



Armenia

A small mountain country of stone monasteries, apricots and warm bread, with a capital built of pink stone and snowy Mount Ararat on the horizon.

AT A GLANCE

Facts to know

CAPITAL

Yerevan

POPULATION

About 3 million (2.93 million at the 2022 census)

OFFICIAL LANGUAGE

Armenian, written in its own alphabet. Russian is widely understood, especially by older people

CURRENCY

Armenian dram (AMD), introduced in November 1993

AREA

About 29,700 km², a little smaller than Belgium

GOVERNMENT

Parliamentary republic. The prime minister leads the government; the president, elected by parliament for one seven-year term, is the head of state

HIGHEST MOUNTAIN

Mount Aragats, 4,090 m. Mount Ararat (5,137 m), the national symbol, is in Turkey

MAIN RIVERS

The Araks (Aras) forms the border with Iran and much of the border with Turkey, where the Akhurian forms the northern part. The Hrazdan flows out of Lake Sevan and through Yerevan

NEIGHBOURS

Georgia to the north, Azerbaijan to the east, Iran to the south and Turkey to the west. In the southwest it also borders Nakhchivan, an exclave of Azerbaijan. Armenia has no coast

DRIVES ON THE

Right

CALLING CODE

+374

A 45-minute trip to Armenia

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

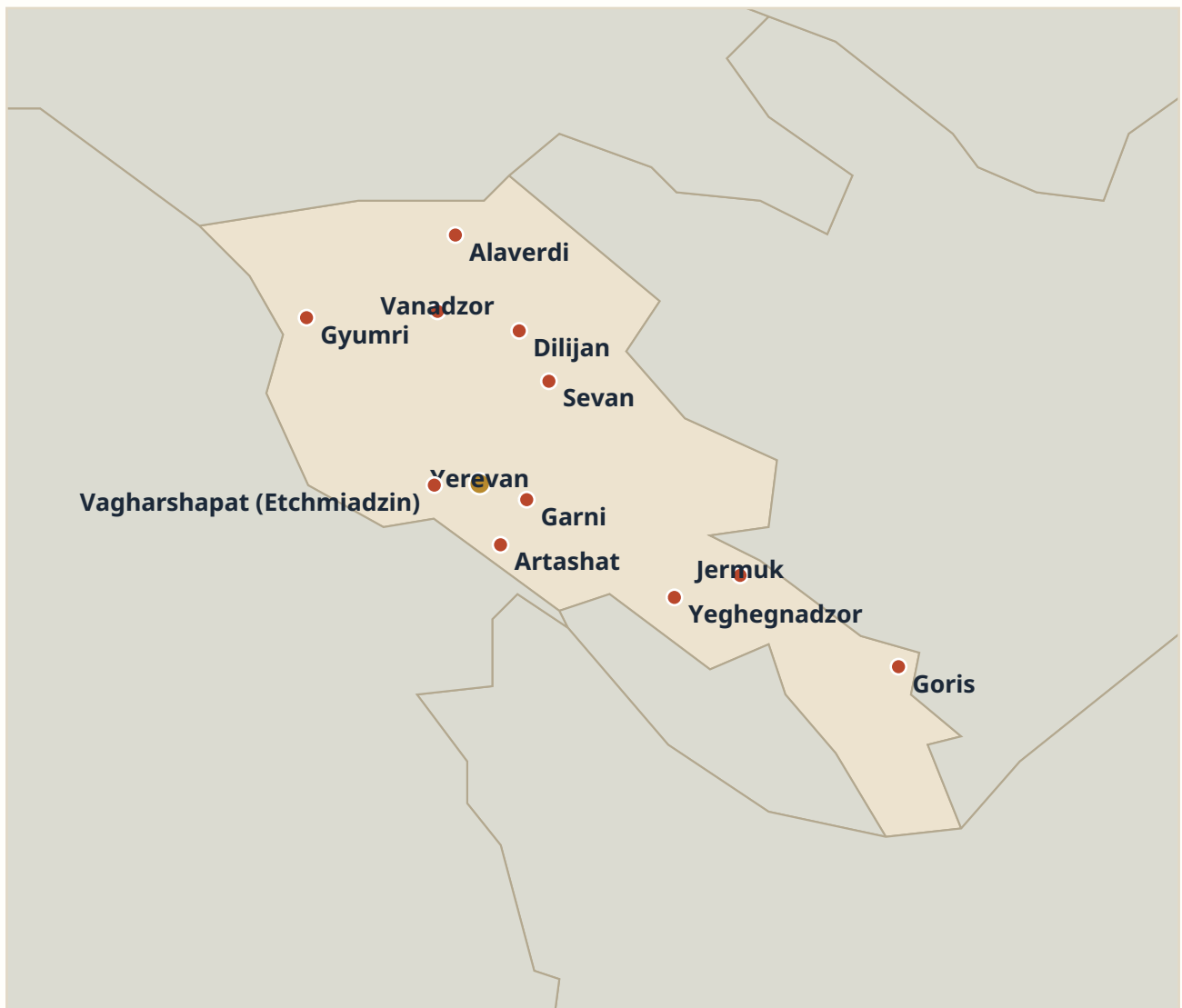
- 0 to 5 min** Welcome. Show the map page and find Armenia together. Ask: who has been there, or knows someone from there?
- 5 to 15 min** Read the facts at a glance, then three moments from the story: 782 BC: King Argishti I founds Erebuni; 1915: The Armenian genocide begins; 2001: Armenia marks 1,700 years of Christianity.
- 15 to 25 min** At the table: talk about Khorovats and Tolma. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help.
- 25 to 30 min** Say it like a local: practise "Barev dzez" (Hello (polite)), "Bari luys" (Good morning), "Bari yereko" (Good evening). Everyone says them together.
- 30 to 40 min** Quiz: read the questions aloud, or play the big-screen version at <https://worldstroll.com/countries/armenia/group>. No scores needed.
- 40 to 45 min** Talk about it (questions page), then stamp or sign everyone's passport page.

