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Nr 3/2025 IX 2025

## NEWS

Information from the  
Świętokrzyskie voivodship  
for foreigners

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## ADVICE WORK BUSINESS EDUCATION

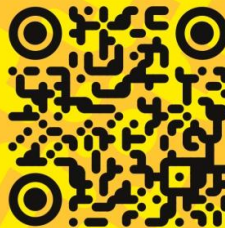
Practical knowledge, interviews  
with experts, courses, training  
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## CULTURE TOURISM NGO

Interesting facts about Poland  
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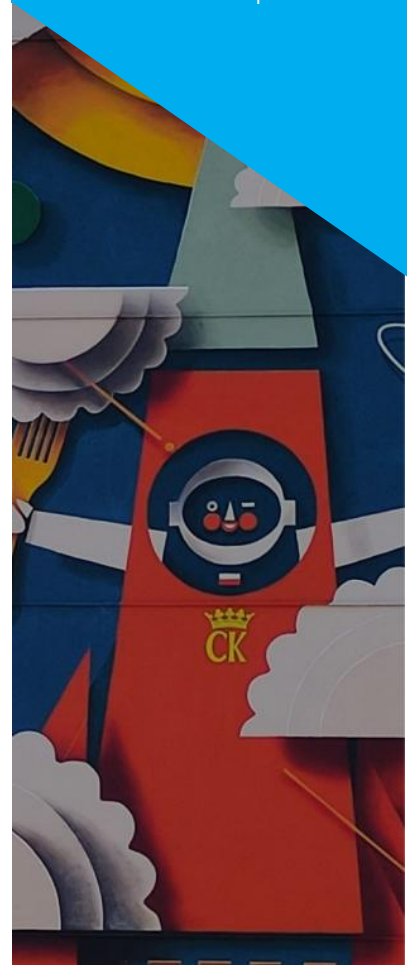
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## WELCOME!

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'





# STAY OF UKRAINIAN CITIZENS IN POLAND AFTER 30 SEPTEMBER 2025

## What is worth knowing?

The issue of Ukrainian citizens' stay in Poland still raises many questions, especially in connection with the expiry of the current regulations on 30 September 2025.

The Office for Foreigners emphasises that even if a new law is not adopted by that date, the stay of Ukrainian citizens will remain fully legal thanks to the temporary protection in force under the decision of the Council of the European Union.

It is worth remembering that Ukrainian citizens with UKR status may additionally apply for a temporary residence permit. The basis for such an application may include:

- performing work,
- conducting business activity,
- family reunification.

These are solutions that allow for the regulation of residence in Poland also in the long term.

### New law – what will change?

The government and the Senate have already passed a new law, which is currently awaiting the signature of the President of the Republic of Poland. This document will regulate certain issues that are important for Ukrainian citizens, but at the same time it will introduce changes affecting all foreigners residing in Poland. These will concern, among other things, the rules for verifying entitlement to benefits, access to healthcare and better identification of foreigners.

The further course of the legislative process can be found on the government websites.

### 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](mailto:info@nowiny@inteuro.info) [nowiny.inteuro.info](https://nowiny.inteuro.info)





# Foreigners Studying in Poland

## New rules for confirming Polish language proficiency for foreigners applying for university studies from 2025 onwards

**As of August 1, 2025, important changes entered into force in the regulations concerning the confirmation of Polish language proficiency for foreigners applying for studies in Poland. These changes apply both to the documents accepted by universities and to the procedure for obtaining a language proficiency certificate.**

We would like to remind you that all foreigners who wish to study in Polish are required to present a document confirming their knowledge of Polish at a minimum level of B2.

In accordance with the Regulation of the Minister of Science and Higher Education of 30 July 2025, foreigners may confirm their knowledge of Polish (minimum B2 level) with one of the following documents:

- state certificate (based on the Polish Language Act),
- ECL or telc certificate,
- certificate of completion of a 9-month preparatory course in Poland,
- diploma of completion of studies in Poland (with Polish as the language of instruction),
- a diploma in Polish philology or linguistics from abroad (with confirmation of language hours),
- sworn translator qualifications in Polish.

