

Project number

2023-1-PL01-KA121-SCH-000117151

The project has been funded with support of European Commission. This publication reflects only the views of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Presentations about Poland



**Dofinansowane przez
Unię Europejską**

During the meeting in Poland in November 2024, the Polish students prepared several presentations about their homeland, city and culture. Below you can get familiar with them.

**THINGS YOU NEED
TO KNOW ABOUT**
POLAND

MADE BY PAULINA KRAKOWIAK :)

NATIONAL SYMBOLS

- **Polish** national symbols include the flag, the Polish Eagle, and also the anthem.
- The **Polish** flag has two colours: **white** on the top and **red** on the bottom. The white symbolizes purity, and the red colour symbolizes pride and the country's greatness.

POLISH FLAG



POLISH EAGLE





POLISH CURRENCY

Although **Poland** is a member state of the European Union, it has not joined the euro area yet. The national currency of **Poland** is the **Polish zloty** (symbol: **zł**) which is divided into 100 groszy (symbol: **gr**)

GEOGRAPHY OF POLAND

- **Poland** is located at the heart of the European continent. The country has seven neighbors: **Germany, Slovakia, Czech Republic, Lithuania, Belarus, Ukraine, and Russia.**
- **Poland** has a variety of striking landscapes. Although most of the terrain is flat, there is an abundance of lakes, rivers, hills, swamps, beaches, islands and forests.
- **Poland** is divided into various administrative regions, which include voivodeships [województwa], counties [powiaty], and municipalities [gminy].



WARSAW – THE CAPITAL OF POLAND

- **Warsaw** [**Warszawa**] is by far the largest city in **Poland** with a population of approximately **1.8 million** people. It is part of the voivodeship **Masovia** and is crossed by the **Vistula** river. The city has been the capital of **Poland** since the 16th century.



Old Town, Warsaw [historical center of the capital and its most beautiful part]

RICH CULTURE OF POLAND

- **Poland** has a remarkable legacy in art, literature and science. Famous personalities (such as **Frederic Chopin**, **Nicolaus Copernicus** and **Marie Skłodowska-Curie**) have made significant contributions to the world culture and knowledge.
- The **Polish calendar** is a mosaic of diverse holidays. From family **Easter** gatherings to festive **Christmas Eve** feasts, each occasion carries unique traditions. There are also patriotic milestones such as **Independence Day** and **Constitution Day**, which honor the nation's history.
- Colorful folk costumes, lively dances and traditional music showcase **Poland's** regional diversity and cultural richness.





AND LASTLY, TRADITIONAL POLISH FOOD

EXAMPLES:



PIEROGI

Undeniable, pierogi is the most popular Polish food. They are filled with fillings such as potatoes and cheese, meat and mushrooms, or even seasonal fruit. In Poland you eat them boiled with onions on top.



GOŁĄBKI

Cooked minced meat, often with rice, onions and tomato sauce, wrapped up in a leaf of white cabbage and stewed.



BIGOS

It's a meal full of flavors made with different ingredients like shredded, fermented cabbage and various meats like sausage, pork, or beef.



ŻUREK

It has a slightly sour taste and a creamy texture. Often, it includes ingredients like sausage, potatoes, carrots, and sometimes hard-boiled eggs. It's a popular dish, especially during Easter in Poland.

THANKS FOR LISTENING!

HOPE YOU LIKED IT

SOURCES USED:

<https://en.wikipedia.org/wiki/poland>

<https://polimextravel.com/en/content/national-symbols>

<https://kids.nationalgeographic.com/geography/countries/article/poland>

<https://www.careersinpoland.com/article/finance-and-housing/money-in-poland-a-quick-guide-to-polish-currency>

