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## INTRODUCTION

When we decided to work together on the Project "We are different, we are similar...We are European" we thought that very important aspects of the idiosyncrasies of each country are gathered in their traditional sayings.

For this reason we drew on popular wisdom to highlight the differences and similarities on ten fundamental areas of the human condition: men, women, the weather, religion, animals, lifestyle, money, food, people and, of course, love...

Our learners have done their best, going back in time and recovering from their memories these sayings which, in spite of living in an age of technological advances, could not be found on the Web\*.

At the outset we agreed that sayings truly define each community but we are also aware that these popular utterances are sometimes outdated and are strongly reactionary...A false premise can never become a truth no matter how often it is repeated by each generation. In spite of -or perhaps because of this- we decided not to censure any of the sayings put forward by the groups because, in reality, "We are different, we are similar...We are European".

The aim of this book is merely to contribute to the valorization of this part of traditional European Culture and, at the same time, to try to bring out a knowing smile in the reader by using the past, wisdom and experiences...

Jesús Montero  
General coordinator - Spain

You can find them in: <http://users.sch.gr/Vigklas/NEW/index.html>

## INTRODUCCIÓN

Cando decidimos traballar xuntos no proxecto “We are different, we are similar... We are European!” pensamos que un aspecto moi importante da idiosincrasia de cada país está recollida no seu refraneiro tradicional.

Nada mellor que acudir a sabiduría popular para poñer de manifesto as diferencias e similitudes en dez aspectos fundamentais da condición humana: homes, mulleres, tempo, diñeiro, relixión, animais, xente, comida, estilos de vida e, ¿cómo no?, o amor...

Os nosos alumnos deron o mellor de sí mergullando no tempo e na memoria para sacar á luz os refráns que, a pesares de vivir na Era dos avances tecnolóxicos, ainda non podíamos atopar na rede.

Decíamos ó principio que o refraneiro define moi ben a cada pobo pero tamén somos conscientes de que, moitas veces, esas sentencias populares non se axustan á realidade e teñen un marcado carácter reaccionario... Unha falsa premisa nunca pode convertirse en verdade a forza de repetila de xeración en xeración. A pesar diso – ou quizas por elo, decidimos incluir todas as propostas de cada país porque, ó fin e ó cabo, “Somos distintos, somos parecidos... Somos Europeos!”

O obxeto deste libro non é outro que o de contribuir á posta en valor desta parte da cultura tradicional europea e, á vez, intentar arrancar ó lector esa sorriso cómplice co pasado, coa sabiduría, coa experiencia...

Jesús Montero

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## INTRODUCCIÓN

Cuando decidimos trabajar juntos en el proyecto “We are different, we are similar...We are European!” pensamos que un aspecto muy importante de la idiosincrasia de cada país está recogida en su refranero tradicional.

Nada mejor que recurrir a la sabiduría popular para poner de manifiesto las diferencias y similitudes en diez aspectos fundamentales de la condición humana: hombres, mujeres, tiempo, dinero, religión, animales, gente, comida, estilos de vida y, ¿cómo no?, el amor...

Nuestros alumnos han dado lo mejor de sí buceando en el tiempo y en la memoria para sacar a la luz esos refranes que, a pesar de vivir en la Era de los avances tecnológicos, aún no podíamos encontrar en la Red.

Decíamos al principio que el refranero define muy bien a cada pueblo pero también somos conscientes de que, muchas veces, esas sentencias populares no se ajustan a la realidad y tienen un marcado carácter reaccionario... Una falsa premisa nunca puede convertirse en verdad a fuerza de repetirla de generación en generación. A pesar de eso -o quizás- por ello, decidimos incluir todas las propuestas de cada país porque, al fin y al cabo, “Somos distintos, somos parecidos...somos Europeos!”

El objeto de este libro no es otro que el de contribuir a la puesta en valor de esta parte de la cultura tradicional europea y, a la vez, intentar arrancar al lector esa sonrisa cómplice con el pasado, con la sabiduría, con la experiencia...

Jesús Montero  
Coordinador General - Spain

Puedes verlo en: <http://users.sch.gr/Vigklas/NEW/index.html>

## INTRODUÇÃO

Quando decidimos trabalhar em conjunto o Projecto "WE ARE DIFFERENT, WE ARE SIMILAR..WE ARE EUROPEANS! - Somos diferentes, somos semelhantes... somos Europeus!" pensávamos que muitos aspectos importantes das idiossincrasias de cada país estavam reunidos nos provérbios. Por este motivo recorremos à sabedoria popular para realçar as diferenças e as semelhanças em dez áreas fundamentais da condição humana: homem, mulher, tempo, religião, animais, estilo de vida, dinheiro, comida, pessoas e, obviamente, amor...

Os nossos aprendizes fizeram o seu melhor, recuando no tempo e recuperando nas suas memórias estes provérbios que, apesar de vivermos numa era tecnológica, não poderiam ser encontrados online \*. No início concordámos que estes provérbios definiam verdadeiramente cada comunidade mas também estamos cientes que estas afirmações populares estão muitas vezes ultrapassadas e são fortemente reaccionárias... Uma premissa falsa nunca poderá tornar-se verdadeira, independentemente de quantas vezes é repetida por cada geração. Apesar disso - ou talvez devido a isso - decidimos não censurar nenhum dos provérbios apresentados pelos grupos porque, na realidade, "Somos diferentes, somos semelhantes... somos Europeus!" O objectivo deste livro é simplesmente contribuir para a valorização deste elemento tradicional da Cultura Europeia e, ao mesmo tempo, tentar trazer um sorriso ao leitor através da sabedoria do passado e das experiências...

Jesús Montero

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\* Poderá encontrá-las em: <http://users.sch.gr/Vigklas/NEW/index.html>

## ΕΙΣΑΓΩΓΗ

Όταν αποφασίσαμε να συνεργαστούμε στην εκπαιδευτική σύμπραξη “*We are different, we are similar...We are European*”, σκεφτήκαμε ότι πολύ σημαντικά στοιχεία του πολιτισμού κάθε χώρας και της ιδιοσυγκρασίας κάθε λαού εμπεριέχονται στις παροιμιώδεις φράσεις του.

Για το λόγο αυτό, επιστρατεύσαμε τη λαϊκή σοφία για να αναδείξουμε τις διαφορές και τις ομοιότητες σε δέκα βασικούς τομείς της ανθρώπινης ζωής: άντρες, γυναίκες, καιρός, θρησκεία, ζώα, τρόπος ζωής, χρήμα, φαγητό, άνθρωποι και φυσικά αγάπη...

Οι εκπαιδευόμενοι έβαλαν τα δυνατά τους, ανέτρεξαν στο παρελθόν και ανέσυραν από τη μνήμη τους αυτές τις φράσεις, οι οποίες σιγά – σιγά ξεχνιούνται από τους νέους μέσα στο σημερινό περιβάλλον της ξέφρενης και χωρίς όρια τεχνολογικής ανάπτυξης και κυριαρχίας\*.

Στο ξεκίνημα συμφωνήσαμε ότι οι φράσεις αυτές ουσιαστικά προσδιορίζουν την κάθε κοινότητα, αλλά ταυτόχρονα γνωρίζουμε ότι μερικές από αυτές είναι ξεπερασμένες και συντηρητικές...Μια λάθος υπόθεση δεν μπορεί ποτέ να βγει αληθινή, όσο συχνά κι αν επαναλαμβάνεται από γενιά σε γενιά. Παρά το γεγονός αυτό – ή ίσως εξαιτίας του – αποφασίσαμε να μην «λογοκρίνουμε» καμία από τις φράσεις που συγκέντρωσαν οι εκπαιδεύμενοι μας, διότι στην πραγματικότητα, “*We are different, we are similar...We are European*”.

Σκοπός αυτού του βιβλίου είναι απλά να συνεισφέρει στη διατήρηση και ανάδειξη μιας πλευράς του Ευρωπαϊκού λαϊκού πολιτισμού και συγχρόνως να κάνει τον αναγνώστη να χαμογελάσει, καθώς ταξιδεύει σε περισσότερο ή λιγότερο γνώριμα μονοπάτια αναμνήσεων, εμπειριών και λαϊκής σοφίας...

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\* Δείτε τις φράσεις στη διεύθυνση: <http://users.sch.gr/Vigklas/NEW/index.html>

## INTRODUZIONE

Quando decidemmo di lavorare insieme sul Progetto "Siamo diversi, siamo simili,siamo Europei" pensammo che aspetti molto importanti delle idiosincrasie di ogni paese fossero raggruppate nei detti tradizionali di ciascuno.

Per questa ragione abbiamo pensato di raggruppare differenze e similitudini linguistiche su dieci aree fondamentali della condizione umana: uomini, donne, tempo, religione,animali, modo di vivere soldi, cibo,persone e, chiaramente, amore. I nostri studenti hanno fatto del loro meglio,recuperando le tradizioni intorno ai detti in oggetto dai loro ricordi che, nonostante viviamo in un periodo avanzato dal punto di vista tecnologico, non potevano essere trovati sul web.

All'inizio del lavoro fummo concordi tutti che i proverbi veramente definiscono ogni comunità ma nel tempo abbiamo anche raggiunto la consapevolezza che molte di queste queste espressioni popolari sono sorpassate e addirittura fortemente reazionarie. Malgrado ciò o forse grazie a ciò abbiamo deciso di non censurare parte di questi proverbi proprio in virtù dello scopo del nostro progetto che richiama ai concetti "siamo simili,siamo diversi...siamo Europei".

Scopo di questo libro è in parte contribuire alla valorizzazione di questa parte della cultura europea ed,allo stesso tempo,cercare di far sorridere il lettore riportandolo indietro nel tempo.

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General coordinator - Spain

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# Topic One: The Weather

## Ireland

April showers welcome as the flowers of May.

Aching bones signals the coming of rain.

Red sky at night a shepard's delight.

It's No use praying for fine weather if the ram's back is to the ditch.  
signals rain.

Autumn comes quicker than a mountain hare.

Never trust a fine day in winter, the life of an old man or the word of an important person unless it's in writing.

Time flies.

Dreaming is the food of the soul

A red sky at night a shepard's delight.

A red sky in the morning a shepard's warning.

Calm signals thunder

## Spain / Galicia

With clouds looking like sheep in the sky, either it rains today or it will rain tomorrow  
Si el cielo tiene cordaduras de lana si no llueve hoy lloverá mañana.  
Guedelliñas de lan, ou chove hoxe ou chove mañán.

Stony sky, wet weather

Cielo empedrado, tiempo mojado

Cando o ceo semella enlousado, o tempo está mollado.

If a seagull can see a ploughman, the sailors won't be lucky.  
Cuando la gaviota va a ver al labrador, mal le va al pescador.

Seagulls at the port, bad weather for sure.

Gaiotas no porto, tempo revolto

Rainy winter, hot summer

Inviero lluvioso, verano caluroso

Inverno chuvioso, verán caluroso

Rain in May, neither good beans, nor good melon and the wheat grows fungus.  
Choiva na Ascensión (maio) nen boa faba, nen bo melón e crían os trigos mourón.

