

# INTERNATIONAL STUDENTS' ACTION FOR ADAPTING CROSS-CULTURAL ACTIVITIES

**WELCOME TO POLAND  
WELCOME TO WSEI UNIVERSITY  
- TAKE CARE ABOUT YOURSELF  
(MEDICAL ISSUES)**



# WELCOME TO WSEI UNIVERSITY - MEDICAL ISSUES

## TAKE CARE OF YOURSELF

**When travelling to a new country, there are many factors that may affect your physical state and health. You must be aware of those so that we can act appropriately.**

Climate change can be a first major cause of health concerns. Let yourselves adapt to the new environment as your body might not be familiar with higher/lower humidity, wind intensity, or freezing temperatures.

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Food is definitely impacting your well being. Getting used to a new cuisine may cause some tummy problems so try to take it slow when incorporating new ingredients or dishes into your diet.

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Remember! If you are allergic to any products, make sure that food you order or ingredients you buy are checked. If you are at the restaurant ask waiter, if you are with your friends let them know about your allergies.

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Additional stress when dealing with a new environment and living in a foreign society may lower your immune system. Make sure you take some vitamins to help your health be in better condition.

Exposure to illnesses that are common in the target country. While, for example, the flu and stomach flu are generally a prevailing illness in Poland, your immune system may not be resistant to those. So make sure you take any precautions needed.

# WELCOME TO WSEI UNIVERSITY

## - MEDICAL ISSUES

### VACCINES

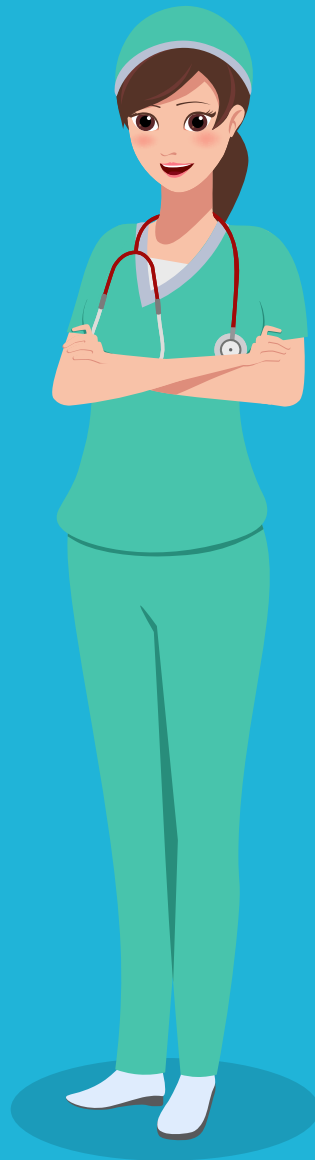
**Before coming to Poland, make sure you are up to date with all the vaccines. That will help you avoid any unexpected health problems during your stay.**

Routine vaccines - make sure you are up-to-date on all routine vaccines before every trip. Among others the vaccine for Chickenpox, Flu, MMR, Polio, etc.

COVID 19 - All eligible travelers should be up to date with their COVID-19 vaccines. Please see Your COVID-19 Vaccination for more information.

Hepatitis A - Recommended for unvaccinated travelers one year old or older going to Poland.

Hepatitis B - Recommended for unvaccinated travelers younger than 60 years old traveling to Poland. Unvaccinated travelers 60 years and older may get vaccinated before traveling to Poland.



Measles - Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as part of the routine childhood vaccination series.

Rabies - Poland is free of dog rabies. However, rabies may still be present in wildlife species, particularly bats. CDC recommends rabies vaccination before travel only for people working directly with wildlife. These people may include veterinarians, animal handlers, field biologists, or laboratory workers working with specimens from mammalian species.

TBE vaccine may be considered for persons who might engage in outdoor activities in areas ticks are likely to be found.

