

Everything you need to know about Poland



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Introduction

Basic facts:

-name in Polish: Polska

-capital city: Warsaw

-other major cities: Cracow, Gdańsk, Poznań, Wrocław, Katowice



- anthem: "Poland Is Not Yet Lost"
- flag & coat of arms:



population:

38 million people, which makes Poland the fifth most populous member state of the European Union

topography:

Territory of Poland is diverse - in the north of the country there are sandy beaches along the Baltic Sea, in the southern parts the Sudetes and Carpathian Mountains can be found.

Cuisine

- traditional dishes demanding in preparation
- rich in meat, especially pork and poultry, in addition to a wide range of vegetables, spices, mushrooms, and herbs



-many festive meals appearing during days such as Christmas Eve supper, Easter breakfast or 'Tłusty czwartek' Fat Thursday



What would you eat during a stay?

- traditional dishes demanding in preparation
- rich in meat, especially pork and poultry, in addition to a wide range of vegetables, spices, mushrooms, and herbs

-soups:

'rosół' broth, sour cucumber soup, 'żurek' sour rye soup



-main courses:

'pierogi' dumplings, 'schabowy' pork chop with potatoes and 'mizeria' salad



-desserts:
cheesecake (lots of quark!), poppy seed roll, gingerbread, fudges



*street food:
'zapiiekanka'
'oscypek' served with cranberry jam - in the southern mountainous region



