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Explorers' Month



探索月歷

Poland 波蘭

ARMCHAIR TRAVELLER

Travel Guide 2 GO~



COUNTRY OF THE MONTH:

POLAND



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interculturaleducation



Poland 101

Cześć !



The Republic of Poland

- Capital: **Warsaw**
- Official Languages: **Polish**
- Population: 37.97 M
- Head of Government : Andrzej Duda

Political system, Parliament & Parties:

- semi-presidential representative
- President is the head of state and the Prime Minister is the head of government

Poland is one of the **most religious countries** in Europe, with more than 85% of the citizens being Christians.



Poland's languages

#

Poland comes from the tribe name "Polanie": which translates to "people living in open fields"

Sometimes, even native Polish speakers have problems speaking and writing the Polish language correctly because it's so complicated- not to mention tricky. They have a **complex grammar system** with **difficult pronunciations**.

Plus, the language is a mixture of **noun inflection** and **verb conjunction**, which makes it even harder. What's more is that the same words may only differ depending on gender and cases. Do not feel bad if you're learning it the hard way, everyone's on the same boat as you.



Let's learn some basic Polish!

Words	Polish	Pronunciation
Yes	Tak	(Tahk)
No	Nie	(Nyah)
Okay	No	(Nohe)
Hi/Bye (informal)	Cześć	(Cheshch)
Good-bye	Do widzenia	(Doh veet-zen-ya)
Good Night	Dobranoc	(Doh-brahnoats)
Please	Proszę	(Prosheh)
Thank you	Dziękuję	(Jen-koo-yeh)
Excuse me/Sorry	Przepraszam	(Psheh-prasham)
I love you	Kocham cię.	(Ko-hahm che.)
I don't understand	Nie rozumiem.	(Nyah row-zoo-me-ehm.)
Help!	Pomocy!	(po-mo-tsy)
I'm lost.	Zabłądziłem.	(zah-bwon-TZEE-wehm)
I need a doctor.	Potrzebuję lekarza.	(Pohtschehbooie leckaschah)
Where is the toilet?	Gdzie jest toaleta?	(g-jeh yest twa-leta)

Aa	Aą	Bb	Cc	Ćć	Dd
Ee	Eę	Ff	Gg	Hh	Ii
Jj	Kk	Ll	Łł	Mm	Nn
Ńń	Oo	Óó	Pp	Qq	Rr
Ss	Śś	Tt	Uu	Vv	Ww
Xx	Yy	Zz	Żż	Żż	

Polish Alphabet



Tourist Spots



Poland is a historical country with **16 UNESCO World Heritage Sites** and some unexpected natural wonders such as the world's oldest salt mine.

With its medieval architecture, troubled WWII history, and many villages that seem to be stuck in time, Poland is the perfect destination for history buffs and architecture lovers.

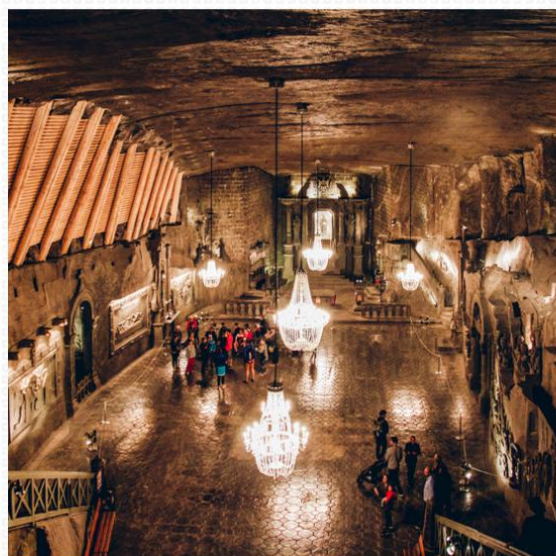


1. Memorial & Museum Auschwitz-Birkenau

It is a museum on the site of the Auschwitz concentration camp in Oświęcim, Poland.

Both Auschwitz and Birkenau were built and run by **Nazi Germany** during its occupation of Poland in 1939-1945. It was the **largest** of the German Nazi **concentration camps** and **extermination centers**.

The museum was built in memory of the 1.1 million people who died there, including 960,000 Jews, during World War II and the Holocaust.



2. Wieliczka Salt Mine

The Wieliczka Salt Mine, in the town of Wieliczka, southern Poland, lies within the Krakow metropolitan area.

The salt mine excavated from the **13th century**, produced table salt continuously until 2007, as one of the world's oldest operating salt mines.

