

# ACADEMIC PLANNER

for Erasmus+ students in Poland

2019/20

erasmus<sup>+</sup>

Changing lives,  
opening minds!



FRSE  
Publications

# ERASMUS+

changing lives

opening minds!

## Dear ERASMUS+ Student!

We are delighted you are taking part in the ERASMUS+ programme. Welcome and thank you for choosing Poland! As an ERASMUS+ student in our country, you are about to embark on one of the most exciting times in your academic career. We have no doubts you are both excited and nervous about the adventures and challenges that lie ahead.

Your Academic Planner is a handbook of useful information that will certainly help you during your stay in Poland. Please read it carefully and customise it to your personal needs. The planner suggests ways of spending your free time, recommends sites worth visiting and tells you how to deal with problems you might encounter. So if you miss home already, don't! Instead, make yourself at home in Poland, get familiar with its history, traditions and culture. Experience our Polish hospitality, make lasting friendships and pick up some language as well!

## We hope you enjoy your stay in Poland!



Come to study in Poland  
[erasmusplus.org.pl/in-poland](https://erasmusplus.org.pl/in-poland)

go-poland.pl

your

# ACADEMIC PLANNER

for Erasmus+ students in Poland

## 2019/20

NAME

SURNAME

PHONE NUMBER

E-MAIL ADDRESS

ADDRESS

INSTITUTION OF HIGHER EDUCATION IN POLAND

FACULTY

HOME COUNTRY

CONTACT IN CASE OF EMERGENCY

erasmus+

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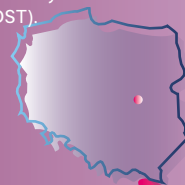
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## POLAND IN BRIEF

<b>Official name</b>	Republic of Poland (short form: Poland), <i>Rzeczpospolita Polska</i> (short form: <i>Polska</i> )
<b>Flag</b>	two horizontal stripes of equal width, the upper one white and the lower one red
<b>Emblem</b>	white eagle with a golden crown on a red shield, facing right
<b>Official language</b>	Polish
<b>Currency</b>	złoty, PLN
<b>Government</b>	parliamentary republic
<b>Economy</b>	free market economy since 1990
<b>Location</b>	Central Europe. Poland borders Germany, Chechia, Slovakia, Ukraine, Belarus, Lithuania and Russia. Its northern border runs along the Baltic Sea coast.
<b>Capital</b>	Warszawa (Warsaw: population 1.7 million, Warsaw agglomeration: 2.6 million)
<b>Major cities</b>	Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Katowice, Białystok
<b>Area</b>	312,685 sq km (ninth largest country in Europe)
<b>Population</b>	38 million, out of which: <ul style="list-style-type: none"><li>♦ 95% are Poles; largest national minorities: Ukrainians, Belarusians and Germans;</li><li>♦ 60% live in urban areas and 40% in rural areas;</li><li>♦ approx. 90% of Poles declare belonging to the Roman Catholic Church;</li><li>♦ Poland is the seventh largest population in Europe (excluding Russia) and the sixth largest in the European Union.</li></ul>
<b>Time zone</b>	Poland belongs to the Central European time zone (GMT + 1 hour / UTC + 1 hour); between the last Sunday of March and the last Sunday of October it switches to daylight saving time (DST).
<b>Calling code</b>	+ 48
<b>Internet domain</b>	.pl
<b>Emergency number</b>	112



# POLISH LANGUAGE

Polish belongs to West-Slavic group of the Indo-European family of languages. It is classified as an inflected and synthetic system. As an individual language, Polish evolved in the 10th century and played an important role in the establishment and development of the Polish state. Until the 14th century, Polish existed only in the form of several regional spoken variations. As a literary, superregional language, Polish was distinguished in the 15th and 16th centuries, which is demonstrated by the extensive collection of Renaissance literary works.

The number of people speaking Polish as their mother tongue exceeds 45 million, 38 million of which live in Poland. Large groups of Poles and ethnic Poles have been living outside their homeland for many generations, mainly in the USA, Canada, Australia, Germany, UK, France, Belarus, Kazakhstan, Lithuania and Ukraine. Today, Polish is gaining popularity as a foreign language taught at language schools and in academic centres across Poland and worldwide.

## ENGLISH-POLISH ONLINE DICTIONARIES:

[www.ling.pl](http://www.ling.pl)

(multilingual dictionary: Polish-English, German, French, Spanish, Italian, Russian)

[www.dictionary.pl](http://www.dictionary.pl)

[www.dict.pl](http://www.dict.pl)

[www.bab.la](http://www.bab.la)

[www.dictionary.cambridge.org/dictionary/english-polish](http://www.dictionary.cambridge.org/dictionary/english-polish)

ENG

HELLO/HI!	CZEŚĆ!
GOOD MORNING	DZIEŃ DOBRY
GOOD EVENING	DOBRY WIECZÓR
GOOD NIGHT	DOBRA NOC
GOOD BYE	DO WIDZENIA
I'M SORRY / EXCUSE ME	PRZEPRASZAM
THANK YOU	DZIĘKUJĘ
THANKS!	DZIĘKI!
PLEASE	PROSZĘ
YES	TAK
NO	NIE
HOW ARE YOU?	JAK SIĘ MASZ?
I'M FINE	DOBRCZE / W PORZĄDKU
I DON'T SPEAK POLISH	NIE MÓWIĘ PO POLSKU
I DON'T UNDERSTAND	NIE ROZUMIEM
COULD I HAVE THIS?	POPROSZĘ TO
WHAT TIME IS IT?	KTÓRA GODZINA?
WOULD YOU LIKE...?	CHCIAŁBYŚ?

PL

Az

język polski

CZ

ENG

WEEKDAY	DZIEŃ TYGODNIA
MONDAY	PONIEDZIAŁEK
TUESDAY	WTOREK
WEDNESDAY	ŚRODA
THURSDAY	CZWARTEK
FRIDAY	PIĄTEK
SATURDAY	SOBOTA
SUNDAY	NIEDZIELA

PL

ENG

MONTH	MIESIĄC
JANUARY	STYCZEŃ
FEBRUARY	LUTY
MARCH	MARZEC
APRIL	KWIECIEŃ
MAY	MAJ
JUNE	CZERWIEC
JULY	LIPIEC
AUGUST	SIERPIEŃ
SEPTEMBER	WRZESIEŃ
OCTOBER	PAŹDZIERNIK
NOVEMBER	LISTOPAD
DECEMBER	GRUDZIEŃ

PL

# MAJOR POLISH CITIES

**Gdańsk** – a major Polish seaport. Together with Gdynia and Sopot it forms a metropolis called Tricity (*Trójmiasto*) with approximately 750,000 inhabitants. It has a beautiful Old Town reflecting its long and turbulent history. It used to be an important Hanseatic city and was owned alternately by Poland and Germany. It is also the city where World War II began and the birthplace of the Polish Solidarity movement (see "Poland after the World War II").

**Poznań** – one of the oldest and largest Polish cities. Thanks to its location on the Paris-Moscow route it has always been an important transport and trade centre. International Trade Fairs have been held there annually since 1925. Today, the city's economic power peaks due to numerous foreign investments. This, together with a great number of universities and research institutes, makes it the second fastest developing city in Poland.

**Wrocław** – the fourth largest Polish city and the capital of Lower Silesia (*Dolny Śląsk*). Wrocław has a large, beautiful Old Town and unique atmosphere which is a result of its rich history and astonishing location. It is situated on several islands that are surrounded by the Oder River and its tributaries. Wrocław is a city of students, known for music and theatre festivals, as well as its bustling nightlife.

Gdańsk

Poznań

Wrocław

Łódź

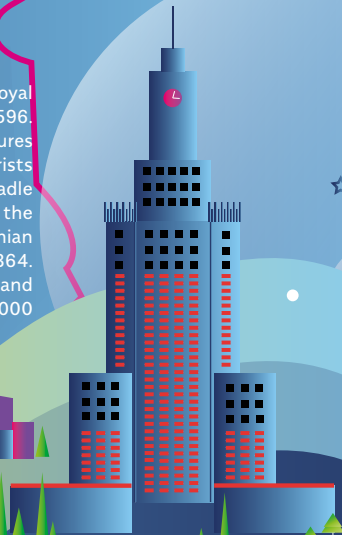
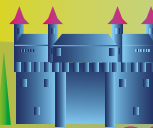
Kraków

Warszawa

**Warszawa** – the capital of Poland with over 1.7 million inhabitants. It is a business city attracting many Poles in search of education and job opportunities. Thanks to its numerous schools of higher education, it has a vibrant spirit and constitutes an important academic and cultural centre. During World War II, the city was almost completely destroyed. Its present architectural landscape has largely been shaped by the years of communism (exemplified by the Palace of Science and Culture) and its entrepreneurial character (skyscrapers).

**Łódź** – the third largest city in Poland in terms of population, located in the centre of the country. In the 19th century it used to be the main industrial power of Poland thanks to its textile industry. Recently, it has been turning into a cultural centre. It is famous for the Łódź Film School where most famous Polish actors, cameramen and directors such as Roman Polanski and Andrzej Wajda learnt their profession. In total, the city has 28 schools of higher education.

**Kraków** – the former seat of the royal family and capital of Poland until 1596. Its stunning architecture and treasures of art attract thousands of tourists each year. It is considered the cradle of the Polish science because the first Polish university, the Jagiellonian University, was founded there in 1364. Today, it is an important cultural and academic centre with over 730,000 residents.



# Academic calendar

# 2019/20 in Poland

## OCTOBER 2019

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## JANUARY 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## APRIL 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## JULY 2020

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## NOVEMBER 2019

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## FEBRUARY 2020

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

## MAY 2020

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## AUGUST 2020

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

## DECEMBER 2019

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## MARCH 2020

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## JUNE 2020

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## SEPTEMBER 2020

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# Let's start!

1

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

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2

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

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3

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

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4

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

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5

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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6

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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## Famous Polish people quotes

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*The voice of passion is better than the voice of reason.  
The passionless cannot change history.*

*In a room where people unanimously maintain  
a conspiracy of silence, one word of truth sounds like a pistol shot.*

*Not that I want to be a god or a hero. Just to change into a tree,  
grow for ages, not hurt anyone.*

Czesław Miłosz

(poet, prose writer and translator, Nobel Prize winner)

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7

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

8

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

9

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

10

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

11

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

12

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

13

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

...



Every two years young people from all corners of the globe gather together for the chance to win a prestigious medal in their chosen skill in the **WorldSkills Competitions**. They compete in 56 skills across a wide range of industries — from joinery to floristry; hairdressing to electronics; and autobody repair to bakery. In 2019, the 45th Competition took place in Kazan, Russia. It brought together 1,354 young professionals from 63 countries and regions, among them – 11 Poles. Representing Cooking, 23-year-old **Maciej Pisarek** finished the Competition with a silver medal!

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14

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

15

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

16

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

17

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

18

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

19

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

20

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

...



**Pola Negri** (born Apolonia Chałupiec, 1897–1987)

was a Polish stage and film actress who was famous during the Silent and Golden Eras of Hollywood and European film for her tragedienne and femme fatale roles.

She was the first European film star to have been invited to Hollywood and become one of the most popular actresses in American silent film.

She also started several important women's fashion trends that are still staples of the fashion industry.

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21

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

22

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

23

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

24

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

25

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

26

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

27

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

...



Jerzy Iwanow-Szajnowicz (1911–1943) – was a distinguished swimmer, a Greek champion in 100 m freestyle in 1931 and the member of the Polish national water polo team. He became a prodigious saboteur in the Greek Resistance during World War II.

