



Poland

A land of wide plains, Baltic beaches and Tatra peaks, with royal Kraków, rebuilt Warsaw and a long, brave history.

AT A GLANCE

Facts to know

CAPITAL

Warsaw

POPULATION

About 37.3 million (official estimate for January 2026)

OFFICIAL LANGUAGE

Polish

CURRENCY

Polish zoty (z, PLN), divided into 100 groszy

AREA

About 312,700 km²

GOVERNMENT

Parliamentary republic

HIGHEST MOUNTAIN

Rysy, 2,500 m at its north-western summit, in the Tatras on the border with Slovakia

LONGEST RIVER

The Vistula, 1,047 km, from the mountains in the south through Kraków and Warsaw to the Baltic Sea near Gdask

NEIGHBOURS

Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania and Russia (its Kaliningrad region) by land, and the Baltic Sea to the north

DRIVES ON THE

Right

CALLING CODE

+48

A 45-minute trip to Poland

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Poland together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: AD 966: The baptism of Mieszko I; 1791: The Constitution of 3 May; 2004: Poland joins the EU. |
| 15 to 25 min | At the table: talk about Pierogi and Bigos (hunter's stew). Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Dzie dobry" (Good morning, good day), "Dobry wieczór" (Good evening), "Dobranoc" (Good night). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://worldstroll.com/countries/poland/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Poland and its cities



- Warsaw (Masovian Voivodeship): The rebuilt Old Town and Royal Castle, The mermaid, symbol of the city, Chopin's heart in the Holy Cross Church
- Kraków (Lesser Poland Voivodeship): Wawel Castle and Cathedral, The Main Market Square and Cloth Hall, The trumpet call from St. Mary's Basilica
- Gdask (Pomeranian Voivodeship): The Long Market and Neptune's Fountain, The European Solidarity Centre, St. Mary's Church, a giant of brick
- Wrocław (Lower Silesian Voivodeship): Hundreds of little bronze dwarfs, The Market Square, The Centennial Hall
- Pozna (Greater Poland Voivodeship): The Renaissance Town Hall, Pozna Cathedral, Saint Martin's croissants
- Łódź (Łódź Voivodeship): Piotrkowska Street, Red-brick factories turned into shops and lofts, The National Film School
- Toru (Kuyavian-Pomeranian Voivodeship): Its medieval old town, Gingerbread, The birthplace of Copernicus
- Lublin (Lublin Voivodeship): The Old Town and the Kraków Gate, Lublin Castle and its chapel, Cebularz, an onion and poppy seed flatbread

- Zakopane (Lesser Poland Voivodeship): Hiking and skiing in the Tatras, The Zakopane style of wooden architecture, Oscypek cheese
- Biaystok (Podlaskie Voivodeship): Green parks and forests, Trips to the Biaowiea Forest, A mix of cultures near the eastern border
- Szczecin (West Pomeranian Voivodeship): The Ducal Castle, Szczecin Cathedral, The port and the lagoon

A short history of Poland

Poland's story runs from a duke's baptism and a golden age of kings and scholars, through the partitions that erased it from the map, to the terrible years of the Second World War and the peaceful Solidarity revolution that helped end communism in Europe.

AD 966

The baptism of Mieszko I

Duke Mieszko I, the first ruler of the Polish state, was baptised together with much of his court, probably at Pozna or Gniezno. His Czech wife Dobrawa is often credited with influencing him. Many historians see this as the beginning of Poland as a state.

1000

The Congress of Gniezno

The Holy Roman Emperor Otto III made a pilgrimage to the tomb of Saint Adalbert in Gniezno and met Duke Bolesaw I the Brave there. The meeting strengthened Poland's place among the Christian states of Europe.

1025

The first king is crowned

Bolesaw I the Brave, son of Mieszko I, was crowned the first king of Poland in 1025, near the end of his life, after years of building up the Polish Church and enlarging his lands.

1364

A university for Kraków

King Casimir III the Great founded a university in Kraków. Today called the Jagiellonian University, it is the oldest university in Poland and one of the oldest surviving universities in the world. Copernicus later studied there.