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz

- Optional: a world map or globe, a small tasting, music from the country

Armenia and its cities



- Yerevan (Yerevan): Republic Square and the Opera House, The Cascade, a giant stairway of terraces and art, The Matenadaran, a museum of ancient manuscripts, The Vernissage weekend craft market
- Gyumri (Shirak): The 19th-century Kumayri historic district, Artists, craftsmen and a famous sense of humour, The memory of the 1988 earthquake
- Vanadzor (Lori): Green hills and forests of Lori, A base for the monasteries of the north

- Vagharshapat (Etchmiadzin) (Armavir): Etchmiadzin Cathedral, the mother church of the Armenian Church, The churches of Saint Hripsime and Saint Gayane, The ruins of Zvartnots Cathedral nearby
- Dilijan (Tavush): Old Sharambeyan Street with craft workshops, Forest walks in Dilijan National Park, The monasteries of Haghartsin and Goshavank nearby
- Sevan (Gegharkunik): The monastery of Sevanavank on its peninsula, Beaches on Lake Sevan, Fish from the lake and local fish farms, especially trout and whitefish
- Alaverdi (Lori): The Debed canyon, The monasteries of Haghpat and Sanahin, A Soviet-era copper smelter
- Artashat (Ararat): Vineyards and orchards of the Ararat Plain, The nearby monastery of Khor Virap
- Garni (Kotayk): The Temple of Garni, The 'Symphony of Stones', basalt columns in the gorge, Round, decorated gata sweet bread
- Yeghegnadzor (Vayots Dzor): The monastery of Noravank, Wine from nearby Areni
- Jermuk (Vayots Dzor): Hot springs and Jermuk mineral water, A waterfall and forest walks, Chess tournaments
- Goris (Syunik): The cave dwellings of Old Goris, Streets of 19th-century stone houses, A base for Tatev Monastery

A short history of Armenia

Armenia's story reaches back to the Bronze Age and the kingdom of Urartu, whose fortress of Erebuni grew into Yerevan. The Armenian kingdom was at its largest under Tigranes the Great, adopted Christianity and created its own alphabet, then spent many centuries divided between great empires. In the 20th century Armenians lived through the genocide of 1915, a brief first republic, Soviet rule and the Spitak earthquake. Independent since 1991, Armenia has also been in a long conflict with Azerbaijan over Nagorno-Karabakh, a mountain region that had a large Armenian population and is internationally recognised as part of Azerbaijan. After fighting in 2020 and an Azerbaijani offensive in September 2023, more than 100,000 Karabakh Armenians, almost the entire Armenian population of the region, fled to Armenia.

