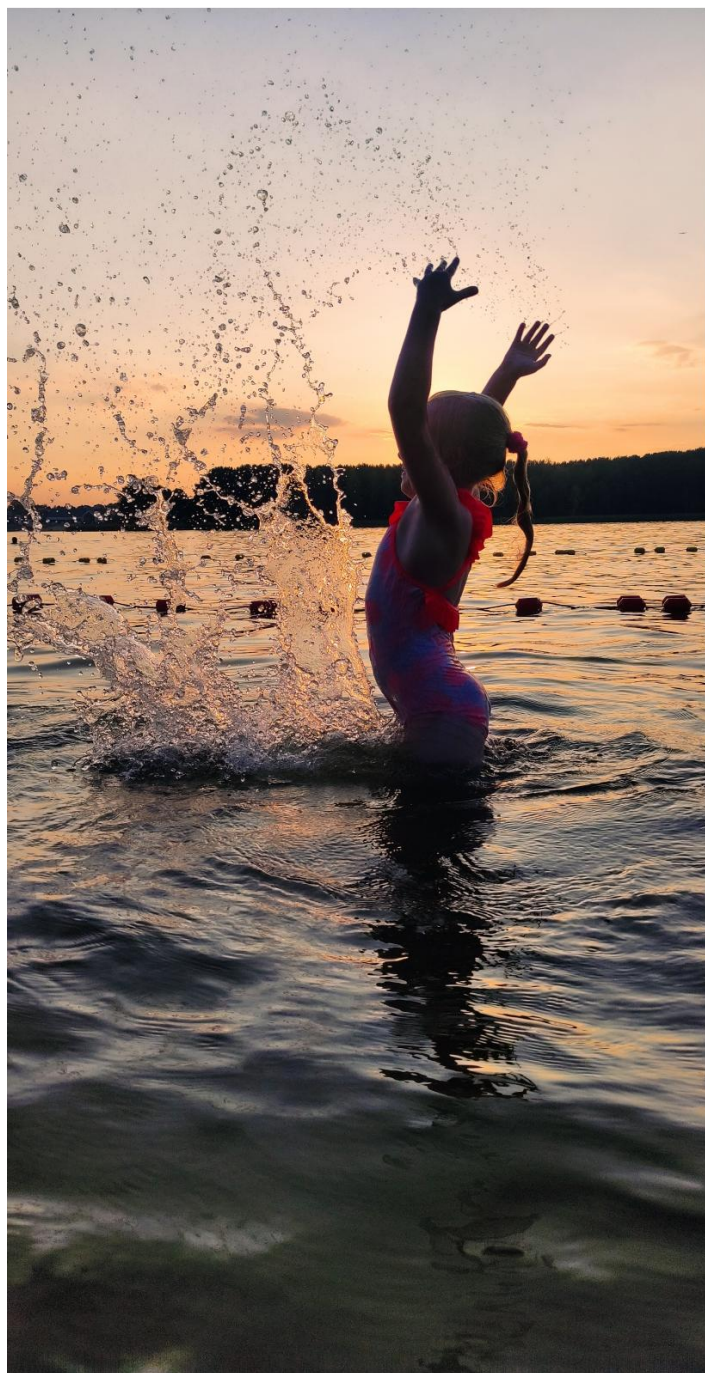
Golejów near Staszów is another location that returned to the map of Świętokrzyskie bathing beaches with a bang! Renovated bathing site impresses with its cleanliness, aesthetics and amenities.

After an extensive renovation, it attracts both families with children and young people looking for fun by the water. It is a great offer for the inhabitants of the southern part of voivodship.

