

ACADEMIC PLANNER

for Erasmus+ students in Poland

2020/2021

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Changing lives,
opening minds!



FRSE
Publications

ERASMUS+

changing lives,

opening minds!

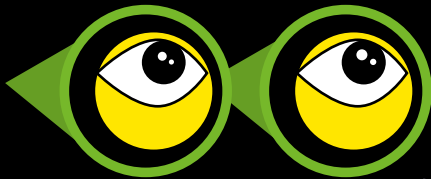
Dear ERASMUS+ Student!

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 it!

KEEP IN MIND THE SAFETY RULES AND RECOMMENDATIONS REGARDING CORONAVIRUS DURING YOUR STAY IN POLAND. KEEP UP TO DATE ON THE WEBSITE: WWW.GOV.PL/WEB/CORONAVIRUS.



your

ACADEMIC PLANNER

for Erasmus+ students in Poland

2020/2021

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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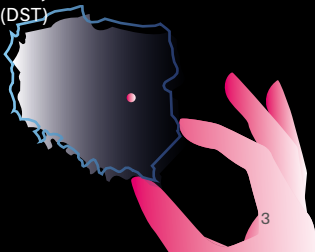
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POLAND IN BRIEF

Official name	Republic of Poland (short form: Poland), <i>Rzeczpospolita Polska</i> (short form: <i>Polska</i>)
Flag	two horizontal stripes of equal width, the upper one white and the lower one red
 Emblem	white eagle facing right with a golden crown on a red shield
Official language	Polish
Currency	złoty, PLN
Government	parliamentary republic
Economy	free market economy since 1990
Location	Central Europe. Poland borders with: Russia, Lithuania, Belarus, Ukraine, Slovakia, Chechia, Germany; its northern border runs along the Baltic Sea coast
 Capital	<i>Warszawa</i> (Warsaw); city population: 1.7 million, Warsaw agglomeration population: 2.6 million
Major cities	Białystok, Bydgoszcz, Częstochowa, Gdańsk, Katowice, Kraków, Lublin, Łódź, Poznań, Szczecin, Toruń, Wrocław
Area	312,685 sq km (9 th largest country in Europe)
Population	38 million, out of which: <ul style="list-style-type: none">◇ 95% are Poles; largest national minorities: Ukrainians, Belarusians and Germans;◇ 60% live in urban areas and 40% in rural areas;◇ approximately 90% of Poles declare belonging to the Roman Catholic Church;◇ Poland is the 7th largest population in Europe (excluding Russia) and the 6th largest in the European Union
Time zone	Poland is in 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)
Calling code	+ 48
Internet domain	.pl
Emergency number	112





POLISH LANGUAGE

Język polski

Ć

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 United States of America, Canada, Australia, Germany, the United Kingdom, 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 AND MULTILINGUAL ONLINE DICTIONARIES

www.ling.pl

www.dictionary.pl

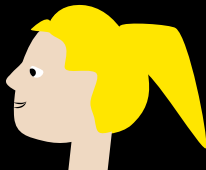
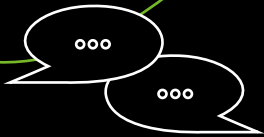
www.dict.pl

www.bab.la

www.dictionary.cambridge.org

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CZ



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ENG PL

HELLO/HI!	CZEŚĆ!
GOOD MORNING	DZIEŃ DOBRY
GOOD EVENING	DOBRY WIECZÓR
GOOD NIGHT	DOBRANOC
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	DOBRAZĘ / 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?

ę A



A

Q
Ź

A

ENG PL

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

ENG PL

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

o



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. Wrocław is also a city of dwarfs (Polish: *krasnale*). There are legends circulating about their origins and customs, so it is worthwhile going for a walk through the streets of Wrocław and check out the least obvious places and alleys, to get to know them personally. For more information, please visit: www.krasnale.pl.





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.



Częstochowa – city located in southern Poland is well worth a trip because of the monastery complex at Jasna Góra. This place of worship is considered an especially venerated site due to the image of the Black Madonna of Częstochowa being kept there, which is considered a national relic. When visiting Częstochowa, it is worthwhile organising a trip to the Kraków-Częstochowa Jura Upland, as it is very popular amongst fans of rock climbing and bouldering.



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

OCTOBER 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	

JANUARY 2021

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 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						

ФЕВРУАРИ 2021

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

DECEMBER 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			

МАРЧ 2021

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				

2020/2021 in Poland

APRIL 2021						
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 2021						
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	

MAY 2021						
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 2021						
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 2021						
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 2021						
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!

30

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

31

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

1

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

2

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

3

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

4

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

“ Famous Polish ” people quotes

*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

5

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

6

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

7

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

8

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

9

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

10

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

11

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

12

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

13

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

14

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

15

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

16

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

17

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

18

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

19

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

20

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

21

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

22

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

23

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

24

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

25

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

33 km north of Łódź, or more precisely in the village of Piątek, there is a place where the furthest points in Poland intersect: north, south, east and west. For this reason, a monument was erected in Piątek, which symbolises the **geometric centre of Poland**.

26

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAĒK

27

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

28

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŠRODA

29

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

30

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

31

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA



WHILE IN POLAND

try tasting gingerbread in Toruń,

a bread rooster in Kazimierz Dolny

and a pretzel in Kraków





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), *Sewer* (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 *Katyń* (2007).

KRZYSZTOF KIEŚŁOWSKI (1941–1996)

film director and screenwriter, known internationally for his film cycles *The Decalogue* (1988) and *Three Colors* (1993–1994), that received three Oscar nominations.

POLISH FILM FESTIVALS

Gdynia Film Festival, www.fpff.pl/en/festiwal

Camerimage, www.camerimage.pl

International Film Festival Etiuda & Anima, www.etiudaandanima.pl/en

Warsaw International Film Festival, www.wff.pl/en

New Horizons Festival, www.nowehoryzonty.pl

Kraków Film Festival, www.krakowfilmfestival.pl

(read more on pages: 118–119)

POLISH OSCAR (ACADEMY AWARDS) WINNERS:

1942 Leopold Stokowski: honorary Oscar for music for *Fantasia*

1953 Bronisław Kaper: Best Music, Scoring of a Dramatic or Comedy Picture for *Lili*

1983 Zbigniew Rybczyński: Best Animated Short Film for *Tango*

1994 Janusz Kamiński: Best Cinematography for *Schindler's List*

1999 Janusz Kamiński: Best Cinematography for *Saving Private Ryan*

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

2003 Roman Polański: Best Director for *The Pianist*

2005 Jan A.P. Kaczmarek: Best Music, Best Original Score for *Finding Neverland*

2015 Paweł Pawlikowski: Best Foreign Language Film for *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 *Spoor* 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*.

