

The Cultural Exchange Club welcomes you to the 21st Annual Multicultural Day Event at NHTI Concord's Community College

April 6, 2021

12:00 – 2:30 PM

Zoom link: <https://ccsnh.zoom.us/j/99650206829>

Multicultural Day Schedule of Events

Countries/Events	Description of Event
Welcome to our show	
Akwaaba Esemble, Theo Martey	African Drummers & Singers
African Countries	8 Countries
Shabin Subba, Cultural Exchange Club President	Nepali Singer
Asian Countries	12 Countries
Sindy Chown	Barranquilla Flavor Dancing
Australia and Oceania Country	1 Country
Tango Argentino, Ray Caceres	Tango Singer
European Countries	7 Countries
Field Irish Dance Groups, Jean Ver Hoeven	Irish Dancers
Fashion Show	18 Models
Bella Vita, Jimmy Hyun	Salsa and Bachata Dance
North and Latin American Countries	13 Countries
Conclusion	

The Akwaaba Ensemble



AFRICAN COUNTRIES

BURUNDI

CONGO, DRC

KENYA

LIBERIA

MOZAMBIQUE

RWANDA

SOUTH AFRICA

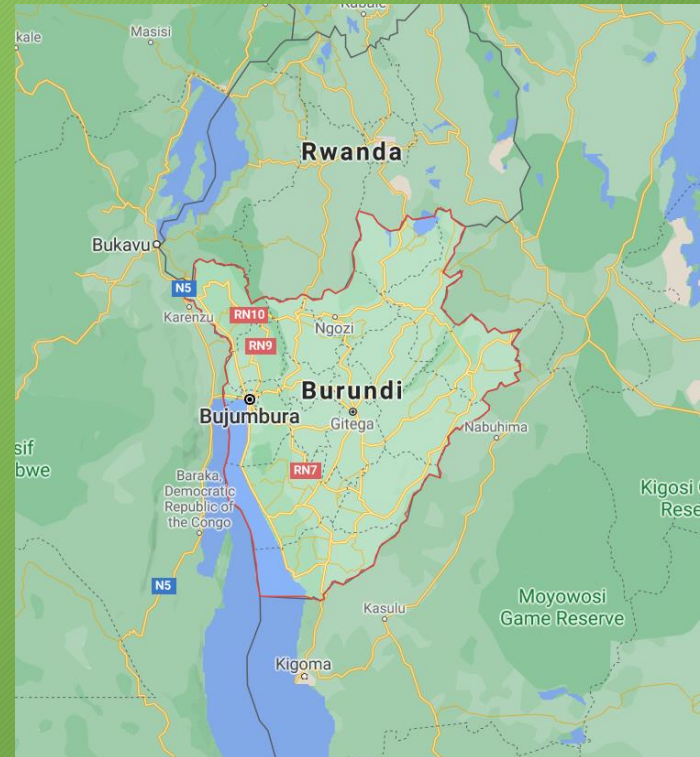
TANZANIA

BURUNDI



THE REPUBLIC OF BURUNDI

A Southeast African Country
In the Great Rift Valley



Capital City
GITEGA



BURUNDI



Official Languages
French, Kirundi, English

Burundi motto "Unity-Work-Progress"

One of the oldest countries in Africa

90% are employed in agriculture

First Burundi election held in 1961

The capital city was moved in 2019 from
Bujumba to Gitega.



BURUNDI



Boko-Boko Harees

National Dish of Burundi

A porridge-like dish made from shredded chicken, bulgur, wheat and spices



Cattle

Symbol of health and happiness

Traditional greeting “Amatryo” translates to “May you have herds of cattle”



Drumming

Drums - the national instrument

Made from hollowed out tree trunks and covered with animal skins.

Royal Drummers of Burundi have performed all over the world for 40 years

CONGO, DRC

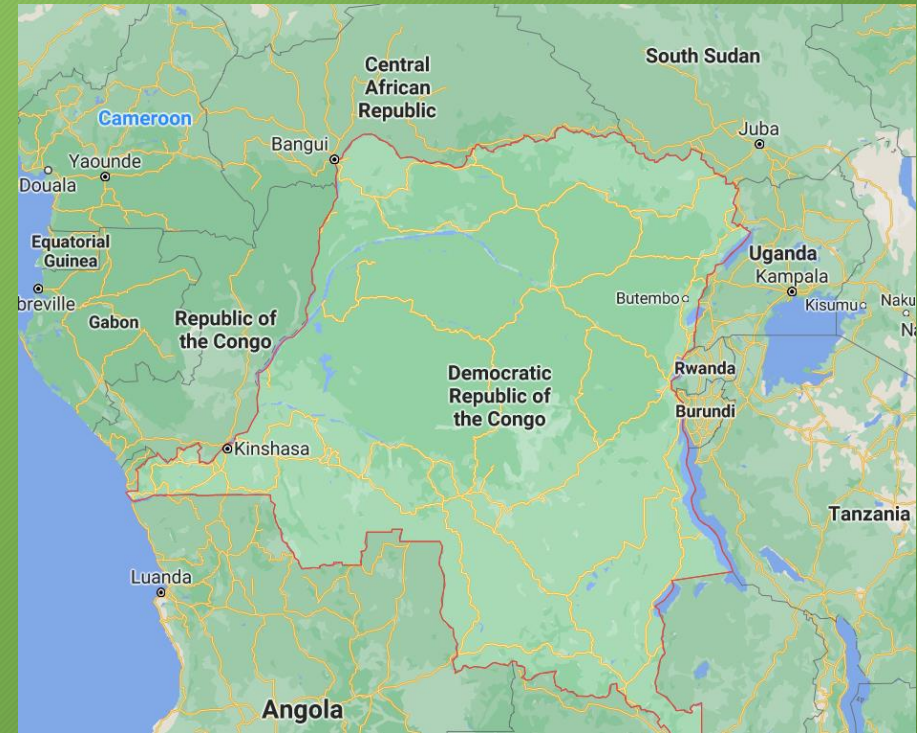


DEMOCRATIC REPUBLIC OF THE CONGO

A Central African Country



Capital City
KINSHASA



CONGO, DRC



Official Language
French

Home to over 200 ethnic groups and
almost 250 languages and dialects

World's richest country in natural resources
estimated in excess of 24 trillion dollars

Home of Mount Nyiragongo
a stratovolcano containing the world's
largest and most active fluid lava lake

Kinshasa is the second largest
French-speaking city in the world



CONGO, DRC



Poulet a la Moambe

Chicken in a moambe sauce

A savory dish made with chicken, red palm oil, and spices



Virunga National Park

One of the most biologically diverse protected areas in the world

Exists to protect 1/3 of the world's wild mountain gorillas and over one thousand species of mammals, birds, reptiles and amphibians



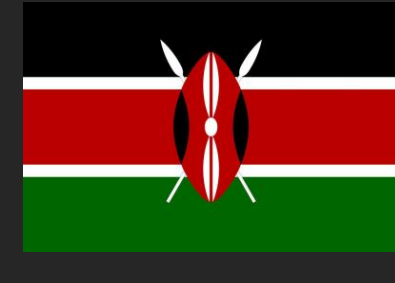
Festival Amani

Festival of Peace

A yearly music and dance festival in Goma to promote peace and celebrate culture

Features an entrepreneurship competition

KENYA



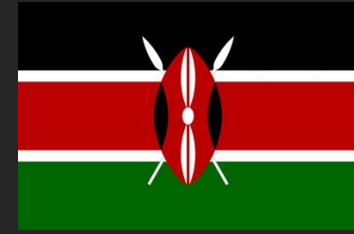
REPUBLIC OF KENYA

An East African Country
on the Indian Ocean

Capital City
NAIROBI



KENYA



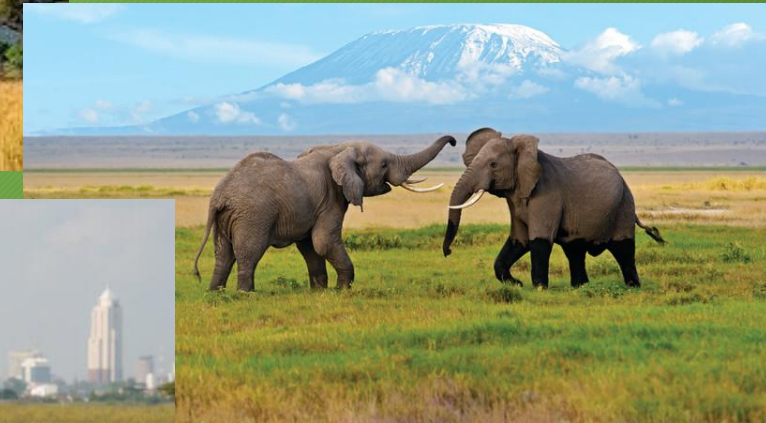
Official Languages
English, Kiswahili
68 languages are spoken

The world's leading safari destination

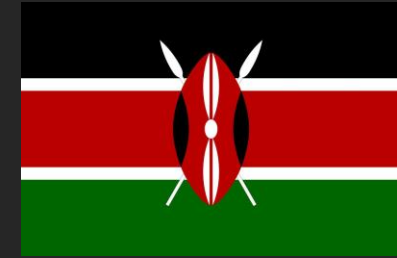
Home to the Klenjin tribe, “the running tribe”
for their amazing world record breaking runners

Destination of the largest overland migration in
the world for 1.5M wildebeest and 200,000 zebra

Nairobi National Park is the only national park
bordering a capital city.



KENYA



Nyama Choma

Kenya National Dish

Roasted goat or beef served everywhere from fine restaurants to roadside stands



Harambee

“All pull together”
Kenya’s national motto

an unwritten law of generosity

Lending a hand to anyone in need regardless of class, ethnic group, gender or religion



Lamu Cultural Festival

A celebration of the past and the future and of beliefs and traditions

Competitions and races include dhow sailing and a donkey race, the dominant forms of transportation on this island with no vehicles

Liberia



REPUBLIC OF LIBERIA
“Land of the Free”

A West African Country
on the Atlantic Ocean

Capital City
MONROVIA



Liberia



Official Language
English

Africa's oldest republic, founded by freed
American and Caribbean slaves

One of the world's youngest countries with an
average age of 17.9 years

Liberia has Africa's cleanest cities

Monrovia was named after U.S. President
James Monroe for his support of colonization



Liberia



Dumboy

Cassava Balls

Fresh boiled cassava, beaten and shaped into balls in meat stock or hot pepper soup and vegetables



Sapo National Park

Liberia's largest protected reserve

Home to the pygmy hippo, the African golden cat, seven species of monkeys, leopards and African elephants



Children's Day Festival

Held in Monrovia every November

Thousands of children celebrate Liberia's achievements with games, contests and celebrity performers

MOZAMBIQUE



REPUBLIC OF MOZAMBIQUE

A South African Country
on the Indian Ocean



Capital City
MAPUTO



MOZAMBIQUE



Official Language
Portuguese

Almost half of the population is under 15

Most Mozambicans are multi-lingual

Famous Mozambicans

Eusebio - one of the greatest all-time footballers

Teresa Heinz - businesswoman and philanthropist

Mariza - Fado Artist

Maria Mutola - “The Maputo Express” Olympic Athlete

Maputo is a port city on the Indian Ocean
called City of Acacias for the trees lining its roadways



MOZAMBIQUE



Peri Peri Chicken

Swahili for Pepper Pepper

Grilled or roasted chicken, marinated in cumin, garlic, paprika, lemon juice and bird's eye chilis; served with a spicy, creamy coconut sauce



Bazaruto Archipelago

Six idyllic islands

Rich coral reefs are home to over 1,200 species of marine life including the rare Dugong, similar to a manatee.



Chopi Music Festival

Preserving music heritage

The Chopi play the mbila, a handmade xylophone played in groups, whistles, animal horns, panpipe, rattles and flutes made from the shell of a bush orange.

RWANDA



REPUBLIC OF RWANDA
Land of a Thousand Hills

A Southeast African Country
In the Great Rift Valley



Capital City
KIGALI



RWANDA



Official Languages
Kinyarwanda, English, French, Swahili

Woman make up 64% of Rwandan parliament
One of the safest and cleanest nations in the world
The smallest nation in Africa



Kigali introduced car-free days the first and third Sunday of each month

RWANDA



Brochettes

The National Dish of Rwanda
Goat, beef or pork, skewered with vegetables and onions, marinated in spices and grilled



Umuganda

“Coming together in common purpose to achieve an outcome”
The last Saturday of every month Rwandans from all walks of life come together and contribute to public works projects for the betterment of their communities.



