

25 COUNTRIES IN 25 DAYS





FLAG FLASHCARDS



BHUTAN



BRAZIL



CHINA



CUBA



DOMINICAN
REPUBLIC



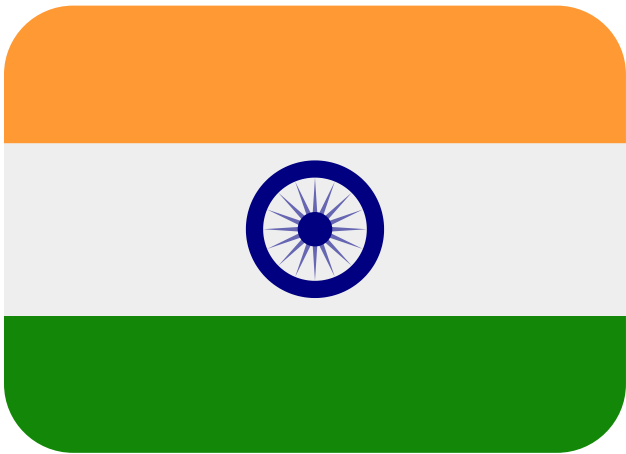
FRENCH
POLYNESIA



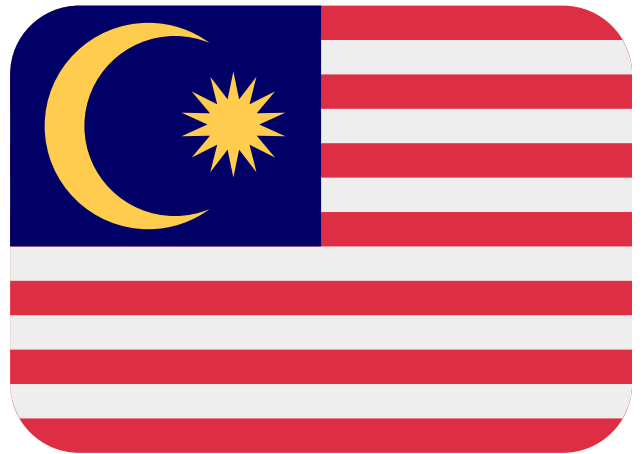
GERMANY



GUATEMALA



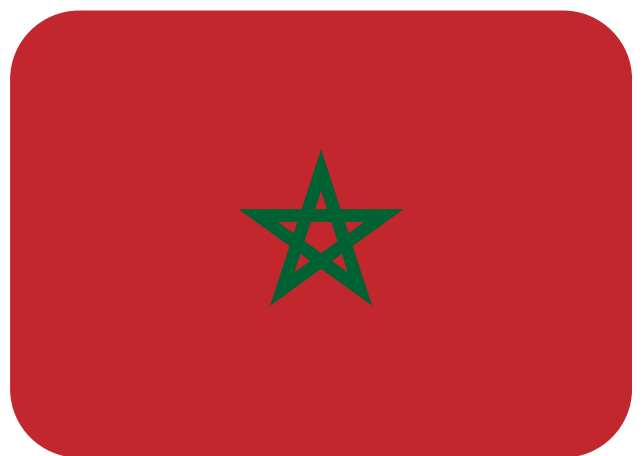
INDIA



MALAYSIA



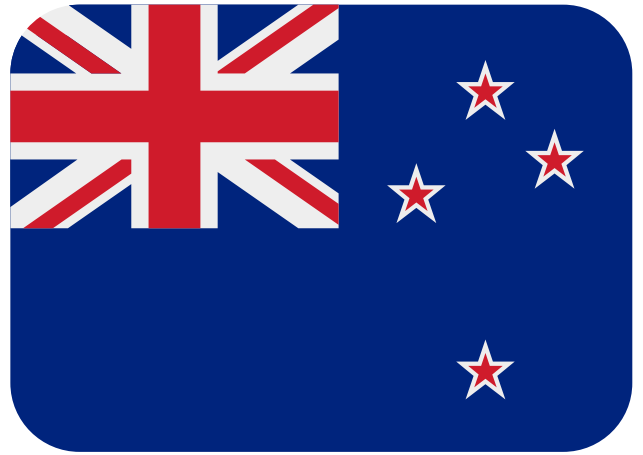
MEXICO



MOROCCO



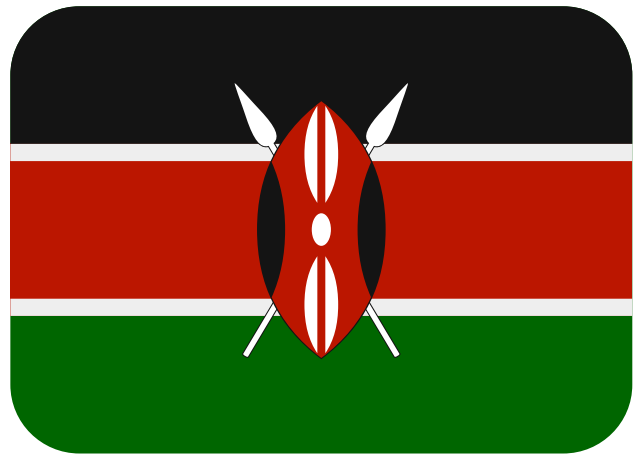
NAMIBIA



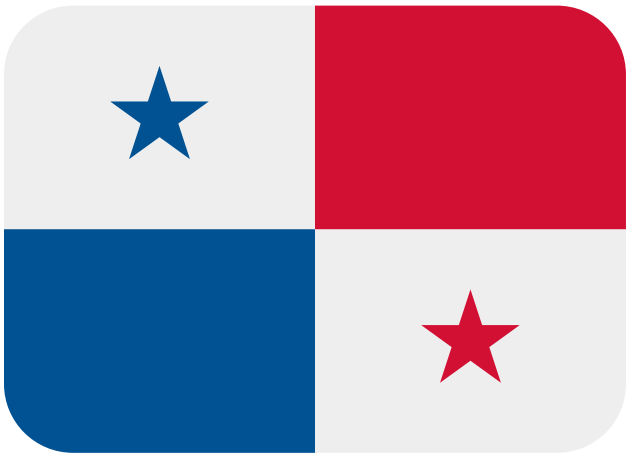
NEW
ZEALAND



NIGERIA



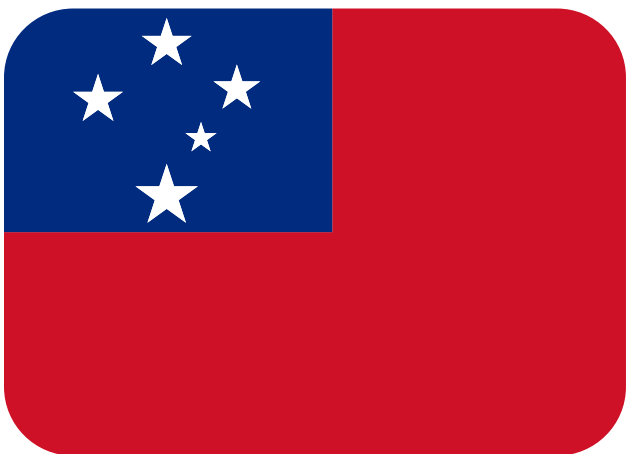
KENYA



PANAMA



PHILIPPINES



SAMOA



SCOTLAND



SENEGAL



SPAIN



SWITZERLAND



VENEZUELA



VIETNAM

LEARNING LANGUAGES

LEARN TO SAY "HELLO" IN 16 DIFFERENT LANGUAGES

KUZUNGPO LA!

Dzongkha



OLÁ!

Portuguese



HOLA!

Spanish



**LA
ORANA!**

Tahitian



**NI
HAO!**

Chinese



**GUTEN
TAG!**

German

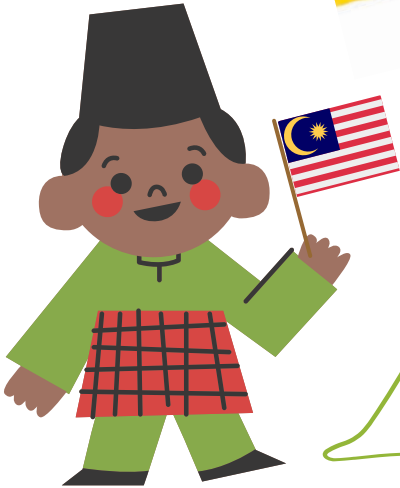
NAMASTE!

Hindi



SANNU!

Hausa



SALAAM!

Malay



MARHABAAN!

Arabic



HELLO!

English

HUJAMBO!

Swahili



KAMUSTA!

Filipino



TALOFA!

Samoan



BONJOUR!

French



XIN CHAO!

Vietnamese

**COUNTRY
INFO & ACTIVITY
PAGES**

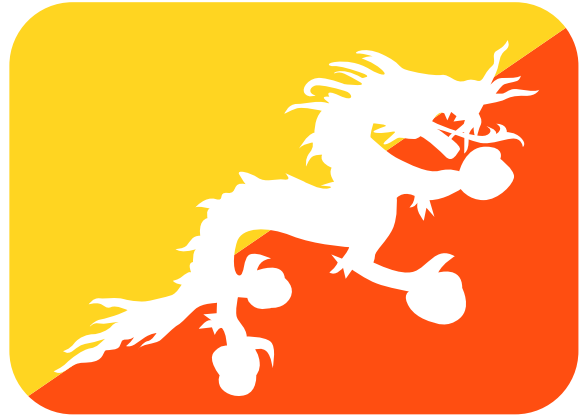
BHUTAN

ASIA

Capital: Thimphu

Population: 770 thousand

National animal: Takin



Geography & Landmarks:

Bhutan is located in the eastern extreme of the Himalayas mountain range. Bhutan is known for its monasteries and fortresses, such as the "Paro Taktsang" or the "Tiger's Nest", an ancient monastery overlooking the Paro valley.



Culture:

Many Bhutanese are farmers. They speak the language of Dzongkha and play lots of archery. Bhutan has lots of annual festivals, including Tshechu, the religious "Mask Dance Festival," in which Bhutanese people dress up and celebrate their Buddhist beliefs with family and friends.

Traditional Clothing:

Bhutanese women traditionally wear the "Kira", an ankle-length rectangular dress, and the men wear the "Gho", a knee-length robe worn with a belt. Traditional scarves and jackets can be worn over both garments.