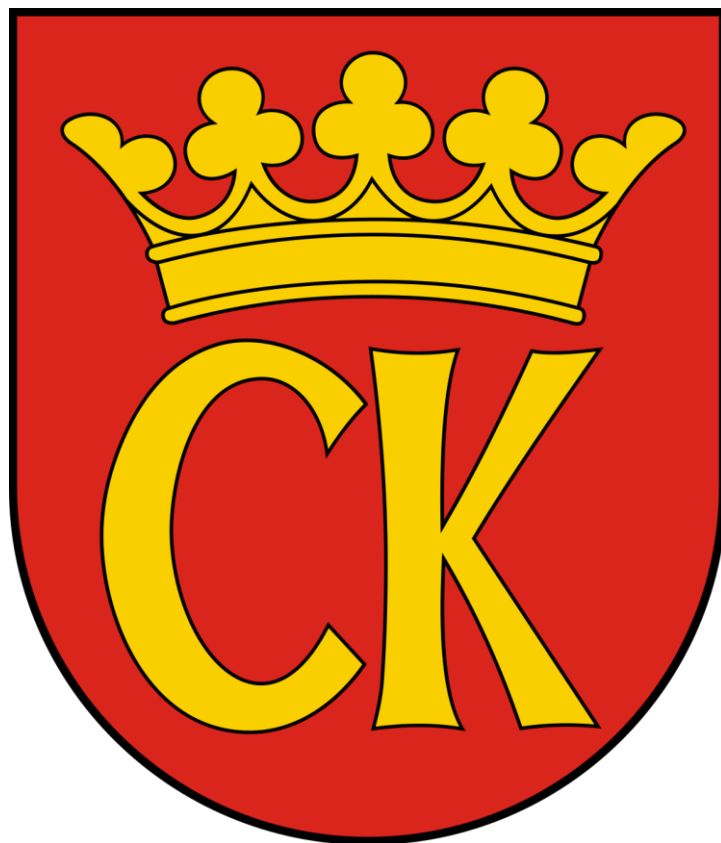
Other no less charming places are also worth a visit:

- revitalised Sielpia bathing resort near Końskie - a real hit of the season,
- Antoniów Haff in Radoszyce - perfect for a family picnic,
- Umer Haff and Kaniów near Zagnańsk - surrounded by greenery, ideal for a weekend reset,
- Haff in Pińczów - located in the heart of Ponidzie, with views of loess hills.

Świętokrzyskie may not have the sea, but it has something much better - proximity to nature, an intimate atmosphere and bathing beaches where you can really relax. Pack your swimsuit and get going - summer won't wait!



Kielce City Scholarship Programme



Another edition launched!

A new edition of the International Scholarship Programme has been announced, the aim of which is to encourage young, ambitious people to study in the capital of the Świętokrzyskie region.

This is an offer not only for Kielce residents, but also for foreigners who want to develop academically and professionally in Kielce.

The scholarship can be awarded to any person who:

- has passed the extended secondary school leaving exam with a result of at least 75%,
- is planning to start studies in Kielce - stationary or non-stationary,
- is active, ambitious and socially engaged.

What is important - the lack of income criterion means that anyone can apply for a scholarship, regardless of financial situation.

The City of Kielce is planning to award up to 100 scholarships, and additional points in the consideration of applications can be obtained if:

- you are a resident of Kielce or a partner city,
- you have experience in social, cultural or voluntary activities.

When and where to apply?

Applications will be available from 1 to 20 October 2025.
Kielce City Hall, 6 Strycharska Street, room 302

Why study in Kielce?

Kielce is a modern, open and friendly academic city. Higher education institutions offer a wide selection of faculties, and the cost of living is lower than in the largest academic centres in Poland. What's more, thanks to initiatives such as the International Scholarship Programme, foreigners can start their education here more easily and integrate into the local society. Details of the programme are available on the website of the City of Kielce:

<https://kielce.eu/pl/dla-studenta/dlaczegokielce/stypendia.html>

Need help with your application?

The INTEURO Centre for Integration of Foreigners in Kielce also supports young people from abroad in educational matters. You can count on help in preparing documents, recruitment, as well as adaptation to life in Poland.

Where are we?

INTEURO Centre for Integration of Foreigners (Association Integration Europe - East)
25-501 Kielce, Sienkiewicza Street 78A, tel. +48 573 338 377





