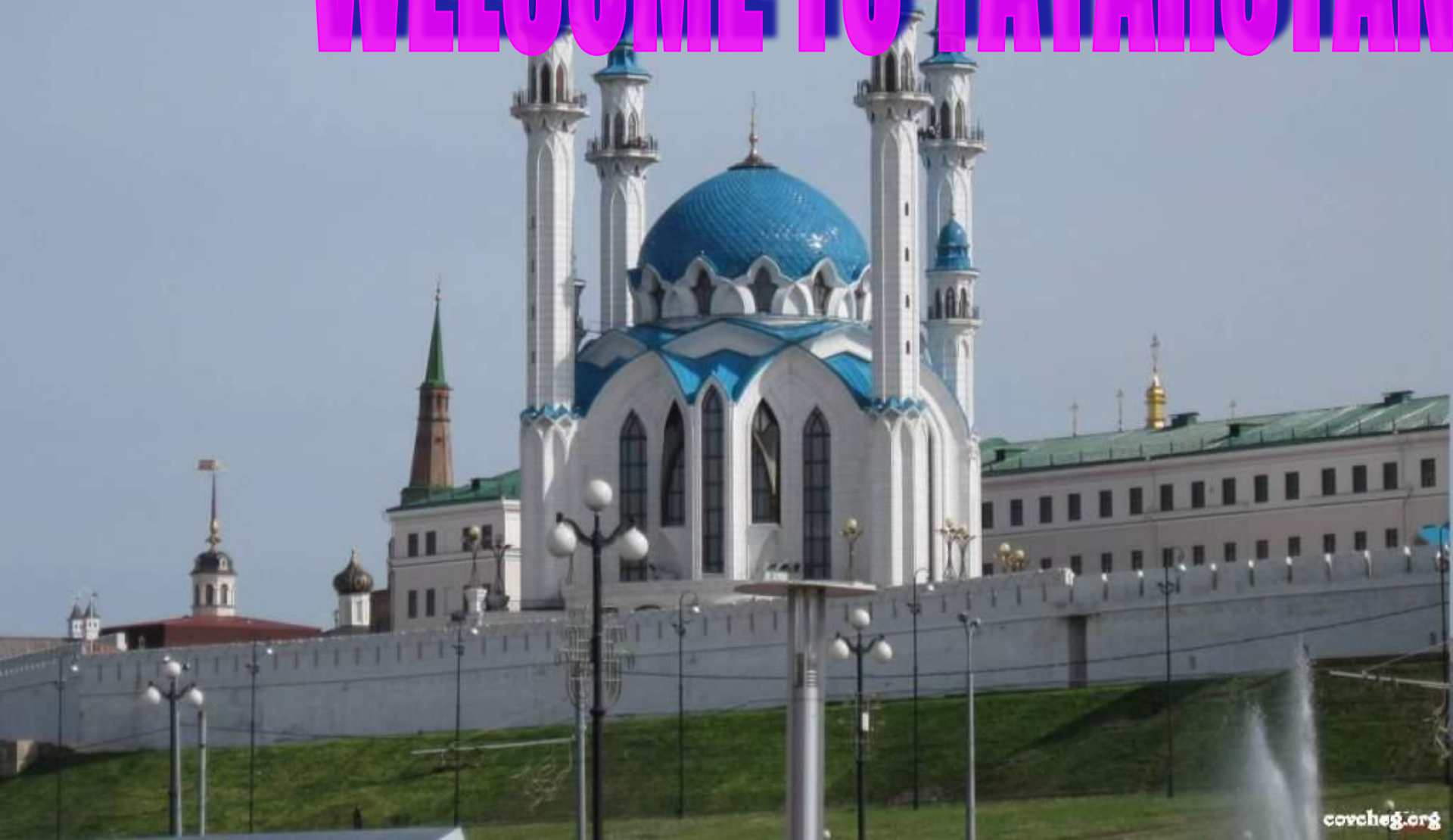
