



My Culture

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Where my family and I are from

- St. Vincent and the Grenadines



- Was granted independence in 1979
- Has one main capital which is **Kingstown**
- Has 6 parishes that includes, Charlotte, St. David, St. Andrew, St. George, St. Patrick and Grenadines.
- Has a population of roughly 110, 210.
- According to “St. Vincent History & Culture”, St. Vincent culture was influenced by Amerindians, European, East Indian, British and West African culture.

Language

- **English**

- Vincentian Creole- a form of dialect in the country
- According to Verbal communication across culture, language is important because it give individuals a sense of identity and allows for social interaction; that is seen in St. Vincent through Vincentian creole. Once someone hears a Vincentian speak in that Vincentian creole they're going to automatically connect the dialect to the country.
- Along with this dialect as a form of communication in my country, we use hand gestures as well it communicate.



Traditions- Independence Day



After St. Vincent was granted Independence, an independence celebration was celebrated annually every year from October 27, 1979. Many people dress up in the colors of the flag and go to the Victoria Park to celebrate with songs, dances, marches and speeches. It was tradition and a cultural norm for my family and others to attend these independence celebrations every year to show a sense of identity and how proud they are of their country.



Traditional Dishes/Foods



Fried Breadfruit and Jackfish

- National dish of the country

Every independence year on St, Vincent's independence day, my family and I usually the national dish.

Bakes and Saltfish

Callaloo Soup

Religion

Spiritual Baptist



There are many different religions practiced in St. Vincent and the Grenadines such as Pentecostal, Anglican and more (Fraser et al, 2020). In my family, we practice Spiritual baptism. At first, this religion was banned from St. Vincent from 1912 to 1960s when people were now able to practice it (Fraser et al, 2020). This religion was practiced from my grandma who had her own spiritual baptist church and she instilled this religion in her children. Spiritual baptism is a branch of the Christianity religion that was created by enslaved Africans in the plantations. This religion is practiced through different Caribbean countries such as Trinidad, US Virgin Islands and more. Their outfits are usually headwraps and dresses or suits with aprons and sashes.

Culture- Celebrations

- **Vincy Mas**

- Carnival celebrations which expresses our culture through dancing and music from the end of June to the first week of July.
- According to “St. Vincent and the Grenadines Holidays and Festivals” Vincy mas consist of parades and pageants, and dancing and music at street parties

- **Nine mornings festivities**

- An annual event that celebrates Christmas for 9 days every December before Christmas
- According to “St. Vincent and the Grenadines Holidays and Festivals” Nine mornings “reflects an indigenous culture mixed with Christianity.”
- Consists of shows presenting different activities from dancing, singing and plays.



Culture- Sports

- **Cricket**



Soccer



Netball



All three of these sports are very popular sports that are played within the country. It is a cultural norm for someone to grow up playing one of these sports from a young age. Furthermore, our cricketers have represented us in the West Indies cricket tournaments and soccer has landed us in the Caribbean Cup and Gold cup competition (Fraser et al, 2020).

Culture- Historical Places

- **Fort Charlotte**



- This place was used to fight wars against the British and was used as a look out to see if any invaders were coming to attack the country. Now it holds artifacts from all over the country and has a woman prison there as well.

- **Botanical Garden**



- This garden was founded in 1765 where the first breadfruit plant was planted. Also, it is home to many different animals including the national bird. It holds up to many different kinds of plants and flowers that have been used as scents in perfumes we wear today!

- **La Soufriere Volcano**



- This Volcano is the only volcano in St. Vincent. It last erupted in 1979 and has remained dominant. Now people take the advantage of hiking the trail to the volcano to take in the view and nature surrounding it.

Culture- Music

- **Calypso and Soca**

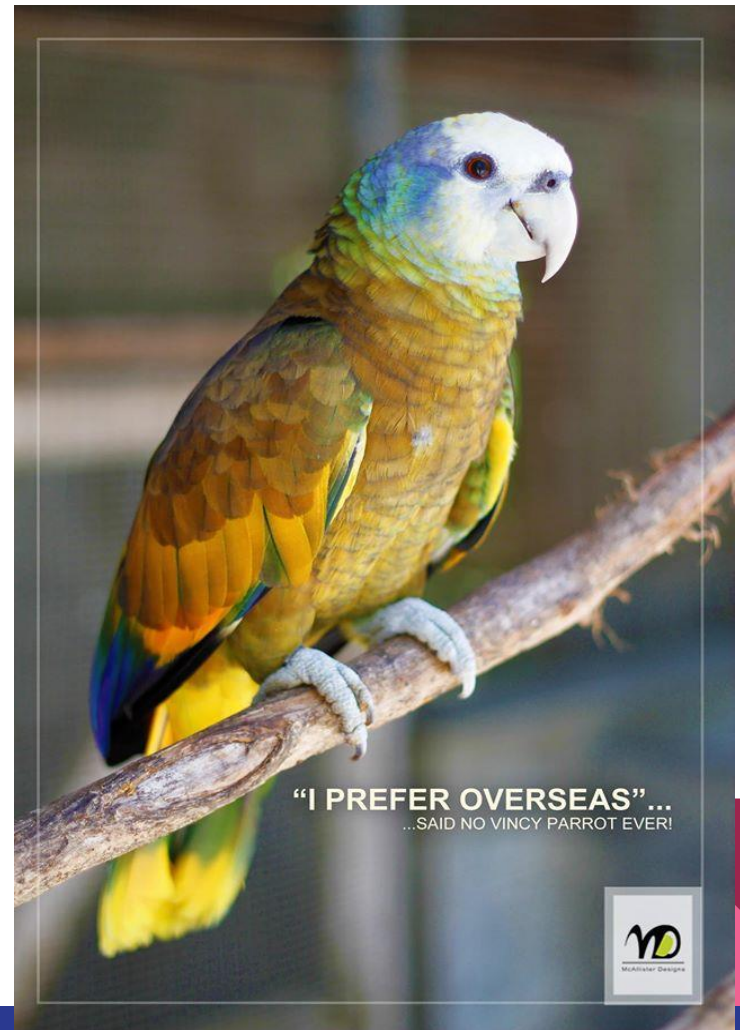
- First originated in Trinidad and Tobago, this two events were then adopted in St. Vincent. Calypso and Soca became the mainstream music in St. Vincent and Vincy Mas Carnival. The instruments used in Soca music of St. Vincent are a blend of “traditional calypso and Indian rhythmic instruments” (Fraser et al, 2020).



National Bird

- **National Bird of St. Vincent**

- This bird is called the Amazona Guildingi
- It has the colors of green, yellow and blue that is present in the national flag.



You said 32 Grenadine Islands? Oh yes I did!

- **Bequia**

- Many tourists come here to vacation and it is 30 minutes away from the mainland

- **Young Island**

- One of our many private islands that attracts many tourists and is literally 10 minutes away from the mainland



- **Mustique**

- One of the most popular private islands; attracts many celebrities from all over the world including the Royal Family



Grenadine Islands cont.- Tourism

- The country's 32 Grenadine Islands has been directly beneficial towards our economy as it brings in most of the country's money. Through the islands airports and boats, these factors contribute to the country's economy (Fraser et al, 2020). Every year, many tourist visit these islands to relax because the beautiful features that are present on these islands including clear blue waters, coral reef, golden sands, food and fun activities.



References

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