

FIRST AID FOR UKRAINE

INFORMATION PACKAGE FOR THE ACADEMIC COMMUNITY OF THE UNIVERSITY OF SILESIA

Dear students and doctoral students!

We are sending you practical information that all of us should read in the current situation. Please read this information carefully. We strongly call for mutual support and help for our community members in need.

TABLE OF CONTENTS:

- Being together in community**
- Basic facilities for students from Ukraine**
- First contact persons**
- Website**
- Material aid**
- Money collection**
- I want to help or I need help**
- Jobs for students from Ukraine and their families**
- Volunteering**
- Psychological support**
- Legal support**
- Medical aid**
- Academic Chaplaincy Centre**
- Graphic materials**

BEING TOGETHER IN COMMUNITY

Due to the conflict in Ukraine, many students, doctoral students and scientists have left their universities and houses. Because the academic community functions above divisions and borders, we are ready to provide necessary help for those in need. We are expecting a large group of refugees from Ukraine to come to the University of Silesia soon. This includes individuals who are citizens of other countries and who stayed behind our eastern border under student exchange and scientific internships.

These people will find accommodation in student residence halls, teacher residence halls and other facilities of the University of Silesia, and perhaps go on to start education and work thanks to our help. This requires all of us, in particular the present inhabitants of student residence halls and all students, doctoral students and employees, to act in solidarity and readiness for help.

How can we help?

1. The individuals who will be guests of the University of Silesia very often had to leave their houses with nothing but a set of most necessary items. The community of the University of Silesia is preparing fundraisers and collection of items that will enable us to satisfy their basic needs. However, if you want to help on your own, any type of initiative is welcome – details below. The person who may help in preparing support in a proper way, as well as in addressing help to those in need, is the Plenipotentiary of the Rector for Aid for Ukraine (Sylwia Ledwoch, 573 490 580, pomagam@us.edu.pl). Help in organising support is also provided by the Council of the Student Government of the University of Silesia (address: urss@us.edu.pl).
2. Plain conversation and showing kindness by being interested in the problems and needs of a person affected by the war in Ukraine is very often the best form of support. Let us be interested in our neighbours and classmates.
3. Student residence halls and buildings of the University of Silesia enable to organise meetings - we encourage you to organise them, subject to maintaining the necessary sanitary regime rules. Such meetings may be helpful in coordinating support for the individuals who had to leave Ukraine. They can also be a perfect way to get to know one another and identify their needs.
4. Let's help one another in carrying out classes and passing the credit and exam session – sharing materials, helping in making up for arrears and joining group tasks will now be particularly significant. Everyone of us can also help others in handling necessary formal issues in the dean's office or in obtaining required information.
5. It is worth remembering that in the Ukrainian educational system people begin to study much earlier. Among us are also students aged 16-17, for whom the experience of war, move to an unknown place and country, and beginning education at the university can be particularly difficult. Let us pay special attention to the needs of individuals in such situation. Let us remember that our guests can use psychological aid provided by the University of Silesia.

BASIC FACILITIES FOR STUDENTS FROM UKRAINE

Please be assured that the University will help you in every possible way. Here are the most important things:

1. You are students of the University of Silesia regardless of the place where you are currently staying. If needed, you can rely on our help with your studies, such as extension of the exam session, possibility to take part in classes remotely, individual organisation of studies, and even short-term leave to resolve formal issues. If possible, write an e-mail to your dean's office; however, if you are not able to do it - don't worry, you will still be able to make up for the classes at your convenience.
2. You will find accommodation at the University campus. If you want to change your accommodation and move to a student residence hall, please submit an application in your dean's office. All current residents of student residence halls (dorms) will be exempt from accommodation fees for the next month. For this purpose, all you have to do is submit an electronic request to be exempt from fees at the following address: formularze.us.edu.pl/form/index/2927.
3. Studies at the University of Silesia will be free of charge for you – we will not collect tuition fees for studies in the summer semester 2021/2022.
4. Due to the current situation in your country, please be informed that you can obtain a financial aid.

