

The image features a stylized representation of the Polish flag, with a white upper half and a red lower half. The flag is partially obscured by a series of overlapping, semi-transparent geometric shapes. On the left, there are large, rounded rectangular shapes in white and red. On the right, there is a vertical column of hexagons in white and red, arranged in a descending staircase pattern. The word "Poland" is written in white, sans-serif font on the red portion of the flag.

Poland

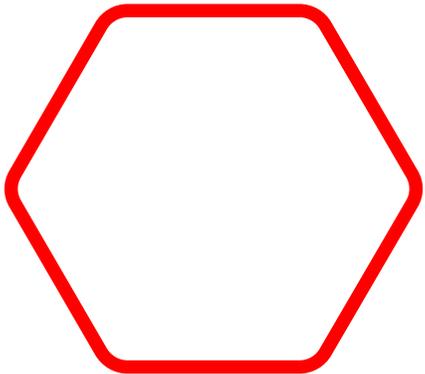


## Poland – the Republic of Poland

Poland, the Republic of Poland (RP) - a country in Central Europe, located between the Baltic Sea in the north and Sudetes and the Carpathians in the south. The main river of Poland is Vistula. Poland borders with Russia (with its Kaliningrad region) and Lithuania, on the east with Belarus and Ukraine, on the south with Slovakia and the Czech Republic, on the west with Germany.

# Hymn

The words of the hymn - called the Song of Polish Legions in Italy - were written by Józef Wybicki. The song was created in northern Italy. It was sung during the triumphal entry of General Henryk Dąbrowski and Józef Wybicki to Poznan on the 3rd November 1806, during the November Uprising (1830), January (1863), by the Poles in Great Emigration, during the 1905, World War I and II Revolutions . And today it is sung by all Poles at state and sport celebrations and events.

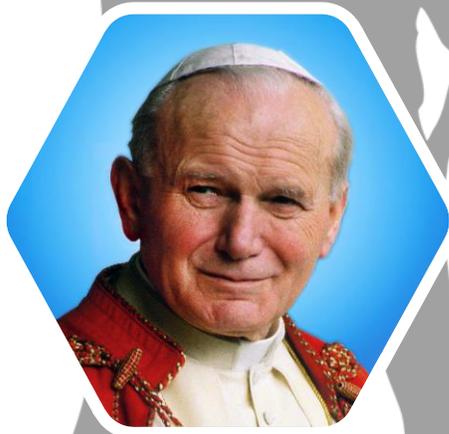


President  
Andrzej Duda



Prime Minister  
Mateusz Morawiecki



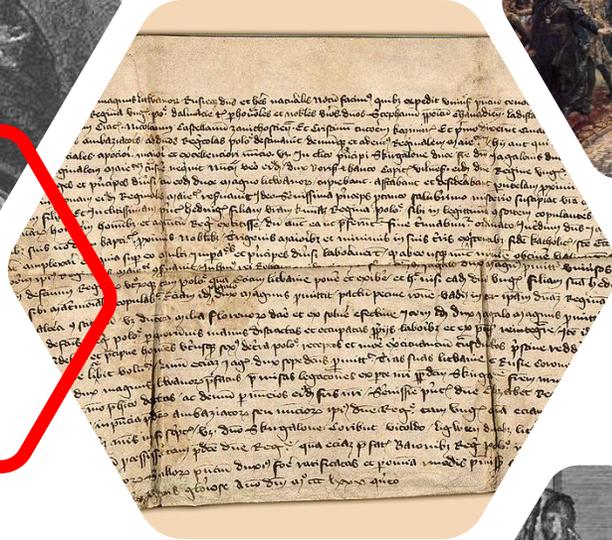


# Famous Poles

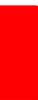


# History





The first historically confirmed date describing the history of Poland is the year 966, when Prince Mieszko I was baptized. In 1025, the Polish Kingdom was established, which first king was Bolesław I Chrobry. Our country didn't exist as a result of the partitions in 1772-1795, when its territory was divided between Prussia, Russia and Austria. After 123 years of captivity, Poland in 1918 regained its independence, which continues to this day.

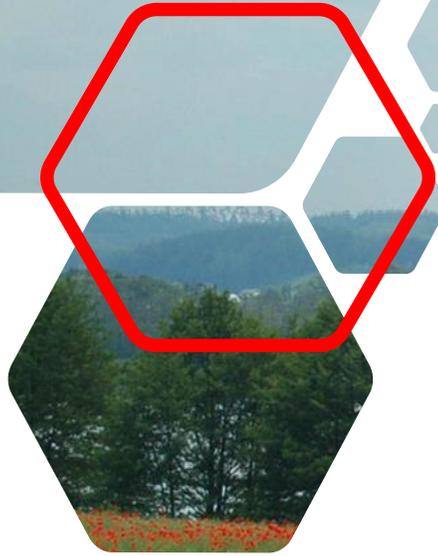




On the 1<sup>st</sup> September 1939 World War II began. Poland was attacked by Germany and the USSR. After the war, Poland was under the influence of the USSR and was a part of the so-called Eastern bloc. In 1989, the systemic changes began with the Round Table discussions leading up with elections and the formation of a government with the first non-communist Prime Minister. On the 31<sup>st</sup> December 1989, the name of our country was changed to the Republic of Poland. In 1999, Poland joined NATO and in 2004 joined the European Union.



