



A Taste of Poland



National Emblem.



Dzien dobry.

Hello!

National Anthem



NATIONAL ANTHEM
Jeszcze Polska Nie Zginęła

A song of General Dąbrowski's legions, as they marched from Italy to Poland in 1797. It is now the national anthem.

Pieśń Legionów polskich Dąbrowskiego; powstała w Włoszech w r. 1797. Autor słów Józef Wybicki. Muzykę przypisał szesnastoletni Michałowi Ogińskiemu (1765-1830) autorowi słynnych polonezów. Pieśń ta jest nawiązaniem do polski hymnu państwowego. Marsz ten przetrwał dzięki jego formie muzycznej.

JÓZEF WYBICKI
English version by Victoria Janda

PRINCE MICHAŁ OGIŃSKI
Arr. by Feliks Szopski

1. Oh, our Po-land shall not per-ish While we live to love her;
1. Jesz-cze Pol-ska nie zgi-nę-ta kie-dy my ży-je-my,

What the cru-el foe has rav-ished We'll re-gain through pow-er.
Co nam ob-ca prze-moc wzię-ta mo-cą od-bie-rze-my.

March, march Dą-brow-ski From I-tal-ia's fair lanes,
Marsz, marsz Dą-brow-ski Z zie-mi włoskiej do pol-skiej,

Back to join the na-tion, Back to Po-land's broad plains. broad plains.
Za two-imi prze-wo-dem Złą-czym się z na-ro-dem. -ro-dem.

2. We'll cross *Wista, Warta* waters And our bondage sever,
Joining Poland's sons and daughters We'll be Poles for ever!
CHO.

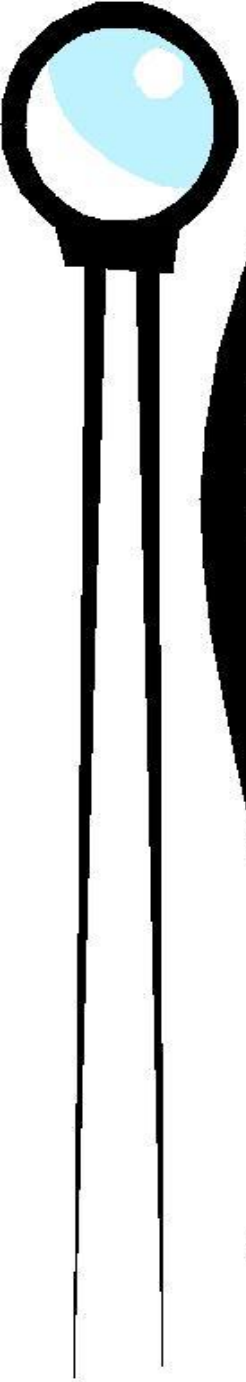
2. Przejdziem *Wistę, Wartę* Będziem Polakami,
Dał nam przykład Bonaparte Jak zwyciężyć mamy.
CHÓR

Dąbrowski (dūm-brif-ski) | *Wista* (vīe-svā-Vistula) | Rivers in Poland
Warta (vār-ta)

27

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Current official lyrics	English translation
<p>Jeszcze Polska nie zginęła, Kiedy my żyjemy.</p>	<p>Poland has not yet perished, So long as we still live.</p>
<p>Co nam obca przemoc wzięła, Szablą odbierzemy.</p>	<p>What the alien force has taken from us, We shall retrieve with a sabre.</p>
<p>Marsz, marsz, Dąbrowski, Z ziemi włoskiej do Polski.</p>	<p>March, march, Dąbrowski, From the Italian land to Poland.</p>
<p>Za twoim przewodem Złączym się z narodem.</p>	<p>Under your command We shall rejoin the nation.</p>
<p>Przejdziem Wisłę, przejdziem Wartę, Będziem Polakami.</p>	<p>We'll cross the Vistula and the Warta, We shall be Polish.</p>
<p>Dał nam przykład Bonaparte, Jak zwyciężać mamy.</p>	<p>Bonaparte has given us the example Of how we should prevail.</p>
<p>Marsz, marsz... Jak Czarniecki do Poznania</p>	<p>March, march... Like Czarniecki to Poznań</p>
<p>Po szwedzkim zaborze, Dla ojczyzny ratowania</p>	<p>After the Swedish occupation, To save our homeland,</p>
<p>Wrócim się przez morze. Marsz, marsz...</p>	<p>We shall return across the sea. March, march...</p>
<p>Już tam ojciec do swej Basi Mówi zapłakany —</p>	<p>A father, in tears, Says to his Basia</p>
<p>Słuchaj jeno, pono nasi Biją w tarabany.</p>	<p>Listen, our boys are said To be beating the tarabans.</p>
<p>Marsz, marsz...</p>	<p>March, march...</p>



Contents:

- Places to visit in Poland
- Famous People
- Popular Sports
- Food & Drink
- Fashion.
- Polish Festivals.
- Polish Phrases

The End

Some Facts about Poland

- Poland is located in central Europe.
- It has a population of 38 million people.
- It's largest River is the Vistula or Wisla in Polish.
- Warsaw is the capital city.
- Poland is divided into 16 districts called Viovodship
- Poland is famous for its Vodka
- The largest mountain range is the Tatra Mountain range and its highest peak is Rysy which is 2499 metres high.
- The Poles speak a Slavic language, English is the most popular foreign language in Poland.
- Most people live in the cities.
- There are a large number of cities : Warsaw, Krakow, Gdansk, Lodz, Poznan, Wroclaw .

