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EUROPE ON TRACK

AN #UNITEDPLATESOFEUROPE PROJECT

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THE POWER OF TRADITIONS

Sometimes traditions are planned and created, and sometimes they just happened, but we can't live without them, because it makes our country and society stronger, we all should think about the power that traditions give us. So why is tradition so important for us? Many of our family traditions are ones we have created ourselves others have come from our childhood, we will never forget them, because it makes the heart beat faster. It is not that easy to hand it down if it comes from heart.

To make it easier to visualize, we will give the example of the power of man, to make his heart beat. Man needs muscles that makes him stronger. We would give him a strength using only most powerful words.

TRADITIONS



When we think about what traditions we are using word national food. We should give a man some drinks and food. Traditional foods and drinks comes from the history of country. The oldest generation started to create something that means a lot to families. The words that characterizes the feeling of foods are more about emotional things like: safety, family time, expression feelings, happiness, love and homey.

YOU ARE NEVER ALONE

How we know, the most important muscle in the body is heart. And the most important thing about traditions is – you are never alone, there will be always people around you – family, friends, nation. When you are with these people, you are feeling attached, there is always someone next to you, who thinks in a same way you do! This muscle brings us the opportunity to be close with society.



MAKES THE COUNTRY UNIQUE

How countries differ from other countries? Some people said that it is only because of people, because, when you feel that it is the right place to live, to learn, to investigate, then nothing else matters. Some argued that it is about the weather and climate, because if you combine it with the amazing and picturesque places conform unique experience for everyone. And of course, one of the most important part is the food, people said that food brings the happiness, it makes you miss home. Sometimes it is hard to appreciate the fact that the traditions make country special, but it's real value which can't be handed down.

FESTIVALS, CULTURAL NIGHTS, WEEKENDS

When we are far away from our home, we start to think about how important it is to maintain your own traditions, because were missing something that is very close to us! We have always something to share with at some feasts, it brings a lot of happiness and memories, also help draw us closer together.



Greece in Europe's eyes

Greece is a peninsular and mountainous country located in Southern-Eastern Europe in the Balkans peninsula. A country really beloved by people and so rich in culture and beauty that it never seems to be completely explored no matter how many times you visit it. It is considered to be in the list with the top 20 tourist destinations worldwide.

But what makes that country unique and worth visiting it at least once?

The answer needs to be given by other's people vision and specifically by Europe's eyes. On the occasion of the "United plates of Europe", the cultural youth exchange that is held in London, people from 9 different countries of Europe that are aware of Greek culture or have ever been in Greece contributed to the answer about what they admire and love in Greece.



People & Cuisine

Greek people in general opinion are considered to be very cheerful and happy. They are eager to help anyone if needed (and if not!). They are characterized as easy going, friendly and eager to accomplish tasks without complaining. They are hardworking even though they are labeled stereotypically the opposite. They are considered very hospitable and open-minded. Greeks are high tempered and lively and you can understand it by their use of many gestures in their communication and their intimacy towards people that they even don't know well.

Delicious finger food, fresh fish and vegetables, simple but yet very tasty dishes can convince anyone that Greece has a tasty and fresh cuisine. Each region of Greece has a specific traditional food. For instance if someone's destination is Crete, has to taste "dakos" which is a greek salad of tomatoes, feta cheese, olive oil, olives and dried bread. If the destination is any greek village, especially village close to the mountain, greek pie is a must as it is made with much "meraki" (meraki means effort combined with love in greek)! Generally, the most delicious and beloved street food of Greece is "souvlaki" and "gyros". The first one is a kind of kebab consisted either of pork or of chicken and the second one is sliced pork or chicken meat combined with fried potatoes, greek pita, tomato, onion. This kind of street food is literally found in every corner. Additionally greek cuisine is characterized as value for money as it combines quality with quantity. Moreover, in Greece food is strongly connected with people as it creates the opportunity of gathering with family or friends, socializing and strengthening human bonds.



Beaches & historical culture

Greece is famous all over the world for its fabulous beaches with crystal water. Many tourists come every year to enjoy the sea sand and the fresh air in the beachside. Every year Greece is ranked by the Blue Flag program among the top three countries with the best quality beaches and coasts. In all cases every beach has its own beauty but some are considered as more beautiful by our team and public opinion.

The best three are Balos beach which is in Crete Island and makes you feel like you are in Caribbean. Apart from amazing sea water has also an impressive landscape; Navagio beach (or Shipwreck Bay) is the most famous beach of Zante island and Myrto beach in Kefallonia Island which is the most photographed of all beaches. The view from the cliff is breathtaking but the beach itself is already a marvel. In travel magazines is considered as one of the best beaches in the world

If there is one overarching symbol that defines the highest achievement of Greek civilization, it would be undoubtedly Acropolis of Athens. Partly because Athens was always in the avant-guard of Greek achievement, but mostly because the art and architecture on the barren rock represent the logical conclusion of almost a thousand years of cultural development.

