

CULTURE BOX

	Objects	Explanations
1	Objects from Sami culture (antlers, boots and small objects)	The Sámi are the indigenous people of northern Scandinavia and the Kola Peninsula in Russia, living in a region called Sápmi. They have their own languages, culture, and traditions, including reindeer herding, joik singing, handicrafts (duodji), and traditional clothing called gákti. Today, the Sámi combine modern life with preserving their language, culture, and land rights, and they have political representation through Sámi parliaments in Norway, Sweden, and Finland. A reindeer antler comes from the reindeer, an animal that lives in the cold northern parts of Europe, especially in Norway, Sweden, and Finland. Both males and females can have antlers. The reindeer use them to dig for food in the snow. People in the North often use antlers for decoration or to make crafts.
2	Abba	ABBA is a Swedish pop group formed in Stockholm in 1972. The members are Agnetha Fältskog, Björn Ulvaeus, Benny Andersson, and Anni-Frid Lyngstad. The group's name comes from the first letters of their first names. ABBA gained international fame after winning the Eurovision Song Contest in 1974 with the song "Waterloo." During the 1970s and 1980s, they became one of the most successful pop groups in the world with hits like "Dancing Queen," "Mamma Mia," and "Take a Chance on Me." Their music still remains popular today.
3	Fika	Swedish fika is an important part of Swedish culture. It's not just about drinking coffee or tea, but also about taking a break, socializing and enjoying something delicious. A typical coffee break in Sweden usually includes some drink like coffee, tea or juice along with buns, cookies or maybe a piece of cake. The cinnamon bun even has its own wvday, which is October 4th.
4	Midsommarstång	The Swedish Midsummer is a traditional holiday that's celebrated on the Friday between the 19th and 24th of June. It was originally a Christian holiday to celebrate John the Baptist, but now it's a well known holiday that's celebrated in tribute to summer, light, and nature. We gather around a maypole to dance and sing.
5	Lucia	Lucia is a special Swedish tradition celebrated on December 13. It comes from the story of Saint Lucia, who brought food and light to people in the dark. On this day, a girl dressed in white with a crown of candles leads a line of boys and girls. They also wear white clothes and hold candles while singing traditional Lucia songs. The celebration takes place in schools, churches, and even at home. People eat saffron buns called lussekatter and drink warm drinks like coffee or hot chocolate. Lucia is a way to bring light, hope, and warmth during the long, dark winter in Sweden. Lucia started becoming a Swedish tradition in the early 1900s. It mixes the story of Saint Lucia, a Christian girl who brought light during dark

		winters, with old Nordic winter celebrations. That's how it became the candlelit processions and singing we see today.
--	--	--

Erasmus+
Enriching lives, opening minds.

