



My Cross- Cultural Experiences Guyana & U.S

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Background On Guyana

- ❖ Guyana is a country that is located in South America.
- ❖ In South America, Guyana is the only English speaking country.
- ❖ Guyana was discovered by the Europeans in 1498.
- ❖ The capital of Guyana is Georgetown.
- ❖ Some major sports in Guyana is cricket and football.
- ❖ There's a waterfall called Kaieteur Falls which is the world's largest single drop waterfall.





Guyana Flag Also Known as the GOLDEN ARROW

- **The color red symbolizes the enthusiasm and energetic nature of the country that the new and independent Guyana experiences.**
- **The color green represents the forest and the agriculture of Guyana.**
- **The color gold represents Guyana's mineral wealth.**
- **The color white represents the river and waters in Guyana.**
- **The color black represents the Guyanese people's perseverance in pushing forward.**
- **The Guyana Flag started to be reconginzed as the Golden Arrow on May 26th, 1966, which is also Guyana's Independence Day.**

Guyana Dishes

There are numerous tasty foods prepared by the people of Guyana, but these are only a couple.

~ Guyana's inhabitants love cooking a broad range of curries, including chicken, duck, fish, lamb, and chicken.

~Curry is made with curry powder, which is created up of a variety of herbs and spices; you could put any type of meat or veggie you might like.

~This dish call Metemgee was introduce to Guyana from enslaved African and it is made with dumpling that is created with cornflower, yams, plantains, eddo's root and cassava that is cooked in coconut milk and flavored with grated coconut.

~Roti is another dish that is cooked on a flat pan called a tawa. The ingredients you use to make it are flour, oil, water, and baking powder and people would eat this with any type of curry.

~Pepperpot is a Guyana-style dish with Amerindian origins. It's often served during Christmas and other special occasions. Pepperpot is one of Guyana's national dishes,





Guyana Traditions

~Guyana's Independence Day is honored with a variety of activities and events hosted around the country. They prepare Guyana style food, host an arts and music festival, perform Caribbean entertainment, host fashion displays, and organize family activities. Most importantly, everyone gathers together and performs a flag-raising ceremony and have fire-work displays.



~ Since 1970 and every year after that Guyana holds a festival called Mashramani which includes dancing, playing music, games, competition, parades and interact with one another.

~For Christmas in Guyana, everyone goes all out with a bunch of lights. Families gather together on Christmas Eve and stay up late to celebrate. They receive gifts together on Christmas morning and prepare pepper pot and other Guyanese dishes.

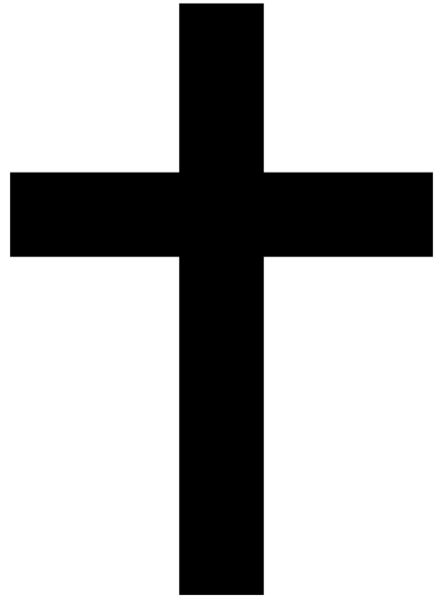
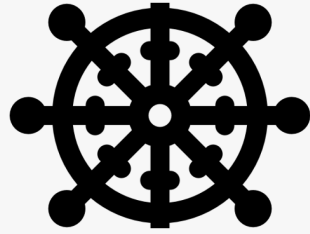


Guyana's Music

Shanto is a type of Guyanese music connected to both calypso and mento that gained fame in early popular music due to its use in Guyanese musical theater acts; songs are interesting and cheerful, and are typically followed by a guitar. They also other genres such as Chutney, Soca, Dancehall, Reggae and Bollywood. Music is important to the people of Guyana because that's how they start the parties and celebrations.



