

Culture fun

TRADITIONARY: Custom and Tradition

European 4 Formaggi

TRAVEL:
tips and tricks for
a perfect experience

Game:
I love Cyprus Because...

A little story
of collaboration

Traditionary

The dictionary defines tradition as a belief or behavior passed down within a group or society with symbolic meaning or special significance with origins in the past.

But how do we treasure our traditions nowadays? In 21st century globalisation is all around us. An example for it is the diversity of food in our local supermarket – from coffee imported from Brazil to salmon caught in the water basins of Norway. Today we can talk with people who live on the other side of the world or go wherever we want for less than a day by simply getting on the plane.

Although globalisation has a lot of advantages it can put our traditions under a threat by trying to bring us closer. That is why we have to respect and keep our traditions alive. The word

"tradition" derives from the Latin tradere literally meaning to transmit, to hand over, to give for safekeeping. Every country has its own unique traditions which have shaped it as a nation, played an important part in its history and have enriched its heritage. So it is important to keep them alive by passing them on to the new generations. Some of the traditions from around the world may appear a little strange, but to others they are valuable part of their culture. For example tooth throwing in Greece, the „evil“ Santa Claus in Austria, pointing with the thumb in Indonesia etc. Further in this article we will review customs and traditions that are typical for some of the countries participants in the United plates of Europe project.



We will start from the beautiful Bulgaria, famous for its breath-taking nature, interesting history and warm hospitality. A popular tradition in Bulgaria is the exchanging of „martenitsi“. The holiday is called Baba Marta (Bulgarian: Баба Марта, "Granny March) and is celebrated on first of March. Baba Marta is the name of a mythical figure who brings with her the end of the cold winter and the beginning of the spring. "Martenitsi" are red and white colored bands or figurines that symbolise health and happiness, a lucky charm against evil spirits. They are given away to friends and family and are worn around the wrist or on clothes.



Now we will go a little west and we will stop by the charming Italy, which amazes the visitors with its incredible architecture, remarkable pieces of art and delicious cuisine. An interesting

event in Italy is the Sa Sartiglia festival. It is unique for Sardinia—a flamboyant, highly ritualized, 3-day affair with strong medieval flavour and a vividly theatrical spirit. The highlights are thrilling horseback jousts, with all the various participants eerily masked and colourfully costumed. The festival is the biggest date in Oristano’s calendar, prepared months in advance and the subject of intense speculation.



The next stop is the colorful Latvia which fascinated the tourists with its beautiful flower carpets during the summer. There visitors and locals can enjoy some interesting festivals one of which is Jāņi. It is an annual Latvian festival celebrating the summer solstice. Jāņi Day is on 24th of June. The day before it is known as Līgo Day. On Jāņi all people travel from the city into the countryside to gather and eat, drink, sing and celebrate the solstice by observing the ancient folk traditions relating to renewal and fertility. During Jāņi, fires are lit and burned from sunset till next morning. This practice reflects the belief that light from the fires will transmit to the next solar year. Leaping over the Jāņi fire is said to bring good luck and health through the coming year.



emotions and spirit that they bring with them would be missing. The traditions form us as individuals with confidence that we are part of something bigger, a culture with its own history and customs.

Now let head to the south and visit the historic island of Cyprus. If you are looking for some fun time before Eastern this is the place for you. Tsiknopempti (literally Smelly Thursday - "because of the smell of the grilled meat in the air") is a part of the traditional celebrations for Carnival season in Greece and Cyprus. The three weeks of Carnival in Greece are, in order, "Prophoni" (Preannouncement Week), "Kreatini" (Meatfare Week), and "Tyrofagou" (Cheesefare Week). Tsiknopempti is the Thursday of the 2nd week , during which large amounts of meat are traditionally consumed prior to the arrival of Lent, the fasting season leading up to Easter. Tsiknopempti is celebrated 11 days before Clean Monday .

