



**ZUS**

ZAKŁAD  
UBEZPIECZEŃ  
SPOŁECZNYCH

**Fundusze Europejskie**

**ZUS -  
benefits for the family**



Fundusze Europejskie  
dla Lubuskiego



Rzeczpospolita  
Polska

Dofinansowane przez  
Unię Europejską



Lubuskie  
Warte zachodu

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## WE PROVIDE FREE SERVICES

### Polish Language Course

at the level: from A1 to B2

**Sworn translation of documents**

### First Contact Assistant Support

concerning: individual issues related to residence and work in Poland: the education system, health, social security including social benefits, transportation, taxes and other matters of daily life in the new country, the rules for the continuation of legal residence in Poland, legal work and employment of third-country nationals.

**Legal advice**

**Professional training**

**Psychological advice**

**Integration meetings**

**Information and adaption meetings**

**Career counseling**

**WE INVITE YOU**



Dear Ladies and Gentlemen,

We are giving you an educational brochure on the rights and obligations of foreigners staying in Poland. This publication was created with the aim of facilitating your daily life in a new country - a place that may be becoming your new home.


The information collected here will help you understand the most important aspects of life in Poland - both formal and legal, social and customary. We hope that the information it contains will make it easier for you to adapt and function in our country on a daily basis.

If, after reading the brochure, you have doubts about the presented regulations or need additional assistance, we encourage you to contact the Center for Integration of Foreigners Zielona Góra (CIC). At the CIC you will receive free and professional assistance from first contact assistants. In addition, at the Center you have the opportunity to use computers and access the Internet, which can be helpful in dealing with official matters or searching for information.

Remember that knowing your rights and responsibilities is key to full integration and comfort in your new environment.

We wish you good luck and success in Poland.

*The team of the Center for Integration of Foreigners Zielona Góra*



# **ZUS - benefits for the family**



# Social Insurance Institution (ZUS)

assistance to people in various life situations. At ZUS, one can handle matters related to cash benefits paid to various groups of people (family benefits, pensions, allowances). ZUS also serves employers as payers of contributions for employed workers.

ZUS is a state organizational unit with legal personality. It is the most important institution of the Polish social insurance system. In its current form, ZUS operates on the basis of the Social Insurance System Act of October 13, 1998.

The activities of the Department are managed by the President of ZUS, appointed by the Prime Minister.

In brief, ZUS is primarily concerned with the payment of cash benefits to provide

ZUS also handles a wide range of services for foreigners, such as granting and paying family benefits and transferring pensions. At the ZUS, one can solve matters in person at a branch office or by means of an online visit.

Link to the ZUS website:  
<https://www.zus.pl/>



On the ZUS website, you can choose the language in which the content of the site will be displayed:



ZAKŁAD  
UBEZPIECZEŃ  
SPOŁECZNYCH

Kontakt

PL - polski  
EN - angielski  
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O ZUS

## **What documents should you bring with you to your ZUS appointment:**

- PESEL number (Universal Electronic Population Registration System),
- current residence document (decisions on legalization of residence and work in Poland may be required),
- identity document - passport,
- any documentation regarding the benefit you intend to apply for at ZUS,
- bank account number.

**To make sure what documents you need to bring to your visit to ZUS, contact the nearest ZUS branch to make an appointment at a branch office or order an e-visit.**

You can make an appointment at a ZUS branch in three ways:

- via eZUS (PUE ZUS), through the mZUS application, over the phone.

Detailed information on how to book an appointment at ZUS:

<https://www.zus.pl/o-zus/kontakt/>

[zarezerwuj-wizyte/wizyta-w-placowce](https://www.zus.pl/o-zus/kontakt/zarezerwuj-wizyte/wizyta-w-placowce)

You can also make an appointment with a ZUS employee via the Internet as an e-visit.

For this you need:

- Internet access, computer, tablet or phone with a working camera, speaker and microphone.

Detailed information on how to book an e-visit with ZUS: <https://www.zus.pl/e-wizyta>

### **IMPORTANT INFORMATION:**

**Remember to inform any Polish institution (e.g. government offices, banks, medical clinics) of any change in your contact information (phone number, e-mail address, residential address, mailing address, workplace address, etc.). - this has a key impact on the process of communication on your case between you and the institution. Failure to do so may have negative consequences for your stay in Poland.**



### **Active Parent Program**

This is a new ZUS program that is aimed at parents of children under 3 years of age and is effective as of 01/10/2024.

