

# Constructing Identity through Cultural Memory



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# Introduction

This digital book was created using the COMPASS methodology and pilot groups from each partner country of the project.

The cultural items are therefore not necessarily related to each other's as they would be if all belonged to the same country or region. The goal of this document is to assemble all materials in one document to show the target population the materials created and available, as well as the results obtained from some of the sessions developed during the project.

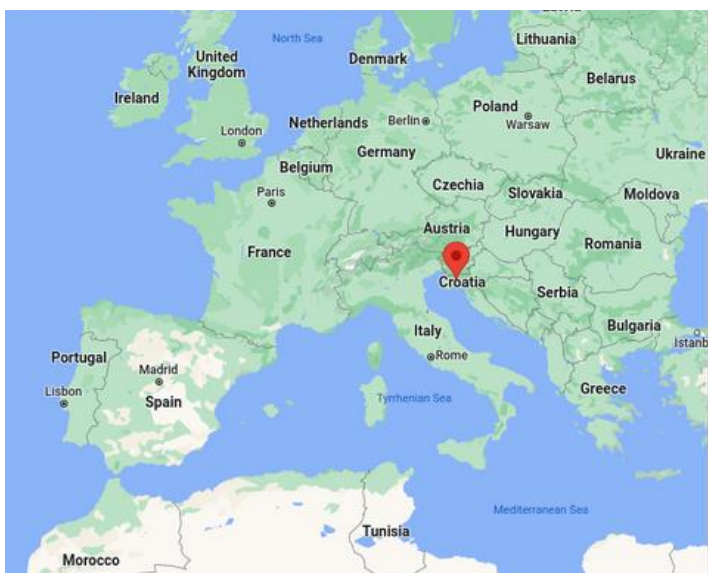
# Croatia

Project Partner: Dante

City: Rijeka

## Topics:

- Croatian Fritters
- Croatian Krostule
- Rijeka Clock Tower
- Rijeka Public Beach



# Croacia: Croatian Fritters

## What are they?

Croatian fritters are traditional dessert along the Dalmatian coast. They are a favorite Croatian treat eaten during Carnival season.

## Main Ingredients:

- 2 glasses of flour;
- 1 yogurt;
- 1 egg 1 vanilla sugar;
- 1 baking powder;
- 3 teaspoons of rakia;
- half a lemon zest;
- oil for frying

*delicious!*



# Croacia: Kroštule



## What are they?

In the time between Christmas and Easter, and especially for Carnival, on the coast of Croatia lots of mothers are making kroštule. Kroštule must be crispy, crumbly, and as light as air.

## Main Ingredients:

- 30 dag flour;
- 3 eggs yolk;
- 1 spoon of sugar vanilla sugar;
- 1 spoon of rum 2 dl sour cream;
- pinch of salt lemon peel
- oil for frying;
- powdered sugar for dusting;



# Croatia: Rijeka City Clock Tower

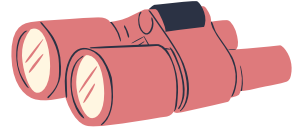
## The Background

The City Tower Clock was build in the Middle Ages. It is a meeting point for citizens and tourists and often say we "meet me under the clock".

## Location

The City Clock Tower is located in the middle of promenade called "Korzo "

The City Clock Tower is a popular photo motif of post cards too.



# Croacia: Rijeka Public Beach



## The Background

In the past, people swimming wherever there was access to the sea, especially children.

On the left side Rijeka people swimming on the remains of the waterfront and portico, which was called **Moletto**.

People swimming further south as far as Martinscica, and all the way to Urinje. Now we are talking about the town swimming place which called Gracko, and it was at the mouth of the Rijecina on the right side.





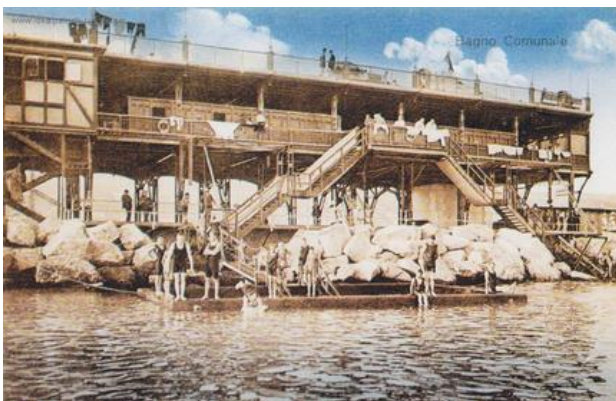


## The Background

People also swimming in the breakwater (today the break water of the old port Susak that is the Baros). On the Rijeka breakwater before the second World war there was a wooden swimming area, facing the open sea.

It was a very fashionable bathing area, which would still be very attractive today. There was a beach on Kantrida and several small beaches all the way to the borders of the city of Rijeka towards Preluka. This is just a small review of some ancient times.

Because, today, the city on the sea does not actually have access to the sea for swimming, so there is NO swimming either.

