



Erasmus+ **CUSTOMS AND TRADITIONS**

**UFUK ARSLAN ANATOLIAN
HIGH SCHOOL**

ANKARA-TURKEY



TURKISH COFFEE

- Turkish coffee (Türk kahvesi) is a method of preparing unfiltered coffee. Roasted and then finely ground coffee beans are simmered in a pot (cezve), optionally with sugar, and served in a cup where the grounds are allowed to settle. When served plain, the bitter coffee is traditionally accompanied by a sweet, such as a piece of rock candy or lokum. Turkish coffee is an Intangible Cultural Heritage of Turkey confirmed by UNESCO.
- As well as being an everyday beverage, Turkish coffee is also a part of the traditional Turkish wedding custom. As a prologue to marriage, the bridegroom's parents (in the lack of his father, his mother and an elderly member of his family) must visit the young girl's family to ask the hand of the bride-to-be and the blessings of her parents upon the upcoming marriage. During this meeting, the bride-to-be must prepare and serve Turkish coffee to the guests. For the groom's coffee, the bride-to-be sometimes uses salt instead of sugar to gauge his character. If the bridegroom drinks his coffee without any sign of displeasure, the bride-to-be assumes that the groom is good-tempered and patient. So in fact it is the boy who is passing an exam.
- Also superstition says the grounds left after drinking Turkish coffee can be used for fortune-telling. The cup is commonly turned over into the saucer to cool, and it is believed by some that the patterns of the coffee grounds can be used for a method of fortune telling known as tasseography (kahve falı)
- Turkish coffee preparation (one cup):
- Pour water into a small Turkish coffee cup (fincan) (about 1.7oz) and dispense it into a small brass cezve, coffee pot.
- Add two teaspoons of Turkish coffee. The grinds should be much finer than those of espresso so that they will ultimately sink to the bottom.
- Add up to 2 teaspoons of sugar (If desired).
- On a small flame, stir for about one minute. Then, without stirring, let the coffee come to boil. This should take 3-4 minutes.
- Pour the coffee into the fincan in one swift movement so that all the foam is smoothly transferred.
- Serve with a small cup of fresh water (as traditionally done in Turkey).
- Don't drink the grinds at the bottom. These may be used to tell your future. When you have finished your coffee, turn the cup over. Wait a few moments to let the formed coffee patterns to solid and then take a stab at fortune telling.



TURKISH COFFEE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=-Yv6CqFmxVQ](https://www.youtube.com/watch?v=-Yv6CqFmxVQ)



ASHURA

- Ashura is celebrated on the ninth and tenth in the month of Muharram. The word ashura means “ten” and is a time of fasting, reflection and meditation. Jews of the city of Medina fasted on the ten day in remembrance of their salvation from the Pharaoh. The Prophet Muhammad he would fast for two days instead of one in this same remembrance, but he died the following year and so never fasted as he had hoped.
- For many Muslims there is joy in commemorating all of the wonderful events traditions say occurred on this day, including: Noah’s ark came to rest, the Prophet Abraham was born, the Kaaba was built. Among Shiite Muslims, it is a day of special sorrow commemorating the martyrdom of the Prophet’s grandson, Hussain, and his followers at the battle of Kerbala in Islam’s first century. It is commemorated in Shiite communities with a reenactment of these events and is a time of mourning.



HOW TO MAKE ASHURA:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ETOP6APM9K8](https://www.youtube.com/watch?v=ETOP6APM9K8)



BAKLAVA

- Baklava is Ottoman Empire's traditional dessert. Now every country who been in Ottoman Empire's border says it is ours traditional food. Some people use pissachio some people use almond some people use wallnut.





TURKISH DELIGHT

- Lokum, as known as Turkish Delight, is a dessert that contains sugar, gelatin and starch. It's optional but you can add nuts, some dry fruits etc. There are a lot different flavors if you don't like one of them, that's the most beautiful point. Nowadays you can find Turkish delights with especially Rose, Nuts, Walnut flavors but also vanilla or mint.
- It's said that Turkish Delight, which made by Ali Muhittin Bekir—inventor of this dessert, came to Europe with an English Traveler. From 15th Century to 21th Century, Today, it's still the one of the best choices to give to their beloved ones for tourists, along with "The Turkish cotton candy", Pişmaniye.
- In Turkey, people often offer Turkish Delight to their guests with Turkish coffee.