Are traditions important and how our world would look like without them? In my opinion the answer of these questions is the following. Traditions and customs are a very valuable part of our heritage. They make us proud and make us feel as a part of something bigger than us. Without them the world would be somehow empty and boring. It will lack the uniqueness that every country represents. All of the colors,



TRAVEL: TIPS AND TRICKS

Travelling is fun isn't it? But in order to be filled with positive memories and to skip some possible problems which can pop up you should get prepared by reading a little bit for the country you are visiting in advance. To make your travel better we have searched for some useful tips and tricks about our countries that you will need if you decide to come and visit us.



BULGARIA

Bulgaria is a country in the Balkans on the western side of the Black Sea. Being located close to the Turkish straits means the keyland routen from Europe to middle East and Asia pass through Bulgaria. Bulgaria is one of the few exotic nations of Europe, due to the fact that it boasts sublime beaches, lovely churches, winter sport opportunities and great hiking. It has a continental climate with hot summers and long cold winters; all seasons are very distinct. The main religion is Bulgaria Orthodoxy, but there are also Muslims and Christians. If you are planning to travel to Bulgaria this are the top 10 places you don't have to :

10. Nessebar-Often referred to as the Pearl of the Black Sea, the historic town of Nessebar dates back to antiquity when it was founded as a Thracian settlement known as Menebria.





The beautiful town is such an important site it's recognized by UNESCO as a World Heritage Site.

9. Sozopol-One of the oldest towns on Bulgaria's Black Sea coastline, Sozopol is a popular fishermen's village and seaside resort. Located 35 kilometers south of Burgas, Sozopol was known in the 6th century BC as Apollonia, complete with a temple dedicated to Apollo.

8. Plovdiv- the second largest city in Bulgaria, has something that Sofia does not – an old town on a hill. The city was founded some 6,000 years ago and developed on seven hills, but one of them was destroyed at the beginning of the 20th century. The Old Town towers over the city centre with structures from different eras, including a remarkably well-preserved Roman amphitheater. Walking up the hill is a delight, with the many galleries and house museums all worth a visit.

7. Belogradchik-its fortress is a manmade construction set against a stunning outcrop of rocks.

The combination is so unique and picturesque, that it seems to have been lifted straight out of a Disney fairytale. 6. Koprivshtitsa-walking the narrow alleyways of the village of Koprivshtitsa, some two hours east of Sofia, you'll feel that you're being transported back to the momentous months of 1876, when

the Bulgarians valiantly fought against their oppressive Ottoman rulers. The village is full of memorials and museum houses displaying ethnographical treasures, old weapons and farm implements, national costumes, artwork, and jewellery.

5. Veliko Tarnovo-this was the historic capital of the Second Bulgarian Empire between the 12th and 14th centuries, Veliko Tarnovo is located in central Bulgaria and is a popular tourist attraction.

4. Melnik- known for two reasons. It is the smallest city in Bulgaria and it is home to some of the best wineries in the country. It will take you minutes to walk up the town's one main street, but you'll sit for hours at a local tavern, your head spinning under the intoxicating spell of the rich red wines.

3. Seven Lakes-one of Bulgaria's main tourist attractions is a group of glacial lakes located high in the Rila Mountains. The appropriate time to visit the lakes is in the summer months, as even in June the lakes can be frozen, with the terrain alternating between deep snow drifts and patches of brilliant wildflowers.



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2. The Black Sea- Bulgaria is known for its Black Sea coastline which has long stretches of sandy beaches dotted with hotels, traditional fishing villages and historical sites.

1. Sofia-The capital of Bulgaria rocks! Beside low prices there are a lot of cool things to do in Sofia and the tours you're able to attend are anything but boring and mostly completely free . The main attractions are the National Historical Museum, a lot of churches and streetart and for the ones who would like to have a relaxing vacation there are also many beautiful parks. While travelling through Bulgaria you would have to know how to greet people. Just remember that there are appropriate greetings

for different times of the day. But only friends and family give a kiss or a hug.

