

# COLOMBIA

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Virtual Cultural Box

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# COLOMBIA

## Introduction

Any attempt to box in a country's culture is necessarily problematic. Colombia is no exception, and for many years, the country has been subjected to just that. In contemporary times, discussions of Colombia have been largely dominated by la Violencia, promulgating images of drug trafficking and violent paramilitary and guerrilla groups.

The history of conflict in Colombia does provide a necessary context to many of the current issues in the country. The clash between right-wing and leftist groups provides background into current Colombian politics, and the mass displacement that occurred as a result helps guide one's understanding of many of the social issues that exist within the country today. Yet, it in no way fully encompasses the incredibly diverse nation that is Colombia, a country that contains an expansive coast, desert, and mountains, more than 80 languages, and even more dialects, festivals that celebrate everything from flowers to salsa dancing, and a diverse population comprised of a multitude of ethnicities and races.

Consideration of Colombia thus requires moving beyond the nation's political and historical status, and towards an understanding of the many facets of Colombian life, from the food to the music. The goal of this culture box is to provide resources for approaching Colombia in a multifaceted, multidisciplinary way. Within this "culture box," students and educators will find the tools to explore the nation's geography, its major political conflict, the racial and ethnic dimensions, the expansive indigenous history, the impressive literary and linguistic development, the often untold history of the Afro-Colombians and their painful history of slavery, the development of vallenato and cumbia music, as well as many other themes of Colombian life.

## Colombian History and Generalities

**Location:** South America.

It is often referred to as “the gateway to South America”

**Capital City:** Bogota D.C  
(Capital District)

**Population:** 49.07 Million

**National currency:**  
Colombian Peso

**Phone code:** +57

**Fun Fact:** The traditional national sport of Colombia is called Tejo. It is a team sport that involves launching projectiles at a target.



Figure 1 Encyclopædia Britannica, Inc

**Diversity:** Colombia is classified as a

"megadiverse" country, ranking as the 2nd most biodiverse country in the world. It has the largest number of species by area in the world, including the most endemic species of butterflies, the most orchid species, the most amphibian species and more bird species than all of Europe and North America combined. <sup>1</sup>

**Sports:** The most popular sport in Colombia is football (soccer), roller-skating, weightlifting, baseball, boxing, motorsport and cycling.

<sup>1</sup> From <http://www.sciencekids.co.nz/sciencefacts/countries/colombia.html>



## Stop # 1: The History of Colombia

Did you know the name of "Colombia" is derived from the last name of the Italian navigator Christopher Columbus (Italian: Cristoforo Colombo, Spanish: Cristóbal Colón)? The name was later adopted by the Republic of Colombia of 1819, formed from the territories of the old Viceroyalty of New Granada (modern-day Colombia, Panama, Venezuela, Ecuador, and northwest Brazil).

### Important Dates in Colombian History

Colombia
Independence from Spain: Declared 20 of July
Recognized 7 August 1819
Last unitarization 1886
Current constitution 4 July 1991



Because of its rich history and relationships with neighboring countries, Colombia has a vast range of cultures, traditions and *costumbres* (a Spanish word that roughly translates to morals, ethics, manners, and/or education). Now we are going to see and learn about some traditions, culture and *costumbres* of this beautiful country.

## Stop # 2: Culture, Traditions and *Costumbres*

Colombia is a country with tremendous diversity in landscapes, culture, climates, food, and communities.

To start this second stop, let's watch a short video that will guide us through the different geographic regions in Colombia.

**Video: Colombia contada por los niños y para los niños**



Figure 2 Colombia contada por los niños y para los niños

[https://www.youtube.com/watch?v=iDku8mKzd\\_A](https://www.youtube.com/watch?v=iDku8mKzd_A)

**Video: COLOMBIA - Magical country**

<https://www.youtube.com/watch?v=VH2YG559IGQ>

**Video: Por qué Colombia? Why Colombia? Pourquoi la Colombie?**

<https://www.youtube.com/watch?v=NjbRrRfyvW4>

### Questions

What do you think about the different Colombian regions?

Do you know that, just like here in the United States, each region has their own culture, food and traditional music? Is there something you can think of that's from where you come from? Are you ready to learn more about each of Colombia's regions?

## The Regions of Colombia

### Stop #3 Colombian regions

Our last stop is the Colombian Regions, are you ready to travel for each of these amazing places and learn more about their culture, geographic, gastronomy and music?



Figure 3 Tierra Colombiana



## Insular (Islands) Region



Figure 4 Colombia un mar de sabores y texturas

The insular region of Colombia is the set of islands, cays, and islets far from the continental coasts, such as the San Andres and Providencia Archipelago in the Caribbean Sea and the Malpelo and Gorgona Islands in the Pacific Ocean. (It does not include river or lake islands.) Their official languages are Spanish and English too!

### The Geographic limits are:

**North:** Honduras, Jamaica, Haiti, Republican Dominican

**South:** Costa Rica, Panamá

**East:** Region Caribe, Venezuela

**West:** Honduras

Here are some pictures of the islands:

### Natural Places.

### Beaches and places



Figure 5 Lifeder.com. Economía de la Region Insular.



Figure 5 Wikipedia. Islote el Viudo



Figure 7 Wikipedia. Paya de Gorgona



Figure 8 view of Old Providence McBean Lagoon from Cayo Cangrejo.



## Music

The music from this region It varies from softer, more elegant rhythms like the waltz, to the vibrant sounds of cowbells and accordions of Caribbean music.

Throughout these islands, the influence and impact of African culture is seen in many ways. Among the most common sounds and expressions in the regional music are the drums and rites and songs of African Americans, usually accompanied by instruments such as mandolin and guitar, considered as European contributions.<sup>2</sup>



Figure 9 El Creole band

Let's listen to some of this beautiful music!

**Creole Group / Lucelia: Amplificado (San Andres y Providencia)**

<https://www.youtube.com/watch?v=82pi7oz6Fd0>

**Creole Group / Inside: Amplificado.tv (San Andres y Providencia)**

<https://www.youtube.com/watch?v=wqGTfaK4vB0>

**Fun act:** This music group sings in the native language that is a mix between Spanish, English, and Creole a mix of African languages.

### Questions:

Did you like the rhythm of this traditional music?

Which of the instruments did you like the most?

<sup>2</sup> <https://www.lifeder.com/musica-region-insular/>

What words of the lyrics did you understand?

Are some of these instruments similar to the ones you use where you and your family are from?

## Gastronomy

Typical San Andres dishes are made with fish, lobsters, snails, and crabs, accompanied by bananas, coconut, coconut milk, and cassava. The most popular dish is Rondón, which is a kind of fish pan with snails cooked slowly in coconut milk, with cassava, patacón (fried plantain), and fish.



Figure 10 Entre colombianas y letras

## Rondón Recipe

### Receta de Rundown (Rondón) (San Andrés y Providencia) Colombia

#### Ingredients to prepare Rundown (Rondón) (San Andrés y Providencia) Colombia

The classic dish of the islands. It can be prepared with a wide range of fish, salted pork and snail. It is usually cooked in the open air in a saucepan with a lid on a fire-fueled stove with palm leaves, husks and dried coconut towels.

- 2 liters of coconut milk
- 2 Pounds (1 kg.) Of fish (or snail)
- 1 pound (500 gr.) Of salted pork, the tail (pork tail or any other piece)
- 2 green plantains, peeled and cut whole

1 pound (500 gr.) Cassava, peeled and chopped  
 1 pound (500 gr.) Of name, peeled and chopped  
 1/2 pound (250 gr.) Sweet potatoes, peeled and chopped  
 1/2 pound (250 gr.) Of breadfruit fruit, peeled and chopped  
 8 dumplings  
 2 tablespoons chopped fresh basil and oregano

### Preparation of Rundown (Rondón) (San Andrés y Providencia) Colombia



The snail is beaten well to soften it, it is parboiled for about 10 minutes and minced. Besides, the pig is parboiled for 10 minutes to remove the salt, it is thrown into the water and minced. The washed fish goes directly to the summary. The snail and the pig are cooked in coconut milk for 15 minutes. Bananas, cassava, name and sweet potato are added; When they are soft (approximately 25 minutes), add the fruit of the breadfruit, the dumplings, salt and pepper (if it is fish, it is time to put it) and cook for 20 minutes over low heat, adding the herbs 5 minutes before serving.

Taken from the book Great Colombian Cuisine, by Carlos Ordóñez<sup>3</sup>

Figure 6 Juliana Melo,  
Experienciasvivas.com

## Culture

Despite its small geographic area, the insular region is very diverse, as it is made up of islands in both oceans: The San Andres and Providencia archipelago in the Caribbean Sea, and the Gorgona and Gorgonilla archipelago and the Malpelo islet, in the Pacific Ocean. The island of Santa Catalina is also part of the first group. The region is characterized by defined periods of rainfall and dry weather. The second archipelago is mostly lush jungle with heavy rainfall year-round, making it profusely rich in flora and fauna.

