



NORDEN - GERMANY



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THE CITY

Norden is one of the oldest cities in East Frisia and the most north-westerly town on the German mainland. The city lies directly on the North Sea and it is characterised by agriculture and tourism. East Frisia has its own recognised national language, "Plattdeutsch". The region is predominantly Protestant. While the Reformed confession predominates in the western parts of the region, most of East Frisia is of the Lutheran confession. In addition, there are five Old Reformed congregations and a number of other free-church congregations, including Baptists and Mennonites. The Mennonites have been represented by two congregations in Norden since 1556. Today, the largest (80 m) medieval church in East Frisia stands in the middle of Norden's market square. It is dedicated to St Ludger, the apostle of the Frisians and the first bishop of Münster.

The ten Doornkaat family was strongly rooted in the Norder community. This led to a social commitment. Jan ten Doornkaat Koolman founded the Doornkaat company together with the businessman Cremer. The company produced a spirit, the triple-distilled grain. The brand Doornkaat later became a well-known brand in Germany. To this day, a large grain bottle which is regarded as a Doornkaat monument, stands at the entrance to the village from Norden.



THE CITY

The power of the wind has been used on the North Sea since the beginning of the 15th century. The log windmill in Dornum, built in 1626, is the oldest mill in East Frisia. The mill was built during the Thirty Years' War, shortly after the troops of the Count of Mansfeld occupied the county of East Frisia. As far as East Frisia is concerned, there was no village without a mill. In 1900 there were around 174 windmills in the region. The most popular East Frisian windmills are the Greetsiel Twin Mills and the Hager Mill, which is the tallest (30.2m) windmill in Germany. In the past, they were used to grind grain or for drainage.

LEGENDS

Legends are also part of East Frisia's history. Störtebeker was a pirate and one of the leaders of the Vitalienbrüder (group of seafarers of the North Sea and Baltic Sea). Today Störtebeker's origins are not exactly known. According to legend, Störtebeker married a woman from Marienhaf and lived with her there. The tower in which Störtebeker lived in 1400 was built in the 13th century. Today, the tower is a landmark where visitors can look out over the surrounding countryside and learn more about Störtebeker.



Just off the coast are the East Frisian islands, Borkum, Juist, Norderney, Baltrum, Langeoog, Spiekeroog and Wangerooge. The islands are popular excursion destinations and live largely from tourism. There are extensive mudflats between the islands and the mainland.

The island Borkum is an official health resort in Germany and has many on-site spa facilities. With an area of 31 m², Borkum is the largest East Frisian island. The island of Norderney, has three districts and 5969 inhabitants, it is the largest municipality of the East Frisian Islands. For many people the island is a popular holiday destination.

The famous writer Heinrich Heine also often spent his summer days on the island. All the islands have their own landmarks. The landmarks of the island of Baltrum are the island bell and the old island church. Langeoog has designated the water tower, built in 1908, as its landmark.



Bild 1 - tower (pixabay)

The water tower is a popular destination for tourists. There is an exhibition at the bottom of the tower and a view over the island from the top. The islands of Norderney, Baltrum, Langeoog, Spiekeroog and Wangerooge can be reached by mudflat walk from the mainland during low tide. The Wadden Sea is an extensive coastal strip that is strongly influenced by the tides.



Bild 3 - island tower (Pixabay)

The mudflats are the seabed of the coastal area, which is washed over twice a day by the sea during the change of tide and then dries up again. The mudflat area on the German North Sea coast is the world's largest contiguous mudflat area, covering more than 500 kilometres. And was designated a UNESCO World Heritage Site in 2009. Various animal species such as seals, lugworms and shore crabs can be observed on the mudflat walk.



Bild 4- beach (Pixabay)

SPORTS

A well-known and popular sport in East Frisia is boßeln. The aim of this group sport is to throw the ball the furthest over a set distance with as few throws as possible. There are two teams, with more than 4 people per team, who play against each other. The ball is approx. 12 cm tall and weighs 1 kg.



DRINKS AND FOOD IN EAST FRISIA

East Frisia is well-known for its tea. Tea culture had its beginnings in the 18th century. The East Frisian tea ceremony plays an important role in this. The tea is prepared in a teapot. First comes sugar, white rock candy. Then the tea is poured into the cup. You can hear the sugar crackle. Finally, a small cream spoon is placed on the rim of the cup - counter-clockwise. It is important not to stir the tea. Three cups are usually drunk - three times is East Frisian right. On average, every East Frisian drank around 300 litres of tea in 2016. In 2016, the East Frisian tea culture was recognised as Intangible Cultural Heritage in Germany. The tea is usually served in small patterned cups. The most popular is from the Wallendorfer Porzellanmanufaktur.

Besides the famous East Frisian tea, there are also many regional dishes that have a long tradition. Fish in particular is a popular dish among the people of East Frisia. The North Sea crab or North Sea shrimp is one of the landmarks of East Frisia. The tourist town of Greetsiel is home to the largest fleet of crab boats. Fish sandwiches with different types of fish such as plaice, butt, mackerel or herring are a popular snack at the North Sea.



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