



I. For the scientist:

If you hold a PhD degree or higher and are planning to benefit from support under the measure 'Solidary with Scientists,' please take the following steps:

- **find a university or scientific or research institute in Poland that is closest to your research. You can find the lists of institutions below:**

1. Universities:

https://www.krasp.org.pl/pl/Aktualnosci/?id=21414/Solidarni_z_Bialorusia_%E2%80%93_stypendia_NAWA_dla_studentow_i_naukowcow

Please check out the universities indicated **for the 'Solidary with Scientists' measure** (the list begins in the middle of the page; the first part is dedicated to students).

2. Scientific institutes of the Polish Academy of Sciences (PAS):

<https://instytucja.pan.pl/index.php/jednostki-naukowe>

3. Łukasiewicz Research Network institutes:

<https://lukasiewicz.gov.pl/uczestnicy/>

- **ask the university/institute to include you in the 'Solidary with Scientists' initiative** of the Polish National Agency for Academic Exchange (NAWA) and the Conference of Rectors of Academic Schools in Poland (CRASP)

The remaining formalities will be handled by the university/scientific or research institute that will be willing to cooperate with you.

Rules for support under the 'Solidary with Scientists' measure:

1. In order to participate in the action, a **minimum degree of PhD** is required
2. The stay has to begin by the end of February 2021
3. Possibility to receive NAWA scholarship for a period of **up to 12 months**; the scholarship for the scientist amounts to **PLN 5,000 per month**
4. **Increased scholarship for a scientist accompanied by their family:** spouse and underage children – in the case of family members the scholarship is increased
 - a. by PLN 2,000 per each month of stay of the spouse
 - b. by PLN 1,000 per each month of the stay of an underage child; in the case of more children, the sum is multiplied by the number of children (three children – PLN 3,000 per month)
5. In addition, the scholarship includes a one-time **mobility allowance** – PLN 3,000 for the scientist and PLN 1,000 for each family member (spouse and underage children) – making it easier for them to come to Poland, including transport and the costs of organising their arrival.
6. The amounts referred to in points 3–5 are lump sums.
7. Furthermore, the scholarship is increased by a **training allowance** if the visit lasts at least 6 months (amounting to PLN 6,000 for a six-month stay and increased by PLN 1,000 for each month of stay up to the amount of PLN 12,000 for visits lasting 12 months). The allowance may be used to pay for the scientist's participation in conferences and scientific workshops in Poland and abroad as well as for Polish language courses for the scientist and their family members. The training allowance is settled **on the basis of actual expenditure** (invoices) presented to the university. Limits concerning e.g. participation in conferences (subsistence allowance, accommodation expenses, travel expenses) have to be consistent with the university's internal rules, and the remaining amount is returned when the agreement is settled.