

JANUARY 2018

# EUnited



**This month:**

**SUPERSTITIONS:  
HOW THEY AFFECT OUR  
LIVES**

Are they really connecting with countries?

**ESSENTIALS FOR  
TRAVELLERS**

Are you sure that you are ready to go?

**"MY COUNTRY IS  
THE BEST BECAUSE..."**

Beautiful landscapes, best beaches, ...

**One recipe  
from all over  
the World**

**INTERNATIONAL  
MASTERCHEF**

How you think, how you cook.

# THINGS TO KNOW WHEN TRAVELLING TO ANOTHER COUNTRY



So you've bought a cheap flight ticket, but what's next? You booked your accommodation, you packed your luggage, bought these relaxed clothes that will make you feel comfortable. Basing planning and logistics are important, but they aren't a core while visiting foreign country. If you want your visit to be a nice and fulfilling experience without any painful surprises (like 300 EUR phone bill or being chased by the angry mob) the key is to get acquainted with the local specificity, at least a little bit. Here is a fistful of advice you may use while packing your shorts and party glasses to this 55x40x20 suitcase (size approved by Ryanair).

First, check the local weather to choose the best set of clothes and to decide whether it is worth to invest in these snow boots.

Checking the local currency and exchange rate might also be a smart idea to decide whether it is better to pay by card, exchange money in your country or in your travel destination. Call your bank, check their rules and commissions and make an informed decision. The savings can be spent on local fruit, alcohol or whatever is on your mind.

Second thing: get familiar with the local rules and curiosities that might influence your stay. What is polite or neutral in one country might be perceived as inappropriate in another. Reading, talking to locals and checking the trustworthy pages might help you to avoid uncomfortable situation.



It is good to go with the flow and don't plan every detail of your trip, but checking the local attractions, days of free admission, best routes etc. might save you a lot of time. Dedicate 2 hours before our trip for preparations so you won't lose 8 hours going round in circles later.

We live in XXI century, internet is the new air. Check the roaming costs (in EU - no cost, yay!), you can contact your operator to be sure that you will be able to spy on your exes and follow these influencers on Instagram.

Learn how to say good morning, thank you, sorry, please in local language. Locals will appreciate!



Since culture is a complex and complicated thing and it is not possible to get familiar with it so easily, we have prepared simple set of tips while visiting countries participating in the project in Gilwell Park:

**Poland:** don't say yes everytime someone is proposing you vodka, your liver won't be happy. Drink slowly, eat greasy food and don't accept challenges, vodka is a bad adviser.

**Cyprus:** if you think you are about to explode or your food is about to come out from your nose, don't say anything. If you open your mouth, your hosts will feed you again!

**Greece:** If you're willing to try Greek frappe, do not even think about combining it with cheese Feta pie. The rest is silence.

**Italy:** don't be surprised if you get kissed and hugged 5 mins after your arrival, that's simply the Italian way of greeting you

**Turkey:** If you think you made a great deal by buying this cheap NIKE hoodie, check twice if it's not MIKE hoodie. P.S. True story!

**Latvia:** If you are planning a romantic trip with a stunning lady, have in mind that you might come back single - Latvians know how to appreciate beauty

**Belgium:** Don't add anything to your beer. You don't glue the sticker to the Mercedes front window, do you?

**Romania:** If you are thinking about relieving after your students years (party hard all year round) be careful no to go out of the ashes, into the fire - Romanian are famous for partying and wine production

**Bulgaria:** Bulgarians nod their heads in a different way than the rest of the world. Better to skip body language to avoid confusion (although cofusion might lead to hillarious adventures, so if you are in adventorous mood - go for it!)

Now, when you are equipped with this basic knowledge you are ready for the Encounter with the Unknown. Enjoy!



# MY COUNTRY IS THE BEST BECAUSE...

There's always a war which country is the best. We always try to convince others that it's our country which leads the way in specific area. We gathered opinions of our colleagues and studies to finally find the answer.

(Remember that appreciation for a country is a personal matter, and it relies on the preferences of each one of us. So don't take our article too seriously, we're here to have some fun and not to be mean).

## **'My country is the best because it is the Mother of Democracy'**

We all agree that Greece is the cradle of democracy and we cannot take it away from Greeks. But does the democracy have only one parent? Was the idea born in Greece separately?

Anthropologists have actually identified forms of proto-democracy, so called 'primitive democracy'. It was discovered that the advancements towards democratic government might have occurred somewhere else, e.g. Near East or India.