1410

The Battle of Grunwald

On 15 July 1410 the armies of Poland and Lithuania, led by King Wadysaw II Jagieo and Grand Duke Vytautas, crushed the Teutonic Knights. It was one of the largest battles of medieval Europe, and the Teutonic Order never recovered its former power.

1543

Copernicus puts the Sun at the centre

Nicolaus Copernicus, born in Toru, published his great book 'On the Revolutions of the Heavenly Spheres' in the year of his death. It argued

that the Earth moves around the Sun, not the other way round.

1569 The Union of Lublin

On 1 July 1569 Poland and the Grand Duchy of Lithuania joined into a single state, the Polish-Lithuanian Commonwealth, with one elected king and one parliament. It became one of the largest countries in Europe.

1683 The Battle of Vienna

On 12 September 1683 King John III Sobieski led a relief army of Polish and Imperial troops that broke the Ottoman siege of Vienna. The victory made Sobieski a hero across Christian Europe.

1791 The Constitution of 3 May

The Commonwealth adopted a written constitution with a separation of powers, often called the first modern constitution in Europe and the second in the world after that of the United States. It was in force for less than 19 months, and 3 May is still a national holiday.

1795 Poland vanishes from the map

In the third partition, Russia, Prussia and Austria divided up what was left of the Commonwealth. After partitions in 1772, 1793 and 1795, there was no independent Polish state for 123 years.

1918 Independence regained

At the end of the First World War all three partitioning empires had collapsed. On 11 November 1918 Józef Piłsudski was given command in Warsaw, and the reborn Second Polish Republic began. The date is now Poland's National Independence Day.

1939 The invasion of Poland

On 1 September 1939 Nazi Germany invaded Poland, starting the Second World War in Europe, and on 17 September the Soviet Union invaded from the east. Around 6 million Polish citizens died in the war, about half of them Polish Jews murdered in the Holocaust.

1944 The Warsaw Uprising

On 1 August 1944 the Polish underground Home Army rose up to free Warsaw from German occupation. They fought for 63 days with little outside help. After the defeat, German forces systematically destroyed most of the city.

1980

Solidarity is born

Strikes at the Lenin Shipyard in Gdask in August 1980 led to Solidarity, the first independent trade union in a Warsaw Pact country to be recognised by the state. Led by the electrician Lech Wasa, it soon had about 10 million members.

1989

Partly free elections

After Round Table talks between the communists and Solidarity, elections were held on 4 June 1989. Only part of the seats were freely contested, but Solidarity won almost all of them, and in August Tadeusz Mazowiecki became Poland's first non-communist prime minister since the 1940s.

2004

Poland joins the EU

On 1 May 2004 Poland joined the European Union together with nine other countries. It had already joined NATO on 12 March 1999, and in 2007 it joined the Schengen area.

What people eat in Poland

Polish food is hearty, warming country cooking, built on potatoes, cabbage, rye, mushrooms, pork and fresh curd cheese, with many sour and pickled flavours. The main meal of the day, obiad, traditionally starts with a soup such as rosó or tomato soup, followed by meat with potatoes and a salad of shredded vegetables, and often ends with cake. On Christmas Eve, called Wigilia, families serve a meat-free supper that often begins with clear red barszcz.

Pierogi (pierogi)

All of Poland

Half-moon dumplings of soft dough, boiled and often then fried in butter. Favourite fillings include potato with curd cheese and onion (pierogi ruskie), sauerkraut with mushrooms, minced meat, or sweet fruit in summer.

Bigos (hunter's stew) (bigos)

All of Poland, and the lands of the old Commonwealth

A rich stew of sauerkraut and fresh white cabbage slowly cooked with several kinds of meat and sausage, dried mushrooms, prunes and spices. It is served hot with rye bread or potatoes.

Gobki (stuffed cabbage rolls) (gobki)

All of Poland

Soft boiled cabbage leaves wrapped around a filling of minced pork or beef, onion and rice or buckwheat groats, then baked or simmered in a tomato or mushroom sauce.

Potato pancakes (placki ziemniaczane)

All of Poland

Crisp pancakes of grated raw potato, onion, egg and a little flour, fried in oil. They are eaten with sour cream, apple sauce or sugar, or in the mountains with a spicy goulash poured on top.