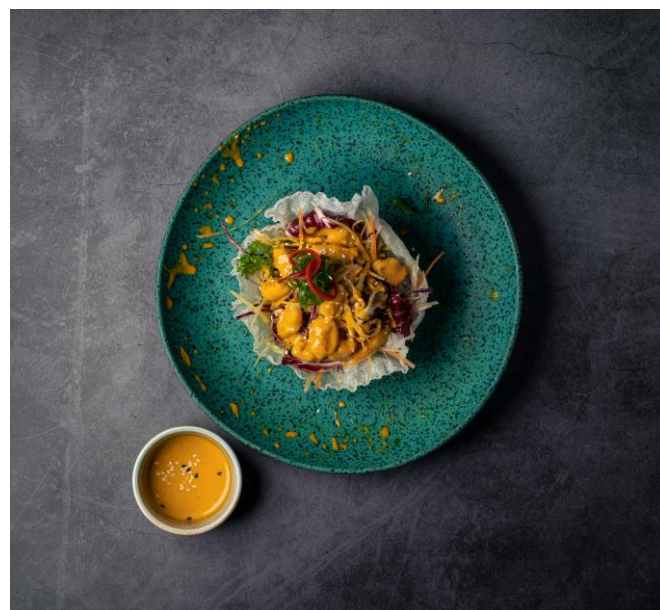
Integration in the region Explore the cuisines of the world in Kielce!

Kielce, once quite homogeneous culinarily, is today becoming more diverse in taste - thanks to foreigners who have brought their cuisines, spices, traditions and passion for cooking here. Small, family-run establishments, food trucks and restaurants run by foreigners from various parts of the world are becoming an important part of the urban landscape.

Just a dozen or so years ago, the streets of Kielce were dominated by pizzerias, kebabs and traditional milk bars. Today, places offering Indian, Ukrainian, Vietnamese, Georgian or even Colombian cuisine are appearing more and more boldly. Foreigners are not only satisfying the culinary needs of their compatriots, but also opening up to Polish customers, offering them authentic dishes, often prepared according to family recipes.

One example is the newly established Locombia restaurant, run by a chef from Bogotá and his Polish friends. Here you can find empanadas (traditional Colombian dumplings with meat or oyster mushrooms or cheese, deep-fried), arepas (grilled corn cakes with additives) or caldo di costillas soup. There is also no shortage of establishments in Kielce run by people from the Ukraine or Georgia. Meat pies, chèbureks, chinkali and khachapuri are dishes which are increasingly on the tables of people in Kielce.

Through their cuisine, they are breaking down cultural barriers, winning the hearts of locals and creating a place where everyone can feel at home - regardless of where they come from. Tastes of the World in Kielce is not only a culinary trend, but also a symbol of social change. They show that the city is becoming more and more open, diverse and interesting - not only on the map of Poland, but also on the plate.



The mysterious curse of Krzyztopor Castle

Learn about the extraordinary history of the ruins

Among the picturesque ruins in Ujazd, on a hill hidden among the Świętokrzyskie forests, rests the monumental building - Krzyżtopór Castle. Although today it resembles only a shadow of its former power, its walls still whisper of splendour, ambition.... and the curse that was to seal its downfall.

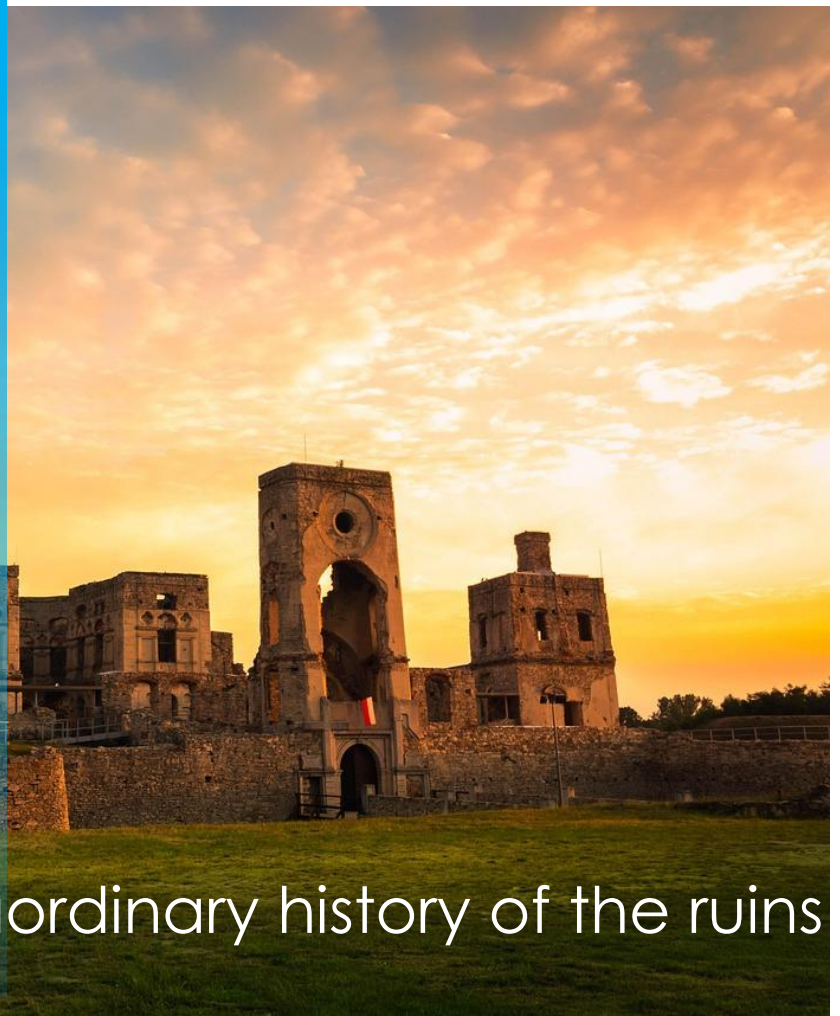
The castle, built in the 17th century by Krzysztof Ossolinski, was a masterpiece of Mannerism and symbolic architecture. It had as many windows as days in the year, as many rooms as weeks, as many halls as months - and towers as days of the week. The interiors were decorated with Italian marble, aqua ceilings and stables with marble mangers. But according to legend, this extravagance came at a price.

