

Poland

Polish Culture, Traditions and Language Manual



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Demographics

Country Profile



Retrieved by:

Geography

Area: 312,683 sq. km. (120,725 sq. mi.); about the size of New Mexico.

Cities (2008): *Capital*--Warsaw (pop. 1,709,800). *Other cities*--Łódź (747,200), Kraków (754,600), Wrocław (632,400), Poznań (557,200), Gdańsk (455,600).

Terrain: Flat plain, except mountains along southern border.

Climate: Temperate continental.

People

Nationality: *Noun*--Pole(s) *Adjective*--Polish.

Population (2009): 38.1 million.

Annual growth rate: Unchanging.

Ethnic groups: Polish 98%, German, Ukrainian, Belarusian, Lithuanian.

Religions: Roman Catholic 94%, Eastern Orthodox, Uniate, Protestant, Judaism.

Language: Polish.

Education: *Literacy*--98%.

Health (2009): *Infant mortality rate*--6.8/1,000. *Life expectancy*--males 71.5 yrs., females 80.1 yrs.

Work force: 17.0 million. *Industry and construction*--31.3%; *agriculture*--13.3%; *services*--55.6%.

Government

Type: Republic.

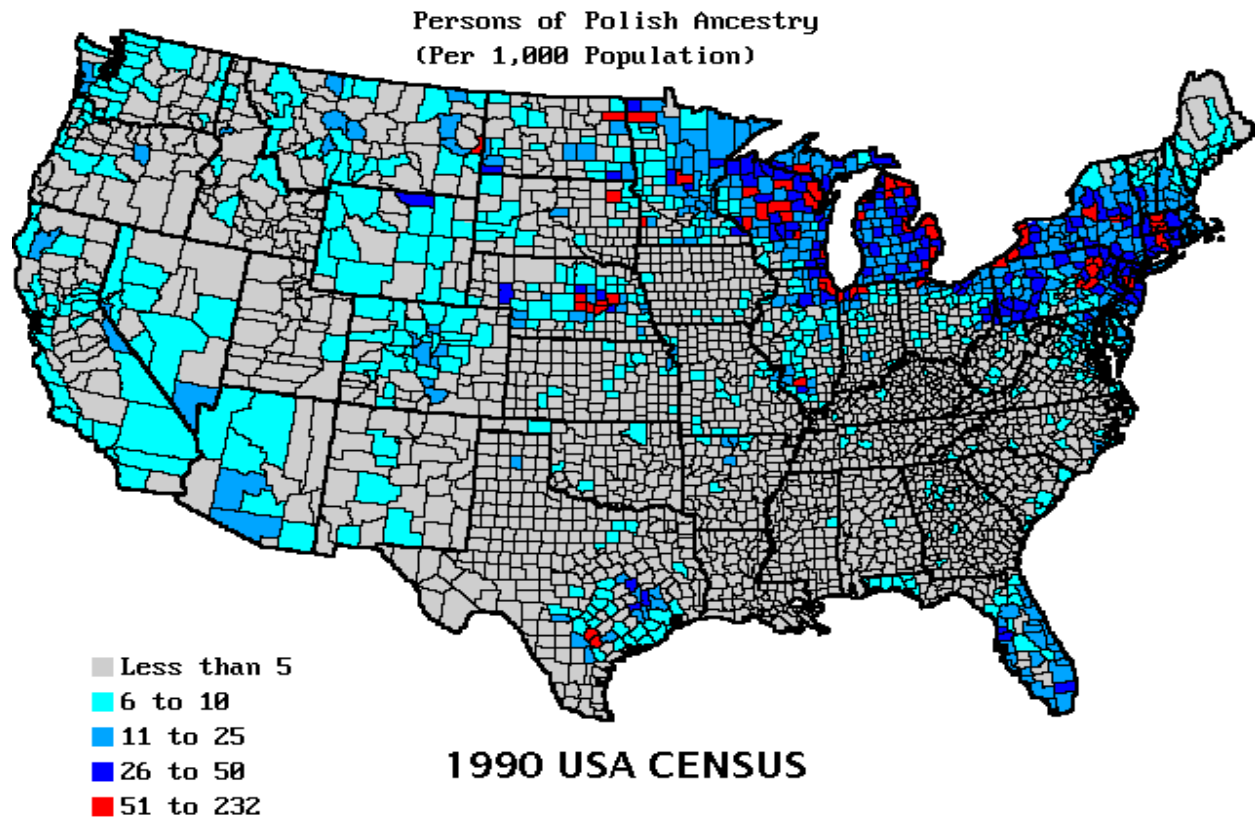
Constitution: The constitution now in effect was approved by a national referendum on May 25, 1997. The constitution codifies Poland's democratic norms and establishes checks and balances among the president, prime minister, and parliament. It also enhances several key elements of democracy, including judicial review and the legislative process, while continuing to guarantee the wide range of civil rights, such as the right to free speech, press, and assembly, which Poles have enjoyed since 1989.

Branches: *Executive*--head of state (president), head of government (prime minister). *Legislative*--bicameral National Assembly

Photos from Google images & Wikipedia

Population of Polish Speakers in the United States

The 1990 US Census shows the Polish ethnic population belt that runs from Northeast Minnesota along the lower Great Lakes to the Atlantic coast line. The heart of the population is mainly in the Wisconsin, Michigan, Chicago, IL area, and Buffalo, NY area.



Picture and Information retrieved from:

<http://freepages.genealogy.rootsweb.ancestry.com/~atpc/polonia/usa/1990census.html>

Populating Cities

There are a total of 29 cities in the United States that have over 10,000 Polish influenced speakers. In Texas, the two cities occupied by speakers include Houston and San Antonio.

