



Meet

Tiffany

"Living on a farm, your brothers and sisters are your best friends and most of the time, so is your dog."



Cultural heritage

Outback Australian

Passion

Agriculture

Background fact

As kids we would often sneak our turkey or pet lambs into our beds for a sleep over!

Australian ties

My closest big town is Wongan Hills in WA. In the past 10 years it has become culturally diverse.



I'm a seventh-generation Australian. Most of my family are farmers - I grew up on my family's property in Konnongorring with my four sisters and my brother. I had the best childhood running around on the farm. I also learnt about responsibility at a very young age. Growing up, my closest neighbours were nine kilometres away. There's not a skyscraper or fast food outlet place in sight, just paddock after paddock dotted with sheep. It's a lot quieter than living in the city.

For most farm kids it's the same on weekends and school holidays - you help earn the family's income. I'll never forget the day dad wrote a list of jobs for me to go and do without his help, even if it was just cleaning troughs! I've grown up in a household where having baby chickens in the bathroom, a horse inside (much to mum's disgust) or the pet emu on the veranda is normal. We were always late for the school bus because we were feeding the calves, or they had got out again and were pooping in pop's shed!

When I went to primary school, it took us one hour to get there by bus on the bus route. I went to one of the biggest schools in our area with 12 kids in my high school year and 250 in the whole school. Then I went to boarding school at Cunderdin Agriculture College in my last two years of high school because no way did I want to go study in the city! The biggest difference between education in the country and in the city is teachers are your friends outside of school. Because the town is so small, you end up playing hockey or netball with them or joining in on their coffee dates with mum. I did live for a time in Perth which makes you appreciate the small town and community spirit. Apparently knowing your neighbours isn't normal in the big smoke!

Audio contains a section from the track: Skeoch, A. & Koschak, S. (2013). Time for the Tarkine. (CC BY 3.0)

Cook

Mum's roast lamb

"Most Sundays when we were younger, mum would cook us a roast. But it's rare to get us together at the same time these days."



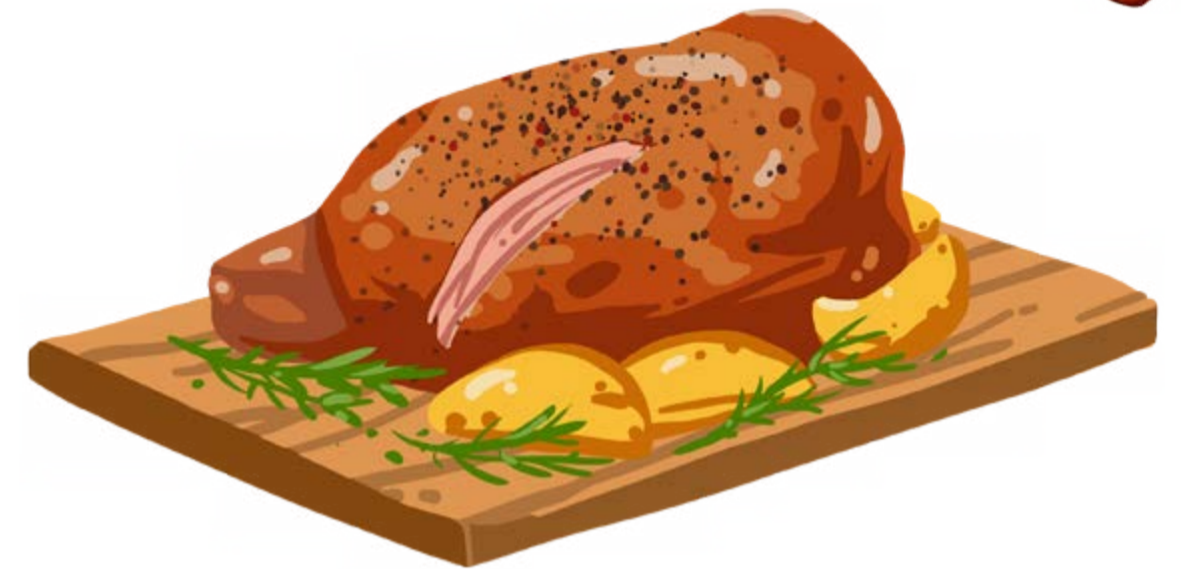
Ingredients

1 tsp mustard seeds
1 tsp saltbush seeds
2 cloves garlic
3 fresh rosemary sprigs
50g finely chopped mint leaves
2 tsp honey or maple syrup
Splash of soy sauce
2 cups water
1 kg leg of lamb (salt bush fed)
8 potatoes
Pinch of salt
Dash of pepper



Tools

Basting brush
Alfoil or baking paper
Roasting dish
Peeler
Chopping board
Chopping knife
Mortar and pestle



Instructions (serves 4)

1. Preheat oven to 180°C.
2. Place the lamb in a roasting dish.
3. Crush mustard seeds, saltbush seed, garlic cloves, sea salt and pepper together using a pestle and mortar so that it becomes a paste.
4. Add mint and honey and spread the paste over the lamb so that the top is fully covered.
5. Place fresh rosemary in the bottom of the roasting dish and around the sides of the lamb.
6. Cover with 2 cups water and a splash of soy sauce.
7. Cover the lamb with the roasting dish lid. If you don't have a lid, place baking paper over the tray and then cover it with aluminium foil.
8. Place the lamb in the oven.
9. Peel the potatoes and cut them into small pieces. After 2 hours of cooking, add potatoes to the lamb dish.
10. Continue cooking the lamb and potatoes for another hour, until golden and crispy.



