The main language spoken in Poland is Polish. These include both the languages of the country's indigenous population and the languages of immigrants and their descendants. According to the Constitution of Poland, the only official language in Poland is Polish. The variety of languages spoken by the Polish people and ethnic groups(excluding Polish), that have lived in the region for at least 100 years are legally recognized as regional and minority languages, which have appropriate rules of use. The 10 main languages in Poland include Polish, English, Russian, German, French, Italian, Czech, Spanish, Arabic, Basque, Catalanthese languages are being used in household contacts. The linguistic diversity index in Poland is very low and puts Poland in the 204th place in the world – it shows only 0.050. Greenberg's Diversity Index (LDI) is the probability that two people selected from the population at random will have different mother tongues; it therefore ranges from 0 (everyone has the same mother tongue) to 1 – but it is not possible for two people to have the same two mother tongues. There are a number of languages in Poland having the status of national's minority language: Armenian, Belarusian, Czech, Russian, German, Slovak, Ukrainian and the ones having the status of ethnic minority's language e.g. Karaim, Lemko, Roma or Tatar.

