

# Polish for Beginners

Practical Learning with SynapseLingo

*Tobias Hartmann*

January 2, 2026

## **Copyright**

© 2026 Innov-AI-tive GmbH. All rights reserved.

Author: Tobias Hartmann

Contributor: Synapse Lingo AI Tools (human-supervised)

ISBN Print: 978-3-69263-121-9

ISBN eBook: 978-3-69263-120-2

ISBN Audiobook: 978-3-69263-122-6

This book is for informational purposes only and does not replace professional advice.

**AI Development Notice:** This e-book was developed with AI-assisted tools and subsequently editorially reviewed to ensure the highest learning quality.

# Additional Training Materials

Enhance your learning experience with our interactive on-line training materials and audio resources.

**Access your interactive language trainer:**

[http://app.synapse-lingo.de/language-trainer  
/en\\_pl/index.html](http://app.synapse-lingo.de/language-trainer/en_pl/index.html)



Scan the QR code or click the link to go directly to your interactive trainer.

This interactive trainer includes:

- Full audio version of this book
- Audio pronunciation guides

---

- Interactive exercises
- Additional vocabulary practice
- Progress tracking

Simply click the link or enter the URL in your web browser to access these supplementary materials.

# Contents

<b>Additional Training Materials</b>	<b>3</b>
<b>1 Lesson 1: English – Polish Verb: have = mieć</b>	<b>8</b>
<b>2 Lesson 2: Learn Polish to be – być</b>	<b>13</b>
<b>3 Lesson 3: English – Polish: Learn “go” = iść – Fast, Fun Verb Boost</b>	<b>18</b>
<b>4 Lesson 4: English – Polish Modal Verb: 'can' = móc</b>	<b>22</b>
<b>5 Lesson 5: Make/Do in Polish: robić – quick wins for everyday talk</b>	<b>27</b>
<b>6 Lesson 6: English – Polish Past Tense: I had – miałem</b>	<b>32</b>
<b>7 Lesson 7: Polish Past Tense To Be: I was – byłem/byłam   Funny English – Polish Podcast</b>	<b>37</b>
<b>8 Lesson 8: Learn Polish Fast: I went – poszedłem (English – Polish ‘to go’ past forms)</b>	<b>42</b>
<b>9 Lesson 9: I did zrobiłem, you made zrobiłeś: Polish Make/Do Essentials</b>	<b>47</b>

<b>10 Lesson 10: English – Polish: I will have = będę mieć – Future of 'have'</b>	<b>52</b>
<b>11 Lesson 11: English – Polish: I will be → będę – Master the Future Tense Fast</b>	<b>57</b>
<b>12 Lesson 12: English – Polish Future Tense: I will go – iść</b>	<b>62</b>
<b>13 Lesson 13: Learn Polish Future Tense Fast: I will do – zrobię, We will do – zrobimy</b>	<b>67</b>
<b>14 Lesson 14: English – Polish Essentials: 'Is there ...?' Czy jest ...? and 'Where is ...?' Gdzie jest ...?</b>	<b>73</b>
<b>15 Lesson 15: Learn Polish Fast: Is there ...? = Czy jest ...? – English – Polish Travel Phrase</b>	<b>80</b>
<b>16 Lesson 16: Polish Made Easy: May I ...? = Czy mogę ...?</b>	<b>84</b>
<b>17 Lesson 17: English – Polish: need = potrzebować – Fun, Fast Lesson</b>	<b>89</b>
<b>18 Lesson 18: Polish for Travel: Learn "Where is ...?" – Gdzie jest ...?</b>	<b>94</b>
<b>19 Lesson 19: Learn 'What is ...?' in Polish: Co to jest ...?</b>	<b>98</b>
<b>20 Lesson 20: English – Polish: How much does ... cost? = Ile kosztuje ...?</b>	<b>103</b>
<b>21 Lesson 21: English – Polish Ordering: I would like ... = Poproszę ...</b>	<b>108</b>

<b>22 Lesson 22: English – Polish Phrase Power: Can you ... ? = Czy możesz ... ?</b>	<b>113</b>
<b>23 Lesson 23: English – Polish Polite Requests: Can you ... ? = Czy może Pan/Pani ... ?</b>	<b>118</b>
<b>About the Author</b>	<b>122</b>
<b>Stay in Touch</b>	<b>123</b>

# Lesson 1

## Lesson 1: English – Polish Verb: have = mieć

*Brought to you by SynapseLingo, this fun English – Polish episode teaches the verb “have” – mieć – with jokes, drills, and mini-challenges. Learn present-tense forms fast: mam, masz, ma, ona ma, my mamy, oni mają. Perfect for learners searching “learn Polish,” “English Polish,” “Polish conjugation,” and “verb mieć (have) present tense.” Practice real-life phrases and get confident switching between English and Polish in seconds.*

### Welcome to SynapseLingo

Hey you, ready to learn with laughs? Let's make Polish possession super easy today.

