

Youth Exchange

Unity in Diversity



16.04.2016. – 24.04.2016.

Liepaja, Latvia



Erasmus+



Agency for International Programs for Youth of the Republic of Latvia

YOUTH EXCHANGE



UNITY IN DIVERSITY



LATVIA



FYROM (MACEDONIA)



POLAND



ITALY



LITHUANIA



ROMANIA



Erasmus+

16 - 24 APRIL 2016

LIEPAJA, LATVIA



Agency for International
Programs for Youth
Republic of Latvia

Context

Youth Exchange "Unity in Diversity" was held in Latvia, Liepaja – the city where the wind is born. Context and the main idea of the activity was to work on fostering mutual understanding between the people from different countries by promoting country's culture and customs, through introducing the traditional music, songs, dances, costumes and cuisine. With this project we wanted to fill the void between our countries and learn more about similarities and differences between our cultures. This project was exploring cultural diversity through cultural heritage such as folk music, songs, traditional costumes and different national and regional cuisines. Thus, European multiculturalism and cultural diversity were put as central elements of this youth exchange, and similarities and differences of our cultures are described in this manual.

The goal of this project was to gather young people from different countries and to promote what can be found in common, so they could find similarities among them and feel as one; and to involve them into process of inter cultural learning on different music, clothes, tradition, culture and food.

Project gathered 30 participants aged 13-29 years – 5 participants per country. The activities of the Youth Exchange included team building, different informal education sessions, practical sessions, and study visits. The working methods were based on non-formal learning and group work. This included team organization, practical presentation, discussions, group work on preparing food, data collecting and summarizing. The workshops were filled with active dialogs, games and various methods, all in order to get to know the richness of our cultures.



Participating organizations

Asociatia EUVOLUME ROMANIA (Romania) - The Association aims to identify, debate, analyze and solve specific matters of our community by developing special strategies and programs, training and enhancing citizens associative and professional skills those willing to interact with civil society in Romania, as well as improvement of cooperation between NGOs, central and local public authorities, business area, also other organizations providing activities that might contribute to Brasov county in terms of economic, social, educational, environmental and cultural progress, both countrywide and abroad.

NGO SFERA MACEDONIA (FYROM (Macedonia)) - SFERA MACEDONIA – Bitola is a NGO from Bitola, Macedonia which was first formed in 2007 like a informal group and in July 2009 it was registered as a NGO. Its main aim is to educate the population in Macedonia about the protection of the environment, cultural and natural heritage through non formal methods with the purpose to raise the awareness of all age groups about the importance of healthy lifestyle and the benefits that come with it.

Sentinelle dell'Energia - SELENE – APS (Italy) - Sentinelle dell'Energia - SELENE is a non-profit social promotion association mission is to promote the transition towards a more environmentally and socially sustainable economy, founded at the end of 2012 as an informal group of young people. Sentinelle dell'Energia considers fundamental to couple the respect towards the environment with social equity. In order to reach its mission, it organizes information and sensitization events, workshops, promotes active citizenship and fosters the creation of new sustainable enterprises.

Asociacija „Apkabink Europa“ (Lithuania) - "Apkabink Europa" is non-governmental organizations what works on the building of a civil society and establishing a rule of law in Lithuania. NGO is created to serve as a learning organization that gathers trainers, youth and social workers, youth policy makers, experts, and volunteers with different levels of competences to be actively involved in the creation of civic activities with European dimension and with benefits for their local communities.

SFERA Poland (Poland) - NGO SFERA Poland is a member of international network of social innovators and environmentalists working with youth to support sustainable development of the societies. The general goal of SFERA is to educate the population in Poland about the protection of the environment, cultural and natural heritage through non formal methods, with the purpose to raise the awareness about the healthy lifestyle and its benefits.

