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### What Is the Digital Roots Project?

With Digital Roots, we aim to educate and inspire young people by bringing the rich traditions of Bulgaria and Türkiye into their hands — through play! This project transforms ancient customs, rituals, and cultural knowledge into a fun, interactive card game that sparks curiosity and connects generations.

In an age of fast scrolling and digital overload, Digital Roots encourages youth to slow down, explore their roots, and discover that culture isn't just something from the past — it's something to learn from, play with, and carry forward.

The game is suitable for everyone aged 5 to 105, making it perfect for families, schools, and youth groups.

The project is a collaboration between the Bulgarian foundation Education 21st Century and the Turkish organization Dijital Aktif Yenilikçi Sosyal Gençlik Derneği, co-funded by the Erasmus+ Programme.

### **#** What's the game contains?

- 4 Memory Card Decks (pairs only):

Famous Bulgarian Traditions – 10 pairs/ Famous Turkish Traditions – 10 pairs/ Not-So-Famous Bulgarian Traditions – 10 pairs/ Not-So-Famous Turkish Traditions – 10 pairs

- 4 Informative Card Decks (detailed facts for each tradition) 40 cards in total (One for each memory deck above)
- 1 Dice 🐶
- 1 List of 6 Cultural Questions for trivia challenge mode









Digital Roots - A Cultural Memory & Trivia Game

Discover the living traditions of Bulgaria and Türkiye through fun, memory, and learning!

Digital Roots is a flexible, two-in-one educational game designed for children and youth to explore cultural heritage in an engaging and interactive way. The game includes two main ways to play, based on age and level of challenge.

### GAME MODE 1: MEMORY MATCH (Ages 5–10)

A fun and simple way for younger players to begin their cultural journey!

### @ Goal:

Match all the pairs of traditional cards and collect the most pairs!

### L How to Play:

1. Choose one or more of the four decks:

Famous Bulgarian Traditions/ Famous Turkish Traditions/ Not-So-Famous Bulgarian Traditions/ Not-So-Famous Turkish Traditions

- 2. Lay all memory cards face down (symbol side down).
- 3. Players take turns flipping two cards at a time.
- 4. If the cards match, the player keeps the pair and takes another turn.
- 5. If they don't match, it's the next player's turn.
- 6. Keep playing until all the pairs are found.

The player with the most pairs at the end wins!

Tip: Choose fewer cards for shorter games, or mix decks for more fun!

Perfect for older kids, teens, and cultural enthusiasts who want to test their memory and their knowledge!

### Lack How to Play:

- 1. Before you begin, players should read through the Informative Tradition Cards to get familiar with the stories and meanings behind each tradition.
- 2. Start with Memory Mode as described above.
- 3. Every time a player makes a successful match, they:
- Roll the dice 😵
- Use the number on the dice to answer the corresponding question from the Question List (1–6)
- Each correct answer earns 1 point
- You can keep answering more questions in sequence, as long as you continue to answer correctly (max 6 per turn)
- If you get a question wrong, your turn ends and you keep the points you earned during that round

### **©** Scoring:

1 point for every matched pair

+1 point for every correct answer on the question list

If a player rolls a number corresponding to a question they've already answered, they may roll again — up to 3 times. After 3 failed rolls, their turn ends.

The game ends when all the pairs are matched. The player with the most total points (pairs + trivia answers) is the winner!

### Card decks:

### **Bulgarian Traditions**

### Famous Bulgarian

**Traditions** 

- 1. Koleduvane
- 2. Baba Marta
- 3. Nestinarstvo
- 4. Ice horo
- 5. Kukeri
- 6. Molybdomancy
- 7. Survakane
- 8. Lazaruvane
- 9. Sirni zagovezni
- 10. Stealing the Bride

# Not-So-Famous Bulgarian

**Traditions** 

1. Memorial Service for the

Living

- 2. The Calling
- 3. Divination of walnuts
- 4. Summer solstice on

Rabbit Peak

- 5. The healthy ones
- 6. Mice wedding
- 7. German Hailkiller
- 8. Chasing the serpent
- 9. Butterfly for rain
- 10. Babuvane

### **Turkish Traditions**

Famous Turkish

**Traditions** 

- 1. Henna Night
- 2. Kurşun Dökmek
- 3. Kırk Uçurmak
- 4. Fortune Telling
- 5. Tooth Hedik
- 6. çaput Bağlama
- 7. Golden Day
- 8. Bagbozumu
- 9. Hidirellez
- 10. Nevruz

Not-So-Famous Turkish

Traditions

- 1. Sinsin
- 2. Ashura
- 3. Kal Gagan
- 4. Su Serpme
- 5. Siftah
- 6. Semah
- 7. Al Karısı
- 8. Imece
- 9. Bocuk Gecesi
- 10. Cemre