782 BC

King Argishti I founds Erebuni

Argishti I, king of Urartu, built the fortress of Erebuni on a hill in what is now southern Yerevan. A cuneiform inscription found on the site records the founding, which is why Yerevan counts its age from 782 BC. The name Yerevan is thought to come from Erebuni.

95 BC

Tigranes the Great becomes king

Tigranes II, known as Tigranes the Great, took the throne in 95 BC and ruled until 55 BC. For a short time his kingdom stretched from the Caspian Sea to the Mediterranean, the largest Armenia has ever been. He later had to accept the power of Rome.

AD 301

Armenia adopts Christianity as its state religion

King Tiridates III made Christianity the religion of the state, a step traditionally dated to 301 (some historians prefer a date around 314). He was converted by Gregory the Illuminator, who, according to tradition, had been held for 13 years in a deep pit at Khor Virap. Soon afterwards the first cathedral was built at Etchmiadzin.

AD 405

Mesrop Mashtots creates the Armenian alphabet

The monk and scholar Mesrop Mashtots created an alphabet for the Armenian language around 405. It originally had 36 letters. Its first task was a translation of the Bible, and the same alphabet, with a few letters added later, is still used today.

AD 451

The Battle of Avarayr

Armenian forces led by Vardan Mamikonian fought the army of Sasanian Persia, which wanted to force Zoroastrianism on the Armenians. The Armenians lost the battle and Vardan was killed, but resistance continued, and in 484 a treaty allowed Armenians to keep their Christian faith. Vardan is honoured as a saint.

1198

An Armenian kingdom is crowned in Cilicia

After Armenians had moved west to Cilicia, on the Mediterranean coast of what is now southern Turkey, Prince Leo was crowned king there in 1198. The Armenian Kingdom of Cilicia was an ally of the Crusaders and lasted until 1375.

1828

Eastern Armenia passes to Russia

After a war between Russia and Persia, the Treaty of

Turkmenchay handed the khanates of Erivan (Yerevan) and Nakhichevan to the Russian Empire. Eastern Armenia, roughly today's country, was now Russian, while Western Armenia stayed under Ottoman rule.

1915

The Armenian genocide begins

On 24 April 1915 the Ottoman authorities arrested hundreds of Armenian community leaders and intellectuals in Constantinople. Mass deportations, death marches to the Syrian desert and massacres followed, and around one million Armenians were killed; estimates range from about 600,000 to 1.5 million. Most historians and many countries recognise these events as genocide, while the Turkish government rejects the term. Armenians remember the victims every year on 24 April.

1918

The First Republic of Armenia is declared

As the Russian Empire collapsed, Armenia declared independence on 28 May 1918, with Yerevan as its capital. The young republic struggled with war, hunger and a huge number of refugees. Its red, blue and orange flag is the flag Armenia uses today.

1920

Armenia becomes a Soviet republic

In late 1920 the Red Army entered Armenia and a Soviet government took power. Under treaties signed in 1921, Mount Ararat and the medieval capital of Ani went to Turkey. Armenia joined the Soviet Union in 1922, first inside a Transcaucasian federation and from 1936 as a republic of its own.

1988

The Spitak earthquake

On 7 December 1988 a powerful earthquake struck northern Armenia. It destroyed much of the town of

Spitak and badly damaged Gyumri, then called Leninakan. At least 25,000 people died and hundreds of thousands lost their homes. More than 100 countries sent rescue teams, equipment and medical aid.

1991

Armenia votes for independence

In a referendum on 21 September 1991, Armenians voted overwhelmingly to leave the Soviet Union. The date is now Independence Day. Armenia joined the United Nations on 2 March 1992.

