

Fall 2016

## International Panther, Fall 2016

University of Northern Iowa. Culture and Intensive english Program.

Copyright ©2016 Culture and Intensive english Program, University of Northern Iowa  
Follow this and additional works at: <https://scholarworks.uni.edu/ciepnews>

 Part of the [Higher Education Commons](#)

*Let us know how access to this document benefits you*

---

### Recommended Citation

University of Northern Iowa. Culture and Intensive english Program., "International Panther, Fall 2016" (2016). *International Panther*.  
22.  
<https://scholarworks.uni.edu/ciepnews/22>

This Newsletter is brought to you for free and open access by the Culture and Intensive English Program at UNI ScholarWorks. It has been accepted for inclusion in International Panther by an authorized administrator of UNI ScholarWorks. For more information, please contact [scholarworks@uni.edu](mailto:scholarworks@uni.edu).



  
**University of  
Northern  
Iowa**  
**International  
Programs**  
**Culture and Intensive  
English Program**



# INTERNATIONAL PANTHER

FALL 2016

# CONTENTS

- 1 From the Director
- 3 Connecting with  
UNI STEM
- 4 Proyecta 100K  
Gives Thanks
- 5 Recruitment Articles
- 6 Student Spotlight
- 7 CIEP Fall Activities  
at a Glance
- 8 Alumni - Erika  
Machado
- 9 Staff Spotlight
- 10 World's Window -  
Uzbekistan

## Our Mission

The overall mission of the Culture and Intensive English Program (CIEP) is to provide International Students with quality intensive academic English language instruction and a cultural orientation to the United States in preparation for study at the University of Northern Iowa or other institution of higher learning.

# from the director



**CAROLINA CORONADO-PARK**

## Dear Readers,

With the upcoming holiday season and the beginning of the New Year fast approaching, I would like to take a moment to reflect on the past year and look ahead to 2017. What struck me most when looking back on this semester is the commitment that UNI higher administration and most of the faculty, staff and students have to international education and the vision of creating a more inclusive and diverse campus. It is a work in progress, but it is inspiring to know that we are following that path.

We certainly could do better, but there have been many encouraging signs. For instance, during this past semester, CIEP was fortunate to host students from more than 20 nationalities and sponsored programs. One of them was the Proyecta group from Mexico as part of the 100,000 Strong Initiatives of the Americas. This cohort of 25 Mexican students was welcomed with great excitement by the TESOL Spanish major students and faculty, Hispanic and Latino Student Association and other UNI students and faculty through class exchanges, lectures and cultural events. Our appreciation to all our UNI faculty, students and staff who taught and supported this group of students. They had an extraordinary experience studying at UNI CIEP, even though they had to overcome some concerns related to the presidential election results. They left convinced that CIEP and UNI are committed to welcoming and supporting international students. In the next pages, you will be able to read about the Proyecta students' experience on campus and testimonials from current and former CIEP students.

In collaboration with the UNI Office of International Programs, International Students and Scholars Office and Study Abroad Center, from November 11 through November 18, the UNI CIEP was proud to celebrate International Education Week, which is "an opportunity to celebrate the benefits of international education and exchange worldwide. This joint initiative of the U.S. Department of State and the U.S. Department of Education is part of our efforts to promote programs that prepare Americans for a global environment and attracts future leaders from abroad to study, learn and exchange experiences in the United States," according to the Bureau of Educational and Cultural Affairs of the U.S. Department of State.

## RECRUITMENT

At UNI, International Education Week started with the Taste of Culture Fair. This event was organized by the CIEP Student Services Coordinator Sally Roos and sponsored by the UNI Office of the President, Office of International Programs, Rod Library and the Graduate College. This joint effort to promote diversity and international education on campus was a very well-attended event. Approximately 350 students, staff and community members visited booths and learned about more than 20 countries. There was also music, live performances, cultural activities, a fashion show, traditional food samples and great excitement about the culture exchanges and diversity. In this issue, we are including some pictures from the event.

