

Gashtak

Gashtak is a traditional social event also called «gap» or «gapkhuri», which is usually popular among people living in the Sughd and Hisar regions. It is a social event organized by a group of people with something in common e.g. same profession, childhood friends, coworkers or relatives. They agree on a number of people would like to be part of the group and than every month each member of the group by taking turn organizes a meal and invites the rest of the group to get together. *Gashtak* is largely a men social get-together event although young women or elderly women also occasionally organize such events.

The central purpose of *gashtak* is sustaining relationships and growing in communal spirit of mutual understanding and friendship. In *gashtak* people will discuss various topics of a common interest or discuss the issues relevant to the group or larger society where they live. Of course another aspect of *gashtak* social is spend-

ing a restful time together and this particularly in mountain areas during the long winter nights people in *gashtak* will share stories and legends to help them to regain new visions of the future and live a hopeful life.

It is also possible for *gashtak* to be organized among the youth who have finished the same class from school or university; this also includes people from the same professional background or skills. The *gashtak* among professionals also include women groups or mixed gender groups.

Gashtak among the relatives are not very common but they are very sustainable form of the *gashtak*. This primarily focuses on intergenerational and interrelation support and sustaining relationships.

Gashtak is organized or held by the decision of the *gashtak's* host. In the rural areas it is at homes of people where in the cities it can take place in a teahouse or a restaurant.

