

„Culture shadow cultural learning cookbook”

Erasmus +

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Erasmus+



Photo E. Marchewka
www.krakow.pl



*We can wear Chinese clothes, drive Czech cars,
look at Japanese tvs, cook in German pots
Spanish tomatoes and Norwegian salmons.
As for culture it would be appropriate to have
your own one.*

*Andrzej Sapkowski
Polish fantasy writer*

ToonyTo





Many young people these days think that the culture of their country is not important. We waste time learning about it. However, there are exceptions. For some people, the culture of a country is a great value in life. It is through it that we can understand our country. By learning the history and customs we are more connected to the place we live in.

Culture is something amazing to humans. It has survived for millions of years and never ceases to amaze us. Every person who learns about their culture learns about the history of their country. It shows how previous generations lived, what was happening in the area and what traditions were most important at that time. When we know our history we are more connected to our country. It becomes our home where we like to live. Culture makes us think about where we live. It creates in us patriotic attitudes that are important to build a good society and country. It is important to discover our culture and traditions because every nation have different ones.

Another benefit of learning about our culture is our growth. By doing so, we draw different conclusions. We know that our history has changed and despite the difficult situation, our traditions and culture have survived. We do not make the same mistakes as our predecessors. The development of culture and tradition is connected with the development of society. The other thing is the fact that increasing knowledge is important. We cannot allow our country to lose the culture for which we fought so much. Today it is fundamental for the nation to be educated in this field. This knowledge can then be shared with others thus understanding ourselves and other people will come easier. What is more it enriches us.

In conclusion, I believe that culture is very important in everyone's life. By learning about our culture, we learn about the history of the country which makes us more aware of ourselves but also more tollerant towards others. It awakens in us patriotic feelings and builds a bond with our homeland. We can develop ourselves, which I think is necessary for every young person in the 21st century. In a word, culture is the basic value for us.

By Monika (Poland)



Introduction

You are looking at the book that was created by participants of Erasmus+ project "Culture shadow-cultural learning cookbook". The title can be ambiguous. We know. It is a kind of a 'cookbook' or better a guidebook, in which ingredients are our experiences, facts, photos about our cultures and the project itself.

We wanted to create a kind of a guidebook which may help understand cultures of participating countries: Latvia, Italy, Poland and Turkey.

Since it is very subjective and reflects our experiences with these cultures and knowledge we got about them we hope the book can be useful and entertaining.

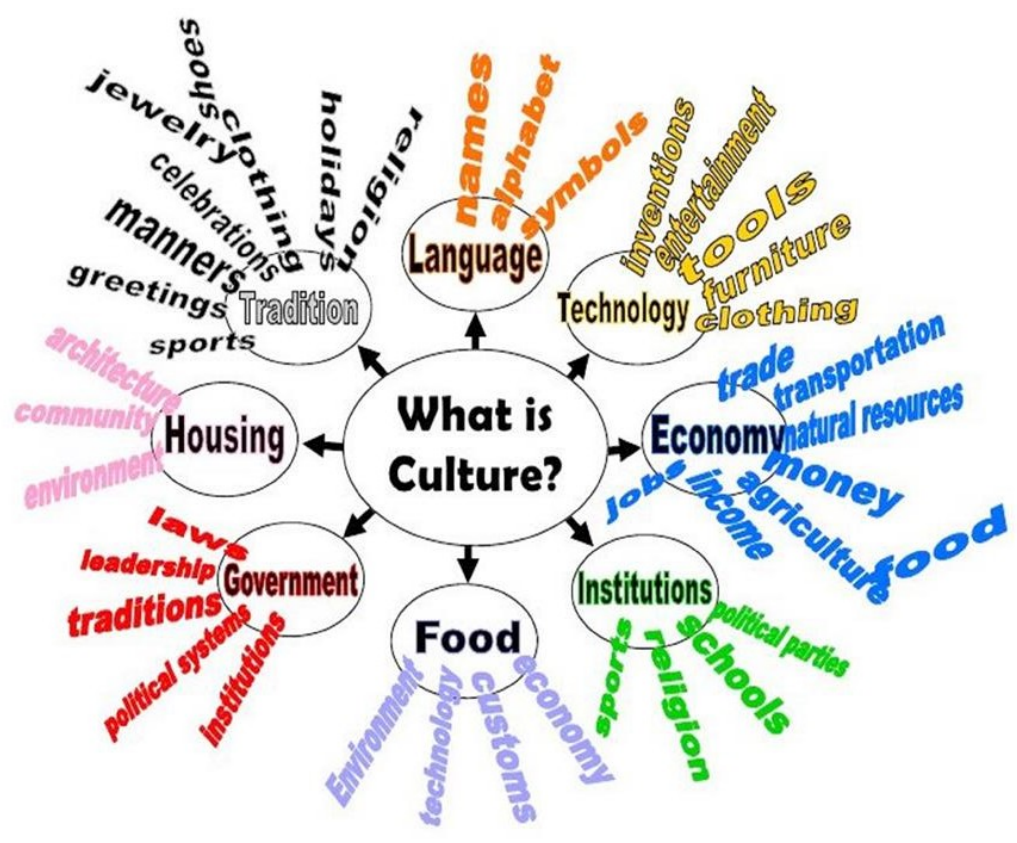
Have fun and discover our cultures with it. Bon voyage!

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What is culture for me?

It is not easy to answer the question in the subject of my work, because culture, everyone's subjective opinion, means something different. With regard to global cultural achievements, it is basically everything around us. For me, culture is first and foremost what people have been creating for generations – building and architecture, cities, gardens, houses and all kinds of amenities that fill the home.

One of the first associations that come to mind for me I think of culture is thoughts. Reflections after watching a movie or performance, reading a book or listening to a CD. Recently I had the opportunity to listen to a wonderful album with regional music from different countries. When it comes to literature, the books not only stimulate the imagination and allow us to escape from reality, but also touch subjects we forget everyday.

Another of my associations with culture is personal culture and all accepted norms and customs of a given society. It is not unimportant in our country of a woman to make facing the door – this a man's respect for her and is treated most of men as something undeniable and normal. When I go to someone's wedding, it is for me that I won't wear a white dress – it is a common rule, as is the color of clothes at funerals. The personal culture is our label, our mark off. It is not visible to the naked eye, but when we look at our culture at through our way of being, it is hard to not see that we surround ourselves with people like us.

In summary, for me, culture is everything that surrounds us, but it is also what we give to the world: our principles, our thoughts and our knowledge. Material and spiritual achievements are built by and for people, so we co-create what we can admire now and what future generations will admire.

Emilia (Poland)

About the project:

Our project was a common enterprise of teachers and students from four secondary schools in Poland, Latvia, Italy, Turkey.

Since we are 2 schools from the North of Europe and 2 ones from the South, we wanted to study similarities and differences between our cultures, comparing our ways of treating culture.

The aim of the project was to discover our cultures and to learn what work in the field of culture is like. That is why we included in the project set of jobshadowing tasks in cultural institutions and enterprises. Due to this experience we could learn about people who are involved in creating, shaping and spreading culture.

We started with the questions asked in streets and school surveys in our countries: What is culture? And what are components of culture?

We also wanted to exchange good practice on exploring culture, provide us and other students with cultural knowledge on our nations, increase students key competences especially cultural, linguistic, social and technological, establish longterm cooperation between our schools and towns, explore cultural aspects of different nationalities and increase the number of our students mobilities.

Due to covid our project lasted three years from 2019 to 2022 instead of initial presumed two.

Basic info about our places and schools

POLAND: TARNOBRZEG

A small town in south-easter Poland on the east bank of the Vistula river used to be known for large sulfur deposits now converted into an artificial lake.

Currently Tarnobrzeg is one of the largest towns of Poland in terms of territory. It covers the area of 85 square kilometers but this territory are mostly due to anexed local villages that became town boroughs.





Foto By Martyna Wojnarowska

Participating school:

Liceum Ogólnokształcące im. Mikołaja Kopernika w Tarnobrzegu

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Poland

contact - tel/fax: (+48-15) 8221604

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Who we are?



LO im. M. Kopernika is a state secondary school, educating 16-19 years old students. Community consists of 932 pupils and 70 teachers. Institution is 100 years old and it is the oldest school in the region preserving cultural, historical and patriotic traditions. The mission of school is preparing conscious, active citizen of EU with taking advantage of intellectual potential of students and teachers, their creativity in the ways of teaching and learning based on the atmosphere of common understanding and support and also on tolerance towards other cultures and understanding cultural differences. The style of teaching is combining formal and non formal education altogether to create good learning atmosphere. School disposes the modern multimedia that enable use of modern technologies and IT in didactics and pedagogy. We have experience with international projects such as Comenius, Comenius Regio (with Antalya and Mardin on preventing school leaving), Youth in Action, Erasmus+ giving students and teachers a chance to even educational opportunities and learning about other cultures and values. As one of 4 schools in Poland our school was qualified to British Council project "The school of the future". The school has Silver badge of High school ranking in Poland.

The school cooperates internationally on regular basis with Germany and Turkey, organises exchanges on private basis with Italy, Spain, Germany, India, etc.

School focuses on creative teaching. Institution pays special attention to development and promotion of democracy, intercultural cooperation, cross cultural learning, sport and students' ecological and environmental awareness. School has been chosen school of decade by the programme Etwinning, runs several Etwinning projects. Its teachers on regular basis improve their skills and abilities believing in fact that well educated teacher means well educated student. We have a valid etwinning label and one of our teachers is eTwinning ambassador.

TURKEY: ANTALYA

A beautiful, vibrant coastal city on Turkish Riviera of ancient past. Full of life and tourists known for its history, beautiful beaches, cliffs, wonderful weather and climatic places.



Partner school: Metin Nuran akallıklı Anatolian Lisesi in Antalya

Adress: Kızıltoprak, Aspendos Blv. 923 Sok D:No:4,

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Who we are?

Metin Nuran Çakallıklı Anatolian high school is a public upper secondary school.

It's the third most successful high school in Antalya, educating 14-18 years old students and preparing students for the university entrance exam. There are 1040 students and 65 teachers in the school.

The students study Maths, Physics, Chemistry, German, English, Music etc. There are also some students who migrated from Germany and other different cities of Turkey because of some problems such as school or family problems. Students are generally interested in Art, Music, Photography and sport in our school. We have students clubs such as photography, music, sport and so on. They teach to sing folksongs, take photographs, read books and perform drama in every day life. There are also physics and chemistry labs, music and language rooms, an art room and a big school garden to play basketball, football and volleyball. We also have a conference room with 650 seats. Our school has wide experience in European projects. Our school took part in the Comenius project "Gegen 40" in 2008 and had a partnership with Sweden, Germany, Lithuania. Its language was German. We joined three youth projects in 2007, 2008 and 2011. We also have a long-term partnership with a German school in Frankfurt and LO im. M. Kopernika in Poland.

ITALY: CALTANISSETTA/SICILY



A small town in Caltanissetta province with sulphur miners past, once in full bloom - now trying to restore its importance, located inland on the hills with wonderful, narrow streets in the Old Town, nice landscapes filled with olive trees, hills and valleys around.



Partner school: IISS “SEBASTIANO MOTTURA”

Address: **Viale della Regione, 71, 93100 Caltanissetta CL, Włochy**

Telefon: **+39 0934 591280**

web: **www.istitutomottura.it**



Who we are?

The “Sebastiano Mottura” technical institute is one of the oldest schools in Italy. It is in Caltanissetta in the centre of Sicily. It was founded in 1862, after the Italian unity proclamation, as the first Mining School of the Reign of Italy, with the Royal Decree N.940. In 1970, after the closing of Sicilian mines, an electrotechnical course was introduced as an answer to the updating process of the Sicilian society and to the different employment requests as well. Today the school wants to preserve its own tradition giving itself its leading characteristic as a technological-scientific school; in fact the school has two main branches: the technical institute, where students can choose to study Geology, Electrotechnics, Mechanics or Chemistry, and the high school of Applied Sciences. The school has also an Electrotechnics and Automation course for adult workers (called Sirio Project) with a particular attention to the long-life learning. The school hosts

the Mineralogical and Paleontological museum. It contains precious and interesting collections of minerals and fossils, especially crystal minerals coming from sulphur Sicilian mines. Furthermore, the school promotes extra afternoon lessons such as: sound technicians, chemical technologies, astrophysical course and extra educational activities such as aeronautical technologies. The school offers music courses too. Our school is attended by about 800 students, there are 80 teachers and 7 administrative staff.

We mainly base our teaching on technology and applied skills in fact we have 8 laboratories where our students can implement what they study: Geology, Electrotechnics, Domotics, Mechanics, Robotics, Linguistic, IT, Biology and Chemistry labs.

LATVIA: RIGA

The capital city of Latvia located at the mouth of the Daugava river, close to the Baltic Sea, on the UNESCO World Heritage sites list with great parks with seagulls, unforgettable old town and Art Nouvea buildings, the pearl of the north.



Partner school : RIGA VIDUSSKOLA 31

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Who we are?



Our organization is a Secondary school, which is located in the capital city of Latvia-Riga.

It has about 500 students. We teach students the subjects that are necessary for further education. Our teachers have the highest education in their work field. Our location is important in the fields we try to work in, such as nature's protection and saving the sea. We have made a successful partnership with exchange programs previously. We have also participated in a project called "Miksike", where students came to our school and taught the students, so that they practice before they start to work as teachers. Our school has got many subjects, for example physics, biology, math, German, English, Russian and of course Latvian. We also have a very interesting subject - drama class. In drama we have to play many etudes so we could know how it is to stand out and speak to a larger audience. This is very important because it will be very useful in the future, because many students are really shy and are afraid to speak in public. Our school is very serious about its traditions in fact every year 9th and 12th grade students have to dance at the beginning of the graduation ceremony.

One of the most interesting facts about our school is that many famous people in our country studied in our school, for example Guna Zariņa (actress), Edmunds Rasmanis (famous Latvian pop group singer). We have a museum in our school. It is the oldest school museum in Latvia. We cherish our most important school things in our museum and it has been going on like for many decades. We also have had many exchange students from Thailand, Germany and Turkey. Our organization has a big experience in education systems and working with students and their parents in an education level.

POLAND

Symbols:



Government: Parliamentary republic

Currency- Polish zloty



Language: Polish

Capital: Warsaw



What shaped Polish culture?

Pretty often when you want to understand Poles and their culture you have to think over what shaped it. In the survey carried within the project the answers to the question:

„What in your opinion shaped Polish culture ?” were: Christianity, Slavic past, hard history and tragic past experience (partition of Poland, fighting for freedom and independence, uprisings, regaining independence, war with bolsheviks, WW1 and WW2, communism, solidarity movement), heroes, important places (Wawel, Częstochowa, Cracow, Warsaw), language, traditions and customs, glorious past of knights, battle of Grunvald, Vienna, commonwealth with Lithuania.

The most common factor shaping Polish culture for Poles is freedom and sacrifice. Poles always had to fight for freedom defending their borders and they shed much blood to have, maintain and regain freedom. Poles are a proud nation longing for their glorious past. In this aspect they resemble Turks.



What makes Polish culture unique?

Every culture has aspects that make it unique among the other cultures.

Not only is culture a huge part of our lives, but it also shapes us from the very young age on.

In Poland there are various ways of cherishing our cultural treasures that have been with Poles for years and have helped us get through the toughest times in the history of our country.

One of the things that makes Polish culture special is its cuisine. Poles love eating as well as preparing meals together, especially for important days we celebrate every year. Pierogi, gulasz, bigos, naleśniki, kopytka and many more are only the brief introduction to what our food really means to us. Usually fatty dishes from self-collected ingredients, but always prepared with love is what you can find in every Polish home.