Thanks to this, foreigners no longer have to take an additional language exam at the university – one of the above documents is sufficient.

When planning to study in Poland, it is worth obtaining this document in advance, as it is required at the recruitment stage. Without this document, it is not possible to study in Polish.



# The eZDROWIE system in Poland

## How to use e-prescriptions and e-referrals?

In Poland, more and more medical services are operating electronically. This system is called e-health. Thanks to it, instead of paper documents, patients receive prescriptions, referrals and test results via text message, e-mail or through their Internet Patient Account (IKP).

### What does e-health include?

- e-recepta – an electronic prescription for medicines,
- e-skierowanie – an electronic referral to a specialist or for tests,
- e-zwolenie – electronic sick leave, which goes directly to the employer and the Social Insurance Institution (ZUS),
- Internet Patient Account (IKP) – a free portal where you can find your prescriptions, referrals, treatment history and vaccinations.

### How to collect an e-prescription?

1. The doctor issues a prescription in the system.
2. You receive a text message with a 4-digit code or a printout.
3. At the pharmacy, you provide the code + your PESEL number, and the pharmacist dispenses the medication.

☞ If you do not speak Polish well, simply show the text message or printout..

### How does an e-referral work?

1. The doctor issues a referral in the system.
2. You receive a text message with a code.
3. You provide the code at the reception desk of the selected medical facility.

### Internet Patient Account (IKP)

This is a free online service: [pacjent.gov.pl](https://pacjent.gov.pl)

On the IKP, you can check:

- your prescriptions and referrals,
- test results,
- vaccination history,
- who has viewed your medical records.

You can log in via Profil Zaufany, online banking or the mObywatel app.

☞ If you have a PESEL number, you can also use the IKP as a foreigner.

### Is it secure?

Yes. Medical data is protected in accordance with the law (RODO). You have full control over who can view it.

### ★ Important links and contacts

- e-zdrowie portal: <https://ezdrowie.gov.pl>
- Internet Patient Account (IKP):
- Internet Patient Account (IKP): <https://pacjent.gov.pl>
- Information about e-recepta: <https://www.gov.pl/web/zdrowie/e-recepta>
- Information about e-skierowanie: <https://www.gov.pl/web/zdrowie/e-skierowanie>
- IKP help and guides: <https://pacjent.gov.pl/ikp/faq>
- e-zdrowia system helpline (24 hours a day, in Polish): ☎ 19 457



### Why is it worth it?

- All your documents are in one place – you won't lose your prescriptions or referrals.
- You can make doctor's appointments or collect your medicines more quickly.
- It's easier to keep track of your treatment and tests.
- Less paperwork and fewer language barriers (all you need is a code, no long descriptions).
- Online access to your medical history, even if you move within Poland.

Do you have any questions? We invite you to take advantage of free consultations at the INTEURO Centre for the Integration of Foreigners in Kielce at ul. Sienkiewicza 78A. We are open Monday to Friday from 8:00 a.m. to 4:00 p.m.

### Take advantage of our helpline:

- Helpline: +48 573 338 377
- Viber/WhatsApp: +48 789 085 083
- E-mail: [info@inteuro.info](mailto:info@inteuro.info)



# Training We support women in business!

## We have completed training at CIC INTEURO

The meetings were attended by several dozen women from Ukraine who live and plan to develop their professional careers here in Poland.

The cycle consisted of five intensive one-day training sessions conducted by experienced experts in the fields of accounting, taxation, marketing and occupational health and safety. The classes were held in a friendly and supportive atmosphere at the CIC INTEURO headquarters at 78A Sienkiewicza Street in Kielce.