- New York City, New York - 213,447 (2.7%).[1]
- Chicago, Illinois - 210,421 (7.3%).[2]
- Philadelphia, Pennsylvania - 65,508 (4.3%). [3]
- Milwaukee, Wisconsin - 57,485 (9.6%).[4]
- Los Angeles, California - 56,670 (1.5%).[5]
- Cheektowaga (town), New York - 37,560 (39.9%).[6]
- Buffalo, New York - 34,254 (11.7%).[7]
- Phoenix, Arizona - 32,050 (2.4%).[8]
- Toledo, Ohio - 31,792 (10.1%).[9]
- Pittsburgh, Pennsylvania - 28,178 (8.4%).[10]
- San Diego, California - 25,201 (2.1%).[11]
- Cleveland, Ohio - 22,978 (4.8%).[12]
- **Houston, Texas - 19,290 (1%).[13]**
- Detroit, Michigan - 18,992 (2.0%).[14]
- Omaha, Nebraska - 18,447.[15]
- Baltimore, Maryland - 18,400 (2.8%).[16]
- Grand Rapids, Michigan - 15,442 (7.8%).[17]
- Amherst, New York - 15,136 (13%).[18]
- Erie, Pennsylvania - 14,718 (14.2%).[19]
- **San Antonio, Texas - 14,475 (1.3%).[20]**

- San Francisco, California - 14,332 (1.8%).[21]
- New Britain, Connecticut - 14,257 (19.9%).[22]
- West Seneca, New York - 14,236 (31%).[23]
- Boston, Massachusetts - 13,704 (2.3%).[24]
- Seattle, Washington - 12,622 (2.2%).[25]
- Las Vegas, Nevada - 12,188 (2.5%).[26]
- South Bend, Indiana - 11,417 (10.7%).[27]
- Scranton, Pennsylvania - 11,311 (14.8%).[28]
- Jacksonville, Florida - 10,500 (1.4%).[29]

Information Retrieved By:

<http://freepages.genealogy.rootsweb.ancestry.com/~atpc/polonia/usa/1990census.html>

http://en.wikipedia.org/wiki/Polish_American

Language Overview

Regarded as rather hard for foreigners to master, Polish is an Indo-European language belonging to the West Slavonic group. Polish has five major dialects, spoken in Silesia, Malopolska, Mazovia, Wielkopolska and Kashubia. The dialect Kashubian, is at times considered to be separate language.

Polish also has many borrowings from other languages, notably from English, French, German, Latin and Russian. These influences have been caused by various factors ranging from fascination with other cultures (borrowings from French) to historical processes such as the partitions (borrowings from German and Russian) or accepting Christianity (borrowings from Latin).

Each dialect has several varieties with characteristic and consistent linguistic phenomena. These varieties differ from standard Polish in vocabulary, syntax, pronunciation and morphology. For example, Poles from Mazovia and Malopolska tend to substitute dental stops and affricates with alveolar stops and affricates, so they pronounce syja instead of szyja (neck) and cysty instead of czysty (clean). In some areas nasal consonants are pronounced without nasal resonance (deby instead of dęby [oaks]), while in others the sound y may be nasalized (dymby instead of dęby). Inflection differences include using the zrobim form instead of zrobimy (we'll do) or choćta instead of chodźmy (let's go). Inflection endings used in dialects have preserved some features of archaic Polish, like the -e ending in the genitive of some nouns (do piwnice instead of do piwnicy [to the cellar]). Another characteristic trait is inflection simplifications, which reduces the number of endings ,(chałupów instead of chałup [of huts], polów instead of pól [of fields]). Other dialectal differences are local abundances of diminutive forms and words connected with farming which are no longer or have never been used in standard Polish.

In regards to spelling, one major difficulty for both foreigners and natives alike is the words with ż vs. rz, u vs. ó, and h vs. ch, since the pairs of sounds these letters or combinations of letters represent have identical or almost identical pronunciation. Polish grammar and punctuation abound in rules and twice as many exceptions to them. Predictably, Polish is said to be a rather difficult language to learn.

Language Summary: Polish is an inflected language with seven cases, two numbers, three genders in singular and two in plural. Verbs are conjugated by person, tense, mood, voice and aspect.

Retrieved from: <http://en.poland.gov.pl/The,Polish,Language,317.html>

Phonetic Inventory

Table 1: Consonants

	Labial	Labiodental	Dental	Alveolar	Alveo-palatal	Palatal	Velar
Stops	p, pi b, bi		t d				k, ki g, gi
Fricatives		f, fi w [v], wi	s z	sz [ʃ] ż/rz [ʒ]	ś [ç] ź [ʒ]		h/ch [x], hi, chi
Affricates			c [ts] dz [dz]	cz [tʃ] dż [dʒ]	ć [tɕ] dź [dʑ]		
Nasals	m, mi		n			ń [ɲ], ni	
Liquids				r	l		
Glides	ł [w]					j	

Orthography and Basic Phonology

When the Polish Language was first written down, it was written in the Roman alphabet, which was brought to the country of Poland by Christian monks in the 19th century. Eventually, orthography was adapted to fit Polish with the use of diacritics and digraphs. In 1551, standardization was achieved with Stanislaw Murzynowski's translation of the Bible. This became the foundation of modern Polish orthography.

Retrieved By: Garry, Jane, & Rubino, Carl. (Ed.). (2001). *Facts about the world's languages: an encyclopedia of the world's major languages, past and present*. New York & Dublin: A New England Publishing Associates Book.

