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STARACHOWICE
NAPĘDZAMY ROZWÓJ

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Language module

This module contains a set of language tips that can be extremely useful while staying in Poland

Polish Language "Shopping"//Polish Language in a Store

Types of Stores - General Name

grocery store; supermarket; hypermarket - sklep spożywczy; supermarket; hipermarket

local store; small shop; online store - sklep osiedlowy, mały sklep, sklep internetowy

kiosk - kiosk

Types of Stores - Rodzaje sklepów

fruit/vegetable store; greengrocery; vegetable stand - warzywniak, sklep owocowo-warzywny, stoisko warzywne

drugstore - drogeria

shoe store - sklep obuwniczy

stationery store - sklep papierniczy

clothing store - sklep odzieżowy

furniture store - sklep meblowy

delicatessen - delikatesy

bookstore - księgarnia

butcher shop - sklep mięsny

home appliances store - sklep AGD

computer store - sklep komputerowy

electronics store - sklep ze sprzętem elektronicznym

florist - kwiaciarnia

bakery - piekarnia

pastry shop - cukiernia

liquor store - sklep alkoholowy

pharmacy - apteka

Meat and Cold Cuts

chicken - kurczak

pork - wieprzowina

beef - wołowina

veal - cielęcina

fish - ryba

liver - wątróbka

sausage: country-style, regular, ham, frankfurter, white, chicken, pork, chicken-pork blend, veal frankfurters - kielbasa: wiejska, zwykła, szynkowa, frankfurterki, biała, drobiowa, wieprzowa, mieszanka drobiowo-wieprzowa, frankfurterki cielęce

kabanosy (Polish smoked sausage) - kabanosy

salami - salami

meat pâté – pasztet mięsny

ham - szynka

black pudding - kaszanka

smoked bacon/raw bacon – boczek wędzony/ boczek surowy

Dairy products

cottage cheese - twaróg

cheese – ser żółty

butter - masło

margarine - margaryna

milk - mleko

eggs - jajka

cream - śmietana

buttermilk - kefir

yogurt - jogurt

Beverages!

juices: apple, orange, grapefruit, pineapple, plum, multivitamin - soki: jabłkowy, pomarańczowy, grejpfrutowy, ananasowy, śliwkowy, multiwitamina

mineral water: sparkling, still; moderately sparkling - woda mineralna: gazowana, niegazowana; umiarkowanie gazowana

Coca Cola

Pepsi Cola Fanta

Sprite

vodka - wódka

brandy

whisky

beer: light, dark, non-alcoholic, wheat - piwo: jasne, ciemne, bezalkoholowe, pszeniczne

wine: sweet; semi-sweet; dry; sparkling: champagne wino: słodkie; półsłodkie; wytrawne; musujące: szampan

wine: white, red – wino białe, czerwone

Vegetables

cucumber/cucumbers - ogórek/ogórki

lettuce/lettuces – sałata/ sałaty

tomato/tomatoes = pomidor/pomidory

cabbage - kapusta

zucchini/zucchini - cukinia/cukinie

carrot - marchewka

baby carrot/baby carrots – młoda marchewka/marchewki

parsley/parsleys - pietruszka/pietruszki

leek/leeks - por/pory

celery/celeries – seler/selery

onion/onions - cebula/cebule

potato/potatoes - ziemniak/ziemniaki

bell pepper/bell peppers - papryka/papryki

spinach - szpinak

eggplant/eggplants - bakłażan/bakłażany

Fruit/fruits

apple/apples - jabłko/jabłka

lemon/lemons - cytryna/cytryny

orange/oranges - pomarańcza/pomarańcze

tangerine/tangerines - mandarynka/mandarynki

kiwi - kiwi

mango -mango

watermelon/watermelons -arbuz/arbuzy

apricot/apricots - morela/morele

plum/plums - śliwka/śliwki

date/dates - daktyl/daktyle

peach/peaches - brzoskwinia/brzoskwinie

grape/grapes - winogrono/winogrona

cherry/cherries - czereśnia/czereśnie

lemon/lemons - cytryna/cytryny

banana/bananas - banan/banany

strawberry/strawberries - truskawka/truskawki

sour cherry/sour cherries - wiśnia/wiśnie

raspberry/raspberries - malina/maliny

cranberry/cranberries - żurawina/żurawiny

Bakery

bread/breads: whole grain, rye, graham, mixed, spelt - pieczywo/chleb: pełnoziarniste, żytnie, graham, mieszane, orkiszowe

roll/rolls: graham roll, kaiser roll - bułki: bułka grahamka, bułka kajzerka

sweet bun/sweet buns: poppy seed bun, cheese bun, custard bun, apple bun - bułki słodkie: bułka z makiem, bułka z serem, bułka z kremem, bułka z jabłkiem

pastry/pastries - wypieki

croissant/croissants

Pastry Shop

cake/cakes: cheesecake, gingerbread, layer cake, poppy seed roll, apple pie, Carpathian cake, chocolate cake, yogurt cake, yeast cake, sweet bun - ciasto/ciasta: sernik, piernik, babka piaskowa, makowiec, szarlotka, karpátka, ciasto czekoladowe, ciasto jogurtowe, ciasto drożdżowe, słodka bułka

doughnut/doughnuts - pączek/paczki

angel wings - faworki

ice cream/ice creams: vanilla, cream, lemon, currant, mango, passion fruit, pistachio cookie/cookies - lody: waniliowe, śmietankowe, cytrynowe, porzeczkowe, mango, marakuja, pistacjowe

