



Poland



By Magdalena Leśkow

Once upon a time ...

(a short outline of Polish history)

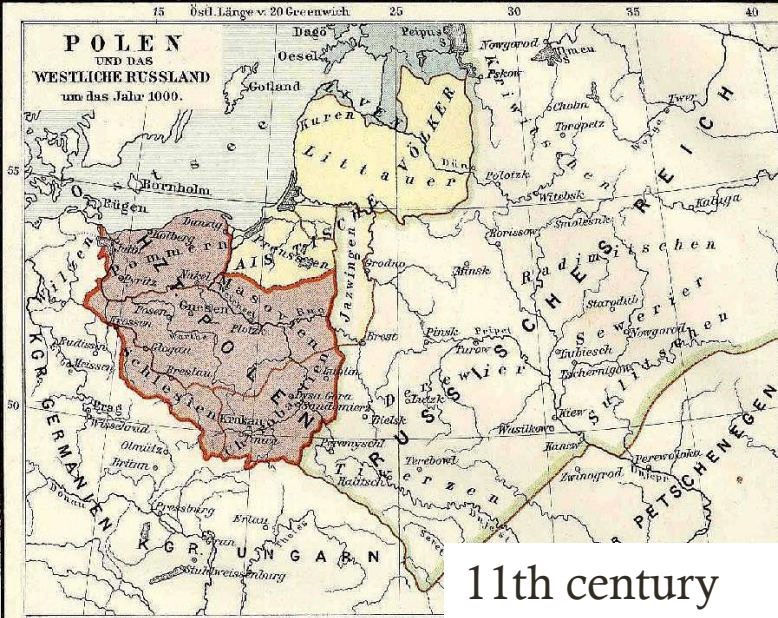


- ✧ Several West Slavic tribes united to form small states between the years 800 – 960. One of these came to be ruled by the Piast dynasty.
- ✧ The year 966 is accepted as the founding date of Poland when the Piast ruler Mieszko I adopted Christianity.
- ✧ The Piast dynasty continued to rule Poland until 1386, at which time *Jagiello*, grand duke of Lithuania, married *Jadwiga*, the crown princess of the Piasts and thus founded the Jagiellon dynasty.

