



Welcome to Małopolska







Welcome to Małopolska

Your Research Journey Begins Here

If you are seeking a place where you can both develop and share your expertise within an international community of researchers, while enjoying a peaceful life in a city full of possibilities, Kraków may be the destination you are looking for. Since June 2025 we have been committed to supporting international researchers and their families within our project *Małopolska – Inspiration for Your Research Journey*. This initiative brings together leading universities and research institutes in the region to create the environment that is both professional and welcoming.

Our goal is to provide comprehensive assistance, including support with relocation, visa procedures, housing and settling in. In addition, we offer integration activities, language courses and professional development opportunities to help you focus on your research while feeling at home in Kraków.

This project goes beyond practical arrangements. It is about fostering a dynamic academic community where ideas flourish, collaborations grow and science drives innovation. Whether your stay is short-term or long-term, we aim to make your experience smooth, productive and rewarding.

Within this guide, you will find essential information about our partner institutions, practical advice on living and working in Poland and insights into what makes Małopolska unique. Our dedicated team is ready to assist you whenever needed and this brochure is just one example of the support we provide.

Welcome to Kraków – the historic heart of the Małopolska region and a hub of culture, research and innovation. We hope your time here will be inspiring and successful. Let us help make your research journey truly exceptional.

Project Team



About the Project

Małopolska – Inspiration for Your Research Journey

Since June 2025, Kraków and the Małopolska region have been implementing the project *Małopolska – Inspiration for Your Research Journey*, coordinated by AGH University of Kraków and funded by the NAWA–EURAXESS Network program and the European Funds for Social Development (PLN 823,348.70). Running until the end of 2028, the initiative aims to make Małopolska a welcoming, supportive and competitive destination for international researchers, PhD students and their families.

A Regional Alliance for International Scholars

The project unites five leading institutions: AGH University of Kraków (leader), Cracow University of Technology, Jagiellonian University in Kraków, University of Agriculture in Kraków and The Henryk Niewodniczański Institute of Nuclear Physics Polish Academy of Sciences. Together, they are building a regional EURAXESS network – a platform offering practical assistance, as well as social and academic support for scholars arriving in Kraków. This collaboration ensures that researchers can focus on their scientific work while smoothly adapting to the new environment.

Planned activities include integration events, Polish language courses, training for staff and researchers, study visits and a comprehensive online guide with administrative and cultural information. The project will culminate in an international conference, presenting achievements and strengthening global partnerships.

What is EURAXESS?

EURAXESS – Researchers in Motion is a European initiative supporting researcher mobility and career development across borders. Operating in 43 countries, it provides access to job offers, grants and resources for professional growth. In Poland, NAWA – EURAXESS Network program funds regional projects like this one, ensuring tailored assistance for international scholars and their families.

Why It Matters for Małopolska

This initiative goes far beyond administrative help. It reflects the vision of the Małopolska 2030 Development Strategy: positioning the region as an international hub for education, research and innovation. By creating an open and supportive academic environment, the project strengthens Małopolska's global visibility and attractiveness.

For researchers, it means easier relocation, access to career development tools and opportunities for networking and cultural exchange. For institutions, it offers resources to boost internationalization, including free job postings, global CV databases and guidance on hosting foreign scholars.

Shaping a More Open Academic Community

Ultimately, *Małopolska – Inspiration for Your Research Journey* is about building a community where ideas and people from around the world thrive. It seeks to ensure that researchers in Kraków are not just visitors but active members of a dynamic academic ecosystem. In the years ahead, Małopolska aims to be known not only for its cultural heritage but also as a region of innovation and collaboration.



Key Activities



Integration:

events for researchers and their families.



Digital Tools:

website – a tool for practical guidance.



Training & Development:

workshops on intercultural communication, academic career planning and staff training.



Promotion:

brochures, videos and digital campaigns.



Language Support:

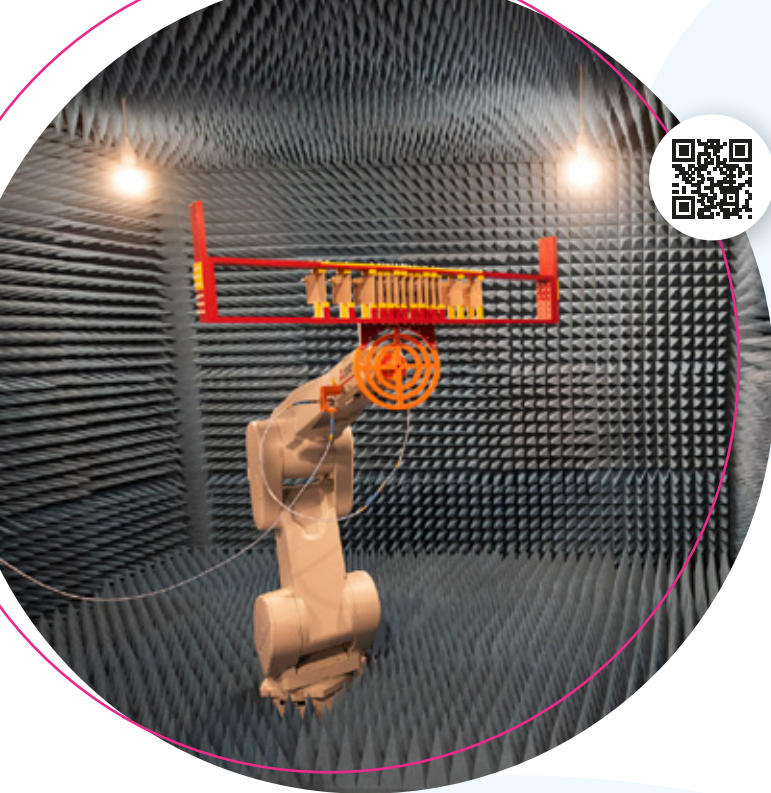
Polish language courses for newcomers.



