



INFORMATION BOOKLET FOR FOREIGNERS

PŁOCK

PFM
POLSKIE FORUM
MIGRACYJNE

Warszawa, 2021

Płock. Information booklet for foreigners
Warsaw, 2021
English language version



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Safe harbour.



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POLISH MIGRATION FORUM FOUNDATION (FUNDACJA POLSKIE FORUM MIGRACYJNE)

Since 2007 we have been helping foreigners who live in Poland and promoting intercultural dialogue.

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WELCOME IN PŁOCK!

This brochure is for you – migrants who are newly residents of our town. We've gathered here all the useful information about institutions and Town Halls.

We would like you to know what your rights and obligations in Poland are, and where you can look for information or help in particular situations. This booklet is a guide to how our town is organised and where can you settle various matters.

According to Polish legislation concerning foreigners, the rights of migrants vary depending on their legal status and the type of document that entitles a particular person to stay in Poland. Therefore, not every migrant has the same right

regarding health care or employment. Not everyone has access to the services provided by the Employment Office (Urząd Pracy) – but many people do!

It is good to know that there are various opportunities available

to everyone regardless of their legal status, such as the possibility of medical assistance in life-threatening situations, or access to a library or museum. Also, it is worth knowing that there are non-governmental organisations in Poland that offer a variety of assistance for free.

The key thing is: each of you has the right to be treated equally, to be safe, to have equality in the workplace, to be respected. We wish you to benefit from these rights in Poland as much as possible.

Polish Migration Forum Foundation (Fundacja Polskie Forum Migracyjne)

Polish Migration Forum Foundation



**THE OFFICIAL
WEBSITE OF PŁOCK**
www.plock.eu



LEGALISATION OF STAY

Matters concerning legalisation of stay in Poland (changes of residence card, applying for a new card) shall be dealt with in the Voivodeship Office (Urząd Wojewódzki) in Warsaw. There is a branch of the Voivodeship Office in Płock - you can submit your application for legalisation here, but without the possibility of verification of the submitted documents by an official. The case is then forwarded to Warsaw for processing.

For a personal submission of the application, which allows verification of the documents and obtaining a stamp in the passport legalising further stay when the documents are complete, an appointment must be made through the online form. You can also submit your application to the registrar's office or send it by post. The form and other information about legalisation are available on the website:

🌐 <https://mazowieckie.pl/pl/dla-klidenta/cudzoziemcy>

The website is available in Polish, Russian and English.

Branch of the Mazovian Voivodeship Office in Płock

(Delegatura Mazowieckiego Urzędu Wojewódzkiego w Płocku)

📍 : ul. Kolegiarna 15, 09-402 Płock
 ☎ : tel. 24 262 70 58

Mazovian Voivodeship Office - Head Office

(Mazowiecki Urząd Wojewódzki - Siedziba Główna)

THE OFFICE FOR FOREIGNERS

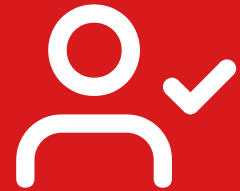
📍 : ul. Marszałkowska 3/5, 00-624 Warsaw
 🌐 : <https://mazowieckie.pl/pl/dla-klidenta/cudzoziemcy>
 (the website is available in Polish, Russian and English)
 ☎ : automatic helpline: (22) 695 67 71
 ✉ : contact form: <https://kontaktwsc.mazowieckie.pl/>

For a personal submission of the application in the Office, which allows verification of the documents and obtaining a stamp in the passport legalising further stay, an appointment must be made through the online form on the website <https://mazowieckie.pl/pl/dla-klidenta/cudzoziemcy>. You can also submit your application to the registrar's office or send it by post.