Horizontal lines for writing notes.

28

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

29

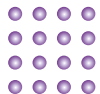
TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

30

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

31

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK



# WHILE IN POLAND

try wandering around  
in Bieszczady Mountains  
or admire  
the view from above Morskie Oko Lake  
in the Tatra Mountains





# FILM

## **ANDRZEJ WAJDA** (1926–2016)

film and theatre director. Recipient of an Honorary Oscar, the Palme d'Or, as well as Honorary Golden Lion and Golden Bear Awards. He was known especially for his trilogy of war films consisting of "A Generation" (1954), "Kanał" (1956) and "Ashes and Diamonds" (1958). He is one of the world's most renowned filmmakers whose works chronicled his native country's political and social evolution. As a director he dealt with the myths of Polish national identity, offering insightful analyses of the universal element of the Polish experience – the struggle to maintain dignity under the most trying circumstances. Four of his films have been nominated for the Academy Award for Best Foreign Language Film: "The Promised Land" (1975), "The Maids of Wilko" (1979), "Man of Iron" (1981) and "Katyn" (2007).

## **KRZYSZTOF KIEŚLOWSKI** (1941–1996)

film director and screenwriter, known internationally for his film cycles "The Decalogue" (1988) and "Three Colors" (1993–94), that received three Oscar nominations.

## **POLISH FILM FESTIVALS**

Gdynia Film Festival [www.fpff.pl/en/festival](http://www.fpff.pl/en/festival)

Camerimage [www.camerimage.pl](http://www.camerimage.pl)

International Film Festival Etiuda & Anima [www.etiudaandanima.pl/en](http://www.etiudaandanima.pl/en)

Warsaw International Film Festival [www.wff.pl/en](http://www.wff.pl/en)

New Horizons Festival [www.nowehoryzonty.pl](http://www.nowehoryzonty.pl)

Krakow Film Festival [www.krakowfilmfestival.pl](http://www.krakowfilmfestival.pl)

(read more on pages: 120–122)

## **POLISH OSCARS (ACADEMY AWARDS) WINNERS:**

1942 Leopold Stokowski: honorary Oscar for music – "Fantasia"

1953 Bronisław Kaper: Best Music, Scoring of a Dramatic or Comedy Picture – "Lili"

1982 Zbigniew Rybczyński: Best Animated Short Film – "Tango"

1994 Janusz Kamiński: Best Cinematography – "Schindler's List"

1999 Janusz Kamiński: Best Cinematography – "Saving Private Ryan"

2000 Andrzej Wajda – honorary Oscar for his numerous contributions to cinema

2003 Roman Polański: Best Director – "The Pianist"

2005 Jan A.P. Kaczmarek: Best Music, Best Original Score – "Finding Neverland"

2015 Paweł Pawlikowski: Best Foreign Language Film – "Ida"

## **AGNIESZKA HOLLAND** (born 1948)

film and theatre director and screenwriter, best known for her political contributions to Polish New Wave Cinema. Some of her best known pictures are "Europe, Europe" (1990), "The Secret Garden" (1993), "Washington Square" (1997) and "In Darkness" (2011). In 2017, she received Alfred Bauer Prize (Silver Bear) for her film "Sporo" at the Berlin International Film Festival.

## **ZBIGNIEW RYBCZYŃSKI** (born 1949)

cinematographer, director and multimedia artist considered a pioneer in HDTV technology, laureate of the Oscar for Best Animated Short Film for "Tango". He has created many music videos for artists such as Mick Jagger, Simple Minds and for John Lennon's "Imagine".

## **KRYSZYNA JANDA** (born 1952)

actress and theatre director. She has starred in many Andrzej Wajda's films, such as "Man of Marble" (1976) and "Man of Iron" (1981). Currently, she runs her own theatre in Warsaw.

## **ROMAN POLAŃSKI** (born 1933)

film director, producer, writer and actor. He is best known for his "Rosemary's Baby" (1968), "Chinatown" (1974), "Tess" (1979) and "The Pianist" (2002), for which he was awarded an Oscar.

**JERZY STUHR** (born 1947)

film and theatre actor and director. He worked with famous Polish directors (such as Kieślowski, Holland, Wajda, Zanussi). Popular also for his comedic roles. Since 1980s he has worked with Italian theatres and film directors. He received prestigious Polish, Italian and international awards.

**PAWEŁ PAWLIKOWSKI** (born 1957)

is a Polish BAFTA Award-winning filmmaker. He has garnered much acclaim for his "Last Resort" and "My Summer of Love", loosely based on Helen Cross's novel, both awarded at many festivals around the world. His movie "Ida" was hailed by the New York Times as a "film masterpiece" and has gained fans all over the world. In 2018, Pawlikowski won the Best Director award at the Cannes Film Festival for his love story movie "Cold War". The film has received numerous accolades, including three nominations at the 91st Academy Awards (Best Foreign Language Film, Best Director and Best Cinematography) and four at the 72nd British Academy Film Awards, including Best Direction and Best Film Not in the English Language.

**JANUSZ KAMIŃSKI** (born 1959)

cinematographer who has photographed all of Steven Spielberg's films since 1993 "Schindler's List". He won the Academy Award for Best Cinematography twice: for "Schindler's List" and "Saving Private Ryan".

1

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK



All Saints' Day

2

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

3

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

”

## Famous Polish people quotes

”

*Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.*

**Maria Skłodowska-Curie**

(physicists and chemist famous for her pioneering research on radioactivity, Nobel Prize winner)

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4

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

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5

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

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6

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

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7

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

---

8

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

---

9

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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10

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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The code used by the German ENIGMA machine was broken in 1932 by three Polish mathematicians: Marian Rejewski, Henryk Zygalski and Jerzy Różycki, which enabled Allied code breakers to decrypt a vast number of messages during the World War II.

Krystyna Skarbek (1908–1952) also known as Christine Granville and Paulina Armand – was a British first special woman agent of WW II, named “the favourite spy of Winston Churchill”. It has been suggested that she was an inspiration for Vesper Lynd character at Ian Fleming’s first “James Bond” novel – “Casino Royale” (1953).

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11

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK



National Independence Day

12

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

13

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

14

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

15

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

16

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

17

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Did you know that...

11th of November is one of the most important holidays in Poland. In 1918, Poland regained independence after 123 years of partition by the Russian Empire, the Kingdom of Prussia and the Habsburg Empire.

Horizontal lines for writing notes.

# 18

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

# 19

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

# 20

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

# 21

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

# 22

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

# 23

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

# 24

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

... **Did you know that...** ... 

**Izabella Scorupco** (born 1970), most famous for appearing as a Bond girl Natalya Simonova in the 1995 James Bond film "Golden Eye" is an actress of Polish origin. In Poland she is also known for her role in a historical drama "Ogniem i mieczem" ("With Fire and Sword", 1999), an adaptation of a Henryk Sienkiewicz's novel.

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25

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

26

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

27

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

28

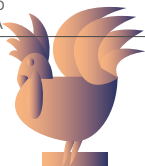
THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

29

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

30

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA



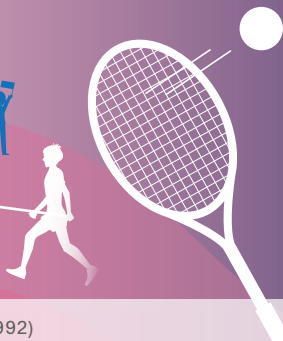
## WHILE IN POLAND

try tasting gingerbread in Toruń,  
a bread rooster in Kazimierz Dolny





# POLISH SPORTSPEOPLE



## **WANDA RUTKIEWICZ** (1943–1992)

Alpine and Himalayan mountain climber. She was the first European woman and the third woman in the world who has reached the summit of Mount Everest.

## **IRENA SZEWIŃSKA** (1946–2018)

was an athlete who won 7 Olympic medals (3 gold) and took part in 5 editions of Olympic Games. In her long career she broke world records ten times. She was also the first woman to ever complete the 400 m race in under 50 seconds.

## **MAREK KAMIŃSKI** (born 1964)

famous polar explorer. He is the first person ever to reach both poles and the only traveller who has achieved this in a single year without external assistance (in 1995).

## **ROBERT KORZENIOWSKI** (born 1968)

racewalker who has won four Olympic gold medals (50 km and 20 km) and became the World 50 km Walking Champion twice.

## **ADAM MAŁYSZ** (born 1977)

one of the greatest ski jumpers of all time. He has won 38 World Cup competitions and as one of only two men ever won the overall World Cup four times. He has also gathered more titles in World Championships than any other ski jumper in the world.



## **AGNIESZKA RADWAŃSKA** (born 1989)

is a former professional tennis player born in Kraków. She is the first Polish player in the Open Era to reach the singles final of a Grand Slam (the 2012 Wimbledon Championships), the first Pole to claim a WTA singles title (the 2007 Nordea Nordic Light Open). She won the WTA Award for Most Impressive Newcomer in 2006. She has been voted the WTA's Fan Favourite Shot of the Year for five consecutive years (2013–2017) and Fan Favorite Singles Player of the Year for six years (2011–2016).

## **ROBERT LEWANDOWSKI** (born 1988)

is a footballer who plays for German Bundesliga club Bayern Munich (earlier Borussia Dortmund) and for the Poland national football team as a striker. He had started his football career in Delta Warsaw, Legia Warsaw and Lech Poznan, then, in 2010, he joined Dortmund. He is renowned for his excellent play in Champions League.

## **MARCIN GORTAT** (born 1984)

known as a „Polish hammer”, he played in NBA for almost twelve years (2007–2019). He played for Orlando Magic, Phoenix Suns and Washington Bullets. In 2018, he moved to Los Angeles Clippers. Owns overall career averages of 10.3 points, 7.9 rebounds and 1.2 blocks in over 600 games.





2

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

3

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

4

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

5

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

6

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

7

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

8

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

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Until the beginning of the 21st century, the highest railway in the world was the trans-Andes railway built in Peru in 1876 by **Ernest Malinowski** (1818–1898), a Polish engineer (today the highest railway is in Tibet).

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9

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

10

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

11

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

12

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

13

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

14

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

15

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

...



The term **vitamine** was created by **Kazimierz Funk** (1884–1967), a biochemist of Polish origin, who discovered **vitamin B1**.

The designations of **blood types: O, A, B and AB** were introduced by **Ludwik Hirszfeld** (1884–1954), a Polish microbiologist, serologist and immunologist who discovered the inheritance of blood types and the rhesus (**Rh**) factor.

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# 16

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

# 17

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

# 18

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

# 19

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

# 20

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

# 21

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

# 22

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

... **Did you know that...** ... 

**Aneta Kreglicka** is a Polish model and a businesswoman who won the 1989 Miss World beauty pageant held in Hong Kong.

**Anja Rubik** is a Polish model, activist, philanthropist and businesswoman. She is considered to be one of the most internationally successful models of the mid- to late-2000s to today.

Rubik is known for her effortless style and for being the muse of Anthony Vaccarello. She currently lives and works in New York.

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23

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

24

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTÓREK



Christmas Eve

25

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA



Christmas Day

26

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK



Boxing Day

27

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

28

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

29

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

## WHILE IN POLAND



*try skiing and snowboarding in the Tatra  
or Bieszczady Mountains*

30

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

31

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

## FAMOUS POLISH SCIENTISTS



### MIKOŁAJ KOPERNIK (NICOLAUS COPERNICUS) (1473–1543)

was a Renaissance astronomer and the first European to contend that it is the Sun, not the Earth, that is at the centre of the Solar System.

