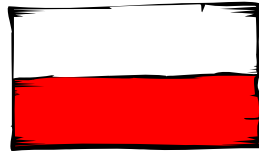


Numbers

- 0 - zero
- 1 - yeden
- 2 - dvu
- 3 - tchi
- 4 - tchteri
- 5 - pyench
- 6 - sheshtch
- 7 - shedem
- 8 - oshem
- 9 - djevyentch
- 10 - djeshentch



POLISH



WORDS AND PHRASES IN MY LANGUAGE

Hello - dzień dobry	(djen dobri)
Goodbye - do widzenia	(daw veedjen ya)
Good evening - dobry wieczór	(dobri viechoor)
How are you? - Jak się masz?	(yuk she mush)
Madam - pani	(puni)
Sir - pan	(pun)
Good - dobrze	(dobshe)
Bad - źle/niedobrze	(shle/nye dobshe)
Yes - tak	(tuk)
No - nie	(nye)
Please - proszę	(proshe)
Thank you - dziękuję	(djen coo ye)
I'm sorry/pardon - przepraszam	(psheprasham)
Help - ratuj	(rutooy)
Where does it hurt? - Gdzie pana/panią boli	(gdje punu/puni boli)
Eat up! - jedz!	(yetch)
Drink up! - wypij!	(vipee)
Let's go! - idziemy!	(ijemi)
Would you like to go to the toilet? - Czy chce pan/pani iść do toalety? (Tshi hce pun/puni ishtch do towaleti)	
Would you like to have a shower? Czy chce pan/pani wziąć prysznic? (Tshi hce pun/puni vshonshtch prishnits)	

Special Days

- Women's Day (8 March)
- Children's Day (1 June)
- Easter (Wielkanoc)
- National Day (3 May)
- All Saints Day (1 November)
- All Souls Day (2 November)
- Independence Day
(11 November)
- Christmas Eve (Wigilia)
- Christmas (Boże Narodzenie)
- Nameday may be celebrated
instead of birthday

Need more information?

Please contact the
Polish Welfare Office
in Hobart on 62286258.



Interpreting and Translating Services (Tasmania)

All World Languages: 6224 5355
Amigos Translate: 6228 5480
Language Link: 6344 7831
TIS National: 131 450



Important Contact Numbers (Tasmania)

Centrelink Multicultural: 131 202
Migrant Resource Centre
(PICAC officer): 6221 0940
Migrant Resource Centre
(CCP officer): 6221 0941
Polish Association: 6228 3686
Polish Club: 6228 5179
Polish Chaplin (Catholic): 6272 1610
Polish Welfare Office: 6228 6258
Ziggy's Supreme Smallgoods:
6228 4849

Customs and Festivals

Wigilia (viggillia): traditional Christmas Eve meal consisting of 12 traditional Polish fish and other non-meat dishes.

Opłatek (opwutteck): special wafer shared with family and friends before Wigilia as a gesture of good will for Christmas and the New Year.

Wielkanoc (vyelkunnots): Easter Sunday. Mass is attended early in the morning followed by a special family breakfast at home.

Święconka (shfyensonka): blessing of basket of food (salt, bread, cake, sausage, eggs) on Saturday before Wielkanoc.



Traditional Polish Food

Barszcz (barsh-ch) - beetroot soup
Bigos (bigoss) - meat and cabbage stew
Chleb żytni (hleb djitni) - rye bread
Drożdżowe ciasto (droshdjov-e chusto) - yeast cake
Flaczki (fluchki) - tripe soup
Gołąbki (gowompki) - filled cabbage rolls
Kapusta (kupoosta) - pickled cabbage
Kaszanka (kushunka) - black pudding
Kopytka (kopitka) - potato dumplings
Kiełbasa (kyelbussa) - Polish sausage
Krupnik (kroopnik) - barley soup
Makowiec (mukov-yets) - poppy seed cake
Ogórki kiszane (ogoorki kishon-e) - pickled cucumbers
Pączki (ponchki) - doughnuts with jam
Pierogi (pyeroggi) - filled dumplings. Fillings include:
meat, cheese, potatoes, mushrooms, fruit
Piernik (pyernik) - gingerbread biscuit/cake
Sernik (sernik) - baked cheese cake
Żurek (djoorek) - sour soup

Polish Radio & Television Broadcasts (TAS)

SBS National Radio (105.7fm)

1.00pm - Monday, Wednesday, Friday, Sunday

The FM local radio (92.1MHz & 96.1 MHz)

8.00am - Saturday

SBS Television

8.00am - Sunday

12.25pm - Monday (repeat of Sunday program)

(Please note days and times of broadcasts may change.)