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# Bulgarian Traditions

# Famous Bulgarian Traditions



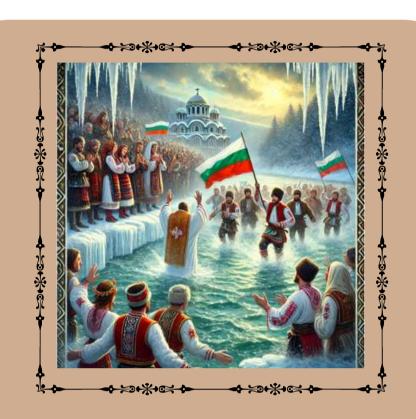
Koleduvane



Baba Marta



Nestinarstvo



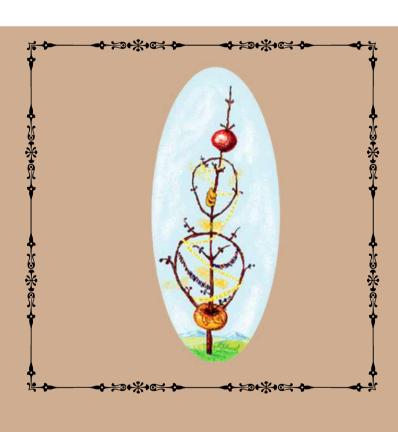
Ice horo



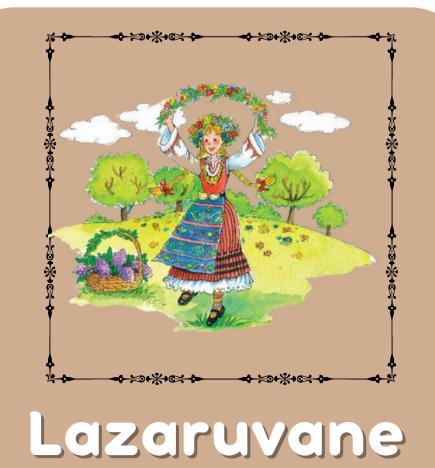
Kukeri



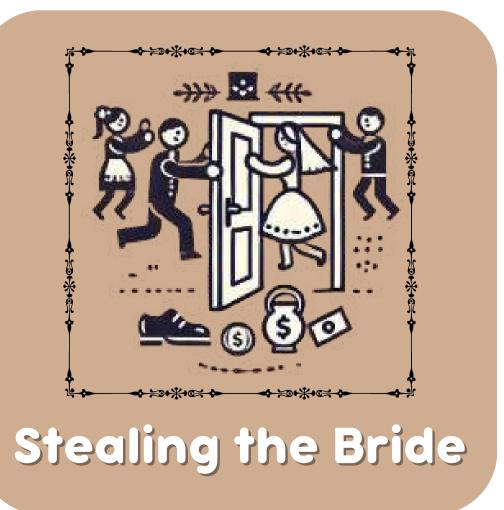
Molybdomancy



Survakane

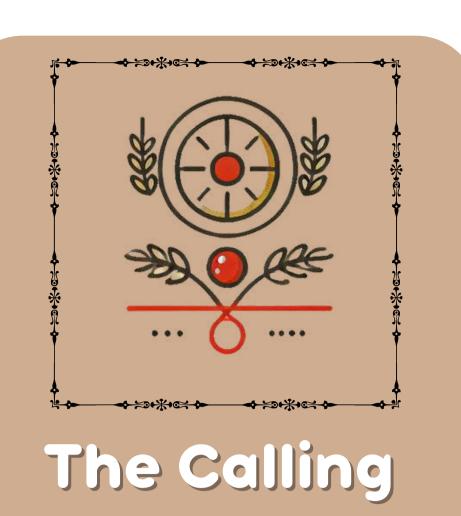


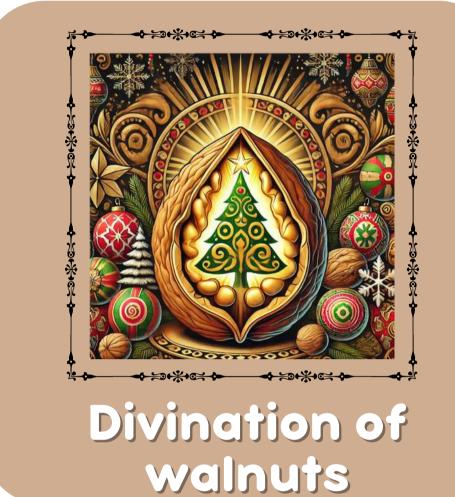


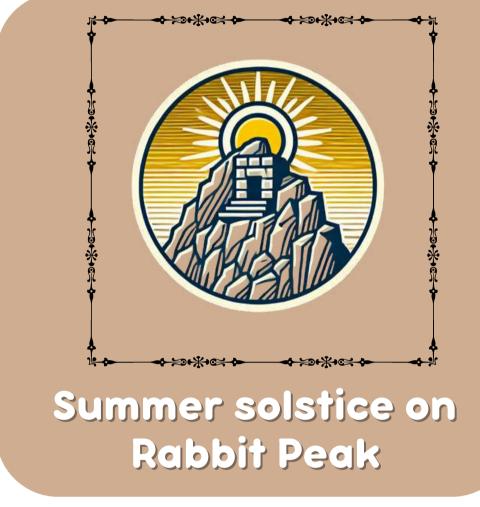


# Not-So-Famous Bulgarian Traditions





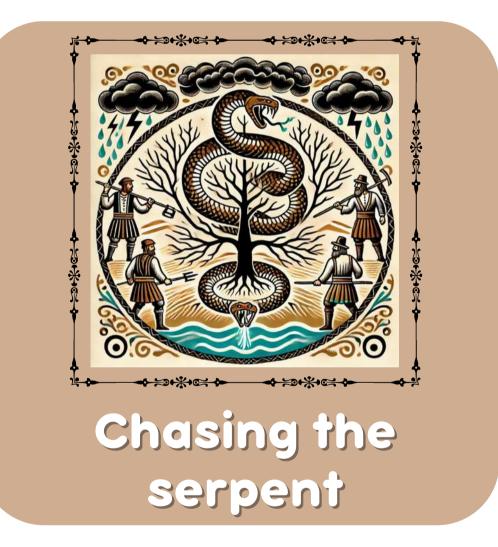




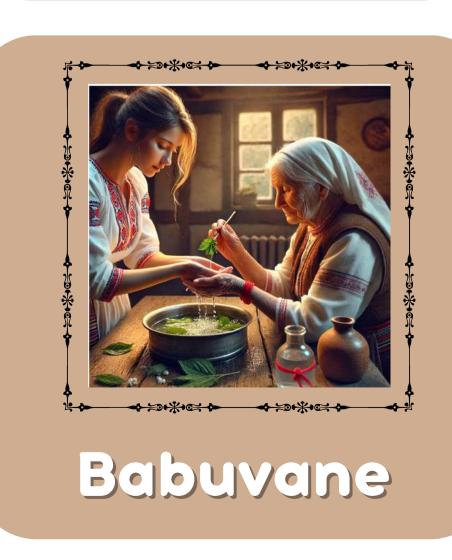












# Turkish Traditions

# Famous Turkish Traditions



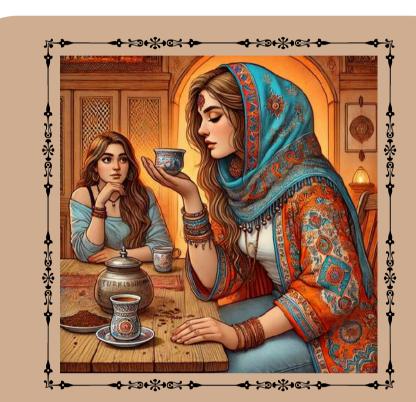
