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YOUR VIRTUAL TRAVEL GUIDE FOR:

Dominican Republic

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Welcome to Dominican Republic!



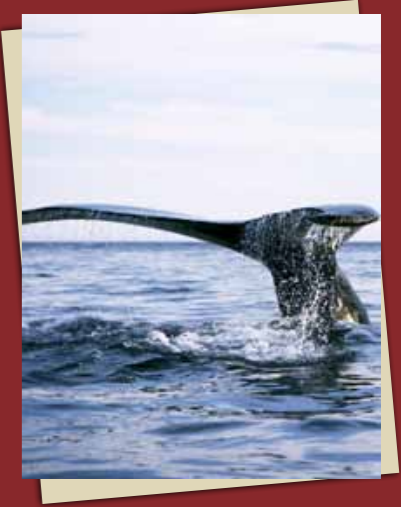
La Bandera (The Flag)

Modern descriptions of the colors state that the blue represents the sky. Red is the blood shed by the patriots and people in the struggle for freedom. White represents dignity, the peaceful character of the Dominicans and their dedication to peace.

The Escudo or Coat of Arms is centrally located in the white cross. The Dominican Republic flag is the only flag in the world with a symbol of a bible on it.



Las explicaciones modernas de los colores dicen que el azul representa el cielo. El rojo es la sangre derramada por los patriotas y pueblo en la lucha por la libertad. El blanco representa la dignidad, el carácter pacífico de los dominicanos y su dedicación por la paz. El Escudo o el Escudo de Armas está situado en la cruz blanca. La bandera de República Dominicana es la única bandera en el mundo con un símbolo de una Biblia en él.



Whale of a Place

When thousands of humpback whales make their annual winter arrival off the Samaná coast, it makes for an incredible spectacle. The season generally stretches from mid-January to mid-March. At the peak of the season, thousands of humpback whales make a temporary home in the bay, meaning you're almost guaranteed some impressive sightings.

Cuando miles de ballenas jorobadas hacen su llegada anual de invierno en las costas de Samaná, hay un espectáculo increíble. La temporada en general se extiende desde mediados de enero a mediados de marzo. En lo más alto de la temporada, miles de ballenas jorobadas hacen un hogar temporal en la bahía, lo cual significa que estás casi garantizado que vas a tener vistas impresionantes.

Plan Your Trip

The Dominican Republic is one of the most popular islands in the Caribbean. Attracted by stunning scenery, glorious sunshine, and a vast array of sporting activities both in and out of the water visitors are rarely disappointed. Golfers can enjoy world class championship courses designed by famous names in the golfing world. Whether you are looking for a relaxing holiday on the palm-lined beaches or a sporting holiday on land or sea, the Dominican Republic is the perfect destination.

La República Dominicana es una de las islas más populares del Caribe. Atraídos por el impresionante paisaje, un sol radiante y una gran variedad de actividades deportivas dentro y fuera del agua, los visitantes raramente se decepcionan. Los golfistas pueden disfrutar de campos de campeonato de calidad mundial, diseñados por famosos en el mundo del golf. Si tú estás buscando unas relajantes vacaciones en las playas rodeadas de palmeras o unas vacaciones de verano en tierra o mar, la República Dominicana es el destino perfecto.





See the Sites

Santo Domingo

The oldest permanent settlement in the Western Hemisphere is the capital city of Santo Domingo, founded in 1496. As the first settlement in the “new world”, Santo Domingo holds claim to many other “firsts” as well. It claims the oldest university in the New World as well as the oldest House, Hospital, Street and Cathedral. Wander down cobble stone streets among the Spanish colonial architecture and imagine how things were back in the 1600s.