Consonants

Polish consonants				
Polish script	IPA	Description	English approximation	Polish example
b	/b/	voiced bilabial plosive	<i>bus</i>	bas ('bass')
p	/p/	voiceless bilabial plosive	<i>spot</i>	pas ('belt')
m	/m/	bilabial nasal	<i>man</i>	masa ('mass')
w	/w/	voiced labiodental fricative	<i>vase</i>	wór ('bag')
f	/f/	voiceless labiodental fricative	<i>phase</i>	futro ('fur')
d	/d/	voiced dental plosive	<i>dog</i>	dom ('home')
t	/t/	voiceless dental plosive	<i>step</i>	tom ('volume')
n	/n/	dental nasal	<i>not</i>	noga ('leg')
r	/r/	alveolar trill	rolled (vibrating) r as in <i>arriba</i>	krok ('step')
z	/z/	voiced alveolar sibilant	<i>zero</i>	zero ('zero')
s	/s/	voiceless alveolar sibilant	<i>some</i>	sum ('catfish')
dz	/dz/	voiced alveolar affricate	<i>woods</i>	dzwon ('bell')
c	/tʃ/	voiceless alveolar affricate	<i>pots</i>	co ('what')
l	/l/	lateral alveolar approximant	<i>lock</i>	pole ('field')
ź	/ʐ/	voiced alveolo-palatal fricative	<i>where's your</i>	źrebię ('foal')
ś	/ɕ/	voiceless alveolo-palatal fricative	<i>sheer</i>	śruba ('screw')
dź	/dʑ/	voiced alveolo-palatal affricate	<i>would you</i>	dźwięk ('sound')
ć	/tɕ/	voiceless alveolo-palatal affricate	<i>what's your</i>	ćma ('moth')
ż / rz	/ʒ/	voiced retroflex fricative	<i>treasure</i>	żona ('wife') rzeka ('river')
sz	/ʂ/	voiceless retroflex fricative	<i>shoe</i>	szum ('rustle')
dż	/dʒ/	voiced retroflex affricate	<i>jam</i>	dżem ('jam')
cz	/tʃ/	voiceless retroflex affricate	<i>kitchen</i>	czas ('time')
ń	/ɲ/	palatal nasal	<i>el Niño</i>	koń ('horse')
j	/j/	palatal approximant	<i>way</i> or <i>yes</i>	jutro ('tomorrow')
ł	/w/	labial-velar approximant	<i>now</i> or <i>way</i>	mały ('small'), łaska ('grace')
g	/g/	voiced velar plosive	<i>god</i>	gmin ('plebs')
k	/k/	voiceless velar plosive	<i>rocket</i>	<i>k</i> minek ('caraway'), <i>bu k</i> ('beech tree')
h / ch	/x/	voiceless velar fricative	<i>loch</i>	hak ('hook') chór ('choir')
NOTE:				
Yellow signifies differences between Polish and English pronunciations				
Blue signifies Polish consonants that do not exist in English				

Retrieved From: <http://www.multicsd.org/doku.php?id=polish>

Vowels:

Table 2: Vowels

	Front	Central	Back
High	i		u, ó [u]
Mid	e [ɛ]		o [ɔ]
Low		a	

The vowel /i/ has two variants: *i* [i] occurs following soft consonants, and *y* [ɨ] (as in English “bit”) occurs following hard consonants. The vowel /u/ can be spelled either *u* or *ó*. *E* and *o* are lower midvowels, [ɛ] and [ɔ] respectively, as in English “bed” and “fall”. Polish also has two nasal vowels, *ę* /ɛ̃/ and *ą* /ɔ̃/, though frequent in the orthography they are consistently pronounced as nasal only before fricatives: *Walęsa* [vawɛ̃sa].

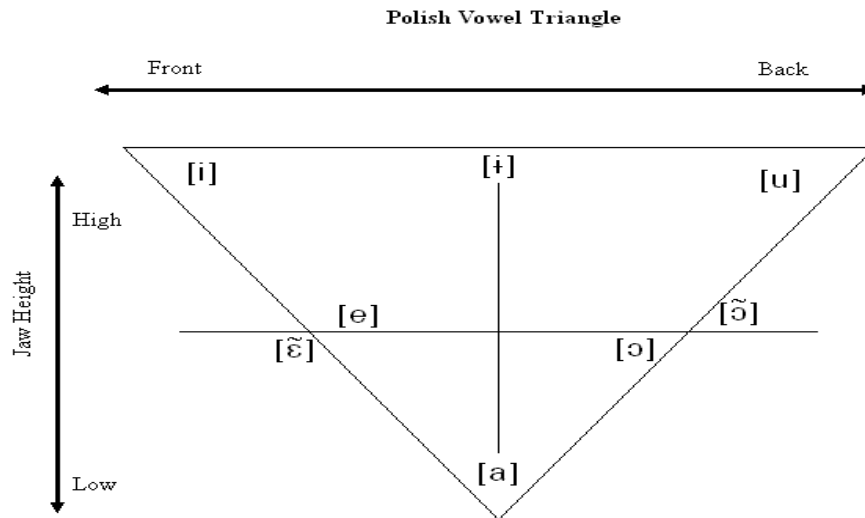
Polish oral vowels				
Polish script	IPA	Description	English approximation	Polish example
i	/i/	front close unrounded	<i>see k</i>	miś ('teddy bear')
e	/ɛ/	front half open unrounded	<i>te n</i>	ten ('this')
y	/ɨ/	central close unrounded	<i>ro se s</i> (depending on variety of English)	mysz ('mouse')
a	/a/	central open unrounded	<i>ca t, co t or cu t</i> (depends on variety of English)	kat ('executioner')
u / ó	/u/	back close rounded	<i>bo om, do, to</i>	bum ('boom')
o	/ɔ/	back half open rounded	<i>cau ght</i>	kot ('cat')

Polish nasal vowels				
Polish script	IPA	Description	English approximation	Polish example
ę	/ɛ̃/	nasal front half open unrounded	<i>len gth</i>	węże ('snakes')
ą	/ɔ̃/	nasal back half open rounded	nasal o (not a), as in <i>long</i>	wąż ('snake')

It is important to note that in Polish, nasal vowels are never in the initial part of a word.

Retrieved from: <http://www.multicsd.org/doku.php?id=polish>

Garry, Jane, & Rubino, Carl. (Ed.). (2001). *Facts about the world's languages: an encyclopedia of the world's major languages, past and present*. New York & Dublin: A New England Publishing Associates Book.



Vowels in Polish are not typically placed on the same type/shape of chart as commonly used in English, but for the purposes of teaching, comparing, and contrasting, a combined Polish-English vowel chart has proved helpful.

Grammar:

Masculine	Feminine
Personal	Neutral
Animate	
Inanimate	

Each of these genders is further based upon adjective-noun agreement. Verbs are also inflected according to gender as well as person and number. Applying inflection is the process of changing the form of a word to give the word additional meaning. For instance, the sentence “I need an apple” uses the singular inflected morpheme whereas “I need apples” uses the plural inflected morpheme. Additional meanings may be used with:

gender	number	person	case	tense	politeness	aspect	mood
--------	--------	--------	------	-------	------------	--------	------

Retrieved From: <http://www.multicsd.org/doku.php?id=polish>

Syntax

The common or more natural word order for Polish speakers is Subject-Verb-Object. However, words can be easily rearranged without losing the initial meaning of the phrase or sentence. For example, the sentence "Today, we went to the grocery store to buy fruit" can be rearranged to say something similar to "to buy fruit, today we went to the grocery store", or "we went today to buy fruit the grocery store" without having an impact on the native listener's comprehension of the sentence. Another example comes from Wikipedia describes how a sentence can be rearranged and maintain the same basic meaning

These sentences mean more or less the same ("Alice has a cat"), but different examples of meaning are highlighted by selecting different word orders. In increasing order of markedness:

1. Ala ma kota - Alice has a cat
2. Ala kota ma - Alice does have (own) a cat (and has not borrowed it)
3. Kota ma Ala - The/a cat is owned by Alice
4. Ma Ala kota - Alice really does have a cat
5. Kota Ala ma - It is just the cat that Alice really has
6. Ma kota Ala - The relationship of Alice to the cat is one of ownership (and not temporary possession)

One important aspect to consider that word order does not change when the sentence is changed into a question as it would in English. If a question mark is added to any of the above sentences, the sentence changes to mean, "Does Alice have a cat?" without modifying the sentence in any other manner.

