



# Polish Christmas traditions

- The Christmas Day in the Christian tradition is on the 25th of December. It is preceded by 3 weeks of waiting (exactly 4 Saturdays) called Advent, when Catholics participate in devotions and pray while waiting for the Jesus Christ's birth.



# Poland

- We start our preparations much earlier than Christmas, basically at the start of December. Many of us imagine Christmas as running around your home and shops, a crowd in the kitchen and a lot of different responsibilities, but we often forget that Christmas time should be a time for families and strengthening family ties.





# Christmas meal

- During the Christmas dinner, we've got a lent, so on the table, as opposed to meat, we can see many fish meals like herrings in oil or in cream or Greek style fish, but the most popular one is carp.
- Typical for Poland, we've got twelve Christmas meals, among them: noodles with poppy seeds, dumplings with cabbage and mushrooms, borscht with dumplings, compote with dried fruits, gingerbread.



# Customs

- We start Christmas dinner when we see first star on the sky, but before we start eating, we're sharing the Christmas wafer during wishes.
- After the dinner, Santa Claus brings us gifts, but we hardly ever see him. He's very busy- he needs to bring presents to kids all over the world!





# Customs

- Typically for us, during all the Christmas time, we sing Christmas carols. One of the most known are:
- “Wśród nocnej ciszy”  
<https://www.youtube.com/watch?v=2zni1FnjArQ&list=RD2zni1FnjArQ>
- “Przybieżeli do Betlejem”  
<https://www.youtube.com/watch?v=lcveD1IAuvQ>



# Thanks for watching

Sources:

[www.dziecisawasze.pl/polskie-zwyczaje-swiateczne/](http://www.dziecisawasze.pl/polskie-zwyczaje-swiateczne/)

[pl.wikipedia.org/wiki/Boże\\_Narodzenie](http://pl.wikipedia.org/wiki/Boże_Narodzenie)

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