Breaded pork cutlet (kotlet schabowy)

All of Poland

A slice of pork loin beaten thin, coated in flour, egg and breadcrumbs and fried until golden. It is a classic Polish dinner, served with boiled potatoes and cabbage or a cucumber salad.

Sour rye soup (urek)

All of Poland, with local versions in Silesia and the east

A tangy, creamy soup made with soured rye flour, flavoured with garlic and marjoram and served with white sausage, bacon and halved hard-boiled eggs. It is sometimes served in a hollowed-out loaf of bread.

Clear red borscht with 'little ears' (barszcz czerwony z uszkami)

All of Poland, especially at Christmas

A clear, ruby-red beetroot soup with a gentle sweet-sour taste, served with uszka, tiny dumplings filled with wild mushrooms. It is the classic first course of the Christmas Eve supper.

Chicken broth (rosół)

All of Poland

A clear golden broth slowly simmered from chicken or beef with root vegetables, served with very thin noodles and chopped parsley. It is the classic start to a family Sunday dinner.

Oscypek (smoked sheep's cheese) (oscypek)

The Tatra Mountains around Zakopane

A firm, smoked cheese of salted sheep's milk, pressed into decorated wooden moulds that give it a spindle shape and a carved pattern. It is often grilled and eaten with cranberry jam.

Kraków bread ring (obwarzanek krakowski)

Kraków

A twisted ring of bread that is boiled before baking, like a bagel, then sprinkled with salt, poppy seeds or sesame. It is chewy inside and crisp outside, and sold from street carts all over Kraków.

Pczki (Polish doughnuts) (pczki)

All of Poland

Rich, round doughnuts made with eggs and butter, filled with plum jam or rose petal jam and dusted with sugar or glazed.

Polish cheesecake (sernik)

All of Poland

A baked cheesecake made with twaróg, a fresh Polish curd cheese, together with eggs and butter. It is lighter and a little drier than a cream cheese cake, and is often flavoured with vanilla, lemon or raisins.

Toru gingerbread (pierniki toruskie)

Toru

Spiced honey biscuits and cakes, traditionally shaped in carved wooden moulds, some filled with jam and covered in chocolate.

Kiebasa (Polish sausage) (kiebasa)

All of Poland, with many regional kinds

Kiebasa simply means 'sausage' in Polish, and there are dozens of kinds, smoked or fresh, from thin dry kabanosy to white sausage for Easter urek. It is grilled, fried with onions, or eaten cold with bread and mustard.

GOOD MANNERS

At the table

- Before a meal people wish each other 'Smacznego' (enjoy your meal).
- When glasses are raised, Poles say 'Na zdrowie!', which means 'to your health'.
- Lunch, or obiad, is the main meal of the day and almost always begins with a soup.
- On Christmas Eve many families prepare twelve dishes, all without meat. Fried carp is the traditional main course.
- It is polite to bring a small gift when invited to a Polish home. Flowers are a good choice, but always an odd number, as even numbers are for funerals.
- It is polite to ask whether you should take off your shoes when you enter someone's home.

Pierogi

Half-moon dumplings of soft dough, boiled and often then fried in butter. Favourite fillings include potato with curd cheese and onion (pierogi ruskie), sauerkraut with mushrooms, minced meat, or sweet fruit in summer.

Ingredients

- For the dough: 400 g plain flour, 1 egg, 2 tablespoons oil, a pinch of salt and about 180 ml warm water
- For the filling: 500 g floury potatoes, peeled
- 250 g curd cheese (twaróg) or drained cottage cheese
- 2 onions, finely chopped, and 2 tablespoons butter or oil
- Salt and plenty of black pepper
- Sour cream and extra fried onion to serve

Method

1. Boil the potatoes in salted water until soft, drain well and mash. Fry the onions gently in the butter until golden. Mix the potatoes, cheese and half the onions, and season well with salt and pepper. Let the filling cool.
2. Mix the flour, egg, oil, salt and water into a soft, smooth dough. Knead for 5 minutes, cover and rest for 30 minutes.
3. Roll out the dough thinly on a floured table and cut out circles about 8 cm across with a glass.
4. Put a heaped teaspoon of filling on each circle, fold it in half and pinch the edges firmly closed.
5. Cook the pierogi in batches in a large pan of gently boiling salted water. When they float, cook for 2 more minutes, then lift out with a slotted spoon.
6. Serve hot with sour cream and the rest of the fried onion, or fry them briefly in butter first.

