

Kalli Ellis

Beef Production in Poland

A beef cattle girl on dairy operation can be a little different, but the core values between the two types of cattle operations are the same. Beef production has not been popular in Poland's history. They have mainly had popularity in dairy production. My sister explained to me that during the war a cow was seen as a friend to the owner because they were able to have milk and make any kind of cheese. People would only send their cows to the slaughterhouse as a last resort due to old age, sickness, or production problems. Also, Poland doesn't have any traditional dishes that include beef. These are some of the reasons for a lack of popularity of beef production.

With all that being said, I had the opportunity to meet with Marcin Ciok, one of the leading beef producers in Poland. He works for Hereford Warmia, Twój Naturalny Wybór. Unlike other farms that raise limousine cattle, they raise Hereford cattle. The start of their Hereford herd started because of a man of the name Bialek. I asked Ciok why Bialek didn't want limousine cattle considering the market with countries like, Turkey that desire that type of beef. Ciok responded, "Bialek went to America and had one of the best steaks he has ever had and he wanted to produce that for Poland." That one steak in America leads him to the idea of him being able to produce this quality of beef in Poland. Bialek went to Ciok and offered him to run Hereford cattle on his land.

The picture below is a photo of the farms logo. You can find this picture on their website and around their farm.



Their farm consists of 700 hectares of land with about 500 Hereford cattle. They raise all grass fed beef and have about 100 hectares for alfalfa. There are only 1,000 registered Herefords in Poland and they own 400 of them. Bialek bought his Hereford from Hereford ranchers in Poland, but originally they were imported from Denmark. Their ranch covers some of the most beautiful land in Poland. The cattle have multiple fresh water ponds and one large Lake Wukniki. Lake Wukniki is one of the four cleanest lakes in Poland. Their cattle are able to roam on beautiful land and enjoy the best of Poland.



These two pictures show how beautiful their farm is. The first picture is overlooking the hills that run through their land as the Hereford cattle enjoy some green grass. The second photo is from their highest hill. From this view I was able to see their entire ranch including Lake Wukniki.

When it comes time to prepare beef for slaughter in Poland, it differs from the beef in Texas. Typically beef producers castrate their bulls around weaning age and try to get animals around 1200 pounds. When discussing with Ciok about their process, he began to tell me that they don't castrate the bulls. They leave them as bulls and feed them until they are about twenty-seven months old and weighing in at about 2,000 pounds. Ciok continued to tell me, when the bulls are slaughtered they have a lot more hamburger meat compared

to actual steaks. When I told him the differences between our two practices, Ciok believed he might have to try to castrate and produce smaller steers in a quicker time. He believed that this would help solve their problem of producing not enough quality steaks. The problems that they encounter are, that historically Poland doesn't have very many traditional dishes with beef, which has an effect on the demand for the product.



The picture above shows Coik's bulls that he is preparing for slaughter. He keeps them in a barn where he can monitor their health and progress to becoming market ready

Coik has used marketing to his advantage to try and promote beef in the country. They have their own website, the beef shop where they sell the beef off of. The Beef Shop has given customers from all over the ability to purchase their steaks. They use Facebook to promote this website and try to educate people about their beef. Another marketing scheme that they use is having a professional chef come and prepare the steak and televise it on Polish channels. This solves a major problem of people not being familiar on how to prepare the beef. While Coik still strives to increase his beef sales, he is able to sale on

average ten steaks a day. On the beef shop their prices range from high to low. A person could buy hamburger meat for 9,80 zł or a T-Bone for 76,45 zł. They also have packages that a person could purchase. The packages include broth, grill, steak or your home package. Their website is very user friendly and allows people from all over the world to purchase their beef.

I enjoyed being able to meet with Coik and learn about beef production in Poland. I found it interesting to find differences between Texas beef and Poland beef, but in the end both are striving for the same outcome, producing delicious beef for consumers. I think their marketing strategies are very up-to-date, considering the popularity of technology. I can say that this beef raising girl was excited about the time I spent with Ciok learning about raising Hereford cattle in Poland.