lemon bundt cake/orange bundt cake - ciasto cytrynowe/ciasto pomarańczowe

cupcake/cupcakes - eczka/babeczki

croissant/croissants

Drugstore

Facial tissues – chusteczki higieniczne

Paper towel – ręcznik papierowy

Comb - grzebień

Soap - mydło

Shampoo - szampon

Hairbrush – szczotka do włosów

Bath liquid – płyn do kąpiel

Eye cream – krem pod oczy

Mascara – tusz do rzęs

Stationery store

Notebook - zeszyt

Pen - długopis

Coloured pencils - kredki

Pencil - ołówek

Paints - farby

Brushes - pędzle

Modeling clay - plastelina

Pencil sharpener - temperówka

Stapler - zszywacz

Staples - zszywki

Folder - folder

Eraser - gumka do wycierania

Adhesive tape - taśma klejąca

Envelope - koperta

Clipboard - tablica

Office clips - spinacze biurowe

Binder - segregator

Pen refills - wkłady do długopisów

Greeting cards - kartki okolicznościowe

Spices/Herbs

Ground paprika - mielona papryka

Whole peppercorns - pieprz w ziarnach

Ground pepper - pieprz mielony

Cinnamon - cynamon

Cloves - goździki

Turmeric - kurkuma

Curry - curry

Basil - bazylia

Oregano - oregano

Vanilla - wanilia

Other Products

Rice - ryż

Groats: millet, buckwheat - kasza: jaglana, gryczana

Tea - herbata

Pasta - makaron

Jam - dżem

Sugar - cukier

Salt - sól

Clothing store

Skirt - spódnica

Shirt - koszula

Dress - sukienka

Undershirt - podkoszulek

Socks - skarpety

Bra - biustonosz

Pants - majtki

Hoodie - bluza z kapturem

Boxer shorts - bokserki

Men's briefs - slipy męskie

Underwear - bielizna

Hat - czapka

Scarf - szalik

Cap - czapka z daszkiem

Pyjamas - piżama

Coat - płaszcz

Shorts - krótkie spodenki

Jacket - marynarka

T-shirt

Sweater - sweter

Scarf - apaszka

Belt - pasek

Leggings - legginsy

Jeans - jeansy

Tracksuit - dres

Shoe store

Men's slippers - pantofle męskie

Women's slippers - pantofle damskie

Boots - kozaki

Trainers - trampki

Sneakers - adidasy

Slippers / Indoor slippers - kapcie/pantofle domowe

Sandals - sandały

Flip-flops - klapki, japonki

Ankle boots - botki

High heels - szpilki

Wellington boots - kalosze

Snow boots - śniegowce

Sports shoes - buty sportowe

Flower shop

Rose - róża

Freesia - frezja

Tulip - tulipan

Carnation - goździk

Chrysanthemum - chryzantema

Irises - irysy

Cactus - kaktus

Orchid - storczyk

Daffodil - żonkil

Daisies - margeritki

Lilies - lilie

Pansies - bratki

Bouquet of flowers / Floral arrangement, Wreath - bukiet kwiatów/wiązanka kwiatów, wieniec

Bookstore

Book - książka

Calendar - kalendarz

Comic book - komiks

Poster - plakat

Pencil case - piórnik

Dictionary - słownik

CD – płyta CD

Colouring book - kolorowanka

Notebook - notes

Binder - skoroszyt

Toy store

Teddy bear - miś

Doll - lalka

Toy Car - samochód

Lego blocks – klocki lego

Board game – gra planszowa

Plush toy - pluszak

Mascot - maskotka

Puzzle - puzzle

Ball - piłka

Jump rope - skakanka

Back-in-the-box - bąk

Dollhouse – domek dla lalek

Slide - zjeżdżalnia

Narrow-gauge train – kolejka wąskotorowa

Useful phrases and expressions

How much does a kilogram of apples cost?

How much are the apples?

How much do the apples cost?

How much do potatoes/pears/apples cost?

How much are potatoes/pears/apples?

How much does yogurt/butter, bread cost?

How much do yeast cost?

How much do cigarettes cost?

Priority checkout

Self-service checkout

Checkout

Go to the next checkout

Checkout closed

Buy one, get one free

Alcohol only for individuals over 18 years old

Price scanner

24-hour pharmacy

Złoty (currency in Poland)

1 złoty = złotówka

grosz (subunit of złoty)

Gram/grams, dekagram/decagrams, kilogram/kilograms, litre/litres

1 gram, dekagram, kilogram, litre

Dialogue

Dialogue 1:

Customer: Good morning.

Salesperson: Good morning! How can I help you?

Customer: I'd like some toast bread, yellow cheese, still water, 200 grams of mushrooms, 200 grams of ham, and also white cheese – 200 grams.

Salesperson: Is that all?

Customer: No, I'd also like orange juice. How much is it? I apologize; I can't see the price. I didn't bring my glasses.

Salesperson: Four zlotys.

Customer: Yes, thank you very much.

Salesperson: Is that all? Customer: No, I'd like a shopping bag.

Salesperson: Here you go.

Salesperson: Will you be paying with a card, cash, or contactless?

Customer: I'll pay with a card.

Salesperson: Please use your card and enter your PIN, confirm, and press the green button. Customer: Here you go.

Salesperson: Thank you. Would you like a bill?

Customer: No, thank you. Just the receipt. Goodbye. Have a good day.

Salesperson: Goodbye. Thank you.

Dialogue 2:

Customer: Good morning.

Salesperson: Good morning! What can I get for you?

Customer: I'd like a kilogram of apples and half a kilogram of apricots.

Salesperson: Today, we have fresh, delicious cherries. They are large, ripe, tasty, and juicy. Please try them.

Customer: Yes, they're delicious, excellent. I'll take a kilo of cherries, please.