Explore

Outback Australian culture

Australia has the largest wild camel population in the world. They were imported in the 1840s for transportation purposes.



Australia is an island nation and the driest inhabited country on earth. The Macassans and Dutch visited it before Captain Cook chartered the east coast of Australia for the UK in 1770. It was the last continent, apart from Antarctica, to be explored by Europeans. Most people live near the country's east coast.



Carrathool, NSW © Julius Cruickshank (CC BY 2.0)

Population

23,720,077

Land area

7,692,024 sq km

Climate

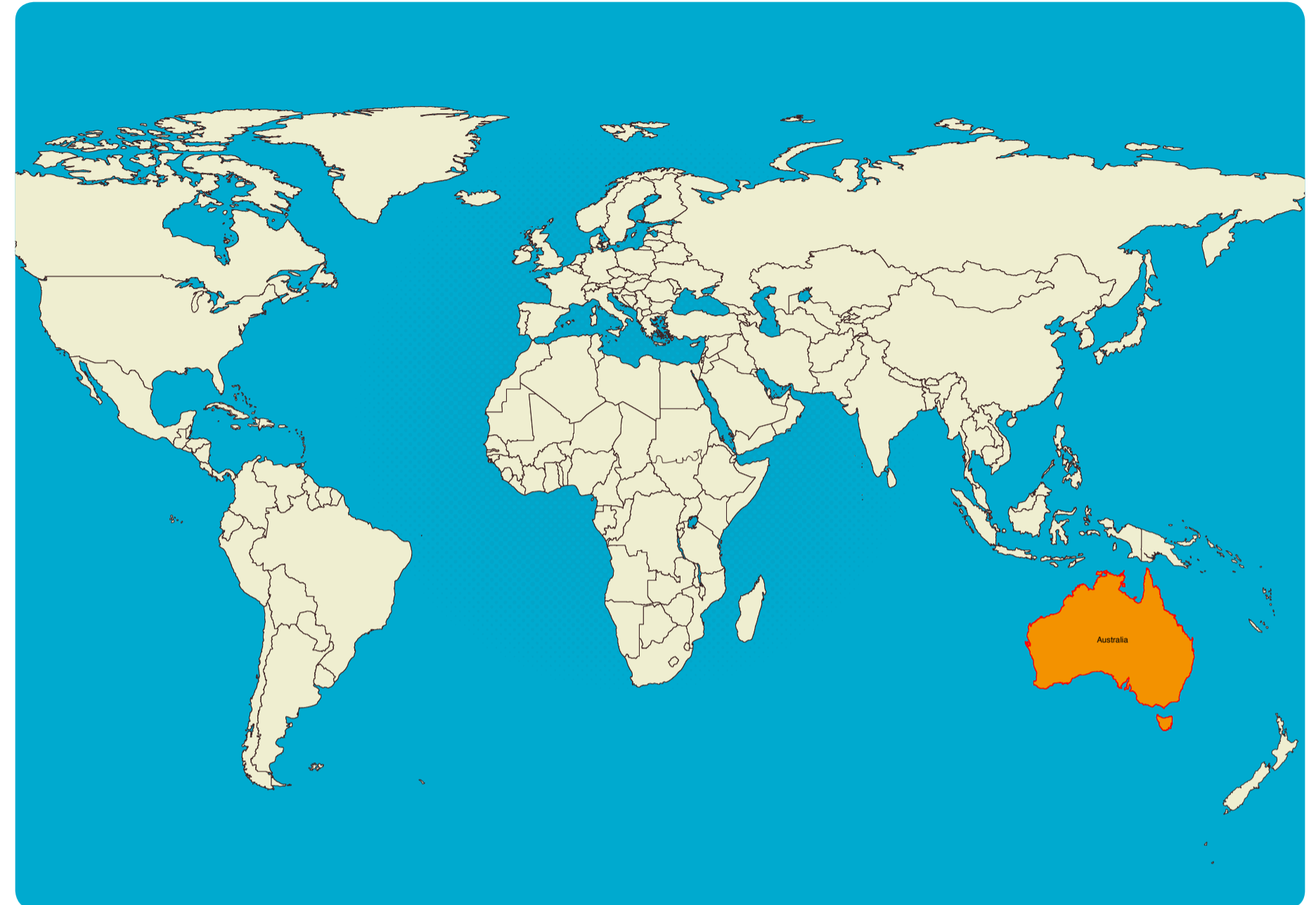
Mild in the east and south, tropical in the north

Capital city

Canberra

Language

English



Karatta, Kangaroo Island, South Australia © Paul Asman and Jill Lenoble (CC BY 2.0)



Environment

Its diverse climate and landscape ranges from hot deserts in the centre, to bush land, and wet rainforests in the north-east.