Intore Dancing

Rwanda’s dynamic, traditional music and dance styles are performed by Intore Dance Troupes
Performed wearing grass wigs and clutching spears, a dance tribute to Rwanda

SOUTH AFRICA



REPUBLIC OF SOUTH AFRICA
“Rainbow Nation”

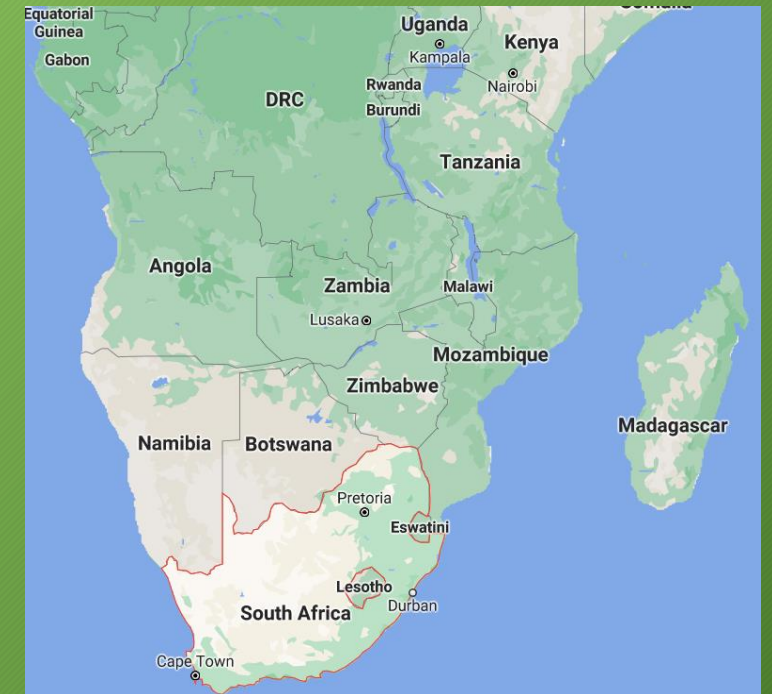
The Southern-Most
African Country

Three Capital Cities

CAPETOWN

PRETORIA

BLOEMFONTEIN



SOUTH AFRICA



Eleven Official Languages

isiZulu , isiXhosa , Afrikaans, English, isiNdebele, siSwati, tshivenda, Sepedi, Sesotho, Setswana, Xitsonga

Called Rainbow Nation for its colorful mix of cultures

World Famous South Africans

Nelson Mandela

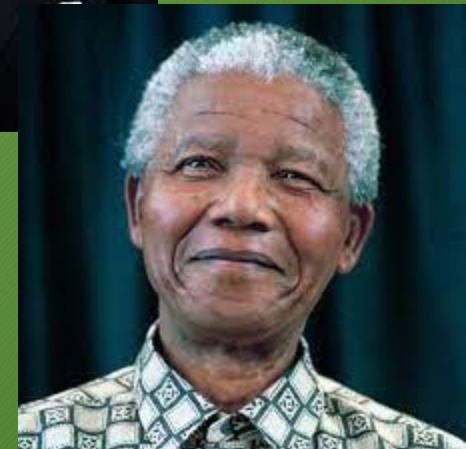
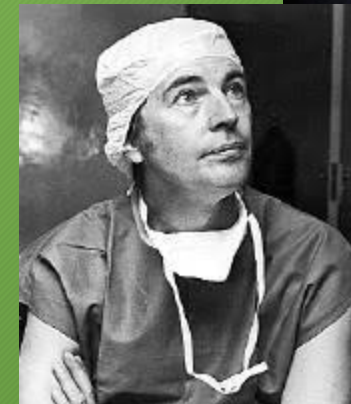
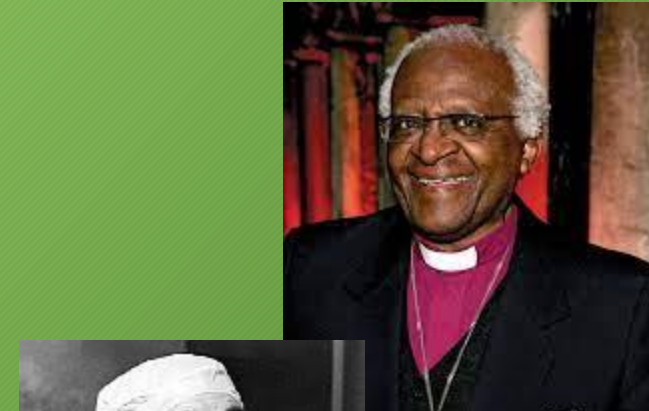
South Africa's first democratically elected President

Archbishop Desmond Tutu

Nobel Peace prize recipient

Dr. Christiaan Barnard

performed the world's first heart transplant



The only country in the world with three capitals
Cape Town - the judicial capital, Pretoria - the administrative capital
Bloemfontein - the legislative capital

SOUTH AFRICA



Koeksisters

A traditional tea-time treat

Fried pleated-dough pieces sweetened with a sugary syrup or spicy coconut, Koeksisters have a crunchy crust and a soft doughy center



Boulders Penguin Colony

In Table Mountain National Park

Home to thousands of African Penguins called Jackass Penguins as they bray like donkeys



Heritage Day

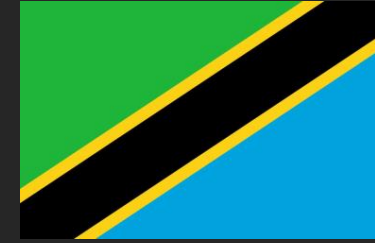
Celebrating “Unity in Diversity” on September 24

Expressing pride in the country’s diverse culture, traditions and beliefs

Also called National Braai Day

A braai (barbecue) transcends all boundaries of race, social standing culture and religion

TANZANIA



UNITED REPUBLIC OF TANZANIA

An East African Country
on the Indian Ocean

Capital City
DODOMA



TANZANIA



Official Language
Swahili, English

Samia Suluhu Hassan
Tanzania's first woman President

Home to Mount Kilimanjaro
Africa's highest mountain

Home to the Ngorongoro Crater
one of Africa's Seven Natural Wonders

Dodoma is the center of Tanzania's
growing wine industry



TANZANIA



Zanzibar Pizza

A traditional Tanzania street food

Street vendors fill these thin pancakes with meats, sweets or vegetables and fry them in glee until crispy then smother them in mango-chili sauce



Mount Kilimanjaro

Africa's highest peak

Formed by three volcanic cones over 750,000 years ago. Uhuru Peak is one of the Seven Summits in the world.

Rises from farmland to rainforest to alpine meadows to barren peaks



Serengeti National Park

Africa's oldest park

Home to millions of animals including lions, leopards, buffalo and cheetahs

Site of the annual migration of 1.5M wildebeest and hundreds of thousands of zebra and gazelle

Shabin Subba, Cultural Exchange Club President



Asian Countries

Afghanistan China Georgia India Iran Iraq
Nepal Pakistan Philippines South
Korea Thailand Vietnam

Afghanistan



Capital: Kabul

Official languages: Pashto, Dari

Some things you may not know about Afghanistan

Poetry is a cherished part of Afghan culture. Afghans have told their stories in verse for more than 1,000 years. Thursday night is "poetry night" in the western city of Herat - men, women and children gather to share ancient and modern verse, listen to traditional Herati music, and enjoy sweet tea and pastries long into the night.

The rivers are mostly unnavigable; the longest is the Helmand, which flows generally southwest from the Hindu Kush to the Iranian border. Its water has been used since remote times for irrigation, as have the waters of the Hari Rud and of the Amu Darya. The Kabul River, beside which the capital stands, is particularly famous because it leads to the Khyber Pass and thus to Pakistan.

Afghanistan, officially the Islamic Republic of Afghanistan, is a landlocked country at the crossroads of Central and South Asia. Afghanistan is bordered by Pakistan to the east and south; Iran to the west; Turkmenistan, Uzbekistan, and Tajikistan to the north; and China to the northeast.



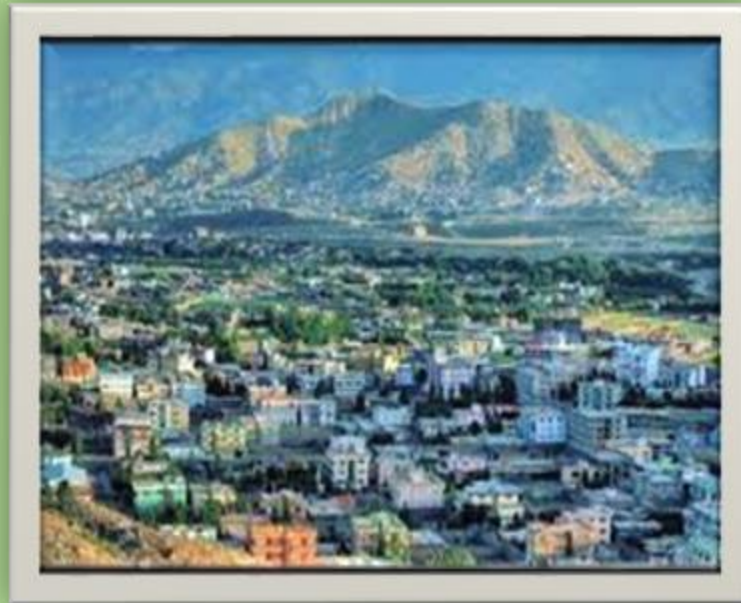
Interior of Mausoleum of Mirwais Khan Hotaki



Eastern Nuristan province



Hindu Kush Mountains



Kabul



Desert

Foods



Afghan Coconut, Almond, Cardamom Pudding -
Phirni



Bolani Kachaloo



Kabuli Pulao

China



- Capital: Beijing
- Official languages: Mandarin and Cantonese



Unique and Interesting Facts about China

China is home to some of the oldest written records in history.

Toilet Paper was invented in China in A. D. 851.

Red symbolizes happiness, good fortune and joy in China.

China is home to the world's largest canal at 1,115 miles and it is called an UNESCO World Heritage site.

Ping Pong is China's National Sport.

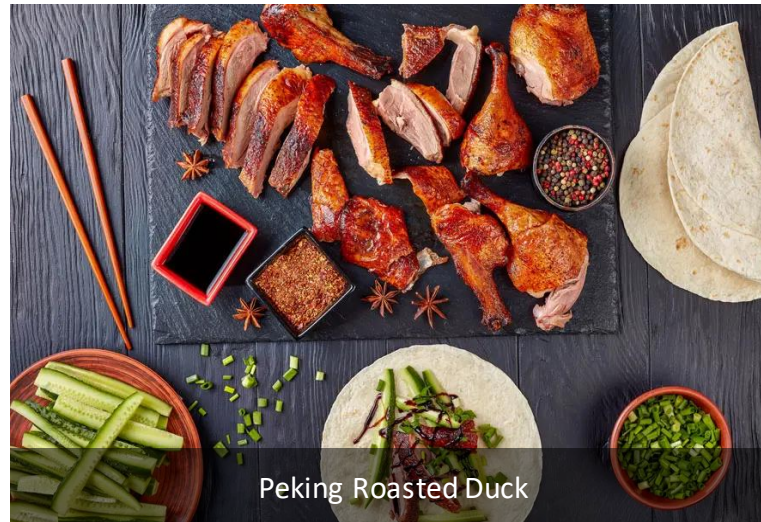
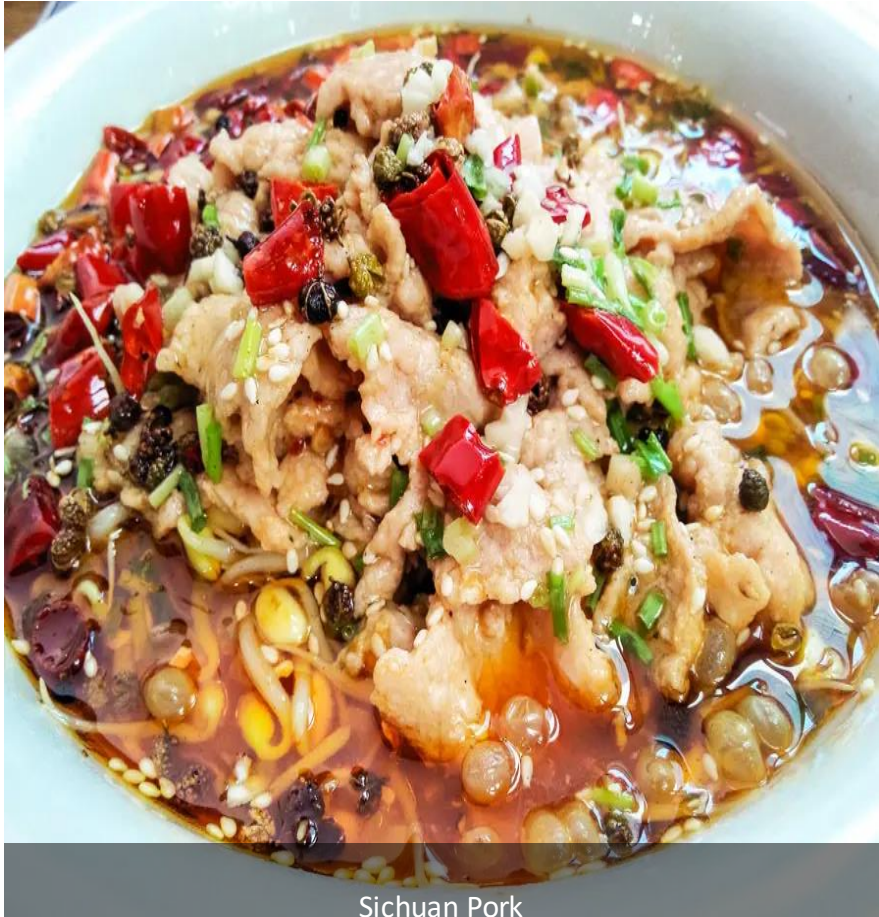


The Great Wall of China

covers much of the northern border of China. The length of the wall built by the Ming Dynasty is around 5,500 miles long. If you take the length of all portions of the wall built by every Chinese Dynasty, plus various branches, the total comes to 13,171 miles long!



