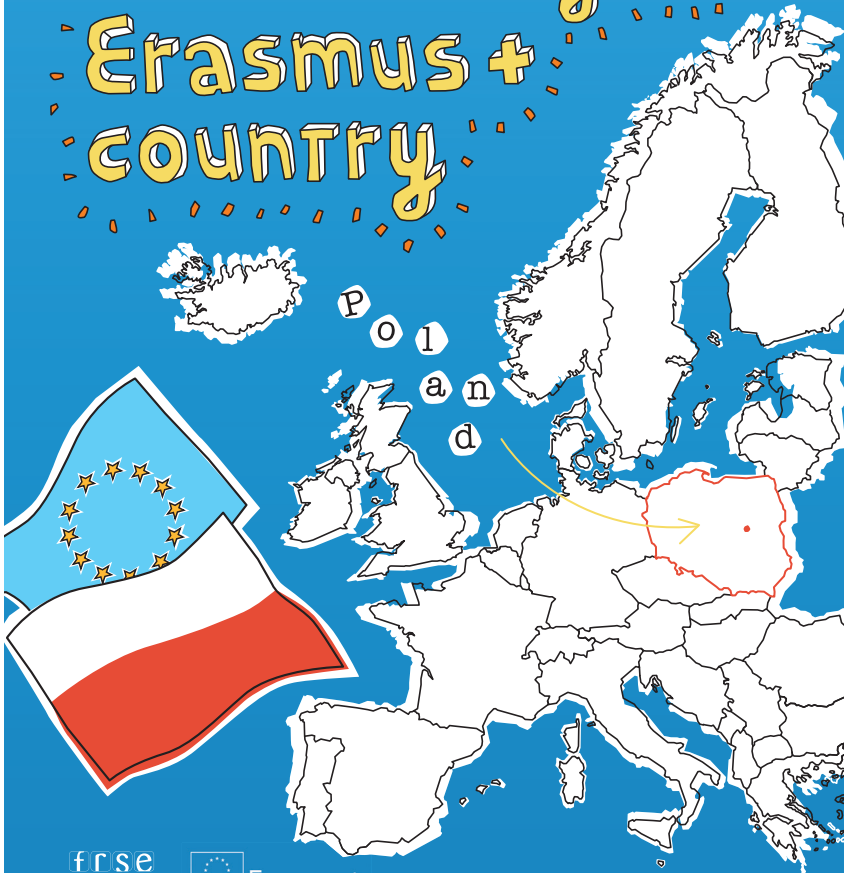


Discover Poland as your Erasmus + country



Poland in brief...

- **Official name:** Republic of Poland (short form: Poland), „Rzeczpospolita Polska” (short form: „Polska”) in Polish
- **Flag:** two horizontal stripes of equal width, the upper one white and the lower one red
- **Emblem:** white eagle with a golden crown on a red shield
- **Official language:** Polish
- **Currency:** złoty, PLN
- **Government:** parliamentary republic
- **Economy:** free market economy since 1990
- **Location:** Central Europe. Poland borders Germany, the Czech Republic, the Slovak Republic, Ukraine, Belarus, Lithuania and Russia. Its northern border runs along the Baltic Sea coast.
- **Capital:** Warszawa (Warsaw; population 1.7 million, Warsaw agglomeration: 2.5 million)
- **Major cities:** Kraków, Łódź, Wrocław, Poznań, Gdańsk, Szczecin, Bydgoszcz, Lublin, Katowice, Białystok
- **Area:** 312,685 sq km (9th largest country in Europe)
- **Population:** 38 million
- **Time zone:** Central European time zone (GMT + 1 hour / UTC + 1 hour), except for between last Sunday in March and last Sunday in October when it switches to daylight saving time.
- **Calling code:** + 48
- **Internet domain:** .pl

Things to do in Poland. You should try or visit at least once:

- Polish food like *pierogi*, *bigos*, *żurek*, *barszcz*, *oscypek*, *placki ziemniaczane*, *kotlet schabowy* or some Polish sweets like *sękacz*, *sernik*, *kremówka* and sweets like *krówka* or *ptasie mleczko*
- sailing in the Masurian Lake District
- canoeing on one of the rivers or canals in Suwalszczyzna or Drawskie region
- skiing and snowboarding in the Tatra Mountains
- wandering in the Bieszczady mountains
- meeting the Polish Bison in Białowieża National Park
- climbing up the Palace of Culture and Science in Warsaw
- doing windsurfing or kite surfing in the Hel Peninsula
- visiting a real Polish village



Find out more on:

www.erasmusplus.org.pl/in-poland