

# Poland

Get to know our country!

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# 1. Basic information

The capital of Poland - **Warsaw**

Official language - **Polish**

Area - **312,696 km<sup>2</sup>**

Population - **38,179,800**

Density - **123/km<sup>2</sup>**

Currency - **złoty (PLN)**

Ethnic groups - **Poles 98% others 2%**

Flag -



# 2. Traditions

## Tłusty Czwartek, Fat Thursday



The day before Lent, used as an excuse to eat anything and everything sweet, especially pączki - Polish-style doughnuts, and Faworki, otherwise known as angel wings, which are crispy pieces of pastry dipped in sugar.

## The drowning of Marzanna

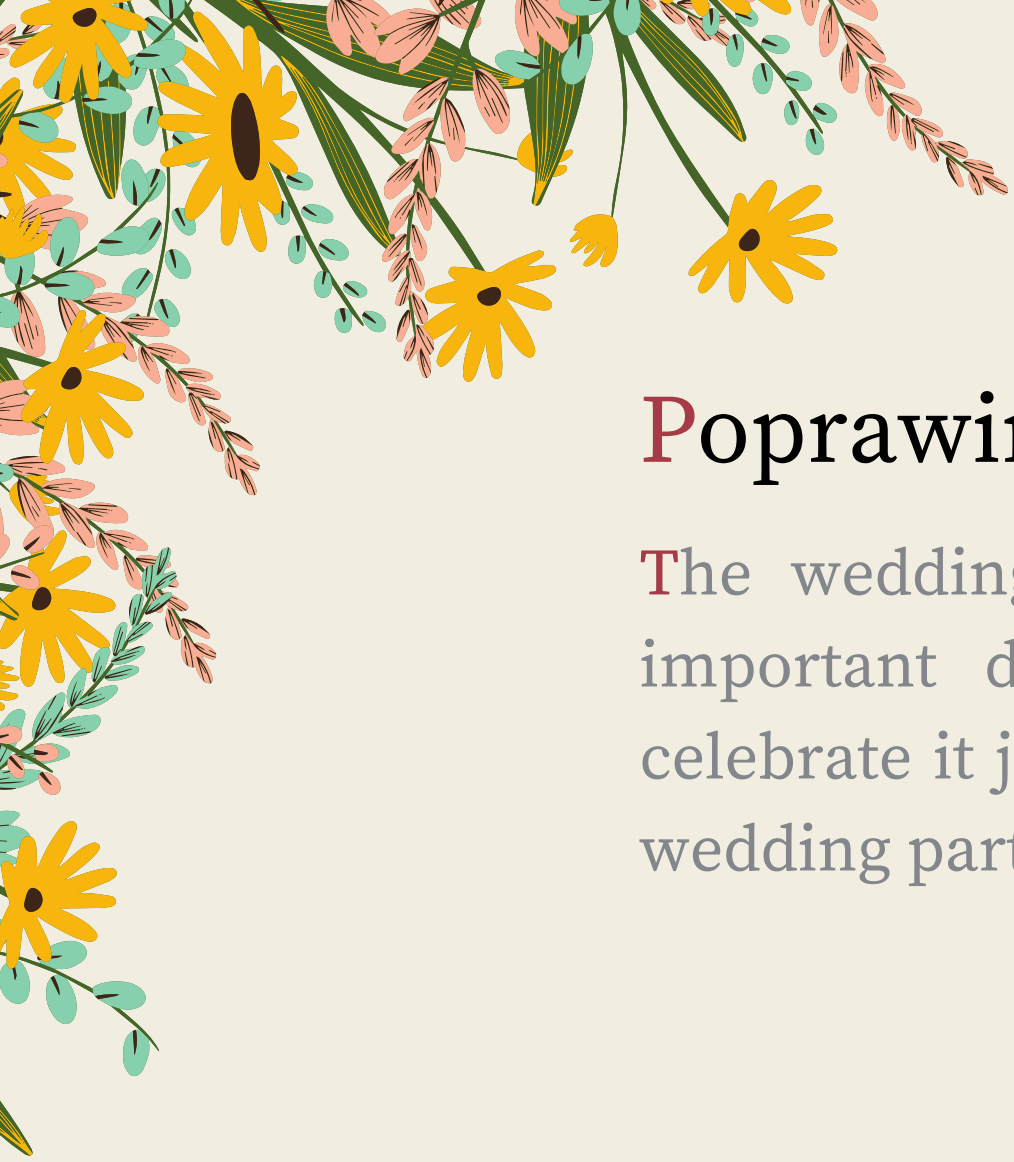


On the first day of spring, Polish celebrate the departure (or demise) of winter by the 'Drowning (and sometimes burning) of Marzanna'.

