



**Poland - linguistic and cultural
preparation of the participants
09.05.2022 - 13.05.2022**



English version- written by Marta Niesiołowska



Flag of Poland



The national flag of Poland consists of two horizontal stripes of equal width, the upper one white and the lower one red.

Coat of arms of Poland



The coat of arms of Poland is a white, crowned eagle with a golden beak and talons, on a red background.



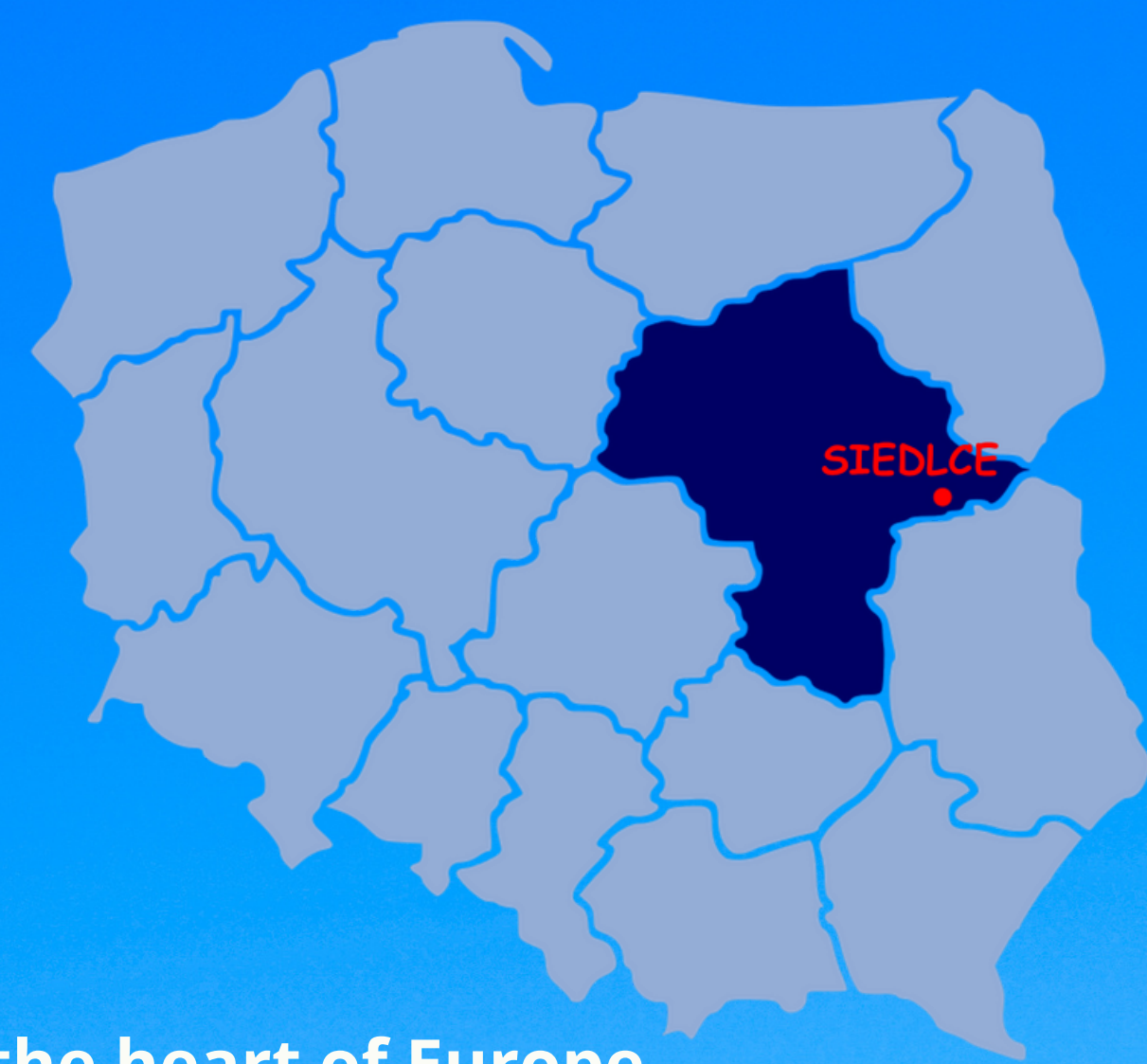
"Mazurek Dąbrowskiego" is the national anthem of Poland. It was written in 1797.





