

The Polish flag





UK

POLAND



Poland statistics

Population: 38 million
Capital city: Warszawa (Warsaw)
Warsaw population: 1.7 million

Fun fact

Did you know that Polish is now the most commonly spoken non-native language in England and Wales? According to census data released by the Office for National Statistics more than half a million people now speak Polish as their first language.

Facts about Poland

- The language spoken in Poland is Polish
- The capital city is called Warsaw
- Poland has a population of over 38 million people
- The Prime minister of Poland is called Mateusz Morawiecki
- The Currency in Poland is Polish złoty.



Some Polish Phrases

Hi

Bye

See you

Yes

No

Please

Thank you

Czesc

do widzenia

do zobaczenia

Tak

Nie

Proszę

Dziękuję

Dzień dobry – Good Morning

Do widzenia - Goodbye

Cześć! – Hi / Bye (*tschetsch*) You would not say this to strangers **Jak się masz?** – How are you? (*yack chye mash?*)

Dobrze, dziękuję – Good, thank you. (*dobje, jenkuye*)

Jak masz na imię? – What is your name? (*yak mash na imye?*)

Mam na imię Eva. – My name is Eva. (*mam na imye Eva*)

Jesteś Polką? – Are you Polish? (*yestesh Polkom?*)

Ile masz lat? – How old are you? (*Il-eh mash lat?*)

Mam 7 (siedem) lat – I am 7 years old. (*mam shyedum lat*)

Tak – yes (*tack*)

nie – no (*nye*)

Mazurek Dąbrowskiego / Dąbrowski Mazurek

Words: Józef Wybicki, 1797

Jeszcze Polska nie zginęła,
Kiedy my żyjemy.
Co nam obca przemoc wzięła,
Szablą odbierzemy.

Marsz, marsz Dąbrowski,
Z ziemi włoskiej do Polski.
Za twoim przewodem
Złączym się z narodem.

Przejdziem Wisłę, przejdziem Wartę,
Będziem Polakami.
Dał nam przykład Bonaparte,
Jak zwyciężać mamy.

Marsz, marsz ...

Jak Czarniecki do Poznania
Po szwedzkim zaborze,
Dla ojczyzny ratowania
Wrócim się przez morze.

Marsz, marsz ...

Już tam ojciec do swej Basi
Mówi zapłakany -
Słuchaj jeno, pono nasi
Biją w tarabany.

Marsz, marsz ...

Poland has not yet perished,
So long as we still live.
What the foreign force has taken from us,
We shall with sabre retrieve.

March, march, Dąbrowski,
From the Italian land to Poland.
Under your command
We shall rejoin the nation.

We'll cross the Vistula, we'll cross the Warta,
We shall be Polish.
Bonaparte has given us the example
Of how we should prevail.

March, march...

Like Czarniecki to Poznań
After the Swedish annexation,
To save our homeland,
We shall return across the sea.

March, march...

A father, in tears,
Says to his Basia
Listen, our boys are said
To be beating the tarabans.

March, march...

<https://www.youtube.com/watch?v=KQTq07gihgg>

Polish Folk Music

<https://www.youtube.com/watch?v=BPQn6DLc8B8>

What does it make you think about? Does it remind you of anything?

Polish Pioneers

Maria Skłodowska-Curie (Marie Curie)



Polish Inventions



Sunscreen, invented by Helena Rubinstein, the world renowned cosmetic industry pioneer



Kerosene lamp, invented by Ignacy Łukasiewicz



Bulletproof vest, invented by Kazimierz Żegleń



Traditional Polish Food



Pierogi are a Polish food staple that cannot be overlooked. These delicious dumplings are made from unleavened dough, which is then filled with a variety of ingredients. Polish pierogi filling options include cabbage and mushroom, potato and cheese, minced meat, and many others. Once cooked, pierogi are often served with fried onions and a dollop of sour cream, adding an extra layer of flavour to these delightful dumplings.



TRADITIONAL POLISH FOOD: WHAT YOU REALLY SHOULD TRY

Another very popular soup is **Zurek**. This is an authentic Polish dish and in each region of the country it is prepared in its own way. The only thing that remains unchanged is the soup base, which is made from rye flour, fermented on rye crusts. There are other essential ingredients in Zurek: homemade pork sausage, often smoked and boiled egg.

Polish Artist

Stanislaw Baj

Stanislaw is a contemporary Polish artist who is well known for painting numerous scenes of the River Bug in Poland.



Stanislaw uses light and reflection in his art. Although he paints the same scenes over and over again, they look different because of the lighting. This is similar to Van Gogh who painted sunflowers multiple times in different states of decay.



Look at version of his painting.

Where is the sun?

What direction is the light travelling?

How and why are the shadows created?

Let's recreate.

Now I want you to spend some time recreating one of Baj's images. Baj used oils and acrylic paints to create his wonderful pieces of art.

The media we have available to us are:

Pastels

Watercolour paints

Pencils

Chalk

Charcoal

You can choose your own medium BUT choose wisely.



Traditional Polish Art



The oldest Polish *pisanki* (traditional name for painted eggs, singular: *pisanka*) date back to the end of the 10th century.

In Slavic beliefs, eggs were associated with the cult of the sun god, and they symbolised new life and birth. Each spring, when life awakened from its winter slumber, Poles presented each other with eggs. At Easter the eggs were given to family members and, about a week later to dear friends as well.

In the past only women were allowed to decorate the eggs – if a man walked into the room where eggs were being adorned, women had to remove the spell that the intruder might have cast on the eggs.



Traditional Polish Celebrations



Niedziela Palmowa / Palm Sunday is a Catholic celebration commemorating the triumphant arrival of Jesus Christ in Jerusalem. In Poland, Niedziela Palmowa has been celebrated since the Middle Ages. The feast takes place a week before Easter and thereby commences the Holy Week.

Although nowadays palms can be bought in many shops around Easter time, in the past people would make them on their own. Traditionally palms were made of willow branches, which symbolise the Resurrection and the immortality of the soul. In the region of Wielkopolska, willow branches were cut on Ash Wednesday and then stored in water to keep them green until Palm Sunday.

