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 spending 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.