

DIGITAL BOOK

HIDDEN CULTURE



Co-funded by the
Erasmus+ Programme
of the European Union



TARHANA SOUP

A Traditional Soup

Country: Türkiye

Location: Uşak

Timeline: Before the 10th century

Type: Knowledge and practices concerning nature and universe



Credit: Rabia Şimşek

Tarhana soup is an important intangible cultural heritage in Türkiye. Although it is a very popular soup in Türkiye, tarhana is originally from Central Asia. Turkish people have tarhana soup for breakfast or a starter course.



Tarhana has a very high nutritional value and is a very healthy product. It contains minerals such as mineral, protein, calcium, iron, potassium, magnesium. It is famous for healing many diseases. Tarhana is made by mixing, fermenting, drying and grinding flour, yoghurt, yeast, vegetables and spices.

Rumour has it that the Sultan visits a villager's house one day, and the poor family is embarrassed because they can't serve an expensive meal. They cook a soup. The Sultan likes the soup very much and he asks about the soup. They say it is "dar hane" (meaning soup of the poor). The name of the soup changes to "Tarhana" in time.



Recipe

How to Make Tarhana Soup

1. Mix 1 cup of tarhana with 1.5 cups of hot water and melt it.
2. Heat 2 tablespoons oil in a deep saucepan. Add 2/3 cloves of garlic and 1 teaspoon of tomato paste and fry them for 2-3 minutes.
3. Add 1 teaspoon of salt, pepper and mint. Add the tarhana to the tomato paste.
4. Add 6 cups of hot water and stir until the soup is thick.
5. Serve it when it is hot.

You can see tarhana soup even in Turkish movies, for example Keloglan. Keloglan is a fairy tale hero from Anatolia. He hears about the Sultan's daughter. She is very ill. Nobody can heal her. Keloglan recommends she drinks tarhana soup. She miraculously gets well instantly. They fall in love.

LINKS & REFERENCES

[oxfordlearnersdictionaries.com](https://www.oxfordlearnersdictionaries.com)
[tarhana.com.tr](https://www.tarhana.com.tr)



Credit: Rabia Şimşek

Nutritional (adj)

Connected with the process by which living things receive the food necessary for them to grow and be healthy.

Heal (v)

To become healthy again; to make something healthy again.

Grind (v)

To break or press something into very small pieces between two hard surfaces or using a special machine.

Yeast (n)

A fungus used in making beer and wine, or to make bread rise

Stir (v)

To move a liquid or substance around, using a spoon or something similar, in order to mix it completely.

KİLİM WEAVING

Turkish women weave themselves in the kilims

Country: Türkiye

Location: All regions of Türkiye

Timeline: 5th Century BC

Type: Traditional craftsmanship



Kilims are among the oldest products of weaving art in Anatolia.

From a cultural point of view, kilim is a work of art. It is a bridge from the past to the present. It is the representative of cultural identity. Women generally weave different symbols from birth to death. It dates back to old Turkish tradition of nomadic life. In short, it is an ancestral heirloom.

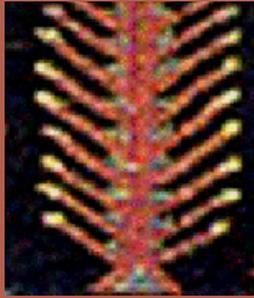
Since Türkiye has been home to various cultures throughout history, kilims have various techniques and patterns. They also show regional characteristics.



There are some popular traditional motifs.



Women traditionally weave their feelings and values in the motifs. The feelings are love, worry, happiness, longing and heartbreak.



Tree of life motif

The tree of life: It is your eternity.



Scorpio motif

It protects from evil



Dragon motif

Dragon: The dragon is the lord of air and water. It is believed to bring bountiful spring rains.



Amulet Motif

Amulets protect the owner from bad luck.

LINKS & REFERENCES

<https://www.kulturportali.gov.tr/turkiye/tunceli/kulturatlasi/klm511141>

<https://www.dekoloji.com/turkiyedeki-kilim-motifleri-ve-anlamlari/>

Photo credits: Rabia Şimşek

Weave (v)

To make cloth, a carpet, a basket, etc. by crossing threads or narrow pieces of material across, over and under each other by hand or on a machine called a loom.

nomadic (n)

Member of a people that travels from place to place to find fresh pasture for its animals and has no permanent home.

Amulet (n)

An ornament or small piece of jewellery thought to give protection against evil, danger, or disease.

ZEYBEK

A Folk Dance Unique to the Aegean Region of Türkiye

Country: Türkiye

Location: Aegean Region

Timeline: 16th century

Type: Folk dance



Zeybek, along with horon and halay, is one of the most popular folk dances in Türkiye.

The word zeybek is mostly used to describe the brave people, who lived in various villages and towns of the Aegean region of Türkiye and rebelled against the aghas. Zeybeks were armed and were always on the side of the oppressed people from the 16th to 20th century. Therefore, Zeybeks have been the subject of many movies and books in Türkiye. The name of the zeybek dance comes from those brave people, and many figures in the dance describe the courage of the Zeybek people.



The musical instruments that are used in zeybek dances are zurna (a kind of traditional clarinet) and davul (a kind of bass drum).



As in other folk dances, zeybek also has local clothes that are designed with Anatolian motifs as seen in the images.