Regionālas attīstības un sociālo iniciatīvu organizācija "Perspektīva" (Latvia) - Organisation of regional development and social initiatives "Perspektīva" is formed in order to promote active involvement of young people in both political and regional development planning processes in their municipalities. One of the main aims of the organization is promotion of regional development, and this aspect also includes promotion of local heritage, what can be used as basis for development of traditional crafts, tourism products, economic activities and new innovative products, what can contribute to further economic development.

Latvia



Cuisine

The staples of the diet are rye, wheat, and potatoes. Dairy products are valued for their purity and health-giving qualities. Milk, butter, sour cream, and curd cheese were traditionally highly prized additions to the diet. Pork is the most commonly eaten meat. Smoked fish are particularly popular in Rīga and the coastal areas. A huge variety of bread is available in markets and shops. The evening meal usually was not cooked and consisted of bread and cheese or sausage and possibly salad.

Songs and Music

The first song festival took place in 1873 and involved the coming together of local choirs from different parts of the country. During the Soviet period the festivals were repressed or used as vehicles of propaganda. During the movement toward independence from the Soviet Union, folk songs again became a powerful vehicle of social criticism and national sentiment.

Folk songs (dainas) are the most potent symbol of national identity. These songs construct a vision in which the natural, human, and supernatural worlds are intertwined. Oak and lime trees symbolize men and women. The apple tree is frequently associated with orphanhood, a state that symbolically represents the Latvian nation.

Dances

Latvian folk dances portray the day-to-day life of rural communities (sowing, harvesting, fishing) as well as specific events (courtship, marriage, birth) and reflect the surroundings important to Baltic culture (animals, birds, nature in general, the changes of the seasons). Over time, these folk dances were formalized into choreographed presentations based on traditional dance patterns. Dancers usually wear folk costumes that differ from region to region. Most dances are performed with a partner in four or more couple formations. Switching partners provides an opportunity for dancers to become acquainted with others in social settings. Every five years the main event in the Latvian cultural life - the Nationwide Latvian Song and Dance Festival is organized. It involves hundreds of choirs and folk dance groups. The Festival has earned high honour internationally, being included on the UNESCO Oral History and Non-material Cultural Heritage List.

Clothes

Nowadays the traditional folk dress is worn for festive occasions both personal and national level. The garments not only display a social status but also origins and traditions of a particular region of Latvia.

It is possible to make out two historic periods of specific traditions that characterize Latvian folk dress. First is the period from 7th to 13th century, which is also known as the "ancient dress" period. The second one dates back to 18th and 19th century and is often referred as "ethnic" or "ethnographic dress".

Traditional recipe

Bukstiņputra

Groat porridge

Ingredients:

300 g barley groats
400 g potatoes
1 onion
100 g smoked bacon
500 ml milk
500 ml water
1 teaspoon salt



Directions:

Barley grain are rinsed in cold water, potatoes are peeled and cut into small cubes.

Potatoe cubes are boiled till they become half-boiled, and then barley grain is added. This cobination is boiled till the moment when water starts to boil, then they have to be removed from the fire.

Lid has to be placed on the kettle and content left for 1 hour.

Milk is added after 1 hour, content is placed on the fire to boil. It has to be stired every 10-15 minutes till groats and potatoes absorb milk.

Bacon and onions are cut into small cubes and baked till bacon becomes brown and onions – soft.

Bacon and onions are put on the porridge before serving.



Romania



Cuisine

Food in Daily Life. Breakfast is usually a small meal of bread with butter and jam and tea. Main dishes are usually meat-based, such as tocana, a pork stew flavored with garlic and onions. Other popular dishes include sarmale, cabbage leaves stuffed with rice and meat, and mamaglia, a cornmeal dish often served with poached eggs. Tuica, a strong plum brandy, is also popular, as are beer and soft drinks



Songs and Music

Romanian folk music is often mournful, Common instruments include nai (panpipes), tembal (dulcimer), bacium (a long wooden wind instrument), gorduna (small double bass), and violins. Many folk musicians are Roma. Several Romanians have achieved prominence in classical music, including the pianist and conductor Dinu Lipatti and Georges Enesco, a violinist and composer

whose work was influenced by traditional folk songs

Dances

A rich variety of traditional dances still exist in Romania due to the continuation of the feudal system until the mid 19th century. Any dance is a combination of elements: formation, regional style; motifs, musical rhythm, choreography and the social occasion. Many Romanian dances are accompanied by loud shouts and calls known as Strigături. Individuality and improvisation is found both in couple and line dances with men demonstrating their agility and dance ability.

