

Poland

Capital: Warsaw

Population: 37.97 million

President: Andrzej Duda

The peak of Rysy in the Tatra Mountains is the highest point in Poland at 2499 m (8199 ft) outside of this mountain range most of Poland is very flat.

A Polish state and the name Poland existed as far back as the year 966 during the reign of Mieszko I. The Kingdom of Poland was founded shortly after in 1025. Forests cover over 30% of Poland's land area and the country is the fourth most forested in Europe. The most popular sport in Poland is football, the Polish national team came third in the 1974 and 1982 World Cup Finals and won Olympic Gold in 1972. Nicolaus Copernicus, the famous 16th century astronomer who first suggested the sun was the center of our universe was born in Thorn, Royal Prussia, part of the Kingdom of Poland. Other popular sports in Poland include athletics, basketball, handball, volleyball, boxing, weightlifting, ice hockey, tennis, fencing, cross-country skiing, swimming and ski jumping. Poland's diverse geography creates a diverse climate. Winter is snowy, while summer and autumn are warm and rainy. Spring is cold for about half the season before becoming sunny and warm.