Zeybek dance

Zeybek dance can be performed alone, in pairs or in groups, depending on the type of it. Today, there are nearly 20 types of zeybek dance. The most known and loved types of zeybek can be listed as follows:

- Teke Zeybek: It is also known as Teke Zortlama by the local people. Teke Zeybek is usually performed faster than other types, and is known as the type of zeybek performed by Mustafa Kemal Atatürk, the founder of the Republic of Turkey.
- Kırık Zeybek: It has got this name because there is a knee-bending figure in many parts of this thype of the zeybek dance. It is one of the most performed zeybek dances in Western Anatolian wedding ceremonies.
- Avşar Zeybek: It is one of the slowest performed types of the zeybek dance, and it is usually performed in Burdur and Antalya provinces of Türkiye.

LINKS & REFERENCES

Zeybek

https://www.istockphoto.com/en/search/2/image?mediatype=&phrase=zeybek&utm_source=pixabay&utm_medium=affiliate&utm_campaign=SRP_image_sponsored&utm_content=http%3A%2F%2Fpixabay.com%2Fimages%2Fsearch%2Fzeybek%2F&utm_term=zeybek

Davul Zurna

<https://stock.adobe.com/search?k=zurna&>

<https://dictionary.cambridge.org/dictionary/english/>

rebel (v.): a person who does not like rules or authority, and shows this by behaving differently from most people in society.

Agha (n.): title for a civil or military leader in Ottoman Empire.

Oppressed (adj.): governed in an unfair and cruel way and prevented from having opportunities and freedom.

Founder (n.): someone who establishes an organization or a country.

PEN CLUB LJUBLJANA

A meeting place of my generation

Country: Slovenia

Location: Centre of Ljubljana

Timeline: 1967 - 2017

Type: meeting place, relations, feelings, learning



"Dear guests, we are having end," announced Oli, the Pen club manageress of German origin in her German Slovenian. Though each night 2 o'clock was loudly announced on the Radio Oestereich 2 ("*Es ist zwei Uhr*"), the morning guests would not leave. They would regularly stay till 3 o'clock. From time to time they would stay till five and in the times of the traditional Ljubljana's Jazz Festival they would stay till eight o'clock, playing for pleasure on the restaurant terrace. Most of the times Miki, Oli's husband and co-manager, had still another more intimate way to trick guests into leaving: "Oli would like to feel my body against hers." This was the magic sentence guests could not resist and they went home or moved elsewhere.

»We are proud of any idea that was born over our dinner dishes, of any contract that was concluded at our tables,» wrote Oli, Miki's widow, some years ago when aged 75 years she closed down the iconic place with walls burdened with souvenir photos. The restaurant's owner was the Slovenian Writers' Association/ Pen Centre and the restaurant was called **Pen Club Restaurant or at Miki's**.

Once at a table in the second room at Miki's, you are already Somebody or you are accompanied by Somebody.

(Lombard, ex -director of the Ljubljana's French Cultural Centre, 1972)

Slovenian Writers' Association/Slovenian Pen Centre is located in Tomšičeva street 12. For our story is important the association's restaurant Pen Club/ or Club/ or at Miki's. It was closed some years ago, after Eva Maria Oli, Miki's wife (restaurant manageress) got retired. The place is living on in the collective memory. Why? For generations of now older Slovenian intellectuals and artists the Pen Club Restaurant is intangible cultural heritage.

Oli, Miki's German wife met Miki, a student of economics, but also a football and hockey player, when he came to Germany to work in a mine together with some other students. They all left the "capitalist" Germany, went home to the socialist Yugoslavia but Miki stayed there for some time and for a good reason. He had fallen in love with Oli. But he was homesick so they moved together to Ljubljana.

In 1967 They took over the Club officially called "Club of cultural workers" with on the menu salad of boiled beef, roasted veal liver with onions, bean soup, ham and salads. The restaurant was a great success also because Miki and Oli travelled to the neighbouring Trieste or Villach or Klagenfurt three times a week to buy vegetables that were not on sale in Yugoslavia in those socialist times: artichokes, eggplants, etc. This sounds incredible today!

COLLECTIVE MEMORY

"Slovenian Song Festival used to be a famous international event that brought singers, composers, conductors to Yugoslavia and Pen Club."

"This year you will earn your degree won't you? said Miki. We were not quite sure, since we were getting behind with our studies."

"I was young when I started working as a librarian and interpreter responsible for artists and "cultural workers" coming from other European countries. I particularly remember Claude Chabrol and his wife and the "animated cinematographic" discussions, or H  l  ne Cixous, today's world-famous feminist and professor. She first made me think about the gender equality and women's issues."

"Marija Kova  , a university professor of French did not scold us like all the others." "A university degree is **kleass** important than other things in life," she argued. "We immediately decided that we would earn this "last" degree, that world literature and Alain Ren   Lesage's The Lame Devil would not stand in our way anymore. We earned it and with excellent rating."

"We were in a habit of meeting our friends and "lovers" as we called them at the club."

"After leaving "at Miki's" we often went elsewhere, We, a Slovenian pianist, a retired ballet dancer, a minister in office, some other people and myself, a student."

VALUES ATTRIBUTED BY SOCIAL COMMUNITY

The Pen Club restaurant is remembered by many Slovenian intellectuals as the place of personal and collective "socialist" memories, a meeting place where one could stay late in the night participating in passionate debates. For those who were young in those days this was definitely a place of intergenerational learning.

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Miha First, Nina Vogrin. Telečja jetrca za pisatelje in politike. Siol 2 net. 28. 10 2013.
<https://siol.net/trendi/kulinarika/telecja-jetrca-za-pisatelje-in-politike-280002>

Boris A. Novak: Verzi gospel Oli izza vrat nepovrata. <http://vrabecanarhist.eu/eva-marija-miklic-v-slovo/>

Collective memory

A form of memory shared by a group which is most important to social identity/identity of a group. Collective memory is composed by frail, not objective, personal memories.