International Conference:

showcasing project outcomes and fostering global visibility.

*Project
Partners*



AGH UNIVERSITY OF Kraków



AGH UNIVERSITY OF Kraków is one of Poland's leading technical universities, holding the prestigious status of Research University – Excellence Initiative. The University is actively engaged in over 100 research projects under Horizon Europe, Digital Europe, M-ERA.NET, NAWA and ERC grants. For many years AGH University has also been a valued partner of CERN, with research teams active in all four major LHC experiments – ALICE, ATLAS, LHCb and CMS/TOTEM – contributing both expertise and cutting-edge technology.



UNIQUE FACULTIES

AGH University stands out nationwide thanks to its unique faculties. The Faculty of Non-Ferrous Metals – the only one of its kind in Poland – specializes in advanced technologies for non-ferrous metals and their applications. The Faculty of Foundry Engineering builds on Poland's strong metallurgical traditions, while the Faculty of Space Technologies drives innovation in aerospace and satellite systems.



UNIQUE RESEARCH EQUIPMENT

AGH University is home to world-class infrastructure. The Helios supercomputer (30.44 PFLOPS) described as “a new light for innovation” in Polish science and economy, ranked 55th in the TOP500 and 3rd in the Green500 in 2024. Remarkably, for the first time in Poland's IT history, four supercomputers from one center – Academic Computer Centre Cyfronet AGH – were listed in the TOP500 ranking.

Another flagship facility is the International Centre of Electron Microscopy for Materials Science (IC-EM), developing advanced methods for materials research. Its S/TEM FEI Titan³ G2 60-300 microscope is one of only two in Poland, enabling atomic-level microstructure analysis.



OVER 800 MODERN LABORATORIES

With more than 800 specialized laboratories, AGH University offers some of the most advanced innovative facilities in Poland and Europe. Highlights include one of Europe's largest Anechoic Chambers, a Materials Research Laboratory (unique in Poland), the Laboratory of Petroleum Geochemistry, the Laboratory of Critical Elements created with KGHM and Poland's first LTE Laboratory developed with Nokia.

Other innovative spaces include Laboratory of Energy Efficiency and Building Automation – AutBudNet, RWE AGH Solar Lab, AGH–Aptiv Laboratory of Autonomous Vehicles, Industry 4.0 Laboratory, the IT Center, one of Europe's most advanced reconfigurable hubs and the VR/CAVE Laboratory with immersive VR, motion capture, panoramic displays and a full-scale excavator simulator. Together, they make AGH University a leading hub of innovation and collaboration with industry.



RESEARCH TEAMS

AGH University is home to 25 active research teams, exploring fields from smart urban mapping and robotics to advanced materials, AI-driven healthcare and space mission systems.



AGH UNIVERSITY CAMPUS

AGH University also offers the largest and most modern student campus in Poland. Over 7,000 students live in 20 comfortable dormitories, creating a dynamic and welcoming community. Just minutes away you can find shops, services, free sports facilities, four student clubs and even Kraków's city center.





Engineering Knowledge for the Real World

CRACOW UNIVERSITY OF TECHNOLOGY



Cracow University of Technology is a public university established in 1945. It comprises a Doctoral School and 8 faculties (departments) offering majors of Polish and English-taught accredited study programs. In the most recent national evaluation of scientific disciplines, our University was awarded the highest possible categories, A+ and A and is now ranked among the top three Polish universities listed in major international university rankings.



Our mission is to do research and use the latest scientific and technological achievements to educate highly qualified engineers and scientists. Based on respect for human dignity and rights, freedom in the pursuit of truth, respect for knowledge and skills and openness to new ideas and diversity of views, **we strive to ensure the highest standards in education and research.**

Cracow University of Technology was awarded the **Human Resources Excellence in Research** award by the European Commission that proves that we comply with the **European Charter for Researchers** and on the **Code of Conduct for the Recruitment of Researchers**. The University is a member of the **European University Association** and the **STARS EU Strategic Alliance** for Regional Transition.

Our laboratory base is constantly developing and expanding, thanks to which our University increases its research capabilities supporting entrepreneurship, innovation and technology transfer. We cooperate with external entities, companies and scientific institutions including **CERN** and the **Joint Research Centre of the European Commission**. Modern research infrastructure allows our scientists to adequately respond to the needs of the modern world, such as in the areas of IT technology, low-energy construction, alternative fuels, transportation, bioengineering, medicine or production of composite materials and nanomaterials.

