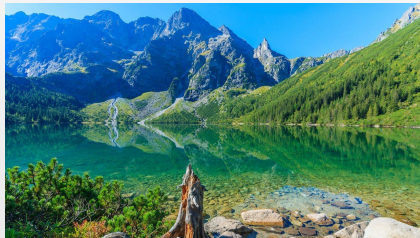


# POLAND



Poland is a country situated in the centre of Europe. It has very diversified landform. The lowlands occupy the largest part of the country. There are mountains on the south of Poland and there is a Baltic Sea on the north. There are also many beautiful lakes on the Mazury on the west.

# BEAUTIFUL PLACES IN POLAND

## Elblag Canal

The project of the Elblag Canal was created in 1825, but the detailed development of the project was undertaken by George Jacob Steenke in 1833. This canal is not a normal canal, because its route has to be crossed over a dozen water levels, which can reach up to 99 meters. Currently it's a tourist attraction. It includes 4 waterways.



# Turquoise lake

In Poland you can find a substitute of paradise scenery by visiting the Wolin island where the Turquoise lake is situated. Some people call this place "Polish Maldives". This lake is beautiful but also dangerous. The color of the water is caused by calcium carbonate from a nearby power plant. Due to pollution, swimming in the lake is strictly prohibited.



For eagers, there is a special viewpoint from which you can look at this water reservoir and nearby bathing area for swimmers.



# Sandomierz

Sandomierz is undoubtedly one of the most beautiful cities in Poland. Picturesquely situated on seven hills above the Vistula River, it tempts with numerous attractions. The local market is considered to be one of the most beautiful in the country. The 14th-century town hall with a Renaissance attic is surrounded by 30 historic tenement houses.





The city is also known by the Polish series filmed in Sandomierz under the title „Ojciec Mateusz”. Another interesting attraction of Sandomierz is the royal castle. It was built in the 14th century on the site of a former stronghold, and from the 16th century it served as a royal residence. Currently, one wing of the building houses the District Museum, and the rest of the building houses rooms open to the public.



# Bory Tucholskie

Bory Tucholskie National Park is one of the smallest national parks in Poland. It includes a dense, almost uninhabited forest complex. Its borders include beautiful and clean lakes and the Brda River. There are also many walking and cycling paths in the beautiful forests. In the Bory Tucholskie, enthusiasts of water attractions will also find time for rafting.







# Moszna Palace

The greatest attractions of the town of Moszna are an unusual eclectic castle, a huge park with a pond and an English horse farm. The building has as many as 365 rooms and 99 towers. The palace can be visited with a guide or alone. It amazes with its size and the Disney shape. Adjacent to the palace is a glass orangery with exotic plants.





# POLISH FOLKLORE

- Folklore is a word that describes the material and non-material heritage of folk culture. Folklore is divided into two groups: material, which includes folk architecture, folk art and folk costumes, and non-material, which includes; songs, proverbs or legends.

# Folk Costumes

Folk costumes belong to the Polish material folklore. There are many of them, as many as 100. The appearance of the outfit depends on the region in which it was made. The most commonly associated folk costumes are the Lowicz costume, the Krakow costume or the Podhale costume.

The Łowicz outfit is considered the most attractive outfit from the Masovian area. Its colorfulness and richness made it a model for garments in other studies. Today it is worn during holidays and church ceremonies.





# Cracow Costume and Podhale Costume

The colorful, richly decorated Krakow dress is the only selection of Polish folk costumes today considered to be the national one. Even Tadeusz Kościuszko himself, the leader of the uprising in 1794, wore it.



Highlanders from Podhale are still proud of their customs and costumes. They wear it during family, church and state celebrations.



# Traditions

Family traditions for the enormous countless customs in the area of daily and festive family life. The most common rite is a wedding, during which we can observe several customs. Other religious rites, such as baptism and Holy Communion, are also related to family traditions. Among the more secular celebrations, one should mention the name day, which are so lavishly celebrated only in Poland.



# Memorial Day of the Dead

- In 835, Pope John XI instituted the All Saints' Day (November 1) in honor of the dead saints. This holiday concerned both the saints who were raised to the altars and the unknown saints. This day is devoted to prayer and services for all the deceased. Especially for souls who still do penance in Purgatory. The faithful visit the graves of their deceased relatives with their whole families. The Polish tradition, different from Western traditions, requires lighting a candle on graves close as well as distant relatives. According to custom, the graves that have been forgotten are



# Midsummer Night

- People gathered in the hills and forest clearings, there to light big bonfires, which were called *sobótki*. Midsummer night had, apart from greeting the coming summer, also another task. It was supposed to pair human hearts, which, warmed by the beautiful night aura surrounding them, were to be prone to love. Therefore, this night was considered the time for the courtship of young men who competed among themselves for the favor of beautiful girls. They, in turn, sang love songs throughout the evening and danced in white clothes girded with mugwort around the fires.





# POLISH LANGUAGE

In Poland, the official languages are: Polish and Kashubian. In addition, we have dialects: Masovian, Lesser Poland, Greater Poland, Silesia, mixed dialects in the east of the country and new mixed dialects in the west and north. They are divided into several dozen dialects; some of them point in several places, so they all the more deserve careful care.



- *Kashubian Language*
- *The Mazovian Dialect*
- *Greater Poland Dialect*
- *Silesian Dialect*
- *Lesser Poland Dialect*
- *Mixed Dialects*



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*Created by: Natalia  
Maćkowska*