POLAND IS DIVIDED INTO 16 REGIONS CALLED VOIVODSHIPS*:

*EACH VOIVODSHIP
HAS ITS OWN
COAT OF ARMS



POLAND'S LOCATION AND NEIGHBOURS



Vistula River



The longest river in Poland, the Vistula (or 'Wisla' in Polish) winds its way all the distance from the Beskidy mountains of the south to the Bay of Gdansk on Poland's northern coast - covering the whole stretch of this large country. 1,047 kilometres (678 miles) long and draining an area of 194,424 km (75,067 sq. miles), the Vistula is a vital source of life and transport and beauty in Poland.



Polish President
Bronislaw Komorowski

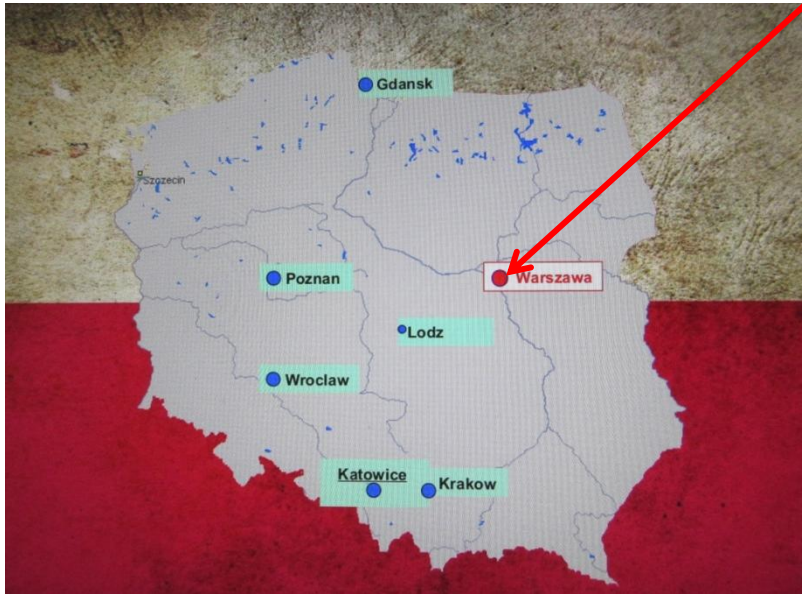


Prime Minister
Ewa Kopacz



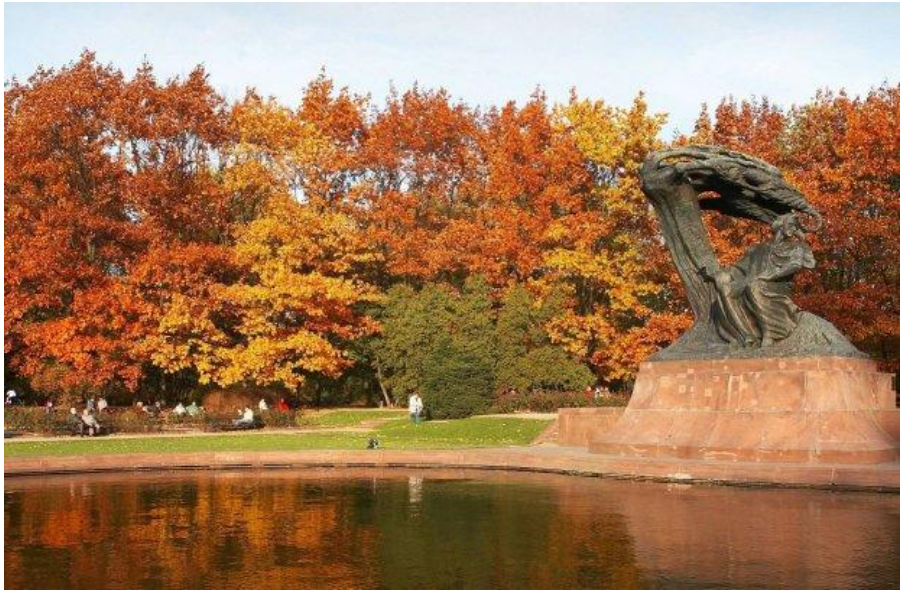
Places to
visit
in Poland.

Warsaw



- Warsaw is the capital city of Poland. It is located on the river Vistula in east central Poland roughly 260 kilometres from the Baltic sea and 300 Kilometres from the Carpathian mountains.

Warsaw



Lazienki Park

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Palace of Culture and
Science



