



Erasmus+

'Traditions without frontiers. Journey around regional cultures.'

Polish culture



Regionalne Centrum
Edukacji Zawodowej
in Nisko, Poland



Beginnings of Polish culture

What is national culture

Characteristics of national culture

Origins of Poland as a state

Baptism of Poland

Baptism of Poland

The effects of baptism by Mieszko I

What is national culture

National culture is the term used to refer to the whole system of values, legal norms, products of art (collectively the elements of material and non-material culture), which a given nation considers as its own and which constitute the element that distinguishes it from other countries or nations. National culture also affects the creation of ties between representatives of a given nation, as well as maintaining its national identity.

Characteristics of national culture

Each national culture has a fixed set of elements, including:

- **religion** (a system of beliefs) - a very important element especially from the perspective of a religiously homogeneous country, (baptism of Poland- place and events important for the history of the nation (eg. sites of victorious battles such as Grunwald, the outbreak of martial law on December 13, 1981),
- **works of art and literature** (including the history of a given country),
- **a set of customs, values, national heroes** (historical part, literary part)

Origins of Poland as a state



Mieszko I

The event which was the first step towards the founding of the Polish state was the act of taking over the Poles by the Piast dynasty. This happened in unknown circumstances and time, most likely in the second half of the 9th century. Gniezno was the main center of the Polan state. The first historical ruler of the Piast was Prince Mieszko I, although the later 12th century chronicler Gall Anonymous also gave the names of his ancestors.

Baptism of Poland



Dobrawa

In 965 Mieszko made an alliance with the Christian prince, Boleslaw I, and married his daughter Dobrawa. The most important result of this alliance was the adoption by Mieszko in 966 of baptism (through the Czech state) and the related Christianization of his country called Poland, which placed it in the circle of Latin civilization.

Baptism of Poland



Mieszko's state



Baptism of Poland by Jan Matejko

The effects of baptism by Mieszko I

Baptism brought about a number of effects:

- the entrance of the Polish state into the circle of Christian culture
- the increased importance of Poland in the international arena
- the formation of a bishopric in Poznan and the arrival of priests to Poland
- development of medieval education and culture
- centralization of the state
- strengthening the position of the ruler



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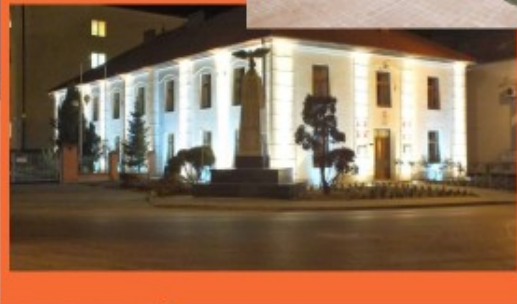
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Famous landmarks in Poland



Warsaw

Cracow

Gniezno

Malbork

Local

Warsaw

The capital and largest city of Poland. The metropolis stands on the Vistula River in east-central Poland and its population is officially estimated at 1.760 million residents within a greater metropolitan area of 3.101 million residents, which makes Warsaw the 9th most-populous capital city in the European Union. The city limits cover 516.9 square kilometres (199.6 sq mi), while the metropolitan area covers 6,100.43 square kilometres (2,355.39 sq mi). Once described as "Paris of the East", Warsaw was believed to be one of the most beautiful cities in the world until World War II. The German invasion in 1939, the massacre of the Jewish population and deportations to concentration camps led to the uprising in the Warsaw ghetto in 1943 and to the major and devastating Warsaw Uprising between August and October 1944. Warsaw gained the new title of a "Phoenix City" because of its extensive history and complete reconstruction after the severe damage it suffered in World War II, which left over 85% of its buildings in ruins.

