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30 DAYS OF POLISH

A1-A2 LEVEL



introduction

First of all, I would like to thank you for buying my book. I made my best effort to write it, but if you would like to share any ideas of yours, you can always write to me at learnpolishwroclaw@gmail.com. I would be happy to receive any feedback from you! Your opinion is really important to me.

Secondly, I want to share with you the purpose of writing this book for you. When you first start learning a new language, it always seems so exciting. The problem arises when the initial enthusiasm is gone. At this point, many learners quit learning. That is why it is important to have some language learning habits (like studying a few minutes a day) that will help you improve at this point.

How can you create those habits and keep improving? Well, the hardest part is to start studying during the day, isn't it? After a long day at work, it seems a lot better to watch your favorite series than to spend time working on your language skills. That is why you should tell yourself that you will only spend a few minutes learning, not many hours. It will be much easier for you to find the motivation. And this is the way to achieve great results. In the long term, studying 10 to 15 minutes every day will bring you better results than studying two hours a week.

This is why I came up with the idea of creating this book. I wanted to write something that would help you learn Polish on a regular basis (again, a few minutes a day), give you an idea of what you could study every day, and not bore you. I hope you like my idea of making small improvements every day with various exercises.

In this book, you will find 30 ideas to study Polish for 30 days. It would be amazing if you spent at least ten minutes learning something new every day. For some lessons, it may take a little longer to study, but once you sink a few minutes into learning Polish, it will be much easier to keep going. The few minutes you promised yourself you would spend learning can easily turn into a triple or quadruple that, further increasing the benefits for you. But 10 minutes a day will also bring fantastic progress.

My book is for those who already know some basic Polish words, a little bit of grammar, this and that, but are still at the beginning of their adventure with the Polish language. For those who are having a hard time motivating themselves to learn at home. For those who don't know what to learn and where to find good materials. For those who are not fans of standard textbooks.

My purpose was to create a book that would not be full of only boring theories. I hope you will like the variety of ideas for each day of learning and that you will have some fun!

Justyna



Language habit tracker

Are you ready for a 30-day challenge with the Polish language?

Please write **ZROBIONE** (done) in the table after completing each day.

Remember: **dzień** means **a day**.

DZIEŃ 1

DZIEŃ 2

DZIEŃ 3

DZIEŃ 4

DZIEŃ 5

DZIEŃ 6

DZIEŃ 7

DZIEŃ 8

DZIEŃ 9

DZIEŃ 10

DZIEŃ 11

DZIEŃ 12

tip

kochać - ♥♥♥

uwielbiać - ♥♥

lubić - ♥

1

DZIEŃ

The verb *uwielbiać* is between *kochać* (to love) and *lubić* (to like). It means less than *kochać* but more than *lubić*! We can translate it as to really like/ to like a lot.

Have a look at how to conjugate the verb **uwielbiać** in the present tense (it is a regular verb):

ja uwielbiam - I really like
ty uwielbiasz - you really like
on/ona uwielbia - he/she really likes
my uwielbiamy - we really like
wy uwielbiacie - you (pl.) really like
oni/one uwielbiają - they really like



Underline the activities you really like:

uwielbiam

stać w kolejce

to stand in a long queue

rozmawiać z zabawną osobą

to talk to a funny person

jeść lody

to eat ice cream

wstawać późno w niedzielę

to get up late on Sunday

tańczyć

to dance

przeklinać

to swear

uprawiać sport

to do sport

podróżować

to travel

śpiewać pod prysznicem

to sing in the shower

robić selfie

to take selfies

spotykać się ze znajomymi

to meet with friends

kłócić się

to argue

jeść wegetariańskie jedzenie

to eat vegetarian food

pić wodę gazowaną

to drink sparkling water

oglądać zachód słońca

to watch the sunset

jeść w łóżku

to eat in bed

śmiać się

to laugh

psikać się perfumami

w drogerii

to spray yourself with perfume
at the drugstore

Now, try to memorize the things you really like to do. You can use Wordwall to learn in a more fun way:

<https://wordwall.net/pl/resource/27549432/day1>

9

DZIEŃ

MYŚLĘ, ŻE TO JEST...