<sup>3</sup> Cocina33.com



## Festivals

The Festival de la Luna Verde (Green Moon Festival) is a celebration that spotlights a way of being and celebrating that is typical of Afro-Caribbean people. Despite having a recent origin, the festival presents characteristics that tell the long history of these islands. The absolute disappearance of the indigenous presence, as well as the colonization by Englishmen who introduced Africans to work in large plantations, are manifested today in the San Salvadorian culture.



Figure 12 musicmachine.com.co

## Dances:

### Calypso

It is characterized by hip movements, is performed in pairs, and is often danced to celebrate at local weddings.

Here are some videos that show how Calypso is danced:

<https://www.youtube.com/watch?v=AssP0STRPUo>

<https://www.youtube.com/watch?v=SaxHnZggpvk>



Figure 13 Lifeder.com.co

### Mazurca

When dancing Mazurca, which is danced in pairs, participants make movements of the torso while they move elegantly around the room, making circles while dancing.

Here is a video that shows how Mazurca is danced:

<https://www.youtube.com/watch?v=UuA6zNy0g1k>



Figure 14 Lifeder.com.co

## Orinoquia Region (Eastern plains)



Figure 7 De Peter Fitzgerald, OpenStreetMap - OpenStreetMap, CC BY-SA 2.0,  
<https://commons.wikimedia.org/w/index.php?curid=26201354>

The Orinoquía, also known as Llanos Orientales, is one of the 6 natural regions of Colombia. It is a region of intense livestock activity where important struggles were staged during the time of Colombian and Venezuelan independence. It is inhabited by the llanero, an indigenous community to the Venezuelan Plains.

The Orinoquía coincides with two clearly differentiated regions.. The first is a river basin, that of the Orinoco River. This extends from the Andes to the Amazon rainforests, and includes the Meta, Guaviare and Guainía river basins. The second, Los Llanos, is a Colombian-Venezuelan natural and cultural region. This region is characterized by its extensive intertropical zone savannas and gallery forests; its inhabitants, the llaneros, have a diverse culture and history.

### The Geographic limits are:

**North:** Venezuela

**South:** Amazonia



**East:** Venezuela

**West:** Andean region

## Natural Places

### El Tuparro National Natural Park

The El Tuparro National Natural Park is located in the Orinoquía in Colombia. Its surface is part of the department of Vichada. It was created in 1970, extends over an area of 548,000 ha ( $\approx 1,350,000$  acres) and is bordered by the Tomo rivers to the north, and the Tuparro, Tuparrito and Caño Maipurés rivers to the south.

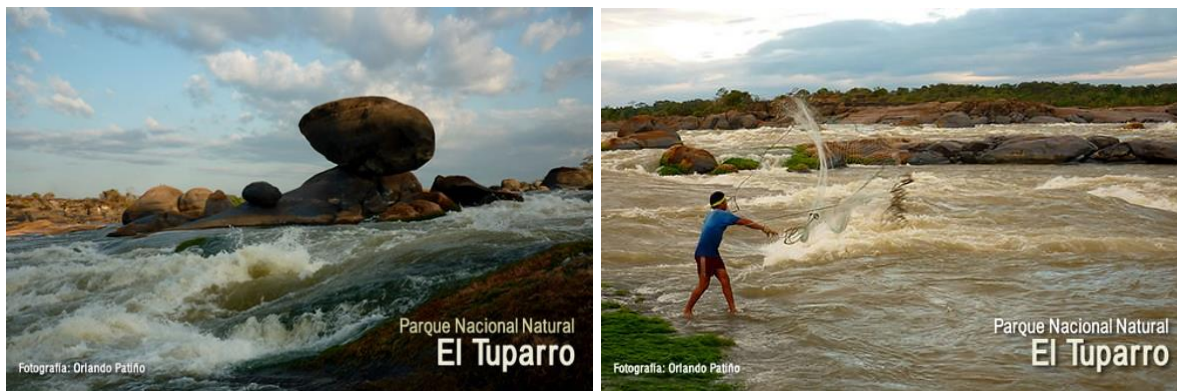


Figure 8 Orlando Patinio photography

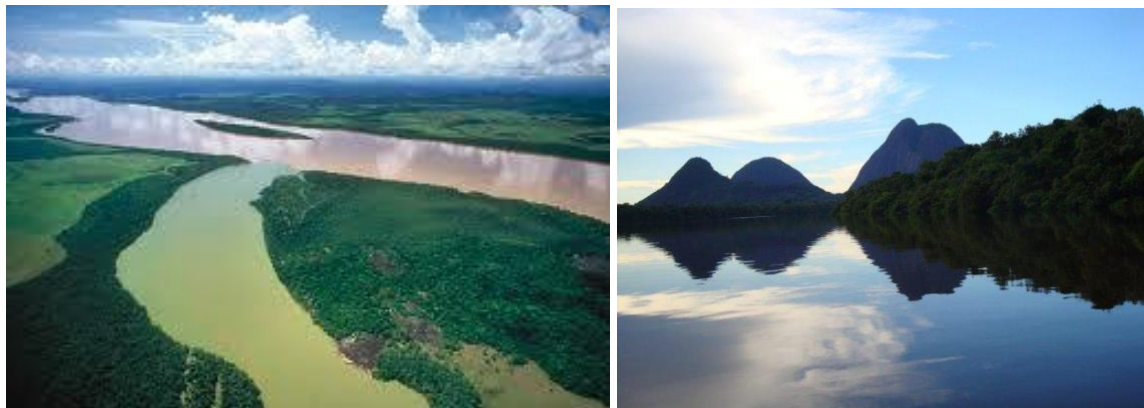


Figure 9 Viajar por Colombia. Redbus

Here's a video of the **El Tuparro National Natural Park**:

<https://www.youtube.com/watch?v=DEb4N1WuMZw>

### **Sierra de la Macarena National Park**

The mountain range of the Macarena constitutes a meeting point of the flora and fauna of the Amazon, the Orinoquía, and the Andes. Due to its height, it has varied bioclimatic floors, with temperatures ranging between 12° and 25°C (53-77°F). This has led to the conservation of a unique habitat in a small region of great biodiversity that has numerous endemic species. Its fauna has anteaters, jaguars, pumas, deer, eight species of monkeys, 500 species of birds, 1,200 species of insects, and 100 reptile species. As for the flora, there are 48 species of orchids and 2,000 of other flowers, different foliage and plants.