Temperatures in the outback can be as cold as -10°C in winter. At 2,228 metres above sea level, Mount Kosciuszko is Australia's highest mountain.



Customs

The First Fleet brought Christianity and Judaism to the country. The last two centuries have seen a growth in religions such as Buddhism, Hindu and Islam.

Australians are famous for their easygoing nature and their love of **sport** and the great outdoors.



Arts & traditions

The outback played a major role in Australian painting in the 19th century. Artists painted scenes showing isolation of the land and uniqueness of Australian flora and fauna.

Much of Australian culture is influenced by the strong **multiculturalism** present in the country.



Interesting facts

Australia and Papua New Guinea are the only countries in the world to have egg-laying mammals including the platypus and the echidna.

Australia has the longest **fence** in the world, called the Dingo (or Dog) Fence which extends from South Australia to Queensland.



Meet

Raniem & The Ladies

"I can't say this person is good, the other one no good. Everybody from other countries, everybody good. You can't stay separate." - Fatima

Cultural heritage

Syrian

Passion

Singing

Background fact

My grandparents come from Syria, and both Fatima and Nazmiye remind me of them.

Australian ties

I love attending choir with my friends from all different backgrounds.



Raniem



The Ladies



Raniem tests her ideas about older people and their backgrounds when she lunches with a Turkish women's group.

Cultural heritage

Turkish

Passion

Socialising

Background fact

We both immigrated to Australia over 40 years ago.

Australian ties

We enjoy cooking for the Turkish Women's Group at Banksia Gardens in Broadmeadows, Victoria.

Cook

Dolma (stuffed capsicums)

"Turkish food. Nice."



Ingredients

- 4 capsicums
- 100g minced meat
- 50g white rice
- 1 onion
- 20g Italian parsley
- 1 tbsp tomato paste
- 1 vegetable stock cube
- Pinch of salt
- Dash of pepper



Tools

- Mixing bowl
- Wooden spoon
- Chopping board
- Chopping knife
- Saucepan
- Large cooking pot

Instructions (serves 4)

1. Add the yeast and a pinch of salt into a bowl with water, and let it sit for 7 minutes.
2. Cut off the stems of the capsicums and remove the seeds.
3. Combine the meat, tomato paste, salt, and pepper into a pan and cook for 15 minutes.
4. To prepare the filling, chop the onion and parsley into small pieces and add them to a bowl.
5. Add the rice to the bowl and mix with the onion and parsley.
6. Stuff the mix into the capsicums.
7. Arrange the capsicums in a pot that is big enough for them to stand upright in.
8. Fill the pot with water to half the height of the capsicum. Turn on the heat, and once it comes to a boil, pour 1 tablespoon of the liquid in the pot inside each capsicum.
9. Cover with the lid and simmer over low heat for 1 hour.
10. Serve it hot or chilled as an appetizer.



Explore Turkish culture

The nation's largest city, Istanbul, is the only city in the world to sit across two continents, Europe and Asia.



Turkey has hosted many empires and civilizations. It was once the capital of the Roman Empire of Byzantine and later the Ottoman Empire, which was founded in 1299 and stretched from Europe to Western Asia, North Africa and the Horn of Africa. The Ottoman Empire dissolved after World War One forming the Turkish republic.



Mosaic ceiling © Brian J. Beggerly (CC BY 2.0)