Salesperson: Anything else?

Customer: Yes, I'd also like vegetables: three zucchinis, young cabbage, half a kilo of tomatoes, and spinach.

Salesperson: OK.

Customer: Thank you. Excuse me, do you have lightly salted pickled cucumbers? Salesperson: Yes, we do.

Customer: I'd like seven lightly salted cucumbers, dill, green parsley, and ten fresh cucumbers for a salad. They can be slightly larger.

Salesperson: Certainly. Is that all?

Customer: Yes, that's all. Salesperson: Do you want to add a bag?

Customer: No, thank you. Salesperson: Do you have some change?

Customer: Certainly.

Salesperson: Thank you very much.

Dialogue 3:

Customer: Good morning.

Sales person: Good morning!

Customer: Excuse me, can I order a birthday cake for ten children?

Sales person: Of course. What kind?

Customer: I'll have a cream cake with fruits.

Sales person: And do you need birthday candles?

Customer: Yes, please, candles for the fifth birthday.

Sales person: Anything else?

Customer: I'll also take three donuts and half a kilogram of apple pie.

Sales person: Alright, I'll prepare that for you.

Customer: Thank you. That's all.

Sales person: You're welcome.

Customer: How much do I pay?

Sales person: The total is 195 Polish zlotys.

Customer: Here you go.

Sales person: Thank you. Here's your change.

Customer: Thank you very much. Goodbye.

Sales person: Goodbye.

Dialogue 4:

Sales person: Good morning. How can I help you?

Customer: I'd like rye bread, two whole grain rolls, and four pastries: one with cheese, one with custard, one with apple, and one with chocolate.

Sales person: Anything else?

Customer: Are there any donuts left?

Sales person: Unfortunately, not today. We only have small cheese-filled pastries. I recommend the chocolate cake.

Customer: No, thank you. Then maybe 400 grams of Viennese cheesecake.

Sales person: Here you go. Is that all?

Customer: Yes, thank you. Oh, I forgot about crackers. Please, half a kilogram of crackers.

Sales person: Certainly.

Customer: Please add a shopping bag as well.

Sales person: Certainly. Are you paying with card or cash?

Customer: Card.

Sales person: Please enter your PIN and confirm pressing the green button.

Customer: Yes, please.

Sales person: Here's the receipt. Would you like a printed confirmation?

Customer: No, thank you. Here you go.

Customer: Thank you. Goodbye.

Sales person: Goodbye. Have a nice day.

Dialogue 5:

Sales person: Good morning.

Customer: Good morning. I want to buy a dress for a trip, a colorful one. Preferably made of cotton.

Sales person: Please take a look. There's a large selection here. What size do you need?

Customer: Size M, please.

Sales person: Please have a look. This one seems suitable to me.

Customer: Thank you, it's lovely. Can I try it on?

Sales person: Yes, the fitting room is behind the men's clothing.

Customer: Unfortunately, this one is a bit too tight. However, I'll take it in size L.

Sales person: Sure, please wait. I'll check at the stand. Here you go. I think this one will be suitable. This colour is trendy this summer.

Customer: Alright. You're right. It's fantastic. I'll also take those green sandals. They match perfectly in terms of colour. Do you have size 38?

Sales person: Yes, here you go.

Customer: Thank you. I'll try them on. Yes, they fit perfectly. They're very elegant and comfortable. I'll take them.

Sales person: Please come to the checkout. I'll pack them right away!

Customer: Thank you.

Sales person: Are you paying with a card?

Customer: No, with cash.

Sales person: Alright, thank you.

Customer: Have a nice day. Goodbye.

Sales person: Goodbye.

Polish for Traveling

In the City

market square, city centre - rynek, centrum miasta

square, street, square, avenue - plac, ulica, skwer, aleja

shopping mall - galeria handlowa

public transportation: bus, tram, trolleybus, metro, scooter, city bike, taxi, car - transport miejski: autobus, tramwaj, trolejbus, metro, hulajnoga, rower miejski, taksówka, samochód

city park: jogging in the park, cycling, rollerblading - park miejski: biegać po parku, jeździć na rowerze, jeździć na rolkach

traveling from home to the city/to the centre/to the gallery/to the pool, to the train station/bus station/to work/to university/to the clinic/for medical examination/to the doctor - jechać z domu do miasta/do centrum/do galerii /na basen, na dworzec kolejowy/dworzec autobusowy/do pracy/na uniwersytet/do przychodni/na badania/do lekarza

traveling by what?: bike/metro/taxi/suburban train/commuter train, bus/trolleybus/tram - jechać czym?: rowerem/metrem/taksówką/kolejką podmiejską/pociągiem podmiejskim, autobusem /trolejbusem/tramwajem

nearby, not far, far - blisko, niedaleko, daleko

walk 5 (five) minutes on foot - iść 5 (pięć) minut pieszo

ride 20 minutes on a city bike/scooter/go by tram/bus - jechać 20 minut rowerem miejskim/hulajnogą/tramwajem/autobusem

metro station – stacja metra

escalator – schody ruchome

traffic lights - sygnalizacja świetlna

pedestrian crossing – przejście dla pieszych

intersection - skrzyżowanie

roundabout - rondo

highway - autostrada

Giving Directions

go straight, turn right, turn left, on the right side, on the left side, at the corner, opposite the pharmacy, post office, church, beyond the intersection, beyond the traffic lights - iść prosto, skręcić w prawo, skręcić w lewo, po prawej stronie, po lewej stronie, na rogu, naprzeciwko apteki, poczty, kościoła, za skrzyżowaniem, za światłami