1994

A ceasefire ends the first Karabakh war

From 1988 the Armenians of Nagorno-Karabakh, then an autonomous region of Soviet Azerbaijan, demanded union with Armenia, and after the Soviet collapse this turned into a war. It ended with a ceasefire in May 1994, after tens of thousands of deaths and more than a million people displaced on both sides. The conflict flared again in 2020 and 2023.

2001

Armenia marks 1,700 years of Christianity

To celebrate the 1,700th anniversary of Christianity as the state religion, the large Saint Gregory the Illuminator Cathedral was consecrated in Yerevan in 2001. It is the largest Armenian cathedral in the world, and Pope John Paul II visited it that September.

What people eat in Armenia

Armenian food is built on wheat, lamb and pork, fresh herbs, yogurt and fruit. Bread, above all the thin lavash, is on every table. A festive meal starts with a spread of cold dishes: cheeses, cured basturma and sujukh sausage, pickles, salads such as eetch, and a big plate of fresh herbs like tarragon, basil, coriander and green onions. Then come hot dishes such as tolma, and at the centre of any celebration the grilled meat called khorovats, served with grilled vegetables and lavash. The meal ends with fruit, sweets such as gata and strong Armenian coffee, while toasts are raised with wine, fruit vodka or brandy.

Khorovats

The whole country

Armenian barbecue: chunks of pork, lamb, beef or chicken, often still on the bone, grilled on long flat skewers over glowing embers. Aubergines, peppers and tomatoes are grilled beside the meat, then peeled and chopped into a smoky salad. Khorovats is the dish for weekends, family feasts and summer picnics, wrapped in lavash with raw onion and herbs.

Tolma

The whole country

Tolma is the Armenian name for dolma: minced meat mixed with rice and herbs, wrapped in young grape leaves or cabbage leaves and simmered slowly. Summer tolma is made with stuffed peppers, tomatoes and aubergines. It is served warm with a sauce of yogurt and crushed garlic.

Harissa

The whole country, and Armenian communities abroad

A thick, smooth porridge of whole wheat and chicken or lamb, cooked for many hours and beaten until the meat and grain become one. It is served with a pool of melted butter on top. Harissa is traditionally shared from large pots at church feasts and at Easter.

Khash

The whole country

A clear, rich broth of beef or lamb feet, simmered through the night. It is eaten early on winter mornings, seasoned at the table with lots of crushed garlic and salt, with dried lavash crumbled into the bowl. Friends gather for a khash party, usually with herbs and a glass of vodka.

Lavash

The whole country

Large, paper-thin sheets of wheat bread, slapped onto the hot wall of a tonir, a clay oven sunk into the ground, and baked in moments. Lavash is soft when fresh and can be dried and stored for months, then softened again with a sprinkle of water. It is used to wrap meat, cheese and herbs, and to scoop up food.

Zhingyalov hats

The mountains of the southeast, Syunik and Karabakh

A thin flatbread filled with a mound of finely chopped wild and garden greens, often 10 to 20 kinds, from spinach and sorrel to nettles and herbs. It is cooked on a hot griddle and eaten warm. It is especially popular during Lent, when many people do not eat meat.

Ghapama

The whole country

A whole pumpkin stuffed with rice, dried apricots, prunes, raisins, nuts, butter and honey, then baked until soft. At the table the pumpkin is cut into wedges like a cake. It is an autumn and holiday

dish, served at Christmas, New Year and weddings.

Spas

The whole country

A gentle soup of matsun, the Armenian yogurt, with hulled wheat, butter-fried onion and herbs such as coriander and mint. An egg and a little flour are stirred in so the yogurt does not curdle. It is eaten warm in winter and chilled in summer.

Eetch

Armenian home cooking, in Armenia and abroad

A red bulgur salad, similar to tabbouleh, made with tomato, onion, parsley, peppers, olive oil and lemon. It is eaten at room temperature or warm, scooped up with lettuce leaves or lavash, and is a favourite at picnics and during Lent.