Denise Mimblela

July 1, 2018

Blog 2- Public Education Systems in Poland

Before coming to Poland, I had no knowledge of the education systems here, but I was able to visit the primary, secondary, and technical school in the local area with my host brothers and sisters. I learned that in Poland, there are primary and secondary schools that everyone attends, then there are technical and



vocational schools that most people will go to, and then there are the universities that some people will go to. I suppose the amount of people that continue their education varies with location, but my family lives outside of a small city with many villages around. This area is made up of mostly farmers and people whose livelihoods are working in this small city.

The primary school is the equivalent of American elementary and middle schools combined. The village my family lives in only has a primary school, but the small city nearby has another primary school and two secondary schools. One of the secondary schools has an emphasis in agriculture and mechanics, while the other has an emphasis in history and language arts. After primary school, the students decide which secondary school they will attend. After they complete secondary school, they can choose to go to the technical school and later a university.



All of the schools in the area had very small student populations, but I was told that in Poland, the average student population is not much larger. The primary school had 80 students total. One of the secondary schools was a combination of a secondary school, technical school, and vocational school. Even with these three separate programs all in one school, the largest class had no more than 15

students. Unlike American schools, the classrooms were too small to fit over 20 students, there was no cafeteria, and the library was no bigger than the class rooms.

In addition, I spoke with several teachers at the technical school who were trying to explain to me that the school system in Poland was in the middle of a transition. There are two types of school systems, but the old one is being phased out. This change in school systems has something to do with the EU and should be complete within the next few years.

From what I have seen, attendance is not enforced by the administration or parents. I believe this has more to do with the fact that most of the youth in this area have farms, so they must skip a few days to help their families work on the farm. The teachers said that after completing their one year of certification at the technical school, most students do not continue their education.



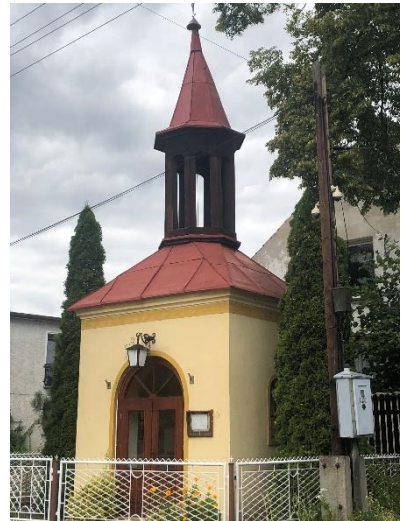
The region I am staying in is large in dairy, and the neighbors of my host family all have fields if not dairy cows and fields. The youth in the area all help their parents with the farm. I have met many people my age, who attend the technical school to obtain a certification in farming/agriculture. Their classes are all based around agriculture. Their English and history courses try to incorporate their desired profession into lessons. My host brother completed his farming program this month. His classes are similar to my own classes in that they have a lecture and a lab, however, he is learning related topics but not the same as me. He must learn how to care for farm animals, how to keep barns sanitary, and how to drive a tractor, and general knowledge about different kinds of farms in Poland.

Blog 2: History and Sustainability of Native Peoples Culture

Every country has a different culture and they are all very unique. This is what makes every country special. Every country has its own beliefs, values, and history which has developed over several years. Sometimes culture and beliefs change over the years, but it seems as if Poland's culture and beliefs are still very strong. While in Poland I noticed several ways they sustain their culture such as serving others, maintaining their faith, and remembering their history.

Upon arriving in Poland I noticed a strong sense of togetherness and hospitality in the people. Every person I came in contact with was very nice and hospitable. Every person offered a drink or something to eat upon arrival and I soon noticed this was the culture. The people were eager to serve others and make them feel welcomed. At every party or event there was always drinks and food set out on the table. I asked my host family if this is everywhere in Poland and they said yes and it is a tradition to serve others this way. I also noticed the large amounts of food at gatherings. The family told me it was also tradition that when there are guests, they make everything they have in the kitchen. It was amazing to see the amount of time that is put into an event and the amazing traditional Silesian dishes they would make. Family is also important; they value their time together as a family and work together on everything. They are very close with one another and spend a lot of quality family time together.