Royal Castle - Warsaw



Army Museum Warsaw

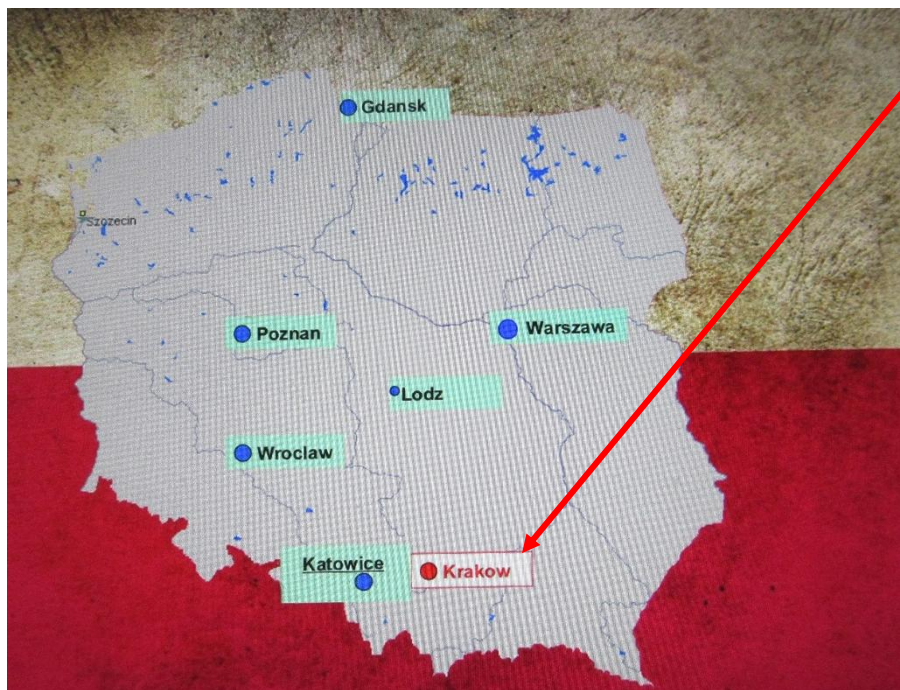




Pollin Museum History of the Polish Jews Warsaw

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Kraków



- Kraków also Cracow, is the second largest and one of the oldest cities in Poland. Situated on the Vistula River, the city dates back to the 7th century.

Kraków



Main Square



St Mary's Basilica



National Museum



Wawel Square

Krakow.



St. Florian's Gate

St. Florian's Gate or Florian Gate in Kraków, Poland, is one of the best-known Polish Gothic towers, and a focal point of Kraków's Old Town.



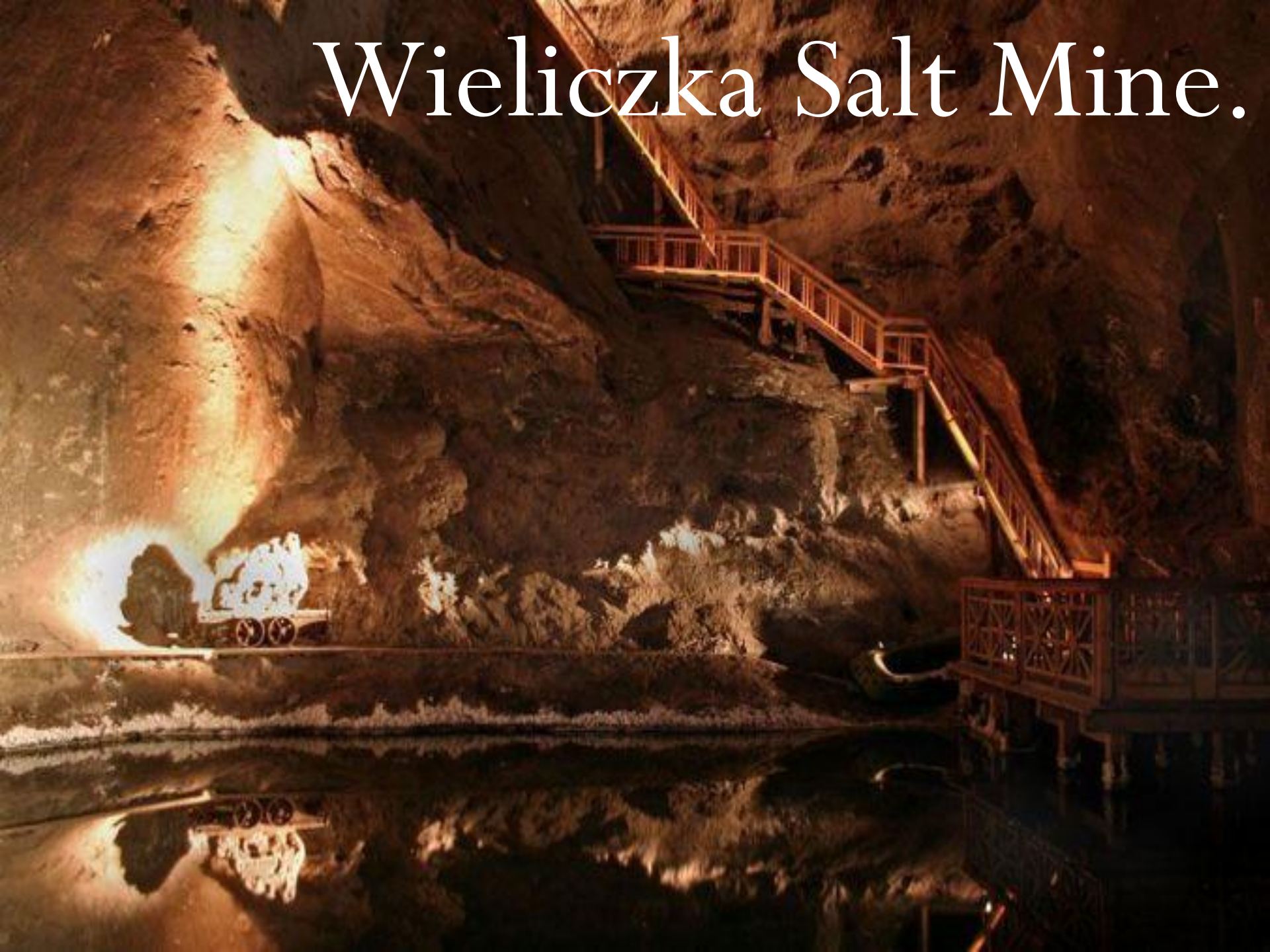
Spodek



Spodek is a multipurpose arena complex in Katowice, Poland, opened in 1971. Capacity 11,500



Wieliczka Salt Mine.