Henna Night



Kurşun Dökmek



Kırk Uşurmak



Fortune Telling



Tooth Hedik



çaput Bağlama



Golden Day



Bagbozumu

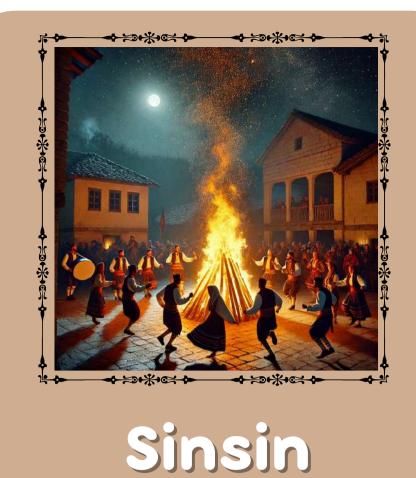


Hidirellez



Nevruz

# Not-So-Famous Turkish Traditions





Ashura



Kal Gagan



Su Serpme



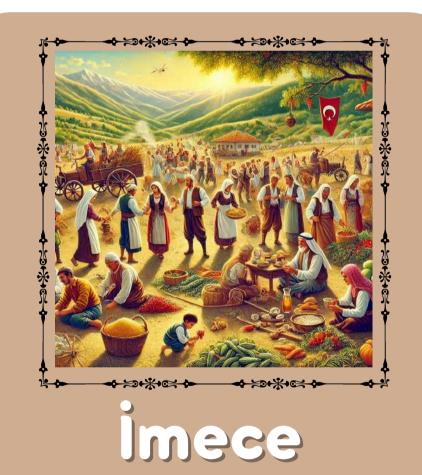
Siftah



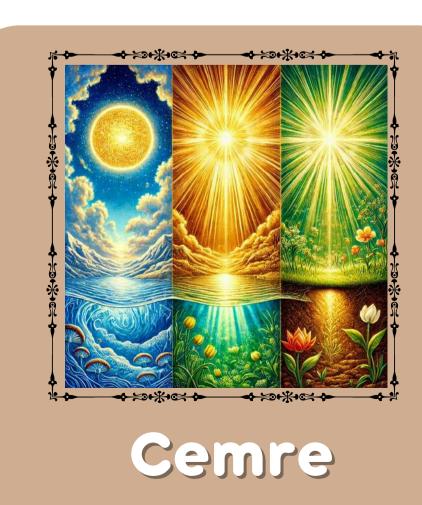
Semah



Al Karısı

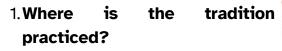








### **QUESTIONS**



- 2. What are the key symbols?
  (E.g. red-and-white threads, lead pouring, fire-walking, gold)
- 3. What are the origins of the traditon?
- 4. What is the meaning of the traditon?
- 5.Is there a similar tradition in another country?
- 6. What emotions are associated with the tradition?