KARNIYARIK

- Karnıyarık is one of the main eggplant dishes of Turkish cuisine. When preparing, onion, pepper, tomato and minced meat are also used. A similar eggplant dish is "Imambayıldı".The difference between "Imambayıldı" and "Karnıyarık" is "Karnıyarık" consists of meat in it but "Imambayıldı" isn't.
- In addition,"Cacık" made by chopping cucumber or lettuce into Ayran or diluted yogurt,and it is served with which is the one of Turkish delight "Karnıyarık".





STUFFED GRAPE LEAVES

- Sarma has an important place in Turkish cuisine. In almost every region of the Turkish cuisine is one of the national dishes.
- Sarma refers to that can be prepared with grape, cabbage, or chard leaves. It can be prepared with rice and spices or with rice and ground meat. Both are delicious. Sometimes sarma is called dolma, too, yet on the western part of Turkey, leaves are always called sarma.





TURKISH RAVIOLI

- It is a traditional Turkish food. The dough is made of water, flour and salt. The contains mincing, onion, salt and pepper. It can be dried for later consumption. Served with tomato-butter sauce, spices and garlic yogurt sauce. The most praised type of Turkish mantı is known as Kayseri mantisi, originally from Kayseri, an Anatolian city. You should try it.





ICLI KOFTE (STUFFED MEATBALLS)

- In Turkish cuisine, a tasty case of bulgur and potato filled with a spicy meat and nut mixture is fried to perfection. This dish is common in southeastern regional cooking where many Middle Eastern influences are present in the cuisine.
- These meatballs are usually served as a hot appetizer or meze before a meal of spicy kebabs and are especially famous in the city of Kilis. Favorite fillings include ground beef or lamb combined with ground nuts like pistachios walnuts or pine nuts and spices.
- At first glance, içli köfte seems like a difficult dish to prepare, but it's actually easy once your hands get used to stuffing. Balls of dough made from a mix of fine bulgur, potato, and spices are used as the outer shell of these delicious packets that are fried golden brown before serving.
- You can find stuffed meatballs on the list of appetizers in most meat and kebab restaurants and as a hot finger food at home parties. The best meatballs have a soft but crispy shell, with juicy, steaming filling in the middle. Plain yogurt mixed with grated cucumber and fresh dill makes a great dipping sauce.





LAHMACUN

- Lahmacun is very thin turkish pizza covered with seasoned minced meat and onions. Lahmacun most important for Turkish peoples. People love lahmacun very much.



PIDE

- Pide is slightly leavened flatbread. There are many kinds for example Kıymalı Pide, Kaşarlı Pide, Kuşbaşı Pide and more.



DONER KEBAP

- The Döner or Döner Kebab is a kind of kebab that is seasoned meat stacked in the shape of an inverted cone is turned slowly on the rotisserie, next to a vertical cooking element. The outer layer is sliced vertically into thin shavings as it cooks.
- The sliced meat of a döner kebab may be served on a plate with various accompaniments, stuffed into a pita or other type of bread as a sandwich, or wrapped in a thin flatbread such as lavash or yufka, known as a dürüm. Since the early 1970s, the sandwich or wrap form has become popular around the world as a fast food dish sold by kebab shops, and is often called simply "a kebab". The sandwich generally contains salad or vegetables, which may include tomato, lettuce, cabbage, onion with sumac, fresh or pickled cucumber, or chili, and various types of sauces.





EVIL EYE

- We believe that the evil eye, a stone which has rounds, protect us from harming. It's blue because blue makes people calm and lowers the blood pressure. There are some people that believes the evil eye is a kind of bad thing, while others believe it is protecting. There are a lot of opinions about it. It is everywhere in Turkey.



HAND KISSING

- On religious holidays we visit the elders. Generally, the minors kiss the elders hand. Hand kissing is a respect in Turkish society. This behavior refers to respect and love. Hand kissing is not just for us. It is also seen in different geographies such as the Balkans, the Middle East and the Caucasus.