KRYSTYNA 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.

XI 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*.

30

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

31

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

1

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA



All Saints' Day

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

9

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

10

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

11

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA



National Independence Day

12

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

13

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

14

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

15

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

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

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



try wandering around in Bieszczady Mountains
or admire the view

from above Morskie Oko Lake

in the Tatra Mountains



In the POLISH MOUNTAINS



Pieniny

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.



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!

Tatra Mountains

Low Beskids

Bieszczady Mountains

30

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

1

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

2

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

3

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

4

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

5

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

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SUNDAY
SONNTAG
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NIEDZIELA

7

MONDAY
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PONIEDZIAŁEK

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TUESDAY
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WEDNESDAY
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THURSDAY
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FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

12

SATURDAY
SAMSTAG
SAMEDI
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SOBOTA

13

SUNDAY
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DIMANCHE
DOMINGO
NIEDZIELA

14

MONDAY
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PONIEDZIAŁEK

15

TUESDAY
DIENSTAG
MARDI
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WTOREK

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WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
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THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

18

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

19

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

20

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

21

MONDAY
MONTAG
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22

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

23

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

24

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK



Christmas Eve

25

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK



Christmas Day

26

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA



Saint Stephen's Day

27

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

28

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

29

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

30

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

31

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

New Year's Eve

WHILE IN POLAND



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



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°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.

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.

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.

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. She 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, together with Dale Frail, pulsar planets in 1992.

JERZY VETULANI (1936–2017)

A neurobiologist, biochemist, professor of natural sciences, populariser of science, one of the most frequently cited Polish scientists in the field of biomedical sciences, and a member of the Polish Academy of Sciences. He was involved in psychopharmacology-researching how medicines affect

human mental functions, and he was recognised for his research on the mechanisms of antidepressants. Apart from depressive disorders, his main research interests included memory and neurodegenerative diseases. Jerzy Vetulani was an honorary member of the Oxford Neurological Society.

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.

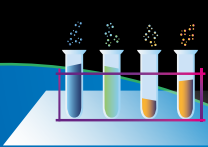
MARCIN DRAĞ (born 1975)

is a professor of Chemical Sciences, winner of the *Fundacja na rzecz Nauki Polskiej* Prize regarded as the most prestigious of its kind in Poland (aka the Polish Nobel Prize). Specialises in biological and medical chemistry. The creator of the one of a kind 'library of enzymes' responsible for the development of all of the civilizational diseases, which can be used for, among others, the early detection of cancer. Professor Drağ, together with his Wrocław team, has explained the action of the key protein for the replication of coronavirus and published the results of this work without applying for a patent. By doing so, he ensured the possibility of producing cheap and effective tests for the presence of coronavirus and above all for finding a cure for COVID-19.

POLISH SCIENCE TODAY

In March 2020, Polish scientists from the Institute of Bioorganic Chemistry of the Polish Academy of Sciences in Poznań headed by Professor Marek Figlerowicz created a prototype test for the presence of coronavirus. An unquestionable advantage of the test, which gives results in just a quarter of an hour, is that it uses reagents made exclusively by Polish manufacturers and is therefore eight times cheaper than the previously available tests. At the beginning of April 2020, the test went into production. The importance of this invention is confirmed by the interest of other countries, including Norway and Germany, in buying large batches of tests of Polish manufacture.

Polish scientists: Agnieszka Górecka, Aleksandra Urbanek and Tomasz Paterek were among the winners of the 2019 Ig Nobel Prize in biology. Together with colleagues from Australia, Bulgaria, China, Singapore and the United States, they proved that dead American cockroaches have different magnetic properties than living representatives of this species. Their discovery suggests that the magnetic field may be of great importance for the life of insects.



The Ig Nobel Prizes, awarded by the Annals of Improbable Research based in Cambridge, MA in the United States, are aimed at popularising discoveries that “first make people laugh, and then make them think”, as well as showing the fun aspects of the work of scientists. They are presented by Nobel Prize winners.

POLISH SCIENCE DEVELOPMENT

In recent years, the development of science in Poland has been gaining momentum. This is reflected in the professional performance of Polish scientists who are increasingly appreciated and rewarded in Poland and around the world for their contribution to the development of science. This is due to, amongst others, the decision of the European Union and Polish government institutions to allocate additional funds for scientific research within the framework of foreign mobility and domestic grants. They allow scientists the opportunity to further expand their knowledge, acquire new competences and develop their research interests.

Erasmus+ is the most popular European Union programme benefitting researchers all over the world is. In Poland, it is managed by the **Foundation for the Development of the Education System (FRSE) – the National Agency for Erasmus+ programme**. It is an education and training programme for researchers and young people with a total budget of EUR 14.7 billion in the years 2014-2020. Within its framework, participants can take advantage of mobilities abroad as well as engage in other types of international projects. Researchers can opt for two types of mobility: a mobility for the purposes of conducting classes for students or a trip aimed at improving their qualifications.

A second very important EU programme, and the largest ever funding programme for research and innovation in Europe, is the Horizon 2020 Framework Programme with a budget of nearly €80 billion for years 2014-2020.

Major changes in Polish science in recent years were also brought about by the **Constitution for Science** (Polish: *Konstytucja dla Nauki*), also known as the **Act 2.0** (Polish: *Ustawa 2.0*), which reorganised the system of higher education and science. According to the information provided on the website of the Ministry of Science and Higher Education, the Constitution for Science “creates conditions for practising scientific and didactic excellence, ensures balanced development of academic centres across the country, introduces doctoral schools, and also provides effective management tools for higher education institutions.”



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WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

31

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

New Year's Eve

1

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

Happy New Year
!!! 2021 !!!