### **KOLEDUVANE**



 A Bulgarian Christmas Eve custom where young men sing carols from midnight to dawn, blessing households with health, prosperity, and happiness while warding off evil spirits. They wear festive clothing with decorated hats, and receive bread and small gifts.

### **INTERESTING FACTS:**

The Koledari always move eastward, symbolizing the direction of the rising sun, new beginnings, journey toward light, life, and prosperity.

### ORIGINS AND WHERE IS PRACTICED:

- The tradition is practiced across Bulgaria.
- Rooted in ancient Slavic pagan practices.
- Found in other Slavic and
   Balkan countries.





### BABA MARTA



### **BRIEF DESCRIPTION AND MEANING**

- On March 1, people wear red-and-white threads for luck and protection as a symbol for health.
- They are removed in spring and tied to a tree marking new beginnings.



### **INTERESTING FACTS:**

The martenitsa tradition was recognized by UNESCO as part of Bulgaria's cultural heritage in 2017.

## ORIGINS AND WHERE IS PRACTICED:

- The martenitsa tradition, originates in Bulgaria.
- It is also observed in
  - Romania, Moldova,
    - North Macedonia,

Greece, Albania, and Serbia





### **NESTINARSTVO**

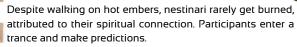


### **BRIEF DESCRIPTION AND MEANING**

- Traditional barefoot fire-walking ritual on embers, celebrated on St. Constantine and St. Helena's Day.
- Represents purification, health, spiritual protection, and divine connection.



### **INTERESTING FACTS:**





- Originates as a pagan rituals, especially Thracian, later integrated into Christian traditions.
- Practiced in the Strandzha Mountains in Bulgaria and northern Greece.





### **ICE HORO**



### BRIEF DESCRIPTION AND MEANING



Annual tradition in Kalofer on Epiphany (January 6) where men in traditional costumes dance in the freezing Tundja River, retrieve а cross. and sina with accompaniment.



Represents strength, unity, courage, and spiritual renewal.



### INTERESTING FACTS:



Held in January, one of the coldest months, participants endure icy water, showcasing the resilience and bravery central to the tradition



- It is practiced in Kalofer, Bulgaria and has ancient roots blending pagan and Christian customs.
- Similar rituals, like cross retrieval, are common in Greece, Serbia, Romania.





### **KUKERI**



### **BRIEF DESCRIPTION AND MEANING**

- Annual tradition where men in masks, animal skins, and bells perform mimed scenes, bless households, and dance in the village square to drive away evil spirits.
  - Represents protection, fertility, renewal, and prosperity.



### **INTERESTING FACTS:**



Performers attach large copper or bronze bells to their belts, which can weigh up to 100 kilograms as the chanting scares away evil spirits.



### ORIGINS AND WHERE IS PRACTICED:

- Widely celebrated across Bulgaria.
- Originates from ancient Thracian and Greco-Thracian Dionysian cults.
- Found also in Hungary, Slovenia, Romania, Greece.





### MOLYBDOMANCY



### **BRIEF DESCRIPTION AND MEANING**

- Molybdomancy is a 500-year-old Bulgarian ritual using melted lead to dispel fear. Melted lead is poured into cold water to form shapes symbolizing the source of fear.
- Identifies and dispels distress through the transformation of lead, providing cleansing and protection.



### **INTERESTING FACTS:**



It is believed to provide psychological relief by symbolically removing anxiety or negative energy.

Due to lead's toxicity, now safer metals are used like tin.



- Practiced across Bulgaria.
- It has ancient Greek roots
- Found in Greece, Austria, Bosnia and Herzegovina, Germany, Switzerland, the Czech Republic, Turkey, and Finland.





### **SURVAKANE**



- The tradition is celebrated on New Year's holiday Survaki.
- Groups of children or young men go door to door, tap people on the back with decorated sticks (survachki) while reciting blessings for health and prosperity.
- Participants receive food, treats, or small coins.

### **INTERESTING FACTS:**

Cornel wood, valued in Bulgarian culture for its longevity, is chosen for its symbolic strength.

After the Survakane ritual, the survachka is placed on a roof, tree, or in a river to promote growth, health, and fertility.

### ORIGINS AND WHERE IS PRACTICED:

- Observed all over Bulgaria.
- Rooted in pagan rituals, influenced by Thracian and Slavic customs.
- Practiced by Bulgarians abroad in the USA, Canada, Germany, and Spain.





### LAZARUVANE



- Celebrated on Lazarus Saturday, before Palm Sunday.
- Young girls (lazarki) in festive attire adorned with flowers and branches visit fields and homes, singing songs of love, marriage, health, prosperity; receive gifts like bread, fruit, coins. Marks the transition from winter to spring.

