



Chapter V

REGIONS AND CITIES OF POLAND

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Get to know about Poland – Training Materials for Trainers and Teachers

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Cover photo: Old City of Zamość / Mariusz Cieszewski / Ministry of Foreign Affairs of the Republic of Poland / Source: Flickr.com

1. WORKSHOP SCENARIO



AIMS

- To acquaint the participants with the administrative division of Poland and its main cities.
- To provide information about the natural and cultural diversity of Polish regions and cities.
- To help the participants develop the ability to present information, make decisions and conduct negotiations.



DURATION: 180 minutes.



PARTICIPANTS: 20 people.



TEACHING METHODS

- Demonstration methods – film.
- Expository methods – talk.
- Practical methods – simulation.
- Practical methods – productive exercises.



TEACHING MATERIALS, AIDS AND WORK

- Computer and projector to display video.
- Large-format geographical map of Poland, other maps of Poland.
- Large-format contour map of Poland printed on a thick paper.
- Sticky notes and pens/markers to write associations.
- Stationery supplies to prepare a tourist programme: large flipchart cards, coloured papers of different sizes, coloured blotting paper, glue, scissors, markers, paints etc.
- Small maps of Poland showing the regional divisions and voivodeships, printed for each participant.
- Additionally, Internet connection and a computer to search for information on the cities and regions.
- Additionally, for diversification, printed photographs, books and maps concerning a given region can be placed at various positions around the room.

I. WORKSHOP SCENARIO

Plan of the workshop



1. INTRODUCTION

The participants are asked, in the form of a casual conversation, how many times in their life they have visited Poland, where they have been and about their memories connected with their stay in the country.

They are then invited to look at the geographical map of Poland and the political map divided into 16 voivodships and 5 regions (the maps may be displayed on a large screen or printed and distributed to each participant).

They should approach the outline map of Poland (*Auxiliary material no.1*), to write their associations with different cities and regions on sticky notes, and then to attach them to the map in the appropriate place.

The educational film *Get to know about Poland: Regions and cities* (*Auxiliary material no. 2*) is shown along with a few spots promoting particular voivodships (from the section *The Proposed Literature and Films*). These movies are discussed together: the information contained therein as well as the visual material. The participants are invited to add the information which they remember from the films to the outline map on sticky notes.



2. EXPLAINING AND CONDUCTING AN EXERCISE

The participants are informed that during the workshop they will be employed in travel agencies representing 6 Polish regions. The participants are divided into 5 groups of 4 people. (*Auxiliary material no. 3*). Their task will be to develop a tourist programme for their region for "demanding" visitors. To develop the programme, the participants may use stationery materials, educational texts (*Educational material no. 1, 2, 3, 4, 5, 6*), internet resources and printed photos. They have 55 minutes to develop the programme and prepare posters and information leaflets.

In the next stage of the task, two people from each group will play the role of demanding tourists wishing to purchase a trip to Poland. In clockwise fashion, they will visit the other travel agencies, ask about the monuments, tourist attractions, cities and nature. The other two people from the group who remained at the travel agency will attempt to sell their programme.

After two rounds, the tourists swap with the travel agents so that each participant plays the role of a tourist twice and that of a travel agent twice. Each round during which the tourists meet with the travel agents takes about 12 minutes (5 minutes for the travel agent to present their programme, 5 minutes for the tourists to ask questions, 2 minutes for reading the poster/information leaflet).



3. SUMMARY AND DISCUSSION

The participants are asked in which role they felt the best – in the role of a demanding tourist or a travel agent, what posed the greatest difficulty during the task, as well as what method of communicating the information was the most interesting for them. Finally, sticky notes are distributed once more among the participants who are then invited to add any new information about Polish regions and cities they learnt about during the exercise and attach to the contour map.

I. WORKSHOP SCENARIO



4. THE TIME FRAME OF THE WORKSHOP

Introduction to the topic and the presentation of films: 35 minutes.

Explaining the exercise and dividing into groups: 5 minutes.