Our Welcome Point offers support to our international students, doctoral students, interns and researchers in order to make them **feel at home**.





Inspired by the past, we shape the future

JAGIELLONIAN UNIVERSITY IN KRAKÓW



Founded in 1364 by King Casimir the Great, the Jagiellonian University (JU) is the oldest university in Poland and one of the oldest in Europe. For centuries, it has been a leading academic institution, educating generations of scholars and attracting outstanding minds such as Nicolaus Copernicus, Włódzisław Szyborska and John Paul II.



Today JU is not only a university with a rich tradition but also one of Poland's largest academic institutions and a modern research powerhouse. Since its foundation, JU has maintained a strong international character, highlighted in the Jagiellonian University 2030 Strategy. This commitment is reflected in numerous mobility programmes and bilateral exchanges, as well as participation in global academic networks, including Una Europa – European University.

Rooted in medieval tradition yet focused on the future, JU is a dynamic center of education and research. It comprises 16 specialized faculties and four modern campuses, combining historic buildings with state-of-the-art facilities. Consistently ranked among the top universities in Poland and performing well in international rankings, JU collaborates with leading institutions such as the Max Planck Society and the NIH (National Institutes of Health). Its research spans diverse fields – from astrophysics to cardiac surgery – and results in numerous grants, patents and innovations.

The University boasts advanced research centers, including the University Hospital, the SOLARIS National Synchrotron Radiation Centre, the Jagiellonian Centre for Experimental Therapeutics and the Małopolska Centre of Biotechnology. Fostering interdisciplinary projects and international partnerships, these facilities strengthen JU's position as a major European research hub.

In 2018, the International Visitors' Office was established as a point of contact for internationally mobile researchers, their families and JU units. The IVO team offers information, advice and support on all matters related to the relocation, from residence formalities to useful tips on everyday life, working closely with various JU units and external institutions to ensure a smooth transition. For details please visit IVO website and let us make you feel at home at the Jagiellonian University.

Located in Kraków – Poland's former capital and a vibrant cultural center – JU combines centuries-old heritage with modernity, shaping the future of science and education.





THE HENRYK NIEWODNICZAŃSKI INSTITUTE OF NUCLEAR PHYSICS POLISH ACADEMY OF SCIENCES



The Henryk Niewodniczański Institute of Nuclear Physics Polish Academy of Sciences (IFJ PAN) in Kraków is one of the largest scientific institutes in Poland and one of the country's leading research centers. In the last three consecutive evaluations of scientific activity, it received the highest A+ rating, confirming its established position as a leader in the field of natural sciences. In 2025, IFJ PAN ranked fifth among Polish research institutions according to the global CWUR ranking.



Since its founding in 1955, the Institute has consistently developed as a modern, multidisciplinary research center with a strong position in both national and international scientific communities. Its activities encompass basic and applied research in fields such as nuclear and particle physics, astrophysics, medical physics, radiobiology, materials science, experimental engineering and advanced computational methods.

The Institute boasts unique research infrastructure, including accelerator complexes, computing clusters, the only proton therapy center in Poland and four accredited research and measurement laboratories.

IFJ PAN actively participates in international research programs and scientific consortia (including CERN, GSI/FAIR, DESY, ESA, ELI ERIC, Horizon Europe, EURATOM) and currently coordinates five projects under the International Research Infrastructure Program.

Since 2019, IFJ PAN has been the coordinator of the Kraków Interdisciplinary Doctoral School (KISD), which provides education in six scientific disciplines. KISD offers a modern, flexible and fully internationalized interdisciplinary training program. Its PhD students can participate in international internships, conferences and programs (e.g., NAWA-STER) and benefit from joint education initiatives, such as double degrees, joint degrees and co-supervision arrangements. Additionally, the Institute holds an Erasmus Charter for Higher Education, facilitating student and staff mobility.

IFJ PAN provides comprehensive support to international researchers (foreign nationals make up 17% of staff). A dedicated International Staff Assistant helps with formalities related to employment and relocation to Poland, including visa procedures, finding accommodation, contact with institutions and document translation. The Institute also maintains dedicated websites with information for international staff and systematically translates forms and guides to support adaptation.

Recognition of the Institute's high organizational and ethical standards is confirmed by the HR Excellence in Research distinction. IFJ PAN is guided by principles of openness, equal opportunity and research responsibility, promoting a culture of collaboration and mentoring.

The Institute's management places particular emphasis on the development of young researchers and ensures that all staff – scientific, technical and administrative – have equal access to training, international travel opportunities and flexible work arrangements that support work-life balance.

By combining a strong scientific tradition, modern research management and active international collaboration, IFJ PAN remains one of the most prestigious and dynamically developing research centers in Poland, committed to providing the best possible working and development conditions for its entire community.





UNIVERSITY OF AGRICULTURE IN KRAKÓW



University of Agriculture in Kraków (UAK) offers international researchers a unique opportunity to work in one of Poland's most dynamic academic environments specializing in life sciences, engineering, veterinary, economics, forestry and food technology. The University combines over 70 years of tradition with modern infrastructure and global research perspectives, focusing on challenges that directly impact the future of our planet: food security, climate change, biodiversity protection, renewable resources, animal health and sustainable rural development.



