

DOCTORAL SCHOOL GUIDE

*geophysical
imaging*

PALEOMAGNETISM

*natural and
anthropogenic
seismic*

**ATMOSPHERIC
PHYSICS**

**THEORETICAL
GEOPHYSICS**

*magnetotelluric
and environmental
magnetism*

**hydrology
and hydrodynamics**

*deep
litospheric
research*

**polar
research**

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Seismology



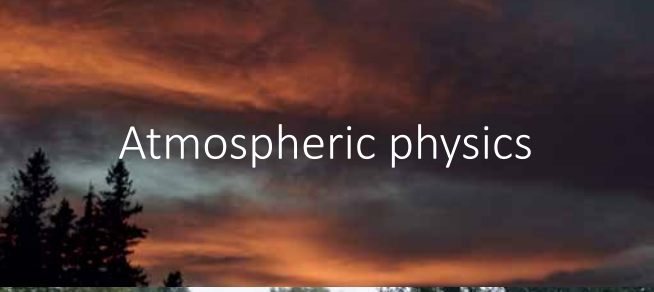
Lithospheric research



Geophysical imaging



Geomagnetism



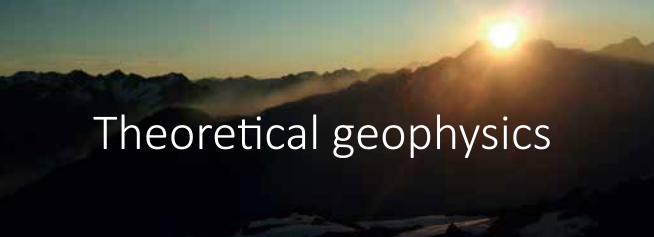
Atmospheric physics



Hydrology and hydrodynamics



Polar and marine research



Theoretical geophysics

The Institute of Geophysics of the Polish Academy of Sciences was established in 1953 and it is the natural successor to the glorious tradition of geophysical research in Poland. It plays the leading role in exploration of the Earth, beginning from the atmosphere across hydrosphere ending in the deep interior of the Earth. The research, is focused on fundamental issues in the physics of the processes taking place on our globe, and covers the following areas: seismology, lithospheric research, geophysical imaging, theoretical geophysics, geomagnetism, atmospheric physics, hydrology, environmental hydrodynamics and polar and marine research. A very important aspect of the Institute's activities is its participation in the creation of global databases based on the monitoring of geophysical fields in Poland (stations and observatories) and in the Polish Polar Station in the Spitsbergen archipelago.

TOWARDS BETTER UNDERSTANDING OF THE EARTH



Doctoral Schools

Institute of Geophysics conducts a 4-year, full-time PhD studies in the areas of research undertaken at the Institute. PhD Students who choose to develop their scientific passions with us can count on substantial support from recognized experts, participation in Polish and international research projects and conference trips at home and abroad. In addition, young researchers are able to obtain an attractive scholarship and apply for dedicated internal grants. The most prestigious is named after Prof. Kacper Rybicki, founder of the award for outstanding young geophysicists.

The Institute is authorized to confer the academic degrees of doctor and doctor habilitatus of the Earth sciences in geophysics.

Student internships

Institute of Geophysics also gives the opportunity to complete practical training in each of the Research Departments. Students are supported by highly qualified scientific personnel and working with the most modern research methods gain the necessary experience to further work.

Geophysics at School and Observatories

It is a proprietary educational project run by young scientists of our Institute among young people in primary, high schools.

The project disseminates geophysical issues (geography, geology and physics), natural hazards, environmental responsibility and emphasizes the importance of the Earth Sciences in sustainable social development.



POLAND IN A NUTSHELL

Republic of Poland (RP)