### KAROL OLSZEWSKI (1846–1915)

### and ZYGMUNT WRÓBLEWSKI (1845–1888)

were the first scholars in the world who liquefied oxygen, nitrogen and carbon dioxide from the atmosphere in a stable state (1883). Olszewski was also the first to liquefy hydrogen, achieving a record low temperature of  $-225\text{ }^{\circ}\text{C}$  (1884).

### MARIA SKŁODOWSKA-CURIE (1867–1934)

was a physicist and chemist famous for her pioneering research on radioactivity. She was the first woman ever to receive the degree of a Doctor of Science and the first female professor appointed at the Sorbonne. To this day, Skłodowska-Curie remains the only woman who received two Nobel Prizes, and the only scientist in history to be awarded two Nobel Prizes in two different fields of study (physics in 1903 and chemistry in 1911).

### HENRYK ARCTOWSKI (1871–1958)

was a Polish scientist, oceanographer and Antarctica's explorer whose name has been given to a number of geographical features in Antarctica (Henryk Arctowski Polish Antarctic Station) and Spitsbergen.

### MARIAN SMOLUCHOWSKI (1872–1917)

was a pioneer of statistical physics, including fundamental work on the kinetic theory of matter. Smoluchowski proposed the equation of diffusion in an external potential field which bears his name. His investigations concerned also the blue color of the sky as a consequence of light dispersion on fluctuations in the atmosphere.

### MIECZYŚLAW WOLFKE (1883–1947)

was a physicist, a pioneer in work on X-ray microscopy that helped to lay the foundation for the development of holography. He invented the mercury-cadmium lamp and discovered two liquid phases of helium and solidification of helium. In the years 1931–1934, Wolfke was Grand Master of the National Grand Lodge of Poland.

### JAN CZOCHRALSKI (1885–1953)

“the father of electronics”, was a great metallurgist, chemist and inventor of several new research methods and patents, best known from the method of single crystal growing. The worldwide known “Czochralski method” is used in the production of semiconductor wafers. Without his invention, today we would not have computers, television sets, telephones, microwave ovens etc.

### STEFAN BANACH (1892–1945)

was a mathematics prodigy who founded one of the most important mathematical fields – functional analysis. He also founded and led the Lwów School of Mathematics to research this branch of mathematics.

### KAZIMIERZ MICHAŁOWSKI (1901–1981)

was an archaeologist and Egyptologist who made many discoveries in Egypt, Sudan and Crimea, and founded Nubiology, an archeological area concerned with the scientific study of Ancient Nubia and its antiquities. Today, his work is continued by expeditions of Polish scientists, who have excavated many splendid masterpieces of ancient architecture, art and ceramics, revealing spectacular facts about the archaic reality.



### **ALFRED TARSKI** (1901–1983)

was a logician, mathematician and philosopher who created a semantic theory of truth and the theory of models. He contributed to abstract algebra, topology, geometry, measure theory, mathematical logic, set theory, and analytic philosophy.

### **HENRYK MAGNUSKI** (1909–1978)

was a telecommunication engineer and the inventor of the Motorola's (GMC) SCR-300 FM "Walkie-Talkie" radio, popular with American forces in Europe during WW II, and AN/CPN-6 Radar Beacon – a microwave device which aided carrier pilots to find their ship during low visibility conditions.

### **STEFANIA CHWAŁEK (STEPHANIE KWOLEK)** (1923–2014)

was an American chemist of Polish origin, named "the mother of Kevlar®" – synthetic fiber of exceptional strength and stiffness, developed at DuPont in 1965. Kevlar is a material used in more than 200 applications, including tires, bullet-proof vests, skis, boats, airplanes, cables, fire fighter boots and cut-resistant gloves. The scientist worked for DuPont for forty years and won a number of awards in polymer chemistry, and was fourth woman invited to the U.S. National Inventors Hall of Fame.

### **ZBIGNIEW RELIGA** (1938–2009)

was a cardiac surgeon and the Minister of Health (2005-2007). He was a pioneer in human heart transplantation in Poland. In 2004, together with his team, he obtained a prestigious "Brussels Eureka" award at the World Exhibition of Innovation, Research and Technology for developing an implantable pump for a pneumatic heart assistance system.

### **SYLWESTER POROWSKI** (born 1938)

is a physicist who built, with his team, a blue semiconductor laser (2001) with a groundbreaking method, which allows applying the laser in medical diagnostic tests, environmental monitoring and in the production of new generation of televisions, video projectors and various storage media.

### **ALEKSANDER WOLSZCZAN** (born 1946)

is an astronomer who found the first evidence for the existence of an extrasolar planetary system and pulsar planets in 1992 (together with Dale Frail).

### **AGNIESZKA ZALEWSKA** (born 1948)

is a Professor at the H. Niewodniczański Institute of Nuclear Physics of the Polish Academy of Sciences in Krakow. She has a distinguished career in particle physics and a long association with CERN (European Organization for Nuclear Research). From 2013 to 2015 she was a President of CERN council.

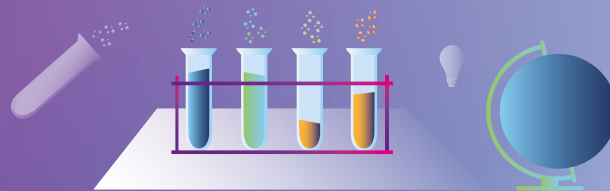
### **ANDRZEJ UDALSKI** (born 1957)

is an astronomer and leader of the Optical Gravitational Lensing Experiment. This project, run since 1992, has already brought numerous breakthrough discoveries, including that of many planets outside our solar system. In 2009

the team obtained the prestigious Advanced Investigators Grant of 2.5 million Euro from the European Research Council for continuing the project.

### **BRONISŁAW MALINOWSKI** (1884–1952)

was a remarkable Polish anthropologist, a founder of social anthropology. He created a functionalist approach to the study of Culture. His research was pioneering because of the innovative method of study – "participant observation". He spent years studying indigenous cultures in the Trobriand Islands near Papua New Guinea.



### **POLISH SCIENCE: TODAY AND IN THE OLD DAYS**

For the past 20 years, Poland has been actively involved in international programmes supporting cross-border cooperation in commercial and academic research, such as COST, EUREKA and Eurostars. Their aim is to enhance the competitiveness of European economies.

- ◊ In 2006, Poland has initiated the National Foresight Programme "Poland 2020", whose aim is to draw up a plan for the future of scientific research and development in Poland in order to accelerate social and economic growth.
- ◊ Poland has an extensive network of research centres operating as institutes of the Polish Academy of Sciences (Polska Akademia Nauk), at schools of higher education, within scientific societies, foundations, libraries and museums.
- ◊ In 2010, the modern, interactive Copernicus Science Centre opened in Warsaw ([www.kopernik.org.pl](http://www.kopernik.org.pl)). The Centre is a cultural institution aimed to popularise scientific knowledge, explain natural phenomena in the surrounding world and inform about new achievements in science and technology.

### **DID YOU KNOW THAT...**

- ◊ 1364: Jagiellonian University is founded in Kraków. It is the first University in Poland and the second oldest University in Central-Eastern Europe.
- ◊ 1773: the first Ministry of Education in Europe under the name of the Commission of National Education is founded in Poland.



Happy New Year !! 2020 !!

1

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

New Year's Day

2

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

3

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

4

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

5

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

”

”

## Famous Polish people quotes

*Whatever has been achieved through pressure and violence is unstable, unreliable and incorrect.*

*Life never gives more than partial liberation. Achievement can never be more than fragmentary.*

Janusz Korczak

(Polish-Jewish educator, children's author, pedagogue)

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6

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK



Epiphany

7

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

8

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

9

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

10

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

11

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

12

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Did you know that...



The first female lecturer in anthropology at Oxford University was [Maria Antonina Czaplicka](#) (1884–1921), a Polish cultural anthropologist who is best known for her works on ethnography of Siberian tribes and shamanism.

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13

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

14

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

15

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

16

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

17

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

18

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

19

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Did you know that...



Many inventions of [Jan Szczepanik](#) (1872–1926), called “Polish Edison”, are still used in the motion picture industry, photography and television. Szczepanik held several hundred patents and made over 50 discoveries. Some of his concepts influenced the development of TV broadcasting, such as the telectroscope (an apparatus for distant reproduction of images and sound).

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20

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

21

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

22

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

23

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

24

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

25

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

26

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

...



**Esperanto**, the first international language, was created by **Ludwik Zamenhof** (1859-1917), a Polish medical doctor from Białystok.

**Veturilo** is a Warsaw public bicycle-sharing system, launched on 1 August 2012. Since then it gained many fans, especially as first 20 minutes of use is for free! The word "veturilo" comes from Esperanto and means "a vehicle". You can also find bike-sharing systems in other Polish cities.

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27

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

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28

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

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29

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

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30

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

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31

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

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## WHILE IN POLAND

try visiting the Main Square in Kraków  
and listen to the trumpeter playing *Hejnat Mariacki*

(St. Mary's Trumpet Call)





# POLISH LITERATURE

**WITOLD GOMBROWICZ** (1904–1969)

avant-garde novelist, playwright and essayist, whose innovative works are admired for their psychological insight and philosophical meaning, conveyed by means of paradox and absurd.

**CZESŁAW MIŁOSZ** (1911–2004)

poet, prose writer and translator; for over thirty years he was a professor of Slavic Languages and Literatures at the University of California in Berkeley. He received the Nobel Prize in Literature in 1980.

**STANISŁAW LEM** (1921–2006)

world-famous science fiction writer, philosopher, futurologist and satirist. His works have been translated into 41 languages and sold in over 27 million copies. His influence on the science fiction literature is compared to H. G. Wells's.

**WIŚŁAWA SZYMBORSKA** (1923–2012)

poet, essayist and translator, awarded the 1996 Nobel Prize in Literature for her poetic endeavours. In 2001, she became an honorary member of the American Academy of Fine Arts and Literature, which is the most important American distinction awarded to renowned artists.



**RYSZARD KAPUŚCIŃSKI** (1932–2007)

prolific writer and reporter who travelled the world in the search of exotic worlds and described what he saw in his books. His best-known reportage is "The Emperor". He is the second (after Stanisław Lem) most often translated Polish writer.

**OLGA TOKARCZUK** (born 1968)

a Polish writer, essayist and activist, awarded the 2019 Nobel Prize in Literature "for a narrative imagination that with encyclopedic passion represents the crossing of boundaries as a form of life". In 2018 she won the Man Booker International Prize in for "Flights" (*Bieguni*). She is one of the most translated Polish writers.

**ANDRZEJ SAPKOWSKI** (born 1948)

fantasy writer, who is the author of best-selling book series "The Witcher" (*Wiedźmin*). This cycle and his other works have made him one of the best-known fantasy authors in Poland. "The Witcher" cycle inspired a Polish game publisher to create an action-oriented role-playing game under the same title. In October 2016, Sapkowski received the World Fantasy Lifetime Achievement Award for demonstrated outstanding service to the fantasy field. In May 2017, Netflix announced the start of production on an adaptation of "The Witcher" book series into an English language drama TV series.