When driving anywhere, it is impossible not to notice the beautiful statues and churches everywhere. Religion is a large part of their culture and tradition and it is amazing to see such strong faith in everyone. Nowadays at home in the United



Roadside chapel in Niewiesz

States, religion is not valued by as many people as it was in the past, but here in Poland this is

different. Religion is what they value the most and the majority of the population is Catholic. Several houses had statues of religious figures and crosses were in many businesses I visited. I



loved seeing this open display of their faith. After speaking with my family about what I have seen, they informed me that religion is very important and it has been for several decades in Poland. They said it was a tradition to have roadside shrines or kapliczki. Their religious culture is very strong and it is amazing to see how the culture is very proud of their faith.

No matter where I traveled to in Poland, there were always older buildings that were still in use. I asked my host family about all of the older buildings and they told me that they like to keep them in remembrance of their past and also of their family that used to use them. I personally am very fascinated with history and anything old. Seeing how they kept the buildings in good condition and still make use of them is an amazing sight. They value their history and use these buildings as a reminder of their past and also to remember their family that built the structures.



She showed me how they carve the traditional Opole region design eggs

The Polish culture is amazing in several ways; they are all very close with their family and are always striving to serve others. I am amazed by their hospitality and willingness to serve others. They take pride in their religion and traditions. They also have many stores that have the hand painted pottery and eggs. They keep traditions such as painting eggs alive and are passing it down to newer generations. They sustain their culture by keeping things traditional and making sure the younger generations are learning and passing the traditions down to the next generation.

It's a family thing: Farming in Poland

Carolyn Edler

Many families in Poland live in a very big house hold. For example, the family that is hosting me has a child of their own, but still lives in the house with their parents and two siblings. Many times, the grandparents also live in the house.



My host family's house is a beautiful two-story house with ten bedrooms. On both levels, they have bedrooms, a kitchen, dining room, living room, and a laundry room. Because so many people are living in the house, this makes it easier for people to have their own “space” and privacy.

The cost of land is very high and many young families cannot afford to build their own house right away. If they live with their parents, it is much easier to save money and there is more people to help with everyday chores.

From my perspective, many traditional household will have certain jobs for each family member around the house. Very rarely do Polish families go out to eat because it is very expensive and not as healthy as cooking at home. Almost everything is made from scratch, so a lot of time is spent in the kitchen. I have learned how to make several traditional Polish dishes during my stay.



In this particular house, the wife has a large garden with potatoes, onions, lettuce, tomatoes, carrots, and strawberries. They also have several fruit trees and fruit bushes. On our farm they produce blueberries, blackberries, peaches, apples, raspberries, and more. Every night when the wife gets home from work, she is very busy picking

fresh produce and preparing new meals. The children are also expected to help with some of the picking, cleaning, and preparation of the food. They are very proud of their gardens and spend many hours working to have quality products.

As the women in the family stay busy in the garden and in the kitchen, the men are usually doing the “farm work”. Lucky for me, I was able to participate in both sides of this. The father and the son run the farm together with the help of a few employees. The farm I was placed on is a farrow to finish pig farm. They have around 150 sows who are fed by hand three times a day, so it is very demanding, tedious work.

Not only does my family have a sow farm, but they also grown several different crops on about 300 acres of land. This is considered to be a large farm in Poland. They produce black currant, wheat, buckwheat, triticale, and oats. All of the family works together in times of planting and harvesting to ensure they can efficiently produce the crops. It is important for



all of the family members to pitch in, because then they do not have as much cost in the production phase.

