



POLAND

POLSKA

ZESPÓŁ SZKÓŁ W RUDKACH



THE BALTIC SEA

THE CARPATHIAN MOUNTAINS

POLAND'S LOCATION

Poland is situated in the middle of Europe, between the Baltic Sea and the Carpathian Mountains, in the basin of the Vistula and Odra rivers.

The lowlands and the lake districts dominate its northern part.

The uplands and mountains form its landscape in the south.

**Its area is 312 679 sq. km.
and its population is 38.1 million.**

The borders have changed over the centuries and their current shape resulted from WW II operations and decisions made with no regard for Poland's earlier territory. Now it borders with 7 countries.



THE FLAG OF POLAND, THE EMBLEM & THE ANTHEM



The emblem of Poland is a white eagle in a golden crown on a red shield.
The flag is white and red, too.

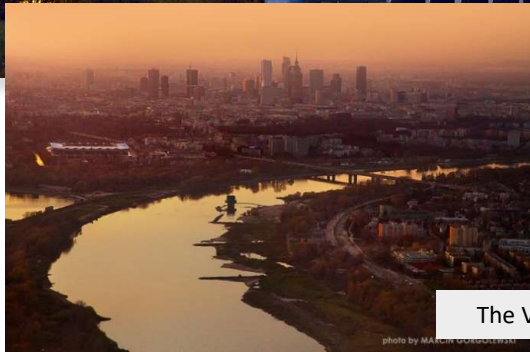
The flag of Poland reflects the heraldic colours of the earlier Kingdom of Poland – it consists of two horizontal stripes: white and red.
The National Flag Day is celebrated on 2 May.

The Polish anthem is called „*Mazurek Dąbrowskiego*”.



WARSAW: THE CAPITAL OF POLAND

- Warsaw is the largest city in Poland and the capital of Poland. (1 729 119 inhabitants).
- It's situated in the east-central Poland, on the Vistula, the longest river in Poland (1,047 km or 651 mi long).
 - The Vistula divides the city into two parts, the left one and the right one.
- The Palace of Culture is one of the most easily spotted landmarks (*on the left*).
- The heart of the city lies in the Old Town.



The Vistula River.

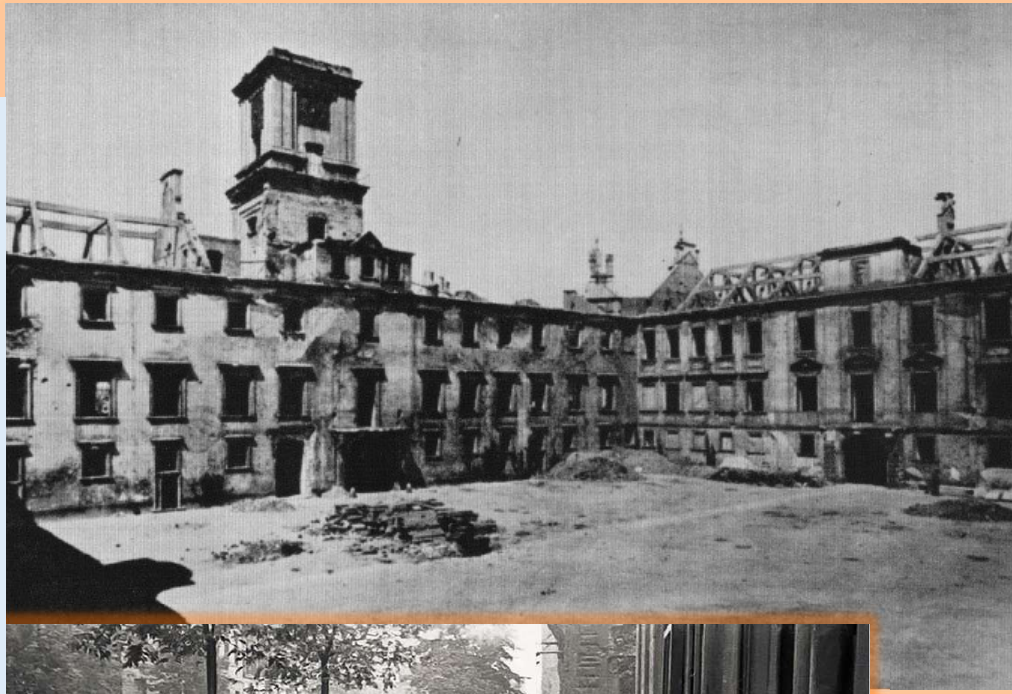


The Old Town.



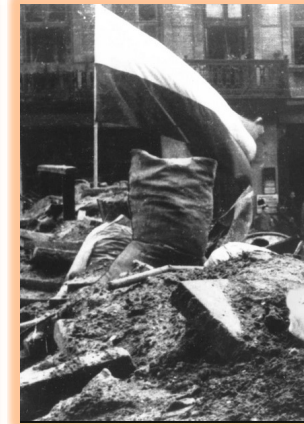
On the right: The ruined Royal Castle.

Below: The Polish insurgents in the Warsaw Uprising(1944), ruins of the city centre and the Monument of a Little Soldier.



WARSAW during WW II

- Warsaw and other parts of Poland found themselves at the heart of World War II operations. The Polish people refused to surrender and fought against a much stronger enemy, the Nazi Germany and the Soviet Union. As a result, they paid the highest price for their resistance – the capital city was nearly wiped off the face of the earth, a lot of other towns and regions were severely demolished, not to mention the immense sufferings of the Polish citizens.
- After the war Warsaw was rebuilt and it cannot boast to have as many surviving monuments as other cities. However, it is a living symbol and evidence of the great sacrifice offered for the freedom of Poland.





THE ROYAL CASTLE & THE OLD TOWN

WARSAW OLD TOWN
Here you can visit: THE ROYAL CASTLE, THE CITY WALLS & THE BARBICAN, OLD CHURCHES, PICTURESQUE STREETS AND SQUARES WITH OLD TENANT HOUSES.