**Let's see some pictures of this beautiful place...**



**And also, a Video!!!**

<https://www.youtube.com/watch?v=t160JeWCldI>



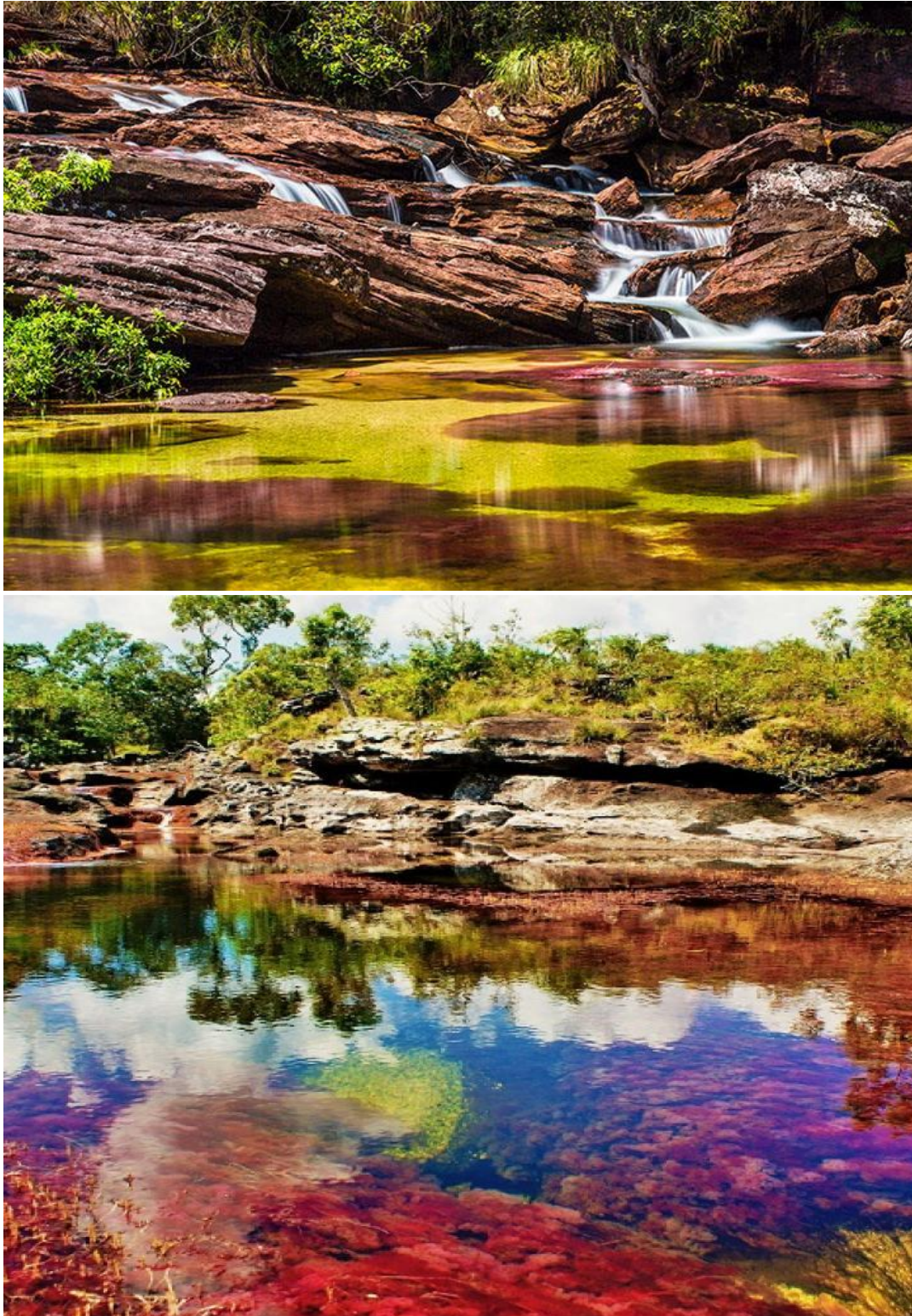


Figure 10 Radio Nacional de Colombia



## El Cocuy National Park

Within the perimeter of the park is the Sierra Nevada del Cocuy, Chita or Güicán, a mountainous formation located on the north of the eastern mountain range in the department of Boyacá and consists of two parallel subcordilleras oriented from north to south with a length of approximately 30 km ( $\approx 19$  miles). The highest point is in the eastern chain, Ritacuba Blanco (5,330 meters *or 17,500 ft* above sea level) (the highest peak of the Eastern Andes mountain range in Colombia) and Ritacuba Negro (5,300 m *or 17,400 ft*). The Sierra Nevada del Cocuy has the largest glacier in Colombia, the lower snow limit is 4,800 m *or 15,700 ft* high. There are 18 mountain peaks that are covered by perpetual snow. There are also numerous lakes and waterfalls. With its 30 km ( $\approx 19$  miles) long and more than 22 snowy peaks, it is the largest continuous mass of snow in South America north of the Earth's equator line. It also has the largest glacier in the world in the tropical zone. It is located in the northeast of Boyacá and also covers the departments of Arauca and Casanare.



Figure 11 Gobernacion de Boyaca

**Let's watch a video that would show us a little bit more of this amazing place:**

El clima nos cambió para siempre: Sierra Nevada del Cocuy, By: El Tiempo

<https://www.youtube.com/watch?v=HmkW6fWCfJc>

## **Music and Dance**

Now it is time to learn about the traditional dances and music!

### **JOROPO:**



*Figure 12 Region llanos blogspot*

This is the best-known dance in this region about the flirting of men towards women. This dance shows how the male is the boss in the couple moves. You dance more with your feet than with your torso. It is a dance where they turn and when they go around they get very close together.

**Song:** Llanero Si Soy Llanero

**Artist:** Cholo Valderrama

<https://www.youtube.com/watch?v=FZoMdjH0FdE>

### **GALLERON:**

It may be one of the oldest folk dances in the country, it is also *zapateo* (a strong move with your feet hitting the ground and making a noise) and tries to get the man to chase the woman with a handkerchief and flirt while she escapes.

**Music:** Instrumental

<https://www.youtube.com/watch?v=px8hofc0dPA>



Figure 13 Antologia 2011

**Let's talk together about this Colombian region's music and dances**

Have you ever heard the sound of a harp?

Which dance is the hardest to learn or do for you?

What do you think about their music and dance movements?

**How many of you are hungry?**

**Okay, let's talk about food!**



## Gastronomy



*Figure 14 Comida típica de Colombia*

One of the most typical dishes of this region is the veal a la llanera or mamona, which is prepared by roasting veal cuts in chozos (wooden rods), buried in a circle around a bonfire. Other special dishes are beech, tamale stuffed with meat and vegetables; the stick a piqué, a preparation of veggie bean with meat; Llanero rice, which contains beef and vegetables; rabbit in wine; the Creole pavilion, dish that contains beef, beans (black beans), white rice, egg and slices of bananas; and a traditional type of arepa called cachapa (sweet arepa de choclo or jojoto with cheese).

### Let's cook a Mamona



### Ingredients

1 veal with 4 types of cuts

Condiments and spices

Chicha de Ahuyama

Beer

Figure 15 Colombia.com

### Preparation

The preparation of this dish is made with a 1-year-old veal, to which 4 types of cut are made, known as the bear, the shakers, the ray and the heron. These cuts make meats out with which the veal is rolled at the time of cooking.

The different cuts have preparations like this: The one of the bear is used to prepare it in a brick oven and its cooking takes 8 to 10 hours at 250 degrees. Another way is for the ribs, shoulders, hurricanes and pulps that are cut thin and strung on the sticks, to prepare the llanera, that is to say, they are prepared in a cross of sticks on the candle, without fanning it so that it does not snatch. . The meat must be marinated and must not be pricked at any time since its juices would run out and it would be dry.

This type of meat is also usually roasted on hot coals, previously seasoned with chicha de ahuyama, beer or guarulo, typical preparations of that region. Also to make it to the llanera some prefer it only seasoned with salt.<sup>4</sup>

<sup>4</sup> <https://www.colombia.com/gastronomia/asi-sabe-colombia/plato-fuerte/sdi140/16229/ternera-a-la-llanera>



## Festivals

### The National Song Festival and International Joropo Tournament

It had its first version in 1960, when the Meta was chosen. During the tournament, there are activities such as competitions of collegiate bulls, work of the Llano, gastronomic festival, craft exhibitions, public art exhibitions (photographs) in the Photomuseo del Meta, and exhibition of paintings and sculptures in the Sala Floramarrillo and Gallery La Maelstrom.



Figure 16 elvalluno.com

**Video:** Joropodromo Villavicencio 2014

<https://www.youtube.com/watch?v=8gGeKQ7ESDY>

As in the United States, Colombia is being located between two oceans: the Pacific Ocean and the Atlantic Ocean / Caribbean Sea.

**With this in mind, do you have any idea what our next stop would be?**

*Good guess, it is the Pacific Region!*

## Pacific Region

Here is a map of Colombia, where we can see just how big this Colombian region is. The Pacific/Chocó natural region is one of the five major natural regions of Colombia.



Figure 17 Where next.

Ecologically, this region belongs entirely to the Chocó Biogeographic Region and is considered a biodiversity hotspot. It also has areas with the most rainfall in the world, with areas near Quibdó, Chocó reaching up to 13,000 mm (510 in) annually.<sup>5</sup>

### The Geographic limits are:

**North:** Darién Gap, The Serranía del Darién and Panamá

**South:** Ecuador

<sup>5</sup> Wikipedia

**East:** West Andes

**West:** Pacific Ocean

This region has the privilege of being one of the most biodiverse areas on the planet!<sup>6</sup>



## Natural Places

### Los Katíos National Natural Park

The significance of Los Katíos lies in its exceptionally high biodiversity and the protection of species found only in the Darién region. Due to its geographical location in Northern Colombia on the southern edge of the Central American land bridge, this region served as a filter for the exchange of animal species between North and South America in the Tertiary and Pleistocene periods. This process continues today. Los Katíos is the only region in South America where Central American yews (taxus) can be found.



*Figure 18 Katíos National Natural Park*

The park also protects important landscape features such as the 25m (82ft) high Tendal waterfall, the 100m (328ft) high Tilupo waterfall and the Tumaradó swamps.

In 1990, the park was made accessible by paths and accommodation for small groups of visitors, who have access to the national park through the park administration in Sautatá.

<sup>6</sup> ["Protecting the rainforests of Central America".](#)



Can you tell me if you have seen before the majestic Giant Anteater?



Figure 19 By <https://los-katios-national-park.weebly.com/animals.html>

Because this an important place for Colombian diversity, the coexistence of land, plants, animals and humans make Katíos National Natural Park an important place to know about. From the heart of the mountains, crystal waters emerge creating beautiful waterfalls and cascades. The most outstanding is the Tulipo, a 100m (328ft) waterfall that, besides its beauty, is considered sacred by the Kuna people, one of the indigenous tribes inhabiting this region.



Figure 20 [colombia.co](http://colombia.co)

It is worth knowing that Los Katios National Park is not designed for eco-tourism purposes, rather to protect nature. Be aware that you will need to be accompanied by a guide the whole time and that you will definitely experience nature as a whole. The easiest way to get there is by plane flying from Medellín to Turbo and then a drive to the park.

