

# Belonging to Belfast



Discover Belfast's  
diverse communities

Suitable for ages 5-11

Energising Belfast together



Belfast  
City Council



Rialtas na hÉireann  
Government of Ireland



Northern Ireland  
Executive  
[www.northernireland.gov.uk](http://www.northernireland.gov.uk)

This project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body





# Welcome



# PEACE IV Culture Café Series

## Did you know that over 90 different languages are spoken in Northern Ireland?

That is why at Belfast City Council we created our Culture Café events between 2018 and 2022 to look at some of the many cultures that call Belfast their home.

We did this through our PEACE IV Programme which is funded by the European Union and managed by the Special EU Programmes Body (SEUPB). The PEACE IV Programme supports peace and reconciliation in Northern Ireland and the border region.

Through our Culture Cafés, we explored various elements that make up a person's culture – their language, food, dress, music, special occasions and traditions.

We celebrated some of the cultures living here, among these, Arabic, African, Bulgarian, Chinese, African Caribbean, Indian, Italian, Jewish, Polish and Spanish cultures.

There are a lot of different projects within PEACE IV, for example, projects that build good relationships between people (adults and children) in our communities and encourage everyone to use our shared spaces.

We hope you enjoy reading and finding out more about the range of cultures in Northern Ireland and our city.

We want to make sure that everyone feels welcome in Belfast, so hopefully you will learn something new and also try out one of the fun, new recipes or crafts from another culture with your family or friends!

## Belfast is now home to many different communities which makes our city a vibrant and exciting place to live.

At Belfast City Council, we have been hearing stories from our wonderful diverse communities in the city through the Culture Café programme.

Between 2018 – 2022 we have welcomed diverse people from across the city and learned more about their life in Belfast. We have learned about their food, fashion, art, language and how they moved and created their home in Belfast.

Through this programme we have heard inspiring stories from many different communities including:

- African
- African Caribbean
- Arabic
- Bulgarian
- Chinese
- Indian
- Italian
- Jewish
- Polish
- Spanish

Come with us on a journey through the story of the Culture Café programme to learn more about different types of cultures that are right here in our city. We thank ArtsEkta for their work in compiling this Belonging to Belfast booklet.

# Belfast is a city of diversity!

Belfast is home to many different communities who bring their culture, food, language, art and traditions to the city.



**Did you know?**  
After the UK joined the European Union in 2004 many people from all across Europe, including Poland and Lithuania came to Belfast for work.

**Did you know?**  
The largest minority ethnic communities in Belfast are from Eastern Europe followed by the Chinese, South Asian, African, African Caribbean and Arabic speaking communities.

**Did you know?**  
In the 1960s there was a wave of people coming to Belfast from China further increasing the diversity of Belfast.

**Did you know?**  
Some of the earliest people come to Belfast were from the Jewish community.

**Did you know?**  
Migrants from Portugal and South East Asia including the Philippines came to Belfast to work in food processing and in our hospitals.

**Did you know?**  
In the 1920s people from India travelled to Belfast for new job opportunities and set up many small family-run businesses.



# The African Community



## Did you know

- Africa, which covers over 30 million square kilometres, is bigger than the USA, Canada and India put together.
- There are 54 countries in Africa - and 9 territories - with a total of more than 1.1 billion people living on the continent, which is 15% of the world's total population.
- Sahara desert is the driest hot desert on earth
- The Nile is the world's longest river
- Tugela Falls in South Africa are Africa's highest waterfalls
- Blyde River Canyon in South Africa is the world's largest green canyon.



## African community in Belfast

- The African community is one of the largest ethnic communities in Belfast.
- There are over 14 associations in Belfast representing the African communities from places such as Kenya, Uganda, the Congo, Sudan, Zambia, Sierra Leone, Darfur, Nigeria and Eritrea.
- There are many cultural events held to celebrate African culture, such as Black History Month.

## Animals

In Africa, you will find some of the largest mammals on this planet. Among them are the largest land mammal, the African elephant, the tallest mammal, the giraffe, and the fastest mammal, the cheetah, which can run with speeds up to 70 mph!

## African Drumming

Traditional music in most of the continent is passed down orally and is not written. In sub-Saharan African music traditions, it frequently relies on percussion instruments of every variety, including xylophones, djembes, drums, and tone-producing instruments such as the mbira or "thumb piano."



