



Traditions without frontiers. Journey around regional cultures

The system of protection of cultural heritage in Poland

What is cultural heritage?

Cultural heritage is an important factor in the life and activity of every human being. The term refers to the material and spiritual achievements of the previous generations, as well as the achievements of our times. It represents value - material or non-material – inherited from the ancestors and defining our culture. It includes all the environmental effects resulting from the interaction between people and the environment throughout history.

Culture is a factor that is closely related to social development. It teaches us to think creatively, to be open-minded and abolish stereotypes. These are the features which guarantee the growth of every society. By participating in culture and thanks to cultural exchange, on the one hand, we create our identity, the respect for tradition and a sense of belonging to a community and its history, and, on the other, we are more innovative and tolerant.

Legal acts related to the protection of cultural heritage in Poland

- The **Constitution** of the Republic of Poland

Article 5

The Republic of Poland shall safeguard the independence and integrity of its territory and ensure the freedoms and rights of persons and citizens, the security of the citizens, safeguard the national heritage and shall ensure the protection of the natural environment pursuant to the principles of sustainable development.

Article 6

1. The Republic of Poland shall provide conditions for the people's equal access to the products of culture which are the source of the Nation's identity, continuity and development.
2. The Republic of Poland shall provide assistance to Poles living abroad to maintain their links with the national cultural heritage.



Article 82

Loyalty to the Republic of Poland, as well as concern for the common good, shall be the duty of every Polish citizen.

- **Act** of 23 July 2003 on the Protection and Guardianship of Monuments (Journal of Law No. 162 item 1568 of 17 September 2003 with later amendments)

Major public entities involved in the protection of cultural heritage in Poland

The Ministry of Culture and National Heritage initiates and coordinates projects related to cultural interactions with other countries, treating them as a key component of interpersonal relationships. For years, Polish culture has met with great respect all over the world, it became our best brand, synonymous with the highest quality. Presentation of Polish culture is one of the important tasks carried out by my Ministry and institutions subordinate to it.



Ministerstwo Kultury
i Dziedzictwa Narodowego

The National Heritage Board of Poland is a state agency that gathers and disseminates information on heritage, sets standards for its protection and conservation, and aims to raise the social awareness on the cultural heritage of Poland in order to save it for future generations in accordance with the strategy for sustainable development.



NARODOWY INSTYTUT
DZIEDZICTWA
NATIONAL HERITAGE BOARD OF POLAND



UNESCO World Heritage Sites in Poland

Cultural (14)

- Auschwitz Birkenau German Nazi Concentration and Extermination Camp (1940-1945) (1979)
- Castle of the Teutonic Order in Malbork (1997)
- Centennial Hall in Wrocław (2006)
- Churches of Peace in Jawor and Świdnica (2001)
- Historic Centre of Kraków (1978)
- Historic Centre of Warsaw (1980)
- Kalwaria Zebrzydowska: the Mannerist Architectural and Park Landscape Complex and Pilgrimage Park (1999)
- Medieval Town of Toruń (1997)
- Muskauer Park (2004)
- Old City of Zamość (1992)
- Tarnowskie Góry Lead-Silver-Zinc Mine and its Underground Water Management System (2017)
- Wieliczka and Bochnia Royal Salt Mines (1978, 2008, 2013)
- Wooden Tserkvas of the Carpathian Region in Poland and Ukraine (2013)
- Wooden Churches of Southern Małopolska (2003)

Natural (1)

- Białowieża Forest (1979,1992,2014)

The system of protection of a selected regional product

- product name: **dumplings (pierogi) with lentil stuffing**
- location: **Bieliniec** (a village within Ulanów Commune, Nisko County)

Description:

Lentil cultivation has been quite rare in Ulanów commune. This was related to the poor soil quality and frequent floods of the San River in the area. However, the inhabitants of the village of Bieliniec cultivated lentils for their own use, not for sale, already in the interwar period. Lentils were sown in April and cut at the turn of June and July. Mature pods were harvested from the field and threshed. "Then you had to unwrap the plough in a special mill, sieve through a special extruder, and then the cleaned lentil grains were poured into the bag and placed in the chamber" (extract from an ethnographic interview conducted with the inhabitants of Bieliniec). From the obtained grain, the residents prepared various dishes such as lentil soup, pate and, the most popular dish, dumplings with lentils. Dumpling dough was made from wheat flour with the addition of eggs and water. The secret of a good dough was to maintain the right proportions of the ingredients, as excessive addition of flour meant that the dough was not soft enough and did not stick together properly. The stuffing was prepared with about 0.5 kg of lentils. The dry seed should have been soaked for about 15 minutes in cold water and then boiled for the further 15 minutes. When cooked, the lentils were poured into a colander to drain. The stuffing was prepared from ground lentil grains mixed with finely chopped, fried onion and a bit of salt and pepper. Dumplings prepared according to this recipe were cooked and served on a daily basis, most often in winter and autumn.



dumplings (pierogi) with lentil stuffing



System of protection of the product

The product has a well-developed system of protection. The inhabitants of the village of Bielinię established an association (Towarzystwo Przyjaciół Wsi Bielinię). One of its statutory tasks is to promote and protect historical and cultural monuments. In 2013, as a result of the association's efforts, the dish was placed on the List of Traditional Products, kept by the Ministry of Agriculture and Rural Development. The list includes products whose quality or unique features and properties result from the use of traditional production methods, which are part of the cultural heritage of the region in which they are produced, and are an element of the identity of the local community. Only the production methods used for at least 25 years are considered as traditional. The List of Traditional Products aims to disseminate information about products manufactured via traditional, historically well-established methods. Thanks to the system of protection and promotion of regional and traditional products, the cultural heritage of the village is also protected, which significantly contributes to increasing the attractiveness of rural areas and the development of agritourism and rural tourism. The quality policy implemented in the European Union also ensures that consumers buy high quality food, which, at the same time, is characterized by a unique, traditional production methods.

Dumplings with lentils have gained recognition at the regional, national and international level. In 2015, the product received the prestigious Pearl Award. The Pearls were awarded as part of the 12th edition of the Our Culinary Heritage competition - Tastes of Regions. The plebiscite took place during the International Trade Fair of Food Products Polagra Food as part of Poznań International Fair. The members of Bielinię association attended the event as the representatives of the Subcarpathia Province, Nisko County and the Commune of Ulanów.

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