Value

a belief that something is good and wanted. Values are desires and goals resulting from learning or socialization.

Intergenerational learning

A process where generations learn about each other and from each other while they create new knowledge together.

Generation

A group of individuals usually of the same age exposed to the same economic, political, historic and other events.

WE HAVE BEEN FRIENDS SINCE I WAS A CHILD

The Circular Path Around Ljubljana

Country: Slovenia

Location: Ljubljana

Timeline: 1945 -

Type: sporting event, traditional event

You probably don't know the different names this green circular path has had so far. The most recent one is the Path of Remembrance and Comradeship. The inhabitants of the city have abbreviated it to PST.

During the times of Italian occupation in the Second World War Ljubljana, the heroic town as we call it, Ljubljana was the central place of resistance, so the Italian occupiers surrounded it with a barbed wire fence. Nobody could go out or in the town without showing an ID and a special permission. Ljubljana was liberated on the 9th of May 1945 and the townspeople immediately pulled the barbed wired fence down. This act was a symbol of the liberation of the city. Today this green circular path is a popular place for recreation of all generations. Walk along the wire of the occupied Ljubljana, which is an annual event on the PST, unites more than 20 000 people.

DO YOU LIKE TREES?

7.400 trees have been planted along this green circular path over the last decades. Along this path you can come across plaques with inscriptions. It is possible to adopt a tree and then your adopted "child" gets a plaque with an inscription like the one we like very much "We have been friends since I was a child"

WHAT DID MEMBERS OF OUR STUDY GROUP SAY?

"I have been participating in the Walk along the wire of Ljubljana for many years now. I started as young mother. Now I am taking my grandchildren with me and they like it". (K.J.)"

"We live in Murgle, a housing estate near the centre of Ljubljana, but practically in the middle of nature, on the PST. This is a place of solidarity for us and our neighbors".(A.B.)

"PST is definitely a site of intangible cultural heritage. It is a part of our identity and collective memory". (N.K.)

Circular path (n.)

Away or track for walking around something.

"A circular path around Ljubljana has been laid down to commemorate the Second World War."

Barbed wire (n.)

A wire with sharp points on it to keep people out of a place.

"Path of Remembrance and Comradeship in Ljubljana follows the path was the dire around Ljubljana."

Collective memory (n.)

Collective memory refers to the shared pool of memories, knowledge and information.

Site (n.)

A place where something happened.

"The PST is a path that commemorates the wired Ljubljana."

POHORJE OMELETTE

Country: Slovenia

Location: North-East of Slovenia

Timeline: 1951 -

Type: culinary tradition



On Sundays when we were little boys and girls our parents used to take us to the Bellevue Hotel on a hill near the centre of Ljubljana. There, the most delicious desert on the menu was the Pohorje Omelette. When our parents ordered it, we children had to wait patiently for it to be prepared but when the waiter brought it to our table, what a joy! It was so big and so sweet and fluffy. The omelette was invented by Vili Rečič who, when he left Radenci a famous Slovenian spa wanted to offer the visitors of the Pohorje hills a new dish. The Pohorje omelette is about to be put on the list of the Slovenian intangible cultural heritage. We have somehow forgotten this omelette but it is delicious and reminds us of our childhood.

Recipe

4 eggs
4 tbsp of sugar
1 packet of vanilla sugar
a pinch of salt
4 tbsp of flour
1 tbsp of rum
200 g cranberry jam
300 ml whipped cream
2 tbsp peppermint liqueur

ORIGINAL RECIPE

- First separate the egg whites from yolks.
- Whip the egg whites with a pinch of salt and a pinch of until this they get stiff.
- Then pour some rum in the yolks. Take care to beat the yolks into the flour very gently.
- Pour the prepared mixture into a pan baking paper underneath
- Baking the omelet takes 8-10 minutes at 180 °C. During that time heat up the cranberry jam.
- Put the baked omelet onto an oval plate and spread it with the jam.
- Fold it in half and then garnish it with whipped cream and sprinkle with peppermint liqueur.





LINKS & REFERENCES

Rola, Ž., Gavez- Mehlič A. G : Pohorska omleta in njena zgodba. Rzisikovalna naloga

Pohorje omelette

<https://youtu.be/rhhz3dl1Nf0>

Patiently (adv)

Doing something in a patient way.

Omelette (n)

A dish of beaten eggs fried in a pan served with a sweet topping or filling.

Baking paper (n)

A type of stiff paper with non-stick surface resisting the heat of an oven.

Cranberry (n)

A small, round, red fruit with a sour taste.

Heat sth. (v. inf)

Make or become hot or warm.

"This room is not easy to heat."



ROSE FESTIVAL

Kazanlak Valey of Roses

Country: Bulgaria

Location: Kazanlak Valey of Roses

Timeline: 1903

Type: Festival



Bulgaria is one of the biggest producers of rose oil in the world. The Rose is the Symbol of Bulgaria. The Bulgarian roses are inheritors of the so called Damascena rose and was brought to our lands during the 17th century. The Rose valley of Bulgaria includes Karlovo and Kazanlak fields with area is about 3,300 square kilometers - extending more than 130 km along the Stara Planina mountain, surrounded by two mountains, which help create a specific climate.