Conducting the task: 115 minutes, including:

- Time for developing the programme and preparing posters and information leaflets and changing positions: 55 minutes.
- Time for the tourists to meet the travel agents: 15 minutes x 4 rounds = 60 minutes.

Discussing the exercise and summarising the workshop: 25 minutes.

2. AUXILIARY MATERIALS

Auxiliary material no. 1 The maps of Poland



The outline map. Attachment no.1 to print on A0
The map of Regions. Attachment no. 2 to print on A4
The map of Voivodeships. Attachment no. 3 to print on A4



Auxiliary material no. 2



Educational film

The films are available on You Tube at:

- *Get to know about Poland: Regions and Cities*
(EN): <https://www.youtube.com/watch?v=gZ23nEBcGfs>
(RU): <https://www.youtube.com/watch?v=Zxfb8EcDkyA>



Auxiliary material no. 3 Group division

GROUP NO. 1

- **Eastern Region** including Podlaskie, Lubelskie (Lublin), Podkarpackie (Subcarpathian), Świętokrzyskie voivodeships.

GROUP NO. 2

- **North-Western Region** including Zachodniopomorskie (West Pomeranian), Wielkopolskie (Greater Poland), Lubuskie (Lubusz) voivodeships.

GROUP NO. 3

- **Northern Region** including Pomorskie (Pomeranian), Warmińsko-Mazurskie (Warmian-Masurian), Kujawsko-Pomorskie (Kuyavian-Pomeranian) voivodeships.

GROUP NO. 4

- **Central Region** including Mazowieckie (Mazovian), Łódzkie (Łódź) voivodeships.
Southern Region including Małopolskie (Lesser Poland) voivodeship.

GROUP NO. 5

- **South-Western Region** including Dolnośląskie (Lower Silesian), Opolskie (Opole) voivodeships.
Southern Region including Śląskie (Silesian) voivodeship.

3. EDUCATIONAL MATERIALS

Educational material no. 1 Eastern Region



The Świętokrzyskie Region

Kielce is its capital, the cradle of Polish hip-hop and the only Polish town that has a monument to Miles Davis over 2 metres high. There are 4 geological sites within the area of the town. In the Jurassic Park in Bałtów village, there are examples of almost 40 dinosaurs. The oldest mountains in Europe – the Pepper Mountains near the town of Sandomierz, caves full of marvels from the Kras era, dinosaur prints and the fossils of unique shell fish. This little voivodship has the ruins of the biggest castle Krzyżtopór in Ujazd, the most beautiful cave Raj (Paradise) and one of the oldest oak trees in the country – Bartek in Zagnańsk. The Świętokrzyskie Mountains are famous for slopes covered with crumbling rocks – Gołoborze – fir forests and witches' Sabbaths. Krzemionki Opatowskie hosts one of the oldest European mines dating back 5 thousand years.

Based on: <http://www.poland.travel/en/regions/the-swietokrzyskie-voivodship-a-geological-and-art-lovers-paradise>



Photo: Raj (Paradise) Cave / Phot. Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Lubelskie (Lublin) Region

Lublin is the largest town in Eastern Poland. This vibrant academic centre and historical settlement contains one of the largest European treasures in the St Trinitary Chapel in the castle, a Gothic vault embellished with unique Byzantine-Rus frescos. The Lubelskie voivodship is the birthplace of some of the greatest Jewish writers: Izrael Jozua and Isaac Bashevis Singer. It was also affected by the Holocaust and today the German concentration camps in Majdanek and Sobibór have been turned into museums. The town of Zamość is a perfect example of a Renaissance town designed on the model of Padova. Kazimierz Dolny on the Wisła river and the palace in Kozłówka town are one of the most beautiful aristocratic residences in Poland. Shirley Watts, wife of The Rolling Stones drummer, is one of the regular clients of the Arab stud farms in Janów Podlaski. The most important natural areas are: the Poleski National Park and the Roztoczański National Park.