National emblem



Flag



- ▶ Official language. *Polish*. | Capital city. *Warszawa (Warsaw)*.
- ▶ Voivodeship cities. *Białystok, Gdańsk, Katowice, Kielce, Kraków, Lublin, Łódź, Olsztyn, Opole, Poznań, Rzeszów, Szczecin, Toruń, Warszawa, Wrocław, Zielona Góra*
- ▶ Political system. *Parliamentary democracy. Legislative power is exercised by the Parliament which consists of two Chambers (Sejm - 460 Sejm Deputies, Senat - 100 Senators), executive power is exercised by the Council of Ministers and the President, and judicial power is exercised by impartial courts.*
- ▶ Administrative structure. *The three-tier structure of the self-government consists of: the municipal self-government, the powiat self-government and the voivodeship self-government. Poland is divided into 2,478 municipalities, 314 poviats and 16 voivodeships (Dolnośląskie, Kujawsko-Pomorskie, Lubelskie, Lubuskie, Łódzkie, Małopolskie, Mazowieckie, Opolskie, Podkarpackie, Podlaskie, Pomorskie, Śląskie, Świętokrzyskie, Warmińsko-Mazurskie, Wielkopolskie, Zachodniopomorskie).*
- ▶ Location. *Poland is located in Central Europe, on the coast of the Baltic Sea. It borders Russia, Lithuania, Belarus and Ukraine in the East, Slovakia and the Czech Republic in the South, and Germany in the West. **Poland from the Baltic Sea to the Tatra Mountains.***
- ▶ International organisations (membership of Poland). *European Union (EU), the Schengen Area, North Atlantic Treaty Organisation (NATO), United Nations (UN), International Monetary Fund (IMF), United Nations Educational, Scientific and Cultural Organisation (UNESCO), United Nations International Children's Emergency Fund (UNICEF), World Health Organisation (WHO), World Trade Organisation (WTO), Organisation for Cooperation and Development (OECD) and many others.*
- ▶ Climate. *Moderate climate. Average temperatures in the summer range from 20°C to 34°C, in the winter from -15°C to +5°C. June is the warmest month. January is the coldest month.*
- ▶ Religions. *Catholicism - 87.58%, Orthodox Church - 0.41%, other religions.*
- ▶ Ethnic groups. *The state is nearly entirely ethnically homogenous. Poles account for approx. 97% of the population. The largest national minorities are: Germans, Ukrainians and Belarusians.*
- ▶ Currency. *As per the National Bank of Poland, the average EUR exchange rate for the first half of 2018 amounts to 4.2953 Zloty (PLN)1; PLN 1 is approx. EUR 0.23.*
- ▶ **Emergency numbers. 997 - Police | 998 - Fire Brigade | 999 - Medical Rescue Service**
General emergency telephone number (free of charge) - 112
- ▶ Public holidays. *1 January - New Year | 6 January - Epiphany | Easter (moveable) | 1 May - Labour Day | 3 May - The 3rd of May Constitution Day | Descent of the Holy Spirit (Whitsun) - moveable | Corpus Christi - moveable | 15 August - Assumption of the Blessed Virgin Mary | 1 November - All Saints' Day | 11 November - National Independence Day | 25 and 26 December - Christmas*

POLAND | CULTURE AND TRADITIONS

The culture of Poland is closely connected with its intricate 1,000-year history. With origins in the culture of the Proto-Slavs, over time Polish culture has been influenced by its interweaving ties with the Germanic, Latinate and Byzantine worlds as well as in continual dialog with the many other ethnic groups and minorities living in Poland. The people of Poland have traditionally been seen as hospitable to artists from abroad and eager to follow cultural and artistic trends popular in other countries. In the 19th and 20th centuries the Polish focus on cultural advancement often took precedence over political and economic activity. These factors have contributed to the versatile nature of Polish art.

Artists from Poland, including famous musicians such as Chopin, Rubinstein, Paderewski and Penderecki, and traditional, regionalized folk composers create a lively and diverse music scene.

Art in Poland has always reflected European trends while maintaining its unique character. The Kraków Academy of Fine Arts, later developed by Jan Matejko, produced monumental portrayals of customs and significant events in Polish history. Other institutions such as the Academy of Fine Arts in Warsaw were more innovative and focused on both historical and contemporary styles. Perhaps the most prominent and internationally admired Polish artist was Tamara de Lempicka, who specialized in the style of Art Deco. Lempicka was described as "the first woman artist to become a glamour star."

Polish cities and towns reflect a whole spectrum of European architectural styles. Romanesque architecture is represented by St. Andrew's Church, Kraków, and St. Mary's Church, Gdańsk, is characteristic for the Brick Gothic style found in Poland. Richly decorated attics and arcade loggias are the common elements of the Polish Renaissance architecture, as evident in the City Hall in Poznań. Traditional folk architecture in the villages and small towns scattered across the vast Polish countryside is characterized by its extensive use of wood as the primary building material. Some of the best preserved and oldest structures include wooden churches, and tserkvas primarily located across southern Poland in the Beskids and Bieszczady regions of the Carpathian mountains. Numerous examples of secular structures such as Polish manor houses (*dworek*), farmhouses (*chata*), granaries, mills, barns and country inns (*karczma*) can still be found across most regions of Poland.

Polish cuisine has evolved over the centuries to become highly eclectic due to Poland's history. Polish cuisine shares many similarities with other Central European cuisines. Polish cuisine is hearty and uses a lot of cream and eggs. Festive meals such as the meatless Christmas Eve dinner (*Wigilia*) or Easter breakfast could take days to prepare in their entirety. The main course usually includes a serving of meat, such as roast, chicken, or *kotlet schabowy* (*breaded pork cutlet*), vegetables, side dishes and salads, including *surówka* - shredded root vegetables with lemon and sugar (*carrot, celeriac, seared beetroot*) or sauerkraut (*kapusta kiszona, pronounced*). The side dishes are usually potatoes, rice or *kasza* (*cereals*). Meals conclude with a dessert such as *sernik* (*cheesecake*), *makowiec* (*poppy seed pastry*), or *napoleonka* (*cream pie*), and tea.