Manti

Armenian home cooking, especially in families of Western Armenian origin

Tiny open dumplings shaped like little boats, filled with spiced minced meat. In the Armenian style they are baked in the oven until crisp, then moistened with hot broth or tomato sauce and served with yogurt and garlic.

Basturma

The whole country

Beef that is salted, pressed and air-dried, then coated in a thick red paste of fenugreek, paprika, garlic and cumin called chaman. It is sliced paper-thin and served as a cold starter, often with sujukh sausage, cheese and lavash.

Gata

The whole country, with a different style in almost every region

A sweet, buttery bread or cake, often with a crumbly filling of flour, butter and sugar called khoriz. Gata from the villages of Garni and Geghard is round, decorated and about a foot across.

Sweet sujukh

The whole country, sold at markets and roadside stalls

Strings of walnuts dipped again and again in thickened grape or mulberry juice, then hung up to dry into chewy, candle-shaped sweets. They hang in bunches at markets and outside monasteries, next to dried fruit and fruit leather.

Tan

The whole country

A cool, salty drink of matsun yogurt mixed with water, sometimes with herbs or cucumber, and sold still or fizzy. It is the classic drink with khorovats on a hot day.

Armenian brandy)

Yerevan and the Ararat Valley

Brandy distilled from local white grapes and aged in oak barrels, made in Armenia since the late 19th century. The best known is sold under the Ararat name by the Yerevan Brandy Company, whose factory stands above the Hrazdan gorge and can be visited. Armenians call it konyak, although outside Armenia only brandy from the Cognac region of France may be sold as cognac.

GOOD MANNERS

At the table

- Guests are treated with great warmth. Your hosts will keep offering more food, and refusing outright can seem unfriendly. Leaving a little on your plate is the polite sign that you have had enough.
- At a feast there are many toasts, led by the host or a chosen toastmaster. Wait for the toast before you drink, and raise your glass to the family, to guests and to those who are no longer with you. Kenatsd! means 'Cheers!'

- Lavash is used like a plate, a napkin and a spoon at once: wrap meat and herbs in it, or tear off a piece to scoop up food. Bread is treated with respect and is not thrown away carelessly.
- Khash is a winter morning ritual. Crumble dried lavash into the broth, add garlic and salt, and eat slowly with friends. It is not a dish for a hurried lunch.
- If you are invited to a home, bring a small gift such as chocolates, flowers or a cake. Expensive gifts are not expected.
- Many restaurants add a service charge of about 10 percent. If it is not included, rounding up or leaving about 10 percent is usual.

Khorovats

Armenian barbecue: chunks of pork, lamb, beef or chicken, often still on the bone, grilled on long flat skewers over glowing embers. Aubergines, peppers and tomatoes are grilled beside the meat, then peeled and chopped into a smoky salad. Khorovats is the dish for weekends, family feasts and summer picnics, wrapped in lavash with raw onion and herbs.

Ingredients

- 1 kg boneless pork neck or shoulder, cut into 4 to 5 cm pieces
- 3 onions, 2 sliced into rings and 1 thinly sliced for serving
- 1 teaspoon salt and 1 teaspoon black pepper
- 1 teaspoon ground coriander or dried basil
- 4 small aubergines, 4 peppers and 4 tomatoes
- Lavash and a bunch of fresh herbs (coriander, basil, tarragon) to serve

Method

1. Mix the meat with the onion rings, salt, pepper and coriander, cover and leave in the fridge for at least 2 hours or overnight.
2. Light a charcoal or wood grill and wait until the flames die down and the coals are glowing.
3. Thread the meat onto flat skewers without the onion, and grill for 15 to 20 minutes, turning often, until browned outside and cooked through.

4. Grill the whole aubergines, peppers and tomatoes at the same time until soft and charred, then peel them, chop them and season with salt and a little of the raw onion.
5. Serve the meat on lavash with the sliced onion, the vegetable salad and plenty of fresh herbs.

Tolma

Tolma is the Armenian name for dolma: minced meat mixed with rice and herbs, wrapped in young grape leaves or cabbage leaves and simmered slowly. Summer tolma is made with stuffed peppers, tomatoes and aubergines. It is served warm with a sauce of yogurt and crushed garlic.