Cuisine:

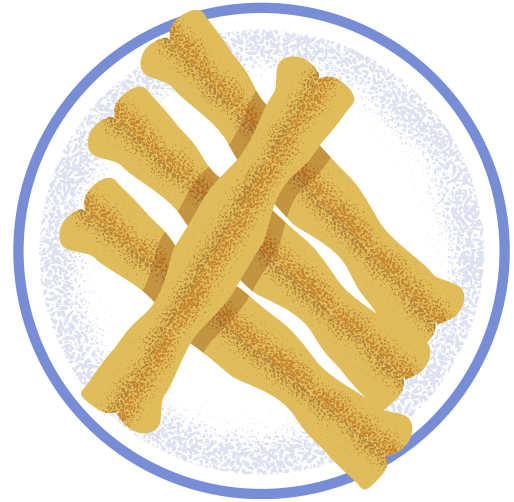
Bhutanese people eat meals with their hands while sitting cross-legged on the floor. Bhutan's national dish, "Ema Datshi", is a spicy stew with chilies, yak cheese, onions and tomatoes, served on red rice. If you ever visit Bhutan, make sure to try "khapse", a yummy Bhutanese snack that is made with simple ingredients and then deep fried.

KHAPSE

BHUTAN

Ingredients:

- 4 cups all-purpose flour
- 6 tbsp sugar
- 1 cup boiling water
- 1 cup milk
- 1/2 cup vegetable oil



Directions:

1. Dissolve sugar in the water in a small bowl.
2. In a large bowl, combine flour, milk, oil, and then the sugar-water mixture. Mix well.
3. Knead the dough and roll until 1/4" thick.
4. Slice into long strips and twist the ends.
5. Pinch the center of each circle with a fork to avoid any rising.
6. Preheat oil over medium heat, then fry khapse until golden brown.
7. Place them on a paper towel to absorb any excess oil, and serve immediately.



BRAZIL

SOUTH AMERICA

Capital: Brasilia

Population: 213 million

National animal: Jaguar

Geography & Landmarks:

Brazil has a wide variety of terrains, including jungles, forests, grasslands, wetlands, plateaus, and a stretch of coastal plain. It is home to the Amazon, the world's largest rainforest.

Brazil's most famous landmark is the Christ the Redeemer statue atop a mountain in Rio de Janeiro. It symbolizes protection and peace.



Culture:

Brazilians speak Portuguese and have strong family values. Futbol (soccer) is the most important sport in Brazil. Young kids play futbol in the streets and cheer for their team in the World Cup.



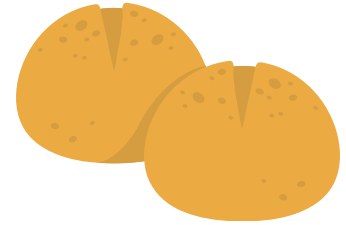
The Carnival of Brazil is an annual festival held in major cities such as Rio and Sao Paulo. It takes place throughout the four days before Ash Wednesday, marking the beginning of Lent. It is a wild celebration with food, Samba music, dancing, costumes, and parades. Brazilian people travel from all over the country to take part in the celebration of the Carnival before they begin fasting for Lent.

Traditional Clothing:

Brazilian women traditionally wear baianas, a traditional dress with a blouse and colorful skirt, often paired with beaded jewelry and a head wrap. Brazilian "gauchos", or South American horsemen, wear bombachas (baggy pants), a poncho, cowboy boots, and a cowboy hat. Brazilians in the country and the city alike wear casual cotton clothing and jeans.

Cuisine:

A lot of barbecue meats are served in Brazil, as well as seafood stews, rice and beans dishes, and soups. "Pao de queijo" is a popular Brazilian snack; they consist of homemade bread rolls stuffed with cheese.



When it comes to dessert, there are many traditional choices. A favorite Brazilian dessert among many are "brigadeiros". These are small chocolate truffles made from sweetened condensed milk and cocoa powder. They are often served at parties and events.

BRIGADEIROS

BRAZIL

Ingredients:

- 3 tbsp unsweetened cocoa
- 1 tbsp butter
- 1 1/4 oz. can sweetened condensed milk
- Chocolate sprinkles or coconut flakes



Directions:

1. Combine cocoa, butter, and condensed milk in a medium saucepan over medium heat.
2. Cook and stir until thickened, approx. 10 minutes.
3. Remove from heat and cool.
4. Roll dough into small balls.
5. Roll in chocolate sprinkles or coconut and serve.

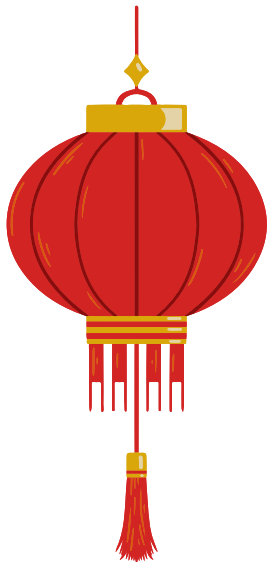
CHINA

ASIA

Capital: Beijing

Population: 1.4 billion

National animal: Giant panda



Geography & Landmarks:

The geography in China is varied, complete with mountains, plateaus, basins, hills, and plains. Animals native to China include the Asian elephant, pangolin, giant panda, sable, dugong, clouded leopard, golden snub-nosed monkey, and more.

China has lots of famous landmarks. The Great Wall of China was built in the Ming Dynasty and is over 13,000 miles long. It would take over a year to walk the entire wall. That's a long hike!

Another relic of the Ming Dynasty is the "Forbidden City" Palace Museum. Located in Beijing, China, this is China's best preserved imperial palace and the world's largest ancient palatial structure.

Straddling the border of Nepal and China, Mount Everest is also considered a Chinese landmark. It is the earth's tallest mountain above sea level.

Culture:

Chinese people speak Mandarin, although some still speak Cantonese, a traditional language. China is considered a "collectivist culture", meaning they value family bonds over individual goals.



The most important holiday in China is Chinese New Year, or the Lunar New Year. Every year, based on the lunar calendar, a different zodiac animal represents the coming year. For example, 2017 was the year of the rooster.



On New Year's Eve, Chinese families gather for a meal together. There are decorations everywhere, all red, the color symbolizing luck. To celebrate, Chinese people light firecrackers. Traditionally, parents give money to their children in red envelopes. There are parades all over China celebrating the New Year with music, dancing, and dragon costumes.

Traditional Clothing:

Traditional Chinese clothing is referred to as "hanfu". This consists of silk shoes with tunics for men and qipao dresses for women. Women might also wear blouses or undershirts called "dudou". Lots of patterned silk fabrics were incorporated into Chinese fashion, and many wore red for good luck.



Cuisine:

Chinese food can be split into 8 different cuisines based on their regions. All regions include staples such as rice, soy sauce, noodles, tea, chili oil and tofu. Duck is a common meal in China, as are dumplings. Chinese people eat with chopsticks and cook with woks. They also drink lots of tea and herbal drinks, like boba, which is an iced milky tea drink with tapioca balls.

There is an etiquette that must be followed when eating in China. For example, although considered rude in America, in China, slurping your soup is a sign of respect to the chef.



ANIMAL SIGNS

CHINA

Find what year you were born on the chart and draw your Chinese New Year animal in the box below.

2005
ROOSTER

2006
DOG

2007
PIG

2008
RAT

2009
OX

2010
TIGER

2011
HARE

2012
DRAGON

2013
SNAKE

2014
HORSE

2015
RAM

2016
MONKEY





CUBA

NORTH AMERICA

Capital: Havana

Population: 11.3 million

National animal: Cuban trogon

Geography & Landmarks:

Cuba is an island nation on the Caribbean. Its terrain is mostly flat with rolling plains. Beautiful beaches stretch along the 3,500 mile long coast of Cuba. Top sights in Cuba include the Vinales Valley, Malecon seawall, and the National Capitol building.

Culture:

The primary language spoken in Cuba is Cuban Spanish. Cuba is known for its rich culture in music and art, and the locals like to play baseball in their free time. A highly anticipated event in Cuba is the fire festival, "La fiesta del fuego", which is an 8 day long celebration of Cuban traditions with fireworks and dancing.



Traditional Clothing:

Cuban men traditionally wear guayabera shirts with collars, and women wear colorful dresses with bandanas.



Cuisine:

Cuba is famous for their coffee and sweetened espresso. Cuban meals often have Spanish spices and Caribbean flavors. A common meal in Cuba is rice, beans, and plantains.

COFFEE



CUBA

The coffee plant was brought to Cuba in 1748. Coffee farming became a huge part of Cuban culture. By the mid 1950s, Cuba was exporting over 20,000 tons of coffee beans per year.

Learn how a cup of coffee is made!



1. Coffee beans are planted, picked, harvested, dried, milled, and roasted.

2. The coffee beans are ground in a coffee grinder.



3. The grounds are put in a filter and then the coffee is brewed in hot water with a coffee maker or a French press.



4. The coffee is poured into a cup and sometimes served with milk and sugar,



DOMINICAN REPUBLIC

NORTH AMERICA



Capital: Santo Domingo

Population: 10.9 million

National animal:

Palmchat



Geography & Landmarks:

The Dominican Republic has white beaches and evergreen forests. The DR is home to all sorts of birds, iguanas, and crocodiles. Make sure to visit the beaches, waterfalls, and National Parks on your next trip to the Dominican Republic.

Culture:

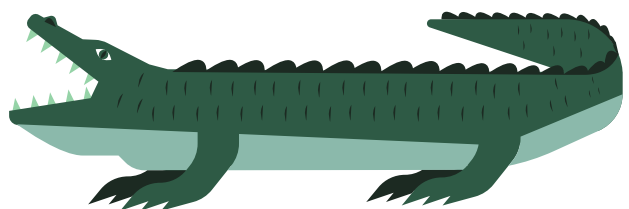
Dominican people speak Spanish. They also have lots of festivals. On every August 16, they celebrate Restoration Day by dressing in costume and hosting parades with folk dancers.

Traditional Clothing:

Dominican women wear a "Wob Dwiyet", which is a petticoat made of cotton and decorated with lace and ribbon. Men traditionally wear white or black pants, a white shirt, and a red sash.

Cuisine:

The DR's national dish is La Bandera: a plate of rice, beans, meat, and a side of mashed plantains or salad. Make sure to try "yaniqueques", a crispy flatbread snack.



YANIQUES

DOMINICAN REPUBLIC

Ingredients:

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 3 tbsp unsalted butter, melted
- 3/4 cup water
- 2 cups oil for frying



Directions:

1. Sift flour, baking soda, and salt together.
2. Add melted butter. Mix until well combined.
3. Add water 1/4 cup at a time until dough is workable.
4. Knead and form small balls. Roll out them out on a floured surface into flat circles.
5. Pinch the center of each circle with a fork to avoid any rising.
6. Preheat oil over medium heat, then fry the circles of dough.
7. Cool on a paper towel to absorb any excess oil. Sprinkle with salt and serve.