Typical Food:

Banitsa

Tarator

Musaka

There are also some Table Manners you would need to know in order to keep the best behavior while eating:

- Don't rest your elbows on the table
- Eating more food shows appreciation for it
- As glasses will always be refilled, leave a mouthful at the bottom of your glass if you don't want more.
- Talking while eating is considered unpolite, so try to avoid it

Bulgaria has also typical celebrations, so if you are a festivals lover be sure not to lose them:

Baba Marta

Nestinarstvo

Mummers

Koledari

Talking about currency you will have to pay with the Bulgarian Lev, which is the current currency used in Bulgaria. 1 euro is 1,9557 BGN.



CYPRUS

Cyprus is the third largest island in the Mediterranean Sea and a member of the European Union. It is divided into six administrative regions. Just south of Turkey is a mixing pot of cultures. Cyprus is well known for its warm weather and scenic beaches, but that isn't everything that the island has to offer. You will also find historical villages, ancient ruins, incredible mountains and wonderful cities. It has a Mediterranean climate with hot dry summers and cool winters. The main religion is the Greek Orthodoxy, but there are also Muslims and Maronites. If you are planning to travel to Cyprus this are the top 10 places you don't have to :

10. Leufkara





9. Akamas Peninsula: The western tip of Cyprus is an area known as the Akamas Peninsula, and it is one of the least-inhabited parts of the island. If you're eager to get off the beaten track, then this is the place to be. You can also explore the history of the Akamas Peninsula with a visit to the Agios Andronikos, a former mosque and current church that was constructed in the early 16th century.

8. Nicosia: Nicosia is the capital city of Cyprus, but it is unlike any other capital. There are more than a dozen museums in Nicosia, with the top picks being the Cyprus Museum, the Byzantine Museum and the Ledra Observatory Museum, where you can climb to the 11th floor and actually see the island's national dividing line (known as the "The Green Line").

7. Protaras: For maximum relaxation and accessible beaches, it is hard to beat the coastal resort of Protaras. The main beach, Fig Leaf Bay, is dotted with sun beds and loungers, and you can choose whether to take a dip in the refreshing waters of the Mediterranean or just sip a cocktail in the sunshine.

6. Avakas gorge

5. Larnaca: Historical evidence shows that Larnaca is likely the oldest city in Cyprus, boasting a history that dates back more than 6,000 years. History enthusiasts should tour the ninth century Church of St. Lazarus or the

Faneromeni Church. For an adventure, head to the Larnaca Salt Lake to spot pink flamingos, or dive down to explore the incredible wreck of the Zenobia, a major attraction for scuba divers in Cyprus.

4. Troodos Mountains: In the southwest of the island, the towering Troodos Mountains stand as a major destination for outdoor recreation in Cyprus. You can hike to the rushing waters of the Caledonia Falls, hike over the Milia Medieval Bridge or rent a mountain bike and explore the miles of trails up the mountains as well as around the foothills. There are also many small, traditional villages.

3. Ayia Napa: If nightlife is what you're after, then the resort destination of Ayia Napa is the perfect spot to visit. The Square is the hub for what happens after sunset, and there are countless bars and clubs located there that stay open until dawn. During the day, be sure to check out Ayia Napa's wonderful beaches like Nissi Beach, Grecian Bay and Makronissos Beach. For some history and local culture, take time to visit the 16th century Ayia Napa Monastery as well as the Thalassa Museum.

2. Limassol: After the capital city, Limassol is the largest urban destination on the island of Cyprus. It is a major sea port, and over the last few decades it has become a major tourism destination for those in search of sun and sand.

1. Paphos: On the southwestern tip of the island



is the coastal town of Paphos, commonly referred to as the birthplace of Aphrodite. Today, Paphos is split into two parts. Ruins and archeology are the main attractions in Paphos.