During my stay, we worked a lot with black currant. The first few years of growing this crop takes lots of manual labor to ensure the crop will be sustainable for the maximum amount of years possible. There is 1,200 plants per acre, each one is planted by hand. It is very important during the first year of growing that there is minimal weeds in the field. Because the young plants are delicate, the deweeding must be done manually. There were many days where we

would spend the whole day in the field, picking out the weeds (which was not my favorite job and I gained so much respect for the people who do this for a living).



Around the middle of June, we started harvesting black currant. This was truly a family event. It took four people at a time to efficiently harvest these berries. My host dad drove the tractor with the combine attached, myself and the brother stood on the back of the combine, removing all of the leaves and sticks that fell in with the berries, and the father was running the tractor, moving the full tubs of berries to the trailer and restocking our tubs for the new berries. We would start harvesting at 3:00AM and would harvest 28 tubs a day, which would usually take until around 3:00PM. Each night, the contractor who bought the berries would come pick them. Needless to say, we are all very tired by the end of the day. Thankfully, the wife always had lots of snacks and drinks packed for us to make it through the day.



Polish people work very hard and everyone needs to contribute to make things work. I found this a great fit for me, as this is what is expected at our family farm in Iowa. My host family is very proud of what they have built and earned through their agricultural pursuits. Through my stay in Poland, I have realized how important family is to the culture here. Although there is a lot of work to be done, they always make time for their families. I have really enjoyed being able learn about their culture and experience it first hand through this program.

Shelbi Greaves

Language is Not Love

Is it truly possible to capture the raw beauty of a place in words? I was once told that a good writer could make the reader see and feel what they wanted them to. However, as I sit here on the front porch watching two kids play tennis with their dad while the mom and grandparents laugh and pick cherries watching the sunset, I don't believe that any words can do this place and these people justice. I've come to realize that no words will ever be able to truly capture the experiences, memories, and true beauty of a place; and language cannot truly express love.

Coming to Poland I was extremely nervous. I knew it would be difficult to adjust to a culture especially with a language barrier. I was leaving everything I knew for something I had absolutely no idea about. Before I came, I couldn't even tell you which countries bordered Poland. (I knew I should have paid more attention in world geography!) Yet here I am with one week left before I leave and all I can think is how there is no way God has prepared me to leave this place.

While I could tell you all about the sights I've seen and the things I've learned, none of it would have real meaning. If you've made it this far, I hope that in the rest of this not-so-short blog I can convey one thing. **Language is not love.**

When I arrived in Poland I knew how to say three things. Thank you, yes, and toilet. Now if you know me at all, you already know that I have no problem talking! I would talk to a tree if I knew it would listen! You can imagine the nervousness I felt when I knew that I wouldn't be able to talk. So I went in with a mission. A mission to have fun with this, to try and learn a new language, and above all to learn to effectively communicate without words. After a few weeks, that is exactly what I have done.

You see, the people I came to stay with have possibly the largest hearts in this entire world. They welcomed me with open arms (literally) and integrated me into their lives without hesitating. When I go to work, I go with a smile and laugh every single day, and I give everyone hugs. Not one single time have I not been met with a returning smile and hug. Not one time have I felt unwelcome or unwanted. And not one single dang time have I felt unloved. They don't care that I don't speak Polish! They care that I'm there and happy.

Only two people here even remotely speak English. The other thirteen people I work with, who are mostly from Ukraine, only speak Polish and Ukrainian. Did you know that everyday I go to work, the first thing I am told as they hug me is, “Good morning! We’re so glad to see you!”? I have been told so many times that they wish I would stay and honestly, so do I. And it’s not just the workers! At least three times a week we are having dinner with family and friends. Want to know what it’s like? It’s the same. The same smiles, the same laughs, the same hugs, the same teasing, and the same unconditional love.