You can still see some of the very first buildings ever built in the Americas in a well-preserved part of Santo Domingo called the Colonial City. The Colonial City covers only about one square mile (3 sq. km), but inside the walls are dozens of

historical buildings and sites, including palaces, forts, museums, and churches, parks, plazas, statues and monuments. A walking tour of these fascinating buildings takes at least three hours through cobbled streets where once walked Christopher Columbus, Fernando Cortez and Francis Drake. The main street, Calle Das Lamas, is the oldest street in the New World. Must-sees include the House of Cord, the oldest European building in the Americas, where Diego Columbus, son of Christopher, once lived; and the Alcazar Palace, now a museum, built in 1514.

El asentamiento permanente más antiguo en el hemisferio occidental es la capital de Santo Domingo, fundada en 1496. Como el primer asentamiento en el “nuevo mundo”, Santo Domingo también es famoso por tener otros “primeros”. Tiene la universidad más antigua en el Nuevo Mundo, y también el hospital, calle y catedral más antiguos. Pasea por las calles empedradas entre la arquitectura colonial española e imagina cómo eran las cosas en el siglo XVII.

Aún puedes ver algunos de los primeros edificios que se construyeron en las Américas en una zona bien conservada de Santo Domingo llamada la Ciudad Colonial. La Ciudad Colonial cubre solamente alrededor de una milla cuadrada (3 kilómetros cuadrados), pero dentro de las paredes hay decenas de lugares y edificios históricos, incluyendo palacios, fortalezas, museos e iglesias, parques, plazas, estatuas y monumentos. Un recorrido a pie de estos edificios fascinantes toma por lo menos tres horas por las calles empedradas, donde una vez caminaron Cristóbal Colón, Fernando Cortés y Francis Drake. La calle principal, Calle Das Lamas, es la calle más antigua en el Nuevo Mundo. Hay que ver la Casa del Cordón, el edificio más antiguo de Europa en las Américas, donde Diego Colón, hijo de Cristóbal, vivió una vez; y el Palacio de Alcázar, ahora un museo, construido en 1514.



Catedral de Santa María La Menor

This Cathedral has survived pirate attacks, earthquakes and was the first Cathedral to be built in the Americas and laid the foundation for the spread of Christianity throughout the continent. Diego Columbus, Christopher’s Columbus son laid the first stone for the Cathedral in 1514. In 1521 with the arrival of the first bishop, earnest construction started on the Cathedral the work was finished in 1541.

Esta catedral ha sobrevivido a los ataques de piratas, terremotos y fue la primera catedral que se construyó en las Américas y sentó las bases para la expansión del cristianismo en todo el continente. Diego Colón, hijo de Cristóbal Colón puso la primera piedra de la Catedral en 1514. En 1521 con la llegada del primer obispo, la construcción de la Catedral se tomó en serio y la obra fue terminada en 1541.

Meet The People

Dominicans still maintain very traditional and antiquated gender roles. Men and boys are expected to demonstrate “machismo” (manliness). Women are expected to be submissive and to take care of the home. However, most women must work outside the home to earn money.

Los dominicanos todavía mantienen los papeles de género muy tradicionales y anticuados. Se espera que los hombres y jóvenes demuestren su “machismo” (hombría). Las mujeres tienen que ser sumisas y cuidar de la casa. Sin embargo, la mayoría de las mujeres deben trabajar fuera de casa para ganar dinero.

Columbus discovered the Dominican Republic in 1492. The native Taíno Indians who occupied the land greeted the newcomers with warmth and friendliness. Taíno means "good" or "noble." It is believed that the Taínos used this name to distinguish themselves from the warlike Caribs who inhabited other islands in the Caribbean. Unfortunately for the Indians, gold was found on the island and they became an enslaved people. Within twenty-five years nearly the entire population of six hundred thousand had been wiped out by the diseases and persecution brought by the Spanish colonists.

The island has a turbulent history and now the land is divided into two countries with troubled Haiti in the north.

