

Poland



Youth Human Impact

The population in Poland is **about 38 million**.

The **longest river** flowing in Poland is the Vistula (Wisła). The second is the Oder (Odra).

Poland's **neighbors** are: Russia, Lithuania, Belarus, Ukraine, Slovakia, Czech Republic, Germany.

Poland is divided into **16 voivodeships** - each of them has a different cultural heritage **due to their different location**.



Polish flag



White means silver, as well as water and purity. **The red colour** is a symbol of fire, it means courage and bravery.



Polish emblem

"He looked up and saw a **big white eagle** against the red of the setting sun. The eagle landed in its nest at the top of an oak. From that moment the white eagle on a red background **became the emblem of Lech's family, and later of Poland.**

The settlement which was set up by him, was called **Gniezno** by the Slavic people – **from the word gniazdo (nest).**"

Our previous capitals



Gniezno



Cracow

Warsaw



WARSAW - the largest city in the country, located in the central part, on the Vistula River. It is the capital of the country.

The symbol of Warsaw is a fighting mermaid.

Warsaw used to be a fishing village. According to legend, one day a mermaid came to the village and was taken prisoner. The mermaid was saved by a young fisherman, and she promised to guard the town in gratitude.



Hello

Cześć

Good morning

Dzień dobry

Good evening

Dobry wieczór

Good night

Dobranoc

Goodbye

Do widzenia

Excuse me

Przepraszam

Sorry

Przepraszam

Cheers!

Na zdrowie!





Gzegzółka

Chrząszcz

Żdźbło

Rzeżucha

Szedł Sasza suchą szosą susząc
sobie szorły.