### INTERESTING FACTS:

Folklore warns girls who skip Lazaruvane risk misfortune, like remaining unmarried or being taken by a dragon. In Northern Bulgaria the household head gifts lazarki eggs, which are collected in small baskets for Easter.

### ORIGINS AND WHERE IS PRACTICED:

- Widely observed in Bulgaria.
- Traces back to Roman festivals, later blended with Slavic rituals.
- Similar traditions exist in other South Slavic cultures.





### SIRNI ZAGOVEZNI/FORGIVENESS/JUMPING OVER FIRE



- Celebrated 7 Sundays before Easter with a meat-free dinner and requests for forgiveness from older family members.
- Traditions include singing at sunrise, lighting bonfires, jumping over flames, young men shooting arrows towards loved ones' homes.

### INTERESTING FACTS:

Central to the celebration is the act of seeking and granting forgiveness. Younger individuals visit elders and relatives to ask for forgiveness, symbolizing the cleansing of past grievances and the start of Lent with a pure heart.

### ORIGINS AND WHERE IS PRACTICED:

- Popular across Bulgaria, particularly in the southeast.
- Combines Christian and pagan customs.
- Found in other Eastern
  Orthodox countries, such
  as Greece and Russia.





### STEALING THE BRIDE



- A playful wedding tradition where the groom and friends "steal" the bride from her home, reenacting an attack with blocked doors, and negotiations. A symbolic ransom is collected in the bride's shoe, representing a bargaining act.
- Represents the groom's promise to overcome obstacles.

### **INTERESTING FACTS:**

Some couples add unique twists, like having the groom perform funny tasks, sing a song, or answer questions about the bride before he "earns" the right to take her.

### ORIGINS AND WHERE IS PRACTICED:

- · Performed across Bulgaria.
- Rooted in Balkan customs of bride "stealing" influenced by patriarchal societies.
- Popular across the Balkans and neighboring regions.







### MEMORIAL SERVICE FOR THE LIVING



- Practiced among elderly individuals without close relatives.
- Elderly people arrange their own memorial service, preparing a feast with bread, wine, and sacrificial meat, blessed by a priest. Thus they ensure a dignified farewell, fostering community, respect, and remembrance.

### **INTERESTING FACTS:**

The participants often prepare their own table, including items they wish to have at their actual funeral, such as clothing or symbolic gifts, adding a very personal touch.

### ORIGINS AND WHERE IS PRACTICED:

- Practiced in villages along the Danube River; derives from Bulgarian folklore.
  - Similar to Japan's
    "Seizenso" but distinct in
    its cultural context in
    Bulgaria.





### THE CALLING



- Ancient ritual performed during significant occasions or times of change, where participants voice their desires with clear intentions, believing in the power of words.
- Sacred bread is prepared, ingredients blessed and a meal is shared. Participants tie red wool thread on their wrists.

### INTERESTING FACTS:

Unlike prayer, which seeks help, The Calling is about claiming one's right to happiness, requiring participants to be clear about their desires. Reminds of manifesting.

### ORIGINS AND WHERE IS PRACTICED:

- Rooted in ancient Bulgarian folklore and early Slavic spirituality.
- Unique to Bulgaria, with no direct equivalent

elsewhere.





## DIVINATION OF WALNUTS AT CHRISTMAS



- On Ignazhden (December 20), family members pick walnuts to crack open on Christmas Eve or Christmas Day to predict their future.
  - Whole kernel signifies health, luck, and prosperity; broken or blackened kernel warns of challenges.

### **INTERESTING FACTS:**

Hard shell: Predicts health and strength for the owner. Brittle shell: Considered a bad omen.

Kernel condition: Reflects personal health and the family's prosperity.

### ORIGINS AND WHERE IS PRACTICED:

- Practiced across Bulgaria.
- Deeply rooted in Bulgarian folklore and holiday customs.
- The tradition is found also in Romania and Serbia





# THE SUMMER SOLSTICE ON RABBIT PEAK



### **BRIEF DESCRIPTION AND MEANING**

- Celebrated on the summer solstice (June 21) at an ancient Thracian rock sanctuary on Rabbit Peak, dedicated to the goddess Cybele, dating back to 2000–1500 BC.
  - Honors Cybele and the Sun, representing fertility, life, and the cyclical nature of time.



### **INTERESTING FACTS:**



The site have healing properties due to its strong geomagnetic field which is 7 times stronger than average and is thought to help lower blood pressure.

### ORIGINS AND WHERE IS PRACTICED:

The ancient Thracians ritual is practiced at Rabbit Peak, a Thracian rock sanctuary in Yambol Region, Bulgaria and it is specific for this region.

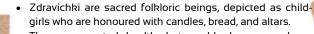




### THE HEALTHY ONES/ZDRAVICHKITE



### **BRIEF DESCRIPTION AND MEANING**



- They represented health, but could also cause harm through "poradvane".
- Once significant, the tradition is no longer observed.



### **INTERESTING FACTS:**



The name is derived from the Chepelare region, where the word "disease" was avoided; instead, they used "Zdravichki" (the healthy ones) to prevent attracting illness.