Population

81,619,392

Land area

769,632 sq km

Climate

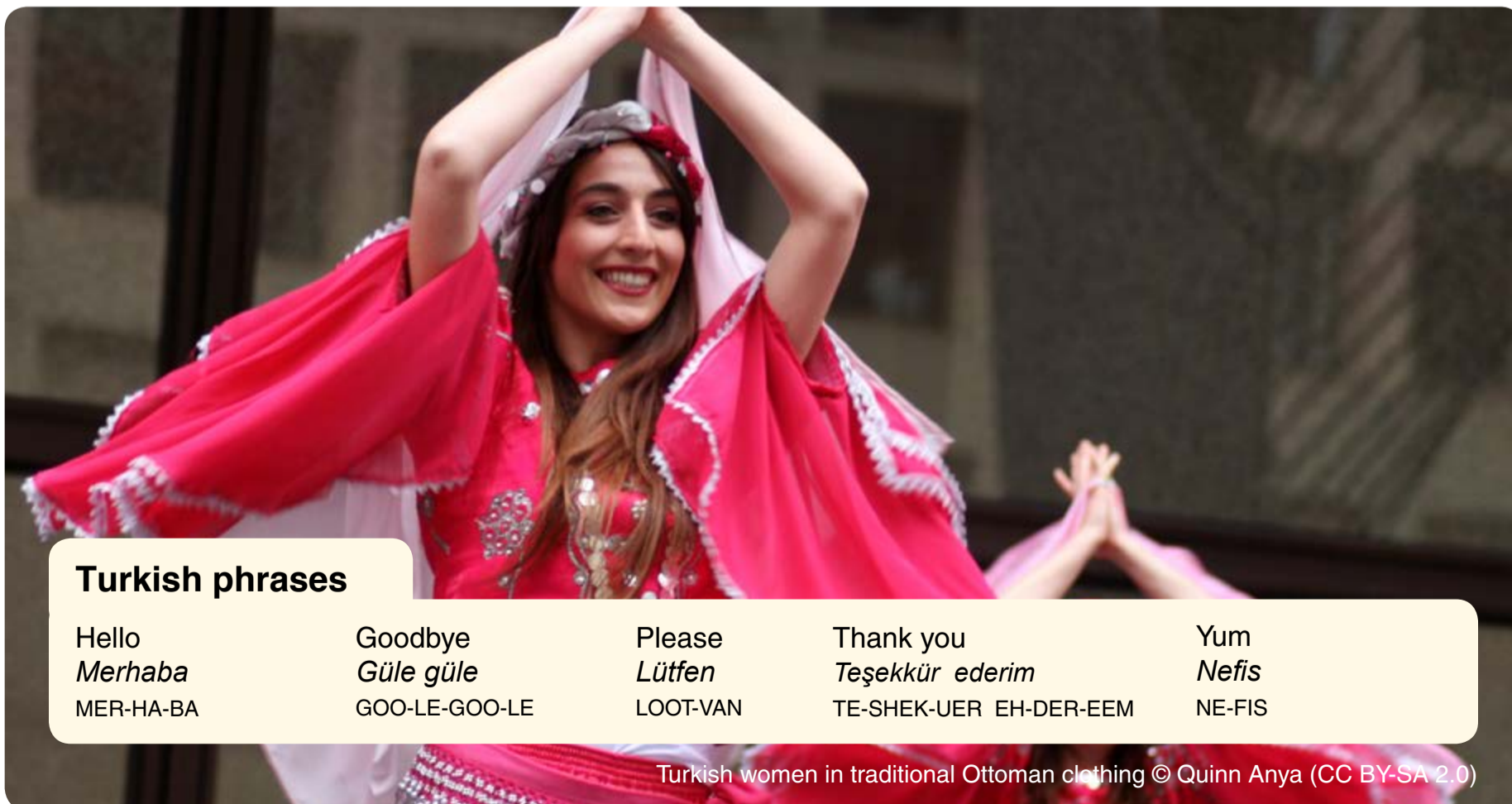
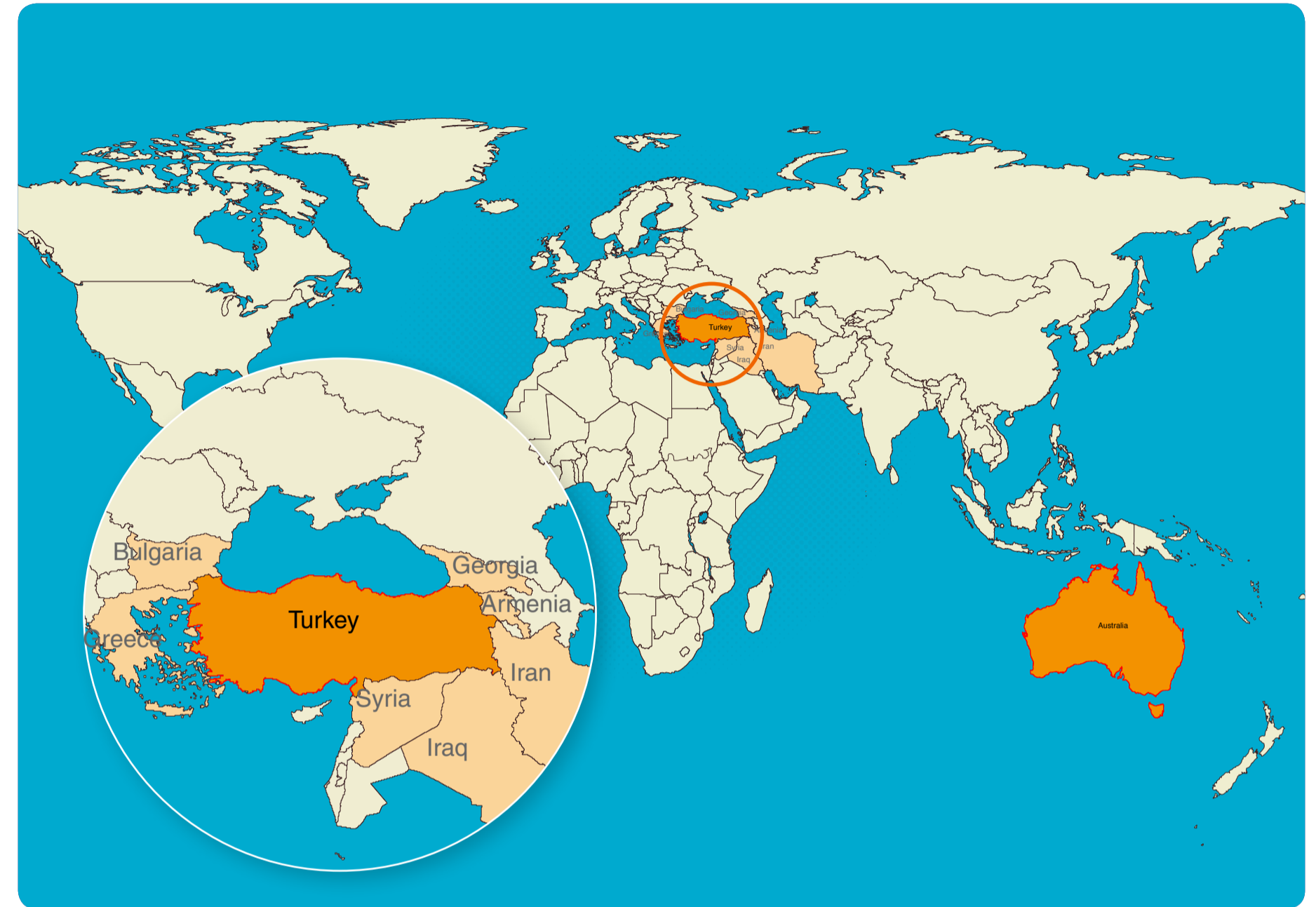
Mild, mediterranean