While travelling through Cyprus you would have to know how to greet people. They usually shake hands, smile and have direct eye contact during the greeting. Many Turkish Cypriots lower the eyes during the greeting as a sign of respect. Very religious Muslims don't shake hands with women.

Typical Food:

Souvla

Halloumi

Machalepi

Ice Cream Rose

Koupepia

Ofto Kleftiko

There are also some Table Manners you would need to know in order to keep the best behavior while eating:

- Don't begin eating until the hostess starts
- It is polite to finish everything on your plate
- Dress casually but well
- Complement the house
- Help with preparation and cleaning up after a meal is served.

Cyprus has also typical celebrations, so if you are a festivals lover be sure not to lose them:

- Carnival
 - Tsiknompeti
 - Green Monday
- Cyprus has adopted euros as currency.





LATVIA

Latvia is located on the eastern shore of the Baltic Sea. The capital is Riga. The country is divided into four regions. Latvia is called the musical country, there are many singing and dancing festivals that unites Latvians to remember ancient culture of music. You can also see beautiful beaches when many amblers can be found, unique architecture. As Latvia is located on North the climate mostly is cool, maritime, wet and winters are not very cold, summers are warm. In Latvia there are many religions, mainly it is Lutheran, but there is also Roman Catholic and Russian Orthodox.

If you are planning to travel to Latvia this are the top 10 places you don't have to :





10. Ventspils: Right on the coast of the Baltic Sea is Ventspils, one of the busiest ports in Europe. The port plays a big role in the city's culture, and watching ships come in and out can be a fantastic activity.

9. Liepāja: On the eastern coast, on the Baltic Sea, is the city of Liepaja. One half of the city is the traditional center. The northern half is better known as Karosta, and it was once a secret Russian military town. As a result, the architecture of Liepaja changes depending on where you are in the city.

8. Cēsis: One of the oldest towns in the country is Cesis, located in the Central Vidzeme Upland. The Old Town is a main reason to visit, and the cobblestone streets set the tone for quaint, charming exploration. Cesis also boasts two castles, side by side, that are extraordinary.

7. Turaida

6. Kuldīga: In the small town of Kuldiga, a river runs right between homes and along streets, giving the town the nickname of Latvian Venice. However, it is Europe's widest waterfall that most people come to see. The waterfall, known as Venta, is a staggering 240 meters (785 feet) wide.

5. Gauja National Park: Gauja National Park is one example of a pristine environment where you can get back to nature. Caves, cliffs and other rock formations are a big draw to the park. If you're a spelunker at heart, you can tour enormous caverns like Gutmanala.

4. Jūrmala: Located right on the Gulf of Riga, Jurmala is a coastal resort destination. It is the largest resort on the Baltic, and the stretch of sandy coastline is one of the longest in Northern Europe. In addition to the beach, Jurmala is known for its charming wood architecture.

3. Sigulda: Sigulda is nicknamed the Switzerland of Latvia thanks to its beautiful scenery, but it also offers some amazing architecture worth exploring.

2. Rundāle: The Rundale Palace is set amidst the fertile Zemgale Plains in the south of Latvia. Most of the interior decorations were created between 1765 and 1768 when a sculptor from Berlin Johann Michael Graff, and Italian painters from St. Petersburg Francesco Martini and Carlo Zucchi worked at the palace.

1. Rīga: As the capital, Riga is undoubtedly the most popular place to visit in Latvia. The Old Town, or Vecrīga, looks medieval, but much of the architecture was actually rebuilt in the 1990s



The part of the city known as Centrs, on the other hand, is home to more than 800 staggeringly intact Art Nouveau buildings. While travelling through Latvia you would have to know how to greet people. People normally have a quick, firm handshake with direct eye contact. Close friends or family give a light kiss on a cheek.