Attachment to tradition is surely one of the many factors that distinguishes our culture from others. Poles share respect for our heritage which can be well observed when celebrating holidays. It is also because of a family that Polish people love spending time together as it has always been a fundamental value for people in our country.

What also makes Polish culture unique is undoubtedly Polish language. Full of unobvious letters with strange shapes, for many hard to read is something that has always been a tool for us to shape our society. Polish alphabet which consists of 32 letters and is based on the Latin one, allows Polish language be brought to life every day.

From Three Kings' Day, Fat Thursday, Corpus Christi, All Saints' Day, Independence Day, Christmas to the very New Year's Eve, celebrating those holidays in particular way is what makes our culture unique. Gathering together, sharing the wafer on Christmas Eve, hanging out national flags, throwing flowers, wearing coronas of Three Kings – those are the symbols of our culture and the ways we cherish our traditions.

All in all, Polish culture has numerous things that make it a unique one. Having shaped previous generations and now shaping us, our culture will forever remain

of a significant value to every Pole. Traditions and holidays we celebrate, which may seem strange to foreigners, are the things that helped us grow from the very early age on and which eventually guided Polish society to where we are now. They have enriched and empowered us to share our culture with future generations and make it last forever.

ALEKSANDRA DUDEK

Briefing on some striking features of Polish culture

Poland is the country with the long and turbulent history which is depicted in her culture both high and low: art, literature, cinema, architecture, music, theatre, opera.

One cannot understand Polish identity and soul without knowing [Polish history](#) and tragic past especially in XX century.

Here, below are some tips what is culturally important from Poles' point of view.

1. Cracow and Warsaw where the Polish heart is.

These two places shape Polish identity, are the must on the map of a person who wants to understand Polish soul. Cracow is the former capital of Poland with glorious past, vibrant city with beautiful Old Town, enchanting air, Wawel hill with the royal castle and Jagiellonian university-the oldest one.

Warsaw - rebuilt from the scratch after being totally destroyed by Germans during WW2 attracts with rebuilt Old Town and its more modern character of European capital.



Cracow

2. The cult of Black Madonna

Częstochowa is a place of Saint Mary Christ's mother worship with Jasna Góra Monastery.

The cult of Our lady is important even nowadays. The icon of Black Madonna is believed to protect Poland.



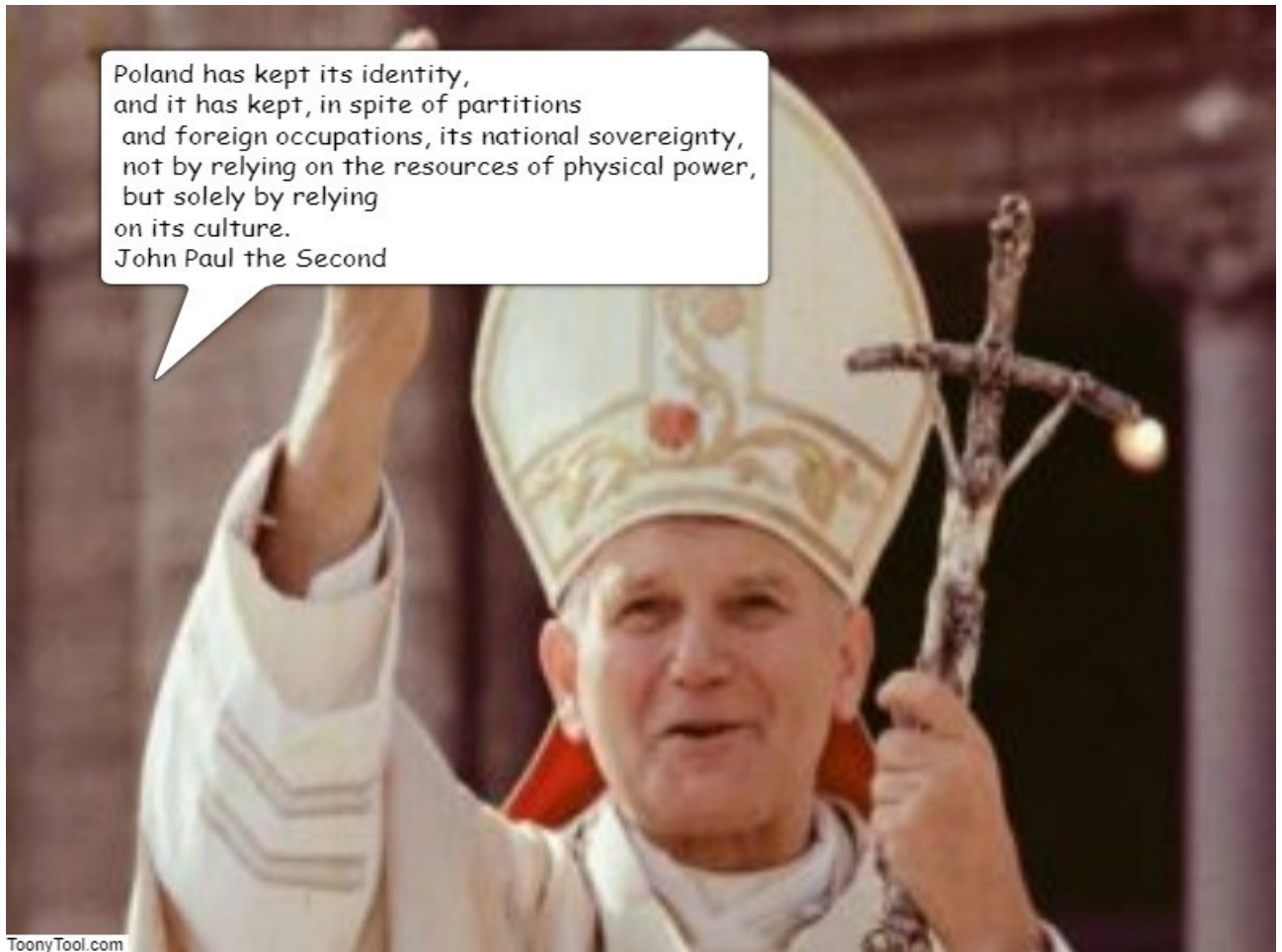
As a professor Rybotycki from Jagiellonian University said „*Polish Catholicism in its contemporary form is strongly related to the notion of national identity. This strong interconnection was caused by variety of historical reasons. Throughout the entire nineteenth century it was the Catholic religion that unified the Polish society, which was at that time deprived of its own state. Those and similar processes were not unique to Poland, it was a time when new nationalisms were being born throughout Europe. Without an actual state, Polish history became the basis of preserving the national identity. In those circumstances the cult of Our Lady of Częstochowa was flourishing and her image became a national symbol*”.



3. Churches and chapels everywhere not only old historical buildings but also a new ones.

One cannot be surprised seeing people rushing to churches, christian monuments and chapels standing in people's gardens, by the roads decorated with ribbons and flowers.

Polish mainly are Christian catholics with the big amount of church goers. Many young people attend masses and other ceremonies. They are proud of the Pope JP II who was Polish by his origin.



Actually the big part of Polish identity was shaped by more than thousand years of Christianity as main and dominant religion.

4. Polish hospitality

Although Poles can appear a bit reserved and gloomy-there are not smiley people in the street one can meet with the general tendency to complaining about everything Poles are extremely hospitable.

There is a proverb "A guest in house-The God in house" They will do everything to make their guest comfortable and well cared.

Since it is gift society-giving and receiving small gifts is welcomed at any occasions.

5. Disco polo phenomenon

Although Poland can be proud of her high culture and world famous composers and musicians-Chopin among them, the trend of so called disco polo music, criticised for its low quality is gaining popularity. Catchy music, simple words attract attention and are present at parties, weddings and on some tv channels. There are festivals of disco polo music, it is a big industry with huge earnings of singers.

Many people say they don't like it but somehow concerts of [disco polo](#) stars are full of people singing together with performers.



6. Story telling

Poland has her set of legends and stories, regional or local connected with places like main cities: Cracow has its dragon, Poznań-goats, Warsaw-Siren. Most stories are about love, though here goes one from Tarnobrzeg's region.



Cracow's dragon



Warsaw's siren

The legend of Samuel and beautiful Elmas from Podkarpackie region.

Elmas was a Turkish woman and Samuel a Polish man. King Zygmunt III Waza sent Samuel to Turkey to learn „pagan” languages, so he spend there seven years. There he met the beautiful, much younger than him woman Elmas. They fell in love and dreamed of being together until death do them part, but that was impossible because of Islamic principles.

When Elmas told her father about her love, he started shouting at her and forbade for seeing her beloved. He immediately started looking for her new husband, but his daughter was rejecting all the candidates. Because of that, her angry father imprisoned her in one of his palace's chambers and ordered the guards to guard her.

Samuel found out about this accident. He had somehow handed her the note telling about his true love to her and promised to set her free from her „prison” soon. Unfortunately, a long time has passed. Polish king ordered him to come back to his country as soon as possible. He couldn't ignore it, so he left Istanbul. After he got back, the king gave Samuel a job in his chambers. He spend four years in Poland, daydreaming about the reunion with his beloved and after this time he had the opportunity to return to Istanbul as an envoy.

He paid a detective who told him that in two weeks' time Elmas would be forced to marry a man, that her father had chosen for her. Samuel got angry. Thanks to his money and contacts, he managed to get Elmas out two days before the planned wedding.

„My precious, I knew you'd come get me” woman screamed when she saw the love of her life and fainted. After she woke up, there was no time for tenderness. They had to run. It was only on the way to Poland that the lovers could talk about the elapsed time without each other.

The journey was long because they had to avoid the popular paths, but they were happy for being together. After they arrived, they lived in Warsaw for a few years. Samuel baptized Elmas and married her. Then the king died and after that, in 1640 the marriage received an invitation from Rafał Leszczyński, the lord of Baranów Sandomierski. They went there immediately because Samuel loved this city since his childhood.

Everyone loved Elmas for her beauty and kindness. Samuel was proud and happy for having such a wife. That didn't last long because Almas suddenly got ill. The best doctors and healers didn't help and woman fell into a coma for two weeks. During this time, her husband was watching over her. His heart was breaking with despair. Every day he was asking God to punish him, not Elmas because she never did anything wrong and he was a Calvinist for a while. His prays didn't work.

The last thing Elmas said was Samuel's name. Then she died in front of her husband.

Elmas was buried in the basement of the church in Baranów, next to the Leszczyński's ancestors. Samuel ordered a love epitaph to be carved and placed on the church wall.

They lived together for twenty six years. Samuel stayed in Baranów for some time and when he wanted to leave, Turkish people arrived to see with him. One of them was Elmas' father. He found out about his daughter's death in the village. He hugged Samuel very hard. Because of his love and care for Elmas, he spared his life.

Samuel died with a deep sadness in his heart, but he finally got reunited with his beloved wife. Only epitaph stayed on the church's wall in Baranów Sandomierski.



Baranów Sandomierski castle

7. Polish symbols

They can have roots in nature or history. The most known is Anchor - emblem of Polish underground state and AK (Home Army) during he WW2 and Solidarity movement, the movement that started the collapse of communism in 1990s, breaking Berlin's wall and regaining independence by post Soviet union republics.



The Anchor-Kotwica in Polish



The solidarity movement emblem

Other national symbols can be seen in the picture below:



WHITE EAGLE



FREDERIC CHOPIN



HUSSAR



RED POPPY



GIEWONT MOUNTAIN



APPLES



EUROPEAN BISON



POTTERY



MANOR HOUSES



PIEROGI



MEDIEVAL CASTLES



PARZENICA



FOLK ART



"POLSKA WALCZĄCA"



AMBER STONE



HIGHLAND CHEESE

8. FREEDOM

Poles are known as rebels, they break the rules, are hot blooded and run heated discussions. Their hard past shaped their character and in general freedom is the value that they appreciate most. They don't like being told what to do and they always know better. They have deep sense of justice. That led them in the past to fight for freedom, to sacrifice their lives for freedom of their country and others in which it was endangered.

There are many songs and works in Polish culture about value of freedom, independence and sovereignty.

9. Polish food

Polish culture goes hand in hand with the food. Typical Polish cuisine is rich in ingredients, spices, meat, vegetables, a bit heavy, fatty, traditional and eating customs can be a shock for a newcomer. As a guest you will be fed like a goose.

Although there is nothing to be afraid of. Everybody can find something to eat. Polish cakes are fabulous.



10. Polish folk

Poles are proud of their folk things. There is a fashion for folk patterns in clothes especially after promoting them by Polish singer [Cleo](#). Polish folk differs and it depends on what region of Poland it has its origin. The most known is the folklore of the Tatra mountains highlanders with their dialect, traditions, songs and dances.



From culture.pl

11. Kissing 3 times on cheeks.

It is considered quite normal for Polish people to greet each other with three kisses on the cheek if they greet close friends or family members. It is also custom to do the same again when saying good bye. With others just a handshake will do.

Did you now that:

- Red poppy is a national flower of Poland,



- Coffee in Europe was popularised after Vienna Battle by Polish nobleman Jerzy Franciszek Kulczycki who was translator of Turkish in XVII c,
- Polish 3rd May constitution was the first in Europe, and the second after American in the world,
- The witcher is Polish (a production is an adaptation of A.Sapkowski, a Polish fantasy writer book),



- Copernicus was Polish,





Polish team of Culture shadow project

[More on Polish Culture](#)

LATVIA



Capital: Riga



Currency: EURO

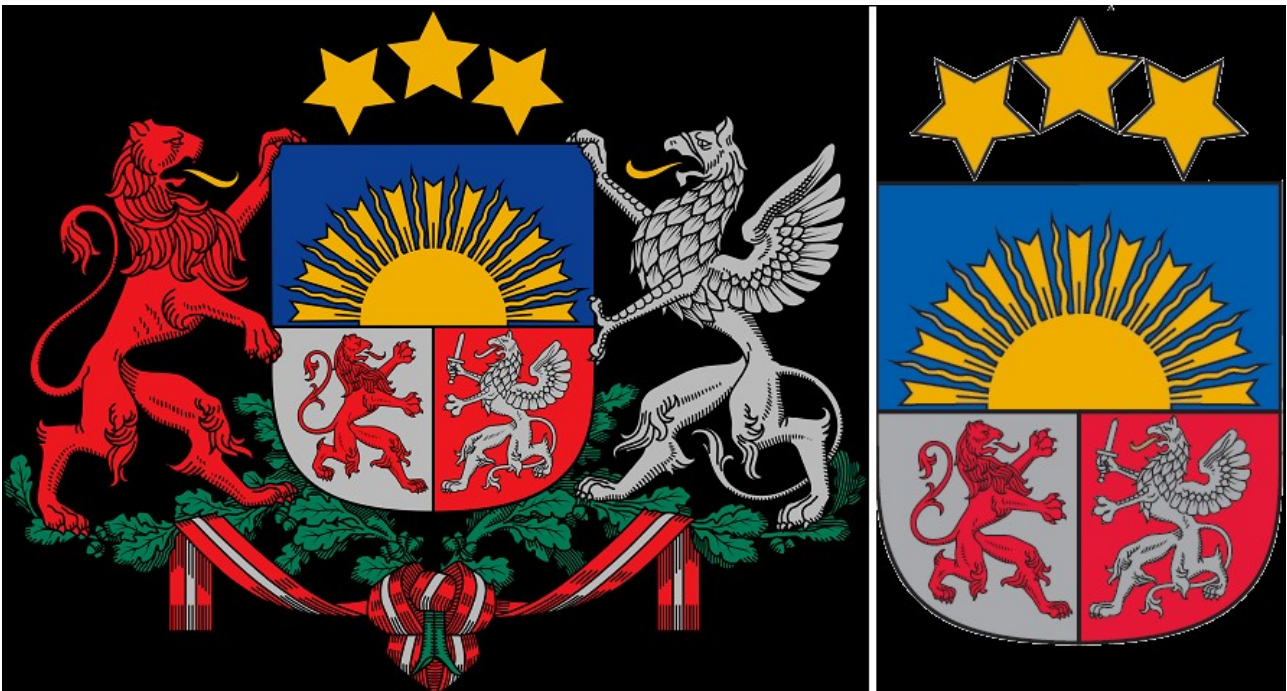
Government: Unitary Parliamentary Republic

Language: Latvian

Symbols:



Latvian flag



Latvian coat of arms

What makes Latvian culture unique?