Capital city

Ankara

Languages

Turkish (official),
Kurdish



Turkish phrases

Hello	Goodbye	Please	Thank you	Yum
Merhaba	Güle güle	Lütfen	Teşekkür ederim	Nefis
MER-HA-BA	GOO-LE-GOO-LE	LOOT-VAN	TE-SHEK-UER EH-DER-EEM	NE-FIS

Turkish women in traditional Ottoman clothing © Quinn Anya (CC BY-SA 2.0)



Environment

Turkey's terrain features a high central plateau called Anatolia, a narrow coastal plain on the Black Sea and several mountain ranges.

Turkey's highest point is Mount Ararat at 5,166 meters high. It is famous as the place where **Noah's Ark** stopped after the Great Flood in the Bible.



Customs

As Turkey sits between the East and the West, Islamic and Roman cultures have influenced the country, which can be seen in archaeological **ruins** such as the Great Mosque of Divrigi and the site of Troy.

99.8% of Turkey's population is Muslim.



Arts & traditions

The kanun, baglama and the ud are traditional string instruments. The zurna wind instrument is generally played at ceremonial events and is often accompanied by a drum.

Traditional Turkish **ceramics** are known for their strength, colour and design.



Interesting facts

Two of the seven ancient **wonders** of the world were in Turkey. These were the Mausoleum at Halicarnassus (a tomb) and the Temple of Artemis at Ephesus.

There are 8,000 species of fauna and 9,000 floral species.



Explore

Syrian culture

Damascus, Syria's capital city, had a thriving craft industry in medieval times and was well known for its swords and lace.



Archaeologists believe that the capital city, Damascus, is one of the oldest continuously lived in cities in the world. The modern Syrian state gained independence in April 1946. Syria produces agricultural goods including wheat, barley, lentils and also has a range of industries, including petroleum.



Tekkiye Mosque, Damascus © Bernard Gagnon (CC BY-SA 3.0)