### Utría National Natural Park

The Utría National Natural Park park is open to the public. The Corporación Mano Cambiada, a non-profit community organization, provides ecotourism services. There are several trails through the park of low to moderate difficulty. The park has magnificent beaches, and visitors may swim, snorkel, or scuba dive.<sup>7</sup>



Figure 21 Turismo en Colombia

### Let's watch a video about this beautiful park!

**Video:** Parque Natural Utria, Costa Pacifica, Bahía Solano, Nuqui, Ensenada Utria CHOCO, Colombia

[https://www.youtube.com/watch?v=n3dglOUVTCQ&list=PLio2\\_y1IGl21ZeJ4jeGkd\\_louE7eoG6J2](https://www.youtube.com/watch?v=n3dglOUVTCQ&list=PLio2_y1IGl21ZeJ4jeGkd_louE7eoG6J2)

<sup>7</sup>From Wikipedia





Figure 22 Colombian travel guide



Figure 23 Turismo Colombia

### Other Parks

PNN Uramba Bahía Málaga

PNN Isla Gorgona

PNN Sanquianga: area of mangroves south of Guapí  
SFF Malpelo

## Beaches

### Playa Blanca

This stunning white sand beach is located in Utria National Park on the Pacific coast between the towns of Bahia Solano and Nuqui. It is located on a small, jungle-covered island overlooking the Utria Inlet, where humpback whales can often be seen in season from July to October. With two different beaches to choose from on the island, plus a small restaurant serving tasty local dishes, Playa Blanca might just be the most beautiful beach in the Colombian Pacific.<sup>8</sup>

### Guachalito Beach



Figure 24 Guachalito Beach: one of the most beautiful beaches in Colombia © sergejf/Flickr

<sup>8</sup> <https://theculturetrip.com/south-america/colombia/articles/best-beaches-visit-colombias-pacific-coast/>



This wild, black-sand beach south of the town of Nuqui is easily one of the most visually stunning beaches in Colombia: fringed by verdant jungle full of incredible wildlife, waterfalls, and biodiversity, Guachalito Beach is also home to El Cantil Ecolodge, one of the best ecolodges in Colombia. There is great surfing along the beach, or you can simply wander along its several kilometers, enjoying the sense of isolation while keeping a lookout for whales and dolphins in the sea.

### **El Almejal Beach**

This long beach starts alongside the town of El Valle and is increasingly popular with tourists, as it is home to several ecohotels and hostels, offering a range of accommodation for a variety of budgets. The beach suffers from a litter problem, due to its proximity to the town, but the surfing is excellent and wandering along the beach at dusk, as phosphorescent plankton glow in the waves, is a magical experience.



*Figure 25 The view from the observation tower of El Almejal © Chris Bell*



Now let's listen to some music from this spectacular region!

## Music



Figure 26 Senal Colombia

Marimbas, flutes, clarinets, violins, guasás, drums, among others, are at the heart of this region's music. The nights of Petronio Álvarez are a party that celebrates the sounds of traditional Colombian Pacific music.

The types of music played during the Petronio Álvarez Music Festival are: Caucano Violin Ensemble, Chirimía Ensemble, Marimba Ensemble and Traditional Songs and Free Grouping.

**It is time to hear some of this great music and enjoy it dancing or moving your body!**

**Video:** Amanece

**Author:** Herencia De Timbiquí - Pacífico Colombiano

**Link** <https://www.youtube.com/watch?v=4zqxTjrKSrU>

**Video:** Danza Colombia: Trayecto Pacífico – Libertad.

**Author:** Señal Colombia

**Link:** [https://www.youtube.com/watch?v=5SPC6WcSYrw&feature=emb\\_title](https://www.youtube.com/watch?v=5SPC6WcSYrw&feature=emb_title)

**Video:** Nuqui (Te Quiero Para Mi) [Official Video]

**Author:** ChocQuibTown

**Link:** <https://www.youtube.com/watch?v=EzbzWerC9AM>

In this song's chorus, it says “I will go with you to Nuqui’s beaches”  
We should go to Nuqui!!

**Questions:**

Have you ever heard about these musical instruments?  
Can you try to reproduce the sound of the Marimbas?

**Activity:**

With your group of friends try to recreate the sound and the rhythm of the Pacific Region music.

**Culture****Festival Petronio Álvarez**

The Petronio Álvarez Festival is a yearly event dedicated to the music of Colombian Pacific folklore and its objective has always been to highlight composers, musical groups and researchers of Afro-Colombian music.

The Petronio Álvarez, according to its official website, has become one of the most important showcases of the music of Chocó and the South Pacific in the formats of marimba, chirimía and Cauca violins. In it, traditional groups composed mostly of farm workers and fishermen, meet in the city of Cali every year to show Colombians how peaceful the jungle is and its music sounded.



Figure 28 [https://petronio.cali.gov.co/?page\\_id=4081462](https://petronio.cali.gov.co/?page_id=4081462)

Among the most important festivities of the Pacific region are the San Pacho festivities in Choco, in which festive novenas are held in honor of the patron saint San Francisco de Asís. People disguise themselves with animal motifs, devils, carts, etc. Another important holiday is the folk festival of the Pacific coast, which takes place in Buenaventura,, that showcases typical Pacific folklore, dances, instruments, and rhythms of the region.



Figure 29 Impulse Travel

## Feria De Cali

The Feria De Cali (Cali Fair) is considered one of the best musical festivals in the Americas that takes place annually from Dec. 25 to Dec. 30 30.

During the Feria De Cali, musical concerts with the participation of orchestras from the United States, Cuba and the Caribbean, in addition to the Colombian orchestras, are the main activity of the fair. This was not always the case, however. The Feria De Cali began as an exclusive bullfighting fair, and the verbenas and orchestra concerts were gradually introduced to provide entertainment.

**Do you know how to dance Salsa?**



<https://www.youtube.com/watch?v=pW60WsmyeEY>



Figure 30 Aviatur

## Gastronomy

# Pacific Coast

Popayán  
was declared as the  
"first city of gastronomy"  
by UNESCO in 2005

The pacific coast  
prides itself in maintaining  
traditional centuries old  
cooking methods

■ Traditional dishes of this region include:

- Scale bocachico
- Stuffed avocado
- Seafood casserole
- Turtle in its own shell

Most of the region is only reachable by boat, making it the #1 destination for adventures

Figure 31 Palenque Tours

## Arroz con Camarones

### Ingredients

2 cups of rice	½ kg of raw shrimp
1 big onion	1 carrot
1 can of peas	½ cup of beans
1 clove garlic	2 tomatoes
Salt and pepper	Chopped cilantro

### Preparation

Saute the chopped onion, finely chopped garlic, grated carrot, chopped tomatoes, canned peas and beans.

Meanwhile boil the shrimp with salt for approx. 10 minutes, remove and add to the sauce. In the water where the shrimp were made, boil the rice, add salt to taste, when tender, remove, drain and set aside.

Combine with the stir-fry, shrimp and rice, salt and pepper, serve hot, add cilantro if you like.



