

Presentation about Poland

We invite you to presentation about Poland

Poland



- Poland is a country situated in Central Europe. It covers more than 312 thousands square kilometers and has population of over 38 million people. Poland's official language is Polish.
- It borders Germany (in the west), the Czech Republic, Slovakia (in the south), Ukraine, Belarus, Lithuania (in the east) and Russia (Kaliningrad oblast, in the north), and through the sea border (the border of the exclusive economic zone) with Denmark and Sweden.

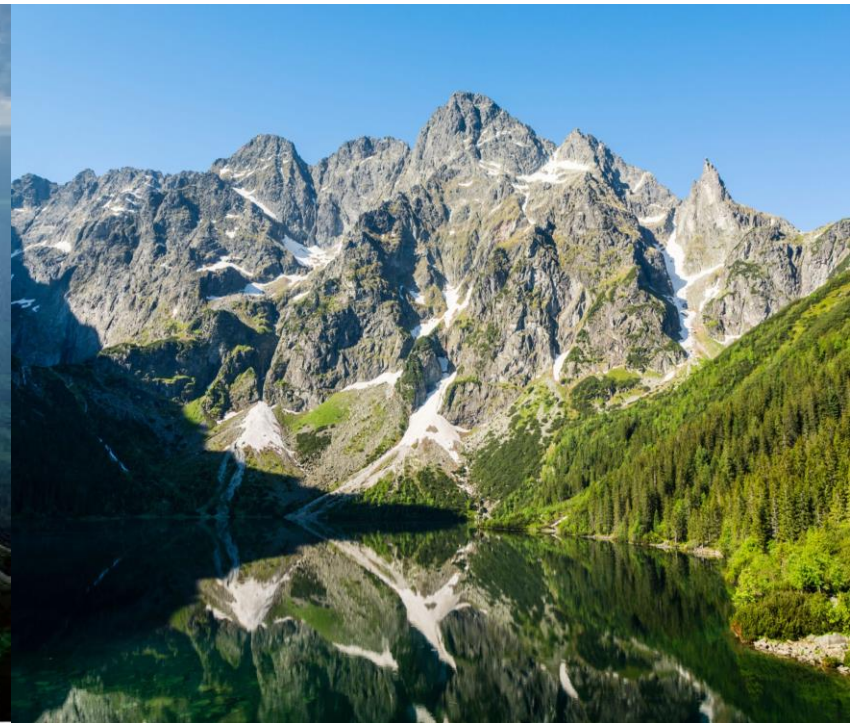
Voivodships



- Poland is divided into 16 voivodships. The climate is temperate, which means summers are usually hot and sunny, winters are cold. The Vistula is the longest river in Poland.

Polish terrain

Poland has a beautiful terrain. In the north it is situated on the shores of the Baltic Sea, in the south there are upland areas and mountains. The Polish sea is known for its beautiful sandy beaches and seaside resorts. Polish mountains, on the other hand, have charming views and excellent conditions for enjoying winter sports.



Polish symbols

Flag



Poland is also symbols that testify to our Polish people:

- The flag is one of the main symbols of the state. They are white and red colors.
- The national anthem is "Mazurek Dąbrowskiego".
- The emblem of the Republic of Poland is the image of a white eagle with a golden crown on its head.