The office at Krucza Street

APPLICATIONS FOR PERMANENT RESIDENCE AND EU LONG-TERM RESIDENCE

📍 : ul. Krucza 5/11, 00-548 Warsaw, Entrance E



WORK PERMIT

Branch of the Mazovian Voivodeship Office in Płock provides full service to employers regarding applications for work permits for foreigners: it accepts and processes applications, as well as issues decisions. The branch does not accept applications for work permits submitted by foreigners.

Branch of the Mazovian Voivodeship Office (Delegatura Mazowieckiego Urzędu Wojewódzkiego w Płocku)

LABOUR MARKET DEPARTMENT (WYDZIAŁ RYNKU PRACY)

 : ul. Kolegialna 15, 09-402 Płock

 : tel. 24 262 70 58

ADMINISTRATIVE MATTERS

Town Hall (Urząd Miasta)

At the Town Hall you can settle, among other things, matters related to registration of residence, getting married, registering a child and obtaining a birth certificate for them, registering a car, issuing a driving licence, but also housing, tax and other matters.



IMPORTANT CONTACT DETAILS RELATED TO PŁOCK TOWN

HALL:

Customer Service Centre

☎ : Helpline: 24 364 55 55

Office at ul. Zduńska 3

- ☎ : Taxes and charges, cash desk of the Town Hall
- ☎ : Identity cards
- ☎ : Renting a council flat, social housing

Office at ul. Piłsudskiego 6

- ☎ : Vehicle registrations, tel. 24 364 55 55
- ☎ : Driving licences
- ☎ : Registrations of residence
- ☎ : Starting business activity

Residents' Service Office

- 📍 : ul. Miodowa 8 lok. 6
- ☎ : Vehicle registrations, tel. 24 364 55 55
- ☎ : Identity cards
- ☎ : Registrations of residence
- ☎ : Issuing the Płock Senior Citizen Card

Paid Parking Zone Service Office

- ☎ : Submitting applications for the Paid Parking Zone subscription
- ☎ : Paying fines for the lack of a parking ticket
- ☎ : Applying for a Płock Citizen Card (Płocka Karta) (entitles to free 30 minutes parking in the Zone)
- 📍 : ul. Kolegialna 3
- ☎ : tel. 24 367 45 45
- ✉ : spp@kmplock.eu
- 🌐 : <http://spp.kmplock.eu/>

Registry Office (Urząd Stanu Cywilnego)

- ☎ : Birth certificates
- ☎ : Marriage certificates
- ☎ : Registration of foreign registry office documents
- 📍 : ul. Kolegialna 9
- ☎ : tel. 24 364 55 55



Head Office

- 📍 : pl. Stary Rynek 1
- 📞 : The Office of the President of Płock
- 📍 : The place of the City Council sessions

You can find the information on all the Office's departments here:

🌐 www.nowy.plock.eu/urzed-na-skroty/
in the tab "Urząd na skróty"



JOB

TOWN EMPLOYMENT OFFICE IN PŁOCK (MIEJSKI URZĄD PRACY W PŁOCKU)

You can find job advertisements in the Town Employment Office in Płock. Depending on their legal status, foreigners can also benefit from other support offered by the Employment Office: vocational courses and trainings, counselling on job-seeking, changing jobs, and acquiring new skills, as well as subsidies for starting their own businesses. Information for foreigners (in Polish):

🌐 <https://mupplock.praca.gov.pl/dla-bezrobotnych-i-poszukujacych-pracy/dla-cudzoziemcow>

- 📍 : ul. 3 Maja 16, 09-400 Płock
- 📞 : tel. 24 367 18 30

The website of Employment Service (Służby Zatrudnienia)
AND INFORMATION ON HIRING FOREIGNERS:

🌐 <https://zielonalinia.gov.pl/web/zielona-linia/-/zatrudnianie-cudzoziemcow-32145>

THE NATIONAL LABOUR INSPECTORATE (PAŃSTWOWA INSPEKCJA PRACY)

You can ask the National Labour Inspectorate for help if your employer treats you unfairly.

