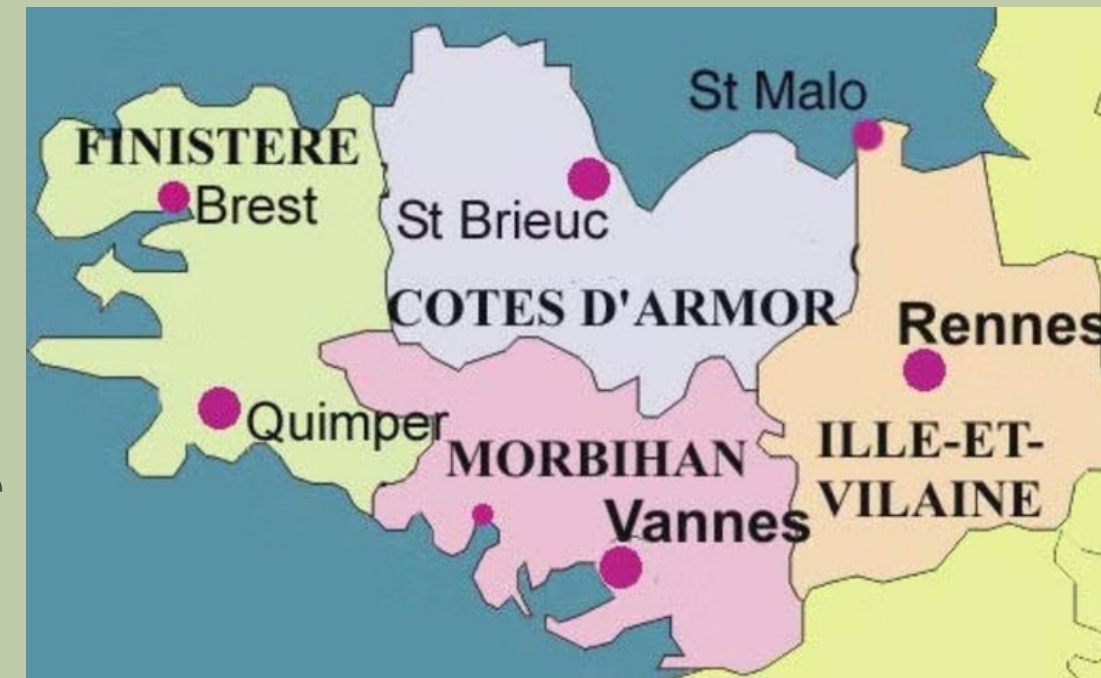


**BRITTANY
THROUGH THE
EYES OF A
FOREIGNER:
TRADITIONS AND
CULTURE**



WELCOME TO BRITTANY: A CELTIC LAND IN FRANCE

Brittany (called Breizhin in the Breton language) is a beautiful region in north-west France. It is known for its strong Celtic identity. Long ago, Brittany was an independent duchy until 1532. Even today, the region keeps its own language, traditions, and folklore. People often call it “Little Britain” because it has close cultural connections with other Celtic places like Wales, Cornwall, and Ireland.



Legends and Mystical Landscapes

Brittany is a place full of interesting myths and old legends. Many people say that the stones, forests, and hills seem to tell stories from the past. The famous Forest of Brocéliande and the ancient standing stones of Carnac make the region feel magical and mysterious.



King Arthur's Realm

Explore the famous Forest of Brocéliande, which many people believe is the magical home of Merlin and the beautiful, mysterious valleys of the fairy Morgane.



Mythical Creatures

Listen to stories about mysterious mermaids and the scary legend of the Ankou, a strange figure who is said to travel in his cart and collect the souls of the dead.



Ancient Stones

Discover the amazing site of Carnac, where you can see 3,000 prehistoric standing stones (menhirs). They are more than 6,000 years old, which means they are even older than Stonehenge.



Traditional Breton Festivals and Music



Experience the heart of Breton culture through its lively festivals and unique music. They show how this old tradition is still alive and strong today.

- A Fest-noz(“night festival”) is a happy celebration where local people and visitors join in traditional circle dances. The music is played on bagpipes (called biniou) and bombards, which are important instruments in Breton culture.
- The Festival Interceltique de Lorient is a famous international event. Every year, thousands of people come to enjoy Celtic music, dance, and culture from many different countries.

Modern Breton artists, like Alan Stivell, mix old Celtic music with modern styles. In this way, the tradition continues to grow while still respecting its origins