That is love. Love is not telling someone how beautiful they are every day. Love is not paying someone countless compliments and conversations with no meaning. No. Love is so much more than that. It’s in the way we treat people. It’s the way we give someone a hug for no reason because we want them to know how much we care about them. Love is how we welcome those we care about with open arms any time of the day. It is the fact that when they mess up, we try our best to bite our tongues because we know that fighting will tear us apart. Language is not love. It is not the way we truly express love. **Love is measured in the actions that we do and how we treat people every single moment of the day.**

Written stories can only begin to try and convey raw, emotional beauty. Language can only begin to try and convey love. **So if you truly love someone, don’t tell them.... Show them.**

Cameron Letourneau
July 1, 2018

Summary of my Experiences in Poland

The moment I stepped of my Lufthansa flight to Warsaw, I realized that my world for the next five weeks would be extremely different than back home in Texas. However, any feelings of fright or confusion were blocked out by my excitement to be in Europe and especially Poland. After a few hours of waiting for my American group we were united right outside the baggage claim where we all shared stories of our flights. We then made our way out to the van that would transport us around for the time the group was together. It was quite funny to try and load all of the luggage into the van which seemed to have only enough space for luggage for 3 people. Our first stop was the hotel we stayed in the first night where we briefly unpacked and freshened up before heading out to explore the city. The first thing we saw was the Warsaw Agriculture University, where we saw their laboratories and later had a dinner with the rektor. Later we visited Old Town, and were able to see the many beautiful monuments, buildings and other tourist attractions. That night I visited my first Polish bar with Kaleb and Kristin who were eager to explore after dark as well. The next morning, we ate a traditional Polish breakfast consisting of meats, sausages, eggs, vegetables and other foreign foods for an American. Following breakfast, we had a 3-hour drive to Lomza, where we toured an agriculture high school. After the tour we were treated to some amazing traditional Polish cuisine including pyza and pierogi. Later we visited a few companies and farms, then headed back to the hotel. That night we had an amazing dinner with a lot of vodka and dancing involved. Day three allowed us to visit Gama group, Euromilk, Mlekovita, and the Regional Agriculture extension center. Later around dusk we visited a family milking farm who had prepared us an amazing meal. Our final day with the group was spent traveling to Warsaw to meet with the Vice Minister of Agriculture Ryszard Zarudski, where

we had a meeting discussing the future of agriculture in both Poland and Texas. Immediately following that meeting we met with an Agriculture and Food economics company which explained many of the complex intricacies of the economics of our industry. Next came the most exciting and scary part of the trip, meeting my host family, the Gabryelczaks. They were extremely nice and very excited to hear everything I had to say. The 19-year-old son Michal spoke English well but was hesitant initially, the older sisters spoke perfectly, however the parents spoke no English. The fact that the parents spoke no English actually was great because it allowed me to learn some Polish, and also led to many laughs through translation errors on google translate. The first thing we did after leaving lunch with the group, was to get ice cream, this would be a reoccurring event throughout my stay in Poland. Upon arriving at my host family's home in Piatek, I was very surprised and happy to see their property. They had a beautiful home with 3 large chicken houses behind it, which I would later become very familiar with. The first week in Piatek I learned a lot about the broilers and how they were bred, managed, and fed. Unfortunately for the Gabryelczak's chickens, it was very hot this week and the birds constantly were getting too hot, which is how I learned about their ventilation methods. After a week and a half of being in Poland the birds were of age to be sold, so three nights in a row, the family and I gathered all their chickens and put them into cages on the 18-wheeler. Following the chickens being sold, I learned all about cleaning out and maintenance of the broiler house and its feed systems. Certain days in-between working with the chickens would leave some leisure time where we would travel and visit tourist attractions, museums, cities and castles. In this time, I was fortunate enough to visit Lodz, Oporow Castle, the blue lake in Przykona, the Leczyca Castle, and many other amazing places. After a day of work, Michal and I would go into town and meet up with his friends who I eventually would come to call my friends as well. The second to last weekend before returning to the full American group a