Regional Labour Inspectorate in Warsaw – Branch in Płock (Okręgowy Inspektorat Pracy w Warszawie – Oddział w Płocku)

- 📍 : ul. 1 Maja 7a, 09-400 Płock
- 📞 : tel. 24 262 99 60, 24 264 06 63



LEGAL AID

There are free legal aid points in Płock for those who cannot cover the costs of paid legal aid assistance. The advice is available to anyone who cannot afford to pay for paid advice and who submits a relevant declaration. **This aid does not concern the legalisation of stay.** It may concern labour, civil, criminal, family and other areas of law. The aid concerning conducting business and matters related to this is not provided. The counselling is available in Polish.

In pandemic conditions, the aid is only offered by telephone. You can sign up for the counselling only by filling the form:

© <https://np.ms.gov.pl/mazowieckie/m.%20P%C5%82ock>

or by telephone at 603 605 352 within the working hours of the Płock Town Hall.

More information (in Polish):

© <https://nowybip.plock.eu/uBnwdXkk>

[/nieodplatna-pomoc-prawna-oraz-poradnictwo-obywatelskie](#)



SOCIAL ASSISTANCE

The possibility to benefit from social assistance in Poland depends on the foreigner's legal status. As a general rule, support from assistance institutions may be provided to persons who have the permanent residence right in Poland (permanent residence card, EU long-term residence, refugee status or subsidiary protection).


Persons with a temporary residence permit in Poland are entitled to receive aid in the form of shelter or food in certain cases. You can find out about the available types of assistance at the the Municipal Social Welfare Centre (Miejski Ośrodek Pomocy Społecznej) and the Local Social Welfare Centre (Gminny Ośrodek Pomocy Społecznej).


The Municipal Social Welfare Centre provides assistance to the residents of Płock, whereas the Local Centre – to the residents of of the neighbouring towns and villages.



MUNICIPAL SOCIAL WELFARE CENTRE (MIEJSKI OŚRODEK POMOCY SPOŁECZNEJ)
(HEAD OFFICE)






 : ul. Zgliczyńskiego 4, 09-400 Płock

 : tel. 24 364 02 10

 : sekretariat@mosplock.eu


 : <http://mosplock.eu/web/>

MATTERS TO BE SETTLED AND POSSIBLE FORMS OF ASSISTANCE:

-  : Support of social workers and family assistants
-  : Applications for Family 500+ benefit
-  : Family and maintenance benefits (e.g.: child allowance, child's birth grant, care allowance)
-  : Support for people with disabilities and rental of medical and rehabilitation equipment
-  : Support for senior citizens

Crisis Intervention Centre (Ośrodek Interwencji kryzysowej)

 : ul. Zgliczyńskiego 4, 09-400 Płock

 : tel. 22 364 02 48



The centre provides free aid to individuals and families experiencing a crisis situation due to: domestic violence, addiction and codependency problems, suicidal thoughts, sexual violence. There is a consultation point next to the centre, where you can receive free assistance from a lawyer, psychologist and addiction therapist. There is also a support group for women.

THE RESIDENTS OF THE SUBURBAN BOROUGHS IN PŁOCK COUNTY ARE SERVED BY THE FOLLOWING CENTRES:

Local Social Welfare Centre in Bielsk (Gminny Ośrodek Pomocy Społecznej w Bielsku)

- 📍 : ul. Medyczna 1, 09 - 230 Bielsk
- ☎ : tel. 24 265 01 20 – Registrar's office
- ☎ : tel. 24 265 01 22 – Social assistance
- ☎ : tel. 24 265 01 17 – Family benefits and maintenance fund
- @ : opsbielsk@plock.home.pl

Local Social Welfare Centre in Bodzanów (Gminny Ośrodek Pomocy Społecznej w Bodzanowie)

- 📍 : ul. Bankowa 7, 09-470 Bodzanów
- ☎ : tel. 24 260 70 06 extension 131 or 143 – Social assistance department
- ☎ : tel. 24 260 79 08, 24 260 70 06 extension 144 – Family benefits department
- @ : gops@bodzanow.pl

