

Hallo Trio Österreich!



Page 22–23 Austria

Page 26–27 Iraq

Page 28–29 Syria

Page 30–31 Afghanistan

Page 32 Be safe on your bike

Page 35 Ten important rules for swimming

English

Austria

PAGE 22

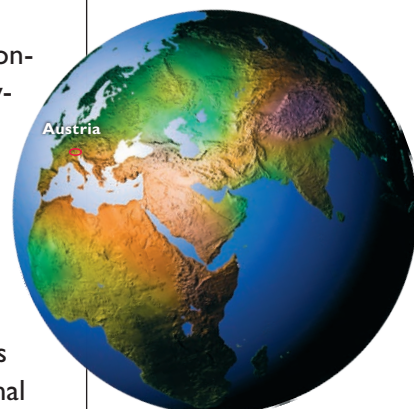
Austria is in the middle of Europe and is part of the European Union. It consists of nine federal provinces. Here, there are lots of mountains, forests, rivers and lakes. Many mountains are so high that there is also snow on them in the summer. The largest lake is Lake Neusiedl in Burgenland.

Cuisine of many peoples

Austria was an empire until 1918. It extended from Italy to Hungary and from the Czech Republic to Bosnia. Even afterwards, people regularly moved to Austria from other countries. That is why Austrian cuisine has remained a „multi-ethnic cuisine“ to this very day. Many present-day national dishes do not even originate from Austria: strudel comes from Turkey. We copied „Salzburger Nockerl“ (a typical Salzburg dessert) from the French. And pancakes come from Hungary.

Land of music

Wolfgang Amadeus Mozart is the most well-known Austrian composer. He wrote the „Zauberflöte“ („The Magic Flute“) and the „Kleine Nachtmusik“ („A Little Serenade“). His face can be seen on the „Mozartkugeln“ that are filled with chocolate and marzipan.



Area: 83.879 km²
Population: 8,699.713
Capital: Vienna
Official language: German
Currency: Euro
Time zone: +1

Land of books

PAGE 23

She has already written more than 100 books – and almost all of them for you: Christine Nöstlinger is the most well-known author of children's and young adults' books in Austria. Are her „stories of Franz“ and „Mini“ also in your school library? Christine Nöstlinger's fictional characters are children who do not put up with anything. They fight back against suppression and injustice.

Brightly coloured house & public holiday

Vienna is the capital of Austria. The „Wiener Prater“ is the oldest amusement park in the world and Schönbrunn Zoo in Vienna is the world's oldest zoo. The „HundertwasserHaus“ is a residential building. It does not have a single wall that is straight. It is brightly coloured, round and crooked. On 26 October, Austrians celebrate their national holiday. On this day in 1955, Austria declared its permanent neutrality. This means that the country may not start or become involved in any war. Schools are closed on 26 October.



“Palatschinken” (Pancakes) (ingredients for 4 persons)

- 200g of flour
- 2 eggs
- approx. 1/2 l of milk
- a pinch of salt (1/2 teaspoon)
- oil or butter
- pan (ideally coated)
- For the filling: jam, Nutella ...

Preparation

1. Mix milk, flour, salt and eggs with the blender or whisk. This produces a thick mixture. If it is too runny: more flour! If it is too thick: more milk!
2. Leave the mixture to stand for 30 minutes.
3. Heat a spoonful of oil or butter in a pan and spread over the pan.
4. Pour a ladle full of mixture into the pan. Turn the pan so that the mixture spreads.
5. Wait until the mixture is firm on the top side. Then turn the pancake with a spatula and cook for another minute.
6. Make pancakes until the mixture has been used up.
7. Spread the pancakes with jam or Nutella and roll up.

Iraq

PAGE 26

Cuisine

Iraqis eat a lot of cereals. Kubba (made of bulgur and meat), Harissa (a cereal porridge) and Kashki (a cereal porridge with meat, dried lime, cumin and tomato juice) are particularly good. Meat, especially lamb, is also eaten a lot. Grilled lamb on the skewer is called Tikka.