Anthem



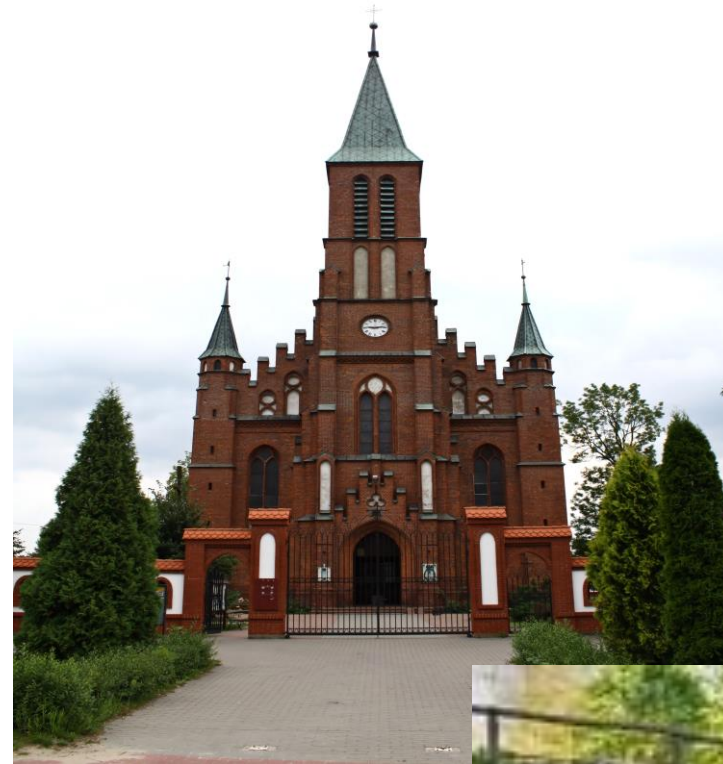
Dębe Wielkie

- We live in Dębe Wielkie, it is a village in the Minsk powiat, in the Mazowieckie voivodship, in central-eastern Poland.
- It is located near the capital of Warsaw, about 20 kilometers.



Dębe Wielkie

- Dębe Wielkie is a historical town where fights took place during the Polish-Russian war in 1831. There is a historic church from 1906 in our town. Our neighborhood, despite the fact that it is close to large cities, is calm and green. We have many places to walk and relax.



Our School

- Our school is called the Volyn Cavalry Brigade in Dębe Wielkie. We go to it 5 days a week from Monday to Friday. The school is attended by children from grade 0 to grade 8. We have two houses and a large sports hall.



WARSAW

Warsaw is the capital and largest city of Poland. It is located in the center of the country, which makes it easy to access from other parts of Poland. The city is densely populated due to its economic potential and the best job opportunities. The rich and varied educational offer attracts students from all over the world.

The most important places in Warsaw are:

- Palace of Culture and Science
- Old Town
- The presidential palace
- National Stadium



Gniezno

Gniezno was the first capital of Poland.

Monuments of Gniezno:

- Primate's Basilica of the Assumption of the Blessed Virgin Mary
- Market
- Muzeum Początków Państwa Polskiego
- Trakt Królewski



CRACOW

Krakow is the former capital of Poland. It is the second largest city in Poland. There are many legends about Krakow .

There are many objects worth seeing:

- Wawel
- Sukiennice
- St Mary's Church
- Collegium Maius





POZNAŃ

a town in western Poland, located in the Wielkopolska Lake District, on the Warta River, at the mouth of Cybina. The historical capital of Wielkopolska, since 1999 the seat of the authorities of the Wielkopolska Region and the Poznań powiat. The fifth most populous city in Poland with 532,048 inhabitants in 2020 and the eighth largest in terms of 261.9 km², Poznań became a global metropolis. Poznań is often at the forefront of cities with very high quality education and a very high standard of living. It also ranks high in terms of safety and quality of healthcare. Poznań is an academic, scientific and cultural center. There are, among others, opera, philharmonic, ballet, theaters, cinemas, museums, art galleries, orchestras and folk groups. There is an international airport Poznań-Ławica

