This is an English translation of the Polish documents *Regulamin Usług i RODO*. In case of any discrepancy, the Polish version prevails.

Terms of Service for Educational and Support Services

Service provider: Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072.

§ 1. Subject and limits of the service

1. These Terms set out the rules for single online sessions and educational support programs. The Service Provider shares his own experience and general knowledge, helps prepare questions for a doctor and helps the Client organize their account of their daily functioning.
2. The services are not healthcare services, psychotherapy or psychological help provided by a psychologist. They do not include diagnosis, treatment, clinical assessment of mental state, interpretation of test results, individual dietary recommendations for therapeutic purposes, or the selection of supplements or supplement doses. General information about habits cannot replace the advice of an appropriate specialist.
3. The Service Provider does not set or calculate doses, reduction percentages, time intervals, the order of discontinuing medications or methods of preparing doses for the Client. He does not assess the medical correctness of a doctor's plan and does not provide an alternative plan "for approval".
4. Education about coming off medication is limited to a general discussion of the topic and of questions that can be put to a doctor. The materials are not instructions for self-management. The program does not require stopping a medication or reaching a specific dose. The experiences presented do not guarantee a similar course for another person.
5. The detailed scope, gross price, duration, number and length of sessions, dates and communication channels are provided before purchase. The program does not renew automatically.

§ 2. Conclusion of the agreement and organizational eligibility

1. Before placing an order, the Client receives these Terms, the summary of arrangements, the information on competencies, the confidentiality notice, the GDPR information and the information on withdrawal.
2. The agreement is concluded once the scope and price have been agreed and the paid order has been clearly accepted by both parties. The Service Provider sends a confirmation of the agreement and the accepted versions of the documents by email, no later than before the service begins.
3. The services are intended for adults. If there are doubts about age or about the ability to knowingly accept the terms, the Service Provider suspends the conclusion of the agreement and clarifies the situation, without collecting copies of identity documents unless necessary.
4. The introductory call concerns matching the scope of the service and the safety rules; it is not a medical examination. If the Client's goal is to obtain an individual tapering plan, an interpretation

of symptoms or immediate help in a crisis, the Service Provider explains that such services are not offered and points to appropriate help.

5. Taking medication or having a diagnosed disorder does not in itself exclude the use of general education. Matters that depend on treatment require the care of a doctor.

§ 3. Organization of sessions and messages

1. Sessions take place at times agreed with the Client. An up-to-date browser or app, a stable internet connection, a microphone, a private setting and a camera are required. Ordinary data transmission costs are borne by the user under their agreement with their provider.
2. The Service Provider does not offer 24-hour availability.
3. The communication channels are not intended for raising the alarm about an immediate threat to life. The Service Provider applies the safety procedure to signals he has actually read.
4. The Client does not publish other people's data, make threats or violate the privacy of participants. Providing unlawful content is prohibited.
5. Recording by the Service Provider, transcription and automatic notes are switched off by default. Turning them on requires a separate, specific agreement and an appropriate legal basis for processing. The Client may keep their own notes for personal use; other people's data and image may not be unlawfully disseminated.

§ 4. Rescheduling and breaks

1. The Client may reschedule free of charge by giving at least 48 hours' notice. In the event of a sudden health issue or other emergency, the parties agree on a new date even if notice is given later.
2. If the Client does not attend, the Service Provider attempts to make contact. A session that did not take place through no fault of the Client is not counted as held.
3. A session canceled by the Service Provider or interrupted for technical reasons on his side is rescheduled free of charge, or the price of the part not delivered is refunded. In the event of a technical failure on the Client's side, the parties first try to reconnect.
4. A break for safety reasons is explained to the Client, with its scope, the next steps and the settlement rules. The parties agree on a possible resumption or end the cooperation. A break does not mean that payment for services not delivered is retained indefinitely.

§ 5. Referral to a specialist and immediate danger

1. Questions about medication, symptoms, tests and treatment are referred to a doctor, in particular a psychiatrist. The Service Provider can help prepare a list of questions or arrange contact, without issuing a medical referral.
2. In the case of new or worsening symptoms, the Service Provider recommends a medical assessment with appropriate urgency and does not automatically call them withdrawal symptoms. In the event of an immediate threat to life, he takes the steps available to him to call the emergency services, in accordance with a separate procedure. In Poland and the EU the emergency number is 112; outside the EU, the number applicable to the person's location is used.
3. After such an event, the parties determine whether the non-medical service can continue.