Over the past two years, the UNI CIEP has delivered outstanding immersion programs with different focuses and emphases. In that regard, we have been collaborating with specific academic and service departments on campus. In this issue, we are including a note highlighting initiatives with UNI STEM and an interview with Marcy Seavey, UNI STEM Coordinator. Certainly, international education is not only an opportunity for our faculty and students to develop intercultural communication skills and take advantage of intellectual and academic exchange, but also a chance to nurture citizen diplomacy, global civility, solidarity, trust and peace worldwide. This is what we have in mind when we develop partnerships with institutions such as the Iowa Sister States, the Partners of Americas and the consulates of Mexico, Oman, and Kosovo, among others. In the following pages, we outline some joint initiatives with these organizations and our works in progress with some current and potential partner universities for the upcoming year.

Surely, the current political environment is not the most optimistic for international education; however, we must not give up as an institution. At UNI CIEP, we are committed to keeping up the good work to ensure high-quality instruction and a welcoming environment for our international students for the New Year and beyond. In that regard, we will continue promoting UNI's vision towards global education and inclusion in our community and worldwide. In addition, we will continue collaborating with the different academic and service departments on campus to fulfill our institutional desire of global education and internationalization.

Wishing you all Happy Holidays and a joyous New Year!



**Carolina Coronado-Park,**  
CIEP Director



## Exploring New Partnerships in Mexico

In late October, Director Carolina Coronado-Park traveled to Mexico to participate in the Partners of the Americas conference in Guadalajara and visited partners throughout the region. The conference focused on the topics of inclusion and innovation in the Americas. It also provided many opportunities to collaborate with universities in Latin America, learn about grant programs, and continue to develop new partnerships with institutions in Mexico.

Following the conference, Coronado-Park visited the Monterrey Institute of Technology and Higher Education (ITESM). The CIEP and ITESM have a long history, which included offering an immersion program to high school students. The CIEP Director also had the opportunity to meet with Universidad de Guadalajara, Universidad Panamericana, Universidad Jesuita de Guadalajara (ITSEO) and Universidad del Valle de Atemjác (UNIVA). Additionally, Coronado-Park had the opportunity to meet with the EducationUSA representative, Elizabeth Arroyo.

These meetings focused on discussing opportunities for faculty and student exchange, as well as opportunities for customized immersion programs for high school students and teachers as well as undergraduate and graduate students. The CIEP looks forward to continuing the conversation and expanding opportunities for working with these potential partner institutions in Mexico and all over the world.

## RECRUITMENT CONT.



## UNI & Iowa Sister States Continue Collaboration

For the past year, the CIEP has worked closely with the Iowa Sister States in order to develop new initiatives to allow for cultural exchange and to bring students from the Sister States to the UNI campus. In November, Kristi Marchesani, assistant director of international admissions at UNI, traveled to Des Moines with director Carolina Coronado-Park to meet with representatives of the Iowa Sister States of Yamanashi, Hebei, Yucatan and Kosovo. These meetings are helpful in increasing collaboration, especially in the areas of short-term immersion programs, student exchange and funding opportunities.

Following the Des Moines visit, UNI and CIEP were proud to welcome Kosovo Consul General Xhavit Gashi to our campus. During his visit, Consul Gashi had the opportunity to tour the facilities, meet with the UNI higher administration, and discuss opportunities with several staff and faculty. We are looking forward to continuing to work with Consul Gashi and the Iowa Sister States team to provide opportunities for students and faculty in our Iowa Sister States.

---

## UNI CIEP & Embassy of the Sultanate of Oman Cultural Division Sign Agreement

This fall, the CIEP signed a memorandum of understanding with the Embassy of the Sultanate of Oman. This agreement provided a 20 percent tuition scholarship to students from Oman interested in studying in the UNI CIEP. Additionally, this agreement allows for increased collaboration between UNI and Oman. The CIEP is looking forward to welcoming six new students to the program in January as a result of this initiative. The CIEP and the Embassy of the Sultanate of Oman are confident that this agreement will be beneficial for both countries, and students both at UNI and in Oman.



## Proyecta 100K Gives Thanks

**BY: SALLY ROOS, CIEP STUDENT SERVICES COORDINATOR**

During the days leading up to Thanksgiving Break, colorful messages of heartfelt gratitude filled the white board in the CIEP student lounge. The exchange of words, in Spanish, English, Japanese and Arabic, were initiated by students from the Fall 2016 Proyecta 100,000 — a cohort of 25 students from Mexico who studied in the CIEP program for four weeks. Other students and staff added to the board with messages such as “muchos abrazos,” “come again,” and “we’ll miss you,” contributing to a spirit of mutual appreciation for all who contributed to a successful program.

