**Christmas in Estonia**

TIMMU: Hello! My name is Timmu but you can call me Tim.

HELENA: Hello! My name is Helena-Liis but you can call me Helena.

TIMMU: We come from Estonia, it is a small country in the North-East of Europe, south of

Finland and west of Russia, on the coast of the Baltic sea.

Estonia is twice the size of Wales.

HELENA: Christmas is celebrated with Christmas traditions and Christmas food. Christmas

food is often home-made and home-cooked. We have lots of traditional food like sauerkraut, black pudding, brawn (which is meat jelly), and potatoes. We also eat seasonal food like lingonberry jam and home-made gingerbread.

TIMMU: Lots of cooking traditions are passed from grandmothers to their daughters and

granddaughters. We still make sauerkraut and blood sausages at home. We have secret recipes for sauces and families have their specialities. Every family makes their gingerbread and salads. My favourite Christmas food is ....................................... and ........................................

HELENA: My favourite Christmas food is ....................................... and ..................................

TIMMU: Christmas traditions include a clean-up day on the 21st of December, preparations

on the 22nd and 23rd.

HELENA: Curiously enough, the most important day is the 24th when we go to the church, here you can see our local church at Häädemeeste. We light candles to celebrate the beginning of Christmas.

TIMMU: Most families get a Christmas tree – a natural one – or a bunch of spruce twigs. Our

national decorations are made of straws.

HELENA: You can buy a Christmas tree by your mobile phone and just go to the state-owned forest to get it.

TIMMU: People also go to the cemetery to light candles and just spend a few minutes with

their ancestors. Graveyards are very impressive at Christmas.

HELENA: Father Christmas brings the presents on the evening of the 24th.

TIMMU: Christmas means lots of eating and drinking, so after Christmas we go to sauna and

enjoy winter sports.

TIMMU/HELENA: Last not least: I’m not dreaming of white Christmas

TIMMU/HELENA: THANK YOU FOR LISTENING!