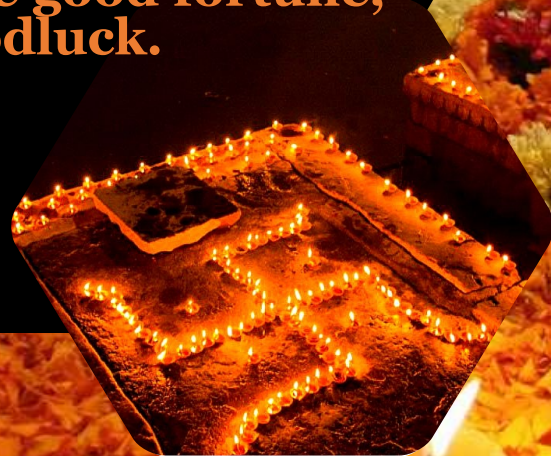
Guyana's Religion



There are various religions in the world, but in Guyana, the three most important are Hinduism, Islam, and Christianity. As a Hindu, we celebrate holiday's every year such as Diwali and Phagwa or Holi. Diwali is a celebration of lights, perhaps one of the most important Hindu festivals which falls on November 4th. By celebrating Diwali, we decorate the house with lights, we do fireworks, make sweets to share and light up Diya's. Another Hindu celebration we have is Phagwa which is full with colorful powder. We celebrate Phagwa because it honors the success of goodness over evil, as well as a healthy harvest and health.

Religion Symbol

My religion is Hinduism as I mentioned before. This symbol shown in image is known as the "AUM" or "OM" symbol which is one of the most important Hindu sign. The meaning of Aum is defined as "World" and "Pure Realities". There are other symbols in Hinduism such as Swastika. Swastika symbolize good fortune, prosperity and goodluck.

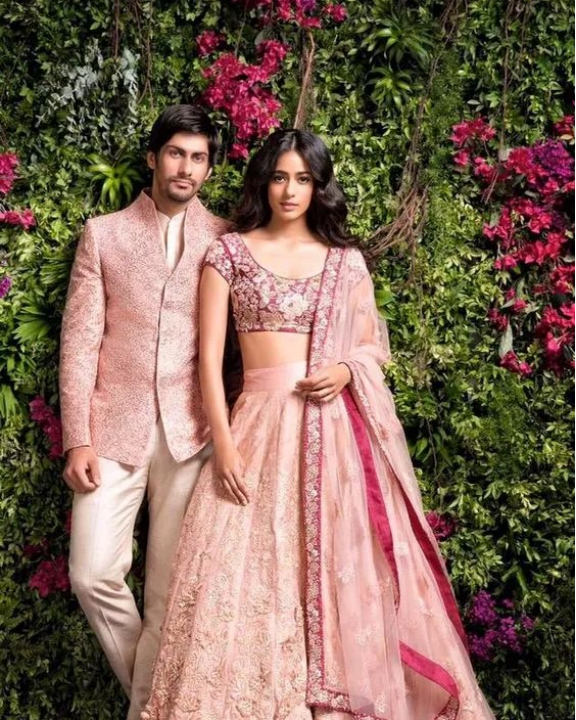


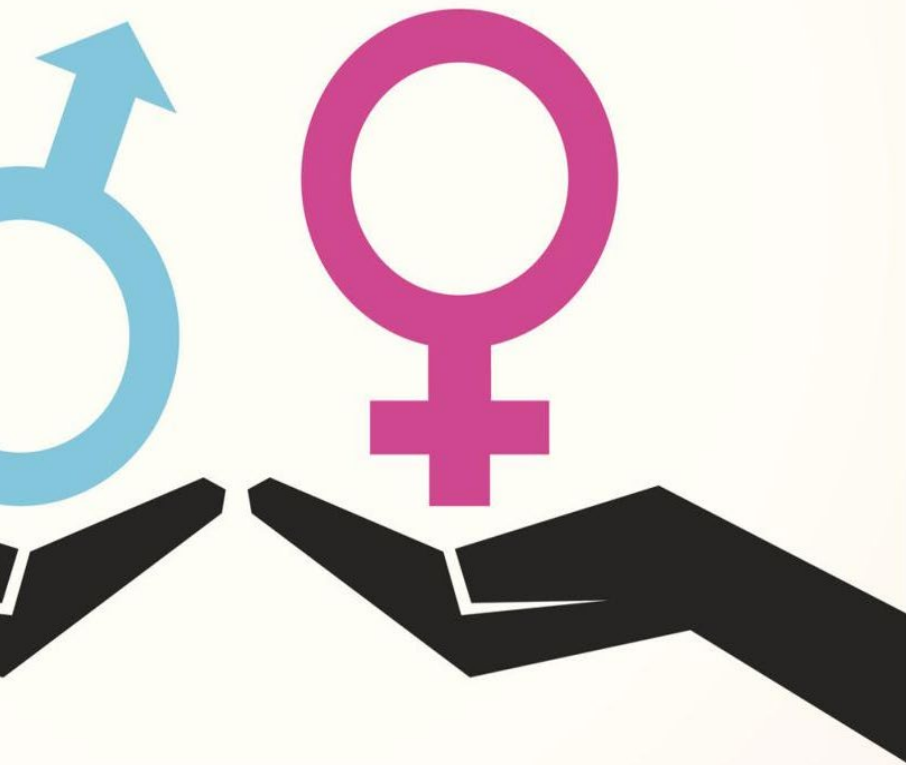


Guyana Tradition Clothing

On a daily basis, people in Guyana usually wears regular clothes like pants, skirts, shirts and more. However, when celebretaing hindu holidays women wear clothing called Saree or Lehenga. For the men, they wear clothing called kurta but when a groom gets married they have to wear a sehra to cover their face which is wore to protect them from evil eye. These imagines are some examples of what men and women wear.