► www.mnw.art.pl/en/ ► www.1944.pl/en ► www.polin.pl/en ► muzeumpolskiejwodki.pl/en/



POLAND | MOST FAMOUS POLES

Scientists



Nicolaus Copernicus
Astronomer



Marie Curie-Skłodowska
Physicist/Chemist
Nobel Prize in 1903, 1911



Jan Heweliusz
Astronomer



Henryk Arctowski
Oceanographer
Antarctic explorer

Politicians | Statemen



Lech Walesa
Leader of the Solidarity
President PL



John Paul II
Pope
Karol Wojtyła



Jan Matejko
oil on canvas



Stanisław Ignacy Witkiewicz
WITKACY

Painters

Musicians



Fryderyk Chopin
Composer, Pianist

Writers



Henryk Sienkiewicz
Novelist
Nobel Prize in 1905



Czesław Miłosz
Author
Nobel Prize in 1980



Wisława Szymborska
Poet
Nobel Prize in 1996

Film directors



Roman Polanski
Director
Oscar winner



Andrzej Wajda
Director
Oscar winner

Sportsmen



Robert Lewandowski
Football player



Adam Małysz
Ski jumper

The Polish National Agency for Academic Exchange (NAWA) is a new governmental unit, supervised by the Ministry of Science and Higher Education, that has been operating since October 2017. The Agency's mission is to strengthen the potential of Polish science and higher education by supporting academic exchange and international cooperation. The Agency's task is to conduct long-term policy to support academic mobility and pro-quality internationalization of Polish universities and research institutes' offer.



National Centre for Research and Development (NCBiR) was established in July 2007 with an aim of managing and implementing scientific and innovative state policy. NCBiR's tasks relate most of all to financing applied research and development projects as well as to supporting research commercialization and other forms of transferring scientific research results to economy. The Centre's initiates and executes strategic programmes in the area of scientific research and development. In addition, in order to further strengthen the cooperation between research and business sectors, NCBiR co-finances actions conducted by private sector units and other entities, thus encouraging entrepreneurs to invest in research and development activity.



National Science Centre (NCN) started to operate in 2011. Its mission is to further decentralise the system of financing science in Poland as well as to transfer the following competences to scientific community: decisions regarding directions of basic research development, priorities of scientific disciplines specification, announcement and arrangement of calls for proposals and decisions made as to financing particular activities. One of Centre's flagship tasks includes initiatives focused on the development of scientific staff, with special emphasis placed on supporting persons starting their scientific careers (20% of the Centre's budget). The structure and procedures of this executive agency are based on standards established by the European Research Council.



<https://www.ncn.gov.pl/?language=en>



The Institute of Geophysics PAS has its seat in the capital of Poland, one of the most dynamically-developing cities in Europe. Warsaw is steadily climbing the international rankings of the world's most attractive urban areas. Not only is Warsaw a political, economic, social and cultural centre, it is also an undisputed leader in Polish higher education and science. According to QS Best Student Cities 2018, Warsaw is 53rd best city in the world. It receives a very high score in the affordability category - within the top five of the entire index - thanks to its combination of low living costs and reasonable tuition fees.

Warsaw - facts and figures

- ▷ History. The capital of Poland since 1596
- ▷ Location. Central Poland (Masovian Voivodeship)
- ▷ Population. 1.7 million inhabitants
- ▷ Area. 517 km²
- ▷ Academic life. 15 public Higher Education Institutions, 240,000 students
 - ▶ 8.3 million tourists per year
 - ▶ 120 hotels and youth hostels
 - ▶ 175 cinemas, theatres, music venues, museums, art galleries
 - ▶ 80 parks
 - ▶ 270 bus and tram lines, 2 metro lines, 4 SKM lines (Urban Rapid Rail)
 - ▶ 450 kilometres of cycle paths



Cultural, Sports & Tourist Activities. According to tourists, the Old Town is the loveliest place in Warsaw. It has been placed on the UNESCO list of World Heritage Sites as an outstanding example of a near-total reconstruction of a span of history covering the 13th to the 20th century. The capital city of Poland offers its visitors not only beautiful historic residences, like the Wilanów Palace or the Royal Łazienki, but also modern museums packed with multimedia displays. You can satisfy your scientific curiosity at the Copernicus Science Centre, experience history in an extraordinary way at the Warsaw Rising Museum and Polin Museum of the History of Polish Jews, or visit the Chopin Museum, which holds the largest collection of Chopin memorabilia in the world. 21% of the city's area is taken up by green spaces. Some of the capital's most beautiful parks: Saski Park, Ujazdowski Park, the Royal Łazienki Park, the UW Botanic Garden and the UW Library roof garden are located in the vicinity of the city centre.