Researchers joining UAK gain access to **cutting-edge laboratories and experimental facilities**. These include the Centre for Innovation and Technology Transfer in Agriculture and Food Industry, specialized laboratories in genetics, biotechnology, soil science, precision agriculture, food safety and veterinary diagnostics, as well as experimental farms and forests that serve as living laboratories. The University coordinates and participates in numerous **international research projects** under Horizon Europe, Erasmus+, NAWA and bilateral cooperation programs.

Flagship initiatives focus on digital transformation in agriculture, climate-smart farming, circular economy in food systems, veterinary public health and bio-based technologies. Partnerships with industry and public institutions ensure that results are widely applied and that researchers can work on projects with direct social and economic relevance.

UAK offers a supportive environment for **visiting scientists, postdoctoral fellows and PhD candidates**. International scholars benefit from mentoring, assistance in applying for Polish and European grants and integration into interdisciplinary teams. The University actively welcomes researchers interested in joint publications, project consortia and long-term collaboration in the fields of bioeconomy, environmental sciences, food technology, veterinary medicine and landscape architecture.

The University is deeply engaged in **international networks** and maintains cooperation with more than 150 partner universities and institutes worldwide. This creates opportunities for exchange, mobility and building strong professional links across Europe and beyond. Beyond academic life, Kraków offers an inspiring environment for foreign researchers. As one of Europe's most vibrant academic cities and a UNESCO World Heritage site, it combines rich cultural traditions with modern infrastructure, an international community and excellent living standards. The city's central location makes it easy to connect with major European research and innovation hubs. For international scientists looking for a welcoming institution with strong research facilities, ambitious projects and global partnerships, the University of Agriculture in Kraków provides an ideal environment to develop innovative ideas and build a successful academic career.



ACADEMIC TESTIMONIALS



(...) AGH University's excellent research facilities allowed me to deepen my work, gain hands-on training in advanced techniques and publish my research in reputable journals and present it at conferences. The strong teamwork and supportive colleagues created a collaborative environment that made research both productive and enjoyable. Beyond the lab, I cherished experiencing Kraków's culture, traditions and hospitality. The kindness of the people made my stay truly memorable and enriching.



I first came to Kraków from Greece as a postdoctoral researcher in 2012, attracted by the city's vibe and the excellent collaboration I had with the local research group during my doctoral studies. (...) After a postdoctoral stay in Germany, I decided to return to CUT, this time as a teacher and researcher. I particularly value that the Polish academic system offers permanent mid-level positions, which allow for planning a long-term academic path, something not commonly available in most other countries. Working in Kraków also provides numerous opportunities for interdisciplinary collaboration across the many universities and research centers based in the city. People often ask how a Greek manages the Polish winter; I reply that while I like snow, I don't miss the rain back home and that *grzaniec* with good company helps a lot!



Moving to Poland and joining IFJ PAN has been an invaluable experience for me, both professionally and personally. I appreciate working in a professional environment with opportunities for international collaboration. At the same time, living in Kraków has been a great experience, as the city is vibrant, welcoming and easy to feel at home in.



I discovered my PhD position at AGH University of Kraków through Euraxess, joining an ERC-funded international research team. With excellent supervision, supportive colleagues and access to advanced labs, I conducted high-level experiments, developed new approaches and published several first-author papers (...). AGH University offers PhD students outstanding facilities, access to national and international grants and exchange programs that foster collaboration and networking. Living in Kraków enriched my journey with its cultural and professional opportunities, making it an inspiring place to study and grow as an independent researcher.





My decision to continue my academic career at CUT stems from its dynamic and supportive environment, collaborative colleagues and the wide range of programs that actively encourage research development. I highly value the university's openness to collaboration with other higher education institutions, which fosters interdisciplinary research and innovation. Furthermore, the well-structured career development framework at CUT provides a clear path for professional growth. The recognition and appreciation of academic achievements by both the university and ministry authorities also serve as a strong source of motivation, enabling researchers and academic staff to pursue their goals with confidence and peace of mind.



After completing my master's degree in Ecuador, I had the opportunity to undertake a research exchange at URK. I am currently beginning my PhD studies (...). What I value most about my time at URK are the research opportunities in the field of forestry sciences, the dedication to academic research and the welcoming scholarly community. This experience represents both a significant change and an invaluable opportunity, allowing me to strengthen my knowledge, broaden my perspective and expand my professional network for my future career as a researcher.



(...) I have a long relationship with Poland, as permanent guest professor since 2016, working on soil sciences and teaching several subjects on Erasmus programs with the UAK as well as being member of the Soil Science Society of Poland. From all these years working in Poland I value their friendship and their willingness to help, being always ready to work as a team.



My life here in Kraków and my stay at the Jagiellonian University opened many new doors and windows of opportunities. I had a great cultural life here in Kraków and hope that Kraków will become my second home.



The work environment at IFJ PAN is outstandingly scientifically flexible, allowing me to push the boundaries of my research. The collaborative spirit is strong; I always find my colleagues are ready to help and offer the necessary support whenever I need it.