Latvian culture is unique for its love for Latvian songs and traditional folk dances, Latvian cuisine and traditional festivity - Jāņi.

Latvians proudly call themselves a "nation of singers" because of a solid choral music and folk dancing tradition that began way back in the mid-19th century. Every five years, for one week. This is the time frame for the main event in Latvian cultural life - the Nationwide Latvian Song and Dance Celebration. It involves hundreds of choirs and folk dance groups, entrancing thousands in the audience. The Celebration has earned high honour internationally, being included on the UNESCO Oral History and Non-material Cultural Heritage List.

Latvian cuisine has a lot to offer. You will find delicious soups, smoked fish, tasty drinks and desserts made with dark rye bread. The national dish of Latvia – grey peas and bacon. Latvian grey peas have been entered into the register of EU national products and symbolise wealth and vitality in folklore. Latvian rye bread, is a staple that you will find all over the country. This bread has a dark brown colour and consists of rye flour, malt and caraway seeds.

Jāņi (summer solstice) is the most popular Latvian festivity. Latvians sing, dance, eat and are merry during Jāņi. Cheese with caraway seeds, meat patties and beer are a must for every table. People light bonfires, jump over them and celebrate until the sunrise.

Latvian culture is very unique and there is a lot of things and aspects that makes our culture different.



Winter in Latvia



Winter in Latvia

WANNA MUSIC PRESENTATION?

Just watch „[Welcome to my country](#)” by BRAINSTORM



Open air museum Riga

Short guide to Latvian Culture

Latvia definitely is a country worth visiting. She offers not only beautiful nature, greenery and incredible amount of forests but also lovely towns, long the Baltic Sea beaches, amazing Riga old town and market, thousands of climatic cafes with live music and hospitality of Latvian people. Latvia - -small but unique.

1. Latvian folklor

Not only visible in leather, linen, woolen and wooden craft but also in performing folk dances and songs.



Woolen mittens



Pastalas-folk shoes

2. Sigulda and Turaida and a flag bridge

These two places are a must on a traveller to Latvia bucket list. Beautiful castles in the countryside with forests surrounded by nice parks. Different in architecture but the same spirit of historical past. Sigulda is an example of typically Latvian in style and trendy among Latvians.





Turaida castle-project Art workshop

Between these two places there is a bridge over Gauja river dressed in national flags.

After 24th of February since Latvia stands with Ukraina, Ukrainian flags are waving there.



 dreamstime.com

ID 210409128 © Viestursd



3. Number one in Latvia- The old Town in Riga (on UNESCO list) and Alberta Street with Art Nouveau examples.

Walking through the Old Town in Riga is highly recommended. Here you can find plenty of climatic cafes, restaurants, interesting lanes and corners. Buildings from the Middle age to Secession style make it unique and on the UNESCO list.



An example of Art work on cultural studies Riga Old town (Riga Vidusskola 31)



An example of Art work on cultural studies Riga Old town (Riga Vidusskola 31)

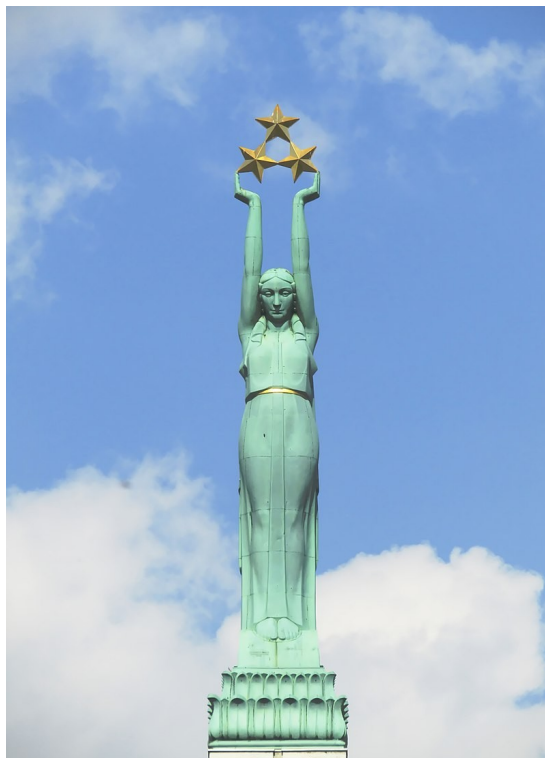
The four wishes statue in Old town Riga

It is believed that rubbing noses of four animals makes your wishes come true. One nose one wish rule.



Freedom monument in Riga

A bronze woman with three stars above her head stands on a high obelisk. Stars are a symbol for unity between the three different Latvian cultural regions: Courland, Livonia and Latgola. To please the Soviet occupants the symbolism of the statue was changed. The woman was now supposed to show Mother Russia who welcomes the three stars, standing for the Baltic States Latvia, Estonia and Lithuania. Luckily Latvia regained her independence in 1991 from Soviet occupation.



4. Latvian sweets-incredible amount of dried fruits of any kind, berries, with leading Laima company.

Culture is also food, and sweet things are just part of it. Latvians know how to use garden and forest fruit and chocolate to make your mouth watering.



5. Rose of Turaida legend

Like every country Latvia has her set of stories and story telling is an important part of her cultural heritage. One of the most known and popular is a legend about love story from Turaida.

A rose of Turaida legend

In 17 century during Polish-Swedish war one of the fighters from Sweden Greif.

Greif, was walking around the castle and between the ones killed in battle shortly after the occupation, when he realized there was a little baby among the dead bodies. She was a girl, just a few weeks old. Greif couldn't kill her and decided to adopt her and

rise her as his own daughter. As the battle had happened in the month of May, named the little girl Maija.

Maija grew up as a beautiful young woman known as the rose of Turaida.

She was promised to a gardener called Victor Hail, who lived at the opposite side of the Gauja River in Sigulda Castle. Both lovers used to meet halfway, in a secret cave—the Gutmanis Cave.

A Polish deserter named Jakubovsky also fell in love with Maija, and asked her to marry him. However, the young lady declined his offer. Furious, Jakubovsky sent a henchman named Skudritis with a fake message to meet Maija: he said to bring a message from Victor changing the time of their evening meeting to an earlier time than usual. When Maija arrived to the cave, where she found the angered Jakubovsky and she realized she had been fooled. Jakubovsky's plan was to take her by force, but Maija preferred to die before that could happen so she decided to deceive him into killing her.

She offered Jakubovsky the red scarf she was wearing, and she told him that it was a magical scarf that protected anyone who wore it from death. She promised she would give it to him if he let her go, and, to prove its magical powers, he could try to kill her with his sword. Jakubovsky hesitated, but in a time and society that believed strongly in superstition and magic, he ended up charging his sword against Maija, and ending the girl's life.

When Jakubovsky realized what he had done, he ran off and hanged himself in the woods. Later that night, Victor arrived to the cave to meet with Maija as usual, to find her murdered. Scared, he ran away from the cave to ask for help in the village, but in the rush he lost his axe in the cave. Therefore, he was accused of being the murderer of Maija. Everything seemed lost for Victor during the trial, when an unexpected twist changed the course of events. Skudritis, Jakubovsky's henchman, had secretly followed him to the cave, and he had witnessed everything. Maybe hadn't been aware of Jakubovsky's intentions or perhaps he felt guilty of the outcome, but he testified in defence of Victor, who was then acquitted.

The story was believed to be a legend for a large amount of time.

In the 19th century documents of court archives were found in Vidzeme and revealed the details of the murder of Maija in Gutman's Cave in August of 1620, proving that the story really happened, which makes it more heartbreaking.

Maija grave In Turaida became a popular spot for lovers. Nowadays, anytime a newlyweds come to the monument commemorating the heroine and organize the photo sessions in the cave that appears in the story.



Gutmanis cave: The cave with curved names where Maija lost her life

6. Cat's house

The famous and peculiar building, built in the beginning of XX century by an architect Friedrich Schefel. He and Heinrich Scheel are regarded as pioneers of Riga Art Nouveau architecture. The building was owned by a wealthy Latvian trader who, out of bitter

resentment for not being admitted to the Great Guild, put cat figures bearing expressive postures on the roof of his building. Tails of the cat figures were turned to the Great Guild building thus expressing the owner's attitude towards the offending organization of traders. The Cat House, built in the style of a medieval castle, was completed with colours of Art Nuveau palette, bringing colourfulness and romantics to the entire city and a share of sarcasm on the turrets of the house too.



7. The Baltic Sea



Latvia is a Baltic country and the Baltic sea shapes cultural and national character of her dwellers. Still there are long, wide and unspoiled by the tourist beaches for long walks. The sea is very close from Riga and it is worth seeing it.

8. Riga's Central Market

It is famous for its pavilions housed in giant zeppelin hangars left behind by the German army after World War I. Shopping and eatery place with plenty of stalls.



9. Latvian symbols

They come from pre Christianity period, depict the world outside and inside, are used to protect and harmonize us, our energies and promote prosperity, fertility and good fortune. They refer to the Moon, the Earth, thunders, elements etc.



10. DAINA-a folk song

Latvians have over 1 million folk songs. They are Latvian national treasures. Every few years all Latvia's choirs, as well as folk dance groups, gather together for the Song Festival making performance of thousands singers and dancers. [Daina](#) is a form of oral art and is a symbol that has both shaped Latvian identity.



Latvian Song and Dance Festival Photograph by Graham Tomlin

OTHER CULTURAL THINGS:

-Latvia is a gift society-giving small gifts is traditional, trendy and socially obligatory,

-Latvians entertain in restaurants and occasionally in their homes but homes are just for family and close friends,

-Punctuality matters-it is important to be on time. Latvians are,

-Singing after meal can be common, Latvia is a big choir country. Here people truly love singing.

Did you know that:

-Latvian-born tailor Jacob Davis invented denim as a tough material for trousers, then made a fortune in partnership with fabric merchant Levi Strauss. Long live jeans!,

-Latvia's national sport is ice hockey,

-Latvian national flower is a daisy.

[More on Latvian culture](#)



Other photos of Latvia





ITALY/SICILY

Italy



Basic info

Symbols



government: Unitary parliamentary Republic

currency: EURO

language: Italian

capital: Rome



Italian Culture

Our culture is normally associated with Art, Music, Food and Fashion. They can be considered distinctive features of our cultural expression. What makes Italy unique, what is Italy?

Our country has been one of the flourishing cultural centres in Europe, a cultural melting pot with influences from different Mediterranean civilizations. It is the country that has the highest number of world heritage sites. Any corner is rich of works of art: museums, public buildings or churches. Everywhere you can discover a piece of art.

Also, it is said that cuisine is the mirror of the country, nothing could be more true. Who has never fallen in love with pasta or pizza? The food for the Italians has a cultural value, it isn't only something to eat but its a way for socialize. The meal contains not only a nutritional value but also an affective one. The Sunday meal with the family is a time in which to find yourself as a family.

And, what about another significant expression of Italian creativity that makes unique our culture identity: Fashion. Italian fashion is a symbol of style and together with art, culture of food contributes to define the identity and heritage of Italy.



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www.shutterstock.com

A guide to Italian (Sicilian) culture

Sicily

Sicily itself is a wonderful volcanic island, the biggest one in the Mediterranean region having so much to offer, landscapes with orange and lemon trees, pistachi, cathedrals and amazing architecture, Etna volcano, emerald sea, great beaches and hilly inland.

1. Triscele

It is a symbol of Sicily, the creature with mythical Gorgon head and three legs is present in ceramics and in Sicilian flag.



2. Passegiata

It is a very cultural thing in Italy. La passeggiata is a slow stroll around. It usually takes place in the center of town in the main pedestrian shopping areas and piazzas.

During the week people participate in the passeggiata roughly between 5-8PM. On the weekends, it can happen at any time during the day.

3. Ceramics

Majolica, porcelain, terra cotta pottery is something that Sicilians can boast about. It comes in many patterns and shapes, colorful, bright, reflecting sun, sea and all Sicilian colours. Usually hand made.



Photo from ceramichmaremoro.com

4. Sicilian heads

In Sicily you can see heads of a man and a woman everywhere on balconies, patios as flower pots.

The heads have become a strong tradition in Sicily, a true pride of Sicilian craftsmanship.

The heads are of two lovers and a tragic story of disappointment and revenge lies behind these images.



Sicilian legend

According to the legend, there was a young beautiful girl who once lived in Palermo, in one of the city's districts, called Kalsa, back at the time when the Moors ruled Sicily. The girl lived a simple life, taking care of her plants, that she loved very much.

One day, a young man who was a Moor, who was passing by, saw her and immediately fell in love with her. Like in a classic fairytale, the girl was so struck by his confession and his passion that she instantly loved him back. However, their fate wasn't to live happily ever after. The young Moor had a secret that she soon found out: he had a family back home, a wife and a child, and he had to go back to them.

Learning the bitter truth, the girl felt betrayed and angry: not only her lover had lied to her, but he was going to leave her for someone else! Her love soon turned into a desire for revenge. Therefore she decided to act: when the man - unaware of his fate - fell asleep, she killed him and cut his head off. This way she was sure he would never leave her.

She turned his head into a vase and planted basil seeds in it, to show that she could still take care of him. Then she displayed it on her balcony. The basil bloomed beautifully and attracted the attention of the people who walked on the street with its intense scent. They saw what looked like a "vase" and thought it was beautiful, so many of them had copies made of it (in terracotta), to be displayed on their balconies and terraces.

This tradition survives up to this day.

5. Cannoli siciliani

It is a very popular crisp pastry in Sicily, tube shaped and filled with creamy filling made from ricotta cheese.



6. Cafes and coffee



Sicilians look as if they always have time for a cup of coffee and a chat with a friend.

Nobody rushes, the pace of life is slow. Visiting a cafe is just a must. Sicily offers plenty of nice cafes in which you can enjoy life.

7. Sicilian carts

You can see them in the museum of Palermo castle. It is two wheeled horse or donkey drawn cart very colorful and bright. Symbol of tradition and folklore.



8. Palermo, Catania, Taormina

These three places are very interesting to visit. Different in character and location. [Palermo](#) is at west side of the island while two other close to Etna.

Palermo offers beautiful chapel in the Palace, Cathedral and plenty of things to sightsee, wonderful monuments, interesting architecture, narrow streets and hidden piazzas, and is a city of contrasts.

All though guide [Catania](#) does not attract as attention as Palermo it is very intisting. Its streets appear wider. The city itself is at the Etna feet. And still has a lot to offer like the Cathedral or La Pescheria.

Mercato del Pesce di *Catania* is a trendy place There one can see everyday life of Catania's inhabitants.

[Taormina](#) is absolutely beautiful, fashionable touristy holiday place with ancient Greek theatre

9. Agrigento and the Valley of temples.

It is a remarkably well-preserved place, and comes with a mere fraction of the crowds as the ruins in, say, Athens—definitely one of the must on visitor's list.