Foods





Georgia

Capital: Tbilisi

Official languages: Georgian,
Azeri, Armenian, Russian



History of Georgia

The Kingdom of Georgia flourished during the 10th to 12th centuries under King David IV the Builder and Queen Tamar the Great, and fell to the Mongol invasion by 1243, and after a brief reunion under George V the Brilliant to the Timurid Empire.

By 1490, Georgia was fragmented into several petty kingdoms and principalities, which throughout the Early Modern period struggled to maintain their autonomy against Ottoman and Iranian domination until Georgia was finally annexed by the Russian Empire in the 19th century.

After a brief bid for independence with the Democratic Republic of Georgia of 1918–1921, Georgia was part of the Transcaucasian Socialist Federative Soviet Republic from 1922 to 1936, and then formed the Georgian Soviet Socialist Republic until the dissolution of the Soviet Union.

Sports and Facts!



Rugby

The first Europeans come from Georgia. An archeological expedition in Dmanisi found the oldest human skulls in the Caucasus suggesting that man traveled to Europe through Georgia. The 1.8-million-year-old skulls are a human couple called Zezva and Mzia.

Georgia has been producing wine for at least 8,000 years and considered the birthplace of Wine.

Georgia has 12 different climate zones, ranging from subtropical to alpine to semi-desert, and has 49 types of soil. This makes Georgia one of the most ecologically diverse countries on Earth. In addition, many of the most exciting animals like leopards, lynxes, and bears reside in the dense forests of the country.

Food



Khachapuri (Georgian Cheese Bread)



Khinkali (Georgian dumplings)

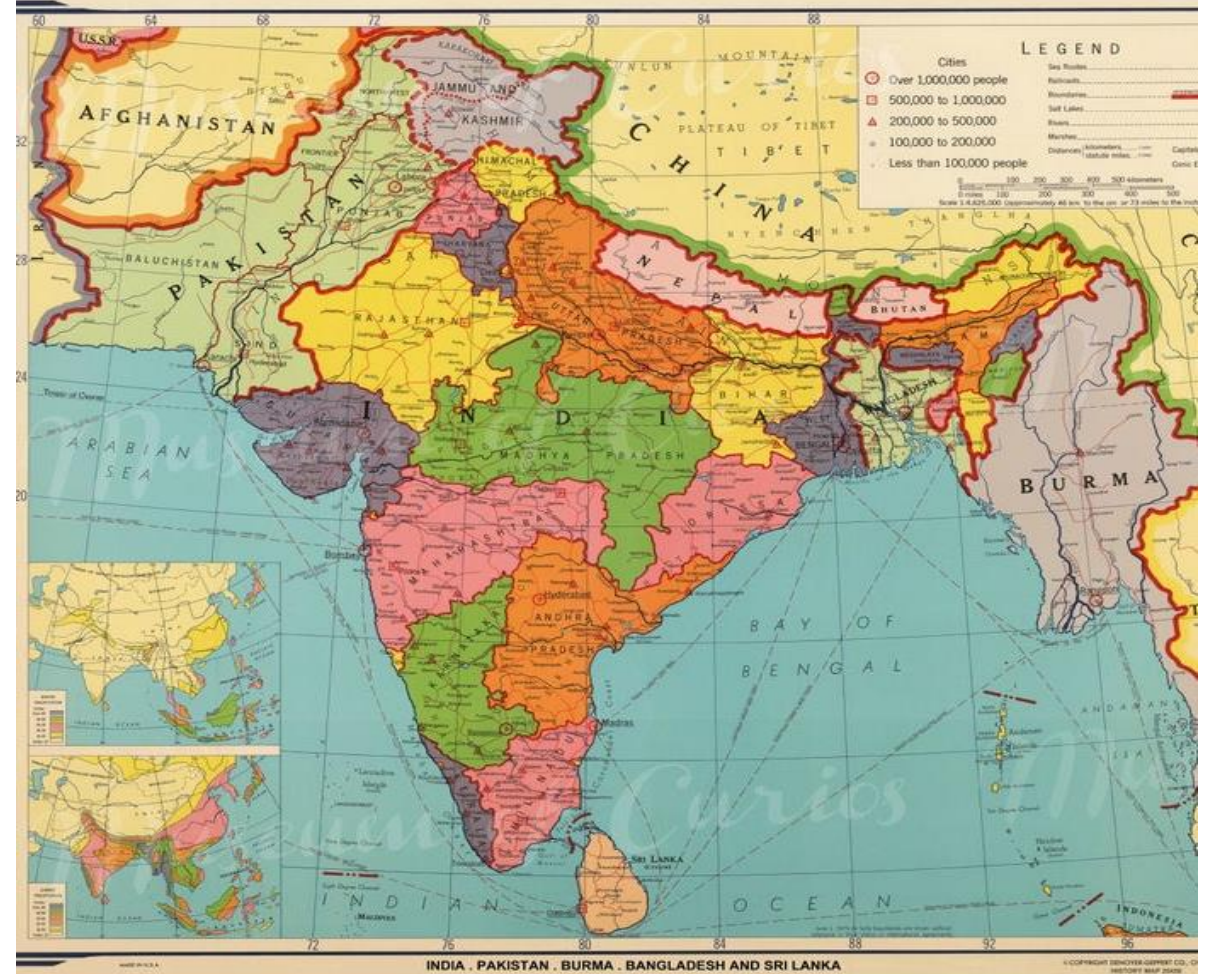


Roasted eggplant (badrijan) strips, served flat with walnut paste.

India



Capital: New Delhi



Official languages: Assamese, Bengali, Bodo, Dogri, English, Gujarati, Hindi, Kannada, Kashmiri, Konkani, Maithili, Malayalam, Marathi, Meitei, Nepali, Odia, Punjabi, Sanskrit, Santali, Sindhi, Tamil, Telugu, Urdu

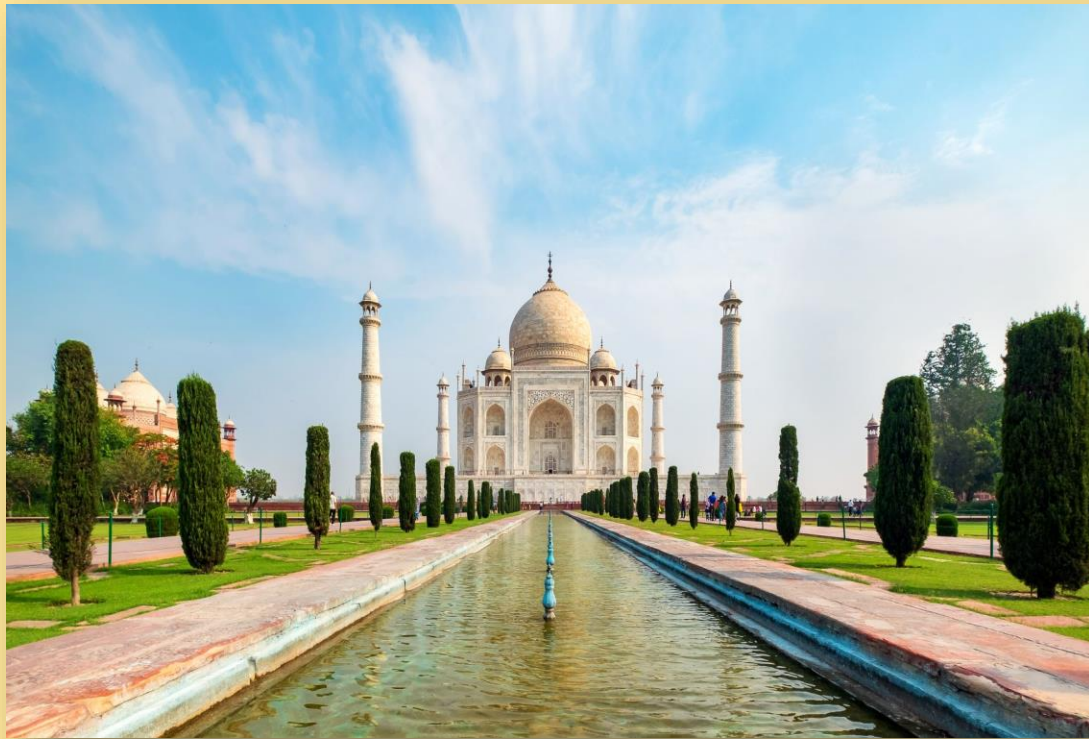
India is:

- The world's largest, oldest, continuous civilization...
- The world's largest democracy...
- One of the few countries in the world which gained independence without violence...
- The largest English-speaking nation in the world...

Favorite Sports



India's Wonders of the World



Taj Mahal



Kanchenjunga Mountain on the India-Nepal border

Popular Foods in India



Butter chicken curry or murgh makhani is a curry of chicken in a spiced tomato, butter and cream sauce.



Aloo Pyaaz and Bhaji with Roti/Chapati (spiced potato onion vegetable stew)



Gajar Ka Halwa (Carrot Halwa) is a classic Indian dessert.



Iran

Capital: Tehran

Official language: Farsi



Interesting Iran Facts

- Unmarried Iranian men labeled na-mard or 'not-men' stay with their natal family their whole lives...
- Polo games in Iran started in the 6th century BC mainly as cavalry training...
- Carpets are second only to oil as exports of Iran...
- Iranian females over the age of nine are required to wear a hijab in public...
- In the Persian language, Iran means "Land of the Aryans" ...
- **Iran**, also called **Persia** and officially the **Islamic Republic of Iran** is a country in Western Asia. It is bordered to the northwest by Armenia and Azerbaijan, to the north by the Caspian Sea, to the northeast by Turkmenistan, to the east by Afghanistan, to the southeast by Pakistan, to the south by the Persian Gulf and the Gulf of Oman, and to the west by Turkey and Iraq. It covers an area of 636,372 square miles with a population of 83 million.

Located in the Middle East, Iran is filled with mountains, deserts and plateaus such as the Zagros Mountains and the Central Plateau. The climate of Iran varies from region to region with some areas facing harsh winters and hot summers while others are milder year-round.



Incredible rock formations



Atisaz Residential complex
containing 2,290 residential units

Iranian Food



Pistachio Nougat



Khoresh Ghormeh Sabzi (Persian beef and herb stew)



Kaku Sabzi (Persian Baked Omelet)

Iraq



Capital: Baghdad

Official languages: Arabic, Kurdish, Turkmen, Syriac, Armenian



Did you know that:

- Researchers claim that most Irish and Britons can trace their roots to Iraq and Syria.
- Music of Iraq is maqam, based on Arabic poetry. It is heart wrenching and slow. The musical scales were influenced by the courts of ancient Arabic kings and by the Persians.
- Famous American Iraqis include Chris Kattan, comedian/actor (Saturday Night Live), Alia Shawkat, actress (Arrested Development), Comedian GoRemyh, and Nada Suleman (Octomom).
- Iraq's distinctive plant, licorice, has been used for thousands of years for its health effects.
- Mountains make up about 20% of Iraq. The two main mountain chains are the Taurus, on the border with Turkey and the Zagros, on the border with Iran. The mountains are the only parts of Iraq that still have forests.
- Iraq's nickname is the "cradle of civilizations."
- For 5,000 years Iraqis have been keeping bees. Honey is an important source of food and income.
- The oldest known writing system developed in Iraq around 3200 B.C. Known as cuneiform it used around 600 signs instead of an alphabet. Each sign stood for a word or a syllable.

