

2019-1-HU01-KA229-061009_4
Self-awareness: Embrace Yourself, Embrace the World

“CUSTOMS AND ETIQUETTE IN MY COUNTRY”



SUPERSTITIONS

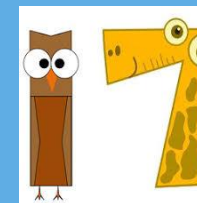
- The Evil Eye (Malocchio)



Provoked by jealousy and envy, it is warded off by prayers learnt by women during Christmas eve. If olive oil dropped in a plate of water spreads out in tiny forms, the curse of the Evil Eye is broken.



- Number 17 It is considered unlucky since it resembles a man (the 1) hanging from a gallows (the 7).



- Bread faced up It represents Christ as the Bread of Life.



- No touching feet when cleaning the floors.



In the past if a woman touched her feet, it meant she was not a good housewife which implied she wouldn't marry.

- Don't put a hat on a bed. it is associated with the act of the priest who removed to put on the vestments for the final confessions



REMEDIES AND GOOD OMEN

- Eat plenty of lentils on New Years' Eve.



- If you give a wallet, put at least a coin in it, with the hope it will not remain empty even in the future.



- Touch iron to prevent something bad is going to occur




An English saint, Dunstan, whom the devil asked to shoe his horse, nailed the iron to the devil's hooves, releasing it only with the promise that the devil would no longer enter homes where a horseshoe was displayed.

- Making the "horns" gesture as symbol of strength, associated with animals that possess horns



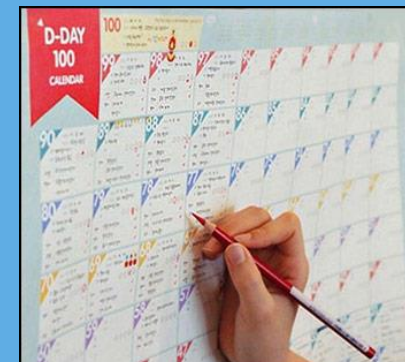
- The proverb says: If your right hand itches, money comes in, and ... blows to give; if the left one itches, money goes out, and ... blows to receive


"Si ti mància 'a manu
dritta, dinari
tràsunu, o...
bastunati 'a dari;
Si ti mancia chidda
manca, dinari
nésciunu, e...
bastunati 'a riciviri. "

CUSTOMS 1. 100 DAYS TO GO

It is the official countdown to the final High School state examination in Italy. There exist lots of rituals

- Dinner table with teachers: it's very interesting knowing more about our teachers outside the school environment
- Party at the beach: It is a good omen to draw the desired exam score in the sand
- Pilgrimage to a sanctuary: Some are placed on a hilltop, so they require a whole day to be reached
- A long run: it's very important to resist until the end of the run: if you can't reach the end, your exam score could be bad!
- A trip with friends: to escape the routine before jumping headlong into exams
- A hundred kisses or handshakes to strangers



CUSTOM 1. FERRAGOSTO

Ferragosto originates from *Feriae Augusti*, the festival of Emperor Augustus, who made the 1st of August a day of rest after weeks of hard work on the agricultural sector. This festivity became law during the Renaissance throughout the papal states. The modern Italian name of the holiday comes directly from the Latin name. According to historians, the Ferragosto Holiday was introduced by C. Caesar Octavian, the future Augustus, after his victory over Mark Antony at the Battle of Actium on 31 BC. It became a custom for the workers to wish their employers "buon ferragosto" and receive a monetary bonus in return. As the festivity was created for political reasons, in the seventh century the feast was incorporated in the Catholic religion. The Church made the feast coincide with the Assumption of Mary into Paradise on 15th August. This festivity was also used by Mussolini to give the lower classes the possibility to visit cultural cities or go to the seaside by creating "holiday trains" with extremely low cost tickets. Food and board was not included, this is why even today Italians associate packed lunches and barbecues with this day. The millenary tradition has given birth to many customs: the Palio dell'Assunta in Siena, the Palio dell'Argentario in Porto Santo Stefano (Grosseto), the cantors' competitions in Montereale, water balloons or greasy poles at the beaches.