Famous Painting



- In Cracow there is a unique painting by Leonardo Da Vinci
- "Lady with Ermine"

Gdansk



This city is popular with both tourist and holiday destination. Situated by the sea, it has a lovely climate and beautiful beaches. A famous seaside resort Sopot is nearby. In 1980 it saw the birth of the Solidarity movement, which brought about the end of Communism.

Gdańsk



St. Mary's Church



Old Town



Artus Court

Sand Sculpting



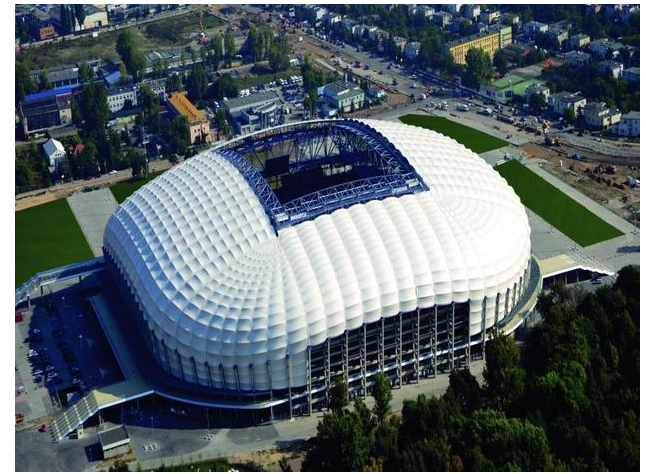
This is great fun and now in its fourth year, a well-known feature of the Gdańsk summer. Last year featured symbols of Gdańsk, buildings from the old town made from sand, there are also statues of famous people like: Lech Wałęsa, Pope John Paul II, Martin Luther King, Nelson Mandela, Mother Theresa, Bono and Brad Pitt all made using 2000 tons of sand.

Sand Sculptures



Poznan

Poznań known also by other historical names is a city on the Warta river in west-central Poland.



Miejski Stadium



Lake Malta

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Imperial Castle

Poznan Airport.



Krzysztof's House!



CZESTOCHOWA

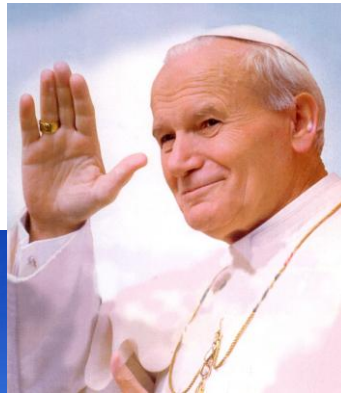


Częstochowa is an important pilgrimage destination. The icon known as Black Madonna of Częstochowa crowned in 1656 as the Queen and Protector of Poland is credited with many miracles.



Katowice

Katowice is a city in south western Poland. It has a population of about 2 million. It is also the birthplace of Pope Jan Pawel 11



Silesian Museum

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Cathedral of
Christ the King

Bydgoszcz

Bydgoszcz is a city located in northern Poland, on the Brada and Vistula rivers. With a city population of 363,926. Bydgoszcz is the 8th-largest city in Poland.



Man Crossing
River Statue



Church of the Holy
Cross

Łódź

Łódź is the third-largest city in Poland. Located in the central part of the country. It is the capital of Łódź Voivodeship, and is approximately 135 kilometres south-west of Warsaw.



Grand Theatre



Alexander Nevsky
Cathedral

Oswiecim (Auschwitz)



- Over 6,000,000 Polish civilians died during the war, of which 2,900,000 were Jewish.
- During World War II in the largest Nazi extermination camp around 1.5 million people perished.



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The Zloty is the official currency in Poland



Currency Zlotych



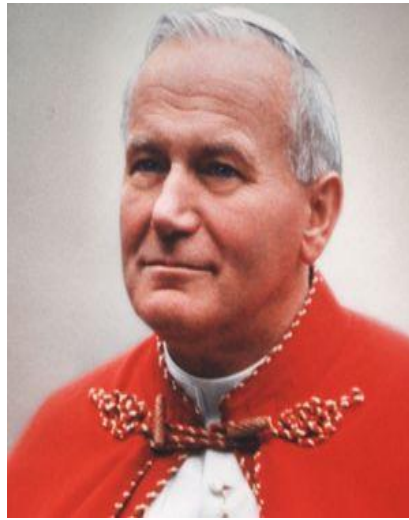


Famous Polish
People.