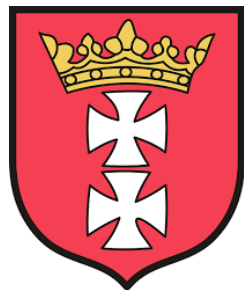




WROCLAW

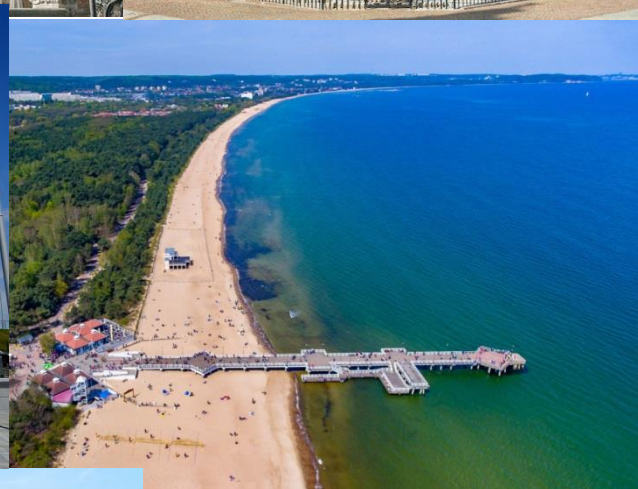
a city in south-western Poland, the seat of the authorities of the Lower Silesian Voivodeship and the Wrocław Poviát. Located in Central Europe, on the Silesian Plain, on the Oder River. The fourth most populous city in Poland – officially 643 782 inhabitants, the fifth in terms of area 292,82 km² Wrocław is the centre of the growing agglomeration. Wrocław is known for its large number of bridges, there are about 200 of them. The international airport of Wrocław is located in the city. Wrocław is one of the largest cultural and intellectual centers in Poland, with a centuries-old tradition. Wrocław is the third largest university center in Poland.





GDAŃSK

a city in northern Poland in the Pomeranian Voivodeship, located on the Baltic Sea at the mouth of the Motława River to the Vistula river on the Gulf of Gdańsk. Cultural, scientific and economic center and transport hub of northern Polish, the capital of the Pomeranian Voivodeship. A center of maritime economy with a large commercial port. With 470,633 inhabitants, Gdańsk ranks sixth in Poland in terms of population, and seventh place in terms of area – 263.44 km². The world's largest international fair of amber and amber products, Amberif, is held in Gdańsk. Gdańsk is home to the Gdańsk Airport. Lech Wałęsa.





10 famous people in Poland

Adam Mickiewicz

Adam Mickiewicz was born on December 24, 1798 in Zaosie near Nowogródek. One of the greatest Polish poets, next to Juliusz Słowacki and Zygmunt Krasiński, considered one of the Three Prophets. The author of the national epic, *Pan Tadeusz*, Adam Mickiewicz settled in Paris. In 1834 he married Cecylia Szymanowska, with whom he had six children. In France, he became involved in émigré activity and lectured at the University of Lausanne and the Collège de France. Adam Mickiewicz died in Istanbul on November 26, 1855, where he left to form a Polish legion to fight Russia. The cause of his death was a cholera epidemic, although poisoning was also suspected. Initially, he was buried in the cemetery in Paris, then in 1890 his body was moved to the crypt in the Wawel Cathedral.



Fryderyk Chopin

Born on March 1, 1810, Fryderyk Chopin is one of the most famous Polish and world composers, mainly of piano music. He is a leading representative of music from the Romantic era. He was born in 1810 in Żelazowa Wola near Warsaw. The exact date is not certain, it was either February 22 (entry in parish books) or March 1 (this date was recognized by his family and the composer himself). He was the second child of a French governess and teacher - Mikołaj and a Polish woman - Justyna Krzyżanowska. Being able to play the piano herself, she gave her son his first lessons. In the fall of 1810, the Chopins moved to Warsaw, where Mikołaj taught French. Fryderyk had three sisters - the older Ludwika and younger: Izabela and Emilia. He died on October 17, 1849 in Paris, was buried in the Père-Lachaise Cemetery, and about his death, Norwid wrote: of this world [...] ". The composer's sister, Ludwika, secretly transported the composer's heart to Poland. After many years and after the turmoil associated with wars, it was deposited in the Basilica of St. Cross in Warsaw.



