

ERASMUS+

“SMALL EXPLORERS IN A MAGIC WORLD OF THE EUROPEAN  
FOLK CULTURE”

„MAŽIEJI TYRINĖTOJAI STEBUKLINGAME EUROPOS LIAUDIŲ  
KULTŪROS PASAULYJE“

“FOLKLORE” MAGAZINE

1/2015

*Welcome friends!*

ŽURNALAS “TAUTOSAKA”

1/2015

*Sveiki, draugai!*



POLAND  
LENKIJA



PORTUGAL  
PORTUGALIJA



TURKEY  
TURKIJA



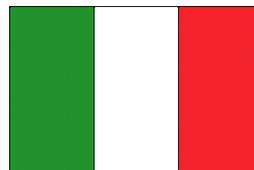
SPAIN  
ISPANIJA



LITHUANIA  
LIETUVA



CROATIA  
KROATIJA



ITALY  
ITALIJA

Leidėjas: Vilniaus r. Rakonių pagrindinė mokykla.

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This is the first issue of our magazine. In 2015 -2016 our school is participating in the ERASMUS+ project “SMALL EXPLORERS IN A MAGIC WORLD OF THE EUROPEAN FOLK CULTURE”. The coordinator school is from Poland and partner schools are from Portugal, Turkey, Spain, Lithuania, Croatia and Italy. The main project purpose is to acquaint its participants with cultural heritage in the united Europe. We are going to realise our purpose by studying folk culture subject like: folk music, dance, song, folk traditions, customs, national costumes and material culture (tools, national costumes, and handicraft), or folk theme in art and culture (legends, fairy-tales, stories, poetry, literature, painting, sculpture).

In this magazine we would like to present you Portugal, Portuguese folk culture.

**PORTUGAL** is a country in southwestern Europe. It is the westernmost country of mainland Europe. In the west and south it borders with the Atlantic Ocean and in the north and east with Spain. Lisbon is the capital and the largest city of Portugal.



## Portuguese folk costumes



Portuguese traditional dress varies regionally, but it typically consists of bouffant long skirts made of striped or checked fabrics for women and trousers, **waistcoats** and **sombreros** for men. **Kerchief** is an obligatory part of the national costume of the Portuguese women. **Bright and vivid colours** are a **peculiar feature of Portuguese national clothes**. **However**, the national clothing style might vary regionally: from the rich and colourful costumes in Minho to the shy dresses and black kerchiefs in Coimbra. Elaborate embroidery and gold necklaces are traditional elements of the folk costume in Portugal.

## Portuguese traditional dances

**Portugal people also can boast of national music and dances**. Each region of Portugal has its own style of dance. Some of the best examples of the regional dances are the vira, chula, corridinho, tirana and fandango, where couples perform a lively dance usually to a fast beat of hand-clapping, guitars and accordions. Many of these dances reflect the courting and matrimonial traditions of the area and are often passionate and exciting to watch.



The **vira** is a traditional dance from Portugal. It has a three-step rhythm which is very similar to a waltz, but it is faster and the couples dance front-to-front.

### **Portuguese folk music**

**Music traditions of Portugal are much associated with Fado**, a national genre carrying feelings of sadness, loneliness and anguish. Therefore, it is not a surprise that fado songs were originated from the word “fatum” (fate). The fado is usually sung by a single person, the fado singer, and accompanied by a classical guitar or the Portuguese guitar. The Chief Representative of Fado in Portugal was Amália Rodrigues. She is known as the Queen of Fado.

Fado is a national treasure and is a worldwide musical symbol of Portuguese culture and tradition.

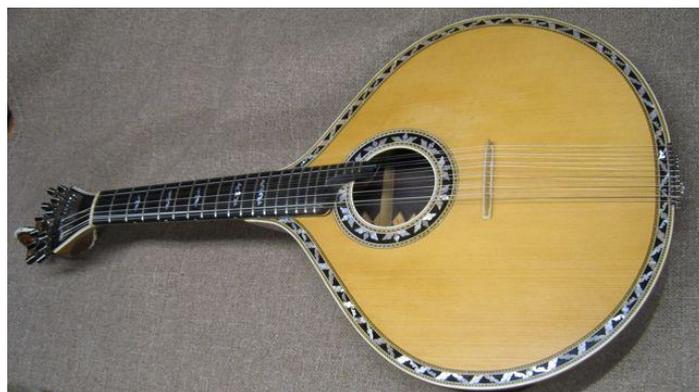
In 2011, Fado was inscribed on Masterpieces of the Oral and Intangible Heritage of Humanity by UNESCO.

## Portuguese traditional musical instruments

### Bombo



Bombos are large bass drums that are played in a vertical fashion. They can be up to eighty cm in diameter. Usually the musician hits only one side of the skins, producing a deep and low sound.



The Portuguese guitar is a 12 string instrument originating in the Middle Ages. It is a plucked string instrument with twelve steel strings, strung in six courses comprising two strings each. The Portuguese guitar is most notably associated with fado. There is evidence of its use in Portugal since the thirteenth century among troubadour.

## Portuguese traditional food

Today, naturally, Portuguese cuisine varies from region to region, but fish is found on virtually every menu. Cod fish (Bacalhau) is a staple of Portuguese cuisine and they say there is a different cod recipe for every day of the year. Salted cod, not fresh cod is used in Portugal. The Portuguese have been obsessed with it since the early 16th century, when their fishing boats reached Newfoundland. The sailors salted and sun-dried their catch to make it last the long journey home.



Bacalhau (Codfish)

Cod is a very versatile fish and is usually the star on Portuguese Christmas dinner tables. It is eaten in all kinds of ways, from baked with cream and potatoes (bacalhau com natas) to a cold chickpea salad (salada de bacalhau com grão-de-bico).

## **Pastel de nata (Custard pastry)**

**Custard pastry is Portugal's favourite dessert.** Small open pastries with a sweet custard filling and a caramelized sugar topping, you can find "Pastel de Nata" in every coffee shop in Portugal. The pastry should be light, the filling creamy, eggy and sweet.



## **Portuguese Traditional Games**

The Portuguese traditional games are part of the cultural heritage as they have been transmitted from one generation to another.

Below we can read about two of the most famous traditional games, the rules and necessary materials.

Portugalų liaudies žaidimai, pripažinti kaip tautos kultūros paveldo dalis, buvo perduodami iš kartos į kartą.

Susipažinsite su dviejų liaudies žaidimų taisyklėmis. Taip pat sužinosite, kokios priemonės reikalingos.

## Sack racing (Corrida de sacos)

**Material:** 1 sack.

**Players:** minimum two.

**Game:**  
Each participant places himself inside a sack, grabbing it on each side of the waist. At the signal, the players jump forward from a starting point toward a finish line.



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**Score:** The first person to cross the finish line is the winner of the race.

## Handkerchief game (Jogo de lencinho)



**Material:** 1 handkerchief.

**Players:** 2 equal groups, 1 judge.

**Game:** Each team is on a different side of the field (the field is divided in two parts). The judge is in the middle of the field with the handkerchief in his hand and says one number. The player from each

team who has that number runs towards the handkerchief and tries to grab it.

Score: 1 point if the player who grabs the handkerchief goes back to his/her field without being touched. 2 points if he/she enters the opponent team field without being touched.