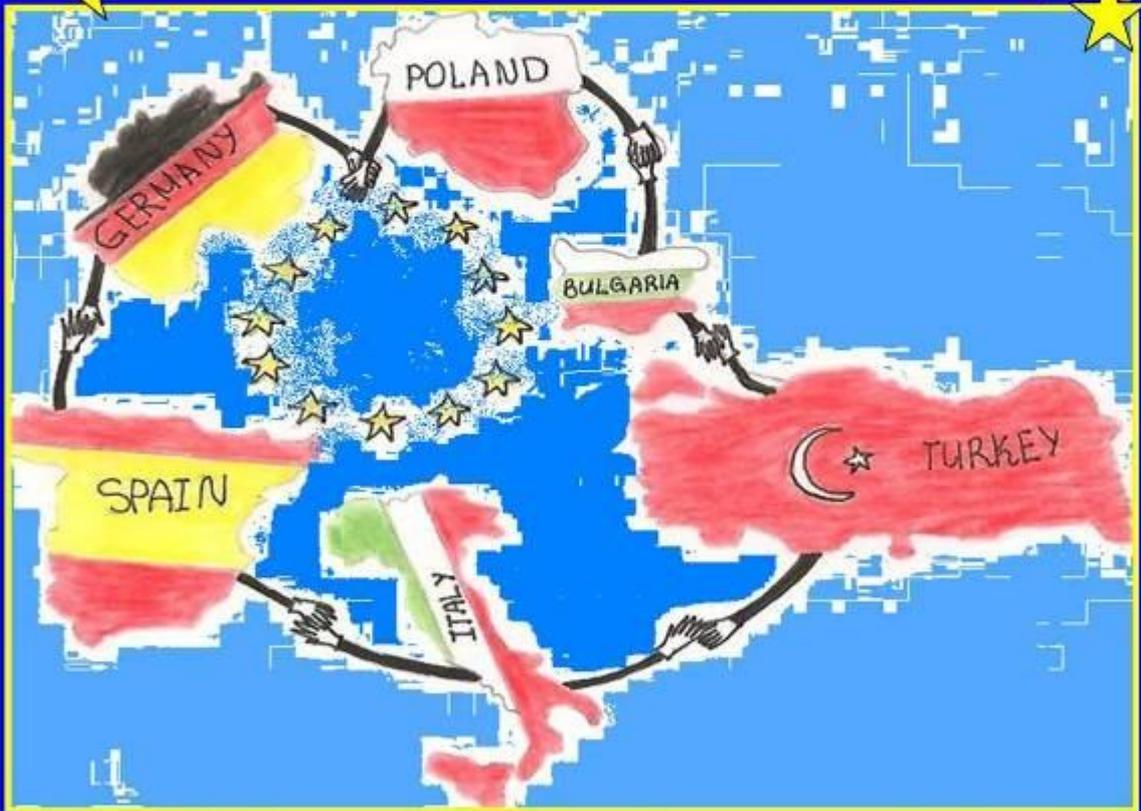


EUROTEENS



A MAGAZINE FOR YOUNGSTERS

This magazine is a product of:

Istituto Comprensivo "Balsamo" Castrolfilippo
Scuola Secondaria di 1° Grado "P. D'Asaro" Racalmuto
Viale Bonfiglio
92020 Castrolfilippo
ITALY

Gimnazjum 6
Ul. Chromika 3
41-409 Myslowice
POLAND

120 Primary School "G.S. Rakovsky"
7, Pope John Paul II Square
1421 Sofia
BULGARIA

Emlakbank Suleyman Demirel Highschool
2040/4 Sok. No:11 Karsiyaka
35540 Izmir
TURKEY

IES Afonso X O Sabio
Río Sil nº 9, Urbanización A Barcala
15660 Cambre, A Coruña
SPAIN

Realschule Tamm
Rilkestraße 16
71732 Tamm
Germany

All articles published in this magazine are produced by students participating in the international Comenius project "Euroteens" (2008 – 2010).

Index of contents:

Presentation of the Comenius partners – regional aspects

Phrasebooks – useful expressions in different languages

International recipes – let's cook together

School systems – timetables and lessons

Calendars of international events and celebrations

Music of the world – presentations of international music

School uniforms – a designer contest

Picture stories: One day of my life

Reports of the international visits



SOFIA - BULGARIA
120 "G.S.RAKOVSKY"
PRIMARY SCHOOL SOFIA

Sofia is the capital and largest city of the of Bulgaria, with a population of 1,395,568 in the Capital Municipality. It is the administrative, cultural, economic, and educational centre of the country.

One of the oldest cities in Europe, the history of Serdica – Sredets - Sofia can be traced back some 7000 years; prehistoric settlements were excavated in the centre of the present city. The well preserved town walls (especially their substructures) from antiquity date back before the 7th century BC, when Thracians established their city next to the most important and highly respected mineral spring, still functioning today. Sofia has had several names in the different periods of its existence, and remnants of the city's millenary history can still be seen today alongside modern landmarks.



The first settlement in the region of Sofia is attested in the 6th millenium BC. These 8000 years history make Sofia one of the most ancient European cities

Sofia became the capital of the autonomous Bulgarian state in 1879. In the same year, on July 13th, the people of Sofia met Alexander I Battenberg, the first Bulgarian Knyaz after the Liberation.

The coat of arms of Sofia was created on the occasion of the World Exhibition in Paris 1900.



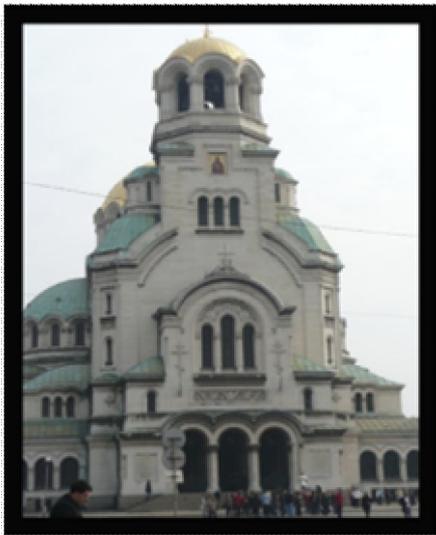
“GROWS UP, BUT DOESN'T GROW OLD” - The motto of Sofia was created in 1911.

The Ivan Vazov National Theatre is Bulgaria's national theatre, as well as the oldest and most authoritative theatre in the country and one of the important landmarks of Sofia, the capital of Bulgaria.



Statue of Saint Sofia

This is the symbol and patron of the city. Her golden face faces “Battenberg” Square, where the Central Department Store (TsUM), Sheraton Hotel Balkan, The Presidency of National Republic of Bulgaria and the Council of Ministers are situated. Close to the statue the Central Sofia Covered market “Hali”, the Mosque and the “St. Nedelia” Church are located as well. In the subway under the Saint Sofia statue is the entrance of “Serdika” metro station, which is actually the first stop, and also the ruins of “Saint Petka” Church. This area actually represents the cross point of the historical and the cultural appearance of the city, the business and the art face of the big and modern capital.



The gold-domed **Alexander Nevsky Cathedral** was built in the early 20th century in memory of the 200,000 Russian soldiers, who died in the Russo-Turkish War, 1877–1878. It is the largest church in the Balkans and the second largest Orthodox cathedral in the world. The cathedral's gold-plated dome is 45 m high, with the bell tower reaching 50.52 m.

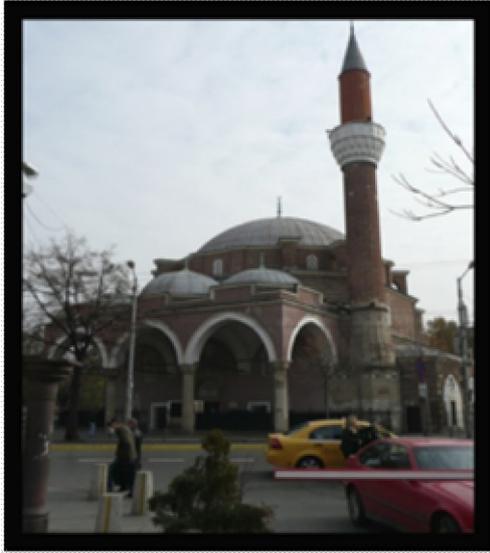
The early Byzantine Church of St Sophia was built in the 6th century on the place of an ancient Roman theatre and several earlier churches. During the Second Bulgarian Empire the structure served as the cathedral of the city but was later converted to a mosque by the Ottoman invaders

The Russian Church or the Church of St. Nicholas the Miracle-Maker, built in 1914 is dedicated to the patron-saint of the Russian Tsar at the time Nicholas II. The construction was supervised by the

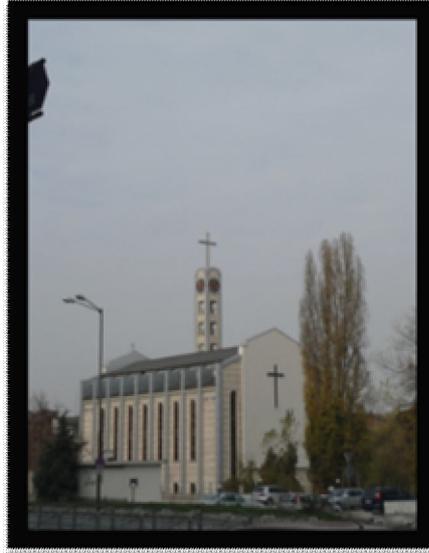
architect A. Smirnov, who was building the Alexander Nevsky Cathedral nearby.



