

SO, YOU'RE HOSTING A STUDENT FROM POLAND.

Print &
Stick Me
On The
Fridge!



Thank you for hosting with AYA!

We understand that this is not only a very exciting time for you, but you may also be feeling nervous. Fear not! **Here are some helpful hints to help make your year a successful one.** *(Please note: while this information is mostly typical of a culture, it does not apply to all students. Every personality is different, so keep that in mind!)*

Please be Aware...

Poland's history includes serious political and cultural struggles. Be mindful when asking about topics like communism, war, or immigration — your student may have personal or family connections to these issues.

Poland is a traditionally Catholic country. Many students identify with Catholic values, even if they are not religiously observant. Respectful curiosity about their faith or customs is welcome.

1 Communication

Polish teens may appear quiet or formal at first. Respect for elders and modesty in conversation are valued traits. Don't be surprised if your student is initially cautious in expressing opinions — this reflects politeness, not disinterest.

2 Strong Family Values

Family is central in Polish culture. Teens are generally very close to their parents, and regular contact (even daily) with family back home is normal. Many Polish students are raised to be helpful, responsible, and respectful of adults in the household.

3 Academics

Polish schools emphasize strict discipline and formal teacher-student relationships. Your student may find the U.S. school environment surprisingly relaxed. Support them as they adapt to new styles of learning and interaction.

4 Food Habits

Polish students are used to hearty, home-cooked meals. Common foods include bread, potatoes, soups, meat, and dairy. Lunch as the main meal (served mid-afternoon) and evening meals are lighter. Breakfast may be minimal, and your student may miss familiar dishes. Invite them to share a Polish recipe — it's a great way to connect!

5 Punctuality

Polish teens are generally punctual, organized, and accustomed to clear routines. They may appreciate a home environment that has structure and predictability, especially regarding meals, chores, and expectations.