



Education and Culture DG

Lifelong Learning Programme

ΠΡΟΓΡΑΜΜΑ ΔΙΑ ΒΙΟΥ ΜΑΘΗΣΗΣ

Εκπαίδευση και Πολιτισμός

Handbook of Customs and Etiquette

Poland
Romania
Czech
Rep.
Germany
Portugal



Comenius 2012 / 2014

“Discover, understand and appreciate
Do teenagers and traditions go together?”

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Czech Republic

General information

The Czech Republic is a small country in Central Europe. Neighbours: Poland, Germany, Austria, Slovakia. Area: 79 000 km², population: over 10 million.



Flag



Sign

Food and drinks

Meat and dumplings are typical for Czech cuisine. People bake a lot of various cakes. Pork, saurkraut and dumplings is said to be the typical Czech dish. (not very healthy).



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Important Holidays

1st January – New Year’s Day, Day of independent Czech Republic (was created in 1993 after dissolution of Czechoslovakia)

March/April – Easter Monday, Christian holiday connected with traditions, especially in South Moravia (decorating eggs, weaving rods from willow branches to give girls the spanking for a good reason – to gain new energy and health from fresh spring branches although girls don’t appreciate much)



Popular festivities Customs in South Moravia

Hody – folk festival full of folk costumes, folk dancing around the Maypole, folk music – violins, cymbals, wine drinking.



Hustopeče is famous for its **Burčákove slavnosti** (festival of the young wine) – wine cellars opened selling young boiling wine, music and theatrical performances in the square and cellars, parade in medieval costumes, traditional handcraft. (very popular).



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Meeting and greeting

Handshake is typical greeting. Friends kiss each other on cheeks.

We use titles Pan (men) and Paní (ladies). Use first names in case you are invited, use names with friends or people of your age.

You are supposed to take off your shoes when entering the flat or house, carpets are common.

When you meet somebody say **Dobrý den**, with friends and young people **Ahoj**. When you leave **Nashledanou**.

Germany

General information

Germany is federal parliamentary republic in western-central Europe. The country consists of 16 states and its capital and largest city is Berlin. Germany covers an area of 357,021 square kilometres (137,847 sq mi). With 80.3 million inhabitants, it is the most populous member state in the European Union. Germany is the major economic and political power of the European continent and a historic leader in many cultural, theoretical and technical fields.

Food and drinks

German cuisine is rich in meat (pork, pork, pork, chicken, and beef) and winter vegetables (potatoes, sauerkraut). It is also famous for different kinds of dumplings and home fries. Not to forget that in Bavaria we have the best beer in the world!

Important holidays

1st January – New Year’s Day (public holiday)

6th January – Epiphany (religious holiday celebrated by Catholic, Lutheran church)

March/April Good Friday

March/April – Easter Sunday and Easter Monday

1st May – Labour Day

May/June Pentecost Sunday and Monday

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Second Thursday after Pentecost: Corpus Christi

15th August Ascension

3rd October National Holiday

1st November All Saints Day

25th + 26th December Christmas

Popular festivities

Christmas

The Christmas time in Germany lasts 3 days starts on 24th December with a Christmas dinner – fish, especially carp, but turkey and goose are also quite common.

Presents are unwrapped on Christmas eve. Then you go to mass late at night/midnight.

Easter

Parents (sorry the Easter Bunny) hide little presents and the children have to find them. You also hide little chocolate eggs for the kids.

Other holidays

Local beer festivals turn the place often into a real party area. In Straubing all the craftsmen are on o holiday during the eleven days of the *Gäuboden Volksfest*.

Meeting and greeting

Handshake is the typical greeting in Germany.

Family members and good friends may kiss each other.

If you want to be like the local people in Bavaria you should say “*Grüß Gott*” instead of “*Guten Tag/ Hallo!*”)

Never order a small beer anywhere! Bavarians consider 0,5l of beer not as a drink but as food. And we are always hungry!

If you want to go for a small beer, order a “Pils” (o,33l).

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Try a “*Knackersemmel mit allem*” at our local Christkindlmarkt!

Poland

General information

Poland is a country in Central Europe bordered by Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania and Russia (Kaliningrad Oblast). The total area of the country is 312,700 square kilometers making it the 9th largest in Europe. Poland has a population of about 38 million people. The capital city is Warsaw and other important cities are: Kraków, Łódź, Wrocław, Poznań, Gdańsk.