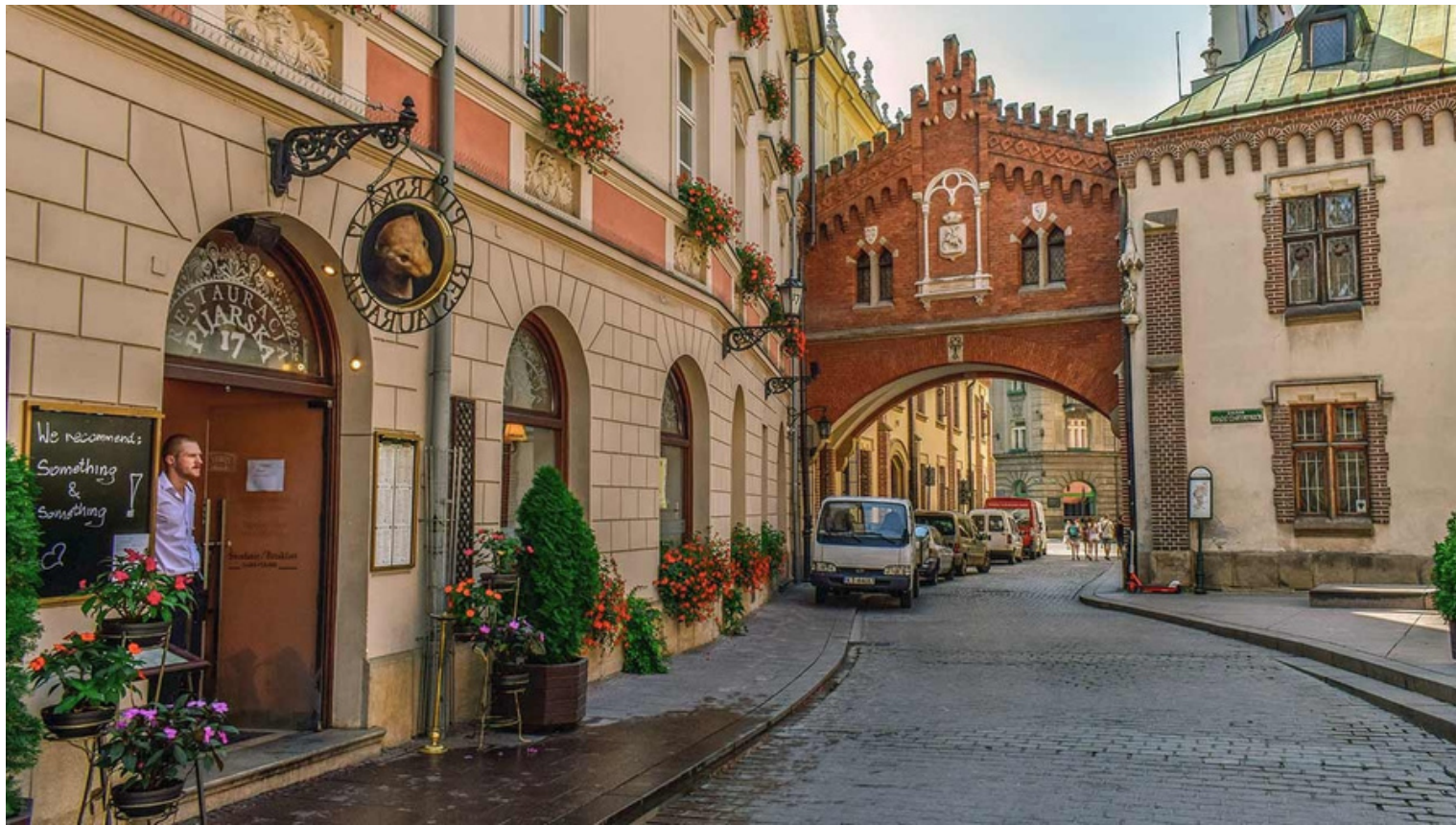
Places worth-visiting

Asthe list consisting of all beautiful places in Poland seems to be infinite, I decided to focus on sights that I was impressed by. Some of them are inscribed on the UNESCO World Heritage Sites, some are the parts of national parks, but there are also ones that I just find interesting.

Cities

1. Historic Centre of Cracow

- the largest medieval town square in Europe
- the Sukiennice (the Cloth Hall)
- the heynal played each hour from the highest tower of St. Mary's Church





- *The Wieliczka salt mine
- labyrinthine passageways
- displays of historic salt-mining technology
- and numerous statues carved by miners
- an underground lake, four chapels



2. Historic centre of Warsaw

- deliberately demolished by Nazi troops following the Warsaw Uprising in 1944

- placed on the UNESCO's list of World Heritage Sites as "an outstanding example of a near-total reconstruction of a span of history covering the 13th to the 20th century"



*Warsaw Ghetto

- the largest of the Nazi ghettos during World War II
- place of imprisoning 460,000 Jews
- Umschlagplatz



-architecture such as the city walls, St. John's Cathedral and the Barbican linking The Old Town with Warsaw New Town



-and some photos taken in the inner city area ;)



3. Toruń

- a historical city on the Vistula River
- one of the oldest cities in Poland, with the first settlement dated back to the 8th century
- renowned for its Brick Gothic architecture





Nature

4. Elbląg Canal

- one of the most significant monuments related to the history of technology
- designed by German architect Georg Steenke, the system works since 1860 which makes it the oldest mechanical locks in the world



-use of locks and a system of inclined planes between lakes, where the difference in water levels approaches 100 metres



5. Białowieża National Park

- Europe's last virgin forest
- home to the world's largest population of the European bison, the continent's heaviest animal
- biological diversity