THE MOSQUE



THE CATHOLIC CHURCH



OUR SCHOOL

- the school is located in the downtown Sofia, right in the middle of one of the most prestigious neighborhoods of the capital of Bulgaria.
- It was founded 115 years ago and is still housed in the authentic two - storied building, which is an official monument of culture.



The school today

- Monolithic building with a central heating
- Spacious classrooms
- Computer labs
- Equipped Physics, Chemistry, Biology, Geography, Music, Art rooms
- Library
- Teacher's staff room
- Zoo room
- Canteen
- Gym and two playgrounds



- The schoolyard resembles a garden with venerable trees and beautiful flowerbeds.
- About 510 students aged 6 to 14 attend the school. The staff consists of 50 teachers, tutors and supplementary personnel.
- Mrs. Cvetanka Toneva, Master in Bulgarian language and literature, has been the School Principal since 2004
- Compulsory subjects
- The students from the 1st grade study English and Art as a compulsory subject.
- The students from 5th grade study German and Russian as a second foreign language..

Some children have chosen Informatics, Applied and Fine Arts, Ecology, Bulgarian and Mathematics as optional subjects.



Our school is open for new ideas, innovative projects and international cooperation.

RACALMUTO (AGRIGENTO)

Ciao a tutti

We are boys and girls of the Scuola Pietro D'Asaro in Racalmuto. We would like to tell you something about the place where we live: Racalmuto in Sicily

Our School

Our school's name is Scuola Secondaria di 1° Grado Pietro D'Asaro. It is attended by all the children of Racalmuto from the age of eleven to the age of fourteen. There are about 260 pupils divided into twelve classes.

Our school isn't very big. There is a gym and a computer room. The headteacher's office, the secretary office and the teachers' room are downstairs at the entrance.

Our school is situated in the centre of the town on the main street.



History of Racalmuto

Racalmuto is a small town in the south west of Sicily, 25 km from the city of Agrigento which is our province. There are about 10,000 inhabitants.

Racalmuto is a town rich in history. The first inhabitants were the Sicans who lived here in the 14th century BC. Like in all of Sicily there was a Greek domination and then a Roman domination. In the 9th century the Saracens settled here and named the location Rahal Maut which in Arab means Dead Village.

After the Conquest of the Normans. Racalmuto became a baronial town and under the ruling of the Del Carretto family, many churches and convent were built.

The Mother Church

This Church is the biggest church in Racalmuto. It was built in 1620. There is a nave and two side aisles with twelve columns which represent the twelve apostles. The main altar is in silver.



Maria SS del Monte

It is our Sanctuary dedicated to the Madonna of the Mount. It is a beautiful church situated on the top of many steps. There is a beautiful statue of the Madonna. Every year in July there is a beautiful feast in honour of the Blessed Mother. We love this feast because there is music, a procession with horses and people dressed in ancient costumes and a firework display.



Leonardo Sciascia

"I've tried to tell something of a town I love". L. Sciascia is one of the most important Italian writers. He was born in Racalmuto. In his works he described Sicily and the character of Sicilian people.



The theatre

The theatre Regina Margherita is very beautiful even though it is very small. There are two rows of platforms and a rectangular stage. In the ceiling there is a fine fresco.

The Chiaramonte Castle

It is situated in the centre of Racalmuto in front of Umberto Square. It was built during the rule of the Normans. The Chiaramonte family expanded the castle giving it the form of an irregular pentagon surrounded by round towers. In the past various families owned the castle. Today it is restored and opened to the public.



Our school in Tamm (Germany)



There are more than 450 students and 38 teachers at Realschule Tamm. In each class there are 24-30 students. Our school is a secondary school. The subjects taught at our school are:

Mathematics, German, English, Geography and Politics, History, Music, Art, Sports (PE), French, Technology, Nutrition Science, Biology, Physics, Chemistry and Religious Education.

Besides the subjects there are also projects. In form 7 students do economic research and in form 8 students have to do practical work in social institutions. The students are mainly from the communities Asperg, Ludwigsburg and Tamm. They often go to school by bike or by bus. Lessons start at 7.30 am and usually finish at 12:40. Two or three times per week there are lessons in the afternoon until 4 pm.

Our school also offers clubs in the afternoon, for example: Comenius-project, choir, dancing, hockey and running. The dancing club and the choir present a musical every year. You can visit our homepage: www.rs-tamm.de to get more information on the topics mentioned above.

This is a typical timetable. In the free afternoons we do our homework.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30-8.15	Maths	German	Chemistry	Physics	French
8.20-9.05	History	Maths	History	German	Maths
9.20-10.05	English	Physics	English	English	German
10.10-10.55	Biology	Technology	German	Geo / Pol	Geo / Pol
11.05-11.50	RE	Technology	PE	Maths	English
11.55-12.40	Social Work	Technology	PE	Choir	
2.00-2.45				PE	
2.50-3.35				PE	



Education and Culture
Lifelong learning programme
COMENIUS

Here you can see the main entrance of our school.
The address of our school is Rilkestraße 16 in 71732 Tamm.



Our mayor Mr Zeller and our headmaster Mr Seidler



The current running team of our school



Our Comenius team in Italy



International Comenius students in Tamm





Our town Tamm



Tamm is a town situated between Bietigheim and Ludwigsburg. It is a community with more than 12.000 inhabitants. Our twin town is Althofen in Austria. The mayor is Roland Zeller. He is always very interested in what we do at school and he supports us. Tamm is a historical town with a very old winepress and two churches. But there are also modern industries, shopping areas, hotels and restaurants. The distance from Stuttgart to Asperg is only 15 km. You can easily get to Tamm by train, buses or cars. There is a very good connection to the airport. The train station is not far from school.

Bürgersaal, here we do our Musicals



A very famous supermarket



Our church



Our library





Asperg



Asperg is a village in the near of Tamm. A lot of the students from Asperg go to school by bus. Asperg has roughly 13.000 inhabitants. From Stuttgart to Asperg it is only 18 km. There is a lot of agriculture in Asperg: corn, maize, fruits and vegetables are grown here and there's also a wine-growing area. There are also many places where you can do sports and recreation.

Hohenasperg is the name of an old mountain in Asperg. On its top there is a Celtic castle. You can see it in the picture.

The center of Asperg



Adler - a very famous and old hotel in Asperg





Ludwigsburg

Ludwigsburg is a city with nearly 90.000 inhabitants and only 2 km away from Tamm. There are three beautiful castles in Ludwigsburg. Eberhard Ludwig von Württemberg built them. All the castles are built in baroque style. The huge Residence Castle is placed within the city. In 1733 the construction had been finished. By that time it was one of the most impressive castles in Europe. Very close to it there is a beautiful park where you can see a small hunting castle called "Favourite".

If you go through that park you will find another castle in a distance of about 2 or 3 kilometres: "Monrepos". There's also a nice lake. In winter you can go ice-skating there. The landscape of the region is very beautiful – there are rivers, small forests and fields.



The famous castle of Ludwigsburg

MYSLOWICE

the place where we live

1. History of our town

Mysłowice is one of the oldest cities in the region called **Upper Silesia**. It is located in the south of Poland, at the confluence of the rivers White and Black Przemsza.

The history of Mysłowice is very interesting and full of historical events. The exact date when the city was founded remains unknown. However, the document issued by prince Mikolaj Opawa and Raciborz in 1360, the city Mysłowice is mentioned.

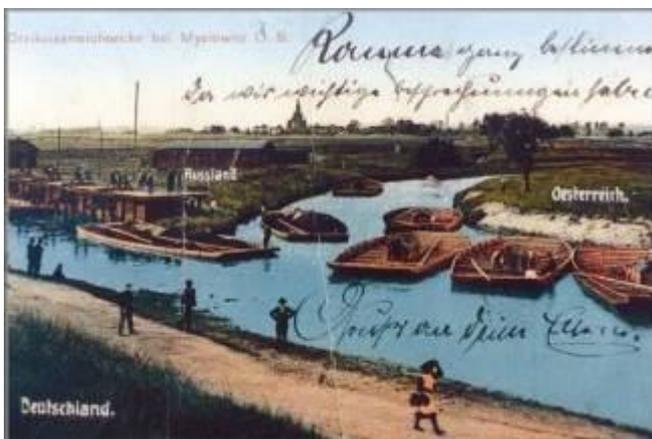
In **1683** a Polish king Jan III Sobieski travelled through Mysłowice.

In **1788** the first mine “Mysłowice” was founded.

In **1853** a French writer Alexander Dumas Junior visited the city.

In years **1919-1921** – three armed uprisings of Polish Silesians against the rule of Weimar Republic took place in Silesia. Silesians wanted to join the Second Polish Republic (created after the end of the First World War).