# WELCOME TO WSEI UNIVERSITY - MEDICAL ISSUES

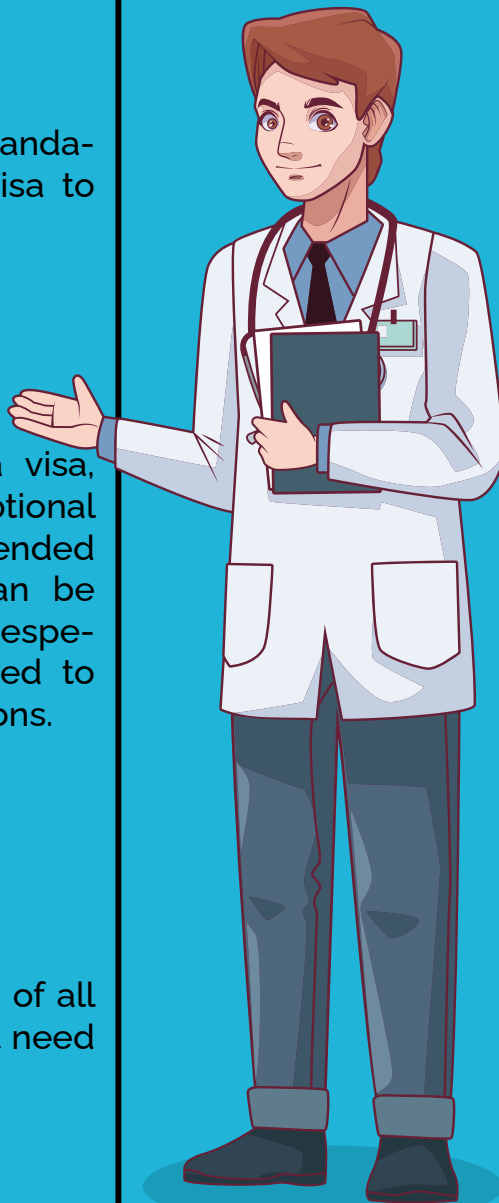
## TRAVEL INSURANCE

Before coming to Poland, you need to buy the travel insurance to ensure your safe travel.

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Travel insurance is mandatory if you need a Visa to enter Poland.

■  
If you don't need a visa, travel insurance is optional but strongly recommended as medical costs can be high for foreigners, especially as you will need to pay for any prescriptions.

■  
Make scans of copies of all documents you might need in case of emergency.



■  
For the Polish visa, the minimum insurance requirements are: Minimum coverage for at least €30,000 in medical expenses; It should cover all member states of the Schengen Area; It should cover any expenses which might arise in connection with repatriation for medical reasons.

■  
Before your travel, make sure you know all the procedures on how to use your insurance!

# WELCOME TO WSEI UNIVERSITY - MEDICAL ISSUES

## PRIVATE HEALTH INSURANCE

Buying health insurance from a private company does have its benefits and disadvantages. Before you choose to cooperate with a private insurance agent, do the research about the insurance coverage.

There are many options to choose from when considering private insurance. Insurance agents such as e.g. Allians, AXA, Vienna, PZU, UNIQA, etc.

Your private health insurance should cover the whole time of you staying in Poland with a minimum coverage for at least €30,000 in medical expenses.



If you decide to get private insurance you need to figure out how, when, and where you can use it. This information is vital to keeping you safe.

# WELCOME TO WSEI UNIVERSITY - MEDICAL ISSUES

## PUBLIC HEALTH INSURANCE

**The health insurance system in Poland is based on principles of equal treatment and access to healthcare services. The National Health Fund (Narodowy Fundusz Zdrowia; NFZ) is the institution responsible for public medical services in Poland and they manage public funds for healthcare.**

University students and doctoral students pay around 55 PLN a month. The most important thing about this insurance is that NFZ will check your previous insurance period. If you have never been to Poland or haven't paid insurance in the last 3 months, you'll have to make a payment for the gap period.

The National Health Fund gives you the free access to:

1. general practitioner/family doctor ("lekarz rodzinny" in Polish). Firstly you have to choose one – go to the closest NFZ clinic, ask for the application and the name of the doctor you should choose and fill it out according to the nurse's guidance;
2. night and medical care on holidays, hospital care, and emergency room;
3. rehabilitation;
4. diagnostic tests – you firstly must get a referral from the doctor;
5. visits to a specialist. You firstly must get a referral from your general practitioner and then you add your name to the list and wait for you visit. Without a referral you can go to psychiatrist, oncologist, dentist or gynecologist.



**NFZ insurance is mandatory for WSEI University students!**

# WELCOME TO WSEI UNIVERSITY - MEDICAL ISSUES

## PUBLIC HEALTH INSURANCE

Follow these simple instructions to apply for the NFZ insurance. Go to the NFZ to sign the contract. In order to do so, the student needs:



- >> Passport
- >> Visa / Residence Card
- >> Residency certificate
- >> PESEL certificate (every person staying in the country for more than 3 months should make such a pesel and have it)
- >> A certificate from the university about student status
- >> In ZUS fill out ZZA application
- >> Go back to NFZ with a confirmation of the ZUS notification and pick up the contract
- >> Pay the fees monthly



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# INTERNATIONAL STUDENTS' ACTION FOR ADAPTING CROSS-CULTURAL ACTIVITIES (ISAAC)

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