

A synopsis of the information shared by students at Sharing Our Cultures 2019

Students are sharing their own cultures and not necessarily the official culture of their country.

*Choose 5 words from each culture that are unfamiliar to you and find out more about them.
Write about your culture, choose how you want to present your information and share it with others.*

Cameroon – Clothing, Dance, and Music

Milka Measho, Jessica Mutoba, Gloria Mwadi, Arlette Nelemang



Cameroon cloths (fabrics) are often made in factories with wax prints and designs printed on them. They are sold in markets and stores to individuals who get the cloths sewn into a design of their choice.

Traditional attires vary greatly from one region to the other, and are defined by religion, tribal heritage, climate, customs, and beliefs.

Kabba, Boubou, Foulard, Gant, Chechia, Kwa, and Gandura are some types of clothing worn by both men and women.



Dance plays a major role in Cameroon, which has more than 200 traditional dances. Each dance is associated with a different event or ceremony. Some popular dances are:



Bikutsi is a rhythmic style which originated with the present day Beti people. Bikutsi means “thump the earth” because dancers use their feet to stamp down the ground in a rhythmic pattern.

Makossa is a noted popular Cameroonian urban musical style. It uses strong elastic bass rhymes and prominent brass. The meaning is “I dance” in the Douala language.



Instruments used are Xylophone, drums, balafon, tambourines, bass, horns castanets, tom-toms, and jingle calabashes.



China - Spring Festival

*Xuanzhu Chen (Sophia), Yufan Feng, Yan Hezhong, Yuging Huang (Carrie),
Zhengqing Wang, Yunmeng Li*



There are two calendars in China. One is the traditional Chinese Lunar Calendar, which has something to do with the movement of the moon, and the other is the Gregorian Calendar or solar calendar. Like the rest of the world, the New Year falls on the 1st of January by Gregorian Calendar. However, the 1st of January in Lunar Calendar is also celebrated in China, which is called Spring festival.



Origin: Back in 2000 BC, a tribal chief first introduced the custom of worshipping our ancestors and giving thanks to nature for its generous offers. Since then we have set that day as the first day of the year, which becomes the origin of our Spring Festival

Spring Festival Celebrations: Traditional Spring Celebration starts from the 1st to the 15th of January in Lunar Calendar, with different activities each day. During this time, we are expected to set off firecrackers, visit relatives, watch lion dancing, and stroll down temple fairs.

In addition, having food such as dumplings, nian gao, spring rolls, yuan xiao, and laba congee (made up of several types of grains and spices), are also the customs of the Spring Festival.



Spring rolls 春卷 (Chūnjuǎn /chwnn- jwen) signify wealth and get their name because they are traditionally eaten during the Spring Festival.

Fish signifies prosperity. In Chinese, "fish" (鱼 Yú) sounds like "surplus." It is favourable to have a surplus at the beginning of the year, because that means there can be savings at the end of the year, which implies that more money can be made the following year.



China - Chinese Cuisine: Culinary Traditions of Chinese Cuisine

Kening Di, Zihan Jin, Camille Xiangyi Liao, HanChong (Eric) Wu, Kelly Zhu



SU CUISINE: Fish is a common ingredient, soup, duck blood and rice noodle soup, and wuxi-xiaolongbao.

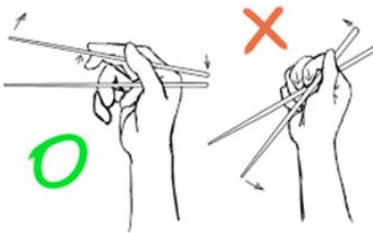


HUI CUISINE: Known for its use of wild herbs. Braising and stewing are common cooking techniques. Dishes are often colourful and well cooked.



CANTONESE CUISINE: Due to Guangdong's location along the South China Sea coast, fresh seafood is prominent in Cantonese cuisine.

XIANG CUISINE: Another feature of Hunan cuisine is that the menu changes with the seasons. In a hot and humid summer, the meal will usually start with cold dishes or a platter holding a selection of cold meats with chilies for opening the pores and keeping cool in the summer. In winter, a popular choice is the hot pot, thought to heat the blood in the cold months.



Chopsticks: Chinese chopsticks are longer than most other styles at about 27 centimeters (11 in), thicker, with squared or rounded sides and ending in either wide, blunt, flat tips or tapered pointed tips. The most common type of material in regular households is lacquered bamboo chopsticks.

Fortune Cookies

Fortune cookies do not come from China. Up to around World War II, fortune cookies were known as “fortune tea cakes”—likely reflecting their origins in Japanese tea cakes.