My visit to Jagiellonian University this past semester was an unforgettable experience and I just wanted to reach out to let you know how much I appreciate all you do for the visiting professors at the university.







*Find us
HERE*

Working and Living in Poland



EU and National Policies for Researchers



EURAXESS –
Empowering Researchers, Connecting Science

EURAXESS – Researchers in Motion is a unique pan-European initiative uniting over 1,500 members from 700 organizations in 43 countries and 9 hubs worldwide. Since 2004, its mission has been to facilitate international mobility, foster career development and strengthen scientific collaboration across borders.

Through the EURAXESS European portal, users access Europe's largest database of research jobs and grants, practical information on mobility and tools for career planning as well as international partnerships. Whether you are a researcher seeking opportunities abroad or an institution aiming to attract global talent, EURAXESS offers free, personalized assistance and tailored resources.

Join the EURAXESS network and explore a world of possibilities:

- Discover international job opportunities and funding schemes
- Access expert guidance on mobility and career development
- Connect with research communities across Europe and beyond





EURAXESS Poland – Your Gateway to Research Opportunities

Are you an international researcher considering a move to Poland or planning collaboration with Polish institutions? EURAXESS Poland supports you at every step. As part of the European EURAXESS initiative, it provides free, personalized assistance to researchers and their families relocating to Poland, as well as to employers hosting international talent. Services include information on the Polish research landscape, job and funding opportunities, immigration procedures and daily life.



What does EURAXESS Poland offer:

- **Access to Research Funding and Jobs:**
Regularly updated job and funding database, monthly newsletter and global listings of research positions and grants.
- **Personalized Support Services:**
Guidance on entry, residence and employment procedures; access to over 700 Welcome Centres across Europe; national portals with details on grants and career events.
- **Career Development and Networking:**
Tools, training and mentoring for career planning; opportunities to build international partnerships; integration with EURAXESS Worldwide hubs.

Since January 2022, the Polish National Agency for Academic Exchange (NAWA) coordinates EURAXESS in Poland. The network currently includes 20 institutions.



Website: Euraxess - NAWA



Email: euraxess@nawa.gov.pl



Phone: +48 451 058 625

Also visit *Research in Poland*, a promotional initiative showcasing the Polish research landscape and funding opportunities.





ERA Talent Platform – Supporting Careers Across Borders

The ERA Talent Platform is an online gateway designed to support researchers and innovation professionals at every career stage. Part of the European Commission's vision for a New ERA (European Research Area), it enhances career development conditions, attracts global talent and strengthens Europe's research position.

What the ERA Talent Platform offers:

- Integrated Access to Key Services: EURAXESS networks and portals, HR Excellence in Research award, RESAVER pension scheme, Innovation Talent Platform and the Research and Innovation Careers Observatory (ReICO).
- Support for Career Development and Mobility: Centralized resources for planning and advancing careers across sectors and borders.
- Collaboration and Knowledge Sharing: Access to data, policy updates and resources through the ERA Policy Platform.

Explore the ERA Talent Platform and discover how the European Research Area is shaping the future of research and innovation.



European Charter for Researchers – A Framework for Excellence

The European Charter for Researchers is a strategic instrument fostering attractive, sustainable and inclusive research careers across Europe. Endorsed by EU Member States in December 2023, it replaces the 2005 version and introduces a renewed framework aligned with global research challenges. It also defines the term “researcher” for consistent recognition across Europe.

Key Principles and Structure:
20 core principles under four pillars:

- Ethics, Integrity, Gender and Open Science
- Researchers' Assessment, Recruitment and Progression
- Working Conditions and Practices
- Research Careers and Talent Development

Scope and Target Groups:

Researchers in all sectors, employers, funders and policymakers. It applies to all research types and disciplines, including STEM and SSH.

Objectives and Impact:

- Enhance the attractiveness and stability of research careers
- Promote intersectoral mobility and transversal skills
- Ensure equitable working conditions and work-life balance
- Address inequalities related to gender, age, ethnicity, nationality or social origin
- Recognize diverse roles of researchers, including mentoring and management

By establishing shared standards, the Charter encourages professionalism and collaboration, contributing to the excellence and competitiveness of European research.

Working & Living in Poland:

A Quick Cultural Guide



Language

Polish is the official language. English is widely spoken in cities, especially by younger people, but learning basic Polish is highly recommended for everyday tasks and administrative procedures. In Małopolska, you may hear regional dialects, especially in rural areas and the Podhale region.

Useful phrases: *Dzień dobry* (Hello), *Dziękuję* (Thank you), *Proszę* (Please/You're welcome), *Przepraszam* (Excuse me/Sorry).



Social Etiquette & Communication

Poles value formality in professional settings – use titles and last names unless invited otherwise. Communication is direct and honest; do not confuse frankness with rudeness, though. Handshakes are common and personal space is respected.



Workplace Culture

Hierarchy matters – decisions often come from the top. Punctuality is essential. While Poles work hard, evenings and weekends are for family and rest.



Academic Environment

Titles carry weight – address people as *Dr.* or *Prof.* Collaboration is growing, but expect structure and some bureaucracy.