This festival was held for first time in 1903 from the citizens of Kazanlak and was dedicated to the beauty and charity. The rose cultivation and rose industry have been kept by generations of enterprising people from the valley. Every year, during the first weekend of June, local community organizes the annual Festival of Roses.

Today the Rose Festival is an international event, visited and enjoyed by thousands of tourists and guests of Kazanlak. Now a days the Rose Festival in the unique Valley of the Roses has come to be a symbolic reflection of the lifestyle, the spirit and the cultural patterns, typical for Kazanlak region. The festival program includes the traditional rose-picking ritual and rose - distillation that gives you a true feeling of authenticity and the coronation of Queen Rose. The festival ends with a street procession in which the main role is allotted for the participants of the International Folklore Festival. There are other interesting events, taking place during the festival weekend - choir a cappella and folklore concerts, art shows, exhibitions, wine-tasting.

LINKS & REFERENCES

Your Detailed Guide to the 2022 Rose Festival in Kazanlak, Bulgaria:

<https://www.rosefestivalkazanlak.com/guide-rose-festival-kazanlak-bulgaria-kazanluk-valley/>

OurHomeBulgaria. Магията на Българската роза: <https://www.youtube.com/watch?v=5G800ugZgqE>

Rose Festival Kazanlak Bulgaria June 2020: <https://www.youtube.com/watch?v=8Ws4Rj29ZOU>

Rose-picking ritual

For about three weeks starting Mid-May, the roses are blooming and can be picked. This means getting up before sunrise to pick the roses before they fully bloom and lose their valuable oil.

Rose-distillation

In the first part of the two-stage process of distillation, large stills - traditionally of copper - are filled with roses and water. The still is fired for 60–105 minutes. The vaporized water and rose oil exit the still and enter a condensing apparatus and are then collected in a flask. This distillation yields a very concentrated oil, direct oil, which makes up about 20% of the final product of the whole process.

Rosa damascena

The damask rose, which is widely grown in Bulgaria.

ST. JORDAN'S DAY

18

Country: Bulgaria

Location: everywhere in the country

Timeline: 1970

Type: Habit



Jordanov day is also known as Epiphany. According to Christianity this day is devoted to the baptism of Jesus Christ in the Jordan River and is one of the greatest and solemn of the calendar of saints.

On this day young and unmarried bulgarian men are taking a dip in freezing waters to wash their sins away. Epiphany (Jordanovden in Bulgarian) is one of the major Christian holidays in Bulgaria. According to the tradition people go to the nearest river and the priest throws a cross into the water.

It is believed that the one who succeed to take out the cross from the water will be happy and rich all year round. So a lot of enthusiastic men jump into the ice cold waters of the river and try to catch the cross. After that people continue celebrating all day long. The Bible says that John the Baptist baptized Jesus Christ on January 6 in the JordanRiver. When Jesus accepted John's baptism, they heard a voice from heaven saying: "You are my beloved Son, in whom I am well pleased". After that the Spirit in the form of a dove descended on Jesus. It was a sign that Jesus was the Lamb of God and the Messiah who had been promised. January 6 is a day of celebration in almost all the world. In other countries that do not follow the Christian religion, the celebration is totally different and there are really interesting and surprising traditions. This tradition in Bulgaria help to preserve the spirit of the Bulgarian, helps to convey messages from generation to generation.

LINKS & REFERENCES

True Victory Co. THE BULGARIAN TRADITIONS – YORDANOV (JORDAN) DAY
<http://truevictoryco.com/the-bulgarian-traditions-yordanov-jordan-day/>

<https://www.youtube.com/watch?v=pQ-wLjwJl8I>

https://www.youtube.com/watch?v=VoNjVlw_XUE

<https://wheninbulgaria.wordpress.com/2016/01/06/saint-jordans-day-йордановден/>

Solemn day

Official, formal, ceremonial, important day

The ice dance

Men's dance in the ice waters of a river, very popular in Bulgaria.

Epiphany

Christian festival, also called Feast of the Epiphany, Theophany, or Three Kings' Day, (from Greek epiphaneia, "manifestation").



NESTINARI

Fire dancing

Country: Bulgaria

Location: everywhere in the country

Timeline: 1866

Type: Ritual



Fire-dancing is an ancient custom performed by a closed community of “nestinari” and it has been shrouded in mystery and mysticism for centuries. In 2009, the ritual was included in the UNESCO List of Intangible Cultural Heritage and in the National Representative List of Intangible Cultural Heritage "Living Human Treasures - Bulgaria".

In Bulgaria nestinari most often perform their dance on glowing embers as the culmination of the holiday in honor of Saints Constantine and Helena on June 3, according to old-style calendar.

The rite of fire dancing is one of the oldest Bulgarian folk traditions and was once practiced by ancient Thracians living near The White Sea. The preparation of the fire for the dance starts before noon. The fire must be laid in a symmetrical circle so that those in attendance can all observe the rite. Before evening, the fire dancers and a representative of the church go to a chapel that is dedicated to Saints Constantine and Elena, where they breathe deeply of the incense and pray before the icons. Later, after it gets dark, the whole village gathers at the chapel, including musicians – a gayda (Bulgarian goatskin bagpipe) player and a drummer. The musicians play three special melodies. In a trance, the fire dancers move into the circle of celebrants, and after the first dancer traverses the coals in the pattern of a cross, the other dancers enter the fiery circle.

The movements that the dancers make on the burning coals are intricate and orderly, but nevertheless, their bare feet are not burned. When the ritual dance concludes, participants perform again the Kostadin Horo, as a kind of prayer for good health.





