

Poland



Through long years of domination, first by the Russians, Prussians, and Austrians, and later by Germany and the Soviet Union, Poland has emerged as a democratic, market-oriented nation with strong ties to the west. While it still struggles with high unemployment, entrenched corruption, and ailing infrastructure, Poland's

economy is one of the strongest in Central Europe.

Poland occupies more than 300,000 sq. km of land and shares borders with Belarus, Czech Republic, Germany, Lithuania, Russia, Slovakia, and Ukraine. It is a mostly flat country with mountains only along its southern border. It is generally agreed that its flatlands and lack of natural barriers has made it a historic target for conflict and a battleground. It has a moderate climate. Poland's natural resources include coal, sulfur, copper, natural gas, silver, lead, salt, amber, and arable land. About 40% of Poland's land mass is considered arable.

The Republic of Poland, known locally as Rzeczpospolita Polska, is home to more than 39 million people. Its capital city is Warsaw. Sixteen provinces provide administrative districts. Poland's industries include machine building, iron and steel, coal, chemicals, shipbuilding, food processing, glass, beverages and textiles. Its exports include machinery and transport equipment, intermediate manufactured goods, miscellaneous manufactured goods, food and live animals. Poland's export partners are Germany, France, Italy, UK, Czech Republic, Russia, and Netherlands.