New Year's Day

2

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

3

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

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MONDAY
MONTAG
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TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

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WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA



Epiphany

7

THURSDAY
DONNERSTAG
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JUEVES
CZWARTEK

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FRIDAY
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SATURDAY
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WEDNESDAY
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THURSDAY
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FRIDAY
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SATURDAY
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SUNDAY
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MONDAY
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TUESDAY
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WEDNESDAY
MITTWOCH
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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

There is one of a kind event that takes place every January since 1993 called **Great Finale of the the Great Orchestra of Christmas Charity** (*Wielki Finał Wielkiej Orkiestry Świątecznej Pomocy – WOŚP*). It is an initiative of WOŚP Foundation run by a charismatic radio and TV journalist **Jurek Owsiak**. The main objective of this nongovernmental charity initiative is to raise funds to provide medical equipment to public hospitals in order to protect children's health.

During the spectacular one-day event, hundreds of volunteers across Poland collect money from people who get a heart-shaped red sticker in return for their donations. Each year funds are raised for a different purpose, e.g. early cancer diagnosis in children. This initiative increasingly enjoys support among citizens 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.

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25

MONDAY
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TUESDAY
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WEDNESDAY
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THURSDAY
DONNERSTAG
JEUDI
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CZWARTEK

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FRIDAY
FREITAG
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SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

31

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA





WHILE IN POLAND

try visiting the Main Square in Kraków
and listen to the trumpeter
playing St. Mary's Trumpet Call
(Hejnał Mariacki)



An illustration at the top of the page shows an open book with text on its pages, a yellow circle above it, and a pencil resting on a smaller open book to the right. There are also some blue and white paper-like shapes scattered around.

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.

WISŁAWA 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.

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. In October 2016, Sapkowski received the World Fantasy Lifetime Achievement Award for demonstrated outstanding service to the fantasy field.

OLGA TOKARCZUK (born 1968)

writer, essayist and activist, awarded the 2018 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.

POLISH WINNERS OF NOBEL PRIZE IN LITERATURE:

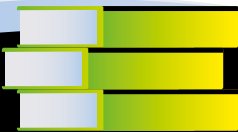
1905 Henryk Sienkiewicz for lifetime achievement as an epic writer

1924 Władysław Reymont for realistic novel *The Peasants*

1980 Czesław Miłosz for lifetime achievement

1996 Wisława Szymborska for lifetime achievement

2018 Olga Tokarczuk for lifetime achievement



1

MONDAY
MONTAG
LUNDI
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TUESDAY
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WEDNESDAY
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THURSDAY
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FRIDAY
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SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

7

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

☞ Famous Polish ☞ people quotes

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, Nobel Prize winner

8

MONDAY
MONTAG
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PONIEDZIAŁEK

9

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

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WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

11

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK



Fat Thursday

12

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

13

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

14

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA



Valentine's Day

Did you know that...

Joseph Conrad (1857–1924), one of the greatest English novelists, author of such works as *Lord Jim*, *The Secret Agent*, *The Shadow Line* and *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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WEDNESDAY
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THURSDAY
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20

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

21

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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WEDNESDAY
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THURSDAY
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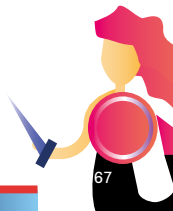
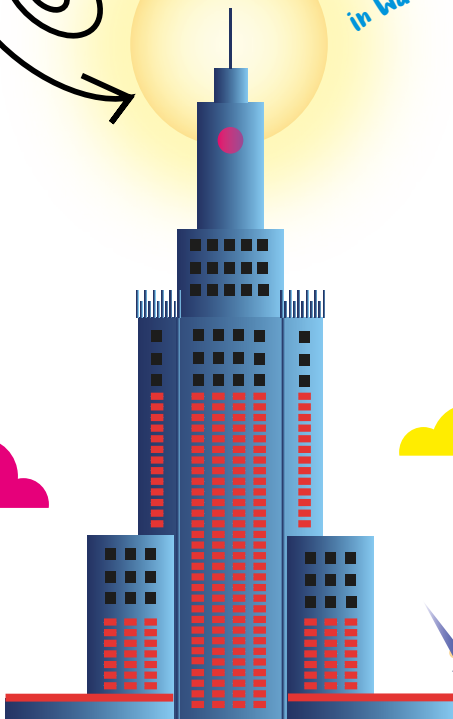
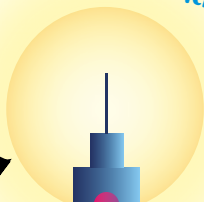
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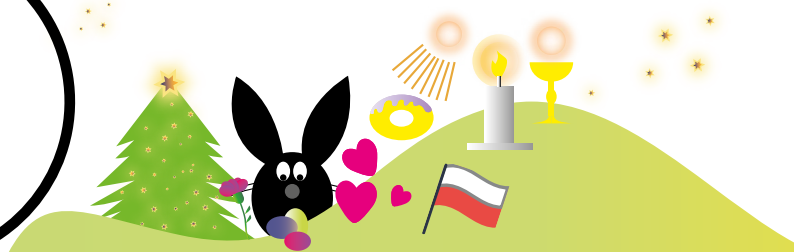
SUNDAY
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DIMANCHE
DOMINGO
NIEDZIELA



WHILE IN POLAND

try climbing up
to the very top...
of the Palace of Culture and Science
in Warsaw





TRADITIONAL HOLIDAYS & CUSTOMS

SHROVE TUESDAY

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

WOMEN'S DAY

The International Women's Day (*Dzień Kobiet*) on 8th 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.

FAT THURSDAY

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

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 (21st March).

EASTER

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

3rd 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*).

LABOUR DAY

The 1st May has been celebrated in Poland since it was established as the International Workers' Day by the Second International. After the World War II, it became a public holiday and till 1989 the central government organized 1st 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.

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 (1st November).

EVE OF ST. ANDREW'S DAY

Andrzejką – 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 (29th November).

11th NOVEMBER (NATIONAL INDEPENDENCE DAY)

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

CHRISTMAS

Boże Narodzenie – probably the most celebrated holiday in Poland, mainly because of the Christmas Eve dinner on 24th December (*Wigilia*). On this day families meet at tables filled with typical Christmas dishes, such as red beetroot soup served with small dumplings, pickled herrings, 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.