- Political system: Parliamentary republic
- Capital: Warsaw
- Population: 38 179 800
- Official language: Polish
- Dominant religion: Catholicism
- Area: 312 696 km²
- Length of border line: 3511 km
- Neighbouring countries: Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, Russia
- The highest point: Mount Rysy- 2499 m
- The longest river: The Vistula River 1047km





Poland is located in the heart of Europe. Poland is Europe's ninth largest country by land area. Since 1999 Poland is divided into 16 provinces or states known as voivodeships [218]. The voivodeships are subdivided into 380 counties, which are further fragmented into 2,477 municipalities .



Currency

Złoty is the currency of Poland. It is subdivided into 100 **grosz**.



Prices

- Mineral water 1,5 l - 2zł
- Apples, 1 kg - 4 zł
- Bananas, 1 kg - 5 zł
- Pizza Margherita - 25 zł
- Chips - 10 zł
- Kebab - 20 zł
- Ice cream - 5 zł
- Donut - 4 zł
- Juice 1 l - 5 zł
- Cola 2l - 6 zł
- Souvenir magnet - 5-15 zł
- Chocolate - 3-12 zł



1 euro = 4,66 zł

1 zł = 0,21 euro



Intresting facts about Poland

- Poland is called "the amber country" because it exports the largest amount of amber in the world
- A bulletproof vest was designed by two Polish inventors: Kazimierz Żegleń and Jan Szczepanik
- Polish Constitution (of 1791) was the first constitution in Europe and second in the world (after the USA)
- Henryk Maguński was one of the inventors of "walkie -talkie"
- Poland is the home of the endangered European bison which is the heaviest land animal in Europe
- The Castle of the Teutonic Order in Malbork is the largest castle in the world by land area. It's also a UNESCO World Heritage Site.



Polish traditional clothes

Traditional folk clothes vary by region- each has its own style.



Polish cuisine

Polish cuisine has evolved over the centuries to become very eclectic due to Poland's history and it shares many similarities with other regional cuisines. It is rich in meat, especially pork, chicken and game, in addition to a wide range of vegetables, spices, mushrooms, and herbs. It is also characteristic in its use of various kinds of noodles as well as cereals and grains. In general, Polish cuisine is hearty and heavy in its use of butter, cream, eggs and extensive seasoning.



Best Traditional Polish Dishes You Should Try:

- Pierogi
- Silesian dumplings (kluski śląskie)
- Gołąbki (Cabbage rolls)
- Ogórki kiszane (sour pickled cucumbers)
- Pyzy (stuffed large dumplings)
- Placki ziemniaczane (potato pancakes)
- Faworki (dry crispy cakes)
- Makowiec (Poppyseed cake)



The most beautiful places in Poland

Siedlce



Erasmus+



The most beautiful places in Poland



Warsaw



Erasmus+



The most beautiful places in Poland

Cracow



The most beautiful places in Poland

Gdańsk



Erasmus+

The most beautiful places in Poland

The Baltic Sea



The most beautiful places in Poland

Tatra Mountains



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e-tapetki.pl



The most beautiful places in Poland

Mazury - The lake district



Polish language

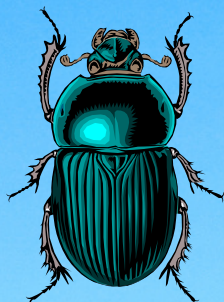


Polish is considered to be one of the most difficult languages in the world. It is written in Latin script. Polish alphabet consists of the basic 26-letter Latin alphabet and 9 Polish letters: *ą, ę, ó, ś, ć, ń, ź, ż, ł*.

Letters: Q, V, X are not used in native words.

