

Croatia

Liz
Ashley



Location



Introduction: Liz



Introduction: Ashley



Dubrovnik



Dubrovnik



Culture: History

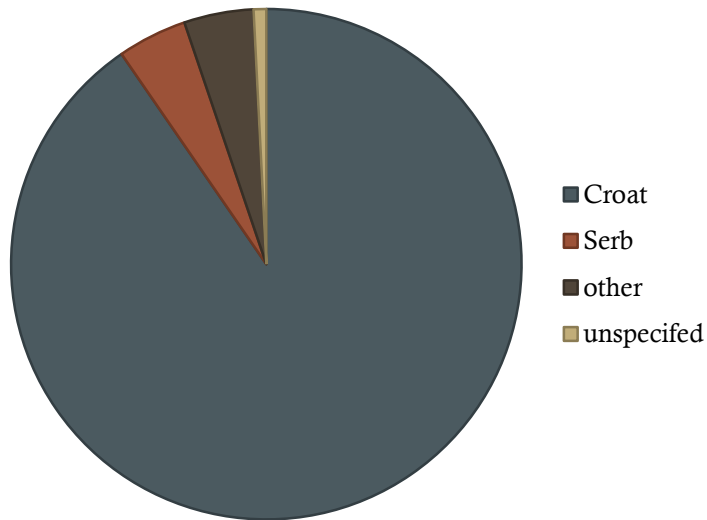
- pre-WWI: part of the Austro-Hungarian Empire
- 1918: the Croats, Serbs, and Slovenes formed a kingdom
- 1929: it was called Yugoslavia
- post-WWII: communist Yugoslavia under Marshal Josip Broz Tito
- 1991: Croatia declared independence from Yugoslavia
- 1991-1995: war for independence
- 1998: last Serb-held land was returned to Croatia
- April 2009: joined NATO
- July 2013: joined EU



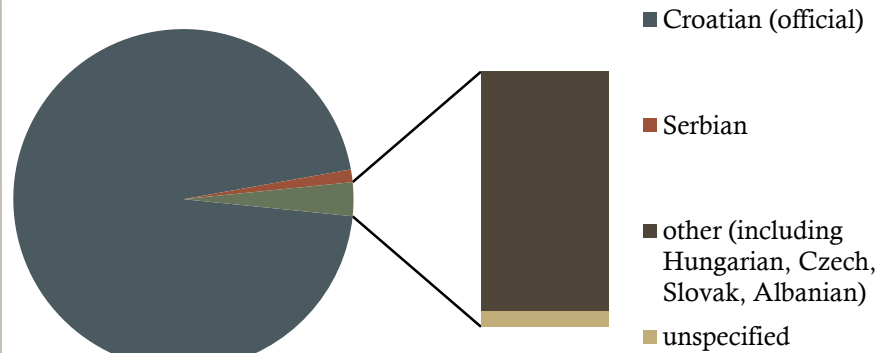
Culture: People

Total Population as of 2012 = 4,307,000

Ethnic Groups



Languages



Culture: Etiquette

- Close, loud talking
- Staring is not uncommon among strangers
- Formal/unfamiliar: nod heads in passing
- Friendly: greet each other more informally and usually kiss on both cheeks.
- Young people expected to offer first greeting to older people; women to men
- Failure to greet someone when expected
- Formal language & behavior when unfamiliar; use of formal “you”
- Women do not breast feed in public
- *Dobartek* (good appetite); *hvala* (thank you)
- Guests likely to be offered a second helping



Culture: Social Status



- Most high-status individuals speak English well ; likely to speak another European language
- Urban dwellers have higher status than people from villages, many urban have village family connections
- High-status individuals usually Croats
- Many may be of mixed ethnicity but family predominantly Croatian
- Jewish families likely to be high status
- Ethnic Albanians usually at the bottom of the social system; Gypsies completely outside it



Culture: Education

- Kindergarten free (1- to 6-year-olds)
- Value higher education
- 51 schools and colleges associated with University of Zagreb
- Attend university or a secondary school



Culture: Sports

Love sports, especially soccer
and basketball



Swimming, skiing,
fishing, water polo also popular



Culture: Agriculture

- Climate: continental predominant (hot summers, cold winters) & Mediterranean (mild winters, dry summers)
- crops: wheat, corn, barley, sugar beet, sunflower, rapeseed, alfalfa, clover
- vegetables: potatoes, cabbage, onion, tomato, peppers
- fruits: apples, plum, mandarins, olives, grapes for wine
- livestock: cattle, cows, pigs
- dairy products



A Croatian woman makes sausages. Pork is a common food, especially in northern Croatia.