CUSTOM 3. LA VARIA

It is a popular festival that takes place in Palmi on the last Sunday of August, in honor of Maria Santissima della Sacra Lettera, patron saint and protector of the city. Since 2013 it is intangible heritage of humanity of UNESCO. The Varia is an imposing cloud-shaped votive chariot built on an oak wood base (called "Ccippu") which, with its majestic height of sixteen meters, and its incredible weight of two hundred quintals, depicts the assumption of the Virgin in the sky accompanied by the spinning of the stars and the graceful flight of the cherubs. The gigantic machine is pulled on the shoulders by 200 young people called "mbuttaturi" chosen from among the five traditional guilds that refer to the old trades of the city: farmers, carters, cattlemen, artisans and sailors. Each corporation is deployed under one of the five beams placed in the "Ccippu". On the sides of the cloud at various heights we find the little angels who are girls aged between seven and 11 years. Above the Varia a strong and courageous young man represents the Eternal Father. At the top of the Varia a little girl called "Animella" (aged between 10 and 12, chosen by popular vote), represents the Virgin Assumed into Heaven. The transport begins with the «scasata», a traditional cannon shot. Unexpected stops are interpreted as a sign that foresees unpleasant consequences.



CUSTOM 4. MADONNA DI PORTO SALVO IN SOVERATO

On the second Sunday of August, thousand of people join a dip in honor of the Virgin Mary statue placed on a big boat that goes all around the coast to bless everyone. This wonderful religious procession is followed by a fireworks show at midnight. The festival has historical roots that date back to the early years of the last century. In 1906 during a storm, the captain Rocco Caminiti, helplessly witnessing the violence of the waves that threatened to destroy his ship with the entire crew, advocated the Madonna di Portosalvo, vowing that if he were saved, he would build a church by promoting every year celebrations in her honor.



CUSTOMS S. PREFICHE

The use of people mourning the dead was still practiced in recent times in southern Italy and was preserved at least until the 1950s. The "chiangimuerti" handed down from the famous lullabies of Greek origin; these women entered the house of the deceased and began to cry desperately. Immediately afterwards they began to sing long canticles, in reference to ancient Greek mythological figures such as Charon and Thanato. The last prefiche we know are Cesaria and Assunta de Matteis, from Martano, whose lamentations were collected by Luigi Chiriatti. The documentary "Stendalì - Suonano still" directed by Cecilia Mangini, with the subject of Pier Paolo Pasolini takes up one of the last funeral chants.

There have been reports of the survival of this use in even more recent times in Calabria, where up to the 1980s, in some mountain villages of the Vibonese and Cosentino hinterland, it was possible to witness such harrowing scenes.



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CUSTOM 6. TAJJIARINI: THE SUNDAY TRADITIONAL HANDMADE PASTA

GRANDMA'S RECIPE

SAUCE
TOMATO PURE
RIBS
BEEF
SAUSAGE
ORION, GARLIC, OIL

PASTA
FLOUR
WATER
EGGS

**FIRST STEP
PREPARE**

**SECOND STEP
COOK**

**THIRD STEP
EAT**



**SINCE I WAS A CHILD,
MY GRANDMOTHER,
EVERY SUNDAY FOR
LUNCH, ALWAYS
COOKED ME
TAGLIATELLE, TODAY
MY GRANDMOTHER
IS 83 YEARS OLD,
SHE IS STILL HERE
AND CONTINUES
TO COOK FOR ME.
THANK YOU GRANDMA**

CUSTOM 7. 'NDUJA: NOTHING GOES TO WASTE

Its origins are linked to the need not to waste any of the pig: while the nobles, landowners, and more generally, the wealthy people were entitled to the best and most valuable parts of the meat, the peasants were left with nothing but waste such as entrails. Today it is usually produced during the winter months with the fattest parts of pork, such as bacon and lard which are chopped and then mixed with a large amount of hot peppers. Once the mixture has reached a sufficiently homogeneous and creamy consistency, it is stuffed into the pig's natural casing and then lightly smoked with aromatic herbs. Finally, it is left to mature naturally for a minimum of three months.