Local Social Welfare Centre in Brudzeń Duży (Gminny Ośrodek Pomocy Społecznej w Brudzeniu Dużym)

- 📍 : ul. Jana Pawła II 2A, 09-414 Brudzeń Duży
- ☎ : tel. 24 260 40 79
- @ : gopsbrudzen@poczta.onet.pl

Local Social Welfare Centre in Bulkowo (Gminny Ośrodek Pomocy Społecznej w Bulkowie)

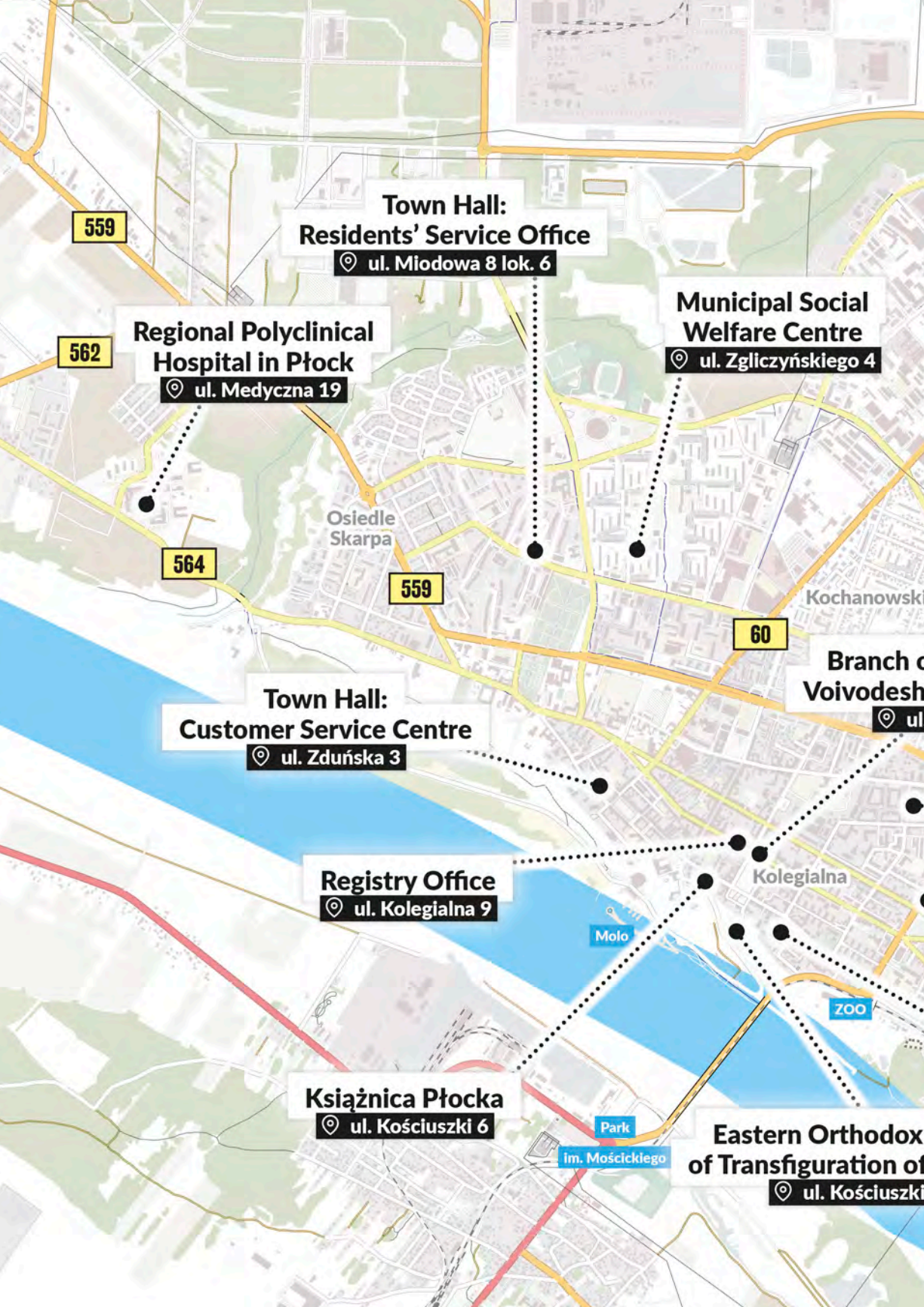
- 📍 : ul. Szkolna 1, 09-454 Bulkowo
- ☎ : tel. 24 265 20 13 wew. 13
- @ : gops@bulkowo.pl