To receive financial aid, you have to submit a request in USOS system („for all” - „conclusions” tab), select the financial aid application, fill in the application and register. This is the only document that needs to be completed.

If you are students, Ukrainian citizens, and you were admitted to studies after 1 October 2019, you do not have to comply with any additional conditions.

If, however, you were admitted to studies before 1 October 2019 and would like to receive financial aid, please contact your dean's office – its employees will tell you whether it is possible and guide you through the whole process.

5. At the University you will find support of a psychologist, lawyer, and even medical aid if you report such need to us by writing to pomagam@us.edu.pl or calling the following phone number: 573 490 580

FIRST CONTACT PERSONS

The first contact persons for all students are currently:

Vice-Rector for Education and Students

Dr Katarzyna Trynda, Associate Professor, e-mail: katarzyna.trynda@us.edu.pl

Plenipotentiary of the Rector for Aid for Ukraine

Sylwia Ledwoch, phone no. 573 490 580, e-mail: pomagam@us.edu.pl

Vice-Rectors for Student Affairs - list and contact details

Faculty of Humanities

Deputy Dean for Education and Students - Katowice, [Anna Kałuża, PhD, DLitt, Associate Professor](#)

Deputy Dean for Education and Students - Sosnowiec, [Renata Dampc-Jarosz, PhD, DLitt, Associate Professor](#)

Faculty of Natural Sciences

Deputy Dean for Education and Students [Urszula Myga-Piątek, PhD, DSc, Associate Professor](#)

Faculty of Social Sciences

Deputy Dean for Education and Students [Małgorzata Tyrybon, PhD](#)

Faculty of Science and Technology

Dean's Plenipotentiary for Student Affairs, [Joanna Maszybrocka, PhD](#)

Faculty of Law and Administration

Deputy Dean for Education and Students [Dorota Łobos-Kotowska, PhD, DLitt, Associate Professor](#)

Faculty of Arts and Educational Science

Deputy Dean for Education and Students [Bogusław Dziadzia, PhD, DLitt, Associate Professor](#)

Faculty of Theology

Deputy Dean for Education and Students [Rev. Wojciech Surmiak, PhD](#)

Krzysztof Kieślowski Film School

Deputy Dean for Education and Students [Ernest Wilde, MA](#)

Doctoral School of the University of Silesia in Katowice

Deputy Dean [Prof. Michał Baczyński](#)

Student Government

Osiedle Katowice-Ligota (DS1, DS2 and DS7) - Tomasz Janocha - phone no. 510 774 751, tomasz.janocha.us@gmail.com

Osiedle Sosnowiec, ul. Sucha - DS2 and DS3 - Łukasz Przybyła - phone no. 883 515 811, lukasz.przybyla@smcebi.edu.pl

Osiedle Sosnowiec, ul. Lwowska - DS4 and DS5 - Ryszard Tyl - phone no. 697 940 407, ryszard_tyl@yahoo.com

Osiedle Cieszyn - DSN, UŚka - Bohdan Nychkalo - phone no. +48 880 506 946, nychkalo1998@gmail.com

WEBSITE

We encourage you to use the website "In Solidarity with Ukraine" (<https://us.edu.pl/en/ukraina/>). The special website of the University of Silesia is prepared in Polish and Ukrainian.

The website is designed to fulfil the two fundamental tasks:

- 1) Provide access to information for the individuals affected in connection with the Russian war against Ukraine.
- 2) Collect information about the possibility to organise comprehensive help for Ukraine and the individuals who had to leave their country in connection with the Russian war against Ukraine and will be guests at the University of Silesia in Katowice.

The website will contain the following information:

- announcements and information from the university authorities;
- information about the rules of support for individuals affected by the Russian war against Ukraine (including financial aid, exemptions from fees, legal support, psychological support, possibility to stay in student residence halls etc.);
- information about the possibility to provide support for Ukraine and individuals affected by the Russian war against Ukraine (e.g. fundraisers, collections of items, volunteering options etc.);
- information on providing appropriate terms and support for the individuals who became guests of the University of Silesia in Katowice upon leaving Ukraine.

