

POLAND

WARSAW



WARSAW

Warsaw is the capital of Poland, a city wrapped in legends where every moment becomes a moment of history. It is also the biggest city in Poland. Warsaw has been the capital of Poland since 1596. There are over 1.7 million people living in the city. It is an important cultural, political, academic and economic centre.

The symbol of Warsaw is the Mermaid. The longest river in Poland, the Vistula, flows across Warsaw. There are 17 districts in Warsaw. The President of Poland and many other important people live in Warsaw.

In Warsaw you can visit a lot of interesting places like: the Palace of Culture and Science, the Royal Park Łazienki, the Royal Castle, the Old Town, Fryderyk Chopin Museum, Museum of the Warsaw Uprising, Copernicus Center, the National Philharmonic, The Museum of Independence, The National Theatre.

The Old Town in Warsaw is one of the five most beautiful places in Poland. Colourful buildings and streets, as well as the Column of Zygmunt III Waza, the Royal Castle or the Warsaw Mermaid statue add the charm and magic to this place.

If you visit this city in the spring or summer, the weather will be sunny, so you will need to bring light clothes, sunglasses and a hat. If you come in winter, you should bring warm clothes and an umbrella. At this time of the year it can get very windy and rainy.

There are plenty of places to stay in Warsaw, such as hotels or apartments. If you are travelling on a small budget, it is best to stay at a youth hostel - it is much cheaper. Once you arrive in Warsaw it is easy to get around. You can go on foot, by bus or tram or by car. See you in Warsaw!

PRUSZKÓW



PRUSZKÓW

Pruszków is the biggest town in the western part of Warsaw agglomeration. It is situated on the Utrata River. There are over 55.000 people living in the town.

The first records of Pruszków come from the 16th century. Until the 19th century, it was a small village. When the Warsaw-Vienna railway was built, Pruszków developed very quickly. A lot of factories were established then: an iron cast factory, a china factory, a soap factory and a pencil factory. In 1910, Pruszków gained the status of a factory settlement. During the World War I, Pruszków suffered a lot of damage. Despite this, it was granted a town status in 1916. After the World War II Pruszków was still an important industrial centre. Nowadays, the old factories don't exist but there are many new companies and there is one of the biggest railway container terminals in Poland.

Pruszków is also an important sport and recreation centre. You can find here a sport hall Znicz, stadium and Olympic Cycling Track BGŻ Arena, which held Europe Championship 2008 and World Championship 2009. Moreover, there are two famous sport clubs, Local Sport Club Znicz (football) and Znicz Basket (women's basketball).

Pruszków doesn't have many monuments but there are some places worth visiting: the 19th century old manor with landscaped gardens, a Neo-Renaissance Sokol Palace from 1867 and an eclectic residence of faience factory, the Museum of Ancient Mazovian Steel Works.

CRACOW



CRACOW

Cracow is one of the biggest and the most famous Polish cities. It is situated in the south of Poland, on the Vistula River.

Cracow was the capital of Poland from 1037 to 1596. Today, Kraków is one of the most important cultural, academic and tourist centres of the country.

Many tourists come to Cracow because there are many interesting places and monuments to see, for example the Old Town with beautiful houses, Sukiennice - a traditional marketplace, the Wawel Castle - a castle where the kings of Poland lived, the Wawel Cathedral, St. Mary's (Mariacki) Church with an amazing wooden altar, the Jagiellonian University, the Grand Square .

Cracow has a legend about a dragon. The dragon was very dangerous and it ate sheep. But a brave shoemaker Dratewka killed it. Now, in Cracow you can visit a place called the Dragon's Cave and see a statue of the dragon with real flames coming from its mouth!

A great place near Cracow is Wieliczka. It is a very old salt mine. Now people can only visit Wieliczka. You can go underground and see wonderful corridors, rooms and statues made of salt. A visit to Cracow is a great adventure. You can go sightseeing or go for a walk, do the shopping, eat tasty food and have fun.

TATRY and ZAKOPANE



TATRY and ZAKOPANE

The most beautiful mountains in Poland are the Tatra Mountains (in Polish: Tatry). There are many majestic peaks but the highest mountain is Rysy. It is 2450 meters high.