Local Social Welfare Centre in Drobin (Gminny Ośrodek Pomocy Społecznej w Drobinie)

- 📍 : ul. Piłsudskiego 12, 09-210 Drobin
- ☎ : tel. 24 260 10 42
- @ : mgopsdrobin@wp.pl

Local Social Welfare Centre in Gąbin (Gminny Ośrodek Pomocy Społecznej w Gąbinie)

- 📍 : ul. Stary Rynek 14, 09-530 Gąbin
- ☎ : tel. 24 277 10 14
- @ : mgops-gabin@o2.pl



**Town Hall:
Residents' Service Office**
📍 ul. Miodowa 8 lok. 6

**Regional Polyclinical
Hospital in Płock**
📍 ul. Medyczna 19

**Municipal Social
Welfare Centre**
📍 ul. Zgliczyńskiego 4

**Town Hall:
Customer Service Centre**
📍 ul. Zduńska 3

Registry Office
📍 ul. Kolegialna 9

Książnica Płocka
📍 ul. Kościuszki 6

**Eastern Orthodox
of Transfiguration of Płock**
📍 ul. Kościuszki



60

Cmentarz komunalny

Aeroklub

Dworzec

559

of the Mazovian
ip Office in Płock
Kolegialna 15

Town Employment Office
in Płock

ul. 3 Maja 16

Międzytorze

60 / 559

Municipal Police Station
in Płock

Al. Killińskiego 8

62

Church
of Our Lord
18

Swietej Trojcy
Municipal Hospital

ul. Kościuszki 28






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Local Social Welfare Centre in Łąck (Gminny Ośrodek Pomocy Społecznej w Łącku)




-  : ul. Gostynińska 2, 09-520 Łąck
-  : 24- 384-14-02

Local Social Welfare Centre in Mała Wieś

(Gminny Ośrodek Pomocy Społecznej w Małej Wsi)





-  : ul. Płońska 4, 09-460 Mała Wieś
-  : tel. 24 269 79 62 - Registrar's office
-  : tel. 24 269 79 77 - Family benefits, maintenance fund, child-support benefits
-  : tel. 24 269 79 78 - Social workers, family assistant
-  : gops@malawies.pl

Local Social Welfare Centre in Nowy Duninów (Gminny Ośrodek Pomocy Społecznej w Nowym Duninowie)




-  : ul. Osiedlowa 1, 09-505 Nowy Duninów
-  : tel. 24 261 14 14
-  : gopsduninow@wp.pl

Local Social Welfare Centre in Radzanów

(Gminny Ośrodek Pomocy Społecznej w Radzanowie)




-  : tel. 24 369 50 23 - Family Assistant
-  : tel. 24 369 50 24 - Care in the Community
-  : tel. 24 369 50 25 - Child-support Benefits
-  : tel. 24 369 50 26 - Family Benefits and Maintenance Fund

Local Social Welfare Centre in Słubice (Gminny Ośrodek Pomocy Społecznej w Słubicach)

-  : ul. Płocka 34, 09-533 Słubice
-  : tel. 24 231 17 44
-  : gopsslubice@wp.pl




Local Social Welfare Centre in Słupno

(Gminny Ośrodek Pomocy Społecznej w Słupnie)

