

Quiz: “Discover Bulgarian Traditions and Values” (15 Questions)

1.

In Bulgaria, when you visit someone’s home, it is common for the host to offer you food and drinks shortly after arrival. What does this tradition mainly represent?

- a) Formal obligation
 - b) Hospitality and respect for guests
 - c) Convenience
 - d) Routine behavior
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2.

Banitsa is a well-known traditional Bulgarian dish often eaten for breakfast or during holidays. What are its main ingredients?

- a) Rice and vegetables
 - b) Dough, eggs, and cheese
 - c) Meat and potatoes
 - d) Fruits and sugar
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3.

In Bulgarian culture, family gatherings often involve long meals and conversations. What is the main purpose of these shared moments?

- a) Saving time
- b) Strengthening relationships and connection

- c) Following rules
 - d) Eating quickly
-

4.

The traditional Bulgarian dance “horo” is usually performed in groups, often in a circle or line. What does this symbolize?

- a) Competition
 - b) Unity and community
 - c) Individual expression only
 - d) Formal performance
-

5.

On March 1st, Bulgarians celebrate Baba Marta by giving each other red and white bracelets called “martenitsa.” What do these symbolize?

- a) Wealth and success
 - b) Health, luck, and the coming of spring
 - c) Fashion trends
 - d) Friendship only
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6.

Bulgarian yogurt is internationally recognized for its unique qualities. What makes it special?

- a) It is imported
- b) It contains a specific natural bacteria

- c) It is very sweet
 - d) It is frozen
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7.

Traditional Bulgarian clothing (folk costumes) varies by region. What is their main significance?

- a) Modern fashion
 - b) Cultural identity and heritage
 - c) Only decoration
 - d) Random design
-

8.

In many Bulgarian homes, bread is present at almost every meal. What does bread traditionally represent?

- a) Luxury
 - b) Basic nourishment and respect for food
 - c) Celebration only
 - d) Decoration
-

9.

Bulgarian cuisine includes dishes like Shopska salad and tarator. What characterizes these meals?

- a) Heavy and spicy only
- b) Fresh ingredients and balance of flavors
- c) Only meat-based
- d) Processed food

10.

In Bulgarian culture, name days are celebrated alongside birthdays. What is special about these celebrations?

- a) They are private
 - b) They often include open invitations and shared gatherings
 - c) They are formal events
 - d) They are rarely celebrated
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11.

The Kukeri tradition involves people wearing elaborate masks and costumes. What is the purpose of this custom?

- a) Entertainment only
 - b) To bring good fortune and symbolically chase away negative energy
 - c) Fashion expression
 - d) Tourism only
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12.

Bulgarian music often includes complex rhythms such as 7/8 or 9/8. What does this reflect?

- a) Simplicity
 - b) Rich musical heritage and uniqueness
 - c) Lack of structure
 - d) Random composition
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13.

In Bulgaria, coffee is often enjoyed slowly, sometimes over long conversations. What does this habit reflect?

- a) Lack of time
 - b) Social interaction and communication
 - c) Formality
 - d) Routine only
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14.

Bulgaria is known for its Rose Valley and production of rose oil. What is this product commonly associated with?

- a) Industrial use only
 - b) High-quality perfumes and cosmetics
 - c) Food only
 - d) Decoration only
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15.

Bulgarian culture combines traditions, modern life, and influences from different regions. What is the overall result of this combination?

- a) Loss of identity
 - b) A rich and diverse cultural experience
 - c) Uniform culture
 - d) Limited traditions
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Answer Key:

- 1 – b
 - 2 – b
 - 3 – b
 - 4 – b
 - 5 – b
 - 6 – b
 - 7 – b
 - 8 – b
 - 9 – b
 - 10 – b
 - 11 – b
 - 12 – b
 - 13 – b
 - 14 – b
 - 15 – b
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Score Interpretation:

- **13–15 correct** → Excellent understanding of Bulgarian culture and values 
- **10–12 correct** → Very good cultural awareness
- **6–9 correct** → Good basic knowledge, with room to explore more
- **0–5 correct** → A great opportunity to discover a rich and welcoming culture