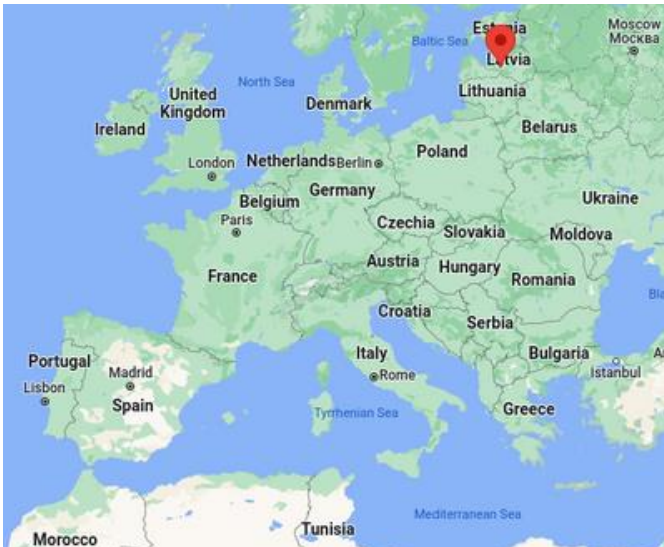


# Latvia

Project Partner: Zini Foundation

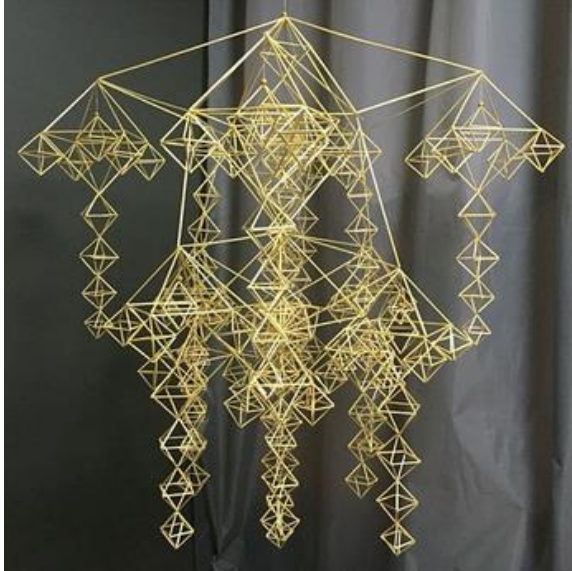
## Topics:

- Puzzles and their handling;
- Knitting the Latvian Ethnographic Mittens



## The Background

Puzzles (Puzuri) can be found all over Latvia, but they are more popular in Jelgava. A puzzle is made of many shapes that fit together. They are usually made to look like four, six, or eight squares. To make the shape you need to open up a straw and put a thread through it. This way they are joined together. You can also add light things like flowers, feathers, and eggshells.



# Latvia: Puzzles and their handling

## How to Appreciate

It is not known why and when Latvians started to make puzzles. Only they did it around the winter solstice before Christianity came into Latvia. And after that, people still kept the tradition.

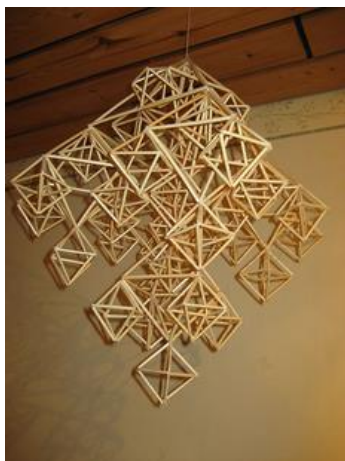
People used to make puzzles for special times, like Christmas, weddings, baptisms, and funerals. They made them in the autumn and used them until the spring. This helped to make the house look nicer in the winter.



# Latvia: Puzzles and their handling

## Heritage

When someone makes a puzzle, they think carefully about each shape, and what it could mean. Each puzzle has its own idea and purpose. Every generation adds their own experiences and ideas, making each puzzle special with things they can find around their home.



Making puzzles is something that people usually do together in the family. It is a way to pass down the information to their children and grandchildren and keep the cultural heritage alive. But in the modern world, people don't have so much time anymore. And people are slowly forgetting this tradition. Today, only a few institutions and folk art studios try to do their best and keep the puzuri-making skills alive.



# Latvia: Knitting the Latvian Ethnographic Mittens

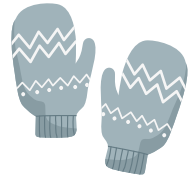


## The Background

Gloves have a rich knitting tradition in Latvia dating back to the 14th-15th centuries. Initially, needles were used, but later, five needles became the norm. Early gloves were made from white wool yarn with coloured stripes. In the 19th century, elegant mittens were worn for special occasions, while undyed yarn was used for warm work gloves and colourful yarn for honour gloves. Chemical dyes were introduced in 1856, making gloves more vibrant. Over time, glove patterns became larger and more diverse, influenced by tradition and fashion. Today, traditional glove knitting has waned, with simpler patterns and fingerless gloves gaining popularity, and some old traditions have evolved into decorative bracelet making.



# Latvia: Knitting the Latvian Ethnographic Mittens



## How to Appreciate

Long ago, our grandmothers learned to knit gloves in their families. They were taught by skilled knitters. Nowadays, many families don't have these ancient skills anymore. That's why books about knitting are so important. These books answer questions, show the knitting process in detail, and have patterns for us to follow. It's crucial to preserve and improve the skills in knitting ethnographic gloves. That's why every year, there are special classes, workshops, and knitting events. They teach the traditional way of knitting Latvian gloves. These classes give knitters and people who love knitting a chance to share their experiences and learn from each other. Gloves are a unique part of our folk art, and it's our duty to keep the beautiful patterns and colours of each region alive.





# Latvia: Knitting the Latvian Ethnographic Mittens



## Heritage

Gloves change like the world around us. We must keep the traditions of knitting ethnographic gloves alive in Latvia. These traditions are important because they show our Latvian identity with beautiful patterns and colours. In the past, many gloves were knitted in the late 19th century to keep families warm at home. But in the 20th century, fewer people knitted and wore gloves because they bought gloves from stores. Now, in the 21st century, more people are starting to knit Latvian ethnographic gloves again. It's like a comeback for glove knitting. These patterned gloves help us remember our Latvian identity and visitors to our country admire the skill of our knitters. They have learned and continued the traditions of glove knitting from their ancestors.