Clothes

In the cities, the majority of the people wear Western-style clothing. In rural areas, some people still wear traditional garb. For women, this consists of wool skirts and vests whose embroidery varies from region to region. For men, it is a white blouse and pants cinched with a wool or leather belt and a cap or hat. Hairstyles are often an indication of a woman's region of origin and marital status. Unmarried women wear their hair in braids, while married women cover their heads with cloths called nafram.



Traditional recipe

Sarmale

Vine leaf rolls with meat

Ingredients:

For 65 vine leaf rolls

For preparing the vine leaves

65 vine leaves

1 tablespoon (15g) salt

4 thyme sprigs

2 fresh dill sprigs

hot boiling water

Meat Filling

500 g onions

5 tablespoon (70g) vegetable oil

1/4 cup (65g) tomato paste

2 tablespoon (4g) paprika

250 g long grain rice

450 g ground pork

110 g ground beef

25 g fresh dill

1,5 teaspoon (7g) salt

1,5 teaspoon (5g) ground black pepper

For vine leaf mixture to place in top and bottom of the pot

0,5 teaspoon (3g) salt

2 tablespoon fresh dill, chopped

freshly ground black pepper

For adding on top of the rolls

400 g can diced tomatoes

230g smoked pork ribs, cut in smaller pieces

Hot salted water



Directions:

Preparing vine leaves: In a large pot bring water to a boil, enough to almost cover all rolls. Add salt, few thyme and dill sprigs. Immerse vine leaves in boiling water. Cook over medium-high heat 5 to 10 minutes. Turn and gently remove leaves. When the leaves are tender and flexible remove and let them to cool.

Preparing the filling. In a frying pan heat oil over medium high heat. Cook copped onion until it gets soft and glossy. Stir in paprika and tomato paste and remove from heat. Let cool slightly. Add rice, ground pork and beef, dill, salt and pepper. Stir until it becomes well combined.

Making the rolls. Place 1/2 to 1 tablespoon of mixture on the center of the bottom of each leaf. Fold in the sides and start rolling the leaf to create a roll. Place on the prepared pot and continue until all the filling is done.

Add diced tomatoes on top, arrange the pork ribs and pour hot salted water until the rolls are almost covered with water. Cover the pot and cook at medium heat until they start to boil. Reduce heat to low and simmer for 1 hour. Serve vine leaf rolls warm with sour cream and polenta.

Poland



Cuisine

The mainstays of the Polish diet are meat, bread, and potatoes. For many Poles, dinner is not dinner without meat, primarily pork. Bread is consumed and treated with reverence. In the past, if a piece of bread fell on the ground, it was picked up with reverence, kissed, and used to make the sign of a cross. Vegetables consumed are local cool weather crops such as beets, carrots, cabbage and legumes (beans, peas, lentils). Another important source of nutrition is milk in various forms such as fresh or sour milk, sour cream, buttermilk, whey, cheese, and butter.

Songs and Music

Music has had few official constraints. It is founded on the rhythms and melodies of folk music adapted for performance in gentry homes and reaches back to the middle ages. The famous composer Frederic Chopin is considered the musical embodiment of Polishness. After World War II, there was a lively revival of music in Poland. All branches of music are well represented. Popular music is strongly influenced by western styles. Polish jazz is excellent and has a reputation for experiment.