Horse carriages at the Market Square



The City Walls & the Barbican



Streets & tenant houses



The Stone Steps Street

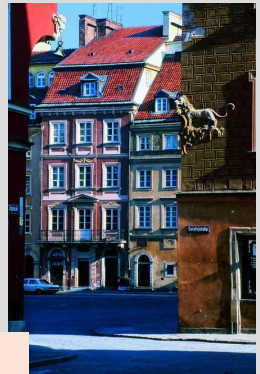
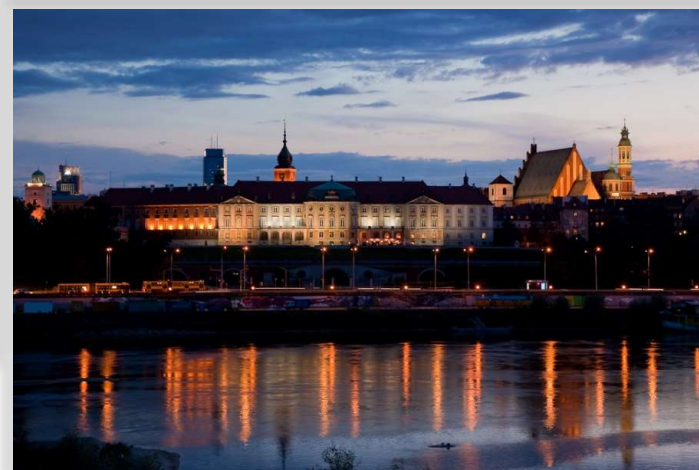




photo by marcin gorgolewski

WARSAW OLD TOWN: THE ROYAL CASTLE

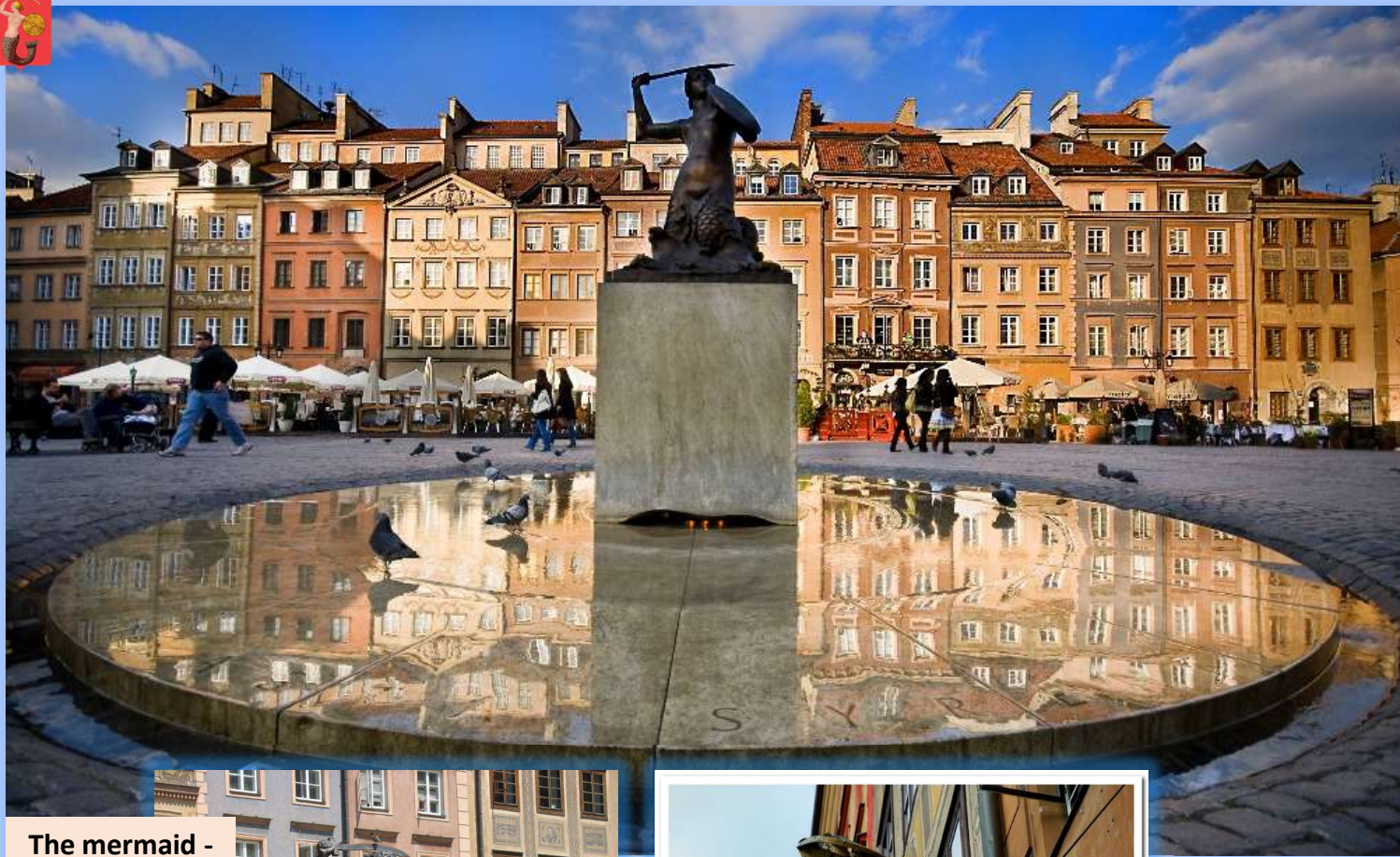


- The Royal Castle with King Sigismund's Column.

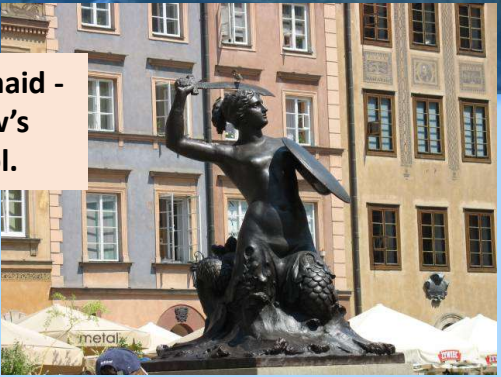
- A view from the other side of the Vistula.



