

POLAND – PORTUGAL

SIMILAR OR DIFFERENT ?



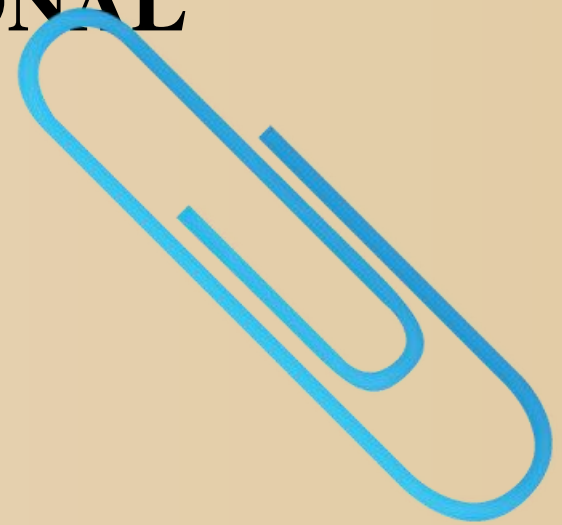
POLAND - General Information

- **CAPITAL – WARSAW**
- **ANTHEM – MAZUREK DĄBROWSKIEGO**
- **OFFICIAL LANGUAGE – POLISH**
- **GOVERNMENT – PARLIAMENTARY
REPUBLIC**
- **AREA : TOTAL - 312,679 km²
WATER - 3.07 %**
- **POPULATION - 38 483 957**



PORTUGAL - General Information

- **CAPITAL- LISBON**
- **ANTHEM- "THE PORTUGUESE"**
- **OFFICIAL LANGUAGE- PORTUGUESE**
- **GOVERNMENT- UNITARY SEMI-
PRESIDENTIAL CONSTITUTIONAL
REPUBLIC**
- **AREA: TOTAL- 92,212km²
WATER- 0.5 %**
- **POPULATION- 10,427,301**



PLACE IN EUROPE



POLAND



PORTUGAL



POLAND

PORTUGAL



POLISH FLAG



PORTUGUESE FLAG



**COAT OF ARMS
OF POLAND**



**COAT OF ARMS
OF PORTUGAL**

POLAND

- PRESIDENT -
ANDRZEJ DUDA



PORTUGAL

- PRESIDENT-
**ANIBAL CAVACO
SILVA**



POLAND

PRIME MINISTER -
EWA KOPACZ



PORTUGAL

• PRIME MINISTER -
**PEDRO PASSOS
COELHO**



ETYMOLOGY OF POLAND

- The source of the name **Poland** and the ethnonyms for the Poles include endonyms (the way Polish people refer to themselves and their country) and exonyms (the way other peoples refer to the Poles and their country). Endonyms and most exonyms for Poles and Poland derive from the name of the West Slavic tribe of the Polans (Polanie).



ETYMOLOGY OF PORTUGAL

The word **Portugal** derives from the Roman-Celtic place name Portus Cale. Cale was the name of an early settlement located at the mouth of the Douro River, which flows into the Atlantic Ocean in the north of what is now Portugal. Around 200 BC, the Romans took the Iberian Peninsula from the Carthaginians during the Second Punic War, and in the process conquered Cale and renamed it Portus Cale (Port of Cale). During the Dark Ages, the region around Portus Cale became known by the Suevi and Visigoths as Portucale.