Colón descubrió la República Dominicana en 1492. Los indios nativos taínos que ocupaban la tierra saludaron a los recién llegados con calidez y amistad. Taína significa "bueno" o "noble". Se cree que los taínos utilizaron este nombre para distinguirse de los caribeños agresivos que habitaban las otras islas del caribe. Por desgracia para los indios, encontraron oro en la isla y se convirtieron en un pueblo esclavizado. En veinticinco años casi toda la población de seiscientos mil habían sido exterminados por las enfermedades y la persecución traída por los colonizadores españoles.

La isla tiene una historia turbulenta y ahora la tierra está dividida en dos países con problemas con Haití en el norte.

The Nimitas/ Fireflies

Nimitas are a very common sight in the country around the open fields in Dominican Republic. Their bright tail light is used to attract their mate. Superstition here says that the Nimitas are the souls of the dead who are watching out for their loved ones still living. They shine their light reminding all who see that they are there always there....watching.

Las Nimitas son un espectáculo muy común en el país alrededor de los campos abiertos en la República Dominicana. Su brillante luz en la cola se utiliza para atraer a su pareja. La superstición dice que las Nimitas son las almas de los muertos que están cuidando a sus seres queridos que aún viven. Muestran su luz para recordar a todos los que las ven que siempre están ahí... observando.

Celebrate the Festivities

Festivals

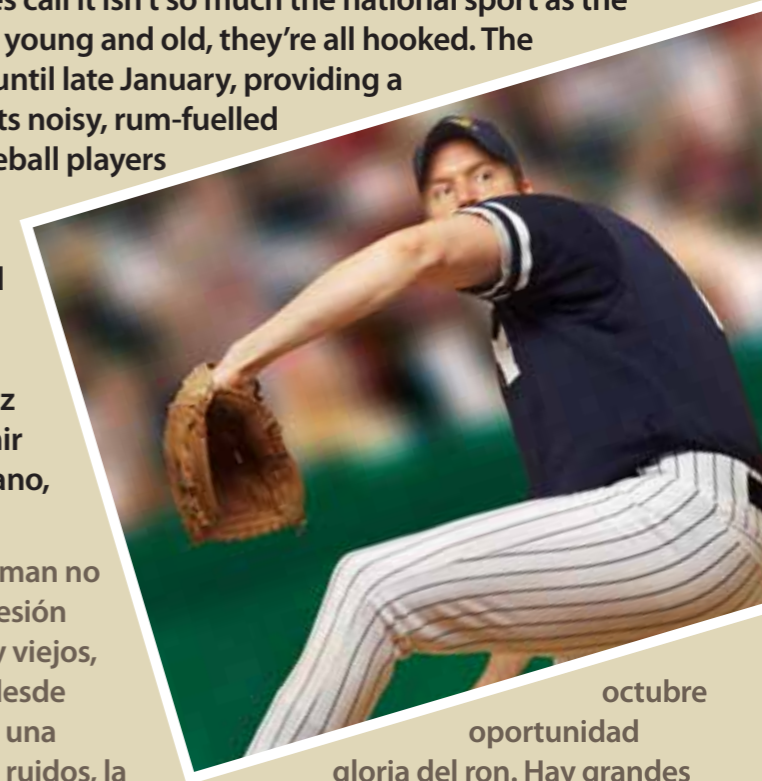
The Dominicans appear to celebrate some festival or other every month, most of them are patriotic in nature and some are religious fiestas. These are celebrated with music and dance. The Spanish and the African heritage of the islanders is seen in its music, the very lively Merengue music with its high tempo.

Los dominicanos celebran alguna fiesta u otra cada mes, la mayoría de ellos son de carácter patriótico y algunos son fiestas religiosas. Estas se celebran con música y baile. El español y la herencia africana de los isleños se ven en su música, el merengue muy animado y lleno de ritmo.

El Beisbol (Baseball)

Baseball, or "pelota" as they sometimes call it isn't so much the national sport as the national obsession - male and female, young and old, they're all hooked. The domestic seasons lasts from October until late January, providing a chance to experience the game in all its noisy, rum-fuelled glory. There are great Dominican baseball players in Major League Baseball and other leagues, including Mexico and Japan. To name a few (current players): David Ortiz (Boston Red Sox), Carlos Peña (Tampa Bay Rays), Manny Ramírez (Los Angeles Dodgers), Pedro Martínez (New York Mets), Albert Pujols, Vladimir Guerrero, Miguel Tejada, Alfonso Soriano, and the famous Sammy Sosa!