-  : ul. Warszawska 26a, 09-472 Słupno
-  : tel. 24 261 91 78
-  : sekretariat@gops.slupno.eu

Local Social Welfare Centre in Stara Biała

(Gminny Ośrodek Pomocy Społecznej w Starej Białej)

-  : ul. Jana Kazimierza 1, 09-411 Biała
-  : tel. 24 367 66 30
-  : gops@starabiala.pl

Local Social Welfare Centre in Staroźreby (Gminny Ośrodek Pomocy Społecznej w Staroźrebach)

- 📍 : ul. Płocka 18, 09-440 Staroźreby
- ☎ : tel. 24 261 27 30, 24 266 30 98
- ✉ : gops@starozreby.pl

Municipal-Local Social Welfare Centre in Wyszogród

(Miejsko-Gminny Ośrodek Pomocy Społecznej w Wyszogrodzie)

- 📍 : ul. Rębowska 42, 09-450 Wyszogród
- ☎ : tel. 24 231 13 93
- ✉ : mgops@wyszogrod.pl

POLICE

MUNICIPAL POLICE STATION IN PŁOCK (KOMENDA MIEJSKA POLICJI W PŁOCKU)

- 📍 : Al. Kilińskiego 8, 09-400 Płock
- ☎ : tel. 47 70 516 00
- ✉ : kmpplock@ra.policja.gov.pl

CITY GUARD

City guard is responsible for maintaining public peace and order in town. It ensures that traffic rules are respected (gives tickets for improper parking). It also provides security services for public buildings, property and urban greenery.

- 📍 : ul. Otolińska 10, 09-400 Płock
- ☎ : tel. 24 366 03 10
- ☎ : Round-the-clock freephone number for reporting interventions: 986
- ✉ : sekretariat@strazmiejska.plock.eu

INSURANCE

Everyone who works legally (on an employment contract or commission agree-



ment) in Poland is covered by mandatory social security and health insurance – the employer pays contributions to Social Insurance Institution (ZUS) on behalf of the employee.

If a foreigner is unemployed, they can buy voluntary health insurance in National Health Fund (NFZ), which entitles them to use the public health service (in November 2020, its monthly cost is approximately PLN 470).

SOCIAL INSURANCE INSTITUTION

(ZAKŁAD UBEZPIECZEŃ SPOŁECZNYCH, ZUS)


 : Al. Stanisława Jachowicza, 09-402 Płock


 : tel. 22 560 16 00

The Social Insurance Institution (ZUS) Branch in Płock provides services to the town of Płock and boroughs: Bielsk, Bodzanów, Brudzeń Duży, Bulkowo, Drob- in, Gąbin, Łąck, Mała Wieś, Nowy Duninów, Radzanowo, Słubice, Słupno, Stara Biała, Starożreby, Wyszogród.

National Health Fund Mazovia Voivodeship (Narodowy Fundusz Zdrowia, NFZ)
REGIONAL BRANCH IN PŁOCK (DELEGATURA W PŁOCKU)

 : ul. Zygmunta Padlewskiego 18C, 09-402 Płock

 : tel. 24 352 90 00

 : plock@nfz-warsaw.pl

HEALTH CARE

The public health care system in Poland operates on the basis of health insurance – patients can receive free treatment in state hospitals and clinics only if they are insured. Only life-saving help is free for everyone.


HOSPITALS IN PŁOCK:

Regional Polyclinical Hospital in Płock (Wojewódzki Szpital Zespolony w Płocku)

 : ul. Medyczna 19, 09-400 Płock

 : tel. 24 364 63 22

Świętej Trójcy Municipal Hospital (Szpital Miejski Świętej Trójcy)

 : ul. Kościuszki 28, 09-402 Płock

 : tel. 24 364 51 00



PRIMARY HEALTH CARE (PODSTAWOWA OPIEKA ZDROWOTNA, POZ) IN PŁOCK

POZs are health centres where you can find a family doctor, paediatrician, general practitioner or dentist. There are many Primary Health Care centres in Płock which function as public or private but contracted by the National Health Fund entities. Both forms of POZ are available to those who pay (either themselves or through their employer) a health contribution - they are insured.