Dances

The Polish national dances are Polonaise, Krakowiak, Kujawiak, Mazurek and Oberk. These dances are classified as National,

because almost every region in Poland has displayed a variety of these dances. Many of these dances were brought to the ballroom floor following Napoleon's expansion into Eastern Europe, which brought French nobility imitating the Polish peasants style of dance, and adding flavors of ballet. Thus Polish ballet was built on folk dances but is primarily an urban enjoyment. Between the world wars, it generally had low standards. After World War II, it received considerable state support and much was done to improve it. It emphasizes classical and folk dancing, but some modern ballet themes are present.

Clothes

Traditional Polish folk costumes vary by region but are typically brightly colored and decorated with embroidery. Poland's folk costumes are sometimes still worn for special occasions, like weddings, or in the most rural parts of Poland by members of the older generations. Traditional dress in Poland varies by region. Headdresses range from hats to wreaths of flowers, fabric colors vary greatly, and aprons, vests, and ribbons are used depending upon the origin of the costume.

The woman's costume includes a white blouse, a vest that is embroidered and beaded on front and back, a floral full skirt, an apron, a red coral bead necklace, and lace-up boots. Unmarried women and girls may wear a flower wreath with ribbons while married women wear a white kerchief on their head. The men wear a blue waistcoat with embroidery and tassels, striped trousers, a krakuska cap ornamented with ribbons and peacock feathers and metal rings attached to the belt.



Traditional recipe

Zhurek

Meat soup

Ingredients:

Base for zhurek

- 1 cup of rye flour
- 1 cup of boiling water
- 2 cups of warm water
- Rye bread crust
- few allspice
- 2 cloves of garlic

Soup

- 0.5 l zhurek base
- vegetables (potatoes, carrots etc.)
- pork sausages and smoked bacon
- 4 cloves of garlic
- 2 laurel leaves
- Marjoram
- 6 grains of allspice
- Salt and pepper
- Hard-boiled eggs

Directions:

Base of Zhurek

Mix the flour with the boiling water and stir it until there are no lumps. Then leave it to cool. Add bread crust, garlic, and remaining warm water. Put the mixture in a covered tray and let the mixture sit for 3 days at room temperature, and stir it once per day. After that time it should be ready to use.

Soup

Prepare the vegetables for the soup - peel them and cut into smaller pieces. Put them to boil with about 3-4 cups of water. When water starts to boil, reduce a heat and simmer them for about 30 minutes. Add sausage or bacon, and then return to the boil, and again reduce heat and cook another 30 minutes. Remove sausage from soup, slice it when it is cool enough to handle, and sput aside. Strain stock through a sieve, pressing on the vegetables to extract as much flavor as possible. Return the stock to the soup pot. Add the base of zhurek to the pot. Bring it to a boil, add sliced sausage, mashed garlic and other spices.

Serve in heated bowls with half hard-boiled egg in each serving and rye bread.



Italy



Cuisine

No one who enters an Italian home should fail to receive an offering of food and drink. Typically, breakfast consists of a hard roll, butter, strong coffee, and fruit or juice. Traditionally, a large lunch made up the noon meal. Pasta was generally part of the meal in all regions, along with soup, bread, and perhaps meat or fish. Dinner consisted of leftovers. In more recent times, the family may use the later meal as a family meal. The custom of the siesta is changing, and a heavy lunch may no longer be practical. In general, more veal is found in the north, where meals tend to be lighter. Southern cooking has the reputation of being heavier and more substantial than northern cooking.

Songs and Music

Italian music has been one of the major glories of European art. It includes the Gregorian chant, the troubadour song, the madrigal, and the work of Giovanni Palestrina and Claudio Giovanni Monteverdi. Later composers include Antonio Vivaldi, Alessandro and Domenico Scarlatti, Gioacchino Rossini, Gaetano Donizetti, Giuseppe Verdi, Giacomo Puccini, and Vincenzo Bellini. The most famous of Italy's opera houses is La Scala in Milan. Additionally, there are fifteen publically-owned theaters and numerous privately-run ones in Italy. These theaters promote Italian and European plays as well as ballets.