DOWRY

- What is a dowry?
- A dowry is the money or goods that a bride's family gives to her new husband and/or his family when they are married.
- The history of dowry
- An ancient custom that has been practiced all over the world still continues in some parts of the world. Many cultures still expect, or in some cases, demand a dowry as a condition to accept a marriage proposal, mostly in areas including Asia, Northern Africa and even certain regions of Europe. The tradition of a dowry has decreased over time and it is no longer a common custom in developed countries or urban areas.
- The purpose of a dowry
- It will provide a bit of financial security in the case of widowhood, and was thought to eventually provide for the couple's future children as well.
- What was in a typical dowry?
- A dowry could be made up of any combination of valuable things. Dowries often consisted of money, jewels or precious metals, land or property, home furnishings and more.
- The evolution of the dowry
- This dowry custom evolved first into a "trousseau" or hope chest. A trousseau is the collection of goods that a woman gathers in preparation for her future marriage. Ultimately, the bridal registry and bridal shower are later evolutions of the traditional dowry.





ACT OF GO-BETWEEN (GÖRÜCÜLÜK), TO ASK A GIRL'S HAND IN MARRIAGE:

- In the traditional setting, the courtship process leading up to a marriage begins with seeing and looking for a girl. Families who want to marry their sons begin looking out for girls, starting with their relatives, neighbours and close friends. They get willing assistance in this “search” from their relatives, neighbours and friends.
- In larger cities of Turkey, where cultural changes have been more rapid, it is now most common that people meet up personally and develop a relationship directly. However, “Görücülük” has been still the main type of interaction enabling marriages in more traditional communities and rural areas. “Görücülük” is the act of go-between of several women of a family or friends of a man who wants to get married, who pay special visit to the home of the girl who they see as a potential fit to the man, to examine the girl closely and reveal their intentions. This procedure is called “seeing a girl, to send women to see a girl, woman sent out to inquire about a prospective bride” (“kız bakma”, “görücü çıkma”, “dünür gezme” in Turkish). After their affirmative judgment about the girl, time is granted to the prospective bride’s family both to get more information about the prospective groom and his family and to make a decision. As the result of affirmative agreement by both families to pursue this first acquaintance further, the task of the go-betweeners (gorucus) comes to end. Inasmuch as the fact that the work of seeing prospective bride is done by women, they do remain engaged in the process of asking for the girl's hand.
- In the process of asking for the girl’s hand in marriage, care is taken to include among those who will visit the prospective bride’s family such respectful persons who could not be refused by the bride’s family, together with close relatives of the prospective bridegroom’s family. It is not uncommon that several such visits are paid to a family or girl who’s reluctant to agree to this marriage for one reason or the other.





AGREEMENT TO MARRY

- Agreement to marry (söz kesimi) follows the process of asking the prospective bride's hand in marriage. Both families who reached an agreement by way of "Dünürçülük" (women sent out to inquire about a prospective bride) agree on marriage before crowded guests, which is called "Söz Kesme" (agreement to marry). Engagement is completed by attaching a ring and an embroidered kerchief bought by the prospective bridegroom's family. In some regions "Söz kesimi" is also called small engagement ceremony. Sweet dessert (ağız tatlılığı) brought by prospective bridegroom's family is distributed to guests immediately after agreement by both parties to marry their children. Even today in some regions the prospective bridegroom is not present at the time of this ceremony. According to the attitude of the prospective bride's father the bridegroom who is present in the bride's home and the prospective bride both kiss the hands of the elder guests. Thus, the ceremony held for agreement to marry is completed.





ENGAGEMENT

- The step after the ceremony for agreement to marry is engagement. The engagement ceremony is held in the bride's home and the costs of the ceremony in some regions are borne by the bridegroom's family, but many times by the bride's family.
- After designating the date for engagement ceremony an invitation called "invitation to neighbors" is made. Guests who gather together on the day of engagement in the bridegroom's home go to the bride's home. In the traditional sections of the community, women and men sit separated in the bride's home, and after having lunch, jewelry called "taki" is given to the bride who is dressed in special engagement dress given to her by her mother-in-law and relatives of the bridegroom. In some areas the bridegroom does not come to the bride's home. In this case engagement ring is worn by the bride via a woman coming from the bridegroom's home. In an engagement ceremony where the bridegroom is present rings worn by the bride and bridegroom are placed by an old man on ring fingers of their right hand with accompaniment of standard words and wishes.
- In many engagement ceremonies today, the ceremonies become more elaborate and modern, where wedding halls are rented and men and women sit together, music, mostly live, is played and the engagement is celebrated by family and friends of the prospective bride and groom.
- No definite rule is imposed for the length of the engagement. Rather it depends upon agreement by both sides. While it is considered natural that engaged couples may meet each other in more modern communities, in traditional, rural communities, such meetings are allowed only through the permission of the parents and usually a family member accompanies the couple. Breaking off an engagement is considered a serious matter and is frowned upon in traditional circles. If the party who broke off the engagement is the girl, all jewelry that she received must be returned to the former fiancé. If the man broke off the engagement, usually his former fiancée keeps the presents.