Word Stress

Word stress usually falls on the penultimate (second to last) syllable in Polish, but several exceptions to the rule do exist. The term "last but (#)" may be encountered when reading about placement of stress; it indicates the number of syllables removed from the end of the word. For instance, "last but two" refers to the penultimate or second-to-last syllable in the word, "last but three" would refer to the third-to-last syllable in the word.

Retrieved From: <http://www.multicsd.org/doku.php?id=polish>

Language Differences between English and Polish

You may encounter a situation where you will work with an individual who may express a language difference. It is important to know these differences that are common and to be sensitive to that individual.

The phonemes /t/ and /d/ are produced dentally in Polish; this production may result in slight distortions, especially when combined with voicing and aspiration differences between English and Polish.

It is important to note that the Polish [r] is always trilled. The amount of trilling may differ with placement (e.g. initial, medial, final), but is always trilled. This may appear to distort the English [r].

The voiced and voiceless “th” interdental fricatives (/ð/ and /θ/) as in “them” and “think” respectively do not exist in Polish.

Voice is phonemic in Polish as it is in English; however, it is important to note that in Polish, when a voiced consonant follows a voiceless sound, the voiced sound is commonly devoiced. This may result in distortions when English pronunciation is attempted.

Aspiration is not phonemic in Polish therefore, words that are distinguished by aspiration (e.g., rules for the voiceless stops /p/, /t/, and /k/) are aspirated at the beginnings of words (tomato) and at the beginnings of word-internal stressed syllables (potato). These may show signs of distortion. It may be important to teach rules related to aspiration and voicing explicitly:

Word-terminal voiceless plosives may be unreleased or accompanied by a glottal stop in some dialects— examples: tap [t^hæp], sack [sæk].

- —
]. In other dialects they are fully voiced in final position, but only partially voiced in initial position.

Retrieved From: <http://www.multicsd.org/doku.php?id=polish>

Polish common phrases and words:

- Yes = Tak
- No = Nie
- Thank you = Dziękuję
- Thank you very much = Serdecznie dziękuję
- You're welcome = Nie ma za co
- Please = Proszę
- Excuse me = Przepraszam
- Hello = Dzień dobry
- Goodbye = Do widzenia; do zobaczenia
- Good morning / Good afternoon = Dzień dobry
- Good evening = Dobry wieczór
- Good night = Dobranoc
- Do you speak English? = Mówisz po angielsku?
- What is your name? = Jak masz na imię,? Jak się Pan(i) nazywa?
- Nice to meet you. = Miło mi cię / Pana / Panią poznać
- How are you? = Jak się masz / Jak się Pan(i) ma?
- How old are you? = Ile masz / Pan(i) ma lat?
- Can I have a ticket? = Jeden bilet proszę
- Good = Dobrze
- Bad = Źle
- So so = Tak sobie; Jako tako
- Tourist Information = Informacja Turystyczna
- How much does this cost? = Ile to kosztuje?
- What is this? = Co to jest?

Retrieved from: http://www.anglik.net/polish_phrases.htm

Helpful videos:

<http://www.youtube.com/watch?v=pn-vU38phlw>

<http://www.youtube.com/watch?v=bK9lZr78Ed0>

Iphone and Ipod applications to learn polish:

- *Speak Polish*
- *Free Polish Essential*
- *Polish English Dictionary*
- *Learn Polish Vocabulary*

Implications for the Speech Language Pathologist

The Speech Language Pathologist (SLP) should take several speech and language characteristics into account when working with Polish speaking clients. The following is a list of areas that need to be considered during assessment, diagnosis, and treatment:



Articulation differences with Polish consonants including:

- aspiration differences
- voicing differences (e.g., final consonant devoicing)
- trilling of [r]

Polish grammar differences including:

- flexibility of word order in Polish
- pronoun and article usage differences (Polish word order)
- stress pattern differences (Polish word stress)

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<http://www.multicsd.org/doku.php?id=polish> / Google Images

Audiology and Speech-Language Pathology Associations Outside of the United States

Poland

Phoniatric Section of the Polish ENT Society

Prof. A. Pruszeicz
Dept. of Phoniatrics-Audiology Academy
of Medicine
ul Przbyszewskiego 49
PL-60355 Poznan, Poland

Polish Logopaedic Society

Zakład Fizyki Słuchania IF UMCS
Place Marie Curie
Sklodonskiej 1
PL-20-031 Lublin, Poland

The Polish Association of Speech Therapists (PAST)

ul. Balladynu 2/5
PL-20601 Lublin, Poland



Retrieved From: www.asha.org

Image: <http://www.cplol.eu/eng/SLTinPoland.htm>

Assessments and Websites for SLP's

- GCSE Polish Specimen Assessment Material Version 1.0 for first teaching 2009 (WRITING)

<http://store.aqa.org.uk/qual/newgcse/pdf/AQA-46854-W-SQP.PDF>

- GCSE Polish Specimen Assessment Material Version 1.0 for first teaching 2009 (READING)

<http://store.aqa.org.uk/qual/newgcse/pdf/AQA-46852-W-SMS.PDF>

- GCSE Polish Specimen Assessment Material Version 1.0 for first teaching 2009 (READING)

<http://store.aqa.org.uk/qual/newgcse/pdf/AQA-46852-W-SMS.PDF>

- GCSE Polish Specimen Assessment Material Version 1.0 for first teaching 2009 (Listening)

<http://store.aqa.org.uk/qual/newgcse/pdf/AQA-46851-W-SMS.PDF>

- Polish Language proficiency Test

<http://www.learn-polish-language-software.com/proftest/tlpoltest.htm>

Polish Culture and Society

The Polish People AKA Poles

Poland is pretty much ethnically homogeneous. Ukrainian, Belorussian, Slovakian, and Lithuanian minorities reside along the borders. A German minority is concentrated near the southwest city of Opole. The capital and other cities are experiencing some inward migration from foreigners.

