

## **LANGUAGE AND CULTURE OF ENGLISH-SPEAKING PEOPLES.**

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The English customs they affect all situations of English life. Many of them are known around the world, but others will be surprising or at least curious. The English are famous for their traditionalism. Therefore, many traditions of England began centuries ago and have not stopped being respected. However, as related to others, football is more modern. Either way, they all form a good part of British culture and it's important to know them if you're traveling to these countries. We will consider the most interesting ones. We will start our review of English traditions with the most famous ones known to the whole world: tea at five o'clock. But then we see others that are less explained and, above all, very special. The British drink tea every afternoon from three to five o'clock. This is a custom that goes back at least to the 17th century. At that time, the upper classes practiced it, but nowadays all Englishmen stop their work to drink their daily tea at that time. In fact, the custom is so ingrained that it was carried over to the British colonies. As a result, for example, even in Australia they drink afternoon tea every day. To accompany the drink, the British also have biscuits or cakes. Among the latter are very popular stones, some round and sweet rolls from Scotland. But that's not the only time of day Brits drink tea. In addition, there is a so-called tea break. It's a short break to drink a cup at any time of the day. English schedules are very different from ours, and we can consider them a tradition. Usually, they get up at 6 in the morning to go to work. As for food, they do it for 12 to 14 hours. It is lunch and usually lasts forty-five minutes. Usually, they finish their work at 18. Even the shops close at that time, which will surprise you if you are used to the Spanish schedule. Soon they have dinner and go to bed early. But the pubs that I will tell you about later close around 11-12 o'clock. There are also discos open until morning. But the most important thing to know about English timetables is that they are

incredibly punctual. Therefore, you should not expect them. Of course, you already know, but in the article about the customs of England, we have to mention it. The British drive in the left lane and their cars are right-hand drive. The origins of this custom are said to predate even the invention of the automobile. Apparently, in the XNUMXth century, nobles made it fashionable to drive their floats on the left as an aristocratic touch. They were quickly imitated, and the custom has prevailed to this day. It even spread to its former colonies. The left line is also used in New Zealand, India and Australia. The British are not distinguished by good gastronomy. No doubt you will find exceptions. But their diet is not particularly tasty. Breakfast is one of your most important meals. It includes omelette, pork, juice, cereal, coffee, milk and toast or pastries. On the other hand, they have almost no sandwich or salad in the afternoon. That lunch is the one we told you about, and it helps them get to tea time, which we also told you about. Finally, they have an early and hearty dinner. Dinner, along with breakfast, is his most important meal. It consists of first and second courses, the second with a side dish. In turn, it can be salad, boiled vegetables or potatoes. As for simple dishes, one of the most cooked dishes is Sunday roast. It is a roasting of various meats such as beef, chicken, lamb or even duck. It is served with fried potatoes and vegetables, as well as onions and a sauce made from the meat's own juices. However, the most popular British dishes are fish with fried potatoes or fried fish with potatoes. You will find it everywhere and usually it comes with a sauce, especially tartare. As for desserts, butter and bread pudding. Its recipe dates back to the XNUMXth century and also includes eggs, milk, nutmeg, raisins and various spices. Sometimes they add it together with custard or cream, although you can taste it alone. And finally, if we have to explain to you the typical drink of England, we have to go back to tea. However, in order not to repeat ourselves, we remind you that beer is most consumed in pubs. The British ask for a pint, that is, for a glass of more than five hundred milliliters. With this section, we are here to tell you about the unique British holidays. The Boxing Day is celebrated on December 26 and is a holiday whose origins go back to the Middle Ages. At that time, noblemen distributed baskets of food to their servants. The

tradition continued and reached our days. However, Boxing Day now has a very different character. Today is a day when the British give each other gifts and take advantage of shopping opportunities. In addition, there are English football league matches on that day, and it is customary for parents to bring their children to them. Like other traditions in England, it has spread to other English-speaking countries. We have just talked about the English Football League. And we must stop at this sport, because for the British it is almost a religion. This happens in many other parts of the world, but the British are real fans of the so-called beautiful game. Not in vain, they are considered its inventors in the XNUMXth century. Every match day, the English meet in pubs and then head to the stadium. After the skirmish, they travel back to commentate on the most amazing events while enjoying a pint of beer. We also told you about the pubs. It's the name given to bars in England and it's a place to meet English friends. Most of these establishments are more than a century old and therefore very old. Visiting a pub is one of the most deeply rooted customs among the people of England. Most of them do it every day before or after dinner. It's simply a public house, short for a pub, which means a public house. Besides Boxing Day, the English have other special holidays. This is a special case of Guy Fawkes night. Remember this hero's failed attempt to assassinate King James I in 1605. They were events called the Gunpowder Plot and they tried to install a Catholic monarch on the throne. But the most interesting thing for us, regardless of history, is that the English remember these events every fifth of November with fireworks and eating caramel apples. On the other hand, the holidays Easter they It has a long tradition in England. In some cases, they are not so different from ours. But they also have their own characteristics. For example, the so-called Maundy Thursday. As the name suggests, it takes place on the Thursday before Easter and includes the Royal Maundy, or delivery of coins by the Queen to citizens. Easter Friday is also a public holiday in England. For them it is a day of religious meditation called Good Friday. We can say the same thing even if there is no work next Monday. For the English, everything is related to its monarchy. It is very important. They appreciate the royal family. And, first of all, they are very jealous of the

habits that surround them. It is associated with the famous changing of the guards at Buckingham Palace. Every morning between May and July at eleven thirty (every day of the rest of the year) you can watch this ceremony. The soldiers in their big fur hats move with a martial air. However, we must also say that if you're not a huge fan of this type of action, it might be a bit overwhelming for you.

**In conclusion**, we have explained the main English customs. Most of them are hundreds of years old, but others are more recent. In any case, we had to leave other English traditions in the pipeline, such as the midsummer celebration at Stonehenge, a world-famous megalithic monument located in the county of Wiltshire. Or the unit rolling cheese festival consists of running down a slope to reach four kilograms of cheese. Anyway, you just have to travel to England and enjoy these customs.

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