## POLISH WINNERS OF NOBEL PRIZE IN LITERATURE:

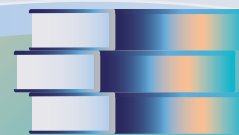
1905 - Henryk Sienkiewicz – lifetime achievement as an epic writer

1924 - Władysław Reymont – realistic novel: "The Peasants"

1980 - Czesław Miłosz – lifetime achievement

1996 - Wiśława Szymborska – lifetime achievement

2019 - Olga Tokarczuk - lifetime achievement



### WIELKA ORKIESTRA ŚWIĄTECZNEJ POMOCY

There is one of a kind event that takes place in January called *Wielka Orkiestra Świątecznej Pomocy – WOŚP* (The Great Orchestra of Christmas Charity). The main objective of this nongovernmental charity organisation is to protect the health and save children's lives by providing medical equipment to public hospitals. It is run by a charismatic radio and TV journalist [Jurek Owsiak](#).

The Organisation is best known for the biggest, annual fund-raising campaign in Poland: the Great Finale that takes place every January since 1993. During the spectacular one-day event, hundreds of volunteers across Poland collect money from Poles who get a heart-shaped red sticker in return for throwing a coin to a red tin. Each year funds are raised for a different purpose, e.g. early cancer diagnosis in children. This initiative increasingly enjoys support among Poles and from private companies, which participate in auctions of specially made gold hearts. In cities and towns across Poland artists give charity concerts, which are broadcast on TV.

For more information visit: [www.wosp.org.pl](http://www.wosp.org.pl).

1

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

2

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

”

### Famous Polish people quotes

”

*The future starts today, not tomorrow.*

*It's better to cry than be angry, because anger hurts others, while tears flow silently through the soul and clean the heart.*

*Nobody is so poor as to have nothing to give, and nobody is so rich as to have nothing to receive.*

Pope John Paul II

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# 10

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

# 11

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

# 12

WEDNESDAY  
MITTWOCHE

MIÉRCOLES  
ŚRODA

# 13

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

# 14

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK



Valentine's Day

# 15

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

# 16

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

...



You can find a [Crooked Forest](#) in Poland (Western Pomerania), which is a truly magical place. The pine trees in the forest are bent at a 90 degree angle. The grove was planted in the 1930s and the reason for the strange phenomenon is unknown. It is a great spot for a St. Valentine hike.

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17

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

18

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

19

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

20

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK



Fat Thursday

21

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

22

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

23

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

...

Did you know that...

...



**Kasia Smutniak** (born 1979) is a popular Polish born actress and model. She lives and works in Italy. She is the face of Italian designer – Giorgio Armani. She appeared in “Elle” and “Vogue”. Her most famous movies are: “From Paris with Love”, “In Your Hands” (“Nelle tue mani”), “Benvenuto presidente!” and “Fasten Your Seatbelts” (“Allacciate le cinture”).

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24

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

25

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTÓREK

26

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

27

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

28

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

29

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

# WHILE IN POLAND

go back in time by visiting the Rural

Architecture Museum of Sanok, ethnographic

open-air museum.

# TRADITIONAL HOLIDAYS & CUSTOMS



## SHROVE TUESDAY

*Ostatki* – the last day of the Carnival when people party before the beginning of Lent.

## THE FIRST DAY OF SPRING

*Pierwszy dzień wiosny* – the day of the spring equinox when people used to burn and/or drown an effigy of Marzanna, who was considered the embodiment of death and winter (“frost maiden”). Today school children play truant on that day (21<sup>st</sup> March).

## EASTER

*Wielkanoc* – one of the most important public holidays in Poland, steeped in tradition. People decorate eggs (*pisanki*) and take them in the Easter basket to

church on Holy Saturday. On Easter Sunday, when the resurrection of Christ is commemorated, Poles meet at lavish breakfasts and dinners. Many traditional dishes are prepared such as pâtés, soups typical for a particular region (e.g. *żurek*), yeast cake (*babka wielkanocna*) and specially decorated Easter short cake (*mazurek*). On Easter Monday (*Lany Poniedziałek*) people play tricks on their family and friends by pouring some water on them.

## CORPUS CHRISTI

*Boże Ciało* – the day when religious processions are organized across Poland, led by children dressed in white, who scatter flower petals before them.

## ALL SAINTS' DAY

*Wszystkich Świętych* – on this day people visit cemeteries to light up candles and pray for those who have passed away (1<sup>st</sup> November).

## EVE OF ST. ANDREW'S DAY

*Andrzejki* – is a magical night of future-telling, when people pour hot wax into cold water through a key hole and try to read their fate from the shape of the congealed wax (29<sup>th</sup> November).

## CHRISTMAS

*Boże Narodzenie* – probably the most celebrated holiday in Poland, mainly because of the Christmas Eve dinner on 24<sup>th</sup> December (*Wigilia*). On this day families meet at tables filled with typical Christmas dishes, such as red beetroot soup served with small dumplings, pickled herring, dumplings with cabbage and mushrooms, fried carp, and for dessert: poppy seed cake and gingerbread. There are many rituals connected with this evening such as sharing a Christmas wafer before dinner, singing carols and exchanging presents, which lie hidden under the Christmas tree till the end of the meal.

## FAT THURSDAY

*Tłusty czwartek* – the day of eating traditional Polish doughnuts (*pączki*) and Angel Wings (*faworki*): special sugared crispy pastry (celebrated on the last Thursday before Lent).

## 3<sup>rd</sup> MAY (CONSTITUTION DAY)

On this day in 1791 Poland as the first country in Europe and the second in the world proclaimed its modern codified constitution (*Konstytucja 3 maja*).

## 11<sup>th</sup> NOVEMBER (NATIONAL INDEPENDENCE DAY)

On this day in 1918 Poland regained independence after 123 years of partitions.

## LABOUR DAY

The 1<sup>st</sup> May has been celebrated in Poland since it was established as the International Workers' Day by the Second International. After the WW II, it became a public holiday and till 1989 the central government organized 1<sup>st</sup> May marches (*pochody pierwszomajowe*) in all cities and towns. After this date, the tradition of marches was almost entirely stopped, except for small parades still being organized by left-wing parties.

**WOMEN'S DAY**

The International Women's Day (*Dzień Kobiet*) on 8<sup>th</sup> March is a public holiday which had been widely celebrated in Poland during the communist regime. Originally, the holiday was meant to mark women's economic, social and political achievements. Nowadays some people celebrate womanhood that day by handing women flowers and small gifts, and some organise demonstrations and rallies (*manifesty*) in order to fight for the equality of rights of men and women.

**POLES ALSO CELEBRATE:**

the April Fool's Day (*Prima Aprilis*; 1<sup>st</sup> April),  
Polish National Flag Day (*Dzień Flagi*; 2<sup>nd</sup> May),  
Child's Day (*Dzień Dziecka*; 1<sup>st</sup> June),  
St. John's Night (*Sobótka*; 21<sup>st</sup>/22<sup>nd</sup> June),  
and St. Nicholas Day (*Mikołajki*; 6<sup>th</sup> December).



**1**

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

”

**Famous Polish people quotes**

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*There are more and more humans  
and less and less humanness.*

Edward Stachura

(Polish poet and writer)

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2

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

3

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

4

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

5

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

6

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

7

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

8

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Women's Day

... Did you know that... ... ??

**Radosław Wojtaszek** (born 1987) is a Polish chess grandmaster. In 2015, he defeated World Chess Champion in Tata Steel Masters in Wijk aan Zee.

**Monika Soćko** (born 1978) is a Polish chess grandmaster who won the Polish women's chess championship eight times.

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9

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

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TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

11

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

12

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

13

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

14

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

15

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Did you know that...



Jakdojade.pl – is a popular Polish app to search for transport links in cities. It is also available in English so if you need to plan your journey you should definitely install it on your smartphone!

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# 16

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

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# 17

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

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# 18

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

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# 19

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

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# 20

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

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# 21

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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# 22

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...



**Joseph Conrad** (born Józef Teodor Konrad Korzeniowski, 1857–1924), one of the greatest English novelists, author of such works as “Lord Jim”, “The Secret Agent”, “The Shadow Line”, “Heart of Darkness”. He was of Polish origin and did not speak English fluently until he was in his twenties. In his stories and novels, predominantly with a nautical or seaboard setting, he depicted trials of the human spirit by the demands of duty and honour.

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23

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

24

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

25

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

26

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

27

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

28

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

29

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

# WHILE IN POLAND

*During Easter, wear a waterproof  
jacket on Śmigus-Dyngus  
(Wet Monday)*



30

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

31

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

## In the POLISH MOUNTAINS

Although Poland's landscape is predominantly made up of lowlands, it is also varied enough to cater to the needs of sea, lake and mountain enthusiasts. If you are the mountaineer type, you should go to the south of Poland, where two large mountain chains rise: the Carpathians and the Sudety Mountains. Both ranges are popular as holiday destinations; not only in the summer among hikers, but also in the winter, when snow-covered slopes wait for skiers and snowboarders. From December till March perfect weather conditions and modern skiing facilities attract both beginners and experienced skiers.

The favorite holiday resort of Poles is Zakopane in the Tatra Mountains (highest mountain range in Poland). The reason for this is not only the town's multitude of skiing routes and over a hundred ski lifts, but, more importantly, its unique highland atmosphere and an extensive network of cosy guesthouses, luxurious villas as well as rustically-styled restaurants serving typical Polish food. Other popular destinations of winter sports fans are: Szklarska Poręba, Wisła, and Szczyrk, the latter being especially appreciated for its cable railway. If you prefer winter trekking, on the other hand, the Bieszczady range in the very southeast of Poland is where you should head.

Tatra  
Mountains

Low Beskids

Bieszczady Mountains

### FOR MORE INFORMATION, VISIT:

[www.poland.gov.pl](http://www.poland.gov.pl) (section: Tourism; Active leisure)  
[www.poland.travel/en](http://www.poland.travel/en)  
[www.polska.pl](http://www.polska.pl)

DID YOU KNOW THAT...

Beside winter sports, a typical attraction offered to tourists in Poland off the slope are brisk sleigh rides. Be prepared for an exciting adventure if you get a hot-blooded Polish highlander (*góral*) to drive your sleighs!



1

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

Prima aprilis

2

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

3

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

4

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

5

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

”

Famous Polish people quotes

”

*Maybe it is worth investigating the unknown, if only because the very feeling of not knowing is a painful one.*

Krzysztof Kieślowski

(film director and screenwriter)

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6

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

7

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

8

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

9

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

10

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

11

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

12

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Did you know that...

**Max Factor**, a popular cosmetics company, has Polish origins. It was founded in 1909 in the USA by **Maksymilian Faktorowicz** (Max Factor, 1877–1938), a Polish-Jewish chemist and cosmetician from the Łódź region. Factor’s main success was the creation of a suitable make-up for the new film medium. Presently, the Max Factor name is a popular brand of Procter & Gamble Co., which purchased the company in 1991.

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20

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK



Easter Monday

21

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

22

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

23

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

24

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

25

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

26

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

...



112 emergency number is a common European emergency services number for both fixed-line and mobile phones. Calling 112 is free of charge and you can dial it from a telephone without a SIM card.

All calls to 112 in Poland are answered by operators working at emergency communications centres.

Horizontal lines for writing notes.