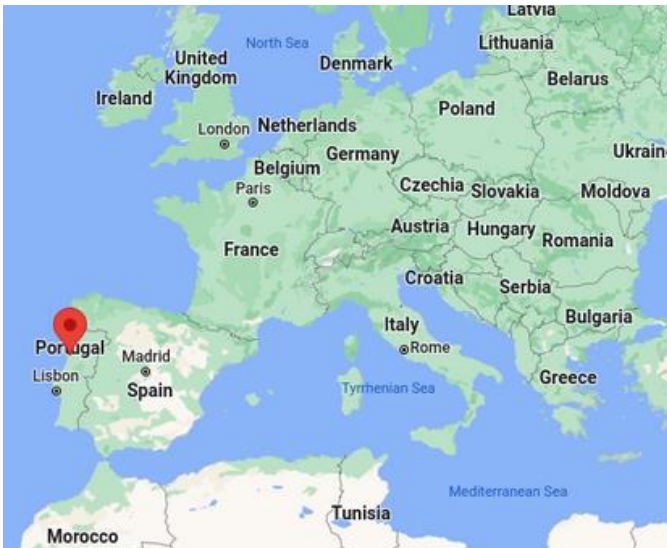
# Portugal

Project Partner: University of Aveiro & UNAVE

City: Aveiro

## Topics:

- Faina Maior;
- Ovos Moles;
- Universidade de Aveiro;
- Art Nouveau;
- Tiles;
- Salt;
- Salicornia;
- São Gonçálinho.



# Portugal: Faina Maior



## Heritage

Portugal has a long history of fishing, particularly for codfish, which has been a passion for over 500 years. Interestingly, the codfish that represents Portuguese culture isn't native to Portuguese waters. Portuguese explorers encountered codfish in Newfoundland during the 15th Century and started fishing and curing it for their return voyages. This practice, known as Faina Maior, involved numerous ships and caravels from Aveiro in the 1570s. Cod was dried and marketed to various places. While cod fishing continues in Portugal, there has been a significant decline due to various constraints.



Navio Santo André (Foto 1: UNAVE by Sandra Fuentes, CC BY-SA 4.0)



# Portugal: Ovos Moles

## Heritage

Portugal is renowned for its conventual sweets, with Ovos Moles being one of the most famous. Ovos Moles originated in the 16th century in Aveiro's Convent of Jesus. Nuns, looking for a use for egg yolks while using the whites for domestic chores, added sugar to create this delectable sweet. After the convent closed in the 19th century, the recipe was preserved by the last nun's maid. Ovos Moles are traditionally shaped like fish, shells, or conch shells, reflecting Aveiro's fishing tradition and proximity to the sea, and they are often presented in small hand-painted barrels.



Ovos moles– Aveiro (Foto 2: Helena Soares. UNAVE)

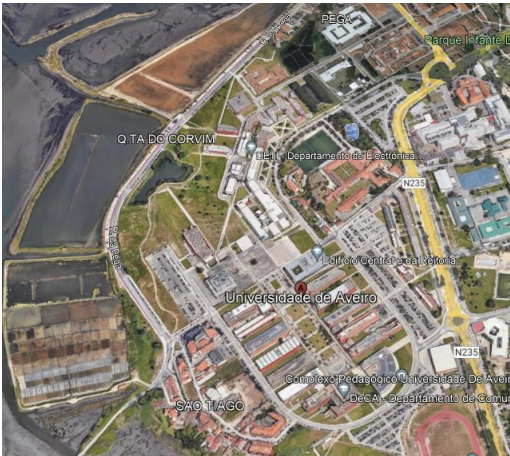
# Portugal: University of Aveiro



## History

The University of Aveiro (UA) is “a must-do” for everyone visiting the city of Aveiro. It is classified in international rankings as one of the best young universities in the world.

It integrates the Santiago and Crasto campuses in Aveiro, the schools of Águeda (Escola Superior de Tecnologia e Gestão) and Oliveira de Azeméis (Escola Superior de Design, Management and Production Technologies), forming the trio of cities of the UA. The Santiago campus is the largest of them all and is known as "a city within a city", featuring a panoply of infrastructures for study, research, and leisure.



Print screen – Google Earth



# Portugal: Art Nouveau

## Heritage

Art Nouveau was an artistic style prevalent in Europe and the United States from 1890 to 1910, emphasizing sinuous, organic lines and aiming to break free from historic influences. It manifested in various art forms like architecture, interior design, jewelry, and more. Influenced by artists like Beardsley and Gauguin, it featured asymmetrical, naturalistic designs. In Aveiro, Portugal, Art Nouveau elements were integrated into the city's buildings in the early 20th century, blending traditional Portuguese elements with Art Nouveau-inspired decorations. Notable examples can be found in Aveiro's Rossio area, showcasing wrought iron, hewn stone, bow windows, and intricate details, and the city's Art Nouveau heritage can be explored at the Art Nouveau Museum and in the Aveiro Lagoon.



Art Nouveau-Aveiro (Foto 4: UNAVE by Helena Soares, CC BY-SA 4.0)





## Heritage

Aveiro has a strong tradition in the Portuguese ceramic industry, with its streets adorned by numerous tile panels on buildings. While pottery kilns existed in Aveiro since the 18th century, it was in the late 19th and early 20th centuries that dedicated tile factories emerged. One notable factory, the Fábrica dos Santos Mártires (now Aleluia Cerâmicas), is famous for its distinctive dark blue tiles. Aveiro's railway station is a prime example of this transformation of tile manufacturing into art, featuring 28 cobalt blue and yellow tile panels from the Fonte Nova Factory. These panels depict regional themes, showcasing Aveiro's life, history, landmarks, and landscapes.