Dances

Rooted in history and linked to a tradition passed on from a generation to the next, folkloric dances are living witness to local culture and heritage. A dance for love, a dance for courting, others for crops and grape harvest: there was a dance for every occasion, a true means of communication among people and a main form of expression. They were considered a magic remedy that could influence nature and spirits.

Tarantella is a type of dance typical of the Southern regions of the country. The dance was created to mimic the seizures and movements of the sufferers (called tarantolati), who were believed to manage to free themselves of the venom by dancing.

Clothes

Italian peasants wore practical clothing for their daily activities, with simple pants and shirts for the men and blouses and skirts for the women, sometimes with a bodice. Most items were made from simple fabrics, wool being very common. Color selection was limited to inexpensive gray and black dyes.

Italians generally dress well and appropriately, tending to be more formal in their attire than most northern Europeans and North Americans. Italians judge people by their dress, the style and quality being as important as the appropriateness for the occasion. Italians consider bathing costumes, skimpy tops and flip-flops or sandals with no socks strictly for the beach or swimming pool, and not the street, restaurants or shops.



Traditional recipe

Arancini

Fried rice balls with cheese

Ingredients:

3 tablespoons extra-virgin olive oil

500 g rice

1,3 l chicken broth

10 g grated Parmesan

Freshly ground black pepper

For assembly:

250 g Mozzarella (cut in cubes)

1 cup wheat flour

1,5 cups warm water

Salt and freshly ground white pepper

Breadcrumbs (for coating)

Vegetable oil (for frying)

Directions:

Heat the extra-virgin olive oil, add the rice and stir until evenly coated with oil. Add half of the chicken broth and stir. When the broth is absorbed, continue to add small portions of broth, stirring continually. Add Parmesan and pepper and stir it evenly. Pour the rice onto a baking sheet and leave to cool.

Take a handful of cooled rice and flatten. Take a mozzarella cube and place it as a core. Take another handful of rice and finish forming the ball. Combine the flour, 1,5 cups of warm water and a pinch of salt and freshly ground white pepper. Dip each of the rice balls in the flour mixture, then coat with plain bread crumbs. Then fry it hot vegetable oil until golden brown.



FYROM (Macedonia)



Cuisine

Food in Daily Life. Breakfast can consist of bread and cheese, sometimes with eggs. Other meals can begin with meze (appetizers) served with rakia (fruit brandy). Supper is eaten later after the afternoon siesta. Meals are prepared immediately before consumption, although they may include leftovers. Hot food often is allowed to cool to room temperature

Bean casserole (tavche-gravche) is the national dish, and bread is considered the most basic food. In restaurants, pizza is especially popular. There are no food taboos other than those associated with religion, but folk beliefs about food abound

Songs and Music

The closest other National style would be the music from the bordering country of Bulgaria, particularly that from the Pirin region. Music of course does not obey politically imposed boundaries, and so the music of Eastern Macedonia and Western Bulgaria is very similar. A distinctive aspect of the music is the of time signatures and internal groupings such as 7/8, 9/8, 11/8, 5/8, 12/8, 13/8, 18/8, etc. Particularly 7/8 is very commonly used.

The use of more traditional Macedonian instruments such as gaida (Macedonian bagpipe), kaval (end-blown flute), tapan

(double-headed bass drum) and tambura (long-necked lute) is becoming rarer, however it is still possible to find among the older men in the community a small number who can play the gaida.

Dances

The music is intrinsically linked with dance as there has always been a strong folk dance tradition, and much of the music accompanies these folk dances. This tradition of community participative dancing is still strong and very much alive. There is also a rich vocal tradition. Macedonian music has been passed on by means of a strong oral tradition.