10. Sicilian pine cone-symbol of good luck, happiness, fertility.

According to an ancient Sicilian folk tradition that goes down to the present day, the ceramic pine cone is an ornament that cannot be missing in a house as a wish for health, good luck and prosperity, for this reason it is customary to decorate the house entrance with Sicilian artistic ceramic pine cones.

One can find the Sicilian pine cone on the pillars of the entrance gates of ancient villas, adorn balconies and terraces, in noble gardens, in monumental cemeteries, on the facades of churches and convents, artistic pine cones have also been depicted in the thrones of kings and popes as materialization of the soul, as a symbol of union between earthly and divine.

In the Sicilian peasant tradition it was used to adorn the bedroom of the newlyweds with pine cones, as a symbol of fertility, to wish the formation of a large family.



Did you know that:

- Once upon a time, Sicily ruled itself as the Kingdom of Sicily,
- Sicilian is still a spoken language,
- Archimedes was born in Sicily,
- A sonnet was invented in Sicily,
- In Palermo there is a wall graffiti of a judge Aldo Moro who was killed by mafia (close to the statue commemorating mafia victims),
- Plumeria is a flower symbol of Sicily.



[More on Sicilian culture](#)

TURKEY

Turkey/Turkiye:

Basic info:

Turkish flag and Atatürk the founder of Turkish republic are most known national emblems of the Republic of Turkey.



National Anthem of
Turkey

“İstiklâl Marşı”

Language: Turkish

currency: Turkish lira



government: Presidential Republic

capital: Ankara



official country name: TURKIYE

[Hello Turkiye](#)

What makes Turkish culture unique?

Turkey is famous in the world for her diversity mixing both oriental and European elements— from the traditional Turkish tea to the majestic Hagia Sophia. Turkey has great, rich cultural heritage well preserved, beautiful architecture and landscapes. The most important thing that makes Turkish culture unique is multi cultural structure. The northeast coast near the border is a tight combination of Turkish and Georgian culture as seen in the Laz and Hemsin communities and the southeast typically reflects Kurdish and Arabic culture, while the western coast in the last 80 years has been widely influenced by European traditions. However, quite a few traditions are strong fast across Turkey and any first time visitor will spot them immediately if they know what to look for.

Evil Eye: The Nazar Boncugu

Turks believe this talisman wards off evil and these days, as well as featuring heavily in Turkish culture, it is one of the top recommended souvenirs to buy.

Food, Breakfast and Bread

Food is an integral part of Turkish society. Breakfast is the most important meal of the day and typically includes eggs, cucumbers, tomatoes, and olives but never forget the bread, at either breakfast or other mealtimes. It is a staple part of Turk's diets and sold in masses across the country. Some Turks even refuse to sit down to a meal without it. Kına Gecesi (Henna Night).



A celebration among the bride and her female relatives and friends before the wedding, the Henna Night traditionally involves the application of henna on the bride's hands.

Oil Wrestling

Oil wrestling is one of Turkey's most traditional sports with roots that go all the way back to ancient Mesopotamia.



Sünnet (Circumcision) Being

circumcised is a monumental event in any Turkish boy's life because it marks the transition toward manhood.

In general, Turks have a very deep rooted and rich culture. A very unique culture with



its food, drinks, dances, beliefs, works, everything that has been transferred from the past to the present make Turkey a very desirable place to explore.

By Ceren Yürekli

A guide to Turkish culture:

1. Ataturk-the father of modern Turkey

Turkish people have a lot of respect and love towards Mustafa Kemal Pasha known as Ataturk-the Father of Turks. Ataturk statues and portraits are everywhere, in institutions, streets and private houses.

Due to him Turkey remained independent country and changed a lot. His reforms changed Turkey from Ottoman style country into a new European one.

Ataturk is known widely for his reforms like for instance giving women right to education and vote.

His mausoleum is in Ankara where you can visit the museum devoted to Gallipoli battle and Ataturk as the founder of the Republic.



2. I am happy to be a Turk



This words of Ataturk define Turks who are very proud of their nationality showing great respect towards flag, national emblems and their country.

3. Nazar Boncuk and Hamsa

Turkish culture is full of symbols both national and regional. Some symbols are deeply rooted in people's beliefs.

Among them can be a talisman "Evil eye" Nazar Boncuk and the hand of Fatma which protect a person from bad luck.



Turkish coffee is extremely strong and brewed in a special way. The drink usually comes in a very small cup with a glass of cold water and some sweets.



Coffee and tea are often served in a traditional oriental set.



5. Turkish sweets: baklava, lokum and pismaniye

Actually every tourist is familiar with these sweet things. Turkish sweets are a big part of culture. Tasty, crunchy, much sweeter than sweets in Europe make mouth watering.



Baklava



Lokum-Turkish delight

6. Turkish food

Turkish cuisine is full of choice for even fussy eaters. Colourful, tasty, with lots of flavours. Turkey has many eateries in which people spend time at lunch and dinner drinking hectolitres of tea and listening to live music.

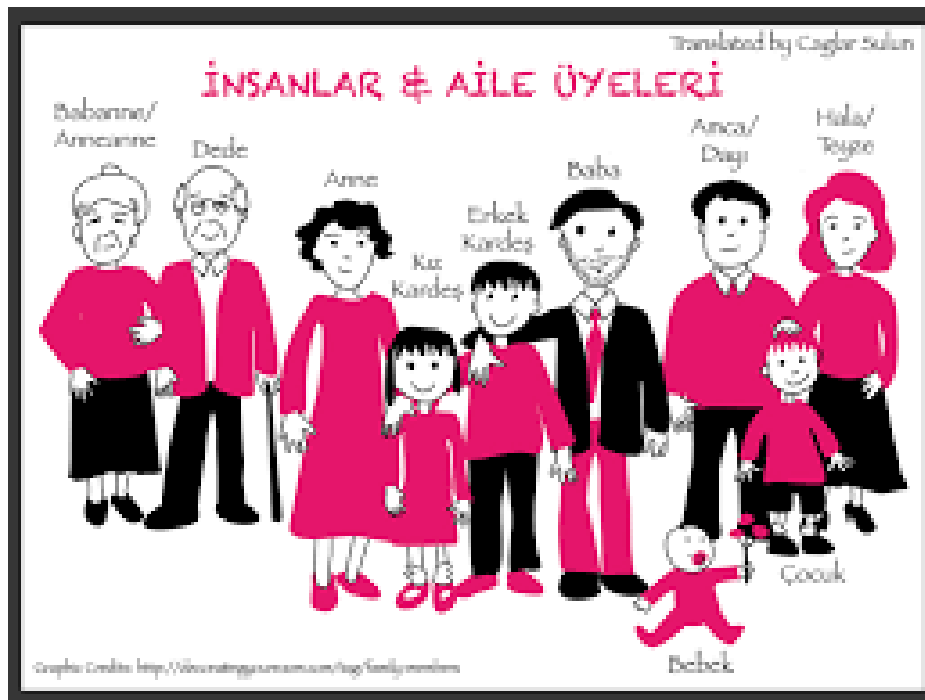
Turkish table must be big according to the rule „the more the merrier” Turks like social gatherings. It is a good occasion to enjoy life with friends. This occasion requires also posh dresses and smart outfits.

Striking cultural feature is bread with meals. It must be always present on the table. They have a wide choice of simits- the kind of pretzel. Another feature is so called „meze” - small portion of different food given as appetizers.



7. Family matters

Turks are bond to their families, even distant members. They like spending time with family members, visit one another and are truly interested in their news. Family members are treated with respect. Children are the family treasure and they are loved by everyone.



8. Turkish hospitality

„You are happy - I am happy” Turkish saying says. Welcoming a guest is a cornerstone of Turkish culture. Turks are friendly and tolerant.

Turks are proud of their country and want to show a visitor its beauty and culture. They will make everything to comfort their guest and make them happy to come.

In Turkish homes you can notice respect for elders and a lot of compliments in the language. People greet with handshake and a kiss on both cheeks. Huggers will feel good here as well.

Turkish culture is also a gift culture. Exchanging gifts is essential in human relationship here as well as it is in Latvia, Poland and Sicily.

9. Baazar/Pazar



Baazars are very colorful, vivid, bright places in which one can shop, stroll, bargain, meet people. It is open air market full of spices, foodies, sweets, crafts, other goods. A central place in every Turkish town.



10. Mosques and azan

Turkey is a Muslim country and her main religion is Islam. Here you can see a lot of mosques where people pray and hear 5 times a day an azan voice coming from tall minarets calling worshippers for a prayer.

Women need to cover hair entering the mosque and wear decent clothes covering the body. Shoes off rule is obligatory. All to show respect to God and other worshippers.

Almost every Turkish man has a „tasbih” a kind of rosary that serves for praying, which is one of the most popular accessories.



11. Turkish music

It seems that music is important for Turks very much. They have a lot of singing and performing stars. Each Turk has a favourite singer, going to concerts is very popular and restaurants providing live performances are crowded. [Turk pop](#) and arabesque are thriving. One can hear music everywhere. People sing in the streets.

People show also interest in old musical instruments like saz and baglama.



12. Football lovers

Football is like religion in Turkey. There are so many football clubs in Turkey and their matches get people together to enjoy, discuss, quarrel and be proud of supporting favourite one. International matches are a great occasion to show Turkish unity and identity with flags and national emblems.



13. Dances and story telling

Like every culture we examined Turkey has plenty of dances and stories. Turkey has a complex, sophisticated culture, reflected in the variety of its dances and stories. Both of them are still very popular nowadays. Dances apart from [hoptek](#) kolbasti are all folk dances coming from different regions.

[An example of Turkish dances](#)

Antalya Yanartas legend

Yanartaş is a flame that burns on its own and never dies. Of course, there's a story behind this. The most famous legend is as follows: The Lycian king, Bellerophon, was tasked with killing a monster that breathes fire, called the Chimera. Bellerophon attacked and killed the monster while on his winged horse, Pegasus. Chimera is buried, and but the flames from its mouth still shoot from the ground. (We know the real, just as cool culprit behind the flames, though. It's a natural gas leak.)



Mount Chimera

Did you know that:

-Istanbul, which connects Europe and Asia is the biggest city in Turkey,

[Istanbul](#)

-Tulip” lale in Turkish” is a national flower of Turkey and tulips are Turkish gift to the world,



-In Istanbul when tulips are blooming there is Tulips festival held,

-Santa Claus comes from Turkey,

-Turkish poet Nazim Hikmet has Polish roots?

Turkish kolonya -a liquid to disinfect hands is commonly used?



GOT INTERESTED?

More of Turkish culture on goturkiye.com

IN OUR EYES

Impressions on our cultures from the Culture Shadow participants eye of view

It has always been interesting to learn about the cultures of other nations. It was a very different experience for me to go to Latvia and talk to the people there. After landing at the airport, we went to the hotel by bus. I saw many woodlands along the way. In addition, the layout of the buildings was very orderly. Another thing that caught my attention was that people were very careful with traffic rules. Drivers and pedestrians were respectful of each other.

One of the places we visited the most during our trips was the big park next to our hotel. In the middle of it was a large river and a bridge. In my spare time, we had time to explore the surroundings with my friends. The designs and colours of the buildings were dazzling as she walked the streets. I tried many new flavours at the formal dinners we attended. The most interesting thing for me was the pink cabbage soup. The handmade compote juices served with the meals were also very nice. During the five days I stayed there, I had the opportunity to learn a lot about the culture from the tour guides. The town and castle of Sigulda, which we visited, were magnificent. Then we went to Gutman cave. Although the writings on the walls were very old, they were intact. Also, water was flowing inside the cave. When we went to the forest area, I had a lot of fun because there was a slide. When I got on, I did a little jungle tour.

I was very impressed watching Latvian folk dance. The movements of the dancers were very beautiful and everyone was in harmony. I liked how meaningful their dance was. Our trip to the national library was probably my favourite. The biggest reason for this was the museums inside. Old coins, magazine samples, television and books greeted us. There were also some interactive elements. For example, you could write something using the typewriter.

During the old city tour, we wandered around Riga a lot. Each church had its own story. The city was quiet and in harmony with all its buildings. I can sincerely say that this trip gave me a lot and I loved Latvia.

By Öykü



Probably the thing that fascinated me the most about Latvian culture were their folk dances: I really liked them with their harmonic and coordinated moves, I felt like they spread joy to all who saw them.

Another thing I really liked were the buildings in the old Riga city center, but the one that stuck the most was the Black Cat house, which is, in fact, a house full of cats.

Lastly I have to say I really appreciated the way Latvians are very welcoming of tourists, most of them did everything to make us feel like home and I loved how they cared about making good impression on us.

By Federica



Easter in Latvia

Since the moment we have arrived in Riga, I felt like I was home. The streets of this city looked somehow familiar and this fact made me feel safe there. We got to see the beautiful highlights of the Old Town and we also went to Sigulda. In Sigulda we saw beautiful castles, a mystery cave and a high tower that overlooked the valley of the Gauja river. Not only the valley but also the nature surrounding us was amazing. I wish to see it when the colourful leaves fall down during autumn. Inside of the Cultural Palace nearby the Latvian school, a youth group of Folk Dancers performed several bits which were very pleasant to watch. The amount of work and determination these dancers put into their passion is just spectacular. All the food I ate there was very tasty and I also liked the homemade compote. The people we met were amazing and I feel like we will stay in touch for a long time.

By Łukasz



We arrived when it was rainy and the whole city looked gloomy and i love that kind of cities. Since we arrived I noticed that it was also way colder than i thought.

As for culture I know that Latvia has a lots of national animals (ladybug, blue cow..) and that its culture has been greatly influenced by other countries. And I think the old Pagan religion was very interesting, would have loved to know more about it, but unfortunately, Christians took over religion and there are very few pagans left.

From what i understood their culture used to be very rural and they suffered from various influences which had its weight on culture.

The thing i liked the most where the churches and the various squares (one day there were even lots of yellow pinwheels!!)

By Luca Gallo





Tradition of painting - Easter eggs (Latvia, Poland)

Dance and music are an important part of Latvian culture. They also blend them with nature. Some of their stories are about nature. We can see this in their lifestyle as well. Their natural lifestyle leads them to isolate themselves from each other, and it shows in their culture to. some their traditional food are very similar to Turkish food, all in all it is a great culture.

By Eray



When we landed to Riga, the very first thing I noticed was the buildings. They are so different. Their colour is dark and gloomy. I like their way of construction. Before we came to Latvia I did some research, that's why I knew there would be a lot of green areas and I saw forests more than expected. While we were on the way to Sigulda the only thing I saw was a lot of green places. It was a fascinating view. Another thing that I noticed

was the deep silence, that's why I felt so peaceful. As a person who comes from Antalya I can say I felt very cold. These are the things that impressed me mostly at first sight.

We went to a Latvian folk dance show. Their songs and dance steps are so different from those in Turkish culture. Their songs are very fast and as a result they dance very fast. And also we went to a school. There were some children who sang their cultural songs to us. The songs were very lyrical. Even name of the songs were so lyrical and natural. As i learnt from open air museum, Latvians give importance to the family so much. In the past they used to have too many children and they didn't have big houses. They used to live in a single room which makes them spend so much time together. In Latvian culture women usually used to do the most of housework and men go to work. And they go to church together. We saw so many churches and cathedrals. They were very impressive. Inside the churches there are beautiful paintings. And these are the things that impressed me in Latvian culture.

By Ipek



Turkish folklore



First of all, thanks to this project, I found out that Latvia has a much wider culture than I thought.