Iraq, formerly called Mesopotamia, is situated on the edge of the Arabian peninsula. It borders Kuwait, Saudi Arabia, Jordan, Syria, Turkey, Iran and the Persian Gulf. Its capital is Baghdad. More people live in Baghdad and the surrounding area than in all of Austria.

Euphrates and Tigris

Iraq is a desert country with high mountains. It is crossed by two great rivers, the Euphrates and the Tigris. That is why Iraq is also called Mesopotamia, or "land between rivers". Dates, wheat and barley grow on the river banks. In the summer, temperatures climb to over 50 degrees, whereas in the winter the weather is cold and frosty.

Oil and grain

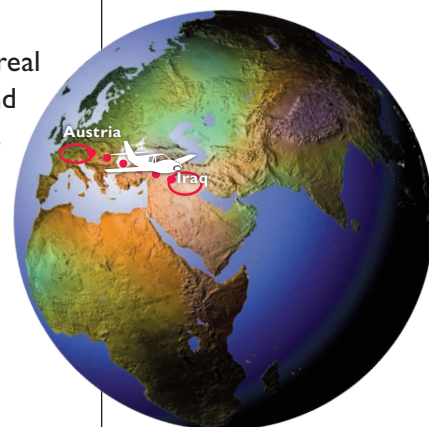
PAGE 27

Almost 50% of Iraqis work on farms. They grow wheat, barley and rice. Iraq is a rich country because it has the world's second-largest oil reserves. The oil is sold, but the population has little benefit from it. The government has waged three long wars. Iraq's enemies have destroyed many buildings. That is why most Iraqis are poor.

People and language

Arabic is spoken at school and at administrative authorities. Many young people live in Iraq. Almost every other Iraqi is under the age of 15. In Austria, only one in seven is under 15. All children under the age of 12 have to go to school. Austrians go to school until they are 15. But the war in Iraq has destroyed many schools. That is why only three out of four Iraqi children can go to school.

The flight from Vienna to Iraq takes four hours. How far away is your parents' place of birth?



Area: 434,128km² (5 times as big as Austria)

Population: 28,946,000

Capital: Baghdad

Official language: Arabic, Kurdish

Official language: Turkish, Azerbaijani, Aramaic

Currency: Iraqi dinar

Time zone: +3 h

Tatchina (Iraqi dish) (ingredients for 4 persons)

- 500g of lamb meat
- 300g of rice
- 2 small onions
- 70g of almonds,
- peeled, halved
- 50g of raisins
- 1/2 dessert spoons of curry powder
- Pepper, salt
- Sunflower oil

Preparation

1. Boil rice in salt water until cooked.
2. Finely chop onions, fry in oil, remove.
3. Cut lamb meat into small cubes, sear but do not fry through, remove.
4. Fry raisins and almonds.
5. Add onions and lamb meat again.
6. Season with curry, salt and pepper.
7. Mix with the rice and allow to cook for 15 minutes on a low heat.
8. If the Tatchina is too dry, add hot vegetable soup.
9. Serve with green salad.



Syria

PAGE 28

Palmyra

Palmyra is a very old city in Syria. It was first settled 9000 years ago. Temples from this time are still standing today. In the beginning, Palmyra was used as an oasis and place of rest, later also as an important trading centre. The ancient city was closed to tourists due to the war.

Syria (officially Arabic Republic of Syria) is located in the Middle East, in Asia. Neighbouring countries are Turkey, Iraq, Jordan, Israel and Lebanon. The capital Damascus is one of the world's oldest cities. The largest cities are Damascus, Aleppo, Homs, Latakia and Hama. It is dry and hot; it only rains frequently in the mountains.

