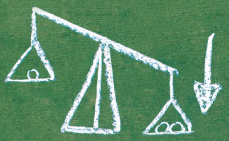


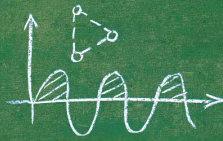


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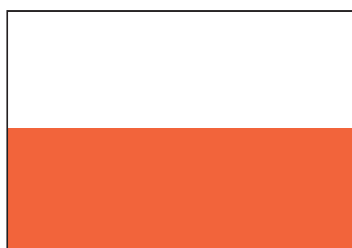
POLAND

Located in Central Europe, for more than 1,000 years Poland has survived an almost constant battle for its boundaries. The present borders were set after World War II ended in 1945. Its landscape varies from sandy beaches on the coast to the snow-covered mountains of the Carpathian and Sudeten Mountains.



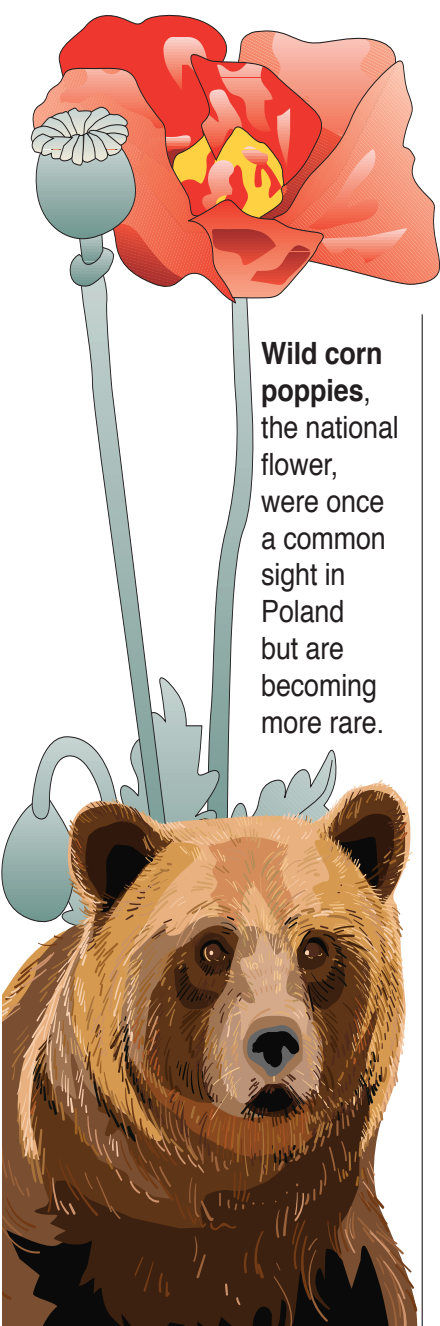
The eagle coat of arms has been in use since the 1200s.

Red and white are the national colors.



Just the facts

Total Area	120,733 sq. mi. (312,696 sq. km)
Population	38.4 million
Capital city	Warsaw
Highest elevation	Mount Rysy 6,893 ft. (2,499 m)
Lowest elevation	Raczki Elbląskie 7 ft. (2 m) below sea level
Currency	Zloty
Agriculture	Rye, wheat, barley, oats, potatoes, sugar beets, flax, hops, tobacco, fruits, dairy cows, beef cattle, pigs and poultry
Natural resources	Coal, copper, silver, sulfur
Industry	Machine and ship building, food processing, furniture, glass, beverages, textiles



Wild corn poppies, the national flower, were once a common sight in Poland but are becoming more rare.

Brown bear

In a word

The name **Poland** (Polska) originates from the name of the tribe *Polanie*, which means “people living in open fields.”

Polish is one of the world’s most challenging languages to learn. It has complex grammar and difficult pronunciations.

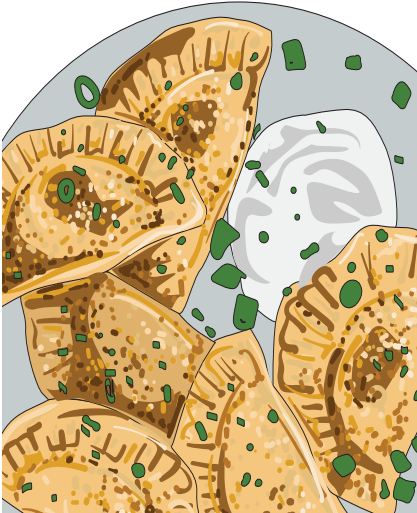
On the move

The people of Poland have traveled to far-off lands for centuries. Some were looking for adventure; others were looking for safety. Today, people of Polish ancestry live all over the world.

It’s delicious!

Some of Poland’s traditional foods are fermented veggies, such as **kapusta kiszona** (cabbage) and **ogorek kiszony** (cucumbers).

Pierogies are a famous Polish treat. They are made with a dough filled with different fillings, usually baked and often served with sour cream.



SOURCES: World Book Encyclopedia, World Book Inc.; <https://www.nationsonline.org>; <https://www.infoplease.com>; <https://www.tripsavvy.com>; <https://www.coolkidfacts.com>



Poland has more than 1,300 lakes.

Its many forests provide a home for a variety of Europe’s endangered species, including brown bears, wild horses, chamois goats, Eurasian lynxes, and the continent’s largest population of gray wolves.



Gray wolf

World War II

On Sept. 1, 1939, Poland was attacked by Nazi Germany, led by Adolf Hitler. By 1941, Germany seized all of Poland. During the six years of war and Nazi occupation, combat, execution and concentration camps resulted in the deaths of 6 million Polish people; half were Jewish. At the end of the war, Poland was forced to accept a communist government, and millions of Poles were forced to resettle.



Camp shirt

The **European bison**, called **wisent**, are the largest European mammals. Habitat destruction decimated their numbers. By 1919, no bison existed in the wild. The animal was reintroduced to the wild using animals bred in captivity.



Pisanki egg

Some famous folks

Poland has been the homeland of quite a few notable characters. The famous mathematician and astronomer **Nicolaus Copernicus** and activist and statesman **Lech Walesa** are among them.

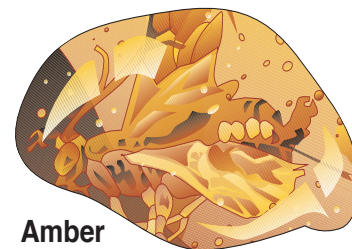


Tadeusz Kosciuszko
(1746-1817)
Soldier of the American Revolution

Frédéric Chopin
(1810-1849)
Composer and virtuoso pianist

Marie (Skłodowska) Curie
(1867-1934)
First woman to win a Nobel Prize

Pope John Paul II
(1920-2005)
First pope in 455 years not from Italy



Amber

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