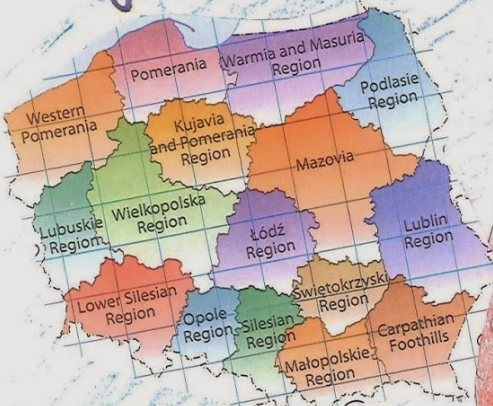


My Poland



POLSKA



Polish culture

Poland has a rich and long history. According to this fact we've got an interesting and "colourful" culture full of festivals, holidays and ceremonies either public or religious.

Polish holidays are usually spent with families at eating, resting and visiting one another.

Our typical Polish customs connected with Easter: Fat Thursday- the last Thursday before Lent – we eat lots of doughnuts, Palm Sunday- we prepare or buy colourful "palms" and go to church, Easter basket- we prepare baskets with food like eggs, bread, meat and we go with them to church for the blessing- the food is the symbol of a new life- on Easter Saturday. Wet Monday- Easter Monday we pour water on one another for luck.



Easter basket



Easter palms



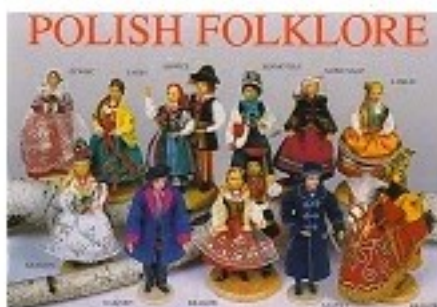
Christmas- a very unique Polish tradition starts feasting. We prepare a very special dinner on 24th December. We begin it with sharing the holy wafer, exchanging good wishes and then we eat 12 meatless dishes. On a table there is one extra place for an unexpected guest. We get presents after this dinner.



- a holy wafer



Apart from religious holidays we are proud of our folklore.



- some Polish folk costumes

- a folk cut- out



Culture - the way of living, architecture.

Examples of architecture:



-modern style (Warsaw):



-a historical site (Kraków)



- an example of a cottage

GEOGRAPHY

Poland is located in central Europe. We have got six neighbours: Germany, The Czech Republic, Slovakia, Ukraine, Belarus, Russia.



Our longest river the Vistula River. In the north we have got the Baltic Sea and in the south we have got mountains.



Our capital city is Warsaw. It is the biggest city in our country. Other big cities are Wrocław, Gdańsk, Poznań, Łódź and Katowice.



The history of Poland
Mieszko I - the first Polish ruler.

He baptized
Poland 966
A.D. +



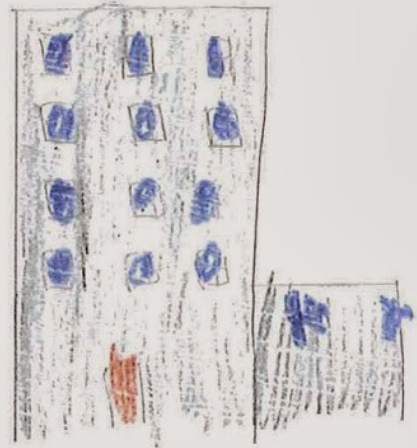
we lost our freedom in 1772 for
more than 100 years.



11.11.1918 we were happy, we got
our freedom back.



Since then we've been trying to develop our country.



Till present days we've had 3 capital cities: Gniezno, Krakow, Warszawa, 31 kings and 6 presidents of free Poland.

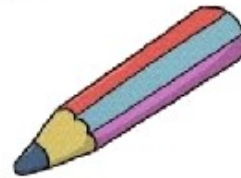
The News (apart from politics)

1. Poland wants to organize the 2022 Winter Olympics, we prepared all the documents and created the logo.



2. We have got the children's movie about the life of Polish Pope Jan Paweł II. It is a nice film about all the important matters in our life like love, friendship, trust, faith, family.

3. Polish government decided that in September 2014 6-year-olds must start 1st grade of primary school (in Poland we used to start school at the age of 7).



Polish Champions

We are great at such sports as: handball, volleyball, ski jumping , cross-country skiing. Unfortunately we are very poor at football – but in spite of it we organized (with Ukraine) a very successful sporting event in 2012 Euro 2012.

Our heroes:



Polish volleyball team



Justyna Kowalczyk- Polish queen of cross-country skiing



Polish handball team



Kamil Stoch- our ski jumping champion



Robert Lewandowski- the best Polish footballer

The Stars of Poland (Polish personalities)

We admire them and we are proud of them.



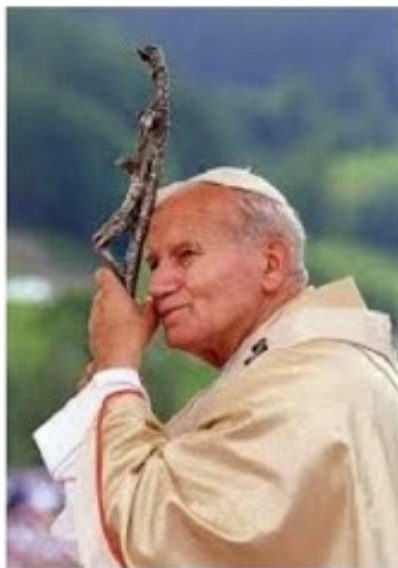
- Mikolaj Kopernik (1473-1543) was an astronomer who created a new model of the Universe with Sun in the centre of it.

- Marie Skłodowska-Curie (1867 -1934) was a Polish physicist and chemist who started working on radioactivity. She discovered two elements: polonium and radium. She was the first woman to win a Nobel Prize, the only woman to win in two fields, and the only person to win in multiple sciences.



- Fryderyk Chopin (1810 – 1849) was a Romantic-era Polish composer. A child prodigy. All of Chopin's compositions include the piano. Chopin invented the concept of instrumental ballade.

- Adam Mickiewicz (1798 –1855) was a Polish national poet. He wrote the national epic poem “Pan Tadeusz”.



- Jan Paweł II- (1920 – 2005), he was the Pope. John Paul II was one of the most influential leaders of the 20th century. He is recognised as helping to end Communist rule in his native Poland and eventually all of Europe. John Paul II significantly improved the Catholic Church's relations with other religions.

- Lech Wałęsa (1943- ...) is a Polish politician. A charismatic leader, he co-founded Solidarity (Solidarność), the Soviet bloc's first independent trade union. He also won the Nobel Peace Prize in 1983, and was the President of Poland between 1990 and 1995.