Family

- Families moving away from multigenerational homes, but young married couples usually live with parents or a grandparent because of housing shortage
- In the past, three-generation households were the norm & married couples usually lived with the husband's parents
- Young ambivalent about living with parents or grandparents after marriage
- Extended families, young want privacy
- Care for elderly at home



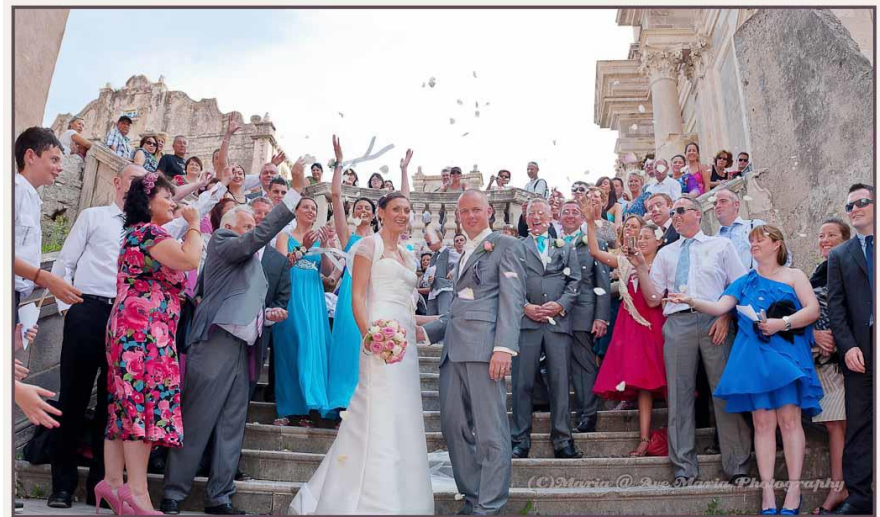
Family: Children

- Prefer to keep small children in the care of resident grandparents
- Do not use nannies or unrelated babysitters
- Raised to obey parents and adults, show respect for elders & property, play quietly, eat what adults prepare, go to sleep at bedtime
- Have a caretaker well into the young childhood years
- Babies usually sleep with parents or in same room
- Less likely to act out physically than verbally
- Verbally corrected for misbehavior; spanking is not common
- Do not bring other children home to play
- Parents take responsibility for children's behavior
- Most teens spend a few hours a week in music classes after school



