



**POLAND**

# WELCOME TO OUR BEAUTIFUL COUNTRY



# THE FLAG OF POLAND



The **flag of Poland** consists of two horizontal stripes, the upper one white and the lower one red. The two colors are defined in the Polish constitution as the national colors. White and red were officially adopted as national colors in 1831.

# COAT OF ARMS

The **White Eagle** is the national coat of arms of Poland. It is a white eagle with a golden beak and talons, and wearing a golden crown, in a red shield.



*Tapestry with the coats of arms of Poland and Lithuania, 1555*

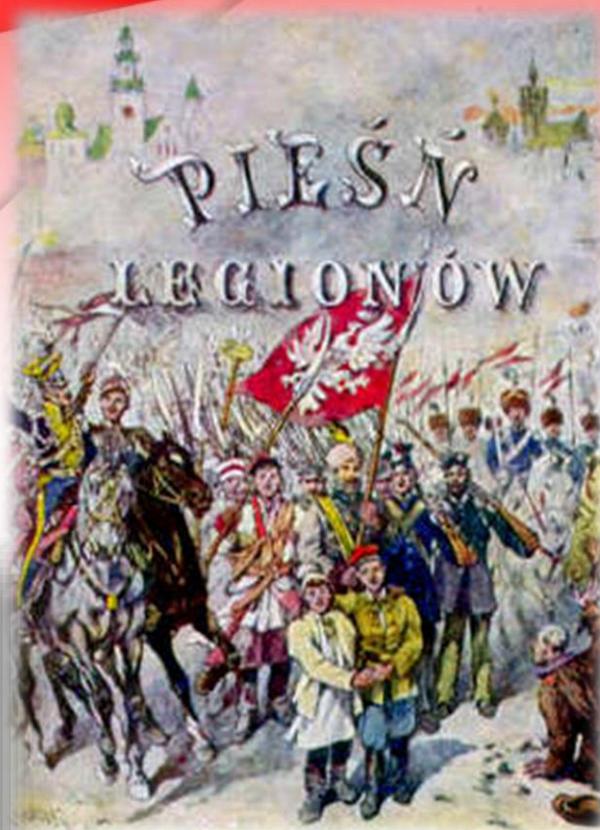
*John III Sobieski's coat of arms crowning the Royal Chapel in Gdańsk, 1681*



# „Poland is not yet lost”

**Mazurek Dąbrowskiego** is the national anthem of Poland.

It is also known by its original title, „Song of the Polish Legions in Italy”.



One of a series of postcards, designed by Juliusz Kossak, illustrating the lyrics of *Mazurek Dąbrowskiego*

Rzeczpospolita Polska  
symbole narodowe

Hymn narodowy  
Mazurek  
Dąbrowskiego

Słowa: tekst Włdyki  
Muzyka: melodia ludowa,  
autor nieznany

Jeszcze Polska nie zginęła,  
kiedy my żyjemy.  
Co nam obca przemoc wzięła,  
Szablą odbierzemy.

Marsz, marsz, Dąbrowski,  
Z ziemi włoskiej do Polski,  
Za twoim przewodem  
Złączym się z narodem.

Przejdziem Wisłę, przejdziem Wartę,  
Będziem Polakami.  
Dla nam przykład Bonaparte,  
jak zwyciężać mamy.

Marsz, marsz, Dąbrowski...  
Jak Czarniecki do Poznania  
Po szwedzkim zaborze,  
Dla ojczyzny ratowania  
Wrócim się przez morze.

Marsz, marsz, Dąbrowski...  
Już tam ojciec do swej Basi  
Mówi zapłakany:  
Słuchaj jeno, pono nasi  
Biją w tarabany.

Marsz, marsz, Dąbrowski...

$\text{♩} = 116$

Jesz-cze Pol-ska nie zgi-nę-ła, kie-dy my ży-je-my.

Co nam ob-ca prze-moc wzię-ła, sza-blą od-bie-rze-my.

Marsz, marsz, Dą-brow-ski, z zie-mi wło-skiej do Pol-ski!

Za two-im prze-wo-dem złą-czym się z na-ro-dem.

# WARSAW

## THE CAPITAL CITY

**Warsaw** - is the capital and the largest city of Poland. It is located on the Vistula River.

Warsaw's name in the Polish language, *Warszawa* means „Belonging to Warsz”. The city name refers to a fisherman *Wars* and his wife *Sawa*.

According to the legend, *Sawa* was a mermaid living in the Vistula River who *Wars* fell in love with.



*The Coat of Arms of Warsaw*



*Syrenka statue on Old Town Market square in Warsaw*

Warsaw is also known as the „*Phoenix City*„ because it has survived many wars throughout its history.

The city had to be rebuilt after the damage during the II World War, almost 90% of its buildings were destroyed.



# Some colourful pictures from Warsaw Uprising during the II World War





Today we live happily and safe in our country but still remember our brave people who fought for our freedom.



