

# WELCOME TO POLAND

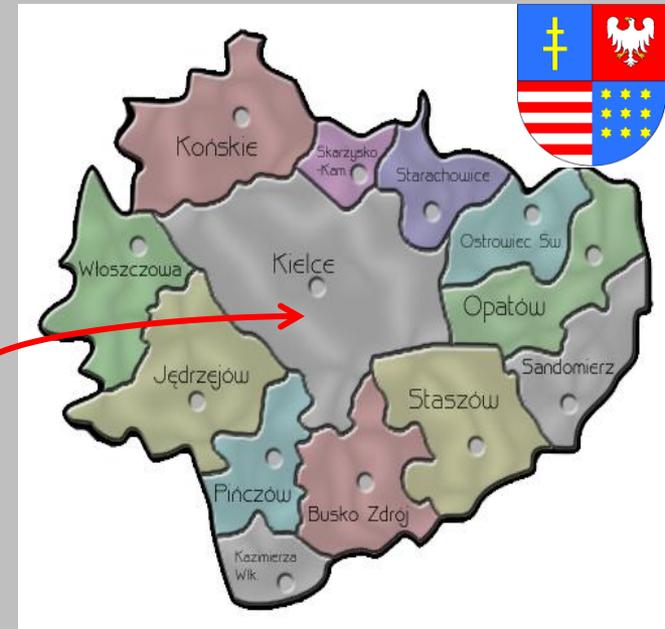


Poland is a country in central Europe, on the Baltic Sea. It is bordered by seven countries. Much of the country is lowland, although in the south there are some uplands and mountains – The Tatras with the highest peak Rysy.



# Świętokrzyskie -our region

Poland is made up of 16 voivodeships. Świętokrzyskie is one of the smallest provinces, created in 1999. It is situated in south-central Poland and takes its name from Świętokrzyskie mountain range.





# Świętokrzyskie Mountains

**A characteristic feature of the region are the Świętokrzyskie Mountains – one of the oldest mountain ranges in Europe. The two highest peaks are Łysica(612m) and Łysa Góra(593m). According to some legends, Łysa Góra (Bald Mountain) was the place of witches' sabbaths. The climate of the mountains is much severe than in other parts of the region.**



# Main rivers



**The main rivers of the region are: the Wisła, the Pilica, the Nida, the Kamienna and the Bobrza river.**

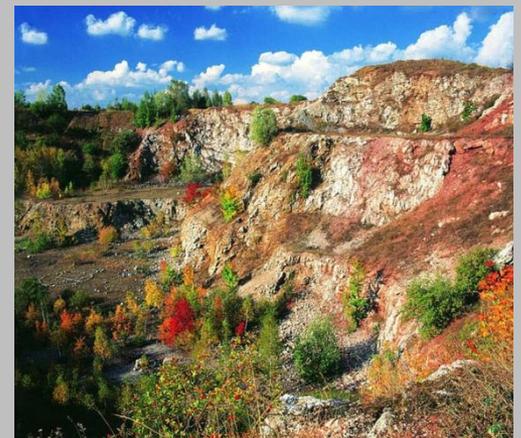




# KIELCE

## The capital of the province

The capital of the province and the biggest city of the region is Kielce with about 206 thousand inhabitants.



# BIGGEST CITIES AND TOWNS



The voivodeship contains 31 cities and towns. The biggest ones, apart from Kielce, are: Ostrowiec Świętokrzyski, Starachowice, Skarżysko Kamienna and Sandomierz.



# The oldest city in the region - SANDOMIERZ



**Sandomierz is a small, charming city with a history of one thousand years. It is situated on seven hills, that is why it is called „Little Rome.” There are about 120 historical monuments.**