Foreigners say that Polish pronunciation is very difficult. They claim that Polish sounds like a "rustle". Try to say these words:

chrząszcz



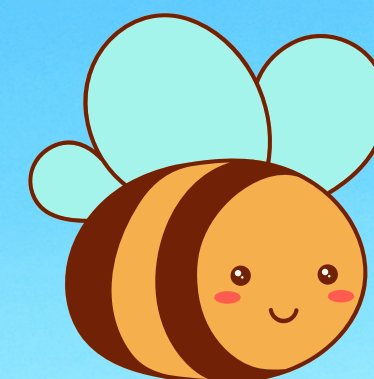
drożdżówka



księżniczka



pszczoła



szczęście



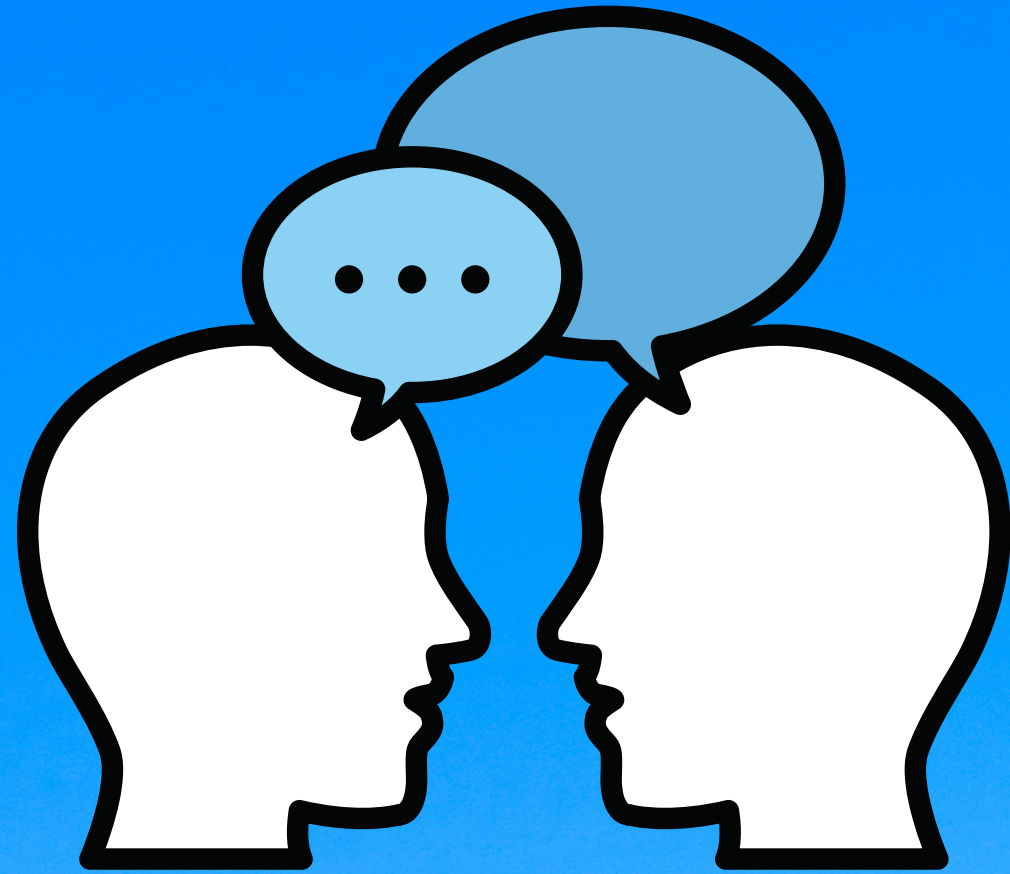
Polish - useful words



- Polska – Poland
- Jestem Polką / Polakiem – I'm Polish
- Nazywam się – My name is
- Dzień dobry – Good morning
- Cześć – Hi!
- Dobry wieczór – Good evening
- Do widzenia – Good bye
- Do zobaczenia – See you
- Miłego dnia – Have a nice day



Polish - useful phrases



- tak – yes
- nie – no
- dziękuję – thank you
- proszę – please
- przepraszam – sorry
- Jak się masz? – How are you?
- dobrze – fine
- bardzo dobre –very good
- Smacznego – Cheers
- Na zdrowie! – Bless you!

