

LEARN basic Polish in one month ?

Scenario

- You have just been awarded a travel grant in aquaculture studies (ERASMUS, AQUAEXCEL, etc.) with a placement in Poland.

BUT you do not know the language.



- Knowing the basics of this less-widely spoken language is now

a major priority in your preparations.



- What can you do? **Solution** - a quick google comes up with these:

1. **ERASMUS language support – Free for suitable candidates** ✓
<https://wikis.ec.europa.eu/display/NAITDOC/Applicant+Guides+-+Submission+phase>

Long admission process. Quick results ?

2. **Free online language courses like Duolingo –** ✓
Drawback- time-consuming at beginner stage X

3. **Private tuition – effective** ✓
But expensive and you don't have the grant yet. X

4. **eAQUALEX – free aquaculture specific language training** ✓



Covers basic language needs in three sections
SEE MORE on next page.

A. **Beginner language training** in 11 languages including Polish ✓

<http://www.aqualex.org/index.php/multilingual-esp-language-courses>

B. **13 fun dialogues with audio** covering the necessities of daily life ✓

C. **Taster- practical course in Fish Health** to expand your knowledge of scientific Polish ✓

Here we go!

Section 1 Beginner language training: Polish

<http://www.aqualex.org/index.php/multilingual-esp-language-courses>)

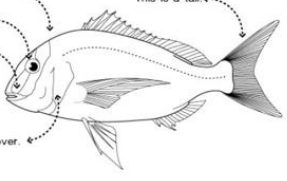
- Click on the above link.
- Below the headline you will find 11 country flags.
- Click on the English flag.
- Read this page carefully because it tells you
 - i) how to navigate the website
 - ii) what you will learn in 14 easy lessons
 - iii) how to navigate from English to Polish to aid the learning process

Good Luck!

Basic text 1

Page 1

This is a fish




This is a head. ←
This is an eye. ←
This is a nostril. ←
This is a gill cover. ←
This is a tail. ←


Basic text 1

LEVEL 1

Page 3



This is a circle. This is a square. This is a triangle. This is a rectangle.



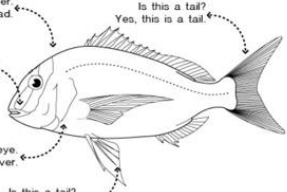
Is this a square?
No, it is not a square.
It is a circle.

Is this a triangle?
No, it is not a triangle.
It is a rectangle.

EN

Basic text 1

Page 2



This is not a gill cover.
It is a head.

Is this a nostril?
Yes, this is a nostril.

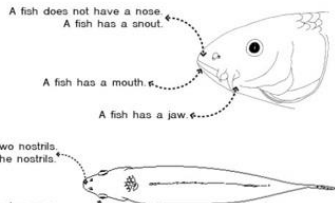
This is not an eye.
It is a gill cover.

Is this a tail?
No, it is not a tail.
It is a fin.

Is this a tail?
Yes, this is a tail.

Basic text 1

Page 4



A fish does not have a nose.
A fish has a snout.

A fish has a mouth.

A fish has a jaw.

A fish has two nostrils.
These are the nostrils.

A fish has two eyes.
These are the eyes.

SECTION 2. Daily Life Dialogues:

1st- English graphic print

2nd- Polish graphic print

3rd Polish native speaker audio

They cover:

- a) on your arrival at the airport
- b) at the hotel
- c) finding a place to stay
- d) buying groceries
- e) getting to the fishfarm
- f) working at the fishfarm
- g) monitoring the fish stock
- h) sending samples to the expert for diagnosis

**First of all, you need to know each situation in English.
Double click on the English graphic version below.**

Dialogue 1a: at the airport- Jean and Peter



JM: I can't see Mr Whitman. Where is he? What can I do? Ah... His phone number. 1544 869 421.

PW: Hello. 1544 869 421. Peter Whitman speaking.

JM: Hello Mr Whitman. I am Jean. I am here, at the airport. Where are you?

PW: Here I am, at the meeting point. Can you see me?

JM: Yes, I can see you now.



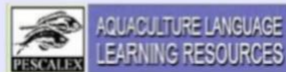
Now double click on the dialogues in Polish on the next page

AQUALEX LANGUAGE GAME

Multilingual Communication in Fish Health

Helping exchange students to learn POLISH

AQUALEX Multimedia Consortium, Dublin, Ireland
Annie Heral, Margaret Eleftheriou



You can compare each page with the English equivalent until you are familiar with each response.

Now you are ready for the next step- native speaker Polish!

Click on this Youtube link and we are off!

<https://www.youtube.com/watch?v=o0wllYJ8uAs>

Listen to each dialogue, repeat what you hear and practise it.

The Youtube format allows you to stop and start again wherever you need to, to repeat a line or a phrase in order to correct your pronunciation.

Congratulations! You are now speaking Polish!



Section 3: TASTER!

Extract from Fish Health course to expand your working knowledge of scientific Polish

The course itself can be downloaded in the link below

http://www.aqualex.org/PESCALEX_PDFS/fishhealthmanual/Fish%20Health%20Manual%20PL.pdf



Introduction

This Quality Assurance Fish Health Manual outlines the Standard Operating Procedures for small farm management regarding the maintenance of fish health. It is mainly a training tool, useful for preparation for work placements and/or on-the-job training..