CUSTOMS 8. CUPETA

The Cupeta is a dessert which has very ancient origins; in fact it is thought that it was brought by the Arabs. The recipe by the Cupetari of this Christmas nougat has been handed down from father to son. The ingredients are honey, almonds and sesame. Traditionally is known as “giuggiulena”; because of its simplicity, it was once called “the nougat of the poor”.



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CUSTOM 9. PITTA CU L'OGGHIU O PITTA 'NCHIUSA

It has ancient origins rooted in Greek culture. Being very elaborate and beautiful, it was dedicated to the goddesses, especially to Hera Licinia in the Crotone area. Later with the conversion to Christianity, the cake was offered as a gift to the Virgin Mary. Pitta cu l'ogghiu (literally means Cake with oil since olive oil is a main ingredient) is linked to the most important religious holidays such as Easter, the month of May dedicated to the Holy Virgin, the feast of the Holy Crucifix and Christmas.

There are also other variants and names, which are different from one city to the other. For example, in Cosenza they call it Pitta 'mbrogghiata. The ingredients of the cake are simple and its preparation requires patience and dexterity. The cake consists of two parts, the pastry and the filling:

- the dough is made with flour, sugar, a pinch of salt, olive oil, wine, amaretto and rum liqueur, cloves and cinnamon, and the juice of a bitter orange can also be added;
- the filling is made of chopped almonds, raisins, cloves and cinnamon, all mixed with olive oil. The dough is left to rise for 24 hours, then assembled and baked.



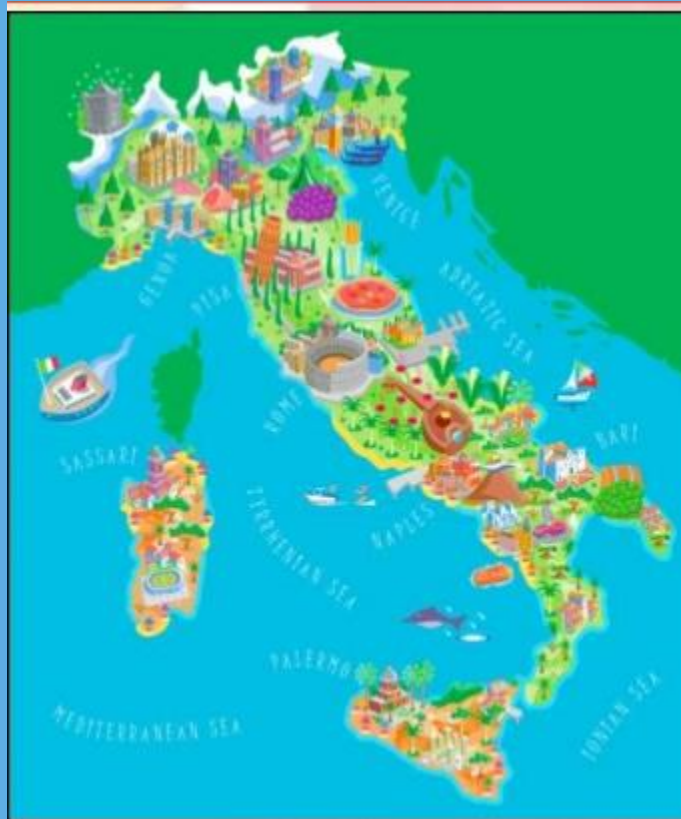
CUSTOMS 10. «NOUGAT WITH ALMONDS»

It is one of the most popular Christmas traditions, it is made with almonds, honey and sugar. Appreciated for its simplicity, it is part of a series of ancient recipes. It is thought that the Arabs brought it to southern Italy for the first time



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THANKS FOR YOUR ATTENTION



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