## Craft

### Create Your Own African Djembe Drum

#### What you need:

- Two plastic, Styrofoam, or paper cups
- Scissors
- Tape
- Newspaper
- Flour
- Water
- Paint
- Paintbrush
- Punching balloon
- Rubber band
- Yarn (optional)

1. Mix one cup of flour with two cups of water to make your papier mache paste. Tear newspaper into strips.
2. Choose two cups. Cut the bottom out of the cups. You may need an adult to help with this step. Tape the bottoms of the cups together.
3. Cover the outside of the cups with a thin layer of papier mache covered newspaper strips.
4. When the cups are dry, paint over the newspaper with white paint. When the white paint has dried, paint over it with a solid colour.
5. Let the paint dry then paint your patterns onto your drum.
6. Choose a balloon and cut it open. It's best if you stick your scissors into the opening and just slit the balloon apart.
7. Stretch the balloon over the top of the cup and wrap your rubber band around it to hold it in place. You want the balloon to be stretched tight.





# The African Caribbean Community



## Did you know



- There are over 700 different Caribbean islands, islets, reefs, and coves. The islands are also known as the 'West Indies'.
- The Caribbean region lies southeast of the Gulf of Mexico, east of Central America, and north of South America.
- Languages in the Caribbean are Spanish, English, Dutch, Haitian Creole and Papiamentu.
- Over 2,600 feet above sea level on Dominica, you will find a seething cauldron of volcanic activity, known as the Boiling Lake!
- There are only two seasons in this tropical region: dry and rainy (or wet).

## Food

Caribbean traditional foods are treasured and are not viewed as just a meal but as a culture for bringing the people together. Some of the most common dishes comprise rice, chickpeas, cassava, bell peppers, beans, coconut, plantains, and sweet potatoes.

## Music

The Caribbean is the birthplace of many popular types of music that have spread throughout the world. Although many people only associate Caribbean music with reggae, there are many other genres of music that originated in the region. There's calypso music that combines spiritual elements with bongos, maracas, and Spanish guitar, soca which originated in Trinidad and Tobago.

## Carnivals

Based on the region's folklore and customs, Caribbean parades are known the world over for their loud music, invigorating dance moves, and vibrant costumes. They showcase the best aspects of the rich Caribbean culture and their people's vibrant way of life.

## Heritage

African culture has left a stamp on Caribbean history. Between 1662 and 1807 Britain brought around three million Africans to the Caribbean who were sold as slaves to work in plantations. They created dances, songs, and chants as a means of expression which reflected their lives in the plantation, which has shaped the Caribbean's unique culture.

## African Caribbean Community in Belfast

- The African and Caribbean Support Organisation Northern Ireland is a community-based organisation formed in 2003 which supports individuals from the continent of Africa and the Caribbean in Northern Ireland.
- There are many African Caribbean cultural events held in Belfast, such as the popular Caribbean Social in Cathedral Quarter
- It is estimated that there is currently an estimated 10,630 people of African-mixed heritage in Northern Ireland representing over 35 African nations and the Caribbean.

## Quiz

### What do you know about African Caribbean Culture?

#### 1. Which of these is a form of Caribbean music?

- (a) Reggae
- (b) Hip Hop
- (c) Metal

#### 2. What is a popular fruit in the Caribbean?

- (a) Grapes
- (b) Banana
- (c) Mango

#### 3. How many Caribbean islands are there?

- (a) Over 70
- (b) Over 700
- (c) Over 7,000

#### 4. What is most traditional celebration in the Caribbean islands?

- (a) Carnival
- (b) Fire Festivals
- (c) Folk Festivals

#### 5. Where is the Caribbean region located near?

- (a) South Asia
- (b) South America
- (c) Middle East



# The Arabic Community



## Did you know



- Arab refers to those who speak Arabic as their first language.
- Arabs are united by culture and by history. Arabs are not a race.
- Most Arabs are Muslims but there are also millions of Christian Arabs and thousands of Jewish Arabs.
- The Arab World consists of 22 countries in the Middle East and North Africa: Algeria, Bahrain, the Comoros Islands, Djibouti, Egypt, Iraq, Jordan, Kuwait, Libya, Morocco, Mauritania, Oman, Palestine, Qatar, Saudi Arabia, Somalia, Sudan, Syria, Tunisia, the United Arab Emirates, and Yemen.
- There are over 200 million Arabs across the world.

