

# Polnische Osterbräuche – Wie die Polen Ostern feiern

*Autor: Szczocarz Roma*

**Śmigus-dyngus** (also lany poniedziałek) is a Polish Easter custom. It takes place every year on Easter Monday. In Poland, Easter traditions originating from Slavic mythology are still very much held on. There are similar customs in the Ukraine, Hungary, Slovakia and the Czech Republic. In the whole country old and young people sprinkle themselves with water at the "Lany poniedziałek", the "cast Monday". It is also often the case that instead of a few splashes of water, young people pour whole buckets of water onto other people, preferably girls and women.