The program includes the following benefits:

- Active Parents at Work benefit (new benefit),
- Active in the nursery benefit (replaces the nursery subsidy),
- benefit actively at home (replaces family care capital).

**IMPORTANT:** The Active Parent program has a rule that only one of the benefits is paid by ZUS for the same child for a given month.

The Active Parent program may be used by persons residing in Poland and who are parents or guardians of a child under 3 years of age and:

- Polish citizens;
- EU/EFTA or UK citizens,
- citizens of another country, if they meet the condition of legal residence in Poland on the basis of a residence card with access to the labour market or on the basis of another document confirming legal residence and access to the labour market.

How to apply:

- via the eZUS/(PUE ZUS) electronic services platform,

- mZUS mobile application,
- Emp@tia portal at [empatia.mpips.gov.pl](https://empatia.mpips.gov.pl),
- through your bank (your bank must offer such a service).

ZUS only accepts and processes applications submitted electronically.

Link to the Active Parent program website:  
<https://www.zus.pl/aktywnyrodzic>



### Active parents at work benefit

The Active Parents at Work benefit is available if you are an active

- a parent (mother or father) with whom the child lives together and is dependent,
- a de facto guardian of the child (that is, you actually take care of the child and have an application filed with the guardianship court for adoption of the child),
- foster family,
- a person who runs a family child's home.

In order to receive the benefit, you must file an application with the ZUS (the application

can only be filed by the persons indicated above).

The Active Parents at Work benefit is available for each child between the ages of 12 and 35 months.

The benefit is not available if the child attends a nursery, kindergarten, children's club or is under the care of a day care provider.

The amount of the benefit granted may be higher for children with disabilities with a disability certificate, including indications:

- the need for permanent or long-term care or assistance of another person in connection with significantly limited ability to live independently, and
- the need for permanent daily participation of the child's guardian in the process of treatment, rehabilitation and education.

**The Active Parents at Work benefit is not available to Ukrainian citizens with UKR status who came to Poland in connection with hostilities in their country**

The amount of the benefit:

- PLN 1,500.00 per month per child,
- PLN 1,900.00 per month - if the child has a disability certificate, including indications:
  - the need for permanent or long-term care or assistance of another person in connection with significantly limited ability to lead an independent life, and
  - the need for permanent daily participation of the child's guardian in the process of treatment, rehabilitation and education.

The monthly amount of the benefit is indivisible, which means that it is also due in full if the right to the benefit arose during the month.

When to apply for the benefit:

You can apply at the earliest in the month in which your child turns 12 months old. If you apply in subsequent months, the benefit will be granted from the month in which the application is filed.

### **Documents to be attached to the application by the foreigner**

The application must be accompanied by a document confirming legal residence in Poland with access to the labour market

(e.g., a residence card with access to the labour market).

This can be, in particular:

- if the person lives in Poland:
  - a residence card - on the basis of a temporary residence permit granted in connection with the circumstances referred to in Article 127 of the Law on Foreigners,
  - a residence card and a decision on granting a residence permit on the territory of Poland, or any other document that entitles you to stay and work in Poland;
- if the person lives in another EU/EFTA member state and is not its citizen - a document confirming the legality of your stay in that state.

The right to the Active Parents at Work benefit is determined for the period between the first day of the month in which the child turned 12 months and the last day of the month before the child turns 36 months, that is, until the 35th month.

The Active Parents at Work benefit is transferred by ZUS to the bank account specified in the application.

Link to the Active Parents at Work benefit website: <https://www.zus.pl/aktywnyrodzic/swiadczenie-aktywni-rodzice-w-pracy>



### Benefit actively in the nursery

The benefit actively in the nursery is available if you are:

- a parent (mother or father),
- a legal guardian,
- a person to whom the court has entrusted the care of a child, in particular:
  - you are a custodial parent,
  - you run a family child care home,
  - you have day-to-day custody of a child entrusted by court decision,
  - you have applied to the court for adoption of a child and the court has entrusted you with custody until completion of the adoption process,
  - you are the director of a custodial care facility, a regional custodial care therapeutic facility or an intervention preadoption centre,
  - you are a temporary guardian (in the case of citizens of Ukraine).

In order to receive the benefit, you must file an application with the ZUS (the application can only be filed by the persons indicated above).

