

Polish traditions and Polish hobbies



CHRISTMAS EVE - Wigilia

Sometimes on Christmas Eve both adults and children go to their neighbors and family. When midnight comes many Polish people are going to the Christmas mass called Pasterka. Also there is Santa Claus. He is leaving many gifts under Christmas Tree while we're not watching.

Polish people usually leave an empty plate for unexpected guest. They believe that someone might come to them and spend some time on this day!

Polish Christmas food is delicious! We're eating dumplings, gingerbread cake, carp, mushroom soup, beetroot soup and little dumplings with mushrooms.



dumplings - pierogi
gingerbread cake - piernik
carp - karp
mushroom soup - zupa grzybowa
beetroot soup - barszcz czerwony
little dumplings with mushrooms (type of ravioli) - uszka

Santa Claus - Święty Mikołaj

WINTER BREAK - Ferie zimowe

In Poland, each voivodeship has a 2-week winter break. It applies to students, but many adults use it as well. It is a time of rest from school and work. Many people travel abroad and spend their time skiing or snowboarding.

People staying in Poland often visit their families and spend time with them.



INDEPENDENCE DAY - Dzień niepodległości (11th November)

Polish holiday celebrated annually on November 11. It commemorates the regaining of independence by Poland in 1918, after 123 years of partitions. It is a day off from work and school.



FLAG DAY - Dzień Flagi (2th May)

Polish Holiday introduced by the Act of February 20, 2004. It is not a day off from work, but many Poles take a holiday on that day. On this day, various types of patriotic actions and manifestations are often organized.

The flag of the Republic of Poland consists of two horizontal stripes - white and red, and its colors refer to the national emblem. The upper stripe - white - symbolizes the eagle, the lower stripe - red - is a coat of arms.



EASTER - Wielkanoc

Easter is the oldest and most important Christian holiday, reminding us of the passion, death and resurrection of Jesus Christ. It is also a time to meet loved ones.

The most common dishes on the Easter table are Easter cake, cheesecake, stuffed eggs, white borsch and white sausage.



Easter symbols are the rabbit, chicken and the lamb!



Easter - Wielkanoc
Easter cake - Babka Wielkanocna
Cheesecake - Sernik
White borsch - Biały barszcz (żurek)
Stuffed eggs - Nadziewane jajka

SMIGUS DYNGUS - Śmigus Dyngus

Śmigus-dyngus is one of the most popular Easter traditions in Poland, which involves pouring water on each other among family members and friends.

This tradition is very much liked by Poles, especially children and teenagers!

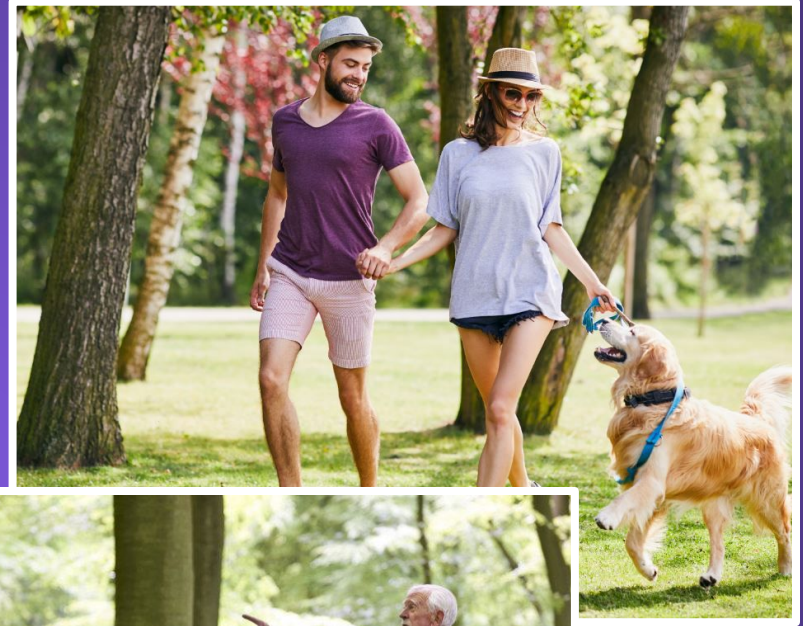


POLISH HOBBIES



WALKS

Many people go for walks in their spare time. This is a good opportunity to chat and have fun with friends. Some people walk their dogs or go for walks with their lover. Older people also spend time outside! Fresh air is good for our body and brain.