At the Station

trains: express, Regional (PR), TLK (formerly: Cheap Railway Lines; now Your Railway Lines). TLK - the brand name of the PKP Intercity company's daytime and nighttime express trains; the trade name Your Railway Lines (formerly Cheap Railway Lines) - **pociągi**: pociąg pospieszny, Przewozy Regionalne (PR), TLK (dawniej: Tanie Linie Kolejowe; teraz Twoje Linie Kolejowe). TLK - nazwa marki handlowej spółki PKP Intercity dziennych i nocnych pociągów pospiesznych; nazwa handlowa Twoje Linie Kolejowe (dawniej: Tanie Linie Kolejowe)

Intercity (OIC)

EIC - Express Intercity - PKP Intercity express - Express Intercity – ekspres spółki PKP Intercity

IR - fast train of Przewozy Regionalne - trade name InterRegio - pociąg pośpieszny spółki Przewozy Regionalne – nazwa handlowa InterRegio.

Train car: first class, second class, sleeping car - wagon: pierwszej klasy, drugiej klasy, wagon z miejscami do spania, kuszетка.

Compartment car / non-compartment car - Wagon z przedziałami /wagon bezprzedziałowy

Arrivals / departures of trains / buses - Przyjazdy /odjazdy pociągów /autobusów

Track / platform – tor, peron

Platform 1, 2, 3 – first, second, third - stanowisko 1, 2, 3 – pierwsze, drugie, trzecie

Information: railway / coach/ bus - Informacja: kolejowa/autobusowa/busowa

Train / bus schedule - rozkład jazdy pociągów /autobusów

Train / bus station. dworzec kolejowy/autobusowy/busowy

Ticket counters – kasy biletowe

Ticket machine - biletomat

Validate tickets - kasować bilety

Conductor - konduktor

Open every day from 5:00 to 24:00 (break from 12:00 to 12:30, 17:00-17:15) - Czynne codziennie od 5:00 do 24:00 (przerwa w godz. 12. 12. 30), 17: 00- 17. 15)

Payment by card and cash, contactless - Płatność kartą i gotówką, blikiem

Cashier, traveller/passenger - Kasjer, podróżny/pasażer

Dialogue

- Excuse me, how can I get to the market?

- Go straight about 200 meters, then turn right, and then 20 meters to the left. The market is straight ahead.

- Thank you very much.

- No problem, you're welcome!

Dialogue 2:

- Excuse me, how do I get to the bus station?

- Go straight about 100 meters, then turn right. There is a bus stop. Please take bus number 20, travel five stops. The station is on the right, near the shopping mall.

- It's not as far as I thought. Thank you very much!

- You're welcome!

Dialogue 3:

- Excuse me, where is the health clinic?
- It's not far from here. Go straight and then turn right on the second street. The clinic is close to the cinema.
- Can I go by bus?
- Yes, it is only one bus stop away (line 44) and then 20 meters straight on foot.
- Thank you.
- You're welcome.

Dialogue 4:

- Excuse me, where is the nearest pharmacy?
- I'm sorry, but I can't help. I'm not from here.
- I understand. I'm sorry. Thank you.

Dialogue 5:

- Good morning.
- Good morning.
- Are you from here?
- Yes, I live here.
- Where is Andersa Street?
- I'm sorry, but unfortunately, I don't know. I can't help.
- I understand. Thank you.
- Thank you.

Dialogue 6:

- Excuse me, how do I get to the bus station?
- The best way is by bus number 4 or 33, or tram number 12.
- Thank you. And where can I buy a ticket?
- Either at the ticket machine on the bus/tram or at the kiosk at the stop.
- Alright, thank you.

Dialogue 7:

- Excuse me, how do I get to Hotel Pod Różą?
- It's far from here, about 3 kilometres. It's best to order a taxi.
- Where is the taxi stand?
- Around the corner, about 300 meters. I recommend this company because it's cheap and fast.
- Thank you.
- Goodbye.
- Goodbye.

Dialogue 8:

- From which platform does the train to Kielce depart?
- From the second.
- Thank you.

Dialogue 9:

- What time does the express train to Warsaw depart?
- At 9:17.
- From which platform?
- From the third.
- Thank you.
- You're welcome.

Dialogue 10:

- Which platform does the train from Wrocław arrive at?
- The third.
- Thank you.
- You're welcome.

Dialogue 11:

- Excuse me, how much is a first-class ticket from Warsaw to Kielce?
- 70 zlotys.
- And the second class?
- 39 zlotys.

Dialogue 12:

- I'd like a ticket for the bus to Krakow/Łódź.
- Reduced fare? Or regular?
- Reduced, with a discount for students (student ticket).
- Here you go. Are you paying with a card or in cash?
- With a card, please.
- Here you go.
- Thank you.
- Have a good trip.
- Thank you. Have a good day.
- Have a good day. Goodbye.
- Goodbye.

Dialogue 13:

- Good morning.
- Good morning.
- I'd like a first/second-class train ticket to Warsaw.
- Which train? Express/intercity/express/local.
- Express? - The closest one?
- No, in the afternoon.
- For which time: 3:30 PM or 5:30 PM?
- For 5:30 PM. - Here you go.
- Regular or discounted ticket?
- A discounted one, please (for students/with a teacher's discount/for a person with a disability with a caregiver/I or II class/for a Polish Card holder).
- Regular, please.
- Which class? First or second?
- A second-class ticket, please. If possible, a window seat.
- Alright, I'll reserve that seat.
- Excuse me, are there quiet cars?
- Unfortunately, not in this train.
- How about a dining car?
- Yes, there is one.
- I understand.
- Thank you for the information. I'll pay with a card.
- Please.
- Here's the ticket and receipt. Do you need a confirmation?
- No, just the receipt.
- Have a pleasant journey.
- Thank you.
- Goodbye.
- Goodbye.

