

# **LATVIAN CULTURAL HERITAGE**

# Latvian Ethnographic Symbols

Latvian symbols are an integral part of the Latvian culture.

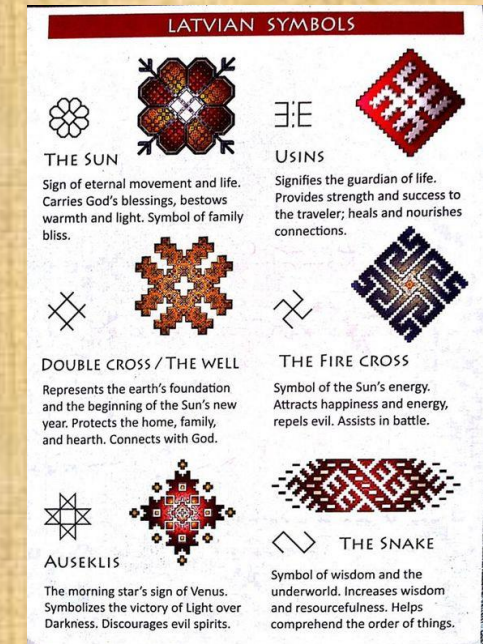
These signs have been used for generations.

They appear in various Latvian costumes, they are used as ornaments.

The signs also represent Latvian anniversary celebrations, which are as the Latvian life messages on the anniversary of the sun.

Latvian symbols are strong, full of energy, they make Latvians stronger.

For example, the sign «Auseklis» was the main sign during the Latvian awakening.



# Latvian Flag

The Latvian flag is a very important for Latvian culture.

The Latvian flag has 2 dark red stripes with one white stripe at the middle. The red color is blood of a fallen soldier and the white color is a sheet which wasn't covered with blood of the soldier.

The red stripes symbolize the struggle of freedom and the white stripes symbolize hope for a future clean future, freedom.



# Latvian Language

Latvian language is also very important for Latvians.

There are about 1.3 million native Latvian speakers in Latvia and 100,000 abroad.

Altogether, 2 million, or 80% of the population of Latvia, speak Latvian, of those, around 1.16 million use it as their primary language at home.

The Latvian alphabet has 33 letters.

Latviešu alfabēts (Latvian alphabet)						
Aa	Āā	Bb	Cc	Čč	Dd	Ee
Ēē	Ff	Gg	Ģģ	Hh	Ii	Īī
Jj	Kk	Ķķ	Ll	Ļļ	Mm	Nn
Ņņ	Oo	Pp	Rr	Ss	Šš	Tt
Uu	Ūū	Vv	Zz	Žž		



# Latvian Cuisine

Latvians have their own kitchen with lots of interesting meals, which are an important tradition in National Latvian holidays.

Latvian cuisine typically consists of agricultural products, with meat featuring in most main meal dishes.

Fish is commonly consumed due to Latvia's location on the east coast of the Baltic Sea.

Latvian cuisine has been influenced by other countries of the Baltic rim.

Common ingredients in Latvian recipes are found locally, such as potatoes, wheat, barley, cabbage, onions, eggs and pork.

Due to pronounced four seasons, the Latvian cuisine is markedly seasonal and each time of the year has its own distinctive products and dishes.

Latvian food is generally quite fatty and uses few spices.



# Latvian Literature

Latvian literature is an integral heritage of Latvian culture,

Long before the written Latvian language was born, there has been a rich literary heritage preserved throughout centuries and passed along in the form of folk songs (Dainas), fairy tales, riddles, beliefs, proverbs and sayings.

Coinciding with the period of national awakenings in Europe at the end of 19th century, interest in the cultural heritage grew among the young generation of well-educated Latvians. Thanks to Krišjānis Barons, a folklore enthusiast, who devoted his life to writing down and systemizing folk songs, legends and other forms of folk tradition, we know over a million Latvian Dainas today. The Dainas is the source of pride and inspiration for Latvians, be it lifestyle, literature, music, art or design.





# What defines Latvians?

Latvians are people with strong belief in their country and will always do the best for it. Latvians are strong, they can stand against many difficulties and will always defend their country. Latvians are people with extensive knowledge, experience, and faith in their country's development. Latvians have lots of heritages and we can be proud about it.



Thank you for your attention!