LISTENING TO MUSIC

People often listen to music to relax. Poles listen to music on their way to school, to the store, at home or even while studying!

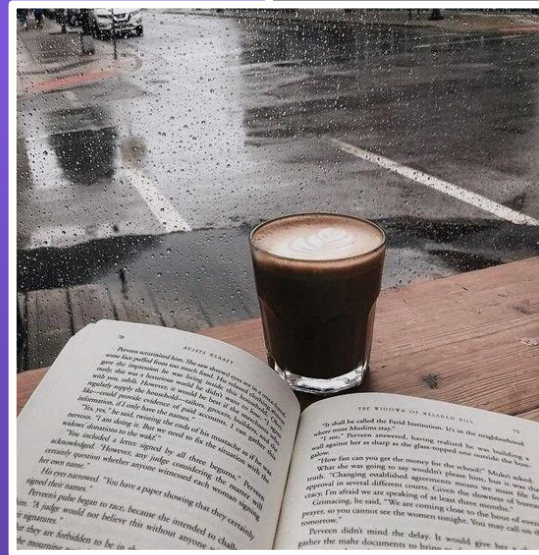
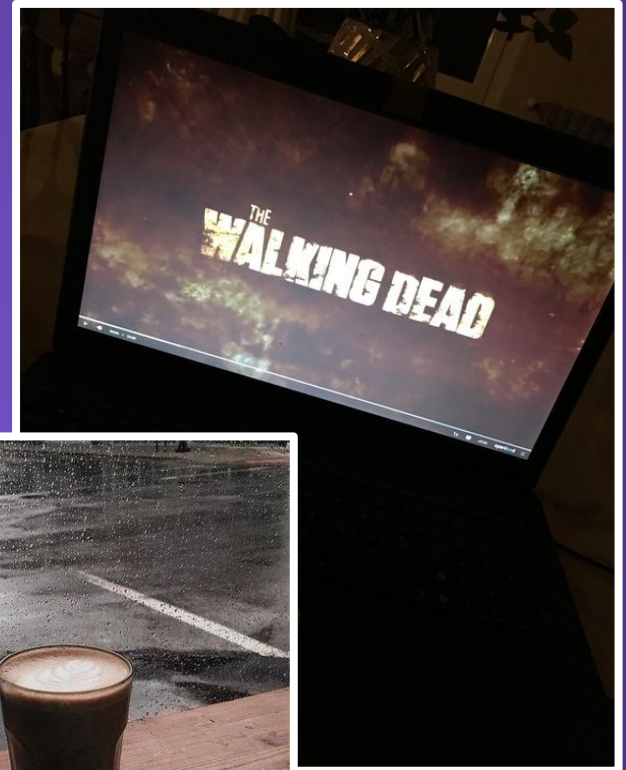
Many people believe that music helps them stay focused. Some children find music relaxing and entertaining. Some people say that music makes you feel better!



READING AND WATCHING MOVIES

A lot of Poles spend time on reading many kinds of books and watching movies. People from Poland are reading lots of novellas, adventure books and crime stories. Older people like to read newspapers and some biographies.

Children and adults are often watching movies. There is some movies for kids and older people. Watching TV is always some kind of relax for everyone.



COOKING

In summer, Poles often barbecue, in winter and autumn they organize bonfires where they bake sausages. In their free time, Poles cook with their family, alone or with friends. People also like to watch various cooking shows where children and adults cook.



SPANISH TRADITIONS AND HOBBIES

October 12, 2023 - National Day of Spain

Spain Day is a public holiday, so it is a day off from work, school and holidays most businesses are closed. The main celebrations take place in the capital where it takes place a ceremonial military parade led by the king. Participation in the event members of the royal family, the prime minister, ministers and guests from abroad. The climax is the sky acrobatics show Spanish Air Force. The planes are emitting streaks of yellow and red smoke which refers to Spanish flag. Participants can also enjoy the concert of the Guard Orchestra royal.



