

Italian traditions and social habits



It is difficult to define Italian culture. In everyday life, Italians have social habits that are similar to most European Countries, but some way but they make Italy unique. Sometimes we may end up in well known stereotypes. We just hope that you will always think about us for our positive behaviours. Here we have prepared a list of behaviours:

- Shake hands when you are introduced to people and in formal situations.



- Kiss someone on the cheek when you meet him or her, if it is a friend of yours or someone that you know rather well.
- Italians are known to talk and gesticulate with their hands a lot. We use our hands to reinforce what we are saying with our mouth.



- Speak loud in public places, even if it isn't very polite.
- We often complain about everything.
- Family is very important for Italians, in fact, we live with our parents longer than other foreign guys, and we join and stay together during the weekend or the festivities.
- On Sundays, families often go to the grandparents' house to eat together at midday, and play cards after lunch.
- In Italy food is part of our culture, and we eat a lot, but our Mediterranean diet is considerate one of the best diet worldwide. In fact, we often love eating at home and cooking fresh food instead of going to restaurants or fast-food restaurants. Lunch and dinner time are also important because the family join and talk about the routine and news. Eating is a social event. We have a saying "A tavola non ci si invecchia mai" (when sitting at the table you do not get any older) which had a negative meaning, but nowadays it means that the time you spend with people eating at a table are enjoyable therefore you can't get old.

- Coffee is like a kind of addiction in Italy because people love it and drink it lots of times during the day.
- The importance of hospitality is common in all the Italian houses, in fact when having guests, we tidy the house more than usual, we take care of the food and drinks and we want everything perfect for our guests.
- When we are invited to friends' house, for a meal, we bring them a present as for example a bunch of flowers, a bottle of wine or something else. The kind of present depends also on the relationship with the host.
- Italians are passionately loyal to their family and friends. These are important qualities as "a happy private life helps people tolerate an appalling public life" (Barzini).
- Most of Italian men are recognised as "mammoni", particularly linked to their mothers.
- Italy is famous for fashion, lot of people spend time on their appearance, for example going to the hairstyle or the beautician.
- There are festivities that we celebrate with the family: Christmas, Easter and Birthdays.

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