

01/04 - British meals (1)

ESTRATTA

The average lunch break for the British people is around 20 minutes, taken at about 12.30pm. Many people skip lunch all together, but the rest tend to eat lunch alone at their desks. The four most popular meals for lunch are sandwiches- ham, cheese, tuna and egg mayo. We're also not fond of variety in the UK and often have the same meal for lunch on a daily basis.

02/04 - British meals (2)

ESTRATTA

Dinner is the main meal of the day in the UK and most people sit down with their families and discuss their working day. Dinner is usually between 6:30pm and 8:00pm. Next is TV time. Before bed, most Brits settle down to watch TV and our favorite programs are UK-produced dramas. By the time it gets to 10pm, most Brits are getting ready for bed.

03/04 - Everyday routine

ESTRATTA

More than 40% of British people stick to the same everyday routine, study says. Changes most people would like to make to daily routines include exercising more regularly and eating more healthily, according to survey. The side of the bed you sleep on, your hairdresser and the supermarket you use are among the things British people are most reluctant to change.

04/04 – Queuing

ESTRATTA

When you first move to the UK you may feel as though you will never understand British culture. If you would like to understand Brits a little bit better, keep reading. Brits are known for their love of queuing and they take it very seriously. There is really no excuse for jumping to the front of the queue. Even if you are in a hurry you should not try to cut in front of others as this is seen as incredibly rude.

05/04 - Talking about the weather

ESTRATTA

Talking about the weather is practically the national sport in the UK. British weather can change in an instant and Brits like to say that one can experience four seasons in a day. Whether it's hot or cold, raining lightly or chucking down hail, the weather is a source of endless entertainment. The umbrella can be found in every Brit's wardrobe. It lives permanently by the front door or in one's favourite bag.

06/04 - British clothes

ESTRATTA

Regardless of the weather, British tend to layer their clothes. Jumpers, sweatshirts, and hoodies are popular options. British tend to dress fairly casually. Jeans and a t-shirt are fine for everyday occasions such as going to classes or visiting the pub with your friends. You will also need shorts and sandals so that you can enjoy the long, hot summer days.

07/04 - Warm socks**ESTRATTA**

If you come from a climate where flipflops and sandals are your footwear of choice then get ready to hide away your feet. You will be wearing leather shoes and socks most days and during the winter months be sure to have thick ones to keep your feet dry and warm. You might be thinking that the UK is cold and wet all year round, but it is not true.

08/04 - A warm winter coat**ESTRATTA**

You will need a winter coat that keeps out the icy winds and snow that the winter brings, regardless of what part of the UK you'll be coming too. The UK is famous for its rainy climate, even though it's not in the top 10 list of rainiest countries in the world, making it a necessity to have a good rain coat. A warm hat, a scarf, and gloves can make the difference between being toasty warm or miserably cold.

09/04 - A multicultural country (1)**NON ESTRATTA**

When the Romans, Vikings, and Normans invaded the UK, they brought their cultures and languages with them and many English words have French, German, or Scandinavian origins. Because of its proximity to Europe, the UK has a long history of trade with other European nations and that inevitably has meant the free movement of people, including marriages.

10/04 - A multicultural country (2)**NON ESTRATTA**

The British royal family is very multicultural. So many of our former Kings and Queens have come from European royal families. For example, Henry VIII's first wife, Catherine of Aragon, was Spanish. Britain has even been ruled by European monarchs. William I was Norman, and William III (also known as William of Orange) was Dutch.

11/04 - A multicultural country (3)**ESTRATTA**

Different cities in the UK have different proportions of various ethnic groups depending on their individual histories. For example, Liverpool has an old Black community because Liverpool was once linked to the trans-Atlantic slave trade. Liverpool is also home to the oldest Chinese community in Europe because of the city's strong trading ties with Shanghai dating back to the 1890s.

12/04 - A multicultural country (4)**ESTRATTA**

In recent years, there has been a noticeable increase in nationalistic sentiment in the UK because some Britons believe that the UK should not be multicultural. But many more Britons believe that our history shows us we have always been multicultural and that there are many economic and social benefits of being a multicultural nation. Over 300 languages are spoken in the UK.

13/04 - A multicultural country (5)

ESTRATTA

During the British Empire, many Britons went to live and work in colonies around the world and many colonial subjects came to Britain. Even today, former territories and colonies have strong ties to Britain and people continue to migrate. Big cities like London, Manchester, and Birmingham are extremely multicultural, but smaller towns and villages are far less so.

14/04 - Why do Brits love drinking tea so much?

ESTRATTA

The UK is a nation obsessed with this delectable drink! Since the 18th century, the UK has topped the list for highest tea consumption (about 165 million cups a day!) But why we love tea is a complicated matter. There is the delightful taste of course – perfect to have with a biscuit or two. There is also its warmth which is a great benefit in a climate such as the UK.

15/04 - Why do Brits like talking about the weather?

NON ESTRATTA

The weather is a favourite topic of conversation between Brits, so it's not surprising that we have so many words and phrases to describe the conditions outside. It's not unusual for people when they first meet to chat about the weather, as it's a safe conversation that doesn't require either party to ask any personal questions about one another.

16/04 – Talking about the weather

NON ESTRATTA

As the weather in Britain is changeable at the drop of a hat, there's always something to talk about. You could find yourself in conversation about the cold and drizzling rain with a complete stranger in a coffee shop, or you could be sitting with friends in a park, raving about the sunshine. Although it's cold a lot of the time, there are varying weather conditions which people use different words to describe.