POLES ALSO CELEBRATE:

1st April – the April Fool's Day (*Prima Aprilis*)

2nd May – Polish National Flag Day (*Dzień Flagi RP*)

1st June – Children's Day (*Dzień Dziecka*)

21st/22nd June – St. John's Night (*Sobótka*)

6th December – St. Nicholas Day (*Mikołajki*)



1

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

2

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

3

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

4

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

5

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

6

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

7

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

8

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK



Women's Day

9

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

10

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

11

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

12

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

13

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

14

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

15

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

16

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

17

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

18

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

19

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

20

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

21

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

22

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

23

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

24

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

25

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

26

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

27

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

28

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

The Salt Mine in Wieliczka is one of the oldest in the world. The rock salt in Wieliczka has been mined since 13th century. It reaches the depth of 327 m and is nearly 290 km long.

29

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

30

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

31

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

III





WHILE IN POLAND

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



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 seven Olympic medals (three gold) and took part in five 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.

KINGA BARAŃOWSKA (born 1975)

a Himalayan mountaineer, an eight-thousander conqueror no less than nine times. The first Pole on the eight-thousanders Dhaulagiri, Manaslu and Kangchenjunga. She is carrying out her own climbing programme Female Crown of the Himalayas, which assumes the conquering of all fourteen eight-thousanders. Kinga Baranowska climbs without the use of supplemental oxygen canisters

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, Washington Bullets and LA Clippers. Owns overall career averages of 10.3 points, 7.9 rebounds and 1.2 blocks in over 600 games.

ANITA WŁODARCZYK (born 1985)

an athlete, two-time Olympic gold medallist (2012, 2016), four-time world champion (2009, 2013, 2015, 2017) and multiple world, European and Polish record holder in hammer throwing. During the Olympic Games in Rio de Janeiro in 2016, she broke the world record in hammer throwing with a result of 82.29 m, which was further improved by herself only 13 days later. The record is 82.98 m and still valid today (2020).

KAMIL STOCH (born 1987)

the 2014 double Olympic champion (normal hill and large hill) and the 2018 Olympic champion (large hill). He is also a double Ski Jumping World Cup winner (2013/2014 i 2017/2018) as well as the 2013 and 2014 World champion in the large hill. On 26th January 2013, he became the joint Polish ski flying record holder (tying the mark held by Piotr Żyła) with a jump of 232.5 meters. Stoch won the 2018 edition of the Four Hills Tournament after winning all four legs of this competition.





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.

BARTOSZ KUREK (born 1988)

a volleyball player playing in the position of opposite and outside hitter. A European Champion (2009), gold medallist at the 2018 Volleyball Men's World Championship, and Most Valuable Player (MVP) of that tournament. Considered the best volleyball player of 2018 by the European Volleyball Confederation.

ANDRZEJ BARGIEL (born 1988)

is a ski mountaineer, runner and climber. In July 2018, he signed up into the record books by becoming the first man in history to ski from the summit of K2 (one of the world's highest mountains).

AGNIESZKA RADWAŃSKA (born 1989)

is a former professional tennis player. 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).

PAWEŁ FAJDEK (born 1989)

is a hammer thrower and the youngest World Champion in men's hammer throw. He won gold in World Championships in Moscow 2013, Beijing 2015 and London 2017. In the Summer Universiade athletics he won gold four times: in Shenzhen 2011, Kazan 2013, Gwangju 2015 and Taipei 2017. His latest achievement is winning silver at the 2018 European Athletics Championships in Berlin. His personal best is 83.93 meters.

ARKADIUSZ MILIK (born 1994)

a Polish footballer, playing in the centre-forward position in the Polish national team. He participated in Euro 2016 and The World Cup in 2018.

THE POLAND NATIONAL MEN'S VOLLEYBALL TEAM

has won several medals in international competitions. The team has competed in the FIVB (Fédération Internationale de Volleyball) World League since 1998. Its most recent success is a gold medal at the World Championships in 2014 and 2018.

29

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

30

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

31

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

1

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

Prima Aprilis

2

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

3

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

4

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA



Easter

“ 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, pedagogue

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5

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

Easter Monday

6

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

7

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

8

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

9

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

10

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

11

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

Wilfredo León Venero (born 1993) is a Polish volleyball player of Cuban origin, playing in the outside hitter position. A former Cuban representative in the years 2007-2012, vice-champion of the world in 2010. Since 2019 he has played in the Polish national team, with whom he won the titles of the best host of the World Championships (2019) and the World Cup (2019).

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12

MONDAY
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TUESDAY
DIENSTAG
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MARTES
WTOREK

14

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

15

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

16

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

17

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

18

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

The Warsaw Ghetto Uprising was the 1943 act of Jewish resistance that arose within the Warsaw Ghetto in German-occupied Poland during World War II, and which opposed Nazi Germany's final effort to transport the remaining Ghetto population to Treblinka. The uprising started on 19th April when the Ghetto refused to surrender to the police commander SS-Brigadeführer Jürgen Stroop, who then ordered the burning of the Ghetto, block by block, ending on 16th May. A total of 13,000 Jews died, about half of them burnt alive or suffocated. German casualties are not known, but were not more than 300. The Warsaw Ghetto Uprising was the largest single revolt by Jews during World War II.

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19

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TUESDAY
DIENSTAG
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WTOREK

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WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

22

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

23

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

24

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

25

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Irena Sendlerowa (1910–2008) was social and charity activist, Righteous Among the Nations, Lady of the Order of the White Eagle. During the German occupation she was involved in helping Jews. She saved the lives of many Jewish children who were smuggled out of the Warsaw Ghetto. In 2007 and 2008 her candidacy was nominated for the Nobel Peace Prize.

Jan Karski (1914–2000) was a Polish lawyer, historian and diplomat, academic lecturer and professor. He was a courier and political emissary of the authorities of the Polish Underground State. He gave his reports from occupied Poland, including details of the extermination of Jews, to the Polish government in exile, as well as to Allied leaders. For his activities he was honored with the highest Polish award – the Order of the White Eagle, and by Yad Vashem with the highest Israeli civilian award given to non-Jews: the title of Righteous Among the Nations. He was an honorary citizen of the State of Israel.