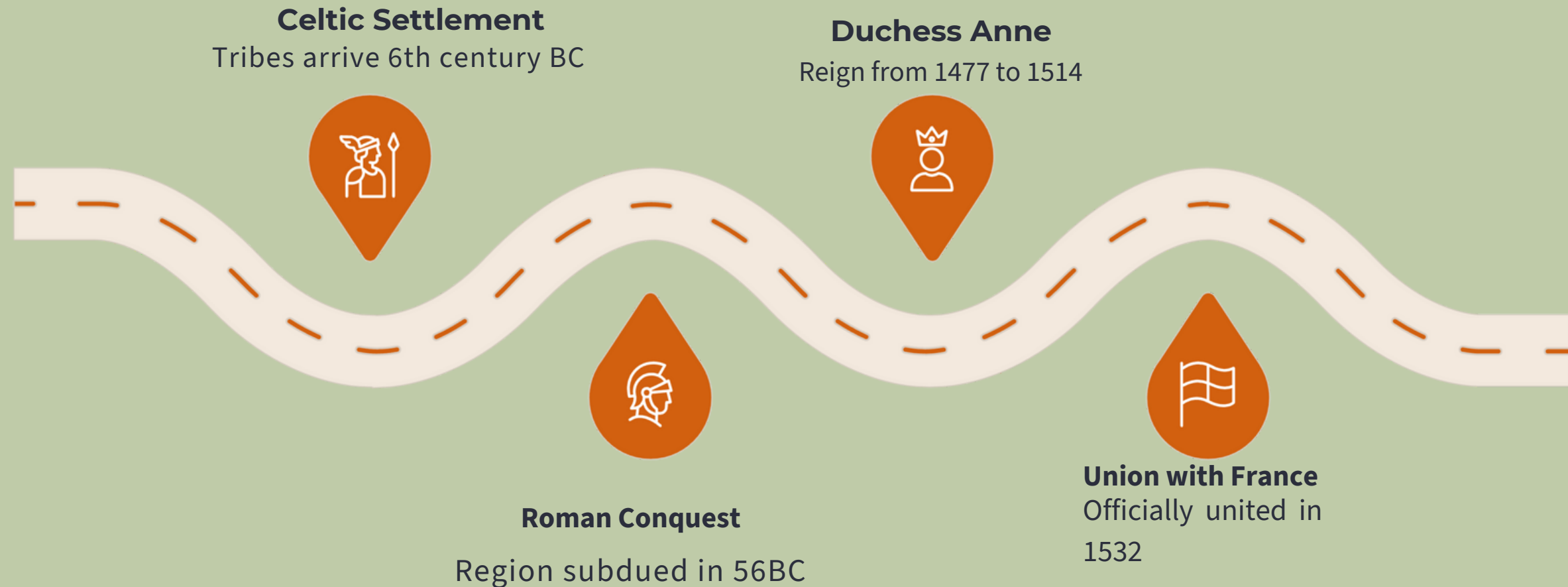
Breton Costumes and Symbols

Breton traditional attire is rich in detail and symbolism, reflecting regional identity and historical pride. The garments tell a story of the land and its people.

- Women in Brittany are known for their special lace head-dresses called coiffes. The tall and detailed Bigouden coiffe is a famous symbol. Different towns have their own styles of these head-dresses.
- In the past, men wore waistcoats with detailed embroidery and special felt hats decorated with ribbons. These clothes showed the skill of local craftsmen.
- The ermine is an important symbol in Brittany. It appears on the Breton flag and old coats of arms. It represents the medieval nobles of Brittany and their strong spirit.



Brittany's Rich History



Brittany's history is full of ancient tribes, strong rulers, and a long struggle for independence. This history helped make Brittany special within France.

- Celtic tribes came to Brittany around the 6th century BC. They started the culture that became Breton culture.
- The Romans took control of Brittany in 56 BC and made it part of their large empire for many centuries.
- Duchess Anne of Brittany (1477–1514) was an important leader. She became Queen of France two times and worked hard to protect Brittany's independence.
- Brittany officially joined France in 1532. Even so, its people have kept a strong pride in their region and a unique culture until today.



Culinary Traditions: Taste of Brittany

Breton food is a delicious mix of land and sea dishes. It is famous for its strong flavors and special meals made from the region's fresh ingredients.

- Brittany is famous for its tasty salted butter, thin pancakes called crepes (sweet or savory), and the delicious kouign-amann, a sweet, buttery pastry sometimes called the “butter cake.”
- Because Brittany has a long coast, seafood is very important in the local diet. People eat fresh oysters, tasty mussels, and many kinds of fish from the Atlantic Ocean.
- Traditional meals are often served with local cider made from Breton apples and special Breton beer. These drinks give a real taste of the region.

Coastal Beauty and Maritime Heritage



Pink Granite Coast

The Pink Granite Coast has tall cliffs and unusual rocks. This beautiful, rough Atlantic coastline shows Brittany's wild and natural beauty.



Maritime Heritage

Fishing and sailing are very important in Brittany. They are part of everyday life, culture, and the local economy.



Historic Ports

Historic ports like Saint-Malo were once full of privateers and corsairs. Today, they mix old history with a lively, modern seaside life.



Preparing for Your Visit: Embrace the Breton Spirit

Brittany invites you to step into a land where history, myth, and vibrant culture live side by side, promising an unforgettable journey.

- Language Immersion: Learn some basic Breton words: Demat (Hello), Kenavo (Goodbye), and Trugarez (Thank you). Using them will be appreciated by the locals.
- Festival Experience: Try to visit a local pardon festival. These traditional religious events show Breton faith, community, and colorful folklore.
- Diverse Exploration: Visit both the old, magical forests and the lively, beautiful coastal towns to fully enjoy Brittany's unique character.



MY PERSONAL OPINION ABOUT BRITTANY

For me, Brittany is a very special and beautiful place.

Its mix of Celtic culture, ancient history, legends and coastal landscapes makes it unique. I especially like how the region has kept its own identity, traditions and language. It feels different from the rest of France — more mystical and culturally rich.

THINGS I'D LOVE TO DO THERE

- visit the Forest of Brocéliande and learn more about Arthurian legends
- try local food such as crepes, kouign-amann and fresh seafood
- explore coastal towns like Saint-Malo or Roscoff
- learn a few words of Breton and talk to local people
- experience a fest-noz or another traditional event



REASONS WHY I CHOSE THIS REGION

- I'm interested in Celtic culture and history
- Brittany combines myths, nature and traditions — all things I enjoy
- It's a place where I can learn something new and unique
- This region represents both old European culture and modern life — and that inspires me.



THANK YOU