FRENCH POLYNESIA "TAHITI"

Capital: Pape'ete
Population: 280 thousand
National animal: Sea turtle

NORTH AMERICA

Geography & Landmarks:

French Polynesia is a stretch of volcanic and coral islands known for their lagoons, white and black sand beaches, and waterfalls. One of the major islands, Tahiti, has a fertile coastal plain with some mountains and streams.

Culture:

Many Polynesians speak Tahitian and participate in javelin throwing, diving, surfing, and canoe racing sports. Popular trades include weaving, woodcarving, and tattooing.



Traditional Clothing:

Polynesian men and women traditionally wear lavalava skirts and pareu dresses, often paired with headpieces with decorations and flowers.

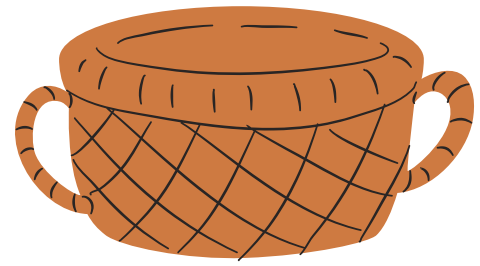


Cuisine:

Poisson cru is an island favorite, a dish made with raw fish and coconut milk. Seafood and tropical fruit drinks are very popular in French Polynesia.

WEAVING

FRENCH POLYNESIA



Cut along the dotted lines. Then, cut out 4 long strips of paper 1" wide. Weave the strips into the paper, going over the X's.

X

X

X

X

X

X

X

X

X

X

GERMANY

EUROPE



Capital: Berlin

Population: 84 million

National animal: Golden eagle



Geography & Landmarks:

Germany has forested hills, mountains, and plains. Make sure to check out the various castles and cathedrals all over Germany as well as Reichstag, home to the German parliament, and the historical Berlin Wall.

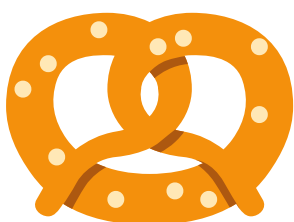
Culture:

Germans speak the language of German. Germany is rich in culture in music, arts, and philosophy. A lot of our Christmas traditions come from German culture, like making gingerbread houses and singing "O Tannenbaum" ("O Christmas Tree"). Another German tradition is making a "schultüte", a paper cone, on the first day of school and filling it with candy and prizes. Lastly, Oktoberfest is an annual festival in Munich with folk music and beer.



Traditional Clothing:

German men traditionally wear "lederhosen", short leather trousers, and women wear "dirndls", ruffled apron dresses with blouses and skirts.



Cuisine:

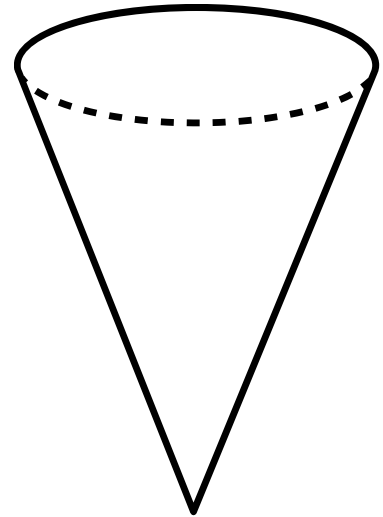
Germany is famous for their sausages, sauerkraut, pretzels, and beer. A typical German meal has meats and cheeses, squash, and rolls. The national dessert of Germany is apple strudel served with vanilla ice cream.

MINI SCHULTUTE

GERMANY

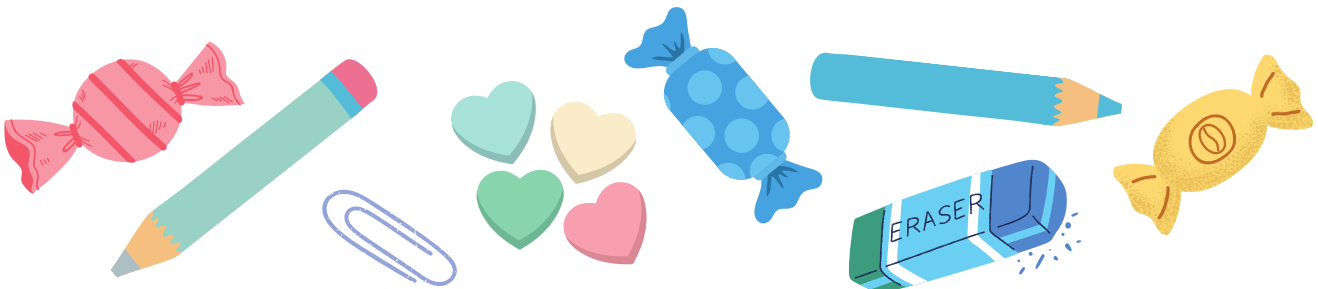
Supplies:

- Large piece of cardstock
- Scissors
- Packing tape
- Stickers, paint, crayons, etc. for decorations
- Candy, school supplies, and goodies to fill



Directions:

1. Cut the large piece of cardstock into a wide triangle.
2. Draw, color, and decorate the paper as you like with stickers and craft supplies.
3. Roll up the triangle and tape the edges together with packing tape to form a cone shape.
4. Fill the schultute with candy, colored pencils, school supplies, and any other goodies to save for the first day of school!





GUATEMALA

NORTH AMERICA

Capital: Guatemala city

Population: 18 million

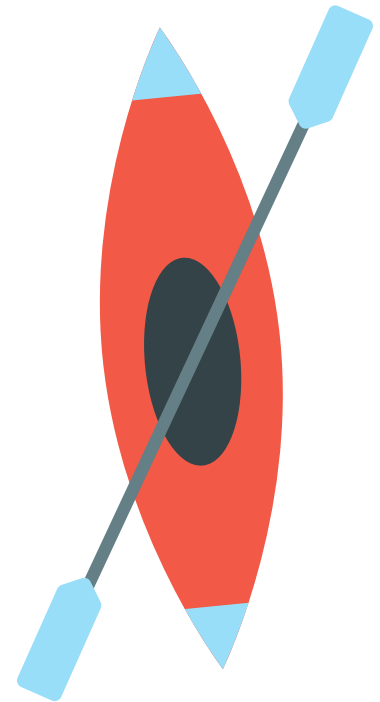
National animal: Quetzal

Geography & Landmarks:

Guatemala has lots of mountains, rainforests, and volcanoes along the Caribbean Sea. 3 of the 30 Guatemalan volcanoes are active. These attract lots of tourists, as do the Mayan Ruins of Tikal and the beautiful Guatemalan city of Antigua.

Culture:

Guatemalans speak Spanish, and their culture is likewise influenced by Spanish culture. Outdoor sports are popular, such as white water rafting, kayaking, spelunking, mountain biking, and volcano climbing.



Traditional Clothing:

Maya women in Guatemala traditionally wear "huipil" blouses with zig zag patterns and embroidered sleeves. Some men wear indigenous clothing ("traje") with wide brim hats and embroidered shirts and pants.

Cuisine:

At a typical dinner in Guatemala, you might have "tapado" (seafood soup with green plantains), stuffed bell peppers, or "garnachas" (fried corn tortillas with refried beans, cabbage, and cheese).

VOLCANO SCIENCE EXPERIMENT

GUATEMALA

Supplies:

- 2 tsp dish soap
- 1/2 cup warm water
- 1 3/4 cup white vinegar
- Yellow food coloring
- Red food coloring
- Baking soda slurry (fill a cup 1/2 with baking soda, and then fill the rest with water)
- Empty 2 liter soda bottle



Directions:

1. Combine the vinegar, water, and dish soap in the empty soda bottle. Add 2 drops yellow and red food coloring.
2. Mix the baking soda slurry completely.
3. Pour the baking soda slurry into the soda bottle and step back to watch it erupt like a volcano!

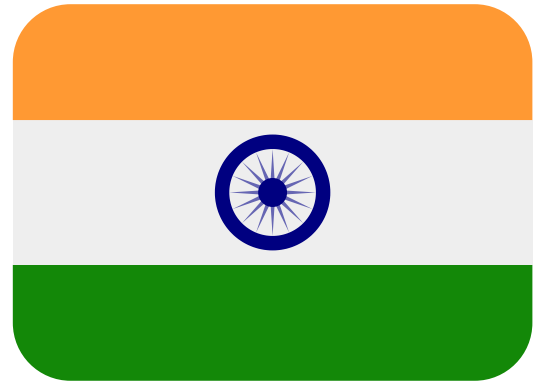
INDIA

ASIA

Capital: New Delhi

Population: 1.4 billion

National animal: Bengal tiger



Geography & Landmarks:

India forms a peninsula in South Asia. The Himalayas mountain range stretches through northern India. It is the second most populous country in the world. The main attractions of India are the Taj Mahal, Amber Palace, and Hawa Mahal.

Culture:

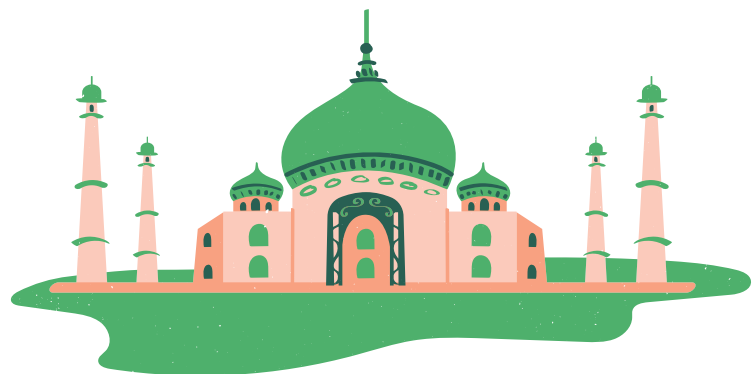
The most common language spoken in India is Hindi. India is famous for Bollywood, their movies industry. Indian culture is put on display during Holi, the Hindu "festival of colors". Indian people throw colored powder on each other in the streets, creating a colorful display with belly dancing and music.

Traditional Clothing:

Indian women traditionally wear saris with choli blouses and jewelry, and Indian men wear "sherwanis", which are knee-length buttoned coats.