The topics covered in the training included:

- business registration, taxes and insurance
- creating a business plan and cooperating with Polish partners
- time management and marketing for small businesses
- investments, anti-discrimination and sustainable development
- health and safety in business.

The participants of the training courses are women with enormous potential and determination to work on their own account. Most of them are already planning to set up their own businesses in Poland. Thanks to their participation in INTEURO BIZNES, they have gained not only knowledge, but also practical tools, mentoring support and contact with other migrants in similar situations.

### What does INTEURO offer?

#### - Free legal and accounting assistance

Experts will help you step by step through the process of registering your company, advise you on choosing the right form of business and suggest how to keep accounts in the first months of operation.

#### - Coworking for female entrepreneurs starting out

The INTEURO Foreigners Integration Centre provides free office space in the very centre of Kielce – at 78A Sienkiewicza Street. It is a great place for development, business meetings and building your first professional contacts.

#### - Training and business consulting

Project participants can count on practical workshops on internet marketing, customer acquisition, financial management and effective communication. In addition, individual consultations with business advisors are available.

### Who can benefit from the support?

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

### How to join?

Simply contact the INTEURO Centre in Kielce for detailed information on the available forms of support. Our team will be happy to help you every step of the way so that you can start your business adventure 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.

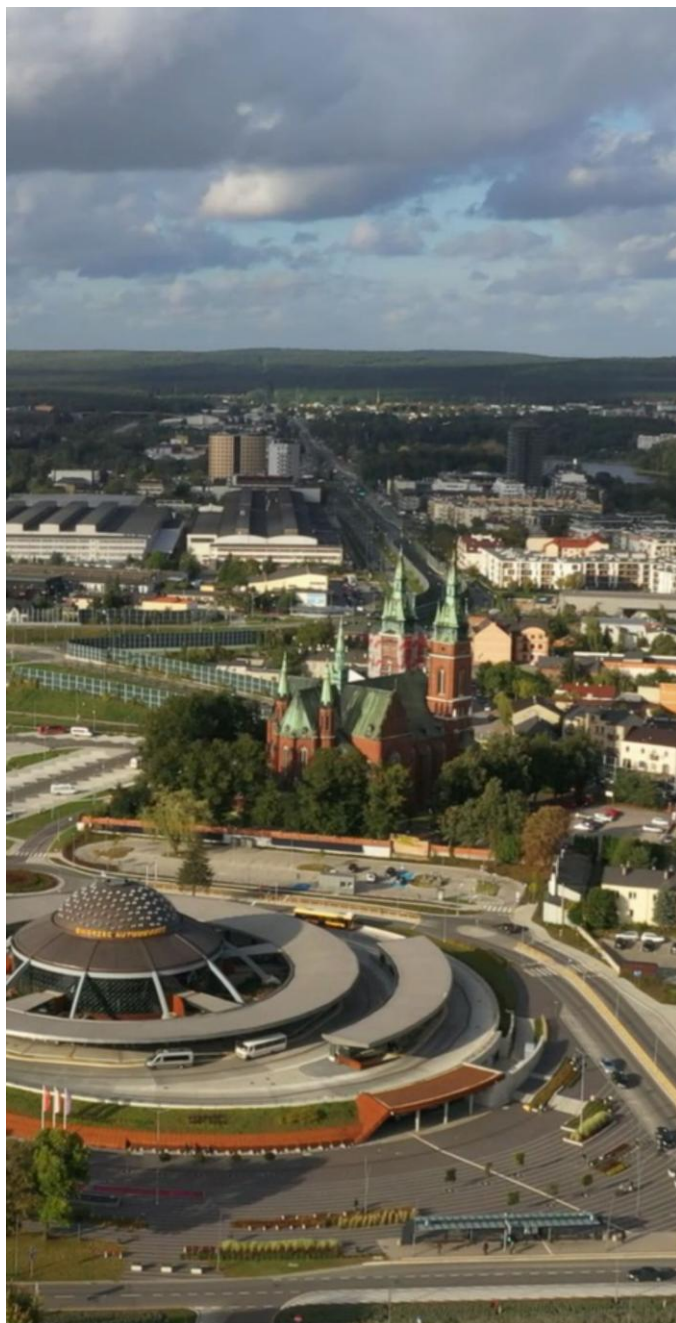
The value of one voucher can be up to 5,000 PLN, and participation in the project is completely free of charge.