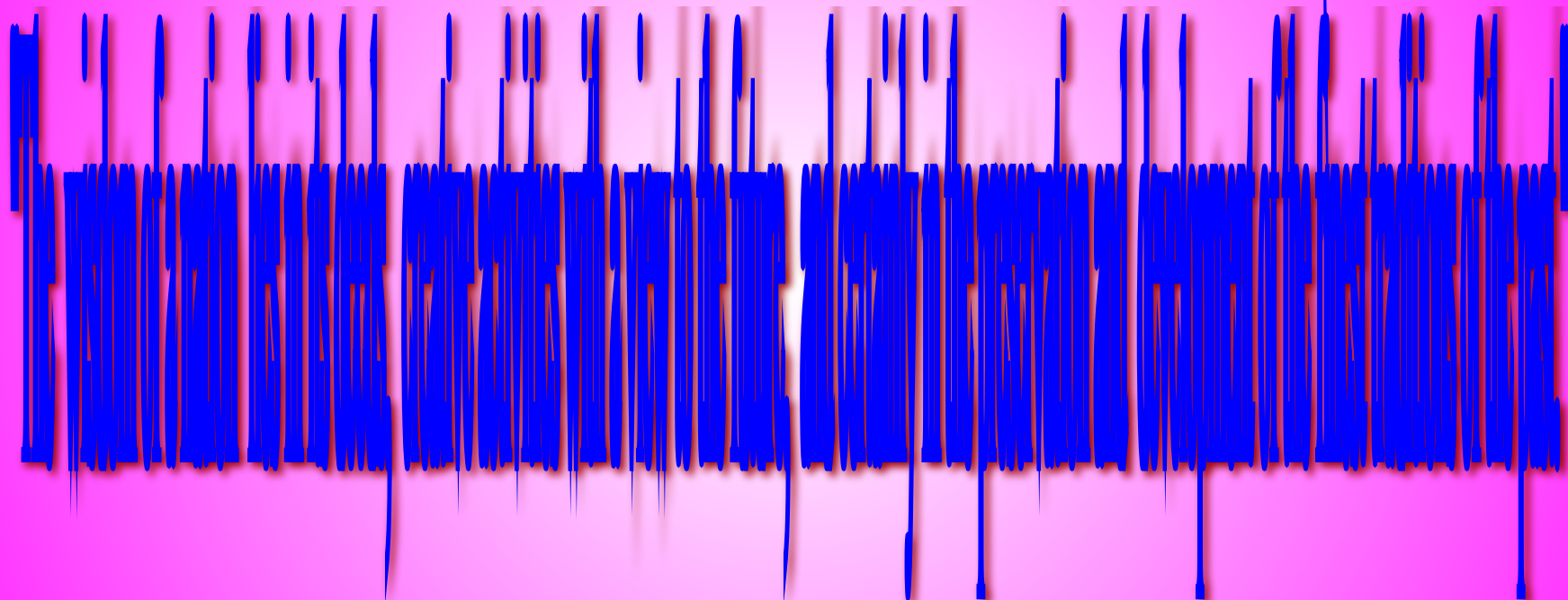