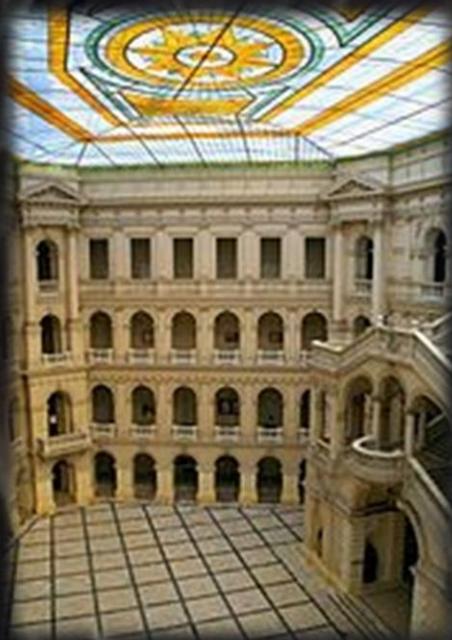


The Warsaw city has wonderful examples of architecture from the gothic, renaissance, baroque and neoclassical periods, all of which are located within easy walking distance of the town centre.



*Baroque palace Wilanow*





*Warsaw University of  
Technology building  
courtyard*



*Marriott Warsaw luxury  
business hotel*



*Royal Baths Palace also called  
the Palace on the Water*



*Castle Square with  
king Sigismund  
column*



*Church of St Joseph of the Visitationists*



*Museum of Frederick Chopin Baroque palace in Warsaw*



*Warsaw Royal Castle 14th century, residence of the Polish monarchs*



*Palace of Culture and Science is the tallest building in Poland, the eighth tallest building in the European Union.*

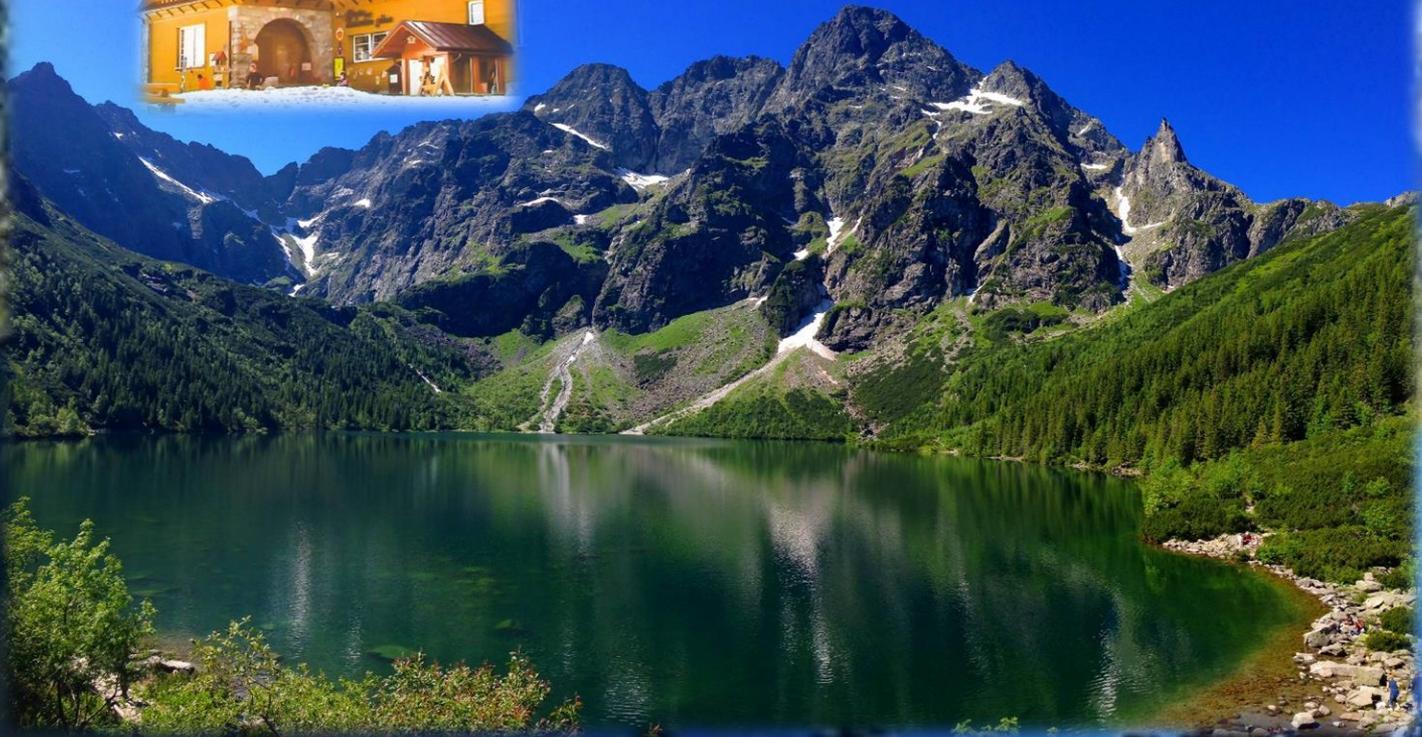
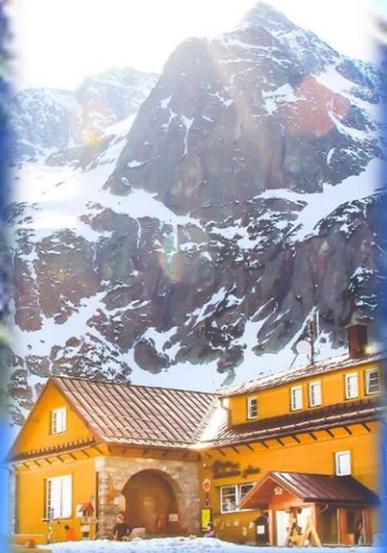
*Great Theater, home of Poland's National Theatre and Opera.*