The most delicious and typical food you have to try are:

- Rye bread
- Beetroot soup
- Bread soup (dessert)
- Kvass
- Smoked fish
- Potato pancakes

While eating is also important to remember the following rules:

- Finish everything on your plate
- Napkins should be left on the table and not put in your lap
- It is quite common to sing after a meal

Latvia has also typical celebrations, so if you are festivals lover be sure not to lose them:

- Jāni (June)
- Independent day of Latvia (18. November)

- Positivus and summer sound (music festivals)
- Song and dance festival

The current currency in Latvia is euro.





ITALY

Italy is located in south-central Europe, occupying a peninsula that juts deep into the Mediterranean Sea. Italy comprises some of the most varied and scenic landscapes on Earth and is often described as a country shaped like a boot. At its broad top stand the Alps, which are among the world's most rugged mountains. At the bottom of the country, in the warm Mediterranean Sea, lie the islands of Sicily and Sardinia.

A home of a wild range of species rarely seen elsewhere in western Europe, several active volcanoes, including Vesuvius, which from time to time belches ash and steam into the air above Naples and some of the most remarkable pieces of art in the world.

If you are planning to travel to Latvia this are the top 10 places you don't have to :



10. Matera: located in the very south of Italy, the town of Matera is famous for a collection of ancient cave dwellings known collectively as the Sassi di Matera. These dwellings are thought of as the very first human settlement in all of Italy, and they may be as many as 9,000 years old.

9. Pompeii: Pompeii is a famous Roman city which was buried under several feet of volcanic ash for nearly 1,700 years after the cataclysmic eruption of Mt. Vesuvius. Visitors can walk along the ancient streets to see the remains of bakeries, brothels and baths.

8. Venice: One of the best places to visit in Italy, Venice is a unique city in that it is built upon a lagoon surrounded by the Adriatic Sea. Located in northeastern Italy, Venice is an archipelago of 118 islands all connected by hundreds of beautiful bridges and scenic canals. Of the canals, the Grand Canal is most famous and divides the city into two sections.

7. Rome: Formerly the capital of the Roman Empire, Rome today is the government seat and capital city of Italy. Best known for housing ancient Roman structures and the Vatican City, Rome has endured for more than 2,500 years as an important center for culture, power and religion.

6. Florence: The capital city of Italy's Tuscany region, Florence is internationally esteemed for

its high concentration of Renaissance art and architecture. Florence is also credited with propagating many artists, inventors, writers, scientists and explorers as well as inventing opera and the florin currency, which lifted Europe from the Dark Ages.

5. Amalfi Coast: Situated in Italy's southwestern region of Campania, the Amalfi Coast is known for its extraordinary beauty that makes it one of Italy's top tourist destinations. Stretching 30 miles along the southern side of the Sorrento Peninsula, the Amalfi Coast is prized for its picturesque coastline that features shimmering bays, craggy cliffs, lemon tree gardens, multicolored villas and ritzy resorts

4. Garda Lake: Lake Como is part of the Italian Lake District an area popular with visitors for well over 100 years for its combination of fresh air, water, mountains and good weather. The lake is famous for the attractive villas which have been built here since Roman times.

3. Sicily: The largest island in the Mediterranean Sea, Sicily is an autonomous region of Italy that also includes several smaller isles. Sicily is rich in art and history; from Agrigento's Valley of the Temples to Palermo's Baroque churches. The island's most striking geological feature is Mount Etna, Europe's tallest active volcano.

2. Cinque Terre: Located in Italy's northwestern



coastal region of Liguria, the villages of Cinque Terre feature some of the country's most beautiful landscapes that include steep cliff sides and wine terraces dating back to hundreds of years.

1. Sardinia: located in the heart of the Tyrrhenian Sea, is the island of Sardinia. It boasts a number of stunning beaches and beautiful landscapes.

An important thing to know when you are travelling in Italy is how to greet people. The Italians are very warm and expressing and will answer to your greeting with a smile. If you are in a formal situation, (meeting the Pope for example) usually a handshake accompanied by a direct eye contact and a smile is appropriate. In an informal situation you can go with air kissing in both cheeks but you should start from the left one. For the male half a pat on the back is a good idea.

