



Lifelong Learning Programme
Grundtvig



Education and Culture DG

Grundtvig Senior Volunteering Project "Frankfurt and Krakow invite seniors" August 1, 2012 – July 31, 2014

The Fullness-of-Life Academy Association Krakow, Poland



Newsletter 1/2013

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The Fullness-of-Life Academy is an association acting in support of middle-aged and elderly people. Our goal is to improve the quality of their life by creating a wide range of educational opportunities and arranging their free time. We are a non-profit organization established in 2002.

We put special emphasis on giving seniors access to modern computer technology and the achievements of contemporary science and culture.

We organize computer courses, language courses, lectures, seminars on literature and the art of memory, discussion groups, club meetings, hobby groups and whatever else might interest our members and sympathizers. We take part in the local and international educational projects for seniors.

We aim to change the negative stereotypes concerning the position and role of elderly people in society, as well as changing their own attitude towards maturity and age. We focus on different aspects of how to improve the functioning of the elderly citizen.

Our publications in 2005:





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Easter in Poland



Before Lent and Ash Wednesday every year we celebrate the last Thursday of Carnival by eating doughnuts or fried cakes "faworki". This tradition has German roots. About 600 years ago it was named "comber" and it was a big street celebration with fatty dishes and beer. After many changes in the 18th century we started celebrating the last Thursday of Carnival, and we eat a lot of sweets, biscuits. Now we have to eat at least 1 doughnut because it determines our luck and success. Next Wednesday is Ash Wednesday and it is the first day of long Lent.

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WAITING FOR EASTER



After the 40-day Lent on Easter Saturday a basket full of food- which is known as a blessing basket- is taken to the priest in church.

In the basket there is a figurine of lamb made from sugar which is the symbol of Christ, colored eggs which stand for the resurrection, bread and salt /bread means hard work and salt protects from rotting /ham and sausages symbolize bounty and fertility and horseradish which is the symbol of Christ's suffering and death. This basket must be decorated with a white tablecloth and a little green twig.





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On Easter Sunday families share a blessed egg which is cut into small pieces and eaten. Then people eat roast ham, veal, boiled pork, eggs and beetroot, horseradish and a special soup – white borsch with white sausages. Some people drink honey vodka, too.

Easter is a big occasion for a good cake bake: a typical cake is a sweet yeasted cake often flavored with lemons, oranges, almonds, walnuts, figs, poppy seeds.



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Next day is Easter Monday. From early morning everybody has to pour water or perfume on other people and young people like this custom the most.



All these customs apply to the whole country but we have specific traditions in our region Malopolska with our capital Krakow.

Malopolska has its own specific Easter traditions.



In Krakow holiday atmosphere begins already in the middle of March. Easter fairs take place in the Main Market square and in Wolnica square near the Ethnographic Museum. You can buy there different fair delicacies, e.g. many types of cakes.

On Good Friday and Saturday Krakow has still maintained the tradition of visiting seven graves in churches to commemorate seven sentences that Jesus spoke on the Cross.





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On Easter Monday there is the traditional **Emaus** - a church fete in Krakow quarter Zwierzyniec.

The tradition of walking along the Vistula banks refers to Jesus' walk to a little town, Emaus, after the Resurrection. Along the route there are many stalls, shooting galleries, carousels for children and raffles.



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Also on Ester Monday there is a tradition called “**Siuda Baba**” in Wieliczka (a little town well-known for its salt mine) close to Krakow. Men and women in disguise of beggars with rosaries made of potatoes lurk for passers-by near churches. Soiled, they give passers-by a hug and demand donations. This tradition refers to spring pagan customs.





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HAPPY EASTER!



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