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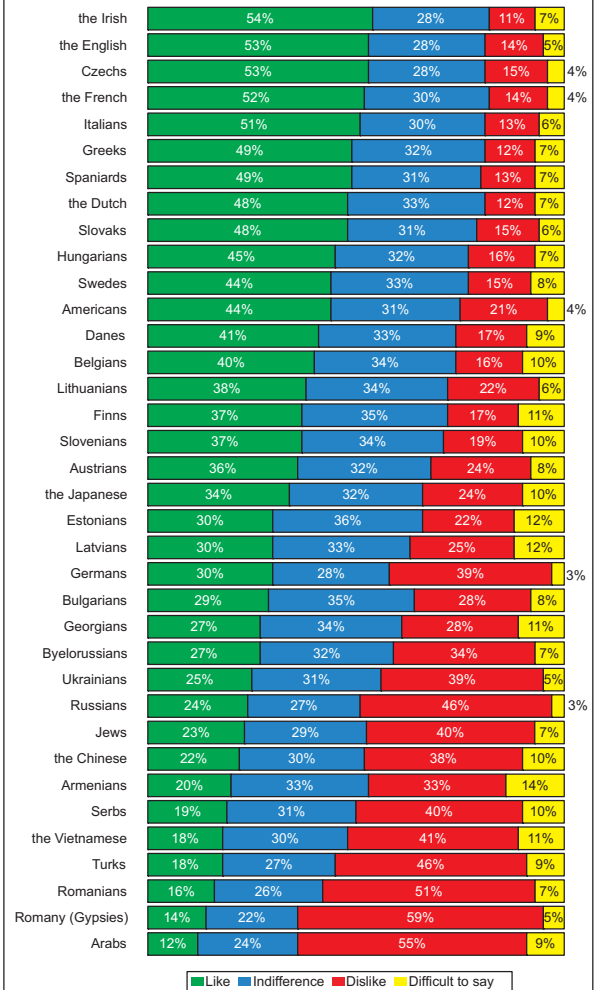
THE ATTITUDES TO OTHER NATIONS

The Poles like the most the Irish, English, Czechs, French and Italians. More than half of the respondents declare positive feelings towards these nations. Greeks, Spaniards, Dutch and Slovaks are liked by a slightly smaller number of the respondents. Negative feelings prevail mostly with regard to Arabs, Romany and Romanians.

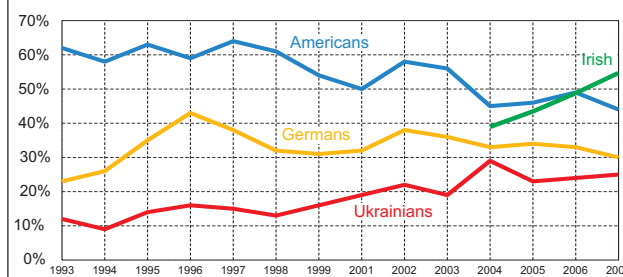
Liking and disliking other nations are to a large extent based on the stereotypes, which are well established in the public opinion. This are the stereotypes of the rich, civilized "West" and the poor, underdeveloped "East". The "West" has positive connotations and the "Western" nations are liked by the Poles, who want to be like them. In contrast, the "East" is seen in a negative light. The Poles want to be different from the "Eastern" nations and not to be treated as one of them.

Stereotypes are not the only factors determining the attitudes to a particular nation. In some cases, historical factors and actual "common experience" of the relations with a given nation play a significant role. The respondents' personal experience of contacts with the foreigners from different countries also affects their attitudes. Moreover, the attitude to a specific nation can depend on the current international politics and the current relations of Poland with a particular country. Furthermore, the current events taking place in some countries can play a role. The "orange revolution" in the Ukraine is one example. It has changed the Poles'

HOW WOULD YOU DESCRIBE YOUR ATTITUDE TO OTHER NATIONS?



