

Local and cultural life in Guinea-Bissau

Discover the authentic culture of Guinea-Bissau through its ancestral traditions. A journey through its villages, dances and rituals that have endured for generations.





Tabankas: traditional villages



Natural architecture

Houses built with mud, wood and palm. They create warm and cosy environments.



Connected living

Simple lifestyle. Deeply rooted in the land and regional customs.



Traditional crafts

Inhabitants produce their own food. They keep alive ancestral artisanal techniques.



Immersive cultural experience



Countryside walks

Strolls through rural landscapes. Surrounded by impressive nature.



Visits to workshops

Observation of craft techniques. Learning of traditional methods.



Cultural learning

Opportunity to discover local traditions. Connection with ancestral wisdom.



Community living

Interaction with local inhabitants. Experience of serenity and respect.

Traditional Dances

Cultural transmission

Each movement has deep meaning. It conveys wisdom and history.

Ancestral connection

They reflect links with ancestors. They honour sacred elements of their culture.



Collective experience

Members of diverse ages participate. They celebrate stages of community life.

Vital ceremonies

They mark important transitions. They include initiation rituals and weddings.



Vaca Bruto mask

Spiritual symbolism



Represents ancestral spirits. Connects with the spiritual world.

Sacred craftsmanship



Wooden sculpture with horns. Crafted by specialised artisans.

Powerful dance



Energetic movements.
Accompanied by traditional drums and chants.

Rites of initiation



Youth

Preparation for the transition. Learning of community traditions.



Ceremony

Ritual with sacred masks. Moment of spiritual transformation.



Adulthood

Community recognition. New position in the social structure.

Carnival of Guinea-Bissau



Explosion of colour

Vibrant and authentic festival. Boiling pot of traditional colours and sounds.



Ethnic gathering

Meeting point for all ethnicities. Communities from each region participate actively.



African roots

Celebration rooted in traditions. Manifestation of pride and spirituality.

Cultural identity

Traditional dances

Ancestral artistic expressions. They transmit history and community values.



Ritual masks

Sacred objects of power. They connect with the spiritual world.

Festivities

Vibrant carnivals and celebrations. They affirm identity and cultural resistance.



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Life in Tabankas

Authentic traditional communities. They preserve generational customs.