Scenes from Iraq



Soccer, Basketball, Swimming, Weightlifting, Bodybuilding, Taekwondo, Boxing, Kickboxing and Tennis are popular sports



Iraq's new Parliament designed by Architect Zaha Hadid of Iraq



Zakho, northern Iraq

Popular Foods



Masgouf – Native Bbq Fish Dish



Kanafeh – Popular Dessert Dish



Iraq Kebab – Grilled Meat with Spices



Capital: Kathmandu

Official languages: Nepali, Maithali, Bhojpuri, Tharu, Tamang, Newar, Bajjika, Magar, Doteli, Urdu, Avadhi, Limbu, Gurung, Baitadeli



Nepal

Interesting tidbits...

- Is the only country with a Triangular Flag
- Is home to the highest peak of the world Mount Everest also known as Sagarmatha locally.
- Is home to the most dangerous airport of the world, Lukla Airport in Nepal serves as the entry airport to the visitors of Mt. Everest. The thing which makes this airport quite difficult and dangerous to land upon is how it is constructed in between mountains and the short length of the runway is breathtaking and amazing.
- The longest lasting handshake carried out by two Nepalese men in 2011 is 42 hours and 35 minutes!
- Nepal is officially the Federal Democratic Republic of Nepal, a sovereign country in South Asia. It is mainly in the Himalayas but also includes parts of the Indo-Gangetic Plain. It is landlocked and borders Tibet in the north, India in the south, east and west.
- One of the most unique and amazing things about Nepal is its official calendar. Unlike other countries, Nepal does not follow the Gregorian calendar as it's official calendar. The Nepalese follow the Bikram Sambhat calendar. It is unique and specific to Nepal. The Nepalese new year falls in mid-April every year. The Nepali Bikram Sambhat calendar is approximately 67 years and 8.5 months ahead of the Gregorian calendar.

Natural Beauty of Nepal



The greater-one horned rhinoceros roams the subtropical grasslands of the Terai plains.



The Himalayan glaciers, the pristine lakes and waterfalls and verdant forests cover the land like an emerald carpet.



Himalayan monal (Danphe) is the national bird nesting high in the Himalayas.



Found in Kathmandu

Nepalese Foods

Nepalese cuisine comprises a variety of cuisines based upon ethnicity, soil and climate relating to Nepal's cultural diversity and geography. Dal-bhat-tarkari is eaten in Nepal.



Sel Roti, a fusion of doughnut and bagel made of rice flour bread.



Yomari is only made during the festival of Yomari Punhi. Sweet dish prepared from rice dough and stuffed with sweets made of coconuts, sesame seeds and molasses.



Dal Bhat, rice served with lentil soup and vegetable curry or chicken.



Thukpa, a noodle soup with meat, eggs or vegetables.

Pakistan



Capital: Islamabad

Official language: Punjabi, Pashto, Urdu, Balochi, Hindko, Brahui, English, Burushaski



- Pakistan, officially the Islamic Republic of Pakistan, is a country in South Asia. It is the world's fifth-most populous country with a population exceeding 212.2 million. It has a 650-mile coastline along the Arabian Sea and Gulf of Oman in the south and is bordered by India to the east, Afghanistan to the west, Iran to the southwest, and China to the northeast. It is separated narrowly from Tajikistan by Afghanistan's Wakhan Corridor in the northwest and shares a maritime border with Oman.



- Pakistan has the second largest salt mines going back to 320 B.C.
- About 25% of Pakistan total land area is under cultivation and is watered by the largest irrigation system in the world.
- Pakistan has the largest manmade forest covering approximately 12 acres.

Things to do and see in Pakistan



Saif-ul-Maluk Lake located in Kaghan Valley near the town of Saiful Muluk National Park. The lake is above the tree line and is one of the highest lakes in Pakistan.



Snooker, Football, Cricket, Volleyball, Boxing, Tennis, Hockey, Squash, Badminton and Table Tennis are popular sports.

Culinary Delights from Pakistan



Aloo gobi is a potato and cauliflower curry



Chapli kebab is shaped like a chappal (sandal) with ground meat mixed with split chickpeas, onions, mint, green chili and egg.



Gajrela is a dessert dish made using a combination of grated carrots, nuts, sugar and clarified butter.

Philippines



Capital: Manila

Official languages: Filipino, English, Tagalog, Cebuano, Ilocano, Hiligaynon, Bicol



"It's More Fun in the Philippines" is its slogan



The longest navigable underground river globally and is both a UNESCO World Heritage Site and one of the 7 Wonders of Nature. The Puerto Princesa Underground River features an underground river caves system.



The Philippines is often ranked as the friendliest country in Asia. You are often greeted with genuine and loving smiles of Pinoys.

Foods to enjoy while in the Philippines



Saba con Yelo is a simple dessert of sweetened banana in brown sugar.



Philippine adobo is a popular dish and cooking process in the Philippines that involves meat, seafood, vegetables marinated in vinegar, soy sauce, garlic, bay leaves & black peppercorns.



Pinakbet is an indigenous Filipino dish from the north regions of the country. It is made from mixed vegetables sauteed in fish or shrimp sauce.



Interesting Philippines Facts:

The Philippines has the highest rate of discovery of new animal species with 16 new species of mammals discovered just in the last 10 years...

The world's biggest pair of shoes was made in Marikina City in 2002. The wingtips measured 17.4 feet in length, 7.9 feet in width, and almost 6.6 feet in height...

Christian names in the Philippines include Bing, Bong, Bogie, Bambi, Girlie, Peanut and Bumbum...

According to custom, it is considered rude to open gifts immediately after they are given...

The Philippines is the only country in the world whose flag is hoisted upside down when the country is at war...

The Philippines is the home to the world's longest snake, the Reticulated Python which also happens to be the world's longest reptile; it can grow to 28.5 feet...

The Philippines is the second largest archipelago in the world and is made up of 7,107 islands located in the South China Sea, Philippine Sea, Sulu Sea, Celebes Sea, and the Luzon Strait...

Jellyfish Lake in the Philippines contains more than 13 million jellyfish...

Basketball is the most popular sport in the Philippines...

Interesting Things to learn about South Korea

- It is common to ask about blood types. The people of South Korea think that blood types contribute to a person's personality and characteristics.
- South Korea Valentine's Day is a day when the men receive chocolate from women, while girls receive sweets on White Day.
- South Korean people spend their Christmas day with their significant other. It is not critical to see their families on Christmas.
- If you are planning on having a housewarming party after the move in, don't bother buying toilet paper or laundry detergent. You will get plenty as gifts.
- Jaywalking is not found in South Korea since the people are very respectful of traffic and pedestrian laws.
- Although South Korea is a democracy, the government still has a say in what you can and cannot look at while using the internet.
- Plastic surgery is usually taboo in most Western countries. South Korea fully embraces plastic surgery to the point that it is very accepted and even encouraged.
- There is an urban legend in South Korea that if the electric fans are left on while you are sleeping with your door and windows closed death may occur.

South Korean food you can make at home



Kimchi is a fermented dish that can utilize a variety of vegetables and seasoning depending on preference. Kimchi is great for the digestive health so plan on having it as a side often.



Budae-jjigae or spicy sausage stew is a made with ham, sausage, spam, baked beans, kimchi and gochujang.



Pickled radish called dongchimi in Korean, is served and eaten with ramen, rice noodles, congee or Korean fried chicken as a side dish.

Life and sports in South Korea



Taekwondo is the representative national sport of South Korea. Other popular sports include baseball, basketball, football and golf.



Many South Koreans are seeking a reprieve from the pressures of life and often check themselves into prison to relax



South Korean Women Curlers

Thailand



Capital: Bangkok

Languages: Thai, Malay, Burmese



Three beautiful spots found in Thailand



White Temple Chiang Rai is a contemporary style Buddhist temple with unique shape, structures and dazzling white and silver adorning the outside.



Red Lotus Sea is famous for sunrise during lotus bloom from November to February found in Udon Thani province.



Tonsai is a brief long-tail boat ride over from Brabi. Tonsai is popular with rock climbers.

Some fun facts, and some not so much fun...

- In 1989 Thailand banned logging because deforestation is a huge problem. Much of the open land was once covered in hardwood forest.
- Thailand is the home to the smallest mammal in the world, the "Kitti's hog-nose-bat" which is only about one inch long.
- Driving without shoes is no problem but you can go to jail by not wearing a shirt.
- There is an estimated 40,000 temples in Bangkok. In order to visit them you must wear a shirt that covers your shoulders and long pants.
- Most Thai men over 30 were once Monks. For centuries, it was a required rite of passage for men under the age of 20 to live and study with Buddhist monks.
- Thailand's language, Thai, has 76 letters. It is a very tonal language and hard to learn unless you are good with inflections. There are 44 consonants and 32 vowels.
- Yearly Thailand hosts the world's largest water fight. It occurs during the Songkran Festival, which rings in the Thai new year every April 13-15. Millions of Thais and tourists armed with squirt guns soak each other in the streets.
- In November Thailand hosts the Annual Monkey Festival which is where you feed thousands of monkeys. It is held in Lopburi where locals think the macaque monkeys bring them good luck.
- Durian fruits smells so bad that it is banned in a lot of places and on all public transportation. You ask why -- it smells like stinky feet mixed with rotten eggs and highly sought after and can cost as high as \$100 for one fruit (about the size of a small watermelon with spikes).
- Thailand is the only country in Southeast Asia that was never colonized by Europeans.

Thai foods



Coconut-Braised Sun-Dried Salted Beef
with Bamboo Shoots



Tom Kha Soup – Thai
Chicken Soup



Shrimp Pad Thai

Vietnam



Capital: Hanoi

Official languages: Vietnamese, English, French, Chinese, Khmer



If you are going to vacation in Vietnam, remember:

- Don't underestimate the size of the country. A train ride from Hanoi to Ho Chi Minh City takes roughly 35 hours.
- Plan a minimum of three weeks for vacation, there are three main regions – North, Central and South.
- The weather varies – Northern is wet summers and cool dry winters; Central is hot, dry weather between January & August; and Southern has a tropical climate with only two defined seasons - wet and dry.
- There are no fixed prices on products, you haggle over what it costs.
- The artistic, traditional and creative side of Vietnam is more evident in Hanoi, where despite crazy traffic and busy routines, centuries-old traditions are still alive.
- Beaches are not Vietnam's forte.
- Relying on a delicate balance of sour, hot and sweet and salty perfected over centuries, food is unique. Flavors such as tamarind, chili peppers and loads of fresh green go in almost every dish.

Tourist must see destinations



Ha Giang Province is filled with narrow ribbon roads with hair-raising bends which meander the rugged peaks and green valleys. This province is in the far northeast of Vietnam. Visiting this site will bring to life forgotten dramatic scenery and colorful minority villages.



Ho Chi Minh City is a buzzing cosmopolitan city of skyscrapers and French colonial architecture which is sleek and sexy. The best way to soak up the melee of the traffic choked boulevards is to sit back and sip latte at a Parisian-style pavement café.

Vietnam dishes and tidbits to read

Vietnamese cuisine encompasses the foods and beverages of Vietnam and features a combination of five fundamental tastes. Each Vietnamese dish has a distinctive flavor which reflects one or more of these elements. Common ingredients include shrimp paste, fish sauce, bean sauce, rice, fresh herbs, fruit and vegetables. French cuisine has also had a major influence due to the French colonization of Vietnam. Vietnamese recipes use lemongrass, ginger, Vietnamese mint, long coriander, Saigon cinnamon, bird's eye chili, lime, and Thai basil leaves. Traditional Vietnamese cooking is greatly admired for its fresh ingredients, minimal use of dairy and oil, complementary textures, and reliance on herbs and vegetables. Besides the fresh ingredients, a food culture researcher from Japan found that fish sauce or nuoc mam is an indispensable ingredient where it occupied 70% of Vietnamese dishes while 30% of dishes used soy sauce. It is also low in sugar and is almost always naturally gluten-free, as many of the dishes are made with rice noodles, rice papers and rice flour instead of wheat.



Bah xeo (pancake) is crispy, stuffed rice pancake. A Savory fried pancake is made of rice flour, water and turmeric powder.



Banh Bao is a Vietnamese bun that is ball-shaped containing pork or chicken meat, onions, eggs, mushrooms and vegetables.