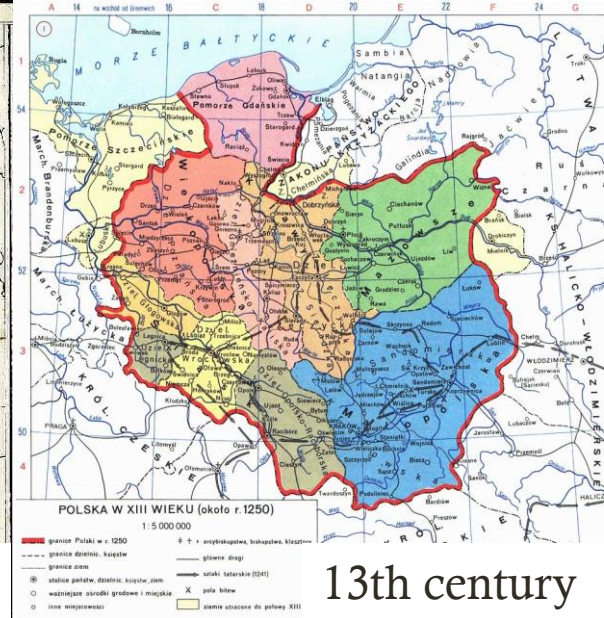




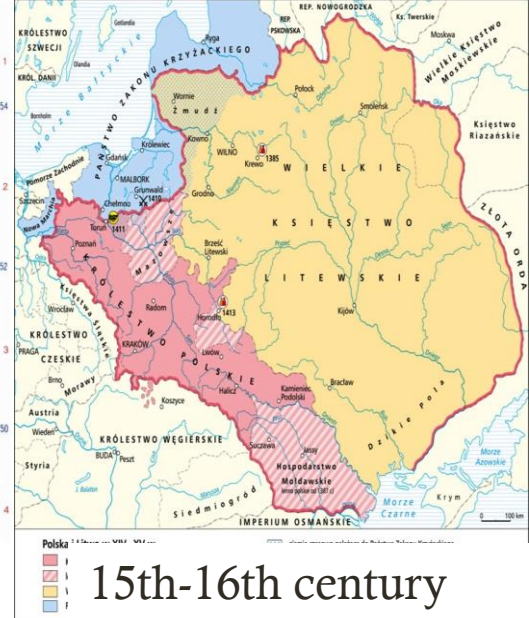
- ✦ In the end of the 18th century a partition of Poland took place, the country was seized by Russia, Austria and Prussia. Finally in 1795 Poland was eradicated and replaced by the invaders sectors.



11th century



13th century



15th-16th century

POLAND THROUGHOUT THE CENTURIES



17th century



during partition
in 18th century



✧ Following World War I (1914 – 18) and the Russian Revolution (1917), an independent Poland was reestablished by the Allies in 1918.