Population

17,951,639

Land area

183,630 sq km

Climate

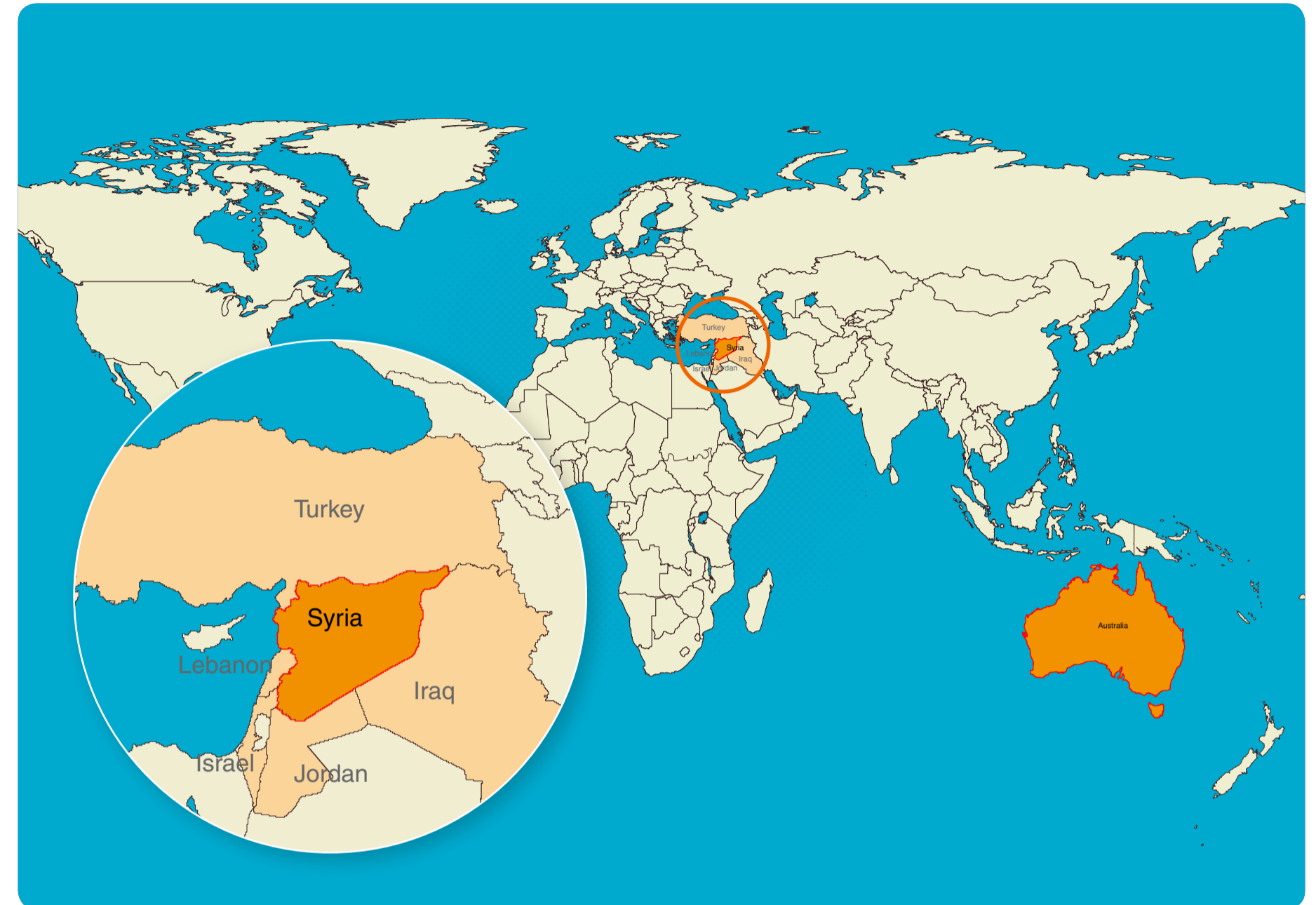
Desert

Capital city

Damascus

Languages

Arabic (official),
Kurdish, Armenian,
Aramaic, Circassian



Arabic phrases

Hello مرحبا MER-HA-BA	Goodbye مع السلامة MA-A-AL-SA-LEME	Please من فضلك MIN-FAD-LAK	Thank you شكراً SHOE-KRAN	Yum طيب TIE-YEB
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Bedu shepherd family near Palmyra © James Gordon (CC BY 2.0)



Environment

Syria, officially the Syrian Arab Republic, is a country in the Middle East.

Syria's terrain features a **desert** plateau, with a narrow coastal plain and mountains in the west. Its highest point is Mount Hermon at 2,814 metres.



Customs

Three-quarters of Syrians are Sunni Muslims. Syria is home to many other ethnic and religious groups, including Kurds, Armenians, Assyrians, Christians and Druze.

Mezza is a popular style of food and is traditionally enjoyed over conversation with family and friends.



Arts & traditions

Syria has a proud **literary** tradition, particularly in spoken and written poetry.

The most recognisable instrument in traditional Syrian music is the qanun, which looks like a hollow box and has 78 strings which are plucked with fingers. It can rest on the player's lap or on a table.



Interesting facts

Syria was a Turkish province from 1516 until World War One. The French took control in June 1920.

Swords made from Damascus steel have been much prized over the centuries. They were prepared by heating and then very rapid cooling.



Cook

Mixed berries ice cream

"It's like raspberry and it's fruit, and the blueberry and strawberry just hints the flavours."



Ingredients

1-2 punnets fresh berries (blueberries, raspberries or strawberries)
 3 egg yolks
 1 ½ cups thickened cream
 ¾ cup sugar
 3 tbsp light corn syrup
 Sprinkles, sugar hearts and edible pearls



Tools

2 litre container
 Saucepan
 Mixing bowl
 Blender
 Egg beater

Instructions (serves 8)

- Place all the berries into a blender and blend until they are a smooth puree.
- In a saucepan, heat 1 ¼ cups of cream over medium heat until it begins to bubble at the edge of the pan.
- In another large bowl, whisk together the sugar, egg yolks, remaining ¼ cup cream and corn syrup.
- Gradually pour the hot cream into the egg yolk mixture, whisking constantly.
- Return the mixture to the saucepan, and heat for 5 minutes until the mixture is thick enough to coat the back of a metal spoon. Do not allow the mixture to boil.
- Strain the mixture into the berry puree, mix, and refrigerate for 2 hours or until chilled.
- Put the ice-cream mixture into a 2 litre container, and freeze for 24 hours or until frozen.

