

Chinese Culture

The top ten traditional Chinese cultures

1. Embroidery culture has a history of at least two or three thousand years in China, mainly using silk and silk threads as fabrics. During the Qin and Han Dynasties, China's embroidery craftsmanship reached a high level, and it was one of the important commodities transported on the "Silk Road" in history. Among Chinese traditional embroidery handicrafts, "Su Embroidery" produced in Jiangsu Province, "Xiang Embroidery" in Hunan Province, "Guangdong Embroidery" in Guangdong Province, and "Shu Embroidery" in Sichuan Province are often referred to as "Four Famous Chinese Embroidery".



2. The Go culture originated in China and was invented by Emperor Yao, one of China's "Five Emperors". It has a history of more than 4,000 years.



3. Porcelain culture China is the hometown of porcelain. The world-famous Chinese porcelain is a great creation of the Chinese nation. China's porcelain manufacturing technology has spread to all countries in the world, and has made important contributions to cultural exchanges between China and foreign countries. China has also won the glorious title of "world porcelain country".



4. Tea culture China is the hometown of tea, the first country in the world to discover and utilize tea trees, and the motherland of tea in the world.



5. Silk Culture China is the first country in the world to invent silk (sericulture, reeling and weaving). The inventor who made the great contribution of inventing silk (sericulture, reeling and weaving) is the wife of the great ancestor of the Chinese nation, Xuanyuan Huangdi.



6. Peking Opera Culture Peking Opera, the first of the five major Chinese operas, with Xipi and Erhuang as the main accents, accompanied by huqin and gongs and drums, is regarded as one of the quintessence of China.



. Traditional Chinese Medicine Culture Traditional Chinese medicine generally refers to the traditional medicine created by the working people of the

Han nationality in China, and is the traditional medicine of China.



8. Wushu Culture Chinese Wushu, also known as Kung Fu, has a long history, dating back to the Shang and Zhou dynasties. Kung Fu has an extremely broad mass base, and is a precious cultural heritage accumulated and enriched by the Chinese working people in the long-term social practice.

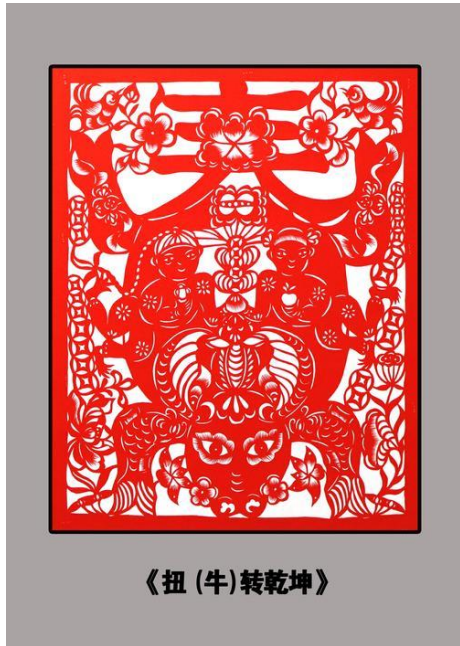


9. Calligraphy culture Calligraphy is a traditional art unique to China. Chinese characters began to be recorded with pictures. After thousands of years of development, it has evolved into today's characters. And because ancestors invented writing with a brush, calligraphy came into being , Calligraphy is the art of writing Chinese characters.



10. Paper-cut culture

Paper-cut is a very popular folk art. It has a history of more than 1,500 years in my country. It has been loved by people for thousands of years, and it still blooms brilliantly.



By Panagiota Rapti

Greek Culture

FOOD

Now Greek cooking has been modernized... It has also taken recipes from other countries... Greek cuisine contains meat, fish and in general everything that can be grown on earth, for example vegetables and grain.



RELIGION

Here and for many years the religion of Greece is Christianity. There are many festivals of our religion. Like for example the Annunciation of the Virgin Mary, Christmas when Christ was born and one of the most important holidays of our religion is Easter.



MUSIC

The traditional Greek musical instruments are
wind instruments: flutes, bagpipes, clarinet
the strings: lyre
the percussion: tambourines





Ancient Monuments / Art

Greece has many Ancient Monuments... One of them is the Acropolis. It has been built for many years and has a special architecture. Also in Delphi is the oracle of Pythia and the Ancient theater, in the Peloponnese there is the Stadium of Olympia where it was dedicated to the god Zeus and where the Olympic Games took place.