You are entitled to the benefit until the end of the school year in which the child turns 3, and when it is impossible or difficult to cover the child with pre-school education - until the end of the school year in which the child turns 4 years.

There is no initial age for a child to be eligible for the benefit. The condition is that the child attends an institution and that this is confirmed in the register of nurseries or in the list of day care providers.

### **Information for citizens of Ukraine:**

The Active Nursery Benefit is available to citizens of Ukraine who came to Poland in connection with the warfare, if they resided legally in Poland as persons with the status of "UKR" continuously for at least 365 days. This condition also applies to the child of a citizen of Ukraine who has the status of "UKR" (applies to citizens of Ukraine who may be entitled to this benefit under Article 26 (1) (6) of the Law on Assistance to Citizens of Ukraine).

The benefit is available in the amount of:

- up to PLN 1,500 per month per child,
- up to PLN 1,900 per month - if the child has a disability certificate including indications:
  - the need for permanent or long-term care or assistance of another person in connection with significantly limited ability to lead an independent life, and
  - the need for permanent co-participation in the daily life of the child's guardian in the process of treatment, rehabilitation and education
  - but not more than the amount of the parent's fee for the child's stay in a nursery, children's club or day care center.

A parent's monthly fee for a child's stay at a day care center, children's club or day care provider means:

- if you are a parent who applies for the benefit - the daily fee you pay for your child's stay at a day care center, children's club or day care provider, multiplied by the number of days in the month;
- if you are a parent who receives the benefit - the daily fee you pay for the child's stay in a daycare center.

This fee does not include the boarding fee. The monthly amount of the benefit actively in the nursery does not depend on the day on which the child began attending the institution.

**The benefit actively in the nursery is not paid to the parent/guardian of the child. The benefit is transferred to the bank account of the entity that runs the nursery, children's club, employs the day care provider, or to the bank account of a self-employed day care provider.**

Link to the website of the Active Nursery benefit: <https://www.zus.pl/aktywnyrodzic/wiadczenie-aktywnie-w-zlobku>



## Benefit actively at home

This benefit is available if you are:

- either the mother or the father, if the child lives with you and is dependent on you, including if the child, according to a court decision, is in alternate custody of both parents [2],
- the actual guardian of the child (that is, you have a petition filed with the family

court for adoption of the child, if the child is in your custody).

This benefit is available upon application and can only be submitted by the listed persons.

The benefit is actively at home for each child in the family, between the ages of 12 and 35 months.

To be precise, it is calculated as follows: from the first day of the month in which the child turns 12 until the last day of the month before the child turns 36.

**The benefit actively at home is not available to Ukrainian citizens with UKR status who came to Poland in connection with the hostilities.**

The benefit actively at home is entitled to PLN 500 per month per child, regardless of whether the child has a disability certificate.

The benefit is also due per child in full if the right to the benefit arose during the month. For example, in a situation where the child was taken in by the de facto guardian for upbringing in the middle or at the end of the month.

## Foreigners:

The application must be accompanied by a document confirming legal residence in Poland with access to the labour market (e.g., a residence card with access to the labour market).

This can be, in particular:

- a residence card - on the basis of a temporary residence permit granted in connection with circumstances referred to in Article 127 of the Law on Foreigners,
- a residence card and a decision on granting a residence permit on the territory of Poland or any other document, that entitles you to stay and work in Poland.

We transfer the benefit actively at home to the bank account you provide in the application.

Link to the website of the Active Nursery benefit: <https://www.zus.pl/aktywnyrodzic/swiadczenie-aktywnie-w-domu>



## Child-rearing benefit 800+

You will receive a child-rearing benefit for each child until he or she turns 18. The 800+ benefit is due regardless of your income. Starting in 2022, applications for the child-rearing benefit are accepted by the ZUS. You can only apply electronically.

You are entitled to the parenting benefit per child until the child turns 18, if you are:

- mother or father, or actual guardian of the child and the child lives together with you and you support the child,
- you are a factual guardian, if you take care of the child and have applied to the guardianship court for adoption of the child.
- if, in accordance with a court decision, you have alternate custody with the other parent, the benefit can be received by you and the other parent in the amount of half of the amount to which you are entitled (see subtitle: What is the amount of the benefit?).

The ZUS will determine the right to the child benefit for the so-called benefit period, which lasts from June 1 of a given year to May 31 of the following year.