Palace of Culture
and Science in
Warsaw

Church of
the Holiest
Saviour

Łazienki
Park

Palace of Culture and Science in Warsaw

Palace of Culture and Science is a notable high-rise building in Warsaw, Poland. Constructed in 1955, it is the center for various companies, public institutions and cultural activities such as concerts, cinemas, theaters, libraries, sports clubs, universities, scientific institutions and authorities of the Polish Academy of Sciences. Motivated by Polish historicism and American art deco high-rise buildings, the PKiN was designed by Soviet architect Lev Rudnev in "Seven Sisters" style and is informally referred to as the Eighth Sister.



Church of the Holiest Saviour

The origins of the church date back to the end of the 19th century. A growing number of citizens of the Śródmieście Południowe and Ujazdów districts of Warsaw wanted to commemorate the upcoming year 1900. They were supported by the Archbishop Wincenty Popiel. In 1900 the grounds between the Marszałkowska and Mokotowska streets were bought, and construction began the following year. In 1903 the church was partially opened to believers and four years later became fully operational. In 1927 it was ceremonially consecrated by Bishop Stanisław Gall.



Łazienki Park



Cracow

The second largest and one of the oldest cities in Poland. Situated on the Vistula River (Polish: Wisła) in the Lesser Poland (Polish: Małopolska) region, the city dates back to the 7th century. Kraków has traditionally been one of the leading centres of Polish academic, cultural, and artistic life and is one of Poland's most important economic hubs. It was the capital of the Crown of the Kingdom of Poland from 1038 to 1569, the Polish-Lithuanian Commonwealth from 1569 to 1795, the Free City of Kraków from 1815 to 1846, the Grand Duchy of Cracow from 1846 to 1918, and Kraków Voivodeship from the 14th century to 1998. It has been the capital of Lesser Poland Voivodeship since 1999.

Wawel

Saint Mary's
Church

Cracow
Cloth Hall

Wawel



Wawel is a fortified architectural complex erected over many centuries atop a limestone outcrop on the left bank of the Vistula river in Kraków, Poland, at an altitude of 228 metres above sea level.

The complex consists of many buildings and fortifications; the largest and best known of these are the Royal Castle and the Wawel Cathedral (which is the Basilica of St Stanisław and St Waclaw). Some of Wawel's oldest stone buildings, such as the Rotunda of the Virgin Mary can be dated to 970AD. There are also wooden parts of the complex which date to about the 9th century. The castle itself has been described as "one of the most fascinating of all European castles."

Saint Mary's Church

Church of Our Lady Assumed into Heaven (also known as Saint Mary's Church; Polish: Kościół Wniebowzięcia Najświętszej Maryi Panny, Kościół Mariacki) is a Brick Gothic church adjacent to the Main Market Square in Kraków, Poland. Built in the 14th century, its foundations date back to the early 13th century and serve as one of the best examples of Polish Gothic architecture. Standing 80 m (262 ft) tall, it is particularly famous for its wooden altarpiece carved by Veit Stoss (Wit Stwosz).

On every hour, a trumpet signal—called the Hejnał mariacki—is played from the top of the taller of Saint Mary's two towers.



Cracow Cloth Hall

It was once a major centre of international trade. Traveling merchants met there to discuss business and to barter. During its golden age in the 15th century, the hall was the source of a variety of exotic imports from the east – spices, silk, leather and wax – while Kraków itself exported textiles, lead, and salt from the Wieliczka Salt Mine.



Gniezno

is a city in central-western Poland, about 50 kilometres (31 miles) east of Poznań, with about 70,000 inhabitants. One of the Piast dynasty's chief cities, it was mentioned in 10th-century sources, possibly including the *Dagome Iudex*, as the capital of Piast Poland. The Roman Catholic archbishop of Gniezno is the primate of Poland, making it the country's ecclesiastical capital. It has belonged since 1999 to the Greater Poland Voivodeship, and is the administrative seat of Gniezno County (powiat).



Malbork

Town in northern Poland in the Żuławy region (Vistula delta), with 38,478 inhabitants (2006). Situated in the Pomeranian Voivodeship since 1999, it was previously assigned to Elbląg Voivodeship (1975–1998). It is the capital of Malbork County.