Ingredients

- About 40 grape leaves in brine, rinsed
- 500 g minced beef or a mix of beef and lamb
- 80 g short-grain rice, rinsed
- 1 onion, finely chopped
- A handful each of chopped coriander, dill and mint
- 1 teaspoon salt, ½ teaspoon black pepper
- 1 tablespoon butter and about 500 ml water or light stock
- 300 g plain yogurt and 2 garlic cloves, crushed, for the sauce

Method

1. Mix the meat, rice, onion, herbs, salt and pepper with 3 tablespoons of cold water.
2. Lay a grape leaf shiny side down, put a heaped teaspoon of filling near the stem, fold in the sides and roll it up firmly.
3. Line a heavy pot with a few torn leaves and pack the rolls in tightly, seam side down, in layers.

4. Add the butter and enough water or stock to almost cover, then weigh the rolls down with a small plate so they do not open.
5. Cover and simmer gently for 50 to 60 minutes, until the rice is soft.
6. Mix the yogurt with the garlic and a pinch of salt, and serve the tolma warm with the sauce.

Spas

A gentle soup of matsun, the Armenian yogurt, with hulled wheat, butter-fried onion and herbs such as coriander and mint. An egg and a little flour are stirred in so the yogurt does not curdle. It is eaten warm in winter and chilled in summer.

Ingredients

- 100 g hulled wheat or pearl barley, soaked overnight
- 500 g plain whole-milk yogurt
- 1 egg
- 1 tablespoon plain flour
- 700 ml water
- 1 onion, finely chopped, and 2 tablespoons butter
- A handful of chopped coriander and 1 teaspoon dried mint
- Salt

Method

1. Drain the wheat, cover with fresh water and simmer for about 30 minutes, until soft. Drain.
2. In a pot, whisk the yogurt, egg and flour until smooth, then whisk in the water.
3. Heat slowly, stirring all the time in one direction, until it just comes to the boil. Stirring stops the yogurt from curdling.
4. Add the cooked wheat and a pinch of salt and simmer gently for 5 minutes.

5. Fry the onion in the butter until golden, stir it into the soup with the coriander and mint, and serve warm or chilled.

Eetch

A red bulgur salad, similar to tabbouleh, made with tomato, onion, parsley, peppers, olive oil and lemon. It is eaten at room temperature or warm, scooped up with lettuce leaves or lavash, and is a favourite at picnics and during Lent.

Ingredients

- 200 g fine bulgur
- 3 tablespoons olive oil
- 1 onion and 1 red pepper, finely chopped
- 2 tablespoons tomato paste and 400 g chopped tomatoes
- 1 teaspoon paprika, salt and pepper
- Juice of 1 lemon
- A large bunch of parsley and 4 spring onions, chopped

Method

1. Fry the onion and pepper in the olive oil for 5 minutes, until soft.
2. Stir in the tomato paste, chopped tomatoes, paprika, salt and pepper, and simmer for 5 minutes.
3. Take the pan off the heat, stir in the dry bulgur, cover and leave for 20 minutes until the bulgur has soaked up the juice.
4. Stir in the lemon juice, parsley and spring onions, taste for salt, and serve warm or at room temperature.

Gata

A sweet, buttery bread or cake, often with a crumbly filling of flour, butter and sugar called khoriz. Gata from the villages of Garni and Geghard is round, decorated and about a foot across.

Ingredients

- Dough: 350 g plain flour, 150 g soft butter, 200 g plain yogurt, 1 egg, 1 teaspoon baking soda, a pinch of salt
- Filling (khoriz): 150 g plain flour, 120 g soft butter, 150 g sugar, 1 teaspoon vanilla sugar
- 1 egg yolk, beaten, for glazing

Method

1. Mix the yogurt with the baking soda, then work in the egg, butter, salt and flour to a soft dough. Cover and chill for 30 minutes.
2. Rub the filling ingredients together with your fingertips until they look like damp sand.
3. Heat the oven to 180 °C. Divide the dough in two, roll each piece into a circle about 25 cm across, and spread the filling on one circle, leaving a border.
4. Cover with the second circle and press the edges together firmly. Prick the top with a fork, draw a pattern with a knife and brush with the egg yolk.
5. Bake for 30 to 35 minutes, until golden. Cool before cutting into wedges.

