

## TRADITIONAL COSTUMES AND DANCES

**The traditional Romanian costume** is one of the most important cultural and historical elements of the Romanian people. It is proof of the national identity and of the cultural differences between the regions from Romania.

The Romanian costume is the reflection of the traits of the Romanian peasant and his lifestyle. It is proof of the Romanian peasant's thirst for beauty, for discovering but also creating beauty.

The traditional Romanian costume was made from fabrics that the peasants used to produce in their own households but nowadays it is considered to be an art, fabricating and decorating the cloth and also the embroideries.

The traditional Romanian costume has the same structure in the whole country, but it is nonetheless different in each region from Romania in details such as the shape, the colour and the cut.

**The traditional Romanian dance**, so varied with respect to style, tempo and rhythm, is a manifestation of the force and vitality of each region from Romania, expressing the soul and history of the Romanian people. The different dances express the specific customs and traditions of each region. Each type of traditional dance brings with it the joy and the energy that characterizes Romanians.

Through the traditional dances we have managed to keep our traditions alive and to teach the young what it means to have a Romanian soul. All important events in our lives, the wedding, the baptism, the religious holidays, or simple family gatherings, are marked by these dances: hora, sârba, învârtita or bătuta