Azulejos da Estação de Comboio de Aveiro  
(Foto 5 UNAVE by Helena Soares, CC BY-SA 4.0)





## Heritage

Aveiro salt, once a crucial industry, is now nearly extinct but remains an iconic symbol of the city. Its unique characteristics are attributed to artisanal production methods and the influence of the surrounding environment. Aveiro salt is manually harvested from the Atlantic Ocean through a natural water precipitation process. However, challenges, like estuary water stagnation, led to a decline in salt production. Today, only a few active salt pans remain. Despite this, new businesses in tourism, leisure, health, and gastronomy have revitalized Aveiro in recent years.

Ecomuseu da Marinha da Troncalhada –Aveiro (Fotos 6 e 7: UNAVE by Helena Soares, CC BY-SA 4.0 )







## Heritage

Salicornia, or "sea asparagus," is a leafy plant found in salt-rich environments. It has succulent stems with a naturally salty taste due to its salt absorption. Salicornia offers health benefits, including antioxidants and diuretic properties, with lower sodium content than traditional salt. It's used in gourmet cuisine, seasoning fish, seafood, and more, and can be consumed fresh, dry, or powdered. It's considered a luxury ingredient and can aid in combating high blood pressure and cardiovascular issues.



Salicornia europaea (Foto 8: Marco Schmidt, <https://creativecommons.org/licenses/by-sa/2.5/>)





# Portugal: São Gonçálio

## Heritage

São Gonçálio is a beloved saint in Aveiro, Portugal, known for his humor and healing abilities. The annual celebration in January involves throwing "cavacas," hard cakes made of egg whites, flour, and icing sugar, from a 16th-century chapel dedicated to the saint. People use umbrellas, nets, or tools to catch the falling "cavacas." This tradition is said to have originated during a plague outbreak, allowing the wealthy to provide food to the poor without risking infection by tossing it from the chapel's top. When the chapel bell rings, someone fulfills their promise and throws "cavacas," attracting crowds making wishes or competing for them



Capela de São Gonçálio –Aveiro (Foto 9: UNAVE by Helena Soares, CC BY-SA 4.0)



Guardachuva com Cavacas –Aveiro (Foto 10: UNAVE by Helena Soares, CC BY-SA 4.0)



# Spain

Project Partner: DomSpain

## Topics:

- Paella;
- Picasso;
- Saint George;
- Sagrada Familia;
- Rosconde Reyes
- Carnival





## History

The origins of paella: 200 years ago in Valencia. The people were poor. There was a lot of rice and vegetables so they created paella. The ingredients were rice, onion, garlic, pepper, chicken, snails and rabbits.

## Types of Paella

- Vegetarian paella;
- Black rice paella;
- Seafood paella;
- Mixed paella;
- Rabbit paella;
- Lobster paella;
- Your paella.





## How to Make a Paella

1. Heat oil,
2. Add chicken and rabbit and sauté,
3. Add vegetables – grated tomato, pepper and garlic,
4. Add water and saffron,
5. Put rosemary, wait a few minutes and remove it,
6. Add rice
7. Cook more or less 17 minutes,
8. Let it stand with newspaper





## History

Pablo Picasso started painting being 13 years old. His most famous works are “Guernica” and “Les Femmes d'Alger (O. J. R. M.).” He worked with divisionism and expressionism. The artistic stages that he went through are: divisionism, expressionism, surrealism, cubism (main stage).



## Interpretation of Guernica:

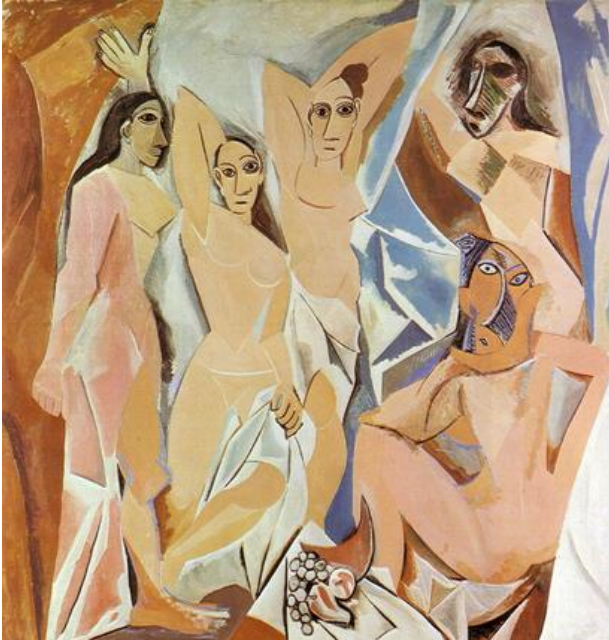
- The dove is an universal symbol of peace;
- The people are very scared;
- The horse represents the innocent people of war;
- The bull means brutal war suffered by the people in the Spanish Civil war.





## Interpretation of “Les Demoiselles d'Avignon”

- It is the most famous example of cubism painting;
- The painting is from 1907;
- It took Picasso nine months to complete it;
- It represents five nude women on Avignon street in Barcelona;
- Picasso used soft colors, e.g. brownish, bluenish;
- With this painting the movement of cubism started.





## How we imagine Sant George from the legend (group 1):

He is tall, strong and has blue eyes.

He has a short curly blond hair and a beard.

He has only one earring.

He wears boots, a long white dress, and a red clock.

He wears a helmet and armor.

Saint George has a shield, spear and leather gloves.

He rides a white horse.

## How we imagine Sant George from the legend (group 2):

He is tall, strong and has blue eyes.

He has a short curly blond hair and a beard.

He has only one earring.

He wears boots, a long white dress, and a red clock.