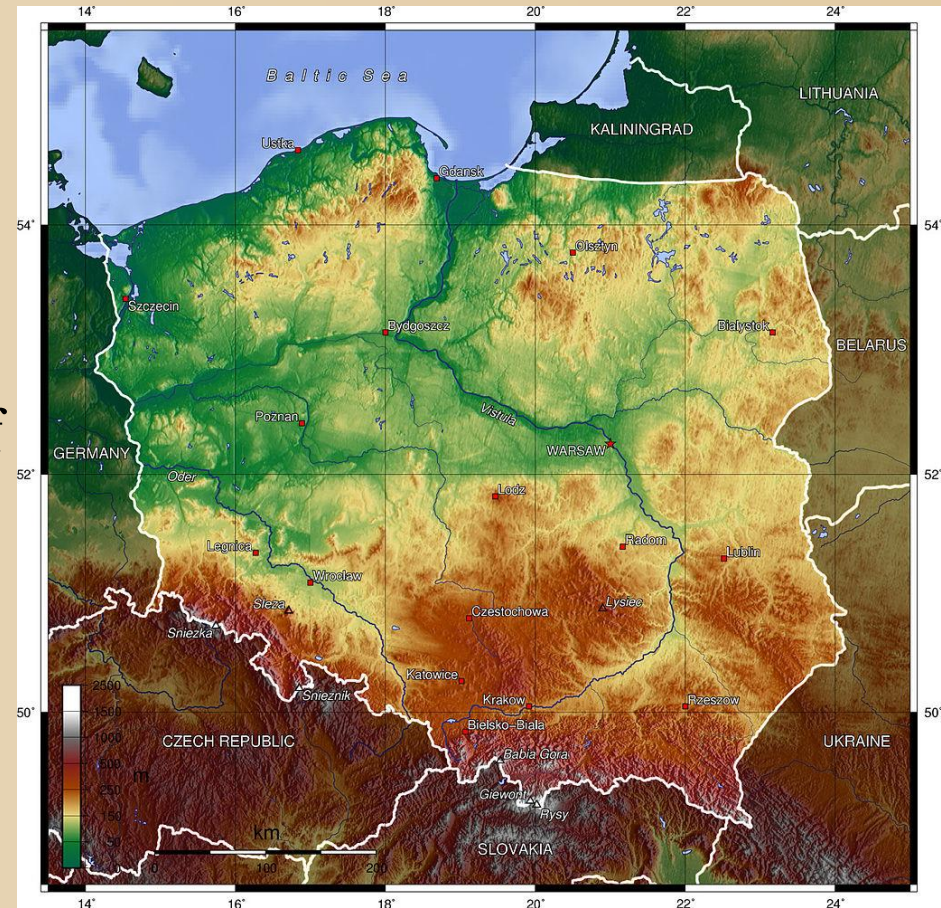
The name Portucale evolved into Portugale during the 7th and 8th centuries, and by the 9th century, that term was used extensively to refer to the region between the rivers Douro and Minho, the Minho flowing along what would become the northern border between Portugal and Spain. By the 11th and 12th century, Portugale was already referred to as Portugal.



GEOGRAPHY OF POLAND



- **Poland's** territory extends across several geographical regions, between latitudes 49° and 55° N, and longitudes 14° and 25° E. In the north-west is the Baltic seacoast, which extends from the Bay of Pomerania to the Gulf of Gdańsk. This coast is marked by several spits, coastal lakes (former bays that have been cut off from the sea), and dunes. The largely straight coastline is indented by the Szczecin Lagoon, the Bay of Puck, and the Vistula Lagoon. The centre and parts of the north lie within the North European Plain.



GEOGRAPHY OF PORTUGAL

Portugal is located on the western coast of the Iberian Peninsula and plateau, that divides the inland Mediterranean Sea from the Atlantic Ocean. It is located on the Atlantic coast of this plateau, and crossed by several rivers which have their origin in Spain. Most of these rivers flow from east to west disgorging in the Atlantic; from north to south, the primary rivers are the Minho, Douro, Mondego, Tagus and the Guadiana.



WATERS IN POLAND

- The longest rivers are the Vistula (Polish: Wisła), 1,047 kilometres (651 mi) long.
- The Polish Baltic coast is approximately 528 kilometres (328 mi) long and extends from Świnoujście on the islands of Usedom and Wolin in the west to Krynica Morska on the Vistula Spit in the east.
- The largest lake in Poland is Śniardwy Lake (11487,5 ha),and the deepest lake in Poland is Hańcza (106,2 m).



WATERS IN PORTUGAL

- The longest river is Tagus. It is 1,038 km (645 mi) long, 716 km.
- The largest lake in Portugal is Alqueva Dam. Inactive capacity 4,150,000,000 m³
- The archipelagos of Madeira and the Azores are scattered within the Atlantic Ocean: the Azores straddling the Mid-Atlantic Ridge on a tectonic triple junction, and Madeira along a range formed by in-plate hotspot geology.