One of the most entertaining and attractive aspects of Greek culture that is mentioned by our team is its complex mythology that involves gods, heroes, deeds, and mortals, all of which colored the physical world with elaborate stories and personalities.

Myths, legends, deeds, and heroes are connected to ancient Greek thought, enriching a large portion of literature and art. bonds.





A BIRD'S EYE VIEW OVER RACISM

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I would love to talk to you about racism and what it means. For you, for me and for any of us. I am pretty certain that we see it differently, and that happens because of our culture, daily life environment and also because of life experiences that we have been through.

Debates over the origins of racism often suffer from a lack of clarity over the term. Many conflate recent forms of racism with earlier forms of ethnic and national conflict. In most cases ethno-national conflict seems to owe to conflict over land and strategic resources.

In some cases ethnicity and nationalism were harnessed to wars between great religious empires (for example, the Muslim Turks and the Catholic Austro-Hungarians).

Another possible source of racism is the misunderstanding of Charles Darwin's theories of evolution. Some took Darwin's theories to imply that since some races were more civilized, there must be a biological basis for the difference. At the same time they appealed to biological theories of moral and intellectual traits to justify racial oppression. There is a great deal of controversy about race and intelligence, in part because the concepts of both race and IQ are themselves controversial. But we still live with the misunderstanding of what racism might be.

I used the chance of asking people what they do think about it, and how they see it, and what I will share with you next is going to be a proof of how different we are. (and that is so beautiful). In order to respect the participants that helped me create this article, I will keep the answers under anonymity.

"THE ANSWER IS DIFFERENT FOR EACH OF US"

Q: What does racism represents for you, or what comes into your mind when asked about racism?

A1: "black-and-white" or "muslims-christians"

A2: "Rosa Parks"

A3: "violence and bigotry"

A4: "Donald Trump and the entire group of people that he represents"

A5: "This question gives me a feeling of sadness, I think it's unfair"

So, as it looks, we can think of so many different things when asked about it, and I am pretty sure that any of us have maybe a similar or different way to see this matter. Going further I also received a different kind of answer that made me think that Racism is not so general everywhere, some of us do it voluntarily or involuntarily.

Q2: Do you discriminate? Did you use to do it?

A6: "I tend not to do it, but I have to admit that sometimes it happens but mostly because of being unconsciously"

Just because keeping it short has to be an option, it comes the matter of how can we stop doing all the discrimination and not to make racism be part of our lives. Racism is never going to stop, but we can reduce it by influencing others to stop.

A7: "why should we discriminate people? Why to label? Why does it even exists?" and a short break gave my participant an answer - "we are educated but still the problem exists, and we can do something about it"

A8: "It does not exist into my mind" - a pretty rough an honest opinion that we should have as an example, it might be a point to start so our society.

A9: i only get nervous when people talk about it" - which also makes me think that hope is here, by not taking it into consideration and whenever we do not pay attention to it, it basically disappear.

But as a matter of real solutions, things are getting a little bit more difficult.

A10: "We shouldn't even consider hate speech, it can only make things worse cause hate speech can only lead to more hate speech. We should find a way for general social inclusion. Everything starts from us"

A11: "When you got things in common, it's a lot harder to be racist"

And now, let me ask you as well: "How can we stop racist thoughts?"

I can only say that we can work

**at the individual level*

**at the community level*

**at the national level,*

But still the answer is different for each and any of us.



TIPS & TRICKS WHEN TRAVELLING WITHIN THE EU

With a wide offer of touristic spots in all of its 28 component countries, the EU gathers some of the most historically and culturally rich places someone would dream to visit. In order to make sure you start your trip prepared, here are some tips and tricks when travelling in some of the member states:



Greece

When going to the home of one of the oldest cultures in Europe you need to pay attention not only to applying sunscreen, but to some of these tips:

- Try one of the freshest seafood you will have the opportunity to taste;
- Happily accept the gifts the hospitable local give you, otherwise they might think you don't appreciate the effort they put into interacting with you
- The best strategy is to go on a road-trip around the biggest cities to be able to experiment the local culture.
- Whenever you are lost or in need of help, ask the locals, they are always ready to lend a hand.
- Always ask for a receipt to make sure you are not being scammed, especially in really touristic areas.





THE ULTIMATE LIST OF EUROPEAN DREAM PLACES

Turkey

The home of the only transcontinental capital in the world has lots to offer when it comes to tourism. Getting to travel the country can be a true adventure because of the blend of different cultures, so here are some tips to help you be safe and make the most of your experience:

- When going to a market and someone offers you a prize if you buy something, they usually are fake, so don't get too excited and try to think clearly.
- Always bargain. Don't be too shy to ask for a smaller price for an item you are planning on buying, chances are the seller expects you to want to bargain and has raised the prices just to meet in the middle, around the real price of the product. Moreover, bargaining it's in their culture!
- When going to a market, carefully inspect the item you want to buy, some of the brand products are, actually, quite good imitations.
- Taxis have a tendency to overcharge. Better use the public transportation.
- In touristic areas bottled water can get really expensive. Usually, for a regular 500ml bottle of still water should not be charged more than 1 Turkish lira.