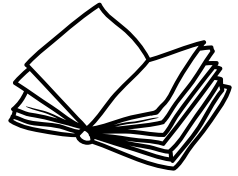
He wears a helmet and armor.

Saint George has a shield, spear and leather gloves.

He rides a white horse.







## Alternative ending to the story (group 1):

Dragon eats the princess. George cries because he stays without his love. George opens the dragon with this pear.

The princess exits the dragon's body and a rose appears from his blood. It is a romantic story and the rest is history.

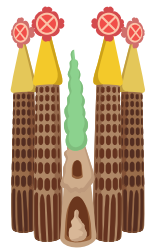
## Alternative ending to the story (group 2):

Saint George's horse falls off and he broke a leg then the princess takes the spear and sticks it into the dragon's chest. And the dragon's blood falls on the princess dress.

The princess rescues Saint George and takes him to the hospital.







# Spain: Sagrada Familia

Our favourite façade of the Sagrada Familia is the one that depicts the birth. Every year the Sagrada Familia is visited by about 3 million people. The architects are following the plans of Gaudí. All people that visit the Sagrada Familia, can see many figures related to the life of Jesus, for example, the Holy family, Crucifixion, the Apostles.





## Ingredients of the Roscón de Reyes:

- Salt,
- Flour,
- Eggs,
- Milk,
- Butter,
- Sugar,
- Orange zest,
- Lemon zest,



- Cinnamon powder,
- Candied fruit,
- Vanilla essence,
- Almonds,
- Rum,
- Orange blossom,
- Figurine,
- Bean,
- Fresh yeast.



## How to bake it?

- Sift the flour and salt, then make a well in the middle. Dissolve the yeast in warm water and pour it into the center. Cover and let it stand for 15 minutes.
- Add the orange rind, brandy, eggs, and a splash of water.
- Beat the butter and sugar together until it's light and fluffy.
- Knead the butter mixture into the dough, then let it rise until it's doubled in size, about 1-2 hours.



# Spain: Roscón de Reyes



- Punch down the dough, then knead it for a couple of minutes. Roll the dough out into a large rectangle
- Roll the dough up from one of the long sides to create a long log, then shape it into a wreath or donut shape. Pinch the seam firmly together.
- Cover with plastic wrap and let the roscón rise until it's nearly doubled in size, about 1 hour.
- Beat an egg white and brush the roscón with it. Decorate the bread with candied fruits and peel as desired, pushing them gently into the dough so they don't fall off while baking.



- Bake the roscón at 350°F (180°C) until the bread is golden brown, about 30 minutes.
- Let the roscón cool on a wire rack completely before serving, then slice and serve with a cup of hot chocolate.



# Spain: Carnival



There are a lot of parade floats in Reus. Every parade float has different costumes. The mask is very important during the Carnival of Venice. Feathers are typical for the Brazilian Carnival. The parade in Sitges is beautiful and diverse. The Carnival in Tarragona has a contest and the one in Reus no. Each Carnival float has its own dance and elaborated choreography. Carnival is usually in February or March. People in Carnival have fun, drink, eat tasty food and wear costumes. The dancing groups are named Comparsa. Carnival marks the beginning of lent.



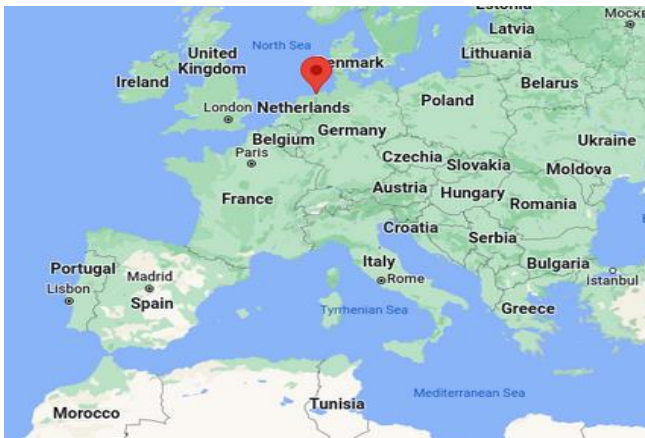
# Germany

Project Partner: KVHS Norden

City: Norden

## Topics:

- Norden (City);
- Norddeich, the port of the North Sea;
- World Heritage Wadden Sea;
- Animals of the Wadden Sea;
- Plants of the Wadden Sea;
- Shipyard: Meyer-Werft;
- Coffee in western East Frisia;
- East Frisian Marsh, Geest, Moor, and their typical breads;
- The traditional East Frisian tea ceremony.



# Germany: Europe, Germany and Lower Saxony



Bild 1: TUBS, CC BY-SA 3.0, <https://creativecommons.org/licenses/by-sa/3.0> via Wikimedia Commons, [https://commons.wikimedia.org/wiki/File:Europe,\\_administrative\\_divisions\\_-\\_de\\_-\\_colored.svg](https://commons.wikimedia.org/wiki/File:Europe,_administrative_divisions_-_de_-_colored.svg)



Bild 2: Mapcanyon, via [Pixabay](https://pixabay.com/)

<https://pixabay.com/de/illustrations/deutschland-karte-bundesl%C3%A4nder-1423360/>





# Germany: Lower Saxony

Lower Saxony has a natural boundary in the north in the North Sea and the lower and middle reaches of the River Elbe. To the southeast, the state border runs through the Harz.

The northeast and west of the state, which form roughly three-quarters of its land area, belong to the North German Plain, while the south is in the Lower Saxon Hills, including the Weser Uplands, Leine Uplands, Schaumburg Land, Brunswick Land, Untereichsfeld, Elm, and Lappwald. In the northeast, Lower Saxony is Lüneburg Heath. In the west lie the County of Bentheim, Osnabrück Land, Emsland, Oldenburg Land, Ammerland, Oldenburg Münsterland, and on the coast East Frisia.