PUBLIC TRANSPORT IN WARSAW

- ▶ Public transport in Warsaw urban complex is managed and supervised by the Public Transport Authority in Warsaw, the member of the European Metropolitan Transport Authorities (EMTA). It provides transport to two million citizens of the Warsaw metropolitan area as well as connects Warsaw to its 30 neighboring communes.
- ▶ Every day, passengers take over 3 million public transport trips. Many types of tickets are available, along with the Integrated Ticket, recognized by railway carriers, local bus lines, which are opened by Public Transport Authority and near-Warsaw commune self-governments.
- ▶ Transportation. There are plenty of options to choose from to move around Warsaw. The city have well-developed network of buses, trams, suburban trains and metro (upper). It is worth noting that at night public transport (from 11 pm to 5 am) functions a little bit differently than during the day. Night bus lines, always prefixed with an "N", run less frequently than the day ones. Most buses take off from Central Railway Station every 20, 30 or even 60 minutes! As to a ticket tariff – it is the same as usual. It is also possible to download it to your phone for free. Your personal Warszawa City card entitles you to unlimited use of public transport.

Your personal Warsaw City Card is just a card with an imprint of a user photo and their personal data on the reverse page. To get the personalised Card – you can choose one of the options: visit the ZTM Passenger Service Centre - attach a photo; download the application from the website – fill it in, attach a photo and send it by post; fill the application in on the website. Card can be recharged in electronic validating machines installed in on almost each public transport stops and vehicles operated by ZTM.

Check on the closest ZTM Service Centre via the following link:

<https://www.ztm.waw.pl/pop.php?c=500&l=2>

Students with having student ID card can have a 50% discount for both paper tickets or city card. The cost of City card balance for 30 or 90 days for students is as follow: 30 – Day ticket: 55 PLN, 90 –Day ticket: 140 PLN.

Please note! For getting a 50% student discount for Warsaw City Card, you need to provide your student ID card in ZTM Passenger Service Centres.

- ▶ To quickly move around Warsaw, you can also use city bikes provided by Warsaw Public Bike system (also called Veturilo).



On the site: travel planner, maps, tourists lines

<https://www.ztm.waw.pl/?l=2>

<https://www.nowa.wtp.waw.pl/en/>

<https://www.veturilo.waw.pl/en/>

<https://jakdojade.pl/warszawa/trasa/>

Krakow is a city with county rights, located in southern Poland on the Vistula river, as the second largest city in Poland both with regard to the population and surface area. It is a former capital of Poland, Royal Capital City and necropolis of Polish kings, as well as the capital of Małopolska Region.



Gdańsk is the Polish maritime capital with the population nearing half a million. It is a large centre of economic life, science, culture, and a popular tourist destination. Lying on the Bay of Gdańsk and the southern coast of the Baltic Sea the city is a thousand years old. Today, Gdańsk is the capital of the Pomeranian province and an important administration centre.



GDAŃSK
city of freedom



Poznań is a place where the energy of the New Europe is merged with the civilization of the West. A metropolis with over half-a-million residents, Poznań is situated in the most economically developed region of Poland, closer to Berlin than to Warsaw.



Wrocław is a city in western Poland and the largest city in the historical region of Silesia. It lies on the banks of the River Oder in the Silesian Lowlands of Central Europe. Wrocław is the historical capital of Silesia and Lower Silesia. Today, it is the capital of the Lower Silesian Voivodeship. The history of the city dates back over a thousand years, and its extensive heritage combines almost all religions and cultures of Europe.



Szczecin is the capital of the West Pomeranian Voivodeship, about 400,000 people live here. Greenery and water cover more than half of the city's area. The long-term brand strategy - "Floating Garden 2050" was based on these unique qualities. Szczecin is a modern city that allows residents to live close to nature. The forest surrounding the city, parks and squares in its center, numerous islands, canals and large backwaters give Szczecin a unique charm of a green, floating garden.



Lublin is the biggest town in Eastern Poland. The location of the town atop loessial rolling hills of the Lublin Upland in the valley of the Bystrzyca and its tributaries is one of its assets. In 1474 Lublin became the capital of the voivodship, a role it has continuously played to this day. During the years of the first Republic, Lublin, which was centrally located, was inhabited by different nationalities and religious denominations that constituted a rich and varied community.