If Red behind the sea, set the oxen at work, if red behind the mountain, get the oxen in the stall.

Colorado para la mar pon los bueyes a labrar y colorado al monte, Mete los bueyes en la Corte.

Encarnado para o mar bota os bois a arar e encarnado para o monte, Mete os bois na corte.

If the Rainbow is on the west, release the oxen and come.  
Arco da Vella ó ponente, ceiba os bois e vente.

An only swallow doesn't make up the spring.

Una golondrina no hace primavera.

Unha só anduriña non fai primavera.

After the storm, calm comes.

Después de la tempestad, viene la Calma.

Despois da tempestade ven a Calma.

Don't take off your warm clothes, till the fourtyth of May.

Hasta el cuarenta de mayo, no quites el sayo.

Ata o corenta de maio, non quites o saio.

In a April a thousand of rainny waters.

En abril, aguas mil.

Cold April and hot ovens, happiness to my teeth.

Abril frío, fornos quentes, alegría para os meus dentes.

Between March and April, the cuckoo leaves its nest, as in the snow, it doesn't want to turn up.

Entre marzo y abril sale el cuco del cubil que con la nieve no quiere venir.

Entre Marzo e Abril sae o cuco do cubil que coa neve non quer vir.

Windy March brings hot summer.

Marzo ventoso, verano caluroso.

Marzo ventoso, verán caluroso.

March, unsteady March, a rose face in the morning and a dog face in the afternoon.

Marzo marzán,pola mañán Cara de rosa e pola tarde Cara de can.

When the Candelaria (February the 2nd) cries, half the winter goes by. Let's it cry, let's it stop crying. Half of the winter is still to come.

Cando a Candelaria (2 Febreiro) chora, metade do inverno vai fóra.Que chore, que deixe de chorar,metade do inverno está por pasar.

When the weather is upside down, even it rains in the north-east.

Cando o tempo anda ó revés, ata chove no nordés.

## Portugal

In the morning the day begins  
De manhã começa o dia

Time flies  
O tempo voa

The night is a good adviser  
A noite é boa conselheira

There's no hand that can grab the signs of time  
Não há mão que agarre os sinais do tempo

Times change and the wills too  
Mudam-se os tempos, mudam-se as vontades

Time goes forward and backwards  
O tempo anda e desanda

It's never too late to learn  
Nunca é tarde para aprender

Better late than never  
Mais vale tarde do que nunca

Red sky at night, good weather announces  
Céu vermelho à noite, bom tempo anuncia

Who sows wind harvests storm  
Quem semeia ventos colhe tempestades

After a storm comes a calm  
Depois da tempestade vem a bonança

Sky with many clouds or rain today or tomorrow  
Céu com muitas nuvens ou chove hoje ou amanhã

Stony sky, wet weather  
Céu empedrado, tempo molhado

Raining on the day of St. Brás, will rain for forty days or more  
Chovendo dia de São Brás, chove quarenta dias ou mais

The rain by the time of Ascension will give us bread the whole year  
A chuvinha da Ascensão todo o ano dará pão

After the lightning the thunder comes  
Depois do relâmpago vem o trovão

Store the water when it rains  
Guarda a água quando chove

In April a thousand of rainy waters  
Em Abril, águas mil

A cold April gives bread and wine  
Abril frio dá pão e vinho.

The cold from April even the stones will hurt  
Frio de Abril as pedras vai ferir

Wind and rain March April May blooms make  
Vento de Março e chuva de Abril fazem o Maio florir

September is wet rotten figs  
Setembro molhado é figo estragado

Walk where the cold floor, here comes Christmas stop  
Ande o frio por onde andar, no Natal Cá vem parar

## Greece

Clouds looking like sheep in the sky, bring rain and wind  
Σύννεφα που θυμίζουν το μαλλί του προβάτου φέρνουν ανεμόβροχο

A good beginning makes a good ending  
Η καλή μέρα από το πρωί φαίνεται

Time flies  
Η ώρα (Ο χρόνος) περνάει γρήγορα

Sleeping is a good advisor  
Ο ύπνος είναι καλός σύμβουλος

When the sky is red at night, the shepherd is glad  
Κόκκινος ουρανός το βράδυ, η χαρά του βοσκού

An only swallow doesn't make up the spring  
Ένα χελιδόνι δε φέρνει την Άνοιξη

Who sows wind harvests storm  
Όποιος σπέρνει ανέμους, θερίζει θύελλες

April's water is poor man's wealth  
Του Απρίλη τα νερά, του φτωχού τα πλούτη

After the lightning the thunder comes  
Αν δεν αστράψει, δεν βροντά

Take the water when it rains  
Μάζευε κι ας είναι και ρώγες

## Italy

A sky with little clouds looking shepards means that it will rain  
Cielo a pecorelle acqua a catinelle

You can see and have a good day if it starts from the beginning  
Il buongiorno si vede dal mattino

Time flies  
Il tempo vola

Dreaming is necessary  
La notte porta consiglio

When there is a red sunset it means it will be a good weather.  
Rosso di sera bel tempo si spera

One swallow doesn't make a summer  
Una rondine non fa primavera

Who sows wind it picks up storm  
Chi semina vento raccoglie tempesta

If it will rain on the 4<sup>th</sup> of April it will rain for forty days  
Quattro aprilanta giorni quaranta

After the lightning the thunder comes  
Dopo il lampo viene il tuono

Take the water when it rains  
Prendi l'acqua quando piove

## Topic Two: women

### Ireland

Marry a mountainy woman and you marry the mountain.

A shameful wife makes her husband stick out in a crowd.

Women would drive you mad but the asylum would be a cold place without them

Men always want to be a woman's first love.

Women have a more subtle instinct: what they want like is to be a man's last romance. (Oscar Wilde)

Man without woman ship without an anchor.

Man is incomplete until he marries.

Men and women are like ropes drawn tight with strain that pull us in different directions. (Bram Stoker)

You can't kiss an Irish girl unexpectedly. You can only kiss her sooner than she thought you would.

Life springs from death; and from the graves of patriot men and women spring living nations. (Patrick Pearse)

Never scald your lips with another's man porridge.

It is easy to halve the potatoe where there is love.

A whistling woman and a crowing hen awakens the devil in his den.

Like Irish wolves, Irish women bark at their own shadows.

There is no need to fear the wind if you haystack is tied down.

Good goods in small parcels.

A little fire that warms is better than a big fire that burns.

Marriages are all happy. It's having breakfast together that causes all the trouble

Never come between a man and woman.

## Spain / Galicia

Woman and gold are all-powerful.  
La mujer y el oro lo pueden todo.

Two woman breasts draw more than two oxcarts.  
Tiran más dos tetas que siete carretas.  
Tiran mais dúas tetas que sete carretas.

The first wife is a broom, the second wife is a lady.  
La primera mujer es escoba y la segunda, señora.

The woman who does not eat with her husband, either eats later on or has previously eaten.  
La mujer que no come con su marido, o come después o ya ha comido.  
A muller que non come co seu marido ou comeu despois ou xa ten comido.

Jelous woman and jelous man are both dangerous ones.  
La mujer y el hombre celosos, son peligros.  
A jealous woman is very dangerous.

To married and caste wife, her husband is enough.  
A mujer casada y casta, con el marido basta.

Forbidden fruit, tasty fruit.  
Fruto prohibido, fruto sabroso.

My neighbour's cow's milk is better than mine.  
A vaca da miña veciña da mellor leite que a miña .

The bread from someone's else always tastes the best.  
A broa aldea, sabe que rabea.

The tastiest dish is the one you cannot taste.  
O mellor manxar é o que non podes probar.

Women know more than the devil.  
La mujer sabe más que el diablo.  
A muller sabe mais que o demo.

Even is a woman's advice is scarce, the one who does not take it is a fool.  
Aunque el consejo de la mujer sea poco, no tomarlo es de loco.

When a man goes, a woman returns.  
Cando o home vai, a muller xa ven de volta.

Pretty woman and good sword, are both ambicionated.  
Mujer hermosa y buena espada, de muchos es codiciada.

A well-dressed wife takes her husband away from someone else's door.  
A muller ben composta, saca ó marido doutra porta.

In a small barrel, there lays the good wine.  
En el barril pequeño, está el vino bueno.

Woman and sardine, the smallest, the tastiest.  
A muller e a sardiña, canto mais pequeninha mais sabrosiña.

Wet bride, lucky one.  
Novia mojada, novia afortunada.

A mother-in-law? She's neither good nor bad.  
¿Sogra? Nin mala nin boa

## Portugal

Wet bride, bride blessed  
Noiva molhada, noiva abençoada

The woman and sardines we want the smallest  
A mulher e a sardinha quer-se da mais pequenina

Sardines and woman the biggest there is  
Sardinha e mulher a maior que houver

It is well married the one that has no mother in law nor sister in law  
É bem casada a que não tem sogra nem cunhada

The beauty is the eye of the beholder  
Não há bela sem senão, nem feia sem sua graça

A woman can get what to eat from webbing and weaving  
A fiar e a tecer, ganha a mulher de comer

## Greece

Sea and fire, and woman the third bad thing  
Θάλασσα και πυρ, και γυνή τρίτον κακόν

Fire, woman and sea  
Πυρ, γυνή και θάλασσα

Woman without man, ship without wheel  
Γυναίκα χωρίς άντρα, πλοίο χωρίς τιμόνι

Angry woman, rough sea  
Γυναίκα θυμωμένη, θάλασσα αγριεμένη

A bad woman blames even her hair  
Της κακής της κυράς και τα μαλλιά της φταίνε

Beautiful is beautiful but the most beautiful of all is a sensible woman  
Όμορφο είναι τ' όμορφο, πέντε φορές και δέκα, μάπ'όλα ομορφότερο η γνωστική γυναίκα

Forbidden fruit, tasty fruit  
Το απαγορευμένο είναι πιο γλυκό

The woman put the devil in her knot  
Η γυναίκα τον διάολο τον έκλεισε στον κότσο της

You cannot lock the woman and the wind  
Ο αέρας και η γυναίκα δεν κλειδώνονται

The expensive perfumes are in small bottles  
Τα ακριβά αρώματα μπαίνουν σε μικρά μπουκαλάκια

Wet bride, never sad  
Νύφη βρεγμένη, ποτέ λυπημένη

Between two there is no room for a third  
Στους δύο τρίτος δε χωρεί

## Italy

Who woman says it says damage  
Chi dice donna dice danno

Nail sends away nail  
Chiodo scaccia chiodo

Woman driving constant danger  
Donna al volante pericolo costante

Women and jealous men are too much dangerous  
Donne e uomini gelosi sono troppo pericolosi

Forbidden fruit tasty fruit  
Frutto proibito frutto saporito

The woman knows one more than the devil  
La donna ne sa una più del diavolo

At the beginning woman is all honey then all bile  
La donna prima tutto miele poi tutto fiele

In the small barrel there is the good wine  
Nella botte piccola c'è il vino buono

Wet married woman lucky woman..when it rains  
Sposa bagnata sposa fortunata

Between wife and husband do not put the finger  
Tra moglie e marito non mettere il dito

## Topic Three: Men

### Ireland

For man to be himself he must know himself.