In our town there is a place where the borders of Russia, Prussia and the Austrian-Hungarian Empire were located after the third partition of Poland in 1795. The place is called **The Triangle of Three Emperors**. The Triangle is one of the most important tourist attractions in Mysłowice:



2. Interesting places in Myslowice:

1. Jarlik's Chapel
2. Town Hall from 19th century
3. Market Square with a fountain representing Saint John the Baptist
4. The Court
5. A lot of old churches
6. New housing estates
7. The Museum of Firefighting



3. Town affairs

1. Swatch – FIVB World Tour Myslowice 2008

It is one of the most important competitions of beach volleyball for women. This tournament takes place in September.



2. Off Festival

Artur Rojek, a leader of Myslowitz band, started to organize that more and more popular event.

For three years that festival of alternative music has been organized in August. There have appeared many Polish and foreign bands.



4. Interesting places near Myslowice:

1. Katowice

It is the capital city of our region, located 10 km from Myslowice. It has got a great location - about 50km from the Silesian Beskidy (part of the Carpathian Mountains) and about 100km from the Sudety Mountains.

Katowice is a big city, with a lot of old and new buildings.

The strangest building is **Spodek** (in English: **Flying Saucer**). It's the biggest sports and concert hall in Poland. In Spodek, there is also an ice rink and a gym. Many stars have performed in Spodek: e.g. Avril Lavigne, Green Day, Metallica, Ozzy Osbourne, Genesis, and many others.

In Katowice, there are also very interesting museums, for example Museum of Motorization, Museum of Silesian Art.

Katowice is an industrial city, but there are a lot of parks and green areas here, too. Katowice is really worth seeing.



“ The Flying Saucer”
 (“Spodek”) - Sport and

Concert Hall, Katowice

2. The Castle Museum in Pszczyna

About 30 km from our town there is a city called Pszczyna, with a palace and a park complex which is sometimes called “The Pearl of Upper Silesia”. In the castle surrounded by a wonderful park in English style, original interiors of the times of emperor Wilhelm II and Duchess Daisy (the end of 19th century) are preserved.



3. Silesian Zoological Garden in Chorzow

Not so far from Myslowice, in Chorzow, there is a huge park with a zoo and a great theme park. It was founded in 1954. It's a very nice place, where families, young and elderly people can relax, do sports and have fun.



4. Our school

Our school, Gimnazjum 6, is located on the outskirts of Myslowice, in a very nice and quiet place, surrounded by trees and fields. There are 24 teachers and 271 students in our school. Students go to school from Monday to Friday. Lessons usually start at 8 am and finish at about 3 pm. The subjects that we study include: Maths, Polish, English, Geography, History, Biology, Chemistry, Physics, IT, PE, Music, Art.

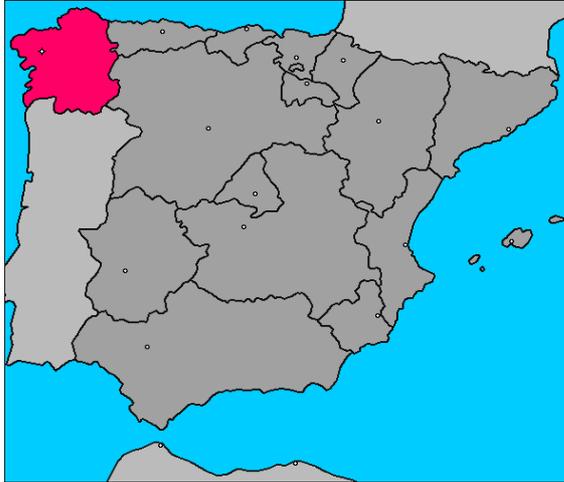


We also have got a lot of extra lessons and clubs where we can develop our interests.

Students who take part in Comenius project:



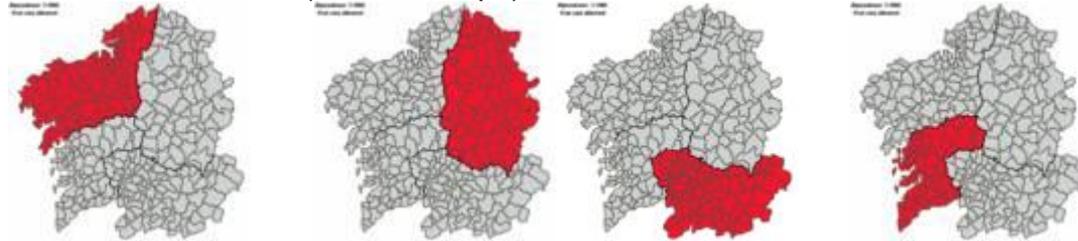
GALICIA



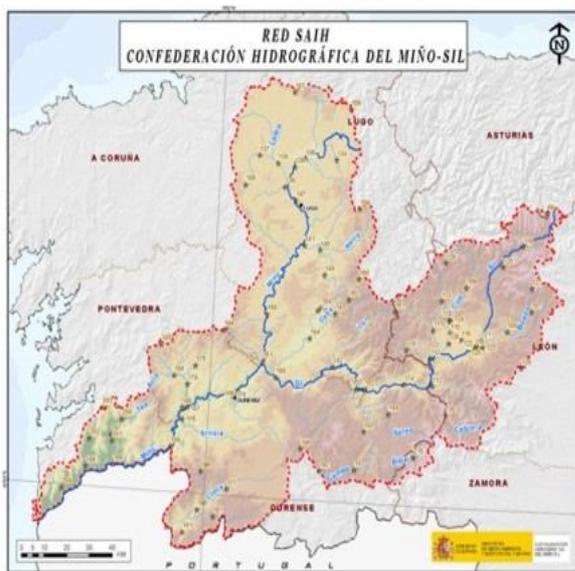
Galicia is an autonomous region in the northwest of Spain. Its provinces are A Coruña, Lugo, Ourense and Pontevedra. It has a border with Portugal to the south, the Spanish regions of Castile and León and Asturias to the east, and the Atlantic Ocean to the north and west.

Administrative divisions

Provinces of Galicia (location maps)



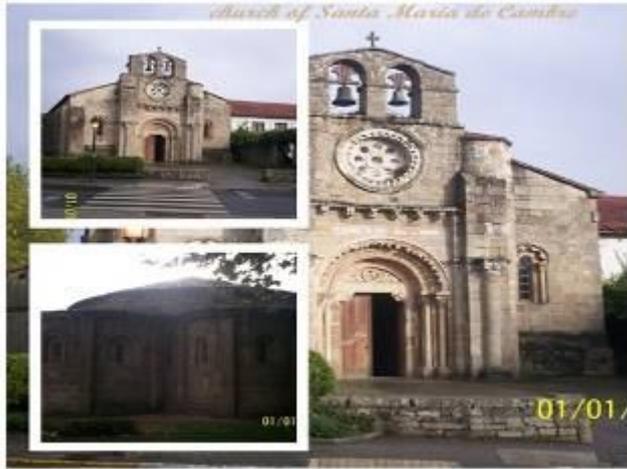
Province of A Coruña Province of Lugo Province of Ourense Province of Pontevedra



*The most important rivers are the Miño and the Sil, which has a spectacular canyon.

*The official languages are Galician (Galician: *Galego*), the local language derived from Latin, closely related to Portuguese, both being Galician-Portuguese languages, and Spanish, the only official language for more than four centuries (XVI - XIX). Since the end of the 20th century, the Galician language also has an official status, and both languages are taught in Galician schools.
*In Galicia there are 2 767 524 million people.

Cambre



This is the church of Santa María de Cambre which is 900 years old and it is a historical building visited by pilgrims coming along the Road to Santiago (Camino de Santiago).

This is the river that flows through Cambre and other places, and it is one of the most important rivers near A Coruña .



This is the park behind the church where concerts and other events are held.

A Barcala-Cambre



This is the view of the building from the air. You can distinguish its dark green roof and its yellow walls. A lot of the students of the IES live in the buildings that you can see behind. This photo is a bit old so the place has changed a bit. There are new buildings like a supermarket, a nursery, a pool... And the river has also changed because it has been canalized, a path has been made and most of the trees have been cut down.

Now, let's talk about our school. It has two buildings: a big one and a small one which is white and it is placed where you see a coach (the furthest one).



This is a photo of the hall where we can spend our breaks in rainy days and place our exhibitions, so everybody can see our amazing projects!

This is a classroom in the small building. It is a bit (just a bit) narrow and long.



A CORUÑA

An old proverb says that “A Coruña is the city where nobody is a foreigner”. Our city is visited by lots of tourists every year and they usually say that they feel very comfortable here because the people are very friendly. In this coastal city you can visit some museums and you can enjoy its tasty gastronomy (fish, shellfish and so on)



Marina

The nautical facilities of the marina were renovated in 2002 and they are placed downtown. All these qualities turn our marina into one of the best and most modern marinas on the Atlantic Spanish coast.

Dock

The fishing ships are moored in **this dock** which is placed opposite the Galleries, a set of houses with glazed galleries built in the nineteenth century. That is why A Coruña is called ‘Marineda’ or ‘Cristal city’ nowadays.

Hercules Tower (A Coruña)

The most ancient lighthouse in the world still working. According to the legend, Hercules cut off tyrant Gerion’s head and afterwards he buried it in this place where the tower was raised. But it was really built in the second century AD and the inside preserves its original Roman structure.