Founded in the 13th century by the Knights of the Teutonic Order, the town is noted for its medieval Malbork Castle, built in the 13th Century as the Order's headquarters and of what later became known as Royal Prussia.



Local

In Nisko we have a few historical landmarks, like the "Lviv Eaglets". That monument allows us to remember about bold children from Lviv who fought against the Bolsheviks.

PICTURES

Castle in
Baranow
Sandomierski

PICTURES



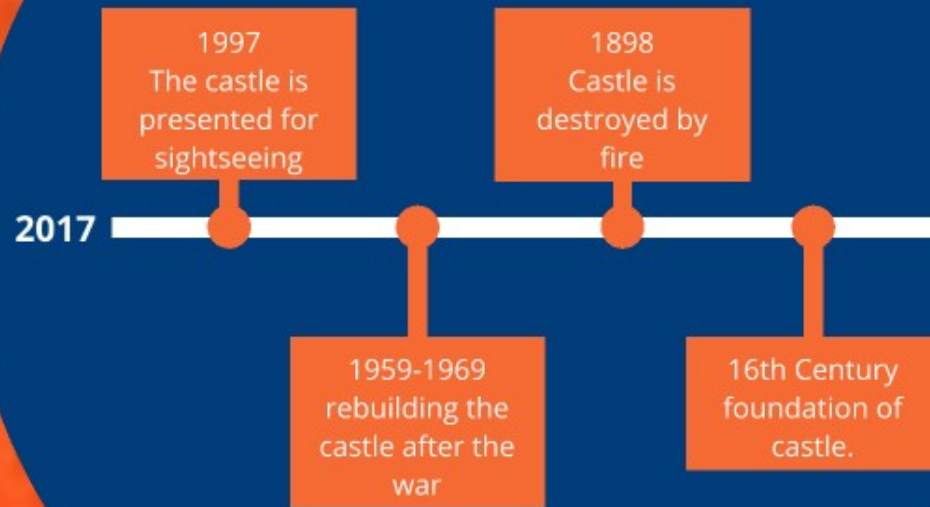
Castle in Baranow Sandomierski

Castle in Baranow Sandomierski was founded at the end of 16th century. Sometimes it's named "Little Wawel". The war left the building really destroyed, but it was rebuilt.

[TIMELINE](#)

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TIMELINE



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Auschwitz Birkenau



Castle of the Teutonic Order in Malbork



Centennial Hall in Wrocław



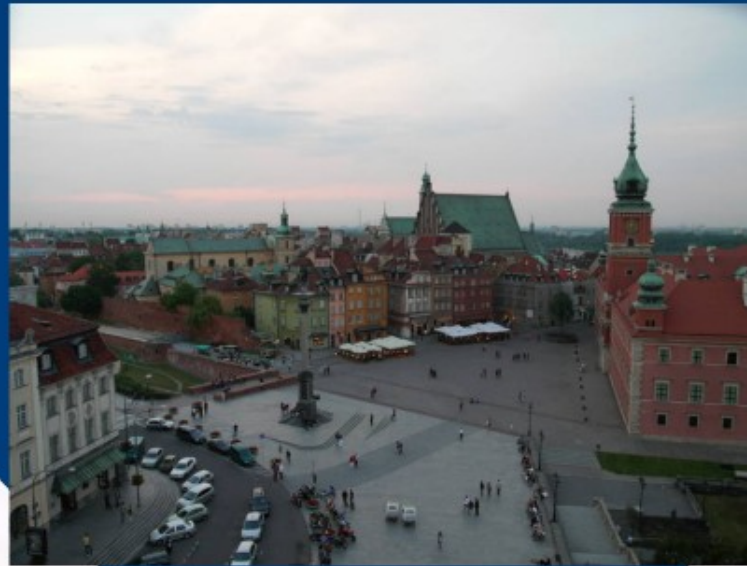
Churches of Peace in Jawor and Świdnica



Historical Centre of Kraków



Historical Centre of Warsaw



**Kalwaria Zebrzydowska: the
Mannerist Architectural and
Park Landscape Complex and
Pilgrimage Park**



Medieval Town of Toruń



Muskauer Park



Old City of Zamość



Tarnowskie Góry
Lead-Silver-Zinc Mine
and its Underground
Water Management
System