So yes, we are very thankful to Greece, but remember - it was a team work in a way!



**Representatives of Turkey and Romania both said that their countries are the best because of friendly, warm and kind people.** But who is kinder? Are there any measures to check it? Both Turkey and Romania that their people are one of the nicest, but who actually should have this title? According to InterNations Insider 2016 Index you will likely be welcomed with open arms in Taiwan, Uganda and Costa Rica. They were claimed the world's friendliest countries. More than 14 000 respondents from 67 countries were surveyed. As for the Romania and Turkey they were placed on 15th and 36th place. Although they did not make it to top 10, we still love them!



**'Belgium is the best country because they created the contraceptive pill.'**

We agree that it was Belgian obstetrician and gynecologist (Ferdinand Peeters), whose research led directly to the development of the first combined oral contraceptive pill (Anovlar) in 1961. But... the first introduced outside the United States and by the German company. So sorry to say that Belgium, but you shouldn't take all the credits for yourself. The first contraceptive pill (Enovid) was developed in United States. The research started thanks to Margaret Sanger, the founder of Planned Parenthood, who convinced Gregory Goodwin Pincus, a specialist in mammalian reproduction to do it. It was approved to use in 1960. Although the Anovlar was widely accepted and used in that time.

## **Latvia is the best country because we have song and dance festival.'**

In this moment, most of you are probably thinking about all the big music festivals in the world like Sziget, Coachella or Rock in Rio. But let's make it clear – a song and dance festival that Latvians are proud of is special because it's a choral festival. It has been held since 1873, usually every 5 years and there are approx. 30000 performers that participate.

Sounds impressive?

Yeah, but the thing is there are festivals with longer tradition like Cincinnati May Festival (roots go back to 1840s) and bigger, even in the neighbourhood area.

So is it really unique?

Absolutely! We have to

remember that every festival

is different and what make them special are people and memories we keep.



## **Italy is the best country because of the art.**

The country of pasta surely knows how to encourage tourists to pay a visit with its history, art and beautiful sights. Although is it enough to rank it in the top? The biggest and the most visited art museum is located in Paris. Not that far from Italy, but it's still different country. Second place is taken by Metropolitan Museum of Art in New York, so not even the same continent. But is it just a museum itself that gives a place an artistic soul? Or is it the people with their creative minds combined with the atmosphere and that one piece of art which enchanted us on the first sight? No matter if it's the masterpiece in the biggest museum in the world or in a small art gallery somewhere around the corner, art can be found everywhere. It makes every place beautiful in a different way.

## **Cyprus is the best country because of the beautiful and clean beaches.'**

For no doubt every traveller will say that Cyprus has wonderful beaches. But as always we're trying to find the best ones in the world. Did Cyprus manage to do that? Let's just say that it didn't scored any place on Forbs' list of 'The 27 Most Beautiful Beaches in the World', nor the Guardian's list of 'The 50 Best Beaches in the World'. According to TripAdvisor, one of the biggest travel networks, the best beaches are in Brazil, Turks and Caicos Islands and Aruba. Cyprus made it to the 19th place with its Fig Tree Bay. But what actually defines a beautiful beach? For some, it's the whiteness of the sand and the clarity of the water. For others, it's the ruggedness of the coast and the power of the waves. For others, it's the beauty of the people sitting along the shore. When it comes to beaches, beauty is definitely in the eye of the beholder.



**Bulgaria is the best country because of the variety of landscapes, people and culture.**

**Poland is the best country because of the variety of landscapes.**

Does it mean that we have a fight? Let's not be so impulsive. Both of the countries don't even get close to United States with its almost 400 National Parks among which we find deserts, glaciers, forests, plains and canyons. We know it's maybe not really fair to compare these countries to the one which covers almost the whole continent, but we're looking for the bests of the best, right? As for the Bulgarian variety of culture and people – if you're looking for the real multicultural experience, you should head to Chad where 8.6 million residents belong to more than 100 ethnic groups or to Togo, home to 37 tribal groups that speak one of 39 languages. And it's not a joke! The multicultural map of the world is based on an analysis of data reported in a new study of cultural diversity and economic development by researcher Erkan Gören of the University of Oldenburg in Germany. But despite that, no one can steal Bulgaria and Poland their beauty, history, culture and enormous number of landscapes that will take your breath away.

Is it possible to rank the world's best countries? Of course it is. This is the Internet. Will everyone agree with us? Of course not. This is the Internet. We're constantly creating our own rankings and list of reasons why we love specific places. Even the most reliable ranking won't make us to change our minds. And what is actually wonderful in this World is that every place will find its admirers.