APRIL APRIL AVRIL ABRIL KWIECIEŃ

27

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

28

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

29

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

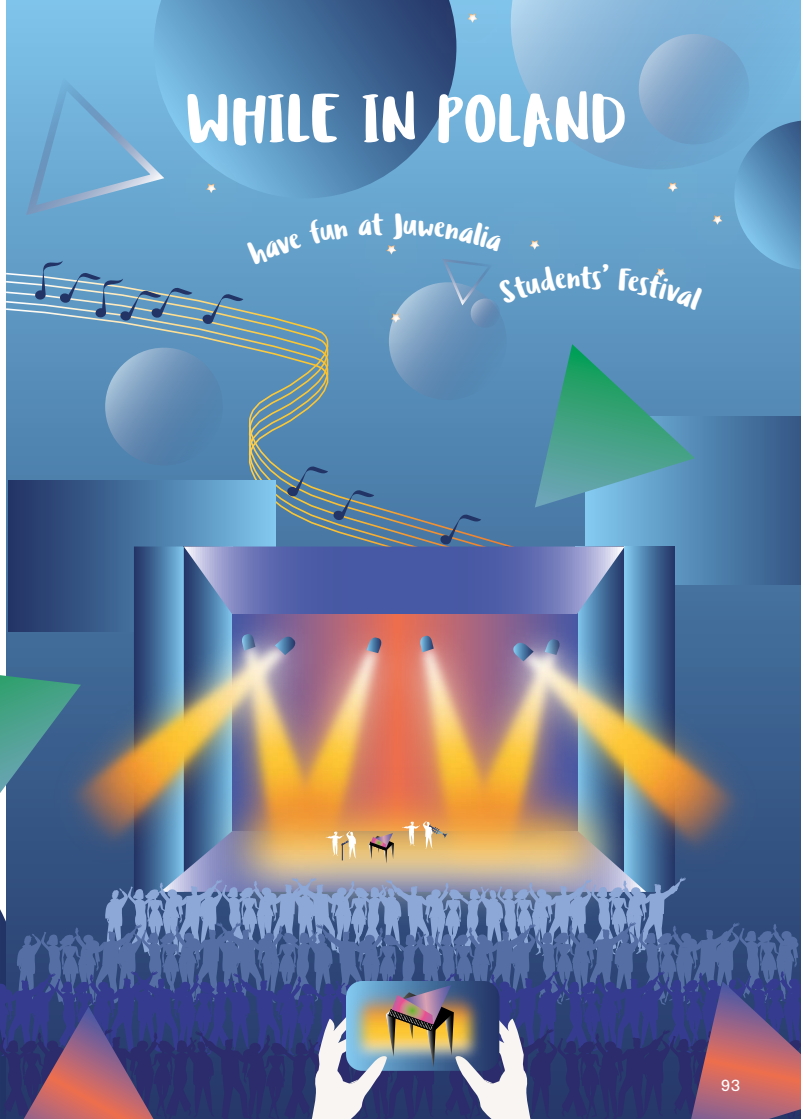
30

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

WHILE IN POLAND

have fun at Juwenalia

Students' Festival





# POLISH HISTORY AFTER WAR WORLD II

After the World War II, as a result of political frauds and manipulations, Poland became a satellite state of the Soviet Union under the name of The People's Republic of Poland (*Polska Rzeczpospolita Ludowa – PRL*). Although it officially preserved the status of an independent state, Stalin's interventions led to instituting a communist government in Poland with the USSR-controlled Polish United Workers' Party (*PZPR*) soon becoming the only legal party in the country. From 1945 till 1989 the Soviet Union steered both Poland's internal and foreign affairs and kept its Red Army troops on Polish territory. Many of the basic civil rights were confined or broken: freedom of speech, freedom of the press, freedom of movement, the right to assemble, freedom of conscience and religion. Most highest posts in Poland were given to communists nominated by Soviet leaders. All private companies were nationalized and Poland became a centrally-planned socialist economy.

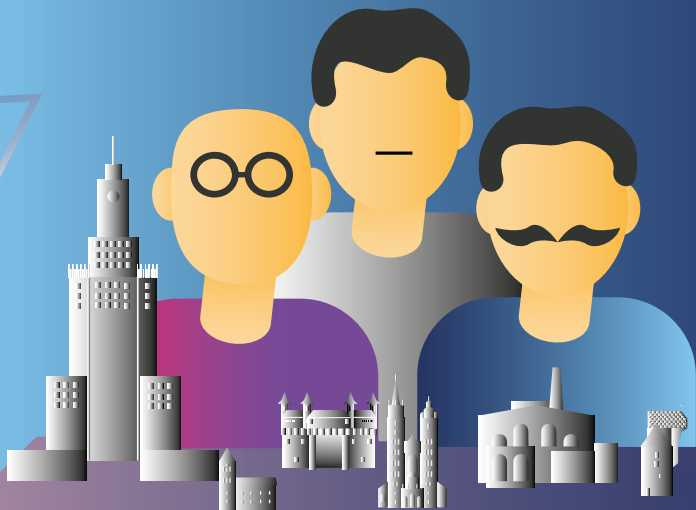
By mid 1960s the system had already brought a downturn in the economy and the counter-measures taken in 1970s only deepened the crisis. This led to massive strikes in 1980, which forced the government to concede. On 31<sup>st</sup> August protesting workers from the Gdańsk shipyard managed to sign a social contract with the government, the so-called August Agreements (*Porozumienia sierpniowe*), which made possible the creation of Solidarity (*Solidarność*), the first independent trade union. Supported by the majority of the population and led by charismatic Lech Wałęsa, Solidarity soon became too strong to be tolerated by the communist regime. On 13<sup>th</sup> December 1981 the newly nominated Prime Minister, Wojciech Jaruzelski introduced martial law (*stan wojenny*). It brought to the nation further limitation of various civil liberties, internments, imprisonments, job losses, food rationing and other repressions. Many of these did not stop after the martial law was officially suspended in July 1983.

Although Solidarity was banned in 1982, it still remained strong as an underground organisation and represented the opposition in negotiations with the ruling party in 1989. The Round Table Talks, as they were called, focused on ways to improve the economic system and democratise the political process in Poland. The talks resulted in signing an agreement, which allowed for conducting partially free parliamentary elections in June 1989. After Solidarity received the majority vote, and an oppositionist, Tadeusz Mazowiecki, was elected the Prime Minister, the country's name was changed to the Republic of Poland (*Rzeczpospolita Polska*). Subsequently, the Polish constitution was amended. This was the beginning of the fall of the whole communist block and the birth of a new democracy, with a free-market economy and a strong, 38-million nation ready to fight back for its place in Europe.



As the leader of the opposition movement which forced the major change, Lech Wałęsa was acclaimed as a national hero and elected the President of the new Republic for the 1990–1995 period. Even though his presidency was criticised, he will be remembered by many generations as the man who returned freedom to Central and Eastern European societies and played a major part in ending the Cold War. For the successful establishment of Solidarity, which was a breakthrough achievement on the way to liberty of millions of Europeans, he was chosen the Man of the Year by the Time Magazine in 1981 and awarded the Nobel Peace Prize in 1983. He has received many honorary degrees and remains a respected figure in the world of international diplomacy.

Wałęsa himself suggested, however, that the change would not have been possible without the spiritual inspiration from one man: John Paul II (Karol Wojtyła – 1920–2005). He was the first Polish Pope and his election in 1978 had a great impact on the oppressed Polish nation. It gave people hope and moral strength, and ensured that Poland's difficult political situation is noticed by the world. Through his teachings and deeds John Paul II, made an enormous contribution not only to the collapse of the Iron Curtain, but also to a positive change in the lives of thousands of people from all continents. For this he was nominated for the Nobel Peace Prize in 2004. Poland will always remember him as the harbinger of freedom.



### POLISH HISTORY IN A NUTSHELL

The Animated History of Poland is an eight-minute animated film presenting the history of Poland from the Middle Ages to the present times. Tomasz Bagiński, a BAFTA Award winner and Polish master of animation best known for "The Cathedral" (2002), an Oscar-nominated short movie, is the director of the film.

### POLAND IN THE EU

While the 1<sup>st</sup> May has traditionally been celebrated in Poland as the Labour Day, in 2004 this date became important for Poles for an entirely different reason. On 1<sup>st</sup> May 2004, after 10 years of preparations Poland, together with 9 other countries, joined the European Union. Since 1999, the Polish Robert Schuman Foundation has organized the Schuman Parade (*Parada Schumana*) as a symbol of Poland's integration with Europe. It is meant to be a cheerful celebration of the idea of a unified Europe. The Schuman Parade is usually organized on 9<sup>th</sup> May, which has been established the Europe Day by the EU.



### DID YOU KNOW THAT...

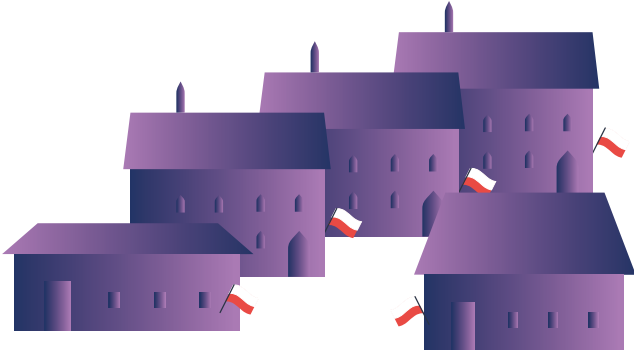
Jerzy Buzek was President of the European Parliament between 2009 and 2012. In 2014 and in 2017, Donald Tusk, the former Prime Minister of Poland has been elected the President of the European Council.

### DID YOU KNOW THAT...

In Poland there are 133 museums with a statute or rules and regulations approved by the Minister of Culture and National Heritage. If you want to understand Polish history, visit the Warsaw Rising Museum, the Museum of Polish Jews in Warsaw, the Polish History Museum in Krakow and European Solidarity Center in Gdańsk...

### WORLD HERITAGE SITES IN POLAND

- ◊ Auschwitz-Birkenau German Nazi Concentration and Extermination Camp (1940–1945)
- ◊ Białowieża Forest / Belovezhskaya Pushcha (with Belarus)
- ◊ Castle of the Teutonic Order in Malbork
- ◊ Centennial Hall, Wrocław
- ◊ Churches of Peace in Jawor and Świdnica
- ◊ Cracow's Historic Centre
- ◊ Kalwaria Zebrzydowska: the Mannerist Architectural and Park Landscape Complex and Pilgrimage Park
- ◊ Muskau Park (Muskauer Park), Park Mużakowski (with Germany)
- ◊ Medieval Town of Toruń
- ◊ Historic Centre of Warsaw
- ◊ Wieliczka and Bochnia Royal Salt Mines
- ◊ Wooden Churches of Southern Lesser Poland
- ◊ Old City of Zamość
- ◊ Wooden Tserkvas of Carpathian Region in Poland and Ukraine
- ◊ Tarnowskie Góry Lead-Silver-Zinc Mine and its Underground Water Management System



1  
FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK



Labour Day

2  
SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA



Polish National Flag Day

3  
SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Constitution Day



### Famous Polish people quotes



*A journey, after all, neither begins in the instant we set out, nor ends when we have reached our door step once again. It starts much earlier and is really never over, because the film of memory continues running on inside of us long after we have come to a physical standstill. Indeed, there exists something like a contagion of travel, and the disease is essentially incurable.*

Ryszard Kapuściński

(prolific writer and reporter)

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4

MONDAY  
MONTAG  
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LUNES  
PONIEDZIAŁEK

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TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

6

WEDNESDAY  
MITTWOCH  
MERCREDI  
MIÉRCOLES  
ŚRODA

7

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

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FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

9

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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Juwenalia is an annual students' festival in Poland, usually celebrated for three days late in May, or at the beginning of June, just before summer exams. Juwenalia are celebrated in all universities and colleges in Poland and have names associated with a given school or a city. During the celebrations students organise parades, concerts and parties at university campuses, clubs and pubs.