Wieliczka and Bochnia Royal Salt Mines



Wooden Tserkvas
of the Carpathian
Region in Poland
and Ukraine



Wooden Churches of Southern Małopolska



Białowieża Forest





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Cities of cultural heritage

- Baranów Sandomierski
- Chełmno
- Gdańsk
- Kamień pomorski
- Kazimierz Dolny
- Kraków
- Łańcut
- Łódź
- Malbork
- Poznań
- Sandomierz
- Toruń
- Warszawa
- Warszawa – Łazienki
- Warszawa – Wilanów
- Wrocław
- Zamość



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Polish folk architecture

Cracovian
painted huts

Zakopane
style

Kashubia
style

Ethnographic
Park in Sanok

Cracovian painted huts

The village of Zalipie located in Powiśle Dąbrowskie (a region close th Cracov) became famous as a painted village. In fact, dating back to the 19th century, the practice of painting patterns on houses and commercial buildings concerned not only Zalipie, but also other towns of Powiśle, and even the country. This kind of folk ornamentation has its origin in the time of smoke huts. There was no chimney in them and the smoke from the hearth escaped through the opening in the roof. The walls inside such a smoky hut were covered in soot. To lighten the interior, the housewives painted white spots on the walls with lime.



Zakopane style

The main elements that characterize the Zakopane* are high stone foundations, and the use of amphibians laid on the framework for construction. These are the characteristic trunks of trees cut in half, which form the layout of the walls of highlander houses. The buildings are often decorated with ornaments embellished in wood. Numerous slants and faults add to the building's shape. Roofs are covered with shingles with tall and decorative chimneys. Decorative terraces and verandas are often placed at the garden side. Other wooden roof decorations, windows and doors give the highlanders' huts an unforgettable charm.

*Zakopane - a famous town in the Tatra mountains

Examples of the highlander style huts

Examples of the highlander style huts

- "At the Jedly" Villa
- Atma Villa
- Chapel at Jaszczurówka
- St. John the Baptist Chapel
- The Tatra Museum
- The Hostel at Morskie Oko (a pond in the Tatra Mountains)



Kashubia style

The region of Kashubia is historically associated with wooden cottages, mostly with log, covered with thatch or shingle. Their layout was simple and compact, slightly squat, based on a rectangular plan, with porches, alcoves and extensions. They were covered with a gable or pediment roof, which was later replaced with a gabled flat roof. Many of them had arcades, a partially built-up space, usually not exceeding one storey, covered by a roof, based on pillars, with a wide or narrow front. Used for practical reasons, they served to perform housework, or were a vestibule to welcome guests. They also created the atmosphere, shielding the entrance from the sun and rain. As far as they were extensive, they provided enough information about the wealth of the owners, they also had a decorative function, and constructed the symmetry of the façade elements.

Examples of
the Kashubia
style

Examples of the Kashubia style



Ethnographic Park in Sanok

The Ethnographic Park in Sanok belongs to the most beautiful museums in the open air in Europe. In terms of the number of facilities, it is the largest open-air museum in Poland. In the area of 38 hectares, the culture of the Polish-Ukrainian borderland in the eastern part of the Polish Carpathians (Bieszczady, Beskid Niski) together with Podkarpacie is presented. Reconstructing the typical layouts of the village buildings and the development of pens in the museum, more than 100 wooden constructions were collected from the 17th to the 20th century, where, alongside residential, residential and commercial buildings, there are also sacred buildings in the park (a seventeenth-century church, two eighteenth-century Boyko churches, one of the most impressive Lemko churches from the very beginning of the 19th century and several picturesque chapels), public buildings (a rural school, an inn) and industrial facilities (a water mill, windmills, forges). Both temples and the majority of residential and commercial buildings have fully furnished interiors which are open to the public, including craft workshops: weaving, pottery, wheelery, manufacturing of wooden spoons, wicker baskets, etc.

