



# POLAND TASTES GOOD!

Short walk around Poland



*in tomato sauce*



*Dumplings with potatoes*



*Bigos*



*Sorcerers*



*Sausages*



*Carp with sauce*



*Faramushka*



*Quail Egg Ring*

*Meat bread*







Paulina Graczyk

*I am not the same, having seen the moon  
shine on the other side of the world*



# Polska! Poland! Polonya!

It originates from the name of the tribe *Polanie*, which means "people living in open fields"









TOO FAR FROM THE MOUNTAINS

TOO FAR FROM EVERYTHING

NOBODY CARES ABOUT US

STILL WE'RE NOT PARIS

PITY WE'RE NOT GERMANS

WE ARE RICH AND NOBODY LIKES US

TOO CLOSE TO WARSAW

NOBODY CARES ABOUT US

TOO FAR FROM THE SEA

WE'RE ALMOST UKRAINE

VIA 9GAG.COM

37,97 miliona  
(2019)

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# BIRTHRATE

<https://ec.europa.eu/eurostat/help/first-visit/tools>



depositphotos

Image ID: 364622926 www.depositphotos.com



1 złoty = 2,13 turkish lira

1 złoty = 0,22 euro



## Polish history is very complicated

If you're a fan of Game of Thrones, you might start reading Polish Medieval History. You'll get confused many times (try reading something on the period from 1138 to 1320).

Later times also haven't been easy for Poland. The country has been invaded or has fought for freedom in insurrections over 40 times. Poland even disappeared from world maps between 1772 and 1795.