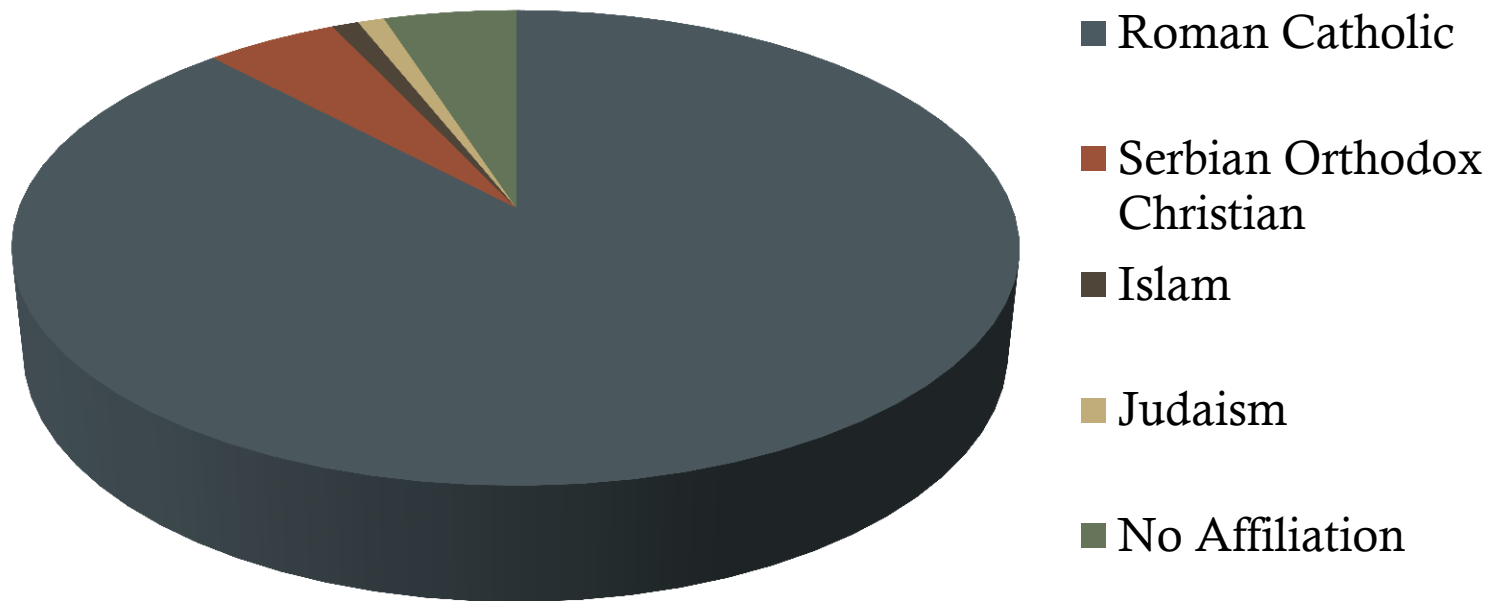
Marriage

- Most men and women marry early 20s
- Monogamous marriage is the rule
- Divorce increasingly common, although considered undesirable
- Pregnancy before marriage not uncommon, but not the sole reason for getting married



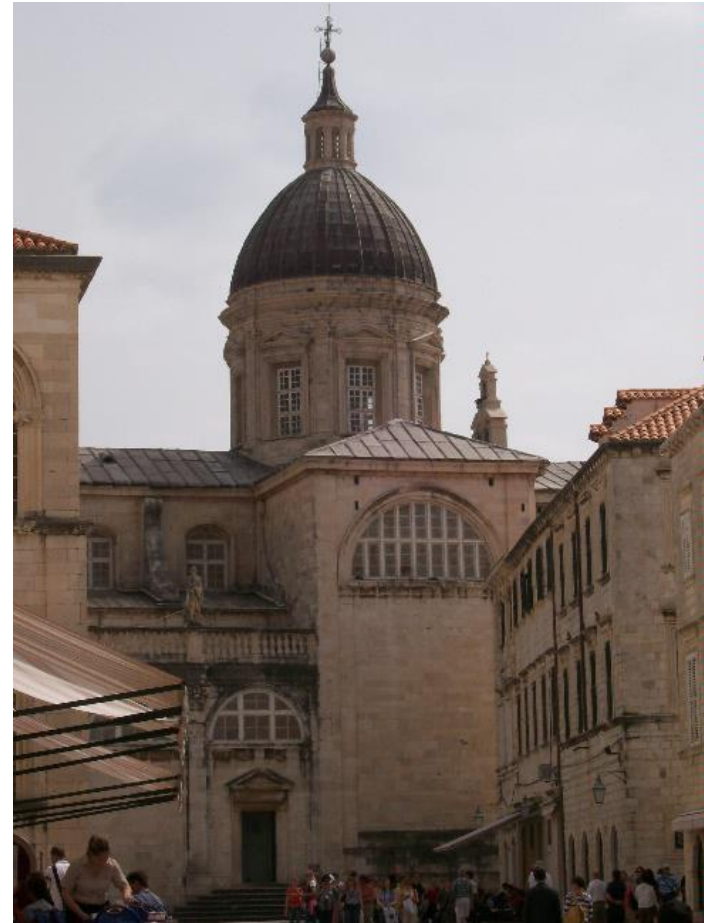
Religion & Beliefs

Religion



Religion & Beliefs

- Traditionally religion played central role to Croatian life & cultural identity
- Political struggles between Croats & Serbs manifested in Serbian Orthodox vs. Croatian Roman Catholic terms
- Churches common military targets because symbols of cultural & national identity for both groups
- Serbian Orthodox population faces discrimination & dwindling numbers despite guarantee of freedom of religion. Tolerance seems to be increasing and vandalism is decreasing.