## Celebration

In the Arab world, national festivals and religious observances, such as Ramadan and the pilgrimage to Mecca, are the highlights of the year. The Eid Al Fitr celebration marks the end of the holy month of Ramadan. This is when Muslims don't eat or drink from sunrise until dark. Every year, millions of Muslims from across the globe go to Makkah during the pilgrimage season.

## Language

The Arabic language is one of the oldest in the world. Pre-Islamic Arabic was initially spoken by people living on the Arabian Peninsula. During the seventh century A.D., as Islam's influence grew, the Arabic language's influence reached across the globe. Today, Arabic is one of the most frequently spoken languages in the world. More than 20 nations have populations that speak Arabic.

## Food

Arabic food is traditionally eaten with one's hands. Therefore, it is customary to wash one's hands before eating in the Arabic culture. Arabic food is made up of many different regional cuisines. Spices and mutton are popular ingredients in Arabic cuisine.



## Arabic Community in Belfast

- The Arabic community in Belfast is mainly made of Muslims and have been settling here since 1921.
- The Belfast Islamic Centre was established in 1978 by a group of Muslims from the local community. The centre is located near Queens University in south Belfast. Today, the centre is both a place of worship, and a place for socialising and meeting friends.
- Yallaa, which means "let's do" or "let's go" in Arabic, is a social enterprise project which promotes learning and experiencing Arab culture in NI.
- Today there are over 10 Mosques (place of worship) in Northern Ireland.

## Craft - Ramadan Moon & Star



**The moon and star is a symbol relating to Islam. The five pointed star reflects the Five Pillars of Islam which are central to the faith, and the crescent moon and stars are symbols relating to the greatness of the creator.**

### What you need

- Paper plate
- Scissors
- Foam stickers
- Yellow and blue paint
- Sponge brush
- Thin ribbon
- Small hole punch
- Newspaper

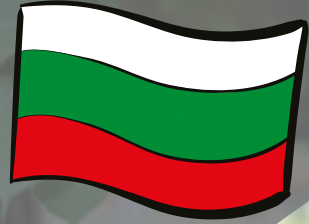
### Design your moon and star

1. Draw out a crescent moon shape on your paper plate. In the middle of that opening, draw out a star shape.
2. Cut out your moon and star shapes.
3. Lay out your newspaper and paint the star yellow and moon blue.
4. Take the paper backing off the foam letters and place them on the paper plate. If you don't have the handy letters that come as stickers, you'll need to glue down your letters.
5. Hole punch your paper plate. You'll only need one punch. Hole punch your star and pull the ribbon through. On the backside, tie a knot. Hang your finished piece.





# The Bulgarian Community



## Did you know



- Bulgaria is a mountainous Balkan country that borders the Black Sea.
- The capital and the biggest city is Sofia.
- The currency is called the lev.
- The Bulgarian government is a member of the European Union and NATO.
- There are just over 6.5 million people that live in Bulgaria. The main ethnic groups include Bulgarians, Turks and Roma.
- The main religion in Bulgarian is Bulgarian Orthodox Christian. Bulgaria has Muslims and other types of Christians.
- Bulgaria's national instrument is the gaida or bagpipes.

## Food

The food in Bulgaria has strong Greek and Turkish influences. Bulgaria eats less meat than other European countries. A typical Bulgarian starts the day having Banica and some yogurt or boza for breakfast. Banica is the Bulgarian's favourite pasta, they usually fill it with cheese or meat. Bulgarian yogurt is very famous and unique, many countries get their yogurt from there.

## Culture

The majority of Bulgaria's citizens speak Bulgarian, a language that uses the Cyrillic alphabet. Turkish and Romani are also spoken, along with foreign languages such as Russian, English, Italian, and Spanish. The nation has a colourful culture of costumes, crafts, and traditional music and dance.

## Celebrations

To celebrate New Year's Day in Bulgaria, dancing men dressed in costumes made of goat hair and wooden ram masks wake residents very early. The costumed men wish the people good health and a good harvest in exchange for small gifts like beans or eggs. Eventually, everyone gathers in the town square for music, dancing, and food.