Maria Skłodowska-Curie

Maria Skłodowska-Curie is the first Nobel Prize winner and the only woman who has been awarded this prize twice. She was born on November 7, 1867 in Warsaw as the fifth child of Władysław and Bronisława Skłodowski. Inspired by Becquerel's work on uranium radioactivity, Skłodowska-Curie and her husband began further work on this element. During the experiments, they proved the existence of a new radioactive element, calling it polonium in honor of Maria's homeland. In the same year (1898), they discovered a second element with similar properties - radium. Maria Skłodowska-Curie presented her theses in a doctoral dissertation. They have been awarded numerous prizes for their achievements, including the most important - the Nobel Prize in Physics for research in the field of radioactivity. Maria headed the laboratory at the physics department led by Piotr, and after his death, she took the position of her husband. Therefore, she became the first woman - a professor at the Sorbonne. She was also a member of scientific councils, laureate of numerous awards, and in 1912 founded the Radium Institute in Paris. She worked there until her death and died of leukemia



Mikołaj Kopernik

Nicolaus Copernicus is an outstanding Polish astronomer, mathematician, lawyer, doctor and economist, born on February 19, 1473 in Toruń. Creator of the heliocentric theory and author of a work devoted to it: *On the revolutions of the celestial spheres*. Copernicus was interested in astronomy while still studying in Kraków, and in the later stages of his education he found ancient works, including Ptolemy and observed the lunar eclipse in 1500. In Frombork, where he described most of his observations of the sky, a heliocentric theory was developed, laying the foundations for modern astronomy. In 1514, his views, initially known to a small group of European scientists, also reached the then pope. The first edition of the work *On the revolutions of the heavenly spheres* (*De revolutionibus orbium coelestium*), containing the entire theory of Nicolaus Copernicus in 1543, met with stormy reactions from the church and scientific community. The publication was criticized by, among others Martin Luther, and the Catholic Church after the Council of Trent recognized in it a threat to the biblical vision of the world and the Earth as its center. Later, all works, not only by Copernicus, but also by Kepler, for example, were entered in the Index of Forbidden Books, from where they were removed only in 1758.



Robert Lewandowski

One of the most famous Polish footballers was born on August 21, 1988 in Warsaw. Lewandowski plays as a striker, he is a representative of Poland in football and the captain of the team. The first breakthrough in Lewandowski's career took place in 2006, when he became a player of Znicz Pruszków, who paid 5,000 for him. For the next two seasons, he was the top scorer in the third and second leagues, respectively. In 2008, he moved to Lech Poznań, who bought him from the former club for PLN 380,000. euro. He already scored the first goal in the league in his match debut. During two seasons in Lech, he scored 41 goals in 82 matches, winning the Polish Championship and the crown of the top scorer in 2010. Lewandowski has been associated with Anna Lewandowska, a former Polish representative in traditional karate and a personal trainer, with whom he married since his school and student times. in 2013 year. They have 2 daughters - Klara and Laura. She is 185 cm tall. He plays with the number 9 both in the club and in the national team.



Andrzej Duda

Andrzej Duda was born on May 16, 1972 in Krakow. A lawyer by education, Polish politician. President of the Republic of Poland since August 6, 2015. Son of Jan Duda and Janina Milewska-Duda. His father is a professor of technical sciences, his mother is a professor of chemical sciences. He was politically involved since 1989, initially as a volunteer in the presidential elections in 1990 and 1995. Back then, he supported Lech Wałęsa. The first party to which he belonged was the Freedom Union. Only in 2005, as an advisor, he began to cooperate with the Law and Justice party. The position of adviser paved the way for his further career, and from August 1, 2006, he was undersecretary of state in the Ministry of Justice. Andrzej Duda was a candidate for Law and Justice in the presidential election. His candidacy was registered on March 30, 2015. He was also supported by: Stronnictwo Piast, Solidarna Polska, Liga Obrony Sovereności, Poland Together.