If you would like to give your opinion about something, it is enough to use *to jest* (it is) after *myślę, że* (I think that) and one of the following adjectives:

dziwny - strange, *dobry* - good, *smaczny* - tasty, *świetny* - great, *ważny* - important, *ciekawy* - interesting, *nudny* - boring, *uroczy* - cute/ sweet/ charming, *okropny* - terrible/ awful, *pyszny* - delicious, *zabawny* - funny

Learn new adjectives using flashcards:

<https://wordwall.net/pl/resource/26764653/day7>

Practice the adjectives here:

<https://wordwall.net/pl/resource/26763308/day7>

Keep in mind that after *to jest*, you should use an adjective with a neutral ending (-e).

Now give your opinion on:

pierogi –
dumplings

Kraków –
Cracow

smog –
smog

kebab –
kebab

polskie filmy –
Polish movies

naleśniki z Nutellą –
pancakes with Nutella

prezydent USA –
the president of the USA

koty –
cats

pogoda w Polsce –
the weather in Poland

buziaki –
kisses

prezenty –
gifts



Adjective Endings

Masculine
Adjectives

-y

-i (after k, or, g)

Feminine
Adjectives

-a

Neutral
Adjectives

-e

-ie (after k, or, g)

Example 1:

In Polish, **expensive** can be: **drogi** (masculine), **droga** (feminine), or **drogie** (neutral).

Have a look:

drogi sok – expensive juice (*sok* is masculine, so you also need to choose a **masculine adjective**),

droga kawa – expensive coffee (*kawa* is feminine, so you also need to choose a **feminine adjective**),

drogie piwo – expensive beer (*piwo* is neutral so you also need to choose a **neutral adjective**).

As you can see, the list is quite extensive, and it doesn't stop there. There are even more verbs that can be used with this case! However, for now, try and memorize five of the above verbs. It would be a good start.

So, if you speak in Polish and plan on using one of the above verbs in your sentence, all the words thereafter will need to have an accusative ending (phew!). Shortly, I will explain what accusative ending actually means – just bear with me.

In Polish, if you wish to say *I have a sister*, you will need to use the verb *mieć* (to have). You can see that *mieć* is one of the verbs on our list above. Therefore, the word following it should have an accusative ending. In this case, it will be the word *siostra* (a sister). Now, let's look at and learn the accusative endings:

ACCUSATIVE SINGULAR ENDINGS

	MASCULINE		FEMININE	NEUTRAL
	animate	inanimate		
adjective (e.g. duży, piękny)	-ego	no change	-ą	no change
noun (e.g. kawa, kot)	-a	no change	-ę	no change

Underline the correct form:

1. Kocham cię, ale *musimy/ możemy* się rozstać.
2. *Musisz/ chcesz* zobaczyć jego zdjęcie?
3. Dlaczego nie *chcecie/ musicie* przyjść na imprezę?
4. *Możesz/ musisz* coś ugotować na kolację? Ja jestem bardzo zmęczona.
5. *Musimy/ chcemy* iść do tej nowej restauracji w sobotę.
6. Czy *możesz/ musisz* być ze mną szczerzy?
7. *Musicie/ możecie* się ciągle kłócić? To nie ma sensu!
8. Martwię się o ciebie i dlatego nie *mogę/ muszę* spać w nocy.
9. Czy *chcę/ mogę* prosić siatkę?
10. *Chcemy/ możemy* spotkać się trochę później?

Translate:

1. I need to work.

.....

2. Can you close the window?

.....

3. We need to go to the bathroom.

.....

4. Do you want to go to the movies?

.....

30

DZIEŃ

PRACTICAL REACTIONS:

nie żartuj! – don't joke!/ no kidding!

bez jaj! – come on!

nie ma mowy! – there's no way!

z przyjemnością – with pleasure

pff – pfh

to zależy – it depends

nigdy w życiu – never in my life

być może – maybe/ perhaps

oczywiście – of course



How would you react to the following invitations?

nocny maraton filmowy -
the night movie marathon

lekcja jogi -
yoga class

lekcja pole dance -
pole dance class

masaż w tajskim SPA -
massage in Thai SPA

wieczór przed telewizorem -
evening in front of the television

msza w języku polskim -
mass in Polish

gorąca czekolada w kawiarni -
hot chocolate in a cafe