§ 6. Withdrawal, termination and settlement

1. A consumer who concludes a distance agreement may withdraw from it within 14 days of its conclusion without giving a reason. Detailed information and an optional form are provided in a separate document. Starting earlier requires an express request and consent, and the provision of information about the consequences.
2. An earlier first session does not in itself cause the loss of the right to withdraw from the program. If the start was properly requested and the consumer then withdraws, the services actually provided are settled proportionally.
3. The Service Provider may terminate the agreement for an important, specifically stated reason, in particular when the expected scope requires treatment or continuing the service would endanger safety. He does not end a conversation in a situation of immediate danger without taking the rescue steps available to him. Only the part delivered is charged.
4. Statutory rights relating to non-performance or improper performance remain unaffected.

§ 7. Complaints and liability

1. A complaint may be submitted by email to tomasz.starczewski0@gmail.com or in writing to ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland. It is enough to state the service, the objections and the expected way of resolving the matter.
2. A consumer's complaint is answered within 14 days of receipt. Failure to reply within the statutory deadline has the effects set out in Article 7a of the Polish Consumer Rights Act.
3. The Service Provider is liable under the general provisions of law.

§ 8. Data, materials and final provisions

1. Data are processed as described in the GDPR information. Declining marketing does not affect the service.
2. The supporting materials are intended for the Client's personal use within the limits of permitted use. The separate sale of ebooks, apps or platform access as stand-alone products requires separate terms appropriate for digital content or digital services; these Terms are not complete terms of sale for them.
3. A change to these Terms does not automatically change an agreement already concluded. A change to the scope, price or tools relevant to privacy requires informing the Client and agreeing it with them, subject to mandatory rights.
4. Polish law applies, without depriving a consumer of the protection afforded by the mandatory provisions of the law of their habitual residence. Jurisdiction of the courts follows from the applicable provisions.

Rules for Referral to a Doctor or Other Specialist

Service provider: Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072.

§ 1. Matters requiring consultation

1. Questions about starting or ending pharmacotherapy, dosing, the pace and order of reductions, changing a preparation, returning to an earlier dose, side effects and possible interactions are referred to a doctor, in particular a psychiatrist. The Service Provider does not suggest an interim solution while the Client waits for an appointment.
2. New, worsening or persistent complaints, deterioration in functioning, significant sleep disturbances, agitation, disorientation or changes in behavior require a doctor's assessment. The Service Provider does not determine whether the cause is withdrawal, a relapse of illness, a reaction to a medication or another condition. The urgency of the consultation should be matched to the situation, and in case of doubt medical help should be sought without delay.
3. Test results, somatic treatment, diet in illness and supplementation require, as appropriate, a doctor, a pharmacist or a suitably qualified specialist within the limits of their competence. The program does not include the analysis of test results or an individual "protocol" for influencing health.
4. Psychological or psychotherapeutic needs are referred to a suitably qualified specialist. Non-medical help does not replace diagnosis and treatment. In the event of an immediate threat to life, the procedure for calling the emergency services is used, not the ordinary booking queue.

§ 2. How the information is given

1. The Service Provider calmly states the limit: "This matter requires a doctor's assessment. I am not qualified to determine the cause of symptoms or to change treatment. I can help you prepare a description of the situation and questions for the appointment." He does not use the language of diagnosis or instructions to change a dose.
2. If the Client is in the process of a change in treatment, discussion of its medical parameters stops. Further help may concern organizing the appointment and everyday matters, as long as it does not delay necessary help. A refusal to accept medical advice does not authorize the Service Provider to take over treatment.
3. Where needed, the Service Provider helps find a healthcare provider, work out how to book, or prepare a brief note for the doctor. He does not make access to medical help conditional on buying another program. The Client may choose their own specialist and obtain a second opinion.
4. Without a separate legal basis, he does not contact a doctor or send them any data. With the Client's consent, an agreed scope of information may be passed on to a named doctor.

§ 3. Suspension or end of support

1. If the expected scope goes beyond the service, or further meetings could replace necessary help, the Service Provider explains the reason for limiting or suspending the cooperation and agrees the next steps with the Client. Where there is a threat to life, he first takes the rescue steps available to him.