konstantynopolitańczykowieczka

Four seasons



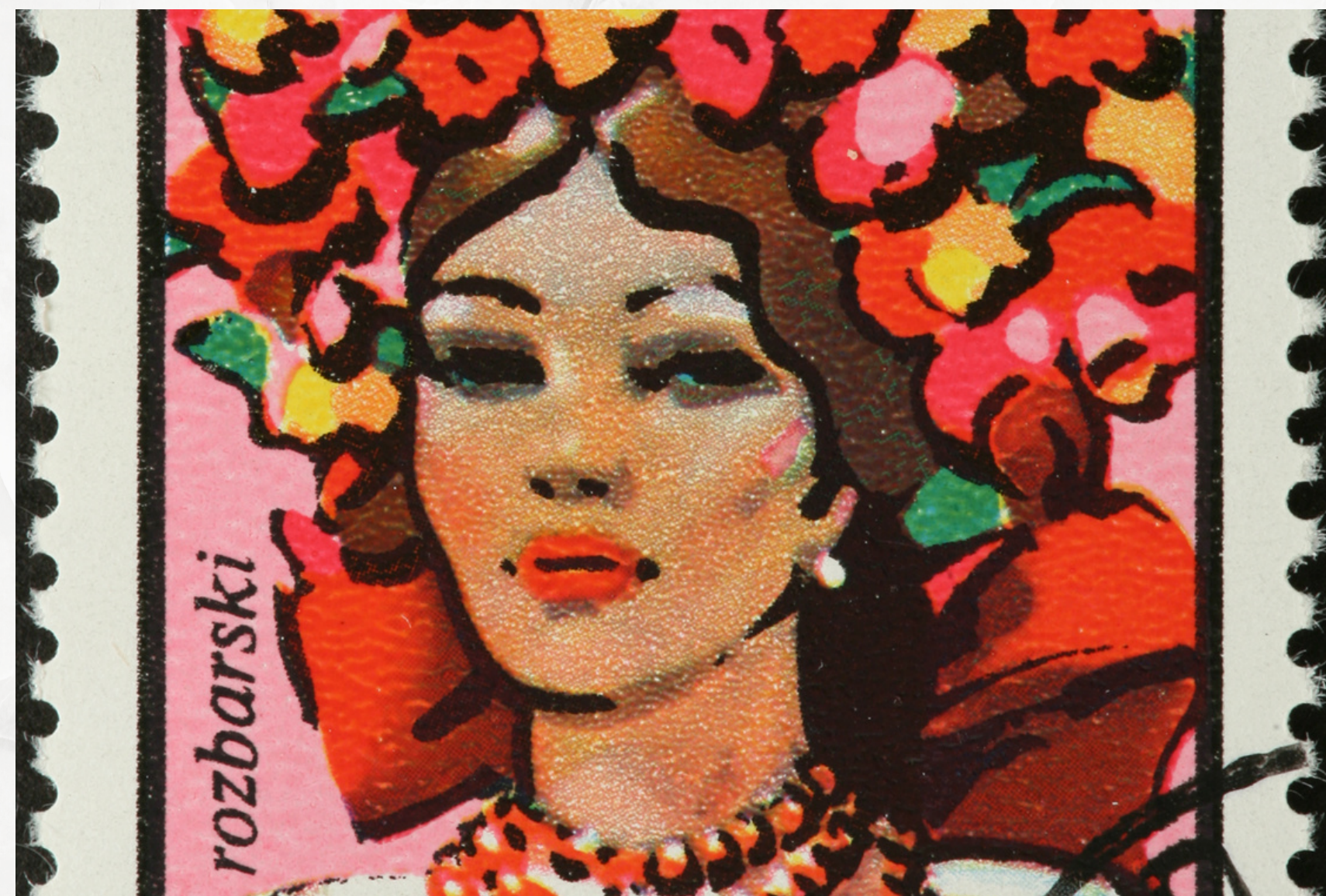


POLISH FOLK COSTUMES



Regional folklore in the territory of today's Poland began to develop in the nineteenth century, during the partitioning period.

To this day, areas where local folklore is maintained and cultivated have been preserved in Poland, such as Kashubia, Kurpie, Podhale, Silesia and the former Łowicz Principality as well as many other regions of Poland.



Folklore of Łowicz



Thanks to its unique character, the folklore of Łowicz has gained a reputation not only in Poland, but also worldwide.

The most popular folk handicrafts in the Łowicz region are **cut-outs**. Cut-outs are created by **cutting out patterns on coloured paper**, and pasting smaller motifs onto their larger counterparts. The most frequently used motifs are **plant ornaments, flowers and roosters**.

In 2014 they became so popular that people started using them again in clothes and house decorations.

Cut-outs of Łowicz





Ceramics Bolesławiec

... has long been the trademark of Bolesławiec, a town located in Lower Silesia. Produced since the beginning of the 19th century as a handicraft, it has not changed its original unique character until today. People from all over the world admire its characteristic folk artistic look, which is why it is often called artistic ceramics. Although the technology of making and firing has changed slightly over the years, the way it is decorated has remained unchanged to this day. Each ceramic product is hand painted or stamped. Thanks to this, each product is unique and in its own way unique.

Polish glass industry

The Polish glass industry comprises over 100 companies. About one third of them have a production capacity of more than **20 tonnes per day**. Polish glassworks produce over three million tons of glass per year. The vast majority of the production of leading glassworks is sold abroad. They produce a very wide range of products - from **tableware, tasteful vases and other decorative items**, to **lampshades and multi-layer glass products**.



Embroidery



They were embroidered on self-made canvas and woollen fabrics, and embroidered silk and cotton fabrics and leather goods. Initially, the threads were hand spun from **flax and wool** and **dyed with natural dyes**. Over time, factory threads of different colours and thicknesses became common. Folk embroidery developed due to the blossoming of folk costumes in the **second half of the 19th century**.

Polonez



Polonaise (Polonez) is a group dance. It is a charming one. Danced with a dignified step and smooth. Although it is a rather slow dance, it is very diversified by the variability of its figures.

Highlander dances

Highlander dances are primarily male dances that aim to show the strength and agility of the dancers.

While performing the dance, the Highlander had to show his skills and thus dazzle his partner.

The specification of highlander dances, has made the role of a woman in the dances very small, often decorative.





Highlander music

The highland band consisted mainly of four players.

The most popular instruments are the violin, clarinet and bass.

Basses from the construction site are similar to a small contrabass.

According to highlanders musicians it is the instrument on which it is easiest to learn to play.



Polish traditional food



Polish traditional food



The most popular alcohol in Poland



Śmigus - dyngus

Wet Monday/Easter Monday

The propeller consisted mainly in symbolic beating with willow or palm trees on its feet and pouring cold water, which symbolized spring cleansing from dirt and disease and later also from sin. The Slavs believed that pouring water was supposed to promote fertility, therefore the pouring was mainly on the maids' release, for this reason the rites of pouring water were sometimes matrimonial in nature.



Name day



Apart from the birthday, Poland celebrates its **name day**. Day and month is completely different from the birthday. Often older people celebrate a **name day** instead of a **birthday**.



3 kisses on the cheek

A broken mirror

- 7 years of misery



A black cat



When the black cat runs before us - something bad will happen.

Knocking on the unpainted wood

- when you talk about something bad and don't want
it to happen.





Stork

When a stork makes his nest next to the house, it means that a **new child** will appear in this house.



Polish men



gentlemen





People of Poland



Wisława Szymborska



Maria Skłodowska-Curie



Olga Tokarczuk



Wanda Rutkiewicz



Anja Rubik



100 Years of Beauty - Poland



Watch later



Share

1930s





Adam Mickiewicz



Mikołaj Kopernik



Fryderyk Chopin



Tadeusz Kościuszko

Folk & LORE

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