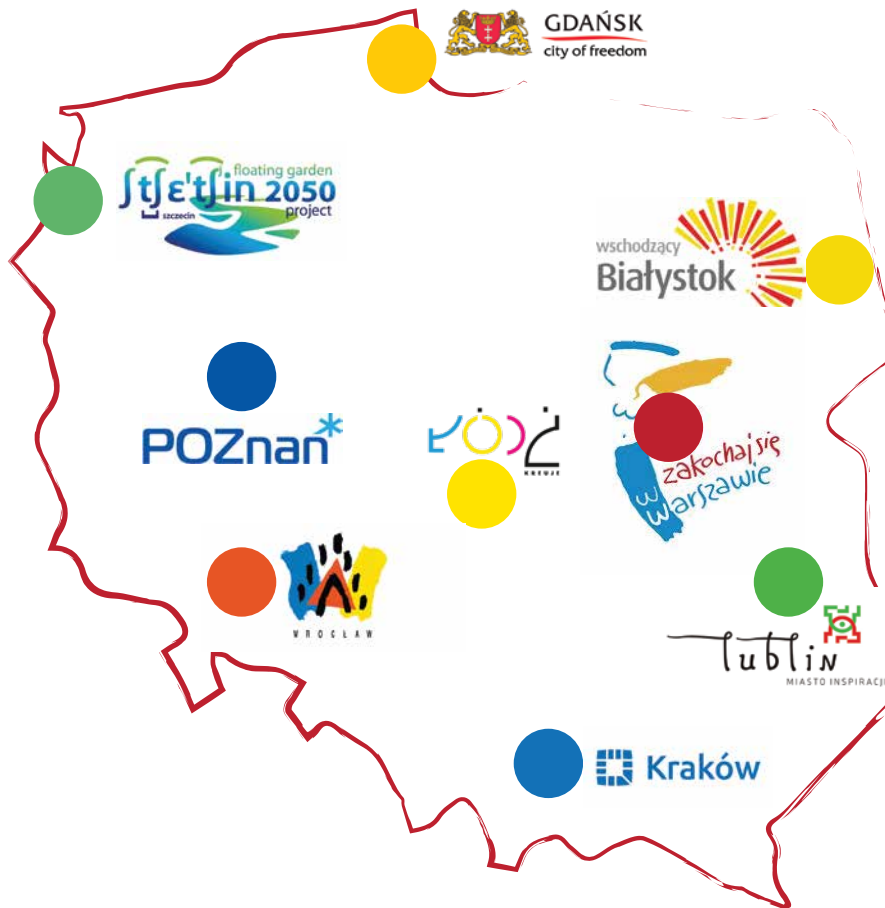


Białystok is the largest city in north-eastern Poland and the capital of the Podlasie Voivodeship. It plays the role of the administrative, economic, scientific and cultural center of this part of the country, which due to its exceptional ecological values is called the Green Lungs of Poland. The city's location in an ecologically clean region full of tourist attractions and rich infrastructure make Białystok and its surroundings an attractive place to live, rest and develop tourism.



Łódź is an unusual city located in central Poland, at the intersection of highways and railways. Łódź is a city of contrasts which intrigues almost at every step. It is full of factories and, at the same time, it is very green; eclectic but also avant-garde. Łódź dazzles with the lavishness of factory owners' palaces and astonishes with artistic installations.





DURING YOUR STAY

| Your personal check-list

▶ Polish visa (if necessary)



ENTRY REQUIREMENTS FOR EU CITIZENS. If you are a citizen of an EU member state the only thing you need to have to enter Poland is a valid travel document or a document confirming identity and citizenship (i.e. your national ID). However, if you wish to travel abroad during your stay in Poland it is a good idea to have a passport with you, as it is necessary to visit some of Poland's neighbours that don't belong to the EU.

For a stay shorter than three months there are no formal requirements. Your studies will however take longer. For such a stay a registration of residence is necessary. You should register with Voivodship (Provincial) Office.

ENTRY REQUIREMENTS FOR NON-EU CITIZENS. The two main documents you will need to enter Poland if you are not a EU citizen are a valid travel document (passport) and a visa (if required).

Visa

As a general rule you need a visa to enter Poland. There are, however, a number of countries that are free of this requirement. You can check if your country is on the list here: <http://www.msz.gov.pl>

Poland is a part of the Schengen zone, so you can apply for a Polish visa and travel all around Europe (excluding the United Kingdom, Ireland, Cyprus, Bulgaria, Romania, Croatia and states outside of the EU).

There are several types of visas to choose from:

"A" type – an airport transit Schengen visa, so it cannot be used by a student coming to Poland

"C" type – a short-term Schengen visa allowing the holder to stay in the Schengen territory for up to 90 days in 180 days period

"D" type – a long-term national visa issued for up to one year allowing travel around the Schengen area for up to 90 days in a 180 days period. A visa can only be extended in exceptional situations. Should you need to stay in Poland longer than specified in your visa please do apply for the temporary residence permit (see below)

5 easy steps to get a visa.

- 1) Find a Polish consulate that can process your application. You can use the MFA's search engine <http://mfa.gov.pl>
- 2) Read carefully ALL the information concerning visa application on the consulate's website and follow ALL the instructions.
- 3) Set a visa appointment with the consulate. In most cases you will have to register through the website: <http://www.e-konsulat.gov.pl>
- 4) Prepare the necessary documents, including: application form, travel document (passport), biometric photo, health insurance, sufficient means to support yourself, documents confirming the purpose of your stay. The specifics of the required documentation may vary among consulates, so confirm them with the consulate's website.
- 5) Submit all the documents including a printed and signed application form and the visa fee. Your visa application is complete. It will take up to 15 days for it to be reviewed.

► Accommodation



The type of the accommodation depends on the thickness of your wallet. You may choose between renting a studio, a room in a shared apartment or a room in the dormitory.