Proyecta 100,000 is a Mexican government initiative to send 100,000 learners from Mexico to the United States by 2018. CIEP has hosted three cohorts through this initiative in Summer 2015, Summer 2016 and now Fall 2016. The students were enrolled in all CIEP course subjects and participated in an extra U.S. American culture course, which met twice per week.

In the U.S. American culture course, students learned about how to express their opinions about topics related to U.S. culture, such as U.S. values of individual

freedom, self-reliance, hard work, wealth, and equality as well as ethnic and racial heritage and diversity of the U.S.

For many participants, meeting students from other countries was the best aspect of their experience.

“I didn’t expect my classes to be multicultural,” said Eduardo Del Carpio, a student from Chiapas, Mexico. “I thought it was going to be Mexican guys in there, but we have Chinese guys, Japanese guys, and a lot of countries in one room, so it’s awesome.”

Students also had time to grow their friendships by participating in activities. They visited the Iowa State Capital in Des Moines, shopped at a mall, enjoyed a corn maze, and cooked their dinner over a campfire, where students broke out into song.

“When we were heading back to UNI, we were singing songs from different countries,” said Eduardo, who remembered that K-pop (Korean pop music) was one type that he heard.

Students also participated in a talent show with a variety of acts, including singing, instrumental performance and sketch comedy. During the final week of the program, UNI celebrated International Education Week, and several students represented Mexico through photos, crafts and costumes to teach others about their culture at the Taste of Culture Fair — an event that was open to the campus and community. (Students made decorative skeletons in the Rod Library Maker’s Space.)

On the weekends, Proyecta participants spent time with assigned conversation partners and also made friends with UNI domestic students through Hispanic Latino Student Union and Sigma Delta Pi (Spanish honor society). HLSU students gave Proyecta students a tour of campus during their first few days, and Sigma Delta Pi took the group downtown for Scratch Cupcakes, a famous cupcake shop on Main Street in Cedar Falls.

“The students here are really welcoming to students from other countries,” said Eduardo.

Although the students visited for only one month, many commented that they could see the benefits of the program on their language development.

“I learned a lot of things in CIEP,” said Tania Lazaro, who is from Mexico City. “I learned to pronounce better my English and now is easier for me reading the numbers. I am better in grammar and I am able to write a good paragraph.”

The initial adjustment of immersion became easier over time.

“Every day, it was more easy,” remarked Jose Eduardo Zambrano from Chiapas, Mexico. “Now I can communicate with anyone.”

For Andrea Hernandez Vargas, who has traveled outside of Mexico before, the culture of the classroom was a new experience. Andrea appreciated the opportunity to study alongside other international students.

“The most I learned is to listen people and understand they have their own opinion about some topics,” said Andrea.

Although tears were shed on departure day, the Proyecta 100,000 CIEP Fall cohort will always have many memories of their international friends and experiences. The CIEP staff will remember them, too!



# Connecting with UNI STEM

BY: CRISTY STEFFEN, CIEP ADMISSIONS AND PROMOTIONS SPECIALIST



After only two years on campus, the STEM (Science Technology Engineering and Math) Office at UNI has developed many partnerships

and has provided countless resources to the UNI community. The office, led by STEM Coordinator Marcy Seavey, works with UNI faculty and staff to create a STEM community and to help facilitate outreach, professional development, grant projects, and STEM activities at UNI and in the Cedar Valley community.

The office is housed within Academic Affairs which helps Seavey to connect with faculty who are currently working with STEM projects, and with faculty and staff who are interested in being part of the many STEM activities on campus. Seavey explains one of her favorite parts of her job is working with the dedicated faculty at UNI. "I love hearing about faculty's research and what they're doing in their research and what they're learning and especially how they are engaging our undergraduates in those areas."

Seavey has a rich background in the STEM fields and has an undeniable passion for it. She works with her team to ensure STEM projects move forward on campus and in the community. She serves as a resource for helping projects be successful and aids in bringing staff and faculty from around campus together to work toward a common goal.