MATERIAL AID

Providing necessary material items is an important part of the help for Ukrainians undertaken by the University of Silesia. The individuals arriving in Poland usually have very little luggage which contains only the most necessary personal items. We try to provide them with basic hygiene measures and food.

The needs are huge, whereas the situation is very dynamic and uneven. We want everyone provided with our support to have necessary products for the start.

Our additional goal is to help people in need also after they receive accommodation, to the extent possible.

Many relatives, families and friends of our community members stayed in Ukraine. We are not indifferent to their fate, so we address our help also to them. However, we are unable to do it without your support, so we organise collections of items and ask for your help. Depending on the needs, which are different depending on the age of those in need, accommodation place etc., the items required may vary, which is why the scope of our collection may be subject to changes.

Below is an example of the list for all those who want to join the collection and donate the most necessary items:

- personal hygiene articles – hair shampoo, body gel, soap, toothpaste, toothbrush, body cream, face cream, hand cream, cotton pads, tissues, sanitary towels, shavers, shaving gels, wet wipes);
- medical products (adhesive plasters, elastic bandages, disinfectants, painkillers);
- food products (instant soups, tea in tea bags, instant coffee, ground coffee, jam, canned fish, canned meat, sweets, energy bars, nuts, dried fruit);
- standard blankets, thermal blankets.

FORM AND PLACES OF COLLECTIONS: Rectorate of the University of Silesia in Katowice, ul. Bankowa 12 (please deliver packages labelled „Aid for Ukraine”/”Ukraine”) and other locations specified in further messages.

Please bring items packed in bags or cardboards. We will be grateful if you put inside a paper sheet with a list of donated items - they will be easier to sort. Thank you for every response and help!

MONEY COLLECTION

The community of the University of Silesia provides financial support for its Ukrainian students and their families!

Link to official University of Silesia fundraiser: **<https://zrzutka.pl/k8n5fy>**

Our University may now be the only safe home for many young people from Ukraine and their families. We will provide all members of our community and their families in need with a warm place and living conditions, help them find a job and get back to normal life, so that they can continue to study and live in a free country.

However, what they need at the moment is basic help - food, possibility to make a living, feel secure, and even the simplest hygiene products.

It is also important to talk with them and make them feel that they are not alone in this dramatic period.

Our capacity to help as a community is huge. The time has come to take advantage of it. War makes people feel helpless, but also creates a unique opportunity to show solidarity and make good things to the benefit of individuals who need it the most. Overall, there is almost 300,000 of us, including alumni and other individuals associated with our University. Together with our long-term, reliable business partners, we can change the fate of many victims of the war which is happening just outside our border.

Apart from the fundraiser, which will be used for helping Ukrainian students and refugees, our employees are also organising collection of items. You can be confident that every item and every 1 PLN will enable people to begin safe life in Poland.

Please support our students and their families. They are your classmates, students and postgraduate students. They are young people who once chose the University of Silesia as the place for their dream studies and a ticket to better life.

Apart from Ukrainian citizens, the University of Silesia also helps international students who studied in Ukraine and had to escape from there urgently. We are currently receiving them in student residence halls and organising further safe trip to their houses around the world.

IF YOU CAN, DONATE HERE: <https://zrzutka.pl/k8n5fy>

I NEED HELP

If you are in a difficult situation due to the war in Ukraine, if you are looking for help for yourself or your family, if you need financial aid, transport, accommodation, help with formal matters or education, write an e-mail to: pomagam@us.edu.pl or call the **emergency phone number: 573 490 580**. The Plenipotentiary of the Rector for Aid for Ukraine or the volunteering coordinator will contact you as a priority.

I WANT TO HELP

If you want to help people from Ukraine in organising their life, e.g. you can offer accommodation, help them learn Polish, organise transport, class notes, or have an idea for an initiative that will help our Ukrainian community members and their families, write an e-mail to: pomagam@us.edu.pl. The Plenipotentiary of the Rector for Aid for Ukraine or the volunteering coordinator will contact you (please be patient, we act as quickly as possible).