# Geography





The area of Poland is 312 679 km<sup>2</sup>, which gives it 9th place in Europe and 38.43 million population, which gives it 8th place in Europe. In the world, Poland is 70th in terms of space and 35th in terms of population. The length of Poland's borders is 3511 km, including 440 km to the sea border.



The longest river in Poland is Wisła, 1047 km long.



The largest lake in Poland is Śniardwy 113.8 km<sup>2</sup>



The deepest Polish lake is Lake Hańcza 108.5 m



The lowest point is the depression in the village of Marzęcino in Żuławki Wiślane -2.07 m above sea level.



The highest point of Poland is the northwestern peak of Rysy in the High Tatras 2499,1 m above sea level.

# Wildlife

Poland is one of the most forested countries in Europe. Forests occupy about 30% of the country's area. About 47 thousand animal species live in Poland. The most popular are: White Stork, Wisent and Elk.



# Cities

Kraków



Warszawa



Szczecin



Łódź



Gdańsk



Częstochowa



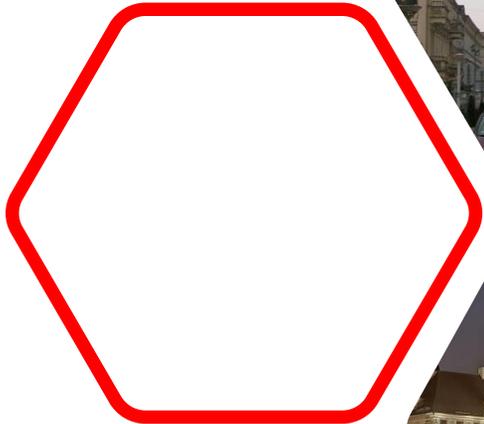
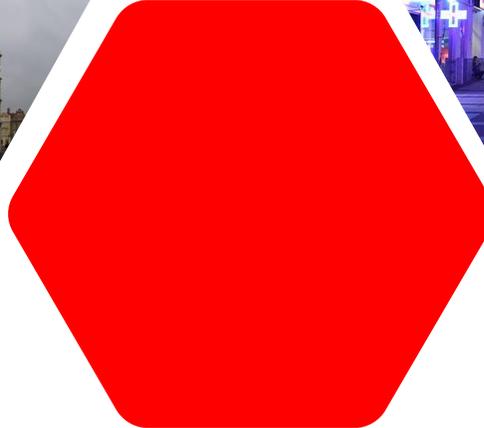
Poznań



Katowice



Wrocław



# Tourism





The most popular tourist destinations in Poland are: the Baltic Sea coast, the Masurian Lake District, the Tatra Mountains, the Western Bieszczady, the Sudetes and the Białowieża Primeval Forest. Annually, about 17 million tourists visit Poland, which makes it one of the most visited countries in the world.