Famous People



Soccer Player -
Robert
Lewandowski



Pope John Paul II

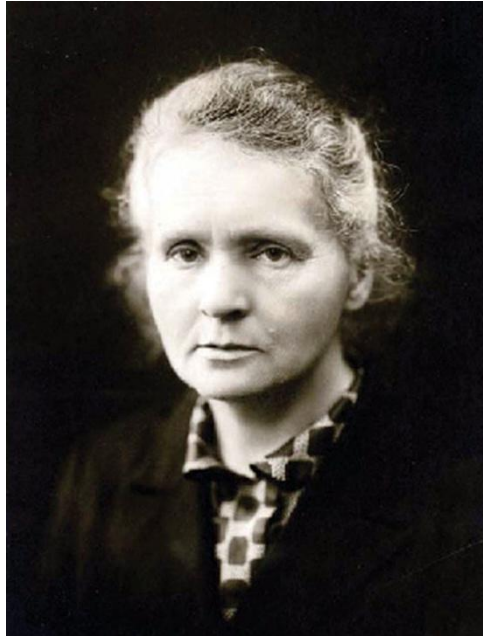


Frederic Chopin
Pianist

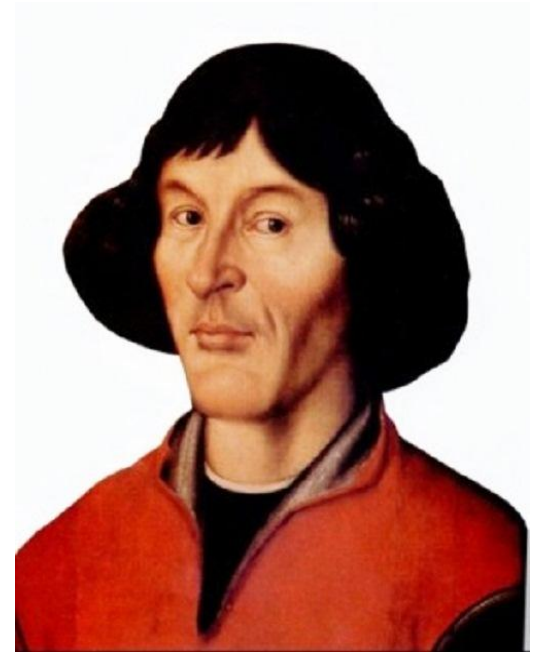
Famous People



Wojciech Szczęsny
Soccer Player



Madame Curie
Scientist



Nicolaus Copernicus
Astronomer



The Fryderyk Chopin Museum - Warsaw

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Lech Walesa founder member of the Solidarity Movement in the 1980's which brought about the end of communism.

He was elected President of Poland 1990-1995.

He won the Nobel Peace Prize 1983

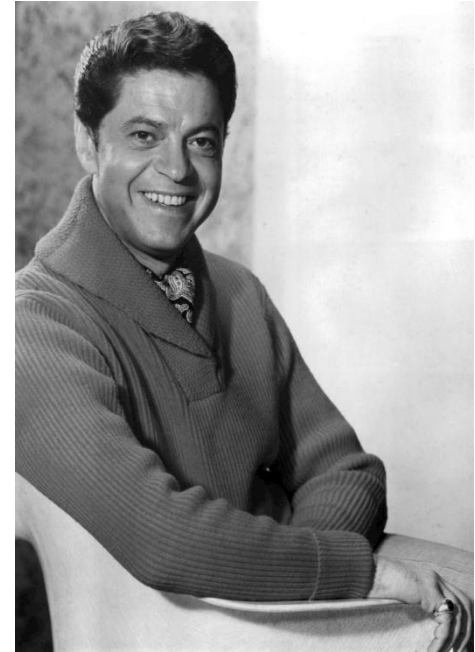
Famous People



Ola Jordan
Dancer



Joanna Krupa
Model



Ross Martin
Actor

Mirosław Hermaszewski.





Kamil Stoch

Ski jumper

Kamil Wiktor Stoch is a Polish ski jumper. He is the 2013 World Champion on the large hill and the 2014 double Olympic champion on the normal and large hills. He also competed in the 2006 and 2010 Winter Olympics.



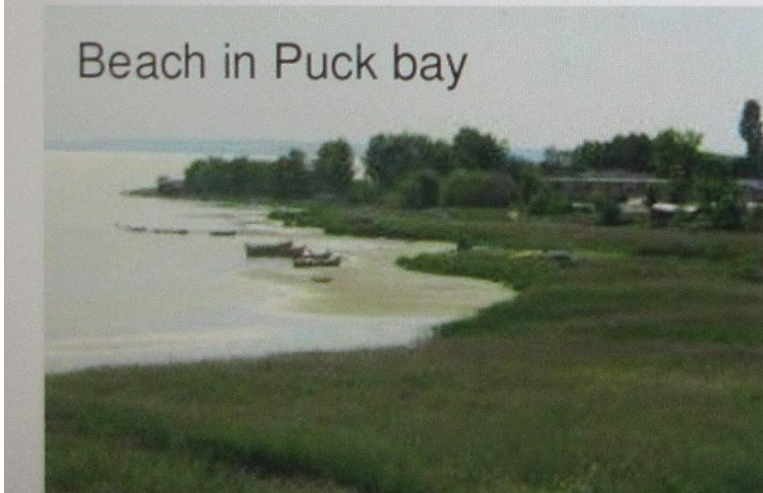
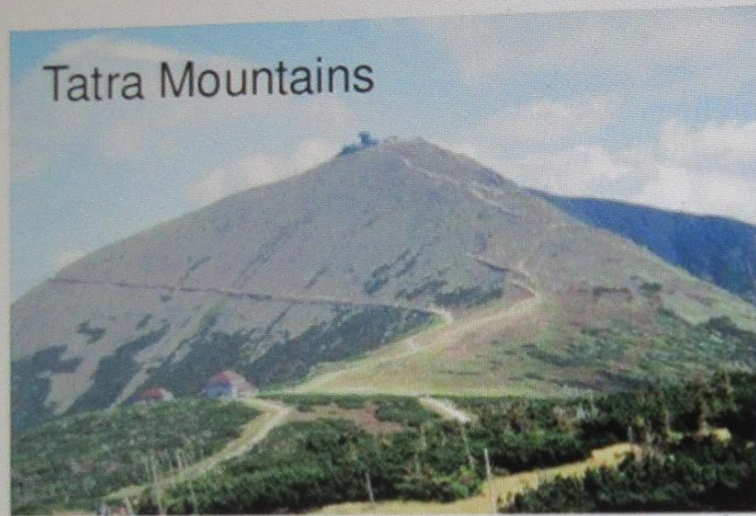