When an Irishman talks ‘principle’ he is a danger to everybody.

Greatness in a man knows modesty.

A man’s fame lasts longer than his life.

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself.

A man with no wit has little on a pig.

There is no bone in the tongue but it often struck a man down.

The truth comes out when the spirits (drink) goes in.

He’d stepover ten naked women to get at a ‘pint’

You can take an Irishman out of Ireland but you can’t take the Ireland out of the man.

A man that can’t laugh at himself shouls be given a mirror.

He who is scant of news speaks ill of his mother.

Greatness in a man knows modesty.

A man is a man when his womanis a woman.

It’s a good wife whose mouth is your mirror.

A man without a blackthorn stick is a man without an expedient.

The man of the house needs three meals a day and four grouses.

Men are like bag pipes: no sound comes until they are full.

You’ll never plough a field by turning it over in your mind.

That you might have nicer legs than your own under your table before the new spuds are up.

A wise man should have money in his head, but not in his heart. (Johathan Swift)

Men are like bagpipes – no sound comes from them until they are full

Men are governed by lines of intellect- women by curves of emotion. (James Joyce)

Don't make little of your dish for it may be an ignorant man who judges it.

The man who has luck in the morning has luck in the afternoon.

God made time but man made haste.

There is none so deaf as those who do not want to hear.

A lazy man's best day is to-morrow

## Spain / Galicia

A good knight doesn't need a lance.

A buen caballero no le hace falta la lanza.

A Cautious man is worth for two.

Hombre prevenido vale por dos.

A cautious man, has never been defeated.

Home prevenido, nunca foi vencido.

To The one who is afraid weapons are not enough.

Quien tiene miedo, no le llegan las armas.

If you have an ass, you will be afraid.

O que ten cu, ten medo.

The one who fears birds won't sow the wheat.

O que ten medo ós paxaros, non sembra o trigo.

To a lazy worker, all the tools would hurt.

Al mal trabajador todas las herramientas le dan dolor.

To the lazy one, there is no a good tool.

Para o perguiceiro, non hai bo apeiro.

If you are not rich at 30, and are not married at 40, you are a flying bird for the pretty girls.

El que a los 30 no es rico y a los 40 no casó, para las niñas bonitas, ese pájaro voló.

O que ós 30 non é rico e ós 40 non casou, para as neniñas casadeiras, este paxaro voou.

Still single and at your fourties, what a lucky greedy one.

Home solteirón e corentón, que sorte tés lambón.

King as a child, captain as a young man, donkey as a husband, and dog when an old one.

De neno rei; de mozo Capitán; de casado burro e de velho can.

Love and wine separate a man from the right way.  
El amor y el vino sacan al hombre del buen camino.

The man who likes drinking is never very pussy.  
Home bebedor, pouco emprendedor.

To a man who likes drinking and women, you should never lend money.  
Ó bebedor e mulhereiro, nunca lle deixes diñeiro.

All the men are tame when they are at sleep.  
Durmindo todos os homes son mansos.

The one who wears slippers, and pay attention to women, will never be rich, and always will be barefoot.  
El que zapatillas calza y de mujeres hace caso, nunca tendrá dinero y siempre andará descalzo.  
O que de zapatillas calza e de muleres fai caso, nunca terá diñeiro e sempre andará descalzo.

A short man, always full of poison.  
Home pequeno, foi de veneno.

Crossed-eyed man and dog without a tail...to be fucked!  
Home torto e can rabelo...para jodelo.

Why don't you marry, Xan? Because I don't want the ones that are given to me, and the ones I want are not available.  
¿Por que non te casas, Xan? Porque as que me dan nos as quero e as que quero non mas dan.

## Portugal

One only hears what it suits him/her  
O João Alguém só ouve o que lhe convém

A cautious man is worth for two  
Homem prevenido vale por dois

Prudent man far more than the brave  
Homem prudente pode mais que o valente

The men are not measure on palms  
Os homens não se medem aos palmos

Who does not work in new, in old eat straw  
Quem em novo não trabalha, em velho come palha

For good listener, half word is enough  
Para bom entendedor, meia palavra basta

The fool eats a lot, but more foolish is who gives him something to eat  
Muito come o tolo, mas mais tolo é quem lhe dá

There is no worst blind as those who do not want to see  
Não há pior cego do que aquele que não quer ver

In the land of blind the eye is king  
Em terra de cego quem tem olho é rei

Friends, friends businesses aside  
Amigos, amigos negócios à parte

Like father like son  
Tal pai, tal filho

The gluttonous man is not delicate nor appreciates flavor  
A homem comedor, nem coisa delicada, nem apetite no sabor

## Greece

The brave dies once. The coward dies every day  
Ο γενναίος πεθαίνει μια φορά. Ο δειλός πεθαίνει κάθε μέρα

Not even a horse can run as fast as a coward  
Τα πόδια του δειλού, ούτε άλογο τα φτάνει

To a lazy worker, all the tools would hurt  
Του κακού του μάστορα τα εργαλεία του φταίνε

Grandpa, come to show you your vine fields  
Έλα παππού να σου δείξω τ' αμπελοχώραφά σου

The unmarried always has a good sleep  
Ο ανύπαντρος κοιμάται πάντα ύσυχος

Women, liquor and nightlife separates man from the right way  
Οι γυναίκες, τα ποτά και τα ξενύχτια έχουν κλείσει τα καλύτερα τα σπίτια

Evil people succeed in troubled times  
Στην αναμπουμπούλα ο λύκος χαίρεται

Young lawyer, lost inheritance and young doctor, full graveyard  
Από δικηγόρο νεαρό, κληρονομιά χαμένη κι από νεαρό γιατρό οι τάφοι γεμισμένοι...

Useless to knock on a deaf's door  
Στου κουφού την πόρτα, όσο θέλεις βρόντα

Clear pacts long friendship  
Οι καλοί λογαριασμοί κάνουν τους καλούς φίλους

## Italy

Good rider must have a good lance  
A buon cavaliere non manca la lancia

to whom is afraid it is not enough the armor  
A chi ha paura non basta l'armatura

To bad worker every pain utensil is not good enough  
A cattivo lavoratore ogni attrezzo da dolore

To good connoisseurs good words  
A buoni intenditori poche parole

Who got married needs two brains  
A chi prende mogli gli ci vogliono due cervelli

Bacchus, tobacco and Venus reduce the men in ash  
Bacco, tabacco e Venere riducono gli uomini in cenere

Among the two litigants the bystander enjoys  
Fra i due litiganti il terzo gode

The dentist eats with the teeth of the others  
Il dentista mangia con i denti degli altri

There is no worst deaf of whom doesn't want to hear  
Non c'è peggior sordo di chi non vuol sentire

Clear pacts long friendship  
Patti chiari amicizia lunga

## Topic four: Lifestyle

### Ireland

Dance as if no one's watching, sing as if no one's listening, and live everyday as if it were you last.

The early bird catches the worm.

Make hay while the sun shines.

There is no tax on talk.

While a person is out, his food goes cold (nothing does well, if neglected).

If you dig a grave for others you may in up in iy yourself.

I am not as green as I am cabbage looking.

If you lie down with dogs you get up with fleas.

On the ladder of success, there's always someone on the rung above using your head to steady themselves.

He who has water and peat on his own farm has the world his own way.

Never look a gift horse in the mouth.

A Nation's greatest enemy is the small minds of its small people.

The World is a stage but the play is badly cast.

Let your anger set with the sun and not rise again with it.

His /her bark is worst than the bite.

The face mirrors the soul.

Ask and thou shall receive, seek and thou shall find, arise and the door will be open to you.

Mind the pennies and the pounds will look after themselves

Do not leave until tomorrow what you can do to-day

## Spain / Galicia

New year, new life.  
Año nuevo, vida nueva.  
Ano novo, vida nova.

Getting up very early doesn't mean an earlier dawn.  
No por mucho madrugar amanece más temprano.  
Nin por moito madrugar, amanece mais cedo.

God helps the ones who get up early.  
A quién madruga Dios le ayuda.  
Quen madruga Deus lle axuda.

The one who does bad things, always has a bad end.  
Quién mal anda, mal acaba.  
Quen mal, anda mal acaba.

If you warn someone, there is not betrayal.  
El que avisa no es traidor.  
O que avisa non é traidor.

The one who does wrong, always pays for it.  
El que las hace, las paga.  
O que as fai, as paga.

Of the bad things you have done, keep the secret in your heart.  
Do mal que tiveras feito, garda o segredo no peito.

Horse given for free, it is not worth to watch the teeth.  
A caballo regalado, no le mires el diente.  
A cabalo regalado, non lle mires os dentes.

People are always ready to eat.  
Para comer hai xente.

Just arriving and being satisfied, it is impossible.  
Chegar e encher, non pode ser.

If you stand while you eat, you'll never be satiated.  
O que come de pé, nunca farto é.

Barking dog, it bites no more.  
Perro ladrador, poco mordedor.  
Perro ladrador, pouco mordedor.

Tell me why you are so conceited, and I'll tell you what you need.  
Dime de que presumes y te diré lo que careces.

Young people, and unseasoned wood, they are only smoke.  
Xente nova e leña verde, todo é fume.

Unawere eyes, unaware heart.  
Ojos que no ven, corazón que no siente.  
Ollos que non ven, corazón que non doe.

The face mirrors the soul.  
La cara es el espejo del alma.  
A cara é o espello da alma.

If you ask, you may arrive in Rome.  
Preguntando se llega a Roma.  
O que ten boca, chega a Roma.

It is better to prevent than to lament.  
Más vale prevenir que lamentar.

An only grain does not make up a granary, but it helps the other ones.  
Un grano no hace granero pero ayuda al compañero.

Many few ones are worthier than few many ones.  
Vale mais moitos poucos que poucos moitos.

Don't leave for tomorrow what you can do today.  
No dejes para mañana lo que puedes hacer hoy.  
Non deixes para mañán o que poidas facer hoxe.

Tell me who your friend is, and I will tell you what you are like.  
Dime con quién andas y te diré quién eres.  
Dime con quen andas e direicte de que pata coxeas.

Who goes under a good tree, a good shade waits for him.  
Quién a buen árbol se arrima, buena sombra le cobija.

Those who sleep on the same matress have the same condition.  
Os que dormen no mesmo colchón, son da mesma condición.

Join the good ones, and you will be one of them.  
Júntate a los buenos y serás uno de ellos.