Religion

Religion plays an important role in the Polish society and is deeply intertwined with Polish culture.

Religious holidays are considered national holidays when most businesses are closed. The most important holiday is Christmas and celebrations last two and a half days. Poles practice "dzielenie opłatkiem" which is the breaking and sharing of a thin white wafer (oplatek) with all family members. While sharing the wafer, individuals express wishes of good health and prosperity for the coming year. This is also commonly practiced at work Christmas parties and is very much a part of Polish culture.

Another religious holiday of note is All Saints' Day which takes place on November 1st. On this day Poles visit cemeteries to honor their loved ones who have passed away.

Catholicism is the most widely practiced religion. Life's milestones such as weddings, baptisms, funerals, first communion and confirmation are influenced by the religion.

The Importance of Family

The family is the centre of the social structure. One's obligation is to the family first and foremost. Extended families are still the norm and really form an individual's social network.

Poles draw a line between their inner circle and outsiders. Family members are naturally part of the inner circle along with close friends, usually "family friends". Poles will interact differently with their inner circle and outsiders. The inner circle forms the basis of a person's social and business network. The people from the inner circle can be relied upon to: offer advice, help find a job, cut through bureaucracy, or even rent an apartment. There is an elaborate etiquette of extending favours and using contacts to get things done.

Retrieved from: <http://www.kwintessential.co.uk/resources/global-etiquette/poland.html>

Social Etiquette, Customs and Protocol

Meeting and Greeting

- Greetings are generally reserved yet courteous.
- When greeting someone a good handshake, direct eye contact, a smile and the appropriate greeting for that time of day will suffice.
- Good morning/afternoon is "dzien dobry" and good evening is "dobry wieczor".
- Address people by their honorific title, "Pan" for a man and "Pani" for a woman, and their surname.
- Do not use first names until invited to. Moving from the use of formal to the informal names is such an important step that there is a ritual to acknowledge the changed status and your inclusion in their 'inner circle'.
- At parties or other social gatherings, your hosts will introduce you, usually starting with the women and then moving on to the men.

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Business Etiquette and Protocol (Meeting & Greeting)

Polish businesspeople initially take a formal approach to business. This may come across as quite distanced but is not the intention. You may also notice differences in style between government officials who maintain formality and entrepreneurs who willingly dispense with formality. It is best to let your colleagues determine the level of formality used. General tips include:

- Shake hands with everyone upon arriving and leaving.
- Handshakes are quite firm and eye contact is valued.
- Wait for a woman to extend her hand.
- Some older businessmen may kiss a woman's hand upon meeting. Do not imitate this behavior as it may be seen as you poking fun.
- Titles are considered prestigious. Academic or professional titles are used with the honorific titles with or without the surname.
- Wait to be invited before moving to first names. You may do business with people for years and not be on a first name basis.
- Business cards are exchanged without formal rituals.
- Try and have one side of your card translated into Polish.
- Include advanced university degrees and titles on your business card; qualifications are impressive.

Retrieved from: <http://www.kwintessential.co.uk/resources/global-etiquette/poland.html>

Gift Giving Etiquette

The usual times for present giving are birthdays, name days (birth date of the saint after whom they are named), and Christmas.

- Do not give gifts that are overly expensive; this may embarrass the recipient.
- Employees bring cake and champagne to the office to celebrate their name day.
- At Christmas, it is common to give small gifts to service workers such as postal workers, refuse collectors, etc.
- If invited to a Pole's home for dinner, bring wine, flowers, pastries or sweets for the hostess.
- Give an odd numbers of flowers.
- Do not give yellow chrysanthemums as they are used for funerals. Do not give red or white flowers, especially carnations and lilies.
- Gifts are generally opened when received.
-

Dining Etiquette

If you are invited to a Pole's house:

- Be punctual (15 minutes late)
- You may be expected to take off your shoes. (Check to see if your host is wearing slippers)
- Dress conservatively.
- Offer to help the hostess with the preparation or clearing up after a meal is served. This is good manners. This will more often than not be turned down out of politeness.
- Do not ask for a tour of the house.
- Table manners are Continental, i.e. hold the fork in the left hand and the knife in the right while eating.
- Wait for the hostess to invite you to start eating.
- Most meals are served family-style.
- Take small amounts of food initially so you can accept second helpings.
- Try a bit of everything.
- Expect frequent toasting throughout the meal. The host offers the first toast.
- Toasts are only made with hard liquor (generally vodka).
- You should reciprocate with your own toast later in the meal.
- Alcohol is served in small glasses so you can swallow in one gulp.

Retrieved From: <http://www.kwintessential.co.uk/resources/global-etiquette/poland.html>

Communication Styles

- Generally speaking, Poles judge others by their personal qualities. They therefore like to spend time getting to know people as individuals. This allows them to size people up.
- Honesty is highly valued in Poland since trust is the cornerstone of business relationships. Building personal relationships is essential for successful business dealings, especially if you are looking for a long-term business relationship.
- Poles are known for being direct communicators, i.e. they say what they are thinking. However they are also very sensitive to other's feelings and let that determine how and what they say
- While direct communication is valued in Poland, there is also emphasis on finessing what is said in order to deliver information in a diplomatic way.
- The level of the relationship mostly determines how direct someone can be.
- For newly established and more formal relationships, a great deal of emphasis is placed on diplomacy. Once a relationship has passed through the initial phases, people feel more comfortable speaking frankly with each other and animated exchanges become more common.



Retrieved from: <http://www.kwintessential.co.uk/resources/global-etiquette/poland.html>

Images: Google Images

Polish Cuisine



Typical meals are very hearty and often contain a lot of meat. Just sampling them is enough to discover that they are really delicious and worth putting on a few ounces. The most recommendable dishes are: bigos, kotlet schabowy, pierogi and gołąbki. Poles boast that their two basic products are bread and sausages.