As far as I can see, Latvia has a very beautiful and historical architecture. We've come across this on every street in old town. But my favourites in the old town were definitely the Three Brothers, Blackheadhouse and the "Black Cat" House. When we went to old town, Sigulda Castle and Gutmans Cave, we learned a lot of information about their history from our guide. Travelling there was like going through the history books. One of the things I liked about Latvia's culture was their folk dances. I felt the joy of their music and dancing while I was watching. It was really pleasure to watch that dance. In addition, the events they organized at their schools were impressive. They presented their culture to us so beautifully.

It was nice to learn about the culture of such a beautiful country as Latvia.

By Nur



We landed Riga and we used the public transport. The first thing caught my attention is the public transport they are bigger and Quieter than Antalya's. Also Latvia/Riga is the quietest city i saw ever my life. And the buildings caught my attention too much. They look so vintage and pale. I think the city has own soul cause the streets, buildings, shops, markets look like soo different than turkey's. We went to Gutman's Cave. The cave is the largest and highest cave of the Baltic countries. And inscriptions on the cave look so amazing and interesting. And The Turaida Castle. It was so tall and the stairs are so narrow. But the guide told us, one man up stairs in 30 seconds. I think the number is so astounding. Because we didnt up just 1 stair in 30 seconds but the guy up all the stairs 30 seconds. And we went to Open Air Museum and we learned Old Latvian's life style, their culture. I think they have a very remarkable culture.

Finally we watched the Latvian folk dance Show. Some of their dances were similar to Turkish folk dances. But generally they are so different for us like their clothes, steps, choreographies etc. But i liked their dances. They are soo imperessing.

By Sudenaz



Latvia is a beautiful country. When I first saw Riga, it reminded me about Cracow's and Warsaw's streets, though it had its own unusual climate. I was thinking about how similar this place is to Poland until my Latvian friends showed me the true nature of their culture.

What really impressed me were the Latvian songs and dances. They're really lively and mostly optimistic, which was amazing to watch. The traditional dances are full of jumps and mostly danced in pairs. The show was literally delightful to watch! I loved the folk legends, too. Something magical was in those stories that's still stuck in my mind.

Participation in this mobility taught me how much times and people are changing. Students group was acting like we knew each other for ages! There was no prejudices or labels imposed from above. Even though Latvian and Polish people in history weren't friends at all, even if we heard terrifying stories about our ancestors, no one was upset

about that. We're all people and we saw people in each other. That's how, in my opinion, it should look like everywhere.

I also realized how important it is to rely on the group. I am a type of person that is trying to do everything by myself. Now, thanks to this mobility, I know that is wrong and may lead me to burn out so I'm happy I met so many people that can help me in my life.

I think this project was organized very well. We had everything we needed and also our Latvian friends were helping us a lot. The thing I would like to change is adding an info-pack about nearest restaurants and supermarkets. We had to find everything ourselves which was hard sometimes. Everything else was perfect!

By Natalia



Sandomierz (Poland)

How it was in Italy?

Sicily is full of wonders. The landscape amazed me at the very first sight on Catania, where we landed. The mountains that were almost touching sea... I'm still impressed when I think of it.

When we arrived in Caltanissetta it was a middle of the day. Most shops were closed which was explained by our Italian friends, who by the way greeted us just when we arrived! Between 1pm. and 3-3.30pm. people in Italy have siesta, which means that most of the businesses are closed by this time. There wasn't much people on the streets, too. The life started around 4pm. That was weird for me because in Poland noon and afternoon hours are really lively and no shop closes before 5pm.

At the evening we ate at the restaurant hidden in one of the narrow streets near our B&B. They served us some Sicilian specials as an appetizers. My definitely favourite was panelle, fried in deep oil chickpea flour pancakes. Then we tasted the main dish, Italian pasta with tomato sauce and parmesan. At the end we tried pistachio ice cream. All of these were super tasty for me!

The next day we spend in Mottura school, where we met rest of our hosts. The place wasn't much different from schools in Poland, but what I noticed were a really small classes and specific laboratories. I loved the school-made robot, too! It welcomed us in Italian and even danced! After the school tour we gave each others presentations about youth culture in every of our countries.

We visited a lot of places on Sicily. What I liked the most was probably beautiful Palermo with an old architecture and sea just next to it. Sunny Taormina and the Greek Theater were amusing as well! We had a great weather so everything looked even more fascinating.

I learned a lot on Sicily and I hope to get back there as soon as possible.

By Natalia

After mobility to Italy thanks to Erasmus+ project my level of knowledge about that country and especially about Sicily has drastically increased. Thanks to students from Mottura school our team could feel included into Italian cultural life. As a result, we were able to get to know the traditions and customs of the local population very well and closely. Spending a lot of time with the students there every day, we became very close to them. They taught us their culture with their behavior, showed and explained what was new to us. They were very friendly and willing to help. Sicilian food played a huge role in how much we fell in love with this region. Nowadays we're trying to recreate as much of Sicilian food as we can in our Polish homes. Of course everything with a bit of help from our Italian friends. The new acquaintances gained in this way are already applying into our everyday life. We maintain regular contact with many people and we even intend to meet more than once, first time in Poland, next? No one knows. Italians were so kind, that we literally felt as part of family. Italy made a surprisingly good impression on us. At the end of mobility we already felt as part of Caltanissetta.

Kamil



Tarnobrzeg (Poland)

My feelings of Sicilian culture.

First thing I need to write is mentality of sicilians. Because they are in assumption that everybody always have time and no one need to be efficient. This attitude towards life generate a lots of delays. Next thing I need to write is things combined with eating meals. Thing that surprise me is time of eating biggest meal beacause in Poland we eat it at 12am and Italy take it an 6pm. Another intresting fact is amount of seweets they are eating, it's about 2-3 sweet buns. Third fun fact about Sicily is driving culture or more like lack of it. Im writting it because no one there know where to ride and how to do it savely. It is really funny when you wath confused. I really enjoyed my visit at Sicily.

Michał (Wilku)



I took part in Erasmus culture shadow Italian mobility and it was quite the experience for me personally. I've never been abroad before the Erasmus project so I was quite nervous not only about breaking my routine but also about my English skill. Turns out I didn't had to worry at all! Everything went smoothly and I had lots of fun with my new met

friends but let's talk about what was surprising for me. Well the first difference I saw while arriving to Sicily was local plants actually! I am very much interested in biology of animals and plants, I always was drawn to these topics so seeing so much wild growing pistachio and almonds made me quite happy as I got to experience something related to my passion! First day we arrived at Caltanissetta and I encountered beautiful narrow streets that are entirely different than ones in Poland, architecture style was really different and it felt almost refreshing to walk around. We spend most of the time just resting and waiting what's about to come the next day. Well we went to look around the school and I realized how different it is! In Italy they teach much more practical way, we mostly just read an listen. After it was the part of the trip I was most excited about, the ruins! They looked stunning I loved that, and the view from there was straight up amazing I hope to come back there again as soon as possible. I need to also mention the food that is completely different than polish one I think it's either really sweet or salty and nothing in between, as a person who likes a lot of spice in my dishes I can appreciate the cuisine and sweets! The rest of the days were simply discovering more about Sicily and bonding with our Italian friends, I am very glad I met them and we still chat with each other every single day. On the last day I got kind of sad and tired of not being in home and I thought to myself that, I think I couldn't live here even though my time was very fun and well spent and I hope to be there again. I couldn't help but wonder how different is life there than here.

Jakub



Street of Caltanissetta

If I want to describe my impressions from Sicily, it is very difficult for me to put into words, because the whole island made a very positive impression on me. Starting with the fact that the climate is different than in Poland. The sun is shining from the morning and it is not necessary to wear hats and scarves (even in winter). Another thing is the tangerines growing on the street on ordinary trees. I liked the view of the Etna volcano very much, but at some points it was quite scary. Referring to the views and generally come back, to be honest I liked Taormina the most. It cannot be denied that it was a wonderful experience to see such a beautiful sight and enjoy it in peace and quiet with other people. Referring to society, I like the mentality of Italians very much. They are all very dear people and they want to welcome guests to their town as lovely as possible. Everyone wanted to help as much as possible and despite the sometimes problem in language communication, everyone was able to get along very well.

The school also made a good impression on me, the biggest advantage is their equipment. It really is very necessary and I think, for example in this school in Caltanissetta, that the students focus much more on practice than on theory, and that is a huge plus. As for the disadvantages, there were really few of them. Only one comes to mind and concerns quite a lot of lack of organization and being late for certain hours. However, there is also a plus, which concerns the great freedom and looseness in the approach to the job, and this is also great.

To sum up, in my opinion the trip was really successful and both me and probably the rest of the people who took part in this trip can find it successful. Of course, I cannot forget about the pizza and pasta that were delicious in every restaurant and I really liked it. I, on the other hand, came back with a lot of energy and strength, which I want to translate into my actions and I hope that I will come back to this wonderful place.

Oliwia

Impression of the Turkish Culture

Overall I love Turkey. The culture, the people and the food were just amazing. When we came there we were well taken care of in the houses of our hosts. They made us feel welcome and I will forever remember the time spent there. We were mostly talking in English, but when we were speaking in our own languages I could hear that the Turkish language is quite interesting. When I came home it kind of pushed me to learn it so I can come back to visit that country and use it. The different things I saw in Antalya (and in Turkey) were the toilets which I've never seen before in Poland. They were like a hole in the floor and the regular toilets had a bidet attached to them. The way that Turkish taxi drivers drive is just scary. When I was sitting in a front seat I felt like my life flashed before my eyes. I loved the food there. I tried real Doner Kebab, icil kofte, cig kofte and kokorec. I liked all of them and I want to eat them once again. The people were very nice and outgoing. We quickly hit it off. And thanks to the internet we all had similar interests. To summarise, the entire experience of Turkey was very pleasant. The culture I learned about was different from mine so I enjoyed exploring it from my perspective.

By Łukasz Wdowiak





Duden waterfalls

My first impression about Turkey

At the beginning of October as a member of our project group I went to Turkey. Before flight I've heard so many stereotypes about this country either from my friends or family. They warned me that Turkey is a poor, dangerous country made up of villages and deserts. I didn't care too much about their opinions and I decided to go there without any preconceptions and that was the best idea I've ever got. Turkey turned out to be such an amazing country with many cultural differences, which made exploring it even more interesting. Here are some things that stuck in my head the most:

Antalya and surroundings

I fell in love with Antalya right after leaving the airport. Riding through the city in the night, palm trees, windows down, feel of refreshing breeze... It was really nice. City is surrounded by open sea and many mountains what creates such an amazing landscape and creates many opportunities to take many great pictures even without a skill camera.

People

Everyone I met during my time there was so nice, welcoming and open to any kind of interactions. Whenever we needed something they were trying to help us. Nothing can be perfect so few words about drivers. There isn't such thing as safe crosswalks and traffic lights. Every driver (especially the buses ones) are just crazy! They don't care about anything (even about stopping at bus stops sometimes) and do whatever they want. I had couple situations where bus driver decided to close the doors right in front of my face for no reason or just totally ignored me standing on bus stop.

Food

I've tried so many new things in a really short time. The traditional food in general is very different than European. Everything is twice as fat, as sweet and more spicy. I was surprised that I like it since I usually avoid sugar and fat. I found nearly every dish tasty

except for künefe which was crossing my boundaries of sweetness tolerance. When it comes to drink ayran (natural yoghurt with water) was so good and Turkish coffee. It just a miracle, properly made has really wonderful taste.

Spending free time

People spend most of their free time in clubs, pubs and on beaches chilling, drinking and dancing. You can say that Antalya comes to life again after 8 pm. If you aren't a fan of partying there's also so many cafes, libraries and places with board or card games where you can just sit and play.

Smoking

It's surprising how much people smoke. I've never been somewhere where smoking is so constant among almost everyone. If I met a Turk who didn't smoke I was quite shocked. From what I know there's a reason behind this. Most of people is so stressed by work/school and political situation in country and those acts of escapism help them to keep going.

Mikołaj



Antalya is the most beautiful city I have ever seen in my life. In Turkey I have been twice, but when I was on the Erasmus + project I better got to know the culture. In Turkey people are open for new friendships, they are also kind and hospitable. My new friends showed me a different way of seeing the world. The fact, that surprised me the most was about number of dogs in the city center and on the beach. The food was great, although that I am vegetarian there was always something for me to eat. The best turkish food, which I had chance to try was tortilla with spicy rice and lettuce inside. From sweets I liked baklava, it was very sweet and delicious. We also saw a few historical monuments, the one of them the Aspendos Ruins was my favourite. It was very historical place preserved in good condition. We spent a lot of good time together in our group. I will never forget about our meetings on the beach in the evenings. I think that thanks to this possibility I am more open to new people and my English has improved. I am so grateful, that I could be in the Erasmus + project with this team, they taught me a lot of important things. Our new friendships will last forever!

Ola



Open air museum in Riga

Recently, I have been on a school exchange in Turkey thanks to Erasmus+. It was in 4-8th of October. I was delighted to attend that project. It was my first time in Turkey and some of my friends were a little surprised that I wanted to go there. Regardless of what they said I was excited to go there and enjoy my time.

Although the culture was kind of different, I got on well with my host, his family and members of the project. My first surprise was that drivers do not care about traffic lights and signs but they still manage not to crash and take us to the destination we want. You will not see it in Poland.

My another impression was the hospitality of Turkish people. I was amazed since they made me feel as a member of their family. It was something unforgettable. Thanks to them

I remember some turkish words which they used when it was time to eat etc. I travel a lot and to be honest turkish people are one of the most hospitable people I met.

To me Turkey is a country that people should visit before judging it. There are some myths that Turkey is unsafe country, however from my own experience I can tell that I felt completely safe there.

Sebastian



I found Turkish culture strongly different from European culture. The thing that amazed me was the cuisine. Turkish cuisine doesn't consist only of kebab or falafel.

Filo pastry is one of the most significant thing in their cuisine. It is an ingredient of many Turkish dishes, such as börek and baklava. I enjoyed eating börek with potatoes and also I tried baklava which is the best dessert I have ever eaten in my life. This desert is very sweet and it has a unique taste. Turkish food could compete with Italian cuisine. As far as I see, Turkish cuisine is the best in the world. Also it has influenced many other European cuisines.

The most known feature of Turks is hospitality. I like the way of hosting me in Turkey. Turks are open-minded and they love non-natives. The hosts treated me as a family friend, every member of the family desired to meet me. Before I have been to Turkey I learned a few phrases in Turkish, therefore I made a positive impression on Turkish friends.

I was also surprised how they treated pets, such as cats and dogs. Mainly these animals are homeless, because the citizens of Antalya treat them as wild animals. They walk freely on the streets and beaches, also they are fed by inhabitants. There were many cats on the street, so the stink was unbearable.

Antalya looks like a south european tourist city, there is plenty of hotels, ancient ruins or shopping centers. I was astonished by the roman amphitheatre. This place is called Aspendos and I haven't been to such exotic building before.

Long story short, all the experiences I gained in Turkey changed my opinion about this country. Antalya is my second home and I will visit this city again.

Adam



Turkey is really wonderful country, especially in cultural way. The thing that captivated me the most is hospitality and warmth of every person that I met there. It felt like home here throughout my stay. They always tried to make my visit as interesting as it is possible, which I find very charming. The thing that also surprised me a bit was kindness of the Turks. Everywhere we went were a lot of stray dogs and cats, but unlike Poland, they were not scared of people at all, actually I can say that they felt pretty good in company of people. Residents took really good care of them, what shows their sensitivity to other being. That is why I find this country so extraordinary. I found out that Turks really love their culture, they are proud of it. They love their cuisine and were trying to make me love it too. I feel lucky about this, because indeed turkish national dishes are pretty tasty. Turks are also really curious about history of their country and know a lot about it, which I do not think is common compared to Poland. Of course I can see similarities to my culture too. Like in Poland, it is important to host someone with good manners, otherwise you will be perceived as a rude person and actually feel guilty about your behaviour. To sum up, I think that these characteristics make Turkey such a lovely place. The atmosphere that people create with their behaviour is the one that I enjoy the most.

