



SPAIN



TORTILLA
(ONION, OLIVE OIL,
POTATOES, EGGS)



PAELLA
(OLIVE OIL, ONION, RICE,
TOMATOES, CHICKEN,
FROZEN SEAFOOD)

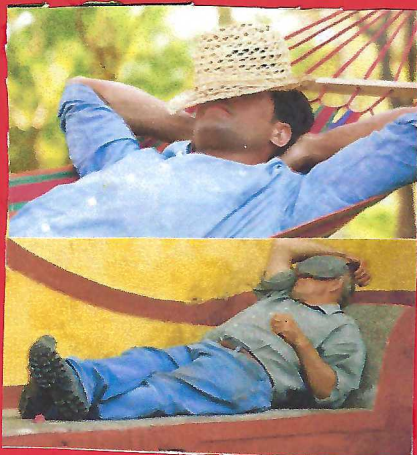


CHURROS
THE MOST FAMOUS
DESSERT IN SPAIN



FIERY AND SENSUAL DANCE, IT'S NO SURPRISE THAT **FLAMENCO** IS ONE OF THE WORLD'S BEST DANCES, WITH ITS BEAUTIFUL DRESSES. DESPITE ITS PASSION AND DRAMA, ONLY A FEW UNDERSTAND WHAT FLAMENCO IS ALL ABOUT. THIS DANCE IS MADE UP OF 3 MAIN ELEMENTS. RHYTHM, SONG AND DANCE.

BULLEIGHTING IS A TRADITIONAL SPORT IN SPAIN. IN ANCIENT GREECE BULLFIGHTING WAS VERY POPULAR AND WANTED TO SHOW FIGHTERS COURAGE, SPEED AND PHYSICAL STRENGTH. THE ARENA HAS 3 DOORS. FROM ONE SIDE THE BULLFIGHTERS ENTER. FROM THE SECOND DOOR THE BULLS ENTER AND FROM THE THIRD THEY TAKE OUT THE KILLED BULLS.



A **SIESTA** IS A SHORT NAP TAKEN IN THE EARLY AFTERNOON, OFTEN AFTER THE MIDDAY MEAL. SUCH A PERIOD OF SLEEP IS A COMMON TRADITION IN SOME COUNTRIES, PARTICULARLY THOSE WHERE THE WEATHER IS WARM.

SPAIN'S CAPITAL IS MADRID. ITS INHABITANTS ARE CHRISTIAN CATHOLICS. ITS CURRENCY IS EURO. MAIN CITIES: BARCELONA, VALENCIA, GRANAD, TOLEDO, BILBAO.



JAPAN



By Stella Moshopoulou B4

Official Name: Japan

Form of Government: Constitutional monarchy with parliamentary government

Capital: Tokyo

Population: 126,048,450

Official Language: Japanese

Money: Japanese yen

Japan is a string of islands, on eastern Asia. There are four main islands (Hokkaido, Honshu, Shikoku and Kyushu) and nearly 4,000 smaller ones. Tokyo is the country's capital and largest city.

Japan is the only country in the world with a reigning emperor. Emperors have no real power, but they are still respected as a symbol of the country's traditions and unity.

Traditional Japanese Houses



A traditional Japanese house is made of wood and supported by wooden pillars. *Genkan* is the entrance (a small hall, a balcony or a small room) that serves as a place for removing, storing or putting on shoes or slippers. The main function of the genkan is to prevent dirt from the street that remained in the shoe from entering the house.

The rooms have a tatami floor and shoes are not worn inside the house. Tatami are mats traditionally made from rice straw and have been used in Japanese homes since 600 years ago. A tatami floor is cool in the summer and warm in the winter and remains fresher than a carpet during Japan's humid months.



Shoji are panels or sliding doors structured in wood and filled with translucent paper and are used for both the interior and exterior walls of the home. They allow natural light to enter the house. *Fusuma* are sliding panels that act as doors and walls that unlike *shoji*, they do not have a translucent role, they are just walls, which can be decorated and can even be used to create secret passages and rooms.