couple of the American girls Makenzie and Shelbi, met up with Michal and me. We traveled to Auschwitz which was extremely sad and later in the day to Krakow and Jasna Gora Monastery. Following this trip Makenzie and I traveled back to Warsaw with Adam, her first host in Poland. The first day back in Warsaw, we went shopping while Adam was at work. When he got home we all went out to a few bars and clubs meeting up with Adams girlfriend Ola. The second day Makenzie and I visited the Polin Museum of Jews, Old Town, and the Supreme court. That night we traveled to Adams family home where his parents made us a great meal. The third day with Adam was spent in Slawa, a town with a large lake where we watched a traditional folk concert and relaxed by the water. The last day before returning to Piatek we visited a beach, went to church, and then observed a traditional folk parade. That night I was back in Piatek, where I met with my host family again and worked on their garden. The next few days consisted of working in the garden, spending time with my family, as well as beginning to prepare to return to Warsaw permanently. Unfortunately, tomorrow I will return to the American group in Warsaw for a goodbye lunch, and then we will all leave the country the following day. I truly loved my time here in Poland and would do it over again in a heartbeat, the memories and knowledge I gained are irreplaceable.

Kaleb Snodgrass Blog 1

After two weeks in Poland, I have learned more than what I have imagined. When first arriving, I did not really know what to expect since Poland is not a country that is usually talked about in the United States. The first day that I arrived it was straight to work. We sat down that night for a family meal where I showed them pictures of Texas and my family. One thing that I learned is that they get excited when they see pictures of guns. On the second day I got to see the veterinarian come out and repair a cow's hoof. I've also got to learn how the entire milk process works. At our farm there are two sides and 7 milkers per side. On the first Weekend we drove in to Tykocin and Bialystok where we visited a castle, got to shoot old guns, and ate some good food while touring the city. The following week we went to Warsaw where we did the full tour of the Royal Castle. It has been an amazing experience so far and can't wait to visit more and learn more things here on the farm.



Makenzie Standlee

Why Poland?

As many of you know I am spending five weeks in Poland for an internship and cultural study. When I first found out that I was accepted as an agriculture exchange student, I was so excited. But as I began to share the news with other friends and family members they always ask "Why Poland?" I would hear things like "Why not Paris, London, or Copenhagen?" There was even one person that said: "What even is there to see in Poland?"

Let me just say that Poland has more history and so much to see. No, it's not your typical touristic place to visit, but that's what makes it even better. When I first found out about this program, I was ecstatic. I wasn't going to be your basic tourist going all over Europe. Now yes I dream about seeing the London Eye, the Eiffel Tower and all of the beautiful colorful places in Copenhagen. I would be crushing my thirteen-year-old dreams if I said I didn't want to see them. But I have come along way since dreaming of the day I would get to travel the world. But never in my wildest dreams would I have dreamt of a place like Poland. There is just something about not knowing the language and getting lost in a foreign place.

Well here are a few reasons why everyone should visit Poland.

1. The Pace of Life-- So relaxed and pure happiness.
2. Fresh Fresh Fresh Foods-- Strawberries, Breads, .
3. History Galore-- World War I & II, Relationship with Americans since the beginning.
4. Agriculture Advancements-- Open mind and the advice we all need.

The Pace of Life-

I think often we get lost in our day to day lives because we are constantly doing something different each day. Whether it's working all week and planning on going places during the weekend, or it's summer camps, family reunions, and fun activities. We are all so busy. I know what you are probably thinking, people in Poland don't do these things? Yes-- They indeed do, but they enjoy living in the exact moment. Nobody is in a hurry, everyone is just living in the present. Although planning for vacations or seeing family is normal here too, they are grateful for each and every day. Back in Texas I get so caught up in getting through each day and praying that I get enough sleep to get me through the next day. I'm not complaining one bit, I love being busy and gaining all the experiences that I get to. Before I came to Poland, I promised myself that I would make at least one memory per day so I would go back with at least thirty-five new memories. But after learning the pace of life I have discovered so many more memories and knowledge each day. I have found pure happiness in each and every journey and person that I meet here. I am so thankful for this opportunity.