El béisbol, o "pelota" como a veces lo llaman no es tanto el deporte nacional sino la obsesión nacional - hombres y mujeres, jóvenes y viejos, todos son adictos. La temporada dura desde hasta finales de enero, proporcionando una de experimentar el juego con todos sus ruidos, la jugadores de béisbol dominicano en las Grandes ellos México y Japón. Para nombrar unos pocos (los jugadores actuales): David Ortiz (Medias Rojas de Boston), Carlos Peña (Tampa Bay Rays), Manny Ramírez (Dodgers de Los Angeles), Pedro Martínez (Mets de Nueva York), Albert Pujols, Vladimir Guerrero, Miguel Tejada, Alfonso Soriano, y el famoso Sammy Sosa.



octubre
oportunidad
gloria del ron. Hay grandes
Ligas de Béisbol y otras ligas, entre





Cock-fights

Before baseball became popular cockfights were the national passion. These fights are still legal in most places, and are still popular among men in small towns and rural areas, although the authorities disapprove of them. Each town and village has its own gallera, or cockfight pit. On Saturdays and Sundays, men and boys bring their favorite roosters to compete in the gallera. Others come to watch the match and bet on the outcome. During cockfights, music is played and rum is served, and police officers supervise. In Santo Domingo, the sport is considered an upper-class activity.

Antes de que el béisbol se volviera popular, las peleas de gallos fueron la pasión nacional. Estas luchas siguen siendo legales en la mayoría de los lugares, y siguen siendo populares entre los hombres en los pueblos pequeños y zonas rurales, aunque las autoridades lo desapruaban. Cada pueblo y aldea tiene su propia gallera, o fosa de pelea de gallos. Los sábados y domingos, los hombres y los niños traen sus gallos favoritos para competir en la gallera. Otros vienen a ver el partido y apostar por el resultado. Durante las peleas de gallos, se toca música, el ron es servido y los agentes de policía supervisan. En Santo Domingo, el deporte se considera una actividad de clase alta.



Sample the Cuisine

Dominican cuisine uses seafood, meat and vegetables, although poorer people in the rural areas cannot afford to eat meat regularly. The most common dish is “la bandera,” which consists of white rice, beans, vegetables and verdes fritos (fried green plantain), served with savory chicken, beef or goat. Goat meat is particularly popular. Beef is common only in the Cibao region.

La cocina dominicana utiliza mariscos, carnes y verduras, aunque las personas más pobres en las zonas rurales no pueden darse el lujo de comer carne con regularidad. El plato más común es la bandera, que consiste en arroz blanco, frijoles, verduras y fritos verdes (plátano verde frito), se sirve con pollo salado, carne de vaca o de cabra. La carne de cabra es muy popular. La carne es común sólo en la región del Cibao.

The national dish of the Dominican Republic is undoubtedly “sancocho,” a version of the Spanish cocido (stew). Each region has its own unique way of preparing sancochos. Sancochos is a hearty mixture of seven meats, that may include goat, pork, tripe, oxtails, chicken, rabbit or pigeon. Sancochos may be served with avocado, wild rice, cassava or plantains. It is normally made on special occasions. Many people like to cook it for Christmas. It is a bit time-consuming to make, but definitely worth it if you want a real taste of the Dominican Republic.

El plato nacional de la República Dominicana es, sin duda, el sancocho, una versión del cocido español (estofado). Cada región tiene su propia forma de preparar sancochos. Los sancochos es una mezcla saludable de siete carnes, que pueden incluir cabra, cerdo, callos, rabo de buey, pollo, conejo o paloma. Los sancochos pueden ser servidos con aguacate, arroz salvaje, yuca o plátanos. Normalmente se hace en ocasiones especiales. A muchas personas les gusta cocinarlo para la Navidad. Lleva un poco de tiempo hacerlo, pero definitivamente vale la pena si quieres un verdadero sabor de la República Dominicana.