Fortune cookies moved from being a confection dominated by Japanese-Americans to one dominated by Chinese-Americans sometime around World War II.

Congo – Food and Clothing

Belenia Manga, Majundo Richard, Mariam Richard, Regina Richard

Women in the Democratic Republic of Congo wear long skirts and matching headwraps.



Rice Pilau is a popular dish in Congo. The ingredients are:

- Garlic • Meat • Tomato • Cardamom • Black peppercorn • Cinnamon • Cumin seeds • Cloves • Spicy green pepper • Rice • Water • Oil • Onion • Salt

Traditional Dish Recipe

- Onion • Tomato • Water • Corn flour
- Fish • Oil • Greens

1. Put corn flour into boiling water and then mix until it is thick.
2. Put oil in a frying pan and cook the fish, then put the tomato and onions on top.
3. Mix greens with onion and fry in oil.
4. Serve hot.



Ethiopia – Traditional Coffee

Naima Ayub, Asmayt Misgne, Ferhat Hagos, Misgana Hagos, Armana Tewelde

Coffee is said to have originated from Ethiopia. It is often made after a meal by women as a way of honoring the guests or to gather with family and have a chat.



STEP 1: Clean coffee grinder, Cini (cup), and the roasting pan. Any leftover flavour from other food will change the taste of the coffee.

STEP 2: Wash the green coffee beans 3 times with water.

STEP 3: Turn on the stove top and set it to medium. Place the washed coffee beans on the coffee pan and start roasting.

STEP 4: Continuously move your hand back and forth while holding the pan for 10 minutes. You continue doing this until the green beans turn golden brown.



STEP 5: When all of the coffee beans turn golden brown, you take them to the people in the house so they can smell the sweet aroma of the roasted coffee beans.

STEP 6: Grind the roasted coffee beans using the coffee grinder.

STEP 7: Pour 2 cups of water into the Gebena (pot) and add the grinded coffee into the Gebena and then leave it on the stove for 10 minutes.

STEP 8: Place the Gebena slanted so the grounded coffee can settle down into the bottom layer. Then pour the coffee in the Cini and serve it with Kolo (mixed snack).



Hong Kong – The Tram

Kai On Ng (James), Long Yin Sze (Tobias), Leslie Wai, Nok Sum Wong (Agnes)

Brief History: In 1904 operations started with 26 single-decker electric trams. The first double-decker tram with an open-balcony design was introduced in 1912. In 1976 drop-in coin boxes were installed to replace ticket-selling system. 2016 marked the year of the first tram with air conditioner.



The Tram operates from 6am-12am and can carry a maximum of 115 passengers. It is the world's largest operational double-decker tram fleet. It is informally called the tramway the “Ding Ding”, in reference to the double-bell ring used by the trams to warn pedestrians of the tram’s approach.



The Tram is the cheapest public transportation in Hong Kong.

	Price (HKD)	Price (CAD)
Child (3-12 years)	\$1.30	\$0.22
Adult	\$2.60	\$0.44
Elderly (65+ years)	\$1.20	\$0.20

Hong Kong Tramway (HKT) currently has around 120 tram stops, including its seven termini. The stops are densely located, with an average interval of 250 metres (820 ft) between them.



香港電車
HK TRAMWAYS
 EST. 1904



Iraq – Clothing and Food

Danya Almajeed, Bassel Hussein, Safwa Mahmood

The traditional clothing of Iraqi is very similar to that of other Arab countries.



This is the traditional men's wear in Iraq. The colour white is what most people choose to wear but there are a variety of colors like dark green, navy, and black.



Kaftans are worn by women to parties and special events. They come in all colours and designs and can also be handmade in any design the customer wants.



The national dish of Iraq is the Masgouf fish, usually enjoyed with grilled tomatoes and onions. Iraq's main food crops include wheat, barley, rice, vegetables, and dates.

A popular dish in Iraq is Dolma, which is made with rice, vegetables, and meat wrapped in grape leaves or cabbage leaves.



Libya – History, Leptis Magna, Pottery, and Clothing

Zainab Elnaas



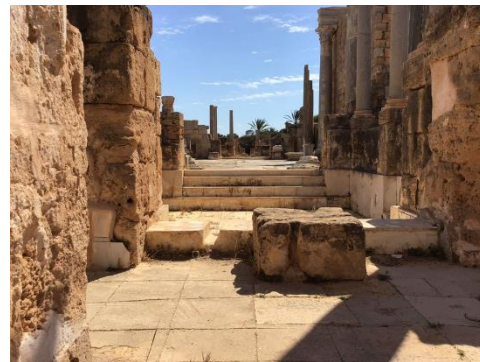
Libya is a country in the Maghreb region of North Africa bordered by the Mediterranean Sea to the north, Egypt to the east, and Sudan to the southwest.