Karolina



Italy

I went to mobility for “Culture shadow” Erasmus+ project in Sicily, Italy. This project is such a great opportunity to see other countries and cultures, also an opportunity to meet new people and socialize.

I have always loved Italy and everything about it, so I was really happy that I had a chance to go and see everything with my own eyes. Our hotel and school was in Caltanissetta, the architecture was so beautiful there. I liked their school, because of the “Mineralogical Museum of Caltanissetta”. Our hotel had an interesting design and it was close to the town square, there were a lot of beautiful churches.

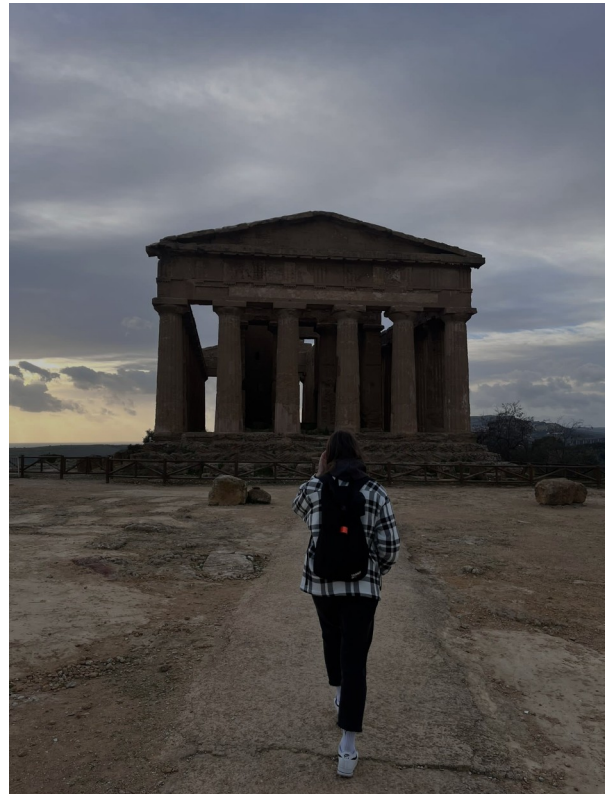
I really miss Italian food, because it was really delicious and we ate a lot of it, like pizza, cannolo, pasta, risotto and lasagna.

Of course we weren't only in Caltanissetta, we had trips to other places, like Palermo, Catania, Taormina and Agrigento. These trips were just amazing, but my favourite was to Palermo, because it is one of the most known and crowded cities of Sicily and has lots of historical places to visit.

In project I met a lot of new friends, everyone were so kind and friendly. We had a lot of fun in our trips and in school.

I am sad that now these are just a memories, but we need to know that good things end too. I hope that I will have opportunity to come one more time to Sicily and see my Italian friends.





By Latvian team

Turkey, Antalya

We went to mobility for “Culture shadow” Erasmus+ project In Turkey.

The flight was long, but it was worth it. For a whole week we learned a lot about Turkish culture, and some things we still do at our homeland in Latvia. For example, we still put lemon in our soups.

In This mobility we saw beautiful landscapes, like mountains, streets full of people, some mini shops on the streets, that we don't have in Latvia. Some beautiful places we visited- “Düden şelalesi” waterfalls and “Aspendos” Ancient greek city, and also the old city of Antalya.

Weather in Turkey was a lot different than in Latvia, it was pretty unusual for us.

The people we met in Turkey were really kind, friendly and supportive. I, personally, made a lot of friends from Turkey and Poland and still talk to them until this day.

We tried a lot of Turkish food, for example, Ayran and turkish kebab.

We miss Turkey and people from the project.



Ērika from Latvia

Italy, Caltanissetta

Four of Latvian students and two of our teachers went to mobility to Caltanissetta, Italy.

In Italy we visited a lot of cities, like- Palermo, Agrigento, Taormina, Catania.

In Palermo we visited the old city, “Norman’s Palace”, “Cattedrale di Palermo”. We also had some free time to see Palermo, we went around the city, went to the sea and just appreciated the beauty of Sicily.

In Catania, we were really surprised to see a volcano that is still active.

Agrigento was my favorite! There was an alley of Temples.

Besides all the traveling, we visited the old city of Caltanissetta and the Cathedrals.

I really enjoyed the food, the landscapes and the people.

Every single person was being kind and friendly, i made lots of friends in Italy.

Ērika from Latvia ☺



Poland, Tarnobrzeg

The second mobility of this project was in Tarnobrzeg.

I loved Tarnobrzeg! It was really quiet, peaceful and small city.

We saw places like the centre of Tarnobrzeg, Sandomierz and also Krakow.

I personally really liked the Christmas toy factory. It was something new to me and it gave me an opportunity to feel like a child again. It was really interesting to see how the toys and decorations are being made.

Krakow also didn't disappoint! The city has beautiful architecture, the churches, cathedrals and the city centre was really big and beautiful. Polish students showed us Krakow. I'm really happy that Polish students were really responsive and kind.

We tried some Polish traditional foods, for example pierogi.

I also made a lot of new friends in Poland, and i hope to see everyone again.

Ērika from Latvia ☺





Impression about Turkey from Latvians

Turkish culture is very interesting and much more unusual than Latvian culture.

Turkish people are very friendly and talkative. They always have something to say and to them can talk about anything. Also, they will always help others.

Dishes is very tasty, especially soups and Turkish yogurt ayran. We really liked that they squeeze lemon in a soup. It is one of the things we still do in our home.

We were very amazed about Turkish traditional dances in the Turkish night. They were very intense, but beautiful.

We really liked Turkish culture and we hope that we will learn something more about it.



I went to Poland for the first time as a foreign country. Although I had learned about Poland on the internet before I went, it was an amazing experience since I lived it one-on-one. According to the climate in a geographically cold climate, I was very impressed by the young people's interest in life and us in Poland. Thanks to my friend Adam, who hosted me in Tarnobrzeg as part of the ERASMUS program, and for making me feel like I'm at home.

I had the chance to see the cities of Krakow, Warsaw and Tarnobrezg in the approximately seven-day program. Warsaw's modern life, Krakow's personality combined with its historical and cultural structures, and the local and friendly nature of Tarnobrzeg, the city where I stayed, were remarkable. The kind and loving approach of the family that hosted me left a positive impression on the Polish people.

I really enjoyed the Polish food, especially the desserts were amazing. The joint lessons and educational practices within the framework of the program helped us to get to know the educational and social life of Polish youth more closely. The close interaction of not only ERASMUS but also other students made me happy. Although the education system at KOPERNIK High School was similar to that at my own school, the differences in school building and classroom layout were striking.

During the program, my Polish friends and their teacher showed great interest and kindness to us. I left Poland with great memories and great friends.

Therefore, ERASMUS was a wonderful experience that I will never forget. Thanks for everything...

Deniz Dikmen

Erasmus project is such a great opportunity to see other countries and cultures. I was lucky enough to experience it with Sicily, Italy. Because of its history and sights I knew the trip was going to be amazing.

Our hotel and the school that we had to go was in Caltanissetta which is in the center of Sicily. There were churches in the town square close to our hotel and they had that beautiful architecture inside and out. We ate the most popular pizza in the world, margarita, which contains tomato, basil and mozzarella cheese; also the most popular dessert of Sicily, Cannolo. And many other things like risotto, panelle, pasta, lasagna, tiramisu... Those are all Italian dishes and we loved what we ate during this trip.

I also learned some words like “grazie” which means thank you and “buon giorno” which means good morning.

Of course we couldn't skip Palermo. Palermo is one of the most known and crowded cities of Sicily and has lots of historical places to visit. Like Cattedrale di Palermo, Quattro Canti, Cathedral of Monreale, Valley of the Temples and Massimo Theater which is the largest opera house and the third largest in Europe. The movie Godfather even was filmed in here. We were very impressed with what we saw and took lots of pictures with our Italian friends who generously showed us around and told us some insider places we should definitely visit while in the city. By far my favorite part of our trip was Palermo.

On our last day we visited Catania and did a city tour around Cattedrale di Sant' Agata.

If we have to talk about the people and our friends I love everyone that I met. Everybody is so sympathetic, friendly and funny. You can even have a stranger saying good morning to you while just walking down the street.

This is just a small part of what we did. I loved every moment of the project and I will definitely be coming back to Sicily again.

By Bade

PICTURE GLOSSARY OF CULTURES

Sicilian words

Picciotto

Back in time, in the sicilian language, it was used to call boys who were at the lowest level of mafia.



Chiaccherare

Having a small talk with someone.



Processione

It is a liturgical ceremony in which a group of people proceeds with atonement or propitiation with an expiatory purpose.



Tagliatelle

Type of pasta from Emilia Romagna. Its

name comes from the verb “tagliare” (cut) because tagliatelle are made by cutting a flat piece of dough.



Cannolo

It's a tube shaped sweet filled with cream or “ricotta”.

Panella

Panelle are Sicilian fritters made from chickpea flour and they are a popular street food in Sicily.



Mount Etna

You all know Mount Etna, but not everybody



knows

that the meaning of the word Etna, which comes from a Greek word that means "I burn".

Tarantella

It was believed that, once bitten, the sick person fell into a state of trance and that the only way to avoid death was to move at a fast pace, marking the time with distinct beats in a kind of liberating dance. Only thanks to these movements would it be possible to expel the poison and heal.



Friscaletto

is a cane zupfola typical of the popular music of Sicily. It is considered one of the symbolic instruments of Sicilian folk music.



Paparina

Paparine comes from poppy seeds and was used to put children to sleep 80 years ago.



Polish words

Pierogi

stuffed disk of dough, it can contain both sweet and sour filling in traditional shape, they can be eaten boiled and fried usually accompanied by sweet cream and skwarki.



Polonaise

Traditional polish dance. It was opening balls in the past, now students are dancing it on a prom.



Rosol

Chicken soup with pasta.



Golabki

Rice and meat in a cabbage, served with the tomato sauce.



Babka

Sweet, traditional cake that people bake for Easter.

Latvian words

Auksta zupa- it is a fresh and cold soup that is mostly served in the summer.





Jani- midsummer festivity, it is usually celebrated in a group of friends or family. People eat a lot of cheese and play games.



Jumis- is an agricultural deity representing fertility and good harvest.



Lacplesis- a symbolic Latvian character who is described in literature and films.



Rupjmaize- it is a type of bread made with various proportions of flour from rye grain.

Turkish words

Zafer Bayrami: National day to celebrate our war victory.



Horon: Traditional dance. It is danced in the "Black Sea" area.

Kemençe: A music instrument with wires and it plays for our dance called Horon.



Kunefe: It is a dessert made with cheese and really thin dough and we pour melted sugar on it. It's called sherbet.

Erik Dali: It is a very popular dance in Turkey. Dancet usually play this in wedding to have fun and celebrate.



Polish words.

- **SMOK WAWELSKI:**

Smok Wawelski is a dinosaur statue in Cracow. This is also a [legend](#).



- **WAWEL:**

Wawel is a hill in Cracow with royal castle and its the most known cultural sight in Poland.



• **ADAM MICKIEWICZ:**

Adam Mickiewicz is a famous Romantic Polish poet.



• **MORZE (Baltic sea):**

Morze is the part of Polish culture.



Turkish words:

•BAKLAVA:

Baklava is a layered pastry Turkish dessert with pistachio.



•KINA GECESI :

It is a thing that girls do before the wedding. They dance, paint hands and have fun.



•ZEYBEK:

It is a traditional dance that is usually done by men.



• **YAPRAK SARMA :**

Yaprak sarma is a traditional food that is can fill with rice or meat and the outside of it is grape leaves.



• **ATATURK:**

He is important soldier, politician and first president of the Republic of Turkey.



Latvian words:

- **JANI UN LIGO:**

It is a summer festival that is very popular in Latvia.



- **JANI UN LIGO:**



- **SKLAUNDRAUSIS :**

It is a traditional bread with potato and carrots.



• **TAUTASDZIESMAS:**

It is Latvian folk song that are many generations listen and sing.



• **LATVIESU DIEVIBAS:**

Pagan Gods in Latvia. Very common thing to do.



Italian words:

- **PIZZA:**

Eatable thing with cheese and many other ingredients.



- **OLIVETTI:**

Man that invented first personal computer.



- **COLOSSEO:**

Is a world known touristic theater that is one of the 7 wonders.



• **GELATO:**

Different variant of ice cream.



• **COFFEE':**

It is a drink with energy.



• **CANNOLI:**

Is a typical dessert of Italian culture and it has ricotta cheese in it.



• **CHURCH/CHIESA:**

Is a place what have significance in Italian history.



• **PASTA:**

Is most consumed food in Italy and their islands.



• **TORRONE:**

Sweet from Sicily made of bee honey and nuts.



• **TEATRO:**

Is a place where people can do so many things like singing playing or acting.



Italian:

- Chiacchiere: they are a typical crunchy sweet, prepared during the carnival period.



- Sfinci: another typical sweet, first they get fried with flour and then get served with either sugar or honey.



- Panelle: it's a salty dish made of water, chickpeas flour then they get fried and served with lemon and pepper.



- Tarantella: a typical dance in south Italy



- Granita: it's a blend made of water, sugar and lemon juice; then it's frozen. The typical one is with lemon juice;



- Cannoli: a traditional pastry stuffed with ricotta, pistacchio and chocolate



- Cassata: it's a typical sicilian cake made of sweetened ricotta, sponge cake, candied fruit and royal pasta.



- Rollò: it's a typical sweet of Caltanissetta made of ricotta and sponge cake.



- Ferragosto: a holiday in which we celebrate the assumption of Mary in paradise, and it is celebrated by having a big barbecue.



- marranzano (scacciapensieri):an instrument played by blowing in between ur teeth.



Polish

- barszcz: polish soup that contains the eggs, sausage, bacon and horseraddish, traditionally served in bread.



- [czernina: a polish soup made from ducks blood, traditionally served to the surrogate that got rejected, he had to eat it in front of the families of a man and a woman.](#)



- [witcher: a world famous character from media, he originates from slavic mythology, he was said to be fighting monsters for a price and without emotions.](#)



- [kopytka: a type of polish side dish eaten with sweet or salty additions, for example melted butter and sugar or pork based sauce.](#)



Latvia:

- [flower crowns: is a latvian holiday where we make garlands of oak leaves and wild flowers:](#)



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- [folk dances: it's a latvian traditional dance:](#)



- [martindiena](#): it's a celebration of welcoming winter, where people wear animal masks;



- [cold soup](#): it contains onions, beets or eggs and kefir.



- potato pancakes: grated or smashed potatoes and then we fry them.



Turkey:

- [baklava: a sherbet dessert made from pastry with pistachio and nut in it.](#)



- [ayran: a traditional drink made out with the combination of yoghurt and water.](#)



- Lokum (turkish delight): a dessert made out of melted sugar with different flavors. It is an old dessert from the times of Ottoman Empire.



- Sarma: Its a food made with rolling grape leaves around rice and cook and add some olive oil on it. We usually serve it with yoghurt.



- Ramadan: its a holiday celebrated after 30 days of fasting. People usually give candy to the kids in the holiday season.



DISHES FROM OUR COUNTRIES

Poland

Tatar -Polish tartare beef steak

It's an easy dish that requires a culinary talent and a daredevil.

It is made of raw beef, which must be fresh and of high quality and egg yolks mixed with various add-ons like mushrooms onion, pickled cucumbers.