Banh bot loc is a small clear looking chewy tapioca dumpling usually filled with shrimp and pork belly, topped with shallots, often topped with a sweet chili fish sauce.

Barranquilla Flavor Dancing





Australia and Oceania

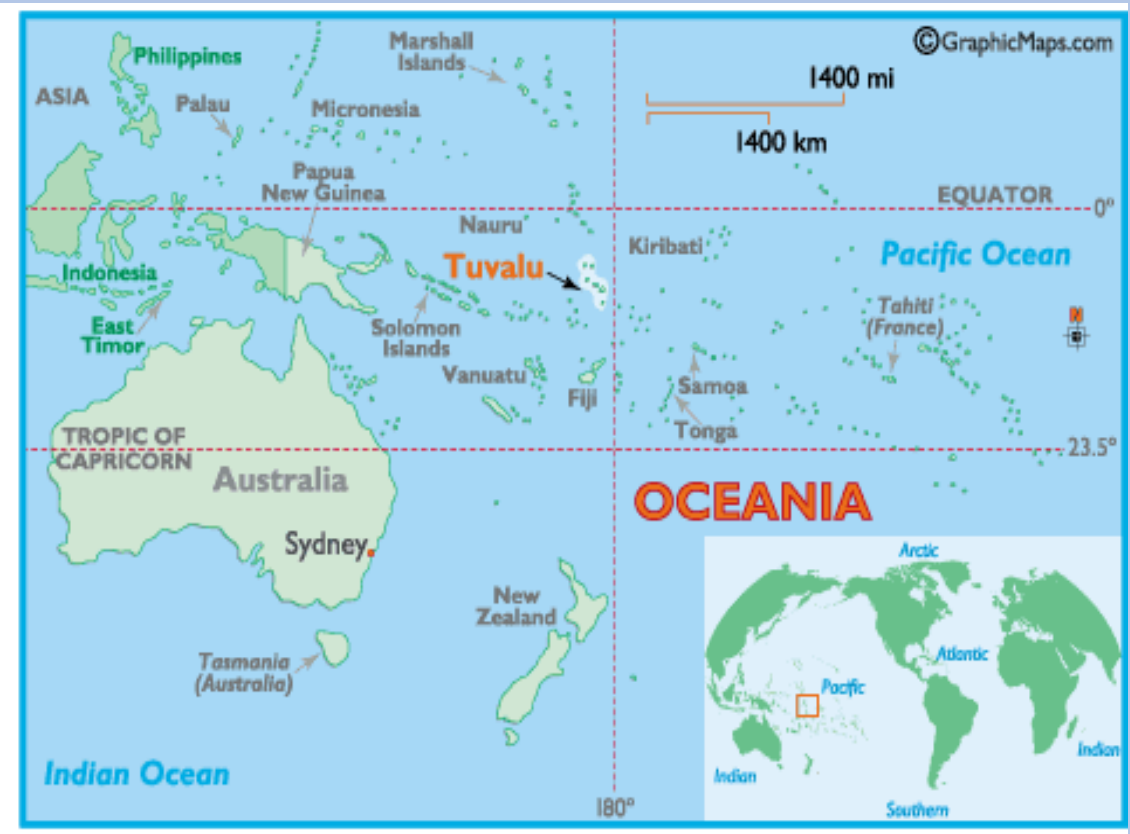
Tuvalu



Tuvalu

Capital: Funafuti

Languages:
Tuvaluan; English



Tālofa! (Hello)



Tuvalu, formerly called Ellice Islands, is a group of nine islands in the Pacific Ocean between Hawaii and Australia. The actual land area of this nation is 10 square miles with a total population of 10,580, as per a 2020 census.

The Ellice Islands were administered as a British Protectorate, they were part of the British Western Pacific Territories from 1892 to 1916. In 1916 the British established the Gilbert and Ellice Islands Colony which existed until 1974. Tuvalu became independent on October 1, 1978.

Apart from its vulnerability to rising sea levels, Tuvalu is also at risk of cyclones, tsunamis, house fires, drought, and flooding due to high tides and storm surges.

The planet's fourth-smallest nation, faces extinction due to climate change. Rising seas and deadly storms have reportedly started to swamp the islands, and fears are growing that Tuvalu will be uninhabitable or may vanish entirely within a few decades.

Things to see and do



Ocean side of Funafuti atoll, showing the storm dunes, the highest point on the atoll.



Badminton, canoeing, rugby Sevens, Tennis and Volleyball are some sports on the islands

Tuvalu Food



Steamed Fish



Tuna Coconut Curry



Coconut Pudding

The Tuvaluan diet is comprised of pulaka, fuaga mei (breadfruit), futi (plantains or cooking bananas), cooked or raw fish, crayfish, pork, chicken, and such local vegetables as lalulu (spinach). Many dishes are prepared in lolo (coconut cream). Tropical fruits like oolesi (papaya) and bananas are eaten.

Ray Caceres, Tango Argentino



EUROPEAN COUNTRIES

ALBANIA

BOSNIA-HERZEGOVINA

GERMANY

ROMANIA

RUSSIA

SWEDEN

UKRAINE

ALBANIA

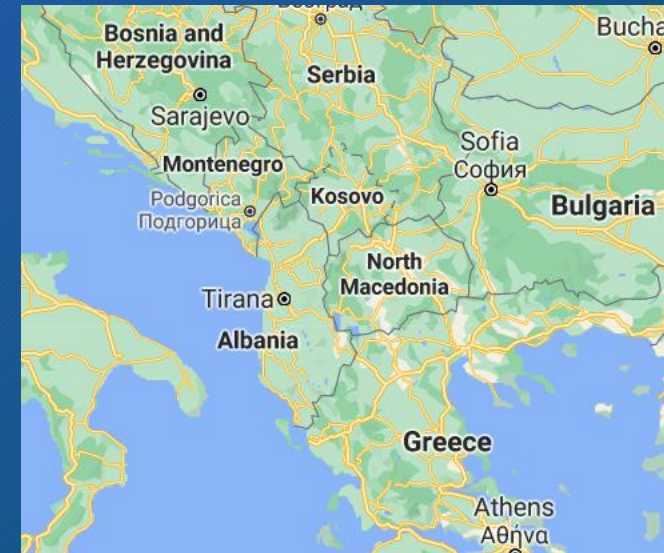


THE REPUBLIC OF ALBANIA

On Southeastern Europe's
Balkan Peninsula

Capital City
TIRANA

European Youth Capital 2022



ALBANIA



Official Language
Albanian

Albanians call their country
Shqipria

Mother Theresa was a
Skojbe-born ethnic Albanian

ALBANIA



Fergese Tirana

A specialty of Tirana

A dish of meat, peppers, eggs and tomatoes



DITA e VERES

(Summer's Day)

March 14

Celebrates the beginning of Summer



FOLKLORE FESTIVALS

Folkloric festivals take place in towns across the country; one of the largest is the National Festival of Folklore held in Gjirokastër

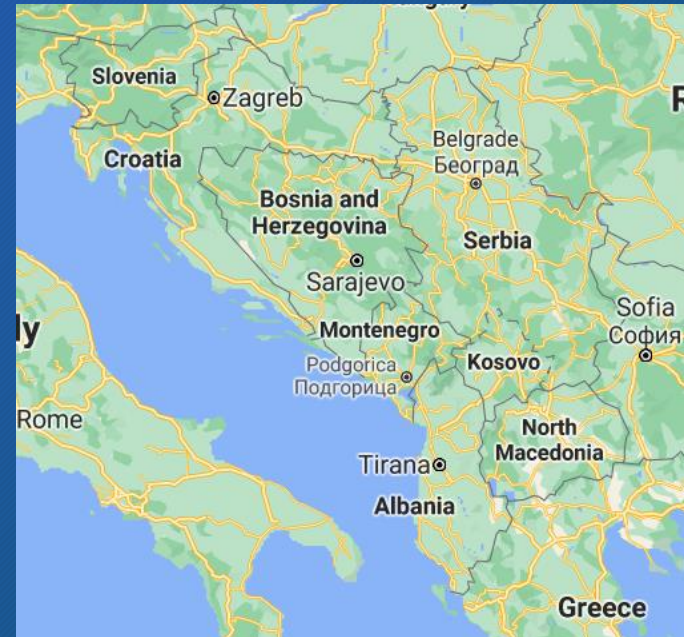
BOZNIA & HERZEGOVINA



TWO REGIONS
ONE COUNTRY

On Southeastern Europe's
Balkan Peninsula

Capital City
SARAJEVO



BOZNIA & HERZEGOVINA



Official Languages
Bosnian, Croatian, Serbian

Nicknamed “Heart Shaped Land”
because of its heart-like shape



Home of the 1984 Winter
Olympic Games



BOZNIA & HERZEGOVINA



Burek

A Bosnian favorite

Phyllo dough filled with meat, cheese and spinach or apples



Sarajevo Film Festival

Held every year in August

International and local celebrities showcase feature and short films from around the world



Perucica Rainforest

The last European Jungle

A top national treasure offers glacial lakes, mountains, waterfalls and more to explore

GERMANY



DEUTSCHLAND

Located in
North-Central Europe

Capital City
BERLIN



GERMANY



Official Language
German

Called the Land of Poets and
Thinkers for its contribution to
culture and independent thought

University is free for everyone



GERMANY



Kochklopse

Traditionally called
Königsberger Klopse

A tasty dish of meatballs in a
creamy white sauce



Castles and Palaces

Home to over 20,000 castles and
palaces, some of the most beautiful
in the world are found in Germany



Oktoberfest

The world's largest folk festival
Held in Germany and attended by
over 6 million people every year

ROMANIA



TRANSYLVANIA
The Land Beyond the Forest

Located in
Southeastern Europe

Capital City
BUCHAREST



ROMANIA



Official Language
Romanian

Home to four Nobel Prize laureates
George Emil Palade (medicine)
Elie Wiesel (peace)
Herta Müller (literature)
Stefan Hell (chemistry)

Bucharest is nicknamed “Little Paris”



ROMANIA



Sarmale

Cabbage Rolls

Rice and minced pork and vegetables wrapped in cabbage leaves or grape leaves



Transfagarasan Highway

An extraordinary feat of engineering with tunnels, viaducts, bridges and hairpin turns



Nadia Comaneci

5 time Olympic Gold Medalist

First gymnast in Olympic history to be awarded a perfect 10 for her performance on the uneven parallel bars in the 1976 Montreal games

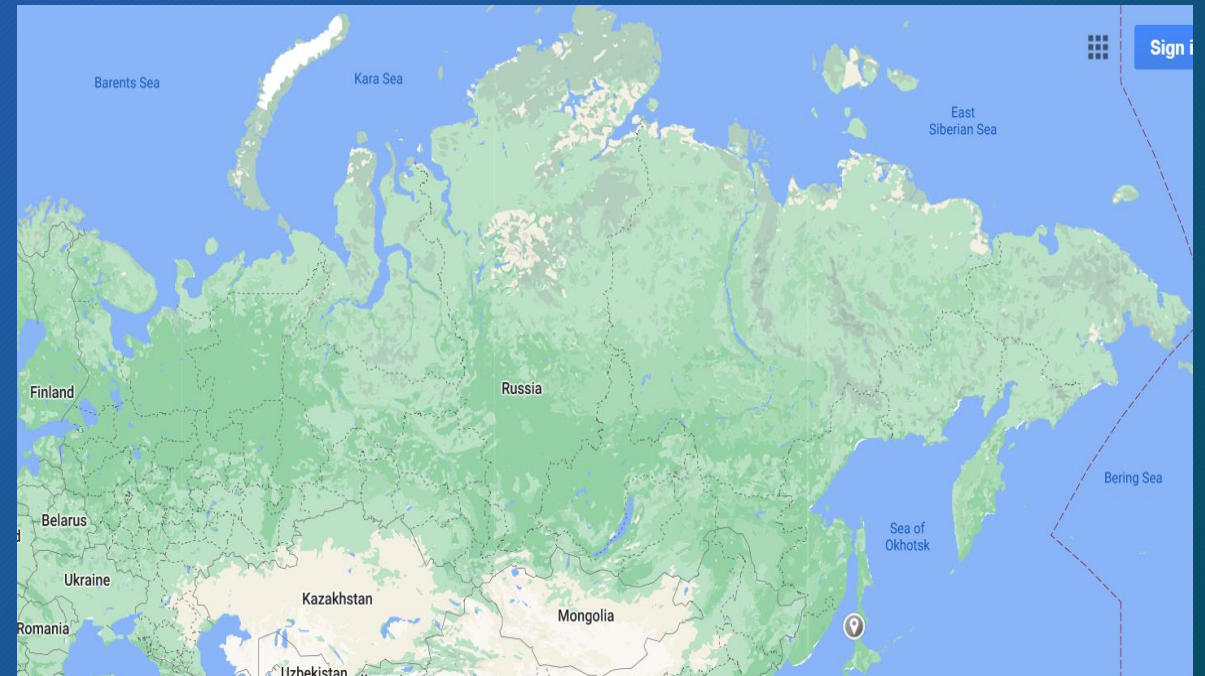
RUSSIA



RUSSIAN FEDERATION
Rossiya (RossSEEya)

The world's largest country
spanning Eastern Europe and
Central Asia

Capital City
MOSCOW



RUSSIA



Official Language
Russian

Over 100 minority languages

Lev Tolstoy Author War & Peace

Pyotr Tchaikovsky Composer Swan Lake

Yuri Gargarian Astronaut First Man in Space

Mikhail Gorbachev Former President Soviet Union
Awarded Nobel Peace Prize for ending the cold war

The Moscow Kremlin is the world's largest medieval
fortress



RUSSIA



Blini

Russian Pancakes

Baked thin pancakes stuffed with sour cream and salmon, caviar or mushrooms or berries



The Hermitage & Winter Palace

One of the world's largest museums

Looking at each historical and art exhibit for one minute, it would take 11 years to see it all



Ice Hockey

One of Russia's most popular sports

BANDY, the national sport of Russia, is a form of ice hockey played with a ball instead of a puck.