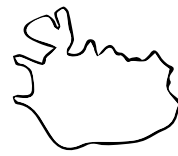
## Bulgarian Community in Belfast

The Bulgarian community living in Belfast has grown considerably in the last 10 years since it joined the European Union. As the community has grown, the Bulgarian Association of Northern Ireland has been set up to help and support the community. It also runs a Folk Dance Club 'Chemshir' to help educate the public about Bulgarian culture and traditions of their community.





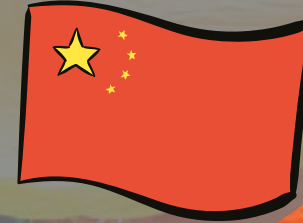
# Where is Bulgaria?



- Find Bulgaria on this map of Europe and colour it in
- The capital of Bulgaria is .....
- Label the capital on the map



## The Chinese Community



### Did you know

- China is officially known as the People's Republic of China.
- China has the largest population in the world, with over 1.3 billion people.



### Cultural Traditions

Cultural traditions and religions practised by the Chinese community include Confucianism, Buddhism and Taoism.

The most important festival for the Chinese is the lunar New Year, which falls between mid-January and mid-February in the western calendar.

From early childhood, Chinese people are also traditionally taught to respect and revere the good deeds of their deceased ancestors by performing set rituals. Many Chinese homes include a 'god shelf', where a wooden plaque representing popular gods, such as the three gods of long life, happiness and prosperity.

### Chinese Community in Belfast

- Chinese people began arriving in Belfast in the 1960s and is one of the city's largest ethnic communities.
- The first recorded Chinese restaurant, The Peacock, opened in Belfast in 1962.
- In 1986 the Chinese Welfare Association was set up to support the Chinese community and promote cultural diversity and understanding.
- CRAIC NI supports the Chinese community by offering training and workshops in Chinese culture – art, history, cuisine, calendar and festivals.





# The Chinese Community



## Giant Panda Facts

- The giant panda is native to China.
- It has a black and white coat that features large black patches around its eyes.
- Pandas are an endangered species. Population estimates vary but there may be around 2000 left living in the wild.
- Giant pandas eat as much as 10 kg of bamboo a day.

## Chinese Fan Dance

The traditional Chinese fan dance has been a part of China's heritage for over two thousand years. Considered to be an ancient form of folk dance, the fan dance is highly regarded by the Chinese.

The Chinese fan dance plays different roles in China. First, it is used to help pass down stories and traditions of Chinese culture. Both tourists and younger Chinese generations learn classic tales and lore of China's past through the fan dance. This is why you can often see fan dancers at festivals, theatre performances, and other exhibition-style events where the performers are able to promote their rich roots in history.

## The Erhu

The Erhu is traditionally made of python skin.

The Erhu is one of the most important Chinese instruments, with a history of over 4,000 years.

It is the most popular bowed string instrument used by various ethnic groups of China. The erhu is used in both traditional and contemporary music arrangements, such as in pop, rock and jazz.

## Let's Make a Chinese Dragon Puppet!

The dragon dance is often performed during Chinese New Year. Chinese dragons are a symbol of China's culture, and they are believed to bring good luck to people

### What you need...

- 1 cardboard egg carton
- 3 toilet paper rolls
- Paint
- Glue
- Sellotape
- Ribbon
- Scissors
- Straws



1. First, cut apart the egg carton to make 4 pairs of egg holders and teeth. Paint everything - red is the traditional colour but you can pick whatever colours you like!

2. Attach the two jaws together with fasteners, and glue on eyes.

Sellotape the head and body parts onto a long piece of ribbon.

3. Sellotape the head and body parts onto a long piece of ribbon.

4. Poke the straws through the head and toilet roll holders and Sellotape or glue them in place.

5. Now we have our very own dragon puppet. Move the straw up and down to make your dragon dance!



# The Indian Community



## Did you know



- About 1.2 billion people live in India.
- The capital of India is New Delhi, but the largest city is Mumbai.
- Hindi is the main language in India, and most people speak English as well.
- The currency in India is the rupee.
- The main religion in India is Hinduism.
- Women in India wear saris, and men wear dhotis. Both are long pieces of cloth draped around the body in a certain way.
- India has a very large film industry called Bollywood.