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APRIL APRIL AVRIL ABRIL KWIECIEŃ

26

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

27

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

28

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

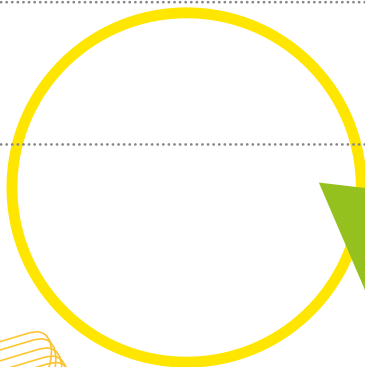
29

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

30

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

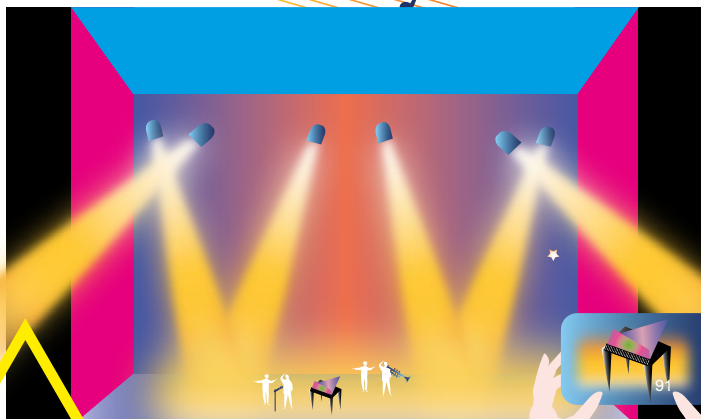
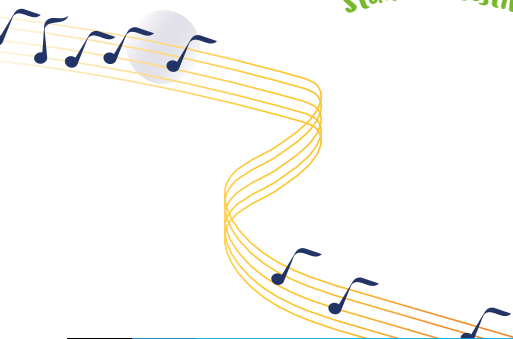
IV



WHILE IN POLAND

have fun at Juwenalia

Students' Festival



POLISH HISTORY AFTER WORLD WAR 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 31st 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 13th 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.

Lech 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 EUROPEAN UNION

While the 1st 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 1st May 2004, after 10 years of preparations Poland, together with nine 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 9th May, which has been established the Europe Day by the EU.





DID YOU KNOW THAT...

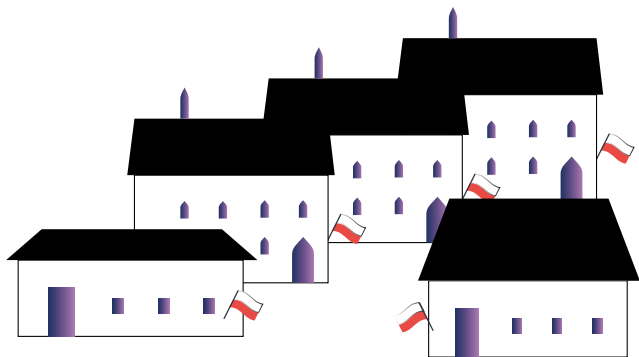
- ◇ Jerzy Buzek was President of the European Parliament between 2009 and 2012.
- ◇ Donald Tusk, the former Prime Minister of Poland was the President of the European Council from 2014 to 2019.

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 Pilgrim 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



30

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

1

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA



Labour Day

2

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA



Polish National Flag 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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3

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK



Constitution Day

4

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

5

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

6

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

7

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

8

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

9

SUNDAY
SONNTAG
DIMANCHE
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NIEDZIELA

10

MONDAY
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TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

12

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

13

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

14

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

15

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

16

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

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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MONDAY
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TUESDAY
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WEDNESDAY
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MERCREDI
MIÉRCOLES
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THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

21

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

22

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

23

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

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”. 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 0.6 l 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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24

MONDAY
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25

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

26

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

27

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

28

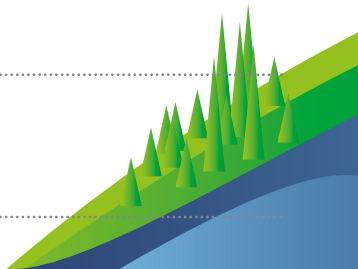
FRIDAY
FREITAG
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VIERNES
PIĄTEK

29

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

30

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA



V

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 (*wydmy*) 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 (*bursztyn*). It is the biggest treasure of the Polish seaside, coveted by many as jewellery both for its beauty and alleged mysterious qualities.





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.

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

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.pl/tourism/active-leisure
www.mazurycudnaturity.org
www.poland.travel/en-gb



31

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

1

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

2

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

3

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK



Corpus Christi

4

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

5

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

6

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

“ 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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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...

In **Kudowa-Zdrój** there is a baroque chapel, built during the years 1776–1784, in which the walls and vault are covered with more than 3,000 human skulls and bones. The construction of the “**Skull Chapel**” was initiated by a priest – **Wacław Tomaszek**, who discovered human remains behind a scarp near his parish and was moved by the fleetingness of human life. The bones were probably from victims of wars. It took 20 years to excavate the bones and the interior decoration was not completed until 1804.

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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...

Max Factor, a popular cosmetics company, has Polish origins. It was founded in 1909 in the United States of America 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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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...