Figure 32 Recetas del Pacifico Colombiano

Let's sing and learn about Colombian recipes: <https://youtu.be/uPG0n8txcY>

### Glossary / Glosario:

**Achiote**: Bixa Orellana. Natural Coloring of great importance in traditional cosine. Vegetable tincture of red color.

**Encocado**: It is named like this to all seafood stews, crab, meat or fish; marinated with a milk based of coconut.

**Atollao**: traditional Pacific preparation based on rice with wet and thick consistence with seafood or smoked fish.

## Amazon Region

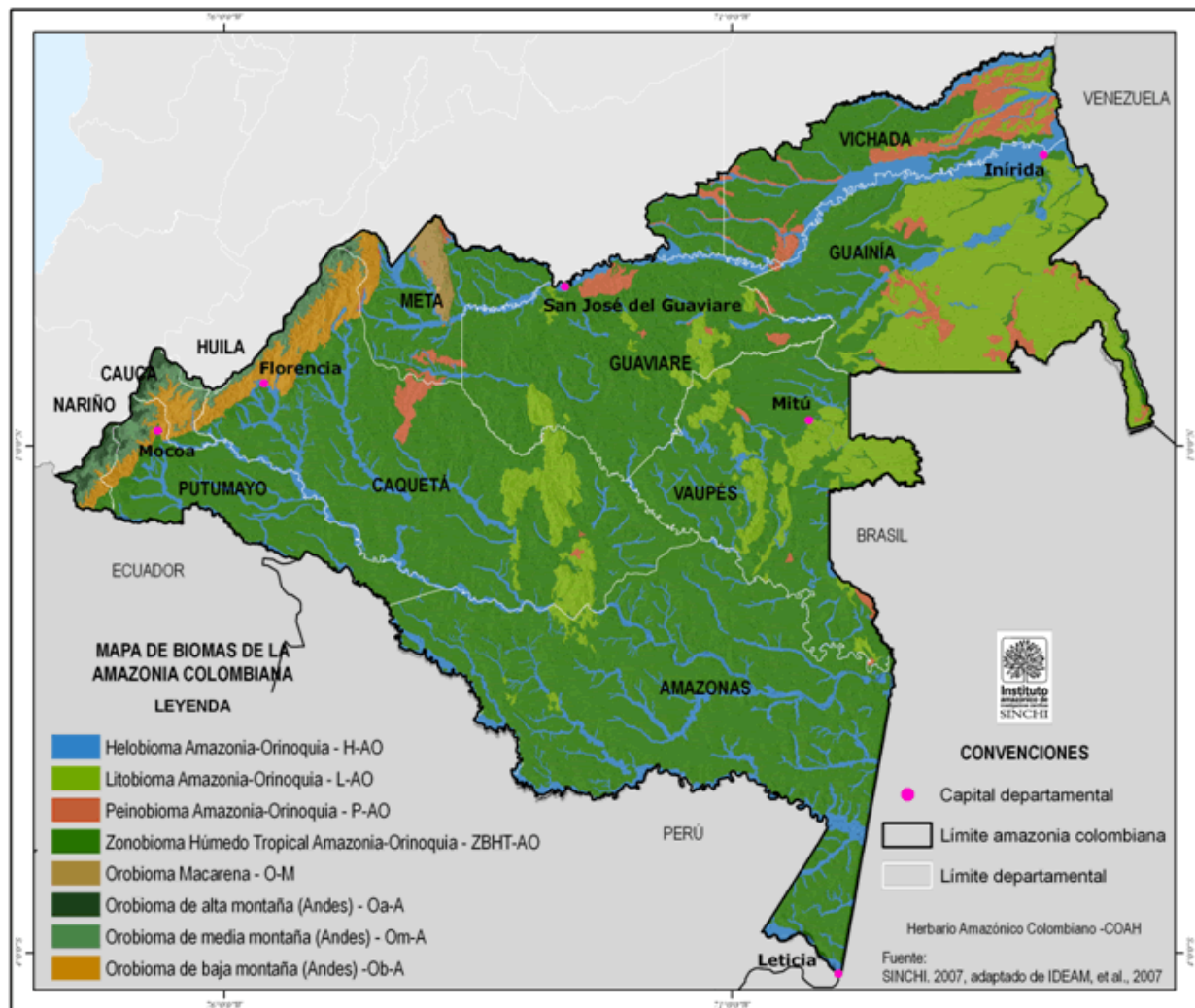


Figure 27 Pinterest

The Amazon region comprises about 40% of the Colombian territory and is the least populated area in the country. At the same time, it is part of the great South American region of the Amazon Rainforest, the largest forest area in the world that is shared by Venezuela, Brazil, Colombia, Ecuador, Peru, Guyana, Suriname and Bolivia. Consequently, the Amazon region of Colombia is the most forested with an area of 483,119 km<sup>2</sup> (186,500 mi<sup>2</sup>).<sup>9</sup>

**Video:** Amazonas Colombia: El viaje de tu vida

**Author:** Kanimambo Bar

[https://www.youtube.com/watch?v=r9Nz7n0\\_zl4](https://www.youtube.com/watch?v=r9Nz7n0_zl4)

**Geographic limits:**

<sup>9</sup> Wikipedia. Region Amazonas de Colombia



**North:** Andean region and Orinoquia region.

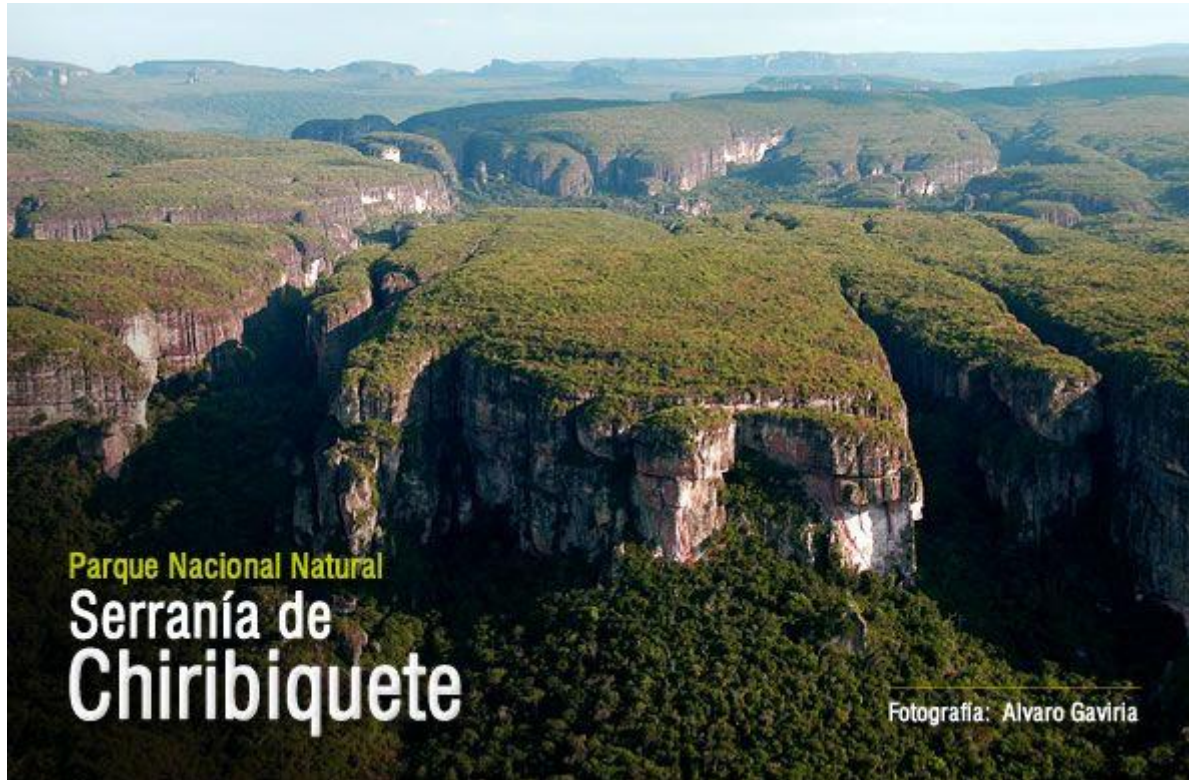
**South:** Brazil and Peru

**East:** Venezuela and Brazil

**West:** Ecuador and Peru

## Natural Places

### National park Sierra de Chiribiquete



The Sierra de Chiribiquete National Natural Park is located in the Colombian Amazon region, specifically in Caquetá and Guaviare, with an area of 4,268,095 Ha (*10,550,000 acres*) that make up the largest protected area of the natural park system in Colombia.

**Video:** Parque Nacional Natural Serranía de Chiribiquete "La maloca cósmica de los Jaguares"

**Author:** Parques Nacionales

<https://www.youtube.com/watch?v=trkqSKBzXtA>



*Figure 28 Revista Semana*

## Questions

Have you ever seen pictures of this place before?

What do you think when you see these pictures and videos?

How can we take care of natural parks?

How can this park influence our lives?

How are natural parks important for our lives?

## Natural Park Amacayacu





Figure 29 Parques Nacionales Naturales

The area consists of scientific interest, since many zoological specimens have been collected in the park. It is estimated that there are about 150 species of mammals, among which are the pink dolphin and other endangered species, such as the tanda, the jaguar, the manatee and the otter. Among the many species of primates, the marmoset, the smallest in the world, stands out. Amacayacu is also home to some 500 species of birds and a huge variety of freshwater fish. In addition, the park also serves to preserve the culture of the Ticuna people, who currently live there.



### Nukak National Nature Reserve

The Nukak National Nature Reserve gets its name from the aboriginal tribe of the Amazon rainforest that currently inhabits the reserve. They are characterized by being one of the few



aboriginal people in the world who are still hunter-gatherers. The Makú, another ethnic group, are also a majority group within the region.

In almost all its extension, the reserve is a flood plain dominated by the Inírida river, where most of the vegetation is flood forest. There are also some savanna properties, more typical of the plains, mainly due to the proximity to the plains of the Colombian orinoquia and some tepuyes and inselbergs of the Sierra de Tunahí, which rise imposingly over the surrounding area.



Figure 30 Parques Nacionales Naturales



Figure 31 Tu viaje por Colombia



Figure 32 Yahoo Noticias

## Music and instruments

The Colombian Amazon region is a large natural area that is part of a region popularly known as the "Three Borders," where the border boundaries of Colombia, Peru and Brazil meet.



Figure 33 Caracolitos

Among the different musical manifestations are indigenous music, national music (such as bambucos, joropos and passages) and music from the three borders region

### 1- Indigenous music



Indigenous music is made up of songs and tunes, with simple and repetitive melodic patterns. It comes from the native communities of the region.