Libya's Sahara (desert) is the second hottest place in the world, it is the 4th largest country in Africa, and is the 16th largest country in the world. Libya has the 10th largest proven oil reserves of any country in the world.



Leptis Magna was a famous city of the Carthaginian Empire and Roman Libya, at the mouth of the Wadi Lebdam in the Mediterranean.

It was founded in the 7th Century BC, and was abandoned in the 7th Century AD. (Periods: Iron Age to Byzantine and Eastern Roman Empire.)



Leptis Magna is actually a Greek name and kept during the Roman Empire.



México – Día de los Muertos (The Day of the Dead)

Maya Lored



El Día los Muertos honours the dead with festivals and lively celebrations. It is a typically Latin American custom that combines indigenous Aztec rituals with Catholicism, which was brought to the region by the Spanish.

Assured that the dead would be insulted by mourning or sadness, Día de los Muertos celebrates the lives of the deceased with food, drink, parties, and activities the dead enjoyed in life.

Día de los Muertos recognizes death as a natural part of the human experience. On this day, the dead are awakened from their eternal sleep to share celebrations with their loved ones.

The most familiar symbols of this day are the Calacas and Calaveras, which appear everywhere during the holiday in sweets, parade masks, and as dolls.



The construction of altars is perhaps the principal custom of this long-lasting celebration.



The altars are decorated in vibrant oranges and purples before being piled high with offerings, such as candles, flowers, and personal possessions.

Mexicans believe that the marigold (cempasúchil) flower helps guide their loved one's soul back to their living world.

Sugar skulls are either bought or made by families to add to their altar. The name of the deceased is often written in icing on the forehead.

Another custom that takes place is the sharing of amusing stories and memories about the deceased, which comes from the notion that the deceased would rather not be remembered somberly, but cheerfully.



Nigeria – Fashion

Mijan Oyet, Trixie Agiaye

Clothing trends in Nigeria change just as they do here in Canada. The clothes are of similar fabrics, but with different styles and lengths. Traditional clothes are now usually worn on special occasions or sometimes for work. Some of the more casual clothes include the Dashiki which is a loose fitting and colorfully designed shirt. It can be worn with skirts, pants, leggings, or whatever you really want.



Dashiki

Gele: Head wrap for women.



Agbada: For formal events. A robe that men wear over their clothes.

Clothing can be sewn with different fabrics including:

Wax print Ankara, a cotton fabric known for its beautifully coloured patterns. It can come in many different designs and is one of the most common fabrics in a Nigerian market. Ankara fabric can be combined with lace, silk, plain cotton, chiffon, or tulle, and embroidered with gem stones.



The Aso Oke fabric is traditionally produced by the Yoruba tribe. It's made from cotton and is sometimes combined with other materials such as silk and metallic yarn. It is used to make Agbadas and Filas (Yoruba men's gowns and hats), Iro (wrappers) and Gele (head ties for women).



Though hairstyles are made in a specific way, they can be styled in many different ways. They can be curled, straight, and short or long. Hairstyles can also be combined lengths. They can be made in a vast array of colours ranging from the regular brown or black to purple or blue. It all depends on what the person wants. Getting your hair done can also take many hours, especially when it is braided in long tiny strands.

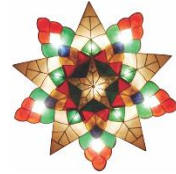


Philippines – Caroling

Merethe Batino, Alyzza Ortiz, Karylle Tugader, Maria Sophia Vidad



Caroling is a part of the Filipino Christmas tradition.

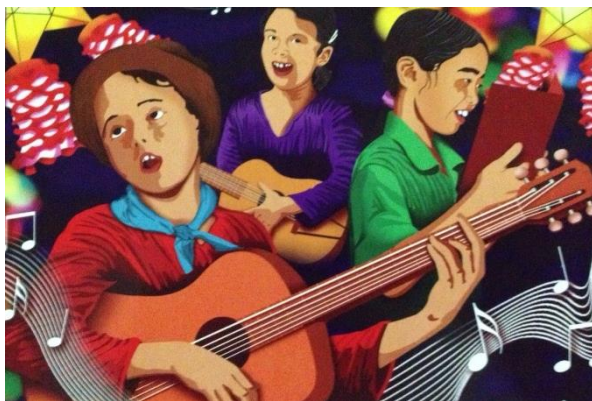


Once the Dawn Mass known as "Misa de Gallo" or "Simbang Gabi" starts, carolers go out singing Christmas carols from house to house, spreading the spirit of the season through songs.