<https://www.warsawguide.com/>

<https://annaeverywhere.com/traditional-polish-food/>



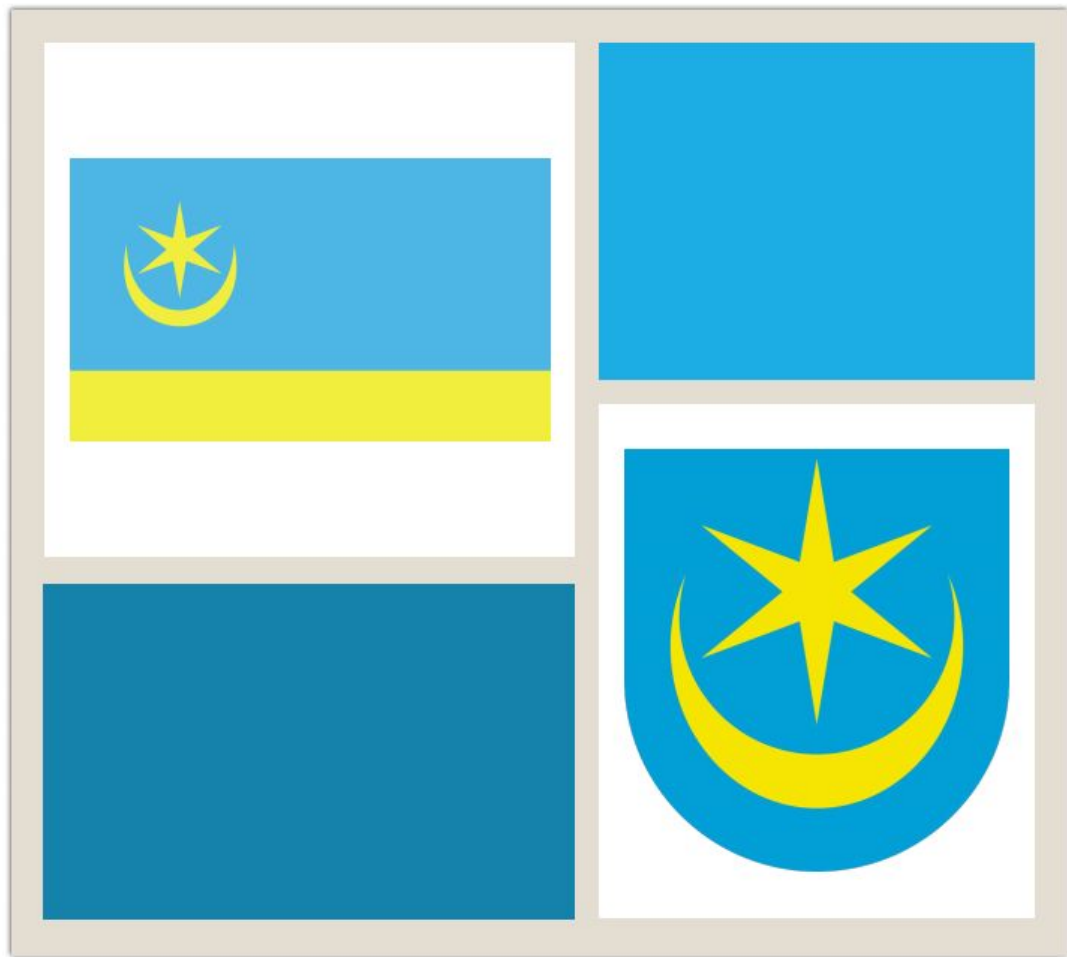
TARNOBRZEG

The beauty of our city!

Most important.

The name "Tarnobrzeg" refers to a noble family - the Tarnowski family. Tarnobrzeg was founded in 1593. It is located on the right side of the Wisła river, in the south-eastern part of Poland.





Our symbols!

The flag and coat of arms of Tarnobrzeg.

TARNOBRZE G NOW AND THEN.



Tarnobrzeg. Rynek z pomnikiem Głowackiego.

Sulfur mine.

The mine was function from 1954 to 2001. In the 70s it was one of the largest sulfur mines in the world. In 2001 it was closed and a lake was created in this place.



Monuments of Tarnobrzeg.

- The statue of Bartosz Głowacki
- Tarnowski's castle
- Dominican church





THANK YOU FOR
WATCHING!

The presentations were delivered during the workshop at school.
Here are some photos :)