# TOURIST ATTRACTIONS IN POLAND

Nature lovers will certainly enjoy the golden beaches of the Baltic Sea in the north and the Tatra Mountains in the south.











Water sports fans will love the Great Masurian Lakes. You may see a bison, the Europe's biggest animal, living in its natural habitat that occupies a part of the Bialowieza primeval forest.







# The Polish Bizon

# POLISH FORESTS



Cover about 30% of Poland's territory.

Western and northern parts of country as well as the Carpathian Mountains are the most forested parts of Poland.

*Perkuć Reserve in Puszcza Augustowska*

# Unique Białowieża National Park

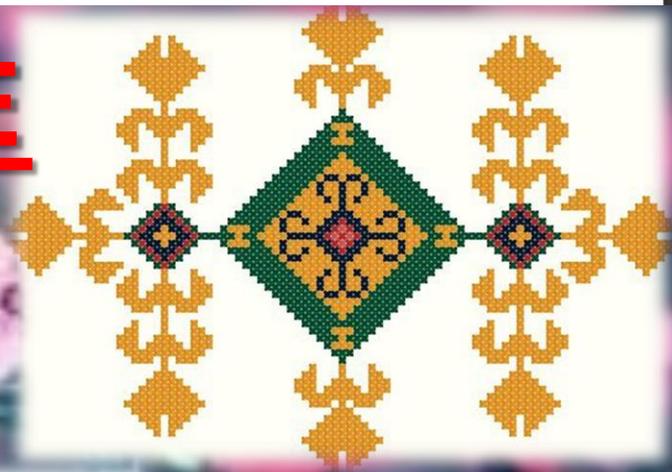
Białowieża means the White  
Tower in Polish







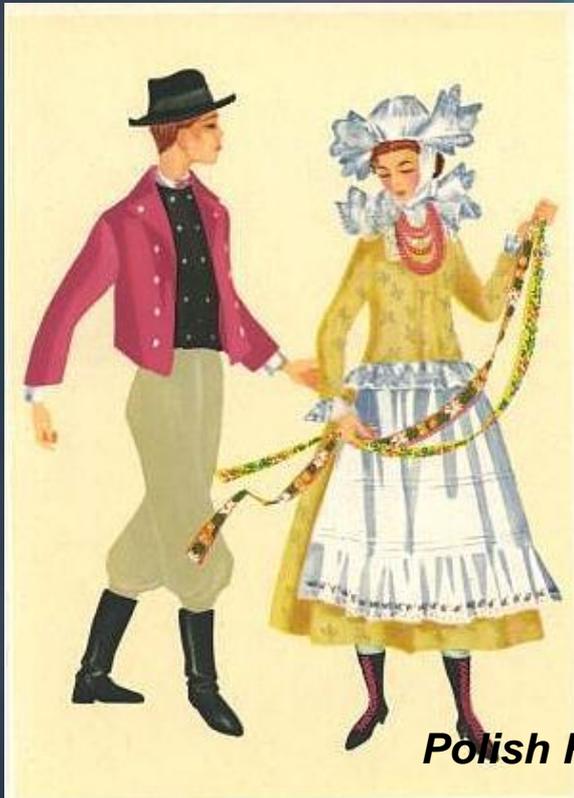
# POLISH FOLKLORE



Poland remains one of the few European countries of the 21st century where we can see some "living" folk culture. The traditional costumes usually people are wearing on festive occasion.



*Polish Folk Costumes - Rzeszow Region*



*Polish Folk Costumes - Vicinity of Poznan*



# Beautiful Polish Folk Costumes



*Polish Folk Costumes - Cieszyn Region*



*Polish Folk Costumes - Crakow Region*



*Polish Folk Costumes - Highlands Region*





# POLISH COUSINE

Polish cuisine is rich in meat, specially pork, chicken and beef (depending on the region) and winter vegetables as cabbage in the dish.



