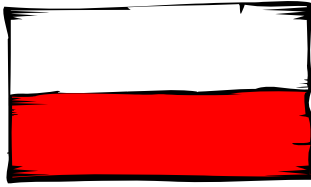


Numbers

- 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/nie dobrze	(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 toaleti)	
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.

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

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

Święconka (shfyensonka): blessed basket of food (salt, bread, cake, sausage, eggs). Blessing takes place 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

Flaczkki (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.)