Based on: <http://www.poland.travel/en/regions/the-lubelskie-voivodship-the-bug-river-trail>



Photo: Castle in Lublin and Holy Trinity Chapel / Phot. Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Podlaskie Region

Białystok is the largest town in the region and its capital. Of great importance is the Białowieża Forest, the last natural lowland forest in Europe. Polish Catholics, the Orthodox Church of Belarusian origins and the descendants of the Tatars live together in villages lost in the Knyszynski Forest. The most important Polish Orthodox sanctuary – the St Grabarka Mountain is covered with a forest of crosses. The Suwalskie Lake District, with the deepest lake in this lowland part of Europe – Hancza Lake, cobalt blue and surrounded by rock formations – bottoms out 108 metres below the surface. Here you will find the wild Augustowski Forest embracing the Wigry Lake and the historical Augustowski Canal opened in 1839, joining the Biebrza and Niemno rivers. There are 14 locks on its Polish side, with 9 of them from the 19th century in working condition. There is also the Narew River – one of only two braided rivers in the world.

Based on: <http://www.poland.travel/en/regions/the-podlaskie-voivodship-eastwards-for-the-brave-and-resolute>



Photo: Spring time in Biebrza National Park / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Podkarpackie (Subcarpathian) Region

The major town of this voivodeship is its capital Rzeszów. There are other large towns including: Przemyśl, Stalowa Wola, Tarnobrzeg, Krosno, Jarosław, Sanok and Jasło. There is a unique Hitler bunker in Stępino, the biggest and the most striking collection of kerosene lamps in Europe in Krosno, an early medieval monumental fortified settlement in Trznica. The Renaissance Leszczyński Palace in Baranów Sandomierski, Lubomirski castle and Potocki palace in Łańcut are examples of interesting secular monuments. Forests cover about 35% of the Podkarpackie area. The Bieszczadzki National Park is placed on the world list of UNESCO biosphere reserves. It is a part of the Polish – Slovakian – Ukrainian biosphere reserve of the Eastern Carpathian Mountains, the only nature reserve in the world that is based on an agreement between three countries. In the geographical regions of Bieszczady, Beskid Niski and the Sandomierska Valley there are over 40 ski lifts for all skiing enthusiasts. The canoe trail along the San river to Przemyśl is one of the best known in Polish canoeing.

Based on: <https://regiony.poland.gov.pl/podkarpackie/Podkarpackie>



Photo: The castle in Baranów Sandomierski / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS

Educational material no. 2 North-Western Region



The Wielkopolskie (Greater Poland) Region

Poznań city is the capital of Wielkopolska. This region is where the first ruler of the Piast dynasty became the leader of several united Slavic tribes and was baptised a Christian by a German bishop. Over 1000 years ago Poland was born here. Many of the historic sites on the Piast Trail date back to the 10th and 11th centuries, the time of the formation of the Polish state. The rich past of the region has also left some more contemporary traces: the impressive magnate's palaces, today luxurious hotels in Rydzyna, Kórnik, Gołuchów, Antonin or Kobylniki surrounded by parks. Every year circles appear in the wheat fields near the small town of Wylatów. They have been examined over the years by UFO supporters and researchers into the paranormal. The latest finding in 2006 turned out to be the largest meteor in Central Europe weighing 164 kilos, found in the Morasko nature reserve.

Based on: <http://www.poland.travel/en/regions/wielkopolska-region-the-cradle-of-poland>



Photo: 16th-century merchant houses on Poznań's Old Market Square / Source: Wikimedia Commons

3. EDUCATIONAL MATERIALS



The Zachodniopomorskie (West Pomerania) Region

The Voivodship is divided naturally into two regions – the Baltic coast and the Zachodniopomorskie lake district. Szczecin, the capital of the region was the seat of the Gryfit dynasty for over 500 years. They ruled the Baltic coast from Rugia Island to Lębork in the east. An interesting place to visit is one of the largest cemeteries in Europe. Wolin Island is the biggest attraction of the coast – with the Wolin National Park. There are seven bisons on Wolin island, all in a nature reserve hidden in the pine forest. One of the most beautiful kayaking routes passes through the Drawiński National Park – rafting on the Drawa River flowing north to the south. There are ferries to Sweden and Denmark from Świnoujście, and tourists can take a boat trip on the Baltic from Polish to German resorts.