WARSAW OLD TOWN: THE MARKET SQUARE



The mermaid -
Warsaw's
symbol.



Bazyliiszek -
a legendary
Warsaw dragon.



Church of St. Anne



St. Jack's Church



Cathedral Basilica of St. John the Baptist



The Smaller Basilica of the Holy Cross Church at Krakowskie Przedmieście

WARSAW OLD TOWN: HISTORIC CHURCHES



Frederic Chopin



In Poland a great majority of people are Catholic and historic churches are easily spotted landmarks in every city, town and in the country.

One of the most important churches in Warsaw is the Smaller Basilica of the Holy Cross Church at Krakowskie Przedmieście. It witnessed numerous historical events. Also, the great composer's Frederic Chopin's heart was buried here (*above*).



WARSAW: ROYAL BATHS PALACE AND PARK



The Royal Palace and Park Complex with Frederic Chopin's Monument one of the favourite places of the Varsovians who come here to relax, listen to music at open air concerts or simply walk.

The sculpture depicts the composer listening to a murmuring willow. Poland is at the heart of Chopin's music, so during WW II this monument was the first to be destroyed by the Nazi Germans. It was recreated after the war.

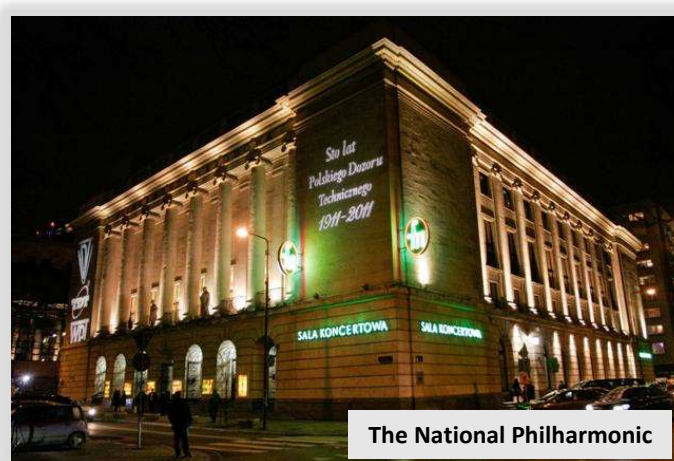


- **WARSAW:**
THE ROYAL PALACE
AND PARK COMPLEX
IN WILANÓW.





WARSAW offers a number of cultural and historical attractions, for example:
THE NATIONAL MUSEUM, WARSAW UPRISING MUSEUM, THE MUSEUM OF FREDERIC CHOPIN
and **THE MUSEUM OF HISTORY OF POLISH JEWS**
as well as **THE GRAND THEATRE** and **THE NATIONAL PHILHARMONIC.**





COPERNICUS SCIENCE CENTRE,
THE ZOO and THE NATIONAL STADIUM
are some of the cool alternatives if you want to have fun.



The National Stadium



Copernicus Science Centre



The Zoo





OTHER IMPORTANT CITIES IN POLAND:

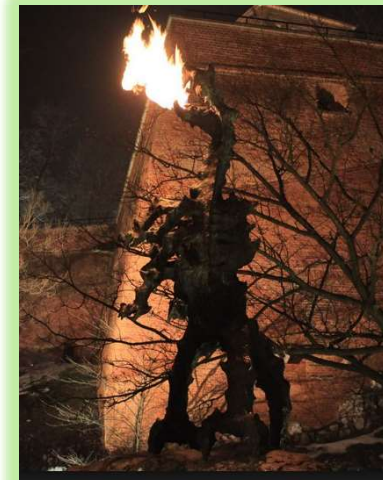
- KRAKOW
- ŁÓDŹ
- WROCŁAW
- POZNAŃ
- GDAŃSK

The listed cities are among
the largest and most important
cities in Poland.



- **CRACOW**
It's the second largest city and it used to be the capital of Poland from the 10th to the end of the 16th century.

- The Royal Castle *WAWEL* is situated on the Vistula River on the Wawel Hill. The *WAWEL DRAGON* is the old inhabitant of the caves under the castle.





• CRACOW

The Cracow Main Square used to be one of the biggest squares in the Mediaeval Europe.

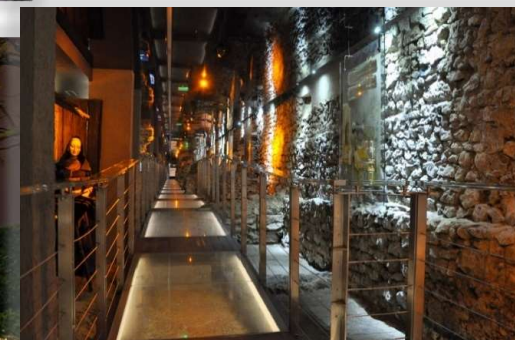
There are a lot of monuments including:

- the gothic St. Mary's Basilica with the famous Veit Stoss's Altarpiece;
- the Cloth Hall;
- The City Hall Tower & other places of interest.

The Royal Castle, the Market Square and the nearby streets used to be surrounded with city walls and a moat - now it is a green walking area known as *Planty* (above).



The gothic St. Mary's Basilica – the famous Veit Stoss'e Altarpiece.



The underground exhibition at the Main Square.



The Salt Mine in Wieliczka

The old salt mine is a must for everyone visiting Cracow. It was built in the 13th century and operated up to 2007. Its attractions include numerous underground corridors and rooms, among them three chapels and a cathedra carved out of the rock salt by the miners.



Oświęcim

Oświęcim was one of the oldest Polish towns established 800 years ago. Yet, it came to be known worldwide as a place of the tragic events during the Second World War where Adolf Hitler ordered to build the Auschwitz-Birkenau Concentration Camp.

Nowadays, there is an educational centre such as the International Youth Meeting Centre (MDSM/IJBS) – it aims at promoting German-Polish and Christian-Jewish dialogue.

There's also the Auschwitz Jewish Centre (*on the left*), which also functions as an educational centre.



