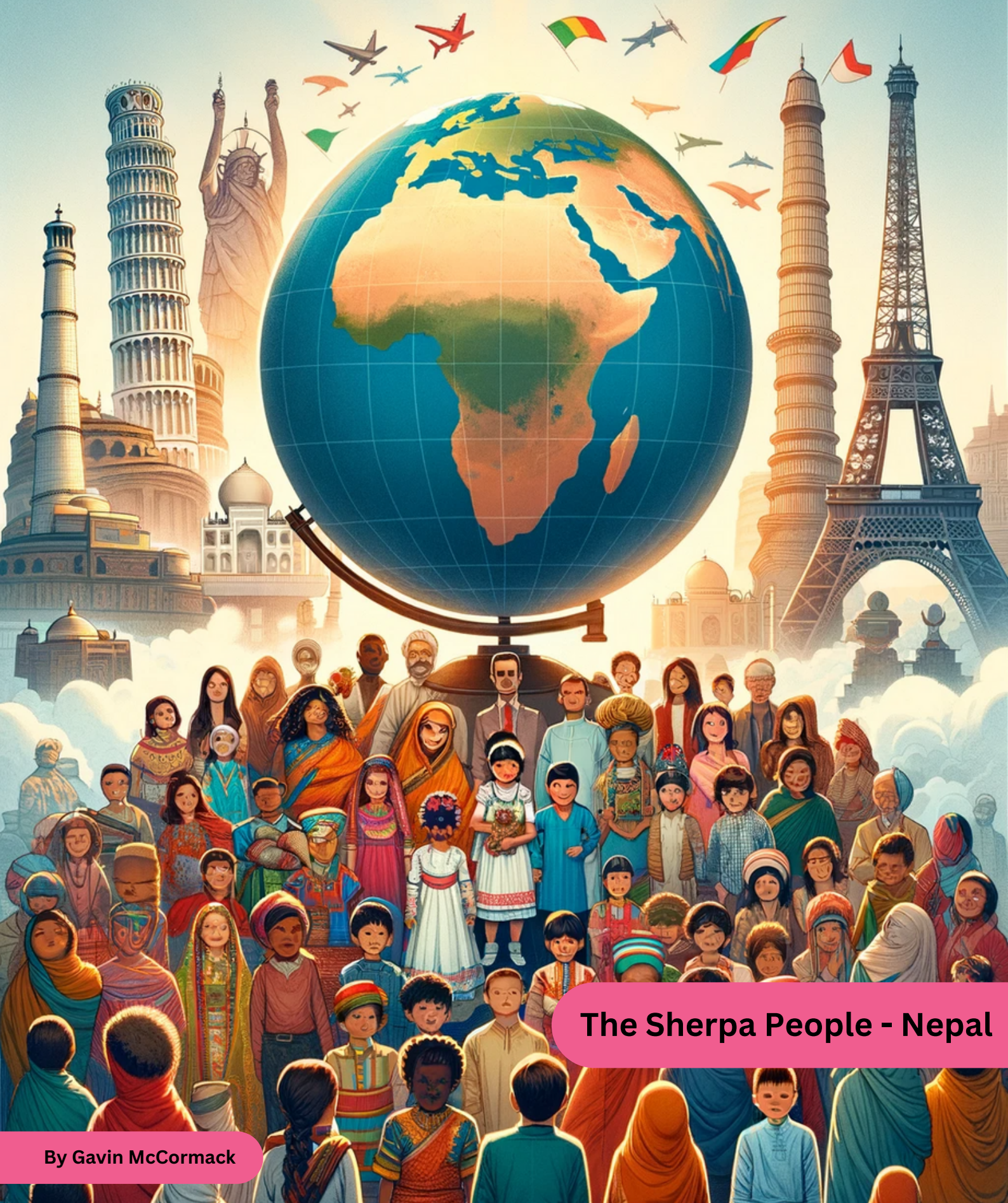


Cultures Around The World



The Sherpa People - Nepal

In this book we will be focusing on the Sherpa People of Nepal.



Sherpa Food - Food For the Mountains

What Do Sherpas Eat?