Zuzanna Irena Jurczak (Sanah)

Sanah, or actually Zuzanna Irena Jurczak, is a Polish singer and songwriter. Born on September 2, 1997 in Warsaw, she graduated from the Fryderyk Chopin University of Music in Warsaw in the violin class. She has been involved in music since childhood. Already as a little girl, she began learning to play the violin, and later began to play the piano. Sanah began her musical career by publishing her original songs in English on the Internet. It was thanks to her internet activity that she started gaining her first fans and recognition. Previously, she tried her hand at music and entertainment programs such as The Voice and the Polish and British editions of Mam Talent, but she was not successful in any of them. In 2015, she began to achieve her first successes, including reaching the final gala 10. In September, Sanah appeared at the National Festival of Polish Song in Opole with her new single entitled No sorry. The singer won the plebiscite "From Opole to Opole". In January 2021, she was a laureate in the "Pop / rock music" category for the album Królowa dram at the Empik 2020 Bestsellers gala. During the gala she performed twice - in a duet with the vocalist Vito Bambino, performing their joint song Ale jazz! - and the second time, singing the Drama Queen arranged with Igor Walaszek.



Karol Friz Wiśniewski

Karol Friz Wiśniewski is a Polish YouTuber. Born on February 13, 1996 in Krakow, Friz began his career in 2010, creating his own YouTube channel, mainly creating content related to games. There he published various types of videos, including video reports from various events, such as, for example, Intel Extreme Master. He quickly became one of the best gaming youtubers. He later showed his viewers how he was playing the Pokemon GO game. As a result, it gained great popularity and the number of followers continued to grow. Over time, Friz's content has become more lifestyle-oriented. In 2018, he founded the EKIPA group. He created this project together with his ex-girlfriend Kinga, Mikołaj Magdziarz and Mateusz Krzyżanowski. The team grew quickly, more people joined it, including the current Friz girl - Weronika Sowa, Łukasz Wojtyca and Mateusz Trabka. Currently, Friz is one of the most famous and richest Polish YouTubers. The millionaire's girlfriend is Weronika Sowa, who is also a Youtuber and works online under the pseudonym Wersow. Weronika and Karol are one of the favorite couples on Polish YouTube and often share their feelings with fans in published videos and posts on Instagram.



Michał Matczak (Mata)



Mata, or rather Michał Matczak, is a Polish rapper. Born on July 14, 2000 in Wrocław, the rapper released his first album, entitled Fumar Mata, in 2018. Then he signed a contract with the Warsaw music label SBM Label, under which he released the song Patointeligencja about the problems of young people from good and wealthy homes. It was Mata's first single, announcing his album entitled 100 dni do matury. The album was released in 2020 and quickly became triple platinum and was appreciated by both music critics and fans. In September 2020, the young rapper received four statuettes in the "Popkillers" competition in the categories: "Discovery of the Year" and "Single of the Year". In March 2021, Mata released another song that automatically became a hit-Patoreakcja. Patoreakcja in less than a day reached almost two million views and is in the first place on the Polish YouTube tab.

Magda Gessler

Magda Gessler, née Ikonowicz, is a Polish restaurateur and media personality. Born on July 10, 1953 in Komorów, she graduated in painting from the Royal Academy of Fine Arts in Madrid. The greatest popularity was brought by her program *Kuchenne Rewolucje*, which became a real hit of the TVN station, where she continuously hosts to this day. The aim of the show is to make Polish restaurant owners aware of the need to maintain the high quality of the food they serve, to absolutely comply with the regulations on cleanliness, food storage and the quality of customer service. On the wave of the program's success, the restaurateur began to be invited to the next productions. Since 2012, she has been a juror of the Polish edition of the *MasterChef* program, and in 2017 she became the host of the Food Network program entitled *Magda Gessler's Sexy Kitchen*.



Polish cuisine

Polish cuisine is very extensive. It have a lot of wierd (but very tasty) dishes, on example:

Cabbage rolls (in polish, Gołąbki)

- Cabbage rolls (or stuffed cabbage) are made from rice and meat that is wrapped in lettuce leaves.
- Almost always there are pour in tomato sauce, sometime there are wrapped in grape leaf.
- There are salty and very tasty.



