

Portfolio of Students' Projects

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TEAM 5

HISTORY, TRADITIONS AND WELLBEING

BULGARIA AND ROMANIA



NATURAL FINDINGS

Daily life in Bulgaria reflects a mix of traditional values and modern influences. Most people live in cities, but small towns and villages still play an important role in preserving culture. Family is very important, and many people stay close to their relatives.

A typical day often starts early. People go to work or school, and after that, they spend time with family or friends. Bulgarians enjoy socializing, especially over coffee or meals. Food is an important part of daily life, and home-cooked meals are very common.





Natural findings

- Romanian identity today is shaped by both historical experiences and cultural traditions. The legacy of communism still influences attitudes toward authority, work, and social trust. For example, many Romanians prefer job security and may be cautious when dealing with institutions. At the same time, younger generations are more open, influenced by globalization and European values.
- Daily life in Romania reflects a balance between modern and traditional values. In cities, people adopt fast-paced lifestyles, while still maintaining close family ties. Hospitality is a key trait, guests are often welcomed warmly and treated generously.



Traditions and wellbeing

A unique Bulgarian tradition is "Baba Marta" on March 1st, when people give each other red and white bracelets called martenitsi for health and luck. Folk music and dances are also an essential part of Bulgarian culture. Traditional dances like the horo are performed at celebrations and festivals. Many traditions are still practiced today, especially in rural areas.



Celebrations like Kukeri Festival involve masked dances believed to chase away evil spirits and bring health and prosperity. These traditions are not only symbolic but also strengthen community ties and emotional wellbeing.

In general, wellbeing in Bulgaria is closely tied to cultural identity. By preserving traditions and staying connected to their history, people create a stable and supportive environment that nurtures both body and mind.



Traditions and wellbeing

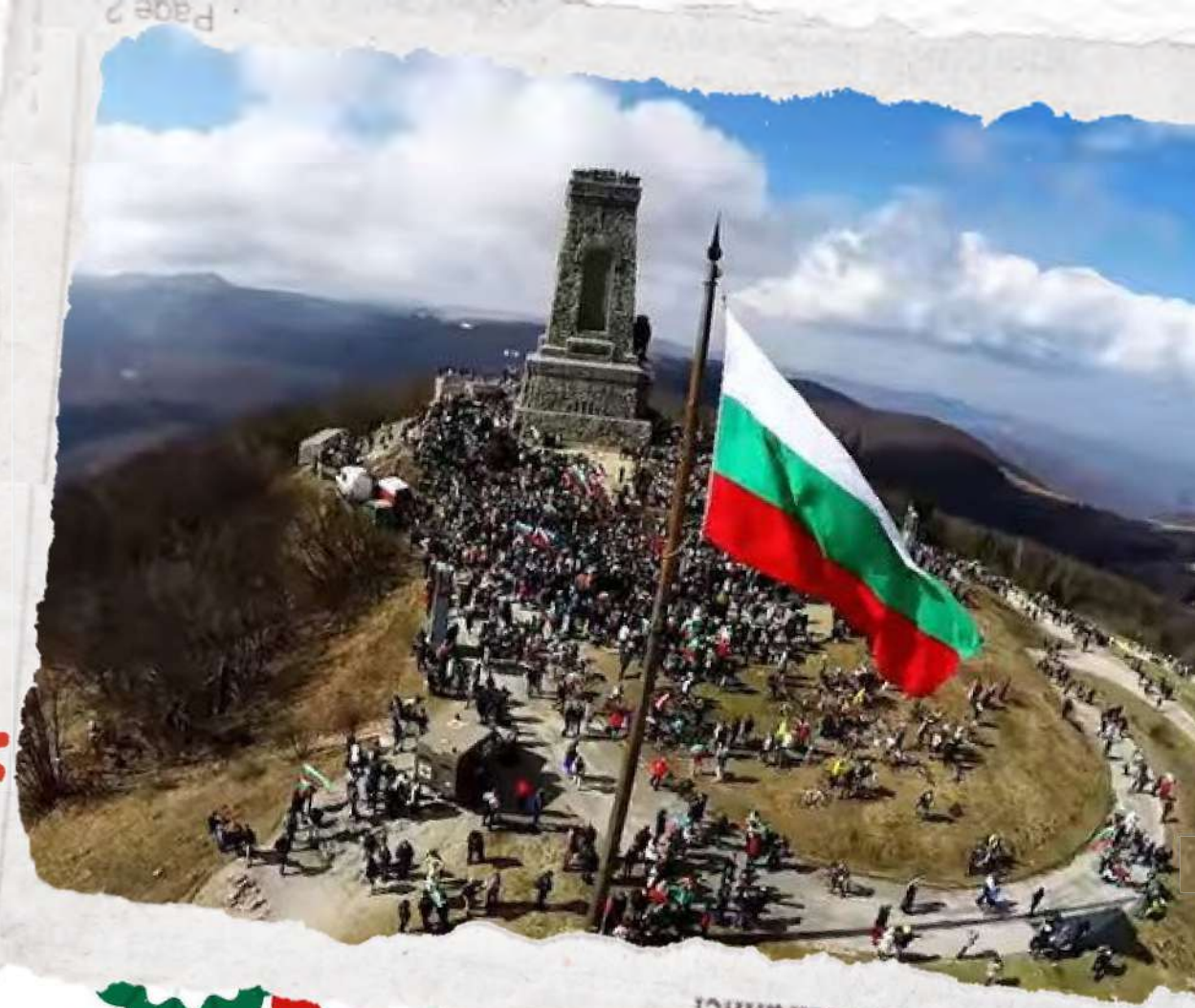
One important Romanian tradition is celebrating Easter. Families gather, paint eggs, and share traditional meals. This celebration strengthens emotional bonds and creates a sense of belonging. Spiritually, it represents renewal and hope, which are deeply rooted in Romanian culture. Socially, it brings communities together, as people visit relatives and attend church. The tradition contributes to wellbeing by maintaining strong family connections and offering a sense of continuity between generations.