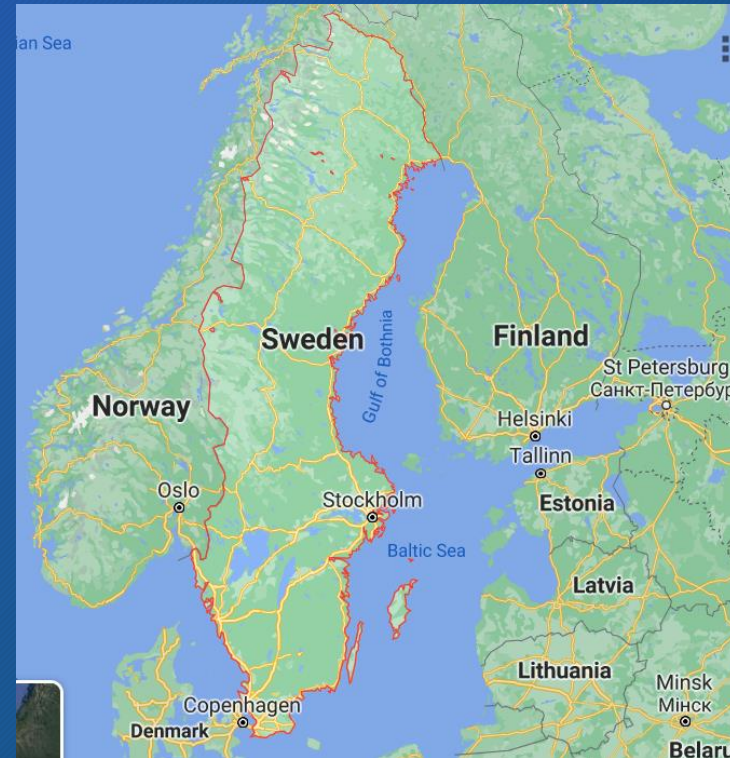
SWEDEN



SVERIGE
The Kingdom of Sweden

Scandinavian nation
in northern Europe

Capital City
STOCKHOLM



SWEDEN



Official Languages

Swedish-the main official language
Finnish, Yiddish, Sami, Meankieli and Romani

The first in the world to introduce freedom of
the press in 1766

Sweden introduced the 6-hour work day

99% of all waste is used, leaving only 1% waste

Stockholm is the home one of the largest
palaces in Europe, the Royal Palace



SWEDEN



Janssons Frestelse

Janssons Frestelse

A casserole of potatoes, onions, sprats, breadcrumbs and cream named after opera star Pele Jansson



Oresund Bridge

An incredible feat of engineering, the bridge is both rail and road.

Links Sweden to Denmark and, in turn, to the European continent



Sami

Sweden's 20,000 indigenous people

Sami have their own parliament and officially recognized language

UKRAINE

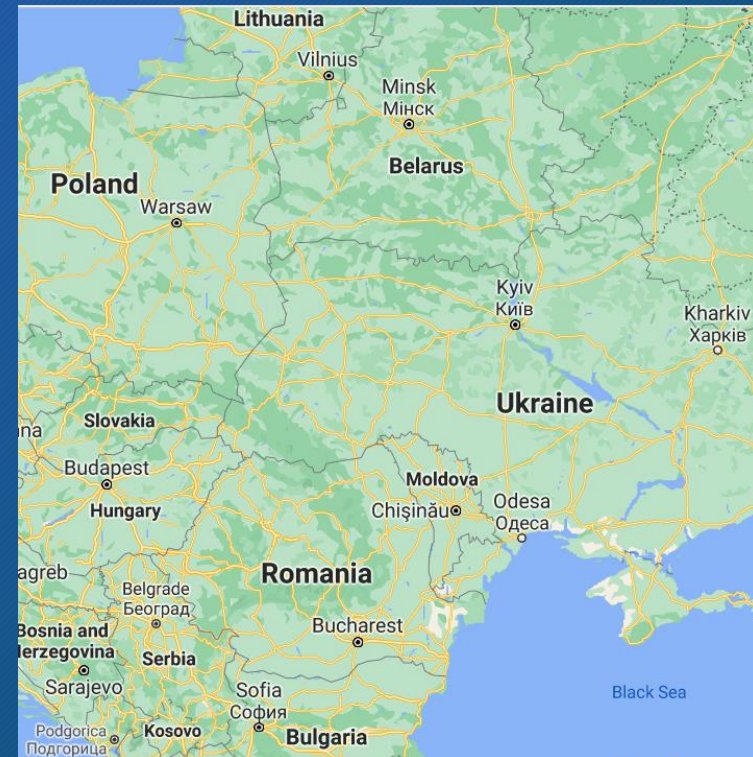


UKRAINE REPUBLIC
Borderland

Located in Eastern Europe
Second largest European Country



Capital City
KIEV



UKRAINE

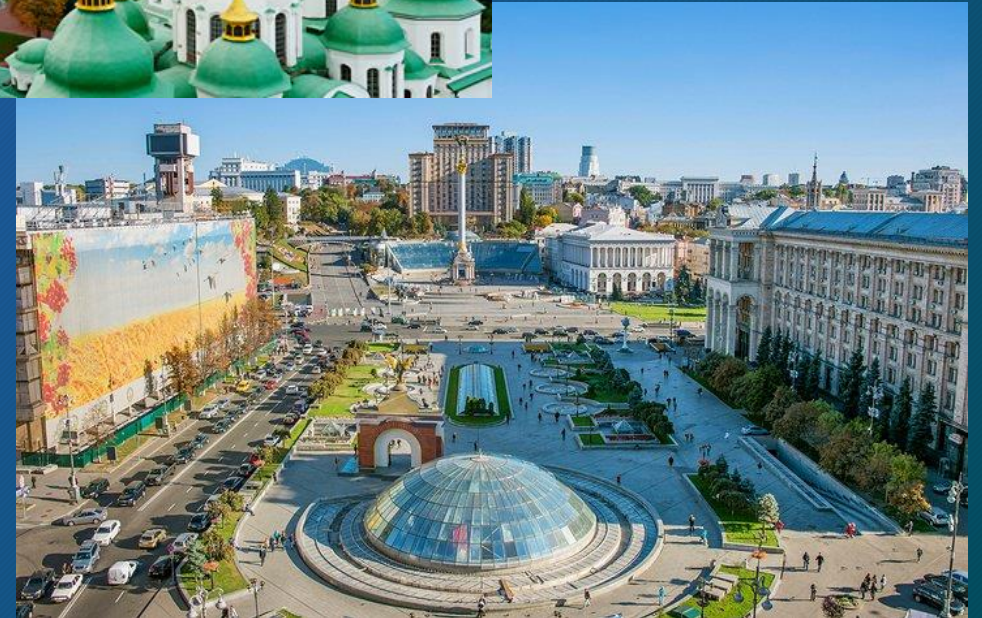


Official Language
Ukrainian



Home of Seven World Heritage Sites
Home of the first gas lamp
Birthplace of the world's largest airplane

Kiev is the home of the 11th century Saint-Sophia Cathedral and Independence Square



UKRAINE



Borscht

The National Dish of Ukraine

A hot beetroot and vegetable soup with potatoes and cabbage, topped with sour cream and served with garlic doughnuts



Tunnel Of Love

A two mile stretch of private railway, giving the illusion of a never-ending tunnel.

Legend says that, if love is real, a wish made here will come true



Independence Day Of Ukraine

August 24

A proud national holiday celebrating the unity, strength, will and spirit of the Ukrainian people