## Portugal

New year, new life  
Ano novo, vida nova

Christmas to plank and Easter to the sea  
Natal a assoalhar e Páscoa ao mar

Christmas in the square and Easter at home  
Natal na praça e Páscoa em casa

Christmas in the window at Easter to the pan  
No Natal à janela, na Páscoa à panela

Carnival at the fireplace, Christmas at home, Easter in the square  
Entrudo borralheiro, Natal em casa, Páscoa na praça

What goes, comes around  
Cá se fazem, cá se pagam

Out of sight, away from the heart  
Longe da vista, longe do coração

Eyes that do not see, heart that do not feel  
Olhos que não vêem, coração que não sente

Soft water in hard rock, beat so much until it bore  
Água mole em pedra dura, tanto bate até que fura

Healthy mind in healthy body  
Mente sã em corpo são

For prosperous life, art, order and measure  
Para próspera vida, arte, ordem e medida

A stitcht in time saves nine  
Mais vale prevenir que remediar

Ignorance is the cause of evil  
A ignorância é a causa do mal

Better alone than in bad company  
Mais vale só do que mal acompanhado

It is better a swollen hand than a hoe in the hand  
Mais vale a mão inchada do que a enxada na mão

When your head is not wise your body will suffer the consequences  
Quando a cabeça não tem juízo, o corpo é que paga

Reason is the mold of goodness  
A razão é molde do bem

Pose and good manners open doors abroad  
Bom porte com boas maneiras abrem portas estrangeiras

At the first time anyone falls, at the second time only falls who wants  
À primeira qualquer cai à segunda cai quem quer

Happy is he who only wants what can and should do what  
Feliz é quem só quer o que pode e faz o que deve

Who goes slow goes healthy and far  
Devagar se vai ao longe

Tell me who you are with and i'll tell you who you are  
Diz-me com quem andas, dir-te-ei quem és

Good connoisseurs need few words  
Para bom entendedor meia palavra basta

Best to bend while i tis a twig  
De pequenino se torce o pepino

## Greece

New year, new beginning  
Νέος χρόνος, νέα αρχή

It's the early bird that catches the worm  
Το πρωινό πουλί πιάνει το σκουλήκι

If you lie down with dogs, you're going to get up with fleas  
Όπως έστρωσες, κοιμήσου

Donkey given for free, it is not worth to watch the teeth  
Κάποιον του χάρισαν ενα γάιδαρο κι αυτος τον κοιτούσε στα δόντια

Dog that barks doesn't bite  
Σκύλος που γαβγίζει, δε δαγκώνει

The face is the mirror of the soul  
Το πρόσωπο είναι ο καθρέφτης της ψυχής

If you ask, you may arrive to the city  
Ρωτώντας πας στην πόλη

Look after the pennies and the pounds will take care of themselves  
Φασούλι το φασούλι γεμίζει το σακούλι

Don't leave for tomorrow what you can do today  
Μην αναβάλλεις για αύριο ότι είναι να κάνεις σήμερα

Beat the iron while it's hot  
Στη βράση κολλάει το σίδερο

Show me your friends and I'll tell you who you are  
Δείξε μου τους φίλους σου να σου πω ποιος είσαι

## Italy

New year new life  
Anno nuovo vita nuova

You must spend Xmas Holiday with your family and Easter with you want  
A Natale con i tuoi , a Pasqua con chi vuoi

Who does bad things..must wait for bad things  
Chi fa le cattive cose...deve aspettare le cattive cose

Sitting at table eating you don't grow old  
A tavola non si invecchia

Dog that barks doesn't bite  
Can che abbaia non morde

Who understands it suffers  
Chi capisce patisce

Who asks it's not wrong  
Chi domanda non fa errori

Drop to drop it builds the sea  
A goccia a goccia si fa il mare

Beat the iron until it is warm  
Batti il ferro finché è caldo

Who shows he/she sells  
Chi mostra vende

## Topic five: Love

### Ireland

Love is blind.

A man loves his sweetheart the most, his wife the best, but his mother the longest.

The older the fiddle the sweeter the tune.

Love without argument is like food without salt.

Love can take the coat from your back.

God made them and he joined them.

The older the fiddle the sweeter the tune

The wrath of god has nothing on the wrath of an Irishman outbid for land, a horse or a woman.

It's no harm having plenty of old men in your life as long as there is not plenty of life in the old men.

Unlucky in gambling, lucky in love.

Love does (will) not boil the pot.

Love does not put bread on the table.

All is fair in love and war.

### Spain / Galicia

Love is blind.

El amor es ciego.

O amor é cego.

Towards the hearts bends, it walks the foot.

A donde el corazón se inclina, el pie camina.

Passionate heart doesn't want to be advised.

Corazón apasionado, no quiere ser aconsejado.

The most they quarrel, the most they love each other.

Cuanto más reñidos, más queridos.

Canto mais reñidos mais queridos.

The married one wants his own home.

O casado casa quiere.

Those who sleep on the same mattress have the same condition.  
Los que duermen en el mismo colchón, son de la misma condición.  
Os que dormen no mesmo colchón, son da mesma condición.

God creates them and they get together.  
Dios los da y ellos se juntan.

People must get involved with others from their own condition" said the reed to the crow.  
Xente con xente, díxolle o carrizo ó corvo.

The one with is lucky at gambling is unlucky at love.  
Afortunado en el juego, desgraciado en amores.

Works are love, whereas good reasons are not.  
Obras son amores y no buenas razones.

Love is paid with love.  
Amor con amor se paga.

Love someone who loves you, and not the one who builds up your hopes.  
Ama a quién te ama y no a quién te ilusiona.

Let run the water you are not going to drink.  
Agua que no has de beber, déjala correr.

The things that an only person wants are foolish things.  
O querer dun solo, é querer dun bobo.

The first time to learn, the second time to know.  
A primeira para aprender e a segunda para saber.

In love and at work, everything is worth.  
En el amor y en la guerra todo vale.

The one who gives bread to somebody else's god, lose both, bread and dog.  
O que lle da pan ó can alleo, perdo pan e perde o can.

## Greece

Love is blind  
Ο έρωτας είναι τυφλός

Love without fighting, food without salt  
Αγάπη δίχως πείσματα, φαΐ δίχως νοστιμάδα

The Chestnut asks for wine and the walnut for honey  
Το κάστανο θέλει κρασί και το καρύδι μέλι

Shoe from your place, even if it is patched  
Παπούτσι απ' τον τόπο σου κι ας είν' και μπαλωμένο

Unlucky in gambling, lucky in love  
Όποιος χάνει στα χαρτιά κερδίζει στην αγάπη

Love heals love  
Ο έρωτας με έρωτα περνάει

Making the same mistake twice, it's not wise  
Το δις εξαμαρτείν ουκ ανδρός σοφού

All is fair in love and war  
Στον έρωτα και τον πόλεμο επιτρέπονται όλα

There's no accounting for taste  
Περί ορέξεως κολοκυθόπιτα

Out of sight, out of mind  
Μάτια που δεν βλέπονται, γρήγορα λησμονιούνται

## Italy

Love is blind  
L'amore è cieco

Love without the mold makes mold  
Amor senza baruffa fa la muffa

Who satisfies it enjoys  
Chi si contenta gode

Who looks like..will be chosen each other  
Chi si somiglia si piglia

From a thing it comes out another one  
Da cosa nasce cosa

You can get everything with good ways of living  
Con le buone maniere si ottiene tutto

Be wrong is normal but do it again is diabolic  
Errare è umano perseverare è diabolico

Everything is allowed in love and war  
In amore e in guerra tutto è lecito

It's not beautiful what it is beautiful but it is beautiful what you like  
Non è bello ciò che è bello ma è bello ciò che piace

A new love it's not for ever an old one last more  
Amor nuovo va e viene amor vecchio si mantiene

## Portugal

You can't tell the heart what to do  
No coração não se manda

The heart has his own reasons, that reason it self does not know  
O coração tem razões que a própria razão desconhece

Love is blind  
O amor é cego

Passionate heart doesn't want to be advised  
Coração apaixonado não quer ser aconselhado

Love is fool  
O amor é louco

Who marries, wants home  
Quem casa, quer casa

Love satisfies all, except hunger  
O amor tudo satisfaz menos a fome

Who aims to much, gets little hits  
Quem muito escolhe, pouco acerta

Love grows from a great friendship  
O amor nasce de uma grande amizade

Love is repaid with love  
Amor com amor se paga

Love loves affairs  
O Amor gosta de amores

All is fair in love and war  
No amor e na guerra vale tudo

Going to war and get married should not be advised  
Ir à guerra e casar não se deve aconselhar

Beauty is in the eye of the beholder  
Quem o feio ama, bonito lhe parece

Tastes are not discussed  
Gostos não se discutem

New love comes and goes, old love remains  
O amor novo vai e vem, mas o velho se mantém

A man loves the most his first love, better love his wife and his mother forever  
(Irish proverb)

Um homem ama mais o seu primeiro amor, ama melhor a sua mulher e para sempre a sua mãe (ditado irlandês)

There's no love like the first love  
Não há amor como o primeiro

To love and to pray no one can force  
A amar e a rezar ninguém se pode obrigar

True love does not age  
Amor verdadeiro não envelhece

The love and faith can be seen in the works  
O amor e a fé nas obras se vê

See the eyes what the heart desires  
Vêem os olhos o que o coração deseja

No large that he has no pain with love  
Ninguém larga sem dor o que possui com amor

Love is like the moon when it grows, shrinks  
O amor é como a lua, quando não cresce, mingua

Crazy love, I for you and you on the other  
Amor louco, eu por ti e tu por outro

Anyone can do some good between a man and his wife  
Entre marido e mulher, alguém que meta a colher

## Topic six: Money

### Ireland

The best way to keep loyalty in a man's heart is to keep money in his purse.

Nothing ventured, nothing gained.

Money talks

He who pays the piper calls the tune.

Thirst after the drink and sorrow after the money.

As the money bag swells, the heart contracts.

Wealth is an uncertain prop.

The man who asks what good is money has already paid for his plot.

It costs nothing to see nature's non-stop show.

Money is a good servant but a bad master.

Inflation is when you have money to burn but can't afford a match.

The unluckiest person to meet is not a red-haired woman but the man that lent you money.

Money taken, freedom forsaken.

The hardest man to tire is the money-lender.

A poor tinker would like to have a rich man's problems.

A month before harvest the merchant sells nothing but money.

Money lent is money spent.

### Spain / Galicia

For paying and for dying, you are always on time.

Para pagar y morir siempre hay tiempo.

Para pagar e morrer sempre hai tempo.

To the bad payer, it is better to give than to lend.

Al mal pagador más vale darle que prestarle.

Más vale deber dinero que favores.

I'd rather owe money than a favour.

From Adam's times, some heat the oven while others eat the bread.  
Desde os tempos de Adán, uns quentan o forno e outros comen o pan.

If you don't risk, you don't win.  
Quien no arriesga no gana.

Naked I was born, and naked I remain, so I have neither lost, nor won.  
Desnudo nací, desnudo me hallo, ni pierdo ni gano.

If you break something but pay for it, yours it is.  
Quien rompe y paga, las cosas son suyas.

The one who pays for what he owes, his possessions redeems.  
O que paga o que debe, desempeña o que ten.

The one who wants much, nothing will have.  
Quien quiere mucho, no tendrá nada.

The one who wants much, only a little will have.  
El que mucho quiere, poco abarca.

Wasted money, comes through the door and leaves through the roof.  
O diñeiro mal ganado, entra pola porta e sale polo tellado.

Greediness breaks the sack.  
La avaricia rompe el saco.  
A avaricia rompe o saco.

The more gold, the little rest.  
A más oro, menos reposo.

The one who lives poorly to die being rich, an ass he is.  
Quien vive pobre por morir rico, llámale borrico.  
Quen vive pobre por morrer rico, chámalle borrico.