The history of the country starts in the 10th century when The Piast dynasty started ruling the Polans tribe. In 966 Piasts accepted baptism and adopted Catholicism as the country official religion. At the beginning of the 11th century Poland became a kingdom but in the 12th century was fragmented into several smaller duchies and only almost after 200 years was united again as a kingdom. From the end of the 14th century to the end of the 16th century representatives

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of Jagiellonian family (from Lithuania) were Polish kings and both countries formed Polish-Lithuanian Union. The common Polish-Lithuanian country existed for almost 4 centuries and at some points in its history was the largest state in Europe. It finally collapsed in 1795 and its territory was divided among Russia, Prussia and Austria. The Polish nation did not have a country for 123 years. Poland regained its independence in 1918 but lost it again at the beginning of World War II when both Nazi Germany and Russia attacked the country. After the war Poland fell under influence of the Soviet Union influence which meant over 40 years of Communism in Poland. In 1989 Poland, as the first country in Eastern Europe, managed to free from communist authorities and became an independent and democratic country.



Food and drinks

Polish cuisine is rich in meat (pork, chicken, beef) and winter vegetables (potatoes, onions, beets, cabbage, carrots, cauliflowers). It is also famous for its soups and different kinds of dumplings. Typical meals are very hearty and often contain a lot of meat.

Soups

Barszcz – beetroot soup
Żurek – sour rye soup with sausage and egg
Kapuśniak – sour cabbage soup
Grochówka – pea soup
Rosół – broth

Main courses

Kotlet schabowy – breaded pork chop
Żeberka – spare pork ribs
Kaczka – roasted duck with apple stuffing
Kurczak – roasted chicken
Bigos – stew made from sauerkraut with chunks of various meats and sausages
Gołąbki – cabbage parcels stuffed with minced meat and rice.

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Important holidays

1st January – New Year’s Day (public holiday)

6th January – Epiphany (religious holiday celebrated by Catholic, Orthodox, Lutheran Church)

March/April – Easter Sunday (religious holiday)

March/April – Easter Monday (religious holiday)

1st May – Labour Day (public holiday)

3rd May – Constitution Day (national holiday celebrating the May 3rd Constitution from 1791 – the oldest modern constitution in Europe)

May/June – Corpus Christi (religious holiday celebrated by Catholic Church)

15th August – Assumption of the Blessed Virgin Mary (religious holiday celebrated by Catholic church)

1st November – All Saints’ Day (religious holiday celebrated by Catholic Church)

11th November – Independence Day (national holiday commemorating the anniversary of resumption of independent Polish state in 1918 after 123 years of partitions)

25th December – Christmas Day (religious holiday)

26th December – Second Christmas Day (religious holiday)

The above mentioned holidays are non-working days.

Other holidays

Corpus Christi – the followers of the Catholic Church take part in outdoor processions

Constitution Day and Independence Day – these days are celebrated with marches, military parades and public gatherings



All Saints’ Day – people visit cemeteries and lay flowers and candles on the graves of deceased family members, friends.

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Popular festivities

Christmas

The Christmas time in Poland lasts 3 days and starts on 24th December with a Christmas dinner – fish, especially carp, is its main component. According to tradition it starts when the first star appears in the sky. Depending on the region the dishes include beetroot soup with dumplings stuffed with mushrooms or fish soup. They are followed by fried carp, a cabbage dish, herring dishes, some cakes and a drink of dry fruits – in many families there are 12 dishes. The most important part of the dinner is to break and share the Christmas wafer with each family member together with wishes. It's also the time when people start sharing their gifts and sing carols. There is also one place extra at the table, which is left for unexpected quest.

The followers of the Catholic Church take part in Midnight Mass called also Shepherd Mass.

On the Christmas Day people start the day with a service/mass in church and in the afternoon they visit their families.

On the Second Christmas Day people visit their families and friends. In the evening many young people take part in discos.

Easter

Easter celebrations are not limited to Easter Sunday only but they start a week earlier with Palm Sunday.

On Palm Sunday Catholics bring their Easter Palms (traditionally prepared from willow branches with catkins) to churches to have them blessed. In some towns and villages there are competitions for the tallest Sunday Palm. The tallest palms can be over 30 meters high.