Cuisine:

Indian food is made with lots of spices and curry, for example, "tandoori chicken" or "chicken tikka masala". Indians eat with their right hands.



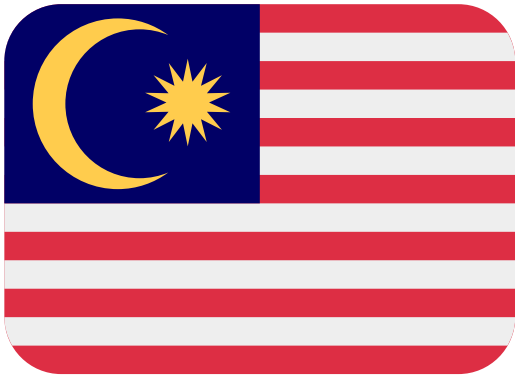
HOLI

INDIA



Color what the Indian palace would look like in the middle of Holi, the color festival, with colored powder being thrown all in the air.





MALAYSIA

ASIA

Capital: Kuala Lumpur

Population: 33 million

National animal: Malayan tiger

Geography & Landmarks:

Malaysia lies just north of the equator and is split into East Malaysia and West Malaysia. It has a tropical climate and swampy coastal plains that turn into jungles and hills further inland. A prominent landmark in Malaysia is the Petronas Twin Towers in Kuala Lumpur. These skyscrapers overlook the city's shopping districts.



Culture:

The national language of Malaysia is Malay. Malaysia is made up of 3 ethnic groups: Malays, Chinese, and Indians. This makes for a unique and diverse culture.

Traditional Clothing:

Malay men traditionally wear songkok hats and the "baju melayu", a long sleeved tunic worn over pants with a sarong wrapped around the hips. Malay women wear the "baju kurung", a loose blouse paired with a long pleated skirt and a head wrap.

Cuisine:

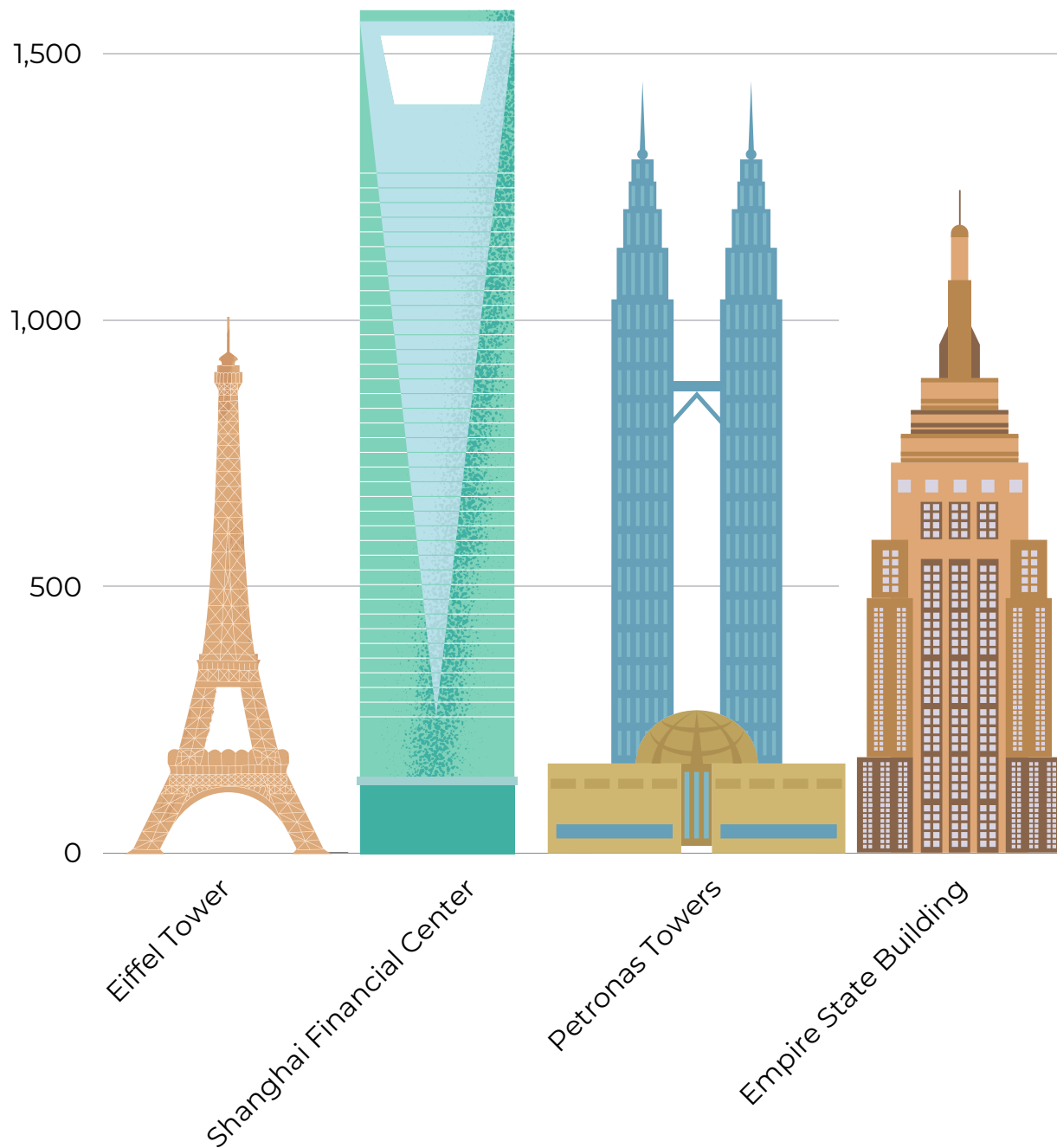
Malaysian cuisine has a diverse range of cultural influences. Popular dishes include beef rendang (coconut beef stew), laksa (spicy soup with noodles), nasi lemak (rice cooked in coconut milk and pandan leaf), and tapai (fermented starchy rice paste).



PETRONAS TOWERS

MALAYSIA

Learn how tall the Petronas Towers are in comparison to other world landmarks! (Measured in feet.)



MEXICO

NORTH AMERICA



Capital: Mexico City

Population: 130 million

National animal: Golden eagle

Geography & Landmarks:

Mexico has tall mountains, deep canyons, dry deserts, and dense rainforests. There are a lot of Mayan ruins in Mexico, like Chichen Itza and Tulum Archaeological Zone.

Culture:

Mexican people speak Spanish and have a rich culture influenced by ancient Aztec and Maya civilizations. Family is highly valued in Mexican culture. Mexicans celebrate their ancestors on Dia de Muertos, or "Day of the Dead". It is a day of music and dancing. In preparation, families set up "ofrendas" (altars) to honor their family.



Traditional Clothing:

Mexican men traditionally wear sombreros, charro suits on fancy occasions, and ponchos and sarapes for casual wear. Women traditionally wear quechquémitl dresses for festive occasions, and huipils for everyday life.



Cuisine:

Tacos, carnitas, tortas sandwiches, burritos, and enchiladas are all a part of Mexican cuisine. Mexican dishes almost always have corn, beans, and hot peppers. A yummy Mexican snack to try at home is tortilla chips with guacamole.

GUACAMOLE

MEXICO

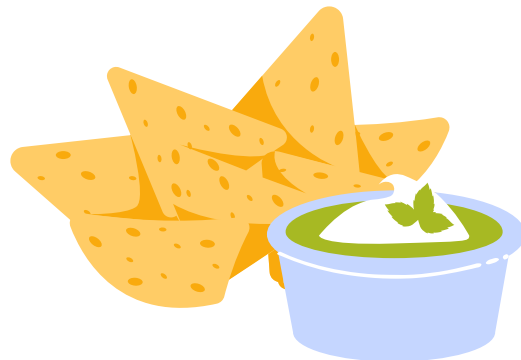
Ingredients:

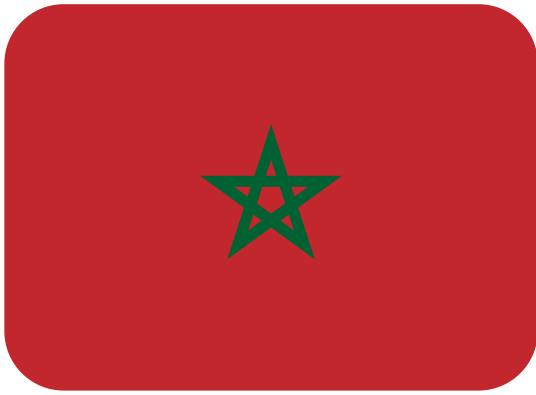
- 3 avocados, peeled and pitted
- 1 lime, juiced
- 1 tsp salt
- 1/2 cup diced onion
- 3 tbsp chopped fresh cilantro
- 2 plum tomatoes, diced
- 1 tsp minced garlic



Directions:

1. Mash avocados with lime juice and salt in a medium bowl.
2. Mix in cilantro, onions, garlic, and tomatoes.
3. Refrigerate or serve immediately.





MOROCCO

AFRICA

Capital: Rabat

Population: 37 million

National animal: Barbary lion

Geography & Landmarks:

Morocco is about the size of California, and is hot and dry in the desert. The Hasan II Mosque in Casablanca is a great place to visit with its stunning architecture and grand marble designs.

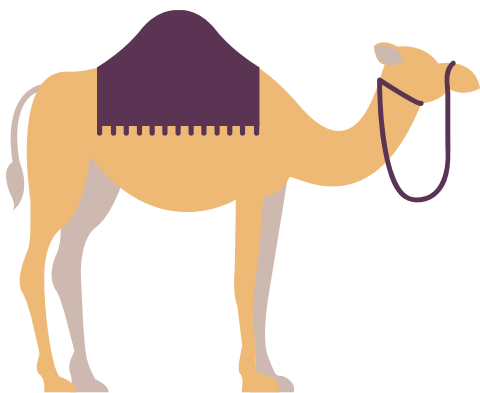
Culture:

People in Morocco speak Arabic and always greet each other by asking about their family and health. The biggest holiday is the Islamic Holy month of Ramadan. All throughout the cities, horns are blown to mark the beginning and end of fasting periods.



Traditional Clothing:

Moroccan men and women traditionally wear djellabas, which are robes worn over clothes. Men wear a tarbouche hat called a "fez".



Cuisine:

In Morocco, locals eat dishes such as couscous, chicken pie, lamb with prunes, and tagines, which are like stews cooked in a large pot. For desserts, Moroccans enjoy traditional lemon cakes, Arabian date cookies, and almond snake pastries, served with mint tea.