BIODIVERSITY IN POLAND

- Phytogeographically, Poland belongs to the Central European province of the Circumboreal Region within the Boreal Kingdom. According to the World Wide Fund for Nature, the territory of Poland belongs to three Palearctic Ecoregions of the continental forest spanning Central and Northern European temperate broadleaf and mixed forest ecoregions as well as the Carpathian montane conifer forest.



Białowieża Forest an ancient woodland in eastern Poland is now home to 800 wild wisent.



A family of white storks. Poland is host to the largest white stork population in Europe.

BIODIVERSITY IN PORTUGAL

- Owing to humans occupying the territory of Portugal for thousands of years, little is left of the original vegetation. Protected areas of Portugal include one national park, 12 natural parks, nine natural reserves, five natural monuments, and seven protected landscapes, which include the Parque Nacional da Peneda-Gerês, the Parque Natural da Serra da Estrela and the Paul d'Arzila.



Peneda-Gerês National Park

Chameleon in the region of Algarve



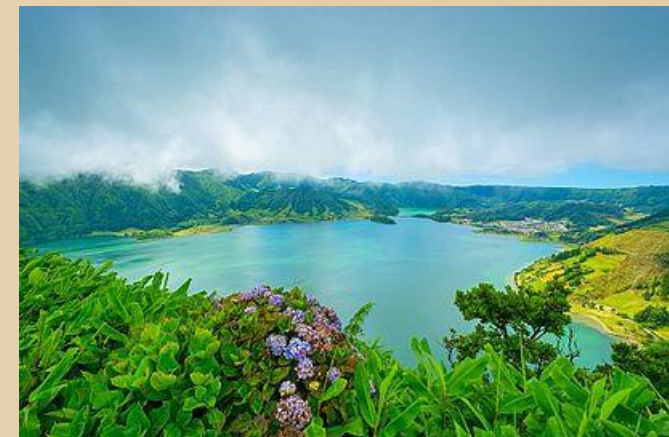
CLIMATE IN POLAND

- The climate is mostly temperate throughout the country. The climate is oceanic in the north and west and becomes gradually warmer and continental towards the south and east. Summers are generally warm, with average temperatures between 18 and 30 °C (64.4 and 86.0 °F) depending on a region. Winters are rather cold, with average temperatures around 3 °C (37.4 °F) in the northwest and −6 °C (21 °F) in the northeast. Precipitation falls throughout the year, although, especially in the east; winter is drier than summer.



CLIMATE IN PORTUGAL

- Portugal is defined as a Mediterranean climate, and is one of the warmest European countries: the annual average temperature in mainland Portugal varies from 8–12 °C in the mountainous interior north to 16–19 °C in the south and on the Guadiana river basin. The Algarve, separated from the Alentejo region by mountains reaching up to 900 metres in Alto de Fóia, has a climate similar to that of the southern coastal areas of Spain or Southwest Australia.