✧ Poland's uneasy coexistence with the Soviet Union(to the east) and Nazi Germany (to the west) ended **in 1939** when they invaded and occupied Poland.

✧ In 1945 Poland's boundaries were redrawn.

- ✧ In August 1980 strikes led by **Lech Wałęsa**, (an electrician), erupted at the Gdańsk shipyards and quickly spread to other cities.



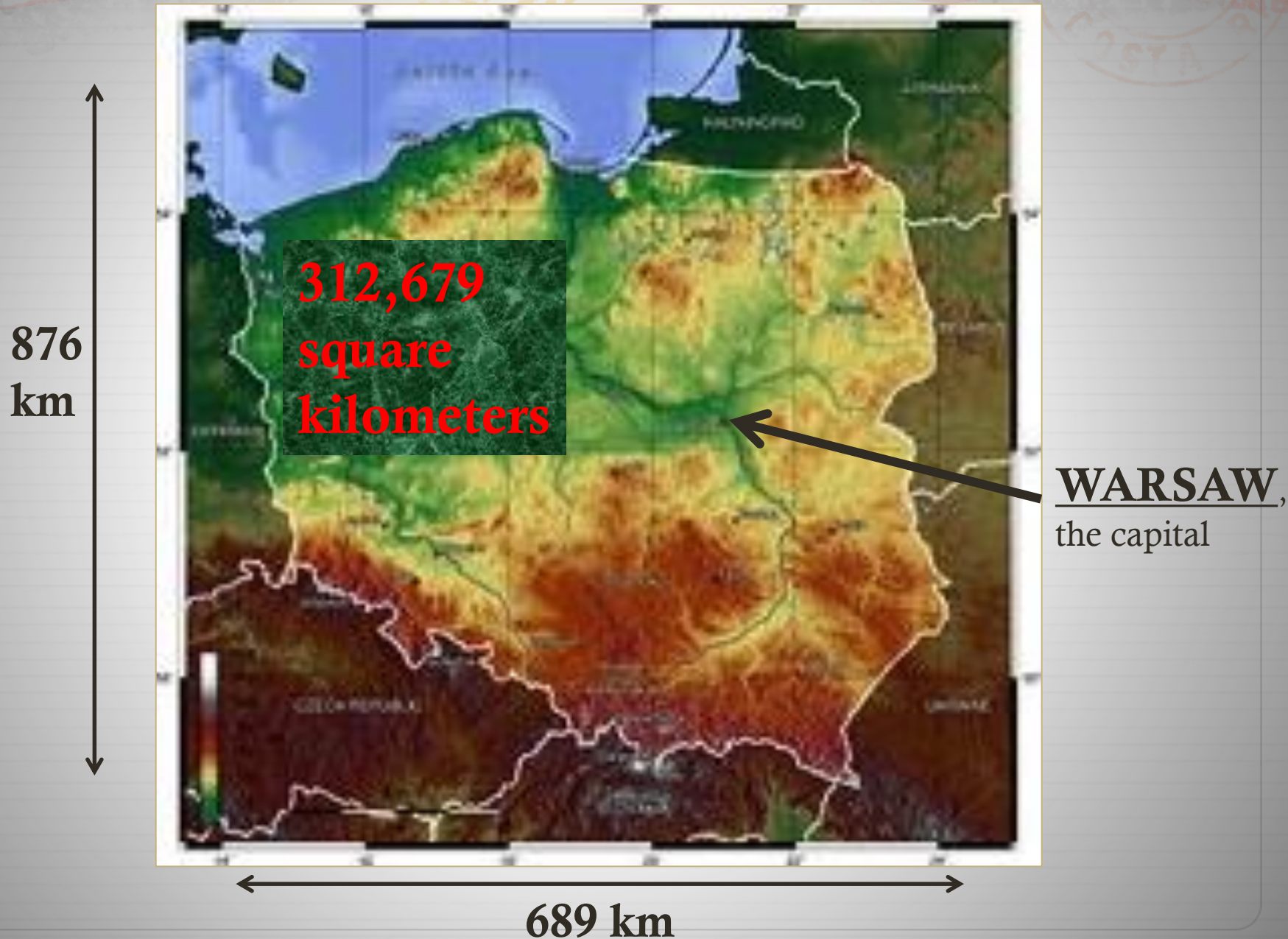
- ✧ After Solidarity's overwhelming victory in elections in June 1989, Solidarity formed a coalition government with the communists (who converted to social democracy)
- ✧ Since that time a wind of change has blown through Poland and Eastern Europe. Poland transformed from communist state to a free-enterprise economy land.