Riazor Beach

Riazor is the main beach of A Coruña. It is situated in the city centre and it’s surrounded by a promenade. Thanks to this location Riazor is a great attraction for the tourists.

EMLAKBANK SÜLEYMAN DEMİREL ANATOLIAN HIGH SCHOOL



The front side of our school



We got an environment award for the design of our garden



Our Comenius board with some students



A folk dance show



Exhibitions and concerts



Our swimming team with their trainer
In the gym



Our students at break time



Do you know these facts about Izmir?

- Izmir was established at least 5000 years ago.
- Epic poet Homer (9th century B.C), the author of “the Iliad and the Odyssey” was born in Izmir.
- Three of the “Seven Churches” which were mentioned in Bible are in Izmir.
- One of the Seven Wonders of the antiquity, Temple of Artemis is at Ephesus.
- The symbol of the ancient city of Izmir was a lion’s head.
- Parchment paper was first invented in Pergamon.
- The Phokaiaians built 50- oared boats carrying 500 passengers.
- Phokaiaians established colonies in the western Mediterranean such as “Velia” in Italy, “Ampurias” in Spain and “Marseilles” in France.
- The earliest temple dedicated to the goddess Athena was constructed in Izmir.
- Izmir was mentioned by famous historian Herodotus as “the city under the most sublime blue sky and on the remarkable climate”.
- Alexander the Great was told by Aristotle, the philosopher like the following “ If you do not see Smyrna you remain lacking”.
- Xenophanes, philosopher and poet of Colophon lived in the 6th century B.C.
- The famous philosopher Heraclitus(540-480 B.C) lived in Ephesus.
- The famous philosopher Anaxagoras (500-428 B.C) lived in Clazomenae.
- Bucolic poet Bion (3rd century B.C) lived in Izmir.
- Famous physician Galen (131-210.A.D) lived in Pergamon.
- The first church dedicated to Virgin Mary was built at Ephesus
- Virgin Mary’s House where she spent her last days is in Selçuk
- St. John wrote the Bible at Ephesus and died there.
- On his 3rd missionary journey St. Paul preached at Ephesus Theatre.
- Cleopatra spent the winter of the year 188 in Ephesus together with Antonius.
- French poet Lamartine, French authors Chateaubriand, Theophile Gautier, and Gustave Flaubert visited Izmir.
- Pope Paul VI and Pope John II visited the Virgin Mary’s House in 1967 and 1979 respectively.
- International Art Festival hosted Ray Charles, Paco De Lucia, Joan Baez, Martha Graham Dance Company, Tanita Tikaram, Jethro Tull, Leningrad Philharmony Orchestra, Christ De Burg, Sting, Moscow State Philharmony Orchestra, Jan Garbarek, Red Army Chorus, Academy of St. Martin in the Field, Kodo, Chick Corea, New York City Ballet, Nigel Kennedy, Brayn Adams, James Brown in Izmir, Ephesus and Çeşme.
- Famous singer Dario Moreno lived in Izmir. • Bademler is the first and only village which has theatre in Turkey.

PERGAMON



Pergamon Library



The Great Altar of Pergamon, on display in Berlin, Germany

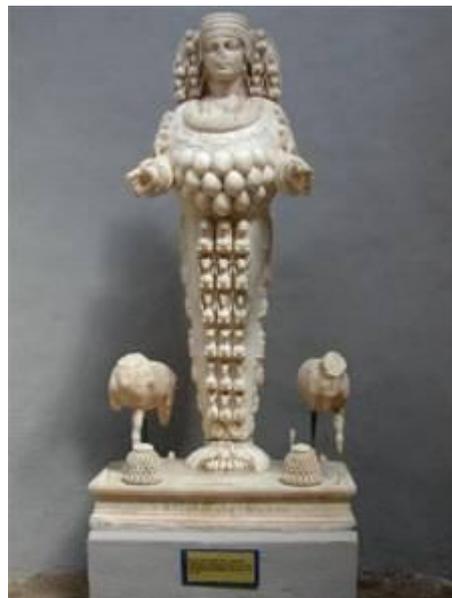


Sketched reconstruction of ancient Pergamon

EPHESUS



Gate of Persecution



Kybele



The Scolastica Baths



The library of Celsus



The House of Virgin Mary

BULGARIAN PHRASEBOOK



Hello, my name is...
kazvam se...

Zdrasti,

How are you?

Kak si?

I'm fine, thanks.

Dobre sam, blagodaria.

My name is...

Imeto mi e...

What's your name?

Kak se kazvash?

What does it mean?

Kakvo oznachava?

What is this?

Kakvo e tova?

Where are you from?

Ot kade si?

How old are you?

Na kolko si godini?

What are your hobbies?

Kakvi hobita imash?

Do you have a pet?

Imash li domashen lubimets?

Do you have brothers or sisters?

Imash li bratia ili sestri?

I've got a brother and a sister

Imam brat I sestra.

My favourite colour is...

Liubiliat mi tsviat e...

green, red, blue, yellow, black, white

zelen, cherven, sin, zhult, cheren, bial,

I wish you a good appetite

Dobur apetit!

Can I have some sugar, please?

Mozhe limalko zahar?

Can I have some milk, please?

Mozhe limalko mliako?

salt and pepper

sol i piper

What's the time, please?

Kolko e chasa, molia?

Where is the station, please?

Kude e garata, molia?

Where is the airport, please?

Kude e letishteto, molia?

Can I go to the toilet, please?

Mozhe li da otida do toaletnata, molia?

Can I go to the doctor's?

Mozhe li da otida do doktora?

I feel bad

Chuvstvam se zle?

I've got a sore throat

Boli me gurloto!

I've got a headache

Boli me glavata!

My stomach hurts

Boli me korema!

I've hurt my leg

Naranih si kraka!

...my head

glavata mi

...my arm

rukata mi

...my back

gurba mi

...my knee

kolianoto mi

I've got a problem

Imam problem!

Can you help me, please?

Moze li da mi pomognesh?

How much is it?

Kolko struva?

Thank you!

Blagodaria!

Bye!

Chao!

Have a good time!

Priatno prekarvane!

I think this should be difficult.

Mislia, che tova shte bude trudno.



Food

fish

meat

sausage

vegetables

tomato

cucumber

olive

carrot

bean

peas

mushroom

onion

leek

potato

lettuce

cabbage

broccoli

cauliflower

sweet pepper

pumpkin

hrana

riba

meso

nadenitsa

zelenchutsi

domat

krastavitsa

maslina

morkov

bob

grah

guba

luk

kopur

kartof

marulia

zele

brokoli

slunchogled

sladuk piper

tikva



rice

oriz

corn

tsarevitsa

wheat

zito

oats

oves

bread

hliab

cake

torta

fruits

plodove

apple

iabulka

pear

krusha

cherry

cheresha

strawberry

iagoda

raspberry

malina

hazelnut

leshnik

walnut

oreh

grape

grozde

peach

praskova

lemon

limon

orange

portukal

melon

pupesh

banana

banan



SPANISH PHRASEBOOK

números

(Numbers)

1.	one	uno	11.	eleven	once
2.	two	dos	12.	twelve	doce
3.	three	tres	13.	thirteen	trece
4.	four	cuatro	14.	fourteen	catorce
5.	five	cinco	15.	fifteen	quince
6.	six	seis	16.	sixteen	dieciséis
7.	seven	siete	17.	seventeen	diecisiete
8.	eight	ocho	18.	eighteen	dieciocho
9.	nine	nueve	19.	nineteen	diecinueve
10.	ten	diez	20.	twenty	veinte

saludos

(Greetings)

1. Hello! - ¡Hola!
2. How are you? - ¿Qué tal?
3. Fine thank you. - Bien, gracias.
4. And you? - ¿Y tú?
5. What´s your name? - ¿Cómo te llamas?
6. My name is... - Me llamo...
7. Pleased to meet you. - Encantado/a* de conocerte.
8. Good bye! - ¡Adios!
9. See you. - Nos vemos.
10. Good morning! - ¡Buenos días!
11. Good evening! - ¡Buenas tardes!
12. Good night! - ¡Buenas noches!

*This changes, is encantado for boys and encantada for girls, it´s very comon in our language.

Expresiones comunes

(Comon expresions)

1. I don't speak spanish. - No hablo español.
2. Thank you. - Gracias.
3. You're welcome. - De nada.
4. Please. - Por favor.
5. I don't know. - No lo sé.
6. I like... - Me gusta...
7. I don't like... - No me gusta...
8. Can I ... - Puedo...
9. What does ... mean? - ¿Qué significa...?
10. I mean... - Quiero decir...
11. I'm lost. - Estoy perdido/a.
12. I'm sorry. - Lo siento.
13. Excuse me. - Disculpe.
14. I don't understand it. - No lo entiendo.
15. Can you repeat it please? - ¿Puedes repetirlo, por favor?
16. A bit slower, please. - Más despacio, por favor.
17. How much is it? - ¿Cuánto cuesta?
18. Where's the toilet? - ¿Dónde está el baño?
19. What time is it? - ¿Qué hora es?
20. It was delicious but I can't eat anymore. - Estaba delicioso pero no puedo comer más.