Dialogue 14:

- Good morning.
- Good morning.
- Is there a baggage storage?
- Yes, behind the counters.
- Thank you.

- Good morning. I would like to leave some luggage.
- How many pieces?
- Three. I have a suitcase, a backpack, and a large bag.
- Alright.
- For how long?
- For seven hours. I have a bus/train at 7 p.m.
- Certainly.
- How much do I pay?
- For the suitcase, 10 zlotys, for the backpack, 9 zlotys, and for the bag, also 10 zlotys. Are you paying with card or cash?
- Cash.
- Thank you.
- Thank you.

Dialogue 15:

- Two tickets for the express train to Krakow, please.
- Regular or discounted?
- One discounted, the other regular. Please, one window seat.
- First or second class?
- First class.
- How much do I pay?
- 93 zlotys.
- Can I pay with a card?
- Yes, of course.
- Here you go.
- Thank you.
- Thank you.

Polish in a Café and Restaurant

Meal Names

Breakfast - śniadanie

Lunch - lunch

Dinner - obiad

Supper - kolacja

Breakfast Dishes

Scrambled eggs - jajecznica

Omelette with hot dog slices = Omlet parówki na gorąco

Cheese, cottage cheese with chives and radish - Ser, twarożek ze szczypiorkiem i rzodkiewka

Fried egg - jajko sadzone

Cheese, cold cuts, tomato, soft-boiled egg - Ser żółty, wędlina, pomidor, jajko na miękko,

Toasts - tosty

Cereal with milk/yogurt - płatki z mlekiem/jogurtem

Jam, honey, cream cheese - Dżem, miód, ser biały

Croissant, bacon Roll/baguette - rogalik, bekon, bułka/bagietka

Coffee/tea/hot chocolate - kawa/herbata/gorąca czekolada

Main Dishes

SOUPS

ZUPY

Tomato soup with pasta/rice - zupa pomidorowa z makaronem/ryżem

Cucumber soup - zupa ogórkowa

Vegetable soup - zupa jarzynowa

Mushroom soup – zupa grzybowa

Barley soup - krupnik

Bean soup – zupa fasolowa

Fruit soup – zupa owocowa

Chicken broth - rosół

Red borscht with dumplings/patties - barszcz czerwony z uszkami /z pasztecikami

Sour rye soup/sour rye soup with egg and sausage – żurek/żurek z jajkiem i kietbasą

Creamy beetroot soup – barszcz zabieleny

Pea soup - grochówka

MAIN COURSES

DANIA GŁÓWNE

Pork cutlet with potatoes and coleslaw - Kotlet schabowy z ziemniakami i surówką

Potato pancakes with goulash - Placki ziemniaczane z gulaszem

Hungarian pancake – placek po węgiersku

Potato dumplings with goulash – kopytka z gulaszem

Meat dumplings/potato dumplings with cottage cheese/fruit dumplings/cabbage and mushroom dumplings - Pierogi z mięsem/pierogi ruskie/pierogi z serem/z owocami/pierogi z kapustą i grzybami

Pancakes with cheese and strawberry/raspberry/blueberry sauce - Naleśniki z serem i polewą truskawkową/malinową/jagodową

Silesian dumplings – kluski śląskie

Spaghetti carbonara – makaron carbonara

Spaghetti Bolognese – spaghetti bolognese

Pizza: vegetarian, Hawaiian, village-style, prosciutto, meat, highlander - Pizza: wegetariańska, hawajska, wiejska, prosciutto, mięsna, góralska

Fish Dishes

Dania z ryb

Haddock fillet/breaded fillet - Filet z morszczuka/filet panierowany

Salmon fillet - Filet z łososia

Fried carp – karp smażony

Fried trout - Pstrąg smażony

Cod fillet – Filet z dorsza

Meat Dishes

Dania mięsne

Beef goulash - Gulasz wołowy

Old Polish hunter's stew – Bigos staropolski

Liver with onions - Wątróbka z cebulką

Meatballs – Pulpety

Beef rolls - Zrazy

Pork roast - Pieczeń wieprzowa

Chicken fillet – Filet z kurczaka

Pork cutlet - Kotlet schabowy

Veal cutlet – Kotlet wieprzowy

Chicken cutlet de Volaille - kotlet de Volaille

Sirloin steak – Rumsztyk

Pierogi

With spinach - Ze szpinakiem

Russian-style - Ruskie

With cabbage and mushrooms – Z kapustą i grzybami

With fruits – Z owocami

With cottage cheese – Z serem

With meat – Z mięsem

With spinach - Ze szpinakiem

With strawberries – Z truskawkami

Vegetarian Dishes

Dania wegetariańskie

Pumpkin fritters/zucchini pancakes - Placuszki z dyni/z cukini

Potato pancakes with mushroom sauce - Placki ziemniaczane z sosem pieczarkowym

Baked dish with mushrooms and cheese - Zapiekanka z pieczarkami i serem

Cabbage rolls stuffed with buckwheat - Gołąbki nadziewane kaszą jaglaną

Pierogi with cabbage and mushrooms/pumpkin - Pierogi z kapustą i grzybami/z dynią

Noodles with zucchini and mushrooms - Pierogi z kapustą i grzybami/z dynią

Lentil stew – Gulasz z soczewicy

Potato pancakes – placki ziemniaczane

Mushroom soup with buckwheat - Zupa grzybowa z kaszą gryczaną

Croquettes with mushrooms – krokiety z grzybami

Penne with zucchini/spinach/morels - Penne z cukinią/szpinakiem/z kurkami

Vegetarian goulash – leczo wegetariańskie

Vegetarian stuffed peppers with buckwheat and vegetables - Wegetariańska papryka nadziewana kaszą i warzywami

