

Dominican Republic & Ghanaian Culture



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Dominican Culture



Foods



- **Sancocho** : A traditional dominican stew with different types of meats such as beef, chicken, and pork. It also includes starchy root veggies like potato and yucca. This dish is often made during special occasions and can be served with white rice on the side.
- **Mangú** : Mashed plantains that are first boiled then later on mashed with butter after it cools down. This is typically served for breakfast, lunch, & dinner.
- **La bandera**: Traditional dominican lunch it includes white rice, red kidney beans, chicken or beef. (w/ salad on the side)



Traditional Music & Dances

Most popular / Common :

- **Bachata** : A romantic and sensual dance originated in D.R and the dance consist of a three-step with a hip motion, followed by a tap including a hip movement on the 4th beat. For this particular dance lower body and hip movement is very important as well as timing and rhythm.
- **Merengue** : A fast two step dance, played with a drum called a tambora, a guitar, an accordion-like instrument known as a melodeon, and a güira – a metal instrument. Often known as the national dance of D.R this dance can range from moderately fast to very fast.



Bachata dance video

<https://youtu.be/jE3pmB6cKOU>

Transportation

- **Motoconchos:** motorcycle taxis that tend to be more cheaper than regular taxis and easier to find. This is ideal for passengers that are brave because this taxi service does not provide helmets or any safety gear.
- **Guaguas:** private owned mini vans, travel scheduled routes on a daily basis. This form of transportation is safer than motoconchos taxis.
- **Carro Publicos:** public taxis in D.R that can stop anywhere the passenger wants to get off as long as it is along their designated route. Their routes fall between cities, towns, and villages.



Popular Sports

- **Baseball** : This sport is known as “pelota” and is the national sport of D.R. This country has amazing major league players, which many of them play in professional baseball in the USA. This sport is taught to Dominican kids at a very young age and sometimes it is taught by their fathers, uncles, and family friends.
- **Soccer** : This sport is probably the second most popular in D.R right after baseball. Soccer is known as “fútbol” and this sport was introduced to D.R by the Spaniards.

Gary Sánchez



Robinson Canó



Religion & Superstitions

- About 95% of the population in D.R is Roman Catholic
- The other religious groups include Atheism, Islam, Judaism and Eastern religions among others.
- Superstitions : Never work with wet cement after 4 PM or you will get the infamous “gripe”/ flu. Do not go to a wedding dressed in black this gives bad luck to the couple.



Ghanaian Culture.



Ghanaian Foods.



- There are many varieties of foods Ghanaians eat. Some foods are made by certain tribes and that sometimes determine the part of the country one comes from. For example: People from the Greater Accra region eat kenkey or banku and tilapia.
- The most popular foods are Jollof, Waakye, Banku and tilapia, and red- red (beans with Fried plantains.)
- FuFu is the national dish of the country.
- In the morning, most Ghanaians like to eat rice porridge (locally called rice water) or kooko (fermented maize porridge) with koose/ akara or maasa (rice, ripe plantain and maize meal fritters).



Music and Dance.

- In the Ghanaian music industry, there are many genres of music like hip-life, high-life, dancehall, gospel and Afrobeats.
- Most artistes make music in the genres of dancehall, Afrobeats and Gospel.
- The popular dance Ghanaians are known by is that of the **Azonto**. **Azonto** is a dance that involves the movement of the hands, legs, hips and the bending of the knee.
- There are also traditional dances like Adowa, Kpanlogo, Agbadza, kete and others which are danced by certain tribes in the country.



Ghanaian music and Azonto Dance.

Azonto Dance: <https://youtu.be/M8LGtRk7MEQ>

Music: <https://youtu.be/IHjV0kzFKG8>

Transportation.

- The main public transportations used by Ghanaians are **Taxis, Troto (vans), and Buses.**
- These form of transportations can be chartered or shared, depending on one's preference. Prices are also negotiable, especially when traveling long distances.
- **Troto** are passenger vehicles that work the same way as shared taxis though they have fixed routes and set fares. They are cheap, but far less comfortable than regular taxis.



Popular Sports.

- **Football / Soccer** is the popular and main sport in Ghana. Ghanaians go out of their way to show their support when the national team (the Black Stars) are playing against another country.
- **Basketball and Boxing** are also sports ghanaians involve in but it is not a nation-wide sport. It is only played in some communities.



Religion & Superstitions.

- Christianity is the largest religion in Ghana, making approximately 71% of Ghana's population.
- About one-fifth of the country's population are Muslims, and a small segment adheres to the traditional indigenous religions of worshipping gods.
- **Superstitions:** When two people say the same thing at the same time, someone is gossiping about them.

Whistling at night attracts evil spirits and ghosts.

An itchy palm means money is coming your way soon.