2. Resumption applies only to the non-medical scope. An organizational confirmation that the Client has obtained appropriate help and that the service will not replace it is sufficient; complete medical records or a doctor's guarantee of "no risk" are not collected. If doubts persist, no actions beyond the Service Provider's competence are undertaken.
3. The arrangements are confirmed to the Client. Services not delivered are rescheduled by agreement, or settled and refunded in accordance with the Terms of Service.

Notice on Confidentiality and Secure Communication

Service provider: Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072.

§ 1. Scope of the obligation

1. The Service Provider keeps confidential information about the Client, the content of conversations, the very fact of using the service and the materials provided. He uses them only for the agreed, lawful purpose. He does not pass information about the Client to family members, an employer, other Clients or people commenting online without an appropriate basis.
2. This is a contractual confidentiality obligation. It is not an assurance of medical, psychological or attorney-client privilege, nor protection against every request from an authorized body. The Service Provider does not practice these professions as part of this service.
3. A collaborator may have access only to the extent necessary, after authorization and a confidentiality undertaking. Technology providers may process information in accordance with their role and the applicable legal bases.

§ 2. Limits of confidentiality

1. Information may be disclosed to the extent necessary when a specific legal provision or a legally effective request from an authorized body requires it, when it is necessary to establish, pursue or defend claims, or on the basis of the Client's separate, specific consent. Each case requires checking the basis, the recipient and the scope.
2. In the event of an immediate threat to life, the Service Provider may call the emergency services and pass on the data needed for help in accordance with the law. He cannot promise to keep alarming information to himself. Contact with a person close to the Client is limited to situations justified by safety and an appropriate legal basis; the person indicated does not gain access to all conversations.
3. Consent to the service does not mean consent to the publication of the Client's story, opinions, correspondence, recordings or image. The Service Provider does not disclose the Client's story in response to a critical review. Publishing any statement requires a separate agreement, including with regard to health data and the possibility of identification.

§ 3. Online sessions and messages

1. The Client and the Service Provider use a private place and a secured device. Where possible, they use headphones, up-to-date software and a screen lock. Third parties do not take part in the conversation without prior agreement.
2. Complete medical records and the PESEL number (Polish national identification number) are not sent unless necessary. Choosing a messaging app does not mean consent to any use of data or to transfers abroad.
3. The Client is responsible for the security of the tools they use.
4. Sessions are not recorded or transcribed by default. AI tools and automatic meeting assistants are not switched on without first explaining the purpose, scope, recipients, retention period and appropriate legal basis. Consent to take part in a session is not consent to a recording.

§ 4. The group and the Client's rights

1. Participation in the group is voluntary. The exact scope of information about the Client disclosed in the group is indicated before joining. A contractual ban on copying does not guarantee that another participant will not break it.
2. There is no need to describe one's health or treatment history publicly. It is possible to remain inactive in the group. The group is not an emergency channel.
3. Concerns about confidentiality, or a message received by mistake, should be reported to tomasz.starczewski0@gmail.com. The Service Provider takes protective action; a report does not limit the right to file a complaint, to lodge a complaint with the President of the Polish Personal Data Protection Office (UODO) or to seek protection in court.

Place and date: .....

Client's signature: .....

Information on the Processing of Clients' Personal Data (GDPR)

§ 1. Controller and contact

1. The controller is the Service Provider: Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072. For data matters, contact is possible by email at tomasz.starczewski0@gmail.com or in writing to the address above.
2. No data protection officer has been appointed.