The Flag, anthem and Coat of arms of Poland



- ✦ The anthem's called *Mazurek Dąbrowskiego*, also known as *Song of the Polish Legions in Italy*.
- ✦ The lyrics were written by **Józef Wybicki in 1797** (two years after the Third Partition of Poland).

Geography of Poland



Polish mountains

- ✦ Poland has over 70 mountains over 2,000 m in elevation. All in Tatras, Carpathian Mountains.
- ✦ The highest point is Rysy at 2,499 m.



At Rysy's foot lie mountain lakes :

- Czarny Staw (Black lake)
- Morskie Oko (Marine Eye)

Lowlands

- ✧ The lowest point in Poland at 2 metres below the sea level is Raczki Elbląskie in the Vistula Delta.

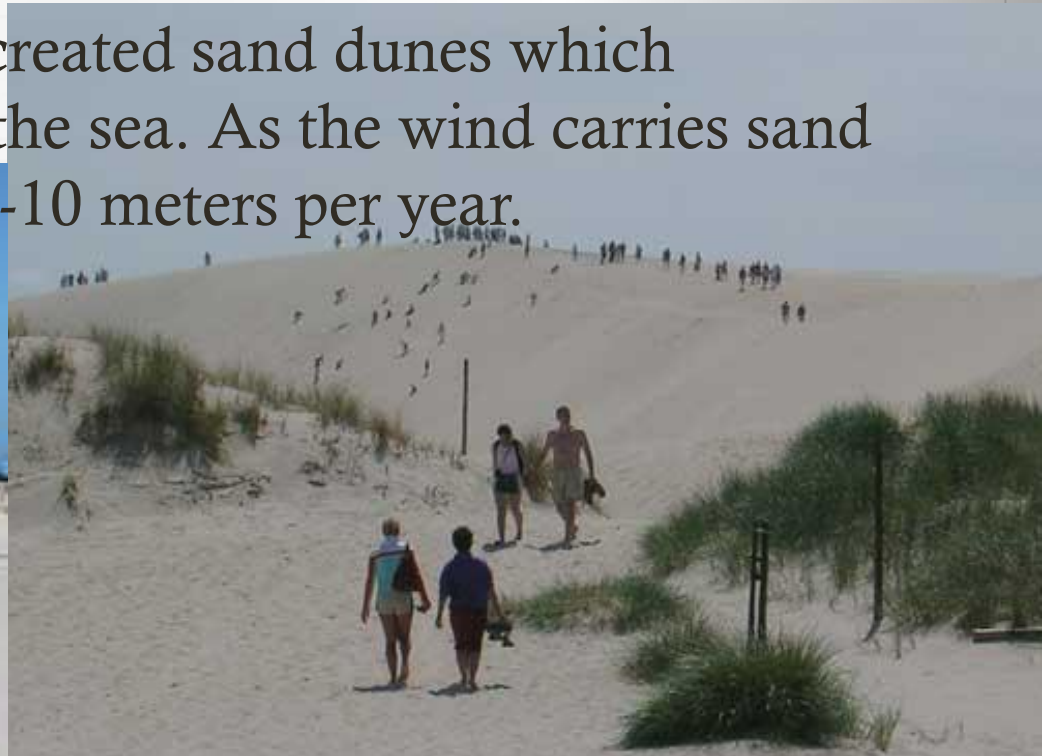


Sea level

Desert and Dunes



- ✦ The only desert in Poland and one of only 5 natural deserts in Europe is Błędów Desert. It has a total of 32 square kilometers.
- ✦ The Baltic Sea activity created sand dunes which separated the bay from the sea. As the wind carries sand the dunes move about 3-10 meters per year.



Waters...

✦ Poland has a lot of rivers, the longest one is *Wisła (Vistula)* 1,047 km.



✦ Poland has one of the highest number of lakes in the world.

*Lake Śniardwy, Lake Mamry,
Lake Łebsko and Lake Drawsko*
cover more than **100 square kilometers**

MASURIAN LAKE DISTRICT ➡



...and land use

- ✦ OUR COUNTRY IS KNOWN TO BE THE 4th MOST FORESTED ONE IN EUROPE.



30,5%
OF POLAND'S LAND IS
COVERED BY FORESTS

- ✦ We have 23 national parks, the oldest one was established in 1921
- ✦ The biggest one covers 102 square kilometers





Fields benefits...



- ✧ Since Poland's accession to the European Union (2004), agriculture has performed really well. The nation has over 2 milion farms(!)
- ✧ In Europe we're leading producers of potatoes and rye.
- ✧ In EU the 4th biggest suplier of pigmeat.





Politics and law



Current president :
Andrzej Duda (elected in May 2015)



Current prime minister :
Beata Szydło



BICAMERAL
PARLIAMENT

Lower house (Sejm)
460 members

Senate
100 members

Privileges and human rights

Driving a car is allowed
when we turn **18**



Drinking is allowed
when you turn **18** years
old as well..