Salads

Surówki

Carrot and pea salad - Marchewka z groszkiem

Braised beets - Buraczki zasmażane

Baby cabbage salad/white cabbage salad - Sałatka z młodej kapusty/z białej kapusty

Chinese cabbage salad - Sałatka z pekińskiej kapusty

Leek salad – surówka z pora

Carrot and apple salad - Surówka z marchewki i jabłek

Sauerkraut salad – Surowka z kiszonej kapusty

Cucumber salad with cream - Mizeria ze śmietaną

Braised cabbage – kapusta zasmażana

Vegetable bouquet – bukiet jarzyn

Assorted salads – zestaw surówek

Beverages

Napoje

Black/green/fruit/winter tea/lemon tea/"winter" tea Herbata czarna/zielona/owocowa/ zimowa/ z cytryną/ „zimowa”

Juice: apple, orange, grapefruit - Sok: jabłkowy, pomarańczowy, grapefruitowy

Compote - kompot

Coffee: black, white, latte, cappuccino, Flat White - Kawa: czarna, biała, latte, capuccino, Flat White

Water: sparkling, still - Woda: mineralna gazowana, niegazowana

Fanta

Sprite

Orangeade - oranżada

Lemonade - lemoniada

Desserts

Desery

Viennese cheesecake - Sernik po wiedeńsku

Apple pie - Szarlotka

Chocolate cake – Ciasto czekoladowe

Carrot cake – Ciasto marchewkowe

Cake of the day - Ciasto dnia

Panna cotta

Fruit jelly – Galaretka owocowa

Tiramisu

Dialogue

Dialogue 1

- Good morning.
- Good morning.
- Excuse me, what can I get for you?
- I'll have tomato soup and pork cutlet with fries and coleslaw. And to drink, compote.
- For me, cheese pancakes and orange juice.
- I, on the other hand, would like Hungarian pancakes with goulash and an assortment of salads.
- I recommend our excellent cucumber soup. You will surely be satisfied.
- Alright, I'll have the cucumber soup.
- I'm not hungry. I'll just have mineral water, and later, coffee and tiramisu for dessert.
- Are you paying together or separately?
- We'll have one bill.
- Can we pay with a card?
- Yes, of course.
- Thank you.
- Thank you.

Dialogue 2

- Good morning.
- Good morning.
- I'll have coffee with milk and sugar.
- Certainly. That will be 9 zlotys.
- Anything else for your coffee?
- No, thank you. That's all. I'll pay in cash.
- Here you go.
- Thank you.
- Thank you.

Dialogue 3

- Good morning.
- Good morning.
- What can I get for you?
- I'll have a sandwich with ham and tomatoes, and one with egg and salmon.
- Certainly.
- And to drink?
- Coffee with milk.
- Here you go.
- Thank you very much.
- That will be 37 zlotys.
- Can I pay with a card?
- Yes, please.
- Thank you.
- Thank you.

Dialogue 4

- Good morning.
- Good morning. Is there a free table for five?
- Please wait, I'll check. Yes, there are seats by the window.
- I'll take a look at the menu.
- Sure, we'll make our choices shortly.
- What can I get for you?
- I'll have three goulashes with potato dumplings, pork cutlet with fries and an assortment of salads, cod fillet with potatoes, and two sauerkraut salads.
- Thank you.
- And to drink?
- Blackcurrant juice, mineral water, and a white coffee.
- Anything for dessert? Perhaps a cake? We have excellent tiramisu.
- No, thank you.
- I'll ask for the bill. Can I pay with a card?
- Yes, of course.
- Here you go.

Dialogue 5

- I'll have a pizza with ham, tomatoes, black olives, mushrooms, and cranberries.
- Small or large?
- Large.
- What sauce would you like?
- Tomato and garlic sauce, please.
- Anything to drink?
- Tea with sugar and lemon. And one cola.
- Will you be paying with card or cash?
- Cash, please.
- Thank you very much.
- Thank you very much.

Dialogue 6

- Good morning. What can I get for you?
- I'll have vegetable soup and goulash with potato dumplings.
- Anything else?
- No, thank you. That's all.
- How about some apple juice to drink?
- Yes, please.
- Thank you. [30 minutes later...]
- Can I see the dessert menu?
- Sure.
- I'll have a cappuccino and Vienna cheesecake with a scoop of ice cream and raspberry sauce.
- Certainly.
- Thank you.
- Thank you.

Polish in Medicine/At the Clinic/"At the Doctor's"

Body Parts – części ciała

head - głowa

eye/eyes - oko/oczy

ear/ears - ucho/uszy

brow/eyebrows - brew /brwi

nose - nos

mouth - usta

face - twarz

throat - gardło

hand/hands - ręka/ręce

tooth/teeth - ząb/zęby

neck - szyja

back - plecy

brest/brests - pierś/piersi

shoulder/shoulders - bark/barki

arm - ramię

chest – klatka piersiowa

abdomen - brzuch

elbow/elbows - łokieć/tokcie

palm/palms - dłoń/dłonie

finger/fingers – palec/palce

leg/legs - noga/nogi

thigh/thighs - udo/uda

hip/hips - biodro/biodra

hip joint - staw biodrowy

knee/knees - kolano/kolana

knee joint – staw kolanowy

calf/calves – łydka/łydki

foot/feet – stopa/stopy

What's the matter? What hurts you? – Co Pani/Panu dolega? Co Panią /Pana boli?

I am sick. – Jestem chora/chory.