Religion & Beliefs

- Even Croatians who do not observe religious holidays or attend Mass identify as Catholics
- Church and state technically separate, but political leaders expected to attend Mass & religious celebrations; sermons often include political content
- Many Croatians align with Vatican on social issues



Photos decorate a family grave within a cemetery on the island of Susak. It is common in Croatia to decorate graves with candles, flowers, and photos.

Traditional Food Habits: Meals

Breakfast: simple, usually consisting of strong coffee and bread with jam



Komparic with marmalade

Dinner: typically leftovers from lunch, cold meats, and cheese with bread



Anchovies, cheese, and meats

Traditional Food Habits: Meals



- Lunch: includes chicken or beef soup, cooked meat (often pork), potatoes, and bread
- Greens with vinegar and oil served in the spring and summer
- Pickled vegetables in the winter

Traditional Food Habits: Regional

- North and inland: majority of foods have an Austrian or Hungarian flavor
- Coastal: usually includes fish and pasta, risotto, or polenta
- Zagreb and Slavonia: roast pork with the skin (*pecenka*) popular
- Dalmatian highland region: lamb
- Restaurants are normally formal and expensive, but having coffee at cafes is popular.



Traditional Food Habits: Cooking



Peka : under the bell

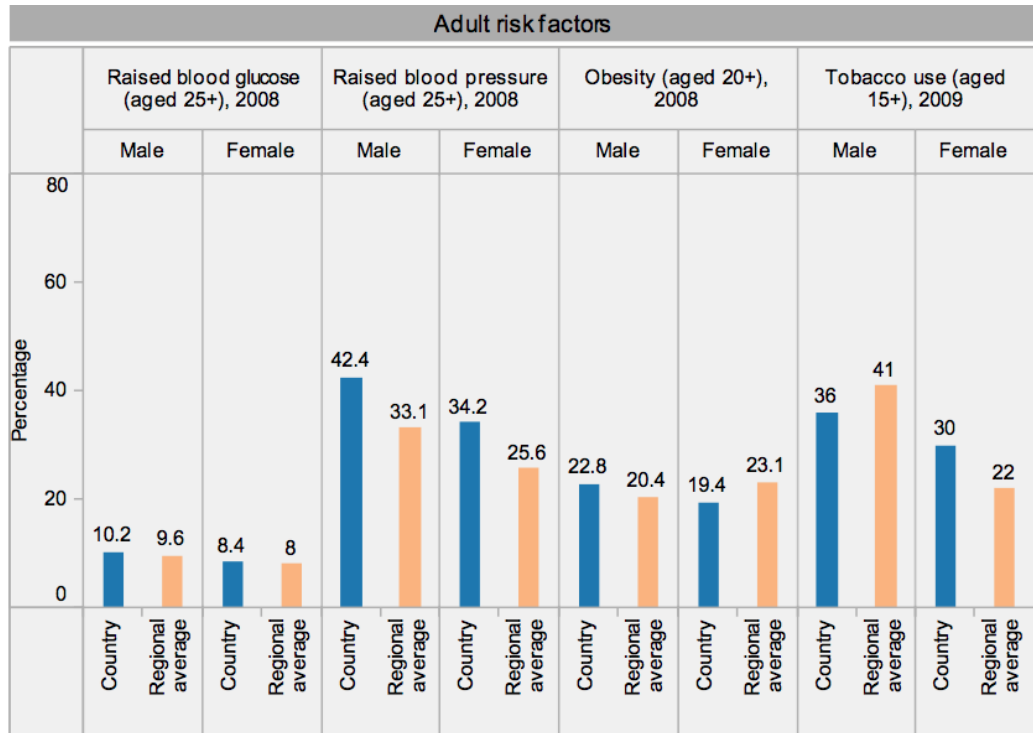
Traditional Food Habits: Celebrations

- larger quantities of food, especially meat
- special cakes prepared
- fried cheese, octopus salad, spicy grilled meats, and dishes made with phyllo
- Alcohol
 - Slavonia: plum brandy
 - Zagreb, coast: grape or herb brandies
- men offered an alcoholic drink first
- strong Turkish-style coffee & espresso



