## RESTRICTIONS valid from March 25th 2020 until April 11th 2020

- 1. Movement is only allowed for the existential, health, or work-related reasons. It means that someone is allowed to go out only in order to do necessary grocery shopping, visiting the doctor or buying medicines. However, it should be VERY limited.
- 2. Moving is only allowed in groups of up to two persons.
- 3. All meetings, gatherings and parties are forbidden.
  - there is a ban on public, national and religious gatherings of more than 5 people. The ban applies both to indoor and outdoor gatherings.
  - It must be kept at least 2-metre distance with others.
- **4.** Public transport is still operating. However, only half of the seats on the bus or tram may be taken by passengers at a given time.
- **5.** All restrictions provided from 14th of March 2020 are still valid, e.g.:
  - all schools, kindergartens, nurseries and higher education institutions are closed till April
    10th 2020. All the classes are run on the basis of the remote learning activities.
  - Polish boarders for foreigners are closed.
  - the operation of shopping centres is limited. Only grocery stores, chemist's stores, laundrettes, pharmacies as well as bank and financial service outlets in shopping centres remain open.

## **Exchange foreign students at Ignatianum STAYING IN POLAND**

If you start preparing for leaving and you will have troubles finding a way/means of transportation how to get home, we recommend you to <u>contact your embassy</u>. Before you leave, do not forget to contact International Relations Office: <u>incoming@ignatianum.edu.pl</u>

**Note:** You can leave Poland by means of road transport at border crossing points. It means that all air, railway and bus connections are suspended.