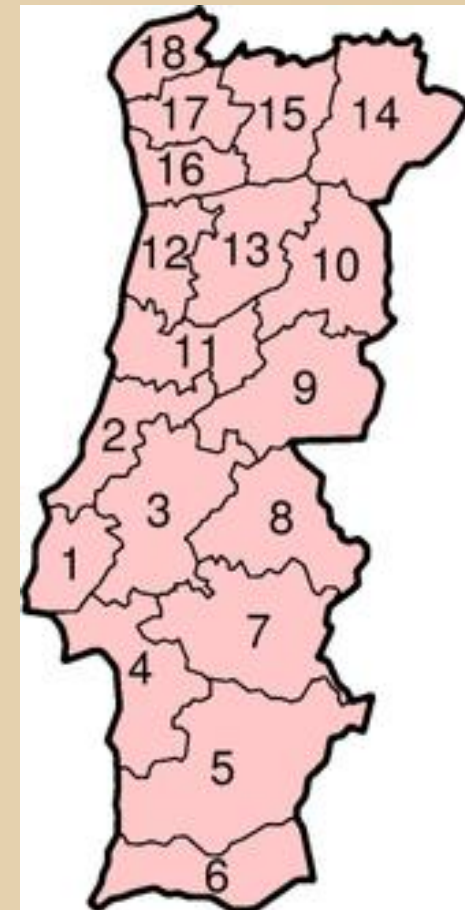
ADMINISTRATIVE DIVISIONS IN POLAND

- The voivodeships are subdivided into powiats (often referred to in English as counties), and these are further divided into gminas (also known as communes or municipalities). Major cities normally have the status of both gmina and powiat. Poland has 16 voivodeships, 379 powiats (including 65 cities with powiat status), and 2,478 gminas.



ADMINISTRATIVE DIVISIONS IN PORTUGAL

- Administratively, Portugal is divided into 308 municipalities, which after a reform in 2013 are subdivided into 3,092 civil parishes. Operationally, the municipality and civil parish, along with the national government, are the only legally identifiable local administrative units identified by the government of Portugal. For statistical purposes the Portuguese government also identifies NUTS, inter-municipal communities and informally, the district system, used until European integration. Continental Portugal is agglomerated into 18 districts, while the archipelagos of the Azores and Madeira are governed as autonomous regions; the largest units, established since 1976, are either mainland Portugal and the autonomous regions of Portugal (Azores and Madeira).



POLISH MILITARY

- The Polish armed forces are composed of four branches: **Land Forces** (Wojska Lądowe), **Navy** (Marynarka Wojenna), **Air Force** (Siły Powietrzne) and **Special Forces** (Wojska Specjalne). The military is subordinate to the Minister for National Defence. However, its sole commander-in-chief is the President of the Republic.



Crew of a KTO Rosomak armored personnel carrier during a NATO exercise at the Military Training Area near Drawsko Pomorskie.



Polish Air Force F-16 Fighting Falcons; a single-engine multirole fighter aircraft.

MILITARY OF PORTUGAL

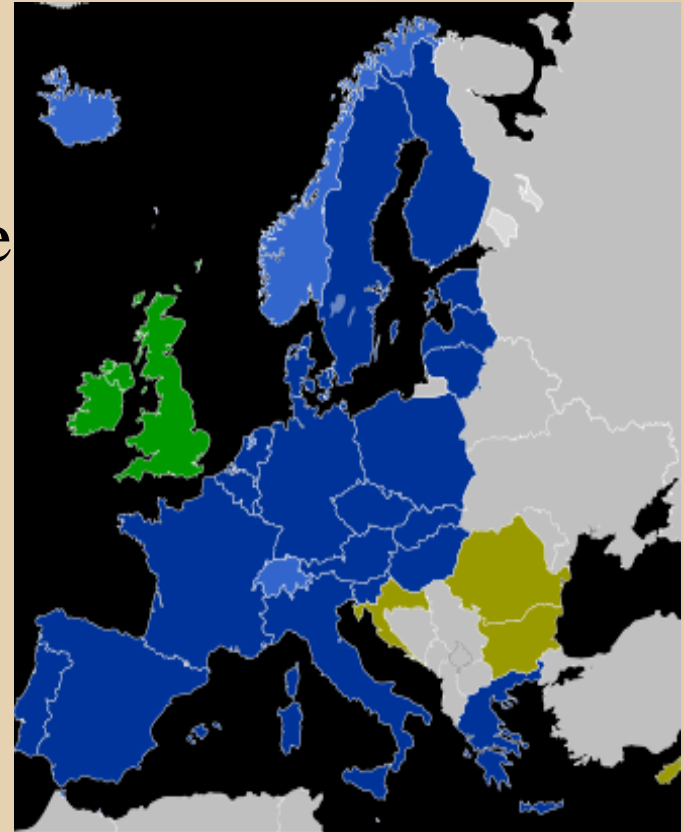
- The armed forces have three branches: **Navy, Army and Air Force**. They serve primarily as a self-defense force whose mission is to protect the territorial integrity of the country and provide humanitarian assistance and security at home and abroad. As of 2008, the three branches numbered 39,200 active personnel including 7,500 women. Portuguese military expenditure in 2009 was \$5.2 billion, representing 2.1 percent of GDP. Military conscription was abolished in 2004. The minimum age for voluntary recruitment is 18 years.