CERAMIC TILES

MOROCCO

Ceramic "Zellige" tiles are made from clay found in Fez, Morocco. Artisans press the clay mixture into grid molds and dry and fire them in a kiln. The tiles are then hand painted with beautiful designs.



Try designing your own Moroccan Zellige tile! Draw and color designs on the box below.

When making your design, think about where it might go.

Is it in the El Mechouar Essaid Palace, where the king of Morocco lives?

Or, is it in a church? By the public baths?

A large empty rectangular box with a black border, intended for drawing and coloring a Zellige tile design.

NAMIBIA

AFRICA

Capital: Windhoek

Population: 2.6 million

National animal: Oryx



Geography & Landmarks:

Namibia can be broken up into 5 geographic regions: Central Plateau, the Namib Desert, the Great Escarpment, the Bushveld, and the Kalahari Desert. A famous landmark is the Duwisib Castle, a medieval fortress made from red sandstone.

Culture:

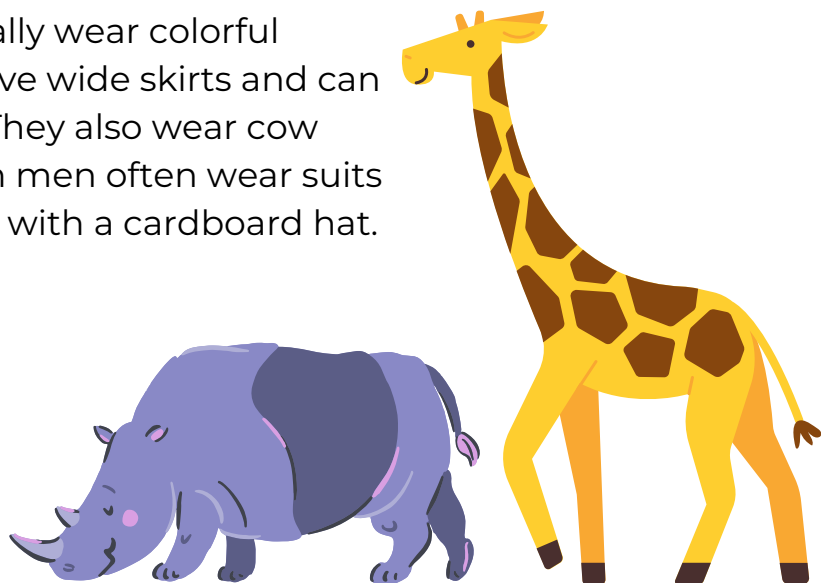
Namibian people speak English. Since Namibia is not well populated, there are only small city centers. Locals like to surf in Swakopmund and visit coffee shops.

Traditional Clothing:

Namibian women traditionally wear colorful "ohorokova" dresses that have wide skirts and can be layered with petticoats. They also wear cow horn shaped hats. Namibian men often wear suits or military garments, paired with a cardboard hat.

Cuisine:

Traditional Namibian food includes "oshiwambo", a spinach and beef dish, spiced and dried meat, and millet porridge.



SURFING

NAMIBIA

Skeleton Bay on the northern coast of Namibia is famous for its giant waves for surfing. It is considered one of the longest waves to ride in the world, with surfers going up to 2,000 meters on one wave. Namibia is known for its great surfing spots as well as its dangerous waves, only attempted by expert surfers.

Activity: Compound Words

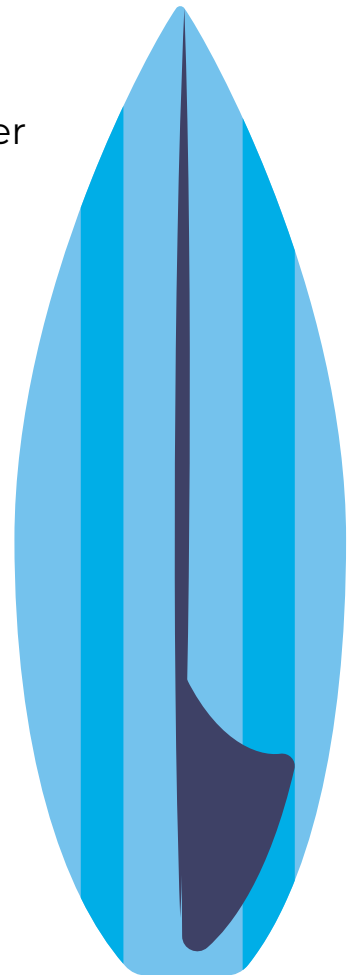
Compound words are when two words join together to create a new word with a new meaning.

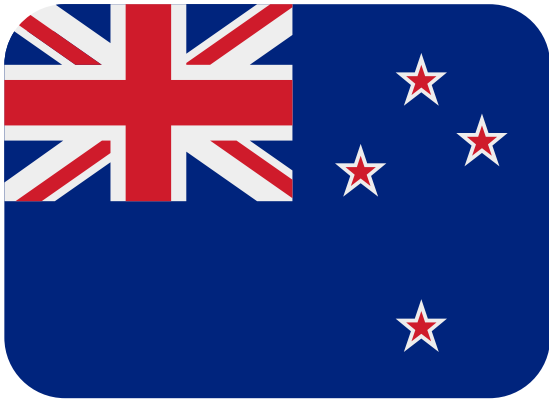
Example:

surf	board	= surfboard
------	-------	-------------

Circle the compound words in the word bank.

1. pasta, meatball, sauce
2. letter, stamp, mailbox
3. fish, dolphin, seahorse
4. bedroom, kitchen, office





NEW ZEALAND

OCEANIA

Capital: Wellington

Population: 4.8 million

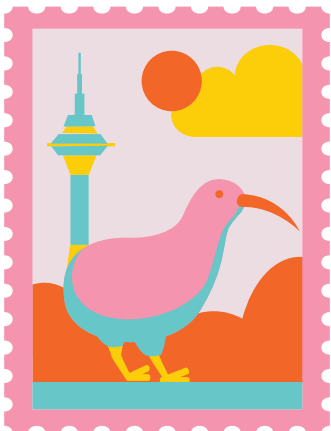
National animal: Kiwi

Geography & Landmarks:

New Zealand is made up of glaciers, fiords, mountains, plains, hillsides, subtropical forests, volcanic plateaus, and beaches. The Sky Tower is a famous landmark in the heart of New Zealand.

Culture:

English is the primary language in New Zealand. The country is known for its national rugby team and its indigenous Maori people group. The team shows off their culture by performing the "haka", a ceremonial Maori dance with shouting and stomping of the feet.



Traditional Clothing:

Maori people generally have lots of tattoos, and they traditionally wear kilts with belts and sandals.

Cuisine:

Seafood and meat pies are popular in New Zealand, as well as Maori hangi, which is the method of cooking over heated rocks in a pit oven. New Zealanders also love their hokey pokey ice cream: vanilla ice cream with bits of honeycomb toffee.

HOKEY POKEY ICE CREAM

NEW ZEALAND

Ingredients:

- 1 cup super fine sugar
- 1/2 cup golden syrup
- 3 tbsp baking soda



Directions:

1. Stir the sugar and syrup together in a medium sauce pan until they melt. As it heats for approx. 5 minutes, it will become a gooey syrup.
2. When the mixture is bubbling and dark golden brown, add in the baking powder and whisk quickly. Immediately pour the mixture on to a baking sheet lined with parchment paper.
3. Let sit for 15 minutes, then bash the toffee into pieces. It will look like a honeycomb inside.
4. Mix the honeycomb toffee pieces into vanilla ice cream and enjoy!

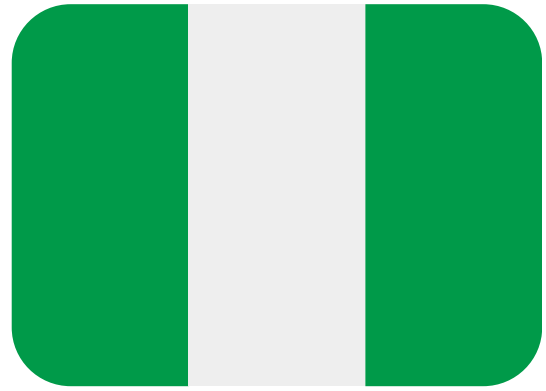
NIGERIA

AFRICA

Capital: Abuja

Population: 210 million

National animal: Eagle



Geography & Landmarks:

Nigeria has a variety of terrains, including deserts, plains, swamps, jungles, and mountains. Scattered throughout Nigeria are beautiful nature reserves and wildlife.

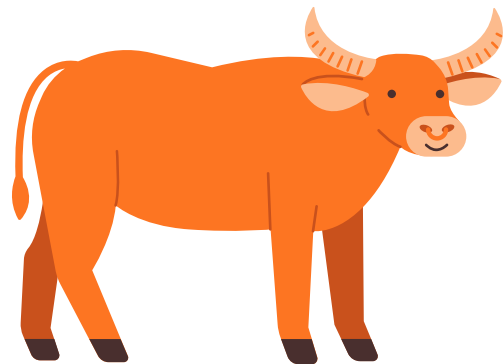
Culture:

Nigerians speak English and Hausa. In Nigerian culture, storytelling is very important. When greeting each other, Nigerians shake hands for much longer than Americans do. They also have three wedding celebrations instead of one to honor the marriage traditionally, religiously, and lawfully.



Traditional Clothing:

Nigerian men traditionally wear the "agbada", a wide sleeved robe, over pants. Nigerian women wear head wraps called "geles" and "kaba" dresses.



Cuisine:

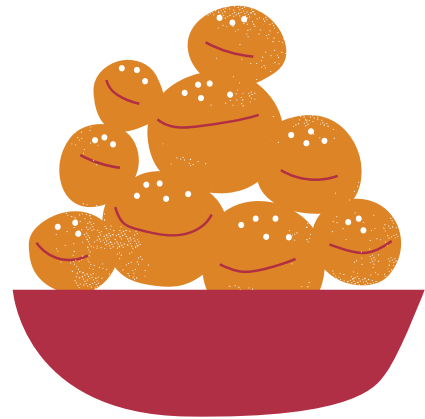
Nigerian food is often paired with spices and savory sauces. Jollof rice is a classic Nigerian dish made with rice, tomato stew, and seasoning. Moi moi, also a popular dish, is a steamed bean pudding with onions and peppers. Puff puff is a kind of fried dough sold by street vendors.