Based on: <http://www.poland.travel/en/regions/the-zachodniopomorskie-voivodship-cliffs-and-bison>



Photo: Polish beach / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Lubuskie (Lubusz) Region

Gorzów Wielkopolski lies in the northern part of the voivodship and is known for its 13th century St Mary's Cathedral, the Garden Castle Museum and dendrological garden. The Drawa National Park includes the valley of the Drawa and its tributary – the Płociczna – together with 13 lakes. In Kostrzyn city, the rivers Warta and Odra meet. The major tourist attraction is to be found in the Międzyrzecz Fortified Region, i.e. the underground system of fortifications in the close vicinity of the town. Some of its hallways house the largest bat reserve in Europe. The Mouth of the Warta National Park is one of the major breeding grounds of water birds and one of the largest bird reserves in Europe. The city of Zielona Góra is reknown for its vineyards that have grown here since the 13th century. Occupying both banks of the River Nysa, Łużycka in the vicinity of Łęknica, the Mużakowski National Park is prime example of the 19th century European art of gardening.

Based on: <http://www.poland.travel/en/regions/the-lubuskie-region>



Photo: Mużakowski National Park / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS

Educational material no. 3 Northern Region



The Pomorskie (Pomeranian) Region

Any adventure in the Pomorskie Voivodship along the Baltic coast usually starts in the Tri-City, an unusual urban conglomeration of three towns: Gdansk, Gdynia and Sopot. Gdansk is bourgeois and solid while Gdynia is youthful and full of investment zeal, and Sopot is relaxed and liberal. Sopot boasts the longest pier in Europe – 516 metres of white painted wooden jetty jutting out into the Baltic sea like a wooden wedge. Long and narrow, lashed by the wind, formed from sand, the Hel Peninsula is one of the best windsurfing locations in Europe. It is a natural barrier separating the Puck Bay from the waters of the Baltic sea. The western part of the coast is famous for the dunes in the Slowinski National Park. Blasted and moulded by the wind, they are tall and bracing. Inland, Kaszuby 'Switzerland' is so called for the beauty of its undulating landscape – this is a land of lakes and woods. The Kaszubian people living here speak their own language and cherish their traditions.

Based on: <http://www.poland.travel/en/regions/the-pomorskie-voivodship-baltics-amber>



Photo: Slowinski National Park / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Kujawsko-Pomorskie (Kuyavian-Pomeranian) Region

The form of this Voivodship recalls the shape of Poland. Nowhere else in Poland will you find such a great number of Romanesque churches and Gothic castles. This Voivodship is unique, because of the two towns which govern the region: Secession Bydgoszcz and Gothic Torun. Torun is the birthplace of Nicolaus Copernicus, the bishop, soldier and astronomer, who revolutionised thought about our Solar System. You can also buy there the famous ginger-honey biscuits. The most fragile part of the Tucholskie Forest is under the protection of a National Park. The oldest Polish nature reserve can be found here along with its 400-year-old yews. Underneath the region lies a huge brine lake. This is used by some popular health resorts, with Ciechocinek being the most important. The local graduation towers (tężnie) are the largest constructions of their kind in Europe, made of wicker and used for evaporating salt from the water pumped up from the underground lake.

Based on: <http://www.poland.travel/en/regions/the-kujawsko-pomorskie-voivodship-gingerbread-and-brine>



Photo: Toruń / Source: Pixabay

3. EDUCATIONAL MATERIALS



The Warmińsko-Mazurskie (Warmian-Masurian) Region

This Voivodship consists of the historical lands Warmia and Mazuria and it neighbours the Kaliningrad District of the Russian Federation. Its capital is Olsztyn, where the astronomer Nicolaus Copernicus once lived. The lakes in region are a refuge for birds (white eagles, cormorants, black storks) and the wilderness of the Piska and Borecka Forests are inhabited by bison, foxes, martens and muskrats. Each sunset over any of the 1000 lakes in the Mazury is a true wonder of nature. The rotary bridge in Giżycko is unique throughout the whole of Europe. Dating back to the end of the 19th century it consists of a side-drawn span. Even though it weighs 100 tonnes it takes only one person to move it. The German bunkers built during WW II can be seen in Mamerki near Węgorzewo. Wilczy Szaniec in Gierłże – with Adolf Hitler’s headquarters, the Wolf’s Lair, being the most well-known. This is where the unsuccessful assassination attempt on Hitler took place.