*Complementary traditional Polish farmers food*



*Traditional Polish smoked cheese, Oscypek*



You can find various kinds of Polish sausages: white sausage, Kabanos and country sausages.

Polish culinary traditions are the pierogi, which the recourse to the ancient culinary traditions of the former Polish eastern territories. It is a national dish of Poland.





# POLISH MUSIC

Artists from Poland, including famous composers like Chopin or Lutosławski and traditional folk musician, create a lively and unique music scene, which even recognizes its own music styles like *poezja śpiewana*.



Polish dance music, especially the mazurek and polonaise, were popularized by Frederick Chopin, and they soon spread across Europe and elsewhere. His music is played all over the world.



Poland has always been a very open country to new music.



Tradition for classical music was also continued by Stanisław Moniuszko the composer of national operas and songs. Great piano virtuosi, such as Józef Hoffmann, Artur Rubinstein or Ignacy Jan Paderewski, have played Chopin's music with pleasure.



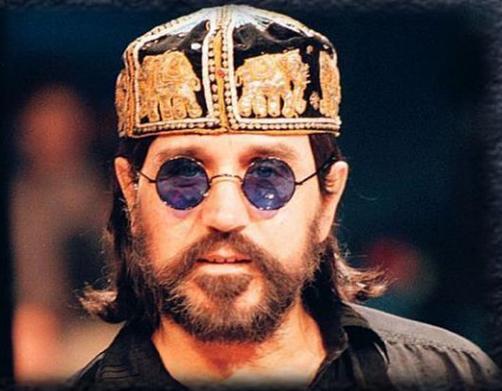
IGNACY JAN PADEREWSKI  
1860 - 1941



# Modern music

Poland has always been a very open country to new music - music styles like rock, metal, jazz, electronic were well-known. Since 1989, the Polish scene has exploded artists like:

Edyta Górniak, Krzysztof Krawczyk, Monika Brodka, RAZ, DWA, TRZY band, Natalia Kukulska, Czesław Niemen and many other wonderful voices...



In Poland we've got very talented young people who performs their music not only in the country, but also in places all over the world.



