



# CULTURAFT

Traditions and Cultures

Guidelines for the Tourists in Cyprus

Religion. Personal Review



# Erasmus+

Let's learn...Let's love...



Let's rise...



TOGETHER



## Traditions and Cultures

### Greece

The expression "Hello" is conveyed with a raised index finger and a closed palm. "Goodbye" is indicated by facing the palm towards you with fingers raised and then moving the fingers up and down. Nodding and head shaking ("yes" and "no") is performed by moving the head only once.

Making a fist with the thumb placed between the middle and index fingers is an offensive gesture.

Greeks revere water, and they have a saying about stingy people that amounts to, "he would not even offer a glass of water." It is therefore customary when having guests to offer them water.

### Czech Republic

Whistling in a clapping or cheering crowd is negative; it is identical to booing.

It is considered mildly impolite to wear baseball caps inside.

Women's last name tend to carry the appendix "-ova". For example Mr. Johnson's wife's last name would be Mrs. Johnsonova. Addressing a man with a female form of his last name (e.g., Mr. Johnsonova) is a serious faux pas.

### Romania

For men shaking hands while wearing gloves is considered impolite. For men to sit while women are standing.

Placing a phone call to somebody after 22:00 is impolite.

Sitting down to eat without removing outer garments and especially keeping your head covered is considered very bad manners.

Pointing with your index finger is considered an extreme lack of good manners.

## **Ukraine**

Even numbers of flowers are used at funerals. This does not apply to bouquets larger than a dozen items.

It is impolite to begin eating before others have been served.

Not removing the head cover indoors is considered very rude.

Serving yourself an alcoholic drink.

One must ask other people if they want some.

## **Estonia**

Cutting a slice of bread with a knife is considered disrespectful. It should be ripped with the fingers.

If bread is dropped on the ground it should be kissed before being thrown away. This is a way of honouring the tradition of baking.

Black cat is considered to be a bad luck in case it runs across the road in front of you.

## **Malta**

Sunday lunch is a virtue that Maltese spend with family.

Even number of kisses to greet.

Before cutting bread Maltese people cut a cross over.

## **Armenia**

The traditional greetings suppose shaking hands and kissing on a cheek. However, if you are a guest, it will be acceptable for you just to shake hands.

Another tendency is giving way in transport and in every other possible place to elderly people, women and even young girls. No certain explanation is actually needed for this after getting to know local traditions.

There is no personal space in Caucasus! People here like to speak face to face looking straight in one's eyes without losing contact and space between them. Here you will often hear the word "merci", which is borrowed from French and is often used instead of the long Armenian. And the endearment word "jan" you will hear it all the time! It shows tender attitude to the interlocutor.



# Guidelines for the Tourists in Cyprus

Cyprus is a beautiful island, whatever time of year you visit and there is something of interest for all the family. Whilst it is lovely just to relax by the hotel pool or on a beach in the shade of a sun umbrella, the magic of Aphrodite's Island will tug at your curiosity begging you to discover her many secrets...

1. Visit Kykkos Monastery and the ten UNESCO churches.

Kykkos Monastery nestles in the Troodos Mountains and is said to be the wealthiest Greek Orthodox monastery.

of the towns, many of the villages in Cyprus have changed little in generations. The architecture in many is varied and a wander down the lanes reveals leafy avli (courtyards) where the family gathers for meals and village craftspeople producing rag rugs, silverware or icons in the same way their grandparents and parents did before them.

3. Get on 'the wild side' in the Akamas.

The Akamas peninsula stands to the north-west of Pafos and is the perfect place to discover the diversity of the



Situated in the mountains too, are the ten Byzantine painted churches with their steeply pitched roofs and marvelous wall frescoes, each one considered so special that it appears on the prestigious UNESCO World Heritage List.

