

A taste of Scotland...

Culture of Scotland

The culture of Scotland is varied. First, there is the kilt, a traditional apparel worn by men in the Highlands, who wear them like others wear pants. The kilt is a pleated wrap woolen skirt colored with tartan patterns. Although the kilt is most often worn on formal occasions or during traditional events such as the Highland Games, recently it has been adopted as part of casual male dress. The kilt is accompanied of the sporran, which is made of leather, and which serves as pocket. Men who wear the kilt, don't wear underwear, because it is tradition not to. When we ask the Scottish what they wear under their kilt, they answer:

"The future of Scotland!" The national anthem is called "Flower of Scotland". It was written by Roy Williamson in 1967. It talks about hilly landscapes and rivalry. Scotland is not just famous for the kilt, but also for their tales and legends. There is a legend that says a monster lives in the Loch Ness. An other legend, that of

Each-Uisge speaks of an imaginary horse which lives in the sea and the lochs. It is reputed dangerous, because it seduces humans, then it overlaps them, and drowns them and eats them.

Loch Ness Monster

The Loch Ness Monster's nickname is Nessie, it would look like a sea snake. It lives in Loch Ness, a lake in the Highlands. It was seen for the first time in 1930. There are lots of legends about aquatic monsters, they are called "kelpie", Nessie is one of them. Before, parents didn't want their children to swim in the lake, because they were scared that the monsters would attack them. People still try

to see the monster. In 2007, someone filmed a movement under the water. In 2011, a navigator took a very good and clear picture of the creature. A kind monster, such as this one, has been seen in other countries, like China, or in Africa and America. Many other pictures and videos have been taken, however the monster's existence has not been proven to this day.



Highlands Games

Highland Games are events held throughout the year in Scotland and other countries as a way of celebrating Scottish and Celtic culture and heritage. Certain aspects of the games are so well known as to have become emblematic of Scotland, such as the bagpipes, the kilt and the heavy events, especially the caber toss. While centred on competitions in drumming, dancing and Scottish heavy athletics, the games also include entertainment and exhibits related to other aspects of Scottish and Gaelic culture. Nowadays Highland Games events include a wide variety of other activities. For example, ar-

mouries will display their collections of swords and armours and often perform battles and a herding dog trial is often organized. Various traditional and modern Celtic arts are displayed. And there are traditional Scottish refreshments. Visitors can find out information about Scottish roots.

The Cowal Highland Gathering, better known as the Cowal Games, held in Dunoon, in Scotland, every August, is the largest Highland Games gathering in the world, attracting around 3,500 competitors and 23,000 spectators from around the world.



Scottish food

In Scotland, the Scottish have a special diet, which is typical to their country. The meals are mostly made of meat or fish. The traditional meal in Scotland is "Haggis." It's a pudding containing sheep's offal (heart, liver and lungs), minced with onion, oatmeal, suet, spices, and salt. The resulting mixture is traditionally boiled in the animal's stomach for approximately three hours. "Haggis" is traditionally preserved with neeps and tatties (mashed turnips and mashed potatoes), and accompanied by a dram (a glass of Scotch whisky). Whisky is also an important aspect of Scottish traditions. The

first trace of whisky in Scotland dates back to 1494. There are several types of whisky. The "Pure Malt", the "Blended" and "Single Malt". They are made from fermented barley or with different cereals. Oban, Lagavulin or Macallan are some of the famous names, among the prestigious "Single Malts." These alcohols are made from distilleries, which are numerous in Scotland. 90 distilleries are preserved with neeps and present in the Lowlands, the Highlands, the Speyside, Campbeltown and the islands and Islay.