ECONOMY IN POLAND



- Poland's high-income economy is considered to be one of the healthiest of the post-Communist countries and is one of the fastest growing within the EU. Having a strong domestic market, low private debt, flexible currency, and not being dependent on a single export sector, Poland is the only European economy to have avoided the late-2000s recession. Since the fall of the communist government, Poland has pursued a policy of liberalising the economy. It is an example of the transition from a centrally planned to a primarily market-based economy.



Poland is a member of the Schengen Area and the EU single market.

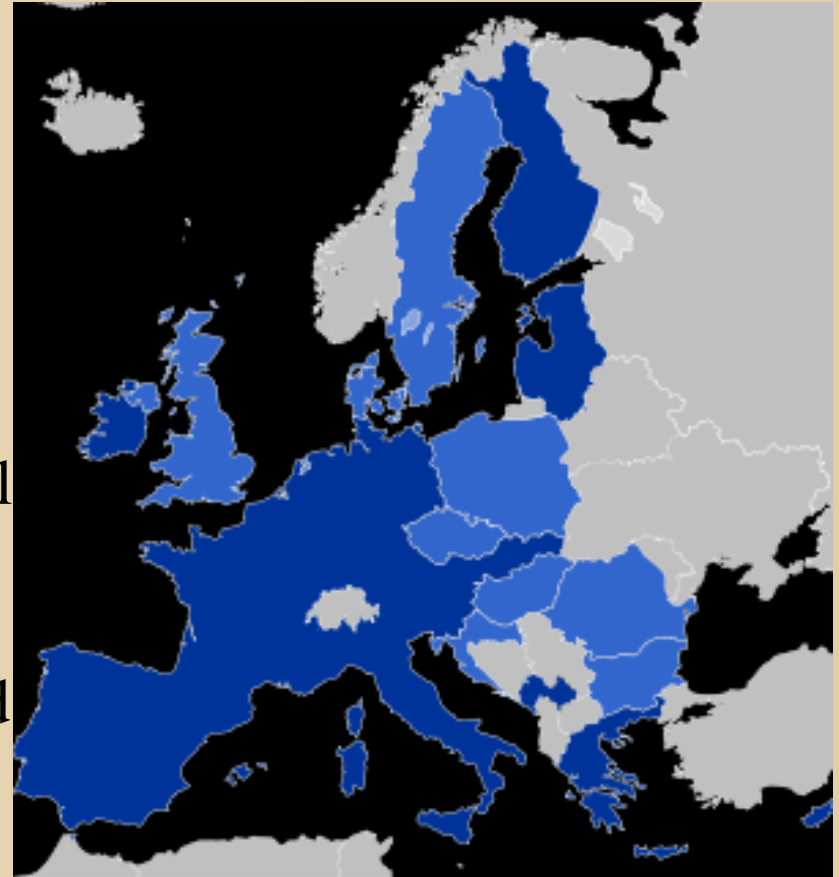
ECONOMY IN PORTUGAL

The Portuguese currency is the euro (€), which replaced the Portuguese Escudo, and the country was one of the original member states of the eurozone.

Portugal's central bank is the Banco de Portugal, an integral part of the European System of Central Banks.

Most industries, businesses and financial institutions are concentrated in the Lisbon and Porto metropolitan areas—the Setúbal, Aveiro, Braga, Coimbra and Leiria districts are the biggest economic centres outside these two main

areas.[citation needed] According to World Travel Awards, Portugal is the Europe's Leading Golf Destination 2012 and 2013



Portugal is a member of the Schengen Area, the Eurozone and the European Single Market.

