

Poland Travel information

Population: 41,000,000

Religion: Catholic

Geography: Covers an area of 312,685 square kilometres and is the ninth biggest country in Europe. It borders the Baltic Sea and seven countries, namely Belarus, Czech Republic, Germany, Lithuania, the Russian exclave of Kaliningrad, Slovakia and Ukraine.

The river Vistula flows through Krakow, Warsaw and ends in Gdansk on the Baltic Sea.

Language: Polish is a Western Slavonic language with about 40 million speakers mainly in Poland. There are also significant Polish communities in Lithuania, Belarus and Ukraine, and significant numbers of Polish speakers in many other countries.

Capital: Warsaw

Other facts: Poland was liberated on 17 January 1945 but it meant spending much of the following five decades under Soviet hegemony. The communist regime collapsed and in 1990 Lech Walesa was elected the first president of post-communist Poland. Shock capitalist tactics were used to rotate Poland into a free market economy, and while this left several losers, the nation emerged stronger than before.

It is a member of the EU, and notably was the one European nation to avoid recession in the recent global crisis

During Poland's thousand-year history, its people have contributed greatly to the fields of philosophy, mathematics, physics, chemistry, astronomy, biology, medicine, engineering, linguistics, the social sciences, law, literature, the visual arts, music and film.

Currency: Polish zloty (PLN) refers to the national currency of Poland. The currency is issued and managed by the country's central bank. The **zloty** (pronounced zwoti) is abbreviated in the foreign exchange market as PLN and is represented by the symbol **zł**. It is subdivided into 100 groszy **gr**.

Approximate prices:

Bottle of water	5.60 zł
Cappuccino	12.5 zł
Coke	7 zł
Loaf of Bread	4.3 zł

Small shops, newsagents, public toilets and even the occasional restaurant will often refuse to break a large note for you. Carry small-denomination notes and coins for such moments.

Public Toilets: Generally speaking, toilets in Poland come marked with a **○ circle for women** and a **△ triangle for men**.



Archway in Warsaw's old town

Common Words & Phrases

DAYS & DAYS OF THE WEEK		
ENGLISH	POLISH	PRONUNCIATION
Monday	Poniedziałek	paw nyeh jowek
Tuesday	Wtorek	ftorek
Wednesday	Środa	shraw da
Thursday	Czwartek	chfar tek
Friday	Piątek	pyon tek
Saturday	Sobota	sobota
Sunday	Niedziela	nye jela
Today	Dziś	jeesh
Yesterday	Wczoraj	fchor aye
Tomorrow	Jutro	yoo traw
Day	Dzień	jen
Week	Tydzień	ty-jehn
Month	Miesiąc	mye-shonts
Year	Rok	rock

GREETINGS, NICETIES, ETC.		
ENGLISH	POLISH	PRONUNCIATION
Thank you	Dziękuję	jen koo-yeh
You're welcome	Nie ma za co	nyeh mah zah tso
Yes	Tak	tack
No	Nie	nyeh
Please	Proszę	prosh-eh
Hello	Dzień dobry	jen daw-brih
Goodbye	Do widzenia	daw vee-jeh-nya
Good	Dobra / Dobrze	doh-brah / dohb-zheh
Bad	Zły / Źle	zwi / zleh
Friend (male)	Przyjaciół	pshih-ya-chyell
Friend (female)	Przyjaciółka	pshih-ya-chool-kah

MEALS / FOOD

ENGLISH	POLISH	PRONUNCIATION
Breakfast	Śniadanie	shnya-dah-nyeh
Lunch	Obiad	awb yad
Dinner	Kolacja	kaw-lats-ya
Vegetarian	Wegetarianin	veh-geh-teh-rya-need
Kosher	Koszerne	kaw-sheh-neh
Bread	Chleb	hleeb
Beverage	Napój	nah-pooy
Coffee	Kawa	kah-vah
Tea	Herbata	her-bah-tah
Juice	Sok	sock
Water	Woda	vo-dah
Salt	Sól	sool

TRAVEL, GETTING AROUND

ENGLISH	POLISH	PRONUNCIATION
Ticket	Bilet	bee-let
Bus	Autobus	ow-taw-boos
Airport	Lotnisko	lot-knee-sko
Hotel	Hotel	haw-tel
Room	Pokój	paw-kooy

BASIC QUESTIONS

ENGLISH	POLISH	PRONUNCIATION
What time is it?	Która godzina?	ktoo-rah gaw-jee-nah
Where is this?	Gdzie to jest?	ggeh taw yest
What is this?	Co to jest?	tso taw yest
Do you have?	Czy pan / pani ma?	chi pan / pa-nyi mah
What does this cost?	Ile to kosztuje?	ee-leh taw kosh-too-yeh
Excuse me	Przepraszam	psheh prah-sham
I don't understand	Nie rozumiem	nyeh roh-zoo-myem
Do you speak English?	Czy mówi pan / pani po angielsku?	chi moo-vee pan / pa-nyi po an-gyel-skoo
Where is the toilet?	Gdzie jest toaleta?	ggeh yest taw-ah-let-ah

"And so, within seven months, I lost my father, my brother, and my mother. I am the only one who survived. This is what the Germans did to us, and these are things that should never be forgotten. On the other hand, we had our revenge: the survivors were able to raise magnificent families – among them myself. This is the revenge and the consolation."

Zvi Kopolovich

"Then for the first time we became aware that our language lacks words to express this offense, the demolition of a man... We had reached the bottom. It is not possible to sink lower than this... Nothing belongs to us anymore: they have taken away our clothes, our shoes, even our hair... They will even take away our name..."

Primo Levi

"So for us even the hour of liberty rang out grave and muffled, and filled our souls with joy and yet with a painful sense of shame... and also with anguish, because we felt that this should never happen, that now nothing could ever happen good and pure enough to rub out our past, and that the scars of the outrage would remain within us forever."

Primo Levi, The Truce

"In those times there was darkness everywhere. In heaven and on earth, all the gates of compassion seemed to have been closed. The killer killed and the Jews died and the outside world adopted an attitude either of complicity or of indifference. Only a few had the courage to care. These few men and women were vulnerable, afraid, helpless – what made them different from their fellow citizens?... Why were there so few?... Let us remember: What hurts the victim most is not the cruelty of the oppressor but the silence of the bystander... Let us not forget, after all, there is always a moment when a moral choice is made... And so we must know these good people who helped Jews during the Holocaust. We must learn from them, and in gratitude and hope, we must remember them."

Elie Wiesel

"the road to Auschwitz was built by hate, but paved with indifference"

Ian Kershaw