Meet

Flavio

"The best gift you can give to a friend is invite them to an asado; an Argentinean barbeque."



Cultural heritage

Argentinean

Passion

Capoeira

Background fact

Children are very talkative in Argentina. They adapt very well to people they don't know as they spend more time with their neighbours.

Australian ties

I met my wife in Spain, and moved to her hometown in Adelaide five years ago.



The greatest Argentinean tradition is the asado. It's more than a meal. It's a chance to catch up with friends and relatives for a couple of hours while the meat is slow cooked. When we meet, we always kiss each other on the cheek. It can even be between men or people we don't know. Although I am Argentinean I can tell you more about Brazilian culture because I practice Capoeira Angola, a martial art form with African roots. When I visited Brazil, I saw capoeira on the street alongside traditional instruments. Capoeira has very interesting movements, and I've been teaching it for 10 years now.

Capoeira is for everyone. You can adapt the movement you make depending on your ability. It helps to break down prejudice, as there is no age or religious restriction. It teaches you a lot of things about Brazilian history and the slavery trade. Capoeira was disguised as dance so they could practice it freely. To look to the future you cannot forget the past. I love it when I see cultural groups in Australia speaking their language and wearing traditional clothes. When I first arrived in Australia, I met a lot of people from all over the world including Afghanistan, Asia, the Middle East and Pacific Islands. We studied together at TAFE where we received free English lessons.

This experience opened my mind to understanding different ways of thinking. Although people have different traditions and languages, we have the same feelings. Keep practicing your language at home, because it's so important. Cherish your traditions and respect the knowledge of your elders. Never forget your roots and where you come from. Your culture and values are the most valuable things that you can carry with you wherever you go.

Audio contains a section from the track: Capoeira Senzala. (2013) Capoeira (é defesa, ataque). (CC BY 3.0)



Explore

Argentinean culture

The country's name comes from Latin, meaning 'silver'. Some of the biggest dinosaur fossils ever found were discovered here.



Argentina was created in 1816 when the country became independent from Spain. Many people migrated to Argentina after this event, especially from Spain and Italy. Several native peoples lived in Argentina when the Spanish explorers arrived in the 1500s, including the Diaguita, Guarani and Araucanians.



Jineteada gaucha © tucul_photo (CC BY-SA 2.0)

Population

43,024,374

Land area

2,736,690 sq km

Climate

Mild

Capital city

Buenos Aires

Language

Spanish



Spanish phrases

Hello	Goodbye	Please	Thank you	Yum
Hola	Adi�s	Por favor	Gracias	Qu� rico
OH-LA	AH-DE-OSS	POUR-FA-VOR	GRAH-SEE-AHS	KE-RICO

Glaci r Perito Moreno, Los Glaciares National Park, Santa Cruz   Hector Garc a (CC BY-SA 2.0)



Environment

Argentina has a diverse landscape, ranging from tropical climates in the north to cold stark lands in the far south.

Hundreds of **glaciers** are located in the Austral Andes. Cerro Aconcagua at 6,960 metres, Argentina's tallest mountain, is the highest point in all of South America.



Customs

Daily life is very similar to that of southern Europe. Businesses and shops close in the middle of the day and open late. Dinner is often not eaten until after 9pm!

Argentines love **beef** and eat more of it per person than any other country except Uruguay.



Arts & traditions

The **tango** is one of the most famous cultural traditions in Argentina. This is a music style and dance created in the poor immigrant areas of Buenos Aires.

Gauchos were nomadic horsemen and cowhands who became legends in Argentina in the 18th and 19th centuries.



Interesting facts

Much like Mother's and Father's Day, Argentina celebrates a tradition called **Friendship Day**.

Soccer is Argentina's most popular sport. It was introduced by the British in the 19th century. Diego Maradona, one of the world's best players in the 1980s and 1990s, is an Argentine.