## Indian Culture

The people of India have many languages, religions, and cultures. Religion has been influenced in the music, dance, festivals, and clothing of India. The unique sound of India's music is often created with an Indian instrument called a sitar. This instrument looks similar to a guitar, except that it has a very long neck. There are 18 official languages, but over 1,600 languages are spoken in India.

## Indian Celebrations

Diwali is a joyous celebration that takes place on the last day of the last month in the lunar calendar. This is usually at the end of October. During this five day holiday, people light oil lamps and set off fireworks. The holiday is also to worship the goddesses Kali and Lakshmi. People thank them for their good fortune and strength. Diwali is also the beginning of the new year. It is a time for people to reflect on the importance of their lives.



## Indian Food

Many people in India are vegetarians, meaning they don't eat meat. Hindus believe that the cow is a sacred animal and never eat beef. Much of the food in India is flavored with spices such as cinnamon, garlic, and cumin. Most meals include rice, vegetables, bread, and yogurt.



## Indian community in Belfast

- The Indian community were one of the first migrant settlers in Belfast working in jobs such as retail, health and hospitality
- People born in India are the UK's largest foreign-born population, totalling an estimated 880,000 in 2020 with almost 7,000 residing in Belfast
- The Indian Community Centre was founded in 1982 and is a place of religious worship for the Hindu community
- Many cultural festivals from India are celebrated in Belfast including Diwali – the Festival of Light and Holi – the Festival of Colour





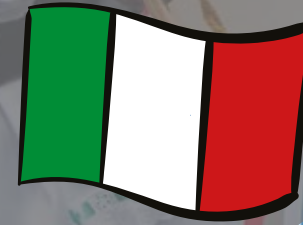
# Crossword

## Journey to India

Look at the images and guess the popular symbols relating to India. Good luck!

1. rickshaw 2. cow 3. himalayas 4. sari 5. flag 6. elephant 7. tiger 8. lotus 9. spices 10. palace 11. cobra

# The Italian Community



## Did you know



- Italy is a young country: it only became a state in 1861. Rome became its capital in 1871.
- Italy has a distinctive shape that makes it easy to spot on any map of the world: the shape of a boot!
- Italy is football mad and has won the World Cup 4 times, making it one of the top 3 teams in the world.
- Italy also has several volcanoes, Mount Etna, in Sicily, which is the tallest active volcano in Europe! Mount Vesuvius, near Naples is the volcano that erupted in 79BC and destroyed Pompeii.
- Italy's flag represents hope, faith and charity. Green is hope, white is faith and red is the colour of charity.

## Italian People & Language

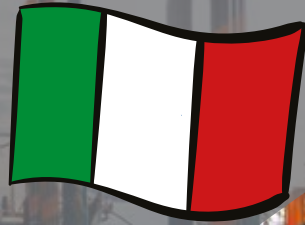
The total population of Italy is just under 61 million people. That makes Italy the fifth largest population on the European continent!

Italians speak different languages and don't understand each other. In Italy, each town or village speaks its own variety of language or dialect. Standard Italian is the language that is taught at school, spoken on TV, and on official occasions.





# The Italian Community



## Italian Community in Belfast

- Italians have been coming to Belfast since the 19th Century and settled in Little Patrick Street which was nicknamed "Little Italy". Currently there are more than 1,600 people of Italian descent living here.
- The Italians brought with them many of our favourite foods - The Fish Supper- fish with chips; a 'poke'- ice cream in a cone; and 'sliders'- a slab of ice cream between two wafers.
- Many Italian families who settled in Belfast are famous because of the number of ice cream shops they own.
- Italian people were skilled craftsmen, who used marble and stone to produce intricate patterns on flooring and walls of many of Belfast's buildings, including the City Hall.
- A famous Italian link with Northern Ireland is the inventor of wireless radio, Marconi. Guglielmo Marconi was born in Bologna, Italy in 1874 to an Italian father and an Irish mother, Annie Jameson, whose family owned the Jameson Whiskey Distillery in County Wexford.