It's possible to make fish like salmon or veggie (beetroot, avocado) tartare as well.

Ingredients:

fresh beef

onion

yolks

2 large fermented cucumbers (ogorek kiszony)

5 large marinated mushrooms

2 tablespoons of pickled capers (optional)

1 teaspoon of mustard.

1 tablespoon of oil or olive oil.

How to make it:

1. Wash in water, then finely chop or grind the beef.
2. Wash eggs with water or blanch them to make sure there is no salmonella.

3. Separate yolks from the whites and put them to the bowl with meat.
4. Finally chop onions, ogorek kiszony, and mushrooms.
5. Serve all the ingredients separately (like in the photo) and let your guests mix the tartare on their plates by themselves.



Turkey

THE RECIPE FOR STUFFED PEPPERS

- Half kg bell pepper
- 1 tablespoon of rice for each pepper
- 1 onion
- 1 tablespoon tomato paste
- Parsley
- 2-3 tomatoes
- Black pepper
- Salt
- Mint
- Olive Oil

First, remove the inside of the bell peppers with the a knife. While doing this, be careful not to damage the pepper. Then finely chop the onions. Add tomato paste and rice to it continue mixing. Place the prepared mixture inside the peppers with the help of a spoon. After applying the same procedure to all the peppers, place the peppers in the pan. Cook for about half an hour. Finally you will have very tasty stuffed peppers. Enjoy your meal!



Sicily

The recipe of Arancini.

There is a quarrel about the name of this dish in different regions in Sicily.

They are rice balls that can be eaten as a snack or served as appetizer. This is the recipe for about 12 balls. It could be withwith pork ragù and peas.

The ingredients are:

Rice (500 gr) **Water** 5 cups

Butter (30gr) **Salt** a pinch

For the filling

Fine salt **Black pepper**

Onions 1 **Butter** (25 gr)

Extra virgin oil **Tomato** (200 ml)

Peas (80 gr) **Red wine** (50 ml)

Mozzarella cheese (60gr) **Ground meat** (150 gr)

For Breading and Frying

Breadcrumbs to taste

Vegetable oil to taste

Procedure

Start by boiling the rice in salt boiling water, when it's cooked, the water will be completely absorbed. Then add the saffron dissolved in hot water and add the chopped butter as well. Add the grated cheese, mix well and pour the rice onto a tray, spread and allow to cool. Let it at a room temperature for some hours. In the meantime prepare the ragù.

Once the rice has cooled, begin to give shape to the rice. Keep water to moisten your hands during the process. Take some rice and press the ragù into the hollow of your palm to form a shell and add caciocavallo cheese. Close the ball with other rice and roll into balls. After dipping each arancino into the batter first and then cover it with the breadcrumbs completely. Heat the oil in a saucepan and fry your arancini.

It's ready



Latvia

Aukstā zupa

COLD SOUP

It is a refreshing Latvian cold soup with an unusual, deep pink color. It is made with beetroots, cucumbers, kefir, hard-boiled eggs, and milk sausage. Greens such as dill and scallions are essential, and most people also enjoy the soup with a dash of vinegar.

Latvians eat it even on cold days although it is purposed to chill you on hot summer ones.

Ingrediens: 3 medium beets, 2 cucumbers, green onions chopped, fresh dill, 1 spoon of grated horseradish, pepper, salt, kefir or buttermilk, lemon juice, 2-4 hard boiled eggs.

How to make it:

Cut off the greens and use for another purpose. Wash the beets, Put them in a pan with some water and cook until tender. About 30 mins. Let them cool completely, then peel and grate coarsely.

- Hard-boil the eggs, then cool under cold water Peel and cut into half lengthwise.
- Wash the cucumbers, cut into small dice.
- Take a large bowl, throw in the grated beets. Stir in some of the kefir, then season the soup base with horseradish and some salt and pepper. Add the rest of the ingredients, except boiled eggs.
- Adjust seasoning as necessary.
- Refrigerate overnight is best but at least a couple of hours.
- Serve very cold, topping each portion with a boiled egg half or two.



FOOD CULTURE

Food in Italy

Food in Italy is a tradition. Italian cuisine is Mediterranean and it varies from region to region. For example, here in Sicily, one of the two big isles, you can find a lot of sea food, while in Piemonte, a mountainous region in the north of Italy, you can find lots of meat that comes from hunted wild animals. This goes also for pasta and pizza, the most famous Italian food. For instance, in Naples you can find a high crust pizza, while in Rome you can find a low crust pizza. With pasta the situation is more complex because there are hundreds of versions, cooked and elaborated in other hundreds of versions.

Usually, during lunch you eat a first and second course with the particularity that they are simple and normal in quantity dishes: for example, as a first course we eat pasta with tomato sauce or pesto while for the second a slice of roasted meat accompanied with a salad and then some fruit and at the end a coffee. As for the weekend: on Saturdays we usually eat out with friends in a pizzeria for dinner while on Sundays we eat at home with our family and sometimes we eat fish such as linguine allo scoglio or farfalle with salmon and as a second course a slice of swordfish.

During the Easter period there are 2 important days: Easter Sunday, whose lunch is done with the family and the main dishes are homemade pasta, seasonal vegetables, savory pies, meats and cheeses and of course lamb. The other day is Easter Monday which is spent entirely in the countryside with either family or friends and usually you eat pork kebabs, savory ricotta pie, chicken breast, grilled vegetables and spring onions.

It is very common for guests to come home lunch or dinner. At lunch there are 5 courses: first we have an appetizer which usually consists of a platter of cold cuts. Then we have a first course, which consists of a pasta dish. The main course consists mainly of a meat dish. After that we usually eat some fruit. Finally we eat dessert. At the very end we usually have a coffee or a digestive. However not everyone has it. The pasta dish can be either baked pasta, which is pasta with tomato sauce, ragu and béchamel, or pasta carbonara, which is pasta with egg, pecorino and pork cheek, however everyone makes it as they want. We usually go out for dinner and have a pizza. Overall, a meal with guests is almost the same as a normal meal, the only difference is that the portions are bigger.



Sicylian Cannolo

Food culture in Latvia

Latvian food is diverse. You will find delicious soups, smoked fish, fantastic drinks and even desserts made with dark rye bread. Latvians eat lots of interesting dishes, like cold soup (made with kefir, beetroot, cucumber, eggs and herbs), potatoes are like second bread and birch juice is the tastiest drink in spring.

The National dish of Latvia is grey peas with bacon. Latvian grey peas is in the register of EU national products and symbolise wealth and vitality in folklore. Grey peas and bacon are especially popular in winter.

Rupjmaize is a traditional dark bread made from rye and is considered to be the staple of the Latvian diet. This bread has a dark brown colour and consists of rye flour, malt and caraway seeds.

One of the most typical drinks you can get in Riga is the Riga Black Balsam. This strong alcohol is made from herbs, and the liquid is just as black as the name suggests.

Every person can find what they like in Latvian cuisine.





Latvian bread



Latvian herring salad



Latvian cake



Latvian desserts

Turkish food culture

Welcome! You are invited to a Turkish table today. Our food culture has very different tastes as we have spread over wide geographies as a society in the past. Meat dishes are very important to us as we are engaged in hunting. Especially in the Ottoman palace cuisine, many kinds of dishes were made with only meat. Spices also occupy a very large place in Turkish cuisine. Especially in vegetable dishes, we should keep the balance well.

Everyone helps to set the table for special occasions or family gatherings. We pay attention to the table order at the invitation tables. We make the guests feel special by presenting. We usually start our meals with soup. Then comes the main course. Finally, we eat dessert.

A classic Turkish family loves to chat over tea after dinner. It's nice to have everyone together. If you happen to be in the house of a Turkish family, you should definitely need to find yourself a chair. ☺

Öykü KAMAN





Turkish breakfast





Food culture in Poland

Culture food is very important. There are many traditional dishes that we eat during holidays or just on a daily basis. Some of those dishes are well known around the world and some are not that popular but speaking of traditional Polish food it is like the most important thing during Christmas. You would find dishes like pierogi, barszcz czerwony, karp, kapusta or makowiec on every Christmas table. In this period of time people bake dozens of cakes, cookies or gingerbreads.

During Easter food options are a little different. This time our “must have” is barszcz biały with eggs, sałatka jarzynowa, makowiec, kielbasa and many other dishes. Another example of a great dish is “kotlet schabowy”. This is something that you could eat like three times a week and don’t get bored of. It is popular during holidays but in my opinion people tend to eat this more often on a daily basis than during holidays. It is also an Easter tradition for young children to search for a chocolate bunny. It brings them a lot of joy and happiness.

There are also lots of very common traditions in Polish houses. For example when people are invited to someone’s house for dinner or a party they always bring a little gift for the person that invited them. It could be a bottle of wine, flowers or a box of chocolates. If you are a guest in a Polish house you will always be asked if you want any tea or coffee, this is another example of Polish tradition. There are of course dozens of different traditions but in my opinion those two are the most common today.

Summing up, I believe that Polish cuisine is one of the most diverse in the world. We have many traditions that may seem strange to foreigners. Polish cuisine is certainly one of the most unique in the world.



Polish breakfast



Polish lunch



Polish bread



Polish cake



Polish side dishes



Polish food

YOUTH CULTURE

Youth culture in Turkey

The Turkish nation is majority Muslim and the youth is influenced by the ideals of Muslims. The majority of the older generations overly demand to conform to the stereotype of the ideal Muslim. For example, they expect people to be respectful to elders or that drinking alcohol is not desirable, etc. There are also young people who do not like being forced to do things and react to this with unruliness. This stereotype has been reinforced in recent years due to changes in the government's political views. The increasing number of these demanders is a backlash causing this increase. Under these conditions, we can expect to see a major change among young people in 10 to 15 years.

Life in big cities like Istanbul, Ankara, Antalya, etc. is similar to that in the Western world, with all the advantages and disadvantages. Rural areas are characterised by a simpler lifestyle, influenced by Islam and older traditions, which is why you find different types of young people there. So it's hard to talk about just one type, but you can address some common problems, such as entertainment, which is currently forgotten among young people because it's not much fun and does not get them into economic trouble. They mostly find themselves on social media because it's free and you can pretend that your life is not bad. This is a result of recent economic problems, including the entertainment economy, which is challenging most areas of culture.

It was not always the case, the youth used to have more influence on politics. Especially in the 1950s, youth organisations played a key role in creating an atmosphere that led to the military's first intervention in the parliamentary system. Youth activism is strong in Turkey and emanates from student organisations, which are considered state-sponsored. The distinctive youth education system in Turkey has contributed to the rise of youth in the country's political leadership. In addition, the education sector has contributed to youth learning various arts. Music is widespread among the youth in Turkey. Songs are sung on various cultural occasions for different reasons. For example, love songs are widespread among youth in Turkey as an expression of love.



Cekirdek (sunflower seed) favourite Turkish snack

Youth culture in Italy

Free Time

If you are a student you sure have a lot of free time. everyone has different hobbies they like doing during their free time, like for example sport which is one of the most common and healthy way to spend your free time. Some people prefer going out with their friends may be to the mall or to the cinema, you can pretty much go everywhere with your friends and you'll never get bored!

You are not obliged to leave home. You can spend your free time on the socials if you want to know what everyone else is doing. If social aren't your priority you can still play videogames alone or on line with your friends and people you don't know, but become friends too.

MUSIC FOR TEENS

Music helps teens to explore ideas and emotions in a safe way and express themselves without words. Expousure to positive influences through music can help teens learn coping mechanism and appropriate response to stressfull situations. Music also helps teens connect to a social groups and gain a feeling of belonging. In Italy, 98..5% of adolesce between the ages of 13 and 19 listen to music regularly. The genres most listened to by Italian teenagers are: trap, rap and Pop. Among the very young in third place there is Hip Hop, while across the age group between 25 and 54 there is Dance, and only.



Moped - favourite Italian means transport

Youth culture in Poland

Polish teenagers are focused on socialising. For them, there's a lot of options of meeting mates after school and other duties. Although your residence is often a limitation, there's still something to do everywhere. Teens love meeting in cinema, eating kebab together, going to cafeteria, but more relaxing ways to spend time together, like simply going for a walk, are popular, too! There are fewer options in countryside, but they can still go on a picnic, make a big campfire or ride a bike in groups. Parties are not often organized, teens usually don't have a place to do it without interrupting their families and neighbours. But when the one starts, it's popular not to make everything yourself - every participant of an event makes something themselves.

Shopping clothes is also worth mentioning. Brand new clothes are often expensive and young people don't have money to afford everything they like. Luckily, there's the other option. In Poland popular are secondhand shops. Teenagers know that it saves money and time. Most of them learned how to "hunt" the specific clothes they want. Of course, lots of them still buy in the branded shops.

The most popular way to communicate nowadays is using social media. The most usable of them are probably Discord, YouTube, Facebook (including Messenger), Instagram and TikTok. It's also a great option for gamers, who hang out while sitting in their houses, talking on the voice chats.

Let's move to food - fast foods tops the youth popularity lists. The most recognized ones are pizza and kebab - cheap and tasty. In summer really popular is also going on ice cream. In Poland some of the national food like Polish dumplings or vegetable salad with an egg are really liked among the teenagers, too.

The most trending music genres among teenagers are rap, pop and rock&roll.

There are also several important occasions to celebrate for young people. Really meaningful are birthday parties. The most important of all birthdays is the 18th. It's when teenagers are becoming mature according to the law in Poland. Youth are usually meeting at homes or in a locals where they're holding the parties. Tradition is giving presents,

but at 18th birthday there's also hitting the birthday person with a belt and singing special songs.

The most important event for people in the last class is „studniówka” (Polish student's prom 100 days before the final exams). Tradition is inviting teachers, dancing polonaise, wearing red underwear (it's supposed to bring luck!) and dress really official.

Prom party



Youth culture in Latvia

Youth culture in Latvia is really similar to other Europe country youth cultures, because of social media, but Latvian youth culture is different from others with events, foods and activities. There are a lot of activities for teenagers to do in Latvia, for example, sports activities are a common source of fun along with music, crafts, and drama in local community organizations. Also, Latvia is well-known for its choral singing and folk dances.

Once every week, Latvian schools have one workshop lesson. Where students make things with ethnografical designs. For example, girls make knitted scarfs, gloves, hats and socks. Boys make wooden objects with unique designs and cravings.

One of the most major events in Latvian youth culture is Latvian holiday of all – “Jāņi or “Līgo!”, happens on the night from June 23 to June 24, people participate in joyful festivities just as their ancestors did centuries ago. Latvians celebrate “Jāņi and Līgo!” in nature, making garlands of oak leaves or wildflowers, going to the sauna, drinking beer, and devouring big amounts of caraway cheese – best if homemade. Everyone sings folk songs with the “Līgo! and Jāņi” refrain. Latvian celebration for welcoming winter – “Mārtiņi”. “Mārtiņdiena” – the celebration of welcoming winter, which is celebrated on the 10th of November. Latvian “Mārtiņdiena” can be seen as something like American Halloween. Celebrated by going in “ķekatas” or “budēļi” – for that you create your own outfits and masks.

Teenagers listen to all type of music – rap, pop, techno, etc. Nowadays, the pop music sphere in Latvian youth culture is dominated by pop music (for example, band brainstorm, “jumprava”) and alternative rock.

Latvian Nationwide Song and Dance Festival is an important event in Latvian culture and social life, this is one of the largest choral events in the world. Celebration participants and spectators come together from all over the world for a full week of cultural events – to celebrate national culture through song and dance. Hundreds of choirs, folk dance groups, orchestra musicians, folklore groups, theatre troupes.