## **2- National music**

Various forms of national music from other regions and mix throughout the Colombian Amazon region, combining with local peasant and Andean expressions.

## **3- Border music**

In the Amazon region of Colombia, various musical expressions derived from border cultural exchange converge with a greater presence in some communities than others. Amazonian life comes from very particular social and historical processes, which combine features from different aspects. This contributes to the creation of a new mixed musical identity.

The forms of foreign sounds that come from Peru are composed of mixtianas, waltzes, sailors and huaynos. From Brazil descend the marches, sambas, forrós, baioes, xotes (chotises), dobrados and batuques.

**YURUPARY-** FREDY ANDRES JANUARIS

<https://www.youtube.com/watch?v=2AJ-lwJhgUU>

## **Myths**

### **Mito Yurupary**

**Video** <https://www.youtube.com/watch?v=7tTltbuaGEE>

## **Gastronomy**

Among the most popular dishes are those prepared with turtle egg, with morrocoy turtle. Macaque, danta, capybara, boa (which they consume as smoked loin with lemon, vinegar, potato, etc.) are consumed. Given the abundance of rivers, a lot of fish is consumed, complemented with casabe, banana, and fruits such as copoazu and anon.



Figure 34 Colombia.co

The food of the place is influenced by what can be taken from the rivers. The pirarucú, a fish of up to three meters, the yucca and the strong flavors stand out. The culinary preparations of the Amazon stand out for the knowledge that indigenous cultures have transmitted from one generation to another to extract the greatest benefit from nature.

Fish is the basis of the Amazonian diet and one of the products that tourists are looking for the most.

## Time to cook something delicious!!

### Golden Or Bagre In Coconut Sauce

#### Ingredients For 8 People

- 3 kilos of catfish or dorado
- 2 fish broths
- 500 grams of flour
- 1600 ccs of coconut milk
- 500 grams of butter
- 250 ccs of cream or milk cream
- 3 kilos of potatoes
- 1 sprig of parsley
- 1 pinch of pepper
- 1 pinch of salt

#### Elaboration

After the fish is cleaned and cut into slices, the marinade is made with the seasonings to taste; and roast on the grill. The wheat flour is browned then sifted and the butter is added, the coconut milk is brought to the fire moving constantly until reaching the desired point, to this mixture the fish is added and left to preserve for 5 minutes. Finally, add the cream and serve. It is accompanied with white rice and steamed potato.<sup>10</sup>

<sup>10</sup> <https://www.recetas.net/receta/7793/Dorado-o-Bagre-en-salsa-de-coco->

## Culture

### Art



Figure 35 Revista Arcadia

More than 80 pictorial complexes have been found in the Amazonian region of Colombia, with 20,000 cave paintings in the Sierra de Chiribiquete area.



Figure 36 BBC. Chiribique el corazon de la pintura rupestre mundial



## Dances

The songs and the tunes are specific to the region and are often paired with ceremonial dances. The most recognized is the dance of the San Juanero, historically used to communicate with the mythical spirits of the ancestors. In this dance, dancers use 2 types of masks, the feminine one that represented the moon and the masculine one that represented the sun.

**Danza de la ofrenda** (*Dance of the offering*): is a dance in memory of loved ones who have passed away and different foods are offered in the dance (usually those that were to their liking in life). Each dancer carries mote, meat, and eggs on a wooden plate.

Video: Danza de la ofrenda

<https://youtu.be/8qcPE2mHtFY>

[https://www.youtube.com/watch?v=\\_9vPrAuvksk](https://www.youtube.com/watch?v=_9vPrAuvksk)



Figure 37 Del Amazonas

## Caribbean Region

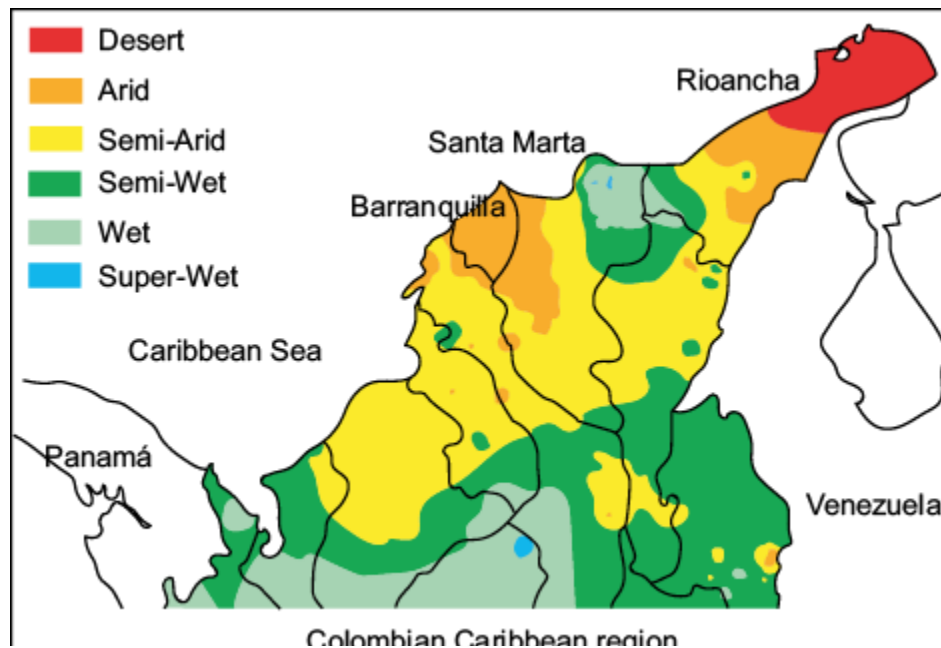


Figure 38 Redalyc

Physically, the Caribbean Region is mostly composed of the continental plain of the Caribbean. This plain is located north of the Andes and ends in the Sierra Nevada de Santa Marta to give way to the Guajira peninsula. The region is dominated by the delta of the Magdalena River and has a coastline from the Gulf of Urabá in the direction of Southwest - Northeast to the Gulf of Coquibacoa.

However, it contains the highest peaks of the Colombian territory in the Sierra Nevada de Santa Marta (Colón and Bolívar peaks). Although the Colombian Caribbean is predominantly flat, it is characterized by its ecological variety, with ecosystems ranging from the dry forest of La Guajira to the rainforest of the Urabá Gulf region.

The region is flanked by the eastern mountain range, more precisely by the mountain range of Perijá, which serves as a natural border with Venezuela. Apart from the continental territory, the Colombian Caribbean Region comprises extensive territorial waters in the Caribbean Sea.

### Geographic limits

- North:** Caribbean Sea
- South:** Andean Region
- East:** Venezuela
- West:** Pacific Region

## Natural Places

### Sierra Nevada de Santa Marta Natural Park

Declared by UNESCO as a Biosphere Reserve and World Heritage Site in 1979, the Sierra Nevada de Santa Marta Natural Park is considered a unique place in the world due to its isolation from the Andes mountain range and its highest peak (5775m / 18,900ft above sea level) at only 42 km (26 miles) from the sea. In it are all the thermal floors found in the Colombian territory, as well as different biomes that make up the jungle, the mountain forest, and the Andean moors.



Likewise, some 30,000 aboriginals belonging to several tribes are part of the park, among them the Koguis and Arhuacos, who managed to resist European colonization. In 1973, the Archaeological Project of the Sierra happened, which resulted in the discovery of the Lost City, located within the park and is testimony to one of the oldest cultures in the country, the Tayrona. Unfortunately, the park has been seriously threatened by illegal crop markets and deforestation of the mountain slopes.





Figure 39 Sacred land Flim project

### Islas Corales del Rosario y San Bernardo Nacional Park

The Corales del Rosario and San Bernardo National Marine Natural Park is located in the Caribbean Region in Colombia. It is part of the department of Bolívar and Sucre (Colombia), about 45 km (28 miles) southwest of the Bay of Cartagena





*Figure 40 Parque nacional Islas del Rosario*

Because it is a mostly marine area park, unique ecosystems such as coral reef, wetlands, mangroves, sandy beach, rocky shoreline, sedimentary bottom, seagrass meadow, xerophytic formation, and subxerophytic formation can be found.



*Figure 41 Travel Notes*

The park has an underwater set of ecosystems and communities inhabited mainly by corals that house hundreds of microscopic animals, fish of different shapes and colors, crustaceans, molluscs, anemones, sea urchins and starfish and a wide range of sea birds including the pelican and the wolf bird, among others.

## Tayrona National Park

The Tayrona National Natural Park is located in the foothills of the Sierra Nevada de Santa Marta in Colombia. Thirty-four km (21 miles) from the urban center of Santa Marta, Tayrona is one of the most important natural parks in Colombia. It is a habitat for a large number of species that are distributed in regions with different thermal floors ranging from sea level to heights of 900 m (2900 ft). Of the 15,000 hectares (37,000 acres) that make up the park, 3,000 (7400 acres) are marine area.