## Śmigus Dyngus, Wet Monday



Celebrated on Easter Monday. On this day, everyone, especially kids, are splashing water on each other. It comes from an old belief that it brings luck.



## Poprawiny, a second wedding party

The wedding is often considered to be the most important day of one's life, and therefore why celebrate it just once? Poprawiny means starting the wedding party all over again.



## Twelve Dishes on Christmas Eve (Wigilia)

24th of December, Christmas Eve/Wigilia, unlike in most countries, is much more important than 25th. Starting only once the first star has appeared, Wigilia involves a feast that can last for hours. A traditional meat-free Wigilia meal has 12 courses drawn representing the months of the year.

# 3. Poland's UNESCO Heritage Sites



## Auschwitz-Birkenau, Nazi German Concentration & Extermination Camp

The largest of the six concentration and extermination camps established by Nazi Germany in occupied Poland during World War II.



## Castle of the Teutonic Order in Malbork

The largest castle in the world (when measuring by surface area) and the largest brick building in Europe.



## Historic Centre of Kraków

The area revolves around the Main Square, which is the largest Mediaeval town square in Europe, where we can find St Mary's Basilica, the Church of St Wojciech, the Sukiennice Renaissance cloth hall and the Town Hall Tower.

## Wieliczka & Bochnia Royal Salt Mines

Wieliczka Salt Mine is 700 years old. These rock-salt deposits have been mined since the 13th century, making the Wieliczka mines the oldest of their type in Europe.



## Białowieża Forest

One of the last and largest remaining parts of the immense primaeval forest that once stretched across the European Plain. It's home to Europe's heaviest land animal – the żubr, a.k.a. the European bison.

# 4. National music and dances

Polish dances are danced to folk music played by a band. Folk lyrics usually refer to human life, customs, beliefs or nature.





There are many different dances depending on the region, but we will focus on National ones. National polish dances are:



Krakowiak



Mazur



Kujawiak



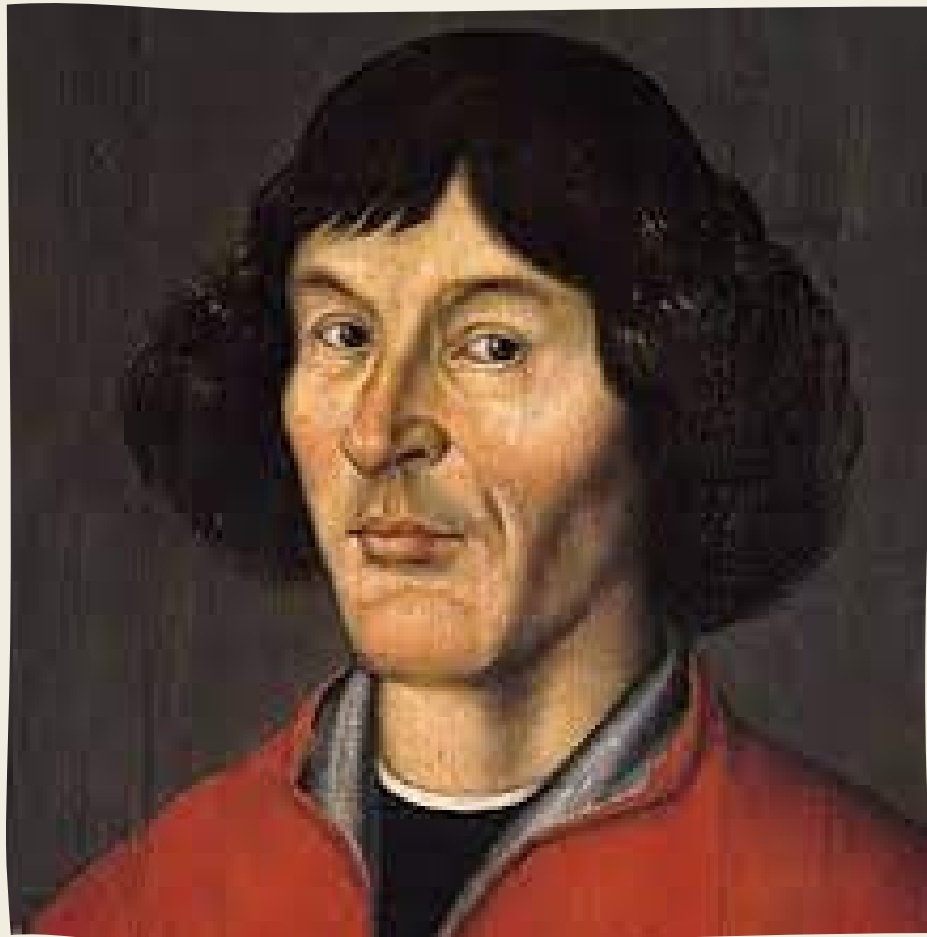
Oberek



Polonez



## 5. Famous Polish people



**Mikołaj Kopernik** was an astronomer and a founder of the theory of heliocentrism. Proved that the earth and planets revolve around a stationary Sun.