TURKISH PHRASEBOOK

NUMBERS

1. one	bir	11. eleven	onbir
2. two	iki	12. twelve	oniki
3. three	üç	13. thirteen	onüç
4. four	dört	14. fourteen	ondört
5. five	beş	15. fifteen	onbeş
6. six	altı	16. sixteen	onaltı
7. seven	yedi	17. seventeen	onyedi
8. eight	sekiz	18. eighteen	onsekiz
9. nine	dokuz	19. nineteen	ondokuz
10. ten	on	20. twenty	yirmi

GREETINGS

1. Hello! – Merhaba
2. How are you?- Nasılsınız?
3. Fine thank you.- iyiyim, teşekkürler
4. And you?- Ya siz
5. What's your name? – İsminiz (adınız) ne?
6. My name is.... – İsmim(Adım)
7. Pleased to meet you. – Memnun oldum.
8. Good bye! – Güle Güle
9. See you – Görüşürüz (Görüşmek üzere)
10. Good morning – Günaydın
11. Good evening – İyi geceler
12. Good night – İyi akşamlar

COMMON EXPRESSIONS

1. I don't speak the German language.- Almanca konuşamıyorum
2. Thank you. – Teşekkürler
3. You are welcome.- Bir şey değil
4. Please.- lütfen
5. I don't know. – Bilmiyorum.
6. I like... - Hoşlanırım...
7. I don't like.. – Hoşlanmam..
8. Can I... - Yapabilir miyim?..
9. What does..... mean? – Ne demek.....?
10. I mean.....- Bence
11. I'm lost. Kayboldum.
12. I'm sorry. – Üzgünüm
13. Excuse me. Pardon (Afedersizin)
14. I don't understand it. – Anlamadım
15. Can you repeat it please? – Tekrarlar mısınız? Lütfen.
16. A bit slower, please. – Biraz yavaş, lütfen
17. How much is it? – Kaç para?
18. Where's the toilet? – tuvalet nerede?
19. What time is it? – Saat kaç?
20. It was delicious but I can't eat anymore. Lezzetliydi fakat daha fazla yiyemem.



YOUR POLISH – ENGLISH PHRASEBOOK



PART ONE - BASIC WORDS

1. NUMBERS:

1 – JEDEN
2 – DWA
3 – TRZY
4 – CZTERY
5 – PIEC
6 – SZESC
7 – SIEDEM

8 – OSIEM
9 – DZIEWIEC
10 – DZIESIEC
11 – JEDENASCIE
12 – DWANASCIE
13 – TRZYNASCIE
14 – CZTERNASCIE

15 – PIETNASCIE
16 – SZESNASCIE
17-SIEDEMNASCIE
18-OSIEMNASCIE
19-DZIEWIETNASCIE
20 –DWADZIESCIA



2. DAYS OF THE WEEK

Monday - **PONIEDZIALEK**
Tuesday - **WTOREK**
Wednesday - **SRODA**
Thursday - **CZWARTEK**

Friday - **PIATEK**
Saturday - **SOBOTA**
Sunday - **NIEDZIELA**

3. MONTHS OF THE YEAR

January – **STYCZEN**

May - **MAJ**

September - **WRZESIEN**

February - **LUTY**

June -**CZERWIEC**

October -**PAZDZIERNIK**

March - **MARZEC**

July – **LIPIEC**

November - **LISTOPAD**

April - **KWIECIEN**

August - **SIERPIEN**

December - **GRUDZIEN**

4. COUNTRIES AND LANGUAGES

Poland-**POLSKA**
Germany-**NIEMCY**
Bulgaria-**BULGARIA**
Italy-**WLOCHY**
Turkey-**TURCJA**
Spain-**HISZPANIA**

Polish –**POLSKI**
German-**NIEMIECKI**
Bulgarian-**BULGARSKI**
Italian-**WLOSKI**
Turkish-**TURECKI**
Spanish-**HISZPANSKI**

PART TWO - PERSONAL INFORMATION



What's your name? – **JAK SIE NAZYWASZ?**
Where do you live? - **GDZIE MIESZKASZ?**
Where are you from? - **SKAD JESTES?**
What do you do? – **CO ROBISZ?**
How old are you? – **ILE MASZ LAT?**
What's your hobby? – **JAKIE MASZ HOBBY?**
SPORT.

My name is... - **NAZYWAM SIE ...**
I live in ... - **MIESZKAM W ...**
I am from ... - **JESTEM Z ...**
I am a student – **JESTEM STUDENTEM.**
I'm ... years old - **MAM ... LAT**
I like music/ sport. – **LUBIE MUZYKE/**

PART THREE - USEFUL EXPRESSIONS

Yes - **TAK**
No - **NIE**
Thank you - **DZIEKUJE**
Thanks – **DZIEKI**
I'm sorry/ Excuse me -
PRZEPRASZAM
Hi! /Hello! – **CZESC**
Good morning – **DZIEN DOBRY**
Goodbye - **DO WIDZENIA**
How are you? – **JAK SIE MASZ?**

OK - **DOBRZE**
Nice to meet you - **MILO MI**
I don't understand – **NIE ROZUMIEM**
Bless you! – **NA ZDROWIE!**
Cheers!– **NA ZDROWIE!**
Congratulations !- **GRATULACJE!**
Good luck! – **POWODZENIA!**
Same to you – **NAWZAJEM**
Enjoy your meal - **SMACZNEGO**

PART FOUR - SCHOOL

1. SCHOOL SUBJECTS

Polish - **POLSKI**
Maths - **MATEMATYKA**
English - **ANGIELSKI**
History – **HISTORIA**
Geography – **GEOGRAFIA**
Physics - **FIZYKA**
Chemistry – **CHEMIA**



Biology - **BIOLOGIA**
Religion - **RELIGIA**
PE – **W-F**
Music – **MUZYKA**
IT – **INFORMATYKA**
Art - **PLASTYKA**

2. VERBS

Read -**CZYTAC**
Write - **PISAC**
Work –**PRACOWAC**
Listen - **SLUCHAC**
Learn – **UCZYC SIE**
Draw - **RYSOWAC**
Paint - **MALOWAC**
Count - **LICZYC**

3. OTHER SCHOOL WORDS

School - **SZKOLA**
Class - **KLASA**
Blackboard - **TABLICA**
Chalk - **KREDA**
Classroom - **KLASA**
Lesson - **LEKCJA**
Teacher - **NAUCZYCIEL**
Pupil - **UCZEN**
Pencil - **OLWEK**
Playground - **BOISKO**
Paper - **PAPIER**
Pen - **DLUGOPIS**

Schoolbag - **TORBA**

PART FIVE - SHOPPING

Can I haveplease? –

POPROSZE ...

How much is it? – **ILE TO**

KOSZTUJE?

Can I pay by credit card? – **MOGĘ**
ZAPLACIC KARTA?

I'll take that – **WEZME TO.**

Sale – **WYPRZEDAŻ**

PART SIX - IN THE STREET

Excuse-me, where is? –

PRZEPRASZAM, GDZIE JEST...?

Go straight – **IDZ PROSTO**

Turn left/ right – **SKREC W LEWO/ W PRAWO**

Is it far? -**CZY TO DALEKO?**

Bank - BANK

Cafe - **KAWIARNIA**

Church - **KOŚCIÓŁ**

Hotel - **HOTEL**

Library - **BIBLIOTEKA**

Market - **TARG**

Shop – **SKLEP**

Price – **CENA**

Change – **RESZTA**

Money - **PIENIADZE**



Office - **BIURO**

Park - **PARK**

post office - **POCZTA**

restaurant - **RESTAURACJA**

road - **DROGA**

motorway - **AUTOSTRADA**

city - **MIASTO**

PART SEVEN – INFORMAL EXPRESSIONS

Yeah!- **JASNE!**

Hi!- **SIEMKA!**

See You!- **NARA!**

cash- **KASA**

get lost!- **SPADAJ!**

what a great chick!- **JAKA LASKA!**

I understand - **KUMAM CZACZĘ**

dude - **KOLO**

no problem - **NIE MA SPRAWY**

parents - **STARZY**

a party - **IMPREZKA**

total respect - **SZACUN**

I am very tired - **JESTEM SKONANY**



A GERMAN – ENGLISH PHRASEBOOK FOR STUDENTS

HELLO

Hello my name is...
How are you?
I'm fine, thanks.
My name is...
What's your name?
What does it mean?
What is this?
Where are you from?
How old are you?
What are your hobbies?
Do you have a pet?
Do you have brothers or sisters?
I've got a brother and a sister.

My favourite colour is...
I wish you a good appetite.
Can I have some sugar, please?
Can I have some milk, please?
salt and pepper
What's time, please?
Where is the station, please?
Where is the airport, please?
Can I go to the toilet, please?
Can I go to the doctor's?
I feel bad
I've got a sore throat
I've got a headache
I have a stomach-ache
I've hurt my leg
I've got a problem
Can you help me, please?
How much is it?
Thank you!

