



## DIGital CULTURAl heritagE!

*Polish traditions by 6th grade students of Primary School No. 1 in Bochnia:*

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The Polish tradition is *sharing a wafer*. On 24th December, at Christmas Eve dinner, family members and friends approach each other and share the wafer, expressing wishes to each other on the occasion of Christmas. We have 12 dishes at the Christmas Eve dinner.



*Christmas carollers* - in the Christmas season, groups of carollers walk around the villages, towns and cities. They walk dressed such as an angel with a shining star of Bethlehem, as a devil or some animals characters. The carollers walk from house to house sing carols and spread Christmas cheer to all neighbours. In return, they get treats and gifts.





*Parade of the Three Kings* - it is a festival celebrated from the 3rd century in memory of the homage paid to the newborn by three wise men from the east: Casper of India, Melchior of Persia and Baltazar of Arabia. The Procession of the Three Kings is organized in Polish cities on 6<sup>th</sup> January. It involves walking through the city in a parade in honor of the coming of the three kings.





One of the Polish traditions is *drowning 'Marzanna'*. Marzanna is a straw doll. She is a symbol of the winter. Drowning it symbolizes greeting spring and saying goodbye to Winter. People still celebrate this tradition but it's mostly fun for children. Today we can drown the doll on 21 March which is the first day of spring.





***Fat Thursday*** is a traditional Christian feast marking the last Thursday before Lent and is associated with the celebration of Carnival. Because Lent is a time of fasting, the days leading up to Ash Wednesday provide the last opportunity for feasting (including simply eating forbidden items) until Easter. People started to celebrate this tradition in XVII century. From that time fat day is still very popular in Poland. On this day we eat a lot of paczki and chrust. Fat day starts the last week of carnival. Dishes typical on this day are paczki and chrust. Paczki are made of fried yeast dough and filled with rose marmalade. Second dish is chrust with is made of shortcrust dough and it's also fried. On this day Poles eat 100 millions of them ;-)

**Paczki:**



**Chrust:**





*The Palm Sunday* - this tradition commemorates Jesus entry into Jerusalem. On this day, people organize a competition for the highest palm. The tallest palm tree is awarded. The most famous competition takes part next to our city in the village of Lipnica Murowana.





The tradition most closely associated with Easter is *decorating Easter eggs*. In Slavic folk beliefs, an egg is a symbol of prosperity. Polish children together with their families and friends love decorating Easter eggs. Easter eggs are used to decorate the house, they are also put in an Easter basket. Blessing food on Holy Saturday is another tradition maintained by Poles. Decorated and filled with food baskets are brought to the church, and the products, which are consecrated on that day are eaten during the Easter breakfast. On Sunday morning, Poles share an egg, making wishes.







*Smigus Dyngus* is also often called "*Wet Monday*". It is an old custom in Poland which is celebrated on Easter Monday. On that day in the past young boys wore traditional uniforms and threw lots of water onto young girls. The girls were also tapped gently with willow twigs. The girl who wasn't chosen for throwing water at her and did not get wet was considered as not attracted and she will become a spinster. The girl who was the wettest was usually the most beautiful one. Nowadays this tradition is not so popular as in the past, but still children like throwing water onto each other on Easter Monday.





*Sobótka* – the Polish custom. It is celebrated from 23 to 24 June to welcome summer. It consists of lighting a fire in clearings or hills. The celebration relates to the summer solstice when nights are the shortest and includes a number of Slavic rituals. It involves herb collecting, bonfire lighting, bathing in the river. Girls may float wreaths of flowers (often lit with candles) on rivers. Boys may attempt to capture the wreaths.





***Harvest Festival*** is a post-harvest festival that ends the farmer's work all year round. It is a folk festival combined with thanksgiving rituals for the completion of the harvest and field work. We have been celebrating the Harvest Festival in Poland probably from the turn of the 16th and 17th centuries. During the harvest festival, feasts with refreshments and dances were organized, preceded by rituals and prayers. At the end of the 19th century, peasant and agricultural harvest festivals began to be organized, similar to the court harvest festival.





*St. Andrew's Day* is from 29 to 30th November. During that day people in Poland foretell their future. Everyone can do it! Usually they want to know what their future will be. Then, they are using lots of things. The most famous fortune telling is: St Andrew's heart and pushpines, pouring wax, tossing a coin and racing shoes.





*Krakowiak* is a very fast, Polish folk dance. It comes from the surroundings of Krakow. People danced it in the 14th century at the court of the King Władysław Jagiełło. At the beginning, it was a war dance and only men danced it. Then people danced it in the pairs. You can join and split your legs. Then you jump on two. The girl's costume includes: beads, a wreath, a shirt, a corset, a belt, a colored skirt and red ankle boots. The boy's costume includes: a cracow hat, a shirt, a caftan, a belt, trousers and shoes.





Folk costumes from Podhale region - costumes worn by *Highlanders* (Gorals) in Polish area of the Tatra Mountains, Podhale region. Unlike other regional groups in Poland, Highlanders from Podhale wear traditional outfit (or its elements) on a daily basis. This type of outfit is widely considered one of the Polish national costumes





The *Lowicz* folk costume is one of the richest and most spectacular costumes not only of Mazovia, but of the whole Poland. It is worn and used also today. Colourful stripes adorning the skirt and pants are a characteristic pattern of the Lowicz costume.





Polish folk costumes vary by region. They are not worn in daily life but at folk festivals, folk weddings, religious holidays, harvest festivals and other special occasions. The costumes may reflect region and sometimes social or marital status.

# STROJE LUDOWE







*Thank you for reading!*