There are also wide valleys between the mountains with steep slopes covered by forests and beautiful lakes, such as Morskie Oko and Czarny Staw.

Many species of flora and fauna can be seen in the Tatrzański National Park. You can even meet a bear there!

In the mountains there is a town named Zakopane. It is the winter capital of Poland with numerous cable cars, ski-lifts and areas perfect for skiing.

In Zakopane you can buy a traditional Polish cheese made of sheep's milk - oscypek and you can visit some very interesting museums, art galleries and places, for example Kropówki Street where you can find many stalls with souvenirs. Zakopane hosts many cultural and sporting events. The mountain people are known as Gorale (Highlanders) and their folklore includes beautiful costumes, original dialects, folk music, dances, and customs.

Zakopane and the Tatra Mountains are very popular holiday destinations.

TORUŃ



TORUŃ

Toruń is an old and beautiful Polish city. It was established in 1233, by the knights of the Teutonic Order. Toruń is situated on the Vistula River.

It has got a very attractive Old Town with traditional houses and many nice places to rest or eat. You can take a walk and look for bronze figures of fictional characters or see the Leaning Tower. There are also many interesting monuments to visit: the Old City Market Square, the Old City Town Hall, Gothic churches.

The most famous person of Toruń is Nicolaus Copernicus who “stopped the Sun and moved the Earth”. He studied astronomy and maths. Children from all over the world learn about him at school. Thanks to Copernicus there is an amazing Planetarium in Toruń. There is a sky which looks like the real one and you can learn about stars and planets.

Everyone in Poland likes gingerbread from Toruń. It is made of flour, water, milk, honey and spices and in Toruń gingerbread has 700 years of tradition. You must taste it! See you in Toruń!

MASURIA - THE LAND OF A THOUSAND LAKES



MASURIA - THE LAND OF A THOUSAND LAKES

Masuria (in Polish: Mazury) is a natural region situated in the north - east of Poland. The most popular place in Masuria is The Land of Big Masurian Lakes or Masurian Lakeland. Masuria is famous for its 4.000 lakes. The biggest of them are: Śniardwy (113,8 km²), Mamry (105 km²), Niegocin, Orzysz, Jagodne and Tały. Most of the lakes are linked by rivers and canals.

Almost all Masuria is covered with beautiful forests so there is a lot of fresh air. One of the biggest tourist attractions is the Masurian Landscape Park that includes 11 nature reserves. You can find there: bison, boars, wolves and beavers and various aquatic bird species.

Masuria is extremely popular with Polish holidaymakers. It is a paradise for kayaking, sailing, swimming, windsurfing, fishing and hiking.

In summer the major resorts (Mikołajki, Mrągowo, Giżycko, Augustów) host many sports and cultural events.

If you like water sports you have to visit Masuria and rest there. But beware of the mosquitoes!

THE TRICITY



THE TRICITY

The Tricity is an urban area consisting of three Polish cities: Gdańsk, Gdynia and Sopot. They are situated next to each other, on the coast of the Baltic Sea in the north of Poland.

The largest and the oldest of these three cities is Gdańsk. It is a centre of cultural, scientific, economic and communication node of northern Poland.

Gdańsk has a lot of architectural monuments. You can visit the Main Town Hall, the Fountain of Neptune, the Golden Gate, the Crane, the Basilica of St. Mary's, the Royal Chapel, the Church of St. Catherine.

The second largest city is Gdynia. You can see there: the port of Gdynia, Gdynia Aquarium, St. Michael the Archangel Church, the Municipal Theatre.

The smallest city is Sopot. There is the longest pier in Europe in Sopot (511,5 m), stretching into the sea from the middle of the Sopot beach. It is a popular place for recreation and health walks or public entertainment events. The most interesting places in Sopot are: the Forest Opera (an open-air amphitheatre with roofing), The Fishing Harbour, the Lighthouse, The Tricity National Park and clean, sandy beaches stretching along the whole 4.5 km of the Sopot coast.