The minimum price for renting a studio is about 1200 PLN/monthly, a room in the apartment ~750-800 PLN/month plus „media” (gas, water, internet). The apartments in Warsaw are usually furnished with all the necessary utensils, devices and furniture.

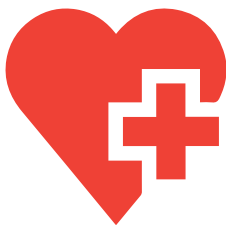
We recommend students of IG PAS to seek accommodation in Wola, Bemowo, Ochota districts in order to save time in daily travelling to the Institute.

Finding a permanent place in Warsaw needs at least 2 weeks. Therefore, in the meantime, you can stay either in one of the hostels in the city with a cheaper price or in apartments available on the Airbnb website.

Links that can be useful for accommodation finding:

- <https://www.olx.pl/nieruchomosci/stancje-pokoje/warszawa/>
- <https://www.gumtree.pl>
- <https://gratka.pl/nieruchomosci/pokoje/warszawa>
- <https://www.booking.com>
- <https://www.airbnb.pl>
- <https://www.tripadvisor.com>
- <https://www.aohostels.com/en/warsaw/>

► Health insurance



The health insurance system in Poland | Having health insurance is obligatory. When applying for a visa to Poland and legalising your stay in Poland, you always need to show insurance coverage confirmation. Healthcare services financed with public funds are available to persons covered by national health insurance on a compulsory or voluntary basis. This means that the insured who pay their contributions by a fixed date each month have free access to medical services covered by NFZ.

INDIVIDUAL INSURANCE | You should remember that certain employment contracts do not oblige the employer to insure their employees. So if your employment contract does not include the insurance, you have to obtain it individually, either in the public healthcare system (National Health Fund - NFZ) or in a private insurance company.

Public health insurance | In order to obtain the National Health Fund insurance, first you need to fill in the NFZ application form and submit it together with your identification document/passport, in one of the National Health Fund departments. In case of emergency NFZ will cover hospital costs.

The next step is signing a health insurance agreement. Then, within 7 days you need to go to the Social Insurance Institution (ZUS) to submit a form called ZUS ZZA in order to prove the signed agreement.

The amount of the monthly health insurance contributions is around PLN 380 - may change every quarter. Foreign students, including doctoral students pay a lower amount of PLN 46.80. The contributions should be paid before 15th day each month to appropriate bank account.

You are obliged to declare also your family members who are not subject to any other health insurance coverage. Adding family members will not result in paying additional or higher contributions.

Private insurance | Numerous private insurance companies offer various customised insurance policies. You need to know that private insurance policies do not provide the same general and equal access to medical services as the public coverage does.

We recommend Lux Med: <https://www.luxmed.pl/en.html>

Also note that private policies often set delay periods meaning that you cannot benefit from certain services, usually the most expensive ones, before a certain period of time passes, e.g. you only can use rehabilitation or small surgery treatment after 60 or 120 days of paying the insurance contributions.

Taking the above into consideration, it is advisable to obtain the public National Health Fund insurance.

DOCTORAL STUDENTS | European citizens, who are PhD students in Poland, are insured by their university or institute, unless they are covered by other insurance entitlements, e.g. if they are not insured by their parents (regardless of where they live). Non-European doctoral candidates in Poland should ask at the university whether they will be insured because higher education institutions are not obliged by law to cover health insurance of the students. In such case they are required to take out insurance individually through the below-mentioned voluntary insurance procedure.

THIRD COUNTRIES | Arrangements for nationals of third countries are laid down in relevant bilateral inter-government agreements. For example, citizens of Albania, Bosnia and Herzegovina, Montenegro, Russia and Serbia have the right to free healthcare services in case of emergency (sudden illness or accident) because the expenses for the services are covered by the Ministry of Health.

Insured foreigners are obliged to hold a document confirming their status.

▶ Pesel number



EVERYTHING YOU NEED TO KNOW ABOUT PESEL NUMBER |

If you are an expat or a foreigner thinking of living in Poland PESEL number is one of a these things that you are going to need if you want to stay in Poland for longer than a few months, irrespective of being an EU citizen or not. The law regarding the PESEL number has changed multiple times in the last few years with the last modifications being into effect since the beginning of 2018. The good news is that the process of obtaining the PESEL number by foreigners got simplified and in most of the cases it's automatic.

WHAT IS PESEL NUMBER AND DO YOU NEED IT? | The PESEL number is an identification number given to every Polish citizen when they are born and registered in Poland. Moreover, expats that meet certain criteria or apply for it also can get the PESEL number.

HOW TO OBTAIN THE PESEL NUMBER IF A PERSON IS A FOREIGNER | As mentioned previously, most expats will obtain their PESEL number automatically as a result of fulfilling a legal obligation of registering their place of living in the local City Council. In Poland, every person who decides to stay in Poland for longer is obliged to register where they live. However, Polish and EU citizens have 3 months to register their new place of living and non-EU citizens need to fulfil this obligation within 30 days from the moment they arrived in Poland. Once that obligation is fulfilled the local government automatically creates the PESEL number and sends the document to the provided address.