# SUPERSTITIONS: HOW THEY AFFECT OUR LIVES

Every country has got its unique set of beliefs and among them superstitions. We decided to make you familiar with some of them, hope you'll enjoy!

**Fairy trees:** Interestingly, these trees can still be found across Ireland today. While most people avow they do not believe in fairies, neither will they risk the bad luck believed to stem from cutting down one of these trees!

**Cutting nails:** Another take on “shortening your life,” suggests that clipping your nails at night summons death itself. Back in the day, if you were trimming your nails at night, you were probably doing it by the fire, so your nail clippings could have easily fallen into the flames.

**Bread:** The French are a superstitious lot. ... One such superstition states that you should never lay bread on the table upside down. It's widely known that this action invites bad luck – maybe even the devil, himself.



In Spanish-speaking countries, instead of Friday, Tuesday the 13th (martes trece) is considered a day of bad luck. The Greeks also consider Tuesday (and especially the 13th) an unlucky day. Tuesday is considered dominated by the influence of Ares, the god of war (Mars in Roman mythology).

In Turkey when you pass something sharp like knife or scissors you how to split on it or leave it on the table to other person take it. If you don't there might be some conflict (like fighting) between those two people. Sitting at a table corner. Unmarried people should avoid sitting at the corner of a table otherwise they will never get married, according to Russian and Polish superstition. Others believe that this will only hold true for seven years, making it possible for younger children to sit at the table corner.

These are just couple of examples, the superstitions are a vital part of almost every culture and there are loads of them. It is up to you whether you believe in them or not, but just to be on a safe side we recommend not sitting at the table corner if you dream about white dress or smoking hot suit!

# One recipe from all over the World

## Ingredients:

Pasta 350g

Halloumi 80g

Roasted Chestnut 80g

Chanterelle 400g

Olive oil 4 table spoons

Rock salt.



## Preparation:

Cook the pasta al dente. Boil the water. Add rock salt. When water is restarting to boil put pasta inside and follow the instructions on the package. In the meantime prepare the chantarelles: clean and cut in smaller pieces. When the pasta is ready drain it, but leave a little water from cooking for the sauce. Put chantarelles inside and olive oil. Mix everything. Break the halloumi, take half and add it to pasta. Whisk the cheese with pasta until the cheese is melted.

Roast the chestnut if they're not roasted already.

Your dish is ready. Add a little chestnut and the rest of halloumi on top and bon appetit!

## THE TRAVELLER'S

# WORDSEARCH

1. Thinned meat, usually cooked in German, which is fried in some kind of oil or fat.
2. A dish of Italian origin, consisting of a flat round base of dough baked with a topping of tomatoes and cheese, typically with added meat, fish, or vegetables.
3. Alcoholic drink that Belgium is famous for and it is made from yeast-fermented malt.
4. Cypriot semi-hard, unripened cheese which is usually made from a mixture of goat's and sheep's milk.
5. Greek side dish of yogurt, cucumber, garlic and often mint.
6. A spicy tomato-vinegar sauce which Italians hate it when it is combined with pasta.
7. Traditional Polish dish with dough dumplings stuffed with a filling such as potato or cheese, typically served with onions or sour cream.
8. Rye flour pie with a carrot and potato filling usually made in Latvia.
9. Spanish dish of rice, saffron, chicken, seafood, etc. cooked and served in a large shallow pan.
10. Traditional Romanian spirit which is prepared only from plums.
11. Alcoholic spirit made by distillation of rye, wheat, or potatoes and you can find the best of it in Poland.
12. Pasta dish made with a meat-based sauce originating from Bologna, Italy.
13. Greek foam-covered iced coffee drink made from instant coffee, water and sugar.
14. Traditional Bulgarian food prepared by layering a mixture of whisked eggs and pieces of cheese between filo pastry and then baking it in an oven.
15. Pieces of meat or vegetables grilled on hot coals with a long thin stick, or slices of grilled meat which can be found especially in Turkey.

D Z P  
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 A A N E Y T D F M  
 O Q P

- ANSWERS**
1. SCHNITZEL
  2. PIZZA
  3. BEER
  4. HALLOUMI
  5. TZATZIKI
  6. KETCHUP
  7. PIEROGI
  8. SKLANDRAUSIS
  9. PAELLA
  10. TUICA
  11. VODKA
  12. BOLOGNESE
  13. FRAPPE
  14. BANITSA
  15. KEBAB