Bigos (hunter's stew)

A rich stew of sauerkraut and fresh white cabbage slowly cooked with several kinds of meat and sausage, dried mushrooms, prunes and spices. It is served hot with rye bread or potatoes.

Ingredients

- 1 kg sauerkraut, drained, and 500 g fresh white cabbage, shredded
- 500 g pork shoulder, cut in bite-sized pieces
- 300 g smoked kiebasa, sliced, and 150 g smoked bacon, diced
- 20 g dried mushrooms, soaked in 250 ml hot water
- 1 onion, chopped, and 8 prunes, halved
- 2 bay leaves, 5 allspice berries and 1 teaspoon caraway seeds
- 2 tablespoons tomato purée and 150 ml dry red wine (optional)
- Salt, pepper and a little oil or lard

Method

1. Put the sauerkraut and fresh cabbage in a large pot with 500 ml water, the bay leaves, allspice and caraway, and simmer for 30 minutes.
2. Meanwhile brown the pork in a little fat in a frying pan, then add the bacon, onion and kiebasa and fry for 5 more minutes.
3. Add the meat to the cabbage with the chopped mushrooms and their soaking water, the prunes, tomato purée and wine.
4. Simmer gently with the lid on for about 2 hours, stirring from time to time and adding a little water if it gets dry. Season with salt and pepper.
5. Serve hot with rye bread. Bigos keeps well in the fridge for several days and tastes even better reheated.

Gobki (stuffed cabbage rolls)

Soft boiled cabbage leaves wrapped around a filling of minced pork or beef, onion and rice or buckwheat groats, then baked or simmered in a tomato or mushroom sauce.

Ingredients

- 1 large white cabbage
- 500 g minced pork or a mix of pork and beef
- 150 g rice, cooked until just tender
- 1 onion, finely chopped and softened in a little butter
- 1 egg, salt and pepper
- For the sauce: 500 ml tomato passata, 250 ml stock and 2 tablespoons sour cream

Method

1. Cut out the hard core of the cabbage. Put the whole head in a large pot of boiling salted water and peel off the leaves one by one as they soften. Shave down the thick rib of each leaf with a knife.
2. Mix the meat, rice, onion and egg, and season well with salt and pepper.
3. Put 2 tablespoons of filling near the base of each leaf, fold in the sides and roll up firmly.
4. Lay the rolls close together in a baking dish lined with a few spare leaves. Pour over the passata mixed with the stock.
5. Cover and bake at 180°C for about 1 hour. Stir the sour cream into the sauce before serving, with potatoes or bread.

Potato pancakes

Crisp pancakes of grated raw potato, onion, egg and a little flour, fried in oil. They are eaten with sour cream, apple sauce or sugar, or in the mountains with a spicy goulash poured on top.

Ingredients

- 1 kg floury potatoes, peeled
- 1 onion
- 1 egg
- 2 to 3 tablespoons plain flour
- Salt and pepper
- Sunflower oil for frying
- Sour cream or apple sauce to serve

Method

1. Finely grate the potatoes and onion into a bowl. Tip into a sieve and press out as much liquid as you can.
2. Mix in the egg, flour, salt and pepper to make a thick batter.
3. Heat about 1 cm of oil in a frying pan. Drop in heaped tablespoons of batter and flatten them a little with the back of the spoon. Take care with hot oil.
4. Fry for 3 to 4 minutes on each side until golden and crisp, then drain on kitchen paper.
5. Serve hot with sour cream, or with apple sauce and a sprinkle of sugar.

Useful phrases

Dzie dobry

jen DOH-bri · Good morning, good day

Dobry wieczór

DOH-bri VYEH-choor · Good evening

Dobranoc

doh-BRAH-nots · Good night

Do widzenia

doh vee-DZEH-nyah · Goodbye

Dzikuj, dobrze

jen-KOO-yeh, DOHB-zheh · Fine, thank you

Nazywam si...

nah-ZI-vahm sheh · My name is...