**WELCOME TO TATARSTAN**





**By M.S.Shaimiev**



*The Republic of Tatarstan is a subject of the Russian Federation. The official languages are Tatar and Russian.*

*Tatarstan is one of the largest socio-economic, scientific and political centres of the Volga Region. It is located at the centre of the Russian Federation. It connects East and West, North and South of the country. The republic has rich natural resources and a developed industry. The industrial complex is very important in the republic.*

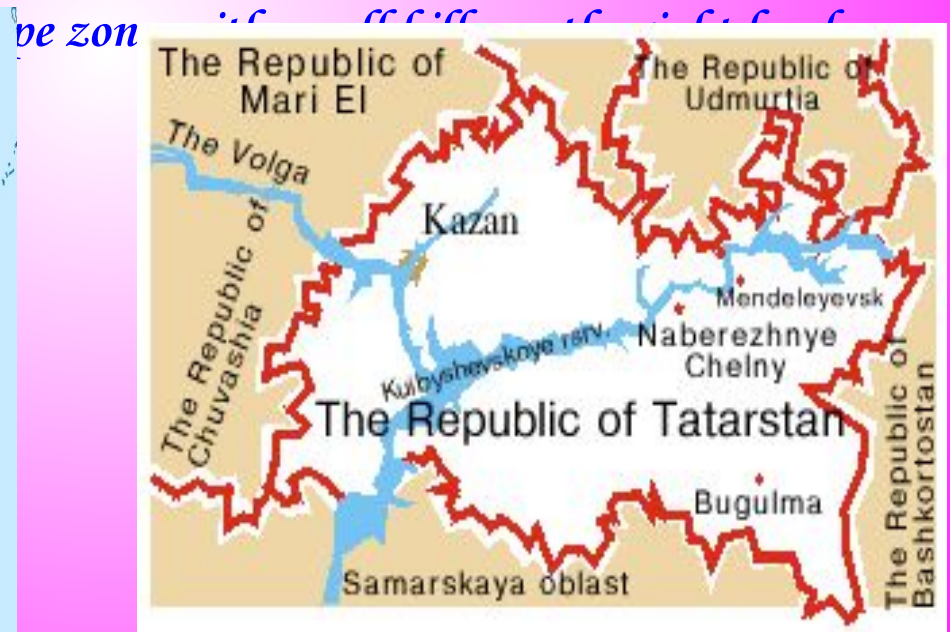
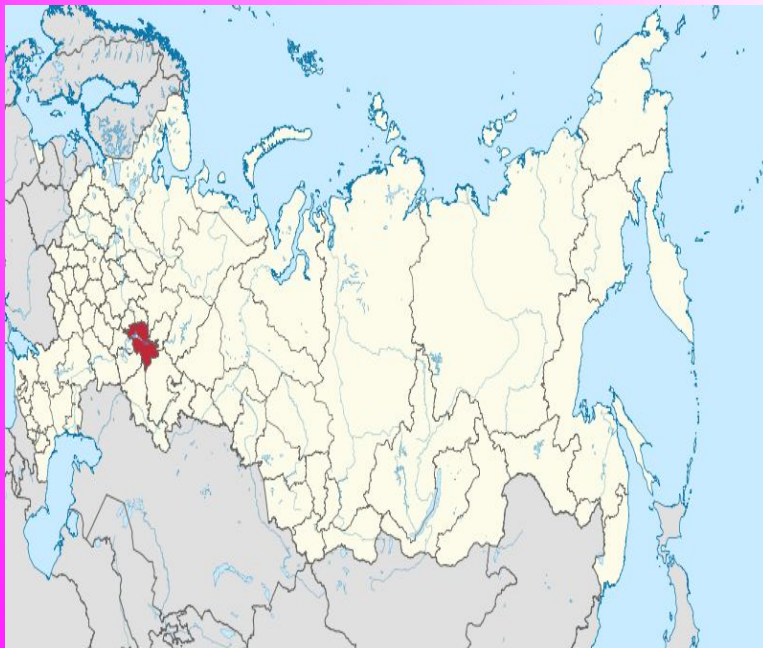
*Tatarstan is a multireligious republic. During its history Tatarstan has accumulated the richest experience of peoples of various nationalities, ethnic and religious groups. More than 100 nationalities live friendly in the republic. The important national values are tolerance, consensus and compromise.*



## *The geographical position of Tatarstan.*

*The Republic of Tatarstan is located at the centre of the Russian Federation. Tatarstan borders on the Republic of Bashkortostan, Chuvashia, Mari-El, Udmurtia and on the regions of Russia: Samara, Ulianovsk, Kirov and Orenburg. Tatarstan has no borders with foreign states.*

*Its area is more than 67 thousand square kilometers. It is as big as Ireland, Sri-Lanka and Lithuania. The territory of the republic is a plain.*