Figure 42 Parque Natural Nacional Tayrona

## Music

The most important rhythm and dance is the cumbia, which combines indigenous melodies and African rhythms, and, since the 1940s, has spread throughout Latin America, being adapted in multiple regions.





Figure 43 Pinterest

The Porro is another important musical air of the region, especially of the savannas of Córdoba, Sucre and Bolívar. It has two varieties: the poro tapao or puya and the porro palitiao or bagpipe.

De La Guajira and Cesar are the vallenato, the best-known musical genre of Colombia since the 1990s, whose most important composers have been: Alejandro Durán, Rafael Escalona, Nicolás Mendoza, Alfredo Gutiérrez, Luis Enrique Martínez, Emiliano Zuleta, Diomedes Díaz, Jorge Oñate, Los Hermanos Zuleta, Calixto Ochoa, The Binomial of Gold, and Carlos Vives, among others.

Additional traditional components are also the mapalé, pure and exclusively African dance, the fandango, the scribble, the bullerengue, the chandé, the berroche, the guacherna, the tambora, the maestranza, the bagpipes, the pilanderas, the puya, the jalao, the walk sabanero, the merengue, and the succumbé.



## Cumbia



Figure 44 Blog de viajes RedBus

Video: <https://www.youtube.com/watch?v=1AS7jwHXJdo>

## Mapalé



Figure 45 Hablemos de cultura

Videp: <https://www.youtube.com/watch?v=0plbcqoO3Ek>

## Vallenato

The vallenato or vallenata music is a native musical genre of the Caribbean Region of Colombia with its origin in the former province of Padilla (currently south of La Guajira, north of Cesar and east of Magdalena). It has a notable influence of European immigration, since the accordion was brought by German settlers to Riohacha, La Guajira, at the end of the 19<sup>th</sup> Century, and both the metrics and metrics use the Spanish tradition; on the other hand, the Afro-Colombian slave component makes a presence with the vallenata box, a kind of drum that largely gives the rhythm to the accordion melody, and finally the indigenous is evidenced by the guacharaca.

Its popularity has spread today to all regions of Colombia, to neighboring countries such as Ecuador, Panama, Peru and Venezuela, and even to countries further away like Argentina, Mexico, Chile and Paraguay. It is traditionally interpreted with three instruments: the diatonic accordion, the guacharaca and the vallenata box. The rhythms or musical airs of vallenato are the promenade, the merengue, the puya, the son and the tambora. Vallenato is also performed with guitar and with the instrumentation of cumbia in cumbiambas and millo groups. On November 29, 2013, the traditional vallenato was declared Intangible Cultural Heritage of the Nation by the National Heritage Council of the Ministry of Culture. On December 1, 2015 it was included in the list of Intangible Cultural Heritage of Humanity, on the list of urgent safeguards by UNESCO.

One of the most important artist of Vallenato music is Rafael Escalona, lest listening to this beautiful song.

Song: Una casa en el aire

Author: Rafael Escalona

<https://www.youtube.com/watch?v=WBIMH0edQDA>

## Other songs and rhythms of Caribbean music:

**Toto la Momposina:** <https://www.youtube.com/watch?v=z5trCPFeg3c>

**Tamboral, música colombiana. Gaitas:**

<https://www.youtube.com/watch?v=j0C779fgdPo>

**Yo Voy Ganao - Systema Solar:** <https://www.youtube.com/watch?v=I9t4XTOWtEo>

## Gastronomy

The cuisine of the Colombian Caribbean Coast is one of the most varied and delicious in the country. The dishes of this region incorporate the traditions of Indigenous, European, Black and



Mestizo cultures. On the Colombian Caribbean Coast, the most popular dish is the sancocho (pictured below), which varies in preparation and ingredients depending on the area where it is prepared.

Fruits such as the pin, guava, sapodilla, loquat, anon, soursop, tamarind, corozo, and cashew; and multiple preparations such as cayeye, butifarras, cat's head, cakes and tamales, among others, are part of the ingredients of the typical dishes of the region.

Also essential for your kitchen are sea and river fish, shellfish, beef, chicken, pork, cassava, bananas, yams and milk, rice, and corn derivatives.<sup>11</sup>



Figure 46 Comida típica colombiana

**Now is time to have a really good meal!!**

Let's try this recipe of an arepa de huevo. Colombia is a famous place because of their arepas. This a video that will show us how can we cook and enjoy the arepa de huevo.

<https://youtu.be/BXNtBaw-ZTA>

<sup>11</sup> Delicias de la Costa Caribe Colombiana

## Arepa e' Huevo Recipe

### Ingredients

- 1 pound of cornmeal or chopped corn
- 1 bottle of sunflower oil
- A teaspoon of salt
- Half a teaspoon of sugar
- 10 eggs
- Water

### Preparation



Figure 47 Arepa e' Huevo Recipe

Put the flour in a bowl along with the salt and sugar. Gradually add the water until a very soft, manageable dough forms. When the dough is ready, the arepas of approximately 5 centimeters and 1/2 cm thick are made.

Besides, enough vegetable oil is heated in a cauldron, when it boils put the arepas one by one, bathing them with the oil. These should rise to the surface and fluff up, leave 3 minutes and remove from the fire. Very carefully a 3 cm side opening is made to introduce the whole raw egg, press it a little with your fingers and add it again to the not so hot oil so that the egg is cooked<sup>12</sup>.

<sup>12</sup> <https://www.colombia.com/gastronomia/noticias/sdi/150851/como-preparar-una-arepa-de-huevo>



## Culture

### Festivals

#### Carnaval de Barranquilla



The Barranquilla Carnival is an event in which all the cultural varieties and folklore of the Colombian Caribbean Coast are expressed, as well as the most varied local manifestations, such as popular music and dance. The many costumes that invoke all kinds of animal species, native and strange, are cause for laughter and fear.



Figure 48 Carnaval de Barranquilla



**Video:** Historia del Carnaval de Barranquilla

<https://youtu.be/gQ9oqYjIQlc>

## Festival de la Leyenda Vallenata

The Vallenata Legend Festival, also called the Vallenato Festival, is the most important event of vallenata music. It has been held annually in late April or early May since 1968 in Valledupar, and is organized by the Festival of Legend Foundation Vallenata, which watches over the defense and dissemination of folk and folk expressions that surround vallenata music. The festival seeks to preserve four of the five airs or rhythms of the vallenato: promenade, merengue, son and puya. In addition, the genre of the piquería, the parranda, the peasant poetry, stories, legends, myths, oral tradition, literary expressions, sociocultural and artistic associated with vallenato.

*Figure 49 Blog de viajes*



*Figure 50 El tiempo.com*

The vallenato festival is identified as one of the most recognized festivities today, folk music and various types of cultural events are presented.

## Dances

### The Bullerengue



Figure 51 [vivecaribe.com.co](http://vivecaribe.com.co)

It is like a ritual emerged from the bellies of Afro-Colombian communities. The drums evoke the past, those African ancestors, women who sing achiote skin. The word bullerengue means pollerón, that wide skirt that women used, that's why the dance that bears his name represents and celebrates female fertility. It has a restless air, women carry the compass with the palms of their hands. Many times, it is accompanied by choral songs in couplets.

### The Puya



Figure 52 [vivecaribe.com.co](http://vivecaribe.com.co)

The puya is fast, vivacious, cheerful, a true feast of agile movements of shoulders, feet and hips. The drum touches set a hectic rhythm and the Millo flutes become protagonists as if they exercised a supernatural power over those who dance. The choreographies are charged with energy and are adorned with colorful costumes.

### The Cumbia

It is perhaps the most representative dance in the region. Women dance like angels, with their skirts extended like multicolored wings and fly with them, with the smooth movement of their feet, which barely touch the ground. The men accompany them, with the heel of the right foot raised and affirming the entire left. They approach and move away without touching them or stop looking at them, enthralled by the cadence of their bodies. It is a beautiful dance that is inspired by the courtship and idyll of women and men in the Colombian Caribbean.



Figure 53 [vivecaribe.com.co](http://vivecaribe.com.co)



## Andean Region



Figure 54 Tierra Colombiana

The Andean region is one of the six natural regions of Colombia. It is located in the center of the country, bordering to the north with the Caribbean region, to the northeast with Venezuela, to the east with the Orinoquía, to the southeast with the Amazon, to the south with Ecuador and to the west with the Pacific region.

It is furrowed in the SW-NE direction by three northern branches of the Andes: the Western, Central and Eastern mountain ranges. The mountain ranges give rise to numerous valleys,

canyons, plateaus and a river system whose main rivers are Cauca and Magdalena. The region has 34,419,398 inhabitants (2018), it is the most populous and economically active area of the country.

