

Witaj! Welcome! Ласкаво просимо!

The Polish Migration Forum Foundation was established in 2007 to **help foreigners living in Poland and Poles who live abroad.**

More and more foreigners come to Poland year by year. They are students and refugees looking for a peaceful place to live, or employees supporting our economy with their work.

But beginnings in a new country are tough. Migrants often are lost among Polish regulations and are underemployed. Many of them are challenged by culture shock and feeling of helplessness. Particularly, in current atmosphere many are treated with reluctance or even contempt.

Try to imagine yourself in Vietnam, Azerbaijan or any other distant country. What you need now is to find a job, register as a resident, have a baby... People who found a refuge from violence and danger threatening them in their own countries face even more obstacles in Poland.

The Polish Migration Forum Foundation **offers help in such ordinary, as well as in unusual life situations** to all the newcomers, so they all could make their plans and dreams come through, live safely and with dignity in our country. The advices we give put people back on their feet!

The project's description

Since September 2015 the PMF Foundation has constantly offered career and psychological counselling for foreigners. **Our office is a place, where they receive free, comprehensive help for their start in Poland.** We make it possible for them to **raise their skills**, acquire knowledge about Polish labour law, their rights and duties as employees in Poland. They regain their self confidence. They start to believe it's possible to lead a good and dignify life in Poland.

The funds raised will be used for maintenance of the psychological and career consulting services for the upcoming 6 months:

PSYCHOLOGICAL SUPPORT	SUPPORT ON THE JOB MARKET
Coping with trauma (one's own as well the child's) after experiencing violence in the country of origin	Help in job seeking - from setting career targets to preparation for a job interview
Depression as a result of migration	Explaining how tax and social security systems work in Poland (ZUS - Social Insurance Institution, NFZ - National Health Fund, taxes)
Crisis intervention in relation to domestic violence	Providing acquaintance with Polish labour law regulations
"Baby Blues" (also known as postpartum blues, maternity blues) after giving a birth	Comprehensive help in setting up one's own business
Coping with difficulties related to single parenting	Support in tax settlements in Poland

Our consulting services put people back on their feet - people with diverse difficult experiences related to migration as well as of being a refugee. Our consulting services provide both, useful skills and knowledge.

Who do we help?

Since September 2015, **our specialists** gave 500 advices to 369 persons. **Our priority is direct and kind contact with every person coming to us as well as offering fully professional help, always for free.**



- **Who do we help? Female refugees!**

A PMF Foundation psychologist Marta is available for refugee women and their children every week, offering them a psychological help. The refugee women we help **experienced violence and war in their countries of origin**, e. g. Tajikistan, Chechnya, Ukraine. They face single parenthood and their own as well as their children's trauma.



- **Who do we help? Foreigners looking for a job in Poland!**

Twice a week our Foundation's office is filled with people, who came to Poland to find a chance for a better life. They come mainly from Ukraine, but there are also people from Belarus, Syria, India. We offer them our consulting services concerning job market in Poland, we help in setting up one's own business and we support mutual integration of Poles with foreigners. These people have one in common, they are **willing to work in accordance with their qualifications, be active on a legal labour market, pay their taxes and live with dignity in Poland.**



Mrs. Marina, graduated in history and Russian philology. She has been participating in meetings with our consultant, who helped her in finding a job that is consistent with her qualifications. In Ukraine Mrs. Marina worked as a language lector and as an academic lecturer.

- **Who do we help? Moms who are foreigners!**

Each Tuesday in the Foundation's office, we hold a meeting of **moms-foreigners who had their baby in Poland**. We offer them comprehensive support in beginning of their parenthood: we help in establishing a mother-child bond, and also in dealing with baby blues if needed. We also have **migrant moms who are in an exceptionally difficult situation** - they experience domestic violence, face single parenting or the child's illness. We also support the moms by providing an individual psychological help as well as in a form of a support group, that's moderated by the female psychologist.



The project's aim

We need funds in order to **maintain psychologists' and career consultants' support programme for migrants for the next 6 months.**

Raising additional funds will allow us to secure the abovementioned specialists' services until June 2017.

12 000 PLN (100% of the raised amount of money) will allow us to **reach further 184 persons** with our help. Every additional penny that's raised, will be used for organizing further **consults that put people back on their feet.** A cost of a single advice is 65 PLN.



Our aim is to **facilitate the foreigners' integration, enhance their full-fledged participation in the Polish job market and to help us all benefit from the potential that they bring to Poland.** Why? Because we perceive migration as an opportunity - for a single person, as well as of the development of the whole society.

Dzięki naszej pomocy przy rocznym
rozliczaniu PIT, cudzoziemcy
odprowadzili do polskiego budżetu

108 967 zł
podatku



About the author / the team

Foundation Polish Migration Forum was established in 2007, to secure respect for the rights of migrants in Poland. It is registered in KRS under the number 0000272075. It has the status of a public benefit organisation.

In our work we follow the rules of respect to other people, honesty, professionalism. The Foundation is run by a small, but energetic team. Those values are important to us in our private lives. We do what we believe is right. We are open for dialogue and cooperation with people sharing this way of thinking.

We have partnerships and are recognised by such institutions like:

- The council for Migrant Matters
- Warsaw Municipal Council
- Foundation Dajemy Dzieciom Siłę (formerly known as Foundation Dzieci Niczyje)
- Heinrich Böll Foundation

We also work on the European level. We are members of European Network of Migrant Women.

How to help?

You can help by transferring any amount of money via [PayPall](#) or directly to our bank account:

Fundacja Polskie Forum Migracyjne

ul. Orła Białego 44a

Izabelin, Poland

Advice that changes one's life – crowdfunding campaign of Polish Migration Forum Foundation, 06.12.2016-05.01.2017

bank name: ING Bank Śląski, o/Warszawa,

bank address: ul. Powstańców Śląskich 106

swift code: INGBPLPW

account no.: PL 79105010251000002314827813

Thank you for your support!