Field Irish Dance Groups





Fashion Show

NHTI Students from
around the world



Patiente, Rwanda



Ali, Niger





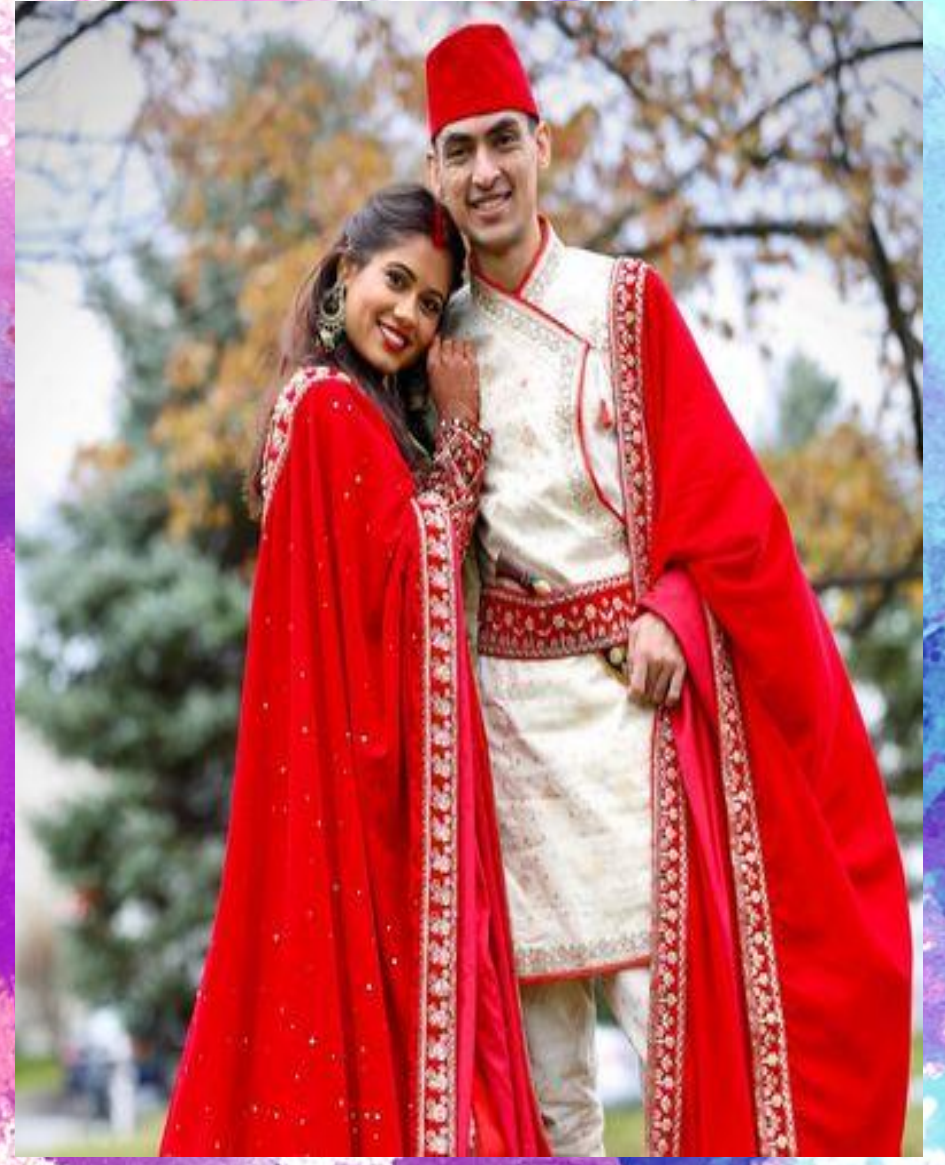
Manu, DR Congo; Morgan, DR Congo



Giselle, Rwanda



Chekeri, Rwanda



Sumitra, Nepal





Dorsa, Iran



Sami, India





Jane, Sudan

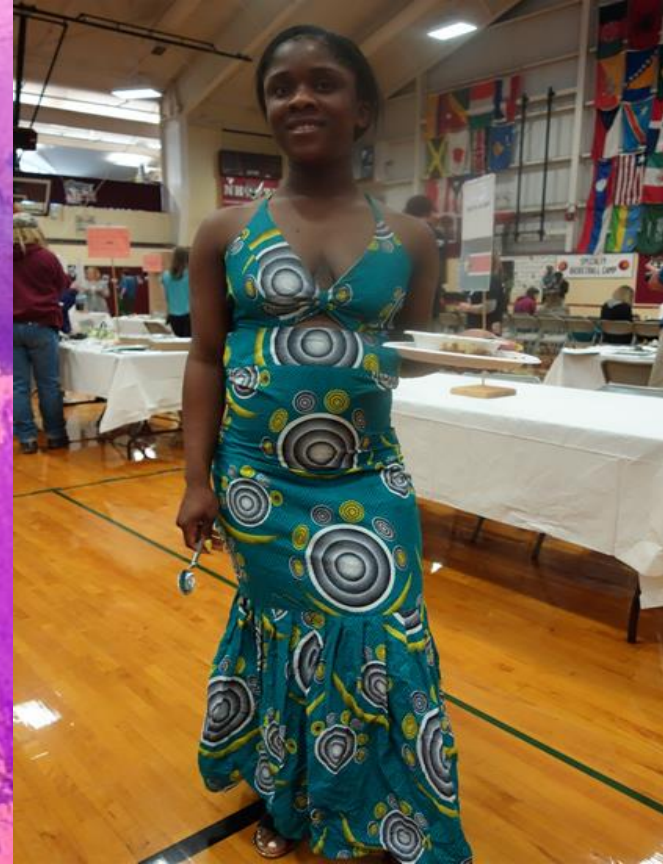


Sophia, Eynas, USA





(D)Avid, DR Congo



Deconte "Dede", Liberia





Marie, Benin



Shabin, Nepal





Mumtaz, Myanmar



Puja (India), Queen (Cameroon), Ramen (India)

Bella Vita Dance



NORTH AND LATIN AMERICAN COUNTRIES

The Dominican Republic

Haiti

Jamaica

Mexico

Nicaragua

United States of America

Argentina

Brazil

Chile

Colombia

Uruguay

Ecuador

Cuba

THE DOMINICAN REPUBLIC



Capital city: Santo Domingo

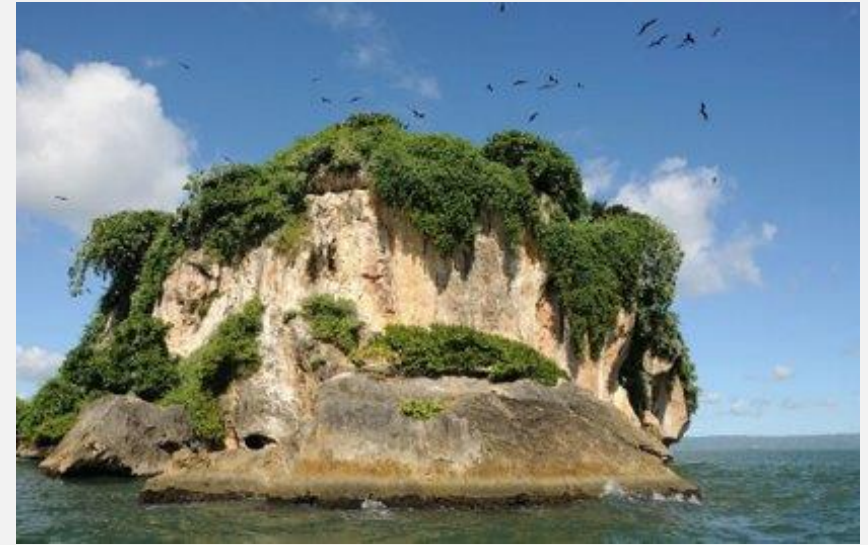
It claims the oldest university in the Western Hemisphere (the Autonomous University of Santo Domingo, founded in 1538).



In the D.R., Spanish is the official language. Dominican Spanish uses old Spanish words that are no longer used in modern Spanish and borrows vocabulary from the Arawak language.



25% of the D.R.'s land and shoreline are preserved as national parks, reserves, and sanctuaries.





- Mangú is a popular Dominican dish containing mashed potatoes, typically served with eggs, fried Dominican salami, and fried cheese.



The national sport of the D.R. is baseball. Today, more than 1 in 6 players in the American League is from Latin America, and the majority of these Latin American players come from towns on the southeastern coast of the Dominican Republic.



HAITI

- Capital city: Port-au-Prince
 - This city is both Haiti's economic center and primary export hub—the most common items exported out of Port-au-Prince are coffee and sugar.



- French and Haitian Creole are the official languages of Haiti. Spanish and English are minority languages.
- The Haitian Revolution was the only successful slave revolt in human history.





- Jomou is a mildly spicy soup made with squash puree and a mix of limes, onions, cabbage, celery, and plantains. You usually scoop the soup with bread.



- Compas (known as *Konpa* is Haitian Creole) is a modern Méringue dance music of Haiti. It is driven by the quick tempo beats created by guitars, saxophones, and synthesizers. It is usually danced in pairs, but can be done solo, as well.





JAMAICA

- Capital City: Kingston
- It was founded in 1692 as a place for survivors of the earthquake that destroyed Port Royal.





The official language of Jamaica is English, and the unofficial language is patois. A group of Jamaican novelists recently transformed the patois oral language into written form, but most Jamaicans still only speak it.

The top three fastest men in the world are Jamaican!

- Run down (or run-dun) is a Jamaican fish stew that consists of garlic, onions, tomatoes, hot peppers, spices, and cut pieces of fish (usually mackerel). The fish stew is served with dumplings and green bananas.



- Reggae music first started out in Jamaica in the 1960's. The lyrics typically speak of love—not just romantic love, but cosmic, spiritual love and a love for humanity—and rebellion against forces like extreme violence, poverty, racism, and government oppression that impede love.



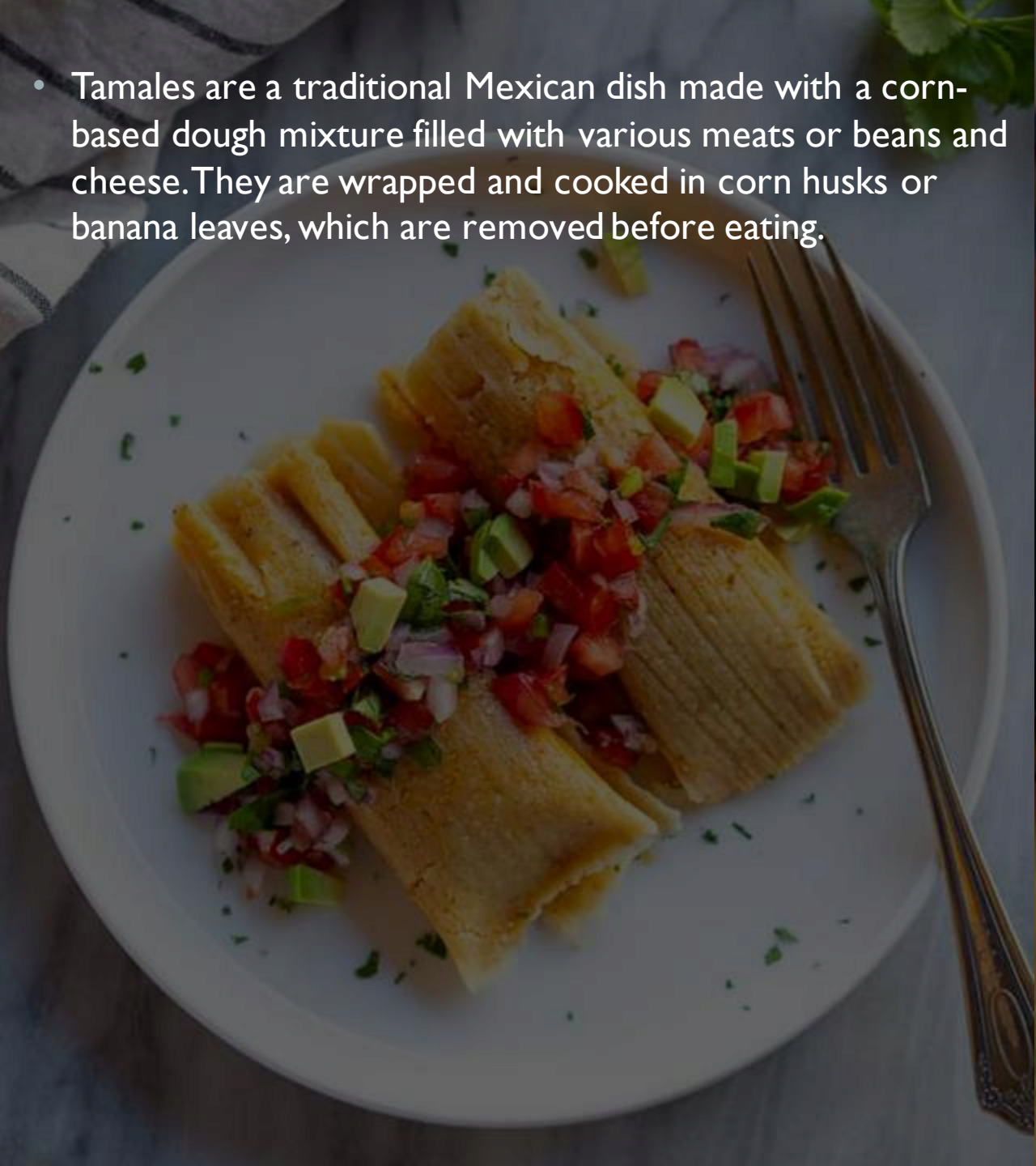
MEXICO

- Capital: Mexico City
- La Basílica de Guadalupe, in Mexico City, is the 2nd most visited Catholic sanctuary after the Vatican.

- While Spanish is the most widely spoken language in Mexico, the Mexican government recognizes 68 total national languages. 63 of these are indigenous languages.
- The Great Pyramid of Cholula in Cholula, Mexico, is the largest pyramid in the world.



- Tamales are a traditional Mexican dish made with a corn-based dough mixture filled with various meats or beans and cheese. They are wrapped and cooked in corn husks or banana leaves, which are removed before eating.



- The Charrería is considered Mexico's national sport by excellence. It is a competitive event similar to a rodeo. Speed, style, and precision are important to judges.



NICARAGUA

- Capital city: Managua
 - Managua means "surrounded by water" in the indigenous Nahuatl language.





- Spanish is the official language of Nicaragua. Some Nicaraguans also speak Creole English, Standard English, and indigenous languages such as the Miskito, Sumo, and Rama languages.
- Lake Nicaragua, located in Nicaragua, is the largest lake in Central America, and the only lake in the world that contains freshwater sharks.





- Baho is a mix of beef, green plantains, yuca, onions, and peppers that are cooked in banana leaves. It is also served on a banana leaf (pictured).



- Toro Huaco is a traditional Nicaraguan dance that is part of the country's Native American and Spanish cultural heritage. For this dance, usually performed during the festivities of Saint Sebastian, the locals dress in colorful costumes and cover their faces with wooden masks.



ARGENTINA

Capital city: Buenos Aires

Buenos Aires was the first Latin American city that recognized LGBTQ+ rights.





- Argentina's official language is Spanish. Its large immigrant population accounts for the use of languages like Italian, Arabic, German, and Yiddish throughout pockets of the country.
- It is an Argentinian tradition to eat gnocchi on the 29th of each month—a habit likely introduced by Italian immigrants.



Choripán is a type of sandwich that consists of chorizo sausage and crusty bread (like a baguette). The sandwich is often slathered with a variety of condiments, most notably chimichurri.



Originating in Buenos Aires in the 18th century, tango is influenced by flamenco, polka, and numerous traditional African dances.



BRAZIL

- Capital City: Brasilia
- From 1763- 1960, Rio de Janeiro was the capital of Brazil. In 1960, after Brasilia's construction was finished, it became the capital.





- Portuguese is the official language of Brazil, as well as the most widely spoken language.
- Rio de Janeiro hosts the world's largest carnival, held annually during the first week of March. The 2018 carnival reportedly drew 6 million people.





Football (soccer) is the most popular sport in Brazil. The country has produced some of the world's most iconic football players, including Pelé and Ronaldo.

