



- Location: Caribbean
- Population: ~ 11 million pp
- Native language: Spanish, Haitian Creole
- Primary religions: Catholic Evangelical Christian

# A little more about the DR

- The people
  - Ethnicities: 70% mixed (mestizo, Amerindian, mulatto), 13% caucasian, 18% black
  - Culture: Friendly, warm. Determined and driven to salir adelante (“get ahead”) and full of energy and flow!
- Typical foods
  - Diet: “Viveres”: plantains, yucca, ñame, green bananas; rice, beans, lentils

Mangú



Arroz con  
habichuelas