CONSTITUTION DAY IN SPAIN

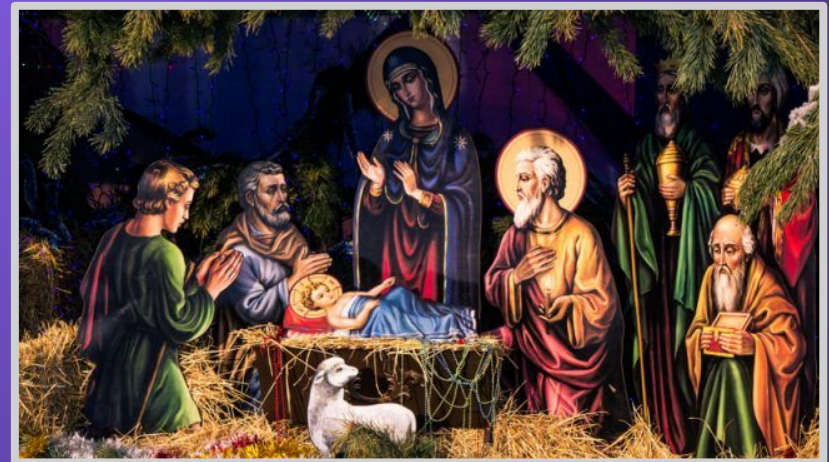
Constitution Day in Spain (Día de la Constitución) is a national holiday in honor of the enactment of this law. It falls on December 6, because on this day in 1978 a nationwide referendum was held, as a result of which the vast majority of participants opted for the adoption of the new constitution.



CHRISTMAS - Navidad

Christmas is probably the most traditional and family holiday in the world, and in Spain it lasts until January 6. Coming here from mid-December to early January is always full of pleasant experiences.

Traditionally, Spaniards have never celebrated Christmas celebrated in December. Instead, gifts are delivered to children on January 6 by Reyes Magos, or the Three Wise Men. This means that Spanish children have to wait more than twelve days from us to receive their gifts.

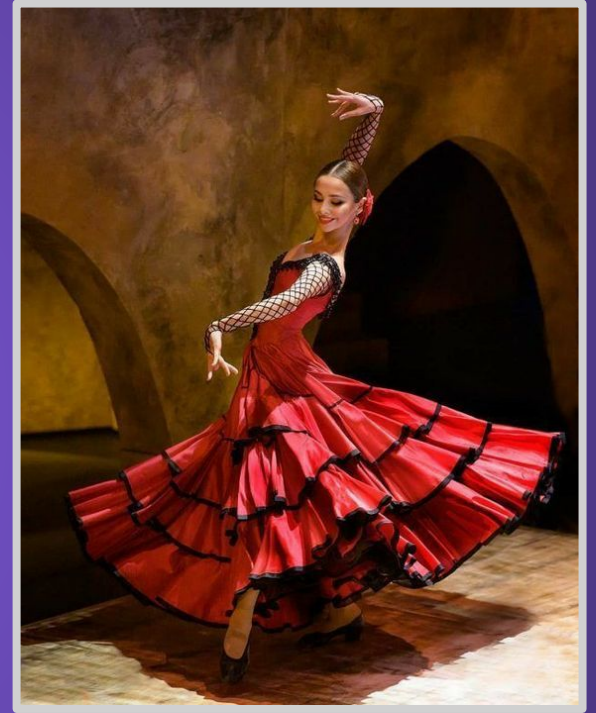


Christmas Lottery and "El Gordo"

It can be said that the Christmas celebrations in Spain officially start on December 22 with the drawing of the National Lottery. The grand prize is popularly known as "El Gordo". Participation is huge, with the draw closely followed throughout the morning. The winning numbers are sung in a rather peculiar way by boys and girls, which makes the whole event exceptionally original. Each win is distributed among many players, and the winners usually celebrate in the streets.