## Italian Food

Italian cuisine has developed over the centuries. Italian food started to form after the fall of the Roman Empire, when different cities began to separate and form their own traditions. Many different types of bread and pasta were made, and there was a variation in cooking techniques and preparation. The country was split. For example, the north of Italy (Milan) is known for its risottos, the central/middle of the country (Bologna) is known for its tortellini and the south (Naples) is famous for its pizzas and spaghetti.

Traditionally, meals in Italy usually contain four or five courses. Especially on weekends, meals are often seen as a time to spend with family and friends. During holidays such as Christmas and New Year's Eve, feasts can last for hours.

## Rainbow Pizza

### Ingredients

- 2 plain pizza bases
- 6 tbsp passata
- 400g mixed red and yellow tomatoes, sliced
- 75g sprouting broccoli, stems finely sliced
- 8 green olives, pitted and halved (optional)
- 150g mozzarella cherries (bocconcini)
- 2 tbsp fresh pesto
- handful fresh basil leaves, to serve

### Method

1. Heat the oven to 180C/160C fan/gas 4.
2. Put each pizza base on a baking sheet and spread each with half of the passata.
3. Arrange the tomatoes on the top in rings or wedges of colour and add the broccoli and the olives, if using. Squish the mozzarella cherries (bocconcini) a little before dotting them over the pizzas, then drizzle 1 tbsp pesto over each.
4. Bake for 15-20 mins or until the top is bubbling and just starting to brown a little. Scatter over the basil leaves before serving.





# The Jewish Community



## Did you know



- Judaism is around 3,800 years old and is one of the oldest religions believing in only one God.
- The Jewish day of worship is known as Shabbat (or Sabbath). It begins on Friday evening and ends on Saturday evening.
- Israel is known as the Holy Land to the Jewish people, as it is where Judaism started. Jerusalem in Israel is known as the Holy City.
- The Torah is the holy book of Judaism.
- Some Jewish households have a mezuzah. This is a tiny scroll with writing from the Torah that is placed in a case and hung on a doorpost. It is a reminder that God is always there.

## Bar Mitzvah

At age 13, Jewish boys take part in a ceremony called a bar mitzvah. This is when they become responsible for their own religious education. There are readings from the Torah and then usually a big party afterwards! The ceremony for girls is called a bat mitzvah and takes place when they are 12 or 13.

## Star of David

The Star of David is a Jewish symbol. It is named after King David of Israel and it is very famous. The star consists of a triangle, overlapped by another, "upside-down" triangle. It is unknown how this came to be a symbol of Judaism, but it was first used in the Middle Ages.

## Jewish Foods

Jewish people have laws about the kind of food that they may eat, known as a 'Kosher' diet. Their holy books specify certain kinds of food that are all right to eat, and that other kinds should not be eaten. For example meat and dairy products should not be eaten together. Meat from certain animals, such as pigs, should not be eaten at all.

## Jewish Community in Belfast

- The Jewish community is amongst the city's oldest ethnic and religious minorities and has thrived over four or five generations.
- The Jewish community began to form in the mid 19th century through German linen merchants who had made the province their home.
- Sir Otto Jaffe, elected Lord Mayor of Belfast in 1899 and again in 1904, was from the city's Jewish community as well as Gustav Wilhelm Wolff from Harland and Wolff.
- The first synagogue was established by Daniel Jaffe in Great Victoria Street in 1871.

## Craft - Make your own Mezuzah

**The purpose of the mezuzah is to act as a constant reminder of God's presence. Jewish people will often touch the mezuzah as they go through the door.**



### What you need

- Any small box that is long and skinny
- Coloured paper
- Lollipop stick
- Sequins, jewels or buttons
- Colouring pens
- Glue



1. Cover the box in coloured paper. Keep the flap of the box open to insert the scroll.
2. Embellish the cases however you want. Try cutting pieces of paper and gluing them on the box to make a mosaic pattern. Add on some sequins or jewels
3. Draw the Hebrew letter shin on the front of the case, or print it on the computer and cut it out, as shown in the examples
4. Glue a popsicle stick to the back of the case. Craft sticks come in many sizes; select one that is longer than the box.
5. Hang the completed Mezuzah on the doorway of your bedroom.