## ORIGINS AND WHERE IS PRACTICED:

- The ritual is practiced only in the village of Yugovo, Plovdiv Province, Bulgaria.
- No evidence of the custom being practiced outside this region.





### MICE WEDDING



### **BRIEF DESCRIPTION AND MEANING**

- Mice Wedding is a Bulgarian ritual to protect food, clothing, and crops from mice.
- Women catch a male and female mouse, tie them as "bride and groom" and carry them out of the village with wedding music symbolizing leading all mice away.



### **INTERESTING FACTS:**



The women capturing the mice should have identical names. Some of the participants in the ritual become "bridegrooms", "maids" and "grooms" of the mice.

### ORIGINS AND WHERE IS PRACTICED:

- Practiced in rural Bulgaria where agriculture is vital.
- Specific to Bulgaria, though cultures like Japan and China have similar rituals using symbolic mouse weddings.







### **GERMAN HAILKILLER**

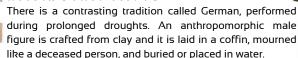


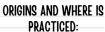
### BRIEF DESCRIPTION AND MEANING

- Bulgarian tradition on May 12 to protect against hail.
   Villagers refrain from work, chant to divert storms. Carts are dismantled if anyone attempts labor.
- Represents respect for natural forces and communal efforts to safeguard crops and livelihoods.



### INTERESTING FACTS:





- Observed in various Bulgarian regions mainly agricultural areas.
- Stems from ancient Bulgarian folklore, pagan beliefs, and Slavic mythology.





### CHASING THE SERPENT



- The ritual is performed during droughts; men search the village naked at midnight looking for the serpent, armed with sticks, and maintain silence to avoid the serpent's curse.
- Ends with a river bath for purification and rain invocation.

### **INTERESTING FACTS:**

The participants are young and strong physical men who are unknown to the villagers. It is believed that if anyone finds out who they are, the serpent will not be driven away.

### ORIGINS AND WHERE IS PRACTICED:

- The ritual is practiced in Western, Northwestern Bulgaria, and central Stara Planina region.
- Exclusive to Bulgarian culture, not practiced elsewhere else.

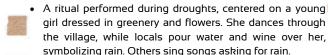




### **BUTTERFLY FOR RAIN**



### **BRIEF DESCRIPTION AND MEANING**



• Represents the community's plea for rain.



### **INTERESTING FACTS:**



The songs sung during the ritual, known as peperuga or dodola songs, are unique to the occasion. They often tell of the butterfly flying to the heavens to beg for rain.

### ORIGINS AND WHERE IS PRACTICED:

- The tradition is widespread in Bulgaria.
- Stems from Slavic pagan worship customs.
- Similar traditions are practiced by Serbs, Croats, Romanians, Greeks.





### BABUVANE/BABINDEN



- A Bulgarian tradition honoring elder women (midwifes) who assisted in childbirth.
- Young mothers pour water over the midwife's hands, offering blessings for health. A smoothly sliding soap symbolizes easy future births.

### INTERESTING FACTS:

In some regions, the midwife is carried to a river or well for a ritual bath, believed to bring health and prosperity.

The midwife blesses newborns, gives bread, basil, and red string for health, and the day ends with gifts of wool socks.

### ORIGINS AND WHERE IS PRACTICED:

- Babinden is a tradition unique to Bulgaria.
- Rooted in ancient
   Bulgarian customs
   honoring village midwives
   with Slavic and possibly
   Thracian influences









### **HENNA NIGHT**



 One or two nights before the wedding, the bride and her closest female friends and family gather to celebrate her last hours as a maiden. Once applied to a bride's hands and feet, the henna imbues her with the fertility and abundance of Earth's soil.

### INTERESTING FACTS:

Although it seems like a fun event, there is sadness because it is the bride's last night in her father's house and the bride cries under the influence of sad folk songs.

### ORIGINS AND WHERE IS PRACTICED:

- The roots of the tradition can be seen in Anatolia, Iran and India.
- This tradition is practiced throughout Türkiye.





### KURŞUN DÖKMEK

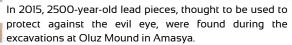


### **BRIEF DESCRIPTION AND MEANING**

- Pour lead is a ritual that has been used throughout history to protect against the evil eye, spell, or to change bad luck.
  - Since Shamanism, the pre-Islamic religious belief of the Turks, it has been believed that fire has a cleansing and sacred structure.



### **INTERESTING FACTS:**





Although its implementation and methods vary slightly from region to region, this ritual is performed throughout Türkiye.





### KIRK UÇURMAK



### **BRIEF DESCRIPTION AND MEANING**



- This tradition is done to celebrate and express gratitude for the mother and baby spending the first 40 days together without any problems.
- It is the first step towards the mother's inclusion into normal life after the postpartum period (40 days).



### **INTERESTING FACTS:**

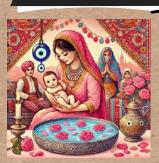


Nowadays, there are gift baskets for this special day prepared and sold in some markets or internet.