What hurts you? – Co cię boli?

My eye hurts. – Boli mnie oko.//Mam ból oka.

My ear hurts. // I have an earache. – Boli mnie ucho// Mam ból ucha.

My ears hurt. // I have earaches. – Bolą mnie uszy//mam ból ucha/uszu.

I have a headache. – Boli mnie głowa// Mam ból głowy.

My stomach hurts. // I have a stomach-ache. – Boli mnie brzuch//żołądek./Mam ból brzucha//żołądka.

My spine hurts. // I have a backache. – Boli mnie kręgosłup.// Mam ból kręgosłupa.

My arm hurts. // I have arm pain. Boli mnie ramię.//Mam ból ramienia.

Plural Form

My hands hurt. // I have hand pain. – Bolą mnie ręce.// Mam ból rąk.

My knees hurt. // I have knee pain. – Bolą mnie kolana.// Mam ból kolan.

My lips hurt. – Bolą mnie usta (pl. tantum).

My back hurts. // I have a backache – Bolą mnie plecy. (pl. tantum)// Mam ból pleców.

My arms hurt. // I have arm pain. – Bolą mnie ramiona.//Mam ból ramion.

Important Language Expressions

Patient examination

Badanie pacjenta

Please lie down on the examination table on your stomach/back/side. Proszę się położyć na leżance na brzuchu/na plecach/na boku.

Please turn to the side. Proszę się przekręcić na bok.

Please stand up. Please sit down. Please get dressed. Proszę wstać. Proszę usiąść. Proszę się ubrać.

Please breathe deeply. Proszę oddychać głęboko.

Please take a deep breath. Proszę zrobić wdech.

Please exhale. Proszę zrobić wydech.

Please show your tongue/throat. Proszę pokazać język/gardło.

Please open your mouth. Proszę otworzyć usta.

Please inhale. Proszę nabrać powietrza.

Please don't breathe. Proszę nie oddychać.

Please stick out your tongue and say: eeee/iiii/aaa. Proszę wyciągnąć język i powiedzieć: eeee/iiii/aaa.

Please close your eyes. Proszę zamknąć oczy.

Please knee down. Proszę zgiąć nogę w kolanie.

Please relax your abdomen. Proszę rozluźnić brzuch.

Please cough. Proszę zakastać.

Important Verbs

Cough- Kaszleć/kaszlnąć

Sneeze – Kichać/kichnąć

Have a fever – Gorączkować

Breathe – Oddychać

Doctors of Different Specialties

Allergist – alergolog

Dentist – stomatolog (in. dentysta)

Gynaecologist – ginekolog

Oncologist – onkolog

Paediatrician - pediatra

Internal medicine doctor - lekarz chorób wewnętrznych

Cardiologist - kardiolog

Primary Care Physician (GP)/Family doctor - lekarz pierwszego kontaktu/lekarz POZ-u: podstawowej opieki zdrowotnej

Ophthalmologist - okulista

Orthopaedist - ortopeda

Psychologist - psycholog

Surgeon - chirurg

ENT Specialist - laryngolog

Proctologist - proktolog

Dermatologist/Venereologist - dermatolog/wenerolog

Medical Facilities!

Clinic - przychodnia

Consultation clinic: dental, gynaecological, orthopaedic, cardiological, dermatological, family medicine - poradnia: stomatologiczna, ginekologiczna, ortopedyczna, kardiologiczna, dermatologiczna, medycyny rodzinnej

Vaccination centre - punkt szczepień

Emergency medical service - pogotowie ratunkowe

Hospital - szpital

Sanatorium - sanatorium

Others:

Inne

e-prescription - e-recepta

Regular prescription - recepta papierowa

Referral for medical examination - skierowanie na badanie lekarskie

Referral for laboratory tests - skierowanie na badania laboratoryjne

House call - wizyta lekarska domowa

Call emergency medical service - wezwać pogotowie ratunkowe

Emergency number: 999, European emergency phone 112 - nr pogotowia ratunkowego: 999, telefon europejski alarmowy 112

NFZ - National Health Fund - Narodowy Fundusz zdrowia

Patient registration - rejestracja pacjentów

Waiting room - poczekalnia

Diagnostic laboratory - laboratorium diagnostyczne

Pharmacy - apteka

Doctor's office - gabinet lekarski

General medical examination - badanie lekarskie ogólne

Specialized medical examination - badanie lekarskie specjalistyczne

Prescription medications - leki recepturowe (pot. leki robione)

MEDICAL EXAMINATIONS!

General and Specialized Examinations - badania ogólne i badania specjalistyczne

General urine/blood/fecal tests - badania ogólne moczu/ krwi/ kału/

Urine culture test - badanie moczu na posiew

Blood sugar/insulin/blood pressure tests, patient height/weight/body temperature, skin examination - badanie poziomu cukru/ insuliny/ ciśnienia krwi/ badania wzrostu/wagi/temperatury ciała pacjentów, skóry

Medications, Dressings - leki, środki opatrunkowe

Pain relievers/throat lozenges - tabletki przeciwbólowe/tabletki do ssania

Sunburn ointment - maść na oparzenia słoneczne

Allergy ointment - maść na uczulenie

Cough syrup/dry or wet cough syrup - syrop/ syrop na kaszel suchy/mokry

Nasal/eye/ear drops - krople do nosa/ do oczu/do uszu

Ointment/antibiotic ointment - v

Bandage - bandaż

Adhesive plaster - plaster (przylepiec)

Rubbing alcohol - spirytus

Hydrogen peroxide - woda utleniona

Rivanol - riwanol

Antibiotic - antybiotyk

Probiotic - probiotyk

Suppositories - czopki

Prescription Drugs – Over-the-Counter Drugs - leki na receptę – leki bez recepty

Reimbursed drugs – Non-reimbursed drugs - leki refundowane – leki płatne

Symptoms of Disease

Skin rash – wysypka skórna

Fever (high temperature) – gorączka/wysoka temperatura

Chest pain/heartache/leg/throat pain/diarrhoea and nausea - ból w klatce piersiowej/ból serca/nogi/gardła/biegunka i nudności

Vomiting - wymioty, inaczej. torsje

Dizziness – zawroty głowy

I feel unwell/sick/hot/cold. - Jest mi niedobrze/Jest mi słabo/Jest mi gorąco/Jest mi zimno.