Nie ma za co

NYEH mah zah tsoh · You're welcome, it's nothing

Przepraszam

psheh-PRAH-shahm · Excuse me, or I'm sorry

Czy kto tu mówi po angielsku?

chi KTOSH too MOO-vee poh ahn-GYEL-skoo · Does anyone here speak English?

Nie mówi po polsku

nyeh MOO-vyeh poh POHL-skoo · I don't speak Polish

Nie rozumiem

nyeh roh-ZOO-myem · I don't understand

Gdzie jest toaleta?

GJEH yest toh-ah-LEH-tah · Where is the toilet?

Gdzie jest bankomat?

GJEH yest bahn-KOH-maht · Where is a cash machine?

Ile kosztuje bilet do Krakowa?

EE-leh kosh-TOO-yeh BEE-let doh krah-KOH-vah · How much is a ticket to Kraków?

Poprosz stolik dla dwóch osób

poh-PROH-sheh STOH-leek dlah dvookh OH-soop · A table for two, please

Prosz rachunek

PROH-sheh rah-KHOO-nek · The bill, please

Smacznego!

smahch-NEH-goh · Enjoy your meal!

Na zdrowie!

nah ZDROH-vyeh · Cheers! (to your health)

Pomocy!

poh-MOH-tsi · Help!

Things you might not know

1. Marie Curie was born Maria Skodowska in Warsaw. She was the first woman to win a Nobel Prize and the only person to win Nobel Prizes in two different sciences, physics and chemistry.
2. The composer Frédéric Chopin was born in 1810 in elazowa Wola, west of Warsaw, and died in Paris. As he wished, his heart was brought back to Warsaw, and it rests in a pillar of the Holy Cross Church.
3. Every hour, a trumpeter plays a short tune called the hejna from the highest tower of St. Mary's Basilica in Kraków. It stops suddenly in the middle of a note, in memory of a legendary watchman said to have been shot by an arrow while sounding the alarm.
4. Poland's national anthem, 'Poland Is Not Yet Lost', was written in Italy in 1797 for Polish legions fighting alongside Napoleon. It even names him: 'Bonaparte has shown us ways to victory'.
5. During the Second World War, Polish soldiers adopted a bear cub in Iran and named him Wojtek. He travelled with them to Italy, was said to carry ammunition crates at the Battle of Monte Cassino, was made a corporal, and spent his last years at Edinburgh Zoo.
6. Near Gryfino in north-western Poland stands the Crooked Forest: about 400 pine trees, planted around 1930, that all bend sharply near the ground and then grow upright again. Nobody knows for certain how they got their shape.
7. Around a quarter of all the world's white storks breed in Poland, one of the most important breeding grounds for these birds.
8. The Hel Peninsula is a sandy spit about 35 km long reaching into the Baltic Sea. In places it is only about 100 metres wide, and winter storms sometimes turn it into an island.
9. Deep in the Wieliczka Salt Mine, St. Kinga's Chapel was carved by miners out of the rock salt, and even its chandeliers are made of salt crystals. It is sometimes used for weddings.
10. As of 2026, Poland has 18 UNESCO World Heritage Sites. The first two, Kraków's historic centre and the Wieliczka salt mine, were listed in 1978, and the newest, Gdynia's modernist city centre, was added in 2026.

11. As of 2026, Wrocław has around 1,000 small bronze dwarf figures hidden on pavements, walls and lampposts around the city. The first, Papa Dwarf, was placed in 2001, and hunting for them is a favourite pastime for visitors.
12. In 1978 Karol Wojtyła, the Archbishop of Kraków, was elected Pope John Paul II. He was the first non-Italian pope since the 16th century.
13. Poland's currency, the złoty, gets its name from the Polish word for 'golden'. It is divided into 100 groszy.
14. The Polish alphabet has letters with extra marks, such as ą, ę, ł, ó, and ś, and it does not normally use q, v or x.