For the past two years, Seavey has collaborated with the CIEP to develop STEM workshops, activities, and lectures

for CIEP Immersion Programs. CIEP Immersion Programs are short-term customized programs that are designed specifically for institutional partners overseas. In this program, education students from Korea had the opportunity to learn a science curriculum that was developed at UNI.

"To see this program that was developed here at UNI, and to pass it on where maybe there will be people in Korea leading some of those activities is really cool," Seavey said. "When it comes to STEM, it doesn't matter where around the world you are. We are all peers, and passing that on to the students is a really great and powerful thing."

Through Seavey's work, the CIEP was able to offer a STEM Immersion Program for a university in Korea. Seavey was key in developing a professional development day and connecting CIEP faculty with STEM faculty across campus to create a successful immersion program for these students. Additionally, the international students participating in this program had the opportunity to work with UNI students through several STEM activities.

"STEM is an international topic," Seavey said of the importance of this connection between domestic and international students, "and it becomes richer if we make sure that we engage international students in things that we do on campus."

While this program was one of the first collaborations between UNI STEM and CIEP, there are future projects planned between the two units. Seavey has traveled to meet with Embassy representatives along with members of the Office of

International Programs and CIEP to promote opportunities combining intensive English language training and STEM fields. Recently, the units submitted a proposal to host international students for a 16-week program that would integrate STEM concepts with a curriculum on literacy, multiculturalism, and a variety of hands-on activities. Even though there are different goals and missions for each of the units that UNI STEM works with, there are endless opportunities to connect and integrate topics.

In reference to the relationship between STEM and CIEP, Seavey noted, "I think one thing that makes a connection between our offices is that we serve the whole campus and the topic of engineering and science is relevant all around the world."

The UNI STEM office is dedicated to providing STEM opportunities for UNI students, staff, and faculty. Regardless of the academic background or where the students or staff are from, Seavey believes diversity is important in the success of STEM projects. STEM professionals and students around the world may face unique challenges based on the distinct characteristics of each country, landscape, and environment, yet, as we continue to share ideas in our community and throughout our world, we can help to improve our communities together. As Seavey described her experiences working with international STEM projects, she noted that the more people that can work together, the more we are able to see our similarities and work together to overcome common challenges.

"Our world is really not that large," Seavey reflected, "and we do have many more things in common than are different."

# student spotlight

BY: HAYLEY TILL  
ADMINISTRATIVE ASSISTANT

Qi Lu

Meet Qi Lu! Qi is from China and he began studying with the CIEP in August 2016. When Qi first started thinking about studying English in the United States, he applied to three universities in the state of Iowa. In the end, he chose to study English with the CIEP at the University of Northern Iowa. Qi, like many students, was referred to UNI by a friend when he made his decision to study English with the CIEP. "My friend told me that UNI has the best English program," Qi said when he was in final stage of choosing which school to attend.

Qi came to the United States in order to practice and improve his English skills. Qi is very happy with his decision to study with the CIEP at UNI. His favorite thing about UNI is that the atmosphere allows him to focus on his studies. Similar to his peers, Qi enjoys studying at UNI because the campus is a perfect size: it is quiet enough to focus on school work while also having many activities for students to participate in.

When Qi first arrived to the United States, he said there was definitely a "culture shock" between the U.S. and China, his home country. When he first arrived to the United States, Qi was very excited and happy to be here. "America is so good," were Qi's first thoughts when he arrived. One major difference Qi noticed as soon as he arrived in America is that everyone is so polite. "Everyone says 'Hi, how are you?'" which, according to Qi, is different than what is customary in China.

Qi's favorite thing about America is that "everything is possible." He really enjoys that Americans are able to do anything they want to do. Also, Qi pointed out that he loves the fact that critical thinking is incorporated in the CIEP classrooms, which is not something that he experienced in his classes in China. In his CIEP classes, Qi enjoys the comfort of knowing that he can ask any questions he has, and that his instructors encourage him to participate, learn, and grow as much as possible in order to prepare for academic study at UNI.

When Qi talks with his friends and family back in China about his experience with the United States and the CIEP, he says, "UNI is awesome. I love it!" To make the most out of his time here, Qi participates in many of the CIEP activities. He enjoys many of the CIEP activities, but his favorite activities are the ones where he is able to speak with native speakers because it is a good way to practice his English skills and also learn more about American culture.