The most typical ingredients used in Polish cuisine are sauerkraut, beetroot, cucumbers (gherkins), sour cream, kohlrabi, mushrooms, sausages and smoked sausage. A meal owes its taste to the herbs and spices used; such as marjoram, dill, caraway seeds, parsley, or pepper. The most popular desserts are cakes and pastries. A shot of vodka is an appropriate addition to festive meals and helps you to digest the food.

Poland's culture has always integrated elements from its neighbors, and there are also many recipes of Jewish origin. Nowadays the Polish menu is still changing, being influenced by various, and sometimes exotic tastes. Apart from traditional restaurants specializing in Polish cooking, restaurants serving Italian, French and Asian foods are mushrooming in Poland's cities, as well as vegetarian bars.

Retrieved by: <http://www.staypoland.com/poland-food.htm>

Images: Google Images

Food Glossary

Soups

- Chłodnik litewski: cold yoghurt-and-beetroot soup served with a hard boiled egg, originally from Lithuania.
- Barszcz biały: sour thick wheat starch soup with marjoram, potatoes, sometimes with cream.
- Barszcz czerwony: refreshing beetroot soup with vegetables and sour cream or served clear with dumplings.
- Żurek: sour rye soup with potato, sausage or an egg, sometimes served in a bread loaf.
- Krupnik: barley soup with a smattering of vegetables and smoked meat.
- Kapuśniak: sour cabbage soup.

Hors d'Oeuvres

- Smalec: partially double fried lard with onion, marjoram and sometimes with apple or prune. It is spread over bread and served together with pickled cucumbers as an appetizer before the main meal.
- Śledzie w śmietanie: herring in sour cream, usually with onion.
- Boczek ze śliwką: bacon stuffed with prunes.
- Tatar: steak tartar; raw minced beef with chopped onion and raw yolk.

Main Course - Beef & Veal

- Eskalopki z cielęciny: veal in a blanket.
- Polędwiczki wołowe: beef sirloin, often with rare mushroom sauce.
- Ozór wołowy: soft steamed beef tongues.
- Sztuka mięsa w sosie chrzanowym: boiled chunk of beef in horseradish sauce.
- Zrazy zawijane: beef rolls stuffed with bacon, gherkin and onion or red pepper, in a spicy sauce.

Main Course - Pork

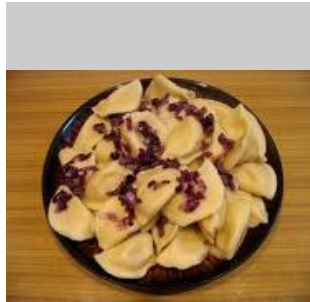
- Golonka w piwie: fat, but tasty pork knuckle, sometimes in beer sauce, always with horseradish; very traditional, originally from Bavaria.
- Karkówka: tenderloin, usually roasted
- Kotlet schabowy: traditional breaded pork cutlet (a tasty choice if you do not want any risk).
- Kiełbasa: Polish sausages - white sausages are especially very tasty. They go well with pickled cucumbers (gherkins) in combination with beer or vodka and fresh air.
- Żeberka w miodzie: spare pork ribs in honey.

Main Course - Poultry

- Kaczka z jabłkami: baked duck in apple.
- Kurczak de volaille: chicken steaks spread with butter, filled with mushrooms and bread crumbed, originally French.
- Wątróbki drobiowe: chicken liver.

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Food Glossary Continued



Pierogi



Placki ziemniaczane



Szarlotka

Vegetarian dishes

- Pierogi: very traditional small white dumplings, larger than ravioli, filled with sauerkraut with mushrooms, cheese and potatoes or with fruit.
- They can be also with meat (z mięsem).
- Naleśniki: omelettes stuffed with jam, fruit, cottage cheese etc. and very similar to crepes.
- Knedle: potato dumplings stuffed with fruit, usually plums.

Side dishes

- Frytki: chips.
- Kopytka: hoof-shaped dumplings.
- Kluski śląskie: Silesian dumplings, made from boiled potatoes.
- Kasza gryczana: buckwheat groats.
- Placki ziemniaczane: potato pancakes.

Sweet Titbits

- Faworki: pastry twisters.
- Galaretka: very sweet jellies.
- Makowiec: sweet poppy cake.
- Pączki: doughnuts.
- Sernik: delicious fat cheese cake.
- Szarlotka: cake with apples, sometimes served with whipped cream

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Customs and Traditions

Christmas

The Festival of Stars

On Christmas Day the village streets are traversed by boys and girls singing carols, and carrying " SZOPKAS "— miniature stages telling the Nativity. Boys, dressed in costumes depict King Herod, Death, a Devil, an Angel, a Bishop, and strange beasts, and are led by a Star Boy. The "Festival of the STAR " is brought to a close on January 6th, Three Kings Day, or in some regions of Poland on Candlemass Day, February 2nd.

Swiety Mikolaj (St. Nicholas)

The feast of St. Nicholas is December 6th. On this day, Sw. Mikolaj would visit the homes of people in the village, dressed in his bishop's robes. When Sw. Mikolaj visited the children, he gave them a gift for being good and to remind them of the gifts given to the Christ Child by the Three Kings. Celebrating the feast day of Sw. Mikolaj remains popular with Polish people living all over the world.

Wedding

Sharing the Bread, Salt and Wine

The sharing of the bread, salt and wine is an old Polish tradition. At the wedding reception, the parents of the bride and groom, greet the newly married couple with bread, which is lightly sprinkled with salt and a goblet of wine. With the bread, the parents are hoping that their children will never hunger or be in need. With the salt, they are reminding the couple that their life may be difficult at times, and they must learn to cope with life's struggles. With the wine, they are hoping that the couple will never thirst and wish that they have a life of good health, and good cheer and share the company of many good friends. The parents then kiss the newly married couple as a sign of welcome, unity and love.