Gayda

Gayda is a distinctive symbol of Bulgarian folk music. It is made from wood, horn, animal skin and cotton. It is a musical instrument.

Horo

Dance of Bulgaria in linked circles, in serpentine chains, and in straight lines.

Nestinari

Those who practice the dance on embers.



BEER CULTURE IN BELGIUM

Country: Belgium

Location: All country

Timeline:

Type:



Beer is more than just industry or tourism in Belgium, it is a way of life. Brewing in this country goes back a very long time, with its history politics and religion being closely interwoven with the changing story of beer. And though, at around 2 billion litres a year. It is not the biggest brewer in Europe, the top spot being held by Germany, it certainly wins out on the diversity and versatility of its beer culture.

Making and appreciating beer is part of the living heritage of a range of communities throughout Belgium. Some regions have become very well known for their particular varieties of beer. Almost 1,500 types of beer are produced in the country using different fermentation methods. Since the 1980s, craft beer has become especially popular.

There are several beer museums to be found across the country, and It is even said that the 'saint of beer', St. Gambrinus, is buried in the capital city, close to the Brewers House. The country has a beer festival almost every year, attracting visitors in their thousands, while clubs of beer fanatics gather in most cities and villages.



Beer recipes were jealously guarded secrets, with herbal mixes that could include sage, rosemary, achillea, bay, juniper berries, caraway, aniseed and resins, among other ingredients. A ceremonial Knighthood of the Brewer's Mash Staff exists, held each year on the Belgian Beer Weekend. New honorary knights are appointed who have proven themselves as true Belgian beer ambassadors.

Belgian Beer undergoes a seemingly endless variety of brewing process in terms of colour, texture, method of fermentation, yeasts used and of course the knowledge and tradition that goes in to brewing them. In addition, beer is used for cooking including in the creation of products like beer-washed cheese and, as in the case of wine, can be paired with foods to compliment the flavours. Several organizations of brewers exist who work with communities on a broad level to advocate responsible beer consumption and some Trappist communities have also been involved in beer production giving profits to charity.

Sustainable practice has also become part of the culture with recyclable packaging encouraged and new technologies to reduce water usage in production processes. Besides being transmitted in the home and social circles, knowledge and skills are also passed down by master brewers who run classes in breweries, specialized university courses that target those involved in the field and hospitality in general, public training programmes for entrepreneurs and small test breweries for amateur brewers.

More than just tradition, Belgian beer culture is so unique that it has been recognised as UNESCO World Intangible Heritage.

LINKS & REFERENCES

Wikimedia, https://upload.wikimedia.org/wikipedia/commons/b/b5/250_Biere.JPG

BBM, <https://www.belgianbeerme.com/knighthoodofbrewersmashstaffimages>

Beer:

Alcoholic beverage made from germinated grains of barley or other cereals fermented in water and flavoured with hops, boxwood, cassia, etc.

Fermentation:

Said of a carbohydrate: To degrade by enzymatic action, giving rise to a simpler product, such as ethyl alcohol.