2. Explore the villages.

Away from the colourful bustle

Cyprus landscape and wildlife. The Lara headland is where the successful turtle conservation project has been run by volunteers for more than 25 years. The project has successfully ensured the protection of the Green (Chelonas mydas) and Loggerhead (Caretta caretta) turtles that come ashore each summer to lay their precious clutches of eggs.

the observatory offers panoramic views across Nicosia in all directions.



For the enthusiastic there is a long drive/ trek to the furthest tip at Cape Aranouti and the northern coast with Fontana Amorosa and the Baths of Aphrodite where the island's colourful mythology is revealed.

#### 4. Dive for it!

The crystal clear waters that surround Cyprus are perfect for scuba diving and if you have never explored 'life under the waves' there are PADI and BSAC courses available in all resorts. There are both day and night dives available.

#### 5. The sadness of a divided island.

A wander around the old streets of the island's capital, Nicosia soon reveals that it is a divided capital - the only one in the world, following the Turkish invasion of July 1974. Situated on the corner of Ledra Street on the 11th floor of the Shacolas Tower above Debenhams

#### 6. Shakespeare at Curium.

Sitting on a cliff top overlooking the Mediterranean, stands the remains of the Roman city of Curium (Kourion). It stands as testament to the sophistication of the Romans - under floor heating, beautiful mosaics and superb comprehension of acoustics.

#### 7. Enjoy the Limassol Coastal Walk

In recent years the coast at Limassol has been sensitively renovated with a broad new walkway that is wheelchair friendly.

#### 8. Ski Cyprus!

Cyprus is a popular winter sun destination not so many people know that it offers good skiing too! Mount Olympus (1,952 metres) is the highest peak of the Troodos.

#### 9. Enjoy a traditional Mezé.

Cypriot cuisine is a colourful blend of dishes from the eastern Mediterranean and Middle East.

# Religion. Personal Review

*Example of personal story about Religion prepared by Eboo Patel specially for the 1<sup>st</sup> edition of "CULTURAFT".*

Too often, violence committed by extremists overshadows the stories of young people who are committed to building bridges between people of different religious traditions. Eboo Patel is the founder and executive director of the Interfaith Youth Core. The goal of the program is to create a community of young people who are working to foster understanding between people of different religious backgrounds. In his memoir, *Acts of Faith*, Patel describes the roots of his own activism:

I am an American Muslim from India. My adolescence was a series of rejections, one after another, of the various dimensions of my heritage, in the belief that America, India, and Islam could not coexist within the same being.

If I wanted to be one, I could not be the others. My struggle to understand the traditions I belong to as mutually enriching rather than mutually exclusive is the story of a generation of young people standing at the crossroads of inheritance and discovery, trying to look both ways at once. There is a strong connection between finding a sense of inner coherence and developing a commitment to pluralism. And that has everything to do with who meets you at the crossroads.

When I was in college, I had the sudden realization that all of my heroes were people of deep faith: Dorothy Day, the Dalai Lama, Martin Luther King Jr., Mahatma Gandhi, Malcolm X, the Aga Khan. Moreover, they were all of different faiths. A little more research revealed two additional insights. First, religious cooperation had been central to the work of most of these faith heroes.



The Reverend Martin Luther King Jr. partnered with Rabbi Abraham Joshua Heschel in the struggle for civil rights. Mahatma Gandhi stated that Hindu Muslim unity was just as important to him as a free India. Second, each of my faith heroes assumed an important leadership role at a young age. King was only twenty-six years old when he led the Montgomery bus boycott. Gandhi was even younger when he started his movement against unjust laws in early-twentieth-century South Africa.

This silent pact relieved all of us. We were not equipped with a language that allowed us to explain our faith to others.

A few years after we graduated, my Jewish friend reminded me about a group of kids in our high school who were making obscene statements about Jews. I did not confront them and my Jewish friend. I knew little about what Judaism meant to him.

A few years later, he described to me the fear he had experienced coming to school those days, and his utter loneliness as he had watched his



In high school, the group I ate lunch with included a Cuban Jew, a Nigerian Evangelical, and an Indian Hindu. We were all devout to a degree, but we almost never talked about our religions.

