



# FREE LEGAL AID

Legalisation of stay, starting work, studies, school education or establishing a business – in all these situations you may need some legal assistance or information about Polish regulations. There are places in Poland which offer free legal assistance and information.

## NON-GOVERNMENTAL ORGANISATIONS

### Polish Migration Forum Foundation

ul. Szpitalna 5/14, Warszawa  
Consultations need to be booked in advance over the phone or by e-mail:  
Tel.: 692 913 993 and 22 11 000 85, Monday to Friday between 09:00AM–3:00PM  
E-mail: zapisy@forummigracyjne.org  
[www.facebook.com/PolskieForumMigracyjne](http://www.facebook.com/PolskieForumMigracyjne)  
[www.forummigracyjne.org](http://www.forummigracyjne.org)

### Foundation for Somalia

ul. Bracka 18/63, Warszawa  
Tel.: 22 658 04 87  
E-mail: biuro@fds.org.pl

### Nasz Wybór Foundation

Ukraiński Dom in Warsaw  
ul. Zamenhofa 1, Warszawa  
Tel.: 22 258 40 18 and 727 805 764  
E-mail: biuro@ukrainskidom.pl

### Association for Legal Intervention

ul. Siedmiogrodzka 5/51, Warszawa  
Consultations need to be booked in advance over the phone: 739 614 952 and 880 145 372, Monday to Friday between 3:00PM–4:00PM

Information about Polish regulations, assistance with submitting appeals relating to legalisation of stay and employment

### Helsinki Foundation for Human Rights

ul. Zgoda 11, Warszawa  
Tel.: 22 556 44 68 and 22 556 44 66  
E-mail: refugees@hfhr.org.pl

### International Organization for Migration

ul. Wiejska 12, Warszawa  
Website with useful information:  
<http://www.migrant.info.pl>

### Ocalenie Foundation

ul. Krucza 6/14a, Warszawa  
Tel.: 22 828 04 50  
E-mail: biuro@ocalenie.org.pl

### Warsaw Multicultural Center

ul. Jagiellońska 54, Warszawa  
Tel.: 22 648 11 11  
E-mail: centrum@cww.waw.pl

### La Strada Foundation Against Human Trafficking and Slavery

Confidential helpline: 22 628 99 99

THIS IS WHERE YOU CAN GET LEGAL ASSISTANCE AND INFORMATION FREE OF CHARGE:

## GOVERNMENTAL ORGANISATIONS:

### Masovian Voivodeship Office in Warsaw

24h automatic helpline: 22 695 67 70  
Consultants providing information over the phone:  
22 695 67 73 – for matters relating to legalisation of stay, employment of foreigners and replacement of residence card  
22 695 67 52 – for matters relating to European Union citizens  
22 695 65 61 – for matters relating to inviting a foreigner to Poland  
22 695 65 51 – for matters relating to Polish citizenship and repatriation  
<https://kontaktwsc.mazowieckie.pl> – contact form

### National Labour Inspectorate

Regional Labour Inspectorate in Warsaw  
ul. Płocka 11/13, Warszawa  
Free legal advice relating to labour law available Monday to Friday between 9:00AM–3:00PM.  
801 002 006 – when calling from a landline  
22 667 65 00 – when calling from a mobile phone

### General Headquarters of the Border Guard

al. Niepodległości 100, Warszawa  
22 500 41 49 (9:00AM–4:00PM) – information about border crossing.  
Information on the conditions of foreigners' entry and stay in the Republic of Poland:  
e-mail: [zcu.kg@strazgraniczna.pl](mailto:zcu.kg@strazgraniczna.pl)  
22 513 54 35; 22 500 48 03; 22 500 43 94; 22 500 43 35  
– Monday to Friday (10:00AM–2:00PM)

### Blue Line Polish Emergency Service for Victims of Domestic Abuse

Al. Jerozolimskie 155, 02-326 Warszawa  
Consultations relating to abuse:  
Tel.: 800 120 002  
Email: [niebieskalinia@niebieskalinia.info](mailto:niebieskalinia@niebieskalinia.info)

### District Employment Office

Information about the labour market  
19524 – Employment Office's Green Line

From 2019, NGO staff will be available on duty at regional offices of the MVO in Ostrołęka, Płock, Radom, Ciechanów and Siedlce. More information can be obtained at the regional offices.

Advice on legality of employment of Ukrainian citizens in Poland provided in Ukrainian  
22 391 83 60 – Monday–Friday between 9:00AM–3:00PM  
22 111 35 29 – Monday, Tuesday and Wednesday between 4:00PM–8:00PM

## FREE LEGAL AID STATIONS

In many Polish cities you can also find *free legal aid stations*. The service is available, among others, to youth under the age of 26, holders of a valid Large Family Card, pregnant women, seniors aged 65 and over, individuals who received social welfare benefits in the last year in line with the Social Welfare Act. Advice is generally only available in Polish. It does not relate to legalisation of stay but to various aspects of Polish law. A list of legal aid stations can be found here:  
<https://darmowapomocprawna.ms.gov.pl/pl/>



- Remember that laws differ slightly in every country. Talking to a lawyer will help you fully understand your situation in Poland and make the best decisions.

- In Poland, you can get free information about Polish laws and legal advice. In general, representation of a foreign national in court proceedings and attorney services need to be paid for.

- A separate legal aid system has been established for people seeking international protection in Poland (refugees). Information about legal assistance for such persons can be found here:  
<https://udsc.gov.pl/urzed/bezplatna-pomoc-prawna/>



### Polish Migration Forum Foundation

Since 2007, we have been supporting  
foreigners living in Poland and Poles  
living abroad.

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ul. Szpitalna 5/14, Warszawa  
Tel.: +48 22 110 00 85 and +48 692 913 993  
Mon–Fr from 10AM to 3PM

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www.forummigracyjne.org

The author is solely responsible for the contents. The European Commission and the Ministry of Internal Affairs and Administration bear no responsibility for how the information provided is used.

A safe harbour.

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