**Maria Skłodowska-Curie** was the first woman, who was awarded the Nobel Prize in Physics in 1902. She got it together with her husband and Henri Becquerel for the discovery of radioactivity.



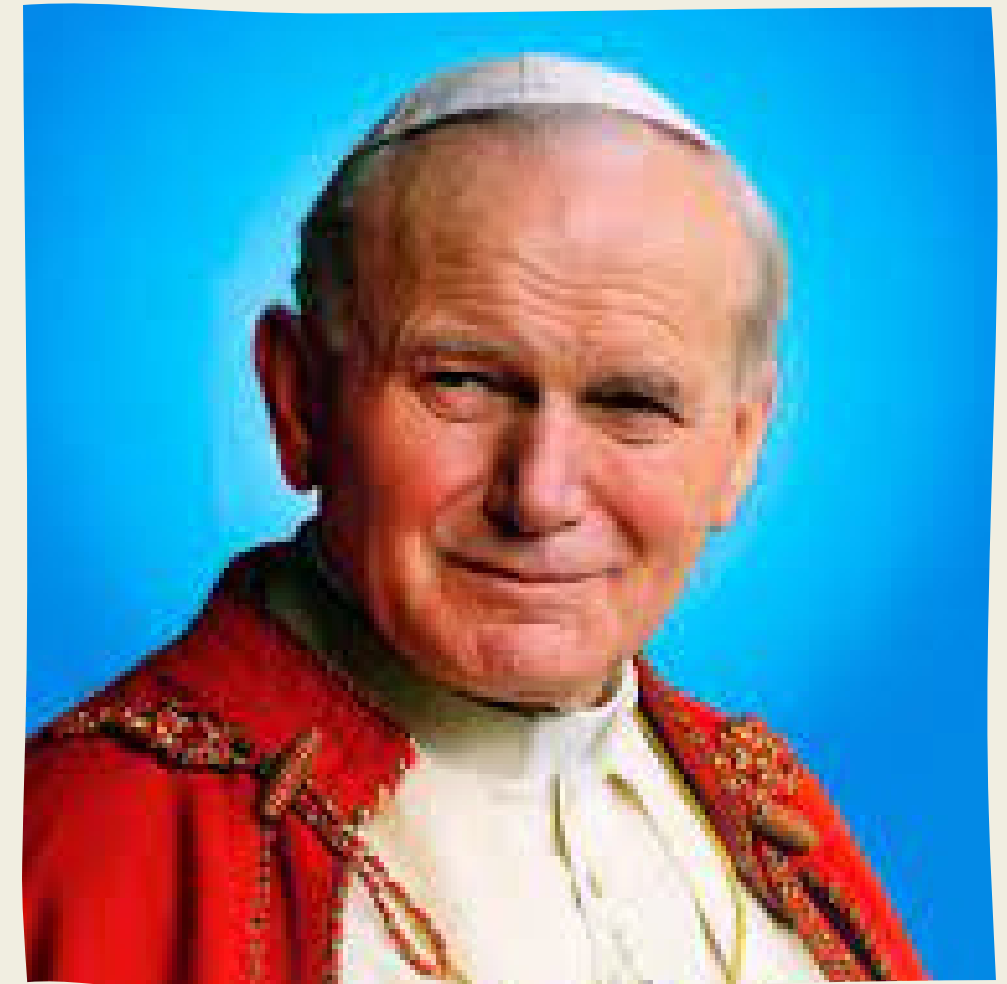
**Fryderyk Chopin** was a composer and virtuoso pianist of the Romantic period who wrote primarily for solo piano.

**Jan Matejko** was a painter, creator of historical and battle paintings. He was the author of over three hundred oil paintings and several hundred drawings and sketches. One of the greatest Polish painters in history.



**Robert Lewandowski** is a professional footballer and, most importantly, the captain of the Poland National Football Team.