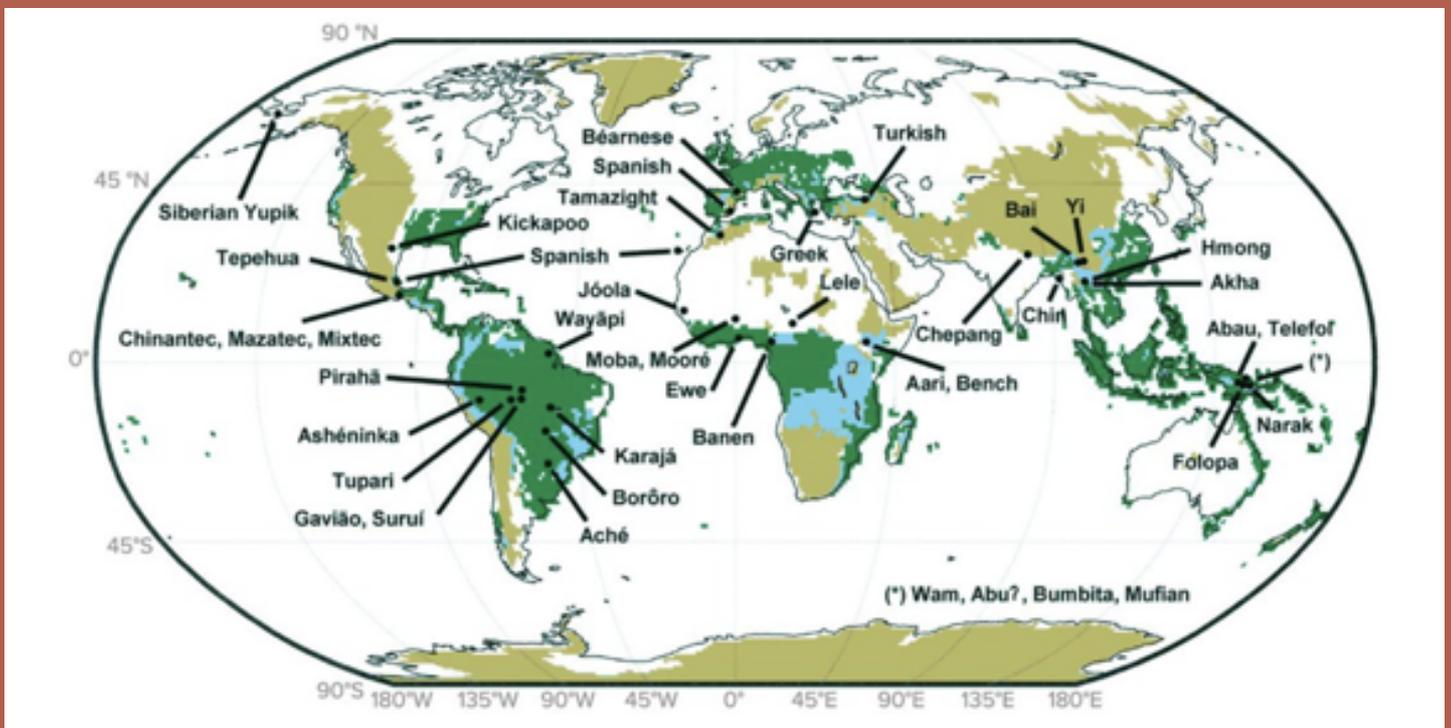
THE INTANGIBLE HERITAGE OF WHISTLED LANGUAGE

Country: Belgium

Location: Wardamme

Timeline:

Type:



Whistled language is a method of communication that uses whistling to simulate and articulate words. They are almost always developed by cultures that live in rugged, mountainous terrain or in dense forests because whistled speech carries much farther than ordinary speech.

At least 80 cultures worldwide have local whistled versions of their language. UNESCO has designated two whistled languages, one in the Canary Islands and one in Turkey, as intangible cultural heritage.

The steep mountains and rugged nature of the region required the local population to find an alternative way to communicate across long distances. The languages mainly developed in agricultural communities who spend most of their lives outdoors. The whistled language is a reflection on the cultural identity of the communities concerned, which reinforces their solidarity.



Technological developments and socioeconomic changes have resulted in a decline in the number of people using the language and a reduction in the areas where it is spoken. The use of mobile phones threatens the extent of the language as new generations are less interested in their whistled language.

As a result there is a risk that it will no longer be practiced in its natural environment, becoming an artificial practice.

There are attempts to maintain and promote this linguistic practice both nationally and internationally to ensure its sustainability. The whistled language is still transmitted from generation to generation in the context of parent-child relations through both formal and informal methods.

For example in the mountains of northern Turkey, at Kuskoy a village in the district of Canakci in Giresun province, people communicate through bird sounds. The whistled language is almost 500 years old. It consists of more than 400 words and phrases and has a higher tone than other similar whistle languages, so it can travel up to 5 km with its piercing tones. The whistled language sounds like birdsong, complete with trills, chirrups and lilting whistles. This unusual and very efficient whistle language has become an entry in the UNESCO Intangible Cultural Heritage list.

To promote the use of the language the district has developed training programs to primary school pupils. But despite these efforts, UNESCO has found that the whistled language may soon totally disappear, unless essential safeguarding measures are undertaken using an integrated approach. Therefore the United Nations Cultural Agency has accepted the “bird language” as an endangered part of world heritage in need of urgent protection and UNESCO included it in its 2017 list of Intangible Cultural Heritage.

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UNESCO (2017) Whistled language: Turkey, Intangible Cultural heritage, <https://ich.unesco.org/en/USL/whistled-language-00658>

Smith HL, (2018), Turkish whistling language recognised by UNESCO, *The Times*, 3 January 2018, <https://www.thetimes.co.uk/article/turkish-whistling-language-recognised-by-unesco-h3ln7n7bf>



Whistled language

Use whistling to emulate speech and facilitate communication.

Articulate

The ability to speak (communicate) fluently and coherently.

Socioeconomic change

Way social and economic factors, like occupation, education, income, wealth and where you live, have changed in local communities and households.

Rugged terrain

An area of land that is uneven and rocky.





LANDSCAPE AS INTANGIBLE CULTURAL HERITAGE

Country: Belgium

Location: Wardamme

Timeline:

Type:



Landscape offers the intangible values of meaning, memory, lived experience and attachment, in relation to people's connection to locality and landscape, were then traced back to the tangible fabric of place.

It is the result of multiple layers of complexity, encompassing both the tangible environment and intangible cultural values that together influence the living heritage that forms the spirit of place.

Cultural heritage landscapes are defined geographical areas that have been modified by people and have heritage and intangible value. Intangible cultural heritage landscapes can include landforms or historical views. They provide us with places of inspiration and memory, so caring for them is imperative. Cultural protection policy implemented by nations needs to incorporate the individual cultural properties inherent in the landscape.

The intangible nature of landscape is part of the goal necessary to establish places for communities to thrive. The preservation and management of intangible cultural heritage landscape is a benefit to people and the community they live in. The preservation of cultural heritage landscape is connected to our psyche. It provides us with a sense of security and familiarity.



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Landscape

The visible features of an area of land, its landforms, and how they integrate with natural or human features.

Lived experience

Personal knowledge about the world gained through direct, first-hand involvement in everyday events.

Cultural protection policy

The government's activities with respect to the arts and how the measures used to preserve and promote them

Psyche

Where our thoughts and emotions comes are generated, it from the Greek word psykhe, which means the soul, mind, spirit, or invisible animating entity which occupies the physical body

LATVIAN CARD GAME - ZOLĪTE

Country: Latvia

Location: Latvia and it's people outside the country

Timeline: This game was first discovered in Latvia around the middle of the 19th century

Type: game



Image © 2014 Zolei.lv

Zolīte is a popular Latvian card game in Latvia. People who like playing cards will know this game. It has won the title of the national card game in Latvia. Zolīte is a mind game that has a different way of playing or rules that are not found in any other known card games. For example, playing with 26 cards is special to Latvian Zolīte.