PUFF PUFF

NIGERIA

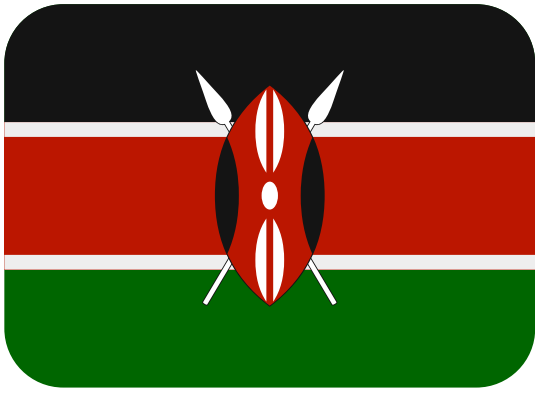
Ingredients:

- 2 cups warm water
- 2 1/4 tsp active dry yeast (1 packet)
- 3 1/2 cups flour
- 1/2-3/4 cup sugar
- 1/2 tbsp salt
- Oil for deep frying



Directions:

1. Mix salt, sugar, water, and yeast. Set aside for 5 minutes.
2. Mix in flour. Let mixture rise for 1-2 hours.
3. Heat the oil in a pot (3 inches high) over low heat. Test the oil by putting in a drop of batter. If the drop rises, it is hot enough.
4. Use a spoon to shape the batter into balls and put them in the oil. Fry until bottom side is golden brown, then flip and fry the other side.
5. Remove the ball from the oil using a large spoon and cool on a paper towel to absorb any excess oil.
6. When cool, sprinkle with powdered sugar and enjoy!



KENYA

AFRICA

Capital: Nairobi

Population: 54 million

National animal: Lion



Geography & Landmarks:

Kenya is covered in coastal plains and plateaus with rich wildlife. Zebras, giraffes, cheetahs, buffalo, lions, and elephants roam around the savanna. If you want to see these majestic animals, make sure to take a trip to the Maasai Mara National Reserve.

Culture:

Most people in Kenya speak Swahili or English. Kenya is made up of different tribal groups such as the coastal Swahili people and Maasai warriors.

Traditional Clothing:

Maasai people in Kenya wear red kangas (long rectangular cloths) with bright decorations and jewelry. Maasai men use animal fats, ochre, ashes to color their hair, which is braided and woven. Women shave their heads.

Cuisine:

There are many traditional Kenyan dishes, such as "ugali", a maize or flour based porridge. "Nyama choma" is grilled goat meat with hot pepper and lemon juice. "Sukuma wiki" is a healthier dish made with collard greens and onions. "Mandazi" is a tasty side dish of slightly sweet fried dough, almost like an African beignet.



SAVANNA

KENYA



Find the savanna animals in the word search below.

G P E N I T C U R G E O Y X Q
Y O O G B X V E L T U S V M A
I I N M I C D A M H C E Q D O
L X N I K R B W B X M J L X K
B B N L H F A F H Q Z E B R A
U Q B I V R C F G J V M O C P
F N H P F H X V F A X Y N K N
F G A G E R L L K E E U B L Z
A A B E T N A H P E L E I S I
L C T Y J I W S X O L T N M E
O A U O M I A S P Q E A M C R
H Y E T J G G P I N Z C L K Y
J V C E H P I O F N A C E U I
A G V X D H A C G C G Y I Z V
U E G S O M G Y F X U P P V L

elephant
buffalo
giraffe

gazelle
rhino
cheetah

zebra
hippo
lion

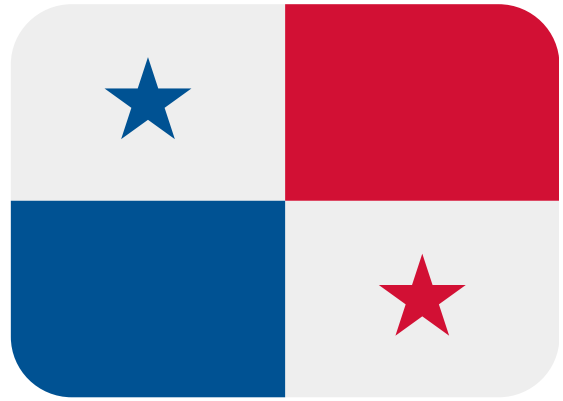
PANAMA

NORTH AMERICA

Capital: Panama City

Population: 4.3 million

National animal: Golden frog



Geography & Landmarks:

Panama borders the Pacific Ocean and the Caribbean Sea. Its highlands and mountains are made from volcanic rock. The Panama Canal is a manmade shipping route that cuts through the country.

Culture:

Panamanians speak Spanish and have many parties, such as the Boquete Flower and Coffee Festival. This is an annual 10 day festival held to celebrate the fresh harvest and agricultural importance of Chiriqui, a province in Panama.



Traditional Clothing:

Panamanian men wear white cotton shirts, trousers, and straw hats. Women traditionally wear the pollera, a colorful skirt, and feathers in their hair.



Cuisine:

Panama is famous for their "guacho" seafood stews and "sancocho" beef stews, and yuca fritters called "carimanolas". Vegetables do not grow well in Panama's tropical climate, so they are saved for fancy dinners. Instead, Panamanians eat lots of plaintains and yucas.

PANAMA CANAL

PANAMA

Who:

After a French company failed to build the canal, the United States took over and built the Panama Canal under the leadership of President Theodore Roosevelt.

What:

The Panama Canal is a manmade waterway that connects the Atlantic Ocean to the Pacific Ocean.

Where:

The canal is 50 miles long and cuts through the Panama isthmus.

When:

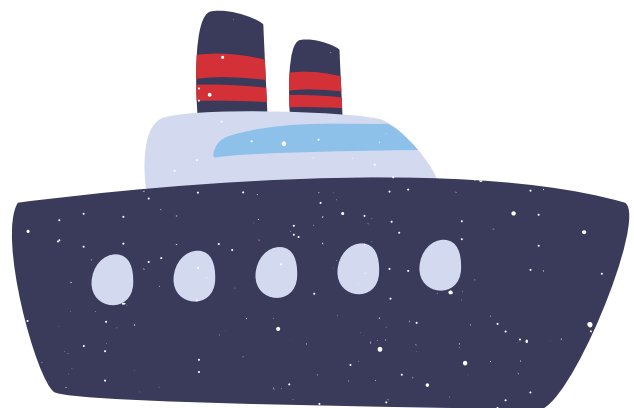
Construction began in 1881, and was finally completed in 1904.

Why:

The canal allowed businessmen to ship goods much more efficiently across the Atlantic and Pacific Ocean.

How:

Workers built dams on the Chagres River and created lakes to build the locks on each side of the canal. They used concrete, sand, rock, and water to reinforce the structure.





PHILIPPINES

ASIA

Capital: Manila

Population: 110 million

National animal: Carabao

Geography & Landmarks:

The Philippines is a stretch of 7,100 islands between the South China Sea and the Pacific Ocean. It is considered a tropical marine region with regular monsoon seasons. The beauty of the Philippines lies in its natural attractions, such as the Chocolate Hills, the Taal Volcano crater, and Malapascua Island.

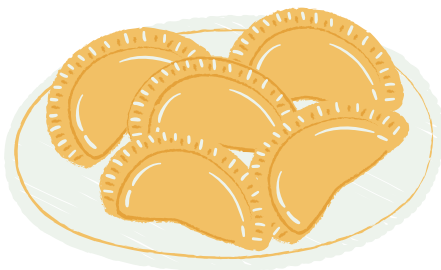


Culture:

The official language of the Philippines is Filipino. Filipinos are very welcoming and hospitable. In the Philippines, Christmas celebrations start as early as September. Lanterns called "parols" are hung in decoration.

Traditional Clothing:

Filipino men traditionally wear "barong tagalog" tunics. Filipina women wear "baro't saya" blouse and skirts and carry fans. They can send nonverbal cues to another person by holding the fan a certain way.



Cuisine:

Filipino food varies from fried salted fish and rice, to fish curry, chicken curry, and complex paellas. The favorite dish in the Philippines is "chicken adobo", a meal with braised chicken drumsticks and a tangy sauce.

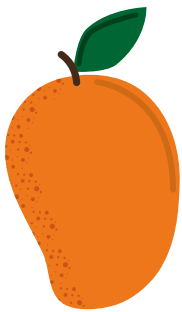
THE PESO

PHILIPPINES CURRENCY



₱1 Philippine Peso = \$0.021 US Dollar

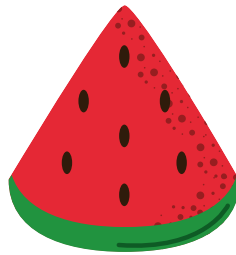
Use a calculator to find out how much the fruits at the market cost in US dollars.



MANGO

$$₱18 \times 0.021 =$$

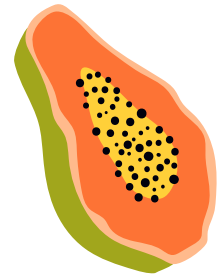
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WATERMELON

$$₱230 \times 0.021 =$$

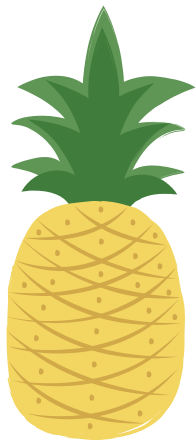
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PAPAYA

$$₱11 \times 0.021 =$$

\$_._._



PINEAPPLE

$$₱37 \times 0.021 =$$

\$_._._



BANANA

$$₱9 \times 0.021 =$$

\$_._._

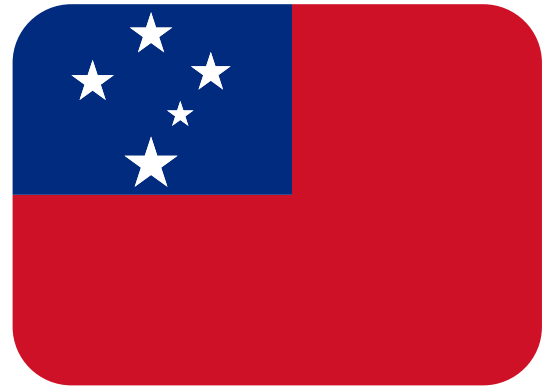
SAMOA

OCEANIA

Capital: Apia

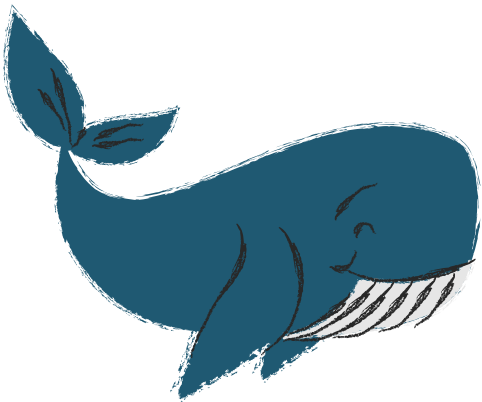
Population: 199 thousand

National animal: Whale



Geography & Landmarks:

Samoa has an oceanic tropical climate. It is split into two islands, Upolu and Savai'i. The Alofaaga Blowholes site is a great place to visit in Samoa, as is Lalomanu Beach and the To-Sua Ocean Trench.