It is believed that its origins come from Shamans. It is a tradition that dates back to the Gokturks. The tradition has been practiced all over

Türkiye.





### FORTUNE TELLING



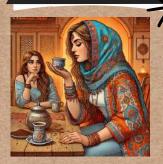
 Coffee is drunk, then a wish is made, the cup is turned three times, a ring or coin is placed on the cup and waited for about five minutes. Turkish coffee is an indispensable drink for ceremonies, family gatherings and holidays.

### **INTERESTING FACTS:**

Coffee trees do not grow in Türkiye. However, it is claimed that the first coffee in history was made in Istanbul.

### ORIGINS AND WHERE IS PRACTICED:

- It originates from the Ottoman Empire.
- The tradition has been practiced all over Türkiye.





### **TOOTH HEDIK**



### **BRIEF DESCRIPTION AND MEANING**

- Diş Buğdayı is a ceremony held in Turkish traditions to celebrate when a baby's first tooth comes out.
- It is a party for the first tooth. The purpose of this tradition is to wish well for the baby.



#### **INTERESTING FACTS:**



The oldest woman in the family cooks tooth wheat. This is a symbol of respect for women and the elderly.



Although it is not certain, it is accepted that this is a tradition dating back to the Central Asian Turkish States.
The tradition has been practiced all over Türkiye.





## ÇAPUT



 Tying cloth or rag to trees is a ritual that hopes for wishes to come true. People usually tie rag or cloth to the tombs of sacred people that they consider who are saints, to trees and bushes that are related sacred people.

### **INTERESTING FACTS:**

According to belief Yer Su spirits own every mountain, lake, river, and tree. They are protective and easily appeased with simple offerings like rags, which people tie to grant wishes or improve misfortunes.

## ORIGINS AND WHERE IS PRACTICED:

- Although it is thought to be based on Shamanism, the real source of the ritual is the Uluğ Kayın epic. Uluğ Kayın is a sacred tree in folk beliefs and in shamanism.
- This ritual is observed all over Türkiye.





### **GOLDEN DAY**



 An event organized by women who live in the city and are usually working, to have fun/socialize while also making a small investment or meeting a need. Women both socialize and provide economic solidarity by giving gold (1.75 gr) collected to their friends determined that month.

### **INTERESTING FACTS:**

The golden days emerged because women, especially in business life, could not find time to socialize and meet with their peers. Thus, they had the opportunity to both socialize and invest at least once a month.

## ORIGINS AND WHERE IS PRACTICED:

- The origin of traditional gold days is based on long-standing conversation meetings.
   This tradition is
- I nis tradition is continued throughout Türkiye.





### **GRAPE HARVEST**



### **BRIEF DESCRIPTION AND MEANING**

 It is a traditional festival held every year at the beginning of September to celebrate the harvest of grapes in the vineyards, which is the harvest after all the work that has been done throughout the year.



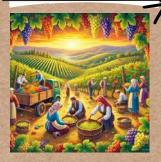
#### **INTERESTING FACTS:**

It is said that, when the grape harvest comes, the grapes become brides.

In Greek mythology, Dionysus whose symbol is the wine tree, so he is also known as the god of the grape harvest.



- The earliest records date back over 10,000 years in the Fertile Crescent, while its origins as a festival trace back 2,600 years to Greek mythology.
- Practices in Türkiye's grape regions and in grape-producing countries like Italy, Greece,
   Spain, and France.





### HIDIRELLEZ



 A folk holiday celebrated as the day on which the prophets Al-Khidr (Hızır) and Elijah (İlyas) met on Earth and is accepted as the arrival of spring/summer. The arrival of spring or summer has been celebrated everywhere humanity has lived.

### INTERESTING FACTS:

St. George is corresponding to Hızır in Christianity.

The day is also known as Gergyovden (Bulgaria), Djurdjevdan (Serbia), Hıderles (North Macedonia).

## ORIGINS AND WHERE IS PRACTICED:

It originated from huntergatherer groups and has been integrated into Judaism, Christianity and Islam.





### **NEVRUZ**



### **BRIEF DESCRIPTION AND MEANING**

 Nevruz Festival symbolizes the awakening of nature and the arrival of spring. Nevruz, meaning "New Day", is celebrated on 21st of March, marking the day of awakening, resurrection, and creation for all beings.



#### **INTERESTING FACTS:**

According to the old Persian calendar, it is the first day of the year and regarded as the start of spring, when the sun enters the house of Aries.

## ORIGINS AND WHERE IS PRACTICED:

- The tradition has mythology origins as God created the world, man and the sun on this day.
- Practiced all over Türkiye.
- Practiced in other turkish communities like Azeris, Kazakhs, Kyrgyz.







### SINSIN



 It is a fire-based dance performed around a fire in the village squares, accompanied by drums and zurna, at weddings or any night apart from weddings.

### **INTERESTING FACTS:**

It is a war preparation dance in which Turks prepare themselves for war. The movements in this game are brave and manly.

