



Niedzica Castle (also Dunajec Castle)



The High Tatras



Poland

The Republic of Poland
(*Rzeczpospolita Polska*)



About Poland:

Cześć (Hey),

Poland is situated in the middle of Europe, between the Baltic Sea and the Carpathian Mountains. The geometric centre of the continent lies in the vicinity of Warsaw. The land of Poland, with area over 120,000 square miles, makes it the ninth largest country in Europe. The country shares borders with Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and Russia.

Poland is mostly a lowland country, except for a horizontal strip of uplands and mountains in the south. The Baltic Sea is a natural border in the north with its vast sandy beaches, dunes, spits and lakes. Many of the lakes and glacial deposits are thousands of years old. The country's two longest rivers are the Vistula, flowing from Kraków (Cracow) and Warsaw and the Oder in western Poland.

What to Expect:

The aim of the IFYE exchange in Poland is to learn about Polish agriculture and rural living by mainly staying at rural-based families. Each family will host for three weeks, so it means four families during this three-month program. Polish host families will try to teach some basics of Polish language as important part of the culture and identity. Except for the older generation, most Poles are able to communicate in English. What is more - IFYEs will love Polish hospitality and the cuisine!

IFYEs will arrive in Warsaw and spend a couple of days there before going to host families by train or car. At the end of the program, there is always an evaluation meeting with all IFYEs and Polish coordinators. National, regional and local young farmers, and rural youth organizations support the Polish part of the program.



PROGRAM INFORMATION:

Applications for the 2021 program can be found on the **IFYEUSA.ORG** website under the [Foreign Exchange Programs](#) tab.

APPLICATION DEADLINE: Until Filled

For further information including whether deadline has been extended, please contact:
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