

East Meets West: A Comparative Look at Celebrations and Leisure in Turkmenistan and the U.S.

Abstract:

This poster explores the fascinating world of celebrations and leisure activities in two contrasting cultures: Turkmenistan, a country in Central Asia, and the United States. For this project, we researched celebrations, festivals, and how spare time is enjoyed in both countries. Our poster delves into the similarities that bring people together, such as the desire for community, relaxation, and expressing joy, as reflected in their cultural values. At the same time, we will unpack the unique ways each culture celebrates and spends leisure time. We will examine and research the following spheres: (1) *Traditional Celebrations*: How do Turkmen holidays like Nowruz and American holidays like Thanksgiving reflect cultural values and heritage; (2) *Modern Leisure Activities*: How do Americans and Turkmen unwind in their free time? Does the concept of relaxation universally apply to how people spend their leisure time; and (3) *The Role of Community*: How do celebrations and leisure activities foster social connections in both countries? By exploring these aspects, this poster will offer a deeper understanding of how cultural background shapes how people celebrate and unwind.