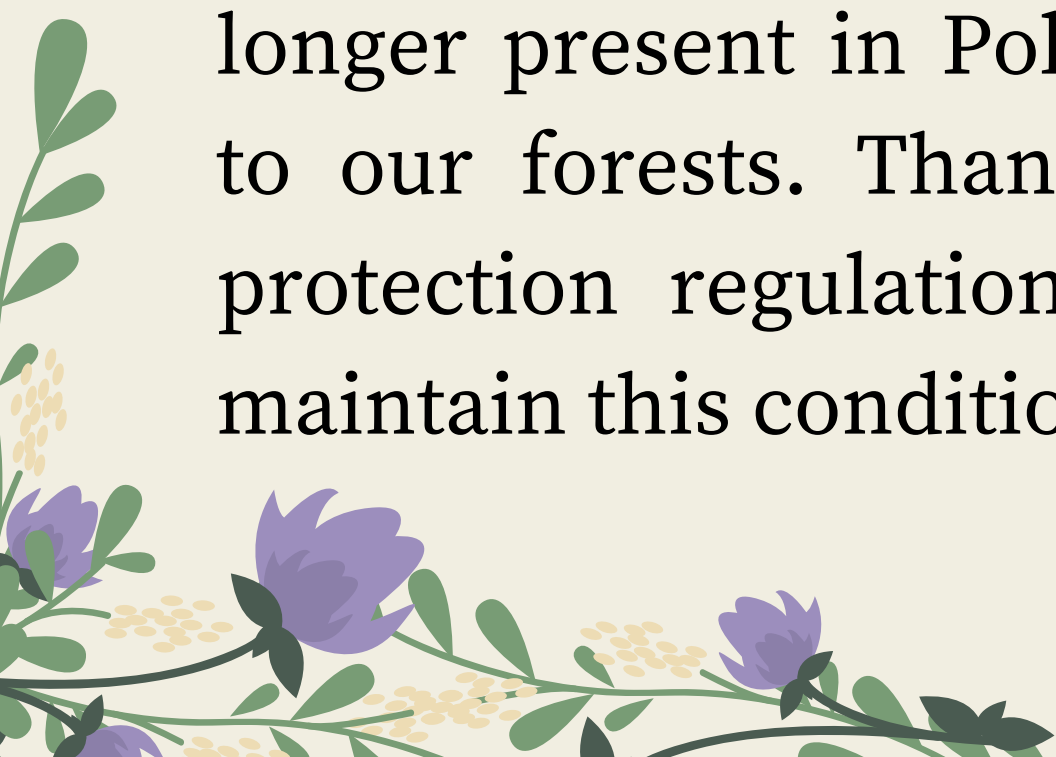
**Jan Paweł II** was elected as a Pope



**These are some of many famous people in Poland**

# 6. Nature

Nature in Poland is in a very good condition, because the endangered species in Poland have rebuilt to such an extent that they are practically not endangered anymore. For example, bison, wolves, elk, lynx, many birds of prey and even species that were no longer present in Poland have returned to our forests. Thanks to good nature protection regulations, we are able to maintain this condition of nature

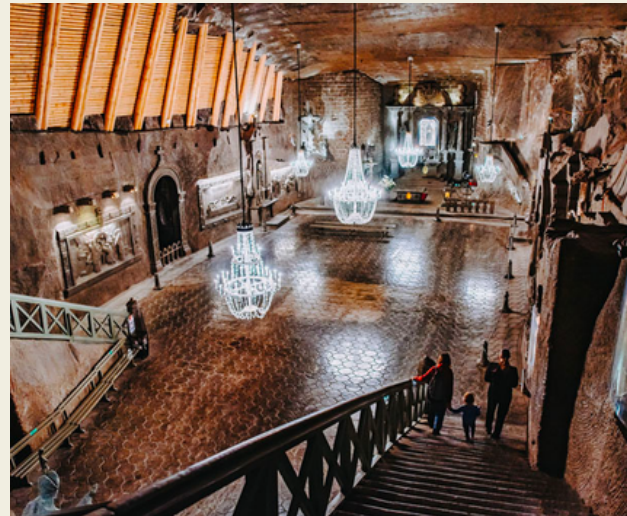


# 7. Cities to visit

Have you ever been to Poland?

Poland is a beautiful country which has many outstanding views, landscapes but also charming old towns and fascinating historical cities.

1 Kraków  
Wieliczka Salt Mine



2 Warszawa  
Palace of Culture and Science



3 Poznań  
Old town



4 Gdańsk  
Museum of the Second World War



# 8. Education



## The structure of education includes:

- kindergartens, pre-school education, at least 1 year
- primary schools, 8 years
- secondary schools. 3-5 years

There are two official exams during all years of education: one **after primary school** (which includes mathematics, polish language and foreign language) and one **after high school - called matura** (which includes mathematic, polish language, foreign language and subjects of choice on extended level).

## 9. Interesting facts

In Poland you can see the Malbork Castle which is officially the biggest castle in the world as measured by single area.

The names of Saints are associated with days in the calendar. Every person's name has a dedicated day and they are as important as birthdays.

In Poland there is the only desert located in Central Europe (Pustynia Bledowska).

Poland is the second country in the world to develop a constitution. Poland's first written constitution was adopted in 1791

Foreign movies are dubbed on Polish TV, but for most movies the voice-overs for all the actors and parts is done by one single man reading all the parts.

# THANK YOU FOR LISTENING!

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