§ 2. Data, purposes and legal bases

1. Identification and contact data, the order, the schedule, payments and ordinary organizational correspondence are processed in order to conclude and perform the agreement or to take steps at the Client's request before concluding it: Article 6(1)(b) GDPR. The PESEL number or a copy of an ID document is not collected for a booking alone.
2. Data for accounting documents and settlements are processed to fulfill legal obligations: Article 6(1)(c) GDPR in conjunction with the applicable tax and accounting provisions.
3. Health information, including voluntarily provided information about medications taken, complaints and treatment, may be processed to the minimum extent necessary to take into account the context of a non-medical conversation and to apply the safety rules, on the basis of separate explicit consent: Article 6(1)(a) and Article 9(2)(a) GDPR. It is not used for diagnosis, deciding on treatment or drawing up a medication reduction schedule. Complete medical records are not obtained for the purpose of running the program.
4. Establishing, pursuing or defending specific claims and the necessary demonstration of how the agreement was performed constitute the Controller's legitimate interest: Article 6(1)(f) GDPR; to the extent necessary for special categories of data, Article 9(2)(f) GDPR may apply. A merely hypothetical dispute does not justify storing all conversations and health data without limit.
5. In the event of an immediate threat to life, the data necessary to call for help may be processed on the basis of Article 6(1)(c) or (d) GDPR, according to the duty to help and the circumstances. For health data, a condition under Article 9(2) GDPR is also required: in particular separate consent to the appropriate extent, or point (c) when the person is physically or legally incapable of giving consent. Relying on vital interests alone does not remove all the conditions for protecting health data. Disclosure is limited to the information the emergency services need.
6. Optional contact with a named doctor or a close person takes place for a specific purpose and to a specific extent on the basis of separate consent, and in sudden danger on the appropriate legal basis. By being given a contact, the Controller does not obtain an unlimited right to disclose information.
7. This document does not cover consent to marketing or to the publication of reviews, images or health stories. These are not a condition of using the services. Health information is not used to target advertising or to build audiences.

§ 3. Voluntariness and consequences of refusal

1. Providing organizational data is voluntary, but to the extent necessary it is required to conclude and perform the agreement. Without an email address, the online service may not be possible in the agreed form. Accounting data required by law are needed to issue the correct document.

2. Consent to the processing of health data is voluntary and separate. General education is available without it. If the chosen form of conversation does not allow such data to be avoided, the parties agree to change the scope or to end the service and settle the part not delivered.

§ 4. Recipients and tools

1. Data may be received only to the extent necessary by: authorized persons handling the service, the accounting office, the payment operator, providers of hosting, email, booking, video calls and secure storage, and legal advisers where necessary. Authorized bodies and services receive data within the limits of the law.
2. For each tool used, the Controller determines the recipient's role and the required safeguards before using it.
3. Data are not shared with family members or other Clients by default. With voluntary participation in the group, participants gain access to the data listed in the participation form; separate rules apply to that scope. Recordings, transcripts and AI tools are not used by default.

§ 5. Transfers outside the EEA

1. The service is provided from Poland, and the tools used do not involve transfers outside the EEA.
2. A transfer may be based on a Commission adequacy decision within its actual scope, or on appropriate safeguards, such as standard contractual clauses together with the required assessment and supplementary measures. In the case of the EU-U.S. Data Privacy Framework (DPF), the specific certified entity and the scope of its certification are checked. Consent to the use of a messaging app does not automatically replace the legal basis for a transfer.

§ 6. Retention periods

1. Data needed to perform the agreement are kept for its duration and afterwards only to the extent and for the time justified by settlement, a legal obligation or the necessary protection of claims. A single indefinite period is not applied to all data.
2. Tax documents are kept for the period required by law, as a rule until the tax liability becomes time-barred, usually 5 years from the end of the year in which the payment deadline passed; an extension is possible in cases provided for by law.
3. Routine notes on the content of conversations and voluntarily provided health data are deleted after the cooperation ends, no later than within 90 days, or earlier after consent has been effectively withdrawn, unless a designated, minimal scope is still necessary on a separate basis. Organizational data and evidence of arrangements are kept until the relevant limitation period for claims expires, as a rule 3 or 6 years depending on their type and the calculation rules; separate rules apply to personal injury. Whether further retention is necessary is reviewed at least once a year.
4. Data covered by a specific dispute or a documented need for defense are not deleted prematurely, but are limited to the necessary part and reviewed after the matter ends. Backups are overwritten and are not used to restore deleted data for ongoing work.

§ 7. Rights and automated decisions

1. Within the limits of the GDPR, you may request access to and a copy of your data, rectification, erasure and restriction of processing. The right to data portability applies under the conditions of

Article 20 GDPR, in particular for automated processing based on consent or a contract. A request does not always mean that data kept under another obligation or legal basis must be deleted.