Cabbage stew (in polish, Bigos)

- Cabbage stew is salty and sour dish. It's made from sauerkraut, sausage, mushrooms and lot of other things like, on example, spices.
- Fun fact! Sometimes In poland, people add some dried plums to make this little sweet.



Chicken soup (in polish, Rosół)

- Chicken soup is just normal soup that is made from broth. It's salty and delicate, you can eat it with pasta and boiled carrots
- Fun fact! To get delicious taste it must be boiling over 3 hours!



Sour soup (in polish, Żurek)

- Sour soup is made from bread sourdough and meat decoction.

It's sour and salty soup that have some eggs, white sausage and spices.

- Fun fact! If you would go to polish restaurant, maybe you will see sour soup in bread roll!



Dumplings (in polish, Pierogi)

- Dumplings are little dish that is one of the most recognizable meal in polish cuisine.
- These are pieces of thinly rolled dough with a salty or sweet stuffing. Often pepole boil or fry them.



EASTER IN POLAND



Easter

- Easter is very important holiday in Poland. During Easter people spend time with their families and friends.
- Holy Week lasts from Palm Sunday to Easter Sunday.

In most Polish households, the week before Easter is a time for cleaning. Today, it is common to clean all parts of the home from the windows to floors.



Palm Sunday

- The Sunday before Easter is known as Niedziela Palmowa or Palm Sunday in English. This day marks the end of Lent and the beginning of the Holy Week. On this day, dried pussy willows or colorful woven dried branches are brought to the church for a blessing. Traditionally palm branches are used, but since palms are not native to Poland, other dried plants are used instead.



Colouroued Eggs

- Before Easter people preper traditional „pisanki”- colouroued eggs with handcrafted. The colourful Polish tradition of making 'pisanki', or Easter eggs, is more or less a thousand years old. They have symbolic meanings connected with beauty, fertility, rebirth, and life.



Easter Basket

- On Easter Saturday people walk to the church carrying baskets. These baskets are lined with a white cloth and filled with foods that will be eaten at the Easter meal. Polish fill a basket containing eggs, ham, bread, salt, pepper, sweet breads, horseradish, and lamb cakes or butter lambs. People take these baskets to the church where they will be blessed by the priest.



Wet Monday

- Easter Monday in Poland, is known as Śmigus-Dyngus or Wet Monday. On this day, people will sneakily drench others with water. Be prepared to get wet if you are in Poland on this day! This tradition dates back centuries in Poland and was originally a day when boys could drench girls with water.



Christmas in Poland



24th December

- In Polish tradition, on 24th December, Christmas Eve, we celebrate the happiest and most pleasant day in the year. Christmas Eve supper is the most important time this day, because the whole family meets at the table. Polish families sing Christmas songs and break the wafer. At midnight many people go to church for the special Christmas Eve holy mass celebration.



25th December

- On the 25th December we celebrate Christmas day. This day we eat meat and enjoy the company of our distant family. Lots of families travel far to meet their cousins living in other cities and villages. We sing Christmas carols and go for walks.



26th December

- On 26th December we celebrate the second day of Christmas. This day is a bank holiday too. This means that nobody works in Poland on that day. In some villages, children dress up as Saint Mary, Saint Joseph, devils, angels, three Wise Men and animals. Such groups visit houses, sing Christmas carols, play traditional instruments and ask for money and sweets. Everybody welcomes them.



Traditional Chisimas dishes include only vegetarian meals - no meat this evening:

1. Beetroot soup with dumplings
2. Mushroom soup
3. Dumplings with cabbage and mushroom
4. Cabbage with pea
5. Fried carp fish
6. Greek style fish
7. Herring in cream
8. Noodles with poppyseeds
9. Poppyseed cake
10. Gingerbread
11. Stewed dried fruit juice
12. Kutia - a special Christmas dish made from wheat, honey, poppyseeds, nuts and raisins.



Christmas tree

One of the most important tradition is giving presents and decorating the Christmas tree.



Thanks you for your attention