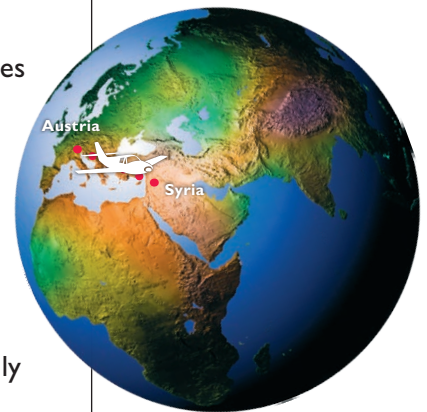
Bazaars

These large, magnificent markets are called "souks". The air is full of the fragrance of spices; this is where purchases are made and trading is done. The goldsmiths have their own bazaar in Damascus. Fabrics, herbs and spices are popular goods at the bazaar. Today, the famous bazaar in Aleppo has also largely been destroyed by the war.

Dispute about water

The great river, the Euphrates, flows in the north. The farmers irrigate their fields with its water. The famous Damascene Rose, a particularly fragrant type

It takes four hours to fly from Vienna to Syria. Who has flown before and where to?



Area: 185,180 km² (3 times as big as Austria)

Population: 20,960,588 (of whom more than 4 million have fled abroad)

Capital: Damascus

Official language: Arabic

Official language: Syrian, Western Armenian, Kurdish

Currency: Syrian lira

Time zone: +2h

PAGE 29

of rose, also needs water to flourish. The Euphrates comes from Turkey to Syria. Turkey built large dams. With their help, it channels off huge volumes of water from the Euphrates. This means that less water arrives in Syria. And almost nothing remains for Iraq, the next country on the Euphrates' path.

War in Syria

Today, there is a civil war waging in Syria. More than 250,000 people have died. It is particularly bad for children in disputed areas. Many live on the street. Nobody can help them if they are sick or injured. People are fleeing from Syria every day; to date, more than four million have fled. Half of the refugees are under the age of 17. More than half of all refugees live in Turkey. Many try to flee to Europe via the Mediterranean.

Hummus (starter for 4 persons)

- 250g of dried chick peas
- 8 dessert spoons of olive oil
- 3 cloves of garlic
- 4 dessert spoons of lemon juice
- 4 dessert spoons of sesame paste (tahina)
- Paprika powder
- Cayenne pepper
- Salt

Preparation

1. Soak the chick peas in three times as much water the day before.
2. Leave the chick peas to stand overnight.
3. The next day, cook the chick peas until they are soft. Keep the water!
4. Drain off the water used for cooking, but do not pour away!
5. Purée the soft chick peas with a hand blender and mix with olive oil, the pressed cloves of garlic, lemon juice, sesame paste and the seasoning.
6. The paste should be smooth, but not too solid. If the mixture is too thick, add some of the water used for cooking or also some olive oil.



Afghanistan

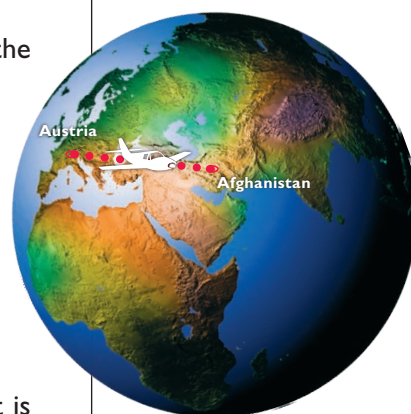
PAGE 30

Afghanistan is located in Asia and is almost eight times as big as Austria. It is one of the poorest countries in the world. There has been no peace in the country for over 30 years. Between 1995 and 2001, it was ruled by the Taliban. Under the Taliban, Afghans had to live according to strict rules. Men had to have beards and women had to wear a burqa, which covers the whole body, leaving only a narrow gap for the eyes. Girls were not allowed to go to school. Music, sport and television were prohibited. The Taliban were driven out in 2001. But there are still battles and terrorist attacks.

Land mines

Land mines are dangerous remnants from the war. People step on these small

It takes six hours to fly from Vienna to Afghanistan.