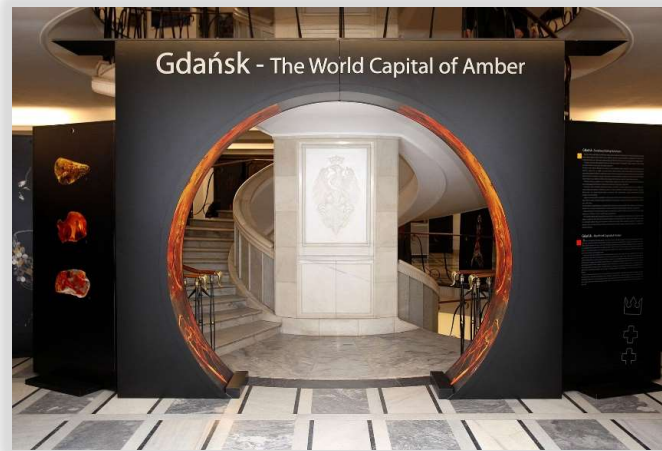
- **Auschwitz-Birkenau Concentration Camp was a network of German Nazi concentration camps and extermination camps built and operated in Polish areas by Nazi Germany during World War II.**

- Auschwitz was first constructed to hold Polish political prisoners, who began to arrive in June 1940. Living conditions were brutal, and many of those not killed in the gas chambers died of starvation, forced labour, infectious diseases, individual executions or medical experiments.
- **At least 1.1 million prisoners died at Auschwitz – mainly Jews (90%), Polish people and thousands of people of other nationalities.**



GDAŃSK

A view at the representative Main Town with a Medieval port crane and Neptune's Fountain.



- Gdańsk is a seaport on the Baltic Sea and another Polish city that possesses extremely valuable architectural monuments.
- Also, it's the world capital of amber.



ŁÓDŹ

The third largest city in Poland isn't as old as the other ones, yet it's famous for its industrial architecture from the 18th and 19th centuries such as the White Factory or Manufaktura. It also has got the longest shopping street in Europe: Piotrkowska St. – 4.2 km long.



A view at Manufaktura (*above*) – a shopping, amusement and cultural centre in one.



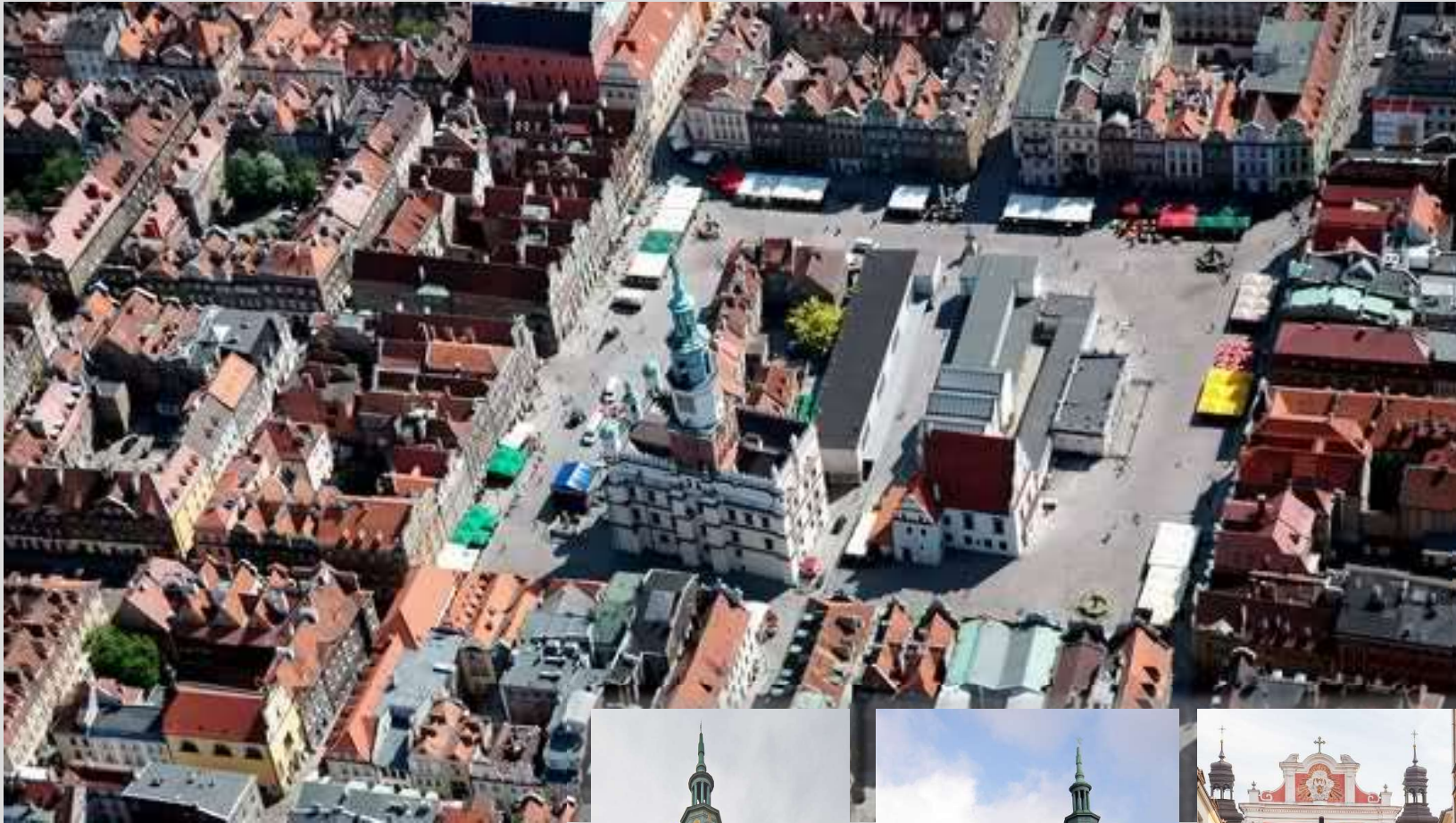
WROCLAW

It's situated on the Oder River. It's the capital of the Silesia and another Polish city with a long history and beautiful architecture. It's going to be one of the European Capitals of Culture in 2016.