Sancocho (Rice, Vegetable and Meat Stew)

Ingredients


- 4 pounds chicken
- 2 pounds pork chops
- 1 pound salt pork, Spanish sausage
- 1 1/2 pounds goat meat
- 1 pound sausage
- 4 large plantain bananas
- 2 pounds yuca (cassava, tapioca, manioc)
- 2 pounds malanga
- 2 pounds Spanish pumpkin
- 2 pounds sweet potatoes
- 5 ears of corn
- 2 pounds white yam
- 6 liters water
- 1 1/2 tablespoons oregano
- 5 teaspoons salt
- 2 tablespoons soft "naranja agria" (these are oranges that are very, very sour)
- 2 green bell peppers (cut in four pieces)
- 1 medium size onion
- 1 teaspoon garlic (smashed)
- Leaves parsley
- Leaves cilantro
- 1 chicken bouillon cube
- 2 tablespoons white vinegar
- Worcestershire sauce (English)

Instructions

1. The day before (to save some time) you can cook the meats and store them in the refrigerator. The way to cook them is the following:
2. Cut the chicken into different pieces, wash the chicken with "naranja agria" taking out the skin and excess grease. Add onions, garlic, bell pepper, English sauce (or soy sauce), tomatoes and salt. After half an hour, cook the chicken without adding tomato sauce. Add more water than usual so that you can use the resulting sauce. Do not let get the chicken to become too tender. When done, save it in the refrigerator.
3. Cook the pork chops and goat in the same way as the chicken but cook them separately. Add more water than usual so that you can use the resulting sauce. When done, save it in the refrigerator.
4. Cut the salt pork in small pieces (half an inch) and pass it through hot vegetable oil (to give a nice color). Add some water and cook. Do not let get the salt pork become too tender.
5. Cut the sausage in small pieces (half an inch each) and fry the pieces. Save the vegetable oil.
6. Take the peel of the yuca, plantain bananas, malanga, Spanish pumpkin, sweet potatoes and white yam and cut them into small pieces. Put them in salt water so that they do not become black.
7. In a large pot (or two medium size pots) put the salt and the water. Add the onions, bell pepper, leaves of parsley and cilantro, Spanish pumpkin, corn, plantain bananas and malanga. When they are getting tender add all the other vegetables, the meat and the "sauces". Add two tablespoons of the oil in which the sausage was fried, "naranja agria", vinegar, garlic and check the salt. Do not let the sancocho to get too thick.
8. Put the Spanish pumpkin in two portions: the first one to add thickness to the sancocho, and the second to eat with the sancocho. If some vegetables are too tender, take them out. When the sancocho is done, put them in again. When done, you can serve the sancocho with rice and add picante sauce (Tabasco, for instance).

El desayuno, or breakfast, is the first meal in the morning. Mangu, a puree made from cassava, is often served for breakfast, particularly in poorer areas. In cities, el desayuno may consist of bread, jam and coffee. Most people try to go home at midday for the largest and most elaborate meal of the day, el almuerzo. It usually consists of rice and beans with meat. After lunch, some Dominicans take a nap for a couple of hours before they go to work again. Supper, la cena, is served late, when all family members have returned from school and work.

Evening is the time for desserts. A favorite dessert is "hibichela con dulce," a sweet porridge made with beans, coconut milk, sweet potatoes, raisins, cassava and cinnamon. Other traditional desserts include "arroz con dulce," a sweet rice pudding, and "majarete," a corn pudding. Flans with caramel custard are also popular, such as "quesillo de leche y piña," a flan made with pineapple and milk.



Still
Having A
HARD
TIME
Understanding
Native
Speakers
?

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