TOURISM IN POLAND

- Poland's main tourist offerings include outdoor activities such as skiing, sailing and mountain hiking, as well as agrotourism, sightseeing walks, countryside excursions and also holiday and business trips. Poland is the 17th most visited country in the world by foreign tourists, as ranked by World Tourism Organization (UNWTO) in 2012. Tourist destinations include the Baltic Sea coast in the north, the Masurian Lake District and Białowieża Forest in the east, the northern Karkonosze, the Table Mountains and the Tatra Mountains, where Rysy, the highest peak of Poland, and the famous Orla Perc' long-distance path are located. The Pieniny and Bieszczady Mountains lie in the extreme south-east. There are over 100 castles in the country, many along the popular Trail of the Eagles' Nests.



BALTIC SEA



MAZURY



**TATRA
MOUNTAINS**

TURISM IN PORTUGAL

- Portugal is among the 20 most visited countries in the world, receiving an average of 13 million foreign tourists each year. Tourist hotspots in Portugal are Lisbon, Algarve, Madeira and the city of Coimbra, also, between 4-5 million religious pilgrims visit Fátima each year, where apparitions of the Blessed Virgin Mary to three shepherd children reportedly took place in 1917. Most tourists in Portugal are British-, French-, Spanish-, Dutch- or German-origin visitors, travel by low cost airliners, and not only seek sun and beaches, but increasingly search for cultural, gastronomic, environmental or nautical experiences.



FATIMA



PORTO- Luís I Bridge



**The Pena Palace
in Sintra.**

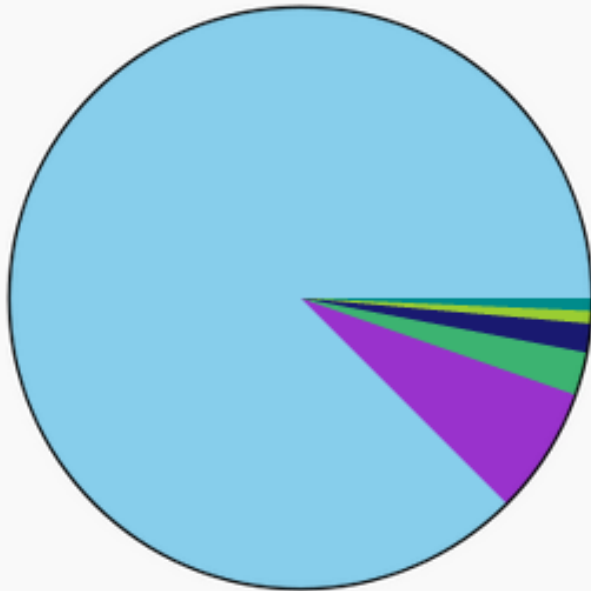


LISBON

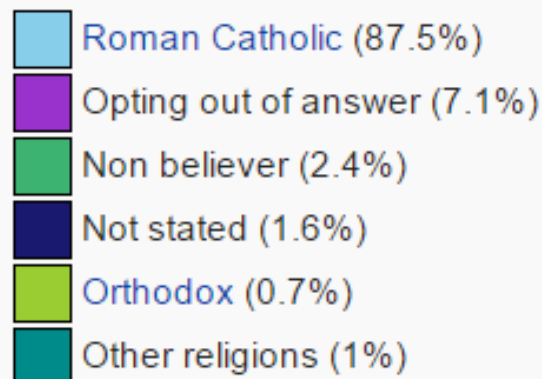


ALGAVRE

RELIGION IN POLAND



Religion in Poland according to 2011 survey of 91,2% of citizens



Famous sites of Christian pilgrimage in Poland include the **Monastery of Jasna Góra** in the southern Polish city of Częstochowa, as well as the **Family home of John Paul II** in Wadowice just outside of Kraków.



RELIGION IN PORTUGAL

Although most Portuguese are **Roman Catholic**, other religions enjoy freedom of worship. In 2002, about 80% of the population aged 12 or older identified themselves as Roman Catholic; though many claimed that they are not active participants in the church.

Protestants constituted about 4% of the populace; and various other groups made up about 1%. Nearly 3% claim no religious affiliation.



EDUCATION IN POLAND

- The modern-day Programme for International Student Assessment, coordinated by the Organisation for Economic Cooperation and Development, **ranks Poland's educational system in its PISA 2012 as the 10th best in the world, scoring higher than the OECD average.**



The wearing of traditional academic dress is an important and traditional feature of Polish educational ceremonies.