Its attractions include the **shafts** and **labyrinthine passageways**, displays of historic salt-mining technology, an underground lake, four chapels and numerous statues carved by miners out of the rock salt, and more recent sculptures by contemporary artists.

(A small entrance fee is required.)

3. Słowiński Sand Dunes

Situated in northern Poland, the Slowinski Sand Dunes are part of the Slowinski National Park located on the coast of the Baltic Sea. The dunes themselves are **formed as waves** and wind carry sand onshore and can reach as high as 30 metres. Their forms change with the season and are known as the **"moving dunes."**





More Places For You to Explore...



1. Warsaw Old Market Place

The oldest part of Warsaw, the Old Town Market Place dates back to the **13th century**. Although **85 percent of the area was destroyed** by the Nazis during World War II, it has since been restored to look exactly like it did when it was first built. Upon reconstructing the Old Town, the Polish government used the detailed art of 14th century painter Bernardo Bellotto. This explains why the place reflects more of an older vibe compared to its actual establishment in the 20th century.



2. Białowieża Forest Reserve

Białowieża means "**White Tower**" in Polish. You can find the **heaviest land mammals in Europe** - **bison**. The number of bison in the world is estimated at 5,000, and three quarters of these rare mammals live in the Bialowieza Forest.

The best time to watch the bisons in their natural habitat is in winter – this is when they gather in larger herds and leave visible tracks in the snow!



Kat's favourite place in Kraków Kazimierz

An old **Jewish quarter**, now a jumble of indie galleries, quirky shops, vintage clothing stores and bars that range from hip cocktail dens to shabby-chic spaces.

For centuries, **Kazimierz** remained an independent town and was only joined with Krakow at the end of the 18th century.



The oldest synagogue in Krakow!



Food in Poland



#1

Pierogi is one of the most widely known and loved Polish dishes. These **stuffed dumplings** can contain a variety of different things, from something sweet like fruits or chocolate, to meat, sauerkraut, mushrooms and potatoes.



#2

Rosół (pronounced ruh-soo, roll your tongue on the r) is the most common soup served in Poland. It is pretty much chicken noodle soup, but everything is made from scratch—no cans allowed!



#3

Gołąbki (pronounced goh-wom-kee, or better known in English as stuffed cabbage) is a typical traditional Polish food filled with ground meat, some rice, onion, mushrooms, wrapped in white cabbage leaves.



#4

Bigos (Hunter's stew) is a very traditional Polish dish and its basic ingredients are shredded sauerkraut, fresh cabbage (or sometimes only sauerkraut), various types of meat and sausages, dried mushrooms, prunes, onions and spices.



#5

Kołaczki is perhaps one of the most popular desserts from Poland. These are folded cookies that contain a fruit filling (usually apricot) or a sweet cheese filling and are lightly dusted with powdered sugar.



Kat's recommendation



Best cheap and local breakfast place!!

Bar Mleczny =
"milk bar" in Polish

It gains popularity during the communist era after WWII as a cheap but nourishing food. Population was poor and it was one of the cafeteria that were subsidised by the state.



Kanapki is an **open sandwich** is a common breakfast in Poland, usually with thin slices of deli meat/salmon, pickle, etc,



Festivals in Poland

Zaduszki: All Souls' Day

Also known as the Day of the Dead, it is a **day of prayer and remembrance for the souls** of those who have died and it falls on 2nd November each year. It is a **solemn celebration** as Poles believe that at this time the souls of the dead return to visit their homes. As one of the most important family holidays in Poland, Zaduszki sees people all over the country gather to **visit the graves** of their loved ones.



Juwenalia

Juwenalia is an annual holiday dedicated to **higher education students** in Poland which started in the 15th century in Krakow. This festival is celebrated every year **before summer exams** either in May or early June. Colourfully dressed students, sometimes with ridiculous outfits, will dance while walking to centre part of the city to collect keys of the city's entry gate from the Mayor of the city. This ritual symbolises that the city is theirs now, and this is their time.

This marks the official beginning of the festival with students taking over the streets of Old Town and the start of non stop concerts, parties and sports events.

Śmigus Dyngus - Wet Monday

The whole country follows an age-old tradition which resembles a **big water fight**. This is one of the Polish traditions linked to Christianity, whereby **splashing water** is considered **a blessing**. Moreover, Wet Monday celebrates the arrival of spring and the future of a relationship. The Poles believe the girl who gets the most soaked in the celebration will be the first to get married.