Ethnographic
Park in Sanok

Etnographic Park in Sanok





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Polish folk outfits

Highlander
outfit

Kuyavian
outfit

Cracovian
outfit

Silesian
outfit

Subcarpathian
outfit

Lasowiak
outfit

Local
outfit

Highlander outfit



Highlanders/
Górale



Kuyavian outfit



Cracovian outfit



Silesian outfit



Subcarpathian outfit



Lasowiak outfit



Local outfit

The raftsmen (or in Polish "Flisacy") are people who worked on rafts, transporting goods on rivers. In the nearby Ulanów, we have an association of people who are still working in this traditional profession.

Robotnicy
/workers

Nobleman-like style/
Styl wzorowany na
szlachecki

Robotnicy/workers



Nobleman-like style/Styl
wzorowany na szlachecki





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Polish Number Ones

Szymbark

Szymbark



The board placed there is the longest in the world and was included in the Guinness Book of Records in 2012 – it is even called "the ninth treasure of Kaszuby". The board is made of 51-meter Douglas fir, has a length of 36.83 m, weighs 9 tons, and 300 workers were involved in its cutting. They cut wood for 9 days, working 16 hours a day and used 14 saw blades for that purpose. Currently, the record board has been converted into a table, which can seat up to 220 people at the same time. The table is named after the former President of Poland and laureate of the Nobel Peace Prize, Lech Wałęsa.



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Polish instruments

Poland has a lot of musical instruments which are grouped in four groups: membranophones, idiophones, chordophones and aerophones.

Bęben
jednomembranowy

Suka
biłgorajska

Terkotka
skrzynkowa

Dudy
wielkopolskie
(siesieńki)

Bęben jednomembranowy



Suka bitgorajska



Terkotka skrzynkowa



Dudy wielkopolskie (siesieńki)





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Typical Polish dances

Krakowiak

Polonaise

Kujawiak

Oberek

Krakowiak



The Krakowiak is a fast, syncopated Polish dance in duple time from the region of Kraków and Lesser Poland.

It became a popular ballroom dance in Vienna ("Kraukauer") and Paris ("Cracovienne")—where, with the polonaise and the mazurka, it signalled a Romantic sensibility of sympathy towards a picturesque, distant, and oppressed nation—and in Russia, a krakowiak is featured in Mikhail Glinka's *A Life for the Tsar* (1836).

ak



Polonaise

The polonaise is a dance of Polish origin, in 3/4 time. Its name is French for "Polish."

The polonaise has a rhythm quite close to that of the Swedish semiquaver or sixteenth-note polka, and the two dances have a common origin.

Polonaise is a widespread dance in carnival parties. Polonaise is always the first dance at a studniówka ("hundred-days" ball), the Polish equivalent of the senior prom which is held approximately 100 days before exams.



time.

of the
and the

ties.



Kujawiak

The Kujawiak is a Polish folk dance from the region of Kujawy in central Poland. It is one of the five national dances of Poland, the others being the krakowiak, mazurka, oberek, and polonaise.

The music is in triple meter and fairly slow. The dance usually involves couples walking gracefully in a quarter-note rhythm, on slightly bended knees, with relaxed turns and gently swaying. Women's Kujawiak dances are also performed.





Oberek

The oberek, also called obertas or ober, is a lively Polish dance. The name "Oberek" is derived from "obracać się" which in Polish means "to spin". It consists of many dance lifts and jumps. It is performed at a much quicker pace than the Polish waltz and is one of the national dances of Poland. This is the second-most popular dance in Polish-American music, after the polka.