If money is strong, death is even more.  
Si el dinero es fuerte, más lo es la muerte.

The mean of his gold is a slave, not a lord.  
El avaro, de su oro, no es dueño sino esclavo.

The one who goes slowly, far and safe he arrives.  
Quien va despacio, llega lejos y sano.

Even if you get up very early, the sun won't rise before.  
No por mucho madrugar amanece más temprano.  
Non por moito madrugar amanece mais cedo

The one who runs too much, far away will not arrive.  
O que moito corre non chega a lonxe.

Tell me who your friends are, and I will tell you who you are.  
Dime con quién andas y te diré quién eres.

If you go out with a limp, you will learn how to limp.  
Quién va con el cojo, aprende a cojear.

Good mates, bad business.  
Buenos socios, malos negocios.

With you, bread and onions.  
Contigo pan y cebolla.  
Contigo pan e cebola.

Bread and sorrow, half sorrow.  
Pan con penas, medias penas.

The much you have, the much you are worth. If you don't have nothing, you are worthless.  
Cuánto tienes, cuanto vales; nada tienes, nada vales.

The things you promise become a debt.  
Lo prometido es deuda.  
O prometido é débeda.

If the charity is too big, even the saint distrust.  
Cando a limosna é moita, hasta o santo desconfía.

Promising and not giving, make the madman see red.  
O que promete e non da, fai ó tolo arrabear.

You owe me money? Neither I deny nor I pay.  
¿Débesme diñeiro? Nin cho nego, nin cho pago.

You love me and I love you, but leave my money alone.  
Bien me quieres, bien te quiero, no me toques el dinero.

We are close friends, but the cow costs the same.  
Amiguiños si pero a vaquiña polo que vale.

Better dying than lending money.  
Antes me muero que prestar dinero.

Each person puts his interest's first.  
Cada un arrima a ascua á súa sardiña.

Nobody pulls the beast's tail as well as his owner.  
Non hai quen tire polo rabo da besta coma seu dono.

## Portugal

Do not owe the rich and do not ask the poor  
Ao rico não devas e ao pobre não peças

Good accounting makes good friends  
As boas contas fazem os bons amigos

Nothing ventured, nothing gained  
Quem não arrisca, não petisca

Forgotten debt will not be paid nor appreciated  
Dinheiro esquecido, nem é pago nem agradecido

Who wants everything, loses everything  
Quem tudo quer, tudo perde

Money, language and latin will take you to the end of the world  
Com dinheiro, língua e latim, vai-se do Mundo até ao fim

Money is multilingual  
O dinheiro fala todas as línguas

Every promise is a debt  
Promessa é dívida

If you make a promise, you are in debt  
Quem promete, em dívida se mete

The water is worth money in January  
A água de Janeiro vale dinheiro

## Greece

Time is money  
Χρόνου φείδου

Nothing ventured, nothing gained  
Εάν δε ρισκάρεις, δε θα κερδίσεις ποτέ

He who pays the piper calls the tune  
Αυτός που χορεύει πρέπει να πληρώσει το βιολιτζή

The greedy one loses it all  
Όποιος θέλει τα πολλά, χάνει και τα λίγα

Like master like man  
Με όποιον δάσκαλο καθίσεις τέτοια γράμματα θα μάθεις

Good things come to those who wait  
Το καλό πράγμα αργεί να γίνει

Show me your friends and I will tell you who you are  
Δείξε μου τους φίλους σου, να σου πω ποιος είσαι

Every promise is a debt  
Κάθε υπόσχεση είναι χρέος

A word to the wise is sufficient  
Ο νοών νοείτω

## Italy

There is always time for dying and paying  
A pagare e a morire C'è sempre tempo

Nothing ventured nothing gained  
Chi non risica non rosica

Who breaks pay and the crocks they are his  
Chi rompe paga e i cocci sono suoi

Who wants too much will have nothing  
Chi troppo vuole nulla stringe

Who goes with the lame one it learns to limp  
Chi va con lo zoppo impara a zoppicare

Who goes slow goes healthy and far  
Chi va piano va sano e va lontano

Tell me who you are with and I'll tell you who you are  
Dimmi con chi vai e ti dirò chi sei

A country you visit you'll find its habits  
Paese che vai usanze che trovi

Every promise is a debt  
Ogni promessa è debito

Good connoisseurs need few words  
A buon intenditori poche parole

## Topic seven: Religion

### Ireland

The best way to keep loyalty in a man's heart is to keep money in his purse.

A blessing is often an upside-down curse.

God will take care of to-morrow.

Heaven's leac na teine (stone before the hearth) is reserved for the poor.

The road to heaven is well signposted but badly lit at night.

God takes care of his own.

God never sent hunger without something to satisfy it.

Walk the road to heaven but carry the map to hell.

The best matches are made in heaven.

You learn by mistakes.

### Spain / Galicia

Let god keep me away from my friends, so do I from my enemies.  
De los amigos me guarde dios que de los enemigos me guardo yo.

Let God protect me from the still waters, the way I do from the troubled ones.  
Del agua mansa me libre Dios, que de la brava me libro yo.

Don't trust the mild grass.  
Non te fíes da herba mansa.

The innocent often pay for the guilty.  
Pagan justos por pecadores.

God loves speaking to those who love being quiet.  
Dios ama hablar con quien ama callar.

Those who wear a cassock, always achieve their goals.  
Gente de sotana, logra lo que le da la gana.

If there is life, there is hope.  
Mientras hay vida hay esperanza.  
Mentras hai vida, hai esperanza.

God usually oppresses, but he never suffocates.  
Dios aprieta pero no ahoga.

Trust God, and start running.  
Confía en Dios e bota a correr.

Downhill, all the saints help.  
Costa abajo todos os santos axudan.

Obligations always come before devotions.  
Antes está la obligación que la devoción.

Both love and faith are shown in man's acts.  
El amor y la fe, en las obras se ve.

Hope is the last thing to be lost.  
La esperanza es lo último que se pierde.

If you want to feel love, peace and happiness, you must love God night and day.  
Para tener salud, paz y alegría, ama a Dios noche y día.

Man proposes, god disposes and woman... decomposes.  
El hombre propone y dios dispone y la mujer...descompone  
O home propón e Deus dispón e a muller...descompón.

God raises them, and the devil joins them.  
Dois los da y ellos se juntan.  
Dios los cría y el diablo los junta.

If you are honest, god will do the rest.  
Si eres honesto, Dios hace el resto.

Up there, I don't know where there is a saint pray him I don't know what and, you will gain I don't know which.  
Alá arriba, non sei donde, hai un santo; rezándolle non sei que, gáñase non sei canto.

Love without jealousy, it's not given by the heavens.  
Amor sin celos no lo dan los cielos.

To God praying and with a bat striking.  
A Dios rogando y con el mazo dando.  
A Deus rogando e co mazo dando.

You can reveal the sin, but not the sinner.  
Se dice el pecado pero no el pecador.  
Dise o pecado pero non o pecador.

You can reveal the saint, but not the miracle.  
Se dice el milagro pero no el santo.

The one who arrives late, neither attends mass, nor eats meat.  
O que chega tarde, nin oie misa nin come carne.

The bell doesn't go into the church, but it summons everybody.  
No entra en misa la Campana y a todos llama.

For the table and for the mass, you only call once.  
A la mesa y a la misa, una sola vez se avisa.

To early mass, the master never attends.  
A misa temprano, nunca va el amo.

Let god sends us something to laugh about, and let our children not be stupid.  
Dios de con que reír e que os fillos non sean parvos.

## Portugal

Defend me God from my friends, I can defend myself from my enemies  
Dos amigos me guarde Deus, que dos inimigos me guardarei eu

God saves us from unfriendly friends  
Deus nos livre de inimizades de amigos

A false friend is a secret enemy  
Um amigo falso é um inimigo secreto

Who does not speak, God does not hear  
Quem não fala, Deus não ouve

Silly voices do not reach heaven  
Vozes de burro não chegam ao céu

While there is life, there is hope  
Enquanto há vida, há esperança

God does not sleep  
Deus não dorme

God delays, but does not fail  
Deus tarda, mas não falha

God keeps his promises  
Deus a quem promete não falta

When God closes a door, opens ten windows  
Deus fecha uma porta, mas abre dez janelas

God doesn't close a door without opening a window  
Deus não fecha uma porta, sem abrir uma janela

While there's life, there's hope  
A esperança é a última a morrer

Those who have hope always reach  
Quem espera, sempre alcança

Everyone knows their problems, and God knows all  
Cada um sabe de si e Deus sabe de todos

Be honest and God will do the rest  
Sede honesto que Deus faz o resto

God hand protects the boy and the baby pigeon  
Ao menino e ao borracho põe Deus a mão por baixo

A confessed sin is halfway to redemption  
Pecado confessado, meio perdoado

The people voice is God's voice  
Voz do povo, é voz de Deus

God does what he wants and the man what he can  
Deus faz o que quer e o homem o que pode

Hear Mass not waste time, give alms does not impoverish  
Ouvir missa não gasta tempo, dar esmola não empobrece

After the Ascension, or psalm or sermon  
Depois da Ascensão, nem salmo nem sermão

Wet wedding, wedding blessed  
Casamento molhado, casamento abençoado

The marriage and the shroud in the sky is carved  
O casamento e a mortalha no céu se talha

## Greece

God save me from my friends; from my enemies I can defend myself  
Ο Θεός να με φυλάει από τους φίλους μου. Από τους εχθρούς μου ξέρω να φυλάγομαι μόνος μου

God helps those who help themselves  
Ο Θεός βοηθάει αυτόν που βοηθάει τον εαυτό του

While there's life, there's hope  
Όσο ζω, ελπίζω

God works in mysterious ways  
Όσα φέρνει η ώρα δεν τα φέρνει ο χρόνος όλος

The hope dies last  
Η ελπίδα πεθαίνει τελευταία

God laughs at those who make plans  
Ο άνθρωπος υπολογίζει κι ο Θεός αποφασίζει

The honest man likes to live with modesty  
Ο τίμιος άνθρωπος με σεμνότητα αρέσκεται να ζει

God loves the sinner but hates the sin  
Ο Θεός αγαπά τον αμαρτωλό, αλλά όχι την αμαρτία

The voice of the people is as strong as the wrath of God  
Φωνή λαού, οργή Θεού

You learn by mistakes  
Απ'τα λάθη μαθαίνεις

## Italy

God must save me from my friends, from, i have to think from my friends  
Dagli amici mi guardi Dio che dai nemici mi guardo io

God loves to talk with ones who don't like to make silence  
Dio ama parlare con chi ama tacere

Till you live you have the hope to live better  
Finchè c'è vita c'è speranza

God always works  
In un'ora Dio lavora

You must always feel that things can go better  
La speranza è l'ultima a morire

God decide on all the things men want  
L'uomo propone Dio dispone

If you are a good boy God is taking care of any other thing  
Se sei onesto Dio fa il resto

It is said the sin but not the sinner  
Si dice il peccato ma non il peccatore

People says what God says  
Voce di popolo voce di Dio

Being wrong you learn  
Sbagliando s'impara

## Topic eight: Animals

### Ireland

Better an ass that carries you than a fine horse that throws you.