By Apostolos Mpalakas

Albanian Culture

Food:

In Albania we have common dishes like, bean soups, trachana and many pies like meat pies, chicken pies , pumpkin pies and spinach pies. A dish that only in Albania is made is called “pshesh” and we eat at New Year’s Eve. The dish includes turkey with a bread named “kullaq”. That bread has many spices and has an intense smell.



Music:

Albanian music is very cheerful and happy. In addition, it doesn’t have any sad songs that make you in a bad mood, so if you’re sad and want something to make you feel better go listen to Albanian songs!

Holidays: In Albania we don’t celebrate many holidays but that doesn’t mean that we don’t have any. In 14th of may in Albania especially in a city called Elbasan, people celebrate the begging of spring, many children go to each house and say “happy spring” and the residents of the house often give to children biscuits and sweets.



Another custom is “bariam” and only Muslim people celebrate it in the end of October and it’s like a fasting in honor to god. And last but not least, New Year’s Eve. All over the world people celebrate the beginning of the new year in different ways. In Albania we make a dessert called “baklava”. This dessert is very sweet and people eat it in New Year’s Eve to be the next year very sweet and lucky.



Also at New Year’s Eve Albanian people exchange the gifts before New Year’s Eve because there is an old legend that says if people don’t exchange their gifts before the New Year’s Eve the new year will be very bad lucked and tough. Other holidays are Halloween, Easter, holiday lights but they are not as important as the others and they are usually celebrate by Christians.



This is the most important information about Albanian cultures and I hope everyone learned something new.

By Alesia Salihaj

Philippines Culture



The culture of the Philippines comprises a blend of traditional Filipino and Spanish Catholic traditions with influences from Asia. The Filipinos are family oriented and offers religious with an appreciation or art, fashion, music and food.



Filipinos are also hospitable people who love to have a good time. This often includes getting together to dance, sing and eat.

The annual calendar is packed with festivals, many of which combine costumes and rituals from the national pre-christian past with the catholic beliefs and ideology of present day.



The family is the basic and most important aspect of Filipino culture. Divorce is prohibited and annulments are rare . The family is the safety net for individuals, especially older people, during difficult economic times. Children will often stay with their parents into adulthood, only leaving when they get married . Political and business ties are often influenced by family relationships .

Two traits that many foreign visitors often have a difficult time understanding are *Pakikisama* and *Utang na Loob*. *Pakikisama* roughly means "getting along" and requires individuals overlook slight improprieties or indiscretions for the sake of preserving peace within the family, personal, or business relationship. *Utang na Loob* refers to the custom of paying back one favor with another. These traits emphasize the importance that Filipino people place on maintaining pleasant interpersonal relationships and putting the needs of the group ahead of the individual.

More than 80% of the population of the Philippines is Roman Catholic. Fiestas in honor of the patron saint of a town are quite common. Criticism of the Catholic church is not taken lightly - and should be avoided .

In the Philippines, people greet each other with a handshake. A smile or

raised eyebrows can mean "Hello" or "Yes". Someone can be summoned with a downward wave of the hand.

By Daniel Umagiem

Indian culture

India has a diverse and distinct culture that has been developing for thousands of years and varies from region to region. Here is a brief overview of culture and tradition in India.



Religion

India is considered the birthplace of some of the world's major religions: Buddhism, Hinduism, Jainism and Sikhism. Today, other religions such as Muslim and Christianity have worked their way into the population as well, though Hinduism remains the most popular.

Food

For some visitors, the heavy spices and herbs used in Indian cuisine can be difficult to adjust to. Indian spices are legendary for their medicinal purposes, food-preserving powers and flavor kicks. Spices, such as cumin, turmeric and cardamom, have been used over thousands of years to make otherwise bland but nutritional dishes taste better. Though it varies from region to region, wheat, Basmati rice and pulses are staples of the Indian diet. Several religious groups are vegetarian or have certain limitations as to what meat they can consume, but lamb and chicken are most common for those who do eat meat.

Languages

Being the world's second most populous nation (after China), India has an extensive range of languages. The constitution recognizes 15 regional languages but Hindi and English are recognized as the official languages. There are well over 1,000 dialects spoken in India.

Clothing



Colorful silk saris are what many can picture women to be wearing in India while men traditionally wear a dhoti. Saris vary from five to nine yards long and two to four feet in breadth, and are wrapped around the waist and draped over the shoulder often baring the midriff. The sari may have originated among India's temple dancers in ancient times because saris allowed them to maintain modesty while also giving their limbs the freedom of movement. A dhoti is an unstitched piece of cloth ranging from four to five yards in length and tied around the waist and legs. Gandhi used to wear a dhoti, and it was considered to be an attire that commanded dignity and respect.

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