For centuries, locals have told of a curse cast by a jealous alchemist whom Ossolinski was supposed to deceive. In exchange for a gold recipe, the magnate promised eternal support and shelter - but when became rich beyond measure, he had the scholar walled up alive in one of his towers. Cursed in his last breath, he was to hurl the words: "Your empire will collapse before its echo passes away".

Indeed - the castle fell just a few years after the death of its owner. Plundered, destroyed by Swedish troops, it never again regained its former glory. Until today, on moonlit nights, tourists speak of a strange light in the tower, moans coming from the underground and shadows flitting between the ruins. Is it just imagination, or is the spirit of the alchemist still watching over his vengeance?

We invite you to visit!

<https://www.krzyztopor.org.pl/>





How to deal with stress?

Ukrainian psychologist at CIC INTEURO advises how to fight stress

Stress is part of humanity. The one related to war and forced displacement is complex in nature. A person finds himself in a new environment without previous points of support: home, work, social relations, often even without knowing the language. He or she not only experiences loss, but also experiences the pressure of having to adapt quickly to the new reality.

Mentally, this manifests itself in the form of anxiety, depression, sleep disorders, apathy or, conversely, hyperactivity. Physically - through increased blood pressure, heart problems, digestive system, weakened immunity. Chronic stress exhausts the body.

Psychological support is primarily about creating a safe space to express emotions, accepting the experience and gradually regaining a sense of control over life and a sense of security.

The psychologist helps clients to find internal resources for adaptation: values, faith, previous experience in overcoming difficulties, control of the "here and now": daily life, routine, education, communication with others. Self-help exercise techniques are also not without importance:

Exercises to normalise breathing

Breathing - 'Balloon' exercise

Put your hands on your abdomen and, while inhaling, imagine that you are inflating a balloon located in the middle of your abdomen. As you exhale, the balloon deflates. A good effect is when the length of the exhalation is twice longer than the inhalation. For example, inhale 1-2-3, exhale 1-2-3-4-5-6.

Grounding exercise

Choose any attractive small object that can evoke pleasant memories and feelings. Have it at hand at all times. In moments of fear, take the object in your hand and try to feel its surface, shape, colour etc.

Do you need psychological support?

Get in touch with us! Our psychologist Olha Kholodna will help you regain your mental balance and control over your life. At the Centre for Integration of Foreigners operating as part of the Map of Good Neighbourhood INTEURO.INFO already for 6 years we have been providing free psychological consultations to non-EU foreigners legally residing in Poland.

How to take advantage of the free psychological consultations as part of our "My friend" programme?

HELPLINE

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

Infoline: +48 573338377

Viber/WhatsApp: +48789085083

e-mail: info@inteuro.info

STATIONARY INFORMATION POINT IMPORTANT!

Appointment booking (on-line, by phone or e-mail)

25-501 Kielce

ul. Sienkiewicza 78A (second floor)

