

Beat: News

## Summer Day in Albania – A Celebration of Spring

### Albanian traditions only

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**USPA NEWS** - Dita e Verës (Summer Day) is one of the most unique and beloved traditional celebrations in Albania. It is celebrated every year on March 14 and marks the end of winter and the arrival of spring, symbolizing renewal, joy, and new beginnings.

The celebration has ancient origins, dating back to pre-Christian times when people celebrated the awakening of nature and the power of the sun. Over centuries, the tradition has been preserved and passed down through generations as an important part of Albanian cultural heritage.

The city of Elbasan is widely considered the heart of the celebration. Every year the city hosts large festivals, concerts, cultural events, and street activities where thousands of people gather to celebrate the arrival of spring.

One of the most famous symbols of this holiday is the traditional dessert called Ballokume. This sweet treat, originally from Elbasan, is prepared with corn flour, butter, sugar, and eggs. Families traditionally prepare ballokume a few days before the celebration and share them with relatives and friends.

Another important tradition is the "Verore" bracelet, made from red and white threads and worn on the wrist by both children and adults. According to folklore, the bracelet brings good luck, health, and protection during the spring season.

On this day, families go outdoors, organize picnics, enjoy music, and celebrate together in parks and public squares. Streets are filled with colors, flowers, and festive activities, creating a joyful atmosphere across the country.

Today, Dita e Verës remains a powerful symbol of nature's renewal, Albanian traditions, and the spirit of community, celebrating the beauty of spring and the cultural identity of the Albanian people. Another important tradition is the "Verore" bracelet, made from red and white threads and worn on the wrist by both children and adults. According to folklore, the bracelet brings good luck, health, and protection during the spring season.

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