On Good Friday Catholics take part in masses or processions commemorating Jesus death. The most famous procession is organised in Kalwaria Zebrzydowska and it attracts thousands of people.

Good Friday is also treated as the most important religious holiday for Lutherans.

On Holy Saturday Catholics bring baskets filled with Easter food to churches for a special blessing. Traditionally the basket should include bread, eggs, salt, smoked meat, cheese, horseradish and cake.



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On Easter Sunday people start the day with a huge breakfast including sausages, ham, bacon, boiled eggs and they go to church. Children are given gifts.

Easter Monday also called Wet Monday is a day when boys throw water over girls.



Fat Thursday – on the last Thursday before Lent people eat large numbers of doughnuts

Women’s Day – on 8th March men usually give women flowers.

Meeting and greeting

Handshake is the typical greeting in Poland. Remember that older people give hands as the first ones.

Sometimes family members (depends on the region) and close friends kiss each other. Remember, in Poland we kiss 3 times on cheeks to greet someone.

Some men, especially older ones, kiss women’s right hand as a form of greeting.

When you visit someone’s flat/house you are usually expected to take off your shoes.

Try to be on time when you have appointment with someone but it’s acceptable to be a few minutes earlier or later.

Polish men are nice towards women, so don’t be offended when they open the door for you or offer a seat in a bus.

Use titles “Pan” (mister) and “Pani” (mistress) when you talk to someone. Do not use names until you are invited to.

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Portugal

General information

An early Celtic tribe, the Lusitanian, are believed to have been the first inhabitants of this 92 090 km² country, **Portugal**.

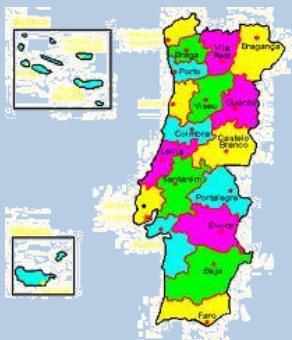
This *sailors' land* is situated in the western part of the Iberian Peninsula, bordered on the north and east by Spain and on the south and west by the Atlantic Ocean.

With a population of around 10,487,289 inhabitants (2012), Portugal comprises a mainland part and two autonomous regions: the Azores and Madeira islands.

The country is crossed by three large rivers (the *Minho River*, the Douro River and the *Tejo River*) that rise in Spain, flow into the Atlantic, and divide the country into three geographic areas.

Lisbon with its 2.821 million inhabitants is the capital city, but the country's name comes from its second largest city, *Porto*.

Defined as Mediterranean, the Portuguese climate provides a great diversity of landscapes within walking distance.



LANGUAGE

The Portuguese language has its roots in Latin, being the third most spoken European language in the world, about 250 million people.

The Portuguese-speaking countries spread throughout the four corners of the world. So, Portuguese is spoken in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique and Sao

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Tome and Principe) South America (in Brazil), and Asia, in East Timor, the youngest nation in the world and is still the official language in the Macao Special Administrative Region.

Money / currency: Portugal is part of the CEE countries since 1986, where the Euro is the official currency since 1999.

“Fado” is a Portuguese traditional song. It is World Heritage.

Food and drinks

Portuguese *cuisine* is very rich and varied. Each region has its traditional dishes which can include animals' meat (mutton, pork, and beef), poultry, sausages and several species of fresh fish and seafood (large variety of codfish dishes). Among the best cheese are those of Serra da Estrela and Azeitão.

As traditional Portuguese dish, *the ruler* is the codfish or “*bacalhau*”. It can be served à Brás, à Gomes de Sá, creamy, grilled, and shredded in a “punheta” or just as pastries or “pataniscas”. Then one can enjoy the Madeira kebabs, the Azores volcanic *cozido* (San Miguel), the suckling pig from Bairrada region, the mutton stew of Aveiro and Minho, the *chanfana* of Beira , pork in Alentejo style (carne de porco à alentejana), grilled fish, “tripas à moda do Porto” , or gazpacho (Alentejo and Algarve) . With the introduction of *tempura*, the Portuguese cuisine has also influenced other cuisines, such as the Japanese.



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Wine

Portugal is also a country with a great variety of wines. Wines such as those of Douro, Alentejo and Dão or Minho regions (Vinho verde: sparkling white wine) are very tasty and popular. Liqueurs such as Porto and Madeira are amongst the most famous wines in the world.