- 📍 : ul. Czwartaków 4, tel. 24 266 81 59
- 📍 : ul. Dworcowa 2, tel. 24 262 06 98
- 📍 : ul. Kobylińskiego 14, tel. 24 263 23 79
- 📍 : ul. Osiedlowa 1, tel. 24 366 55 37
- 📍 : ul. 1 Maja 7a, tel. 24 268 91 71



An interactive map of primary health care services is available on the website of the Mazovian branch of the National Health Fund:

🌐 <http://www.nfz-warsaw.pl/dla-pacjenta/co-kazdy-pacjent-wiedziec-powinien>

[/podstawowa-opieka-zdrowotna/](#)



LOCAL PUBLIC HEALTH CARE CENTRES IN PŁOCK AREA

(GMINNE OŚRODKI ZDROWIA):

- ☎ : Bielsk, tel. 24 261 50 31
- ☎ : Bodzanów, tel. 24 268 20 92
- ☎ : Brudzeń Duży, tel. 24 26 04 155
- ☎ : Bulkowo, tel. 24 26 52 026
- ☎ : Drobin, tel. 24 26 01 021
- ☎ : Gąbin, tel. 24 277 10 22
- ☎ : Łąck, tel. 24 384 12 74
- ☎ : Mała Wieś, tel. 24 2311 40 37
- ☎ : Nowy Duninów, tel. 24 261 02 60
- ☎ : Radzanów, tel. 24 265 72 22
- ☎ : Słubice, tel. 24 277 80 37
- ☎ : Słupno, tel. 24 262 28 68
- ☎ : Stara Biała, tel. 24 365 04 17

SANEPID

DISTRICT SANITARY-EPIDEMIOLOGICAL STATION

(POWIATOWA STACJA SANITARNO-EPIDEMIOLOGICZNA)

The institution is responsible for epidemiological issues - in terms of epidemics, testing, quarantine - but it also conducts the tests necessary for professions related to the production of food (medical record book for sanitary and epidemiological purposes).

📍 : ul. Kolegialna 20, 09-402 Płock

☎ : tel. 24 264 75 09

@ : plock@psse.waw.pl

@ : psse.plock@pis.gov.pl

🌐 www.plock.psse.waw.pl



SUPPORT FOR PERSONS WITH DISABILITIES

In Poland, there is a support system for persons with disabilities. However, only people who have a disability certificate obtained in Poland can benefit from it. The disability certificate can only be obtained by foreigners who have a long-term right of residence in Poland.

There is a facility in Płock that deals with disability evaluation:

DISTRICT DISABILITY EVALUATION BOARD IN PŁOCK

(POWIATOWY ZESPÓŁ DO SPRAW ORZEKANIA O NIEPEŁNOSPRAWNOŚCI W PŁOCKU)

📍 : Ul. Zgliczyńskiego 4, 09-400 Płock

☎ : tel. 24 364 02 10

✉ : sekretariat@mopsplock.eu

🌐 <http://mopsplock.eu/web/>

p,99,zadania-powiatowego-zespolu-orzekania-o-niepelnosprawnosci

The Plenipotentiary for Disabled People in Płock Town Hall

(Rzecznik Osób Niepełnosprawnych)

CONTACT THROUGH THE INTERVENTION AND CITIZEN INFORMATION OFFICE

(BIURO INTERWENCJI I INFORMOWANIA MIESZKAŃCÓW)

☎ : tel. 24 364 55 55



EDUCATION

Every child up to the age of 18 is obliged to be educated - regardless of the legal status and nationality of the parents. In the case of kindergartens, the parent is free to choose one. The primary school also can be chosen by the parent, but the child is always guaranteed a place at the so-called "catchment area school", which is the school closest to the child's home.