Useful phrases

Barev dzez

bah-REV DZEZ · Hello (polite)

Bari luys

bah-REE LOOYS · Good morning

Bari yereko

bah-REE yeh-reh-KO · Good evening

Bari gisher

bah-REE gee-SHER · Good night

Inchpes ek?

inch-PES ek · How are you? (polite)

Lav em, shnorhakalutyun

LAHV em, shnor-hah-kah-loo-TYOON · I'm fine, thank you

Merci

mer-SEE · Thanks

Khndrem

khun-DREM · Please / You're welcome

Neroghutyun

neh-ro-ghoo-TYOON · Sorry / Excuse me

Im anuny ... e

im ah-noo-NUH ... eh · My name is ...

Angleren khosum ek?

ahn-gleh-REN kho-SOOM ek · Do you speak English?

Chem haskanum

chem hahs-kah-NOOM · I don't understand

Vorkan arzhe?

vor-KAHN ar-ZHEH · How much is it?

Vortegh e zugarany?

vor-TEGH eh zoo-gah-RAH-nuh · Where is the toilet?

Hashivy, khndrum em

hah-shee-VUH, khun-DROOM em · The bill, please

Shat hamegh e

SHAHT hah-MEGH eh · It's very tasty

Kenatsd!

keh-NAHTSD · Cheers! (to your health)

Shnorhavor!

shnor-hah-VOR · Congratulations! / Happy holiday!

Things you might not know

1. Mount Ararat, the national symbol of Armenia, appears on the country's coat of arms, but it stands across the border in Turkey. From Yerevan you can see it clearly on a fine day.
2. The apricot's scientific name, *Prunus armeniaca*, refers to Armenia. Armenians call the apricot *tsiran*, and the orange band of the national flag is often compared to its colour.
3. The *duduk*, a gentle, mournful woodwind instrument, is traditionally made of apricot wood. UNESCO recognised Armenian *duduk* music as intangible cultural heritage, and its sound can be heard in many film soundtracks.
4. Armenia has its own alphabet, created around 405 by Mesrop Mashtots. The Armenian word for alphabet, *aybuben*, comes from the names of its first two letters, *ayb* and *ben*.
5. In the Areni-1 cave in southern Armenia, archaeologists found a leather shoe about 5,500 years old, the oldest leather shoe found so far (as of 2026), and the remains of one of the oldest known wineries.
6. Since the 2011 to 2012 school year, chess has been part of the curriculum in Armenian public schools. Armenia's men's team has won the Chess Olympiad three times, in 2006, 2008 and 2012.

7. Lake Sevan covers about 1,240 km² at roughly 1,900 m above sea level. It is the largest lake in Armenia and in the whole Caucasus region.
8. Yerevan is 29 years older than Rome by tradition: the fortress of Erebuni was founded in 782 BC, while Rome's legendary founding date is 753 BC.
9. Yerevan's streets are dotted with pulpulaks, small stone drinking fountains with running water, often fed by mountain springs. They first appeared in the 1920s and are a favourite meeting point.
10. Far more Armenians live outside Armenia than inside it. By some estimates the diaspora numbers about 8 million people, with the largest communities in Russia, the United States and France.
11. The Wings of Tatev cable car, opened in 2010, is about 5.7 km long and entered Guinness World Records in 2010 as the longest non-stop double track cable car.
12. The Matenadaran in Yerevan keeps some 23,000 manuscripts and scrolls, including fragments, by far the largest collection of Armenian manuscripts in the world.
13. As of September 2026, Armenia's land border with Turkey has been officially closed since 1993, apart from rare one-off openings for humanitarian aid, so travellers usually arrive by air or overland from Georgia or Iran.

TALK ABOUT IT

Questions for the group

- Have you ever been to Armenia, or has someone in your family? What do you remember?