Sherpa food is like a tasty mix of Nepali, Tibetan, and mountain flavors. They live high up in the mountains, so they eat a lot of barley, potatoes, and yak cheese. Their food is not just yummy; it's also a big part of their mountain life.



'Did you know that tsampa, a special barley flour, is super important in Sherpa culture? They don't just eat it; they also use it in their festivals and ceremonies to wish for good things and happiness.'

Growing Food in the Mountains:

Where Sherpas live, it's really cold and high up, so they can't grow many different plants. They mostly grow barley and potatoes and get milk from yaks. This teaches us how to eat what's around us, which is good for our planet.

What does the Food Look Like?



Momos

Dumplings filled with meat or Cheese



Thukpa

Spicy Noodle Soup



Dal Bhat

Rice, meat and Dal



This man is burning wood to boil milk from the buffalo.

What the Numbers say?

About 9 out of 10 Sherpa dishes use ingredients found right where they live.

Yak cheese and other yak milk products make up about 1/4 of what Sherpas eat.



Rice was first grown in 600bc

Interesting Facts about Sherpa Food

- Sherpas make a unique tea with butter and salt, called "Butter Tea."
- They have a special stew with veggies, potatoes, and sometimes meat, flavored with herbs from the mountains.
- Momos are delicious dumplings that both Sherpas and Tibetans love.

Celebrations in Nepal and Among the Sherpa People

A Mosaic of Festivity and Tradition



Nepal, a nation marked by its cultural richness and diversity, celebrates an array of festivals that reflect its multi-ethnic and multi-religious character. The Sherpa community, known for their distinct traditions, contributes significantly to this vibrant tapestry with celebrations deeply rooted in Tibetan Buddhism and local customs.

Major Celebrations in Nepal



DASHAIN: Nepal's most important Hindu festival, celebrating the victory of good over evil. It spans 15 days and involves rituals, family gatherings, and blessings.



TIHAR (DIWALI): Known as the Festival of Lights, Tihar is celebrated over five days and honors animals such as crows, dogs, and cows, along with the goddess Laxmi.



TEEJ: A festival celebrated by Hindu women, involving fasting, dancing, and singing for marital happiness and the well-being of spouses and children.

Sherpa Festivals and Celebrations

- **LOSAR:** The Tibetan New Year, marked by colorful ceremonies, traditional dances, and feasts, is a major celebration for the Sherpa community.
- **MANI RIMDU:** A 19-day festival held at monasteries, featuring masked dances, prayers, and the creation of intricate sand mandalas to symbolize the impermanence of life.
- **DUMJI FESTIVAL:** Celebrated in June, it honors the anniversary of Guru Rinpoche's birth on the lotus flower and includes dancing, drinking, and religious ceremonies.



NEPAL'S PRAYER FLAGS:

COLOURS AND MEANINGS IN HARMONY WITH NATURE



Nepal's Flag: A Unique Symbol of History and Identity

The national flag of Nepal is one of the most distinctive flags in the world, not only for its non-rectangular shape but also for its rich **symbolism and history**. It reflects Nepal's unique cultural heritage and the evolution of its national identity.

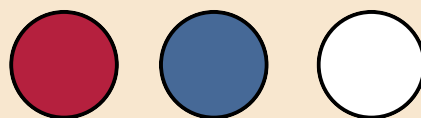
DESIGN AND SYMBOLS

Shape:

Nepal's flag is the only national flag that is not quadrilateral. It consists of two stacked triangles, symbolizing the Himalayas and representing the two major religions, Hinduism and Buddhism.

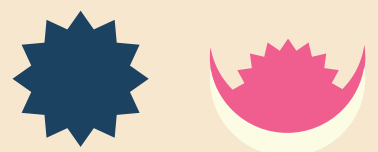
Colours:

The crimson red color symbolizes **bravery** and the Nepalese people's **spirit**, while the blue border represents peace and **harmony**.



Symbols:

The flag features a white sun and a crescent moon, which traditionally symbolize **victory and hope**.



Nepal, with its deep-rooted spiritual traditions, is widely known for the colorful prayer flags that flutter in the wind across the Himalayan landscape. These flags, often seen adorning temples, monasteries, mountain passes, and sacred sites, carry significant meaning in both Hinduism and Buddhism.