

Polish for Beginners

Practical Learning with SynapseLingo

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Additional Training Materials

Enhance your learning experience with our interactive online training materials and audio resources.

Access your interactive language trainer:

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

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- Interactive exercises
 - Additional vocabulary practice
 - Progress tracking

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

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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 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?

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- 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. 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, 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.

Welcome from SynapseLingo

Hey friend, welcome! This podcast is brought to you by SynapseLingo – visit 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.

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- 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 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 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.