

***The official name of Poland is
Republic of Poland.***



Poland's national symbol is the White Eagle.



Poland is the 9th largest country in Europe by land area.



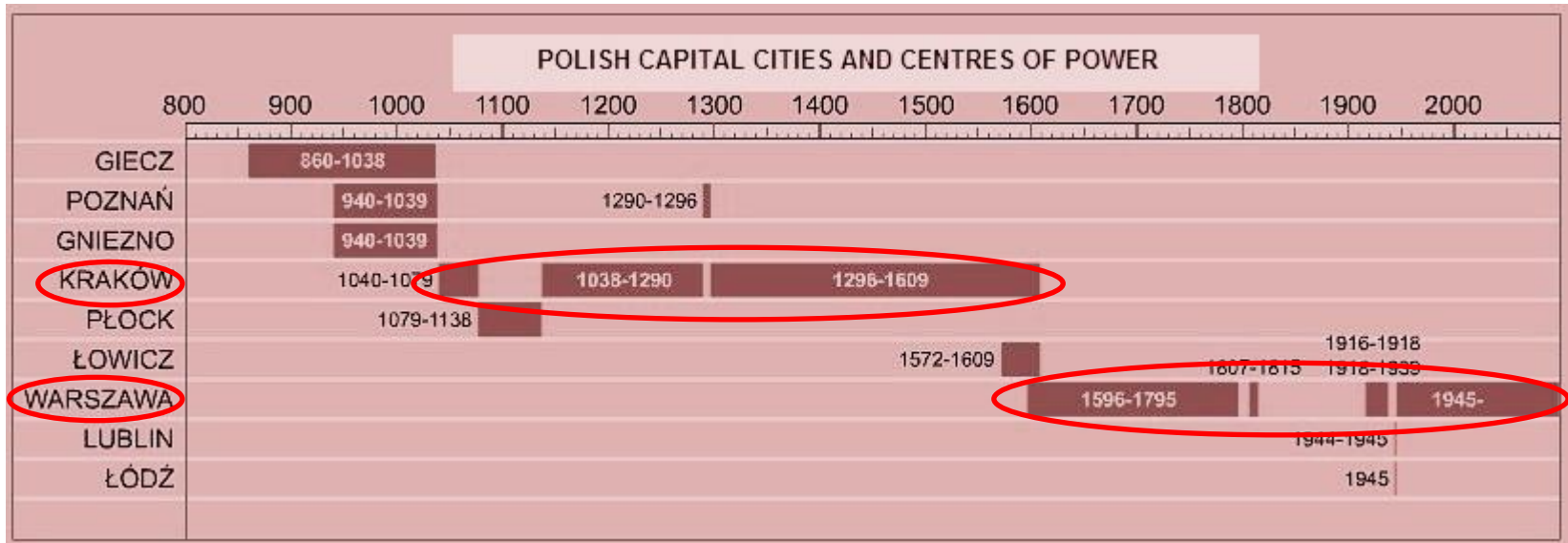
Seven countries share a border with Poland: Russia, Lithuania, Belarus, Ukraine, Slovakia, the Czech Republic and Germany.



Poland is home to over 38 million people.



Between 860 and today, Poland has had nine capital cities / centres of power. Cracow beats Warsaw in terms of duration.



Warsaw is the largest city and capital of Poland.



The peak of Rysy in the Tatra Mountains is the highest point in Poland (2,499 m).



Forests cover over 30% of Poland's land area, and the country is the fourth most forested in Europe.



***To the north, Poland is bordered
by the Baltic Sea.***

