

The background features a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams in a lighter blue color. These include circular gauges with numerical scales (e.g., 150, 160, 170, 180, 200, 210, 220, 230, 240, 250, 260), dashed lines, and curved arrows indicating motion or flow. The overall aesthetic is that of a technical or scientific presentation.

POLAND AND OUR REGION..

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GENERAL FACTS ABOUT POLAND

Poland is located in the very centre of Europe. It's the seventh biggest country on the continent. Polish population is over 38,5 million people. The capital city is Warsaw (around 2 million inhabitants). Poland borders 7 countries: Germany on the west, The Czech Republic and Slovakia on the south, Ukraine, Belarus and Lithuania on the east, and Russia on the north.

Poland is placed in a moderate zone with mixed continental and oceanic climate influences. The average annual temperature is about 6-8 degrees Celsius while the rainfall is estimated at 700 mm.

POLANDS CAPITAL IS WARSAW

WARSAW – THE CAPITAL OF POLAND (POLISH: WARSZAWA) IS THE CAPITAL AND THE LARGEST CITY OF POLAND. IT STANDS ON THE VISTULA RIVER IN EAST-CENTRAL POLAND, ROUGHLY 260 KILOMETRES (160 MI) FROM THE BALTIC SEA AND 300 KILOMETRES (190 MI) FROM THE CARPATHIAN MOUNTAINS. ITS POPULATION IS ESTIMATED AT 1.740 MILLION RESIDENTS WITHIN A GREATER METROPOLITAN AREA OF 2.666 MILLION RESIDENTS, WHICH MAKES WARSAW THE 9TH MOST-POPULOUS CAPITAL CITY IN THE EUROPEAN UNION.



DID YOU KNOW THAT :

Poland is the 7th largest country in Europe.

The name "**Poland**" (Polska) has a meaning (originates from the name of the tribe *Polanie*, which means "people living in open fields").

Polish history is very complicated.

Poland's constitution was the 2nd in the world.

During the WWII Warsaw was almost completely destroyed and had to be rebuilt completely.

Poland also has the world's biggest castle (**Malbork**)

Poland is one of the most religious countries in Europe

Wearing a hat indoors is considered rude in **Poland**

OUR REGION - PODKARPACIE

- **Podkarpacie (Carpathian Mountains Foothills)**

One of Poland's 16 voivodships located in the far southeastern area of Poland and bordering with Ukraine to the east and bordered to the south by the Carpatian Mountains (*Podkarpacie* means *Below the Carpathians*) on the other side of which lies Slovakia. The northern part of the province contains plains with the rolling plateaus of the Sandomierska Valley, the middle part - the Carpathian Plateau - site of the region's capital, Rzeszów and a sparsely populated, heavily forested southern part encompassing a number of national and landscape parks and the mountains of the Beskid Niski and the Bieszczady.



THE END...

**THANK YOU SO MUCH FOR STAYING UNTIL THE VERY
END!**