The most famous landmarks are the Market Square with the City Hall, gothic and baroque churches, tenant houses and a lot of bridges. It can also boast a functioning city moat (*on the left*) and a constantly increasing bunch of dwarves (*on the right*).





POZNAŃ

It's situated in the western part of Poland, on the Warta River. The most important sites are within the Old Market and the Old Town.



- The Old Market with its attractions: the City Hall, the City Scales, St. Mary's Basilica, old tenant houses and the Guardhouse .



TORUŃ

Toruń is famous for its architectural wonders, the great astronomer Nocholaus Copercnicus and honey-and-ginger biscuits.

Copernicus was an outstanding Renaissance mathematician and astronomer, who contributed to a scientific revolution.



The New Town Square.



Honey-and-ginger biscuits from Toruń.

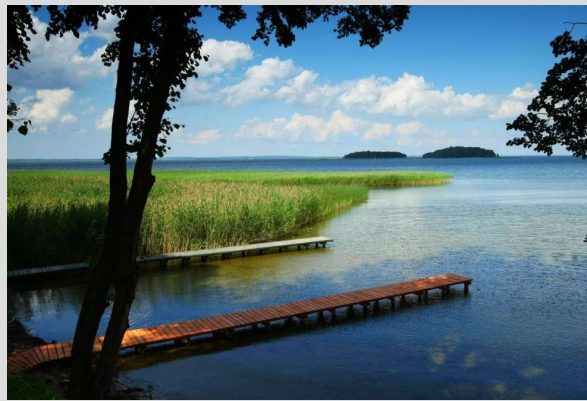


Copernicus' House – the great astronomer was probably born here.



Nicolaus Copernicus' Monument.

Poland represents a variety of landscapes.



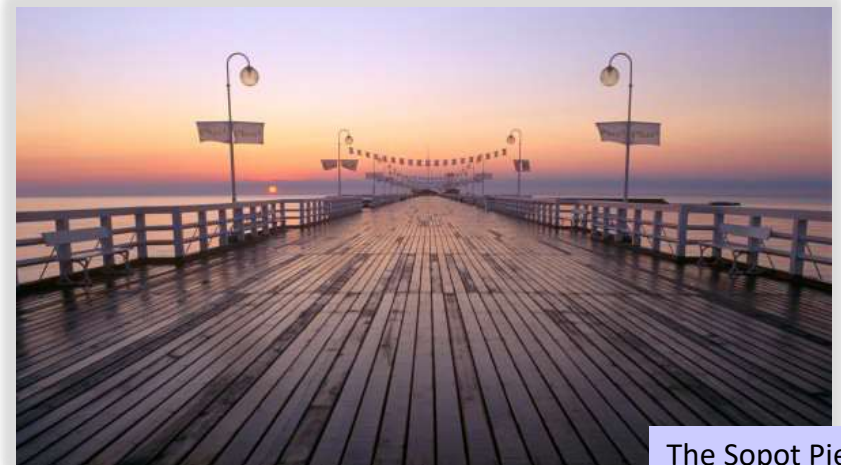
- **THE BALTIC SEA**, **THE MASURIAN LAKE DISTRICT** and **THE TATRA MOUNTAINS** are just a few highlights of what you can expect to see in Poland.





THE NORTH OF POLAND – The Baltic Sea & the Polish Seaside

- Poland is located on the Baltic Sea and its seaside resorts, for example Sopot, are popular holiday destinations.



The Sopot Pier.



The Śniardwy Lake



THE NORTH OF POLAND – The Masurian Lake District

- The Lake Districts cover most of the northern Poland. One of them is the Masurian Lake District, another frequent holiday destination. The Śniardwy Lake (*on the left*) is the biggest of all.



Storks are frequently spotted birds.





The Tatra chamois.



The Tatra sheep herding.



Crocuses in spring in the *Chochołowska Valley*.

THE TATRA MOUNTAINS:

The Tatras are part of the Carpathians and are the highest mountains in Poland. *Rysy* (2499 m) is the highest peak in Poland.

The Polish tourists love their wild landscapes, lakes and valleys and the wildlife.



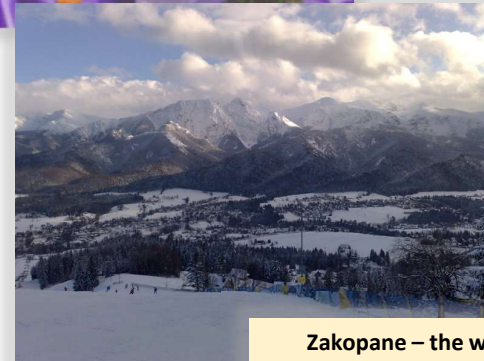
The dancing highlanders.



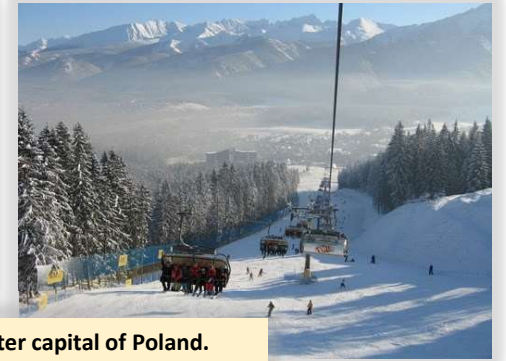
A glacial lake.



A house in *Zakopane style*..



Zakopane – the winter capital of Poland.



IMPORTANT PEOPLE FROM THE POLISH HISTORY

Poland experienced a lot of hardships over the last two centuries and demanded the highest sacrifice from its nation. The 123 years of partitioning (1795-1918), the world wars and the communist regime put our country at a great disadvantage. In addition, after WW II it was forced to become the Soviet Union's ally against the will of its citizens.

The three men symbolise the Polish struggle for freedom and independence in the 20th century.



Józef Piłsudski –

he was a Polish statesman, politician and commanding officer. He had a great influence on the resurrection of the Polish state after the three partitions by Russia, Austria and Prussia eliminated it from the map of Europe 123 years before.