LIST OF PUBLIC EDUCATIONAL ESTABLISHMENTS IN PŁOCK:

📍 <https://ppo.zjoplock.pl/placowki-oswiatowe/prowadzone-przez-miasto-plock/przedszkola.html>

There is no school in Płock teaching Polish as a foreign language. However, there are several people who offer private lessons of Polish. Płock provides opportunities for education at every level. There are also schools for adults here. As a general rule, higher education for foreigners is paid – please do not hesitate to ask about the requirements directly at the universities.

**EDUCATION DEPARTMENT IN PŁOCK TOWN HALL :**

📍 <https://ppo.zjoplock.pl/oddzial-edukacji/oddzial-edukacji-2.html>

On the education department's website you can find information about various issues, including:

- 📍 : Kindergarten, primary schools and high schools recruitment
- 📍 : Contact details for municipal nurseries
- 📍 : Information on primary schools' catchment areas
- 📍 : Psychological and pedagogical assistance, speech therapy and early development support



LIBRARIES

The library invites foreign readers. In order to access the collections, you need to register - any ID document with a photo is sufficient. Libraries generally have collections of literature in foreign languages.

Książnica Płocka

- 📍 : ul. Kościuszki 6, 09-402 Płock
- ☎ : tel. 224 262 30 58
- 🌐 : www.bibl.plock.pl

Zieliński Library of The Scientific Society of Płock

(Biblioteka im. Zielińskich Towarzystwa Naukowego Płockiego)

- 📍 : pl. Narutowicza 2, 09-402 Płock
- ☎ : tel. 24 366 99 70
- 🌐 : www.tnp.org.pl



EASTERN ORTHODOX CHURCH

EASTERN ORTHODOX CHURCH OF TRANSFIGURATION OF OUR LORD

(CERKIEW PRAWOSŁAWNA PRZEMIENIENIA PAŃSKIEGO)

📍 : ul. Tadeusza Kościuszki 18, 09-402 Płock

☎ : tel. 24 262 56 39

IMPORTANT TELEPHONE NUMBERS

EMERGENCY TELEPHONE

☎ : 112

Ambulance services

☎ : 999

☎ : 24 267 84 00

☎ : 24 366 78 06



Fire services

- ☎ : 998
- ☎ : 24 366 03 10

Police

- ☎ : 997
- ☎ : 24 266 16 00

Volunteer Water Rescue Service (WOPR)

- ☎ : 24 262 92 28

Energetic emergency

- ☎ : 991
- ☎ : 58 767 43 50
- ☎ : 801 404 404

Gas emergency

- ☎ : 992
- ☎ : 24 262 24 38

Water and sewage emergency

- ☎ : 994
- ☎ : 24 262 68 89

Breakdown service

- ☎ : 954
- ☎ : 24 268 02 22

XIX-wieczny Ratusz na Starym Rynku w Płocku



ABOUT PFM FOUNDATION

Polish Migration Forum Foundation provides free consulting to foreigners regarding: legalisation of stay in Poland, job and employment in Poland, establishing one-person business and limited liability company, social and health security (ZUS), the job market - how to write a CV and cover letter, how to find a better job.

You can also make an appointment for a free counselling with:

- ☎ : psychologist – for children and adults,
- ☎ : career adviser,
- ☎ : lawyer,
- ☎ : development and business creation adviser,
- ☎ : integration assistant.

We are also having enrolment for:

- ☎ : multicultural childbirth class,
- ☎ : support groups for migrant mums with children under the age of 2.

Feel free to make an appointment for a consultation online or at the Foundation office.

Enrolment:

- ☎ : +48 692 913 993
- ☎ : +48 22 110 00 85
- ☎ : Mon. – Fri. 10.00 a.m. – 3.00 p.m.

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