POSITIVE ATTITUDES OF THE POLES TOWARDS:



feelings towards the Ukrainians considerably for better. Between 2003 and 2004, the percentage of those who declared positive feelings for the Ukrainians grew by 10 percentage points and the percentage of those who disliked them dropped by 17 p.p. While the he attitude to the Ukrainians deteriorated again some time after

the “orange revolution”, it is not as bad today as before 2004.

The attitudes to the Germans depend on a number of different factors. Undoubtedly, the Germans are a part of the “West”, but at the same time the Poles' feelings to this nation is strongly affected by both the earlier and the recent historical experience. The attitudes to the Germans have been changing fast during the last two decades. In the early 1990s, dislike clearly prevailed. Positive feelings prevailed in the middle of the present decade and, subsequently, the positive and the negative feelings reached a balance, although somewhat fragile and sensitive to the current situation. In the recent years, we have observed a decrease in the positive feelings and a growth of dislike. Presently, dislike clearly prevails and the position of Germany in the ranking of the most liked nations is quite low.

The changes in the attitude towards the Americans are also a result of several factors. Until the end of the 1990s, the Americans were very liked by the Poles (in all our surveys they ranked first or second in this respect). In the years 1993, 1995, 1997 and 1998 more than 60% of the respondents declared positive feelings towards the Americans, and after 2003 the percentage of such declarations has never fallen below 50%. The war in Iraq, the growing scepticism with regard to the international politics of George W. Bush, and, finally, the unfulfilled hopes for direct benefits from the alliance with the USA (e.g. the problem of visas) resulted in the positive feelings for the Americans falling below 50% in 2004. Although the Americans are still seen in a definitely positive light, they occupy lower and lower position in the ranking of the most liked nations.

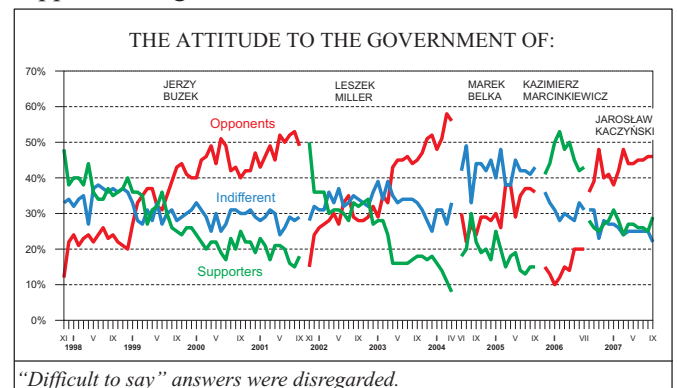
Currently, the Irish lead the ranking (for the first time). Ireland, a quite distant and (until recently) not a very well-known country in Poland, opened its labour market for the Poles immediately after the accession of Poland to the European Union and became a very popular destination for the Poles seeking work abroad. In 2004, 39% of the respondents declared positive feelings for the Irish. This percentage of the grew fast, reaching 54% in 2007 (with only 11% of the respondents declaring their dislike).

Similar experience of the Poles with English labour market as well as historical factors give Great Britain the second place the ranking.

More information on this subject can be found in the CBOS report (in Polish): *The attitude of the Poles to other nations*, September 2007. Survey executed in August 2007. A representative random sample of adult Poles. N = 859.