Pope John Paul II –

He was the pope of the Catholic Church from 1978 to 2005. He also contributed to the end of the communist rule in Poland.

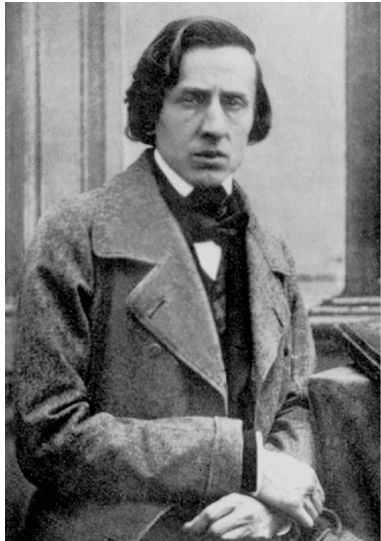


Lech Wałęsa –

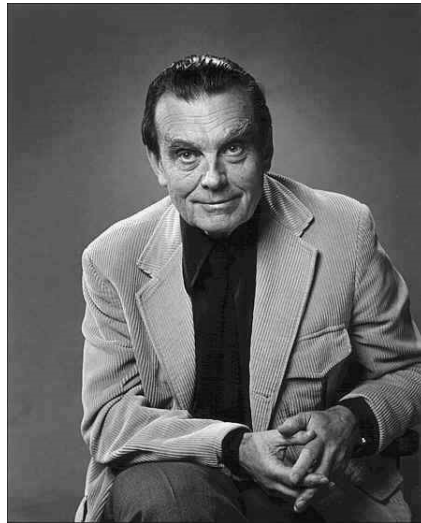
He was a trade unionist who co-founded the Solidarity movement and then became the first Polish president during the period of political transformation 25 years ago.

A MUSICIAN, A WRITER, AN ARTIST & A SCIENTIST

The political situation of Poland deeply influenced the lives and work of its people. They were often forced to leave the country if they wanted to continue their work freely.



- **Frederic Chopin (1810-1849)** – a great composer and pianist of Romanticism. He emigrated to France.



- **Czesław Miłosz (1911-2004)** – one of the Polish Nobel prize winners, a poet, writer, literary critic and diplomat. He emigrated to the US.



- **Jan Matejko (1838-1893)** – an outstanding 19th century painter from Kraków, known for his Polish history and battle paintings. He lived in Kraków.



- **Maria Skłodowska-Curie (1867-1934)** – a physicist and chemist, dealt with radioactivity and was awarded two Nobel prizes in Physics and Chemistry. She discovered two radioactive elements – radium and polonium. She emigrated to France.

FAMOUS SPORTSMEN & SPORTSWOMEN:



Robert Lewandowski – one of the best Polish goal scorers, the captain of the Polish national football team and the striker in the Bundesliga club Bayern Munich.



Adam Małysz – the former Polish ski jumper, a multiple medal winner at the Olympic Games and other international Championships in ski jumping.



Robert Kubica – a rally racing driver and a former Formula 1 driver.



Justyna Kowalczyk – a cross country skier, a multiple gold medal winner at the Olympic Games and other international championships in cross country skiing.



OUR REGION: HOLY CROSS VOIVODESHIP
(Województwo Świętokrzyskie)

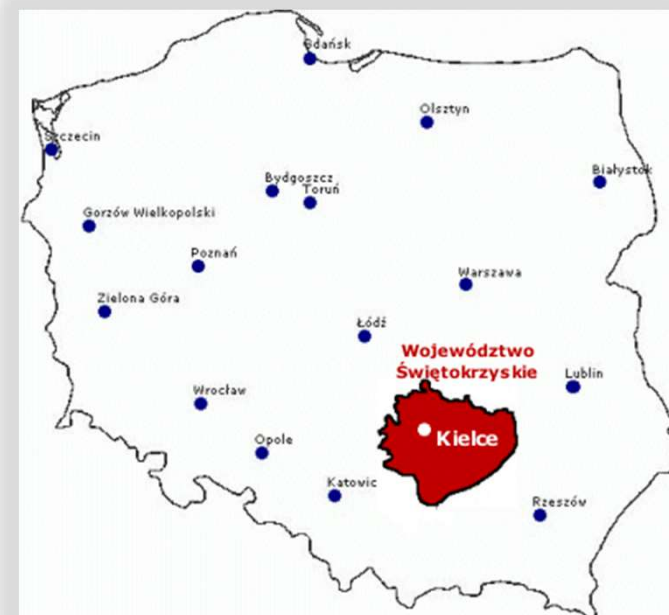


OUR REGION: HOLY CROSS VOIVODESHIP

Our voivodeship took its name after the Holy Cross Mountains, which occupy the northern part of the region. The Holy Cross Voivodeship offers a wide range of attractions for everyone.

There are numerous sports facilities for summer and winter sports and nature reserves of all kinds.

There are historical sites encompassing the history from the ancient to the modern times.



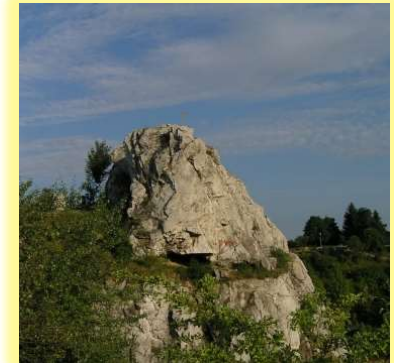


KIELCE – THE CAPITAL OF OUR REGION



KIELCE

It's got 199 475 inhabitants and is situated within the Holy Cross Mountains. Kielce is also a unique city: there are five nature reserves within its borders – four of them are geological reserves.





KIELCE



The landmarks include the square with the town hall and the Palace of the Kraków Bishops, the representative Sienkiewicza Street.



The Square and the Town Hall



Sienkiewicza Street.



The Palace of the Kraków Bishops



Kielce offers a lot of attractions for its visitors: shopping centres, cinemas, a stadium and a lot of cultural institutions.



There are theatres, among them a dance theatre, a modern philharmonic concert hall, a few museums and culture centres.