- Feijoada is a hearty black bean and mixed stew soup often called the national dish of Brazil. It is usually served with rice and assorted sausages which may not be cooked in the stew.

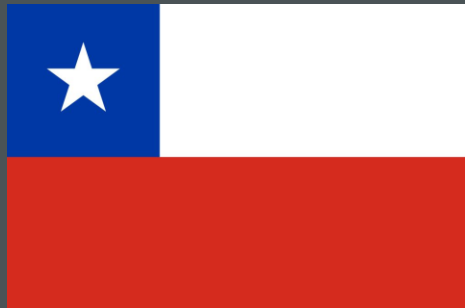




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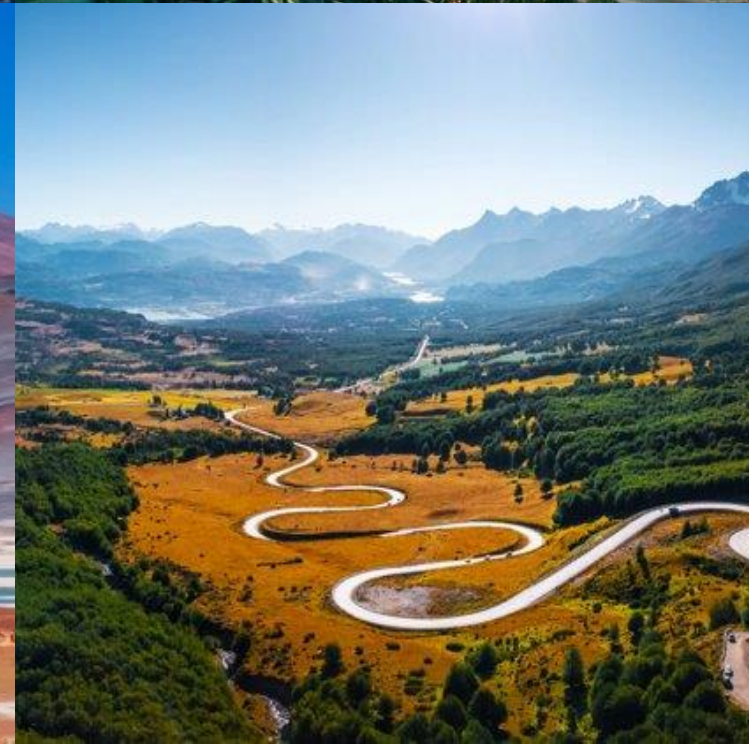


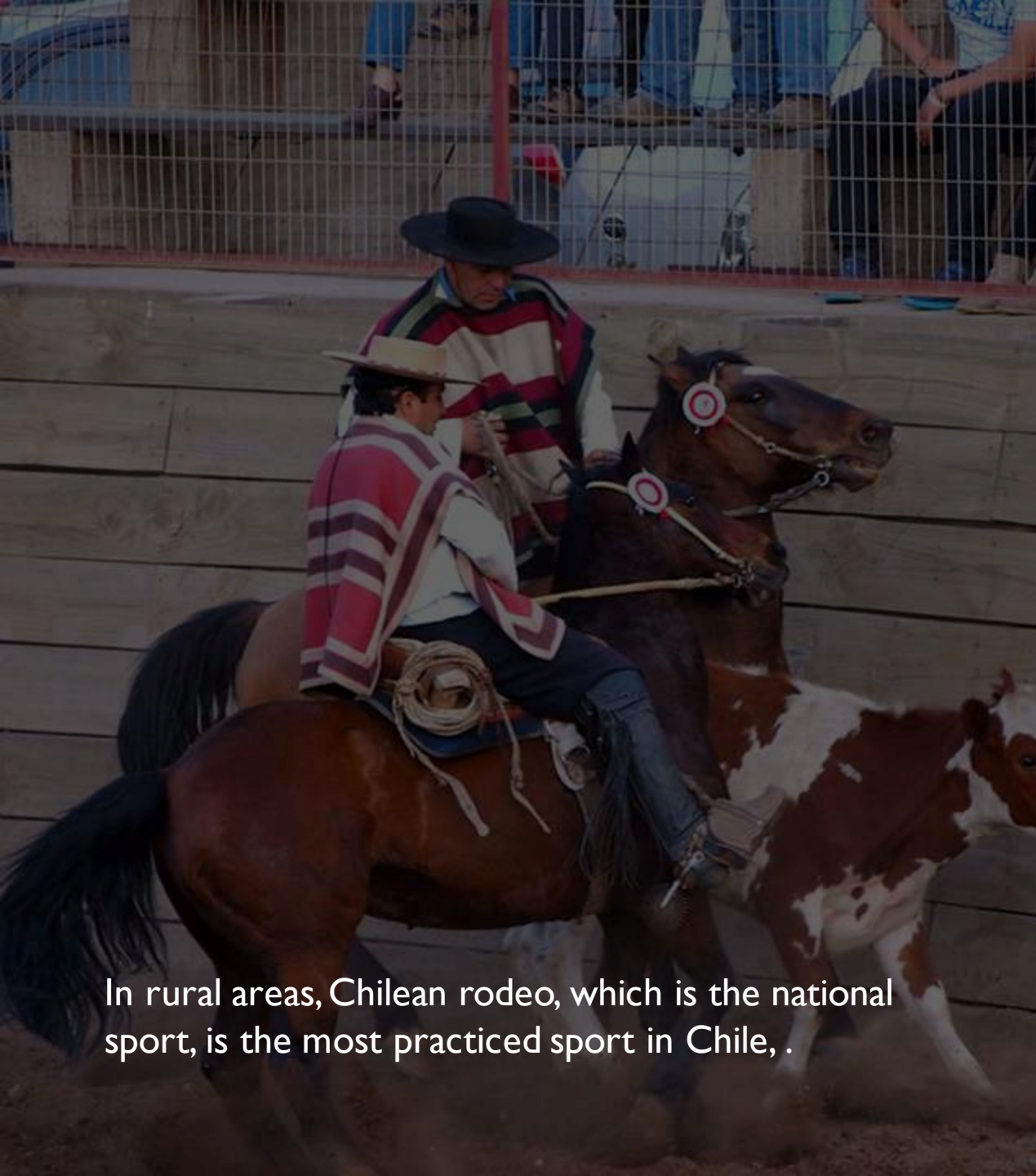
CHILE

- Capital city: Santiago
 - The city outskirts are surrounded by vineyards and Santiago is within an hour of both the mountains and the Pacific Ocean.



- Chile's official language is Spanish. It is noted to have 9 living or active languages and 7 are believed to be extinct.
- Chile's Atacama Desert (pictured) is the driest place on Earth-- some parts of the region have never received a drop of rain.





In rural areas, Chilean rodeo, which is the national sport, is the most practiced sport in Chile, .



- Pataska (spicy stew) is a stewed dish, in which chewy large corn, potato, pork, and red pepper are cooked together.



COLOMBIA

- Capital City: Bogotá
- Colombia's Museum of Gold, located in Bogotá, has a collection of over 34,000 pre-Colombian gold items.





Bandeja paisa includes red beans cooked with pork, white rice, ground meat (carne molida), chicharrón, fried egg, plantain, chorizo, arepa, hogao sauce, black pudding, avocado, and lemon.



Cumbia is Colombia's national dance. Traditional cumbia is danced with couples dancing in a circle around seated musicians.



- Colombia's official language is Spanish. More than 99.5% of Colombians speak Spanish.
- It is mandatory for the radio and public television in Colombia to play the national anthem every day at 6 a.m. and 6 p.m.





UNITED STATES OF AMERICA

Capital city: Washington, D.C.

A very international city, D.C. is home to more than 170 embassies and international cultural centers. More than 15% of D.C. residents speak a language other than English at home.





- English is the most common, but not the official, language of the U.S. The U.S. has no official language. Spanish is the second most common spoken language in the U.S.

- In some U.S. states (including Idaho, Iowa, Montana, and Wyoming), there are more cows than people.

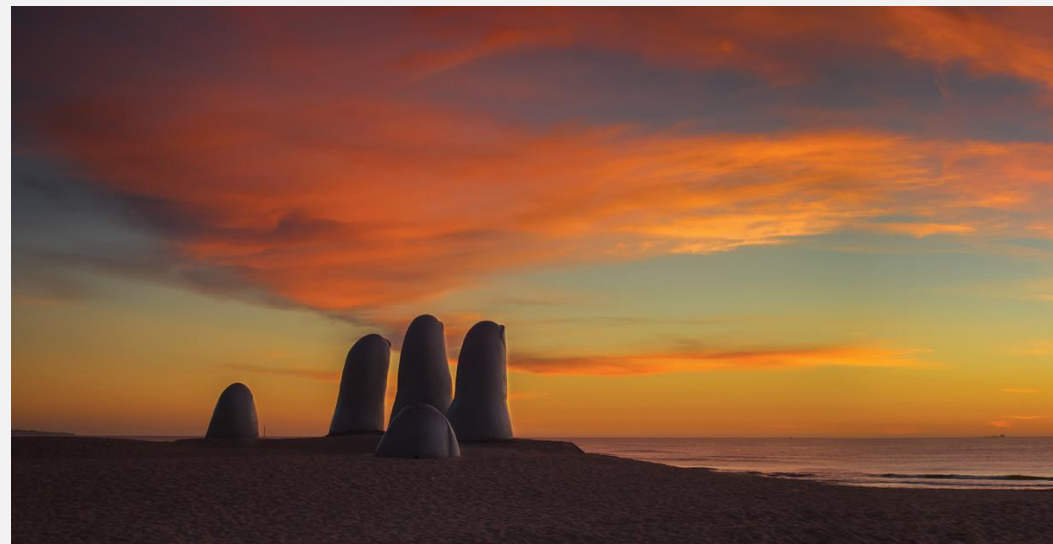




- The Reuben sandwich is an American grilled sandwich composed of corned beef, Swiss cheese, sauerkraut, and Russian dressing, grilled between slices of rye bread.



- The most popular form of square dance originates in the western United States and is closely connected with the culture of Cowboys and the country-western lifestyle.



URUGUAY

- Capital: Montevideo
 - Montevideo hosted every match during the first FIFA World Cup in 1930.



- Uruguay's official language is Spanish. Along the border with Brazil, many residents speak a hybrid of Spanish and Portuguese.
- The name Uruguay comes from the Guaraní word for Uruguay River, which means either "river where the bird lives," "river of the painted birds," "river of the snails," or "winding river."



- Invented in Uruguay, a chivito (translated to 'small goat') consists of a beef sandwich with lots of different ingredients. These can include a fried egg, lettuce, tomato, ham, mozzarella, bacon, olives, bell pepper, mayonnaise, and a side of French fries.



- The candombe is a folk dance performed at Carnival by Uruguayans mainly of African ancestry.



ECUADOR

- Capital city: Quito
 - In 1978, Quito was the first city to be declared a UNESCO World Heritage Site.





- Spanish is the official language of Ecuador. Quechua, an Inca language, is also spoken by the indigenous population.
- Mount Chimborazo, in Ecuador, is the point on Earth closest to the sun.



- Llapingachos are fried potato pancakes, usually served with a peanut sauce, that originated in Ecuador. The patties are stuffed with cheese and cooked until crispy brown. They are usually accompanied by fried eggs, avocado, chorizo sausage, and salad.



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- Sanjuanito dancing existed in Ecuador before the arrival of the Spanish conquistadors. It was carried out by the Incas during rituals worshipping Inti, the God of the Sun. It was popularized, however, in the 20th century.



CUBA

- Capital city: Havana (La Habana)
- Havana is known for its many statues, including one of John Lennon in the center of John Lennon Park.





- Spanish is the official language of Cuba. Other languages spoken include Haitian Creole, Lucumí, Galician, and Corsican.
- Dominoes is a national Cuban past-time and social activity.





Picadillo is a classic Cuban dish made with ground beef, potatoes, onions, bell peppers, white wine, tomato sauce, raisins, and olives. It is often served with rice and plantains.



Formerly enslaved people began dancing the Rumba in the 1890s; they would spend Sunday playing familiar rhythms from home and occasionally adding vocals.



THANK YOU
FOR
ATTENDING!

- Now that you've learned about so many countries, can you finish the following thought?
 - After the COVID-19 pandemic, I would like to visit _____!
 - Post your responses on Twitter using #CEC2021
- Do you have any favorite recipes? We are collecting them for a Lynx Food Pantry cookbook! Please email Tyler at tjlewis@ccsnh.edu to submit yours!
- How did you like this event? Please email Rosie at rhughessmith@ccsnh.edu or Deb at dlandry@ccsnh.edu to provide feedback.