EDUCATION IN PORTUGAL

- Education in Portugal is free and compulsory until the age of 18, when students complete the 12th grade. The education is regulated by the State through the Ministry of Education, Higher Education and Science. There is a system of public education and also many private schools at all levels of education. The first Portuguese medieval universities, such as the University of Coimbra, were created in the 13th century, and the national higher education system is fully integrated into the European Higher Education Area.



Courtyard at the University of Coimbra, Portugal's oldest university.

CULTURE IN POLNAD

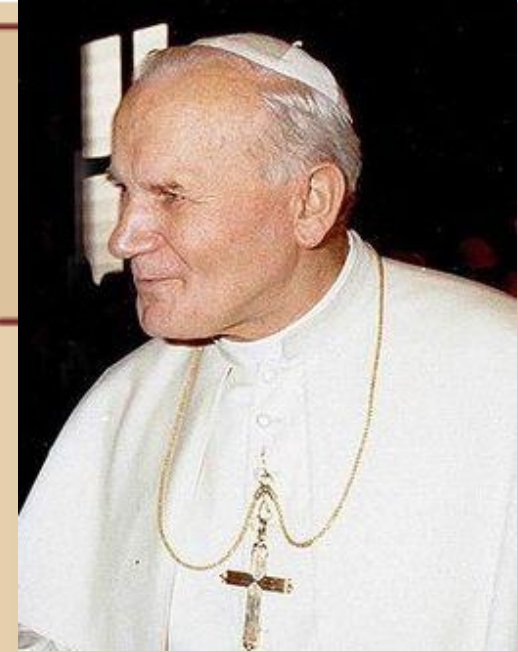
The culture of Poland is closely connected with its intricate 1,000-year history. Its unique character developed as a result of its geography at the confluence of European cultures. With origins in the culture of the Proto-Slavs, over time Polish culture has been profoundly influenced by its interweaving ties with the Germanic, Latinate and Byzantine worlds as well as in continual dialog with the many other ethnic groups and minorities living in Poland.[208] The people of Poland have traditionally been seen as hospitable to artists from abroad and eager to follow cultural and artistic trends popular in other countries. In the 19th and 20th centuries the Polish focus on cultural advancement often took precedence over political and economic activity. These factors have contributed to the versatile nature of Polish art, with all its complex nuances.



Adam Mickiewicz, was a strong advocate of Poland's heritage during his years in exile, 1798–1855



The Festival of Bread (Święto Chleba) in Kraków



John Paul II was the first Pole and Slav to become a Roman Catholic Pope



The National Stadium in Warsaw, home of national football team, and one of the host stadiums of Euro 2012



Tomasz Stańko is a popular contemporary Polish jazz musician

SPORT IN POLAND

Football (soccer) is one of country's most popular sports, with a rich history of international competitions. Track and field, basketball, volleyball, handball, boxing, MMA, motorcycle speedway, ski jumping, cross-country skiing, ice hockey, tennis, fencing, swimming and weightlifting are other popular sports.



**Żużel match in the Polish
Motorcycle League between
Polonia Bydgoszcz and Unibax
Toruń, 2009**



**Robert Lewandowski –
the most famous Polish
footballer**

POLISH CUISINE

Polish cuisine has evolved over the centuries to become very eclectic due to Poland's history. Polish cuisine shares many similarities with other Central European cuisines, especially German and Austrian as well as Jewish, Belarusian, Ukrainian, Russian, French and Italian culinary traditions. It is rich in meat, especially pork, chicken and beef (depending on the region) and winter vegetables (cabbage in the dish bigos), and spices. It is also characteristic in its use of various kinds of noodles the most notable of which are kluski as well as cereals such as kasha (from the Polish word kasza). Polish cuisine is hearty and uses a lot of cream and eggs. Festive meals such as the meatless Christmas eve dinner (Wigilia) or Easter breakfast could take days to prepare in their entirety



Selection of hearty traditional comfort food from Poland including bigos, cabbage rolls, żurek, pierogi and specialty breads.