BRIDE HAMMAM

- Bride's hammam is made for fun. Bride's friends and relatives are go to hammam. They bring meals, instruments, towels, bathrobes, soaps, pestemals, shampoo and bath gloves to hammam. It is made one day before the wedding. Bride makes skin care in hammam. Everybody eats and dances there. This makes them happy.





HENNA NIGHT

- Traditionally (in Turkey, at least), henna night, or kına gecesi is a women's party that usually takes place the night before the wedding. The bride's closest friends and female family members gather to eat, dance, and sing. They put henna on their hands. The stains it leaves on their hands for weeks afterwards tell everyone that they are a new bride, or have been to a close friend or family-member's wedding. Traditionally, and still for many brides, it is a melancholic evening. The following day, the bride will leave her father's house, where she has lived all her life, to live in her new husband's house. It can be both sad and scary for the brides, and at the very least is the end of an era. There is a song that is sung especially at henna nights which demonstrates the melancholy. It is called "Yukse Tepelere".





WEDDING

- In Turkey, the wedding process is long enough to marry in a way that girls have been dreaming about for years. Though it depends on how people organize it, in general on that day the groom, his family and all the guests drive on after another to pick the bride up. This is called 'konvoy' in Turkish. Arriving there, the bride comes along with her father downstairs. This is the first moment the groom sees his 'wife' in her wedding dress. After all these dramatic scenes it is time to dance up all night. It is not only fun but also quite exhausting. The most distinct incident is that the groom and the bride gold, money, furniture etc. so as to support them.





PUNCHING THE GROOM

- After the wedding the groom is punched by his friends, which are mostly single. The purpose of this incident is to encourage the groom for the first night of his marriage and it is also believed by the relatives of the bride that it makes the link between the groom and the family stronger. It is something like to show the sincerity. But nowadays it isn't as common as before.





HIDRELLEZ

- The arrival of spring and awakening of nature
- Hidrellez, is one of the seasonal festivals of all Turkish world. Hidrellez Day, which is known as Ruz-ı Hızır (day of Hızır), is celebrated as the day on which Prophets Hızır and İlyas met with each other on earth. The words Hızır and İlyas have since fused together pronounced as Hidrellez.
- The period between May 6 and November 8 was summer, called the “Days of Hızır”, and the period between November 8 and May 6 was winter, called the “Days of Kasım”. May 6 thus represents the end of winter and the start of the warm days of summer, a cause for celebration.
- The widespread belief suggests that Hızır is a prophet who has attained immortality by drinking the water of life (ab-ı hayat), and who has reached God, and wanders around among people from time to time, especially in the spring, and helps people in difficulty and distributes plenty and health. The identity of Hızır, the place and the time he lives are not certain. Hızır is the symbol of spring, and the new life which emerges with it. In Turkey, where belief in Hızır is widespread, the characteristics attributed to him are as follows:
 - 1. Hızır rushes to the aid of people in difficulty and grants peoples’ wishes.
 - 2. He always helps well-meaning, benevolent people.
 - 3. He brings plenty and wealth wherever he stops.
 - 4. He brings remedies to those who are troubled and health to the sick.
 - 5. He helps plants to grow, animals to reproduce, and human beings to grow strong
 - 6. He helps improve peoples’ fortune.
 - 7. He is the symbol of good omens and good fortune.



- 8. He has the God-given power of working miracles.
- Hıdırellez, one of Turkey's seasonal festivals, is actively celebrated in the country. People prepare beforehand for Hıdırellez celebrations in villages and small towns, although rather less now in the big cities. These preparations concern house-cleaning, clean clothing, and food and drink. Before Hıdırellez Day, houses are cleaned from top to bottom, since people think that Hızır will not visit houses that are not clean. New cloths and shoes are purchased to wear on Hıdırellez Day.
- Various practices are performed on Hıdırellez night in the belief that Hızır will bring blessing and abundance to the places he visits and the things he touches. Food bowls, pantries and purses are left open. Those who want a house, vineyard or garden believe that Hızır will help them obtain such things if they make a small model of what they want.





POURING COLOGNE

- It is one of the most important treats of Turkish custom along with the sugar. Cologne's starting to be imported to Ottoman Empire's territory in the first years of the reign of Abdülhamid The Second and after passing to domestic production in 1882, cologne took place of rose-water, which was the first step of accommodating guests.