# FAMOUS POLISH PEOPLE

Mikołaj Kopernik



Maria Curie-Skłodowska



Fryderyk  
Chopin



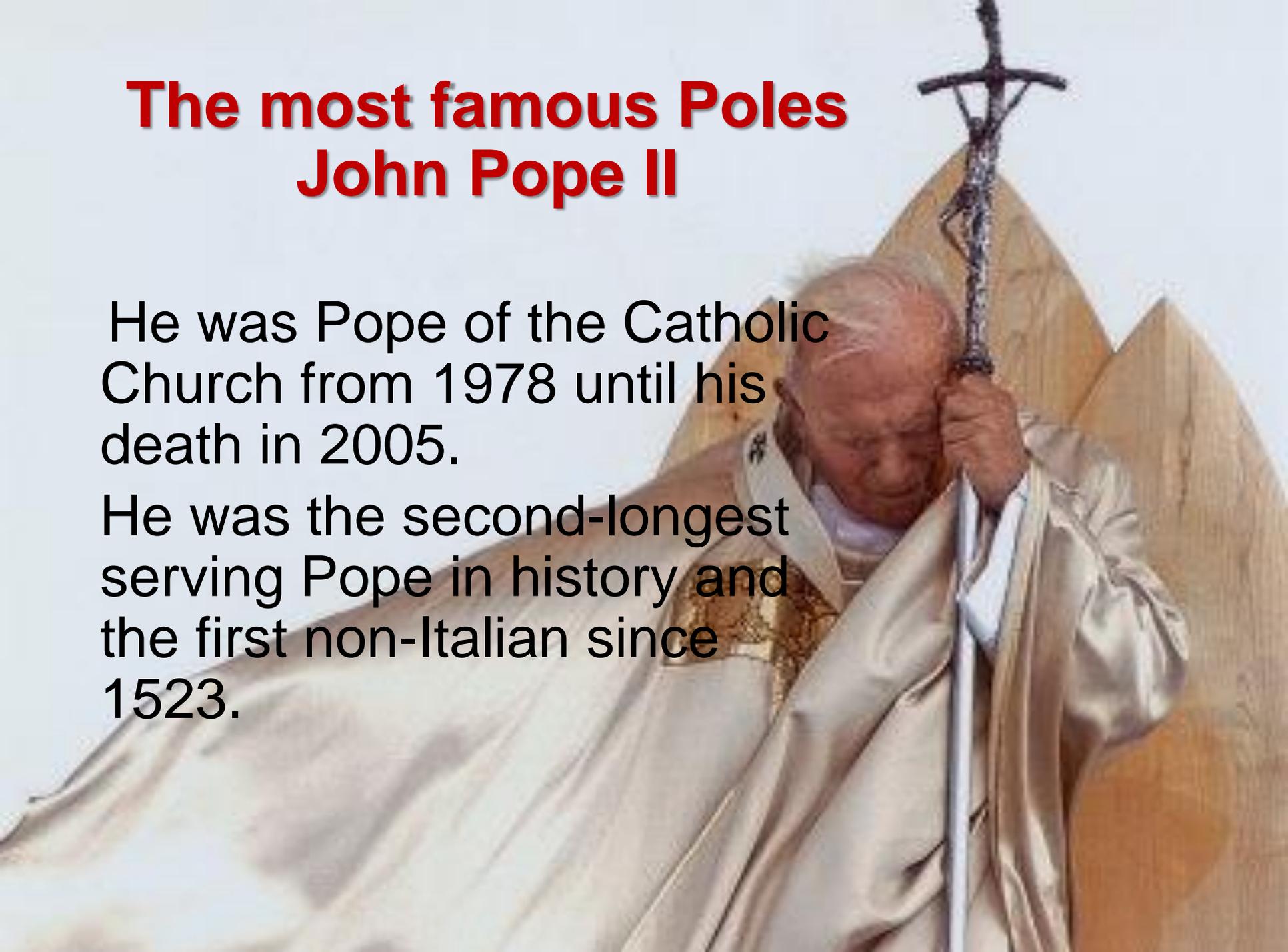
Adam  
Mickiewicz



# The most famous Poles John Pope II

He was Pope of the Catholic Church from 1978 until his death in 2005.

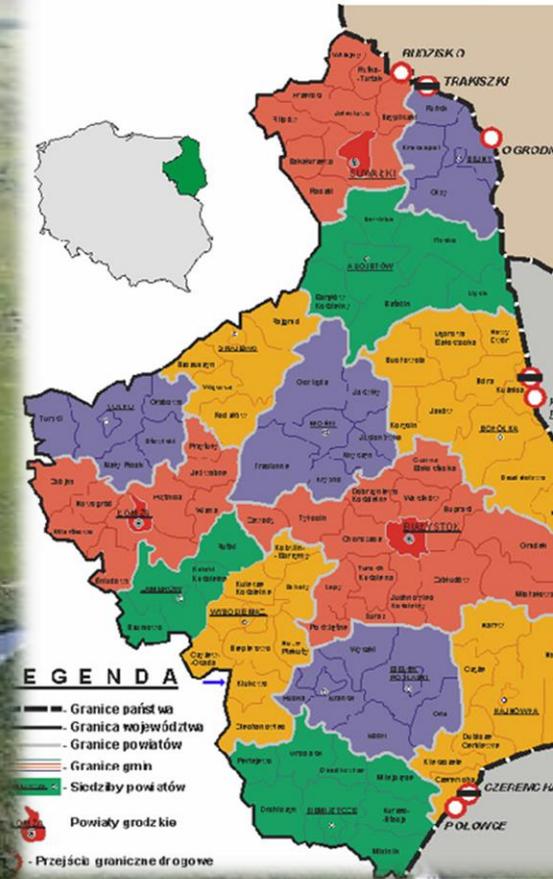
He was the second-longest serving Pope in history and the first non-Italian since 1523.





# OUR REGION PODLASIE

Podlaskie Voivodeship  
is the most northward  
voivodeship of Poland.  
It borders on two  
countries: Belorussia  
on the east and  
Lithuania on the north.



**At the end of 2009 in Podlaskie Voivodeship there were thousand of inhabitants. Here we can visit people from different nations and religions: Belarusians, Lithuanians, Ukrainians, Russyys, Gypsies, Tatars and Jews.**







# Białystok



The capital city Białystok is the largest industrial, cultural and scientific centre of the region.





Most of educational and cultural institutions such as universities, philharmonic hall, several theatres and various museums have their sites here.



The city owns its name to the "white river". It is surrounded by the wild woods of the Bialowieza Forest and the National Park. The region is, attractive for active leisure activities.



Here the temperature in January can fall as low as -35 degree.

The summer temperature is about 25-30 degree.





In Podlasie the colour green is everywhere.  
You can find it in every single nature reserve  
of Podlasie Voivodship .