## ORIGINS AND WHERE IS PRACTICED:

- It is a dance that Oghuz
   Turks brought from
   Central Asia to Anatolia
   and was played for
   centuries.
  - This tradition is seen in Central Anatolia.





### **ASHURA**



 Ashura (Noah's pudding) in Persian is derived from the word "ashurdan", which means "mixed food". It is a traditional dessert that starts on the 10th day of Muharram according to the Hijri calendar and is cooked for a month.

### INTERESTING FACTS:

While Ashura is cooking, silk cloths and perforated silver coins are tied to the ladle. It is believed that washing and storing those coins will bring prosperity.

## ORIGINS AND WHERE IS PRACTICED:

- It comes from judism, cristianism and islam.
- This tradition is practiced throughout Türkiye.





### KAL GAGAN BAIRAM

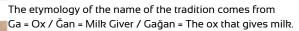


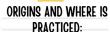
### **BRIEF DESCRIPTION AND MEANING**

- Kal Gağan, celebrated between 21st of December and 13th of January, carries the rituals of bidding farewell to the old and greeting the new year.
- It is a celebration to say goodbye to the old year with joy and to wish the new year will always be happy.



#### **INTERESTING FACTS:**





It is celebrated in the area formerly known as Dersim and today Tunceli in Türkiye.





### THROWING WATER



 When people leave home for a while for any reason such as education, military service, or work and go somewhere else, one of the household members sprinkles a bowl of water. While sprinkling the water, they say, "Go like water, come back like water."

### **INTERESTING FACTS:**

According to this belief; pouring water after the traveler is for Umay Ana (Mother Earth) to protect and watch over the traveler and to reach their destination quickly.

## ORIGINS AND WHERE IS PRACTICED:

- It is one of the Tengrism belief rituals that has survived from pre-Islamic times to the present day.
- Practiced all over Türkiye.
- Apart from Türkiye in Bulgaria, Serbia.





### SIFTAH

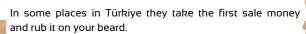


### **BRIEF DESCRIPTION AND MEANING**

 This is called "SIFTAH". By throwing the money on the ground, it is shown that it is worthless and that what is important is to work honestly and morally. The sooner this happens, the more profitable that day will be.



#### **INTERESTING FACTS:**





It is practiced all around Türkiye.

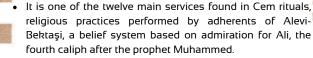




### SEMAH



### BRIEF DESCRIPTION AND MEANING



It can be described as a set of mystical and aesthetic body movements in rhythmic harmony.



#### **INTERESTING FACTS:**

Semahs play a crucial role in fostering and enriching the traditional music culture of Türkive.

Inscribed in 2010 (UNESCO) on the Representative List of the Intangible Cultural Heritage of Humanity.



#### ORIGINS AND WHERE IS PRACTICED:

- Originated from Ancient Mesopotamian word sema meaning heavens, fortune and hearing.
- Various forms of Semah exist in Alevi-Bektaşi communities across Türkive.





### **AL KARISI**



### **BRIEF DESCRIPTION AND MEANING**

 The "Alkarısı" is a terrible creature that haunts women at postpartum period and babies. She is an evil-spirited woman as big as a giant, tall, with long fingers and long nails.



#### INTERESTING FACTS:



Albasması (nightmares and hallucinations), which used to be a big problem in public life, is a microbial disease called puerperal fever (fièvre puerpérale).



This superstition exists throughout Türkiye, especially in the Central and Eastern Anatolia Region.







- The villagers tried to complete the work by helping each other (working cooperation collectively) in order of importance/urgency of the work.
- It means solving problems, getting things done on time, and helping each other in cooperation.

### **INTERESTING FACTS:**

The word "İmece" is mentioned in the old Turkish dictionary called Divanı Lugatit Türk. It is based on information from historical research, where it is known that Turks gather to cooperate and make decisions.

## ORIGINS AND WHERE IS PRACTICED:

Practiced especially in villages in Türkiye.





### **BOCUK GECESI**



### **BRIEF DESCRIPTION AND MEANING**

- Bocuk Night is a term symbolizing the harshest night of the year in Thrace. This date usually falls in mid-January (mostly 6 of January).
- Neighbors share pumpkin dessert, and a harmful whiteclad creature spares homes where pumpkins are cooked.



#### **INTERESTING FACTS:**

It resembles Halloween in many ways.

People believe that a year in which Bocuk Night is not celebrated will be unproductive.



- Turks, who lived in the Balkans for centuries, continued this tradition when they came to the Thrace region as immigrants.
- This tradition is celebrated in Thrace region of Türkiye.





### **CEMRE**



### **BRIEF DESCRIPTION AND MEANING**

- Cemre, which literally means fire and embers, means the awakening and revival of nature in folk belief.
- It is a folk belief that people, especially farmers, have long planned their lives around weather conditions.



#### **INTERESTING FACTS:**



Cemre and snowdrops are closely related. For this reason, snowdrops can be shown as the symbol of Cemre.

## ORIGINS AND WHERE IS PRACTICED:

- Central Asia, the first settlement of the Turks.
- This belief continues throughout Türkiye.