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# 11

MONDAY  
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PONIEDZIAŁEK

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MARTES  
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WEDNESDAY  
MITTWOCH  
MERCREDI  
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THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

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FRIDAY  
FREITAG  
VENDREDI  
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PIĄTEK

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SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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# 17

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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The Lunar Roving Vehicle used by missions Apollo 15, Apollo 16, and Apollo 17 on the Moon was co-authored and constructed by **Mieczysław Bekker** (1905–1989), a Polish engineer and scientist in the area of off-the-road vehicles.

**Paweł Edmund Strzelecki** (1797–1873) was an explorer, geologist and geographer who contributed to early Australian history. As a result of his explorations, many sites in Australia have Polish names, e.g. Kosciuszko Mountain in Australian Alps.

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WEDNESDAY  
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THURSDAY  
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JEUDI  
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FRIDAY  
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SÁBADO  
SOBOTA

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SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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The first motion picture with a soundtrack optically recorded directly onto the film was publicly demonstrated in 1922 in the USA by **Joseph Tykociński-Tykociner** (1877–1969), a Polish engineer and a pioneer of sound-on-film technology.

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PONIEDZIAŁEK

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MARTES  
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WEDNESDAY  
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THURSDAY  
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JEUDI  
JUEVES  
CZWARTEK

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FRIDAY  
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SATURDAY  
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SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

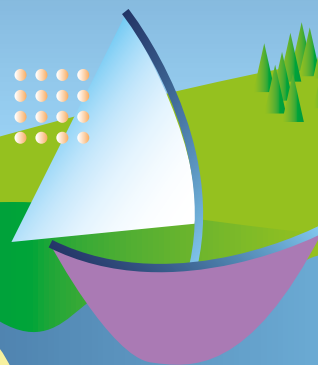
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## WHILE IN POLAND

try sailing in the Masurian  
Lake District (Mazury)



and catch a view of flying storks.



# GETTING AROUND

## POLISH SEASIDE

Do you happen to dream of lying on a sandy beach with your legs stretched out, sun shining on your face, your mind set on nothing but leisure? If your answer is "yes", you should definitely visit the Polish seaside! Poland has a nearly 780 km-long coastline, most of it – a beautiful beach with a clean, golden sand and breathtaking dunes rising above.

The Baltic Sea is far less salty than the Mediterranean Sea, there are no pebbles to hurt your feet and the shore is very rarely steep. So, in the summer, when the water is warm enough to bathe, the conditions are ideal for doing all kinds of water sports: swimming, kite- and windsurfing, riding a banana boat or floating on an air mattress. You can also often see people flying kites, jogging and playing beach sports such as: beach volleyball, soft soccer, Frisbee and beach racket ball.

Besides the attractions that you can find on the beach you will also be amazed by the relaxed atmosphere of Polish seaside resorts, which offer everything you need in terms of accommodation, food and entertainment. Young tourists cannot miss the opportunity to party in one of the renowned clubs in Sopot, Międzyzdroje and Kołobrzeg, where best DJs entertain international audiences till early mornings.

When visiting the Polish seaside it is also crucial to see the amazing shifting dunes (*wydm*) located near Łeba. The 44-meter-tall dunes are a part of the Slovinski National Park, which was included in the UNESCO list of World Biosphere Reserves in 1976. And as you walk along the Polish coast, look out for pieces of a brilliant golden gemstone: the Baltic amber (*burszty*). It is the biggest treasure of the Polish seaside, coveted by many as jewellery both for its beauty and alleged mysterious qualities.

There are over 4,000 lakes in the Masurian Lake District in the north-eastern Poland and over 20,000 km of canoe routes.

## POLISH LAKES

One of the favourite holiday destinations of Poles are the picturesque lakes located in northeastern Poland in the Masuria and Suwałki regions (*Mazury* and *Suwalszczyzna*). It is a perfect place not only for those craving for some peace and quiet, contact with nature and breathtaking views around them. It is also ideal for people who prefer active leisure. Whether it is swimming, windsurfing, sailing, canoeing, rowing, snorkeling, scuba diving, water skiing or skateboarding that you are interested in, you can find it all here.

With over nine thousand lakes in Poland and an extended network of rivers and canals, the country offers an excellent combination of amazing natural environment and well-developed water sports infrastructure for both extreme sports lovers, as well as fans of calmer sporting entertainment such as fishing. Lake areas in the north of Poland are also full of forests and generally have a rural character, which makes them a dream destination for hiking, bicycle and horse riding trips.

In 2009 the the Great Masurian Lakes were qualified to the Final round of the contest New7Wonders of Nature.

There are 3,000 km of sailing routes in Poland and 510 km of sandy beaches on the Polish Baltic Coast.

FOR MORE INFORMATION AND VIEWS VISIT:

[www.poland.gov.pl](http://www.poland.gov.pl)  
(section: Tourism; Active leisure)  
[www.mazurycudnatury.org](http://www.mazurycudnatury.org)  
[www.poland.travel/en-gb](http://www.poland.travel/en-gb)





# 1

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

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# 2

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

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# 3

WEDNESDAY  
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MERCREDI  
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THURSDAY  
DONNERSTAG  
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CZWARTEK

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FRIDAY  
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SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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# 7

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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## Famous Polish people quotes



*The thing that lies at the foundation of positive change, the way I see it, is service to a fellow human being.*

**Lech Wałęsa**

(former Polish President, Nobel Peace Prize winner)

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8

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PONIEDZIAŁEK

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MARDI  
MARTES  
WTOREK

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WEDNESDAY  
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MERCREDI  
MIÉRCOLES  
ŚRODA

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11

THURSDAY  
DONNERSTAG  
JEUDI  
JUEVES  
CZWARTEK

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Corpus Christi

12

FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK

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13

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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14

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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In the 21<sup>st</sup> century there are very few members of the Ainu ethnic group left on Sakhalin, and **Bronisław Piłsudski (1866–1918)**, a Polish cultural anthropologist conducted outstanding research on the group.

In 1903, he recorded the Ainu language and these recordings were stand for an Ainu dictionary, which was translated into several languages. Piłsudski wrote down the customs, myths, stories and music of the Ainu.

He married Shinhinchou, the niece of Chief Bafunkei of the village of Ai and built elementary schools in the village. Piłsudski visited Japan, and all descendants of his children live in Japan, also on the Hokkaido Island, where the largest Ainu population is present today.

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15

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TUESDAY  
DIENSTAG  
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WEDNESDAY  
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MERCREDI  
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THURSDAY  
DONNERSTAG  
JEUDI  
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FRIDAY  
FREITAG  
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SATURDAY  
SAMSTAG  
SAMEDI  
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21

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Did you know that...

Over the past 20 years, nearly 100,000 young people have taken part in international volunteering through the **European Voluntary Service (EVS)**.

Lined writing area for notes.

22

MONDAY  
MONTAG  
LUNDI  
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23

TUESDAY  
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WEDNESDAY  
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SOBOTA

28

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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The year 2019 sees the 200th anniversary of the birth of **Stanisław Moniuszko**, premier composer, conductor, organ player, educator, director of Warsaw's Teatr Wielki, and the father of Polish opera. His operas and art songs are the core of Polish vocal literature and often the linchpin of the repertoires of Poland's greatest singers.

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29

MONDAY  
MONTAG  
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LUNES  
PONIEDZIAŁEK

30

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

# WHILE IN POLAND

try climbing up

to the very top...

of the Palace of Culture and Science

in Warsaw

# FILM & MUSIC FESTIVALS



## THE GDYNIA FILM FESTIVAL

Festiwal Polskich Filmów Fabularnych w Gdyni, organised since 1974, is an annual film festival, one of the biggest in Poland. It is primarily the showcase of Polish cinema – the best films of the year, the most influential filmmakers, vital topics. The newest Polish films compete in Gdynia for the Golden Lions award.

## CAMERIMAGE

The International Film Festival of the Art of Cinematography Camerimage is the greatest and most recognized festival dedicated to the art of cinematography and its creators – cinematographers. Initially, primarily held in Toruń, then in Łódź, and since 2010 – in Bydgoszcz. It takes place at the end of November every year. Golden, Silver and Bronze Frogs are awarded in various categories such as Best Cinematography, Best Student Work, Short Documentary Film, Best Polish Film, Best Music Video.

## THE ETIUDA & ANIMA

International Film Festival Etiuda & Anima organized in Kraków since 1994, that presents the achievements of film and art school students from all over the world, as well as works of fine-art animation films creators. The main events of every annual festival are the two contests which give the festival its name.

## THE WARSAW FILM FESTIVAL

Warszawski Festiwal Filmowy is a major film festival held every October in Warsaw (since 1985). The festival is a host to the International Federation of Film Critics awards for enterprising filmmaking in Central and Eastern Europe. In 2009, it became one of 14 events recognized by the International Federation of Film Producers Associations as international film festivals.

## THE NEW HORIZONS FESTIVAL

The Festival in Wrocław presents uncompromising, innovative and original cinema from all over the world that explores new horizons in film language, expression and storytelling. It includes 4 competitive sections: International Competition, Polish Short Film Competition, European Shorts Competition, Films On Art International Competition.

## THE CRACOW FILM FESTIVAL

One of the oldest film events dedicated to documentary, animation and short fiction films in Europe. During 7 festival days viewers have an opportunity to watch about 250 films from Poland and abroad. Films are presented in competitions and in special sections like retrospectives, thematic cycles, archive screenings. The films awarded at Kraków are automatically eligible for the European Film Awards and the Oscars in the short films categories.

## POLAND'ROCK FESTIVAL

One of the biggest free open-air festival in Europe that takes place every August in Kostrzyn nad Odrą. Four stages present different genres of music: rock, punk rock, reggae, rapcore, folk music, heavy metal and electronic music. The event is held by the Great Orchestra of Christmas Charity since 1995. The festival inspired by Woodstock Festival 1969 was formerly known as "Woodstock Station" (Woodstock Festival Poland, 1995-2017).

## THE JAZZ JAMBOREE FESTIVAL

One of Europe's largest and oldest jazz festivals, organized in Warsaw since 1958. The Festival has hosted almost all of the world's greatest jazz artists, including Duke Ellington, Miles Davis, Dizzy Gillespie, Ornette Coleman, Ray Charles, Keith Jarrett, Wynton Marsalis, Joe Henderson, Kenny Garrett, Joe Williams, Dave Brubeck, Gerry Mulligan, Stan Getz, US3, Diana Krall and others.

## THE OPEN'ER FESTIVAL

An open-air music and performing arts festival which takes place in Gdynia (every year in June-July). The first edition of the festival was organized in Warsaw in 2002 as the Open Air Festival.

During the event alternative and pop music fans from more than 30 countries meet to enjoy the best performances of artists.

**THE MALTA FESTIVAL**

One of the most important artistic festivals in Europe. The festival is held in Poznań in June-July every year. It is named after Lake Malta in Poznań, where the first outdoor performances took place. The programme includes outdoor stage and ballet performances, film projections, concerts and meetings with artists. World-class artists perform in concert halls, as well as on market squares, in parks and factories.

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CZWARTEK

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PIĄTEK

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SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

5

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Famous Polish people quotes



*Art is the expression of the immortal part of man.*

Ignacy Jan Paderewski

(Polish pianist and composer)

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SUNDAY  
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DIMANCHE  
DOMINGO  
NIEDZIELA

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... Did you know that... ... ??

**Ignacy Łukasiewicz** (1822–1882), a pharmacist that was a pioneer in the petroleum industry. In 1856, he built the first oil refinery in the world. He also invented the modern paraffin lamp and constructed the first modern street lamp in Europe (1853).

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19

SUNDAY  
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NIEDZIELA

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... Did you know that... ... ??