# Economy



**Poland is the world's  
3rd apple producer**

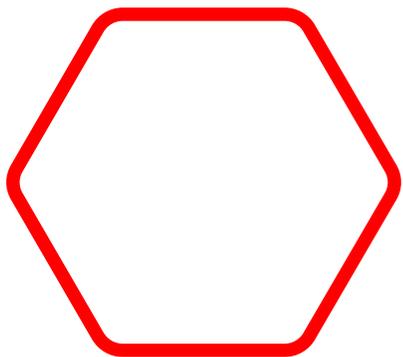


**Poland is the 3rd bus  
producer in the  
European Union**

**Poland is the  
world's 4th  
furniture  
manufacturer**



# Architecture





**Castle  
in Malbork**



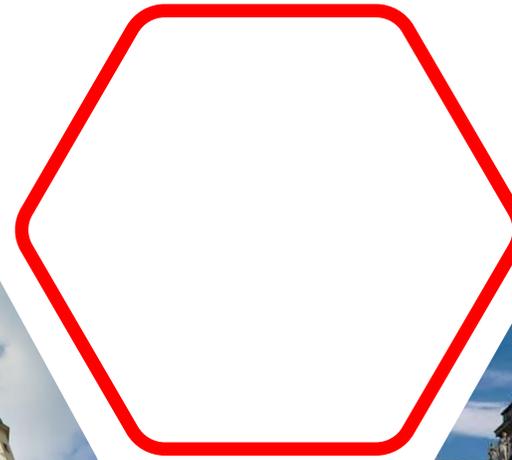
**Sea Tower  
in Gdynia**



**Crane  
in Gdansk**



**Town hall  
in Poznan**



**Palace  
in Wilanow**



**Monastery  
Jasna Gora  
in Czestochowa**



**Cloth Hall  
in Cracow**



**Palace of Culture  
and Science  
in Warsaw**

**Most popular  
buildings**

# Polish cuisine





**Typical flavors for Polish cuisine are salty, salted, slightly fermented or pickled**



# Traditional dishes



Dumplings



Angel Wings



Sauerkraut



Stewed cabbage  
Hunter's stew



Kutia



Carp  
in jelly



Ukrainian  
borscht



Poppy seed  
cake



Sour rye  
soup



Polish cold  
soup



Pickled  
cucumbers



# Polish holidays, traditions and customs



Lighting candles on graves on the  
Day of All Saints



Sharing Christmas  
Eve wafer



Andrzejki –  
traditional  
foretelling



The first Day of  
Spring



Palm  
Sunday



Easter  
Monday



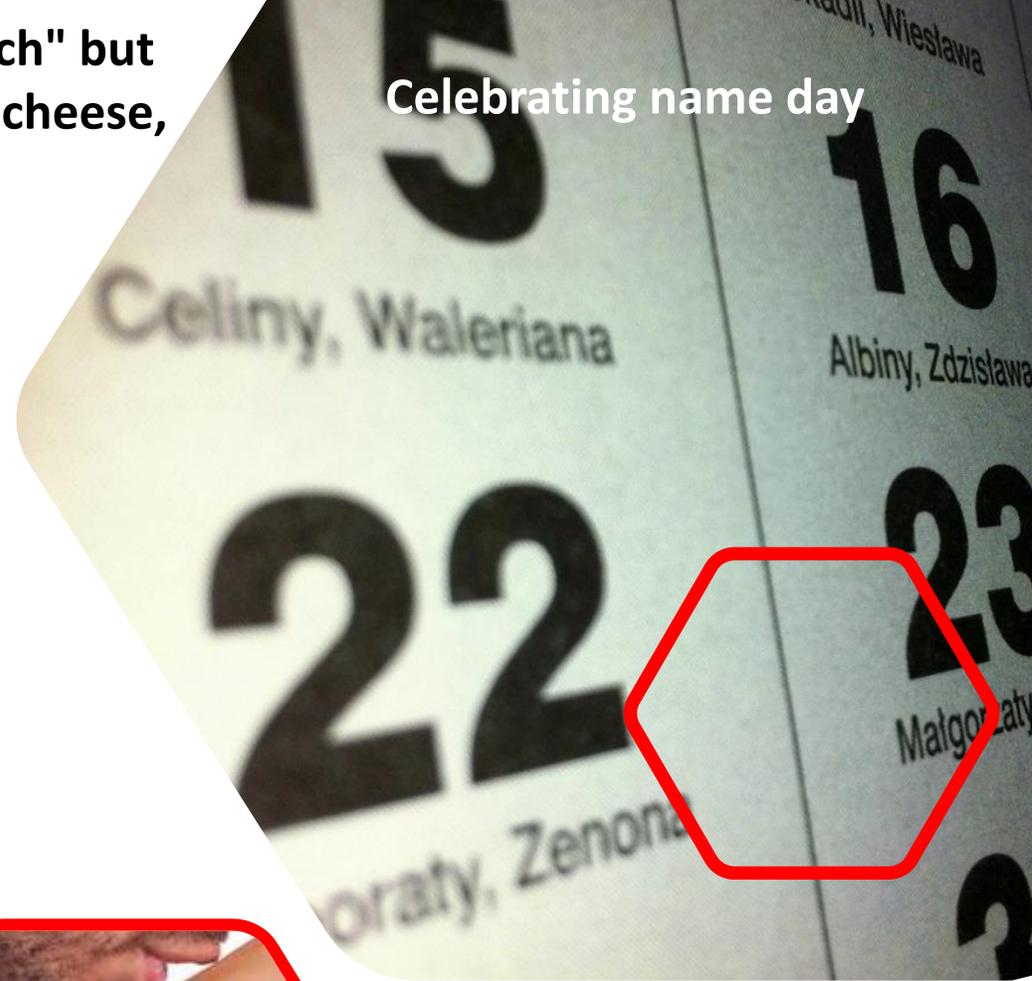
Flashing lights informing about police control



Polish sandwich is not a "sandwich" but bread with cold meats (ex. ham), cheese, tomato



Celebrating name day



Taking off shoes and putting on slippers when visiting somebody at home



Windbreaks on the beach



Kissing women's hand in greeting



**Hard-working**



**Hospitable**



**Brave**



Jola lojalna, lojalna Jola

Stół z powyłamowanymi nogami

Szedł Sasza suchą szosą szurając sandałami

W Szczepreszynie chrząszcz brzmi w trzcinie  
i Szczepreszyn z tego słynie

Tata, czy tata czyta cytaty Tacyta?

Jerzy nie wierzy, że na wieży leży gniazdo nietoperzy

Czarna krowa w kropki bordo  
gryzła trawę kręcąc mordą

Pchła pchłą pchła, pchła przez pchłą  
płakała, że pchła pchłą pchała



Polish language