GLOBAL COMMUNITY CULTURE EXCHANGE

This semester:

**EXPLORE CULTURE**
Join us to learn interesting facts about different cultures.

**LEARN NEW LANGUAGES**
Learn to greet people in different languages.

**VISIT NEW PLACES VIRTUALLY**
Let's chat about language, traditions, music, and food.

Bi-weekly we will learn about a new country through the lens of a UVic student.
CONTENTS

WHAT IS THE CULTURE EXCHANGE

The GC Culture Exchange provides an opportunity to explore different countries through the lens of a UVic student. Let’s chat about language, traditions, music, and food.

EXPLORE + CONNECT + LEARN

01 COLOMBIA
Isaac shares the colourful landscape and culture of his home country. Check out the recording to watch traditional dances!

02 SRI LANKA
Sri Lanka is a dream destination for anyone looking for hot weather and sandy beaches. Shehaan even shows how to cook some traditional meals.

03 GERMANY
Learn more about German food, national sports, and traditions. Watch the video to learn a few German sentences for your next trip.

04 INDIA
Bipasa shares interesting facts and funny superstitions in her presentation about India. Check out the recording to learn more!

05 IRAQ
Watch the recording to learn more about fascinating architecture, history, and fun facts about Iraq!

MISSED A SESSION? NO PROBLEM

All Global Community Culture Exchange sessions were recorded and are now available on YouTube. Click the links on each page to watch the video.

06 EXCLUSIVE!

JOIN THE GLOBAL COMMUNITY

UVic.CA/GLOBALCOMMUNITY

GCMENTOR@UVIC.CA

THERE ARE 5 COUNTRIES FEATURED IN THIS FIRST EDITION OF THE GLOBAL COMMUNITY CULTURE EXCHANGE
Colombia

The Liquid Rainbow

Colombia is home to the Caño Cristales – the “River of Five Colors.” Discovered in the province of Meta, the river’s bed changes colour between yellow, green, blue, black, and mostly red due to a rare species of algae. The best time to visit is from the end of July and through November.

¿Jamaya Piia?

Spanish is the primary language spoken in the country, but you can also find people speaking over 65 Indigenous languages, two Creole languages, English, Portuguese, and Romani. “¿Jamaya Piia?” means “How are you?” in the Wayuu language, spoken by about 300,000 people in Colombia and Venezuela.

A Land of Magical Realism

Colombia is the most biodiverse country in the world by square kilometre, ranking first in the number of unique species in a single country and species of birds and orchids. You can find snow-capped peaks in the Sierra Nevada of Santa Marta mountains, sand dunes in the Guajira Desert, and jungles in the Amazon Rainforest.

¿Guapaje!

The city of Cali is considered the “World Capital of Salsa,” it’s one of the best places to experience nightlife and the variety of music styles in the country. You can find dance festivals and workshops all year round in local and international music genres such as Cumbia, Champeta, Reggaetón and Bachata.

Isaac Rueda Alvarez

Isaac is in his fourth year of his undergrad, majoring in linguistics with a minor in psychology. He is a Colombian domestic student and has lived in Canada for 16 years.

Global Community Culture Exchange

Join our bi-weekly session to explore new cultures together!

gcmentor@uvic.com
Tea? Tea.

Sri Lanka being the tiny island it is, is the fourth largest exporter of tea in the world. Sri Lankan tea is known as Ceylon tea (Ceylon is what the British colonizers called Sri Lanka before we gained independence).

The Origin of Cinnamon

Cinnamon is actually from Sri Lanka and was discovered by the Egyptians as early as 2000 BCE, who used it for many things, including as a spice, but also as perfuming in the embalming process. Most of the world’s cinnamon still comes from Sri Lanka (80-90%).

The Mountain

“Adam’s Peak”

Adam’s Peak (or Sri Pada) has pilgrims from all over the world climb to its peak by candlelight to stand in the famous footprint left there. Buddhist’s believe that it is the footprint of Buddha when he visited Sri Lanka. Tamil Hindus believe it’s the footprint of Lord Shiva. Christians and Muslims in Sri Lanka believe that this was the footprint of Adam as he was exiled from Eden (some believing that Sri Lanka was Eden itself).

Sri Lankan National Sport

You might be mistaken for thinking the national sport of Sri Lanka is cricket. Although it is by far the most popular sport in the country (after its introduction by the British in the 1800s, and having several successful teams, coming runners up in some of the largest competitions), the national sport of the country is, in fact, volleyball, which was introduced in 1916.

Shehaan Johar

Shehaan works towards his Bachelor in Computer Science, and is currently a forth year student in the Faculty of Sciences.

Global Community

Culture Exchange

Join our bi-weekly session to explore new cultures together!
gcmentor@uvic.com
Leckeres Vesper

“Vesper” is a word that describes cold cuts, but it also includes meat, bread, and some vegetables so it’s actually more like a charcuterie board. Germany eat “Vesper” mostly for an easy dinner, but you can have it at any time of the day.

Are Germans Really Punctual?

The short answer to this question would be: yes, they definitely are. If you ever visit Germany make sure to be on time or if you have to be late, don’t let it be more than 10 minutes. Being late is seen as very rude. It doesn’t matter if it is a professional or a personal meeting - the best strategy is to make sure to be there early!