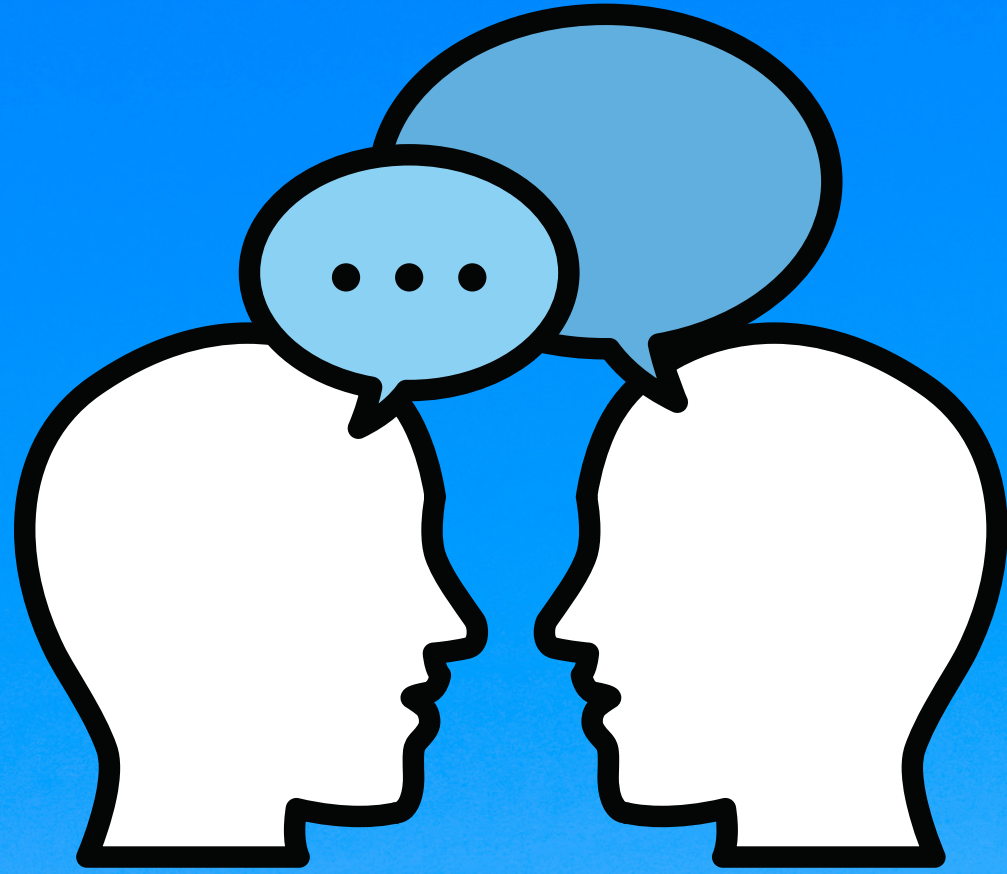


Polish language - in a shop, at the restaurant



- Ile to kosztuje – How much is it?
- rachunek – bill
- To było smaczne. – It was very tasty.
- sklep – shop
- kantor – exchange office
- apteka – pharmacy
- restauracja - restaurant

Polish - useful phrases



- jutro –tomorrow
- tydzień – week
- blisko – near
- daleko – far
- wakacje – holidays
- morze – sea
- miasto – city
- centrum –centre
- szkoła- school
- bilet – ticket
- dom –house
- łazienka – bathroom



Souvenirs from Poland



- Polish chocolate
- A toy stork or bison
- Honey
- Polish cakes
- Hand embroidered table clothes
- Amber jewellery
- Polish alcohol - only for adults
- Chopin's music CDs
- Felt products
- Fridge magnets
- Polish ceramics nad pottery





See you in Poland!
We are waiting for You :)