6. Słowiński National Park

-located by the Baltic Sea

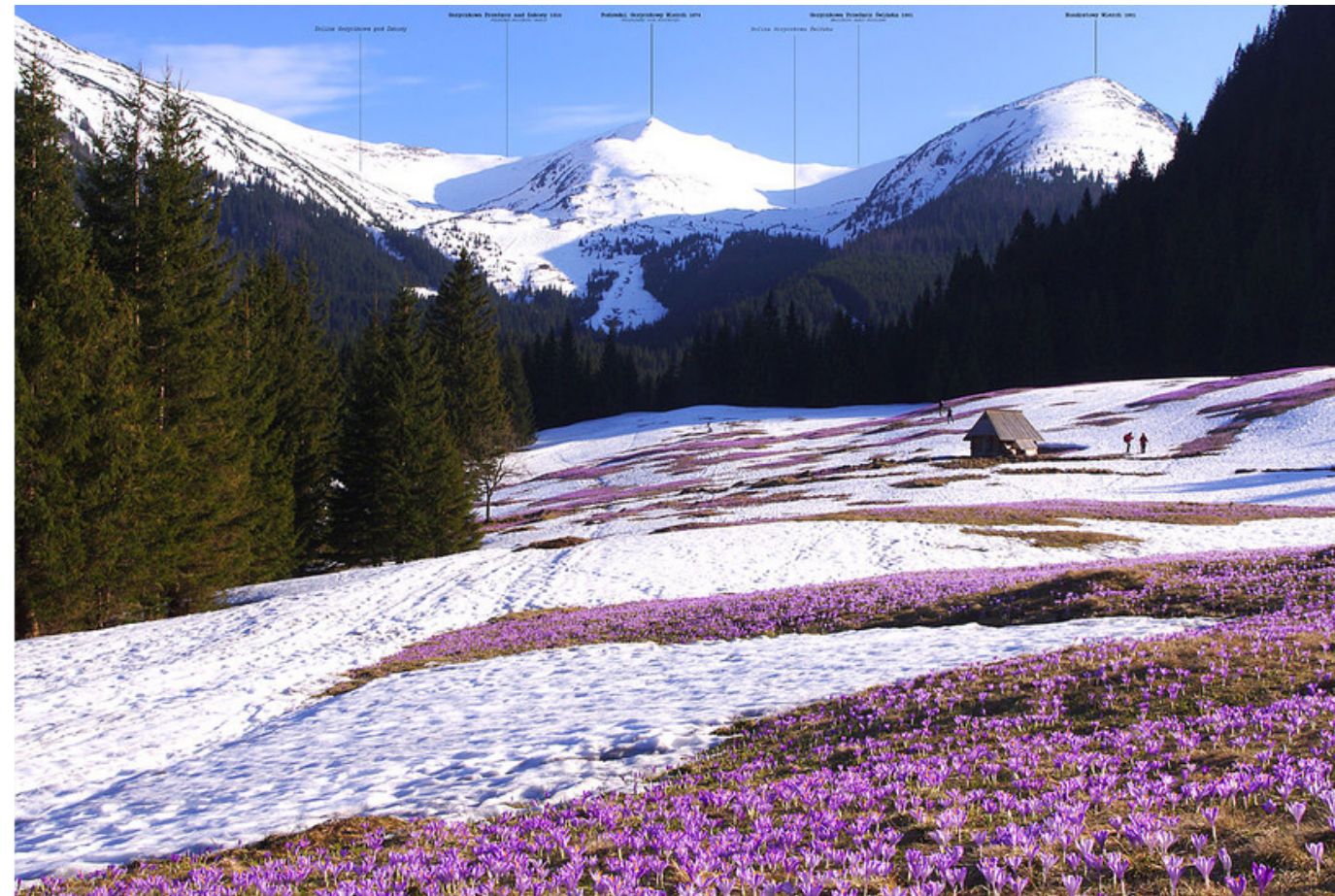
-sand dune complex

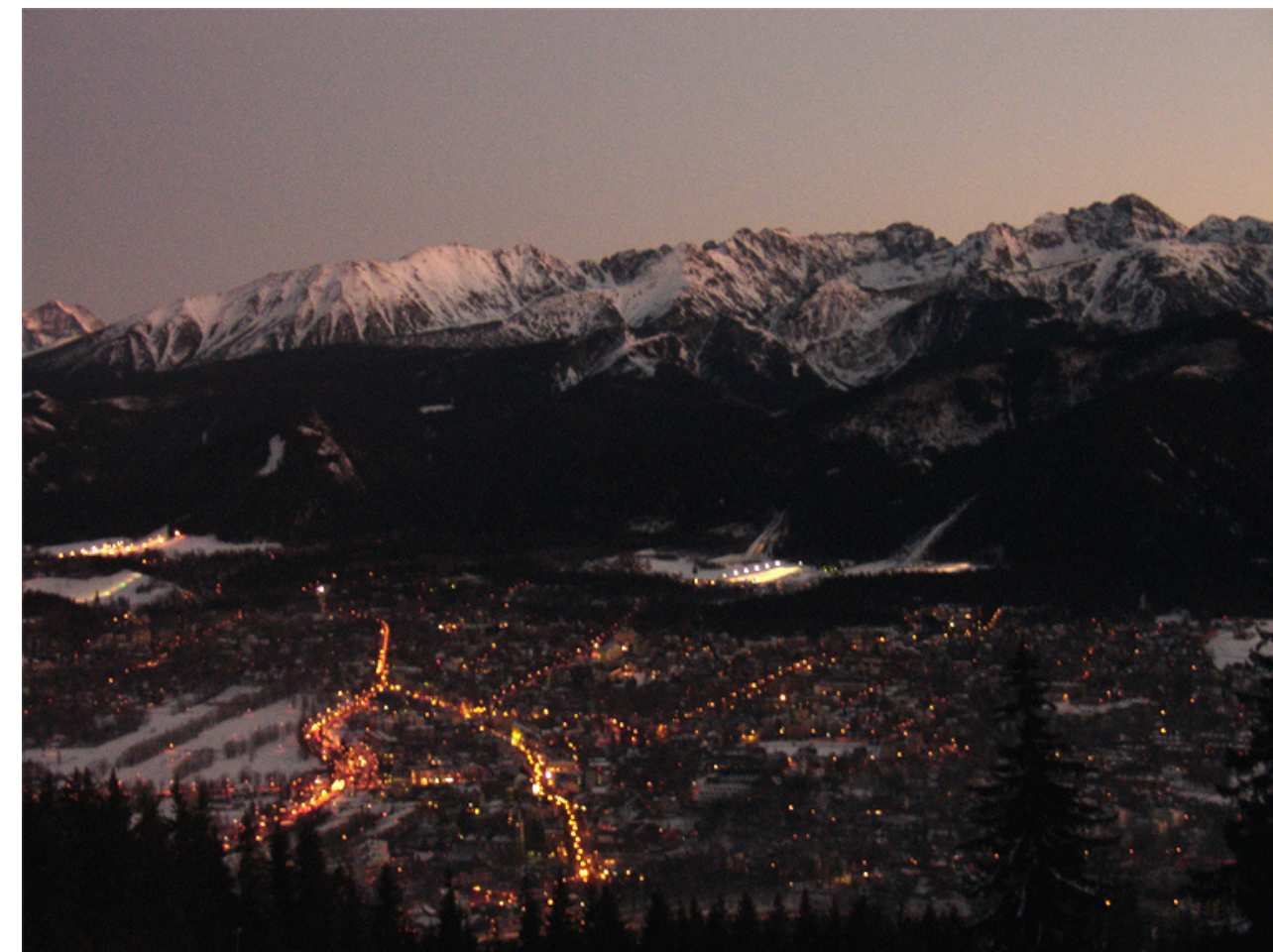
-many lakes that evolved from the bays and dense forests provide great conditions for birds



7. Tatra National Park

- the headquarters in the town of Zakopane
- sharp-edged peaks characteristic for Alpine mountains
- several streams, the longest stream reaching 20 kilometres, and over 30 mountain lakes





Famous people

Frederic Chopin

- composer and virtuoso pianist of the Romantic period who wrote primarily for solo piano
- noted for nuance and sensitivity of his works