The card game - zolīte, can be a tradition of families, groups and even players who are beginners. The game - Zolīte has clubs and is arranging contests. People who are just beginners at the game can compete together with professionals. To play the game they need only 26 cards of the decks and a group of 3-4 people. The vocabulary is an important part of the tradition that this game involves. Its players use special names and titles of both cards and different ways to mix and match the cards. There are several opinions and traditions about the card game, but most of them are individual to each player and often invisible to others.

For example, to bring luck during a contest, a player carries their own lucky card deck or at least one piece of clothing with a card symbol. The best way to learn Zolīte is to play with other people in person, as players can give each other good advice and share funny stories. The game has changed in some ways over time. Only a few small groups of players (around 400) who actively play zolīte in live contests all over Latvia, know the original rules and tricks.



Image © 2014 Zolei.lv

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<https://zolei.lv/zoles-noteikumi/>

Card game

Table game that can be played with cards.

Card deck

A stack of 52 cards for playing card games.

Mind game

Attempt to change someone's thoughts and feelings. It is a mental activity such as puzzle.

Contest

A competition to do better than other people and to win a prize.

PUZZLES AND THEIR HANDLING

Country: Latvia

Location: Jelgava, Zemgale region

Timeline: The first Puzzle in Jelgava was found in the 18th century

Type: Knowledge & Practises Concerning Nature & Universe

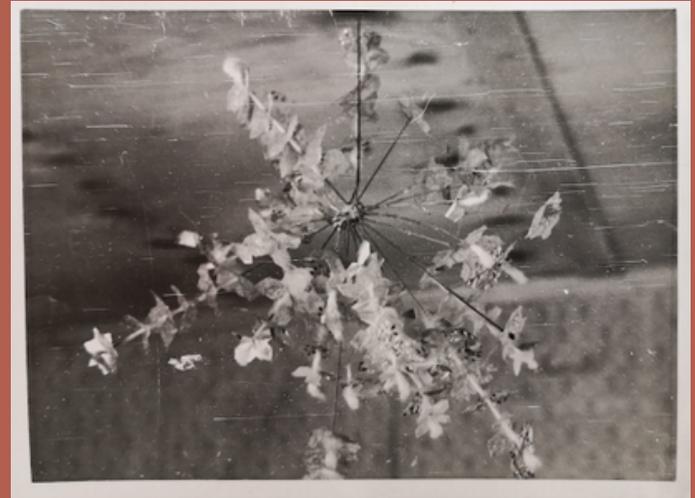


Image © 1958 Krišberga Ella

Making puzzles is an individual work, but it is important that everyone takes care of this tradition and not just the people who actively make the puzzles. Then this information will be passed down to their children and grandchildren keeping the cultural heritage alive.

Puzzles (Puzuri) can be found all over Latvia. They are especially popular in Jelgava. A puzzle consists of many shapes put together and are based on the shape of four, six, or eight-corner crystals.

Each shape is formed by the opening of the cane or straw, by hanging bouquets from colored veins, feathers and eggshells. Nowadays, the puzzles, mostly known as Christmas decorations, were originally prepared from autumn to spring and also used in many other special occasions (wedding, baptism, funeral). They helped to ease wintertime as there were no other decorations in the rooms.

Today, the situation has changed and there are plenty of decorations to choose from. For example, colored plastic bombs, burning lamps and other shiny shapes and forms.

When preparing a puzzle, the thoughts of the artist are focused, as each geometric shape of the puzzles can be explained mathematically. Every puzzle has its own idea and purpose by the person who makes it. Every generation finds the long-known, explains it and places its own experience, creating new understanding and making each puzzle special.



Image © 2020 Jelgavas pilsētas pašvaldības arhīvs

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https://www.youtube.com/watch?v=WoAH2jhxyII&ab_channel=VDTVsizeti

Decoration

An object made by yourself or someone else that can be put somewhere in the room to make it look nice.

Colored veins

Yarn or tread in different colors used for making puzzles. They look like veins when hanging from the puzzle.

Eggshells (blown-out eggs)

To blow out an egg, person makes a little hole in both ends of the egg. By blowing air in the hole, the egg comes out on the other end and only an eggshell is left.

Mathematical shapes

Forms of objects we see everyday - round, square, rectangle and oval.

THE LIVONIAN CULTURAL SPACE

Country: Latvia

Location: Northern part of Kurzeme region

Timeline: Baltic Finns lived in the Latvia region 1,000 years ago and from them a group of people separated and became as we know them nowadays, the Libians.

Type: Ethnic group



Image © 2018 Aldis Pinkens

Only in Livonian cultural space on the territory of Latvia both traditional and modern culture can be seen in one place. Different intangible cultural heritage traits come together and make space for Livonian special traditions and ways of living.

At one time, many Libians lived around Vidzeme and Kurzeme, but that has changed a lot ever since. In the middle of the 19th century Libians lived in a small area around Svētupe and fourteen fishing villages in the Northern part of Kurzeme region now known as the "Livonian coast" (Līvõd rānda).

Libian language is a normal element of the Livonian cultural space. The intangible cultural heritage of the Libians has grown closely with the intangible cultural heritage of Latvia. Both have become very similar and the main difference is the Libian language.

There are other ways to tell if the person belongs to the Livonian people, but the language is an easy way to know for sure.

Other traditions that Libians keep are their singing practises, fishing methods and taking care of seafood they catch on the sandy and marshy coast.