**The people are warm and cheerful with open, artistic souls.**



# The Biebrza National Park

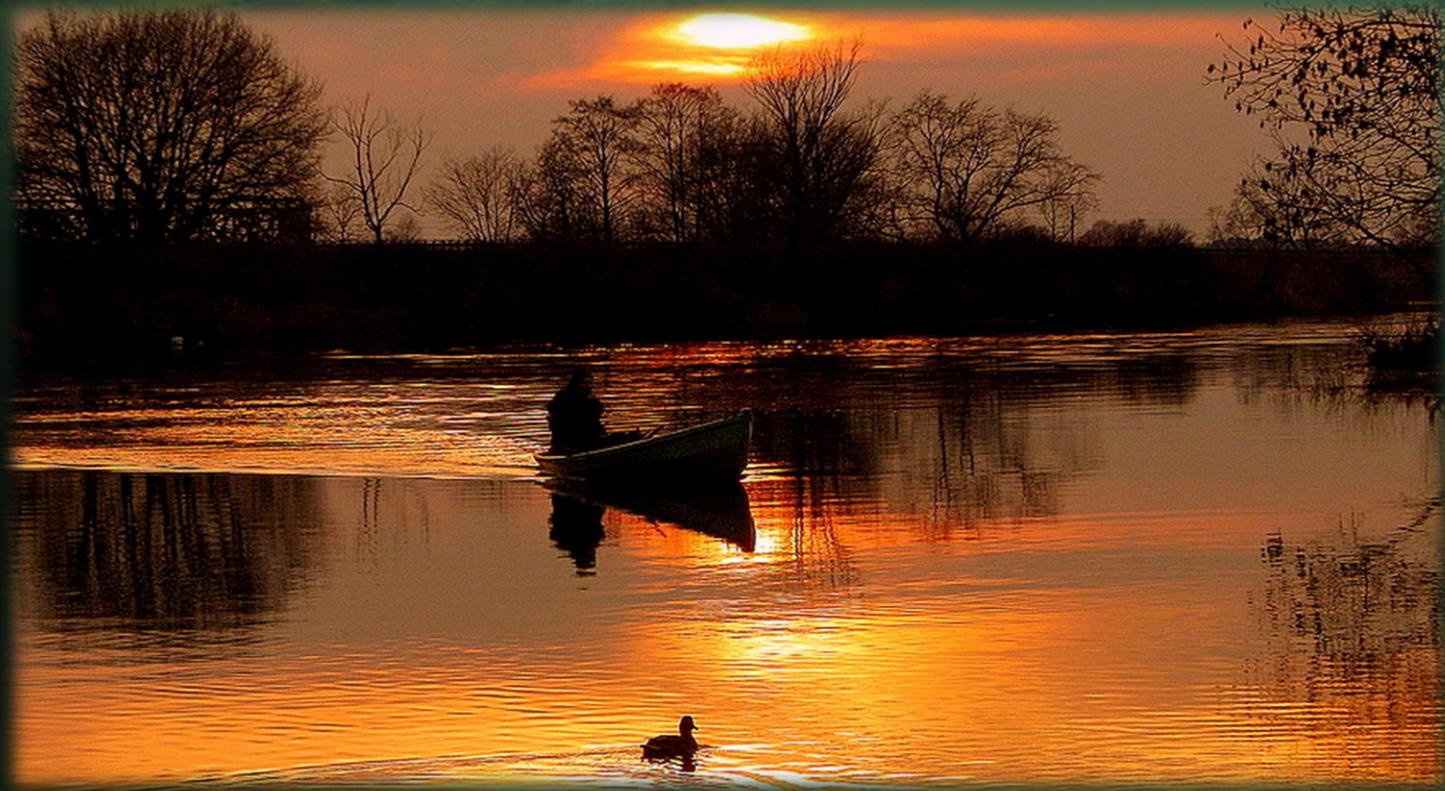
It is the largest of the Polish National Parks. The Park includes forests, agricultural land, and wetlands - the most valuable - the famous Biebrza marshes.





The area is under strict protection. It is unique in Europe for its marshes and peatlands, as well as its highly fauna and flora, especially birds.







# Our Traditional food



Characteristic cuisine for our region are cereal dishes and flour, like kluski, soups, breads and groats.



# Here is a list of the most famous traditional Polish dishes.

Bigos - Its main ingredient is cabbage, meat, wild mushrooms, onion and spices. It is interesting that the longer it is stored, the better the taste.



**Zrazy** - They are made of beef, cut into slices and wrapped with bacon, onions and red peppers. Served with potatoes and salads.



**Golonka** – It is pork knuckle, boiled in water until tender with vegetables and spices. When cooked served with mustard. Golonka tastes exceptionally good with beer.



**Gołąbki** - This is a dish of minced meat with rice, wrapped in cabbage leaves and baked covered. Gołąbki are served with tomato sauce.



**Placki ziemniaczane** - This is a delicious and very simple dish made from potatoes. Grated raw potatoes with onions and eggs are fried in a pan with oil. Can be served with sauces, cream and sugar.