Retrieved By: <http://www.polishamericancenter.org/Customs%26Traditions.htm>

Customs and Traditions Continued

Polish Folk Dancers

Just as folk art in Poland is expressed in a multitude of ways, each district is represented by a different mode of dress. There are some fifty variant regional costumes. These costumes from the Krakow region are used in the popular dance called the Krakowiak, one of the five national dances of Poland. The costumes in the area vary in their ornamentation and coloration from village to village. The basic cut and embroidery patterns are similar. The man's costume consists of a sleeveless blue jacket with standing collar erected with red, yellow, and green embroidery, red tassels, and a shirt with full sleeves and leather belt with brass studs and rows jangling brass coins hung on the left side complete the attire. The bridal headdress of a groom is black skullcap dressed with pink and white flowers and peacock feathers for good luck. Men make their own belts with brass studs. The women wear brilliant vibrant colors. The velvet accented with sequins and silk tassels is the most striking. A brightly colored flowered skirt, a white blouse and apron adorned with embroidery and a beautiful wreath of flowers (wianek) complete the vest. Married women wear an embroidered kerchief or scarf on the head.

<http://www.youtube.com/watch?v=rQsMzyAGlxl&feature=fvst>

Retrieved By: <http://www.polishamericancenter.org/Customs%26Traditions.htm>

Birthday

Poles will celebrate their birthday along with a name day; the name day custom dates back to the Middle Ages and the origins are associated with the Catholic calendar of saints. The majority of people in Poland consider their name day more important than their birthday. Some Poles, adults and children will celebrate both days by having parties and by receiving gifts from family and friends. Poles will typically bring cake and champagne to their workplace to celebrate their name day.

Retrieved By: http://www.giftypedia.com/Poland_Gift_Giving_Customs??

Customs and Traditions Continued

First Names, Surnames

Bruderszaft is something like a brotherly toast. In no circumstances is one allowed to decline it, as this could be taken as an offence. Relations between people who have taken part in this ceremony turn from official to personal. From then on first names can be used, in Polish "przejsz na ty" ('ty' being the informal 'you'). Bruderszaft is fulfilled in the following way: two people simultaneously raise a toast, after which they interlock arms and down their drinks. The last part is an exchange of kisses and a "Call me Marek," - "Call me John".



Guest in the Home, God in the Home

When sitting down to the dinner table it is always a good idea to congratulate the host on the wonderful reception. Poles are convinced that they are an exceptionally hospitable nation and like to be confirmed of this. In the past their forefathers often said: 'A guest in the home, God in the home', which meant that a guest had to be offered all the best things available. When the best was lacking they would escape to the following expression: "Go into debt, but do it in style." In fact it sometimes happened that outlays on parties were financed by loans which then took years to repay. The desire to please guests has remained to this day. Now, it is slightly different.

Retrieved By: <http://www.masterpage.com.pl/polish-culture-and-customs/>

Images: Google Images

Polish Speaking SLP's in the United States

Arizona

Raz, Mirla M.Ed

8356 E. San Rafael Dr.
Scottsdale, AZ 85258
480 951 9707

Email: mirlag@communicationskillscenter.com

California

Fort, Barbara G.

3999 Atlantic Avenue
Long Beach, CA 90807
(562) 426-9032

Email: jbfort@earthlink.net

Center for Learning & Achievement

828 S Bascom Ave ,Ste 100
San Jose, CA 95128
(408) 793-4257

Email: angie.marshall@hhs.co.santa-clara.ca.us

Jakubowitz Associates

3160 Crow Canyon Place, Suite 21
San Ramon, CA 94583

[Map of this location.](#)

925 275-1259

Email: melissa@jassociates.com

Colorado

Boulder Community Hospital

311 Mapleton Ave
Boulder, CO 80304

[Map of this location.](#)

(303)441-0493

Email: selling@bch.org

Connecticut

Hospital for Special Care

2150 Corbin Avenue
New Britain, CT 06053
860 827-1958

Email: wmarshall@hfsc.org

Hebrew Health Care

1 Abrahms Blvd.
West Hartford, CT 06117
860 523-3860

Email: lbosco@hebrewhealthcare.org

Florida

HealthSouth Rehabilitation Hospital of Sarasota

3251 Proctor Road
Sarasota, FL 34231
941.921.8796

Email: Stacey.Shepherd@healthsouth.com

Illinois

Easter Seals-UCP

303 N. Hershey Rd., Suite 2B
Bloomington, IL 61704
309-663-8275

Email: erogers@easterseals-ucp.org

Children's Memorial Hospital

2300 Childrens Plaza
Box 148
Chicago, IL 60614
773-880-4441

Email:

dklepac@childrensmemorial.org

Holy Cross Hospital

2701 W. 68th Street
Chicago, IL 60629-1882
773-884-9000

MedCare

3633 West Lake Suite 102

Glenview, IL 60026

847-724-7600

Email: info@medcarerehab.com

**PARA's Peach Tree,
Speech &
Developmental
Center**

2423 Glenwood Ave

Joliet, IL 60435

8157259992

Email:

info@paraspeachtree.
com

GLSpeech Associates

900 Skokie Blvd.

Suite 215

Northbrook, IL 60062

847-564-9230

Director: John Lybolt, Ph.D.

**Dettlaff, Krystina
MA/CCC/SLP**

10340 S. Aspen Drive

Palos Hills, IL 60465

708-430-1360

Email:

krystinaslp2@yahoo.c
om

Rehabilitation Achievement Center

5150 Capitol Dr

Wheeling, IL 60090

8472159977

Director: Richard Green

Indiana

Bazarko, Margaret MSCCC-SLP

12800 Mississippi Parkway

Crown Point, IN 46307

[Map of this location.](#)

219.662.5770

Email: gosiab99@yahoo.com

Facility Type: Outpatient Rehab Cntr

Payment Type: Medicare, Medicaid, Private
Health Insurance, Credit Card

Saint Anthony

Hospital

1201 South Main Street

Crown Point, IN 46307

[Map of this location.](#)

219.757.6027

Email:

Director: Susan Kincaide

Facility Type: Hospitals

Payment Type:

Medicare, Medicaid, Health
Insurance, Credit Card

Maryland

Connolly, Anna M. A.

8701 Warfield Road

Gaithersburg, MD 20882

[Map of this location.](#)

(240) 426-3649

Email: ania.m.w@gmail.com

Maine

Welsh, Beata M.A.

