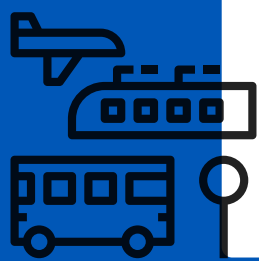




# Practical Guide for Ukrainian Refugees Entering Poland



## HOW TO ENTER POLAND

All the Ukrainian-Polish border crossings are working. To enter Poland you need a passport, or any other identity document, such as a Ukrainian ID card. Minors under 16 years old, who don't have such documents, should have their birth certificate with them.

Up to date information in Ukrainian about crossing the border can be found at the webpage of Homo Faber (NGO based in Lublin):

- <https://www.hf.org.pl/ao/index.php?id=2554>
- <https://ukraina.grupagranica.pl/> by **Grupa Granica** (a consortium of NGOs supporting refugees in Poland).

## SHELTERS FOR KEY POPULATIONS

Association Lambda Warsaw (focused on LGBTQI+ communities) initiated a centre of support for ppl fleeing Ukraine, where - among other forms of support such as psychological and legal advice in Ukrainian - they provide help with arranging housing for LGBTQI+ persons:

- <http://lambdawarszawa.org/centrum-wsparcia-dla-uchodzczy-n-i-uchodzcow-lgbt-z-ukrainy/>

## TRANSPORTATION FROM BORDERS

At every border crossing there are registration points for the refugees. From there, there are buses going to different places in Poland, as well as volunteer drivers offering rides in their cars.

**PKP Intercity** allows Ukrainian citizens to travel by train free of charge on the basis of a document confirming citizenship. Free tickets with a seat reservation for Ukrainian citizens must be collected at ticket offices at railway stations. For further information, please contact Customer Service Department by sending a message to the following e-mail address: [contact@polistrains.eu](mailto:contact@polistrains.eu) or by calling +48 123523658.

More information can be found here:

- <https://utk.gov.pl/en/new/18521,Ukrainian-citizens-travel-free-by-train.html>

## FIND THE ACCOMMODATION

Information on accommodation can be provided at the reception point at borders. Also, you can find more information here:

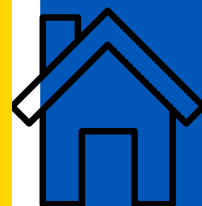
- <https://www.gov.pl/web/udsc/ukraina>
- <https://www.gov.pl/web/udsc/punkty-recepcyjne2>
- <https://www.facebook.com/groups/683793819641997>

### Shelters

- <https://uasos.org/en?fbclid=IwAR3dr8Gq5RWqpyuHRYMAyki3Lvo9p5QBbtLJEi8j-fNqrqwbbL5wVyxmqzk>

### Shelters, material support, work

- [https://pomagamukrainie.gov.pl/?fbclid=IwAR1D\\_LdPPqsYpr2dKYnSv5Srw2dN5Tiay3DiHxgeUlm1fByYXxJnh9c6YiA#section2](https://pomagamukrainie.gov.pl/?fbclid=IwAR1D_LdPPqsYpr2dKYnSv5Srw2dN5Tiay3DiHxgeUlm1fByYXxJnh9c6YiA#section2)



## HEALTH INSURANCE

All the Ukrainians are able to access the entire Polish healthcare system on the same basis as Polish people, using just their Ukrainian passport or other ID document.

Grupa Granica is gathering information regarding the health care system in Poland: <https://ukraina.grupagranica.pl/health>

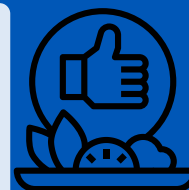
## FOOD AND CLOTHES

Information on where to receive food and clothes is available at all border crossings. Also more information is available from following organisations:

- <https://www.caritas.org/where-caritas-work/europe/poland/>
- <https://www.eurofoodbank.org/>

It is best to check the official webpage of the city/town that people arrive at. In Warsaw, for example, it would be:

- <https://ua.um.warszawa.pl/>



## HARM REDUCTION SERVICES

### Warsaw:

- <http://jump93.pl/>
- <https://www.facebook.com/fundacjaprekursor/>

### Kraków:

- <http://drop-in.krakow.pl/>

### Lublin:

- [poradnia.monar.lublin@wp.pl](mailto:poradnia.monar.lublin@wp.pl)
- [monarlublin.pl](http://monarlublin.pl)

### Wrocław:

- [http://fundacjasalida.pl/?page\\_id=54](http://fundacjasalida.pl/?page_id=54)

### Gdańsk:

- <https://www.facebook.com/fundacjaprekursor/>

## PSYCHOLOGICAL SUPPORT

The Polish National Association of Psychologists is in the process of creating a database of psychologists willing to help people from Ukraine. For further information please visit:

- <https://ehps.net/poland/>

Psycholodzy i Psycholożki dla Ukraińców | Психологи для України Facebook group:

<https://www.facebook.com/groups/828841698514895>

Lambda for LGBTQI+ persons:

- <http://lambdawarszawa.org/centrum-wsparcia-dla-uchodzczy-n-i-uchodzcow-lgbt-z-ukrainy/>

Fundacja Ocalenie:

- <https://ocalenie.org.pl/>

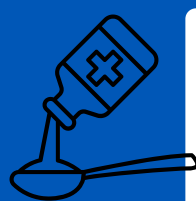
Polskie Forum Migracyjne - Polish Forum on Migration - psychological support, crisis intervention, help line - in Ukrainian and Russian:

- <https://forummigracyjne.org/>
- <https://forummigracyjne.org/kurs/bezplatny-telefon-kryzysowy>

Via phone, WhatsApp, Viber.

The National Centre for Counteracting Addictions has announced establishing of a Helpline for People from Ukraine: toll-free: 800 11 08 11

Payable according to the operator's tariff: +48 222907000 operates daily from 16.00-21.00.



## OPIOID SUBSTITUTION TREATMENT

In Poland Buprenorphine and Methadone are available for OST treatment.

List of OST programs can be found here:

- <https://www.kbnp.gov.pl/portal?id=107094>

To be included in the substitution treatment people need PESEL number. If the person has medical records of treatment in Ukraine - the treatment can be implemented right away. However, having documentation is not a prerequisite for entering therapy. An appointment with psychiatrist has to be scheduled in advance.

Some programs have a limited number of places and queue (waiting time - several months). This applies to programs in Poznan, Zielona Gora and Kostrzyn.

## ANTIRETROVIRAL THERAPY

To receive ART treatment in Poland Ukrainians will need to provide ID.