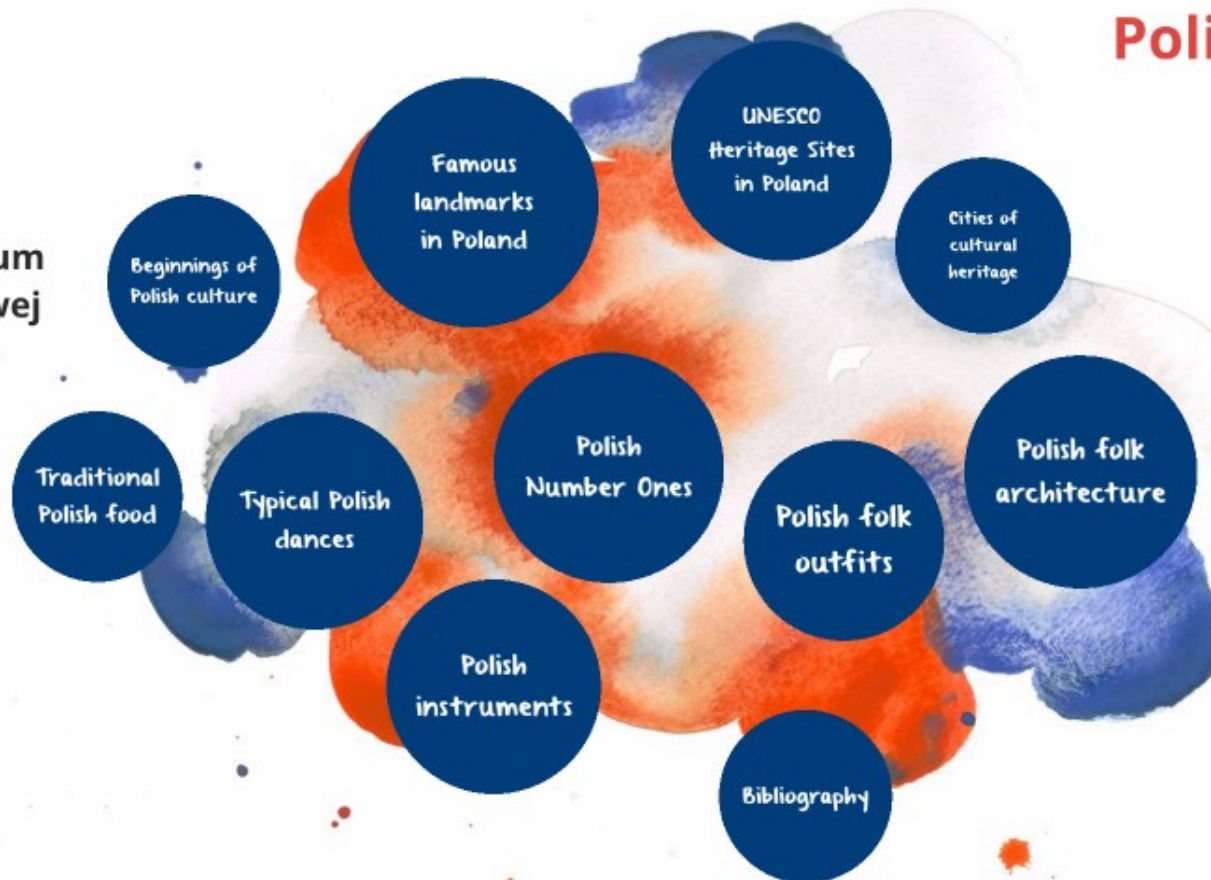
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Traditional Polish food

Pierogi

Bigos

Baranek
chrząstki
z makiem

Rosół

Żurek z
makiem i
kwasochłonnymi
warzywami

Żurek

Oliver z
kwasochłonnymi
warzywami

Bigos
z makiem i
kwasochłonnymi
warzywami

Sękacz

Pierniki
toruńskie

Kielbasa

Pierogi

Pierogi stuffed with meat stuffing, stuffing with sauerkraut and mushrooms, as well as dumplings with cheese or fruit - it's worth serving foreigners with different types of dumplings. They can be boiled and fried, with cracklings and without them. In restaurants, pierogi are one of the cheaper dishes, you can feel full after eating them.