In the 21st 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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28

MONDAY
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PONIEDZIAŁEK

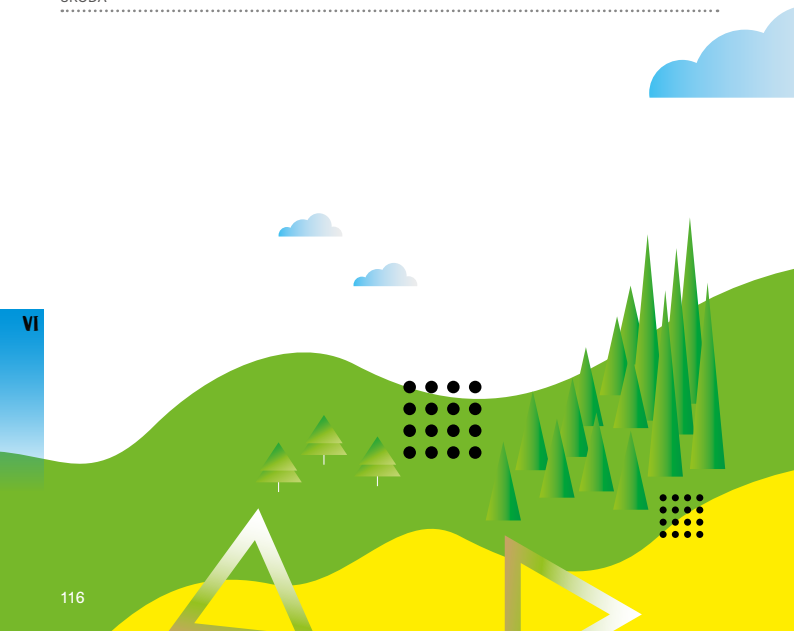
29

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

30

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

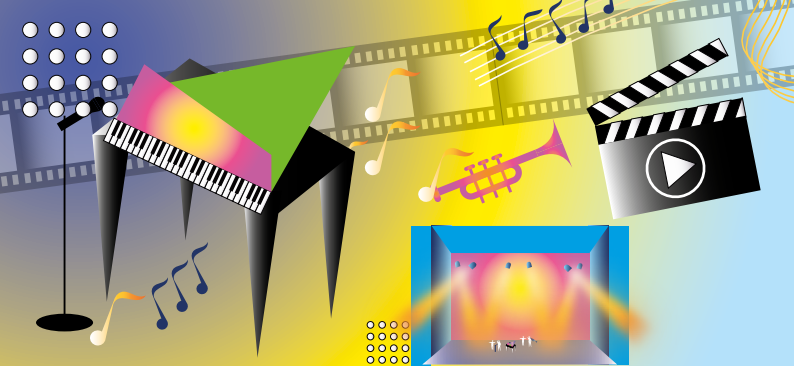
VI



WHILE IN POLAND

go back in time by visiting the Rural
Architecture Museum of Sanok,
open-air museum





FILM & MUSIC FESTIVALS

THE GDYNIA FILM FESTIVAL

Polish 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, 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 four competitive sections: International Competition, Polish Short Film Competition, European Shorts Competition and Films On Art International Competition.

THE CRACOW FILM FESTIVAL

Krakowski Festiwal Filmowy is one of the oldest film events dedicated to documentary, animation and short fiction films in Europe. During seven 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.

POL'AND'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. Every year, the Festival hosts the biggest stars like Radiohead, Björk, Red Hot Chili Peppers, PJ Harvey, FKA Twigs and The Chemical Brothers.

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. In 2020 due to the coronavirus pandemic, the festival organisers decided to make many festival materials available online, including archival recordings of the performances. This is an ideal opportunity to learn Polish. At the same time, don't forget about the obligatory feast for the body as well: tasting the Poznań delicacy, i.e. delicious *Rogal Świętomarciński* croissants with white poppy-seed and nut filling.

30

WEDNESDAY
 MITTWOCH
 MERCREDI
 MIÉRCOLES
 ŚRODA

1

THURSDAY
 DONNERSTAG
 JEUDI
 JUEVES
 CZWARTEK

2

FRIDAY
 FREITAG
 VENDREDI
 VIERNES
 PIĄTEK

3

SATURDAY
 SAMSTAG
 SAMEDI
 SÁBADO
 SOBOTA

4

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

5

MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

6

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

7

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

8

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

9

FRIDAY
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PIĄTEK

10

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

11

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

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.

A series of horizontal dotted lines for writing.

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MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

13

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

14

WEDNESDAY
MITTWOCH
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MIÉRCOLES
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15

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

16

FRIDAY
FREITAG
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17

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

18

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

In the centre of Warsaw, at the intersection of *Żelazna* and *Chłodna* streets, there is an apartment that is 1.5 metre wide. It is an arts installation from 2012 by *Jakub Szczęsny*, placed in the gap between the buildings and serving as a studio for the Polish-Israeli poet and prose writer *Etgar Keret*. The apartment has all the necessary rooms, such as a bedroom, kitchen and bathroom... although they have non-standard dimensions.

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WEDNESDAY
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THURSDAY
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CZWARTEK

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FRIDAY
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24

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

25

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

The Witcher (*Wiedźmin*) is a fantasy computer role-playing game inspired by Andrzej Sapkowski's novel of the same title. The game, produced by the Polish company CD Projekt and published by Atari, has received many re-releases and awards since its premiere in 2007. In May 2017, Netflix announced the commencement of production on an adaptation of *The Witcher* book series into an English language drama TV series, which has been viewable on the platform since december 2019.

Between March 2019 and March 2020 alone, CD Projekt sold 6.5 million copies of the third part of the game – *The Witcher – The wild hunt*. In February of the 2020, the valuation of CD Projekt listed on the Warsaw stock exchange market exceeded the valuation of PKN Orlen, the largest Polish petrol retailer.

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26

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WTOREK

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WEDNESDAY
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29

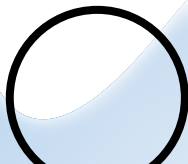
THURSDAY
DONNERSTAG
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JUEVES
CZWARTEK

30

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

31

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA



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 a 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

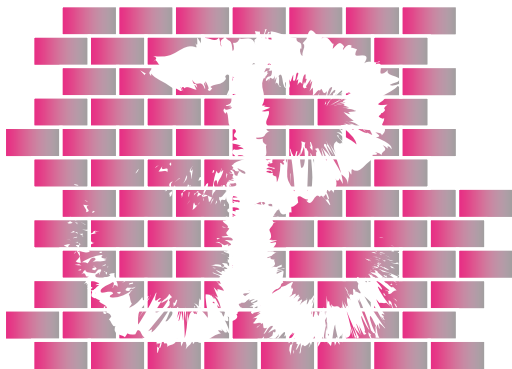
Combine flour, salt and add oil and water and mix until smooth. Add a bit more water until dough is soft and not at all dry. Bring broth to a boil and add dumplings by spoonful. Reduce heat and cook them 4–5 minutes. (Do in batches if you are using a small pan.) Serve dumplings in broth garnished with 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.staypoland.com/poland/polish-food

www.tastingpoland.com



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SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

1

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

2

MONDAY
MONTAG
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TUESDAY
DIENSTAG
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WTOREK

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WEDNESDAY
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THURSDAY
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FRIDAY
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SATURDAY
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SUNDAY
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DIMANCHE
DOMINGO
NIEDZIELA

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MONDAY
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TUESDAY
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WEDNESDAY
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THURSDAY
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JUEVES
CZWARTEK

13

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

14

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

15

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA



Assumption Day
& Armed Forces Day

Did you know that...