2. You may object to processing based on Article 6(1)(f) on grounds relating to your particular situation. Consent may be withdrawn at any time, in particular by email to tomasz.starczewski0@gmail.com or by a statement during a session; this does not affect the lawfulness of processing carried out before withdrawal.
3. You have the right to lodge a complaint with the President of the Polish Personal Data Protection Office (UODO). The Controller does not make decisions based solely on automated processing that produce legal effects or similarly significant effects, and does not profile Clients in this way.
4. This document concerns data obtained directly from the Client. For the data of a contact person received from the Client, a separate obligation under Article 14 GDPR applies.

Information on Tomasz Starczewski's Competencies and Scope of Services

Information for people considering a single session or a program. Its purpose is to allow a decision based on the Service Provider's actual competencies and the scope of the services before any obligation to pay arises.

§ 1. The Service Provider and qualifications

1. The services are provided by Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072, email: tomasz.starczewski0@gmail.com. The support is based on sharing his own experience and on general education. Personal experience is not a qualification to diagnose illnesses or to treat other people.
2. The Service Provider is not a doctor, a psychiatrist, a psychologist or a psychotherapist; as part of the service he does not practice a medical profession and does not provide healthcare services. He does not present himself as a "specialist" in the sense of a medical specialty, or as a person authorized to manage medication discontinuation.
3. The Service Provider studied neurobiology at the Medical University of Silesia (ŚUM) and cognitive science at Nicolaus Copernicus University in Toruń (UMK).

§ 2. What the service includes

1. Conversation about personal experience and everyday difficulties; a general discussion of publicly available sources; help with preparing questions for a doctor and organizing the appointment; organizing the Client's own observations without medical interpretation.
2. General information about everyday habits, rest and the use of social support, without individual therapeutic recommendations. A voluntary journal may help the Client pass on observations to their doctor; the Service Provider does not use it to calculate the next dose.
3. When publications on reducing medication are discussed, the Service Provider clearly distinguishes the general topic from an individual medical decision. The educational materials are not a plan of action for the participant. The Service Provider does not promise that a particular method will be safe or appropriate for them.

§ 3. What the service does not include

1. Diagnosing illnesses and syndromes, differentiating the causes of symptoms, assessing medical risk, analyzing test results, or determining that complaints are the result of discontinuation.
2. Recommending stopping or starting a medication, setting doses and reduction percentages, adjusting plans, preparing personalized tapering sheets or instructions for preparing doses, or selecting supplements and their doses to treat symptoms.
3. Treating depression, PSSD, withdrawal syndromes or other conditions, psychotherapy, and professional crisis intervention. The service is not an alternative to psychiatric or emergency help.
4. Guarantees of improved health, of ending treatment or of becoming "medication-free" within a specific time. The need for further treatment does not mean the Client has failed and is not contrary to the purpose of the education.

§ 4. Safety

1. Decisions about pharmacotherapy require an individual assessment by a licensed doctor. The service does not replace contact with them and does not require giving up treatment. Doubts about recommendations should be clarified with the doctor.
2. In the event of an immediate threat to life, use emergency services: 112 in Poland and the EU, or the local number in another country. The program and the messaging app are not a crisis line. The full rules are set out in the Terms of Service and the safety notice.

Place and date: .....

Client's signature: .....

Rules of the Voluntary Support Group

Organizer: Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072, email: tomasz.starczewski0@gmail.com.

The group is non-medical and serves the exchange of experiences between adult participants. It is not a treatment facility or a crisis help channel.

§ 1. Joining and access period

1. Participation is voluntary and requires a separate decision after learning how data are visible on the chosen platform. Not taking part does not affect paid individual sessions.
2. Lifetime access, uninterrupted monitoring or an immediate response are not promised. A change to an access period that has already been paid for requires a basis and respect for the Client's rights.

§ 2. Privacy

1. Data visible to participants may also be visible in the member list and in notifications.
2. Participants keep confidential the identity of other people, their membership and the content of their posts. Taking and distributing screenshots or recordings, copying posts and contacting third parties about a participant without a basis are prohibited. This does not exclude lawfully securing evidence to protect one's own rights or notifying the appropriate authorities.
3. Other people's data, medical documents, prescriptions, full identification data and detailed stories that are not needed are not published. Describing one's own experience does not require disclosing a diagnosis, doses or the names of doctors. A pseudonym is used if the platform actually allows it.
4. The Organizer enforces the rules and protects the group, but does not guarantee that no participant will breach confidentiality. Posts in the group are not covered by medical confidentiality.