APPLYING FOR THE PESEL NUMBER | In a very rare situation, when a person is not living in Poland, but needs a PESEL number they can apply for it by: filling out the PESEL number form and bringing in to the local council of the district they live in with the copy of the rental agreement, specifically in Polish, which is signed by the owner, passport and temporary residence registration form which is available in the local councils.

Please make sure of getting a signature from the owner when you are making the rental agreement.

COSTS OF OBTAINING AND WAITING TIME | Obtaining the PESEL number is free, similarly to the registration of the address of stay in the local government office. It can take usually up to 30 days.

▶ Residence Card

Don't forget to have legal status in Poland under control. Before your visa expires, you need to leave the country and apply for a new visa OR stay in Poland and apply for Residence Card. If you decide to apply for a Residence Card, you will need to start the procedure at least 1 month prior to the expiry date of your visa (Being in a safe side, do it 3 months before the visa expiry).

To submit your application, you will need to make an appointment first:

<https://kolejka-wsc.mazowieckie.pl/rezerwacje/pol/login>

Address: Department of Foreigners, Legalization of Residence Section, located at 3/5 Marszałkowska St. in Warsaw, 1st floor, stands 10-11, only after prior arrangement for a specific day and time open: 10 am - 5:30 pm (Monday), 8 am - 3 pm (Tuesday, Thursday, Friday).

The list of required documents and application form can be found here:

<https://www.mazowieckie.pl/en/for-foreigners-1/residence/temporary-residence-pe/education>