OPINIONS ABOUT THE GOVERNMENT OF JAROSŁAW KACZYŃSKI

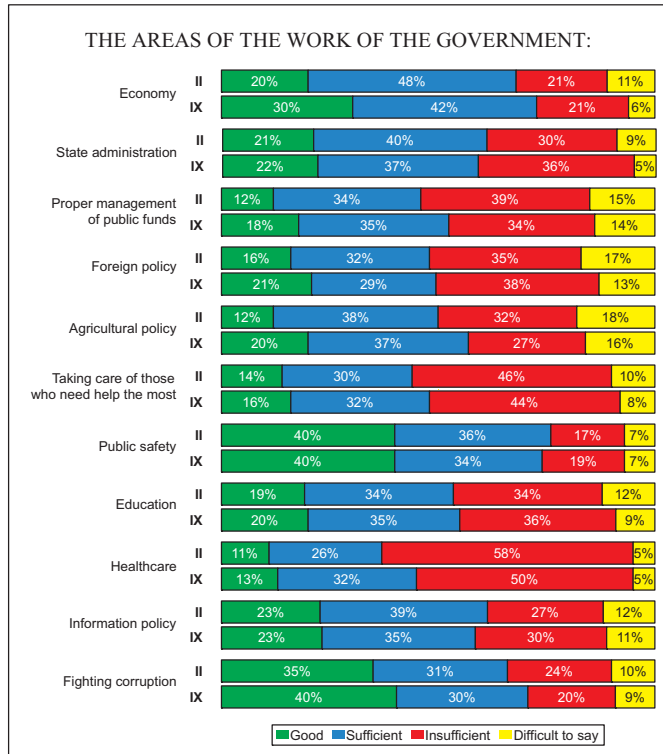
The first cabinet established by the Law and Justice party (PiS) after the 2005 election enjoyed strong public support for several months. Initially, the positive opinions about the cabinet of Kazimierz Marcinkiewicz, resulted from the credit of trust granted to the new rulers which is typical for post-election periods. The personal popularity of the Prime Minister started to play a major role soon, as well. The ratings of the subsequent PiS government of Jarosław Kaczyński have been much poorer. Since its establishment, it has had more opponents than supporters and a bigger number of negative opinions than positive ones. Although the cabinet of Jarosław Kaczyński is evaluated rather negatively, its present ratings are not much worse than those recorded immediately after its establishment. Though the number of its opponents has grown from 36% in August 2006 to 46% in September 2007, the percentage of the supporters has remained almost unchanged and has never fallen below a quarter of the population. In September, 29% of the respondents supported the government.



When asked about government activities rather than about their support for it, 30% of the respondents expressed positive opinions and 58% expressed negative opinions.

The evaluations of the government's activity in different areas are different. The perceived achievements of the cabinet of Jarosław Kaczyński are in the realms of public safety and fighting corruption, which are major objectives of the PiS programme. None of the previous cabinets was seen as equally successful in reducing crime. Compared to the previous governments, the agricultural policy is also evaluated significantly better. On the other hand, the foreign policy is seen as much worse than the policies of previous cabinets, which - due

to their consistent approach to integration of Poland with the European Union - were more appreciated for their international policy than for their ability to solve domestic problems. In contrast, the foreign policy efforts of the present cabinet are seen by the public opinion as insufficient.



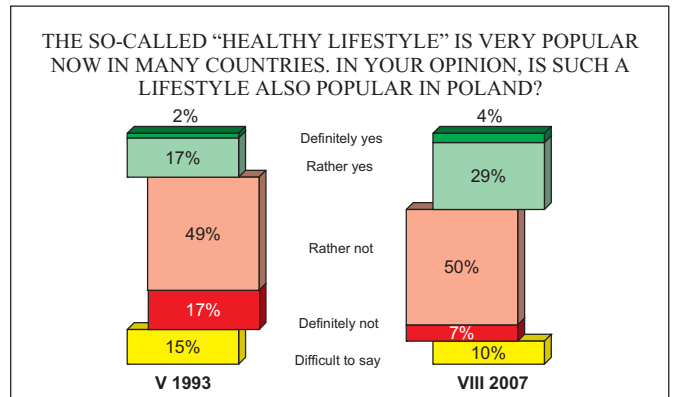
The evaluations of various aspects of government activities have improved in the last few months. More people are satisfied with the achievements in the economy and the management of public funds, the agricultural policy and the efforts to reduce corruption.

More information on this subject can be found in the CBOS report (in Polish): *The attitude to the government before the dissolution of the Sejm, Detailed evaluations of the work of the government*, September 2007. Survey executed in September 2007. A representative random sample of adult Poles. N = 844.