HALLO

Hallo mein Name ist ...
Wie geht es dir ?
Mir geht es gut, danke.
Mein Name ist...
Wie ist dein Name?
Was bedeutet das?
Was ist das?
Woher kommst du?
Wie alt bist du?
Was sind deine Hobbies?
Hast du ein Haustier?
Hast du Geschwister?
Ich habe einen Bruder und eine Schwester.
Meine Lieblingsfarbe ist...
Ich wünsche dir einen guten Appetit.
Kann ich bitte etwas Zucker haben?
Kann ich bitte etwas Milch haben?
Salz und Pfeffer
Wie spät ist es, bitte?
Wo ist der Bahnhof, bitte?
Wo ist der Flughafen, bitte?
Kann ich bitte auf die Toilette?
Kann ich zum Arzt gehen?
Ich fühle mich schlecht
Ich habe Halsschmerzen
Ich habe Kopfschmerzen
Ich habe Magenschmerzen
Mein Bein ist verletzt
Ich habe ein Problem
Kannst du mir bitte helfen?
Wie viel ist es?
Danke Dir!



FOOD

fish
meat
sausage
vegetables
tomato
cucumber
olive
carrot
bean
peas
mushroom
onion
leek
potato
lettuce
cabbage
broccoli
cauliflower
sweet pepper
pumpkin
rice
corn
wheat
oats
bread
cake
fruits
apple
pear
cherry
strawberry
raspberry
hazelnut
walnut
grape
peach
lemon
orange
melon
banana



ESSEN

Fisch
Fleisch
Wurst
Gemüse
Tomate
Gurke
Olive
Karrote
Bohne
Erbsen
Pilze
Zwiebeln
Lauch
Kartoffel
Salat
Kohl
Brokkoli
Blumenkohl
süßer Pfeffer
Kürbis
Reis
Getreide
Weizen
Hafer
Brot
Kuchen
Früchte
Apfel
Birne
Kirsche
Erdbeere
Himbeere
Haselnuss
Walnuss
Traube
Pfirsich
Lemone
Orange
Melone
Banane



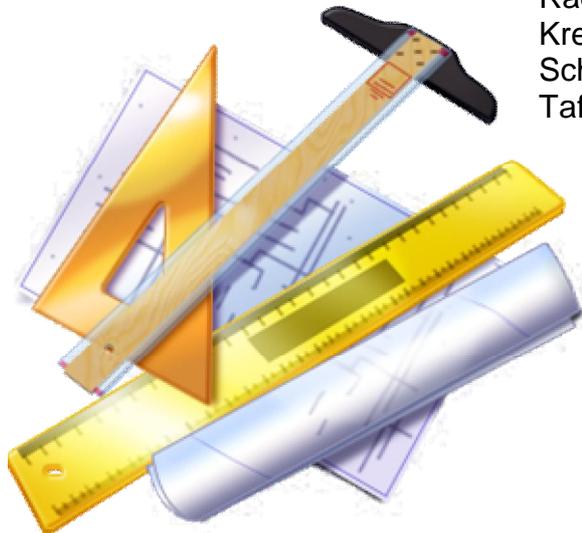
SCHOOL

teacher
pupil
headmaster
deputy headmaster
caretaker
class
timetable
cafeteria
break
classroom
lesson
subject
German
English
French
Biology
Chemistry
Physics
Physical Education
History
People and Environment
Technics
Religion
Geography
Economy
Social Studies
Music
Art
Choir
Dance Club
schoolbag
pencilcase
felt tips
ruler
rubber
chalk
sponge
board



SCHULE

Lehrer
Schüler
Rektor
Konrektor
Hausmeister
Klasse
Stundenplan
Cafeteria
Pause
Klassenzimmer
Schulstunde
Schulfach
Deutsch
Englisch
Französisch
Biologie
Chemie
Physik
Sport
Geschichte
Mensch und Umwelt
Technik
Religion
Erdkunde
Wirtschaft
Gemeinschaftskunde
Musik
Bildene Kunst
Chor
Tanz-AG
Schulranzen
Mäppchen
Stifte
Lineal
Radiergummi
Kreide
Schwamm
Tafel



Recipes fRom Bul gaRia

Shopska salad

Ingredients:

3 tomatoes

3 baked peppers

1 cucumber

1 onion

White cheese (feta)

Oil, salt

Cut the vegetables into small pieces. Add a little salt (or not if the feta is very salty) and oil. Mix it. Put it in plates. Grate the feta over the salad.

Kavarma

Ingredients:

400g meat (pork or chicken)

7 onions

12 baked peppers

500g mushroom

eggs

Cut the meat, fry it. Just before it is ready, add the cut vegetables and fry them together. Add your favorite spices. Put it into small ceramic pots, cover them with a lid. Bake for 10 min. Break an egg on top of each pot. Bake it till the egg is ready.

Banitsa

Ingredients:

Pastry sheets (500g)

5 eggs

500g white cheese (feta)

150g yoghurt

150g butter

Baking soda-1 coffee spoon



Mix the eggs and stir for 2-3 min.

Add the chopped cheese.



Mix the yoghurt with the soda and add it into the bowl with the eggs and cheese. Take a pastry sheet; spread it with melted butter, put enough from the mix.



Roll it.



Arrange the sheets in a large baking tin, spread them with butter and bake the banitsa for about 20-30min. at 160°C.



Recipes from Italy

Pasta alla Norma



Ingredients four servings:

400 gr penne or pennette rigate

4 litres water

Salt

For the tomato sauce:

1 kg tomato purée (or finely chopped tomatoes)

2 garlic cloves

1 small onion finely chopped

Four or five tablespoons extra virgin olive oil

Dash of sugar -salt- pepper.

Topping: 2 large aubergines, trimmed and cubed

200 gr. mozzarella cheese

oil for frying.

Methods:

How to prepare aubergines: place the cubed aubergines in a strainer and sprinkle then with salt, then leave them to stand over a bowl for about 30 minutes. Rinse the aubergines well and leave to drain. Heat the oil in a large saucepan. Add the aubergines cubes and brown them on all sides. Remove the cubes from the pan drain them on paper towels and set aside.

How to cook the sauce: heat oil in a saucepan, add garlic cloves and chopped onion. Cook them stirring for a few seconds. Then add the tomatoes. Add seasoning (salt, sugar, pepper, taste it). Bring to a boil stirring often reduce the heat and leave to simmer uncovered for 30-50 minutes or until sauce thickens stirring often. Taste for more seasoning.

How to cook pasta: pour water in a saucepan. Bring it to boil. Add the pasta and salt when the water is fully boiling, give it a stir and bring the water back to a boil rapidly. Reduce the heat and stir many times. When pasta is “al dente”, that is tender but not soft or sticky, pour it into a large strainer and drain it. Shake strainer over the sink, then pour pasta into a hot bowl and add the tomato sauce.

How to serve: divide pasta on to the dishes and top it with the aubergines and grated salty ricotta cheese.

Or: preheat oven (180 degrees). Cut 30 x 30 cm. squares of aluminium paper, divide pasta on to them, top with aubergines and two spoons of diced mozzarella. Wrap and put them into the oven for a few minutes (15 minutes). Serve still hot.

Bruschetta



Ingredients:

- 4 thick slices bread
- 1 clove garlic peeled
- 1 tablespoon extra virgin olive oil
- 2 tomatoes finely diced and drained
- Salt/pepper/fresh basil leaves/oregano
- 3 anchovy fillets-chopped

Methods:

Toast bread slices on both sides in the oven grill. Rub each side with the garlic clove.

Brush one side with oil. Mix together the tomato, the anchovies, salt, pepper, basil, oregano and oil and place on top of the toasts.

Sfingi



Ingredients:

500 gr. flour of hard wheat

500 gr. flour 00 (sifted together)

Three or four tlesp sugar

20 gr. baking powder

300 or 400 ml water

Two fresh eggs beaten

Dash of salt

Vanilla

Oil for frying (about 1 litre)

Methods:

Mix flour, sugar, baking powder. Add eggs, vanilla and salt, mix well and strongly.

The batter must be very soft.

Let rest until double (about 1 hour). Drop batter by tablespoonfuls in hot deep oil. Turn then with a large spoon to brown each side. Drain on paper towels. Sprinkle warm "sfingi" with sugar (or powdered sugar).

They are delicious if eaten warm.

Käsespätzle

(Swabian Cheese Noodles)

ingredients:

(for 10 persons)

Dough: 500g crumbled cheese
 20 eggs
 1kg flour
 200g butter
 dash of salt
 1kg onions

For the dough put the eggs into a bowl and stir them

Then add the flour to the eggs and keep on stirring.

When stirring gets too difficult continue kneating the dough with your kitchen aid or a big cooking spoon.

Squeeze the dough trough a noodle press into boiling water.

When the noodles come up to the water surface you can fish them with a skimmer or a small sieve

Cut the onions in rings and roast the rings in hot butter in a pan.

Mix the noodles and the crumbled cheese and put them into a backing layer.

Bake the noodles and the cheese in the oven for about 10 – 15 minutes. (temperature: 200°C). Take out the noodles when the cheese is molten and gets brown. Add the roasted onions and serve the dish with fresh salads of the season.