Sandomierz

It used to be a town of great importance in the past and the capital of the region. It has got 122 monuments and has retained the urban planning typical for the Middle Ages.

Some examples of the town's historical attractions:

- The Town Hall & The Castle
- The Town Gate and remains of the town walls
- Collegium Gostomianum
- The square and tenement houses
- The Cathedral





OTHER ATTRACTIONS OF THE HOLY CROSS VOIVODESHIP



The old palaces, castle ruins and mansions are witnesses of the past centuries. The *Krzyżtopór* castle ruins in Ujazd, the palace in Kurozwęki or the castle ruins in Chęciny are just a few examples.



Countryside Museum in Tokarnia represents the past rural architecture of our region.

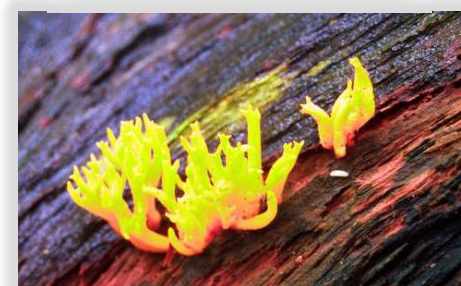


The cave „Paradise” and the over 1000-year-old oak called „Bartek” are one of our most famous natural monuments.



THE HOLY CROSS NATIONAL PARK

- It's a great attraction of our region.
- Its role is to protect the unique natural wonders in our region, among them animal and plants species and geological formations.





The Holy Cross Mountains (Góry Świętokrzyskie)



They are one of the oldest mountains in Europe and not very high – the top peak - *Łysica* (Bald Mountain) - is only 612 metres high.



The Holy Cross Mountains

Their slopes are covered with fir and beech forests and in some places are interspersed with the famous boulder fields.





THE TOP LANDMARK OF OUR REGION - THE HOLY CROSS MOUNTAIN (ŚWIĘTY KRZYŻ)

- The Holy Cross Mountain (595 m) is one of the most important landmarks and the second highest mountain in our region.
 - It used to be an ancient worship centre. Since the Middle Ages it has been one of the Polish centres of Christianity .
 - Currently there's an 18th century church and monastery complex with a library, a nature museum and a TV tower.



The church tower was destroyed by the Austrians in 1914. It was reconstructed in 2014.





NOWA SŁUPIA COMMUNE



- It is situated in the Holy Cross Mountains, 40 km from the capital of the region, Kielce.

Its major attractions are the Holy Cross Monastery, the Holy Cross National Park and the Cultural and Archeological Centre.

- The forested mountains, valleys and rivers dominate the landscape of this region.
- In the past, the natural resources of the region (iron ores) contributed to the development of metallurgy and mining industry.
 - Nowadays, the inhabitants are mainly employed in agriculture, tourism and services.
- The coat of arms depicts a red deer on the boulder field. It corresponds with one of the local legends.
- A popular symbol of our region is a witch in a striped black and red cape. Witches and devils appeared in many local legends and stories.





NOWA SŁUPIA COMMUNE

The key landmarks of Nowa Słupia include the church, the Pilgrim Figure, the Abbot's House and the Museum of Ancient Holy Cross Metallurgy.





NOWA SŁUPIA COMMUNE: The Cultural and Archeological Centre

Nowa Słupia is especially famous for the festival called DYMARKI ŚWIĘTOKRZYSKIE.

- The event reminds the locals and the visitors of the ancient times when this region was one of the key metallurgy centres in Europe and even the Romans came here to trade for iron.
- The event has been held for nearly 50 years.
- The remains of the ancient furnaces can be seen in the Museum of the Ancient Metallurgy.

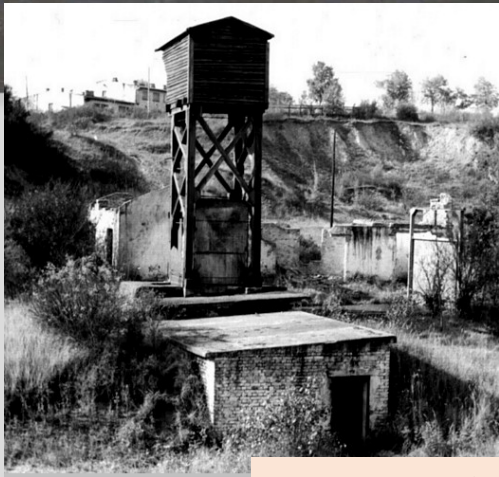


The archeological show at the **Cultural and Archeological Centre** presents how the ancient people produced iron in special furnaces.



RUDKI

- Rudki is a village in Nowa Słupia Commune.
- In the 20th century there was a mining centre for some decades. It was planned as a district with a few streets, a school and a local culture centre.



Old mining facilities.



A view at Rudki.



RUDKI

- The Community Centre organises a lot of events for the community and a variety of classes for children and teenagers and often supports school activities and celebrations.
- One of its highlights was the teenage folk group ŚWIĘTOKRZYSKIE DIABLIKI. Their clothes represent the traditional regional outfit of the Holy Cross Mountains. They won a lot of prizes, too.
- Now, a theatre group called „Święty Spokój” works on its stage and is very popular with local people.



OUR SCHOOL: ZESPÓŁ SZKÓŁ W RUDKACH



Our school consists of Primary School, Junior High School and Kindergarden.

During the school year there's a variety of celebrations, events and activities.

50th ANNIVERSARY OF OUR SCHOOL



In 2015 we celebrated the school's 50th anniversary.

Students took part in the official festivities singing, dancing and acting.

SCHOOL CELEBRATIONS: 1 September



The school year begins on 1 September.

- **On 1 September we also celebrate the anniversary of WW II and during „September Memories” commemorate the death of Polish soldiers and insurgents who sacrificed their life for Poland.**

SCHOOL CELEBRATION: 11 NOVEMBER



- 11 November is one of the most important dates in the Polish history. In 1918 Poland won independence after 123 years of partitioning by Russia, Prussia and Austria.