The old dog for the hard road, leave the pup on the path.

Beware of the horse's hoof, the bull's horn and the Saxon's smile.

There's no point in keeping a dog if you are going to do your own barking.

The best ass cannot run forever.

A cat has leave to look at a king.

No use wearing cloth that the sheep can graze through.

Autumn comes quicker than a mountain hare.

The last straw broke the horse's back.

The horse that wins doesn't lose the reins

A nod is as good as a wink to a blind horse. You can lead the horse to the well but you can't make him drink.

You won't break a wild horse with a silk thread.

The last horse homes blames the bit.

### Spain / Galicia

When a hen crows, an egg has been laid.

Gallina que canta, ha puesto el huevo.

When a hen crows, an egg has either been laid or it is about to be laid.

A galiña cando canta, ou puxo ou vai poñer.

A barking dog does not bite.

Perro ladrador; poco mordedor.

One-eyed man and tailless dog ready to be fucked.

Home torto e can rabelo, para jodelo.

An old hen makes a good soup.

La gallina vieja hace buen caldo.

A galiña vella fai bo caldo.

Both women and seagulls, the elder, the madder.  
La mujer y la gaviota, cuanto más vieja más loca.

A wolf loses his hair, but not his vices.  
El lobo pierde el pelo pero no el vicio.

An old fox loses his strength, but never his skills.  
O raposo de vello perde a força pero non as mañas.

Never tell "keep this" to an old dog.  
A can vello non lle digas "agarra".

A hasty she-cat makes blind kittens.  
La gata apresurada, hace los hijos ciegos.  
A gata coa presa pareu os fillos cegos.

Even if a dogg is washed and combed, it will always smell like a dog.  
Aunque peines y laves a un perro, siempre olerá a perro.

Despite wearing silk, a female monkey will always remain the same.  
Aunque la mona se vista de seda, mona se queda.

The fox which cannot reach the bacon, says it smells.  
El zorro que no llega al tocino dice que huele.

The owner's eye, makes the horse be fatter.  
El ojo del patrón, engorda el Caballo.

Don't watch the teeth of a given horse.  
A Caballo regalado no le mires el diente.

It is never dawn when too many crocks are singing.  
Cuando son demasiados gallos a cantar, no se hace día.

Too many giving orders, an only a few working.  
Moitos a mandar e poucos a traballar.

## Portugal

A singing chicken is not a laying hen  
Galinha cantadeira é pouco poedeira

The singing chicken is the eggs owner  
Galinha que canta é que é a dona dos ovos

The chicken sings because she has eggs or is calling the rooster  
A galinha que cacareja ou tem ovo ou chama galo

The chicken has her eyes near her eggs  
A galinha, onde tem os ovos, tem os olhos

Fat chickens do not need seasoning  
Galinha gorda não precisa de tempero

Old chickens make the best soups  
A galinha velha faz bom caldo

Grain by grain the chicken fills her belly  
Grão a grão enche a galinha o papo

A singer rooster is little gallant  
Galo cantador é pouco galador

White rooster don't get morning right  
Galo branco não dá manhã certa

A barking dog seldom bites  
Cão que ladra não morde

Dogs bark and the caravan passes  
Os cães ladram e a Caravaha passa

Who lies down with dogs, gets up with fleas  
Quem com cães se deita, com pulgas se levanta

The dog and the boy go where the treats are  
O cão e o menino vão para onde lhes fazem o miminho

Who's afraid of buying a dog  
Quem tem medo compra um cão

The wolf loses the hair but not the vice  
O lobo perde o pelo mas não o vício

Who does not want to be a wolf does not wear the skin  
Quem não quer ser lobo não lhe veste a pele

Hunger makes the wolf out of the woods  
A fome faz sair o lobo do mato

Curiosity killed the cat  
A curiosidade matou o gato

A scalded cat fears cold water  
Gato escaldado de água fria tem medo

A cat licks pleasantly once is full  
Bem se lambe o gato depois de farto

Sleeping foxes don't catch the chicken  
Raposa que dorme não apanha galinha

The fox goes so many times to the nest that one day she will leave her snout there  
À raposa tanto vai ao ninho, que um dia deixa o focinho

The eye of the beholder, fattens the horse  
O olho do dono, engorda o cavalo

The do not look to the tooth of a gift horse  
À cavalo dado não se olha o dente

Just because dies a Swallow, not ends up the Spring  
Por morrer uma andorinha, não acaba a Primavera

An only swallow doesn't make up the Spring  
Uma andorinha só não faz a Primavera

Boys and birds, with all affection  
Meninos e passarinhos, com todos os carinhos

The ram that will invest begins with back  
O Carneiro que vai investir começa por recuar

Bites bee and who is it  
Morde a abelha a quem bem trata dela

It is stirring the grass that catch crickets  
É remexendo a erva que se apanham grilos

## Greece

The thief is yelling so the homeowner will be afraid  
Φωνάζει ο κλέφτης να φοβηθεί ο νοικοκύρης

A hen that doesn't eat has already eaten  
Κοιλιά γεμάτη αυτιά δεν έχει

Old hen makes good broth  
Η γριά η κότα έχει το ζουμί

Misfortunes never come singly  
Όπου φτωχός κι η μοίρα του

The wolf loses the hair but not the vice  
Ο λύκος κι αν εγέρασε κι άσπρισε το μαλλί του, μήτε τη γνώμη άλλαξε μήτε την κεφαλή του

The hasty cat had blind kittens  
Όποιος βιάζεται σκοντάφτει

It's sour grapes!  
Όσα δεν φτάνει η αλεπού τα κάνει κρεμαστάρια

A business thrives when the owner keeps his eye on it  
Αφεντικό που ξυπνάει αργά το κεφάλι του μια μέρα θα χτυπά

Too many cooks spoil the broth!  
Όπου λαλούν πολλοί κοκόροι, αργεί να ξημερώσει

## Italy

*Hen that sings has made the egg*  
Gallina che canta ha fatto l'uovo

Hen that doesn't eat at has already eaten  
Gallina che non becca ha già beccato

Old hen makes good broth  
Gallina vecchia fa buon brodo

Dog ever bite the poor man  
Il cane morde lo straccione

The wolf loses the hair but not the vice  
Il lupo perde il pelo ma non il vizio

The hasty cat had blind babies  
La gatta frettolosa fece i figli ciechi

Also if you wash or brush your dog it will always smell as a dog  
Lava cane, pettina cane sempre di cane puzza

The wolf loses the hair but not the vice  
La volpe che non arriva al lardo dice che puzza

If the master looks up his horse it grows up better  
L'occhio del padrone ingrassa il cavallo

When the roosters are too many to sing it never makes day  
Quando sono troppi i galli a cantare non si fa mai giorno

## Topic nine: People

### Ireland

The man of the house needs three meals a day and four grousers.

Men are like bagpipes: no sound comes from them till they're full.

A family of Irish birth will argue and fight, but let a shout come from without and see them all unite.

Clothes does not make the man.

Lies have very long legs.

Revenge is the sweetest victory.

Appearance is deceiving.

Grass is always greener on the other side.

Everyman is born clean, clever and greedy. Most of them stay greedy.

Familiarity breeds contempt.

Bid good day to your enemy but listen for his footsteps behind you when you pass.  
Watch your back. (short version)

### Spain / Galicia

You only remember Santa Barbara when there are thunders.  
Sólo te acuerdas de Santa Bárbara cuando truena.

Why do you love me, Andrés? To my profit; and why else? For the things you give me.  
¿Por qué me quieres, Andrés? Por el interés. Y ¿Por qué más? Porque me das.

Dirty clothes are washed in family.  
La ropa sucia se lava en familia.

Dirty clothes are washed at home.  
Los trapos sucios se lavan en casa.

Peace at home and war outside.  
Paz na casa e guerra fora

The habit doesn't make a monk.  
El hábito no hace al monje.

The devil is wiser because he is old, and not because he is a devil  
Sabe mais o demo por vello que por demó.

Lie has short legs.  
La mentira tiene las piernas cortas.

It is always easier to catch a lair than to catch a limp.  
Se coge primero a un mebtiroso que a un cojo.  
Cóllese primeiro a un mentireiro que a un coxo.

The drunkard sings the songs he takes inside.  
O borrachiño canta o que leva no seu papiño.

Let me be hot, and everybody may laugh.  
Ande yo caliente y ríase la gente.

To my concern, it may rain.  
Por mi, que chova...

Appearances are deceitful.  
Las apariencias engañan.  
As apariencias enganan.

Not everything that glitters is gold.  
No es todo oro lo que reluce.

If you want a good girl, don't look for her at a party; look for her during the week,  
wearing her everyday clothes.  
Se queres a boa moza, non a busques na romería; busca pola semana, coa roupa de  
cada día.

My neighbour's grass always looks greener than mine.  
La hierba del vecino siempre está más verde.

My neighbour's cow always gives more milk than mine.  
A vaca da miña veciña, da mais leite que a miña.

Occasion makes a thief.  
La ocasión hace al ladrón.  
A ocasión fai ó home ladrón.

Fire next to tow and... the wind blows.  
O lume xunto a estopa...ven o demo e sopla.

If your neighbour's bear is being cut, put yours into soak.  
Cuando las barbas de tu vecino veas afeitar, pon las tuyas a remojar.  
Cando as barbas do teu veciño vexas afeitar, pon as túas a remollar.

The one who warns you is not a traitor.  
El que avisa no es traidor.

Better alone than in bad company.  
Mejor solo que mal acompañado.  
Mellor so que mal acompañado.

Tell me who your friends are, and I will tell you who you are.  
Dime con quién andas y te diré quién eres.

