

Subject card

Subject name and code	Life in communist Poland, PG_00169497						
Field of study	History						
Date of commencement of studies	October 2025	Academic year of realisation of subject			2025/2026		
Education level	Bachelor's studies	Subject group			Obligatory subject group in the field of study Optional subject group Subject group related to scientific research in the field of study		
Mode of study	full-time studies	Mode of delivery			at the university		
Year of study	1	Language of instruction			Polish		
Semester of study	1	ECTS credits			2.0		
Learning profile	academic	Assessment form			credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		prof. dr hab. Igor Hałagida				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		2.0		20.0	52
Subject objectives	To familiarize students with the problems of everyday life in communist Poland, their determinants and consequences.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[HISTL3_W04] Student is familiar with various fields of historical research, such as political history, social history, economic history, cultural history, family history, gender history, etc.	He/She knows and understands to an advanced degree the social processes occurring in Poland from 1944/45 to 1989 (in connection with phenomena of global significance), is aware of the coexistence of various viewpoints determined by different theoretical perspectives, as well as differing national or cultural backgrounds.	[SW1] oral statement/ conversation/discussion
	[HISTL3_K01] Critically evaluates his/her knowledge, demonstrates a willingness to continually expand his/her knowledge and to seek expert advice if he/she has difficulty solving a problem on his/her own	He/She is able to critically assess the knowledge they possess. He/She is aware of the changes occurring in research concerning social history (resulting, for example, from the availability of new sources or new methodology). He/She understands the need for further education.	[SK8] observation of student's independent or team work
	[HISTL3_W10] Knows and understands the fundamental dilemmas of modern civilisation and recognises the relationships and dependencies between the past and current events also in terms of the dissemination of historical knowledge	He/She can identify the connections between the social processes occurring in Poland and the world in the first fifty years after the end of World War II and their current reception. He/She can point out the origins of some present processes in the past.	[SW1] oral statement/ conversation/discussion
[HISTL3_U04] Is able to participate in debate - present and evaluate different opinions and positions and discuss them using correctly the professional terminology of the historical sciences	He/she is able to participate in a debate on everyday life in Poland in the years 1944/45–1989; he/she can formulate theses and argue using the views of various authors of historical works within the scope of the specialist literature known to him/her	[SU8] observation of student's independent or team work	
Subject contents	The history of the so-called People's Republic of Poland is most often reduced to political history, i.e. the functioning of the party apparatus, the activity of the repression apparatus, socio-political breakthroughs ("Polish months"), etc. To a large extent, this is due to the secondary school curriculum, but also to the significant politicization of our current social life. The proposed lecture is an attempt to break this trend and show aspects of the functioning of "ordinary" people (but also, for example, party elites) on a daily basis, both in a micro perspective (a given moment) and a slightly broader view (changes in individual decades from the end of World War II to the end of the eighties)		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	activity during the discussion summarizing each lecture	70.0%	30.0%
	being present in class	51.0%	70.0%
Recommended reading	Basic literature	1. A. Friszke, Polska. Losy państwa i narodu 1939-1989, Warszawa 2003 (or later editions) 2. H. Słabek, O społecznej historii Polski 1945-1989, Warszawa 2009 (or later editions).	

	Supplementary literature	<p>1. A. M. Adamus, Problemy wsi w Polsce w latach 1956-1980 w świetle listów do władz centralnych, Warszawa 2017.</p> <p>2. K. Bitner, Partia z piosenką, piosenka z partią. PZPR wobec muzyki rozrywkowej, Warszawa 2017.</p> <p>3. D. Jarosz, Rzeczy, ludzie, zjawiska. Studia z historii społecznej stalinizmu w Polsce, Warszawa 2017.</p> <p>4. J. Kochanowski, Tylnymi drzwiami. Czarny rynek w Polsce 1944-1989, Warszawa 2010.</p> <p>5. D. Stola, Kraj bez wyjścia? Migracje z Polski 1949-1989, Warszawa 2010.</p> <p>6. K. Kosiński, Historia pijaństwa w czasach PRL. Polityka obyczajów szara strefa patologii, Warszawa 2008.</p> <p>7. P. Osęka, Rytuały stalinizmu. Oficjalne święta i uroczystości rocznicowe w Polsce 1944-1956, Warszawa 2006.</p> <p>8. P. Sowiński, Wakacje w Polsce Ludowej. Polityka władz i ruch turystyczny (1945-1989), Warszawa 2005.</p> <p>9. M. Przeperski, Transformacja po polsku 1986-1993, Kraków 2024.</p> <p>10. A. Zawistowski, Bilety do sklepu. Handel reglamentowany w PRL, Warszawa 2017.</p>
	eResources addresses	
Example issues/ example questions/ tasks being completed	<ul style="list-style-type: none"> • Starting point: everyday life in the Polish People's Republic (state, routine, adaptation strategies) introductory lecture • Work and mobility (work organization, commuting, etc.) • Body practices (changes in fashion, hygiene, health, sports and recreation) • Free time, outside of vacations (ways of rest, hobbies) 	
Work placement	Not applicable	

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