JOBS FOR STUDENTS FROM UKRAINE AND THEIR FAMILIES

We will help our students and their family members who want to find a job in Poland as a result of the war in Ukraine find a job or paid internship. We will try to find good jobs, help them prepare documents and talk to potential employers.

In order to get help in finding a job, complete the simple form. We will contact you and try to help:

<https://formularze.us.edu.pl/site/index/567>

If you want to inform us about a friendly company which declares the willingness to recruit people from Ukraine, please write to: pomagam@us.edu.pl

VOLUNTEERING

All members of the academic community who want to help people affected by the war in Ukraine voluntarily are encouraged to get involved in volunteering via our University. We keep getting news about new initiatives and ideas for support forms on an ongoing basis, so any help in their implementation will now be valuable. We need people who will help in receiving guests in student residence halls, securing basic personal items, promoting various forms of aid and organising integration activities in our community. Every activity makes sense and is important.

The individuals who want and may join aid activities are asked to complete the following application form prepared by the Student Government:

<https://forms.office.com/pages/responsepage.aspx?id=kWLHUIAMRESi-0-KsWjDEf0pb7pF2YtEiRyh-v7HwFFUOE1OTjRPSUo3RDc4OVVEWetRS0xFNVFCOC4u&fbclid=IwAR0IfGePe5i7A1zyYiyZMkyWonjxxpP0EFISeVpFV2Kg76hf2pfqoQWCPzE>

Send any questions about volunteering to: pomagam@us.edu.pl.

The volunteering coordinator will contact you.

PSYCHOLOGICAL SUPPORT

We extend the availability of psychological support to all individuals affected by the war within our academic community and their families.

If you need support, write to: pomoc.psychologiczna@us.edu.pl

A psychologist will meet you as soon as possible. Additionally, support groups and student psychological clinic will be launched over the next few days.

The individuals involved in psychological aid for war victims include employees of the Institute of Psychology from the Faculty of Social Sciences, Student and PhD Student Ombudsperson and psychologists from the Student Service Centre. Many psychologists associated with our University declared their readiness for help. We will definitely find time to talk with you and your family.

LEGAL SUPPORT

If you need legal aid, e.g. with reference to your status, work permit or other issue that requires a formal solution, write to us at: pomoc.prawna@us.edu.pl.

The willingness to bring legal aid has been declared by employees of the Faculty of Law and Administration, Student and PhD Student Ombudsperson and District Bar Association and Student Legal Clinic, where you can also apply directly by writing to: spp@us.edu.pl.

MEDICAL AID

The University will help all Ukrainian students and their families obtain medical aid in appropriate units. You can report your medical need at: pomagam@us.edu.pl.

The University cooperates directly with the hospital in Czeladź and Medical University of Silesia in Katowice to obtain medical support as quickly as possible. Since 1 March 2022, the hospital in Czeladź has opened the possibility of medical consultations in its clinics for Ukrainians in the Ukrainian language in the fields of gynaecology, orthopaedics, surgery and internal medicine. The hospital also secures psychological aid for the refugees from Ukraine.

ACADEMIC CHAPLAINCY CENTRE

The Academic Chaplaincy Centre at ul. Powstańców 21 in Katowice waits for students who want to talk, speak out and meet their peers each Sunday after the 8 p.m. Holy Mass (about 9 p.m.). Such meetings are also organised every Thursday at 7:30 p.m.

The academic priest is available at phone no. 519 197 217 and e-mail address: **kontakt@dacentrum.pl**. You can talk to him on the phone or arrange a conversation.

GRAPHIC MATERIALS

We encourage you to use graphic materials for information and announcements on supporting Ukraine: slider for websites, featured images for news at University of Silesia website, Facebook/Instagram post, Avatar for social media. Download materials: **<https://us.edu.pl/en/ukraina/>**