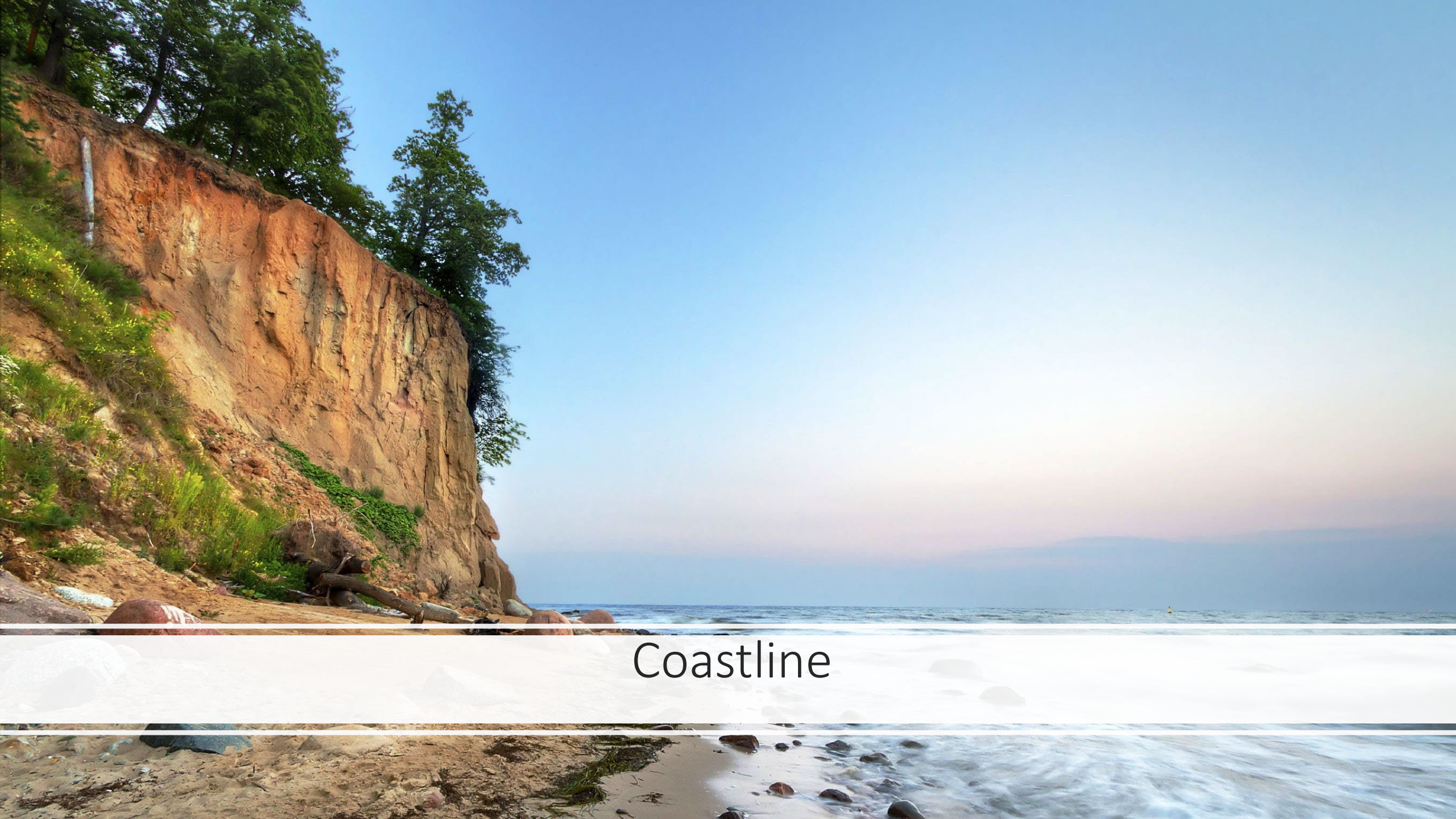


Poland has a very diverse nature



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





Coastline





# Mountains







Desert







# Wetlands





# Dunes

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Capitol

WARSZAWA













Wrocław







Dwarfs





The most unique polish traditions



*Śmigus Dyngus*

Wet Monday







*Poprawiny*

A second  
wedding  
party





## All Saints' Day (Zaduszki)







# The Drowning of Marzanna

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- On the first day of spring, many rural parts of Poland still celebrate the drowning of Marzanna. Marzanna was a Slavic goddess associated with death, cold winters and nature. So these days, an effigy of the so-called Marzanna is constructed by locals as part of a sacrifice. This effigy is usually made from straw, with white clothing and some colour added. Onlookers normally watch from a bridge or from the riverside, as the Marzanna doll is dropped into the river and floats downstream. To ensure you avoid bad luck, you must be careful not to touch the Marzanna doll while she is in the water. On the way back, you must also not look back towards where the Marzanna doll is, as this is rumoured to cause illness or disease.



Sto Lat / 100 Years



*Sto lat!*







*Tłusty Czwartek, Fat Thursday*





# Culinary Tourism

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## The oldest restaurant in Poland

Located in Wrocław, the “Piwnica Świdnicka” is the oldest restaurant in Europe, open since 1275. You can still eat there today.



# Fighting with stereotypes

In the pantheon of global cuisines, Poland usually does not feature very highly. Where people are aware of Polish cuisine, it is usually associated with certain stereotypes. Yet there is much more to it than the famous vodka and pierogi. It's time to dispel some of the myths and explore the lesser-known aspects of Poland's varied, interesting and often surprising culinary culture.





**There is no single “Polish cuisine”**

- Kaszuby
- Tatry
- Baltic Sea
- Silesia







Polish food is seasonal



## Ruthenian dumplings, not Russian

Poland even has a patron for its variety of the dish, Saint Hyacinth (1183–1257), who brought the first recipe for pierogi from Kyiv. According to legend, he cooked the dumplings and saved people in Kraków from famine

The most popular type is *pierogi ruskie* – with a filling of quark cheese mixed with boiled potatoes, often served with lardons or fried onion.





# The famous Polish sausage







**Not just a cuisine for  
carnivores**





Getting in a pickle





## A map of gourmet cheeses

According to current archaeological research, the world's oldest ceramic dish with holes, which was probably used to make quark, comes from 6000 BC from the Kuyavia region in what is now central Poland.

Podhale is famous for its oscypek and bryndza sheep's milk cheeses. Both products have a signature Protected Designation of Origin. Local cheeseboards also boast *Koryciński* cheese from the eastern Podlasie region and aromatic Bursztyn from around the city of Lublin.





## Warming to Polish wine

Poland is famous for its vodka, as well as, to a lesser extent, its mead and beer industries. However, Polish wine is also taking root.





Poland could also become the new European cider Eldorado. With 3 million tonnes of apples grown every year, Poland produces as many apples as Spain produces grapes.

Cider



**ADAMPOL**

**POLONEZKÖY'e HOŞGELDİNİZ**

**WELCOME TO POLONEZKÖY**

**POLONEZKÖY WİTA WAS**

Ataturk









BASZA,  
TABUN,  
WATAHA,  
UŁAN



Grzegorz Brzęczyszczkiewicz

<https://www.youtube.com/watch?v=AfKZclMWS1U>

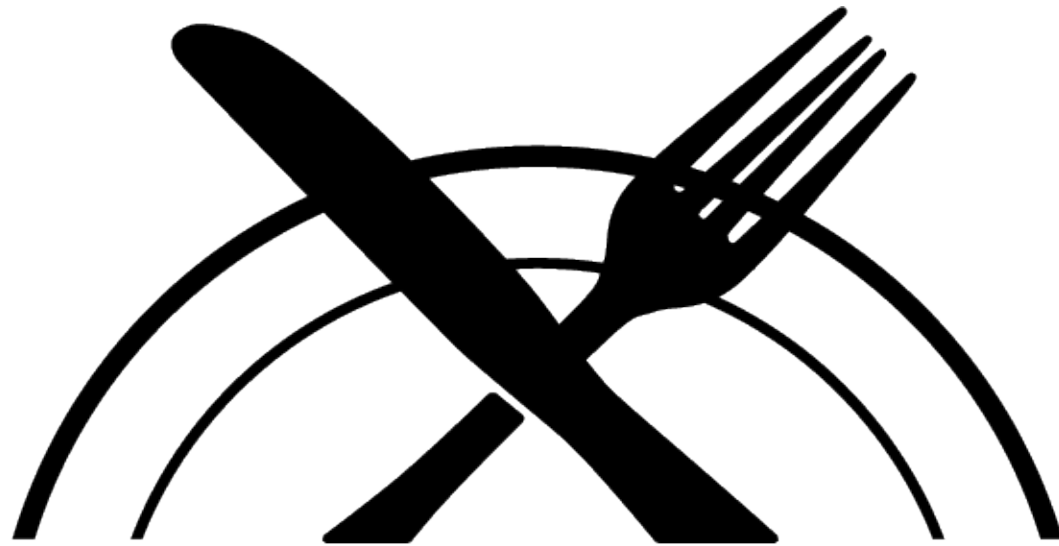


**Grzegorz Brzęczyszczkiewicz.  
Chrząszczyżewoszczyce, powiat Łękołody.**

**PRZEŚLUCHANIE FRANKA DOLASA**



Smacznego! Na zdrowie!



■ *Smacznego!* ■

# Thank you!

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