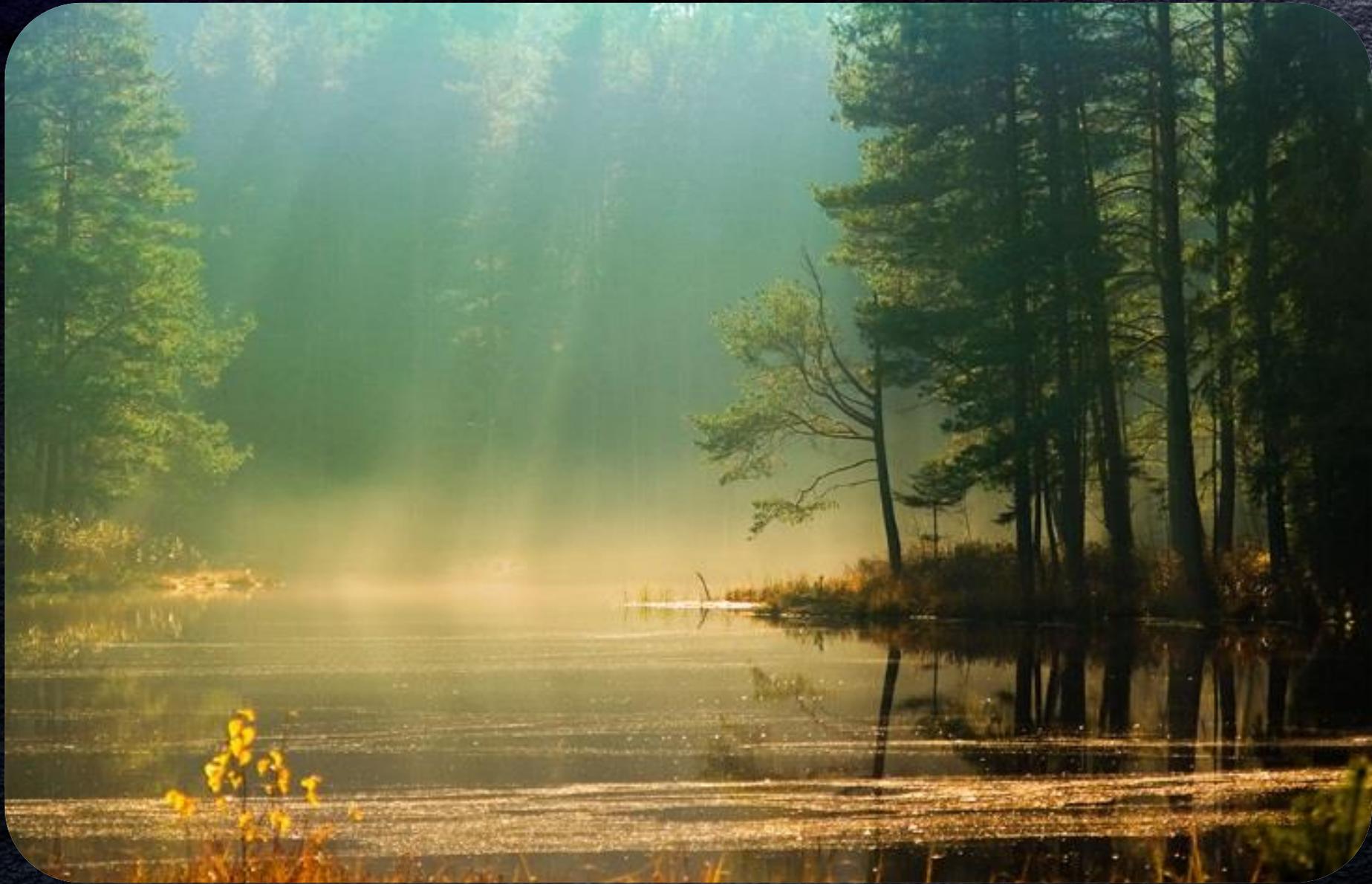


Tree Cake: Sękacz - this cake has a unique flavor and amazing aroma because it is an unusual way of preparing.