Area: 652,864km² (8 times as big as Austria)
Population: 29,800,000 (of whom more than 4 million have fled abroad)
Capital: Kabul
Official language: Dari, Pashto
Official language: Uzbek, Turkmen, Beluchi, Paschai
Currency: Afghani
Time zone: +4 1/2

bombs and lose their legs or arms. The Red Cross runs hospitals where artificial arms and legs are made.

Do not show your feet!

PAGE 31

Outside of the cities, most Afghans live in tribes. There are almost 200 different tribes. The largest are the Pashtuns. Forty-nine languages and 200 dialects are spoken in Afghanistan. It is deemed to be an insult to show the soles of your feet. There are no guest rooms. When guests come to visit, they share the room with the family. In Afghanistan people embrace each other as a greeting.

Land of mountains

A large part of Afghanistan consists of mountains. The highest is the Hindu Kush (up to 7,500 metres). The winters are very cold and the summers are very hot. The 1284-kilometre Karakorum Highway runs through the Hindu Kush. It links China, Afghanistan and Pakistan.

Pakaure (fried potatoes in batter)

- 4 large potatoes
- 150g of flour
- 1/2 teaspoon of baking powder
- 1/2 teaspoon of curry powder
- 1/2 teaspoon of coriander powder
- 1 clove of garlic
- 1/2 l lukewarm water
- Salt, pepper (freshly ground)
- 1/2 teaspoon of cayenne pepper (careful, hot!)
- Oil for frying

Preparation

1. Place flour, baking powder, curry powder, coriander and garlic in a large bowl. Mix with the blender and gradually add water until the mixture is runny (without lumps!). If the mixture is too watery, add more flour. Season with salt, pepper and cayenne pepper (careful, hot!). Allow to stand for half an hour.
2. Peel and wash the potatoes and cut into very thin slices.
3. Add oil to a pot or deep-fat fryer and heat. Dip each of the potato slices into the mixture and then fry in the oil until golden brown. Place the fried potatoes on kitchen paper so that the oil drips off. Serve with yoghurt as a dip.



Be safe on your bike

PAGE 32

The voluntary cycling test

Dany, I saw you today,” says the teacher. “Your dad brought you to school.”
“He does that every day,” says Dany. “He drops me off on his way to work. I get out at the school gate.”

Julia puts her hand up: “My mum also brings me to school. But I can already ride a bike. I would prefer to come to school by bike. But I am not yet allowed to. I am only ten.”

“That’s right,” says the teacher. “You are only allowed to ride a bike on your own when you are 12. But many children are already allowed to ride a bike earlier!”

“Why?” asks Julia. “How is that possible?”

“There is a written and a practical test. If you pass it, you can also ride a bike on your own when you are ten.”

“Is it a difficult test?” asks Dany.

“You have to answer questions about cycling and about traffic. And you have to show that you can ride a bike. For that, the police seals off the road. Many fourth grade classes do this test. If you want, I will register you with the Youth Red Cross for the test.”

“Yes!” says Julia, delighted. “Then I can at last travel to school on my own by bike!”

Voluntary cycling test

When they start school, children are out and about in road traffic on their own. When preparing for the voluntary cycling test, children between the ages of 10 and 12 learn how they can ride safely on the road and what rights and obligations they have as a cyclist.

www.jugendrotkreuz.at/rad



Ten important rules for swimming

PAGE 35

- Only go swimming when you are healthy.
- You can read on the signs what is permitted in the swimming pool, and what is prohibited.
- Only go into the water when you have cooled yourself off, for instance, by showering.
- If you feel cold, you should leave the water straight away.
- You should not go swimming or diving if your ears hurt, or if you have injuries to your ears.
- Wait for an hour after a meal before you go back into the water.
- Protect yourself from the sun with sunscreen, a cap and a T-shirt.
- Do not be persuaded to do things that you are not good at or that you are scared of doing.
- Only jump into the water where this is allowed.
- Be careful in an adventure pool.

