

# POLAND

Continent: Europe

[Population](#): 37.8 million

[Life Expectancy \(at Birth\)](#): 79.3

[Governance System](#): Federal Republic

Capital: Warsaw

[Area](#): 306,170 km<sup>2</sup>

Major Languages: Polish

[GDP \(2021\)](#): 674,048 \$USD Millions

## **Select Global Rankings**

[Human Development Index](#): 34

[Fragile States Index - Inverted](#): 32

[Soft Power 30 rank](#): 23

[Human Freedom Index](#): 49

[World Happiness Ranking](#): 48

[Good Country Index](#): 27

## **Elite Sport System Rankings**

[Global Cup Ranking](#):

[Per Capita Cup Ranking](#):

[Olympic Medals – Summer '20](#):

[Olympic Medals – Winter '22](#):

## **Football/World Cup Profile**

[FIFA Region](#): UEFA

[FIFA Ranking](#): 26

World Cup Appearances: 8

*Best World Cup Performance(s): 3<sup>rd</sup> Place (1974, 1982)*

Qualification: UEFA Playoff Winner

[World Cup Group](#): C

Last World Cup Appearance: 2018

## **POLAND in INTERNATIONAL AFFAIRS**

The Republic of Poland is located in central Europe and has a rich unique history. The first people to inhabit this country dates back to prehistory times when Slavic tribes arrived on the territory to settle down. Due to Poland's geo-political location, its history is marked with several wars and uprisings.

The Polish territory was invaded by Prussia, Russia, and Austria prior to World War I. The country gained its independence back in 1919 and successfully stopped the massive Soviet invasion aimed at Western Europe in 1920. However, Poland was attacked and occupied by foreigners again during World War II. As a result, the country became divided between eastern and western powers and fell under the Soviet Union after the war ended. Until 1989, Poland experienced a large amount of civil unrest and strikes, but the modern Polish state was formed when the first free elections in the country took place in 1991. The citizens of Poland voted for their first president, Lech Walesa, who successfully led a pro-democratic effort and ended Communist rule.

Poland signed a new constitution in 1997 and quickly became a member of NATO in early 1999. Not long after, the country's application to the European Union was accepted and finalized on May 1<sup>st</sup>, 2004.

Today, Poland is known as a democratic republic with two legislative bodies. The first legislative body consists of the upper Senate, and the second is a lower house called the Sejm. Deputies in the Sejm and senators are mostly elected to serve four-year terms. While the Senate was given the right to amend or reject a law passed by the Sejm, the Sejm may override the Senate's decision under the condition that the majority votes for it. The members of all bodies are elected by the public, ensuring the country's political system is governed by representatives that are chosen democratically.

The most recent Polish foreign policy strategy defines the country's three main priorities as strengthening Poland's security, economic/social growth, and Poland's global image and credibility. The Polish Government aims to promote the universal values of democracy, the rule of law, respect for human rights, as well as Christian values. The state acknowledges that stability and predictability require standing in solidarity with close and distant neighbours, in addition to tailoring a response to the diverse challenges originating from the South and the East. Moving forward, the Government of Poland will maintain close ties with the United States and closely cooperate with countries in the region, including Romania and the Baltic and Nordic states.

Read more about Poland's membership application to the European Union:

[https://www.europarl.europa.eu/enlargement/briefings/12a3\\_en.htm](https://www.europarl.europa.eu/enlargement/briefings/12a3_en.htm)

The link to the most recent Polish Foreign Policy is available to public on this website:

<https://www.gov.pl/web/diplomacy/what-we-do->

Read more about Canada and Poland relations: <https://www.international.gc.ca/country-pays/poland-pologne/relations.aspx?lang=eng>