While being unknown on the international scene, there's no doubting that Latvian cuisine has plenty of heart, flavor, and soul to offer. Some of our traditional foods are grey peas, cold soup, rye bread, potato pancakes. Of course, Latvian teenagers love also junk food.

The National Youth Council of Latvia - the mission of The National Youth Council of Latvia- is to improve the living conditions of young people and to represent the interests of youth organizations on national and international level. The National Youth Council of Latvia is one of the main youth policy leaders in the country.

Youth centre "Riga Pupils Palace" - Riga pupils palace offers a lot of hobby and musical groups from which each can choose the favorite ones. The classes are 2-3 times a week. The students participate in competitions, contests, festivals, exhibitions, concerts, etc.

School is the center of social life for teenagers in Latvia. Schools that are in small towns usually serve as cultural centers in local communities. Most of Latvian schools have their own student councils in which students share their ideas and interests on how to make school days better. Anyone can join students council.



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EXAMPLES OF EVALUATION

Original spelling preserved.

- What have I learned about Latvian culture?

I have learned their architecture, history, folk dances, etc.

- What participation in this mobility taught me?

Firstly, I learned so much information about Latvia (its culture and history) and I learned about the cultures of other countries that are partners in the project.

- What have I learned about myself?

I have learned that I can improve myself more, that I need to take care of and protect my culture, that I like to discover new things.

- What do I think about organization of this mobility?

It was the best with everything (our hotel, meals, transportation facilities, etc.) Other than cold weather ☹️.

- What can be improved in the future?

I don't know, I think everything was excellent.

By Nur



1. What have I learned about Latvian culture?

I learned that the Latvian and Polish cultures are quite similar. The food feels like home and I saw many amazing folk dances, that I've never seen before. Latvians have also very beautiful folk songs.

2. What participation in this mobility taught me?

Participation in this mobility made me realise, that even though we come from different cultures, we are still very similar.

3. What have I learned about myself?

The mobility helped me to realise I want to study abroad in the future.

4. What do I think about organization of this mobility?

It was great. We saw many interesting places and we still had time to socialize with each other. The hotel we got to sleep in was great.

5. What can be improved in the future?

The sightseeing was very interesting, but sometimes it lasted too long.

By Łukasz



1. What have I learned about Latvian culture

I've learned that they all follows rules, no matter what. They care about making Latvia a better place for them and for us tourists too.

2. What participation in this mobility taught me?

It taught me that eeveryone has its own culture and story that need to be shared all aroundn the world.

3. What have I learned about myself?

I learned that I love travelling around the world and I love knowing new cultures.

4. What do I think about organization of this mobility?

It was pretty good except for some moments that, in my opinion, were too much rushed.

5. What can be improved in the future

I think that we should have more free time to know eachother better.

By Federica



1. What have I learned about Latvian culture?

Latvian culture has many common parts with other cultures but also some differences as well. The weather is so cold and I think as a result people are cooler and calmer when compared to my Mediterranean culture's people. Everywhere and everyone is so calm. Most buildings especially in the Old Town represent their cultural and religious features.

2. What participation in this mobility taught me?

Participation in this mobility showed me one more time how important are such projects for students and their improvement. We can meet different people from different cultures and can increase our knowledge.

3. What have I learned about myself?

Before joining to this project I used to be more shy but when I participated into this project and met many people I became more self-confident and more outgoing. Also I realised that I can overcome my aviaphobia by travelling by plane more and more.

4. What do I think about organization of this mobility?

Organization was wonderful but as usual we would love the mobility to be longer.

5. What can be improved in the future?

Maybe in the future the mobilities can be longer and there could be some opportunities to travel to the other cities as well. Thanks for everything and hope to see you again.

By Ipek



1. What have I learned about Latvian culture?

Latvia has a long cultural history. It is possible to see this even by walking the streets or looking at the buildings. It is almost a land of history and has a story in every corner.

2. What participation in this mobility taught me?

It is not necessary to know the same language or live in the same place to communicate with people. Every person and country is very special.

3. What have I learned about myself?

Frankly, even though it was my first time participating in such an organization, I discovered a lot about myself. I love meeting people and making new friends. Seeing new places is very exciting.

4. What do I think about organization of this mobility?

In my opinion, it was a very comprehensive and prepared organization. Many thanks to everyone who participated (Bea we love you <3).

5. What can be improved in the future?

The project can be enlarged by ensuring the participation of more countries. More activities can be done in the destination countries and the number of days can be increased.

By Öykü

1. What have I learned about Latvian cultures?

First of all, Latvian culture brings traces of rural lifestyle. They used to have a frugal lifestyle that made them mind their own business. Also, I had the opportunity to try some dishes of Latvian cuisine, which were very similar to Turkish cuisine.

2. What participation in this mobility taught me?

The chance to practise speaking in English. A culture very different from mine and to meet good people. I also learned that Turkey has more subjects in its educational system compared to other countries, which is a burden to us.

3. What I learned about myself?

I liked the idea of going abroad, coming into contact with different cultures and improving myself. This allowed me to prove to myself that my career aspiration of becoming a pilot is ideal for me.

4. What do I think about organisation of this mobility?

I think that interacting with people from any culture is the best way to get to know them, and this mobility provides the opportunity.

5. What can be improved in the future?

Time: I think that in the short time we are not able to see and know important places in a city. The time should be extended. And we could have seen some working environments to match the Turkish work environment.

By Eray

1. What have i learned about Latvian culture?

I learned their old village life in open air museum. And i think they have a very long and complicated culture. But in Riga wherever you look you can see their culture's part every Wall, Street and buildings.

2. What participation in this mobility taught me?

The participation taught me different culture. If you want to talk with each other you don't have to speak same language very well or from the same country. There are not necessary. Cause we, all of us are human and we can get along with others.

3. What have I learned about myself?

Actually, I thought I don't love the cultural things but when I saw their culture and I realized I love the cultural things. Normally I am not interested in village life but now I am interested too much.

4. What do I think about organization of this mobility?

I am very happy to participate in such an organization. I met with other countries students and I talked with them in English. I think I am so lucky for joining this organization.

5. What can be improved in the future?

I think everything was perfect. But we should have had more time like 2 weeks.

By Sudenaz



1. In Latvia people follow rules in order to respect each other and make Latvia a better place for everyone. They really care about making good impressions especially on tourists and make them feel like at home.

2. It taught me that every place in the world has a story to tell and people to share good times with.

3. I learned that you shouldn't underestimate what a small country can do after years of working.

4. The organization was really good and we were able to really understand Latvia and its culture.

5. More free time for us to stay with each other, during some trips everything felt rushed and didn't manage to capture the essence of certain places.

By Stefan

1. I learned that they are charming and caring people, and the few that I met, were very nice. Their culture is rich of influences from other countries like Germany or Poland, but it's still very interesting.

2. It taught me that group projects can be very enjoyable, like the art project we did with plaster block and paint.

3. I learned that I like cultural shocks and foreign countries, I would love to study abroad but I still need to learn how to communicate better.

4. It was good, the hotel was fantastic.

5. Too many trips to the school and too little outside Riga.

By Luca Gallo

1. A strong civic sense, attachment to traditions and hospitality are the foundations of Latvian culture.

2. It taught me that unity between countries is important.

3. I learnt that the distance between me and the new friends I met through Erasmus is nothing compared to the bond that binds us. Communication and unity are two very important things.

4. We visited the most important parts of Riga and had guides who knew how to make us passionate about Latvian history.

5. Erasmus exchanges should last a little longer. Five days is too little.

By Antonio



Turkey

Łukasz:

- What have I learned about Turkish culture?

I had a chance to try many Turkish dishes, which were amazing. I learned how to greet with people by touching our foreheads and I also learnt the longest Turkish word. People that I've met were very kind and open. I hope we'll stay friends for as long as possible.

- What participation in this mobility taught me?

This mobility was my first cultural exchange with the Erasmus programme. I think it taught me how to be more open and that the language barrier is located only in my mind.

- What have I learned about myself?

I learned that I can acquire languages quite easily and I now know that I wish to travel more in the future.

- What is my opinion about organization of this mobility?

The organisation of this mobility was great. Our hosts took care of us very well. We had enough time to see the city and the places surrounding it, but we also had lots of time to spend with each other.



Karolina:

What have I learned about Turkish culture?

I've learned a lot of things about Turkish culture during my stay. The most important thing for me is how people treat each other. Turks are really kind and want to help you in every situation, what is very charming. During my stay I always sensed this family atmosphere and wasn't stressed at all because Turkey felt like home.

The difference between Turkey and Poland is definitely how people perceive time. Turks seem like they don't feel any rush anytime and aren't stressed about it at all. For me, it's actually pretty good approach, because there is no need to rush, is it?

I noticed Turks are really attached to their culture and nationality. They seem proud of it. It got my attention because I think it's really beautiful to love your country this much.

What participation in this mobility taught me?

Participation in this mobility taught me how to open up for new people. I had to overcome my fears and believe in my possibilities, what is not that simple. It helped me to make some wonderful friends and fall in love in other cultures.

What have I learned about myself?

I've learned that I can do a lot of things I thought I couldn't. This mobility made me more confident and talkative. I became more outgoing and I think even a bit nicer to others.

What is my opinion about organization of this mobility?

In my opinion, everything went according to plan and we had enough time for everything. I really liked the amount of free time that has been given to us, because we could get to know each other and explore the city on our own. Because of this, I could visit and learn about the monuments, make friends and have a wonderful time.

Aleksandra:

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Adam:

I found Turkish culture strongly different from European culture. The thing that amazed me was the cuisine. Turkish cuisine doesn't contain only kebab or falafel.

Filo pastry is one of the most significant thing in their cuisine. It is an ingredient of many Turkish dishes, such as börek and baklava. I enjoyed eating börek with potatoes and also I tried baklava which is the best dessert I have ever eaten in my life.

This desert is very sweet and it has a unique taste. Turkish food could compete with Italian cuisine. As far as I see, Turkish cuisine is the best in the world. Also it has influenced many other European cuisines.

The most known feature of Turks is hospitality. I like the way of hosting me in Turkey. Turks are open-minded and they love non-natives.

The hosts treated me as a family friend, every member of the family desired to meet me. Before I have been to Turkey I learned a few phrases in Turkish, therefore I made a positive impression on Turkish friends.

I was surprised how they treated pets, such as cats and dogs.

Mainly these animals are homeless, because the citizens of Antalya treat them as wild animals. They walk freely on the streets and beaches, also they are fed by inhabitants. There were many cats on the street, so the stink was unbearable.

Antalya looks like a south european tourist city, there is plenty of hotels, ancient ruins or shopping centers. I was astonished by the roman amphitheatre. This place is called Aspendos and I haven't been to such exotic building before.

Long story short, all the experiences I gained in Turkey changed my opinion about this country. Antalya is my second home and I will visit this city again.



Mikołaj:

Turkish culture is very different from ours but yet fascinating and impressive. Turks are really proud of their country and ancestors. They're very lively, welcoming people, open for new perspectives. Local cuisine is next amazing thing. Most of dishes have a richer, stronger taste thanks to various spices and fresh vegetables and turkish coffee is just perfect.

Participation in this mobility thought me that there are many countries with amazing people waiting for me to explore. It helped me to broaden my horizons and improve my language skills.

I realised I should be more open to world and everything it has to offer, and the only person stopping me from going forward is myself.

I'm really glad I was able to participate in this mobility, since it learnt me a lot about world and helped me to get new friends.



Sebastian:

Because of my visit in Turkey I learned that turkish culture is hospitable and friendly. They made me feel like a member of their family. This mobility raised my awareness about the differences between cultures. Thanks to this project I learned that I could easily fit in the group of people even though there are quite a few differences between us. I think the organization of this mobility was decent.



Aleksandra:

Turkish culture is very unique and different from Polish. For example, in Turkey people usually eat meals sitting on the floor with other family members. While being in Turkey, I had the opportunity to try many different dishes, like baklava or kebab. In addition, I learned a lot of interesting facts about Turks, they are positive about life and very hospitable. Participation in this mobility taught me a lot, it opened my eyes to a variety of characters. Each person is different and things that are obvious to Polish people, turn out to be absurd for Turks, and this is absolutely normal. Thanks to this, I noticed, that I am more confident than before and it is easier for me, to make a contact with people. Also I found out, that I have made some progress in speaking English. Organization of this mobility was at the highest level, it couldn't be better. We have visited a lot during these few days and improve our language skills. Everything was planned. I am really happy, that I could take part in such a project.



Italy

Michał:

I have learned that Italians are very family and calm people.

Being at this project taught me new ways of communication with people from other cultures.

I have found that I love visiting new places, exploring other countries and talking with old people.

In my opinion this mobility was great. Organisation was cool but not fantastic because of Corona virus pandemic.



Natalia:

During the mobility in Italy, I have learned a lot about it's unusual culture. The biggest shock for me was siesta, when shops are closed around 3p.m. Something like that never happens in Poland when it's not holiday. I also learned how traditional Sicilian sweets called torrone are made. I liked them really much!

Participation in this project brought me a lot of new knowledge. I never expected Sicily to be a mining area with such a terrifying history! That was a sad part of my new experiences, but definitely the most important one. I think learning about our ancestors is the major need for society's self-development.

I learned that I'm growing dual to every new information. Learning about the mistakes of the past is changing me and shaping into present being that tries to improve the future. My opinion on lots of things has changed in a short term of time. I'm still meeting people, talking with them, learning from them and drawing conclusions. That's what projects like that are really good for.

Organization of the mobility was really good. We were traveling a lot and learning about every important monument we saw. Teachers were doing their best and food was delicious everywhere! Just like in Latvia, I missed info-pack, but students were really helpful and showed us around.

I would like to participate in this mobility one more time if I just had a chance! The time on Sicily was wonderful and I already miss my Italian, Turkish and Latvian friends.

Kamil:

- What Have I learned about Italian culture?

I have learned that for Italians food is strongly connected with culture. They care a lot about how the food is prepared and how it's eaten (no pineapple on pizza allowed). It's also respect to their traditions derived from history.

- What participation in this mobility taught me?

Simplifying it taught me how young italians live. I could enjoy my time with them, see how they dance, smile, laught, it was all great feeling! It taught me their way of living and I really liked it.

- What have I learned about myself?

I discovered that I can be much more social then previously taught. It really helped me a lot with relations during and after mobility.

- What is my opinion about organization of this mobility?

Except some surprises that no one could do anything about everything was just great! I loved every single day in Italy and didn't want to go home. It shows that Italians did awesome job hosting us in their beautiful country.



Oliwia:

- When I was in Sicily, I learned quite a lot about their culture through stories and my observations. The most important aspect of their lives is the language they communicate because they pay a lot of attention to it. During the trips, you could learn a lot about the history of both Sicily and the whole of Italy. I also noticed that celebrations, parades (fiestas) and marches are very popular and important at the same time. The last thing that concerns the character traits of Italians is that they are very relaxed, but on the other hand, they strive to achieve the greatest goals and dreams.
- Participation in this mobility has taught me, above all, to be open to people and to relate to others quite high in my life. Thanks to this trip, I also learned that meeting many different nationalities can show us different ways of life and plans that are very interesting and even surprising, and thanks to this, we can also learn a lot about the culture and lifestyle of each of the participants.
- During this mobility, I learned first of all that it is very good to leave your comfort zone, also the language barrier, to meet new people and experience new things without stress, because only this is an obstacle in the fun.
- In my opinion, the organization of the trip was good. Each day was properly planned and thanks to this, we could all gain new experiences and have a great time at the same time.

PROJECT OTHER PHOTOS

C1 - Poland





C2 - Turkiye







C3 – Latvia





C4 - Sicily







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