When Qi graduates from the CIEP he plans on continuing his studies at the University of Northern Iowa. Qi hopes to pursue a master's degree in technology management. He also hopes to get a part-time job in Cedar Falls. In the future, Qi believes that there is a possibility that he will continue his education and get his doctorate degree, whether that be in China or America. As for now, Qi plans to continue studying hard and practicing his English!

# Social and Cultural Activities

BY: JACLYN ENGELMAN,  
CIEP ACTIVITIES ASSISTANT

## TRIP TO CEDAR RAPIDS AND IOWA CITY

Students had the opportunity to travel to Eastern Iowa with the activities staff. In Cedar Rapids, they went to the famous NewBo Market and experienced an arts festival. Once arriving to Iowa City, everyone went to the Wilson Apple Orchard and the Coralville shopping mall. The students all had a wonderful time filled with lots of smiles, pictures and laughter.

## HOMECOMING PARADE

Homecoming is always a brand new experience for international students. This year, the theme was Unmask Your Spirit which had a Mardi Gras meets masquerade feel to it. CIEP students got up early on a Saturday morning to help decorate the golf cart before passing out candy in the parade at 11 a.m.

## CULTURE TALK: IOWA HOMETOWNS

The students had the opportunity to learn more about Iowa by going to this Culture Talk. Student volunteers from Iowa shared about their hometowns. Ames, Ankeny, Manson, and Peosta were the towns that were represented. Through this Culture Talk the whole group got to travel in an imaginary bus around Iowa for an hour.

## TASTE OF CULTURE FAIR

In collaboration with international student organizations, University of Northern Iowa Office of International Programs sponsored a dynamic event, "Taste of Culture Fair," in the UNI Commons Ballroom on Nov. 14 from 4-6 p.m. UNI students, staff and community members visited booths and learned about more than 20 countries, getting their "passports" stamped along the way. There were food samples, activities, live performances and prizes!

## CIEP TALENT SHOW

Who doesn't love to be entertained by watching others show off something that they love and are good at? The CIEP held a talent show just for that, to see students sing, play an instrument, or perform in a skit. Eleven groups or individuals showed off their specific talent.



## CIEP Fall activities:

- Soccer
- Team Building Day
- Trip to Cedar Rapids & Iowa City
- Downtown Cedar Falls
- Culture Talk: Hearing Impaired
- Pumpkin Carving
- Culture Hour: First Impressions in the U.S.
- Homecoming Parade
- Culture Talk: Iowa Hometowns
- Trip to Des Moines
- Volunteering at the Northeast Iowa Food Bank
- Culture Talk: Visit to the Hearst Center
- CIEP Talent Show
- Culture Talk: Thanksgiving
- WRC Women's Night
- Taste of Culture Fair
- Christmas Party
- Culture Talk: Employability



# Preparing for Academic Study – Meet CIEP Alumna Erika Machado

BY: HAYLEY TILL, CIEP ADMINISTRATIVE ASSISTANT

Meet Erika Machado! Erika, originally from São Paulo, Brazil, began studying with the CIEP in June of 2015. She had the opportunity to begin studying at CIEP through the Brazil Scientific Mobility Program scholarship that was offered by the government of Brazil. Erika admitted that the University of Northern Iowa was not her top choice at first, but the scholarship program knew that UNI is a great university for international students wanting to learn English. This choice, Erika said, “was the best thing to happen to me.”

When Erika first arrived to Iowa, the first cultural difference she noticed was that people in the United State are very punctual. According to Erika, in Brazil it is normal for people to be 15-20 minutes late to an appointment. However, in the United States, this is not the case.

When Erika first saw UNI’s campus, she said that the campus “was the most beautiful place I’ve ever seen.” She couldn’t believe how marvelous the

campus was and how comfortable it was to live in the residence hall.

When asked about her favorite part of the CIEP, Erika simply stated she enjoys all of the CIEP activities. “The most important way to learn English is to talk,” Erika said as she explained how all of the events were very beneficial and contributed substantially to her understanding of the English language. She loved the events, but her favorite memory from the CIEP was traveling to other cities. She loved being able to travel to Dubuque, Iowa, and Galena, Illinois, because it allowed her to see more of the United States than only the city of Cedar Falls and traveling also gave her the opportunity to meet new people.