SCHOOL CELEBRATION: 3 MAY



On 3 May 1791 Poland adopted its constitution (as the second country to do so after the US). There are always solemn celebrations on 3 May in Poland and all the school students dance polonaise (a traditional Polish dance).

CHRISTMAS CELEBRATION - NATIVITY SCENES



- Before Christmas children and teenagers give a beautiful performance of Nativity Scenes and sing traditional Polish carols.

EASTER CELEBRATION – EASTER PLAYS



- At Easter children and teenagers take part in Easter plays at school and local church.



SCHOOL LIFE

Other important celebrations and events include Teacher's Day, Santa Claus Day, St. Valentine's Day, Carnival Party, The European Day, Children's Day and a few more.



SCHOOL CLUBS

In our school students can participate in a number of extra classes and activities: Students' Selfgovernment, Theatre Club, Music Club, Sports Club, European Club, Nature and Ecology Club, Volunteers' Club, Scouts and some more.



SCHOOL CELEBRATIONS: END OF SCHOOL YEAR



At the end of June the school year ends at an assembly for teachers, students and parents takes place.

- **Also, there's a special goodbye meeting and party for the graduates.**



THE POLISH CUISINE

In Poland there are ten main regional cuisines and a lot of subregional varieties.

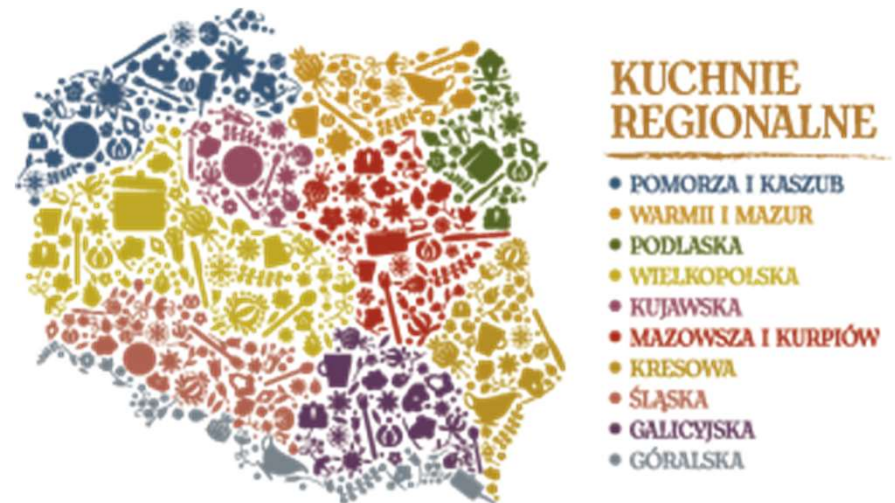
The Polish cuisine has also adopted a lot of international influences, especially from the Italian, French, Turkish, Tatar, Jewish, German and Russian cuisines.

Traditionally, the cuisine of the Holy Cross Mountains has had a lot of vegetables, dairy and cereal products, fruits, but not much meat or fish. Nowadays, there's much more meat and fish and generally people like to combine the regional and international elements in their cooking.

The following slides present a few examples of typical dishes served for dinner and dessert.



The late 19th-early 20th century kitchen in the Countryside Museum in Tokarnia.



The regional cuisines of Poland.

Traditional Polish Food - Soups

- **ROSÓŁ** - clear chicken broth with pasta;
- **BARSZCZ** – clear beetroot borscht - its strictly vegetarian version is the first course during the Christmas Eve feast, served with dumplings;
- **ŻUREK** - soup with potatoes, Polish sausage and eggs;
- **Other soups** – there are all kinds of them, for example **vegetable soup, tomato soup, cucumber soup, cabbage soup, onion soup, barley soup („krupnik”), mushroom soup**, etc.



ROSÓŁ



BARSZCZ



ŻUREK



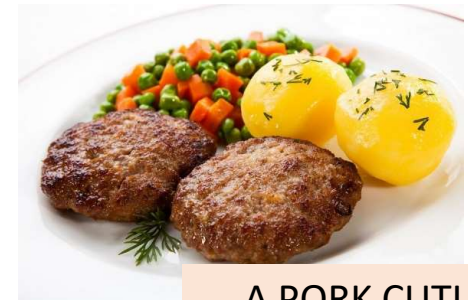
KRUPNIK

Traditional Polish Food – Main Courses

- **BIGOS** - a stew of sauerkraut and meat, mainly sausages, including cabbage;
- **A Pork Breaded Cutlet or Minced Meat Pork Cutlet**- served with boiled potatoes and vegetable salad;
- **PIEROGI** - dumplings, usually filled with:
 - sauerkraut and mushrooms,
 - meat,
 - potato or savoury cheese,
 - blueberries or other fruits, such as cherries or strawberries.



BIGOS



A PORK CUTLET



A PORK CUTLET



PIEROGI



Traditional Polish Food - Side dishes

- ***Cucumbers in brine***
- ***Sauerkraut with carrots***
- ***Mizeria*** - traditional Polish salad made from cucumbers in sour cream with dill.
- Other vegetable salads often served at dinner include **tomatoes with onion, grated beetroot, etc.**



Cucumber in brine



Sauerkraut



Cucumbers in sour cream



Tomatoes with onions



Grated beetroot

Traditional Polish Food - Dessert

- **Makowiec** - poppy seed-swirl cake, sometimes with raisins and nuts, often baked as a roll.
- **Szarlotka** or **Jabłecznik** – a traditional apple cake, baked weekly in many Polish homes and often served hot.
- **Sernik** - *cheesecake* is one of the most popular desserts in Poland, especially at Christmas and Easter. It's made primarily of quark fresh cheese and isn't very easy!
- **Naleśniki** - crepes which are either folded into triangles or rolled into a tube. Typical servings include fruit jam or sweetened quark fresh cheese with sour cream and sugar.
- **Pączki** - closed doughnuts filled with rose marmalade or other fruit preserves, traditionally prepared on the Fat Thursday – the last Thursday of carnival.



MAKOWIEC



SERNIK



SZARLOTKA



Pączki



NALEŚNIKI

THANK YOU FOR WATCHING