Cultural Values

Family is central and traditions are strong. Major holidays like Christmas Eve and All Saints' Day are widely observed. Poland is predominantly Catholic, influencing customs and public holidays.



Everyday Life

Most shops close on Sundays and national holidays (e.g., Jan 1, May 1 & 3, Aug 15, Nov 1 & 11, Dec 24–26). Credit/debit cards are widely accepted, but cash is useful in small markets.



Dining & Hospitality

Lunch (*obiad*) is the main meal, eaten early afternoon; dinner (*kolacja*) is lighter. If invited home, bring a small gift (flowers, sweets, wine). Tipping around 10% in restaurants is standard.



Final Tip

Integration takes time – observe, ask questions and show interest in Polish language and traditions. Poles appreciate openness and cultural curiosity.

*Małopolska
in Brief*

Małopolskie Voivodeship – *Where Poland's Heritage Comes Alive*

- **Full Name:** Małopolskie Voivodeship
(in Polish: *Województwo Małopolskie*)
- **Capital:** Kraków
- **Location:** Southern Poland
- **Area:** 15,108 km² (approx. 5.8% of Poland's territory)
- **Population (2024):** ~3.45 million
- **Counties** (in Polish: *Powiaty*): 22



Małopolska is one of Poland's most densely populated regions outside the capital area and is widely regarded as the country's cultural and historical cradle. Located in the picturesque south, it offers a unique blend of royal cities, mountain landscapes, spa towns and natural wonders. The region plays a leading role in preserving national parks, historic landmarks and living traditions.

Visitors are captivated by its rich heritage: historic towns such as Tarnów, Nowy Sącz and Wieliczka with centuries-old architecture; the vibrant Góral highlander culture of Zakopane; and Kraków – Poland’s former royal capital and a major cultural hub. Małopolska boasts numerous UNESCO World Heritage Sites, including:

- **The Old Town in Kraków,**
- **Memorial and Museum Auschwitz-Birkenau, the former German Nazi Concentration and Extermination camp,**
- **The Salt Mine in Wieliczka,**
- **The Saltworks Castle in Wieliczka,**
- **The Salt Mine in Bochnia,**
- **The Architectural and Park-Landscape Complex in Kalwaria Zebrzydowska,**
- Four wooden churches: **in Dębno Podhalańskie, Sękowa, Binarowa and Lipnica Murowana,**
- Four wooden Orthodox churches: **in Brunary Wyżne, Kwiaton, Owczary and Powroźnik.**

The **Małopolska UNESCO Route**, spanning over 300 km, connects these exceptional monuments, showcasing the region’s unparalleled cultural significance.



Traditions and Living Culture

Małopolska is famous for its vibrant customs, such as:

- **Lajkonik Parade** in Kraków – a colorful procession featuring a Tatar horseman
- **Rękawka Festival** – a Slavic spring celebration near Krakus Mound
- Highlander (**Góral**) music, folklore and crafts in Zakopane and the Tatra region



Nature at Its Finest

With majestic mountains, forests and rivers, Małopolska is a paradise for hikers, cyclists, skiers and nature lovers. The region offers over 6,000 km of scenic trails, crystal-clear lakes and family-friendly resorts. Its six national parks protect Poland's most diverse ecosystems:

1. **Tatra National Park** – Poland's only alpine region, home to Rysy (the highest peak of Poland) and rare wildlife.
2. **Pieniny National Park** – famous for the Dunajec River Gorge and rafting trips.
3. **Ojców National Park** – limestone valleys, caves and medieval castles near Kraków.
4. **Gorce National Park** – lush forests and peaceful hiking trails, rich in biodiversity.
5. **Magura National Park** – wooden Orthodox churches and untouched nature.
6. **Babiogórski National Park** – centered around Babia Góra peak (nicknamed “the Queen of the Beskidy mountains”), with dramatic landscapes and rare alpine plants.



Unique Attractions

- **Zalipie – Poland's Painted Village:** A unique living tradition of covering houses, barns, fences etc. with intricate floral decorations; a host to workshops and annual competitions.
- **Błędowska Desert:** Central Europe's largest sandy area, offering hiking trails and panoramic viewpoints; the only true desert in Poland.
- **Siklawa Waterfall:** Poland's highest waterfall (70 m), located in the Tatra Mountains.

Małopolska combines history, culture and nature like no other region in Poland. Whether you seek world-class heritage sites, outdoor adventures or authentic traditions, Małopolska offers an unforgettable experience.

*Discover Małopolska – where heritage
meets innovation and every journey
becomes an inspiration.*



An aerial photograph of a historic European city square. On the right, a tall brick church tower with a clock face and a multi-tiered spire dominates the skyline. The square is paved with a geometric pattern and filled with people. In the background, a long, ornate building with many windows and arches lines the square. The sky is blue with scattered white clouds. A large, semi-transparent circular graphic is overlaid on the left side of the image, containing the text.

Everyday Necessities

Moving to Poland

Relocating to Kraków and the surrounding Małopolska region can be an exciting yet complex journey for international families, especially for researchers who may be new to Poland. This guide is designed to help navigate the legalization process, the formalities and family life in Kraków and Małopolska, covering key aspects such as the legalization process, job opportunities, education, cultural integration and more.