I have indigestion. - Mam niestrawność.

I have chills. - Mam dreszcze.

I have diarrhoea. - Mam biegunkę.

I feel sick. - Mdl mi.

Bleeding from a wound/nose - krwawienie z rany /z nosa

My leg is swelling. - Puchnie mi noga.

Loss of balance – utrata równowagi

Loss of consciousness – utrata przytomności

Deep/shallow wound - rana głęboka/płytko

Cramps - skurcze

Runny nose - katar

Cough - kaszel

Flu - grypa

Tonsillitis - angina

Being overweight – mieć nadwagę

Obesity - otyłość

Important Verbs:

Ważne czasowniki:

Measure/take temperature - mierzyć/zmierzyć temperaturę

Recover - zdrowieć /wyzdrowieć

Be ill: often, for a long time, many times; relapse of the disease - chorować: często, długo, wiele razy; nawrót choroby

Get sick - zachorować/rozchorować się

Treat/cure; undergo treatment; treatment - leczyć/wyleczyć ; leczyć się; leczenie

Operation - operacja

Operating room – sala operacyjna

Vitamins – witaminy

Blood test -badanie krwi

Infection - infekcja

Virus - wirus

Flu - grypa

Injection - zastrzyk

Sick patient - chory pacjent

Tumour - nowotwór

Dry/wet cough – suchy/mokry kaszel

Examine - badać/ zbadać

Heal/close up (about a wound) - goić się/zagoić się (o ranie)

Hurt - boleć/zaboleć

Names of Diseases

Sinusitis - Zapalenie zatok

Ear infection – zapalenie ucha

Sore throat - Zapalenie gardła

Eye inflammation – stan zapalny oka

Tonsillitis - angina

Migraine - migrena

Common cold - przeziębienie

Chickenpox - ospa

Shingles - pośpasiec

German measles - różyczka

Food allergy – alergia pokarmowa

Anaemia - anemia

Leg/arm fracture - Złamanie nogi/ręki

Ankle sprain/dislocation Skręcenie kostki/zwichnięcie kostki

Cataract/glaucoma - Zaćma //jaskra

Intestinal inflammation - Stan zapalny jelit

Prostate cancer/skin cancer - Nowotwór prostaty /nowotwór skóry

Ovarian cyst - Torbiel jajników

Dialogue

Dialogue 1

Patient: Good morning, doctor!

Doctor: Good morning. How can I help you?

Patient: Everything has been hurting for three days: my head, muscles. I have a runny nose, a dry cough, and a high temperature of 39 degrees. I also have no appetite.

Doctor: Alright. I'll examine you now. In a moment, I'll listen to your chest. Please sit on the examination table. Take off your shirt. First, I'll measure your blood pressure. Breathe. Take a deep breath and exhale. Once again.

Patient: Additionally, I have chest pain.

Doctor: Take a deep breath and exhale. Don't breathe. Now breathe. Your lungs are fine. Nothing is congested here. Show me your throat.

Patient: I've been having trouble swallowing for a few days.

Doctor: Please say Aaaa.

Patient: Aaaaaa.

Doctor: The throat is very red. It's already tonsillitis. You have the flu and tonsillitis. I'll prescribe an antibiotic and a throat gargle solution for you. You must drink plenty of fluids, rest at home.

Patient: Do I need to come for a follow-up visit?

Doctor: Yes, in a week. I'll give you a medical certificate. If your condition improves, you may not need to come to the clinic.

Patient: Do I need to stay in bed?

Doctor: You should spend four days in bed. Avoid going out.

Patient: Alright.

Doctor: You'll receive an e-prescription and a medical certificate. Take the antibiotic twice a day. Take a probiotic each time you take other medicines.

Patient: Thank you.

Doctor: Thank you. Get well soon.

Patient: Thank you, doctor. All the best!

Dialogue 2

- Dental Clinic, how may I help you?

- Good morning, I would like to register my son for a dentist appointment.
- Good morning. Please provide the last name.
- Thank you.
- Come at 3:00 PM. [...]
- Good day.
- Good day. What's the matter?
- My tooth hurts terribly.
- We'll check right away. Please open your mouth.
- Which tooth?
- The sixth, on the left side.
- Yes, indeed. The tooth is decayed. I'll start the treatment shortly.
- Wouldn't it be better to extract it?
- Absolutely not. I'll begin drilling it, then apply a filling. I'll administer anaesthesia. The pain will not be severe.
- You can eat and drink now. Please pay for the treatment at the reception.
- Thank you. Have a nice day.
- Thank you. Goodbye.
- Goodbye.

Dialogue 3

- Excuse me, is there a pharmacy nearby?
- Yes, it's just around the corner, about 500 meters ahead. Please go straight, then turn left.
- Thank you.
- Good day, how can I help you?
- I need pain relievers, cough syrup, hydrogen peroxide, sterilized dressings, and gauze.
- Thank you, I'll pay with a card.
- Certainly.
- Thank you.



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