Based on: <http://www.poland.travel/en/regions/the-warmińsko-mazurskie-voivodship-three-colours>



Photo: Old town in Elbląg / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flicr.com

3. EDUCATIONAL MATERIALS

Educational material no. 4 Central Region



The Łódzkie (Łódź) Region

The most interesting ethnographic areas of the Łódź Province include the Łowicz, Opoczno, and Sieradz regions, which draw attention with their colourful traditional costumes and rich folk art. One of the most beautiful Polish churches is the Collegiate Church in Tum. The Cistercian Abbey in Sulejów is a monument unique in Europe. Some of the natural “treasures” of the Łódź Province are the Blue Springs Sanctuary in Tomaszów Mazowiecki, the Bison Breeding Centre in Smardzewice, the Arboretum and Rock Garden in Rogów, the Korzeń peat bog, and bird breeding grounds in the backwater area of the Jeziorsko Reservoir. The dominant centre of cultural life is Łódź. There are numerous theatres, art galleries and salons, the Grand Theatre and the Arthur Rubinstein Philharmonic. Łódź is also famous for its extensive and varied cinematographic culture (HOLLYŁÓDŹ). Graduates of the State Film, Television and Theatre School include Andrzej Wajda, Roman Polański or Krzysztof Zanussi.

Based on: <https://regiony.poland.gov.pl/lodzkie/Lodz>



Photo: Light Move Festival, Łódź / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Mazowieckie (Mazovian) Region

The largest Voivodship in Poland – the capital of Mazowsze is Warsaw. The Kampinoski Forest extends only a few kilometres from the outskirts of Warsaw. This forest is one of only two national parks in the world neighbouring a metropolis. The Kurpiowski Forest is inhabited by original forest-dwellers – the Kurpiowie. It is worth visiting the region and tasting the honey produced there. The major Polish river – the Wisła – maintains its wild character as it traverses the region, and over 150 bird species inhabit the numerous old river beds, marshy forests and sandy islands. The artificial Zegrzynski Bay, created as a result of the dam built on the Narew and Bug rivers, attracts many water sports enthusiasts. The charming, though rather sleepy towns such as Plock, Pultusk, Konstancin or Szydłowiec match this idyllic landscape perfectly. It is particularly worth visiting Zelazowa Wola, where Fryderyk Chopin, the composer, was born.

Based on: <http://www.poland.travel/en/regions/the-mazowieckie-voivodship-the-biggest-region-of-poland>



Photo: Warsaw / Source: Pixabay

3. EDUCATIONAL MATERIALS

Educational material no. 5 Southern Region



The Małopolskie (Lesser Poland) Region

Kraków, the capital of the Voivodship is the former capital of Poland and the seat of its former kings. Visitors are enchanted by Wawel – the royal castle – and the Cathedral. The former Jewish quarter, Kazimierz recalls the charm of Montmatre in Paris. Grey apartment blocks in the communist-built Nowa Huta have an atmosphere taken straight from Orwell's 1984'. The Małopolska region is also home to the Polish Pope, John Paul II. Wadowice, his hometown, is visited by thousands of pilgrims who queue in the confectioneries to buy puff pastry with cream cakes – the favourite of the Pope. The natural landscape of Małopolska is highly diversified, including the Tatra Mountains – the only Alpine mountains in the south of Poland. Further to the east, the gentle Beskidy hills are covered with forests, while the rocky terrain of the Dunajec River in the limestone Pieniny offers excellent rafting opportunities. The limestone crags, canyons and caves are the main attractions of the Krakowsko-Częstochowska Highlands.