Bigos

Eating bigos is almost an obligatory point of visit in Poland. The most important thing is that a bigos should be made according to tradition - there must be good sauerkraut, a lot of meat, forest mushrooms, dried plums, appropriate spices. It is safe to say that bigos is a trademark of Polish cuisine.



kwestia smaku

Barszcz czerwony z uszkami

Foreigners should also try a traditional Christmas dish, whose name usually makes their tongues twist. Borscht, because that is the name in question, is a type of soup made of red beetroot. Its intense red colour is more often associated with paint rather than with food. This, after cucumber soup, is another surprise. And yet, good borscht, served with delicious ravioli stuffed with cabbage and mushrooms, quickly wins foreigners' hearts, or rather palates.



Rosół

Broth (chicken soup) is served on many Polish tables as a starter to a typical Sunday dinner. Some do not consider it as a type of soup, but as decoction which is only a basis for preparing proper soup. For foreigners it may also seem not filling enough. Broth is usually served with noodles. For Italians, who are used to eating pasta with sauces, it may look like pasta dipped in water with oily spots on the surface. And yet, a well-made broth is not only tasty, but also nutritious.



Schabowy z ziemniakami i zasmażaną kapustą

Yes, pork chops are also eaten in other countries around the world. But pork chop with potatoes and sauerkraut is so often served on Polish tables and in restaurants, that you can call it a typical Polish meal. Pork chops should be as thin as possible, should take up half a plate and have a golden, crunchy coating. Potatoes can be young, sprinkled with dill and fried cabbage.



Żurek

Zurek, the flagship dish of Old Polish cuisine and at the same time one of the most famous Polish soups. The traditional soup is made with sourdough from wholemeal flour, boiled with mushrooms, served with potatoes, boiled sausage and a hard-boiled egg. Delicious !



Obwarzanki krakowskie

Bread-type product with a diameter of several centimeters (12-17 cm), sprinkled with poppy seeds, salt, sesame or other toppings. Obwarzanek krakowski is one of the symbols of Krakow, it is the only baery product in the world that is cooked in hot water before baking. Since 2006, "obwarzanek krakowski" has been included in the list of traditional products, and since 2010 in the list of protected products in the European Union. The earliest historical records suggest that Queen Jadwiga herself held them in high etseem.



Rogale Świątomarcińskie

Rogal świętomarciński, rogal marciński - croissant with white poppy seed filling traditionally prepared in Poznań and surrounding areas of Greater Poland on the occasion of St. Martin's Day (November 11). St. Martin's Croissants are the main bakery product during the St. Martin's Day celebration in Poznań.



Sękacz

Baked confectionery from sponge-fat dough, baked over an open fire on a rotating spit in the shape of a wooden roller or an elongated cone. Layers are formed by pouring a spit cake slowly rotated over the fire. The cake, flowing down, creates characteristic knots. Traditionally baked at Easter, sękacz can be stored for several months, without losing its taste.



Pierniki toruńskie

The word "piernik" (the Polish equivalent for gingerbread) is derived from the old Polish term for a spicy, or peppery, seasoning spice, which was added to flour and honey dough. These spices reached Europe mainly after the crusades that initiated the development of trade with the Middle East. For the production of Toruń gingerbread, the highest quality flour is used, as well as delicious, locally-made honey and oriental spices.



Kiełbasa

It is also worth convincing foreigners to try Polish delicacies which, at first, may not seem very appealing. Polish sausage, which is renowned all around the world, is highly appreciated and eagerly eaten by other nations. With kaszanka and salceson, however, it is much worse. Delicious grilled kaszanka or kaszanka fried with onion appeals to foreigners only until they learn how it is made – buckwheat or barley, spices, and ... animal blood. This last ingredient is unacceptable to some. Also, salceson, based on beef or pork head with offal, blood and spices may not have many fans among foreigners.





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