**LGBT (Lesbian, Gay, Bisexual and
Transgender) rights -**

LGBT

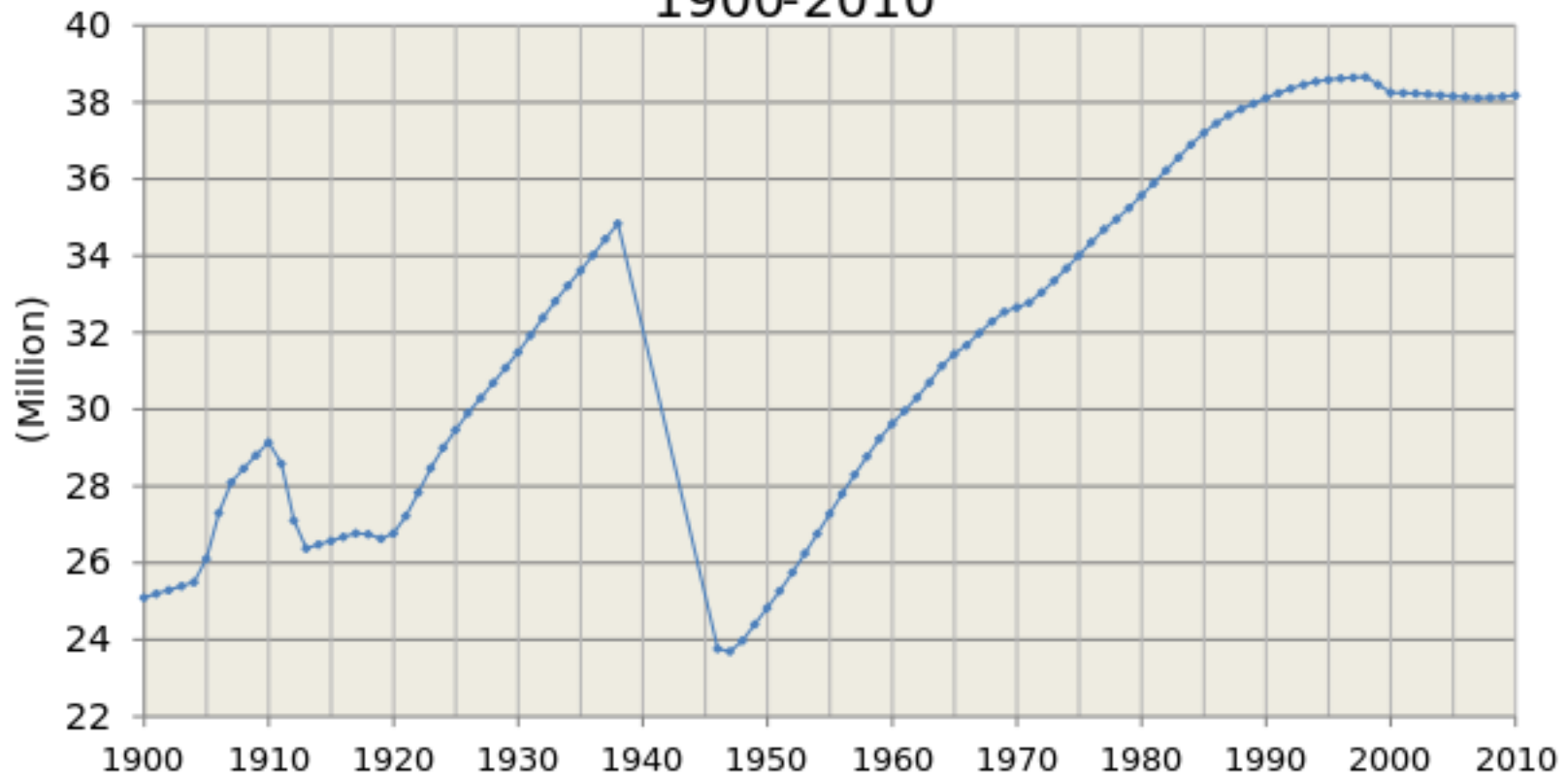
- Male and female **same-sex** sexual activities are legal in Poland.
- Same-sex **couples and households** headed by these couples **are not equal** as the opposite-sex couples.

Freedom House Research Institute
classified Poland as first class political and
civil rights.

Demographics



Population of Poland
1900-2010



About 38,325,000
people live in Poland

However...the number of residents living in the country is 37,200,000 with 1,125,000 living abroad for more than 6 months.



Traditional Polish costumes
from Krakow region

Recently a lot of young people migrated abroad because of the opening of EU's labor market.