§ 3. Content and conduct

1. No individual advice is given about doses, reducing or restarting medication, or the treatment of other participants. Encouraging others to abandon specialist help, diagnosing, giving individual schedules or presenting supplementation as treatment is not allowed.
2. Instructions for self-harm, graphic material and descriptions of suicide methods are not published. Posts signaling suffering and requests for help are taken seriously; moderation limits harmful content while initiating the appropriate safety measures. Reporting a crisis is never penalized.
3. Respect is required. Threats, harassment, unlawful content, advertising without the Organizer's consent and pressure to buy are prohibited. Substantive criticism of the program or of a doctor is allowed within the law and without violating anyone's privacy.

§ 4. Moderation and reports

1. Reports of violations should be sent to tomasz.starczewski0@gmail.com. The Organizer may remove specific content, ask for a change, issue a warning and, in the case of a serious or

repeated violation, restrict access. Action should be proportionate; in the case of a threat, disclosure of data or a dangerous instruction, immediate restriction is permitted.

2. The participant receives a justification, unless applicable law restricts it. They may request a review by email to tomasz.starczewski0@gmail.com. Losing access does not automatically mean losing all paid services.
3. In the event of an immediate threat to life, call 112 in Poland and the EU, or the local emergency number in another country. Do not wait for a group message to be read. Once aware of an alarm, the Organizer applies the safety procedure and may pass the necessary data to the emergency services on the appropriate basis.

§ 5. Separate declaration of participation

Client: .....

[ ] I want to join the group and I accept these rules.

[ ] I give my explicit consent to the disclosure to other participants of the fact of my participation in the group and of my profile data, including to the extent that they reveal information about my health, in order to enable my participation. I can withdraw my consent by leaving the group or by writing to tomasz.starczewski0@gmail.com; the Organizer removes my access and the data under his control in accordance with the GDPR. Deletion of copies made unlawfully by other participants cannot be guaranteed.

Consent to participate does not include publication of my story or consent to the processing of every possible piece of health information in the group. Such data should not be posted; individual conversations take place through a secure channel.

Leaving the boxes unchecked means not joining the group; it does not mean giving up the other services.

Place and date: .....

Client's signature: .....

Information on Withdrawal from the Agreement and Withdrawal Form

Service provider: Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072, email: tomasz.starczewski0@gmail.com.

This information concerns non-medical services ordered at a distance.

I. Right of withdrawal

1. A consumer may withdraw from the agreement within 14 days of its conclusion without giving a reason. To meet the deadline, it is enough to send the statement before it expires. You may use the form below, but it is not mandatory.
2. The statement should be sent to the postal or email address given above, or in another legally effective way. No qualified signature or reason is required.

II. Effects and earlier start

1. After withdrawal, the Service Provider refunds the payments received without undue delay, no later than 14 days after receiving the statement, using the same means of payment, unless the consumer expressly agrees to another means, at no cost.
2. If the consumer expressly requested that the service start before the deadline expired, was properly informed, and then withdrew, they must pay for the services actually provided up to the moment of withdrawal, in proportion to the agreed price and scope. The Service Provider presents a transparent settlement.
3. The right to withdraw from a paid service does not apply once it has been fully performed, if performance took place with the consumer's prior express consent and the consumer was informed before the start that they would lose the right after full performance and acknowledged this.
4. This information does not limit the right to end the cooperation provided for in the Terms of Service, the right to file a complaint, or claims related to improper performance.

III. Model withdrawal form

Complete and send this form only if you wish to withdraw from the agreement. Using it is not mandatory.

To: Tomasz Starczewski, running a sole proprietorship under the business name Tomasz Starczewski "Protracted Withdrawal", ul. Czerwonego Krzyża 11/13/12, 50-345 Wrocław, Poland, Tax ID (NIP) 6472501072, email: tomasz.starczewski0@gmail.com.

I/We hereby give notice that I/we withdraw from the agreement for the provision of the following service: .....

Date of conclusion of the agreement: .....

Name(s) of consumer(s): .....

Address of consumer(s): .....

Place and date: .....

Signature of consumer(s): .....

No health data or reasons need to be given.