Often somebody would announce at the table that he couldn't eat a certain kind of food. We all knew religion hovered behind this, but nobody ever offered any explanation.

close friends simply stand by.

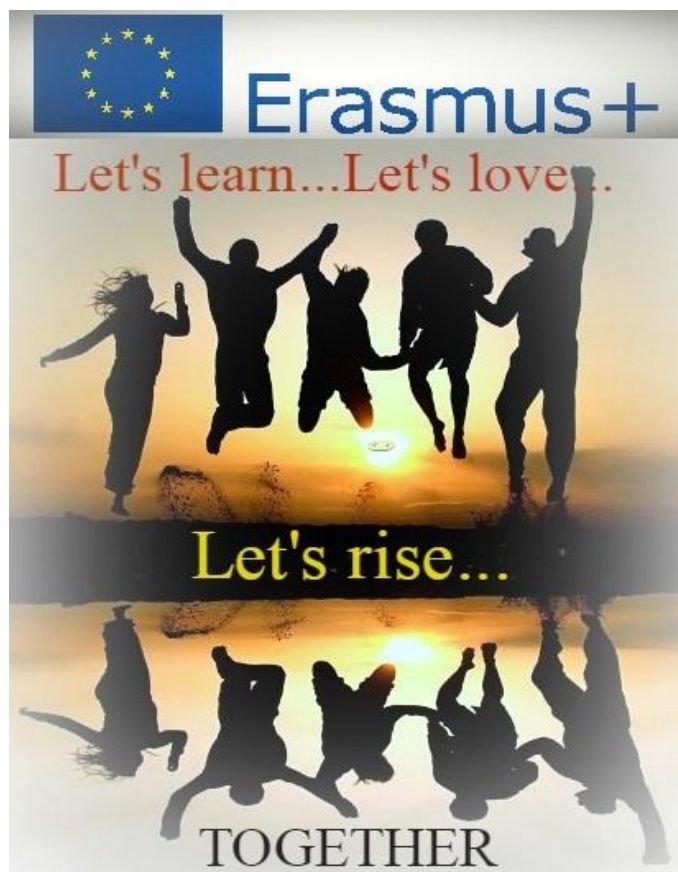
My friend needed more than my silent presence at the lunch table. Pluralism is not a default position, an autopilot mode. Pluralism is an intentional commitment that is imprinted through action. To follow Robert Frost, it is easy to see the death of pluralism in the fire of a suicide bombing. But the ice of silence will kill it just as well.

## **EVS**

European Volunteering Service is considered to be one of the Erasmus+ activities. It is aimed to support large scale volunteering projects in the framework of European or worldwide events regarding to youth, culture and sport.

The word Volunteering is no scarier, because the EVS basically allows young people aged 17-30 to express their personal commitment through unpaid and full time volunteering service in a chosen country, different from the home country of the volunteer. In order to be an EVS program participant you have to choose a sending organization and at the same time to have a hosting organization under which coordination you will work. Hence, it means that before being sent to another country for EVS you have to have your EVS volunteering plan with fixed goals and proposals.

Through the EVS young people are given opportunity to contribute to the daily work of the organization dealing with youth information and policies, young peoples, personal and socio educational development, civic engagement, social inclusion etc. Basically, the EVS can last from 2 weeks to 12 months. Finally, it should be stressed, that although this is not a paid job, but every EVS maker receives covered travel costs, pocket money monthly, and placement.



## **Education and TC**

As regards study opportunities within Erasmus plus program it should be highlighted that one of the best tools in this direction are Erasmus Mundus Joint Master and Doctorate Courses aim to foster excellence, innovation and internationalization in EU Higher Education area. These kind of programs are supposed to be highly integrated study programs.

As it is known, education and trainings have a key role to play from the point of view of Labour market and in whole society. It is worthy to stress, that the project under this Action promote mobility activities targeting learners such as students, trainers, young people and volunteer and on the other hand the staff like the professors, teachers, trainers and youth worker.

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