The highest mountain in Lower Saxony is the Wurmberg (971 metres or 3,186 feet) in the Harz. The lowest point in the state, at about 2.5 metres (8 ft 2 in) below sea level, is a depression near Freepsum in East Frisia.



Bild 3: Lower Saxony: [Globe-trotter, CC BY-SA 3.0](https://creativecommons.org/licenses/by-sa/3.0/), [https://creativecommons.org/licenses/by-sa/3.0](https://creativecommons.org/licenses/by-sa/3.0/), via Wikimedia Commons via [Wikimedia](https://commons.wikimedia.org/wiki/File:Lower-Saxony-map.svg), <https://commons.wikimedia.org/wiki/File:Lower-Saxony-map.svg>

# Germany: East Frisia

East Frisia or East Friesland (German: Ostfriesland; East Frisian Low Saxon: Oostfreesland) is a historic region in the northwest of Lower Saxony, Germany. Administratively, East Frisia consists of the districts Aurich, Leer and Wittmund and the city of Emden. It has a population of approximately 469,000 people and an area of 3,142 square kilometres (1,213 sq mi). There is a chain of islands off the coast, called the East Frisian Islands (Ostfriesische Inseln). From west to east, these islands are: Borkum, Juist, Norderney, Baltrum, Langeoog and Spiekeroog and Wangeoog in the east belongs to Friesland.



Bild 4: Onno, CC BY-SA 3.0 <https://creativecommons.org/licenses/by-sa/3.0/>, via Wikimedia Commons via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Ost-Friesland.svg), <https://commons.wikimedia.org/wiki/File:Ost-Friesland.svg>





# Germany: East Frisia

The East Frisian Flag



Bild 5: Stefan Schroeder, Public domain, via Wikimedia Commons.  
[https://commons.wikimedia.org/wiki/File:Ostfriesland\\_Flagge\\_mit\\_Wappen.0.2.svg](https://commons.wikimedia.org/wiki/File:Ostfriesland_Flagge_mit_Wappen.0.2.svg)

East Frisia played an important role in the Reformation period.

In 1654 the counts of East Frisia, seated at Aurich, were elevated to the rank of princes. Their power, however, remained limited because of a number of factors. Externally East Frisia became a satellite of the Netherlands. Important cities like Emden were autonomously administered by their citizens.

A Frisian Parliament, the Ostfreesk Landschaft, was an assembly of different social groups of East Frisia, jealously protecting the traditional rights and freedoms of the Frisians against the Prince. East Frisian independence ended in 1744, when the region was taken over by Prussia after the last Cirksena prince had died without descendants. There was no resistance to this takeover, since it had been arranged by contract beforehand. Prussia respected the traditional autonomy of the Frisians.



# Germany: Upstalsboom

During the period of Frisian freedom in the 13th and 14th centuries, the Upstalsboom was the meeting place for delegates from the Frisian state communities. They regulated the coexistence within the regional communities and represented the federation politically to the outside world. A stone pyramid has commemorated these gatherings since 1833.

The meaning of the name is uncertain. Later interpretations started with the second part of the word "boom", i.e. tree. However, it does not necessarily have to be a plant. In this context, Boom is more likely to mean a processed tree, i.e. a border tree, a barrier or a post that may have stood on the hill to tie the cattle to. The word "Upstall" is of Flemish-Brabant origin and is translated as a fenced piece of land that the village community used as a common grazing area, as a Allmende.



Bild 6: Mare Frisicum: Onno Gabriel (own work: based on several sources and historic maps, [CC BY 3.0](https://creativecommons.org/licenses/by/3.0), <https://creativecommons.org/licenses/by/3.0>, via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Ostfriesland_um_1300.png); [https://commons.wikimedia.org/wiki/File:Ostfriesland\\_um\\_1300.png](https://commons.wikimedia.org/wiki/File:Ostfriesland_um_1300.png)



Bild 7: Uptalsboom: [Matthias Süßen \(matthias-suessen.de\)](https://creativecommons.org/licenses/by-sa/3.0), [license CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0), <https://creativecommons.org/licenses/by-sa/3.0>, via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Ostfriesland_msu-0550.jpg); [https://commons.wikimedia.org/wiki/File:Ostfriesland\\_msu-0550.jpg](https://commons.wikimedia.org/wiki/File:Ostfriesland_msu-0550.jpg)



# Germany: Aurich (District)

The district is located in the westernmost part of East Frisia (Ostfriesland). In the west there is the mouth of the river Ems and the Krummhörn peninsula protruding into the estuary. With a population of approximately 190,000 (as of 31 December 2016) it is the biggest district of East Frisia.

The district includes the three populated islands of Juist, Norderney and Baltrum, which belong to the East Frisian Islands. The small island of Memmert south of Juist is a nature reserve housing rare birds. Part of the district belongs to the Lower Saxony Wadden Sea National Park.