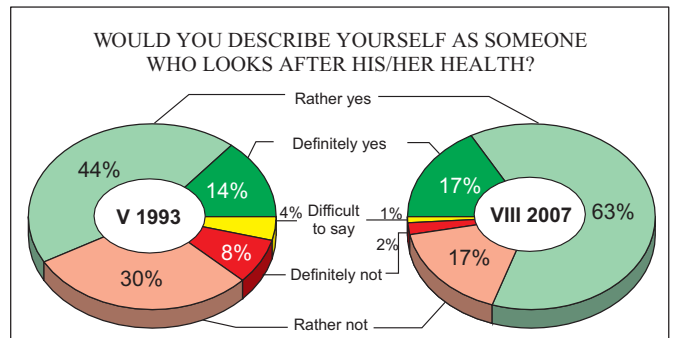
HEALTHY LIFESTYLE

The health of the society is one of the measures of the civilization level. There is more to health protection than effective treatment of the diseases; it also involves "healthy lifestyle", which not only prolongs life, but gives a chance to remain well in old age. The Poles more and more frequently appreciate the importance of health in daily life and declare that they care about it.

The opinion that healthy lifestyle is popular in Poland has become more common during the last several years. However, the opinion that people do not observe healthy lifestyle still prevails.

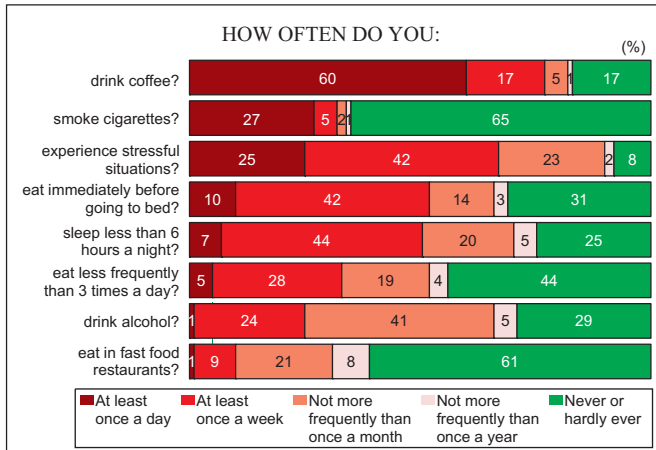
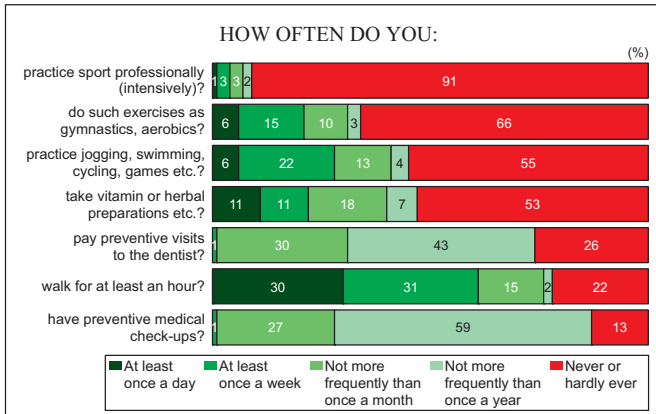


Compared to the first half of the 1990s, the percentage of the respondents declaring that they look after their health has increased significantly. Despite the prevailing belief that healthy lifestyle is not popular in Poland, a definite majority of the respondents (80%) declare that they look after their health. Fewer than a fifth of the respondents (19%) admit that they do not care about it.



However, the real measure of the importance of health as a value should be based on everyday healthy or unhealthy behaviour of people. Apparently, even though a definite majority of the respondents declare that they look after their health, the actual activities aimed at retaining good health are not particularly popular with the Poles. Only 9% of the respondents say that they practice or used to practice some sport. Two-thirds of the respondents (66%) have never or hardly ever done such physical exercises as gymnastics or aerobics, and more than a half (55%) have never practiced any jogging, swimming, cycling, playing games etc. Every other respondent (53%) never or only occasionally takes vitamin or herbal diet supplements, one in four (26%) does not pay preventive visits to the dentist, one in five (22%) does not go for longer walks, and one in eight (13%) does not have preventive medical check-ups.