Poland

The home country of the developer of the modern heliocentric solar system theory, Nicolaus Copernicus, has rich architectural sites and beautiful landscapes. In order to be able to enjoy them all, here are some things you should know when going to Poland:

- Take off your shoes when entering someone's house, it's considered impolite to bring muddy shoes indoors.

- Be assertive when people offer you alcohol, especially vodka. Polish people are very proud of their vodka and will try to offer you as much as possible, but you need to know your limits and don't be afraid to say "no".
- When you want to break the ice, say something nice about Poland. Poles usually appreciate your effort into knowing some little things about their cities/country.
- Trains are not reliable. They usually have one or more hours of delays so pay attention when planning your trip.
- Be ready to pay a lot for riding on a highway, they have one of the most expensive highway systems in Europe.

Latvia

They gave us the Christmas tree and beautiful scenery. Here's what you need to know when travelling to this small but gorgeous country:

- Public transportation is cheap so, if you want to plan a road-trip around Latvia, don't be afraid to use it.
- Bring warm clothes and an umbrella, the weather is unpredictable and can be very changing even during summer time.
- Bear in mind that lots of places don't accept credit cards. Bring some cash.
- Try the local bakeries, they have the best sweets in the country.
- If you are planning to buy alcohol during your trip to Latvia, know that you need an id and can only buy it until 10p.m.

TAKE ME AWAY

Cyprus

An individuality created from two impressive cultures, the Greek and the Turkish, Cyprus has a rich history where food cultures and folk customs have intermingled. Between visiting the local sun-soaked stretches of sand and tasting some of the best traditional food, you need some tips to make sure everything goes according to plan:

- Bring sunscreen. Always
- Hydrate
- Don't refuse a gift. You will offend your local host/friend
- Most people speak English, so if you need information, you will solve your problems easily
- To listen to Cypriot music and taste their cuisine go to a traditional tavern.

Bulgaria

Sunny beaches, affordability, amiable locals, incredible scenery, beaches and nightlife. All of these have made Bulgaria a really popular destination in the past years. If you are planning on being a tourist in Bulgaria soon, here's what you should know:

- Taxis tend to overprice tourists.
- When going out, don't order bread, go for "purlenka" instead
- Bulgarian tripe soup is the perfect cure for a bad hangover
- Common policemen don't usually speak English so try to learn some basic words in Bulgarian before going into an adventure.
- Eat at small, family owned restaurants.





A news article discusses current or recent news of either general interest (i.e. daily newspapers) or of a specific topic (i.e. political or trade news magazines, club newsletters, or technology news websites).

A news article can include accounts of eyewitnesses to the happening event. It can contain photographs, accounts, statistics, graphs, recollections, interviews, polls, debates on the topic, etc.

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Quoted references can also be helpful. References to people can also be made through the written accounts of interviews and debates confirming the factuality of the writer's information and the reliability of his source.

TRAVEL DOESN'T BECOME ADVENTURE UNTIL YOU LEAVE YOURSELF BEHIND.

MARTY RUBIN



A top-down view of a white bowl filled with a rich, orange-red curry. The dish contains chunks of meat, potatoes, and possibly chickpeas, garnished with fresh green herbs and sliced almonds. The bowl is centered on a dark brown background, which is also decorated with scattered dried leaves and small pieces of food. Overlaid on the bowl is a large white quote in a bold, sans-serif font.

“

Food is essential
to life, therefore
make it good

”



The Game

The rules of the game are simple. Paired up in teams of 4 you are given some ingredients at hand and you need to find the most balanced recipe that fits your budget and meets your needs for the ideal country. Mind the things you need to give up and carefully assess which things you really need. Your budget is 10 euros for each team. The ingredients are priced differently, so pay attention on how you spend your money.

“

Our dishes are made from love and human rights!

”

You have 15 minutes to choose your ingredients, make your perfect plate (country) and draw a visual representation of the concept you achieved.

The purpose of the game is to realize what the things that are important are and how difficult it is to balance all the values and the human rights.

1. Gender equality **2 euro**
2. Free speech **2 euro**
3. Religious freedom **1 euro**
4. Non-discrimination **1 euro**
5. Free will **1 euro**
6. Unlimited time with your mom **4 euro**
7. Free hugs **3 euro**
8. Basic human needs **2 euro**
9. Private property **1 euro**
10. Right to education **1 euro**
11. 4 puppies for each inhabitant of your country **5 euro**
12. Right to work **2 euro**
13. Right to vote **2 euro**
14. Equality under the rule of law **3 euro**
15. Social welfare **1 euro**

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