If a child turns 18 during the benefit period, ZUS will grant the child-rearing benefit until

the child turns 18. The child-rearing benefit is entitled to PLN 800 per month per child.

Please note that the amendment to the Act of 12.03.2022 on assistance to citizens of Ukraine in connection with armed conflict on the territory of Ukraine, effective from 01.07.2024, introduced the requirement that the child of a citizen of Ukraine who applies for an educational benefit 800+ should realize the obligation of annual preschool preparation, school obligation or obligation to study.

Link to the website of the 800+ upbringing benefit: <https://www.zus.pl/baza-wiedzy/biezace-wyjasnienia-komerek-merytorycznych/wiadczenie-wychowawcze-800-plus>



### Good Start 300+ programme

You can receive PLN 300 once a year for a child's school starter kit, regardless of family income, if you are the parent or guardian of a student

- up to the age of 20,
- up to the age of 24 - in the case of a student with a disability.

You will receive the money in the bank account you indicate in your application. Applications can be submitted from 1 July to 30 November of a given year.

If you apply by the end of August, you will receive the money no later than 30 September 2024. If you apply later, we will pay the benefit within 2 months of the date you submit your application together with the documents.

Link to the website of the upbringing benefit Good Start programme:

<https://www.zus.pl/baza-wiedzy/program-dobry-start>

### eZUS (PUEZUS) account

If the application is submitted via a bank or the Emp@tia portal and you do not yet have an eZUS (PUEZUS) profile, ZUS will set up such a profile on the basis of the data indicated in the application for a specific benefit. ZUS will send information on confirmation of account creation and instructions for first logging to the e-mail address indicated in the application. eZUS (PUEZUS) makes the data stored in ZUS accounts available on-line, enables

easy generation and electronic sending of application and settlement documents as well as various types of letters and applications. It is also possible to make an appointment with ZUS.

## The mZUS app

The mZUS app can be used on mobile devices with the Android and iOS operating systems. The app should only be downloaded from the Google Play and App Store.

The mZUS app is intended for insured persons, benefit recipients and persons who may benefit from family benefit schemes.

As an insured person with ZUS, you can check your following data:

- insurance (including health insurance and NFZ membership);
- contributions (bases and contributions, sub-account, open pension fund); initial capital; information on your ZUS account balance; enrolment of family members for health insurance; breaks in employment.

As a person drawing benefits from ZUS, you can check:

- the type of benefit drawn (from the last 6 months); date, amount and method of payment; deductions.

As a pension recipient, you can check:

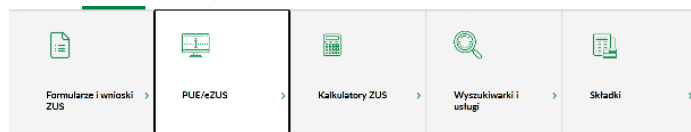
- type of benefit drawn (from the last 12 months); date, amount and method of payment.

With the mZUS app, you can check medical certificates (e-ZLA) issued in the last 12 months, as well as see their details and save them to a PDF file.

The mZUS mobile app is equipped with a pension calculator function for calculating the projected pension amount.

Directly in the app, it is possible to make an authenticated call to the ZUS Customer Contact Centre, as well as to order an e-visit.

A link to PEU/eZUS can be found on the website in the bar at the bottom of the website:



Link to the website of the ZUS:

<https://www.zus.pl/>

ZUS teledress information/contact details for ZUS:

<https://www.zus.pl/o-zus/kontakt/centrum-obslugi-telefonicznej-cot->

# IMPORTANT

**Note: The educational brochure is not a source of law.**

The authors have made every effort to ensure that the content of the brochure is in compliance with applicable laws. However, please note that the publication deals with typical situations and the most common cases, so it may not fully apply to individual cases.

The number and type of documents that may be requested by administrative authorities in the course of proceedings to legalize residence and work in POLAND, health and education cases may differ from those given in the brochure, depending on the specific case.

In case of any doubt, it is recommended:

- contact the relevant administrative body (e.g., Provincial Office, Office for Foreigners),
- familiarize yourself with the law,
- take advantage of the free assistance of the Center for Integration of Foreigners in Zielona Góra.



## DEVELOPMENT:



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Wojewódzki Urząd Pracy w Zielonej Górze



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## CONTACT:



## EDUCATIONAL BROCHURE

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### YEAR 2025

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