Children like to form groups and enjoy going from one house to another every night singing "Jingle Bells", "Silent Night", and traditional Filipino Christmas songs like "Ang Pasko Ay Sumapit", "Pasko Na Naman", and "Namamasko".

Children usually prepare short songs complete with handmade musical instruments, such as bottle caps, to create an overall performance.

The audience usually gives some token of appreciation in the form of money (coins) or food, but they are not required to do so.



Carolers are sometimes given toys too, so that children can feel the spirit of Christmas, that is, giving. The caroling spirit from Filipinos can be felt all around. Some carolers sing to raise funds for the poor, and some just want to experience the Christmas Spirit in singing.



Philippines – Games

Maria Angela Dela Cruz, Aira Manuel, Kristine Munsayac, Trisha Olivar, Monica Tyada



Definition: Luksong baka is loosely translated in English, as “Jump over the cow.” It is a traditional Filipino game that originated from Bulacan. It consists of a minimum of three (3) players and maximum of ten (10) players and involves the players jumping over the person called the “baka.” The main goal of the players is to successfully jump over the “baka” without touching or falling over him or her.

How to play: At the start of the game, there should be one player that should be called “taya” (“it”) or in this game known as the “bakang lala” (cow). The players should avoid contact or falling over the “baka” as they jump over him or her. The “taya” should start with a bend-down kneeling position. All players are to jump over the “bakang lala” until all of them have jumped. Only the hands of the jumper may touch the back of the person who is the “it” then the player will start with a bend-down kneeling position and the game continues until all players decide to end the game.

Tumbang-Priso is a native game of the Philippines that is a favourite of Filipino children. The word tumba means “to fall” and preso means “prisoner.”

How to play: You’ll need an empty lata (can) to serve as the center of the game and tsinelas (slippers or flip-flops) with which to hit the can. Five to ten children play with one chosen to be taya (“it”). The object of the game is to make the can fall to its side and retrieve the thrown slipper before the person that’s “it” gets it.



Hampas-Palayok is a fun game played during Filipino fiestas and traditional parties. The Tagalog words hampas and pukpok mean “to hit.”

How to play: The player gets one attempt to hit the palayok hard enough to break. If they don’t break the pot, another guest at the party gets their turn. If they break it, it’s a free-for-all and everyone in the crowd goes for the goodies. The player who successfully smashes the palayok is given a prize.

Romania – Easter in Romania and Romanian Painted Eggs (Oua Încondeiate)

William Egli, Shahin Labib

Easter is one of the most important religious celebrations in Romania. Painted Eggs is a Romanian Easter tradition. Easter in Romania is called Pasti. This holiday is celebrated by the Orthodox Church: 86.8 % of Romanians are Orthodox. Pasti is celebrated to remember Jesus' resurrection. Red is the most common egg colour for the Easter eggs because it is associated with Jesus's blood.



Pasti is always celebrated on a Sunday. The following Monday is a day off from work. The eggs are traditionally painted on the Thursday before Pasti.



The custom is that on the first day of Easter, people knock each other's eggs: the first person saying, "Christ is risen," and the second person saying, "Indeed, He is risen." The one whose egg doesn't crack is considered a winner. Some believe that people who knock each other's eggs will see each other again after death.

There is another type of painted eggs with many intricate colours and patterns. These need a lot of skill, concentration, patience, time, and effort to complete. These traditional painted eggs aren't meant to be eaten because, before painting the egg, you use a toothpick or a small nail to poke a hole at the bottom of the egg. You then leave the egg until all the egg yoke has been removed. Once that is complete, your egg is ready for painting.

Colours

Red- most common colour used, symbolises Jesus's blood, love, and solar light

Blue - represents good health and sunny skies

Yellow - represents rich crops and youth

Green - represents nature

Black - represents eternity



Patterns

Straight horizontal line represents death

Double straight line symbolises eternity

Line with rectangles symbolises thought and knowledge

Undulated line (zig-zag lines) symbolises water and purification

Spiral symbolises time and eternity

Double spiral symbolises life and death

Sudan – Idris Mohamed Jama

Hamdo Mohamed, Meriam Yahia



Idris Mohamed Jama, a poet, was born in 1922. He began his education at an early age and joined the Omdurman Central School in Sudan in 1934.