Fresh Foods-

Every day that I've been here I have been in awe of the fresh fruits. I LOVE fruit, but I have never loved fruit this much. The strawberries are the sweetest, Cherries the perfect balance of bitter and sweet, and the Raspberries are too die for. I could spend the rest of eternity here eating these delicious red fruits. They also spoil me with freshly baked bread each morning. When it comes time to make dinner we go to the garden and pick vegetables and herbs for the meal. It is all so rich and tasteful. I will miss the food the most when we get back to Texas.

History Galore-

Poland has one of the richest histories in all of Europe. The Polish often get stuck in the middle of the wars. Like in World War II when Germany invaded them, and then later Russia. They didn't get a say in these decisions. Since being here I have seen so many historical sites. The one that will leave me scarred for life was Auschwitz Death camp. I couldn't fathom what those poor people went through, it was hard enough for me to view the paths that they walked, the place they were murdered and the buildings they were forced to live in.

I've seen numerous castles and one of the coolest museums—Polin. Polin was a museum about the Jewish history and how they came to Poland. It started way back in the 1200's and took you to present day Jewish life. It was interesting to see why they picked Poland and how much they truly went through during WWII.

Agriculture Advancements-

Poland is unique in the way that they have advanced so quickly in agriculture. They went from open cabbed tractors to automatic everything. Since being in Poland I have toured multiple farms. From poultry, dairy, and beef cattle to vegetables, grains, and fruits, I have seen so much. Polish farmers are some of the top producing farmers in all of Europe. Most of the farmers are smaller here but most of the farmers here keep an open mind. They are very advanced and innovative I have enjoyed getting to see all the different regions of Poland and what each farm is producing.

Poland has opened so many doors for me. I have fallen in love with the history, people, the beautiful places. It will forever hold a huge place in my heart. I can't believe that my trip is coming to an end a lot faster than expected. I will cherish the memories and friendships forever. I look forward to hosting my family and friends in the United States in the future.

Jordan Zerr

My First Week In Poland

After arriving in Warsaw, our group was welcomed and taken on a journey through the beautiful city. That night several of us wandered out into the city lights to grab some dinner at the BYC and our first taste of Polish beer. We ended our first night in Poland in the back seat of an Uber using Google Translate as our only form of communication.



The next several days our group spent touring farms and visiting with leaders in the Agriculture industry. I had the opportunity to try many things that I otherwise would not have had the opportunity and was welcomed so warmly by every person I met along the way. Finally, on June 07, I got to meet Ula. After eating and saying our goodbyes, I headed off to begin my adventure with my Polish family.

On our way home we stopped to view Black Mary and after Ula, her boyfriend, and myself got pizza and beer at their favorite place. After arriving at



their home in Ujazd I met my host mom, dad, and grandmother. The first night in my new home I slept so well and awoke to my new grandma making breakfast. Unbeknownst to me it was already “second breakfast” as I had slept through “first” breakfast. Afterwards, Ula and I went to town to get dog food and a few other small things for the farm. We then drove to Rudziniec to drop everything off at the farm.

This was the first time I got to see the farm. I was amazed by how well kept and organized everything was. Ula explained to me how her parents are very particular about how their employees handle and care

for their property. This was something that I admired because it reminded me a lot of my Dad and how he takes so much pride in our farm.

The next day I got to feed their fallow deer and sheep. After going for a walk through a park they own that is near their farm, Ula showed me around the mansion that sits on the land of the park that had been abandoned. It was very cool and seemed to have many untold stories and history behind the walls. After this, we went to see their different crops including rapeseed, wheat, and sugar beet. There was one rapeseed field that had syphilis so we took a look at that



field and I got to see a disease that I typically would not have. Later that day we went on another walk and picked some cherries on the first cherry tree I have ever seen.

Overall, this first week has made me feel like I am right at home in a foreign country. The people are all so welcoming and make sure you never go hungry! For the rest of my time here in Poland, my family has many things planned such as a trip to Germany and a trip to Romania. Pozdrowienia dla nowych przygód!