TALK ABOUT IT

Questions for the group

- Have you ever been to Poland, or has someone in your family? What do you remember?
- Have you ever tasted Pierogi or Bigos (hunter's stew)? What is a dish you remember from a trip?
- Solidarity is born (1980). Do you remember hearing about it? Where were you then?
- Partly free elections (1989). Do you remember hearing about it? Where were you then?
- Have you seen The Old Town of Warsaw, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Poland, which would it be and why?

QUIZ

How well do you know Poland?

Circle the right answer. The answers are on the last page.

1. Which Polish city, which grew rich from textile mills, is known for its National Film School?

- A) Biaystok
- B) Szczecin
- C) Lublin
- D) ód

2. Which Polish soup is made with soured rye flour and often served with sausage and a hard-boiled egg?

- A) urek
- B) Pomidorowa
- C) Red barszcz
- D) Rosó

3. In Poland, which service does the number 999 call?

- A) The police
- B) The fire brigade
- C) A taxi
- D) The ambulance

4. The name of Poland's currency, the zoty, comes from a Polish word meaning what?

- A) Golden
- B) Crown
- C) Silver
- D) Eagle

5. Whose baptism in 966 is usually seen as the beginning of the Polish state?

- A) Casimir III the Great
- B) John III Sobieski
- C) Mieszko I

D) Wadysaw II Jagieo

6. Which Polish king led the army that broke the Ottoman siege of Vienna in 1683?

- A) Sigismund III
- B) Bolesaw I the Brave
- C) Casimir III the Great
- D) John III Sobieski

7. Which is the longest river in Poland, flowing through Kraków and Warsaw to the Baltic Sea?

- A) The Oder
- B) The Vistula
- C) The Danube
- D) The Warta

8. The heart of the composer Frédéric Chopin rests in a church in Warsaw.

- A) True
- B) False

9. Wojtek, who served with Polish soldiers in the Second World War and was made a corporal, was what kind of animal?

- A) A bear
- B) A goat
- C) A dog
- D) A horse

10. Who built the huge red-brick castle at Malbork?

- A) The Habsburgs
- B) The Teutonic Knights
- C) The Swedes
- D) The Romans

11. The tiny mushroom dumplings served in Christmas Eve barszcz are called uszka. What does uszka mean?

- A) Little hats
- B) Little doves
- C) Little moons
- D) Little ears

12. Warsaw's Old Town was almost totally destroyed in the Second World War and later rebuilt.

- A) True
- B) False

Quiz answers

1. D) ód

ód grew fast in the 19th century around its textile factories. Its film school trained directors such as Andrzej Wajda and Roman Polaski.

2. A) urek

urek is the tangy sour rye soup, traditional at Easter. It is sometimes also called white barszcz. Rosó is a clear broth, red barszcz is beetroot soup and pomidorowa is tomato soup.

3. D) The ambulance

In Poland 999 calls the ambulance, 998 the fire brigade and 997 the police. The European number 112 works for all emergencies.

4. A) Golden

Zoty comes from the Polish word for 'golden'. One zoty is divided into 100 groszy.

5. C) Mieszko I

Duke Mieszko I, the first ruler of the Polish state, was baptised in 966. His son Bolesaw I the Brave became the first crowned king in 1025.

6. D) John III Sobieski

John III Sobieski commanded the relief army at the Battle of Vienna on 12 September 1683.

7. B) The Vistula

The Vistula, 1,047 km long, rises in the southern mountains and reaches the Baltic near Gdask. The Oder flows along the western border, and the Warta runs through Pozna.

8. True

True. Chopin died in Paris, but as he wished, his heart was taken back to Warsaw. It rests in a pillar of the Holy Cross Church.

9. A) A bear

Wojtek was a bear, a Syrian brown bear adopted as a cub in Iran. He travelled with Polish soldiers to Italy and later lived at Edinburgh Zoo.

10. B) The Teutonic Knights

The Teutonic Knights built Malbork Castle between about 1274 and 1406. It passed to the kings of Poland in 1457.

11. D) Little ears

Uszka means 'little ears', after their shape. Gobki, the cabbage rolls, are the 'little doves'.

12. True

True. It was rebuilt mostly between 1947 and 1951 and joined the UNESCO World Heritage List in 1980.

Poland visa page

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