# The Polish Community



## Did you know



- Poland is a large country in Eastern Europe. It has borders with seven other European countries and a population of almost 40 million people.
- Kraków is Poland's oldest and most beautiful city. It was the country's capital until 1600. Warsaw, Poland's largest city, is now the capital.
- Throughout history Polish people have travelled around the world, sometimes to find a better life in other countries.
- The national symbol of Poland is a white eagle. In the winter temperatures in Poland can drop to below -20° C and snow can lie on the ground for 60-70 days!
- Poland is the most important bird breeding ground in Europe and more white storks nest in Poland than anywhere else in the world.



## Polish Food

Poland is known for its hearty food, which keeps people warm and full during the long Polish winters. One of Poland's most famous foods is pierogi, which are large dumplings filled most often with potatoes, cheese, and onions, but they can also have meat or fruit inside. Traditional food also includes bigos (a stew made of sausages, cabbage and mushrooms), and borscht soup (made with beetroot).

## Polish Holidays

Easter is one of the most important holidays in Poland. The Polish celebrate Easter by dyeing and painting eggs and enjoying an elaborate family meal. A chocolate or caramel-filled cake called mazurek is an Easter tradition. The day after Easter is a children's holiday called Śmigus Dyngus, in which children splash water on each other for good luck!

## Polish Culture

Traditional Polish clothing is very colourful and decorative. Women wear long skirts with large flowers while men wear white jackets embroidered with coloured flowers. These kind of outfits are only worn for cultural festivals.

Traditional celebrations often include music like the polonaise and dances like the mazurka and the polka. Another traditional skill is paper cutting, wycinanki – Polish people have been decorating their homes with paper cut-outs for hundreds of years.

## Polish Community in Belfast

- There are now over 30,000 Polish people living in Northern Ireland, with many living in Belfast making them one of our largest migrant communities.
- You can study Polish as an extra language at the Polish Saturday School in Belfast.
- Polish footballer Łukasz Gwiazda was signed for local football team, Glentoran F.C. in January 2019.
- Many Polish people helped the British army in Belfast during Second World War.





# The Polish Community



## Kolaczki

Kolaczki is a traditional Polish cookie. The pastry-like cookie dough are traditionally filled with poppy seeds, a mashed fruit mixture, and nuts. Ask your parent or guardian to help you make these delicious cookies using the recipe below.

### Ingredients

#### Pastry:

- 8 oz cream cheese
- 1.5 cups butter
- 3 cups flour
- 1/2 tsp salt

#### Filling:

- Dried fruit apricots, cranberries, blueberries
- 1.5 cup water
- 2 tbsp sugar
- 1 tsp lemon juice

### Method

1. Use stand mixer or hand mixer to blend the cream cheese and butter until light and fluffy.
2. Add the flour and the salt. Wrap in plastic wrap and chill for 1 hour.
3. Place dried fruit and water in a saucepan. Add the sugar and lemon juice. Simmer until fruit is tender (may take up to 25 min). Mash by hand or puree with an immersion blender.
4. Preheat oven to 350 F.
5. Dust your work surface with granulated sugar. Roll out the dough to approx. 1/4 inch thick. Cut into 2 inch squares.
6. Place a teaspoon full of filling in the center. Fold over opposite corners. Pinch to seal well.
7. Bake for 15 minutes or until corners are light brown.
8. Cool and then dust with powdered sugar.



# The Spanish Community



## Did you know

- Spain – or the Kingdom of Spain, to give the country its official title – is the second-largest country in the European Union after France.
- Spain has its own royal family who live in the 'Zaruela Palace', outside of Madrid. Felipe VI is the King of Spain since 2014.
- The largest city and capital of Spain is Madrid.
- The second largest city is Barcelona, which is located in Catalonia.
- Football is the most popular sport in Spain.
- The Spanish are well known for a distinctive style of dancing, the Flamenco, and you can learn to dance the Fandango.



## People

Among the most famous Spanish people are certainly the painter Picasso, the architect Gaudí and tennis player Rafael Nadal. Then there are so many other fantastic Spanish artists, sportspeople, actors, musicians and, of course, explorers and historic figures.

## Language

The official language is Spanish, also called Castilian, and is the first language of over 72% of the population. Catalan is spoken in Catalonia and the Balearic Islands, and the closely-related Valencian in the Valencia region. Spanish is the official language of 20 countries. It is the world's second-most spoken native language after Mandarin Chinese.