This podcast is brought to you by SynapseLingo – your fun path to fluency. Visit [www.synapse-lingo.com](http://www.synapse-lingo.com) for more resources and bonus exercises. Today's mission: master “have” in Polish – mieć – and say it like a native: mam, masz, ma, ona ma, my mamy, oni mają. Buckle up; your

---

brain is about to say, “Oh yeah, I have this!”

## Your goal today: mieć made simple

By the end, you’ll use all key forms confidently in real life. You’ve got this!

- Base verb: to have = mieć.
- I have = mam.
- You (sing.) have = masz.
- He/It has = ma.
- She has = ona ma.
- We have = my mamy.
- They have = oni mają.

## Laugh \ Learn Dialogue

Let’s drop into a silly scene and sneak the grammar into your memory.

- You: I check my pockets: Mam bilet. The popcorn? Missing.
- Friend: Chill, Masz czas. We’re early!
- Narrator: The hero arrives with snacks. Drumroll... On ma popcorn and style.
- She waves a map: Ona ma mapę. No more getting lost in the cinema lobby!

- Team whisper: My mamy plan. Seats in the middle, obviously.
- Crowd gossip: Wow, Oni mają najlepsze miejsca! VIP vibes.
- Phone status: Relax... it ma 80\

## Rapid forms drill

Speak out loud – yes, you! Speed beats perfection right now.

- Say “I have”: mam.
- Say “you (sing.) have”: masz.
- Say “he has”: ma.
- Say “she has”: ona ma.
- Say “it has”: ma.
- Say “we have”: my mamy.
- Say “they have”: oni mają.
- Base verb (to have): mieć.

## Culture tip: phrases you'll hear

Sound natural with tiny upgrades you'll actually use.

- When you don't know: “Nie mam pojęcia” = I have no idea.
- Cashiers often ask: “Masz paragon?” = Do you have the receipt?

---

- Everyday negation: “Nie ma” = There isn’t / it doesn’t have.
- Group win: “My mamy wszystko!” = We have everything!

## Mini-quiz

Quick fire! Say it before I reveal the answer.

- Q1: What’s the base verb “to have” in Polish? A: mieć.
- Q2: Translate “they have.” A: oni mają.
- Q3: Fill the blank: She - - - - a ticket. A: ona ma.
- Q4: Say “you (sing.) have.” A: masz.
- Q5: Say “we have.” A: my mamy.

## Speak-out challenge

Your turn – say it out loud. I’ll give you a beat to answer.

- Say in Polish: I have two books. A: Mam dwie książki.
- Ask a friend: Do you have time? A: Masz czas?
- Confirm: He has the key. A: On ma klucz.
- Brag: They have a car. A: Oni mają samochód.
- Cheer with your team: We have it! A: My mamy to!

## Outro: You've got it!

Nice work – you just leveled up your Polish.

Today you nailed “have” in Polish – mieć – and its power forms: mam, masz, ma, ona ma, my mamy, oni mają. Keep practicing these in short daily bursts and you’ll sound natural fast. This episode was brought to you by SynapseLingo – thanks for listening! For more lessons, quizzes, and downloads, visit [www.synapse-lingo.com](http://www.synapse-lingo.com). Do widzenia and see you next time!

## Lesson 2

# Lesson 2: Learn Polish to be – być

*Master the Polish verb to be – być – with this fun, fast English – Polish lesson. Practice the key forms: jestem, jesteś, on jest, ona jest, to jest, jesteśmy, jesteście, oni są. Through jokes, rhythm drills, mini-dialogues, and a pop quiz, you will confidently say I am, you are, we are, and more in real contexts. Brought to you by SynapseLingo – for more English – Polish resources, visit [www.synapse-lingo.com](http://www.synapse-lingo.com).*

## Welcome from SynapseLingo

Hey friend, welcome! This podcast is brought to you by SynapseLingo – visit [www.synapse-lingo.com](http://www.synapse-lingo.com) for more resources.

Today we make Polish to be – być – your superpower. Warm up your voice, smile, and let's roll!

## Your goal today

In a few minutes, you will say all forms with confidence.

- to be – być
- I am – jestem
- you are (singular) – jesteś
- he is – on jest
- she is – ona jest
- it is – to jest
- we are – jesteśmy
- you are (plural) – jesteście
- they are – oni są

## Say it with me

Repeat after me; loud and proud.

- I am – jestem. Repeat.
- You are (to one person) – jesteś. Repeat.
- He is – on jest. Repeat.
- She is – ona jest. Repeat.
- It is – to jest. Repeat.
- We are – jesteśmy. Repeat.
- You are (to a group) – jesteście. Repeat.
- They are – oni są. Repeat.
- Bonus chant: to be – być, to be – być!

---

## Mini-dialogues

Listen, grin, and shadow the bold bits.