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](mailto:info@inteuro.info)



# Education in Poland



## Registration is now 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](http://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](http://inteuro.info)



Fundusze Europejskie  
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WOJEWÓDZTWO  
ŚWIĘTOKRZYSKIE

## „Space dumplings” on a mural in Kielce

In Kielce, on Żelazna Street, a mural has been created on the wall of the Polish Post Office building, which has become one of the newest and most original elements of the urban space. The painting depicts an astronaut floating in space, next to which are pierogi – a dish without which it is difficult to imagine traditional Polish cuisine. This unusual combination is not accidental, but refers to an event that has gone down in the history of Poland and Europe.

The mural commemorates Dr Sławosz Uznański-Wiśniewski's participation in the International Space Station's Ignis mission. Uznański became the second Pole to fly into Earth's orbit, after the famous Mirosław Hermaszewski in 1978. His presence on board the International Space Station is proof of Poland's growing role in international space projects. For the residents of Kielce and the Świętokrzyskie region, it is particularly important that a local company also participated in this expedition.

This element is LYOFOOD – a company from Kielce, known worldwide for years for its production of freeze-dried food, valued by travellers, mountaineers, athletes and scientists. The company has prepared a set of dishes that have made it onto the astronauts' menu. Among them are pierogi with cabbage and mushrooms, developed in a space version. Thanks to this, a symbol of Polish cuisine, and at the same time a product from the Świętokrzyskie region, has become part of a unique research mission.

The mural is therefore not just a decoration, but also serves as a vehicle for history. The astronaut with dumplings is a funny and surprising image, but one that conveys an important message: it shows that tradition can coexist with modernity, and that local ideas and products can find their place in global science and technology. It is also a clear signal that Kielce, often perceived through the prism of a tourist and historical region, can also make its mark in such a modern context as space.

It is worth noting that Kielce has been investing more and more in street art for several years. New murals are changing the appearance of the city and bringing new energy to public spaces. They are becoming elements that attract attention, inspire conversation and photography, and promote the city on social media. "Space dumplings" (kosmiczne pierogi) fits perfectly into this trend. This mural is not only aesthetic, but also carries a message, which is why it has a chance to become permanently engraved in the minds of residents and visitors to Kielce.

"Space dumplings" combine several layers of meaning – they tell the story of the success of a Polish astronaut, the innovation of a company from Kielce, and how local culinary traditions can be present even in places as distant as the International Space Station. It is a mural that reminds us that history and modernity, science and culture, seriousness and humour can form a coherent and inspiring whole.





# 7th Kielce International Theatre Festival

## Kielce, October 12–26, 2025

**For the seventh time, the City of Kielce and the Stefan Żeromski Theatre invite you to the Kielce International Theatre Festival — an event that combines various forms of contemporary theatre with performances, readings and guest performances from Poland and abroad. The festival will run from 12 to 26 October 2025.**

The programme includes performances from Poland, Lithuania and Romania.

Audiences will have the opportunity to see, among others, 'Mary Stuart' directed by Andrei Șerban, a portrait of two queens — of Scotland and England — confronted by history.

Other festival offerings address important social and philosophical topics: ageing, historical memory, issues of identity, and the relationship between the individual and social norms.

As a platform for theatrical dialogue, KMFT enables encounters not only between artists and professionals, but also between the residents of Kielce and the region who want to engage with expressive and provocative art. It is a festival where theatre becomes a space for reflection on the present day.

Tickets for performances can be purchased via the Żeromski Theatre website or the Bilety24.pl platform.