The most known Macedonian Folk Dances are the "Partalos" and "Tsourapia". Both dances have many variations, especially since they are popular in the western part of southern Balkans, including Greece, Bulgaria and Macedonia.

Clothes

Traditional dress follows ethnic lines but, due to increasing modernization, it has become less common in recent years. There are around 70 various types of richly decorated traditional costumes in Macedonia. Macedonian traditional costumes are divided into two main types : west Macedonian and east Macedonian traditional costumes. According to the ethnographic zones, the western Macedonian traditional costumes come as the Upper course of Vardar River zone, the Debar-Mijak and the Brsjak zones, while the east Macedonian traditional costumes are divided as the Middle course of the Vardar River zone and the Shopi region



Traditional recipe

Ingredients:

- 250 ml milk
- 250 ml warm water
- 1 fresh yeast
- 1 kg flour
- 3 eggs
- 3 tablespoons oil
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 500 g cheese (grated) 300 g olives
- 500-600 ml vegetable oil (for frying)



Mekici

Fried dough

Directions:

Place yeast in warm water and add 1 tablespoon sugar and 2 tablespoons flour to activate yeast. Add eggs, flour, milk, oil and knead until dough becomes nice and smooth.

Leave prepared dough to stay for about 40 minutes to swell, then knead it again and let it swell again.

Form irregular shapes from dough and put to fry in hot vegetable oil until they become light brown. Place mekici on a paper towel to soak up the excess oil.

Serve with olives and cheese.



Lithuania



Cuisine

National dishes reflect the economic situation and the fact that the weather is cold for much of the year, creating a shortage of vegetables in the winter and a desire to prepare and eat warm, wholesome food. Pork, smoked meats, cabbage, beets, and potatoes. Two favorite traditional dishes are šaltibarščiai, cold beet soup with buttermilk, and cepelinai, boiled potato dumplings filled with meat or curd and served with fried pork fat or sour cream. Eating in restaurants has become more popular.

Songs and Music

In Lithuanian territory meets two musical cultures: stringed (kanklių) and wind instrument cultures. These instrumental cultures probably formed vocal traditions. Lithuanian folk music is archaic, mostly used for ritual purposes, containing elements of paganism faith. Some songs are multipart and known as sutartinės. Sung by two to four persons these have few counterparts in Europe, they are listed as UNESCO World Heritage.

The most famous Lithuanian traditional musical instruments are skrabalai (percussion instrument), skudučiai (wind instrument) and kanklės (string instrument), with kanklės regarded to have a deeper spiritual importance.

Dances

Today folk dances usually go hand in hand with folk songs and are performed on stage. Many dances have slower and faster parts and are danced in circles which transform into lines, "snakes" and other formations as the dance progresses, or may even temporarily "disintegrate" into pairs. The dancers' actions may be so elaborate that some Lithuanian dances are also known as "games".

Clothes

Folk costume is acceptable as formal attire under the Lithuanian etiquette. Such usage grew in popularity in 1930s (women in full folk costume, men with folk strip replacing their tie) but has been since extinguished by the Soviet occupation. Today the folk costume usage is limited to folk singing and similar events. Prior to the 20th century the folk costumes were used by most Lithuanian peasants; they are characterized by white shirt under a colorful jacket (exact patterns depending on region). Women wear long patterned skirts (shorter for folk dances), men use trousers. Women also cover their hair with scarfs.

Traditional recipe

Šaltibarščiai

Cold beet soup

Ingredients:

8 cups kefir,
0,5 cup sour cream,
1 jar shredded pickled beets,
2 medium size cucumbers,
3 tablespoons chopped dill,
2 hard-boiled eggs, chopped,boiled
potatoes.

Directions:

Mix together kefir and sour cream in a large pot. Add beets, shredded cucumbers, eggs, and dill, and mix it all. Serve the soup cold with a sour cream and warm potatoes cut in slices.