The name of **Jan Czerski** (1845–1892), a paleontologist, geologist and geographer, was given to several landmarks in Siberia, including the Chersky Mountain Range. Czerski, sent on exile in this region for participation in the January Uprising of 1863 (against Russian domination), became one of the greatest explorers of Siberia. He authored the first map of Lake Baikal.

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SUNDAY  
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NIEDZIELA

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Did you know that...

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The most popular Polish action role-playing PC game “The Witcher”, developed by CD Projekt RED video game publisher, is based on the book series of the same title, written by **Andrzej Sapkowski**. “The Witcher” takes place in a medieval fantasy world and follows the story of Geralt, one of a few remaining “witchers” – travelling monster hunters for hire, gifted with unnatural powers. “The Witcher 3: Wild Hunt” was the most anticipated game in the world.

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WEDNESDAY  
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THURSDAY  
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CZWARTEK

31

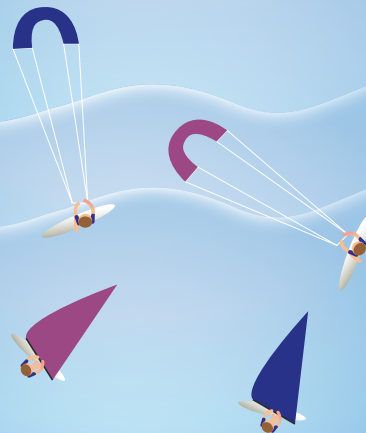
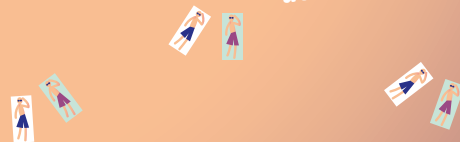
FRIDAY  
FREITAG  
VENDREDI  
VIERNES  
PIĄTEK



# WHILE IN POLAND

*try windsurfing or kitesurfing*

*at the Polish Seaside*



# POLISH CUISINE



Polish cuisine has over years been influenced by many cooking traditions and varies across the country. Some of the Polish specialties are:

- ♦ soups such as beetroot soup (*barszcz*), beet leaves soup (*botwinka*) or sour soup made from rye flour and mushrooms, served with potatoes, diced sausages and hard-boiled eggs (*żurek*);
- ♦ *bigos*, considered the Polish national dish, which is a traditional stew of cabbage and meat;
- ♦ smoked meats, such as the famous Polish sausage (*kiełbasa*), which comes in many kinds;
- ♦ various sorts of delicious dumplings (*pierogi*) stuffed with meat, cabbage and mushrooms, cottage cheese and potatoes or fruits;
- ♦ breaded pork cutlet (*kotlet schabowy*);
- ♦ pancakes (*naleśniki*) with sweet or spicy filling and potato pancakes (*placki ziemniaczane*);
- ♦ *osypek*: cheese produced in the mountains from ewe's milk, which is the most famous Polish regional delicacy;
- ♦ delicious pastries and cakes, such as typically Polish apple pie (*szarlotka*), gingerbread (*piernik*), poppy seed cake (*makowiec*), donut (*pączek*) or cheesecake (*sernik*).

Traditional Polish cuisine is often described as hearty and meat-based, but Polish tables have also been laden with vegetables and fruit across the ages. This is because Poland is a perfect land for growing food and today you can still easily get fresh, high-quality products.



## DUMPLINGS

Ingredients:

2 cups flour

1 1/2 teaspoon salt

1 tablespoon vegetable oil

1 cup warm water

soup or stew for broth

chopped chives or parsley if desired for garnish

Directions:

Combine flour, salt and add oil and water and mix until smooth. Add a bit more water until dough is soft and not at all dry.

Bring broth to a boil and add dumplings by spoonful. Reduce heat and cook them 4-5 minutes.

(Do in batches if you are using a small pan.)

Serve dumplings in broth garnished with chopped chives as desired.

Restaurants in Poland serve all types of international cuisine nowadays and there is plenty to satisfy vegetarian tastes, but many specialize in typical Polish food, offering traditional and regional dishes in rustic-style interiors.

## FOR MORE INFORMATION ON POLISH CUISINE, VISIT:

[www.polishfoodinfo.com](http://www.polishfoodinfo.com) (in English)

[www.tastingpoland.com](http://www.tastingpoland.com) (in English)





3

MONDAY  
MONTAG  
LUNDI  
LUNES  
PONIEDZIAŁEK

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4

TUESDAY  
DIENSTAG  
MARDI  
MARTES  
WTOREK

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WEDNESDAY  
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MIÉRCOLES  
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FRIDAY  
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SATURDAY  
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SAMEDI  
SÁBADO  
SOBOTA

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9

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Once a year on **1st August**, the people of Warsaw pay homage to the fallen heroes that fought for freedom in 1944 during the **Warsaw Uprising**. The biggest rebellion against German Nazi occupation during WW II cost over 200,000 lives and the destruction of the capital city.

Find out more on [www.warsawuprising.com](http://www.warsawuprising.com).

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## 10

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PONIEDZIAŁEK

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MARTES  
WTOREK

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THURSDAY  
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JUEVES  
CZWARTEK

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VENDREDI  
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PIĄTEK

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## 15

SATURDAY  
SAMSTAG  
SAMEDI  
SÁBADO  
SOBOTA

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Assumption Day  
& Armed Forces Day

## 16

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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Held in Warsaw, [International Frederic Chopin Piano Competition](#), was initiated in 1927. Since 1955, it has been held every five years. It is one of few competitions devoted entirely to the works of a single composer.

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SAMEDI  
SÁBADO  
SOBOTA

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SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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Did you know that...

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Since 2010, Polish competitors have been winning University Rover Challenge in Utah (USA) – prestigious international robotics competition for students who design and build Mars rovers. In 2013, the teams from the University of Technology in Białystok (Hyperion team) and Wrocław (Scorpio 3) pulled off a spectacular coup, finishing first and second. In 2015, first place in the competition – as in 2016 – took the Legendary Rover Team of the Rzeszów University of Technology.

Series of horizontal lines for writing notes.



24

MONDAY  
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SOBOTA

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SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



The oldest, continuously operating cinema in the world is the [Pioneer cinema](#) in Szczecin, founded in 1909. It has its place in the Guinness Book of Records. You can watch a movie sitting at a table and drinking coffee.

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# WHILE IN POLAND

try catching a view of the Bison  
in the Białowieża National Park

# MUSIC & VISUAL ARTS



## **FRYDERYK CHOPIN** (1810–1849)

the best known Polish composer and virtuoso pianist, one of the great masters of Romantic music who was called “the poet of the piano” as his music had a poetic spirit and express varied emotions. One of the most famous Chopin’s compositions is “The Revolutionary Etude”.

## **KRZYSZTOF KOMEDA** (1931–1969)

a jazz music composer and pianist, considered the precursor of European jazz due to his 1966 “Astigmatic” album. The author of music scores to 65 films (e.g. Polański’s “Rosemary’s Baby”).

## **WOJCIECH KILAR** (1932–2013)

a classical and film music composer. He wrote music scores for over 100 films e.g. “The Pianist” by Roman Polański, “Dracula” by Francis F. Coppola, “The Portrait of a Lady” by Jane Campion and “Pan Tadeusz” by Andrzej Wajda.

## **KRZYSZTOF PENDERECKI** (born 1933)

a composer and conductor of classical music. Many of his pieces were adapted for soundtracks of films such as Stanley Kubrick’s “The Shining”, William Friedkin’s “The Exorcist”, David Lynch’s “Wild at Heart” and Andrzej Wajda’s “Katyń”.

## **CZESŁAW NIEMEN** (1939–2004)

a singer and composer, key figure in the history of the Polish rock music. In his 1969 album “Enigmatic” he successfully combined the avant-garde with popular music, which meant the beginning of a new era of the Polish rock.

## **URSZULA DUDZIAK** (born 1943)

jazz vocalist. She has worked with the best contemporary musicians including Gil Evans, Bobby McFerrin, Krzysztof Komeda, Michał Urbaniak (her ex-husband) and Sting.

## **BASIA** (Basia Trzetrzelewska, born 1954)

pop-jazz singer and songwriter. She established a successful international recording career during the late 1980s and early 1990s. Some of her hit songs were: “Cruising for Bruising” (1988), “Drunk on Love” (1994), “Half a Minute” (1995).

## **WŁODEK PAWLIK** (born 1958)

a GRAMMY award winning pianist and composer. He is a graduate of the Frédéric Chopin Academy of Music in Warsaw and winning Hochschule für Music in

Hamburg (Germany). He has won many awards in music contests, including Grand Prix of the International Jazz Competition in Dunkirk (France, 1984) and a second prize at the International Composers’ Competition in Monaco (1988).

## **MAŁGORZATA WALEWSKA** (born 1965)

an opera singer, mezzosoprano who performed in Vienna State Opera with Luciano Pavarotti. She has been recognized as one of ten most famous Poles by the Time magazine.

## **LESZEK MOŹDŻER** (born 1971)

a renown Polish jazz pianist. He is also a music producer and a film music composer.

## **TADEUSZ KANTOR** (1915–1990)

a revolutionary painter, assemblage artist, set designer and theatre director. He is one of the most renowned figures in the history of the Polish theatre.

## **MAGDALENA ABAKANOWICZ** (1930–2017)

a Polish sculptor, professor at the College of Fine Arts in Poznań, lecturer at the University of California. She had over 100 individual exhibitions around the globe and received many awards as well as Honoris Causa doctorates from art schools in both America and Europe. Some of her sculptures were designed for open spaces, such as the “Dragon’s space” in the Olympic Park in Seoul.

## **IGOR MITORAJ** (1944–2014)

a sculptor and painter. He had more than 120 exhibitions. His (very often gigantic) sculptures of classical inspiration are installed in representative places of many cities, e.g. Paris, Rome, Milan, London, as well as cities in the USA and Japan.

## **KRZYSZTOF SKÓRCZEWSKI** (born 1947)

a graphic artist who, for the last 30 years, has worked on copper plating. He has had over fifty individual and two hundred group exhibitions around the world and is the holder of numerous awards.

## **WILHELM SASNAL** (born 1972)

a contemporary painter whose works are exhibited in the greatest museums of modern art, such as the Tate Modern in London. He is the winner of the 2006 Vincent van Gogh Biennial Award for Contemporary Art in Europe.

## **RAFAŁ BLECHACZ** (born 1985)

a classical pianist. In 2005, he became the sole recipient of all five first prizes at the 15<sup>th</sup> International Frédéric Chopin Piano Competition in Warsaw. Blechacz was named the 2014 Gilmore Artist, as the seventh individual in the world and the second Polish pianist to receive this award.

If you want to learn more about Polish artists visit:  
[www.culture.pl](http://www.culture.pl)



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SOBOTA

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SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA

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## Famous Polish people quotes

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*God created humans by giving them eyes on the front, not on the back of their heads. It means they should look ahead, not look back.*

**Olga Tokarczuk**

(World-famous Polish writer and activist)

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13

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NIEDZIELA



Did you know that...

Tomasz Bagiński (born 1976) – is a self-taught illustrator, computer graphic designer and animated film director. His “The Cathedral” was nominated in 2002 for an Oscar. His best known creations include “Fallen Art” (2004) and “The Animated History of Poland” (2010) as well as the trailers to “The Witcher” video game.

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SUNDAY  
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NIEDZIELA

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## Did you know that...