Cultural adaptation

Understanding Bulgarian history and traditions helps newcomers adapt more easily. Learning about national holidays like March 3rd helps them understand Bulgarian values and behavior.

Food culture is very important, so accepting invitations to eat is a good way to connect with people. It is also polite to bring a small gift when visiting someone's home.



experience



Cultural adaptation

Understanding Romania's historical and cultural background helps newcomers adapt more easily. For example, knowing the impact of communism explains why older generations may value stability and respect hierarchy. Recognizing the importance of hospitality helps newcomers build relationships, as Romanians appreciate friendliness and politeness. Participating in traditions like Easter or local festivals can help foreigners feel included. For instance, simply accepting a home-cooked meal is a great way to show respect. Also, understanding informal communication styles and strong family values makes social interactions smoother.





Similarities

In both countries, daily life is linked to strong social connections. In Bulgaria, home-cooked meals are a staple of daily life, mirroring the Romanian tradition where hospitality and accepting invitations to eat are key to building relationships.

A major backbone for both countries is Orthodox Christianity, which provides a synchronized calendar of rituals. Easter is one of the major holidays, because it's that time of year for painting eggs and gathering the family, which acts like a "bridge" between generations. It keeps the cultural feeling stable and continuous.



Similarities

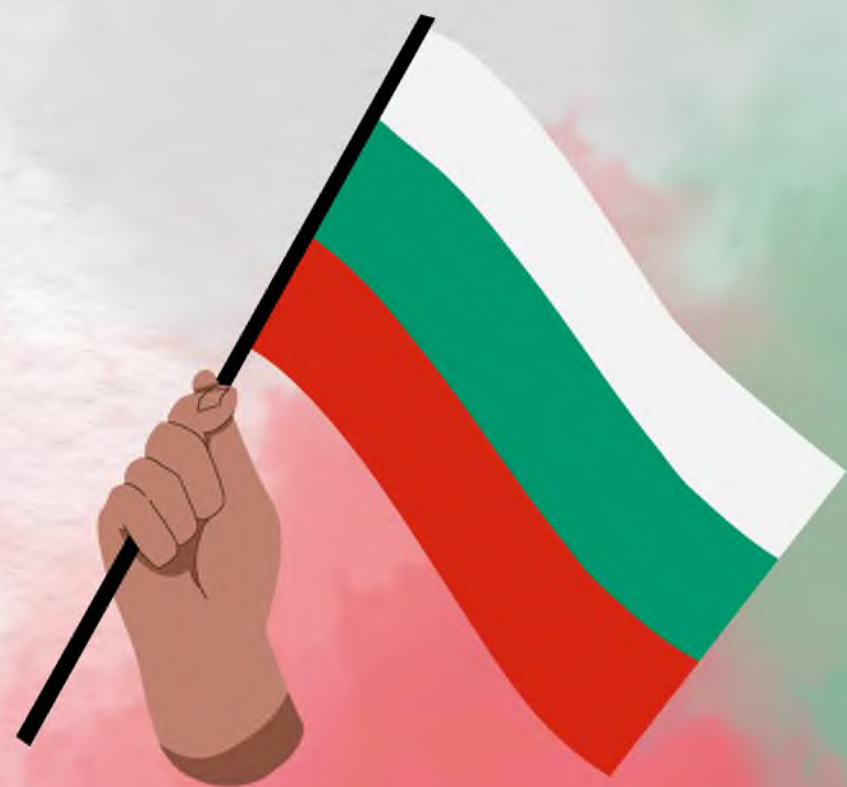
History is not just in the past for these nations; it actively shapes modern behavior. Both countries carry the collective memory of the communist era, which has instilled a similar blend of resilience and skepticism toward authority. This shared past manifests today as a deep-seated appreciation for personal freedom and democracy, tempered by a "cautious" approach to political institutions.

Furthermore, national pride in both countries is deeply rooted in significant 19th-century liberation movements, which are still honored through public ceremonies that bring people together.

Summary



- For a newcomer, the biggest takeaway is that life in these countries is a balance between history and the present. The secret to integrating is simple: respect the history and culture. Whether it is wearing a red and white bracelet in March or attending a national ceremony, participating in these rituals is how you show respect. By prioritizing social connections and honoring the past, both nations offer a supportive environment for anyone seeking to feel at home.



THANK YOU!