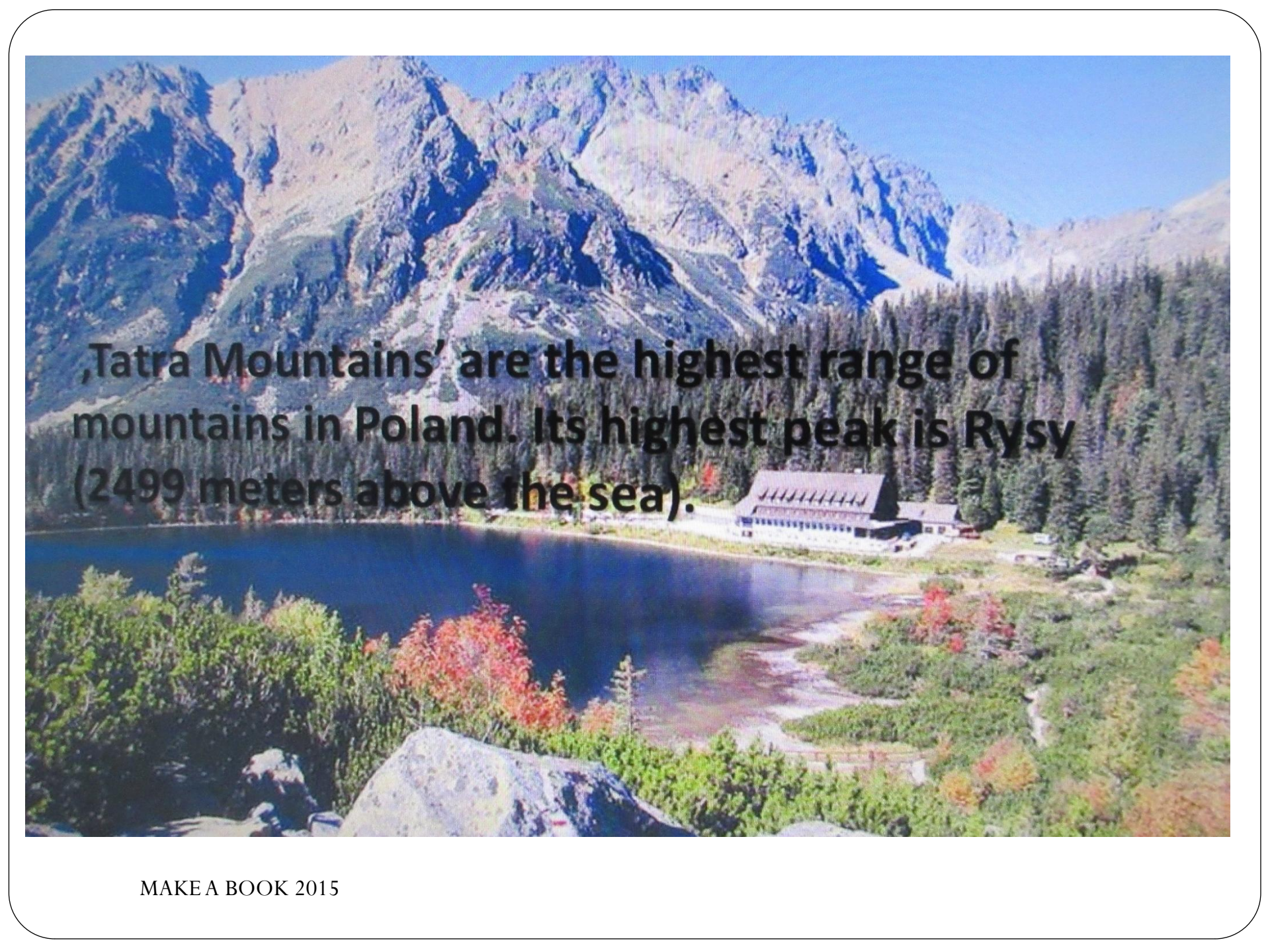
Adam

Mickiewicz.

Poet

The Landscape



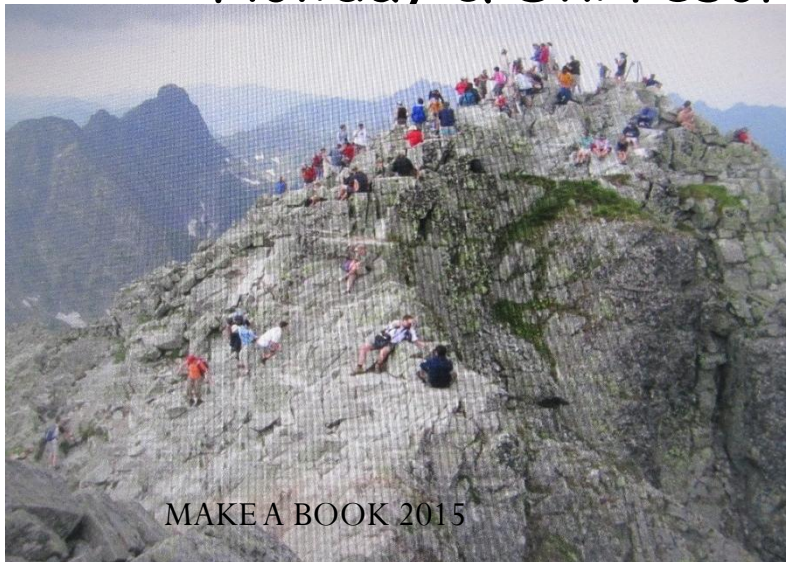


„Tatra Mountains’ are the highest range of mountains in Poland. Its highest peak is Rysy (2499 meters above the sea).