**Geographic limits:**

**North:** Caribbean region, Venezuela

**South:** Ecuador

**East:** Orinoquía, Amazon

**West:** Pacific region

**Natural places**

**Macizo volcánico**



*Figure 55 Wikipedia galerias*

El Galeras is a volcano in southern Colombia, located nine kilometers from the city of San Juan de Pasto, capital of the department of Nariño. It is the most active volcano in Colombia, that has the greatest historical records, with news of major eruptions since the sixteenth century, and, given its proximity to the urban area of Pasto, has been listed as one of the sixteen volcanoes of the decade, one of the most dangerous on the planet because of the susceptibility of causing a disaster.



Figure 56 Wikipedia

### Fosa del Suárez y Chicamocha

The Chicamocha River is one of the most important rivers in central-eastern Colombia. It originates in the municipality of Tuta and the Jordan in Tunja where it later forms the Chicamocha Canyon, enters the department of Santander, and joins the Suárez River and the tributary of the latter the Fonce River to form finally the Sogamoso River.



Figure 57 Pinterest

### Eje cafetero

Geographically, the Coffee Region extends around the Central Mountain Range with a territory that includes the Departments of Caldas, Risaralda, Quindío and Antioquia.



The Lands of the Coffee Zone enriched by volcanic eruptions and a benevolent climate, make coffee cultivation the best quality in the world. Livestock, dairy, wood such as guadua and pine are part of the region's economy.

The aroma of coffee, the delicious tropical and exotic fruits, the beauty of the landscape, the colorfulness of the villages, the unmistakable paisa accent, the brandy and the warmth of its people make this coffee area a favorite destination for national and international lovers of ecotourism.<sup>13</sup>



*Figure 58 Rural del cafe*

## Cities:

### Tunja



*Figure 59 Caracol Radio*

<sup>13</sup> Blog Cultura, Savor y Alegria

## Neiva



Figure 60 Booking.com

## Caldas



Figure 61 La patria



## Medellin



Figure 62 the Telegraph

## Bogotá D.C

Bogotá D.C is the capital city of the Cundinamarca department and the capital of Colombia.



Figure 63 Sofitel





Figure 64 Brain & Company

## Music and instruments

### Andean Music Hub of the Central-East region

Location: North of Santander, Santander, Boyacá and Cundinamarca.

Formats: whirlpool set, carranguero set, guabina, Andean meringue, students, trios, among others.

Genres: whirlwind, guabina, carranga, bambuco, corridor, dance, Creole rumba, peasant rumba, carranguera music and others.

### Andean Music Hub of the Central-South Region

Huila and Tolima

Formats: set of rajaleña, cucamba, trios, vocal and instrumental duets, student among others.

Genres: san juanero, cane, rajaleña, bambuco and others.

### Andean Music Hub of the North-West Region

Location: Quindío, Valle, Antioquia, Risaralda and Caldas.

Formats: peasant, student groups, vocal practices, duets and vocal and instrumental trios, guasca, carrilera, parranda, student groups among others.

Genres: aisele, bambuco, shotís, guatin and others

### Andean Music Hub of the South-West region

Location: Cauca, Nariño and the West of Putumayo.

Formats: peasant ensemble, flute bands, southern Andean ensemble, Andean strings.

Genres: they are southern, sanjuanito, aisele, bambuco tincú, huayno and others.

### La Guaneña (Bambuco Sureño)-COLOMBIA

<https://www.youtube.com/watch?v=DqZ0ilHME6o>

### Guabina Santandereana - Danza Colombiana

<https://www.youtube.com/watch?v=ENrGhbsxRJo>

### Baile Sanjuanero Huilense

<https://www.youtube.com/watch?v=8DOOPFVZsEw>

## Gastronomy

This region has so different gastronomic cultures, here are some of the most popular dishes.

### Bandeja Paisa



Figure 65 Colombia.com

It is traditional from the coffee zone. Here a Video to learn how to make a Bandeja Paisa.

[https://youtu.be/wuwlUe\\_q3QY](https://youtu.be/wuwlUe_q3QY)

### Ajiaco santafereño

This is a traditional soup in the city of Bogotá. It is call ajiaco santafereño, because Bogotá D. C's name used to be Santa Fe de Bogoáa.



*Figure 66 Comida UMCómo*

### **Tamal Tolimence**

Tamale is a typical food of the Andean region that is prepared with rice, chicken meat, pork and grains that are wrapped in banana leaves. It can also be served with arepas and chocolate. It is also a very popular dish that all travelers want to try when they go to restaurants in the region.<sup>14</sup>

*Figure 67 <https://www.absolutviajes.com/la-gastronomia-de-la-region-andina/>*

### **Arepas.**

The Andean Region is lucky to have different types of Arepas. Here We will learn how to make a simple cheese Arepa.

<https://www.youtube.com/watch?v=LRAZfDiet9Y>

<sup>14</sup> <https://www.absolutviajes.com/la-gastronomia-de-la-region-andina/>





Figure 68 Comiendo en calidad

## Arepas de Queso Recipe

### Ingredients

- 1 cup of flour
- 1 cup of hot water
- ½ grated cheese Quesadilla
- ½ stick of butter
- Quesadilla cheese pieces to fill
- Salt to taste

### Instructions

In a bowl and using our hands, we mix all the ingredients well except the pieces of cheese that we will use later. We create balls with the club and on a flat surface and helped with a plastic bag, flatten and create circles of equal size (we can use a glass to create the shape). In a pan preheated and greased with oil, we put the arepas to brown. When one of the sides is golden, we turn, put the pieces of cheese and the other arepa on top creating a kind of sandwich and flatten. Once golden both sides, we serve.

## Culture

### Festivals

#### Villa de Leyva Festival de Cometas



Figure 69 Radio Nacional

In August of each year, since 1975, the main square of Villa de Leyva and other open spaces are filled with kites of different colors and styles to enjoy the winds that characterize the climate of this region. Each every year a contest is held in different categories where competitors have the opportunity to show their ingenuity, creativity and skill: craft kite, giant, trains, aerobatic trains, synchronized flight of kites, night lights, etc. This festival has become one of the most representative of Villa de Leyva nationally and internationally.<sup>15</sup>

#### Festival Iberoamericano de Teatro de Bogotá

The Ibero-American Theater Festival (FITB) is a cultural event originated in Bogotá, the "World Theater Capital;" it is international in nature and is performed biennially in the city of Bogotá, Colombia. It was directed and produced, until his death in August 2008, by Fanny Mikey, theater actress and cultural entrepreneur of Argentine nationality in Colombia. It is the most important cultural event in Colombia and the largest performing arts festival in the world.

<sup>15</sup> Casadeanny.com



The event has established itself as the largest theater festival in the world with more than 800 functions from 100 international companies and 170 Colombian companies, bringing together the most important theater companies in the world, from all five continents.



Figure 70 Piterest

Videos that you would like to watch

<https://www.youtube.com/watch?v=ebRqB9ookH8>

<https://www.youtube.com/watch?v=OomVhSOYugU>

### **Feria de las Flores**

The Flower Fair is a massive traditional festive event that is held every year in the city of Medellín, Colombia.

This festival is the most emblematic celebration of the city, and is constituted in a root, cultural and historical icon, such as the Rio Carnival in Rio de Janeiro, the October Festival (Oktoberfest) in Bavaria, Germany, or also in Colombia the Manizales Fair, the Barranquilla Carnival, the Cali Fair or the Black and White Carnival in the city of San Juan de Pasto.





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The carnival atmosphere that Medellín lives during these days offers a wide diversity of events and shows, not all related to flowers, but the whole celebration bears that general name of "Flower Fair" since flowers are the main framework of the festivities, while offering the most striking and beautiful shows and scenes, also unique in the world.



Figure 72 Noticias Caracol

You cannot imagine how pretty is this parade. Here some videos that you might like:

[https://www.youtube.com/watch?v=QbbnFwzO\\_K4](https://www.youtube.com/watch?v=QbbnFwzO_K4)

<https://youtu.be/22wGbMcgis4>

## Other resources

**Culture Boxes:** Colombia culture box

<https://laili.unm.edu/info/k-12-educators/assets/documents/culture-boxes/colombia.pdf>

**Atlas, Colombia's Maps**

<http://atlas.ideam.gov.co/presentacion/>

**Documental Movie:** Colombia Magia Salvaje.

<https://www.youtube.com/watch?v=YfFe1H7On0Q>

**Portal Web:** Maguare

<https://maguare.gov.co/>

**Discovering the Colombian wild**

<https://www.colombia.co/en/colombia-travel/unique-places/los-katios-national-park/>

**Book Fogon Petronio: History, cooking, and more**

[https://petronio.cali.gov.co/wp-content/uploads/2019/11/FogonPetronio\\_VersionDigial.pdf](https://petronio.cali.gov.co/wp-content/uploads/2019/11/FogonPetronio_VersionDigial.pdf)

**More on Colombia:**

<https://www.colombia.com>

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