The training tool content is set at I SCED Level 5 and the European Qualifications Framework (EQF) Level 3 (knowledge of facts, principles, processes and practical skills needed to accomplish tasks and solve problems using basic methods, tools, materials and information).

For users

You will be able to:

- Include this in your EUROPASS, including EUROPASS Digital Credentials

(<https://europass.europa.eu/en/europass-tools/european-digital-credentials>) This will also help you to draw up your EUROPASS CV (<https://europass.europa.eu/en/create-europass-cv>)

- Include these skills in browsing the ESCO list of skills, competences and knowledge, while searching for job opportunities throughout Europe.

(https://esco.ec.europa.eu/en/classification/skill_main)

AQUALEX Training Tool

On-site training package, for on-the-job training, corresponding to EQF Level 3

Provides.

Basic operational procedures in good fish farm management

Wprowadzenie

- 1. Codzienny monitoring wskaźników jakości wody**
- 2. Comiesięczny monitoring wskaźników jakości wody**
- 3. Wizja lokalna**
- 4. Magazynowanie paszy**
- 5. Wzrost ryb**
- 6. Praktyki przenoszenia**
 - Odbiór obsady ryb**
 - Ryby**
 - Procedura rozładunku ryb po transporcie**
- 7. Protokoły dezynfekcji i higieny**
- 8. Manipulowanie i usuwanie snięć**

1. Codzienny monitoring wskaźników jakości wody

Daily Monitoring of Water Quality Parameters

Różne gatunki ryb mają różne wymagania odnośnie warunków środowiskowych termicznych, tlenowych, pH itp.

Different fish species have different specific environmental requirements with regard to temperature, oxygen, pH etc.

Temperatura. Temperature

Temperaturę powinno się mierzyć codziennie w wyznaczonych stałych punktach farmy.

Pomiary temperatur należy wykonywać każdego dnia o tej samej porze przy pomocy termometru maks.min. Jednakże mogą być także wykonywane wrywkowe pomiary w czasie maksymalnych letnich temperatur, aby ocenić stopień ich wpływu na ryby.

Alternatywnie, może być użyte stałe urządzenie pomiarowe temperatury z automatycznym wskaźnikiem odczytu wartości. Możliwe jest nabycie przyrządów pomiarowych, które mają różne funkcje pomiarowe, np.

Temperature should be measured daily at a fixed point on the farm. These temperature measurements should be taken by means of a max.-min thermometer and preferably at the same time each day.

However, random measurement of temperatures can also be taken during peak temperatures in the summer in order to assess their degree of impact on fish.

Alternatively, a resistance temperature measuring device can be used with an automatic display read-out. It is possible to purchase measuring instruments which can carry out a variety of measuring functions such as temperature, oxygen and conductivity

Tlen rozpuszczony – Dissolved oxygen

Normalnie pomiary tlenu są wykonywane elektronicznym tlenomierzem. Pomiary zawartości tlenu na farmie należy wykonywać w stałych punktach i najlepiej o tej same godzinie. Jednakże wyrwykowe pomiary uzupełniające mogą także być robione w czasie maksymalnych letnich temperatur. Upewnij się przed użyciem, że przyrząd jest właściwie skalibrowany i sprawdzaj go regularnie przestrzegając instrukcji producenta.

Oxygen is normally measured with an electronic oxygen meter. Oxygen readings should be taken at a fixed point on the farm and preferably at the same time each day. However, supplementary random oxygen readings can also be taken during times of peak temperatures in the summer.

Ensure that the meter is correctly calibrated before use and check it regularly to comply with the manufacturer's instructions.

pH

Pomiar wartości pH wody może być dokonywany przy pomocy ph-metru elektronicznego.

Wprawdzie nie jest ona tak istotna jak regularna kontrola temperatury i tlenu, powinna być jednak wykonywana przez kierownictwo farmy, gdyż jest przydatna. Alternatywnie,

miesięcznymonitorowanie pH może być robione razem z analizą innych wskaźników wody. Pstrąg tęczowy może tolerować zakres pH w przybliżeniu od 5,6 do 8,5. Zarówno ekstremalna kwasowość jak i zasadowość wody może wpływać szkodliwie na zdrowotność ryb. Wysokie pH z większą także toksyczność amoniaku (NH₃), który dla ryb jest toksyczny dla ryb w bardzo niskich stężeniach. Za maksymalne stężenie „niezdysocjowanego” amoniaku dla hodowanych ryb lososiowatych przyjmuje się wartość 0,025 mg/dm³.

Water pH can be measured by means of an electronic pH meter. Although this is not as crucial as regular daily temperature and oxygen monitoring,

it should be measured as deemed necessary by the farm management. Alternatively, monthly monitoring of pH can be undertaken along with other water analysis criteria.

Rainbow trout can tolerate a range in pH from approximately 5.6 to 8.5. Both extreme acidic and alkaline water conditions can have detrimental effects on fish health. High pH also increases the toxicity of ammonia (NH₃) which is toxic to fish in quite low concentrations.

The maximum concentration of 'undissociated' ammonia for salmonid culture is considered to be 0.025mg/l.