P.O. Box 76

Lisbon, ME 04250

[Map of this location.](#)

207-577-8442

Email: welshtherapy@yahoo.com

Michigan

Neurological Recovery Systems

27450 Schoenherr

Warren, MI 48088

[Map of this location.](#)

586-582-7825

Email:

Director: Lori Susin

Facility Type: Outpatient Rehab Cntr

Payment Type: Medicare, Medicaid, Private Health Insurance, Credit

McMichael, Amanda CCC-SLP

322 Plant Avenue

St. Louis, MO 63119-3828

[Map of this location.](#)

314-803-5010

Email: amanda.mcmichael@gmail.com

Facility Type: No primary employment facility

Nebraska

Children's Hospital

8200 Dodge Street

Omaha, NE 68114-4113

[Map of this location.](#)

(402) 955-3980

Email: mcash@chsomaha.org

Director: Rhonda Ervin

Facility Type: Outpatient Rehab Cntr

New Jersey

Nowacki, Anna MA/CCC-SLP

Unlisted

Denville, NJ 07834-2457

Email: anowacki@att.net

Baj, Jeanette

185 E. Palisade Avenue

Englewood, NJ 07631

7188130219

Email: H3av3nlys3nt143@aol.com

Hackensack University Medical Center-Speech Path

20 Prospect Ave

Hackensack, NJ 07601

(201) 996-3830

Email: dkelleher@humed.com

Director: Darlyne Kelleher

Facility Type: Outpatient Rehab Cntr

Payment Type:

Medicare,Medicaid,Private Health

Insurance,Credit Card

Lobaina, Elizabeth MA

3176 Route 27 Suite 2B

Kendall Park, NJ 08824

732 821-1266

Email: eslp@comcast.net

Director:

Facility Type: SLP or AUD Office

Payment Type: ,Health

Insurance,Reduced

Speech Connections, Inc

11 C Foxwood Dr

Morris Plains, NJ 07950

973-452-1569

Email:speechconnections@gmail.com

Director: Lauren Jacobson

Facility Type: SLP or AUD Office

Payment Type: ,Credit Card

Riverview Medical Center

1 River Plaza

Red Bank, NJ 07701

732-530-2425

Email:

bmiller@meridianhealth.com

Director: Joanna Skokowski

Facility Type: Speech/Hearing Cntr

or clinic

Payment Type:

Medicare,Medicaid,Health

Insurance,Credit Card

Slodownik, Ewa MA

372 Whimbrel Ln

Secaucus, NJ 07094

(201) 450 2047

Email: ewa.slodownik@gmail.com

Facility Type: Home Health

Agency/Client's Home

Speech And Hearing Associates

60 Notch Rd

Woodland Park , NJ 07424

973-785-0696

Email:

info@SpeechAndHearingHelp.com

Director: Robert W.Woods, Ph.D.,

CCC-A, FAAA

Facility Type: SLP or AUD Office

Payment Type: Medicare,Health

Insurance,Credit Card

New York**New York Speech and Hearing**

69-71 Grand Avenue

Maspeth, NY 11378

(718) 507-4400

Email: speaknhear@aol.com

Director: Dr. Melissa Heche

Facility Type: Private Physician's Office

Payment Type: Medicare,Private Health

Insurance,Credit Card

Multilingual**Developmental Agency,
Inc**

2998 Shore Drive

Merrick, NY 11566

516-730-5001

Email:

info@multilingualdevelopme
nt.com

Director: Lilya Popovetsky

Facility Type: Home Health

Agency/Client's Home

Glogowska, Urszula

100 Beekman St 15E

New York, NY 10038

2124069520

Email: ulaglogowska@hotmail.com

Director:

Facility Type: Pediatric Hospital

Heche, Melissa AuD, MA

271 Madison Ave, Ste 1405

69-71 Grand Avenue

New York, NY 10016-1014

212-260-1414

Email:

mheche@newyorkspeechan

dhearing.com

Facility Type: Private

Physician's Office

New York Speech and Hearing

271 Madison Ave #1108

New York, NY 10016

(212) 532-5764

Email: speaknhear@aol.com

Director: Dr. Melissa Heche

Facility Type: SLP or AUD Office

Aybinder, Victoria

3767 Richmond ave

Staten Island, NY 1031

7189670359

Email: maybinder@si.rr.com

Facility Type: SLP or AUD

Office

Ohio

**Accent Modification
Inc.**

7460 Brandt Pike

Dayton, OH 45424

937-371-6649

Email:

accentmodification@
woh.rr.com

Director: Cheryl A

Posey

Facility Type: SLP or
AUD Office

Payment Type:
Reduced

**Forum Health
Hillside
Rehabilitation
Hospital**

8747 Squires Lane
N E

Warren, OH 44484-
1697

330-841-3870

Email:

mfeidmann@Forum
health.org

Director: M.C.
Feldmann

Pennsylvania

Alpha Speech & Language Center

2642 Glenwood Park Avenue

Erie, PA 16508

814/451-0940

Email: ksheppardnene@hotmail.com

Director: Karen Sheppard

Facility Type: Speech/Hearing Cntr or clinic

Payment Type: Medicaid, Private Health Insurance

Utah

Utah Valley Regional Medical Center

1034 North 500 West

Provo, UT 84605

(801) 357-7448

Email: tim.grotegut@ihc.com

Director: W. Kelly Dick, Ph.D.

Facility Type: General Medical Hospital

Payment Type: Medicare, Medicaid, Private Health Insurance, Credit Card, Free, Reduced

Virginia Mason Medical Center

1100 9th Ave

X10-ON

Seattle, WA 9810

206-223-6374

Email: Isnforlife@vmmc.org

Director: Seth Schwartz, MD, MPH

Facility Type: Hospitals

Payment Type: Medicare, Medicaid, Private Health Insurance, Credit Card, Reduced

Referral Restrictions:

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Additional Resources

- Listen to several Polish phrases at [BBC Quick Fix on the Polish Language](#)
- Listen to several polish speakers at [The Speech Accent Archive](#). (Search for Polish speakers)
- For detailed information please link to [Concise Polish Grammar](#)
- A brief list of common vocabulary including personal pronouns, numbers, months, animals, countries, and common phrases may be viewed at [Wikipedia-Polish Vocabulary](#)
- [The American Institute of Polish Culture Inc.](#) A variety of English and Polish sites are available from this site; select “Other Polish Sites” on the left-hand side of the home page.
- Several online Polish-English dictionaries exist:
 - [Polish English Dictionary](#)
 - [English-Polish, Polish-English Dictionary](#)
 - [Polish Dictionary.com](#) (this is also an English-to-Polish resource)

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