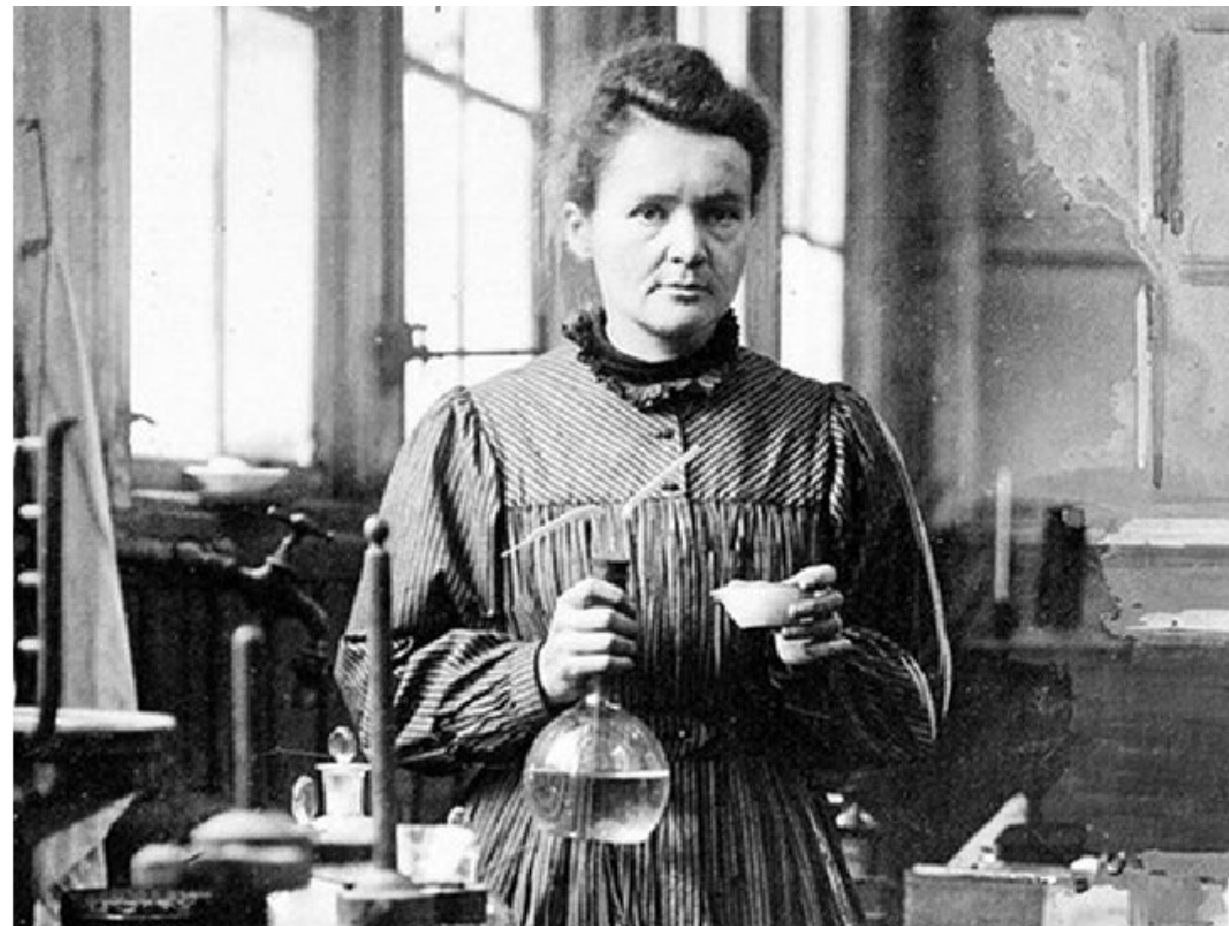


-created compositions influenced by Polish folk music – pioneer of using musical ideas and motifs that are identified with specific region, country