He did not complete his studies because of his financial situation, but eventually he joined the faculty of teachers in Bbouk in 1946. He emigrated to Egypt in 1947 to study at the teacher's institute in Zeitoun.

In 1951 he graduated from Cairo University with a Bachelor's degree in Arabic Language and Literature and Islamic Studies. He then joined the Institute of Education for teachers and received a Diploma of Education in 1952.

In the poem “Spring of Love”, Jama narrated a failed love experience and said:

*In the spring of love, we were content and rich
Let the birds fly from a branch to a branch
We are in the heavenly dream of Serena
And we seized the euphoria of the age, so we did not see it
It is love do not ask and do not care about us
Paradise was our refuge and we were lost from our hands
Then yesterday was lost from us
And heart is heartbreak.*

Arabic alphabet



Sudan – Soccer

Mamdouh Alfaoury, Mohamad Askar, Munir Hamid, Mohammed Khalifa

King of Soccer – Pelé



Pelé Ele Storms was a soccer player who was born in Três Corações, Brazil on October 23 1940. He is well known around the world and admired in Sudan.

He won 3 World Cups and played for over 20 years.



In 1978 Pele was awarded the International Peace Award for his work with UNICEF. He has also served as Brazil’s Extraordinary Minister for Sport and the United Nations ambassador for ecology and the environment. Pele is a global ambassador for soccer and other humanitarian causes.



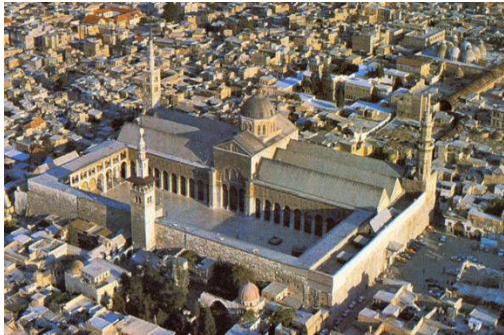
Pele was named FIFA’s “Co-player” of the Century in 1999, along with Argentine Diego Maradona.

محمد يوسف Mohamed Yusef, a Sudanese soccer player.



Syria – The Great Umayyad Mosque

Bushra Heddo, Sidra Hiddo, Hadil Nahhat, Jamila Nahhat, Alaa Ramadan



The Great Umayyad Mosque is known as the Al Mamoor Mosque. It is one of the most famous historical and religious landmarks in the center of Damascus, the oldest city in Syria. It is one of the most innovative masterpieces of Arab Islamic architecture. Umayyad Caliph al-Walid bin Abdul-Malik ordered the construction of a mosque worthy of the status of Damascus and the greatness of the Umayyads and the glorification of their caliphate. It

is one of the rare works of art in its decoration of the Islamic oriental architecture. It is a unique example of its originality and the creation of its mosaic structure.

The area of the mosque is about 156×97meters. It has four doors: the door of the cloister from the north, the post door to the west, the door to the south, and the gate or the door to the east. These doors are made of wood. The mosque is surrounded by three columns and galleries.



The Great Umayyad Mosque contains the tomb of the Prophet – peace be upon him – and the large mihrab, two of the most beautiful religious monuments of the art of Oriental decoration in the city of Damascus. Construction of the Umayyad Mosque began in the year 705 commissioned by Caliph Al-Walid.



Turkey – Turkish Cuisine

Irem Naz Gökçe, Irem Turken

The richness of Turkish cuisine is based on a variety of products cultivated on the land of Asia and Anatolia. The culinary culture of Istanbul, Bursa, and Izmir Region inherits many elements of vast Ottoman cuisines. Turkish breakfast is the healthiest, rich in nutrients, and the most delicious. Turks usually prefer to drink tea with their breakfast and after dinner.



Adana Kebab is made with ground beef and lamb kneaded together with onion, garlic, and spices. Then the ingredients are packed by hand and placed in large flat metal skewers.

Turkish Delight is based on a gel made of starch and sugar. Premium varieties consist largely of chopped dates, pistachios, and hazelnuts or walnut bound by the gel.



Lahmacun is the perfect balance of thin crispy dough with salty savory meat and tomato sauce. The typical way to go about eating your lahmacun is to spread some lettuce, onion, parsley, and tomato on top. Then squeeze some lemon juice on top of that.

Turkish coffee is prepared using very finely ground unfiltered coffee beans.



Fresh or cured leaves are rolled like a small cigar filled with rice, bulgur, spices, and sometimes meat. The rolls are steamed, then coated with olive oil and served as an appetizer either hot or cold. They are called Yaprak Sarma.