Based on: <http://www.poland.travel/en/regions/the-malopolskie-voivodship-not-only-puff-pastries-with-cream>



Photo: Ojców National Park / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Śląskie (Silesian) Region

The Silesian Voivodship is located in the southern part of Poland bordering Slovakia and the Czech Republic. In Silesia there are unique monuments pertaining to its industrial past: underground boat trips along the passages of the Historical Mine of Silver, Lead and Zinc Ores and the Black Trout Adit in Tarnowskie Góry, the "Queen Luisa" Monumental Coal Mine in Zabrze as well as the Brewing Museum in Tychy. The mountain ranges of Beskid Śląski and Beskid Żywiecki as well as the areas of Jura Krakowsko-Częstochowska are ideal places to enjoy active tourism. In Częstochowa, in the Pauline Fathers' Monastery on Jasna Góra, there is a miraculous painting of the "Black Madonna". The border character of the region is reinforced by more than a dozen defensive castles, located along the "Eagles' Nests Trail". The most picturesque of them are the remains of the castle in Ogródzieniec near Zawiercie as well as the castles in Olsztyn, Bobolice and Mirów.

Based on: <https://regiony.poland.gov.pl/slaskie/Silesian>

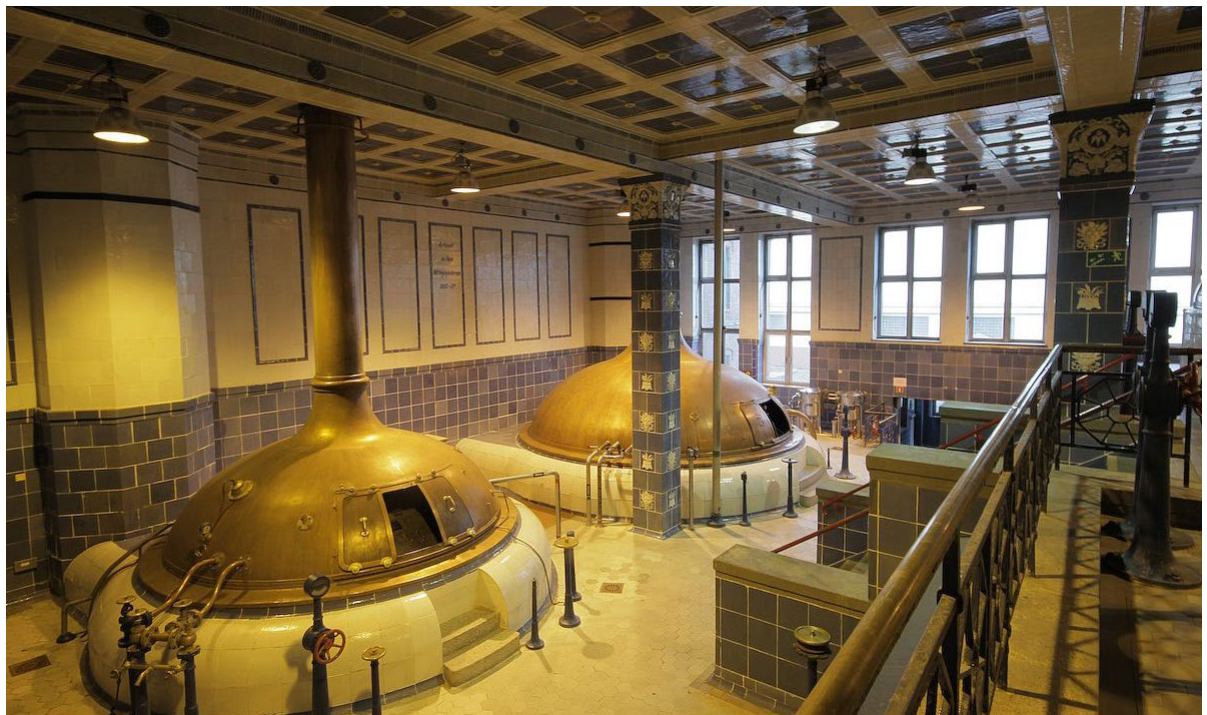


Photo: Brewing Museum in Tychy / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS