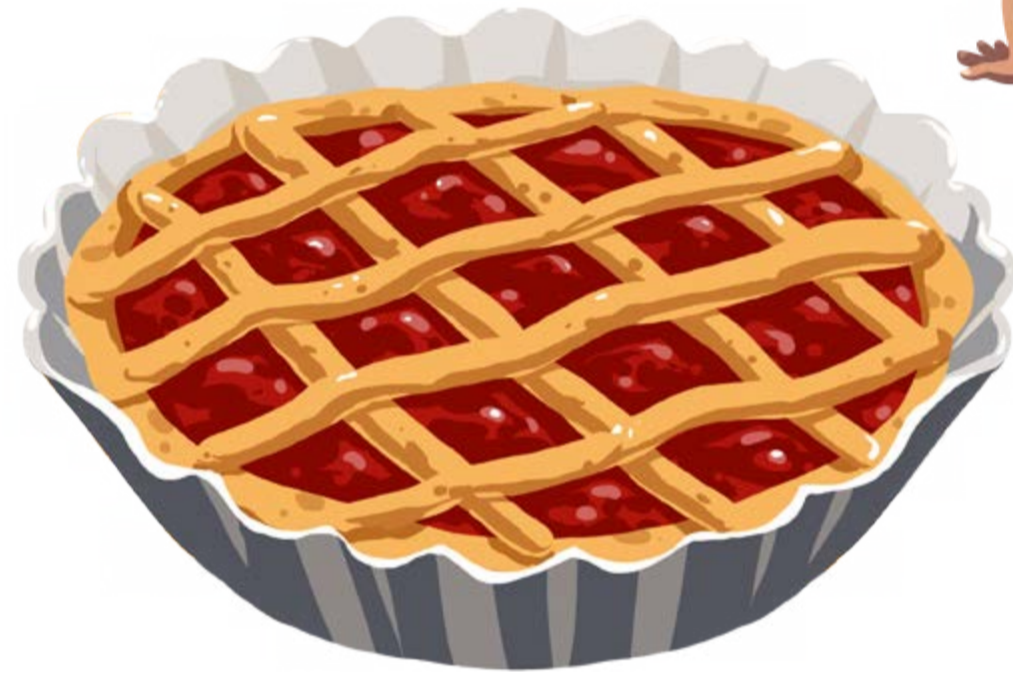


Cook

Pasta frola de mi madre

(mama's quince tart)

"We would eat my mother's pasta frola for afternoon tea after a big asado."



Ingredients

- 250g self raising flour
- 100g butter
- 150g sugar
- 2 egg yolks
- 1 tbsp vanilla essence

Filling

- 1 jar quince paste
- 3 tbsp desiccated coconut



Tools

- 26cm pie tray
- Mixing bowl
- Wooden spoon
- Egg beater
- Rolling pin
- Small pot
- Pastry brush
- Sifter

Instructions (serves 8)

- Beat the butter and sugar together in a mixing bowl.
- Add egg yolks and vanilla essence and mix all ingredients well.
- Sift flour into the mixture and stir gently until the pastry forms a crumble-like texture.
- Bring three quarters of the mixture together to make a ball, and then make a separate ball with the remaining quarter.
- Put the larger ball of pastry onto a floured surface and roll it out into a rough circle.
- Lay the circle over the pie tray and adjust it to fit, cutting off the loose edges.
- Spread with quince paste inside.
- Cover your surface with flour and using the remaining smaller ball of pastry, roll a rough rectangle shape.
- Cut into strips and lay on top of the tart.
- Sprinkle the coconut on top and bake at 180°C for 40 minutes or until golden brown.

Phrases

Language (country)	Hello	Goodbye	Please	Thank you	Yum
Dinka (South Sudan)	Loaiyede LO - E - DEY	Xan ci jal AN - TEA - JEAL	Yin ca long IN - JA - LON	Yin ca leec IN - JA - LECH	Amitaret AM - EAT - AR - UT
Turkish (Turkey)	Merhaba MER - HA - BA	Güle güle GOO - LE - GOO - LE	Lütfen LOOT - VAN	Teşekkür ederim TE - SHEK - UER EH - DER - EEM	Nefis NE - FIS
Arabic (Lebanon and Syria)	مرحباً MER - HA - BA	مع السلامة MA - A - AL - SA - LEME	من فضلك MIN - FAD - LAK	شكراً SHOE - KRAN	طيب TIE - YEB
Greek (Greece)	Γεια σας YAH - SASS	Αντίο AN - DEE - OH	Σας παρακαλώ SAS - PAH - RAH - KAH - LOH	Σας ευχαριστώ SAS - EF - HA - RESS - TOH	Νόστιμο NO - STEA - MO
Samoan (Samoa)	Talofa TA - LO - FAR	Tofa soifua TA - FA SOY - FUA	Fa'amolemole FA - AM - OLE - MO - LE	Fa'afetai FA - AFE - TIE	Susua SU - SU - A
Vietnamese (Vietnam)	Xin chào SIN - CHOW	Tam biệt TAM - BIT	Xin vui lòng SIN - VU - LONG	Xin cảm ơn SIN - CAM - ON	Ngon NG - AWN
Khmer (Cambodia)	ជំរាបសួរ SOM - JUM - REAP - SU	សូមជំរាបលា SOM - JUM - REAP - LEAH	សូម SOM	សូមអរគុណអ្នក SOM - AHR - COON - EH	ឆ្ងាញ់ CH - NG - AR - N
Georgian (Georgia)	გამარჯობა GAH - MAHR - JOH - BAH	მშვიდობით NAKH - VAHM - DEES	გთხოვთ TOO - SHEH - EEDS - LEH - BAH	დიდი მადლობა MUD - LO - BAH	გემრიელი GEHM - REE - EH - LEE
Spanish (Argentina)	Hola OH - LA	Adiós AH - DE - OS	Por favor POUR - FA - VOR	Gracias GRAH - SEE - AHS	Qué rico KE - RICO