## *People in Tatarstan*

*The population of the Republic of Tatarstan is around 3.8 million people. 2.7 million people live in towns and cities.*

*One million people live in the countryside.*

*There are 19 cities and towns and more than*

*3000 settlements in Tatarstan. The largest cities are: Kazan, Naberezhnye Chelny, Nizhnekamsk, Almetyevsk, Zelenodolsk and Bugulma.*



*It is a multicultural society and people of all nationalities live in peace and harmony.*

*Tatarstan is a multinational republic. People of 115 nationalities live there. The two main nationalities are the Tatars and the Russians. The third place is taken by the Chuvashes.*

*There are some nationalities in Tatarstan, the population of which is over 10 thousand people.*

*Among them are the Udmurts, Ukrainians, Maris, Mordvinians, Bashkirs and others.*





*Kazan is the capital of Tatarstan*

*Kazan is one of the oldest and the most beautiful cities in the Volga region. Kazan is a thousand-year-old city with rich and unique history.*

*Kazan is located in a very picturesque place. Two rivers - the Volga river and the Kazanka river, which played an important role in the history of the peoples of the country.*

*Thick forests with lots of animals, vast fields, big and small rivers and deep lakes with lots of fish make the nature of the Kazan area beautiful.*

*Kazan is one of the most important economic centres of the Russian Federation. Large enterprises produce planes, helicopters, compressors, computer systems, optic, chemicals, clothes and so on. It is one of the largest river ports on the Volga and has an automobile road and an air route centre.*

*Kazan is open to guests from all over the world. It's great fun to visit Kazan.*



## *Holidays in Tatarstan*

*Sabantuy is, perhaps, the most popular festival in Tatarstan. It is "a celebration of the plough" (in the Tatar language "saban" means «plough" and "tuy" means "festival"). This holiday takes place at the beginning of summer, after the first haymaking. During this festival there are a lot of spectacular competitions. The most exciting are the horse racings. (The Bulgars' ancestors lived a nomadic life, had horses and were good riders.)*

*Another popular competition is the national wrestling. At the end they choose a winner. He is usually given a good prize.*

*There are also a lot of funny competitions and sport games, for example, egg-races, "running-in-bags" races. Climbing up a high pole is rather difficult, but very funny. The prize is a big cock, sitting on the top! In the villages young women usually make presents for the winners. Everyone tries to show his / her skills and talent.*





*"Nauruz" means the "New Year Day".*

*It is a very old festival.*

*This festival takes place on the 21st of March. On this day the daytime is as long as night. Days become longer and nights become shorter. This holiday symbolizes the end of darkness and the victory of the light over the evil. It is a bright and unforgettable festival.*

*People choose the most beautiful girl. She is called "Nauruz-bikeh". She drives throughout the town in a coach, decorated with flowers, bright ribbons and bells. Everywhere people greet her cheerfully. People sing songs and dance.*





## *National Cuisine*

*The Bulgars were good cattlemen, hunters, fishermen and farmers.*

*This is the basis of the food traditions in modern Tatarstan.*

*Meat is widely used in Tatar national dishes: beef, lamb. As a rule, the Tatars don't cook pork.*



*The Tatars like the pastries of all kinds very much. One of their favourite ones is, perhaps, "ishpishmak". It is a triangle-shaped pie with chopped peppered meat, potatoes and some onion. "Peremyach" is also a meat pie, but it is filled with peppered meat and little bits of onions.*

*Plov is one of the favourite dishes the people in Tatarstan choose to eat. It has meat, rice, onions, carrots and a lot of spices.*

*The most popular drink in Tatarstan is tea. The Tatars like tea with milk, with lemon or with dried apricots. And, no doubt, sweet pastries: "chuk-chuk", "kosh tele" and much more! On the table you can always see honey and jam.*

*So, if you have a sweet tooth, you are really lucky!*

*But the main thing about the Tatar cuisine is not only that it's varied and very delicious. It is more than only food. It's a meal that unites family and friends.*



# THANK YOU!

