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**HOW DO YOU  
KEEP TRADITIONS  
ALIVE?**

We posed this question to visitors  
of the exhibition *Guatemala from  
33,000 km: Contemporary Art,  
1960-Present.*

Here are their answers...

# STORIES

Pass on stories, catalog photos, keep a diary, engage the next generation, and document and celebrate each day like it is your last.

# HOW DO YOU KEEP TRADITIONS ALIVE?



WRITE  
WEAVE

# HOLIDAYS

Singing prayers during  
Hanukkah and Rosh  
Hashanah.

# HERITAGE

I speak my language... Kip  
lo'kak'athese'es... Yo hablo  
mi idioma.

# FAMILY

I try to take care of my  
parents like they took care  
of me.

# TOGETHERNESS

We host and take part in  
family and friends' dinners  
and breakfasts regularly!

We start new traditions and  
pass them along to our  
daughter.



# HOLIDAYS

Reading the **Christmas story**  
**from the bible** on Christmas  
eve.

# FOOD

Cooking traditional foods  
that my **abuela** made for me  
from Peru. **Que riquisimo!**

How delicious!

# HERITAGE

On observe toujours ce que  
**nos ancêtres** nous ont  
enseigné, **en modifiant les**  
**traditions avec amour.**

We always observe what **our ancestors** taught us, **changing the**  
**traditions with love.**



# FOOD

Preparing meals for Buddha  
as a sign of giving, for good  
luck in exchange.

# REMEMBRANCE

La familia Duran was here.  
Manteniendo el corazón en  
el país de “la eterna  
Primavera.” Nuestra tierra  
de el Quetzal.

The Duran family was here. Keeping the heart in the country  
“the eternal Spring.” Our land of Quetzal.

# STORIES

We associate the names of our dishes with folk stories, such as gallo pinto.

# ROUTINES

Chismeando un café con  
pan.

Gossiping over coffee with bread.



# FAMILY

Spreading love and teaching  
my siblings to do the same.

# TOGETHERNESS

Tequila. Party. Family.  
Mariachi. Tacos. Pollo con  
Mole. Love and Hugs.  
WARM People. Dance.  
Care. Family Sundays. Viva  
Mexico!

# STORIES

Ask your Grandparents to  
tell you stories.



# FAMILY

Every Sunday at Grandma's house with constant looks outside the window for paletero and elote man.

# FOOD

Overeating at any **all you can eat buffets**, no matter how full you are.

# HERITAGE

Kuv hlub koj (I love you)! Family  
are for life! Forever proud to be  
Hmong! Stay positive, be happy,  
love life to the fullest!

Forevever will be connected to  
the 16 loves of my life!

# HOLIDAYS

A book, a pair of PJ's, and a  
new ornament on **Christmas**  
**Eve.**



# REMEMBRANCE

Understanding and  
honoring our ancestors'  
struggles.

# FAMILY

I keep my father's family tradition alive by making smores, catching fireflies, jet skiing, telling stories, and quality time together.

# TOGETHERNESS

You have to gather together. Tradition is not solitary, it is held by community.

# ROUTINES

Early AM walks with the  
seals, birds, winds, and  
coffee!

# HERITAGE

Understanding and  
honoring our ancestors'  
struggles.

[illegible]

# FAMILY

My **siblings** and I make  
dances to our **favorite**  
**songs.**

# ROUTINES

Sunday mornings in bed to  
catch up on the week.



# HOLIDAYS

Når vi tenner **juletrelysene**  
første gang, spiller vi  
**musikken fra Superman.**

When we light the **Christmas tree lights** for the first time, we play  
the **music from Superman.**

# STORIES

I call my mom and write  
down her stories.

I write down my stories.

I keep them alive.

# REMEMBRANCE

Never forgetting where you  
come from, and learning  
from those around me.

# HERITAGE

Singing Happy Birthday in  
French, Lebanese, and  
English.

# TOGETHERNESS

Food (tamales, platanos,  
rum); storytelling;  
remembering the ones we  
no longer have; family  
gatherings.

# FOOD

Eating waffles on Christmas morning.

# HOLIDAYS

Break wishbone from turkey  
on Thanksgiving