Esperanto is the first so called “international auxiliary language”, created by **Ludwik Zamenhof** (1859–1917), a Polish ophthalmologist. It is an easy and flexible language meant to help people of different nations who do not share a common first language to communicate. From Esperanto comes the word **Veturilo**, which means “a vehicle” and which is also the name of Warsaw public bicycle-sharing system, launched on 1st August 2012. Since then it gained many fans, especially as first 20 minutes of ride is for free! You can also find bike-sharing systems in other Polish cities.

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MONDAY
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PONIEDZIAŁEK

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TUESDAY
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WEDNESDAY
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THURSDAY
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JUEVES
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FRIDAY
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21

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

22

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

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.

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WEDNESDAY
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THURSDAY
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FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

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SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

29

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

Did you know that...

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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AUGUST AUGUST AOÛT AGOSTO SIERPIEŃ

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MONDAY
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PONIEDZIAŁEK

31

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK





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*.

NIKIFOR KRYNICKI (1895–1968)

A Polish painter of Lemko origin, representative of the naïve (primitive) art movement. Nikifor, who is considered to be one of the most prominent primitive painters, lived in poverty, and for most of his life he was considered mentally disabled because he mumbled incoherently when he spoke.

JAN ZACHWATOWICZ (1900–1983)

An architect, professor of the Faculty of Architecture at the Warsaw University of Technology, monument conservator. He is the creator of the UNESCO International Graphic Mark for protected historical buildings. The mark has the form of a shield pointing down, divided along diagonals into four fields, two blue in the middle and two white on the sides.

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. Roman 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 (1933–2020)

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 *Katryń*.

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 and Sting.



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 United States of America 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 15th 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/en

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MONDAY
MONTAG
LUNDI
LUNES
PONIEDZIAŁEK

31

TUESDAY
DIENSTAG
MARDI
MARTES
WTOREK

1

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

2

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

3

FRIDAY
FREITAG
VENDREDI
VIERNES
PIĄTEK

4

SATURDAY
SAMSTAG
SAMEDI
SÁBADO
SOBOTA

5

SUNDAY
SONNTAG
DIMANCHE
DOMINGO
NIEDZIELA

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

13

MONDAY
MONTAG
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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

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

Krystyna Skarbek (1908–1952), also known as Christine Granville and Paulina Armand, was a British first special woman agent of World War 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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MONDAY
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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...

The famous Polish composer **Krzysztof Penderecki** created the **European Krzysztof Penderecki Music Centre in Lustrańce** 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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27

MONDAY
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PONIEDZIAŁEK

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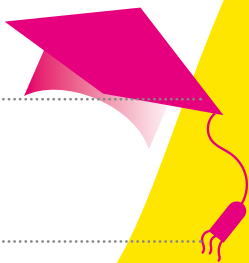
TUESDAY
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MARDI
MARTES
WTOREK

29

WEDNESDAY
MITTWOCH
MERCREDI
MIÉRCOLES
ŚRODA

30

THURSDAY
DONNERSTAG
JEUDI
JUEVES
CZWARTEK

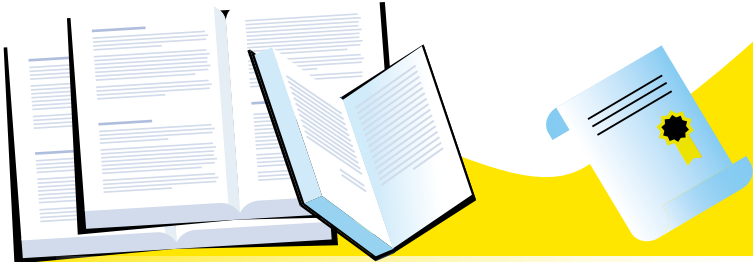


HIGHER EDUCATION IN POLAND

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.



HIGHER EDUCATION INSTITUTIONS IN POLAND OFFER THE FOLLOWING EDUCATIONAL POSSIBILITIES:

FIRST-CYCLE PROGRAMMES

leading to the professional title of *licencjat* (Bachelor type), which last three to four years, and to the professional title of *inżynier* ("engineer" – Bachelor degree), which last three and a half to four years.

SECOND-CYCLE PROGRAMMES

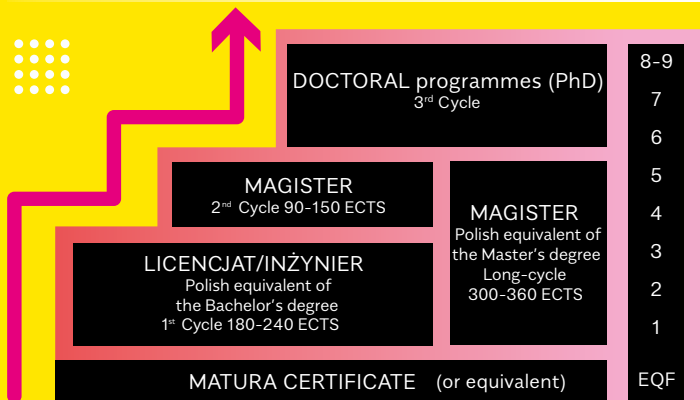
lasting one and a half to two and a half years and leading to the professional title of *magister* or an equivalent degree (Master's degree), accessible for graduates of first-cycle studies.

LONG-CYCLE PROGRAMMES

(or one-tier degrees) lasting four and a half to six 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 (*egzamininy*). 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).

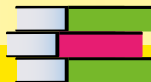
STUDENTS FROM NON-EU COUNTRIES

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 or like their fanpage: **ESN Poland** on Facebook.



The STUDENTS' PARLIAMENT of the REPUBLIC of POLAND



Parlament Studentów
Rzeczypospolitej Polskiej

The Students' Parliament of the Republic of Poland (PSRP) is an independent and official voice of the students' society in our country and an umbrella organisation of students' unions from all Polish higher education institutions.