Bild 8: [Lage Orte Kreis Aurich Niedersachsen](https://wiki.genealogy.net/Datei:Lage_Orte_Kreis_Aurich_Niedersachsen.png#filelinks), K.-P. Wessels, Lizenz: Public Domain, via Wikipedia, [https://wiki.genealogy.net/Datei:Lage\\_Orte\\_Kreis\\_Aurich\\_Niedersachsen.png#filelinks](https://wiki.genealogy.net/Datei:Lage_Orte_Kreis_Aurich_Niedersachsen.png#filelinks)

# Germany: Norden City

Norden (East Frisian Low Saxon: Nörden) is a town in the district of Aurich, in Lower Saxony, Germany. It is situated near the North Sea shore, in East Frisia

## Ludgeri Church



Bild 9: Image: [Matthias Süßen \(matthias-suessen.de\)](https://commons.wikimedia.org/wiki/File:Ludgerikirche_Norden_(Ostfriesland)-2019-msu-wlm-0317.jpg), Licence: [license CC BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) , [https://creativecommons.org/licenses/by-sa/4.0](https://creativecommons.org/licenses/by-sa/4.0/) , via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Ludgerikirche_Norden_(Ostfriesland)-2019-msu-wlm-0317.jpg): [https://commons.wikimedia.org/wiki/File:Ludgerikirche\\_Norden\\_\(Ostfriesland\)-2019-msu-wlm-0317.jpg](https://commons.wikimedia.org/wiki/File:Ludgerikirche_Norden_(Ostfriesland)-2019-msu-wlm-0317.jpg)

## Westgaster Mill



Bild 11: WHVer, Uwe Karwath, Wilhelmshaven, [CC BY 3.0](https://creativecommons.org/licenses/by/3.0/), [https://creativecommons.org/licenses/by/3.0](https://creativecommons.org/licenses/by/3.0/) via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:2009_07_Norden_Westgaster_Muehle.JPG), [https://commons.wikimedia.org/wiki/File:2009\\_07\\_Norden\\_Westgaster\\_Muehle.JPG](https://commons.wikimedia.org/wiki/File:2009_07_Norden_Westgaster_Muehle.JPG)

## Three sisters



Bild 10: Jochen Teufel, [CC BY-SA 3.0](https://creativecommons.org/licenses/by-sa/3.0/), [https://creativecommons.org/licenses/by-sa/3.0](https://creativecommons.org/licenses/by-sa/3.0/) via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:Drei_Schwestern_Norden_(2007).jpg), [https://commons.wikimedia.org/wiki/File:Drei\\_Schwestern\\_Norden\\_\(2007\).jpg](https://commons.wikimedia.org/wiki/File:Drei_Schwestern_Norden_(2007).jpg)



# Germany: Norddeich, the Seaport on the North Sea



Bild 12: Elvaube This file was uploaded with Commonist, [CC BY-SA 3.0 DE](https://creativecommons.org/licenses/by-sa/3.0/de/deed.en),  
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The ferry port to the islands of Norderney and Juist. You can take your car to Norderney, but not to Juist. Motor vehicles are forbidden at Juist. The transport on Juist is done with horse-drawn carriages.





## Wadden Sea

The Wadden Sea stretches from Den Helder, in the northwest of the Netherlands, past the great river estuaries of Germany to its northern boundary at Skallingen in Denmark along a total coastline of some 500 km (310 mi) and a total area of about 10,000 km<sup>2</sup> (3,900 sq mi).

Within the Netherlands, it is bounded from the IJsselmeer by the Afsluitdijk.

Historically, the coastal regions were often subjected to large floods, resulting in thousands of deaths, including the Saint Marcellus' floods of 1219 and 1362, Burchardi flood of 1634 and Christmas Flood of 1717.

Some of these also significantly changed the coastline.

Numerous dikes and several causeways have been built, and as a result recent floods have resulted in few or no fatalities (even if some dikes rarely and locally have been overrun in recent history). This makes it among the most human-altered habitats on the planet.

## Wadden Sea / Mud Flats

The term Wadden Sea is not clearly defined. Due to the area designated by the Lower Saxony Wadden Sea National Park, the following areas are included:

- the mudflats with the gutter system
- Priele, Baljen, Seegats
- the salt marshes
- the islands with the dunes, the beach and the foreshore up to 10m water depth.



# Germany: Animals of the Wadden Sea



Bild: [Eurasian Oystercatcher](#):

Photo by Phil Mitchell from Pexels:  
<https://www.pexels.com/photo/an-oystercatcher-near-a-body-of-water-10846363/>



Bild: European Plai

Common Shelduck: Photo by Odd Falch from Pexels:  
<https://www.pexels.com/photo/a-white-and-brown-duck-flying-11725394/>



Bild: Georges Jansoone (JoJan)

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Bild: Harbor (common) seal

[Pixabay](#): Cairoomon; [Inhaltslizenz](#):  
<https://pixabay.com/de/photos/seehund-seerobbenjunges-nordsee-1560237/>



Bild : Common sole

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<https://commons.wikimedia.org/wiki/File:Seezunge2007.jpg>



Bild: Grey Seal

[Pixabay](#): A\_diffrent\_perspektive; [Inhaltslizenz](#):  
<https://pixabay.com/de/photos/kegelrobbe-robbe-halichoerus-grypus-1969508/>



Bild: Turbot

Dan Kollmann, [CC BY-SA 4.0](#), <https://creativecommons.org/licenses/by-sa/4.0>, via  
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# Germany: Plants of the Wadden Sea and the Salt Marsh



Beachgrass



Bild 22: Magnus Manske, [CC BY 1.0](https://creativecommons.org/licenses/by/1.0), <https://creativecommons.org/licenses/by/1.0>, via Wikimedia Commons via [Wikimedia Commons](https://commons.wikimedia.org/wiki/File:2003-05_Sylt_-_Strandgras_(1).jpg), [https://commons.wikimedia.org/wiki/File:2003-05\\_Sylt\\_-\\_Strandgras\\_\(1\).jpg](https://commons.wikimedia.org/wiki/File:2003-05_Sylt_-_Strandgras_(1).jpg)





# Germany: Shipyard: Meyer-Werft



## The history

The Meyer-Werft was founded in 1795. At this point in time they were building wooden sailing boats. The shipyard's founder was called Willm Rolf Meyer.

