

The map displays the territory of Poland, bordered by the Baltic Sea to the north, the Black Sea to the east, and the Carpathian Mountains to the south. Major cities and administrative centers are marked with red dots and labeled. The map is overlaid with a grid of numbers (1-400) and letters (A-Z). Key locations include Szczecin, Gdańsk, Wrocław, and Kraków. The map also shows the Baltic Sea (Morze Bałtyckie) and the Black Sea (Morze Czarna).