Talking about food an interesting fact about the Italian cuisine is that every region has its own typical food. Of course we have to mention also:

- Pizza
- Pasta
- Tiramisu
- Risotto
- Lasagna

While eating is also important to remember the following rules:

- The host gives the first toast.
- Don't keep your hands in your lap during the meal.
- It is acceptable to leave a small amount of food in your plate.
- If you don't want more wine leave your wine glass nearly full.

Italy has also typical celebrations, so if you are festivals lover be sure not to lose them:

- Epiphany
- Carnival
- Liberation day
- Republic Day
- Ferragosto

The current currency in Italy is euro.





EUROPEAN 4 FORMAGGI



Preparation time:
10 min



Cook:
20 min



Yield:
4 servings



Level:
Easy



Cost:
Low

Ingredients:

- Salt
- 80 gr bulgarian sirene cheese
- 80 gr latvian kupinats siers cheese
- 80 gr cypriout haloumi cheese
- 80 gr italian parmesan cheese
- 400 gr penne pasta
- 200 ml milk
- Pepper
- Minced fresh parsley, for sprinkling

Directions:

To prepare penne ai quattro formaggi first bring a pot of lightly salted water to a boil. Meanwhile prepare the 4 cheeses you'll need for the sauce. Using a chopping board cut the haloumi, kŭpināts siers and sirene cheeses in small pieces, then grate the parmesan cheese. Put the milk in a large skillet over low heat and let it warm, then add the cheeses. Blend all cheeses with the milk, in order to obtain a uniform sauce with no clumps. Meanwhile add the pasta to the boiling water and cook according to the package directions. DO NOT OVERCOOK, but let the pasta "Al Dente". Drain the penne (reserving some of the pasta water) and add it to the cream gently to combine, adding hot pasta water as needed for consistency. Do not overmix; the mixing stage should be very quickly. At the end sprinkle with parsley and serve immediately.

A little story of collaboration



Here I am, 30 years old, Italian, 2 degrees and trying to find a job. While studying I never taught about doing an Erasmus project. I have to admit that this experience is missing in my Curriculum, so when I was proposed to take part at "United Plates of Europe" project I just said "Let's try it!". If I have to be honest I never believed in no-formal education before.

What was I afraid of? Everything

Fist of the language scared me: In understand English, but it takes me a lot to speak English because, like many Italians do, I first have to think about what I'm going to say in Italian and then translate it into English. I was also afraid of games, of the idea of feeling embarrassed, of getting to know new people, different cultures, costumes and the idea of sharing so many experiences with strangers.

Well...what can I say? I WAS TOTALLY WRONG. I realized that my fear of speaking English was useless, because even though I made mistakes, everyone was able to understand me.

I was wrong because the games reproduces real situations, that if analyzed resume the way of thinking of the human beings.

