



WELCOME TO
POLAND

Poland in the European Union

Poland entered the Union
on 1st May 2004



How Poland Began

A thousand years ago, or maybe even more, there lived three brothers, Lech, Czech, and Rus. For many years they had been content in their villages, but the families grew larger and they needed more room to live.

The brothers decided to travel in different directions to search for new homes. Lech, Czech, and Rus traveled with their troops for many days. They rode their horses over mountains and rivers, through forests and wild country. There were no people to be found anywhere, not a town or tiny village. On the crest of a mountain top, they separated, each going in a different direction. Czech went to the left, Rus went to the right and Lech rode straight ahead, down the mountain and across vast plains. One day Lech saw a splendid sight. He and his troops had come to a place where a meadow surrounded a small lake. They stopped at the edge of the meadow as a great eagle flew over their heads. It flew around in great swooping circles, then perched on its nest, high on a craggy rock.

Lech stared in awe at the beautiful sight. As the eagle spread its wings and soared into the heavens again, a ray of sunshine from the red setting sun fell on the eagle's wings, so they appeared tipped with gold, the rest of the bird was pure white. "Here is where we will stay!" declared Lech. "Here is our new home, and we will call this place GNIEZNO ... (the eagle's nest). He and his people built many houses and it became the center of his territory. They called themselves Polonians, which means "People of the Field". They made a banner with a white eagle on a red field and flew it over the town of Gniezno, which became the first historical capital of Poland.

National symbols of Poland



Flag

Emblem



Mazurek Dąbrowskiego

Hymn Polski

$\text{♩} = 116$



Je - szcze Pol - ska nie zgi - nę - ła kie - dy my ży - je - my, Co namo - bca



prze - moc wzię - ła sza - błąd - bie - rze - my. Marsz, marsz, Dą - bro - wski,



z zie - mi wło - skiej do Pol - ski, za twoim prze - wo - dem złą - czym się z na - ro - dem.

Anthem

Information about Poland

Language	Polish
Capital	Warsaw
Political system	Democratic
Type of state	Parliamentary republic
Head of state	President Andrzej Duda



The most beautiful cities of Poland



Cracow



Wrocław



Gdańsk



Zakopane



Sopot



Malbork



Toruń



Płock

Regional Polish dishes

Rogale
Świątomarcińskie –
croissants with icing
and white poppy.



Sauerkraut-and-
meat stew.



Oscypki – hard, smoked cheese prepared from sheep milk, characteristic for Polish mountains, especially Podhale.



Dumplings with potato and cottage cheese stuffing.

Polish folk fashion



THANK YOU FOR YOUR
ATTENTION 😊