Various kinds of Polish kielbasa From the top down: Biała kielbasa (white sausage), Kabanos (or Kabanosy in the plural); Wiejska kielbasa (country sausage) with mustard.



Traditional Polish smoked cheese Oscypek



Flaki (tripe soup)

CULTURE IN PORTUGAL

- Portugal has developed a specific culture while being influenced by various civilizations that have crossed the Mediterranean and the European continent, or were introduced when it played an active role during the Age of Discovery. In the 1990s and 2000s (decade), Portugal modernized its public cultural facilities, in addition to the Calouste Gulbenkian Foundation established in 1956 in Lisbon. These include the Belém Cultural Centre in Lisbon, Serralves Foundation and the Casa da Música, both in Porto, as well as new public cultural facilities like municipal libraries and concert halls that were built or renovated in many municipalities across the country. Portugal is home to fifteen UNESCO World Heritage Sites, ranking it 8th in Europe and 17th in the world.



A traditional dance of Póvoa de Varzim



Amália Rodrigues, the "Queen of Fado"



Portuguese guitars



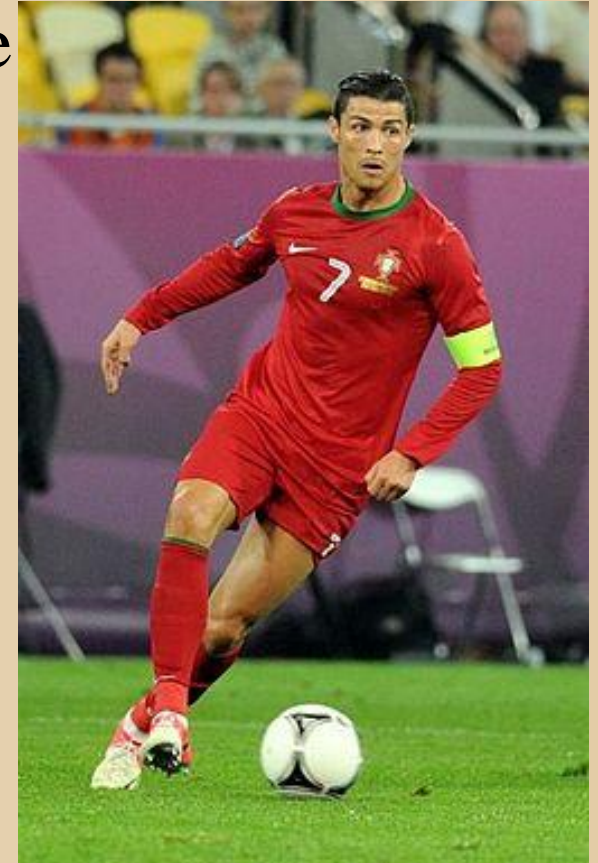
Casa da Musica



The rooster national bird/symbol

SPORT IN PORTUGAL

Sports in Portugal are important in Portuguese culture. Football is the most popular sport in Portugal. Other than football, many other professional or semi-professional well organized sport competitions take place every season in Portugal, including basketball, swimming, athletics, tennis, gymnastics, futsal, rink hockey, team handball, volleyball, surfing, canoeing and rugby union championships among the hundreds of sports played in this country.



**Cristiano Ronaldo,
captain of the Portugal
national football team.**

PORTUGUESE CUISINE

Despite being relatively restricted to an Atlantic sustenance, Portuguese cuisine has many Mediterranean influences. The influence of Portugal's former colonial possessions is also notable, especially in the wide variety of spices used. These spices include piri piri (small, fiery chili peppers) and black pepper, as well as cinnamon, vanilla and saffron. Olive oil is one of the bases of Portuguese cuisine, which is used both for cooking and flavouring meals. Garlic is widely used, as are herbs, such as coriander and parsley.



Bacalhau, Portuguese dried and salted cod



Seafood



Pastéis de Nata

Portugal produces some of the world's finest olive oils



Tasting room of port wine in a wine cellar of a producer





**THANK YOU FOR
WATCHING !**

:)



Project created by Monika Sawczuk and Beata Kopcińska