Polish conversation basics

polish

Cześć
Dzień dobry
Dobry wieczór
Do jutra
Przepraszam
Smacznego
Na zdrowie!
Proszę
Tak
Nie
Dziękuję
Na razie

english

Hi (means 'bye' too)
Hello. Good day
Good evening
See you tomorrow
Excuse me, sorry
Enjoy your meal
Cheers!
Please
Yes
No
Thank you
See you

CONVERSATION & ESSENTIALS

| | |
|---------------------|--------------------|
| Hello. | Cześć. (inf) |
| Hello/Good morning. | Dzień dobry. |
| Goodbye. | Do widzenia. |
| Yes/No. | Tak/Nie. |
| Please. | Proszę. |
| Thank you. | Dziękuję. |
| Excuse me/Sorry. | Przepraszam. |
| I don't understand. | Nie rozumiem. |
| What's it called? | Jak to się nazywa? |

SHOPPING & SERVICES

the bank

Education in Poland



- ✦ Kindergarden – optional kids 3-5 or 6 years old
 - ✦ Elementary school – 1st - 6th class (at the end of 6 th class students take an exam to determine their acceptance to a lower secondary school)
 - ✦ Middle school (lower secondary school) – 7th – 9th class (at the end of this part of their education, students take an compulsory exam to determine their upper secondary school they will attend.
 - ✦ High School – 10 th – 12 th class
- Or
- ✦ Technikum – 10th – 13th class



**Both end with maturity exam,
and can be followed by many
forms of upper education.**



Religion

- There are **46 religions** denominations in Poland, the largest, which is the Roman Catholic Church gathers about 95 % of the population.

RELIGION IN POLAND



| | | |
|---|----------------|-----|
| 1 | Chatholic | 90% |
| 2 | Orthodox | 1% |
| 3 | Other religion | 2% |
| 4 | Atheist | 2% |
| 5 | Agnostic | 3% |
| 6 | Not stated | 1% |

Religion



- ✦ Roman Catholic – 87,5%
- ✦ Opting out of answer – 7,1%
- ✦ Non – believer – 2,4%
- ✦ Not stated – 1,6%
- ✦ Orthodox – 0,7%
- ✦ Other religions – 1%

Freedom of religion is now guaranteed by the 1989 statute of the Polish Constitution.

(Information according to Wikipedia)

Culture of Poland

✦ Famous Poles throughout the history :

- ✦ *Mikołaj Kopernik* (founder of Heliocentrism)
- ✦ *Fryderyk Chopin* (pianist and virtuoso of Romantic era)
- ✦ *Maria Skłodowska-Curie* (chemist , idea of radioactivity, discovered two elements radium and polonium)
- ✦ *Pope John Paul II* (first Slavic and Polish pope, and first non-italian pope since 1522)
- ✦ Academy Awards winners : *Roman Polański, Andrzej Wajda, Agnieszka Holland*
- ✦ Actresses known outside of Poland : *Pola Negri and Helena Modjeska*

Literature

Nobel Prize in Literature winners : *Henryk Sienkiewicz*

Władysław Reymont, Wisława Szymborska, Czesław Miłosz.

In Middle Ages most polish writers wrote only in latin, the rule was broken by *Jan Kochanowski* (first Polish Renaissance author to write in mother-language).

Polish Romantism was largely a movement for independence against the foreign occupation. Leader – *Adam Mickiewicz*





Cuisine



✦ It is rich in meat, especially pork, chicken and beef (depending on the region) and winter vegetables (cabbage in the dish bigos), and spices.

✦ National dishes :

Bigos

Pierogi

Kotlet schabowy (breaded cutlet)

Gołąbki (cabbage rolls)

Rosół (meat broth)

Barszcz

Pączki



Holidays in Poland



Easter



- ✦ Easter is a major holiday in Poland. Easter celebrations take more than a week till they are done. On Easter Sunday, people bring baskets of Easter food to the churches. The food is then blessed there and is eaten as a part of the meal on Easter Sunday. Easter eggs in Poland are called Pisanki.

Christmas

✦ The people in Poland begin decorating their houses days before December 25th. They get trees that they decorate with ornaments made of eggshells or glass. There are also wrapped treats, candles, and lights on the trees. It's a tradition to break and give the Christmas wafer to loved ones.







See you in Poland