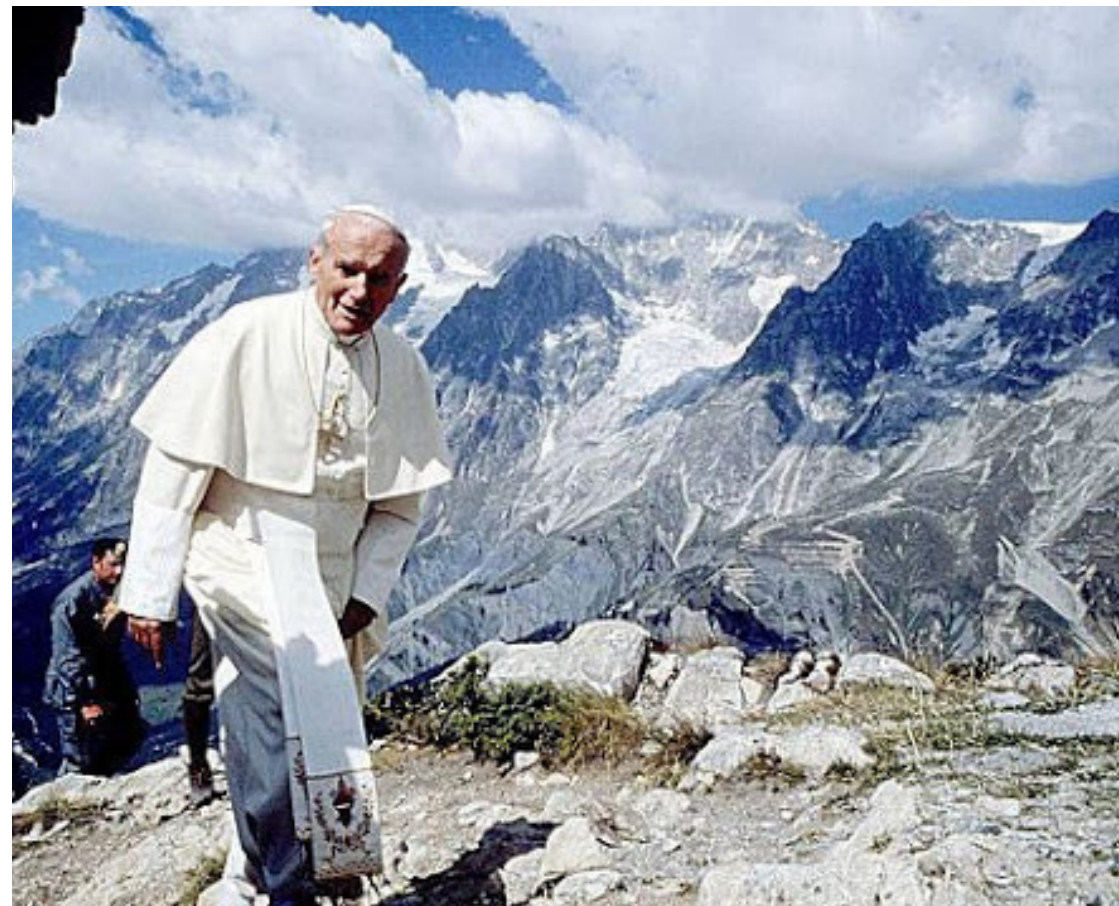
Maria Skłodowska-Curie

- physicist and chemist who conducted pioneering research on radioactivity
- the first woman to win a Nobel Prize, the first person and the only woman to win the Nobel Prize twice, and the only person to win the Nobel Prize in two scientific fields
- the first woman to become a professor at the University of Paris



John Paul II (Karol Wojtyła)

- the first non-Italian pope since the 16th century
- recognised as helping to end Communist rule in Poland and the rest of Europe
- improved the Catholic Church's relations with Judaism, Islam, and the Eastern Orthodox Church



Lech Wałęsa

- Polish statesman, dissident, and Nobel Peace Prize winner
- served as the President of Poland - first ever elected in popular vote
- the leader of the Solidarity movement, led a successful pro-democratic effort which in 1989 ended the Communist rule in Poland and ushered in the end of the Cold War



Our language

Polish is considered to be one of the most difficult languages in the world.
Let's check if it is true...

Craziest tongue twisters:

1. Drabina z powyłamowanymi szczeblami. --- 'a ladder with broken rungs'
2. W Szczepreszynie chrząszcz brzmi w trzcinie. --- 'In Szczepreszyn, a beetle buzzes in the reed'
3. Deszcz od rana z nieba dżdży, a dżdżownica z zimna drży. --- 'The rain has been raining from the sky since the morning while the earthworm is trembling with cold'

źdźbło --- 'a grass-stalk'

szczęście --- 'happiness'

Szymankowszczyzna --- one the longest place names in Poland

The end

**Thanks for your
attention!**