

The Gaitanaki

A TRADITIONAL DANCE FOR CELEBRATING THE UPCOMING SPRING



“Apokries” (a greek celebration of spring in the form of Carnival time) is accompanied by a fun, colorful, dancing custom! “Gaitanaki”, a nationwide custom, is a dance with ribbons, around a pole that has not changed in the course of time.



It consists of a high pole, on the top of which are tied 12 long ribbons of a different colors. The ribbons are called “gaitania”, hence the name of the custom.



The dance is circular and 13 people are needed to perform it. One person is located at the center holding the pole, while the others hold a ribbon and stand in couples, one facing another.

As they move in a circle around the pole, each dancer, weaves the ribbon by passing in and out their co-dancers. "Gaitanaki" stands colorfully decorated to remind everyone of the celebrating spirit. It is said that this circular dance symbolizes the circle of life from winter to spring.



We are practicing for Gaitanaki too !!!

Let's take a look at how we can make our own "Gaitanaki" to celebrate "Apokries", the Greek Carnival time, and the coming of Spring!

We will need:

A wooden pole with a diameter of about 5 cm and a height of 3 m. Paint for the pole (optional).



A screw with a circular finish.

6 x 9-metre-rolls of satin ribbon each one of a different color



Drill



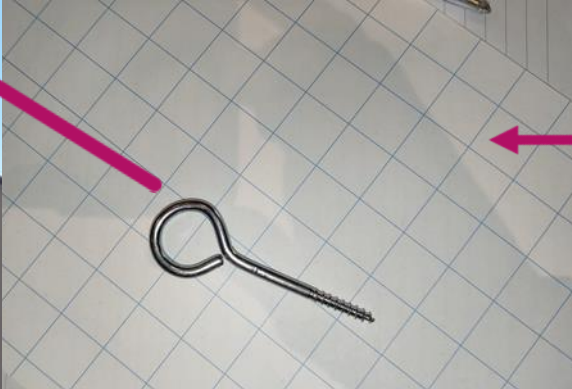
Pair of scissors



1



1. First paint the wooden pole with the paint. Let it dry well so you can use it later.



2. Use the drill to make an initial small hole in the top of the pole.

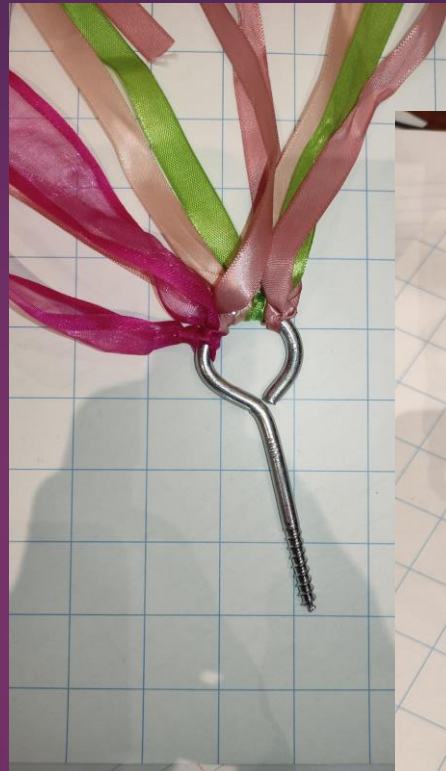


3. Unroll the ribbons and cut them, and then fold them in half. Tie the center of each folded ribbon to the round of the screw so that it has 4.5 and 4.5, each side as shown in the photo.



4. Continue in the same way with the other ribbons.

5. Insert the screw into the hole in the top of the pole and screw in well.





6. The colorful carousel is ready for the dance, as long as someone in the center holds the pole firmly while the dancers with the carousels turn around!



Welcome to Varvakeio Model Gymnasium



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Looking forward
to our meeting in
Greece
28/2-4/3