Moreover, three-fifths of the Poles (60%) drink coffee at least once a day (within this group, 16% drink several cups a day), more than a quarter (27%) admit that they smoke every day, a quarter (25%) experience stressful situations at least once a day, and a tenth (10%) have a meal immediately before going to bed every night.



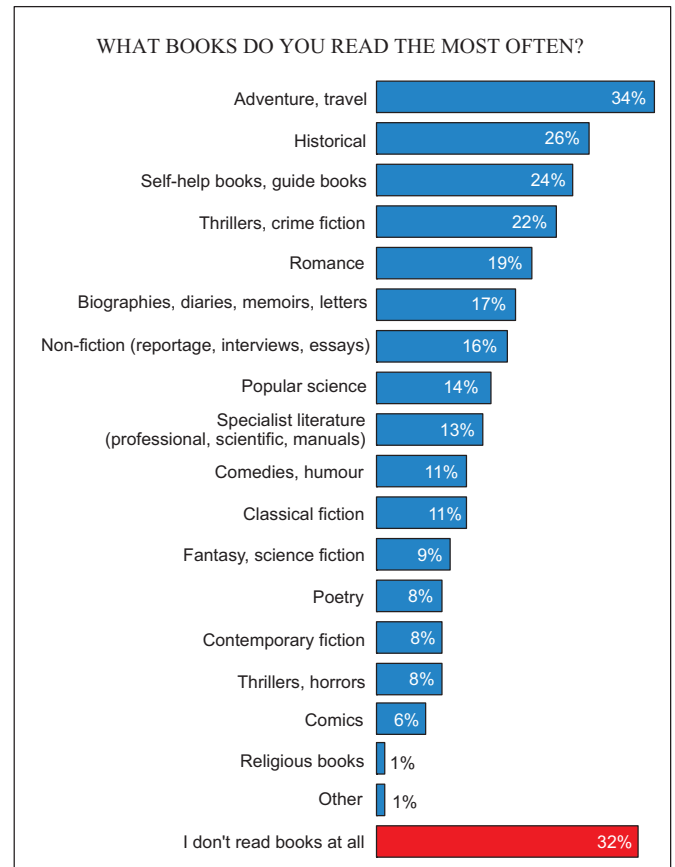
Half of the respondents (51%) sleep less than six hours at least once a week. Within this group, as many as 7% usually sleep less than six hours. A third of the respondents (33%) eat less than three meals a day at least once a week and, within this group, 5% usually eat no more than two meals a day. A quarter of the respondents (25%) drink alcohol at least once a week, and a tenth (10%) eat in fast food restaurants at least once in seven days.

More information on this subject can be found in the CBOS report (in Polish): *Health and healthy lifestyle in Poland*, September 2007. Survey executed in August 2007. A representative random sample of adult Poles. N = 859.

READING THE BOOKS

A third of adult Poles (32%) do not read any books at all. During 30 days preceding the survey, just above a quarter of the respondents (28%) read a book. Remaining 40% read the books earlier, but not during last month.

The Poles like adventure and travel books, historical books, thrillers and crime fiction the most.



More information on this subject can be found in the CBOS report (in Polish): *About different aspects of reading books*, September 2007. Survey executed in August 2007. A representative random sample of adult Poles. N = 859.

In addition to the reports referred to above, the following have been published recently (in Polish):

- ◆ Durable goods in households
- ◆ Party preferences in September
- ◆ Trust in politicians at the beginning of September
- ◆ Social moods before the dissolution of the Sejm
- ◆ Detailed evaluations of the work of the government
- ◆ Holidays of school students - rest and paid work in 1993-2007
- ◆ The Poles about the need to appoint investigation committees
- ◆ Opinions about the activity of public institutions
- ◆ The strength of political preferences, election alternatives and negative electorates

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