



# Preparatory measures and behaviour in crisis situations for Swiss nationals in Poland (as of: 15.04.2025)

## 1. Introduction

Under the Federal Act on Swiss Persons and Institutions Abroad – [Swiss Abroad Act \(SAA\)](#) –, which came into force on 01.11.2015, Swiss nationals are expected to rely on their own means to support themselves during a stay abroad. The legislation requires individuals to assume personal responsibility in preparing for and carrying out a stay abroad or in exercising an activity abroad, to behave in a manner commensurate with the risks involved and to use their own resources to overcome any difficulties that arise.

The Federal Department of Foreign Affairs (FDFA) may offer support to persons abroad who cannot reasonably be expected or are unable to protect their interests themselves or with the help of third parties. Consular assistance (applying to the FDFA for help) is only an option if a person has done everything in his or her power to handle the situation on his or her own or with the help of the local authorities, insurer(s) and other potential providers of assistance. There is no legal entitlement to assistance from the Swiss federal government

## 2. Sources of information

Local authorities bear the primary responsibility for the security of all residents, including the Swiss community abroad. They may issue recommendations to protect residents and measures to deal with the crisis. In the event of a crisis, these instructions must be followed.

You may be able to find specific information on preparation and information in the event of a crisis on the websites of the following Polish authorities:

- Rządowe Centrum Bezpieczeństwa RCB – Government Center for Security: <https://www.gov.pl/web/rcb-en> (various fact sheets in English)
- Ministerstwo Zdrowia – Ministry of Health: <https://www.gov.pl/web/zdrowie>

In addition, the following general assessments by the Swiss authorities and international organisations are available:

In the FDFA's travel advice [www.eda.admin.ch](http://www.eda.admin.ch) > *Travel advice & representations* you will find up-to-date assessments of the security situation in Poland. If you have any questions about the travel advice, please feel free to contact us

You can find further useful information and leaflets at [www.eda.admin.ch](http://www.eda.admin.ch) > *Travel advice & representations* > *General travel advice*.

The Federal Office of Public Health ([www.bag.admin.ch](http://www.bag.admin.ch)), the website [www.healthytravel.ch](http://www.healthytravel.ch) and the World Health Organization ([www.who.int](http://www.who.int)) are important sources of information on health matters.

## 3. Important preparedness measures

Always have the following at hand (non-exhaustive list):

### Important documents (and copies of these documents)

<input type="checkbox"/>	Valid travel documents
<input type="checkbox"/>	Driving licence and vehicle documents
<input type="checkbox"/>	Residence permits
<input type="checkbox"/>	Valid visas

### Funds

<input type="checkbox"/>	Reserves of cash and foreign currencies
<input type="checkbox"/>	Credit card(s)
<input type="checkbox"/>	Bank card(s)

## Information & communication

<input type="checkbox"/>	List of important phone numbers
<input type="checkbox"/>	Mobile phone (ideally with spare battery or power bank and sufficient credit)
<input type="checkbox"/>	Battery-powered (short-wave) radio with spare batteries

## Health

<input type="checkbox"/>	First aid kit with medicines you need
<input type="checkbox"/>	Blood group card
<input type="checkbox"/>	Vaccination certificate
<input type="checkbox"/>	Insurance policies (health, accident, repatriation)

## Emergency supply

<input type="checkbox"/>	Drinking water
<input type="checkbox"/>	Food (and ideally a camping stove)
<input type="checkbox"/>	Fuel
<input type="checkbox"/>	Flashlight

Different preventive measures can reduce the risk to property and persons (non-exhaustive list):

- Have your home and furnishings/installations inspected for fire, flood and storm safety and install a fire alarm.
- Secure walls, doors and windows against unauthorised access.
- Arrange a meeting place with your family in case access to your home is cut off.
- Plan escape routes to a safe place in your country of residence or to a safe country.
- Inform us without delay of any change in your address, telephone numbers (including mobile phone numbers abroad and in Switzerland) and email addresses so that we can contact you in the event of an emergency. You can also do this through the [Online desk](#).

## 4. What to do in case of a crisis

- Stay informed about the ongoing situation. Follow local media reports, announcements by the local authorities and on the FDFA's website.
- In the event of an emergency, follow the instructions of the local authorities, for example regarding precautionary measures, restricted zones, evacuations, etc.
- Avoid demonstrations, riots and public gatherings of all kinds.
- Stay in contact with your relatives and friends.
- Follow the FDFA's travel advice.
- Follow the FDFA's safety recommendations. In the event of a prolonged crisis situation, the FDFA may recommend that Swiss nationals leave the crisis area.
- The decision to leave a crisis area is taken by Swiss nationals on their own responsibility, voluntarily, at their own risk and at their own expense.
- Crises can escalate suddenly, escape routes may be blocked and it may no longer be possible to (safely) leave the country or an area. If the security situation deteriorates, leave the country / area while it is still possible and while commercial transport links are still available.
- Please be aware that, depending on the local situation, our options for supporting you in the event of a crisis may be limited or, in the worst case, non-existent.

## 5. Travel Admin: [Information Travel Admin](#)

You and your family members can use this portal to enter your short-term stays outside your host country. Please also ask your visitors from Switzerland to register their trip on Travel Admin. This information helps the FDFA to contact you in the event of a crisis abroad and to send you important information to help you help yourself.

## 6. Useful contacts

Telephone number: Embassy of Switzerland in Warsaw	+48 22 628 04 81 / 82
E-Mail address: Embassy of Switzerland in Warsaw	<a href="mailto:warsaw@eda.admin.ch">warsaw@eda.admin.ch</a>