Culture:

Samoa people speak the native language Samoan. Houses in Samoa are called "fales" and have no walls. Up to 20 people sleep on the ground inside them. Tattoos are also very popular among local Samoan people.

Traditional Clothing:

Samoa men and women traditionally wear sarongs and puletasi dresses. On special occasions, they wear ceremonial headresses.

Cuisine:

Samoa food is characterized by its most popular dish "palusami", made from coconut cream baked in coconut leaves. They also commonly cook with lemon juice, raw fish, pork, and chicken.

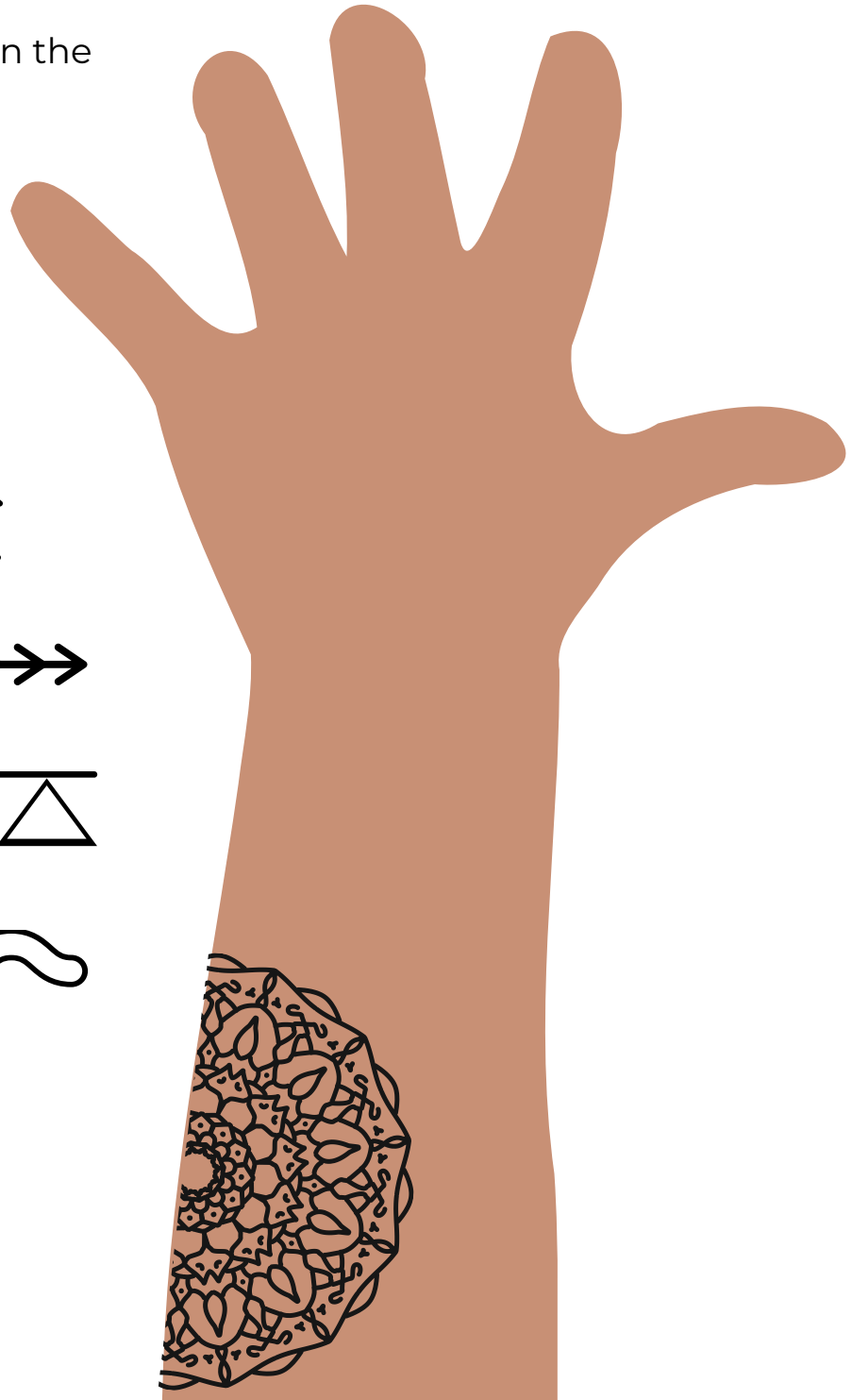
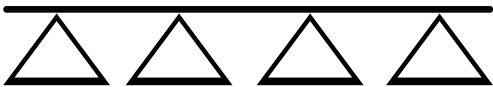


TATTOOS

SAMOA

Draw more tattoos on the Samoan boy's arm.

DESIGN IDEAS:





SCOTLAND

EUROPE

Capital: Edinburgh

Population: 5.4 million

National animal: Unicorn



Geography & Landmarks:

Scotland is comprised mostly of rural lowlands and cities. Tourists from all over the globe travel to Scotland to see Edinburgh Castle, Loch Ness lake, the Royal Mile, and the Palace of Holyroodhouse.

Culture:

Scottish people speak a Scottish dialect of English. A major part of Scottish culture is the Highland games, an annual set of events and competitions in caber toss, stone put, hammer throw, and more. Scottish pipe bands march and play bagpipes together during the ceremonies.

Traditional Clothing:

Scottish men traditionally wear skirt-like garments called "kilts". Women wear ankle-length tartan skirts and sashes. The plaid/tartan patterns originated in Scotland are worn frequently.

Cuisine:

Some popular dishes cooked in Scotland are porridge, fish and chips, minced meat pie, and cullen skink (a thick haddock soup). For dessert, Scottish shortbread cookies are a crowd favorite.



HIGHLAND GAMES

SCOTLAND

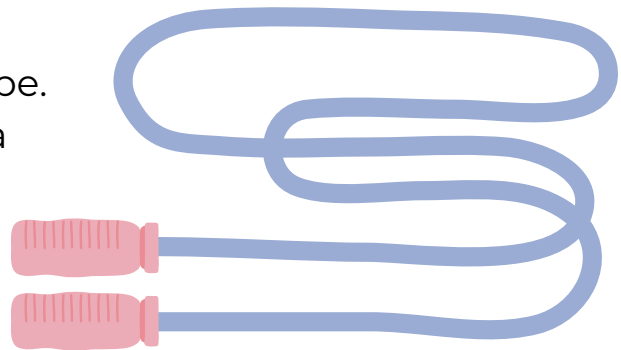
Put on your own version of the Highland Games in your backyard or an open field!

Shot put:

Find a heavy rock that you can hold in one hand. Grip it with your fingertips, not in your palm. Hold it against the shoulder of your throwing arm, and throw the stone by thrusting it forward. Whoever lands it the farthest wins!

Hammer throw:

Tie a weight to one end of a jump rope. Holding the other end, spin around a few times and hurl the weight and rope as far as you can. Whoever lands it the farthest wins!



Discus throw:

Fill the underside of a Frisbee with beans to make it heavier and seal with paper and duct tape. Hold the frisbee a few inches from your nondominant shoulder and practice swinging it forward to gain momentum. Then, hurl it at your target. Whoever lands it the farthest wins!



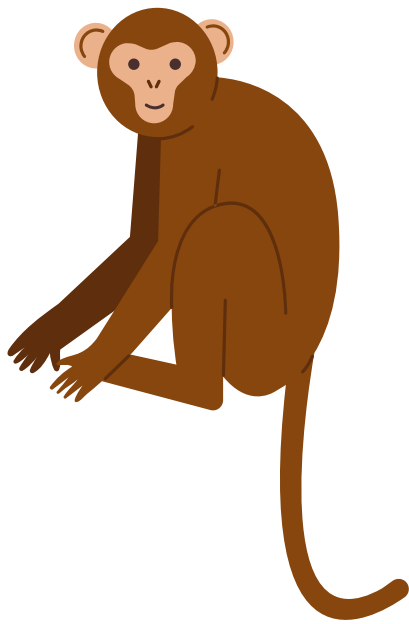
SENEGAL

AFRICA

Capital: Dakar

Population: 17 million

National animal: Lion



Geography & Landmarks:

Senegal has lots of low and rolling plains with a hot desert in the north and a tropical savanna in the south. Historical landmarks the African Renaissance Monument, House of Slaves museum, and the Cathedral of Dakar are worth a visit.

Culture:

Senegalese people speak French. Senegal will be the first African country to host the Olympics in 2026's Youth Olympic Games. Senegal's economy is supported by the production and export of the peanut, grown in the "Groundnut Basin", a region of central and western Senegal.

Traditional Clothing:

Senegalese men wear the "agbada", a wide robe, over a tunic and trousers. Women and men alike will wear the "boubou", a Senegalese dress with colorful patterns.

Cuisine:

Thieboudienne is the national dish of Senegal. Fish, rice, vegetables, and tomato sauce are cooked in one pot. Senecuisine comfort foods include spicy chicken yassa, caldou seafood. and maafe, a peanut stew. Thiakry is a traditional millet pudding dessert.

