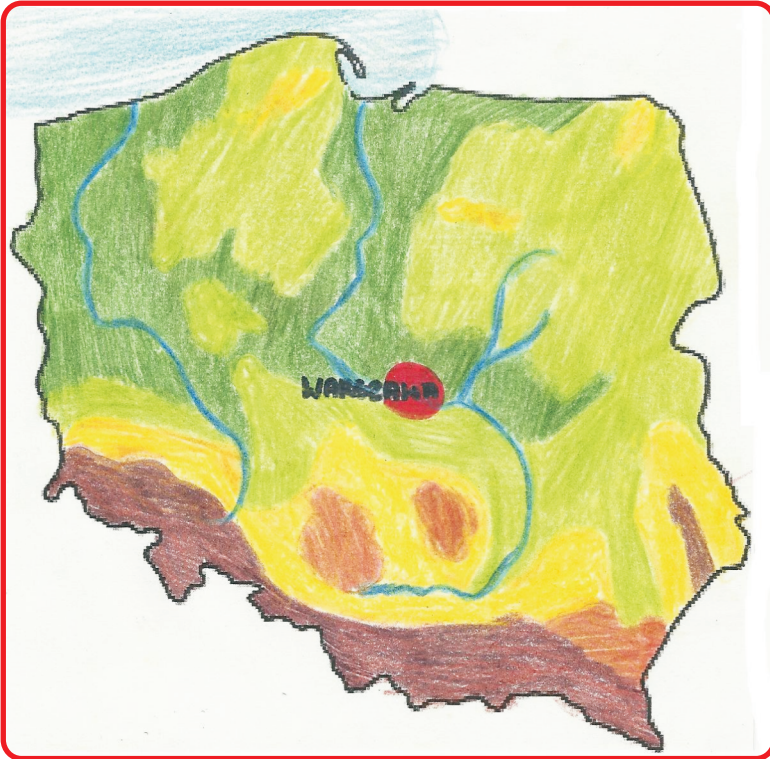


POLAND



Capital: Warsaw (in the central part of Mazovia Region)

Population: 38.511.800 people

Territory: Central Europe/ 16 provinces/the highest mountain: Rysy - 2.499 m, the longest the Vistula River - 1.047 km, the biggest lake Śniardwy - 114 km²

Climate: Poland has a moderate climate. There are four seasons (Spring - Summer - Autumn - Winter)

Poland is a beautiful European country situated in the centre of Europe. It is not very big, just 312,683km² but it is very nice. Almost 40 million people live in Poland. Poland became a member of the European Union in 2004. The Polish emblem is the White Eagle, the flag is white and red and the national anthem is „Mazurek Dąbrowskiego”. The countries which are Polish neighbours are: Slovakia and the Czech Republic, Germany, Russia, Belarus and Lithuania.

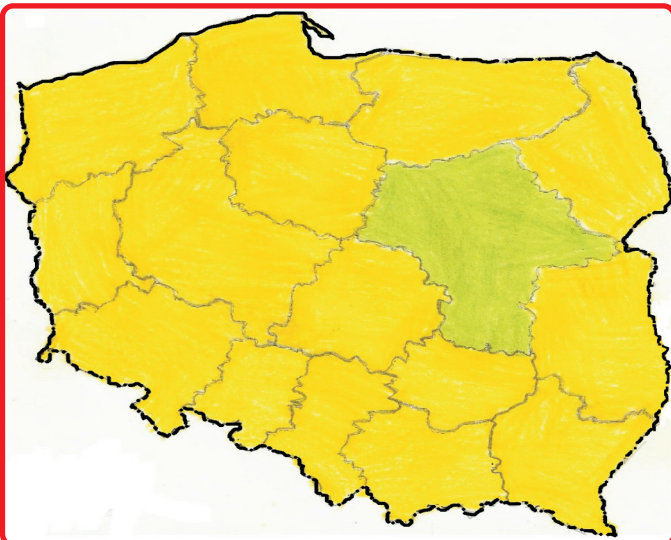
In the north of Poland there is the Baltic Sea. Every year a lot of tourists go there for holidays. Baltic water is not warm but you can swim in it and rest on the golden sand.

In the south of Poland there are mountains where people can climb, ski in the winter and watch beautiful views.

Poland is very beautiful because it has got many lakes, long rivers, high mountains, forests, the sea and a lot of wonderful towns. There are 908 towns and 43007 villages in Poland.

Tourists should see the biggest cities: Warszawa, Wrocław, Poznań, Kraków, Gdańsk, Gdynia, Sopot and many others. The capital of Poland is Warszawa.

Poland has got one of the most beautiful national cultures. It is well known all over the world. Polish cuisine is very tasty, healthy and original. Polish people are very friendly and optimistic.



ITALY



Capital: Rome (in the region Lazio, in the central-western part of the Italy)

Population: 61,482,297 inhabitants, it is the fifth most populous country in Europe.

Total Area: 301,340 sq km

Monte Bianco 4,810 m / River Po 652 Km /

Lake: Garda

Etna (volcano 3,330 m)

Climate: predominantly Mediterranean;

Alpine in far north; hot, dry in south.

Italy is located in Southern Europe, on a peninsula that extends out into the central Mediterranean Sea, northeast of Tunisia. It stands out distinctively like a large boot.

The Border countries of Italy are: Austria, France, Vatican City, San Marino, Slovenia, Switzerland.

Italy has a mild temperate climate thanks to the moderating influence of the sea and the protection given by the Alpine mountain barrier. The weather varies quite considerably depending on how far you are from the sea or the mountains.

There are 20 regions in Italy, including the islands of Sicily and Sardinia.

Many customs and attitudes in Italy are regional.

Even "Italian food" is basically made up of Italian regional dishes.

Each region has got a Capital city:

Abruzzo, L'Aquila, Valle D'Aosta, Aosta, Puglia, Bari, Basilicata, Potenza, Calabria, Catanzaro, Campania, Napoli, Emilia-Romagna, Bologna, Friuli-Venezia Giulia, Trieste, Lazio, Roma, Liguria, Genova, Lombardia, Milano, Marche, Ancona, Molise, Campobasso, Piemonte, Torino, Sardegna, Cagliari, Sicilia, Palermo, Trentino-Alto Adige, Trento, Toscana, Firenze, Umbria, Perugia, Veneto, Venezia

Rome is the largest city of Italy with an estimated population of about 2 796 102; Milan is the second-largest city with an estimated population of about 1 350 287; Naples is the third-largest one with an estimated population of about 956 664.