- Have you ever tasted Khorovats or Tolma? What is a dish you remember from a trip?
- Armenia votes for independence (1991). Do you remember hearing about it? Where were you then?
- A ceasefire ends the first Karabakh war (1994). Do you remember hearing about it? Where were you then?
- Have you seen Etchmiadzin Cathedral, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Armenia, which would it be and why?

QUIZ

How well do you know Armenia?

Circle the right answer. The answers are on the last page.

1. In Armenian villages, markets and small guesthouses you will usually need cash in dram.

- A) True
- B) False

2. At what time of day do you greet someone with 'Bari luys'?

- A) In the evening
- B) Late at night
- C) In the afternoon
- D) In the morning

3. Sweet sujukh, strings of nuts dipped in thickened grape juice, is known by what name in neighbouring Georgia?

- A) Pkhali
- B) Khinkali
- C) Khachapuri
- D) Churchkhela

4. The medieval Armenian Kingdom of Cilicia lay on the coast of which sea?

- A) The Black Sea
- B) The Mediterranean Sea
- C) The Red Sea

D) The Caspian Sea

5. What does the name of the Armenian barbecue, khorovats, mean?

- A) Stuffed
- B) Grilled
- C) Boiled
- D) Baked

6. Chess has been part of the curriculum in Armenian public schools since the 2011 to 2012 school year.

- A) True
- B) False

7. 'Barev dzez' means 'Good night'.

- A) True
- B) False

8. Archaeologists found a leather shoe about 5,500 years old in the Areni-1 cave in Armenia.

- A) True
- B) False

9. Khash, a broth of beef or lamb feet, is traditionally eaten early in the morning in winter.

- A) True
- B) False

10. What is a pulpulak, seen on street corners in Yerevan?

- A) A shared minibus
- B) A mountain hut
- C) A small stone drinking fountain
- D) A sweet pastry

11. The cool, salty Armenian drink tan is made from what?

- A) Yogurt and water
- B) Apricot juice
- C) Black tea
- D) Grape juice

12. Which thin Armenian bread, baked in a clay oven called a tonir, was added to UNESCO's intangible heritage list in 2014?

- A) Lavash
- B) Gata
- C) Zhingyalov hats
- D) Matnakash

Quiz answers

1. True

True. Cards work in most places in Yerevan, but outside the capital cash is often the only way to pay.

2. D) In the morning

You say it in the morning: bari luys means 'Good morning', literally 'good light'. In the evening you say bari yereko.

3. D) Churchkhela

In Georgia the same sweet is called churchkhela. Khachapuri is cheese bread, khinkali are dumplings and pkhali is a vegetable and walnut spread.

4. B) The Mediterranean Sea

Cilicia lay on the Mediterranean Sea, in what is now southern Turkey. Its kings ruled from 1198 until 1375.

5. B) Grilled

Khorovats means 'grilled'. It is meat, often pork or lamb, grilled on skewers over embers.

6. True

True. Chess is hugely popular in Armenia, and its men's team won the Chess Olympiad in 2006, 2008 and 2012.

7. False

False. Barev dzez is the polite 'Hello'. 'Good night' is bari gisher.

8. True

True. The shoe was found in 2008 and, as of 2026, is the oldest leather shoe found anywhere. The same cave held one of the oldest known wineries.

9. True

True. Khash simmers all night and is eaten on winter mornings with

garlic, salt and crumbled dried lavash.

10. C) A small stone drinking fountain

A pulpulak is a small stone drinking fountain with running water, often from mountain springs, and a free way to refill your bottle. The shared minibus is called a marshrutka.

11. A) Yogurt and water

Yogurt and water: tan is matsun, the Armenian yogurt, mixed with water and salt, and the classic drink with khorovats on a hot day.

12. A) Lavash

Lavash, large paper-thin sheets of bread, was inscribed by UNESCO in 2014 as an expression of culture in Armenia.

Armenia visa page

Name: _____ Date: _____



Next stops

Country: _____	Country: _____	Country: _____
Country: _____	Country: _____	Country: _____

Play the interactive version, collect a stamp in your passport:

<https://worldstroll.com/countries/armenia>