# Some pictures from the region





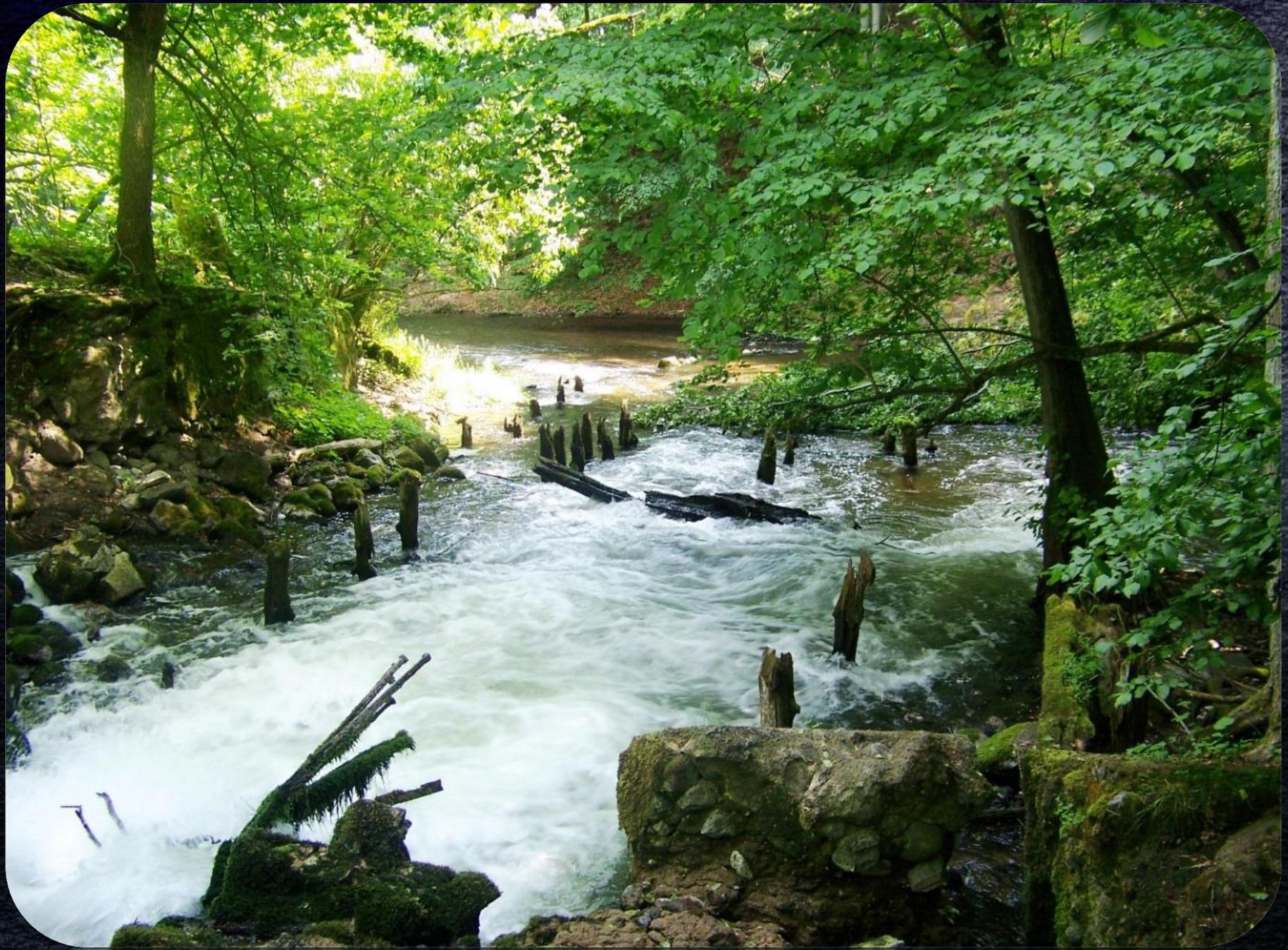




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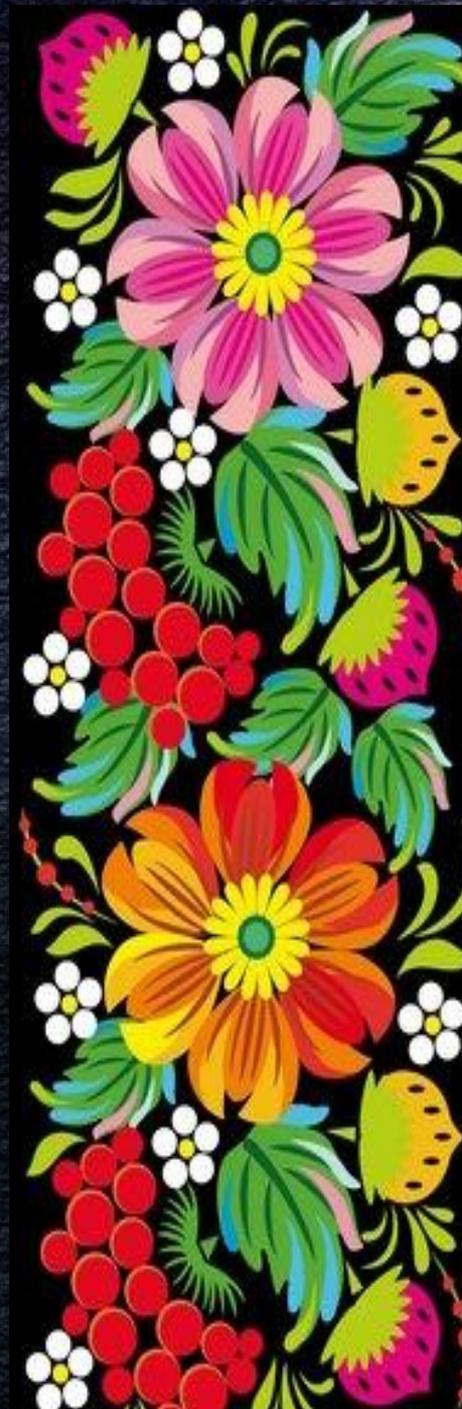








**We invite You to visit  
our beautiful country.**





**Thanks for  
watching!**