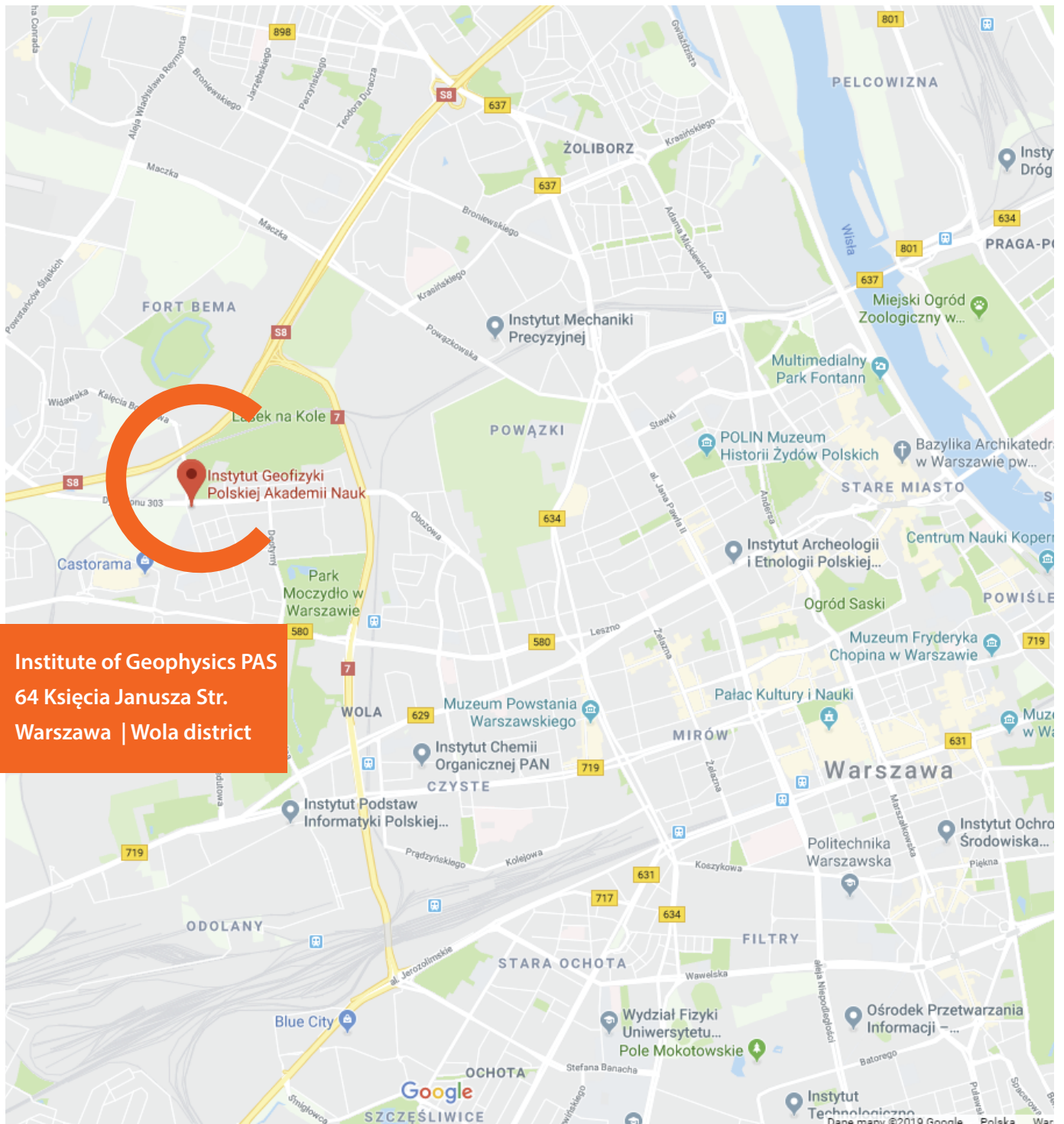
▶ Bank account



If you have a bank account from a bank somewhere else in Europe, you might as well know that many banks in Poland are owned by larger international banks, so it may be easier for you to open an account with them if you have an account with a sister bank. These are:

- ▶ Bank Pekao | UniCredit
- ▶ Santander Bank | Grupo Santander
- ▶ Bank Millennium | Banco Comercial Português
- ▶ ING Bank Śląski | ING Group
- ▶ mBank | Commerzbank

FIRST STEPS IN IG PAS



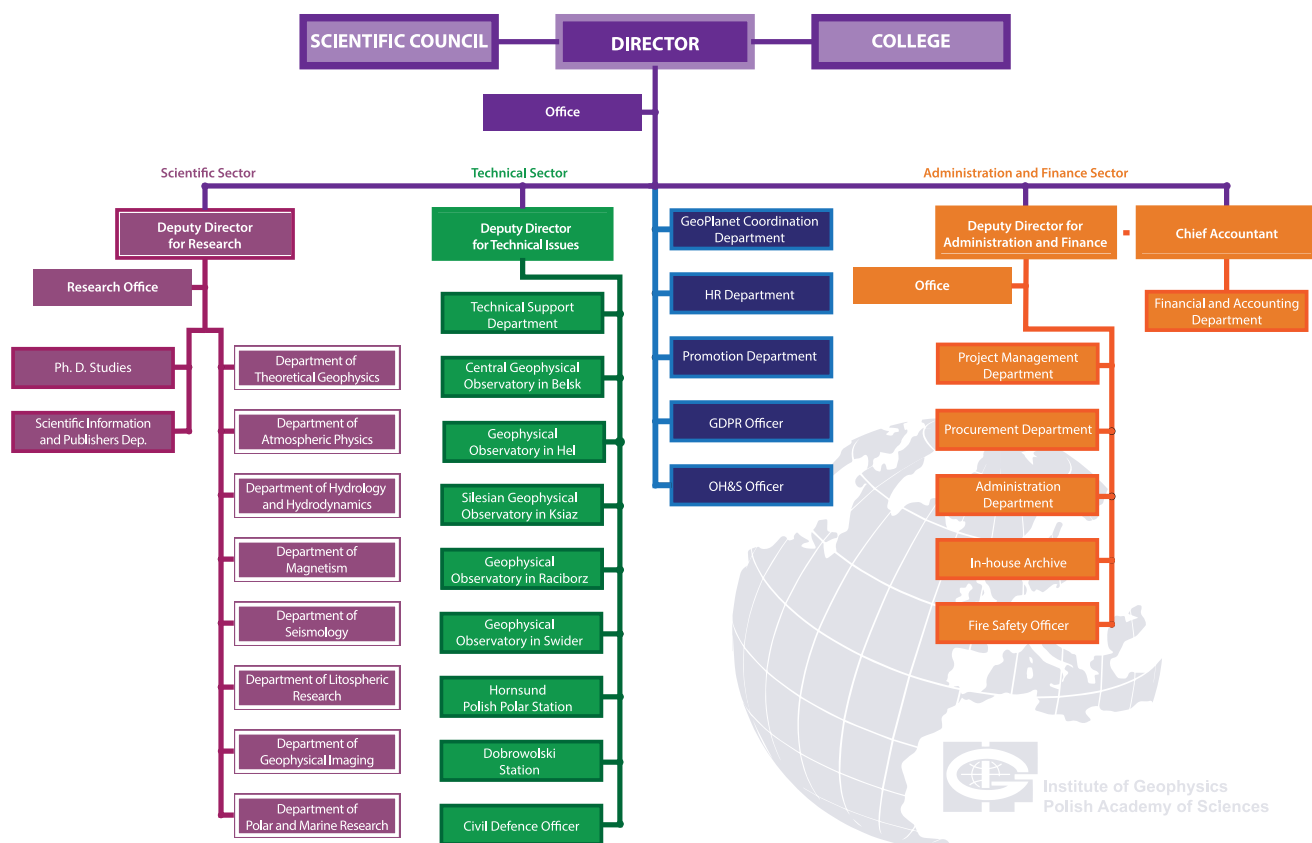
Institute of Geophysics PAS
64 Księcia Janusza Str.
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RESEARCH OFFICE | 2nd FLOOR | ROOM 223, 211

- ▶ Fulfil all docs | complete formalities
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