Educational material no. 6
South-Western Region*The Dolnośląskie (Lower Silesian) Region*

Lower Silesia has seen many changes in rulers up to 1945: it has come under the authority of the Czechs, Poles, Habsburgs and Germans. The rich and turbulent history of the region is visible in the emblem of its capital: Wrocław. The Silesian eagle is situated next to the Czech lion and St John the Baptist with the Evangelist. The post-Cistercian monastery complexes (Lubiąż, Trzebnica, and Krzeszów) neighbour the Protestant Churches of Peace in Jawor and Świdnica. Built without the use of nails, they are the largest wood and clay constructions in Europe. The Sudety range is rich in mineral waters and semi-precious stones and is an important treasure of the Voivodship. The beautifully reconstructed old towns of Wrocław, Świdnica, Kłodzko or Jelenia Góra are vibrant with life, and the city of Wrocław itself has become a citizen of the world. The Lower Silesian Opera is known for the spectacular productions of the works of Wagner performed in the modernist Centennial Hall, designed by Max Berg.

Based on: <http://www.poland.travel/en/regions/the-dolnoslaskie-voivodship-a-land-of-treasure>



Photo: Medieval missal. Library of the University of Wrocław / Mariusz Cieszewski / Source: Ministry of Foreign Affairs of the Republic of Poland - Flickr.com

3. EDUCATIONAL MATERIALS



The Opolskie (Opole) Region

From the south-eastern side the region is enclosed by the Sudetes foothills. On the south-eastern side there is the Valley of Racibórz while in the central part lies the Chełmski hump. The largest forest complexes are the Niemodlińskie, Stobrawskie, Lublinieckie and Raciborskie Forests, where various species of animals and birds live. The tourist programme here features many monuments, proving that this region has a rich and diverse past. The following are noteworthy: the Cysterski Trail, Medieval Trail of Brzeg Polichromies and Wooden Sacred construction Trail. Architectural structures like Moszna Castle, the ruins of an XIX century palace in Kopice, Silesian Piast Castle in Brzeg as well as late Baroque castle in Kamień Śląski are frequently visited by tourists. The Opole Province also hosts a paleontological excavation in Krasiejów, where one of the first dinosaurs in the world – *Silesaurus Opolensis* – was found.

Based on: <https://regiony.poland.gov.pl/opolskie/Opole>



Photo: Moszna Castle / Source: Pixabay

4. THE PROPOSED LITERATURE AND FILMS

Websites:

- Poland's Official Travel Website (PL,EN): <http://www.poland.travel/en/regions/>
- Poland's Official Regional Information Website (PL, EN): <https://regiony.poland.gov.pl/>
- Dolnośląskie: <http://www.dolnyslask.info.pl>
- Kujawsko-Pomorskie: <http://www.visitkujawsko-pomorskie.pl>
- Lubelskie: <http://www.lublintravel.pl/>
- Lubuskie: <http://lubuskie.travel.pl>
- Łódzkie: <http://lodzkie.travel>
- Małopolskie: <http://www.visitmalopolska.pl>
- Mazowieckie: <http://mazowsze.travel>
- Opolskie: <http://www.visitopolskie.pl>
- Podkarpackie: <http://www.podkarpackie.travel.pl>
- Podlaskie: <http://www.podlaskieit.pl>
- Pomorskie: <http://pomorskie.travel>
- Śląskie: <http://www.slaskie.travel>
- Świętokrzyskie: <http://swietokrzyskie.travel>
- Warmińsko-Mazurskie: <https://warmia.mazury.travel>
- Wielkopolskie: <http://www.wielkopolska.travel>
- Zachodniopomorskie: <http://www.zachodniopomorskie.pl>

Books:

- *Kujawsko-Pomorskie Region: Cities and culture*
<http://www.visitkujawsko-pomorskie.pl/upload/Cities-culture-travel-central-poland.pdf>
- *Lubuskie Tourist Products*
http://lotur.eu/UploadFiles/423/1129/1391425104-Produkty_turystyczne_2013_GB.pdf
- *Main Tourist Attractions in the City and Region of Łódź*
<http://pdf.polska.travel/doc.php?lang=en&doc=lodzkie>
- *Mazovia in brief*: http://mazovia.travel/images/files/katalog/BLOK_Mazowsze_w_pigulce_EN.pdf
- *Podlaskie Province's Greatest Tourist Hits*: <http://pdf.polska.travel/doc.php?lang=en&doc=podlaskie>
- *Poland Major Tourist Attractions*: http://pdf.polska.travel/docs/en/hit/Hity_en.pdf
- *Publications about Małopolska*: <http://www.visitmalopolska.pl/Strony/wydawnictwa-936.aspx>
- *Regions of Poland*, Central Statistical Office, Warsaw 2014:
http://stat.gov.pl/download/gfx/portalinformacyjny/pl/defaultaktualnosc/5499/6/8/1/regiony_polski_2014.pdf
- *Swietokrzyskie – The Place of Power*: <http://pdf.polska.travel/doc.php?lang=en&doc=swietokrzyskie>
- *The hits of Lower Silesia*: <http://pdf.polska.travel/docs/en/dolnyslaskie/hity%20angielski.pdf>

4. THE PROPOSED LITERATURE AND FILMS

- *Tourist attractions of the Lubelskie Region:*
http://www.lubelskie.pl/img/userfiles/files/PDF/turystyka/Atrakcje_turystyczne_EN.pdf
- *Travel Guide to the Opole Voivodship:*
http://www.visitopolskie.pl/store/uploads/Opolskie%20przewodniki%20Cz,%20Pol,%20Eng,%20De/male-OPOLSKIE_2014_ENG_21-11-2014_KRZYWE_DRUK_OK.pdf
- *Warmia and Mazury Tourist Attractions:* <http://warmia.mazury.travel/get/file/87>
- *West Pomerania:* http://katalog-en.wzp.pl/ebook/content/katalog_pz_en_2014.pdf
- *Wielkopolska the most interesting tourist attractions:*
<http://pdf.polska.travel/doc.php?lang=en&doc=wielkopolskie>

Films:

- *Get to know about Poland: Regions and Cities*
(EN): <https://www.youtube.com/watch?v=gZ23nEBcGfs>
(RU): <https://www.youtube.com/watch?v=Zxfb8EcDkyA>
- *Kraków YouTube:* https://www.youtube.com/channel/UCSWJ_TokDQ7maIW97CgX2kA
- *Warszawa YouTube:* <https://www.youtube.com/user/warszawapl>
- *Dolnośląskie YouTube:* <https://www.youtube.com/channel/UCwPf5PYaqJSYIMerHq7kCPQ>
- *Kujawsko-Pomorskie YouTube:* https://www.youtube.com/channel/UCOjz8VQnFuaiotzBfwjd_yw
- *Lubelskie YouTube:* <https://www.youtube.com/channel/UC0tjElaJINPL2CIXd4ebCWw>
- *Lubuskie YouTube:* https://www.youtube.com/channel/UC1-l3RX_DKPtjcYGCB_p2rw
- *Łódzkie YouTube:* https://www.youtube.com/user/lodzkieregion?ob=0&feature=results_main
- *Małopolskie Vimeo:* <https://vimeo.com/malopolska>
- *Mazowieckie YouTube:* <https://www.youtube.com/user/filmymrot>
- *Opolskie YouTube:* https://www.youtube.com/channel/UCqNBVeXGe_RQI2Wa7HPMZxw
- *Podkarpackie YouTube:* <https://www.youtube.com/user/podkarpackarot>
- *Podlaskie YouTube:* <https://www.youtube.com/user/podlaskie1>
- *Pomorskie YouTube:* <https://www.youtube.com/user/PomorskieTravel>
- *Śląskie YouTube:* <https://www.youtube.com/user/UMWŚlA>
- *Świętokrzyskie YouTube:* <https://www.youtube.com/user/roswietokrzyskie/videos>
- *Wielkopolskie YouTube:* <https://www.youtube.com/user/WielkopolskaTravel>