Access the QR code for detailed information about formalities related to the relocation to Poland



Before the arrival in Poland:

Essential Preparations checklist:

- 1. Check Your Passport:** Ensure your passport remains valid for the full duration of your stay in Poland.
- 2. Visa Requirements:** If you are required to obtain a visa to enter Poland, start the application process well in advance. Contact the Polish embassy or consulate in your country for accurate and up-to-date information.
- 3. Health Insurance:** Securing health insurance coverage is mandatory. Be sure to review the “Health Insurance” section for detailed guidance.
- 4. Document Copies:** For your convenience, travel with certified copies of key personal and medical documents. If possible, have them translated into Polish to avoid complications later.
- 5. Photographs for Documents:** Bring at least four recent biometric passport-sized photos (35mm x 45mm, color), as they may be needed for official paperwork.
- 6. Driving in Poland:** Planning to drive during your stay? Apply for an international driver’s license before departure.
- 7. Contact your hosting University** to confirm the details of your arrival and stay.



After the arrival in Poland:

Settling In – First Steps After Arrival in Kraków checklist:

- 1.** Legalization of stay and work (Małopolska Provincial Office)
- 2.** Accommodation confirmation
- 3.** Address registration (Municipality / District registration)
- 4.** University onboarding
- 5.** Contracts and work formalities
- 6.** Banking setup (optional)





Legalizing your stay in Poland in the Małopolska Provincial Office

Your legal status in Poland depends on your citizenship and the purpose of your stay.

1. EU/EEA Citizens

- You do not need a visa to enter or stay.
- If staying longer than 90 days:
 - You must register your stay at the Voivodeship Office (*Urząd Wojewódzki*) on the next day following the 3 months at the latest.
 - Provide your employment contract or scholarship agreement.



2. Non-EU Citizens

- You may need a visa to enter Poland.
- If staying longer than 90 days:
 - You are required to apply for a temporary residence permit (*Karta Pobytu*) before your current visa or residency period ends. The application process can take several months, so it is best to start early.
- Documents required for temporary residence application:
 - a confirmed appointment at the Voivodeship Office,
 - a fully completed application form,
 - four recent biometric photos (color, passport format),
 - two photocopies of your valid passport (bring the original with you),
 - documentation proving financial means or employment (such as a job contract),
 - proof of health insurance coverage,
 - a rental agreement that includes utility details,
 - confirmation of application fee payment,
 - certified Polish translations of any documents not originally in Polish.

If you need personalized assistance with gathering documents, reach out to the Welcome Point in your hosting institution.





Registering your address of residence (in Polish: meldunek) in the Municipality/District Office

1. EU/EEA Citizens

Register at the latest on the **30th day** after arrival if your planned stay exceeds 3 months.

2. Non-EU Citizens

Register at the latest on the **4th day** after arrival if the planned stay exceeds 30 days.

3. Required documents:

EU/EEA Citizens:

- ID or passport,
- a registration form (signed also by the apartment owner or an authorized person from the hotel/dormitory),
- an apartment rent agreement or hotel/dormitory reservation document,
- family members additionally need a residence card or another document confirming family ties (translated into Polish by a certified translator).

In case of nationals of other countries additionally:

- visa or a residence permit.



PeSEL number

All residents of Poland, including foreigners, need a PESEL number for tax, healthcare and other administrative matters. The PESEL number is automatically issued when you register your address of residence in the Municipality/District Office.



Taxation

As a researcher, you will likely be subject to Polish tax laws. Check the tax treaties between Poland and your home country to understand exemptions or double taxation avoidance.



Health insurance

- 1.** EU citizens can use the European Health Insurance Card (EHIC), while non-EU citizens must ensure they have private health insurance or register with the National Health Fund (NFZ). Access the QR code for more information.
- 2.** Many private clinics and hospitals operate in Kraków, with services often available in English



Banking & payments

While not mandatory, opening a Polish bank account can make managing your finances easier, especially for receiving payments like scholarships or salaries.

- 1.** Open a local bank account.
- 2.** Required documents (may vary between different banks): passport, residence address, sometimes the PESEL number.





Housing

There are several accommodation options available to short- and long-term visitors staying in Poland.

University housing - some universities or research institutions offer accommodation for staff members, for example in student dormitories, guest houses or student hostels run by the university.

Hotels/Short-term rent apartments – being a well-known tourist destination, Kraków offers a wide range of hotel accommodation options, with prices to suit different budgets. An option recommended at the beginning of your stay, before you arrange long-term housing.

Privately rented accommodation: houses or apartments for long-term rent – you can browse the offers on the Internet, in social media groups or enlist the help of a real estate agent. If you go through an agency, be aware that they typically charge a one-time commission – usually equivalent to one month's rent – when you sign the lease. Before you rent: review listings thoroughly – advertised rent may not include additional charges such as utilities (electricity, gas, water) or the Internet. Private rental contracts commonly require a **minimum commitment of one year**. Be ready to pay a **security deposit**, often equal to **one or two months' rent**, at the beginning of the lease.