Sweets

Amidst a huge variety of traditional and convent recipes pastéis de Belém in Lisbon, ovos moles (sweet eggs) in Aveiro, pastel Tentúgal, as well as bread-sponge cake in Ovar are some of the most delicious and famous pastries in Portugal.



Meals

As a general rule, the Portuguese have three meals a day. A light breakfast, usually consisting of a beverage (coffee with milk, black coffee or juice) and a toast or sandwich is often consumed at the countless Cafés in the neighbourhood.

The main meals are lunch which, during the week, takes place in many restaurants near the workplace, and dinner between 19.30 and 22.30.

For most people, these are complete meals that often include soup, a main dish and dessert (sweet or fruit).

In Portugal *eating out* is a common habit. Lunch or dinner, especially on a weekend, is always a good excuse for a friends meeting.

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Finally there is no meal without a nice cup of coffee. The *espresso* so appreciated by the Portuguese and popularly called “*bica*”, costs about 60-70 cents at the counter of a traditional Café and it’s “a must”.



Important holidays

1st January – New Year’s Day

February – Carnival

March /April – Easter Sunday

March/April – Easter Friday

25th April – Carnations Revolution / Freedom Day

1st May – Labour day

10th June – Day of Portugal, Camões and the Portuguese communities

25th December – Christmas Day

Popular festivities



Traditional festivals are part of the vast cultural heritage that characterizes the Portuguese people. Most of them are of religious origin but with profane basis such as Christmas, Carnival and Easter and are shared by some European countries. Others are specifically Portuguese, are

part of our culture and are celebrated all over the country or only in the localities.

The *Romarias* are religious festivals that take place to honour the saints in many places of Portugal. One can observe solemn processions, costumes and religious figures.



In Aveiro, one can enjoy the festival in honour of St. Gonçálio which is celebrated in January and whose tradition is to throw *cavacas* (sweet but very hard bread) from the top of the church as a form of *paying* promises made during the year.

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May 12 is the day dedicated to Princess Saint Joana also in Aveiro. The religious festivity in her honour begins in the morning with a Solemn Mass in the Cathedral, followed by a procession to the adjoining building which houses the museum where the Princess' tomb lies.



Carnival

In **Portugal** there is a vast carnival tradition. The *Caretos* is part of an ancient tradition that is celebrated in Podence and Lazarim. This Carnival festivity incorporates pagan traditions of the Roman Saturnalias. The Torres Vedras celebration is probably the most representative Portuguese carnival where the locals are the stars.



Easter



The Portuguese **Pascoa** is celebrated as a family reunion and it's a time of celebration and joy. In Portugal most of the population is visited by, a group of Catholics who roam the streets with a crucifix and bless the houses and their inhabitants, announcing the Good News of the resurrection of Jesus Christ as well as the **Paschal Greeting**. Seven days

before Easter is Palm Sunday, the day dedicated to godparents. The godchildren offer flowers or plants to their godparents and they pay back with the "foliar", i.e. a gift.



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The Popular Saints

St. Anthony in Lisbon, St. John in Porto and St. Peter are the most popular Saints celebrated by the Portuguese. The nights that precede those festivities are celebrated with marches, music, dances, bonfires, fireworks, bows, balloons, sweet basil, lemongrass, leeks, and lavender. Tradition says that people have to go out into the streets, dance, eat grilled sardines, drink wine and tap on people’s heads with plastic hammers.



Meeting and greeting

Good friends always greet each other with a hug while all the others (except when they are two men who are not close family) greet each other with two kisses - first on the left and then right or a handshake. Even children have to greet adults with two kisses on their cheeks, and parents take this educational issue very seriously.

Portuguese enjoy being at table during meals, talking and chatting for a while (that is ...over long periods of time)

In Portugal, people talk loud, laugh a lot, and are sociable.



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Romania

General information

Romania is a country in central Europe, on the lower Danube, north of the Balkan Peninsula and the western shore of the Black Sea. Romania shares a border with Hungary and Serbia to the west, Ukraine and Moldova to the northeast and east, and Bulgaria to the south. Its population is 20,121,641 people.

Its capital and largest city is Bucharest – the 6th largest city in the EU.

Transylvania is a historical region in the central part of Romania, bounded on the east and south by the Carpathian mountain range. The region of Transylvania is known for the scenic beauty of its Carpathian landscape and its rich history.