## Food

Spanish people love life! They enjoy eating with friends and starting a meal with Tapas or Pintxos, traditional appetisers. Spain produces over half the world's olive oil, more than 1.5 million tons. Tortilla Española is one of the most served dishes in Spain. It is a Spanish version of an omelette - with potato and onion.



# The Spanish Community



## Las Fallas

One of Spain's most traditional celebrations is Las Fallas. Throughout several nights in mid-March, the streets of Valencia come alive with giant paper sculptures. Then, on the last night, most of the sculptures, or fallas, are burned in epic bonfires throughout the city, similar to Guy Fawkes Night in England.



## Craft Make an Abanicos fan



The first Spanish fans, known as Abanicos were crafted in the 17th century. They were originally hand-painted for noblemen and royalty. Today they are used in the Spanish dance style flamenco.

### What you need...

- A4 sheet of thin card or paper
- Pair of scissors
- Coloured pencils
- Paints, feathers, sequins and beads

### Design your fan

1. Find a fan template on the internet and print onto an A4 sheet of thin card or paper
2. Carefully cut out the cards along the dotted lines.
3. Decorate the fan with the paints, feathers, sequins and beads to create your own design
4. Fold the card back and forward into a fanfold. Pinch at the base to form a handle

# Useful Contacts

There are many community groups and organisations in Belfast who support and promote the diverse cultures in the City. Organisations who have been involved in compiling this booklet are listed below.

## Africa House NI

Botanic House  
1-5 Botanic Ave  
Belfast, BT7 1JG  
t: 028 9031 5778  
e: turaarutura@africahouseni.org  
w: www.africahouseni.org

## African and Caribbean Support Organisation NI (ACSONI)

9 Lower Cres  
Belfast BT7 1NR  
t: 028 9043 4090  
e: admin@acsoni.org  
w: www.acsoni.org

## Arts Ekta

Glendinning House  
6 Murray Street  
Belfast, BT1 6DN  
t: 028 90231 381  
e: admin@artsekta.org.uk  
w: www.artsekta.org.uk

## Belfast Islamic Centre

38 Wellington Park  
Belfast BT9 6DN  
t: 028 9066 4465  
e: info@belfastislamiccentre.org.uk  
w: www.belfastislamiccentre.org.uk

## Bulgarian Association of NI

37 Beechgrove  
Omagh, BT78 7EW  
e: bulgarianassociation@abv.bg

## Chinese Welfare Association

1 Stranmillis Embankment  
Belfast, BT7 1GB  
t: 028 9028 8277  
e: office@cwa-ni.org  
w: www.cwa-ni.org

## CRAIC NI

t: 074 1123 6220  
e: info@craicni.com  
w: www.craicni.com

## Horn of Africa People's Aid NI

Botanic House  
1-5 Botanic Avenue  
Belfast, BT7 1JG  
t: 028 9031 5778  
e: info@hapani.org

## Indian Community Centre

86 Clifton St  
Belfast, BT13 1AB  
t: 028 9024 9746  
e: iccnibelfast@gmail.com  
w: www.iccbelfast.org

## Polish Educational & Cultural Association

c/o Holy Rosary Primary School  
Sunnyside Crescent  
Belfast, BT7 3DB  
t: 078 9458 4106  
e: info@peca.org.uk  
w: www.peca-ni.org

## Sailortown Regeneration

11-13 Garmoyle St  
Belfast, BT15 1DY  
t: 028 9075 1094  
e: stjoessailortown@gmail.com  
w: www.sailortownregeneration.com

## The Wolfson Centre

49 Somerton Rd  
Belfast BT15 3LH  
t: 028 9077 5013  
e: belfastjewishcommunity@gmail.com  
w: www.belfastjewishcommunity.org.uk

## Yallaa

Bridge Community Centre  
Lisburn, BT28 1XP  
e: info@yallaa.org  
w: www.yallaa.org

Belfast City Council provides support through the Good Relations Unit and the Migrant Forum. For more information contact goodrelations@belfastcity.gov.uk or tel 028 9027 0663.





[www.belfastcity.gov.uk/peaceiv](http://www.belfastcity.gov.uk/peaceiv)