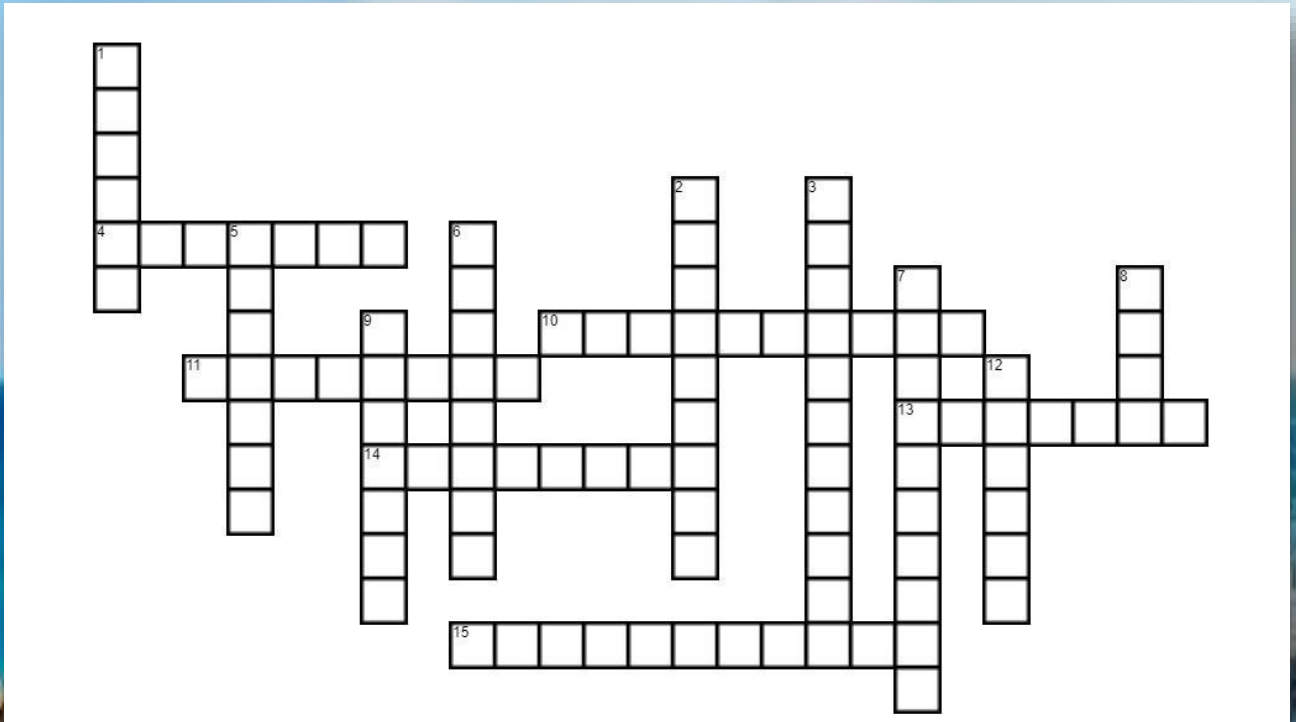
I was wrong because we all have so much in common, all the world has so many things in common. I met fantastic people that made me feel part of a group from the very first time.

So why was I so scared? Sincerely I don't know, maybe I had some prejudices.

What have I learnt? A LOT.

I've learned so much on human level, despite all our cultural differences, traditions and way of think, we have so much in common. I've learned that collaboration between people is fundamental. We could all feel better if he would have been mutual respect, collaboration is the aim of success. At the end I understood the importance of this project, and being sincere, everything has a sense. This article, too.

I love Cyprus because...



1. What is the best food for Sunday lunch?

2. Cyprus is extremely beautiful because..... goodness of beauty born where...

3. Our economy department in University of Cyprus is the best because our Nobel prize winner is present..(name)

4. Our big airport is actually small and is in....

5. What is the name of our multicultural capital?

6. William Shakespeare understood the beauty of Cyprus so he wrote...

7. Which one of our amazing beaches have place in the best beaches of the world

(3words)

8. What is our Currency

9. If Cyprus not existing Careless
Whisper will be not existing
because George.... Born in Cyprus

(surname)

10. In 7000 B.C. We building
houses and we make villages
like....

11. Who is our first Olympic
winner?

12. Which element have given it
name to Cyprus?

13. Which one of our mountains
is the biggest?

14. The best cheese of the world
is...

15. What is the name of our
traditional sweet wine?



Answer to the game...

ACROSS

- 4 Larnaca
- 10 Chirokitia
- 11 Kontides
- 13 Troodos
- 14 Halloumi
- 15 Koumantaria

DOWN

- 1 Souvia
- 2 Aphrodite
- 3 Christopher
- 5 Nicosia
- 7 Figtreebay
- 8 Euro
- 9 Michael
- 12 Cooper



Chiara



Francesco



Nelly



Aurelija



Elena