POURING WATER BEHIND THE PERSON WHO GOES AWAY

- Most people in Turkey, when their children or someone they know go to military service or a long journey, they pour a bunch of water behind them. This is one of the traditions that have entered the old Turks from Shamanism religion. It represents the person who goes to the military or a long trip, goes like water and comes like water.





SEEING OFF A PILGRIM

- Preparations started almost a year ago keeping business organized. It needs to be healthy. When you decide to go to the holy land begin to make required tasks and preparations. Relatives be visited . Dresses to be worn in the holy land and the journey be prepared and durable food is taken. this journey nearly 3 months to go takes muchh the same in return. Days pass quickly and its time to spin for hacı. Together they went to welcome the Hacı. One by one is congratulated. First kissed right then left shoulders. After coffee and sherbet Hacı brought from the holy land zamzama,henna,silver,rings,bracelets being gifts such as these.





SEEING OFF A SOLDIER

- When the mandatory military duty comes, soldier's family, neighbours and a lot of friends come together and celebrate that duty.
- First of all they ties a red scarf on soldier's neck. Then they applies henna to soldier's hand that holding weapon. They organizes a party for soldier, all village comes together to play traditional songs and dance.They sacrifice an animal for God. Then share it poor people to eat. Its a good example for assistance and friendship.
- Military duty helps us to understand value of life, family and homeland.





SOME CUSTOMS DURING A NEW BORN BABY VISIT

- Baby sugar; Baby's sugar isn't only when the baby is born, but also when the baby has the first tooth, when the first age is over. Baby sugar can also be given to the baby not to touch the evil eye, but this candy is evil eye beaded and there is a short note on it.
- Nazar boncuğu (the evil eye); Nazar boncuğu isn't the tradition of pre-Islamic Turkish tradition. The window of the person's world is the eye and the eye is regarded as the first exit point of all kinds of good and bad thoughts. Therefore, the aim is to protect eyes and eyes from evil eye bead is used. The clothes of the babies are usually worn with hooks on their shoulders.
- Baby dressing; The arriving guests bring clothes (shoes, suits etc.) together with them, and they present it to the baby.





BURYING THE UMBILICAL CORD

- In Turkey, if you bury an infant's umbilical cord, the child will have a future where you bury it.
- For instance, if you bury it to a school yard child will finish the school, if you want the child to serve government in future you bury it to a government office yard, if you want him/her to be attached to the house keep it home, if you don't want your children to confront bury two umbilical cords together etc.





TOOTH WHEAT

- Tooth wheat is made on the first tooth of babies. Family, relatives and neighbors with the ceremony celebrated.
- Guest brought various gifts. Tooth wheat, makes with wheat and chickpea. At the ceremony objects put in front of the child for example pencil, comb etc. It is believed that if child choose pencil, he or she will be teacher.





MAWLID

- Mawlid was written by Süleyman Çelebi. Real name is "Vesiletün'neat" . There have been many poems which prasing , glorifing and describing Hz. Muhammed in . Mawlid is a type of Mesnevi. It consists of nearly three hundred couplets.
- Mawlid is important in Muslims and is an important applied tradition. It was read by Mevlithans at first , it's was only read on Hz. Muhammed's Birthday. Then it has been read on religious and cultural occasions. For example , wedding ceremony , after the death of a person , when a Pilgrim turns back to Turkey, on the 40th day of death,etc





TRADITIONAL CLOTHES (WOMEN)

- Turkish women have had a wealthy culture of clothing for centuries. The regions where they live or once lived, cultural interactions, agriculture and animal breeding have been influence on development of this culture. Turkish women's traditional clothes consist of a lot of pieces. In addition to clothes which have specific names such as Entari, Bindallı, Şalvar, clothing enrich with Fes, worn on the head, Çarık, worn on the foot, ornate accessories and belts. Nowadays, women are wearing this traditional clothes in the villages or special ceremonies for instance engagement, henna night and wedding. Moreover, this clothes are used in folk dancing whose aim is to conserve their culture.





TRADITIONAL CLOTHES (MEN) AEGEAN REGION



BLACKSEA REGION



EASTERN ANATOLIAN REGION



CENTRAL ANATOLIAN REGION



MEDITERRANEAN REGION



SOUTHEASTERN ANATOLIAN REGION



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