Once she completed the CIEP, Erika took two semesters of academic classes at UNI in her major, biomedical science. Erika credits the CIEP with preparing her for her academic classes, as she was able to succeed in several academic areas, such as presentations. “I gave many

presentations, but in the CIEP I had to give many presentations as well so it was a lot easier,” Erika said as she described one of the benefits of the CIEP. Erika studied at UNI for one academic year and then continued her studies at Stanford University. While at Stanford, Erika had an internship in a lab. She gave thanks to the CIEP again because while at Stanford, she had to listen to many seminars, which she said was made easier for her because of the skills she had gained from the CIEP.

Currently, Erika is back in Brazil continuing her education in the area of biomedical science. Once she completes her undergraduate education, she hopes to return to Stanford to get a master’s degree in physiology. Erika hopes to someday come back to Iowa and visit because she “misses UNI so much.” Her advice to anyone pursuing the CIEP program is, “Go to all of the events. The events are so important because you meet many new people.” The CIEP is proud to help students like Erika succeed in their future endeavors.

# staff spotlight

BY: JENNIFER CURTIS,  
CIEP OFFICE ASSISTANT

## Cristy Steffen



Five years after beginning to work at CIEP as a student employee, Cristy Steffen is now the CIEP Admissions and Promotion Specialist. When Cristy started in 2010, she was a student on the UNI campus working toward her degree. In 2012, she earned her bachelor's degree in public relations with a minor in graphic design. In addition to working full-time at CIEP, Cristy is also working toward earning a Master's degree in organizational communication. Cristy describes UNI as another home, and she is grateful for the opportunity to continue to engage in a learning experience through both her work at the CIEP and through her undergraduate and graduate programs.

While going back to school has taught her many things, she has also gained insight from a global perspective through all students in CIEP. Cristy has traveled abroad only once so far, to Italy as a capstone class during her studies as an undergraduate. Yet, her time in Italy has not been the only international experience she has been gifted to share. Instead of experiencing the world abroad from her own point of view, she has the opportunity to share an international experience with all the students who walk through the CIEP office.

Her position of the Admissions and Promotion Specialist has many different aspects that help to ensure current and prospective students receive the

information needed to begin and continue in the program. Cristy works regularly with partners and agents, oversees the admissions process, organizes the orientation programming for new students, and assists with human resource activities such as training and staff development. In addition to these roles, she is also a designated school official. As a DSO, she works with immigration documents and assists students with answering any questions or issues they have with their F-1 or J-1 visa status. Along with the other DSOs on campus, Cristy can assist students with maintaining their status, understanding student visa regulations, and helping to connect students with additional resources. She said that the biggest challenge she faces with her job is that there are not enough hours in the day! She always strives to do more for the program and enjoys the fun challenge that working with different cultures can present.

There are many things that Cristy loves about her job, ranging from orientation to helping students with questions to working with the staff and overseas partners. She describes it as "always changing, in a really good way." Another aspect that Cristy loves about her job is working with the staff and student employees.

"The staff here all hold the ideal of wanting to accomplish more, and we, as a

staff, have big dreams for CIEP. We are all trying to build and improve to make this experience even better."

Cristy loves working in the CIEP because of how hard the staff works and how well they work together. This makes her very proud to work in the CIEP office. She said, "We may be a small staff but we accomplish so much!" When asked what her favorite moment in the office was she could not decide because she has had too many good times with CIEP over the years. One moment that Cristy did mention that she will always find delight in is finally being able to meet a prospective student in person after several weeks or months of communicating only through email. One important aspect that Cristy loves about working in the CIEP is knowing the students received a good experience. She is honored to be a part of this program, and to have the opportunity to see international students achieve one of their many dreams.

After several years at UNI, Cristy has always loved seeing the rich diversity that CIEP brings to the campus. She believes that CIEP provides academic students the chance to meet international students and to learn about cultures, even without the cost of a plane ticket. She enjoys seeing how the campus community lives up the phrase "Midwestern hospitality" and gives international students a chance to experience the "Iowa nice" that she has



# CIEP's World Window: Uzbekistan

BY: MARIYA AKHADJANOVA

Uzbekistan is an amazing country, a real memorial of many people's and empire's history, one of the Old Silk Road's points. This middle-Asian republic has many beautiful places – desert and mountain landscape, ancient city, architectural monuments and rich culture – which attract so many tourists.