Health

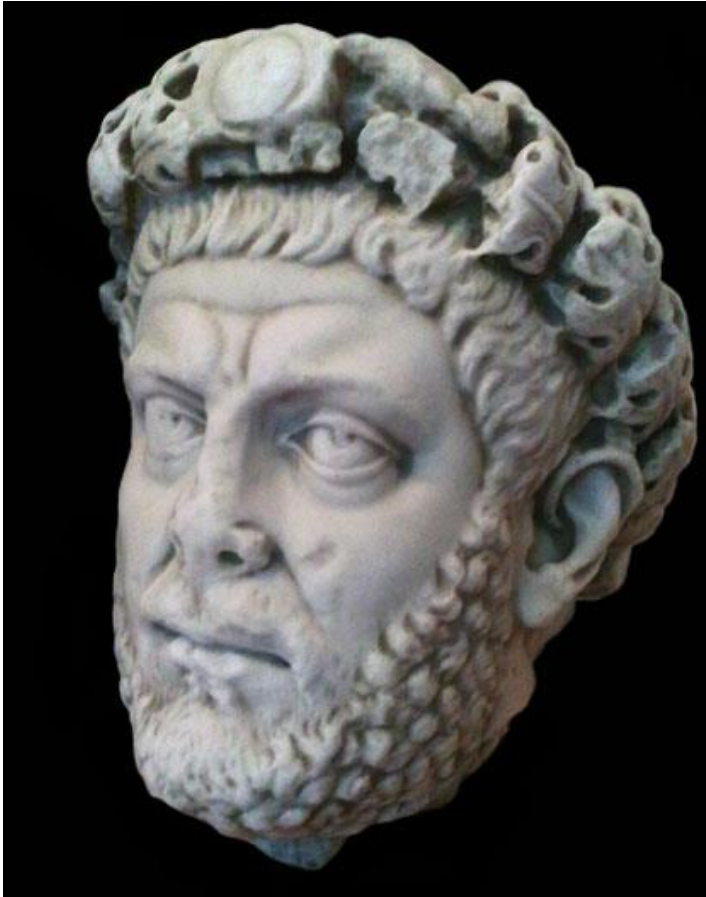
- Life Expectancy: male 74, female 80
- Maternity leave: 45 days before birth until child is one year old (NLIS) as of 2009
- Universal Health Care
- Little research on Croatian immigrants



Sarma



Unique Ingredient: Cabbage



Diocletian

- Son of emancipated slave
- Had little or no formal education
- Became emperor from working his way through ranks as soldier
- Roman Emperor 284 – 305 AD
- Returned to Dalmatian coast to retire, grow cabbage.; introduced cabbage to Split.
- Had huge gardens, likely first cabbage grown was wild cabbage with curly leaves
- Unclear how Diocletian prepared his cabbage
- Modern versions of cabbage rolls include spiced meat wrapped in boiled cabbage leaves or spiced meat mixed with sauerkraut and wrapped in boiled cabbage

Nutrient Profile

Traditional

Nutrition Facts	
Serving Size (294 g)	
Amount Per Serving	
Calories 470	Calories from Fat 277
% Daily Value *	
Total Fat 31g	44%
Saturated Fat 13g	57%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1305mg	57%
Total Carbohydrates	4%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 35g	65%
Vitamin A 4%	Vitamin C 54%
Calcium 7%	Iron 13%
* Percent Daily Values are based on your custom	

Modified

Nutrition Facts	
Serving Size (297 g)	
Amount Per Serving	
Calories 387	Calories from Fat 197
% Daily Value *	
Total Fat 22g	31%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 114mg	38%
Sodium 842mg	37%
Total Carbohydrates	4%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 36g	66%
Vitamin A 2%	Vitamin C 57%
Calcium 7%	Iron 16%
* Percent Daily Values are based on your custom	

Counseling Tips

- Be respectful & formal until told otherwise by client
- Balance directness with sensitivity
- Build trust, relationship before making suggestions



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