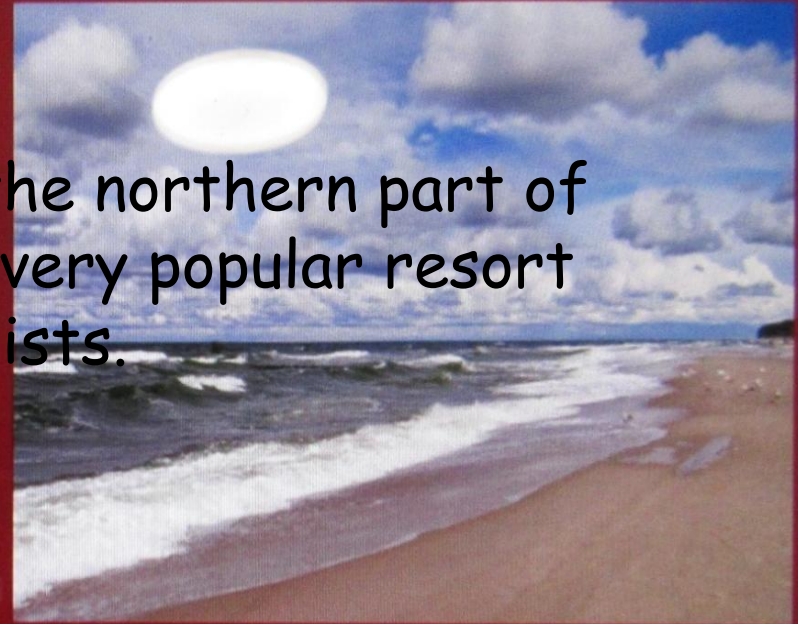
Zakopane



Holiday & Ski resort in the Tatra Mountains.



The Baltic Sea area in the northern part of the country is another very popular resort for tourists.





Polish drinks
and foods.

Polish Drinks



Kompot •
Compote



Oranzada •
Orangeade



Wodka • Vodka



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Piwo • Beer



Nalewki • Liqueurs



Miod pitny • Mead

Polish Food



Pierogi (dumplings)



Zurek served in
bread (soup)



Golabki
(cabbage roll)



Kielbasa (sausage)



Zapiekanka (halved
baguette)



Bigos (meat and
cabbage stew)



Polish Fashion

Polish Fashion

Next to Paris, Milan, London and Antwerp, Warsaw could very well be the next major European fashion capital.

Fashion and folklore apparel in Poland has been influenced by the resources available, and also by the other cultures such as. German, Czech, Russian, Lithuanian, Hungarian, and other influences . There are roughly 60 unique costumes attributed to the different areas in Poland, each region of Poland has its own local traditional dress.



Polish Traditional Dress



Traditional
Costume



Polish head
cover



Traditional
Dancers

Paper cut outs from Poland are renowned throughout the world for their artistic ingenuity.. The cut outs are used specially for Christmas and Easter home decoration. An interesting off shoot of this art is the wafer cut outs. Flour and water are the basic raw material out of which Polish women, devoid of any fine art training, shape designs of astonishing beauty.



Wycinanki was traditionally used by Polish peasants to decorate their cottages and they often depicted scenes from daily life, such as weddings or holidays. This beautiful art form is still popular and widely practised in two regions of Poland, Kurpie and Lowicz.



POLISH PAINTINGS



Battle of Grunwald
(Jan Matejko)



Thanatos
(Malczewski)

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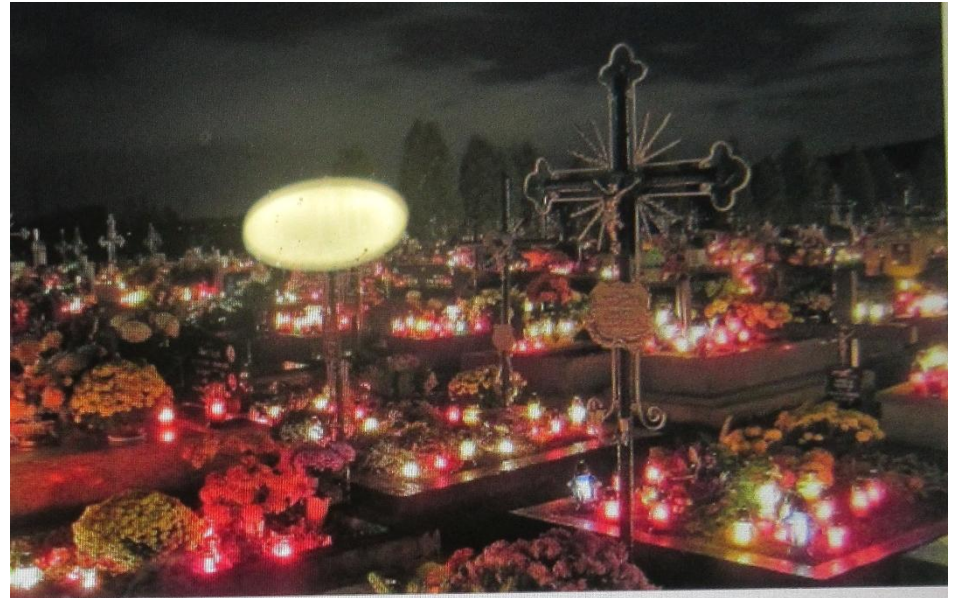
Women Coast's (Duda Gracz)