Uzbekistan is located in the center of the Middle Asia, the greatest number of the population of this region, more than 30 million people. It is multinational country, in which live Uzbeks and other middle-Asian people, Russians and other Slavic people. The biggest cities in Uzbekistan are Tashkent, Samarqand, Bukhara, and Khiva.

Tashkent, which was founded in the second century BC, is a capital of

Uzbekistan. The caravans of the Silk Road passed through Tashkent, called Shash, where there were beautiful castles with wonderful gardens. Today some old madrasah survived, and along with modern buildings tourists can see different historical and religious monuments.

Also, Samarqand, one of the oldest cities in Uzbekistan and in the world too, has a rich and long history. In the Middle Ages, Samarqand was a center of knowledge, religion and trade; there lived famous scientists, philosophers, poets, musicians and singers, such as Amir Temur, Alisher Navoiy, Abu Ali ibn Sina (Avicenna), Omar Hayyam and others. There is a mysterious story about Amir Temur's tomb in Samarqand. It was not allowed for visitors to open and research his

tomb, or it could start a war. But some scientists did not want to believe that legend and opened his tomb. After two days, World War II began in 1941.

Registan Square is the most beautiful place everybody wants to visit. This Square shows many types of national decor that could not be repeated, a stone carving and many old minarets.

Bukhara and Khiva, which was entered in the Guinness Book of World Records as one of the oldest cities in the world, are also historical monuments. Here people can find interesting old buildings, know more about the origin of these cities and, of course, buy some national souvenirs.

Of course, if you want to know about Uzbekistan more, you need to taste

Uzbek national food. This food is one of the most popular in the world; almost every meal is cooked with meat, flour, vegetables, green-stuff and national spices. If a person does not eat Uzbek meals, he knows nothing about Uzbekistan. It is necessary to cook in special stuff. For example, Kasakan is a special pot for cooking Manti, a meal of dough and meat: Tandir, a special oven baked bread; and Kazan (cast iron cookware), in which is cooked Plov, a delicious national food.



Plov is a symbol of Uzbek cuisine. It cooks in every house of Uzbekistan. It doesn't matter it is Uzbek family or Russian or Tatar or Korean. Uzbek Plov is a part of people's life. There is a legend about Plov. One day the son of Bukhara's prince fell in love with a daughter of a pure man. A marriage was not permitted. He did not eat, sleep, and other people could not understand what happened. He became sick, and his father called Avicenna to help his son. Avicenna decided to know the reason of his sickness with listening to his pulse. First, Avicenna called every district in the city. Second, when his pulse was faster with one district, Avicenna began to call all people of that district. Finally, he understood the reason of that youth's illness, it was love to one girl. As a medicine, he offered to cook for him a special meal, which was called Palov osh, once a week, and then to make a wedding. Therefore, Plov is an obligatory dish in every wedding. It is interesting that name Palov consist of the first Uzbek or Tadjik letters of all ingredients, which form the basis of Plov, Piyoz- onion, Ayoz- carrot, Lahm- meat, Olio- oil or fat, Vet- salt, Ob- water and Shali- rice.

Plov is the food of real foodie, some people consider that Plov is better when it is cooked by men due to special skills for cooking. So if you can cook Plov, you can do everything.

Bread is especially important for Uzbek people. Patir, national name of bread, is not cut by knife, is broken by hand because of respect. This bread is cooked in a special oven. It takes a long time, but it is worth it. Every person wants to taste hot bread, not to wait for cool down. Also, it is one legend about lepushka, one of the types of national bread. When somebody leaves his home, he has to nip a little piece of bread, and nobody cannot eat this bread before he comes

back. So if you visit Uzbekistan, it is necessary to taste this bread.

Uzbek food uses traditionally mutton or beef. Pork is not allowed because of religion. People need to taste Shashlik, a meal with marinated meat and grilled over charcoal; Dimlama, dish with meat and vegetables; Jarkop, fried meat with potato, and others. Fresh vegetables or salads are always served with every meal.

So if you want to know Uzbekistan, you need to visit many beautiful places, to taste Uzbek food, and, also, to speak with Uzbek people, who are very friendly and always ready to help each other.