Gaisburger Marsch

(Hotpot of Stuttgart)

In former times hotpots were food of poor people. Today hotpots become more and more popular again. In Swabia hotpots have a long tradition.

ingredients:

(for 10 persons)

- 2,5kg beef
- 2-3 bones
- 2 leeks
- 3 carrots
- 1 celery
- 2 bunches of parsley
- 7 onions
- 1,5kg potatoes
- 1kg Swabian noodles
- 50g butter



Peel the onions and the potatoes and cut all vegetables in small cubes. Wash the meat and the bones and put the vegetables (without potatoes), bones and the meat in 3l boiling water. Add some salt. Boil the meat and the bones for 90 minutes then take them out of the soup. Add the potato cubes to the soup and cook them for 20-25 minutes. Cut the meat in cubes and put them back into the soup again. Make some fresh Swabian noodles (as explained above – but without cheese) in an extra pot with boiling saltwater. Add the fished out noodles to the soup and spice the soup with some nutmeg, pepper and salt if necessary.

Cut one onion in small cubes and fry the cubes in a pan until they are brown. Put the brown onion cubes into the soup pot. Cut the parsley and garnish the soup with it.

Always serve the soup very hot... remember: it is called "hotpot".

POLISH CUISINE



Here are the recipes for some traditional Polish dishes:

1. PIEROGI WITH STRAWBERRIES

Ingredients:

Dough: flour, water

Stuffing: strawberries and sugar

Preparation:

Dough:

- put the flour and water into the bowl
- stir the ingredients and then knead them until you have formed one piece of dough
- roll the dough out to a thickness of about 2 mm
- cut the dough circles using a glass or a mug



Stuffing:

- wash strawberries, then dry them
- knead the strawberries, then add the sugar
- in the middle of each circle dough put some strawberries
- fold the circle dough
- stick the ends of it to make a semicircle shape
- cook in boiling water for about 10 minutes
- serve them hot with some cream and sugar

2. BIGOS



Ingredients:

1/2 kg sour cabbage	100gm sausage	a few dried mushrooms
1/2 kg cabbage	100gm bacon	sugar salt and pepper
1/2kg beef	5 dried plums	2 bay leaves
1/2kg pork	3 onions	marjoram
200gm pork fat	1 glass of red wine	

Preparation:

Peel and chop the onions. Soak the mushrooms. Fry the pork fat and add the onions and cook them together for a few minutes until the onion is golden. Chop the cabbage and add it to the fried onion. Add the sauerkraut as well. Cut the beef and pork into small pieces, slice the bacon and fry them together. Next put the meat into the pan with the cabbage and mix all the ingredients. Add bay leaves, pepper, dried plums and mushrooms. Pour the wine into the pan. Stew the mixture over a small heat for 3 hours. Next day stew it again until "bigos" turns brown and has a nice characteristic flavor. Add sugar, salt and pepper. You can serve bigos with bread.



3. ROLADY (ROLLED MEAT)



Ingredients:

1 kg of beef	2-3 soured or pickled cucumbers	mustard
300 gm of pork	salt, pepper	garlic
300 gm of sausage	chili	
2 onions		

Preparation:

Slice beef and smash with a pestle. Smear mustard, put salt and pepper (it can be chili or paprika) on the beef. Slice pork, sausage, onions, cucumbers and garlic. Next put these things on the beef. Roll the beef and tie with a thread. Next cover the rolled meat with flour or bread crumbs. Heat the lard in a frying pan (with a cover), it can be a stew pan. When the frying pan is hot, put the rolls on it. Fry for a moment until they have light brown colour. Put water on them, cover and fry for approximately 40 min. Check with a fork if the meat is soft. If it is soft take it from the cooker, put the rolls on the plate, wait for a moment until they cool down and take off the thread. Finally put the rolls back on the frying pan, add salt and pepper. Fry to softness.

Rolady are typical for our region Silesia.

4. PANCAKES



Ingredients

- 3 eggs
- 80 ml oil
- a bit of milk
- a bit of water
- flour (the quantity needed to make the batter thick).

Mix all the ingredients and pan-fry large pancakes.

Stuffing:

- fruit (choose what you like)
- whipped cream
- strawberry glaze.



Cut fruit and put it on the pancakes. Then roll up the pancakes and pour strawberry glaze on them.

5. Bread Soup (Wodzionka)

Ingredients

one spoon of butter or one slice of smoked bacon

two slices of **stale bread**

2-3 cloves of garlic

one liter of water

onion, pepper, salt

Preparation:

To make „wodzionka” first peel the garlic and mix it with the salt. Then, cut the bread into pieces and put them together with the garlic. Meanwhile, bring the water to boiling and pour it on this prepared mixture. Next, fry the bacon. After that, pour the melted butter or the fried bacon over the soup. If you want, you can add some pepper or other spices. You can serve that with fresh bread.



Enjoy your meal!

RECIPES FROM SPAIN

SPANISH OMELETTE

The Spanish omelette is one of our best-known dishes. It can be prepared with some variations according to personal taste. Some cooks mix in red or green pepper, mushrooms, beans, spinach, and tomatoes, while others choose to omit the onion. Each region, and each “tapas bar”, will have its own variation of the traditional tortilla. This delicious “tapa” can be served warm or cold. We cook it very frequently at home and it is worth trying!

Basic ingredients for 4 to 6 people:

olive oil (½ litre)
4 - 6 large potatoes
6 - 8 eggs
an onion
salt

Preparation:

Peel and cut the potatoes into small slices about 2mm thick. Put enough oil (you are going to fry) in a medium-sized frying pan, add the sliced potatoes when the oil is hot, but not too much, and salt them. Then chop the onion into small thin pieces and add to the potatoes. Stir up from time to time so that the potatoes don't stick together. Fry them on medium heat so that they get light golden brown. They must be tender and loose.

Beat the eggs in a large bowl with a fork. Salt to taste. Remember that you have already salted the potatoes!

Drain the potatoes. Add the potatoes to the beaten eggs and mix everything carefully trying to avoid mashing. Put two spoons of the oil in the frying pan to cover the bottom of the pan and heat it. Add the potatoes-egg mixture, spreading it completely. Shake the pan smoothly to prevent the mixture from sticking to the bottom. When the mixture in contact with the bottom is set, use a plate to cover the pan completely and turn the pan over holding the plate strongly. Be careful with the burning oil that can burn your hands! Then put a spoon of oil in the pan and slide the omelette inside on its uncooked side until it is completely set. This side cooks very quickly.



FILLOAS

Ingredients:

½ litre of water + ½ litre of milk OR ½ litre of water + ½ litre of stock (boil some pork meat)

1 / 4 kg. of flour

4 eggs

1 / 2 teaspoon of salt

a thick piece of bacon

Preparation:

Mix all the ingredients together. The consistency must be very thin and “liquefied”. Cover and let the mixture sit for an hour.

Set a frying pan on medium heat and grease it with the bacon, spearing it with a fork. Then pour a ladle of the liquid and move the pan turning it quickly so that it covers the bottom. When it has lots of little bubbles, loosen the edges. The colour must be golden brown. Flip it over being careful not to get burnt and cook the other side. This side cooks quickly.

Slide it from pan to plate.

Sugar, honey, cream ... can be added.

They are very similar to French crêpes, but filloas are thinner. The thinner they are, the better!



TURKISH CUISINE

HELVA (A dessert made of semolina)

INGREDIENTS (for 6 persons)

- 1 packet of butter or oil
- 1 packet of semolina
- 200 gr.pine kernal
- 2 glasses of water
- 2,5 glasses of sugar

How to make:

Put butter , semolina and pine kernal in a soucepan and mix till getting darker.

When it gets darker add sugar and water and stir. Wait for a while before eating. Cover the saucepan with a piece of towel of paper. Now it is ready to eat.

Prepared by İremTULGAR



Çoban (Shepherd) Salad



Ingredients

Half bunch of parsley
2 Tomatoes
2 Cucumbers
1 Onion
Olive Oil
Vinegar or 1 Lemon Juice
Salt

How to Make

Cut all of them into small pieces. Rub the chopped onion with salt. Mix them. Add oil and lemon juice/ vinegar. Serve it with meal.

ALİ NAZİK



INGREDIENTS

4-5 eggplants
3 tomatoes/some parsley
2 green peppers
½ minced meat
salt/black pepper
some milk/some yoghurt
some garlic
2 spoons of flour
some onion/some oil

HOW TO MAKE ALİ NAZİK



put the eggplants into the oven to roast them.



put the chopped onions and meat with some oil into the pan, mix for a while.



Add tomatoes and green peppers into the meat and mix for a while



Put some oil and the flour into another pan and mix for a while.



Add some milk and roasted eggplants and mix them.



Put the mixed eggplants into a plate, prepare yoghurt with garlic.



Put the yoghurt on the eggplants, add meat on it and put the parsley it is ready to eat.