## Portugal

Dirty laundry should be washed at home  
Roupa suja lava-se em casa

Family problems stay in the family house  
Coisas de família, em família devem ficar

The suit doesn't make the monk  
O hábito não faz o monge

Lies have short legs  
A mentira tem pernas curtas

Lies run faster than the truth  
A mentira corre mais que a verdade

Lie only lasts until truth arrives  
A mentira só dura enquanto a verdade não chega

The good revenge is the pardon  
O perdão é a melhor vingança

Revenge is a dish best served cold  
A vingança serve-se fria

Revenge and jealousy are two-edged swords  
Vingança e ciúmes são espadas com dois gumes

Appearance deceives  
As aparências enganam

Appearances are deceiving  
As aparências iludem

Not all that glitters is gold  
Nem tudo o que brilha é ouro

Some things are not always what they seem  
Nem sempre o que parece é

My neighbour's grass is always greener than mine  
A erva do vizinho é sempre mais verde

The neighbor's chicken is always better than mine  
A galinha da vizinha é sempre melhor do que a minha

Opportunity makes thieves  
A ocasião faz o ladrão

The guest and the fish three days to hate  
O hóspede e o peixe aos três dias aborrecem

It's better to stay by ourselves than staying with bad people  
Mais vale só do que mal acompanhado

Who goes to war gives and takes  
Quem vai à guerra dá e leva

Who kills with irons with irons dies  
Quem com ferros mata, com ferros morre

Who does not see does not feel pain  
Quem não vê não pena

Who has mouth goes to Rome  
Quem tem boca vai a Roma

Don't leave for tomorrow what you can do today  
Não deixes para amanhã o que podes fazer hoje

Who wants to buy disdains  
Quem desdenha quer comprar

Anyone who sells, sells well, who has eyes purchase  
Quem vende, vende bem, quem compra olhos tem

Who beats with lots of rocks, with some gets hurt  
Quem com muitas pedras bate, com alguma se fere

Those who have glass houses should not walk on stones  
Quem tem telhados de vidro não deve andar às pedradas

Whoever gets through shortcuts, no free work  
Quem se mete por atalhos, não se livra de trabalhos

In bed you do, it will lie  
Na cama que fizeres, nela te deitarás

Who sings scares away his woes  
Quem canta seus males espanta

Makes you than the old and will run for two your advice  
Aproveita-te do que diz o velho e valerá por dois o teu conselho

Who loves me, tell me what you know and give me what has  
Quem me quer bem, diz-me o que sabe e dá-me do que tem

Who comes out on your does not degenerate  
Quem sai aos seus não degenera

To err is human, to persist in error is stupid  
Errar é humano, persistir no erro é burrice

To error is human, to stubborn is beast  
Do homem é o errar, da besta, o teimar

Who goes with the lame, learns to limp  
Quem acompanha com coxo, ao terceiro dia coxeia

It is not a procession without a lame  
Não há romaria sem cambado

To err is human  
Errar é humano

You learn when making mistakes  
É errando que se aprende

You mend your mistakes by erring  
Errando corrige-se o erro

## Greece

The sated don't believe the hungry  
Ο χορτάτος των πεινασμένο δεν των πιστεύει

Don't wash your dirty linen in public  
Τα εν οίκω μη εν δήμῳ

The suit doesn't make the monk  
Τα ράσα δεν κάνουν τον παπά

Lies have short legs  
Το ψέμα ποτέ δεν ζει για να γεράσει

The best revenge is to forgive  
Η καλύτερη εκδίκηση είναι η συγχώρεση

Appearance is deceiving  
Η εμφάνιση εξαπατά

Grass is always greener on the other side  
Το ξένο είναι πιο γλυκό

Opportunity makes a thief  
Η ευκαιρία κάνει τον κλέφτη

When a guest stays too long, he wears out his welcome  
Τα ψάρια και οι φιλοξενούμενοι βρωμάνε σε τρεις μέρες

It is better to be alone than in bad company  
Καλύτερα να είσαι μόνος παρά με κακή παρέα

## Italy

The sated man doesn't believe in the hungry one  
Il sazio non crede all'affamato

The dirty cloths are washed in family  
I panni sporchi si lavano in famiglia

The suit doesn't make the monk  
L'abito non fa il monaco

Lies have short legs  
La bugia ha le gambe corte

The good revenge is the pardon  
La migliore vendetta è il perdono

Appearance deceives  
L'apparenza inganna

The grass of the neighbor is always more green  
L'erba del vicino è sempre più verde

The occasionago the thievish man  
L'occasione fa l'uomo ladro

An host is like a fish after three days he does not smell good  
L'ospite è come il pesce dopo tre giorni puzzo

It's better to stay by ourselves than staying with bad people  
Meglio soli che male accompagnati

## Topic ten: Food

### Ireland

The greedy pike gets caught the quickest.

Gluttons have least taste.

The man that divided Ireland did not leave himself last.

Indigestion is gut jealousy.

Eat when you are hungry, drink when you are dry and live healthy, wealthy and wise.

Kissing is as sweet as good cooking but it does not satisfy as long.

An apple a day keeps the doctor away

There are more knobs in the buttermilk than what you see floating.

The cat has been at the cream.

When the stomach is full the bones like to stretch.

A man at the food should be a man at the work.

Eaten bread is soon forgotten, except when it is baked by a complaining wife.

The dog that buries his bones is either well fed or well advised.

### Spain / Galicia

Eating and scratching, the worse thing is to start.

El comer y el rascar, todo mal es empezar.

O Comer e o rañar, todo mal é empezar.

You neither eat, nor let the others do it.

Ni comes ni dejas comer.

Bread today and hunger tomorrow.

Pan para hoy y hambre para mañana.

Pan para hoxe, fame para mañán.

Hunger sharpens one's wit.

El hambre agudiza el ingenio.

He is more clever than hunger.

É mais listo que a fame.

If you are doing well, don't eat skate and if things are going wrong, eat it all.  
Por ben que che vaia, non comas raia e por mal que che fora, comérala toda.

In winter, skate tastes like lamb.  
A raia en xaneiro sabe a carneiro.

I forgive all the harm you are doing to me since you taste so well.  
Perdónoche o mal que me fas polo ben que me sabes.

When food is ready, there is neither right nor left.  
Cuando la comida está hecha no hay izquierda ni derecha.

There is always someone ready to have lunch, but nobody is ready to buy the idiot's slippers.  
Para comer hai xente pero para comprar as zapatillas ó parvo, non aparece ninguén.

Empty belly, sad heart.  
Tripa vacía, corazón sin alegría.

God gives bread to the toothless one.  
Dios le da pan a quien no tiene dientes.  
Deus dalle pan a quen non ten dentes.

It is better to eat only an egg than skipping two.  
Vale mais comer un ovo que pasar sen dous.

An apple a day keeps the doctor away.  
Una manzana al día aleja a los médicos.

Graves are full of greedy, gluttonous people.  
De golosos y tragones, están llenos los panteones.  
De grandes ceas, están as sepulturas cheas.

Eat to live, don't live to eat.  
Come para vivir, non vivas para comer.  
Come para vivir, non vivas para comer.

An only nut doesn't make noise in the sack.  
Una sola nuez, no hace ruido en el saco.

An only grain doesn't make a granary, but it helps its mates.  
Un grano no hace granero pero ayuda al compañero.

If it is not a soup, it is soaked bread.  
Si no es sopa es pan mojado.

When there is no bread, a cake will do.  
A falta de pan, buenas son tortas

Hard bread is always better than soft stones.  
Vale mais pan duro que pedras moles.

With you, bread and onions.

Contigo pan y cebolla.

Contigo pan e cebola.

Blas, you have already eating so you have just left.

Blas, xa comestes xa te vas.

-Have you already eaten?

-Yes I have.

-What a pity, you could have eaten with us.

-Have you already eaten?

-Not, I have not.

- It is high time you do.

~ iXa comestes?

~ Si.

~ Vai home, que lástima, comías con nós.

~ iXa comestes?

~ Non.

~ Vaia home, pois xa vai sendo hora.

## Portugal

É o comer que faz a fome

It's the eating that makes the hunger

Let there be plenty, so that no one puts up with hunger

Haja fartura, que a fome ninguém atura

Hunger makes the wolf out of the woods

A fome faz sair o lobo do mato

There is not such chaotic war as a plate with too many hands

Não há guerra de mais aparato que muitas mãos no mesmo prato

In a house with no bread, everybody scolds and no one is right

Em casa onde não há pão, todos ralham e ninguém tem razão

When it comes to food there is no left or right

Quando chega a comida não há esquerda nem direita

A well fed head straightens up

A cabeça com comer se endireita

When the pear is mature it falls by itself

A pêra, quando madura, há-de cair

Cherries and bad fairies, take a few or they will come in double

Cerejas e más fadas, cuidas tomar poucas e vêm dobradas

Words are like cherries, one goes after another  
As palavras são como as cerejas: Vão umas atrás das outras

An apple a day keeps the doctor away  
Uma maçã por dia mantém o médico distante

An apple each day ensures a healthy life  
Uma maçã por dia dá uma vida saudável

A nut alone does not sound in the bag  
Uma noz sozinha não soa no saco

God gives nuts to those who have no teeth  
Deus dá nozes a quem não tem dentes

Soups without bread only in hell  
Sopas sem pão, no inferno dão

Popes are going down without bread  
Papas sem pão abaixo se vão

Such is the bread, such is the soup  
Tal é o pão, tal é a sopa

A cat licks pleasantly once is full  
Bem se lambe o gato depois de farto

The fox goes so many times to the nest that one day she will leave her snout there  
A raposa tanto vai ao ninho, que um dia deixa o focinho

Wine by the color, the taste bread  
Vinho pela cor, pão pelo sabor

There is nothing like hunger to flavor bread  
Não há nada como a fome para dar sabor ao pão

Meat that is enough, farte wine, bread on  
Carne que baste, vinho que farte, pão que sobre

Every day chicken, cooking bores  
Todos os dias galinha, enfastia a cozinha

It governs your mouth according to your bag  
Governa a tua boca segundo a tua bolsa

What is sweet never bitter  
O que é doce nunca amargou

With sugar and honey until the stones are well aware  
Com açúcar e com mel até as pedras sabem bem

*Knowing to eat is knowing how to live  
Saber comer é saber viver*

*In full house quickly becomes a meal  
Em casa cheia depressa se faz a ceia*

*Broth that boils much loses flavor  
Caldo que muito ferve sabor perde*

*The forbidden fruit is the most appetizing  
O fruto proibido é o mais apetecido*

*The time to eat is the smallest  
A hora de comer é a mais pequenina*

*From the plate to the mouth, we lose the soup  
Do prato à boca, perde-se a sopa*

## **Greece**

*Eating whets the appetite!  
Τρώγοντας ἐρχεται η όρεξη*

*Hunger drives the wolf out of the woods  
Η πείνα σπρώχνει το λύκο έξω από το δάσος*

*Keep your feet warm, your head cold and your stomach light and you won't need a doctor  
Έχε τα πόδια σου ζεστά την κεφαλή σου κρύα και το στομάχι σου ελαφρύ, γιατρού δεν έχεις χρεία*

*Don't speak when you eat!  
Όταν τρώμε δεν μιλάμε το φαγάκι μας κοιτάμε*

*When the pear is mature it falls by itself  
Κάθε πράγμα στον καιρό του κι ο κολιός τον Αύγουστο*

*The one brings the other  
Το ένα φέρνει τ' άλλο*

*An apple a day keeps the doctor away  
Ένα μήλο την ημέρα το γιατρό τον κάνει πέρα*

*One hand washes the other and both hands wash the face  
Το 'να χέρι νίβει τ' άλλο και τα δυο το πρόσωπο*

*Liar and thieves are soon caught out!  
Ο κλέφτης και ο ψεύτης τον πρώτο χρόνο χαίρονται*

## **Italy**

More you eat more you are hungry  
L'appetito vien mangiando

When you are hungry like a dog you go in the wood and find something to eat  
La fame fa uscire il lupo dal bosco

Eating is worst than fighting  
Ne uccide più la gola che la spada

When lunch is ready never mind if there is not right or left  
Quando arriva la minestra non c'è più sinistra o destra

When the pear is mature it falls by itself  
Quando la pera è matura cade da sola

When you eat a cherry you'll take many of them  
Una ciliegia tira l'altra

If you eat an apple per day you woul not need a doctor  
Una mela al giorno leva il medico di torno

Only one walnut doesn't play in the sack  
Una noce da sola non suona nel sacco

If it is not a soup it is wet bread  
Se non è zuppa è pan bagnato

So many times the cat goes and take the lard that leaves also its trace  
Tanto va la gatta al lardo che ci lascia lo zampino

## Conclusion

The inspiration for the development of this learning partnership was fuelled by the notion of leading adult learners on a journey of exploration, identification and the acknowledgement of aspects of European cultural heritage. This has involved each partner in creating a learning environment where meaningful adult education and training flourished. The learning was enhanced by the fact that the students loved the notion of engaging with cultural activity. A very significant learning outcome was the development of personal power and confidence. Interestingly it has also assisted in an increased appreciation of their own place with a greater awareness of the cultural environment in which they exist.