PSRP represents students towards public authorities as well as abroad. We play a significant role in co-deciding about students' society positions, as well as consulting policies and legal acts concerning youth and their future. Moreover, the Parliament is responsible for organising workshop sessions and events that equip students with skills and knowledge. We support the development of students' projects, cultural events and, in particular, we defend students' rights. PSRP stimulates international students' exchange and actively participates in the international students' movement, by representing Poland in the European Students' Union and in the V4+ Students' Alliance.

Currently, our main activities focus on mental health support, financial aid, the role of students in quality assurance processes and internationalisation of higher education.

Should you have a problem with understanding legal acts, regulations, or a question related to your studies, students' rights or anything concerning your stay in Poland, feel encouraged to write to us at international@psrp.org.pl. Our support is offered in several languages: English, German, Russian, Belarusian, Ukrainian, Spanish, Italian, Swedish, Norwegian and Catalan.

If you wanted to follow us regularly, please visit our website and social media to get to know us better and learn about our projects and activities:

- ♦ PSRP's website in English: psrp.org.pl/en
- ♦ PSRP's Facebook: fb.com/parlamentstudentowrp
- ♦ PSRP's Instagram: instagram.com/parlament_studentow_rp
- ♦ PSRP's LinkedIn: linkedin.com/company/the-students-parliament-of-the-republic-of-poland
- ♦ PSRP's twitter: twitter.com/psrporgpl

Students' unions are also gathered in Sector Committees, which represent similar types of universities. They can also be an important source of information for you. Check them out!

UNIVERSITIES OF ECONOMICS FORUM

fb.com/ForumUczelniEkonomicznych

UNIVERSITIES OF FINE ARTS FORUM

fsua.org.pl or fb.com/ForumStudentowUczelniArtystycznych

TECHNICAL UNIVERSITIES FORUM

nowa.fut.edu.pl/ or fb.com/forumut

ACADEMIC UNIVERSITIES FORUM

funip.pl or fb.com/FUnIP.PSRP

MILITARY UNIVERSITIES COMMITTEE

kum.edu.pl or fb.com/KomisjaUczelniMundurowych

MEDICAL UNIVERSITIES COMMITTEE

kws.m.psrp.org.pl or fb.com/KWSMPSRP

PHYSICAL EDUCATION UNIVERSITIES COMMITTEE

fb.com/kuwfpsrp

LIFE SCIENCES UNIVERSITIES STUDENTS' UNIONS

fb.com/PSSUR

HIGHER VOCATIONAL EDUCATION SCHOOLS' COMMITTEE

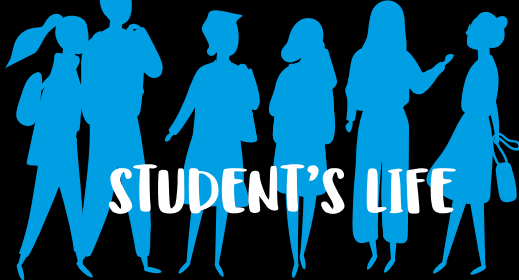
fb.com/forum.pwsz.psrp

PRIVATE UNIVERSITIES FORUM

fun.info.pl or fb.com/forumuczelniniepublicznych

Maciej Rewucki

International Officer of the PSRP



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 425–900.

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 2nd 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

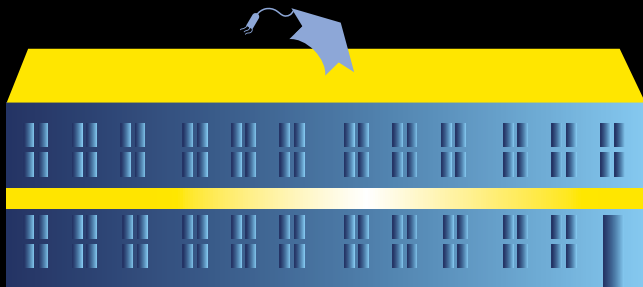
In order to get free medical care in Poland EU/EEA students need to have the European Health Insurance Card (EKUZ), they apply in their home country for. Non-EU/EEA students need to purchase a private health insurance policy.

For more information, visit National Health Fund: www.nfz.gov.pl.

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.



dormitory
EUR 80–200



room at a private
apartment
EUR 300–500



energy and gas
EUR 40



full-price
monthly travelcard
EUR 20–40



haircut
men EUR 10
women EUR 15



lunch at a canteen
EUR 4–6



coffee in a café
EUR 2.5–3.5



beer at a pub
EUR 1.5–3



cinema ticket
EUR 5–6



bread
EUR 1.4



ham
EUR 6–7 per 1 kilo



cheese
EUR 6 per 1 kilo



mineral water
EUR 0.5
per 1.5 litre



milk
EUR 0.8
per 1 litre



apples
EUR 0.7
per 1 kilo

USEFUL LINKS FOR ERASMUS+ STUDENTS IN POLAND:

www.erasmusplus.org.pl
www.go-poland.pl
www.nauka.gov.pl
www.krasp.org.pl
udsc.gov.pl/en
www.studyingpoland.pl



**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:**



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.



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.



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.erasmusols.eu.

Dear ERASMUS+ Student!

We hope you enjoyed your stay
in Poland!



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Foundation for the Development of the Education System (FRSE)
the Polish National Agency for the Erasmus+ Programme

Editing

Małgorzata Członkowska-Naumiuk, Karolina Stopczyńska,
Dorota Zajączkowska

Editing cooperation

Beata Maluchnik, Barbara Jędraszko

Texts

Małgorzata Członkowska-Naumiuk, Malwina Górecka, Barbara Jędraszko,
Joanna Józwick, Renata Smolarczyk, Karolina Stopczyńska,
Dorota Zajączkowska, Katarzyna Żarek

Cooperation

Łukasz Cherek, Beata Jurkowicz, Krzysztof Szwalek

Production editor

Barbara Jędraszko

Graphic design, illustrations & DTP

Dorota Zajączkowska



This is a free brochure, financed from budget of the European Commission within Erasmus+ Programme. This publication reflects the views only of the authors, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.

ISBN 978-83-66515-23-9

Warsaw 2020



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Publications





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AS YOUR ERASMUS+
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