Some events have limited seating, so it is advisable to book in advance.

Tickets:

Tickets for all performances are available at the theatre box office at 32 Sienkiewicza Street and online:

<https://teatrzeromskiego.bilety24.pl/>

Tickets for performances at the Kielce Culture Centre can be purchased/collected no later than one hour before the performance at the theatre box office at ul. Sienkiewicza 32.

Source - official website of the Festival

<https://teatrzeromskiego.pl/kmft/>



# Where to go mushroom picking in Świętokrzyskie? A few tips for foreigners



You have probably already seen on social media that mushrooms have started to appear in Polish forests. For many residents, this is a true sign of autumn – whole families head to the forest with their baskets. Many people from Ukraine are familiar with this tradition, as the Carpathian Mountains are full of baskets of 'white mushrooms' (boletus). But in Poland, especially in the Świętokrzyskie Province, the forests also have something to boast about.

## 🌲 The best places for mushroom picking

- The areas around Bodzentyn and Bieliny – beautiful forests of fir and pine trees, rich in porcini and bay bolete mushrooms.
- Forests in the Daleszyce and Łagów areas – good places for chanterelles and butter mushrooms.
- Jodłowa Forest – the symbol of the Świętokrzyskie Mountains. However, remember: mushroom picking is not allowed within the boundaries of the Świętokrzyski National Park. It is better to choose its buffer zone, where you will also find plenty of specimens.
- Zagnańsk and the vicinity of Bartek's Oak – vast pine forests full of bay boletes and butter mushrooms. This is a great destination for a day trip, as you can also see the most famous tree in Poland – the 'Bartek' oak.

## 🚫 Rules to remember

🚫 Mushroom picking is prohibited in national parks and nature reserves.

✅ Mushroom picking is permitted in state and municipal forests.

👉 It is best to collect mushrooms in a basket, not a plastic bag.

🔍 Only pick species that you can definitely identify – there are many poisonous varieties in Poland that look similar to edible ones.

## 🌲 What mushrooms can you find in the Świętokrzyskie forests?

- Porcini mushrooms – known in Ukraine as 'white mushrooms'.
- Bay boletes – very popular, growing in mixed forests.
- Chanterelles (edible pepper mushrooms) – yellow and fragrant, often found in groups.
- Butter mushrooms – especially in young pine forests.

## 🚌 How to get there without a car?

Not every foreigner in Poland has their own car, but you can also get to many mushroom picking spots by minibus or bus from Kielce:

- Bodzentyn, Bieliny, Święta Katarzyna – regular minibuses depart from the station on Czarnowska Street. Travel time: approx. 40–50 minutes.
- Łagów and Daleszyce – served by private minibuses, also from the station in Kielce. The journey takes about 40 minutes.
- Nowa Słupia (near Święty Krzyż) – the journey by bus takes about 1 hour.
- Zagnańsk – direct buses from Kielce, the journey takes about 30 minutes. This is a good place to combine mushroom picking with a visit to the famous Bartek Oak.

📄 It is best to check bus timetables on the website [www.e-podróżnik.pl](http://www.e-podróżnik.pl).



# Łysa Góra

## The heart of the Świętokrzyskie Mountains

One of the most interesting tourist attractions in the Świętokrzyskie Voivodeship is Łysa Góra, also known as Święty Krzyż. It is the second highest peak in the Świętokrzyskie Mountains (595 m above sea level), famous for its beautiful landscapes, unique rock formations and rich history.

At the top, there is an 11th-century Benedictine monastery (currently occupied by the Oblates), where relics of the Holy Cross are kept. For centuries, this place has attracted pilgrims, and today it is also an attraction for tourists who want to learn about the culture and traditions of the region. For visitors from Ukraine, a particularly interesting spot is the crypt where Prince Jeremi Wiśniowiecki, a figure known from the history of the Polish-Lithuanian Commonwealth, is buried.

