

*** Presentation on
the theme:
«Poland»**

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*Brief information:

2. Area-312 685 km²
Population-38,6 million people
Capital City-Warsaw
Politics-Republic
National currency-zloty
3. Gross Domestic Product -4910
\$ USA (national per capita income)



* History Of Poland

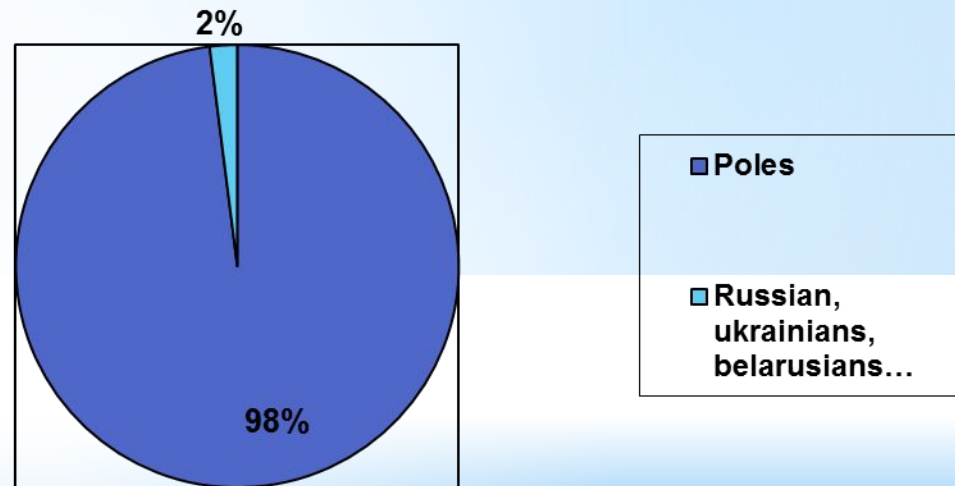
* The date of creation of the first Polish State is considered the year 966. Poland became a Kingdom in 1025, and in 1569 has teamed up with the Grand Duchy of Lithuania. In the year 1795 three partitions when the territory was divided between Prussia, Austria and Russia, the Polish State had ceased to exist. Poland regained its independence in 1918 after the first world war, but in 1939 was occupied by Nazi Germany. After the war, Poland had become a Socialist Republic, dependent on the SOVIET UNION. In the year 1989 there has been a change in the political system, the transition to a market economy.



Poland 992-1025

* Population

- * The population of Poland is approximately 38 million people. Of them, 49% were women, 51% male.
- * The urbanization rate is 64%.
- * The national composition is homogeneous, 98% poles.
- * 94% of the population profess Roman Catholicism.
- * Natural increase is equal to 6%



The cost of living in Poland

Upon arrival in Poland on training, students occupied in dormitories provided by the university

When you check in some hostels, students pay a one-time payment in the amount of PLN 300, which is a guarantee of compensation for any damage to property and equipment.

The cost of living in the hostel - 350 zlotys a month.

The types of hostels: hallway and block

Accommodation in the apartment: from 600 zloty per month (this price includes communal public services)

Food:

List of shopping centers and supermarkets, which is most advantageous from the standpoint of price and quality, to buy food: Biedronka, Aufland, Aldi, Auchan, Czerwona Torebka



In Warsaw, there are several types of tickets. For each type of ticket, there are benefits (the so-called discount ticket). As a rule, discount ticket can use the pupils and students under the age of 26 years on the basis of a valid student ID (Legitymacji). 20 minutes ticket - 3,40 PLN (normal), 1.70 PLN (discount) Single ticket - 4,40 PLN (normal), 2.20 PLN (discount) Daily ticket - 15 PLN (normal), 7.50 PLN (discount) 30-day ticket - 110 PLN (normal), 55 PLN (discount) 90-day ticket - 280 PLN (normal), 140 PLN (concessions) Ticket lord (for persons over 65 years old) - 50 PLN



Royal Castle in Warsaw - an architectural and historical monument, located in Warsaw, Poland . A monument of national culture . It submitted to the State Register of Museums.

Cost Of Living

Food	
Lunchtime menu in the business district	21 zł
Combo meal in fast food restaurant (Big Mac Meal or similar)	17 zł
1/2 Kg (1 lb.) of boneless chicken breast	8 zł
1 liter (1 qt.) of whole fat milk	2.64 zł
12 eggs, large	8 zł
1 kg (2 lb.) of tomatoes	4.74 zł
500 gr (16 oz.) of local cheese	11 zł
1 kg (2 lb.) of apples	2.64 zł
1 kg (2 lb.) of potatoes	2.29 zł
0.5 l (16 oz) domestic beer in the supermarket	2.85 zł
1 bottle of red table wine, good quality	24 zł
2 liters of Coca-Cola	5.17 zł
Bread for 2 people for 1 day	2.57 zł

Housing	
Monthly rent for 85 m2 (900 Sqft) furnished accommodation in EXPENSIVE area	3,074 zł
Utilities 1 month (heating, electricity, gas ...) for 2 people in 85m2 flat	508 zł
Internet 8MB (1 month)	56 zł
40" flat screen TV	1,819 zł
Microwave, known brand, 800/900 Watt	500 zł
Laundry detergent (3 l. ~ 100 oz.)	24 zł
Hourly rate for cleaning help	18 zł

Clothes	
1 pair of jeans (Levis 501 or similar)	246 zł
1 summer dress in a chain store (Zara, H&M, ...)	116 zł
1 pair of sport shoes (Nike, Adidas, or similar)	274 zł
1 pair of leather business shoes	297 zł

Entertainment	
Basic dinner out for two in neighborhood pub	62 zł
2 tickets to the movies	41 zł
2 tickets to the theater (best available seats)	160 zł
Dinner for two at an Italian restaurant including wine and dessert	138 zł
1 cocktail drink in downtown club	16 zł
Cappuccino in expat area of the city	9 zł
1 beer in neighbourhood pub (500ml or 1pt.)	7 zł
iPod nano 16GB	780 zł
1 min. of prepaid mobile tariff (no discounts or plans)	0.23 zł
1 month of gym membership in business district	112 zł
1 package of Marlboro cigarettes	15 zł