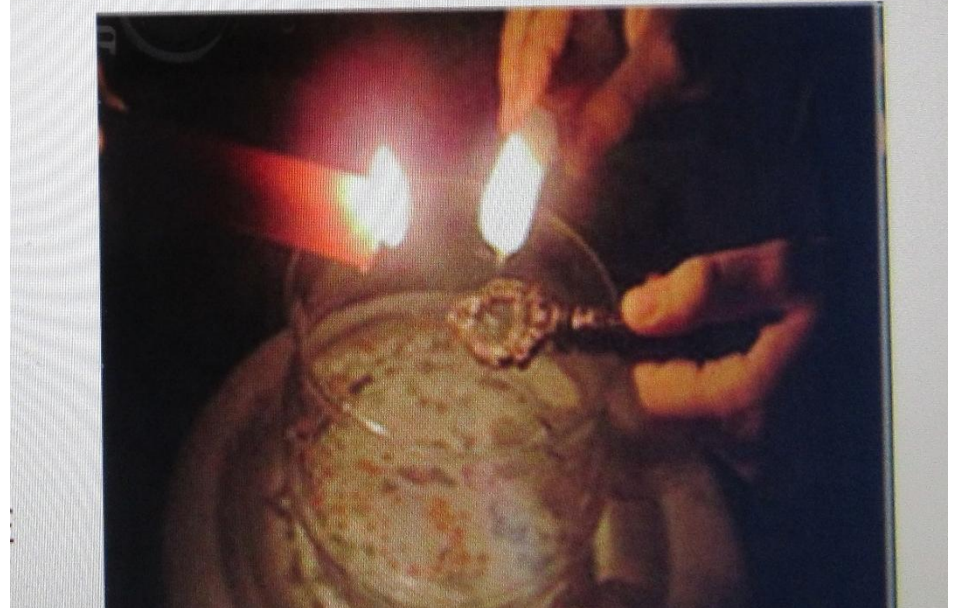
Royal jester
(Jan Matejko)

POLISH FESTIVALS

November 1st All
Saint's Day



November 30th St Andrew's
Day People pour wax
through keyholes & predict
the future from wax
figures.



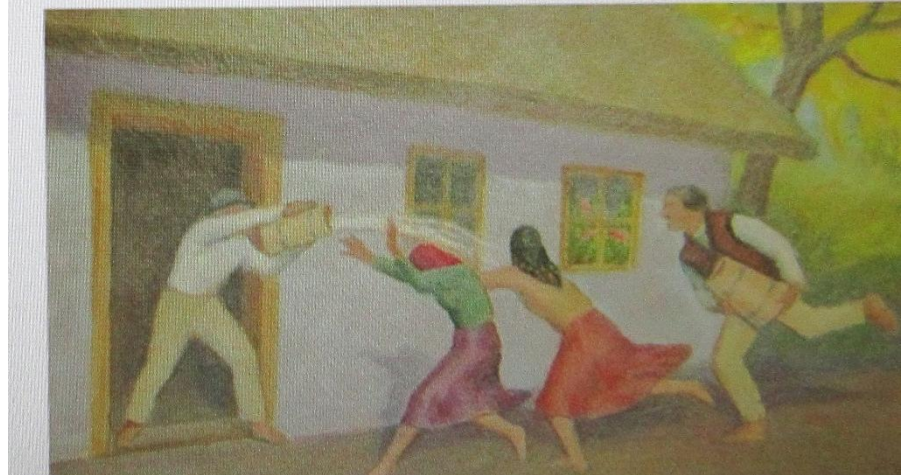
POLISH FESTIVALS

21ST March First Day of
Spring.

The Drowning of Marzanna (
A doll made of straw which
is the symbol of Winter)



Eastertime
Easter Monday when boys pour
water on girls.



POLISH FESTIVALS



Santa Claus Day
December 6th.



St Barbara's Day
December 4th
Traditional Day of Coal
Miners



24th December Christmas
Eve. Wigilia

Czesc -
Hello

Dobry
wieczór -
Good
Evening

Dobrze -
Fine

Do widzenia -
Goodbye

Tak/Nie -
Yes/No

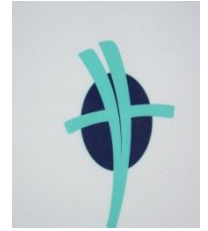
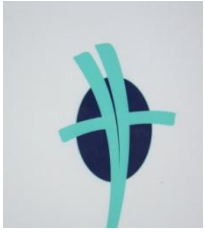
Jak sie
masz? -
How are
you?

Dziekuje -
Thank You

Dobranoc
-
Goodnight

Prosze -
You're
welcome

Dzien dobry
- Good
Morning/
Afternoon



**SCHOOL OF THE
DIVINE CHILD
BALLINTEMPLE
CORK**



Do widzenia

Good Bye



The end.