Brits have got their Mini that enjoys the status of a cult car. Poles keep up with them and they have got their own – the **Maluch**. Actually, its proper name is the Fiat 126p, but you can hardly meet anyone who uses that name. The Maluch is simply *maluch* – meaning “a small one”, full stop. And it is even more peculiar than the Mini. They started making it back in 1973 and finished the production in 2000. During the 27 years, this small, loud and shaky “car” earned the reputation of a cult car among many generations. With its 0.6l engine and 24 bhp it was capable of carrying whole families! Hardly anyone ever really paid attention to the fact that it was the size of a matchbox.

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SAMEDI  
SÁBADO  
SOBOTA

27

SUNDAY  
SONNTAG  
DIMANCHE  
DOMINGO  
NIEDZIELA



Did you know that...



The famous Polish composer **Krzysztof Penderecki** created the **European Krzysztof Penderecki Music Centre** in **Lusławice** to encourage the most gifted young musicians from all over the world to develop their talents. The Centre has become a meeting place for many renowned artists and art academics.

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28

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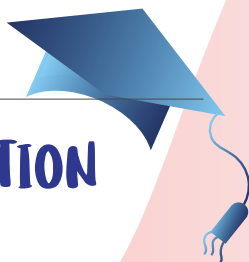
29

TUESDAY  
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WEDNESDAY  
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# HIGHER EDUCATION IN POLAND



Poland was among 29 countries which signed the Bologna Declaration in 1999. Since then, many legislative changes have been introduced to adjust the Polish higher education system to the Bologna Process action lines. "Bologna tools" such as the three cycle study system, ECTS and the Diploma Supplement are now legally binding for all Polish HEIs.

Students in Poland may study either at university-type institutions or at non-university higher education schools (which may not award the doctoral degree). Both types of HEIs offer study programmes in various academic disciplines. Students enrolled at Polish higher education institutions can choose between full-time and part-time studies. Full time is the standard mode and is usually free of charge in state higher education institutions.

Higher education institutions hosting foreign students offer courses of Polish language and culture and courses in foreign languages.

For more information, visit: [www.go-poland.pl](http://www.go-poland.pl), [www.studyinpoland.pl](http://www.studyinpoland.pl).



## HIGHER EDUCATION INSTITUTIONS IN POLAND OFFER THE FOLLOWING EDUCATIONAL POSSIBILITIES:

### FIRST-CYCLE PROGRAMMES

leading to the professional title of *licencjat* (Bachelor type), which last 3 to 4 years, and to the professional title of *inżynier* ("engineer" – Bachelor degree), which last 3.5 to 4 years.

### SECOND-CYCLE PROGRAMMES

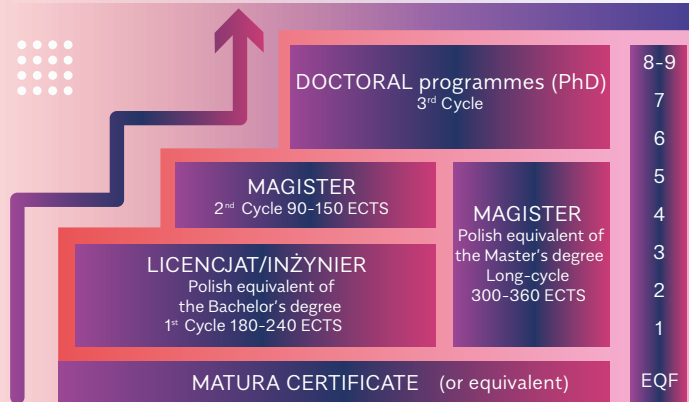
lasting 1.5 to 2.5 years and leading to the professional title of *magister* or an equivalent degree (Master's degree), accessible for graduates of first-cycle studies.

### LONG-CYCLE PROGRAMMES

(or one-tier degrees) lasting 4.5 to 6 years and leading to the professional title of *magister* or an equivalent degree (Master' degree).

### THIRD-CYCLE PROGRAMMES

are doctoral programmes provided by university-type schools as well as some research institutions (principally the Polish Academy of Sciences).





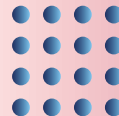


## EXAMS AND ASSESSMENT

February is the month when the first examination session (*sesja*) takes place. It usually starts in late January after the classes finish and lasts for two or three weeks, during which students have to take written and oral exams (*egzaminy*). Some teachers agree to organize additional examinations for volunteers before the official examination period begins (*zerówki*) so that they better manage their learning and review.

Between the first session and the summer semester students have a two-week winter break. The summer semester continues until late June, which is the time when the second examination session takes place. The second examination session is usually more difficult because many examinations cover material from two semesters. In case of a failure students can resit exams in September (*sesja poprawkowa*).

In order to complete a semester each student has to obtain at least pass marks for all assessments within the semester, regardless of their form (including projects, integrated placements etc.). The most often used assessment scale envisages for the following grades: very good (5), good plus (4+ or 4.5), good (4), satisfactory plus (3+ or 3.5), satisfactory (3), fail (2) (for detailed information on the grading scale at your school, check its current ECTS course catalogue).



## STUDENTS FROM EU COUNTRIES

If you are an EU/EEA student, you only need your ID document (e.g. identity card or passport) to enter Poland. If you plan to stay longer than three months, you need to register at the regional administration office (*urząd wojewódzki*). There you will need to submit required documents and in return you will receive a paper confirming your right of residence in Poland. One of the necessary preconditions for obtaining the right of residence is your health insurance (e.g. the European Health Insurance Card).

## STUDENTS FROM NON-EU COUNTRIES

If you come from a non-EU/EEA country, you should check with your local Polish consulate what documents (passport, visa etc.) you will need before you head Poland. If you obtain a visa, you will not need to register your stay upon your arrival.

## STUDENT ORGANISATIONS

There are many student organizations in Poland. These may be academic sports and tourist organizations, student corporations (*samorząd studentów*, *Niezależne Zrzeszenie Studentów*) and science clubs (*koła naukowe*). As an international student, you might be interested in visiting websites of: ESN, AEGEE, AIESEC, the Students' Parliament of the Republic of Poland (*Parlament Studentów Rzeczypospolitej Polskiej*) and the National Representation of Doctoral Students (*Krajowa Reprezentacja Doktorantów*).

**Erasmus Student Network Poland** (ESN) is a non-profit student organization. Its activities are carried out by 38 sections in all academic centers in Poland. Their goal is to support and develop international student exchange programs with the network's motto: "Students helping students". They represent institutional interests of students, cooperate with the National Agency and implement national projects such as Discover Europe or ESNOLYMPICS. If you want to know more about ESN Poland, check their website at [www.esn.pl](http://www.esn.pl) or like their fanpage: **ESN Poland** on Facebook.



# STUDENT'S LIFE

## ACCOMMODATION

Students can stay at dormitories or rent a private room. Dormitories are usually cheaper, but you need to apply early to get a room or bed. Remember that accommodation standards may vary significantly.

## LIVING COSTS

Monthly living costs of an average student in Poland: EUR 350–700.  
Monthly rent: dormitory EUR 80–150; room at a private apartment EUR 150–300.

## WORK

While EU/EEA students are eligible to work in Poland, non-EU/EEA students need to apply for a work permit, which is granted only if no EU citizen can fill the position.

## DISCOUNTS

Students aged below 26 are entitled to discounts on most means of public transport in Poland (with some differences in the discount rate under specific conditions allowing for the discount):

- ♦ National railway (PKP) – 51% discount for 2<sup>nd</sup> class tickets in all types of trains except EuroCity. Document required: a valid student card of a Polish higher education institution;
- ♦ Municipal transport: usually 50% discount. Document required: a valid Polish student card (in some cases: the International Student Identity Card – ISIC).

## MEDICAL CARE

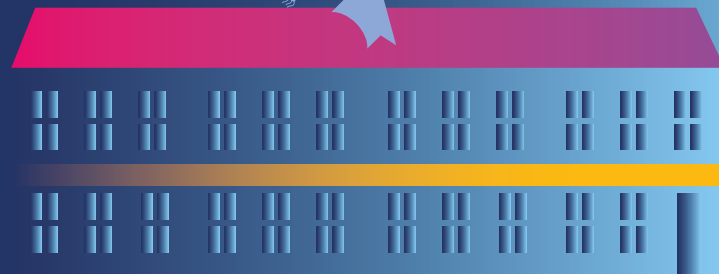
In order to get free medical care in Poland EU/EEA students need to have the European Health Insurance Card (EKUZ), they apply in their home country for. Non-EU/EEA students need to purchase a private health insurance policy.
















For more information, visit: National Health Fund [www.nfz.gov.pl](http://www.nfz.gov.pl).

## POLISH VOLUNTARY SECTOR

Poland has over 50,000 registered voluntary organisations operating in fields such as sports, social care, health protection, culture and education. It is estimated that around 18% of Poles are involved in voluntary work.

For more information, visit: [www.ngo.pl](http://www.ngo.pl).



 dormitory: EUR 80–200	 room at a private apartment: EUR 150–300	 energy and gas, monthly: EUR 40	 full-price monthly travelcard: EUR 20–40	 haircut: men EUR 7 women EUR 12
 lunch at a canteen: EUR 3–5	 coffee in a café: EUR 2.5–3.5	 beer at a pub: EUR 1.5–3	 cinema ticket: EUR 5–6	 bread: EUR 0.8
 ham: EUR 6–7 per 1 kilo	 cheese: EUR 6 per 1 kilo	 mineral water: EUR 0.5 per 1.5 litre	 milk: EUR 0.7 per 1 litre	 apples: EUR 0.7 per 1 kilo

## USEFUL LINKS FOR ERASMUS+ STUDENTS IN POLAND:

[www.erasmusplus.org.pl](http://www.erasmusplus.org.pl)  
[www.go-poland.pl](http://www.go-poland.pl)  
[www.nauka.gov.pl](http://www.nauka.gov.pl)  
[www.erasmusplus.org.pl](http://www.erasmusplus.org.pl)  
[www.krasp.org.pl](http://www.krasp.org.pl)  
[udsc.gov.pl/en](http://udsc.gov.pl/en)



YOUR ERASMUS+ EXCHANGE IS ABOUT TO FINISH? ARE YOU LOOKING FOR AN INTERNSHIP/JOB/TRAINING OR OTHER WAYS TO DEVELOP YOUR SKILLS? BELOW YOU CAN FIND A LIST OF PROJECTS AND PROGRAMMES THAT MIGHT BE OF INTEREST TO YOU:

Dear ERASMUS+ Student!  
We hope you enjoyed your stay in Poland!



### ERASMUSINTERN

ErasmusIntern.org provides an integrated market place that aims at bringing together internship providers and students seeking an internship opportunity abroad. It is a part of the STORY project by the Erasmus Student Network (ESN). Students willing to serve an internship abroad can upload their profiles there, then search and apply for internship vacancies. Project co-funded by the EC.

For more information go to:  
[www.erasmusintern.org](http://www.erasmusintern.org).

### GARAGERASMUS

garagErasmus brings together and empowers over three million of the Erasmus Generation to boost work mobility and circulation of ideas in Europe.

See more at: [www.garagerasmus.org](http://www.garagerasmus.org).

### THE ONLINE LINGUISTIC SUPPORT (OLS)

With the OLS participants of the Erasmus+ long-term mobility activities (Key Action 1) may assess their language skills. They may also follow an online language course.

Check at: [www.erasmusplusols.eu](http://www.erasmusplusols.eu).



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[www.erasmusplus.org.pl](http://www.erasmusplus.org.pl)  
[www.frse.org.pl](http://www.frse.org.pl)