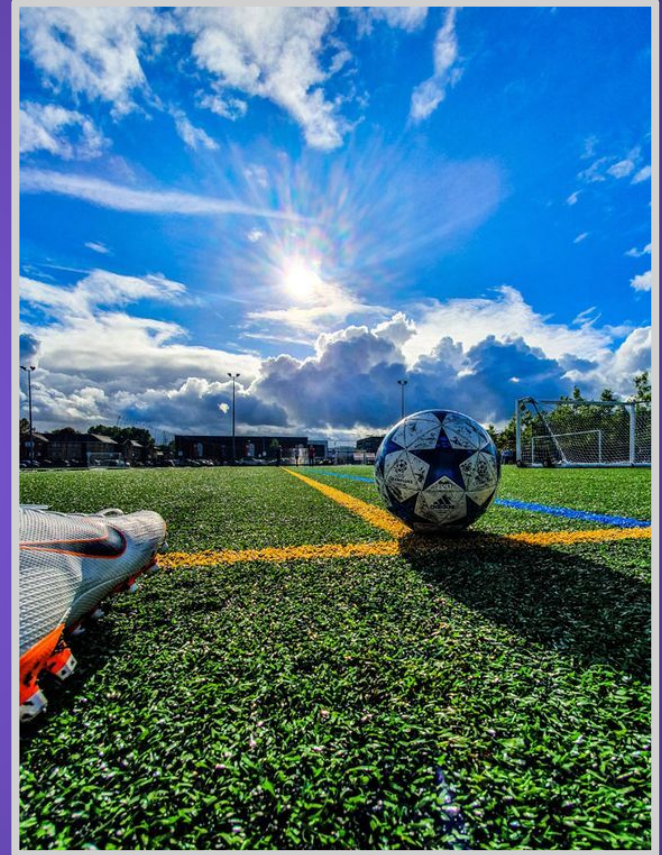


HOBBIES



SPORT

Sport is a great way to stay healthy and fit. You can find many different disciplines that will provide not only movement, but also emotions and adrenaline. It is worth starting with small steps and systematically improving your skills to get even more pleasure from practicing sport. Spanish children love to play sports because it gives them joy and the opportunity to integrate with other people.



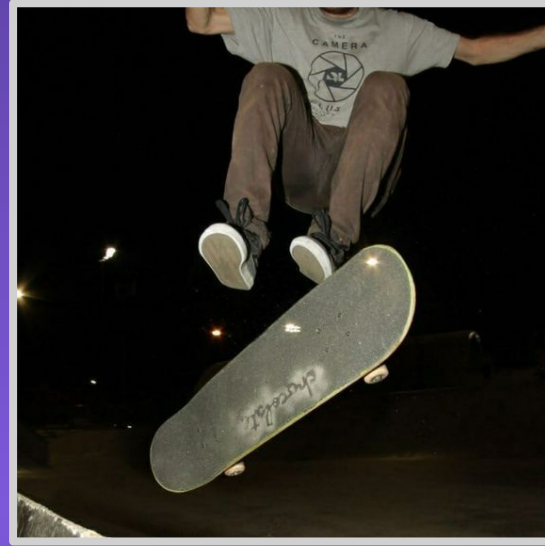
FLAMENCO / DANCE

Flamenco is a traditional Spanish dance that is characterized by dynamic steps, beats and classical flamenco music. Flamenco is not only a dance, but also an expression of the emotions and culture of Andalusia.



SKATEBOARDING

Skateboarding is a popular extreme sport that provides a lot of excitement and adrenaline. It requires from players not only skill, but also courage and self-confidence. Depending on the level of advancement, skating can be gentle and calm or full of quick turns and jumps.



MEETING FRIENDS

Meeting friends is a great way to spend your free time and relax after a hard day. They can take many forms, from meetings in a cafe or restaurant, to a trip out of town or a party at a club. It is important to meet up with friends regularly to maintain good relationships and enjoy life.



THANK YOU!

Thanks for staying focused and watching this presentation

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