Transport

Kraków has a reliable public transport system: trams and buses operated by MPK



Monthly pass: 79,50 PLN (discounted) –159 PLN (full price)

Good rail and bus connections with other cities and countries (A4 motorway, trains)



Housing (Kraków, monthly averages)

Type of apartment	Price (PLN/month)	Price (EUR/month)
Studio (city center)	2,500–3,500	~570–800
Studio (outside center)	1,800–2,800	~410–640
Shared flat (per room)	1,200–1,800	~275–410
Utility bills (1–2 people)	500–800	~115–180



Cost of living in Poland 2025

Living costs vary by city. Kraków, Warsaw and Wrocław are on the higher end:

Expense	Kraków	In EUR (approx.)
Rent (1BR apartment)	2,200–3,500	€350–€800
Utilities	500–800	€100–€200
Groceries	800–1,200	€200–€300
Public transport	100–160	€20–€40
Internet + phone	100–150	€20–€35
Dining out	30–70/meal	€6–€15

Monthly Expenses (in PLN & EUR approx.)

For Families



Job opportunities

Kraków offers many job opportunities for foreigners. There are various international-friendly job portals for English-speaking roles across various sectors, including research positions, IT, business and more.



Education and support for children

According to Polish law, every child between 6 and 18 is subject to compulsory education. Parents who have full parental authority are responsible for ensuring their child fulfills this obligation by enrolling them in a preschool or school. Public schools in Poland teach primarily in Polish, but many are open to accepting international students. Some offer Polish as a foreign language course and have support for children of expats. Kraków offers also several international schools, which follow English-language curricula, ideal for expats. To find the best fit for your child, check local school websites and contact them directly to inquire about language integration programs.

Foreign students in Poland have access to free public education (including artistic schools) up to the age of 18 or until they finish secondary school (high school, technical school, vocational school). Further education (e.g. adult schools, post-secondary, vocational courses) is usually paid, but there are exemptions, such as EU, EFTA, Swiss citizens and their families or people with a valid Polish Card.

Additional support offered:

- Preparatory classes are available for foreign students or returning Polish citizens. These focus on the Polish language and integration.
- After joining regular classes, students can access additional Polish lessons (min. 2 hours/week) and remedial classes (up to 1 hour/subject/week, for 12 months).
- A cultural assistant may support foreign students for 12 months.
- Students can get help from school psychologists and pedagogues and from 8 local psychological-pedagogical counseling centers (Kraków).
- Foreign students can take national exams (8th-grade, matura) with adjustments (e.g. extra time, simplified papers), subject to school approval.
- Language and culture classes from the student's home country can be organized by embassies or cultural associations (min. 7 participants, 5 hours/week).

Caring for toddlers and preschoolers (up to 6 years old):

For younger children, there are both private and public kindergartens (in Polish: *przedszkole*) and nurseries (in Polish: *żłobek*) in Kraków. Many private ones may offer English or bilingual programs.



Family reunification?



Helpful resources



Otwarty Kraków – information for foreigners in Kraków



Kraków's cultural offer



Małopolska – Inspiration for Your Research Journey – project



www.malopolska.pl/en



Family-friendly activities in Małopolska

Expat and International Community groups:



Expat Social Networking Małopolska | Facebook



Kraków Expats | Facebook



<https://www.internations.org/Kraków-expats>



Kraków Meetup Group | Meetup

Partner institutions of the Małopolska – Inspiration for Your Research Journey project:



AGH University of Kraków

al. Adama Mickiewicza 30
30-059 Kraków
<https://www.agh.edu.pl/en>



Cracow University of Technology

ul. Warszawska 24
31-155 Kraków
<https://www.pk.edu.pl>



Jagiellonian University in Kraków

ul. Gołębia 24
31-007 Kraków
<https://en.uj.edu.pl/en>



University of Agriculture in Cracow

al. Mickiewicza 21
31-120 Kraków
<https://urk.edu.pl/en/>



The Henryk Niewodniczański Institute of Nuclear Physics Polish Academy of Sciences

ul. Radzikowskiego 152
31-342 Kraków
<https://www.ifj.edu.pl/en/>

Editor:

- Center for International Cooperation,
Jagiellonian University in Kraków

Publication Officers:

- Katarzyna Włodkowska-Łoziak, MA
- Dr eng. Izabela Zawiska

Publishing House:

- Drukarnia Sil-Veg-Druk

Design:

- Damian Siwiaszczyk, Drukarnia Sil-Veg-Druk

Photos: J. Maniecki (KSAF AGH), Swifteye, Archives of Cracow University of Technology, Archives of the Centre for Communications and Marketing of the Jagiellonian University, Archives of The Henryk Niewodniczański Institute of Nuclear Physics Polish Academy of Sciences, Biuro Marketingu i Komunikacji URK, freepik.com, pixabay.com, polona.pl



European Funds
for Social Development



Republic
of Poland

Co-funded by the
European Union



The Program is funded with European funds from the European Funds for Social Development 2021–2027 (FERS) under the NAWA project “Support for higher education and research institutions in supporting foreign nationals and Polish citizens going abroad,” project number FERS.01.05-IP.08-0003/24.



*See
You!*