When his son took over many ship building companies at Papenburg gave up. Those companies missed the transition from wood to metal. At this point in time they build ships which wer capable to pass through narrow channels.

In 1922 the first cargo vessel was launched. This ship was having a length above 70 m. The first gas tanker was build in 1960 and a vessel with a length above 100 meters left the shipyard in 1963.

Later on they build ferries as a roll on/roll off.

In 1986 the first cruise ship was build. This finally turned the shipyard into a specialist for construction and build of luxury liners.

Since today they build around 50 of those luxury cruise ships

## Transfer

The transfer is been done with 2 tug vessels, one in front and the other one at the backside.

The transfer crew will have a training on a computer. For a proper transfer those cruise ships need to been steared backwards by those tug boats. Normally such a transfer last about 1 day.

The transfer by ittselfe is an event in the area and is been watched not only by the locals as well tourist are especially showing up to watch the transfer.



# Germany: Shipyard: Meyer-Werft



The distance between Papenburg and this part of the North Sea which is called Dollart is around 25 Km, till Emden it is around 30 Km.

The river Ems is very small and for the ship transfer it is need to pass as well some bridges. Those bridges are lift bridges.

To have enough depth on the river it is necessary to dam the river. The river barrier is at Gandersum. There need to be a precise planning to dam the river, as the dam could only been opened when the tide is at maximum.

One of the hinderings to become passed are the Jann-Berghaus-Brücke at Leer. In 2008 the bridge was reconstructed to a double lift bridge with a pass through for ships about 56 m.



# Germany: Shipyard: Meyer-Werft



The world dream in front of the Jann-Berghaus-Brücke at Leer. The world dream is having a length about 335,35 m and a width about 39,70 m. In total this cruise liner has about 20 levels and place for 3.376 passengers. The crew is about 2016 heads.

As it was mentioned before it is a precise navigation to get a 39,70 m cruise liner through the opening of the bridge whis is only 56 m.

The world dream was build for a chinese tourist company and this finally leads to that marvellous painting on the front.

In the years 2021 and 2022 the Meyer-Werft went into a cisis as the shipping companies cancelled their orders at the shipyard due to covid 19 epidemic.

As the epidemic is now getting under control the Meyer-Werft will transfer 2 cruise liners in 2023.

The current situation is that those cruise liners are running with liquid natural gas (LNG) instead of heavy oil.



# Germany: Coffee in Western East Frisia



The coffee history in West East Frisia is fascinating and diverse. From its beginnings with sailors to today, there are numerous interesting developments. The tea culture has been documented and extensively researched since the 15th century. In contrast, coffee was initially a luxury item. The founding of the first Bremen coffeehouse in 1673 marked a milestone for Northern Germany.

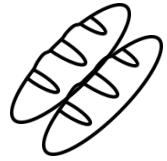
Tea and coffee reached the East Frisian coast through sailors, especially those who signed on Dutch ships. Despite the popularity of coffee among sailors, tea remained the preferred beverage in East Frisia. It was only around 1820 that coffee found its way into the diet of the domestic staff.

With industrialization in the 19th century, coffee became a popular drink, but it couldn't dethrone tea. While coffee gained popularity among workers, tea remained the dominant beverage. The Napoleonic Continental Blockade led to the smuggling of coffee. The connection between worship and social activities was nurtured through "church coffee," consumed after Sunday worship. In times of war, there were coffee substitutes like "Muckefuck." After the war, coffee could be made available again through the Bünting coffee process.

Today, coffee is firmly embedded in East Frisian culture, and private roasteries enrich the coffee landscape. In 2002, Bünting discontinued trading its coffee private label and focused on tea and grocery trade.



# Germany: East Frisian Marsh, Geest, Moor, and Their Typical Breads



The diversity of East Frisia is reflected in its bread variations. The settlement history indicates that the Geest was settled before the marsh to avoid storm surges. Marsh soils are fertile but require dikes. The Geest is sandy and nutrient-poor, while moors are less productive.

Agriculture benefits from the fertile marsh soils, while the Geest is less productive. Moors were challenging for cultivation. Different yield indicators reflect fertility, with cereal cultivation, especially wheat, dominating in the marsh.

Bread baking traditions vary by region. Schwarzbrot, a popular East Frisian bread, varies in color and ingredients. Salt, herbs, and honey seasoned the bread. Bread leftovers were used to make bread soup



# Germany: The traditional East Frisian tea ceremony



The East Frisian tea ceremony has a long history. In the 17th century, the first tea leaves arrived in East Frisia, and in the 19th century, the first tea trading houses emerged. Today, there are tea manufacturers such as Onno Behrends Tea in Norden, Thiele Tea in Emden, and Bünning Tea in Leer.

With a tea consumption of 300 liters per day, East Frisia even surpasses the British, who only consume 170 liters per year.



# Germany: The traditional East Frisian tea ceremony



## The tea ceremony itself consists of five steps:

**Brewing:** Tea leaves are poured into a pot with hot water.

**Rock sugar:** A "Kluntje" (rock sugar) is placed in the empty cup.

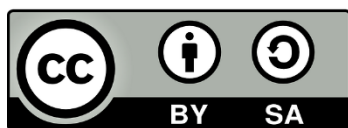
**Pouring tea:** The tea flows over the rock sugar until a corner peeks out.

**Cream:** Cream is poured clockwise, symbolizing the stillness of time.

**Cloud ("Wulkje"):** The cream forms a cloud-like pattern.

The typical East Frisian tea is a robust blend, mainly from Assam. There are four tea times: breakfast, around 11 a.m., around 3 p.m., and around 8 p.m. During invitations, the tea cup is refilled at least three times without being asked, and to signal that one has had enough, the teaspoon is placed in the empty cup. Cookies or raisin bread are served with tea





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