- A: Who is he? B: He is – on jest – my neighbor.
- A: Where is the coffee? B: It is – to jest – on the table.
- Coach: You are – jesteście – champions!
- Friend: You are – jesteś – hilarious.
- Team: We are – jesteśmy – ready.
- Announcer: They are – oni są – already on stage.

## Culture spark

Two seconds of culture magic.

Shakespeare in Polish? It is Być albo nie być – to be or not to be. Next time you see Hamlet, wink and whisper być.

## Rhythm drill

Clap or tap your desk; feel the beat.

- to be – być – clap
- I am – jestem – clap
- You are – jesteś – clap
- He is – on jest – clap
- She is – ona jest – clap
- It is – to jest – clap

- We are – jesteśmy – clap
- You are (pl) – jesteście – clap
- They are – oni są – double clap!

## Pop quiz

Answer out loud; I will reveal the answer after a pause.

- Q: Say I am in Polish. A: jestem.
- Q: Say you are to one person. A: jesteś.
- Q: Say he is. A: on jest.
- Q: Say she is. A: ona jest.
- Q: Say it is. A: to jest.
- Q: Say we are. A: jesteśmy.
- Q: Say you are to a group. A: jesteście.
- Q: Say they are. A: oni są.
- Bonus: What is to be in Polish? A: być.

## Your turn: speak!

Build tiny sentences; I will give prompts.

- Say: I am from London. Hint: jestem z Londynu. Now swap the city.
- Tell one friend: You are amazing. Hint: jesteś wspaniały or jesteś wspaniała.

---

- Point to an object and say: It is a book – to jest książka.
- Present your team: We are ready – jesteśmy gotowi.
- Address your group: You are on time – jesteście na czas.
- Introduce the band: They are students – oni są studentami.
- Introduce him and her: He is a teacher – on jest nauczycielem; she is a doctor – ona jest lekarką.

## Wrap-up

Nice work – you nailed the core of Polish to be.

Thanks for learning with SynapseLingo! Keep practicing być, jestem, jesteś, on jest, ona jest, to jest, jesteśmy, jesteście, oni są a few times today. Visit [www.synapse-lingo.com](http://www.synapse-lingo.com) for more English – Polish lessons, and come back tomorrow – you are unstoppable!

# Lesson 3

## Lesson 3: English – Polish: Learn “go” = iść – Fast, Fun Verb Boost

*Sharpen your English – Polish skills with a mini-episode on the verb “go” = iść (on foot). Practice everyday forms – ona idzie, idziemy, wy idziecie, oni idą – plus the handy phrase w porządku. Enjoy quick drills, a playful dialogue, and a culture tip that makes motion verbs click.*

### Welcome to SynapseLingo

Hey du-learner, glad you’re here! Let’s kick off with energy and smiles.

This podcast is brought to you by SynapseLingo – visit [www.synapse-lingo.com](http://www.synapse-lingo.com) for more resources. Today we master “go” = iść with quick wins, laughs, and steps you can actually take.

---

## Your goal today

In 5 minutes, you'll be ready to move – and speak.

You'll learn the Polish action star *iść* ("to go" on foot) and use these forms in real talk: *ona idzie*, *idziemy*, *wy idziecie*, *oni idą*, plus the lifesaver phrase *w porządku* ("it's okay").

## Forms you can use now

Repeat out loud – short, snappy, confident.

- to go (on foot): *iść*
- I go: *idę*
- you go (singular): *idziesz*
- he goes: *on idzie*
- she goes: *ona idzie*
- we go: *idziemy*
- you go (plural): *wy idziecie*
- they go: *oni idą*

## Comedy café dialogue

You're at a café with friends – time to move!

- A: The bus leaves in five – do we go? B: Yes, *idziemy!*
- A: Where's Anna? B: Relax, *ona idzie już z ciastkiem.*
- Guide (to the group): *Wy idziecie prosto do przystanku, ja biorę mapę.*

- Narrator: Outside, a crowd appears – oni idą jak prawdziwa parada!
- Anna (spills a crumb): Oops! You: w porządku – cake-powered Polish is always allowed.
- All: Mission verb “go” = iść complete. Let’s actually, you know... iść!

## Culture tip: motion matters

Polish loves precision with movement – tiny words, big meaning.

Use iść for going on foot right now/once. Habitual going is chodzić (“I go regularly”), and going by vehicle is jechać. Your must-know squad today still stands: ona idzie, idziemy, wy idziecie, oni idą. If plans change? Say w porządku and carry on.

## Quick quiz

Answer fast – trust your gut.

- 1) Polish for “we go” (on foot)? Answer: idziemy.
- 2) Say “she goes.” Answer: ona idzie.
- 3) Talk to a group: “you go (plural).” Answer: wy idziecie.
- 4) Spot a moving group: “they go.” Answer: oni idą.
- 5) Friendly reassurance: “it’s okay.” Answer: w porządku.
- Bonus) The base verb “to go (on foot).” Answer: iść.