### How to get there?

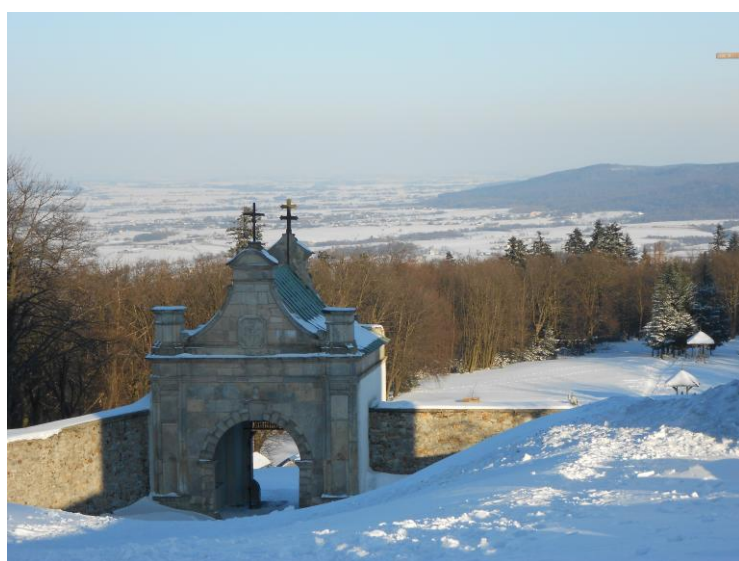
- From Kielce: Święty Krzyż can be reached by car
- in about 40 minutes (approx. 35 km). The easiest way is to head towards Nowa Słupia, from where a hiking trail leads to the summit.
- By public transport: minibuses and buses run from Kielce to Nowa Słupia. From there, the hike to the top takes about 1 hour.
- By car from Warsaw or Lublin: the journey takes about 2.5 hours.

### Why is it worth it?

Łysa Góra is a place where you can feel the atmosphere of ancient legends, see unique natural rock formations and visit a monastery with over 1000 years of history and a viewing tower. For foreigners, especially those from Ukraine, an additional advantage is the opportunity to learn about shared historical themes and see the resting place of one of the most important magnates of the 17th century.

You can find more information at:

[https://swietokrzyskie.travel/informator\\_turystyczny/zabytki/swiety\\_krzyz\\_lys\\_gora](https://swietokrzyskie.travel/informator_turystyczny/zabytki/swiety_krzyz_lys_gora)





# How to take care of yourself during autumn melancholy?

**Seasonal melancholy, also known as "autumn-winter blues", is a common term for a state that usually appears in autumn and winter.**

During this period, days become shorter, sunlight decreases, temperatures and daily routines change — all of which can lead to fatigue, anxiety, low mood, and even feelings of loneliness.

It's important not to ignore this state, but to take care of yourself:

## **Light instead of darkness.**

Try to go outside every day, even if the sky is cloudy. Open your curtains during the day, look for places with big windows. If possible, use a daylight lamp: it helps your body maintain its natural rhythm.

## **Movement and activity.**

Physical activity triggers natural "happiness hormones." It could be the gym, dancing, or even just a 20-minute walk in the park. The key is regularity.

## **Warm rituals.**

Create small daily joys: a hot cup of tea or coffee, a favourite book or series, conversations with friends. Such rituals provide a sense of stability and comfort.

## **Community.**

Don't stay alone with your sadness. Communicate with others, join meetings or interest groups. Sharing your feelings already lessens their weight.

Remember: seasonal melancholy is common, but it does not have to define the quality of your life. If sadness becomes too overwhelming and interferes with daily tasks, it's important to seek professional help. Self-care is not weakness — it's a step toward inner balance.

## **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](mailto:info@inteuro.info)

### **STATIONARY INFORMATION POINT IMPORTANT!**

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

25-501 Kielce

ul. Sienkiewicza 78A (second floor)