This is a multiethnic region, inhabited by Hungarian, Romanian and German people. In our county, and in our city as well, the local majority is consisted of the Hungarians. The Hungarians living here are often called Seclers (székely).



The Romanian flag



If you come to this part of Romania, you can often see another flag, which is the Secler flag:



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Food and drinks



Kürtös kalács: it is a kind of yeast cake, rolled on special wooden tools, baked on open ember, and covered with sugar or grated nuts. It is very popular in traditional markets or different festivals.



Stuffed cabbage: The cabbage rolls are made with ground pork, beef, rice, sliced smoked pork butt, sauerkraut and fresh cabbage. More traditional recipes would be made with whole soured cabbage heads. It is often served on Christmas Eve, or at wedding dinners.



Gulyas: it is a soup basically made of potatoes and meat with a lot of red pepper. Originally it is made on open ember in a large cauldron, but it can also be done indoors. People often prepare it when they go out for a picnic.



Natural sparkling mineral water: as our region used to be an active volcanic area in the past, there are over 1500 natural sparkling mineral water springs, each having different components. Some of them have healing effects on different diseases. Most of the local people take this mineral water home in bottles to drink it.

Important holidays

Christmas

Children get presents on the 6th December, on St. Nicholas Day.

On 24th December people decorate the Christmas tree, and open presents.

Traditional meals: stuffed cabbage, special cakes with nuts and poppy seed, chicken soup, sausages, meals with pork

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New Year's Eve

Meals: pork or turkey, **no** chicken

New Year's Day

Lens (lentils), beans, or fish: for money in the New Year

Apple, nuts, honey: for health in the New Year

Carnival period: from the 6th January to the beginning of Fast, before Easter.

People go to fancy dress parties. At the end of the carnival people make a man sized puppet, stuffed with straw, and they burn it. It's a symbol of chasing out the winter.

Easter

Girls and women paint eggs, and decorate with various techniques. The most common are the red eggs. The oldest technique for decorating is by using wax. Each motif has a special meaning. On the second day of Easter boys go to the girls' houses to water them. In the past they used to pour water on the girls, and wet them all over, but nowadays they use perfume for this. They also say short traditional rhymes before watering. As a reward, the girls serve them cakes and give them coloured eggs.

A traditional meal on Easter Day is lamb (for lunch). It is also traditional to eat ham, and boiled red eggs, with fresh vegetables (radish, green onion).

Popular festivities

Saint George Day

It is the day in which shepherds used to go out with the kettle to the fields.

As Saint George is the protector Saint of our town there is a one week festival around the 24th April every year. During the week there are various cultural events, like exhibitions, theatre, concerts etc., and at the weekend there is a great market of all kinds of traditional, manufactured things, and other commercial stuffs. There are a lot of games for children. There are several open air scenes where people can see all kinds of performances. In the evening there are open air pop concerts. In the last evening there are fireworks. This festival

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has become quite popular as it attracts many tourists not only from Transylvania, but from other countries as well

Pentecost

No special traditions. There is a pilgrimage for the Catholics. There is a church for about 70 km-s from our town, (in Csiksomlyo), where most Catholics from Transylvania go on the Pentecost day.

Grapes harvest

It is not held on a particular date, it is organized by different communities (in villages) in September or October. Young people dress up in national costumes. Boys on horsebacks and girls sitting on a carriage go round the village singing folk songs. At night they have a party.

Meeting and greeting

When men meet each other, they shake hands.

Kissing on the cheek: only when people meet for the first time, or after a longer period and when they say goodbye for a longer period. Men don't kiss another man on the cheek, they only shake hands.

When you go to pay someone a visit, it is usual to offer something to the host – sweets for children, flowers for women, a drink for men.

When you enter to person's house, they usually serve you with a quite strong alcoholic drink (similar to vodka). It is a gesture of welcome and it is quite impolite to refuse it (except you have serious health problems)

Before starting the meal we usually say “Good appetite” - Pofta buna

Some greetings

The short form to say “Hello” for Hungarian people is “Szia” - pronounced Sio for Romanian people is “Buna”

Good afternoon - Buna ziua

Good evening - Buna seara

Good bye - La revedere

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The “traditional” team



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What we **Discovered, Understood and Appreciated...**



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**WE ALL HOPE
THIS PROJECT
WON'T**

...

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(THE) END

See you soon!

The Portuguese team