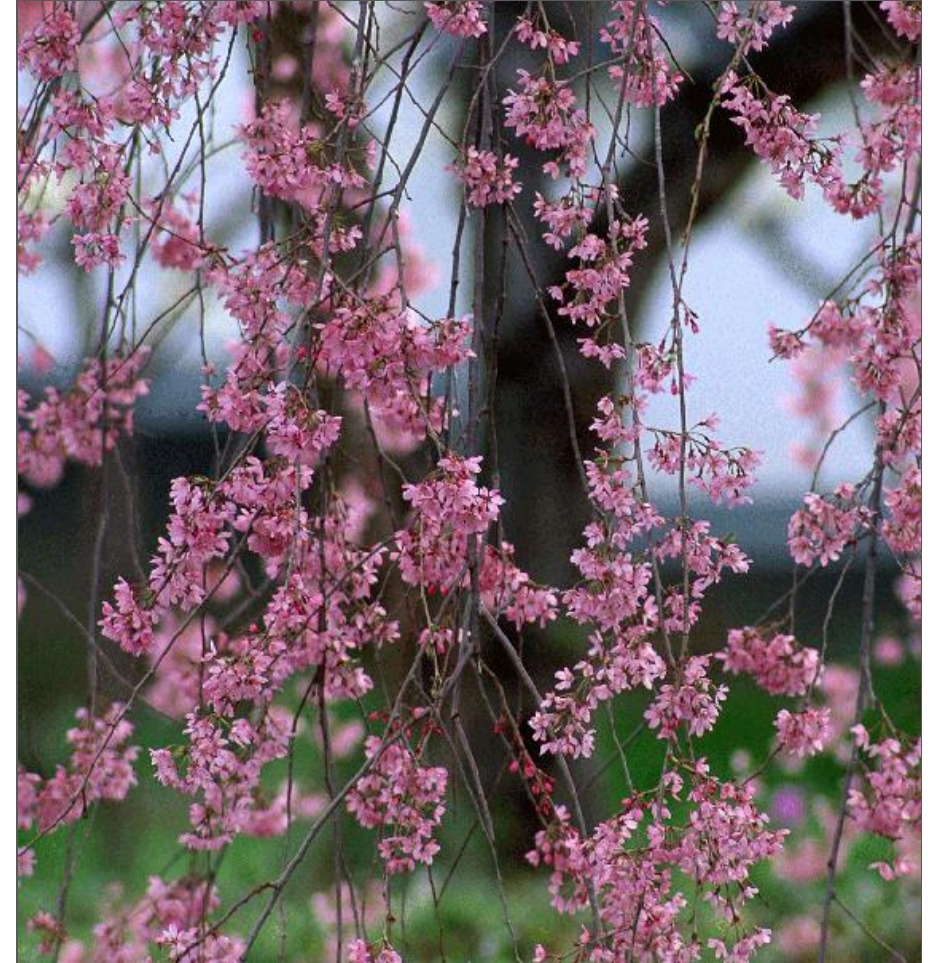




**Nowruz**

Nowruz is the Persian New Year. Also known as Nauryz, Navruz or Nowrouz, it means "new day." The new year will ring in on Saturday, March 20.

- *Ring in sth (BrE): to ring bells to celebrate sth, especially the new year.*

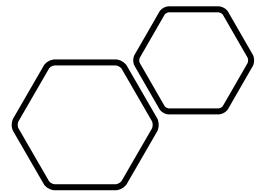




For millions of people across the globe, Nowruz means fire festivities, delicious meats, rice and spices, family gatherings, street dances and loud banging on pots.

It's a time of reconciliation and neighbourliness.

**Reconciliation:(noun)** an end to a disagreement and the start of the good relationship again.



It's not a religious holiday but rather a universal celebration of new beginnings:

wishing prosperity and welcoming the future while shedding away the past.

That's why families use this time to deep clean their homes and closets and buy fresh clothing.



**Prosperity: (noun)** the state of being successful, especially in making money.

It's a monthlong celebration, filled with parties, craft-making, street performances and public rituals.

And yes, lots of food.



- Ritual: (noun) a series of actions that are always performed in the same way.

March 21 was officially recognized as International Nowruz Day by the United Nations at the request of countries including Afghanistan, Albania, India, Iran, Kazakhstan, Turkey and Turkmenistan.

Kazakhstan



Afghanistan



Albania



India



Iran



Turkmenistan



Turkey

More than 300 million people worldwide celebrate Nowruz, and have celebrated it for more than 3,000 years.





How do we celebrate  
Nowruz?



- They include the "Haft Sin" table, which includes seven symbolic items starting with the Farsi letter "S." They include wheat grass, herbs, dried food and vinegar, all representing various hopes for the new year, including health, wealth and prosperity. For example, "Sir," the word for garlic, represents protection from illness, while vinegar, or "Serkeh," represents longevity and patience.





- The tables also include mirrors, candles, decorated eggs, water and various fruits.



- Many families also place a goldfish on the table for good luck and poetry books or the Quran to symbolize education and enlightenment.

**Enlightment (noun):** Knowledge about or understanding sth.



- And the celebrations don't end when people ring in the new year. Thirteen days after Nowruz, families head outdoors and throw the wheat grass they've been growing (and using to decorate Haft Sin tables) into flowing waters.



The tradition is maintained on the 13th day after the new year, a number usually considered unlucky. To ensure good luck for the year, communities throw out the wheat grass, which is said to absorb all the negative energy from each home.



Iranians also have their version of Santa Claus -- Amoo Nowruz, or Uncle Nowruz -- and a small, cheerful jester who works for him.

Haji Firooz, the second figure, pops up during the Persian New Year to bring good wishes. He is depicted with blackface.

Jester: a man employed in the past at the COURT of the king or queen to amuse the people by telling jokes.

Do we really  
jump over fires?



Yes! The activity is one of two major traditions that mark the final few days of the old year.

Before spring rolls in, children run through the streets banging loudly on pots and knocking on doors, asking for sweets or money. It's sort of like Halloween.

Roll in (PHR V): to arrive





On the last Wednesday of the year, Chaharshanbe Soori (or, "Red Wednesday"), crowds gather in public places and jump over bonfires, singing traditional songs and repeating the phrase, "Give me your beautiful red colour and take back my sickly pallor!"



**Pallor (noun):** pale colouring of the face, especially because of illness or fear.



Nowruz also traces its origins to the ancient religion of Zoroastrianism, in which fire was a central focus. Light and fire in the religion were "essential elements for sustaining life."



Tables, fires, parties. Anything else?



- The Persian cuisine, already famed for its variety of grilled meats and fluffy rice, leaves the old year behind with feasts of stews, spicy foods and colourful cookies and pastries.



- The main Nowruz dish is Sabzi Polo Mahi: fried fish beside rice filled with green herbs. Another, Dolmeh Barg, includes cooked meat and rice stuffed inside grape leaves. And Fesenjan, one of Iran's most famous stews, offers meat, usually chicken and sometimes duck, in pomegranate and walnut sauce.
- The list goes on and on. What's most important about the food of Nowruz is that it's shared by family, friends and neighbours.

**So, are you ready?**

And when the final countdown begins, hit play on this song, which traditionally plays while communities ring in the new year.

[Traditional Music, Sal Tahvil, Nowruz, - YouTube](#) آهنگ باستانی لحظه سال تحویل نوروز حاجی فیروز -