TYPICAL TIMETABLE OF THE STUDENTS IN 5TH GRADE / 11 YEARS
AT 120 „G.S.RAKOVSKY” PRIMARY SCHOOL SOFIA

	MONDAY	TUSDAY	WEDWNSDAY	THURSDAY	FRAIDAY
13.30-14.10	BULGARIAN language	BULGARIAN language	ENGLISH	P.E.	GERMAN
14.20 - 15.00	IT	BULGARIAN language	BULGARIAN language	BULGARIAN language	GERMAN
15.10-15.50	ENGLISH	ENGLISH	ART	BULGARIAN language	MATHS
LONG BREAK					
16.10-16.50	HISTORY	SCIENCE	ART	ENGLISH	ENGLISH
17.00-17.40	MUSIC	MATHS	MATHS	SCIENCE	P.E
17.50-18.30	MATHS	WORKING EDUCATION	HISTORY	MATHS	GEOGRAPHY
18.40-19.20		WORKING EDUCATION	GEOGRAPHY		

ITALY-THIS IS THE TIMETABLE OF A THIRD CLASS.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.15-9.15	Art	Citizenship Ed.	English	Maths	Science	Science
9.15-10.15	Italian	Music	French	Italian	Maths	Maths
10.15-11.05	Geography	English	Italian	History	Technology	Technology
11.05-11.15	Break	Break	Break	Break	Break	Break
11.15-12.15	Maths	Italian	History	R.E.	French	Art
12.15-13.15	Science	Science	Italian	Music	Italian	P.E.

Form 9, Realschule Tamm, Germany

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30 – 8.15	MATHS	HISTORY	MUSIC / ART	MATHS	MUM
8.20 – 9.05	NWA CHE	NWA PHY	MUSIC / ART	MATHS	MUM / FRE
9.20 – 10.05	GERMAN	GEO / POL	GERMAN	REL. EDU.	MUM / FRE
10.10 – 10.55	ENGLISH	ENGLISH	GERMAN	REL. EDU	NWA BIO
11.05 – 11.50	NWA BIO	GERMAN	HISTORY	ENGLISH	MATHS
11.55 – 12.40	GEO / POL	FRENCH	ENGLISH	GEO / POL	NWA PHY
14.00 – 14.45	COMENIUS CLUB	TECHNICS			
14.50 – 15.35	COMENIUS CLUB	TECHNICS			
15.45 – 16.30		TECHNICS	PE		
16.35 – 17.20			PE		

NWA = Science (Biology, Physics, Chemistry)
 GEO / POL = Geography, Politics, Economy
 MUM = Nutrition Science / Cooking / Sewing
 FRE = French

A TYPICAL TIMETABLE IN OUR SCHOOL 6 GIMNAZJUM IN MYSŁOWICE, POLAND

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1. 8 ⁰⁰ -8 ⁴⁵	1.English	1.Physics	1.PE.	1.English	1.I.T(boys)/ PE.(girls)
2. 8 ⁵⁵ -9 ⁴⁰	2.History	2.Polish	2.Lesson with class tutor	2.Polish	2. Chemistry
3. 9 ⁵⁰ -10 ³⁵	3.PE.(boys)/ I.T (girls)	3. Chemistry	3.Polish	3.Maths	3.Maths
4. 10 ⁵⁵ -11 ⁴⁰	4. Polish	4.Maths	4. Geography	4.Religion	4. Biology
5. 11 ⁵⁰ -12 ³⁵	5. Religion	5.English	5. Music	5.Biology	5.History
6. 12 ⁴⁰ -13 ²⁵	6. Maths	6.-----	6. Social Education	6.PE.(boys)	6.P.E.
7. 13 ³⁰ -14 ¹⁵	7.-----	7.-----	7.-----	7.PE.(boys)	7.-----
8. 14 ²⁰ -15 ⁰⁵	8.-----	8.-----	-----	8.-----	8.-----

"AFONSO X O SABIO" SPANISH SECONDARY SCHOOL TIMETABLE

SCHOOL HOURS	Monday	Tuesday	Wednesday	Thursday	Friday
8:30/9:20	Mathematics	Mathematics	Physics and Chemistry	Mathematics	Physics and Chemistry
9:20/10:10	Physics and Chemistry	Alternative or Religion	Computers	Design	Computers
10:10/11:00	English	Computers	Phylosophy	Spanish	Design
11:00/11:40	<u>F R E E T I M E</u>				
11:40/12:30	Philosophy	Physics and Chemistry	English	Computers	Spanish
12:30/13:20	Spanish	Galician Language	Mathematics	Galician Language	Physical Education
13:20/14:10	Galician Language	Science for the Contemporary World	Technical drawing	English	Science for the Contemporary World
16:30/17:20		Physical Education			
17:20/18:10		Design			

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:20	Galician Language	Design	English	P. E	Galician Language
9:20-10:10	English	Galician Language	P. E	Ethics	English
10:10-10:30	Break time	Break time	Break Time	Break Time	Break Time
10:30-11:20	Maths	History	French	Design	French
11:20-12:10	History	Music	Latin	History	Tutoring
12:10-12:30	Break time	Break time	Break time	Break time	Break Time
12:30-13:20	French	Maths	Design	Maths	Latin
13:20-14:10	Spanish Language and Literature	Latin	Music	Spanish Language and Literature	Music
16:30-17:20		Religion or educational attention			
17:20-18:10		Spanish Language and Literature			

TURKEY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.45 9.30	History	Turkish Grammar	Geometry	Geography	English
9.40 1.25	Geometry	Turkish Grammar	Geometry	Geometry	English
10.35 11.20	Logic	Guidance and counseling	Turkish Grammar	Turkish Grammar	Turkish Literature
11.30 12.15	Theology	Maths	Turkish Grammar	Social Activities	Turkish Literature
12.15 12.40	Break	Break	Break	Break	Break
12.40 13.25	Geography	Turkish Literature	Logic	Maths	Music&Art
13.35 14.20	Maths	Social Activities	Turkish Literature	Maths	History

Bulgarian Traditions and Holidays



KUKERY

Kukery is a traditional [Bulgarian](#) ritual to scare away evil spirits, with a costumed man performing the ritual. The costumes cover most of the body and includes decorated wooden masks of animals and large [bells](#) attached to the belt. Around [New Year](#) and before [Lent](#), the kukeri walk and dance through the village to scare evil spirits away with the costumes and the sound of the bells, as well as to provide a good harvest, health, and happiness to the village during the year.

The kukeri traditionally visit the peoples' houses at night so that "the sun would not catch them on the road." After going around the village they gather at the square to dance wildly and amuse the people. The ritual varies by region but its essence remains largely the same.



GRANDMA MARCH DAY

According to popular Bulgarian belief, the month of March is female in nature and the weather is considered to be as unreliable as the character of a woman: one day it may be sunny and warm but the next it can be stormy and freezing cold. Bulgarians respect 'Baba Marta' highly. On the first day of March we give relatives and friends a martenitsa - a red and white tassel - to bring health and happiness. We put it on our clothes or wrists and wish each other health and happiness. This is an ancient Bulgarian tradition, most probably more than a thousand years old, which symbolises the end of winter and the coming of spring.

It is believed the red colour grants fertility to both people and the white gives strength to grow rich crops, We keep our martenitsas on until the first storks and swallows arrive or the first cuckoos call. Then we take our martenitsas off and tie them to a tree that is in blossom or leave them under a stone and make a wish,





KOLEDARY

In Bulgaria, Christmas is the last day of fast, which starts at midnight with the custom koledari. They create groups to a people with a group leader, who the is oldest and married. Christmas koledari are dressed in fur hats

decorated with flowers and bearing in his hands "colored sticks. This time is strictly determined by tradition - from midnight to dawn at Christmas. It is believed that the carols with their songs have the power to expel the vampires, goblins, and other superuatural beings



Young men are dressed in festive Christmas clothes are usually decorated with a string popcorn and a bunch of boxwood, with gegi in his hands.



EASTER is one of the most significant holidays in the Bulgarian calendar. Starting with Palm Sunday, the holy week leads up to the Great Day. In the country, the festival is popularly known as "Velikden", which literally means 'the faith in the resurrection of Jesus Christ'. Easter traditions in Bulgaria are a derivative of the Eastern Orthodox Church rituals. In tune with worldwide

Orthodox traditions, bright red colored eggs and Easter breads known as "kolache" or "kozunak" are the prominent symbols of Easter in Bulgaria

Bulgarian Easter is believed to be incomplete without the traditional recipes, indigenous to the country. The traditional Easter recipes served on the festival in Bulgaria include 'Banista' (Bulgarian pastry), 'Palachinki' (a type of pancake), 'Baklava', 'Wine Kebap'. The traditional recipes are prepared and served on the Easter Sunday. The entire family takes part in the feast.



CHRISTMAS EVE is as important as Christmas day in Bulgaria. A special dinner, consisting of at least twelve dishes is prepared. All of them are without meat and each of them represents a separate month of the year. The dishes consist of beans, different kinds of nuts, dried plums, cakes, and the traditional Banitza. On this day the whole family gathers, eat on straw and get off the table in the same time. In the past Christmas was celebrated differently. There were boys and non-married young men who were visiting the houses, singing songs for wealth and health for the hosts. They were rewarded with money,



food and so on. They were bringing long sticks to put kravai which are round breads with holes in them. They were called Rkoledaris. In the houses the families gathered sitting on the ground or on dry grass and eating meatless food. There were 7 or 12 meals: wine, Rakia , sarmy and so on. There always was a huge round bread where all the cattle, the house and things like that were carved.

Bulgarians make Christmas wishes around the fire and *eat special sausages*.