TIMELESS

Libians also have a different way of welcoming the new year. They do a bird awakening ritual named "Tšitšōrlinkizt" wearing the traditional costumes and chanting spells. And after the ritual, they eat dishes prepared from seafood using special recipes that no one else practises in Latvia.



Image © 2013 Baiba Švucāne

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Baltic Finns

Finnish people who lived around Latvia region more than 1000 years ago.

Marshy coast

Watery land without any trees, covered with tall grass and is near the sea.

Chanting spells

Slow singing of words that are believed to do magic.



EL TIÓ DE NADAL

A Catalan Christmas Tradition

Country: Spain

Location: Catalonia

Timeline: Christmas (8th to 25th of December)

Type: a Christmas tradition



The "Tió de Nadal" is a character in Catalan mythology that refers to a Christmas tradition.

The Tió is a hollow tree log standing on two or four stick legs with a broad smiling face painted on its upper end, complemented by a small red sock hat and a three-dimensional nose.

In the days leading up to Christmas, the children have to take care of the tree log, keeping it warm and feeding it with sweets and fruit so that it will "shit" presents on Christmas Day or Eve.

On Christmas Day, the family gathers around the tree log and sings their song while they beat it with a thin stick. With the final blow, the "tió" "shits" the presents. He is the equivalent of Father Christmas for the Catalan children.

The "tió" does not drop any large objects, as it is assumed that these will be brought by the Magi. It does, however, leave sweets, nuts and torrons as well as small toys.

LINKS & REFERENCES

The song

https://www.youtube.com/watch?v=_vCm5l-pW2M

The legend

<https://www.youtube.com/watch?v=Xa9EnGqaT0s>

Tió

A character in Catalan mythology that refers to a Christmas tradition.

Nadal

Christmas in Catalan.

Shit

Means to shit. Children must make the uncle shit so that he will give them presents.

SANT JORDI

The legend of Saint George and the Dragon

Country: Spain

Location: Catalonia

Timeline: 23rd of April

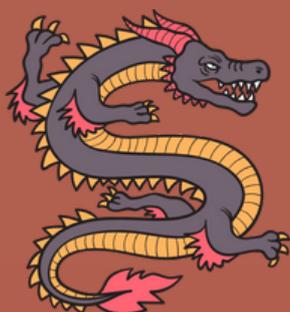
Type: A legend



Giving roses as a gift is the most important part of this holiday. Anyone can give this gift, although tradition dictates that the man must give a rose to his beloved. According to legend, Saint George saved his princess by killing the dragon, from whose blood a rose bush sprang. This is why some consider this day the Catalan Valentine's Day, because it is said that Saint George is the patron saint of lovers in Catalonia.

Moreover, 23 April is World Book Day, which was launched in 1995 by UNESCO. Therefore, on this day, in addition to exchanging roses, giving books is a way to remember one of the most deeply rooted traditions of Catalan culture.

Legend has it that long ago in Montblanc (Tarragona), a cruel dragon that poisoned the air and killed with its breath terrorised the town's inhabitants. The inhabitants, frightened and tired of its depredations and misdeeds, decided to appease it by feeding it to one person a day, chosen by lot. After a few days, misfortune befell the princess. As the princess left her house and moved towards the dragon, a knight named Sant Jordi suddenly appeared in shining armour and on a white horse to come to her aid. Sant Jordi raised his sword and pierced the dragon, freeing the princess and the citizens at last. From the blood of the dragon sprouted a rose bush with the reddest roses ever seen. Sant Jordi triumphantly plucked a rose and gave it to the princess.



LINKS & REFERENCES

Sant Jordi! The Legend of Saint George
<https://www.youtube.com/watch?v=HMWPOCgtfUE>

Beloved

The name given to the person who is the partner of the one who gives the rose.

Saint George (San Jordi)

Saint George is the patron saint of Catalonia.

Montblanc

Spanish municipality in the province of Tarragona.

Legend

A narrative about supernatural or natural events or a mixture of both that is transmitted from generation to generation, orally or in writing.

LA FESTA DE LA CASTANYADA

Country: Spain

Location: Catalonia

Timeline: On the eve of 1 November, All Saints' Day

Type: Tradition



It is a festival with Celtic roots, celebrating the end of summer and the beginning of winter. It is closely connected with the cult of the dead. It is customary to keep the fire burning in the house and place food around the hearth to welcome the spirits of deceased family members.

During this festival, many traditional rituals are celebrated that are connected to the remembrance of the ancestors.

In Catalonia, Spain, castanyes (roasted chestnuts) and panellets are eaten during the celebrations. Around the time of this festival, it is common to see street vendors selling hot roasted chestnuts wrapped in newspaper.

It seems that the tradition of eating these food stems from the fact that on All Saints' Eve the bells were rung into the early morning in memory of the dead. The great fatigue caused by hours of moving the rudimentary structures of the bell towers made it necessary to replenish their strength. Therefore, the bell-ringers took chestnuts, the most common fruit at that time of year, and a bottle of muscatel to feel better and fight the cold.

LINKS & REFERENCES

La Castanyada 2017 in Barcelona [Barcelona Guide] - Catalan Culture and Traditions
<https://www.youtube.com/watch?v=SrkmkRZyta4>



Castanyes

The fruit of the chestnut tree is known as castanyes in Catalan.

Panayets

Special almond balls with pine nuts.

Muscatel

Sweet wine.

Festival

Act or set of acts organized for the amusement or enjoyment of a community.