Furthermore, the booklet along with the learning project as a whole, has proved to be very valuable to both the students and the organisation leaders and tutors. It has served to create a collaborative environment where we are all learning from each other. This also brought the added benefit of increased organisational capacity in new methods of adult education and training.

This work presented an opportunity for the engagement for older women and men with information technology. Indeed this learning project has expanded the adult learning and training environment of local adult learning institutions and their students. In addition the exposure and participation has increased understanding of difference and approach to living across Europe. It is indeed a great blessing that all the organisations and learners involved greatly value. We are consciously proud that such level of co-operation across Europe is a powerful tool for the future of adult learning and cooperation. Moreover, the personal work contribution, the level of responsibility and commitment to leadership by the partner countries is highly valued. Well done to all students, the project management teams and the keen attention of the project co-ordinator.

Marian Flannery  
Ireland

## CONCLUSIÓN

A inspiración para o desenrollo de esta asociación de aprendizaxe foi impulsado pola idea de dirixir aos estudantes adultos nuha viaxe de exploración, identificación e o recoñecemento dos aspectos do patrimonio cultural europeo. Isto implicou a cada socio crear un entorno de aprendizaxe onde a formación e a aprendizaxe de adultos significativos floreceu. Esta aprendizaxe refórzase polo feito de que aos estudantes encantoullas a idea de comprometerse coas actividades culturais. Un dos resultados de aprendizaxe moi importante foi o desenvolvemento persoal e a autoestima. Curiosamente, tamén contribuíu a unha maior valorización do noso por acadar un mellor coñecemento do entorno cultural no que existen.

Por outra banda, este folleto, xunto co proxecto de aprendizaxe no seu conxunto, demostrou ser moi valioso para os estudiantes, os líderes das institucións e os titores. Sirveu para crear un espacio de colaboración onde todos estamos aprendendo uns dos outros. Isto tamén trouxo o beneficio engadido de aumentar a capacidade de organización dos novos métodos da educación de adultos e a súa formación.

Neste traballo demos a oportunidade para que, tanto mulleres como homes participasen paritariamente nas novas tecnoloxías da información e da comunicación. De feito, este proxecto de aprendizaxe contribuíu á difusión da educación de adultos e os seus estudiantes. Ademáis aumentou a comprensión das diferenzas e a maneira de vivir en toda Europa. De feito, é unha gran bendición que todas as organizacións e os alumnos valoren enormemente a súa participación. Estamos moi ledos de que conscientemente tal nivel de cooperación en toda Europa sexa unha poderosa ferramenta para o futuro da educación de adultos e a cooperación. Asemade, a aportación do traballo persoal, o nivel de responsabilidade e compromiso para liderar a asociación é altamente valorada.

Noraboa a todos os estudiantes, aos equipos de xestión e ao gran entusiasmo do coordinador do proxecto

Marian Flannery  
Ireland

## CONCLUSIÓN

La inspiración para el desarrollo de esta asociación de aprendizaje fue impulsado por la idea de dirigir a los estudiantes adultos en un viaje de exploración, identificación y el reconocimiento de los aspectos del patrimonio cultural europeo. Esto ha implicado a cada socio crear un entorno de aprendizaje donde la formación y el aprendizaje de adultos significativos floreció. Este aprendizaje se refuerza por el hecho de que a los estudiantes les encantó la idea de comprometerse con las actividades culturales. Uno de los resultados de aprendizaje muy importante fue el desarrollo personal y la confianza. Curiosamente, también ha contribuido a una mayor valorización de su propio lugar con un mejor conocimiento del entorno cultural en el que existen.

Por otra parte, el folleto junto con el proyecto de aprendizaje en su conjunto, ha demostrado ser muy valioso para los estudiantes, los líderes de las instituciones y los tutores. Ha servido para crear un entorno de colaboración donde todos estamos aprendiendo unos de otros. Esto también trajo el beneficio adicional de aumentar la capacidad de organización en los nuevos métodos de educación de adultos y la formación.

En este trabajo se presenta una oportunidad para la participación de mujeres y hombres mayores con tecnología de la información. De hecho, este proyecto de aprendizaje ha difundido la educación de adultos y el entorno de formación de las instituciones locales de aprendizaje para adultos y sus estudiantes. Además de la exposición y la participación ha aumentado la comprensión de las diferencias y la manera de vivir en toda Europa. De hecho, es una gran bendición que todas las organizaciones y los alumnos valoren enormemente su participación. Estamos orgullosos de que conscientemente tal nivel de cooperación en toda Europa es una poderosa herramienta para el futuro de la educación de adultos y la cooperación. Por otra parte, la contribución del trabajo personal, el nivel de responsabilidad y compromiso para liderar la asociación es altamente valorada. Enhorabuena a todos los estudiantes, a los equipos de gestión de proyectos y a la gran entusiasmo del coordinador del proyecto.

Marian Flannery  
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## CONCLUSÃO.

A inspiração para o desenvolvimento desta parceria de aprendizagem foi impulsionada pela noção de que conduzíamos aprendizes adultos numa viagem de exploração, identificação e reconhecimento dos aspectos de património cultural europeu. Tal implicou que cada parceiro desenvolvesse um ambiente de aprendizagem onde florescesse uma educação e formação para adultos significativa.

A aprendizagem foi reforçada pelo facto de os alunos adorarem a ideia de se envolverem numa actividade cultural. Um dos resultados mais significativos desta aprendizagem foi o desenvolvimento de confiança e poder. É interessante notar que também permitiu uma valorização da sua terra, através de uma consciencialização do ambiente cultural em que viviam.

Além disso, o livro juntamente com o projecto de aprendizagem, provou ser, como um todo, muito valioso para os alunos, os líderes da organização e os tutores. Serviu para criar um ambiente de colaboração onde todos nós aprendemos uns com os outros. Também trouxe um benefício extra no aumento da capacidade de organização de novos métodos de ensino e formação para adultos.

Este trabalho mostrou-nos uma oportunidade para o envolvimento de homens e mulheres adultos com as novas tecnologias de informação. Na verdade, este projecto de aprendizagem expandiu a educação e formação de adultos nas instituições locais de educação para adultos e nos seus alunos. Além disso, a exposição e a participação tem aumentado a compreensão da diferença e da semelhança de viver em diferentes regiões na Europa.

É verdadeiramente uma bênção o valor que todas as instituições e alunos trouxeram/ envolveram. Estamos orgulhosos que tal nível de cooperação, nos nossos países Europeus, seja uma ferramenta poderosa para o futuro do ensino e cooperação para adultos. Além disso, de valorizar a contribuição do trabalho pessoal, o nível de responsabilidade e compromisso na liderança dos países parceiros. Muito bom trabalho dos alunos, das equipas de gestão de projecto e a atenção reforçada do coordenador de projecto.

Marian Flannery  
Irlanda

## Επίλογος

Έμπνευση για τη δημιουργία αυτής της εκπαιδευτικής σύμπραξης αποτέλεσε η ιδέα να οδηγήσουμε τους ενήλικους εκπαιδευόμενους μας σ'ένα ταξίδι εξερεύνησης, αναζήτησης και αναγνώρισης στοιχείων της Ευρωπαϊκής πολιτιστικής κληρονομιάς. Η ιδέα αυτή οδήγησε στη δημιουργία ενός μαθησιακού περιβάλλοντος που ευνόησε και προώθησε την ουσιαστική συμμετοχή και εκπαίδευση των ενηλίκων μέσω της ενεργής ενασχόλησής τους με δραστηριότητες πολιτιστικού περιεχομένου. Οι εκπαιδευόμενοι, όχι μόνο απέκτησαν μεγαλύτερη αυτοπεποίθηση, αλλά και εκτίμησαν περισσότερο το μέρος στο οποίο ζουν, αποκτώντας επίγνωση του πολιτιστικού τους περιβάλλοντος.

Επιπλέον, το βιβλιαράκι αυτό που κρατάτε στα χέρια σας, όπως και όλες οι άλλες δραστηριότητες του προγράμματος αποδείχθηκαν πολύτιμες και σημαντικές τόσο για τους εκπαιδευόμενους, όσο και για τους εκπαιδευτές και συντονιστές. Βοήθησαν στη δημιουργία ενός περιβάλλοντος συνεργασίας, όπου η γνώση μοιράζεται και ο καθένας μαθαίνει από τον άλλο, και συγχρόνως οδήγησαν τους εμπλεκόμενους φορείς σε μια βελτίωση των μεθόδων οργάνωσης και εκπαίδευσης τους. Πράγματι, η εκπαιδευτική αυτή σύμπραξη διεύρυνε τους ορίζοντες των εκπαιδευομένων, τους έκανε να κατανοήσουν τις ομοιότητες και διαφορές μεταξύ των λαών της Ευρώπης και να εκτιμήσουν τη σημασία του κοινού μέλλοντος τους. Είμαστε περήφανοι για την άψογη συνεργασία, την ποιοτική δουλειά, την υπευθυνότητα και δέσμευση που επέδειξαν όλοι, εκπαιδευόμενοι, εκπαιδευτές και εθνικοί συντονιστές υπό την άψογη καθοδήγηση του γενικού συντονιστή του προγράμματος. Συγχαρητήρια σε όλους!!!

Marian Flannery  
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## CONCLUSIONI

Lo sviluppo di questo partenariato ha perseguito lo scopo di condurre studenti adulti in un viaggio esplorativo sull'identificazione ed il riconoscimento di alcuni aspetti comuni di eredità culturale europea. Questo ha comportato per ogni partner l'impegno a creare un ambiente culturale particolarmente favorevole per l'Istruzione degli Adulti, ed allo stesso tempo ha comportato un gradevole crescente interesse negli studenti, aumentando il loro senso di appartenenza in una visione prospettica non solo nazionale ma principalmente intereuropea. Inoltre, il libretto insieme agli altri lavori presentati per lo stesso progetto, ha costituito uno strumento utile e valido non solo per gli studenti ma anche per i docenti nonché per le Istituzioni Scolastiche cui afferiscono.

Il valore aggiunto di questo progetto è costituito anche dall'aver favorito le capacità degli studenti adulti di utilizzare lo strumento informatico.

Siamo consapevolmente orgogliosi e fieri della possibilità offerta dalla cooperazione tra i paesi Europei e riteniamo la partecipazione a questi progetti strumento indispensabile per il proseguo dello sviluppo della cultura applicata all'Educazione degli Adulti.

In conclusione, complimenti a tutti, agli studenti, ai professori e al coordinatore generale.

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