

International Students Point of Contact

Claudia Dompe



POZNAN
UNIVERSITY
OF MEDICAL SCIENCES

Stomatology Building

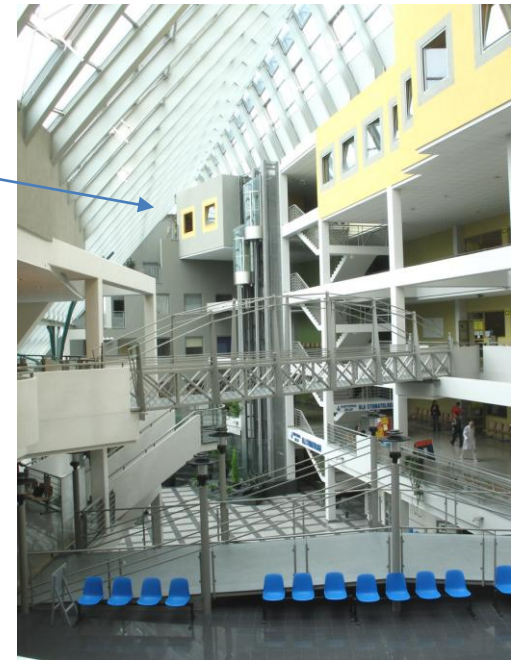
Room 407(/406)

Office Hours: Tuesday-Thursday 3-5 pm

You can contact me any time at:
email: student.suport@ump.edu.pl
phone: [+48 603 832 045](tel:+48603832045)



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What I can help with?

Scope of Assistance: The International Students' Point of Contact serves as a neutral and confidential resource for students. The primary goal is to help students navigate Poland, Poznan and university policies, resolve concerns, and find fair solutions.

- Assisting with essential information and documentation for settling in Poland, such as visas and insurance.
- Listening to students' issues and clarifying regulations which are in force in Poland, Poznan and at the university.
- Facilitating communication between students, student organizations, and administration.

Please note that this role does not provide legal advice, act as a personal advocate, or have the authority to change academic grades or decisions. It is designed to be a crucial resource for English-speaking students, especially those who are new to Poland.



PESEL

1. Book an appointment:

Urząd Miasta Poznania (ul. Karola Libelta 16/20)

- a) online (<https://www.poznan.pl/mim/rezerwacje/>)
- b) via phone through the Poznań municipal helpline (*POZnan Kontakt*) at +48 61 646 33 44.

2. Bring all the required documents

- a) Proof of student status
- b) Valid passport
- c) Lease contract
- d) Filled in application form

Voluntary NFZ Health Insurance

Step 1: Sign Contract at NFZ

(GRUNWALDZKA STREET 158 or BARANIAKA STREET 88 D)

- Passport
- Certificate of student status (issued within the last 30 days).
- Proof of Polish residence (rental contract or dormitory certificate).

Step 2: Register with ZUS Within 7 Days

Submit form **ZUS ZZA** at the **ZUS branch** (Dąbrowskiego Street 12, or Starołęcka Street 31, or Fabryczna Street 27/28; 61/ 841 60 00 or 22/ 560 16 00) or **online via eZUS**:

Insurance title code: **24 10 00**

NFZ branch code: **15R** (Wielkopolska branch)

Step 3: Monthly Payment & Filing (by the 20th Day)

Submit form **ZUS DRA** and pay the student contribution (55.8 PLN) to your individual ZUS account number (NRS).

Termination: Submit written notice to NFZ and file form **ZUS ZWUA** at ZUS within 7 days to stop charges.

Helpline: 800 190 590 | nfz-poznan.pl | zus.pl



Temporary residence permit

1

Financial resources

- 1010PLN per month (823zł *family members), after deducting cost of housing, with reference to the period of studies

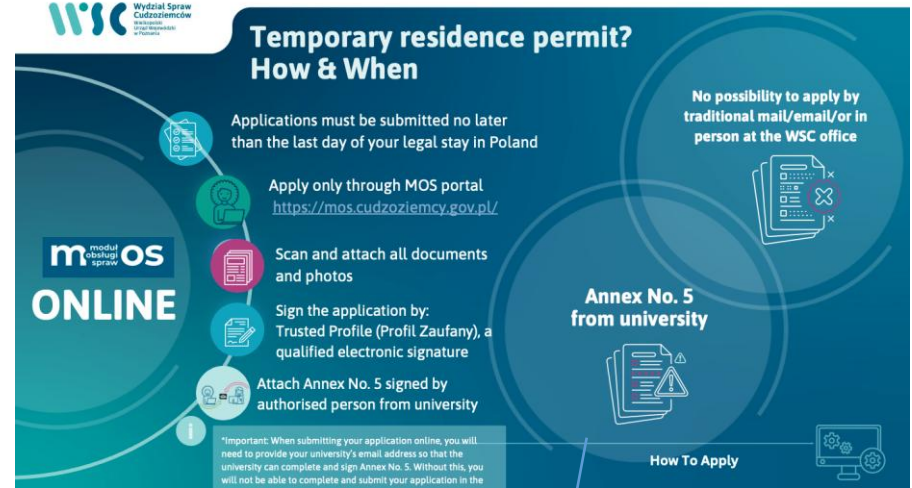


At the time of signing the contract!

2

A national register of **sworn translators** and interpreters can be accessed here:
<https://arch-bip.ms.gov.pl/pl/rejstry-i-ewidencje/tlumacze-przysiegli/lista-tlumaczy-przysieglych/search.html>

3



trc@ump.edu.pl

Temporary residence permit



Marcinkowskiego 11 Street

konsultacje@migrant.poznan.pl
+48 503 979 758



Department for Foreigners

The Office of Wielkopolska Province in Poznan

Advisory point at the AMU Welcome Center of Adam Mickiewicz University **every Wednesday from 8 a.m. to 4 p.m.**

św. Marcin 78 Street

welcome@amu.edu.pl
+48 61 829 4434 or +48 61 829 4442

Research Opportunities



POZNAN UNIVERSITY OF MEDICAL SCIENCES

DOCTORAL SCHOOL

HOME

ABOUT PUMS

WELCOME CENTRE

STUDENT ZONE

NEWS

CONTACT

Research Opportunities



English Students' Research Association (ESRA)

ESRA is run by students to help students. The association exists to provide a foundation for students of Poznań University of Medical Sciences to promote, collaborate and produce medical research. Founded in 2015 as Journal Club by Nicholas Werczak and Emily Surzyn. Its aim is to introduce students from the English Program to clinical research opportunities in various fields, with the primary goal being a chance for students to publish their work. Members have had the opportunity to participate in conferences and events such as Beyond Science International Remote Conference, the International Congress for Young Medical Scientists held annually at PUMS, Department Workshops and Journal Analysis Workshops. It currently consists of around 20 subgroups involved in projects from departments ranging from dermatology to vascular surgery. In addition to research, ESRA informs students about workshops held in each department and plays a dynamic role in informing and encouraging its members about upcoming conferences and congresses open to students. Lastly, ESRA familiarizes students with recent research articles to promote discussion and academic growth for its members.



Student Scientific Society (STN)

STN is a network of scientific student interest groups mentored by professors that are experts in respective fields. Visit [STN's website](#) for more information and a listing of subgroups.



Journal of Medical Science

JMS is a scientific journal published by Poznań University of Medical Sciences. It was created in 1889 as the first medical journal in Poland, initially named "Nowiny Lekarskie". It's current impact factor value is 1.6 (as of 2024).

Tools, Science Journals and Databases – Library Resources

Extensive number of scientific journals and professional databases are available through the [website of PUMS Library](#).