Sudare are traditional window curtains that are made with horizontal strings of wood, bamboo or other natural materials. They are usually used in the spring and summer allowing a cool breeze and blocking the sun.

Japanese Food

The traditional cuisine of Japan is based on rice with miso soup and consists of lots of rice, noodles, fish and vegetables. Seafood is very common, often grilled, but it can also be served raw as sashimi or in sushi. Seafood and vegetables are also deep-fried in a light batter, as tempura.

A traditional Japanese meal consists of a serving of plain, white rice, along with a main dish (fish or meat), some kind of side dish (often cooked vegetables), soup and pickled vegetables. With little fat and lots of vitamins and minerals, Japanese food is considered very healthy.

Before eating Japanese people say “*itadakimasu*”, a polite phrase meaning “I receive this food”. This expresses thanks to whoever worked to prepare the meal. After eating people again express their thanks by saying “*gochiso sama deshita*” which means “it was quite a feast”.

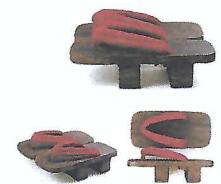
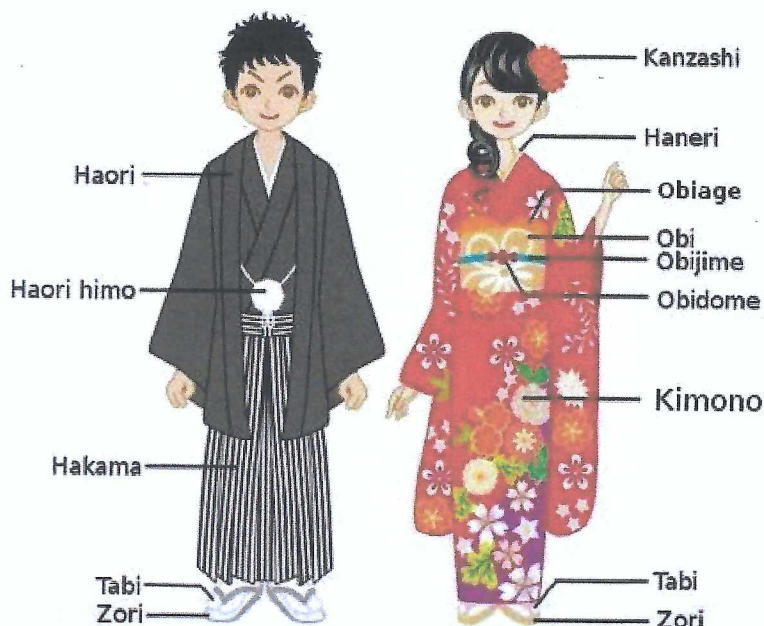


Japanese Clothes

The traditional dress of Japan is the *kimono*. They are generally made of silk, have large sleeves and reach from the shoulders all the way down to the heels. They are tied with a wide belt called an *obi*. They are nowadays worn on special occasions such as weddings, graduation ceremonies or on festivals.

Men's clothing consisted of *hakama* pants and an upper loose garment - *kimono* or *haori*. *Hakama* are wide trousers, resembling a kind of skirt. They are sewn from a thick fabric and gathered in small folds. *Haori* are a type of jacket with a high collar and wide rectangular sleeves, the ends of which are tied with a special cord. Unlike the more colourful women's kimono, men's clothing tends to be more conservative and less colourful.

Traditional clothing also include footwear. *Tabi* is a kind of sock, that is toe-divided with a special sleeve for the big toe. *Geta* are wooded flip-flop footwear often decorated with ornaments and embroidery that can reach heights of 9-10cm. *Zori* are much simpler footwear. Traditionally, the most commonly used materials in making zori were rice straw, bamboo, and reeds.



Japanese Geta



Japanese zori