Freunde für’s Leben.

German culture might sometimes seem a little cold to foreign people coming in. Although it takes a lot of Germans a little while to get friendly with strangers, as soon as you broke the ice, you will find friends for life.

Are There Only Cities?

Germany’s landscape definitely shows a lot of villages and cities, but you can find amazing nature as well. The “Ostsee” or “Nordsee” in northern Germany offer you beaches and oceans whereas the “Alps” in the south are impressive mountains and the “Black Forest” in the west is an ocean of trees for you to discover.
Atithi Devo Bhava

Atithi Devo Bhava is a Sanskrit verse, translated literally it means “The guest is equivalent to God”. Indians are generally exceptionally hospitable and take great pride in this characteristic. When it comes to welcoming someone, we just love to go overboard. Pro Tip: Never refuse food or tea when offered! As soon as a guest comes to our home, whether they be expected or not, they will always be served at the minimum, a cup of tea and more often than not, an elaborately prepared meal that is way more than what is required.

Beyond Butter Chicken

Butter Chicken, Biryani, Naan and Samosa are famous around the world but there is so much available beyond that. All the Indian states have their own typical cuisine. A flavorful and tasty mix of the local ingredients, spices, and cooking methods that are brought together as its heritage. Next time you order Indian food, don’t forget to try some other dishes like Amritsari Macchi, palak paneer, korma, or a steaming plate of momos!

Thik Chha?

While Hindi is the most common language in mainland India, there are over 22 languages officially and 165 unofficially. Nepali is widely spoken in Sikkim and parts of West Bengal. Thik Chha, a commonly used everyday phrase in Nepali has many connotations. When you say Thik Chha? as a question, it is an inquiry, “Are you okay? How are you? How are things? How is the day?” When you say it in response to a question or in the context of a conversation, it means general satisfaction, “I am well. This tea is good. Today is a good day.” It is also often used instead of Namaste!

Land of Festivals

Religion is at the heart of people’s lives in India, and most of the country’s festivals are tied to religious events—whether it is the birth of a god or a god’s victory over a demon. Festivals are an unforgettable experience and a unique way of seeing Indian culture at its best. As there are so many religions in India and each has its own set of festivals, there are up to 40 public holidays in most states in India! The most widely celebrated ones include Holi, Diwali, Onam, and Ganesh Chaturthi.

Bipasa Agrawal

Bipasa is an international student from Sikkim, India. She is currently in her second year at UVic, majoring in computer science. She is also an ISS Workstudy student.

Global Community Culture Exchange

Join our bi-weekly session to explore new cultures together!

gcmentor@uvic.com

4 | INDIA

CLICK HERE TO WATCH THE RECORDING
Iraq

What Iraq Means

Iraq, which means in Arabic “deeply rooted, well-watered, and fertile”, is a beautiful country with a rich history, vibrant culture, delicious food, and populated by strong, resilient people.

Ancient Iraq

It is the land where the first human civilization, Sumer, was developed around 4000 BCE. There is evidence of the world’s first writing system in recorded history and with these writings the first evidence of Mathematics, Astronomy, Astrology, Written Law, Medicine, and Organized religion.

Iraq's Scientist

The father of modern optics, Ibn al-Haytham was originally from Iraq. He made significant contributions to the principles of optics and visual perception in particular. Jabir Ibn Hayyan was also from Iraq and was known as the father of chemistry. Jabir’s works contains the oldest known systematic classification of chemical substances.

Diversity

I Iraq has 9 governorates and is bordered by 6 countries: Turkey, Iran, Kuwait, Saudi Arabia, Jordan, and Syria. Iraq is home to diverse ethnic groups including Arabs, Kurds, Turkmens, Assyrians, Yazidis, Shabakis, Armenians, Mandaeans, Circassians, Sabians and Kawliya.

Tuqa Al-Musawi

Tuqa is originally from Iraq, but grew up in Libya! She studied medicine before coming to Canada, is now studying Biology at UVic and hoping to go to medical school again here in Canada!

Global Community Culture Exchange

Join our bi-weekly session to explore new cultures together!

gcmentor@uvic.com
"The beauty of this event series is that we can not only take the time to share about what we love about our country, but we can learn about the wonders and highlights of each other's country through the eyes of the presenter."

Everyone highlights a different component of the culture that they like: the food, the language, the festivals, and more!

ISSAREE DEEPHALA, 1ST YEAR GENDER STUDIES GRADUATE STUDENT
JOIN THE GLOBAL COMMUNITY

Join our Conversation Partners and Mentorship Programs that will help you explore intercultural connections, make new friends, improve conversational English skills, and receive support as you navigate your social and academic transition to UVic.

Stay connected with the UVic Global Community (GC) initiative by joining our Facebook group for daily information about student life, online events, funding opportunities, and more! The Global Community also offers many fun and engaging opportunities to connect. Check out our Events & Activities webpage and share the events with your friends; the more the merrier!
The Global Community wants to thank all presenters of this Culture Exchange series. We appreciate your time and energy in sharing your culture with us!