These beautiful clothing are usually wore for Diwali, weddings, and sometimes Phagwa. Most of the time people wear white for Phawga because their clothes are going to be full with colorful power or sometimes they wear regular clothes because it gets dirty.





Guyana Gender Roles & Norms

In Guyana, some norms are to graduate and finish your education. After doing that, men specifically have to get a job and work to support their family. However, for females they have to stay at home and take care of their kids if they had any. If not, they would still have to stay home and do house chores such as washing dishes, doing laundry, yard work and prepare meals throughout the day. When men come home, they would have to take care of the farm if they had any animals. In Guyana, when couples get married they are supposed to get married to the opposite gender. Dating or marrying the same gender was never really accepted, and if you did then you would be a "disgrace" to the family as they say. In addition, if you come from an Hindu family (the bride or groom) you have to carry on the tradition and do the Hindu ceremony. For a Hindu wedding, both families for the bride and groom join together to celebrate.

Non- Verbal And Verbal Communcations

In my culture, when entering a church and greeting people we say, “Namaste” or sometimes people say “sita ram”. When saying either one, they use both hands and close it together in front their chest. Sometimes they just wave as saying hi especially now due to covid. In addition, when having a conversation you are supposed to use eye contact with the other individual to show that you are listening. To add on, when having a conversation we try to avoid touching one another unless it is family or the same gender. Furthermore, when children greet elders or older individuals they would touch their feet. Others from another culture might see that and question it and feel weird about it. However, in my culture touching an elders feet is a way of showing our respect to them and seeking their blessings. In my culture, they also have hand movements, gestures and body movements that could represent negativity to others. For example, something rude that we do avoid and don't do is pointing fingers at someone because it's not only disrespectful but it's also saying that you're blaming someone. Moreover, when you are sitting in a temple and praying and you show facial expressions that reveal that you are bored or like you don't want to be there, it shows rudeness. With that being said, your body posture could also tell that you are bored and also shows disrespect because being in a temple is where you should give your attention and prayers to god.



America

America is different compared to Guyana in many ways. To begin with, America is a diversified country, whereas Guyana contains indo-guyanese, chinese-guyanese, afro-guyanese, and a few more ethnic groups. Futhermore, as mentioned before Guyana has specific roles for both men and females but in America there isn't a role that's assigned to either one. Both genders could do house chore ot take care of the kids. When it comes to marriage, unlike Guyana you could marry the same sex. Nobody would judge you or tell you anything because in America it is accepted. To add on, due to how diverse America is, they wear normal clothing but they also have a lot of Guyanese people that are located there as well. Sometimes you will see people decorate their houses on Diwali, playing phagwa, and even have parades for it. On the other hand, both country's want their kids to graduate and succeed in their chosen profession. Overall, both America and Guyana have it's differences but also share similarites.

My Cross- Culture (Travels)



Jamaica

Guyana and Jamaica have their differences, but they also have a lot in common. Some things they have in common is the way they celebrate. They have festivals, big parades, carnival's with loud music, everyone reuniting to celebrate, drink and dance with beautiful clothing called Mas carnival costumes. When they celebrate their holidays, they make their tradition food; some of the meals are similar but some food like beef patty isn't cooked for Guyana events be their people don't eat beef. When I visit Jamacia, it was a little difficult to understand exactly what they were saying but as days went by and be around their environment I got adjusted to it. Obviously I didn't pick up everything the people said but I knew how to say certain words in their accent which was so interesting to me to actually learn how another culture communicates in. What I notice was that, the people I seen when visiting that market was wearing regular clothing such as jeans, shirts..etc. However, some of the women were wearing a quadrille dress. In Guyana, women didn't wear that and they had an accent but it wasn't the same as

Jamaican's



Mexico

Mexico and Guyana have certain similar elements as well as significant differences. When I visited Mexico, everyone spoke Spanish, which is difficult to comprehend, in contrast to Guyana, which has no language. Women wore lovely colored cultural garments called huipil and quechquémitl for Mexican celebrations such as Cinco de mayo and their independence day. The men wears clothing known as charro suit, sombrero, and sarape for Mexican traditions. When I visited Mexico, I discovered a variety of traditional Mexican dishes that were unique from those prepared in Guyana. It was intriguing to experiment with new foods and substances.



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