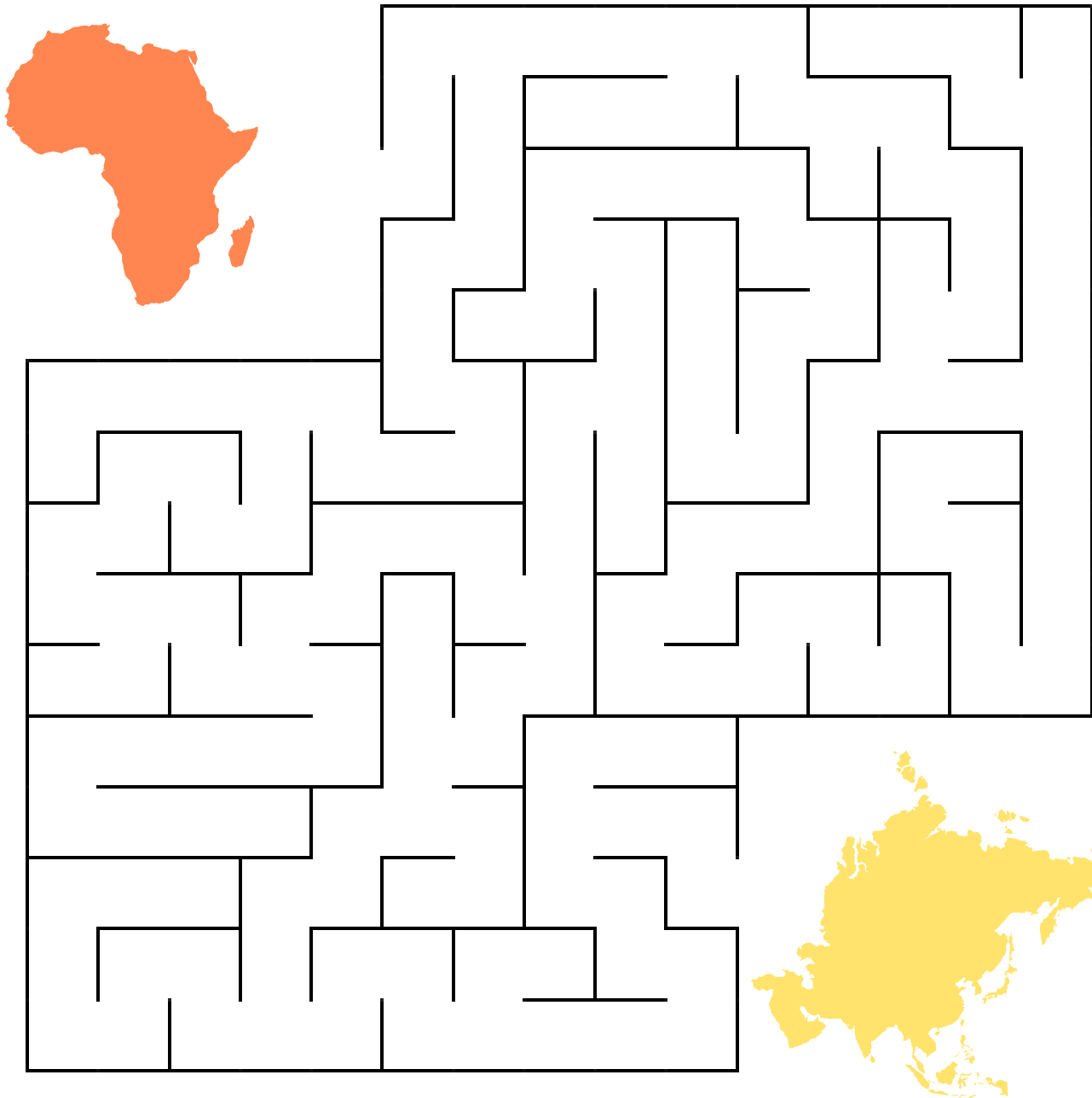


PEANUTS

SENEGAL



Find the trade route to export the peanuts from Senegal in Africa to China in Asia!





SPAIN

EUROPE

Capital: Madrid

Population: 46 million

National animal: Bull

Geography & Landmarks:

Spain's flat plains take up most of the Iberian Peninsula in Europe. Tourists are drawn to Spain's beautiful architecture displayed in La Sagrada Familia church, Alhambra hilltop complex, Park Guell, and all over Barcelona.



Culture:

Spanish is the national language of Spain. Bullfights, Flamenco music, fiestas, and midday times of rest called "siestas" are all unique to Spanish culture. In Pamplona, the "Running of the Bulls" is a famous Spanish event in which bulls are loose in the streets during the Festival of San Fermin.

Traditional Clothing:

Spanish women wear the "flamenco dress", while men wear white shirts, trousers, red belts, and "txapelas", flat wool hats.



Cuisine:

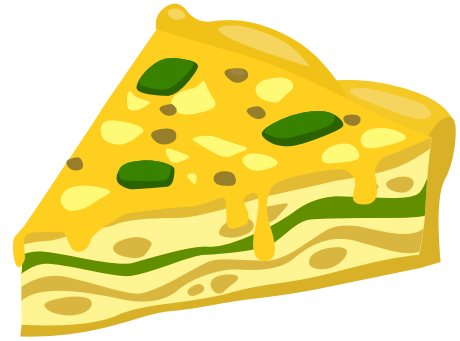
Spanish cuisine commonly uses olive oil, garlic, and herbs in cooking. "Patatas bravas" show off these flavors on spicy potatoes. Paella is a beloved Spanish rice dish, as are churros, sweet treats of fried dough with cinnamon sugar.

SPANISH TORTILLA

SPAIN

Ingredients:

- 3 large gold potatoes, peeled, quartered, thinly sliced (1/4")
- 1 onion, quartered, thinly sliced
- 2 1/2 tsp salt
- 8 large eggs, beaten
- 4 scallions, trimmed and chopped



Directions:

1. Preheat oil over medium heat. Add potatoes, onion, scallions, and salt. When oil begins to bubble, reduce heat to medium-low. Turn potatoes frequently and cook until tender, approx. 20-25 minutes.
2. Transfer potatoes, onion, and scallions to a large heatproof bowl. Add eggs and stir gently.
3. Heat the oil in the skillet over medium-high heat. Add egg-potato mixture and stir constantly until eggs begin to set, approx. 2 minutes. Reduce heat to medium-low, preheat broiler to high.
4. Cook tortilla approx. 12 minutes until eggs are cooked through. Put skillet in oven and broil until top of tortilla is cooked, approx. 2 minutes.
5. Remove from oven and flip tortilla onto plate. Let sit for at least 20 minutes before serving.

SWITZERLAND

EUROPE



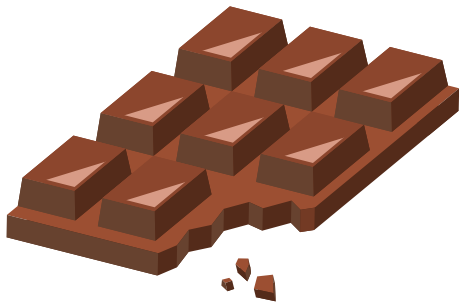
Capital: Bern

Population: 8.7 million

National animal: None

Geography & Landmarks:

Switzerland can be broken up into three geographic regions: the Alps, the Central Plateau, and the Jura. When in Switzerland, make sure to check out the Chillon lakeside castle, Jungfrau alpine summit, and Mount Pilatus.



Culture:

Switzerland has four official languages: German, French, Italian, and Romansh. Switzerland is famous for their chocolate, Swiss army knife, Swiss cheese, and fancy Rolex watches.

Traditional Clothing:

Swiss men traditionally wear "lederhosen" shorts and suspenders over white shirts and wool socks, accessorized with a short brimmed felt hat. Women wear long sleeved jackets, silk aprons, and straw hats with ribbon.

Cuisine:

With cheese being so popular in Switzerland, it has become a big part of Swiss cuisine. For example, cheese fondue, a crock of melted cheese to dip various foods into, is a Swiss staple. Alpine lamb loin and busseco soup are also traditional dishes, and Swiss butter cookies are great for dessert.

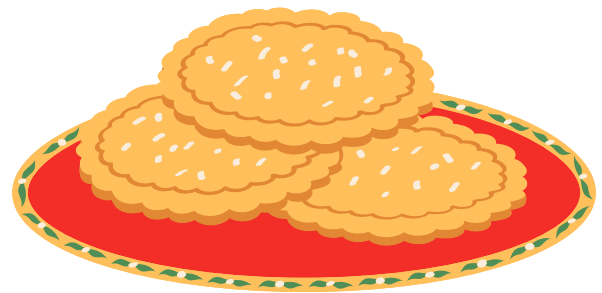


BUTTER COOKIES

SWITZERLAND

Ingredients:

- 1 cup unsalted butter
- 1 cup sugar
- 3 eggs (room temperature)
- 1 pinch salt
- Zest of 1 lemon
- 3 1/2 cups flour
- 1 egg yolk (for glaze)



Directions:

1. Beat butter in an electric mixer until smooth. Beat in sugar, eggs, salt, and lemon zest, in that order.
2. Add flour and gently mix. Do not overmix. Wrap in plastic wrap and press flat. Refrigerate for at least 2 hours.
3. Roll out on a floured surface until 1/4 inch thick. Cut out shapes using cookie cutters.
4. Brush cookies with lightly beaten egg yolk.
5. Bake at 400 degrees Fahrenheit for 10 minutes or until golden brown. Let cool on a rack and enjoy!



VENEZUELA

SOUTH AMERICA

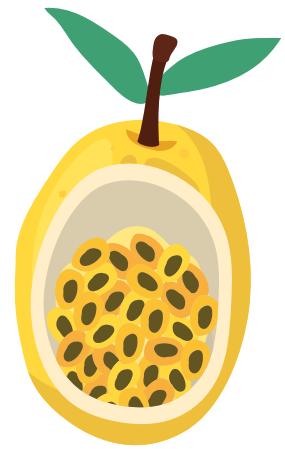
Capital: Caracas

Population: 28 million

National animal: Spectacled bear

Geography & Landmarks:

Venezuela's desert and coastal areas often have hot weather. Venezuela is home to the highest waterfall in the world, Angel Falls, and the largest lake in South America, Lake Maracaibo. When in Caracas, keep your eye out for colorful birds called guacamayas.



Culture:

Venezuelans speak Spanish. Children play with wooden toys like the "perinola", a spinning top, and they like to play baseball outside with friends. A fun Venezuelan tradition is traveling to Christmas church services on roller skates!

Traditional Clothing:

Venezuelan men traditionally wear the "liqui liqui", a linen suit with pants and a jacket. Women wear flowy, ruffled dresses with flower decorations.



Cuisine:

Venezuelan food is spicy and is often made with meat and avocado, onions, peppers, and garlic. Arepas are cornmeal cakes that can be served as street food or a side dish of a traditional dinner. For dessert, "quesillo" is a must-try Venezuelan flan.

GUACAMAYA

VENEZUELA

Color the guacamaya bird.



VIETNAM

ASIA

Capital: Hanoi

Population: 98 million

National animal: Water buffalo



Geography & Landmarks:

Vietnam is a long and narrow country on the eastern edge of the Southeast Asian peninsula. Vietnam has tropical lowlands, hills, and dense forests. Tourists travel to Ho Chi Minh Mausoleum in Hanoi and the Cu Chi Tunnels to learn about Vietnamese history.

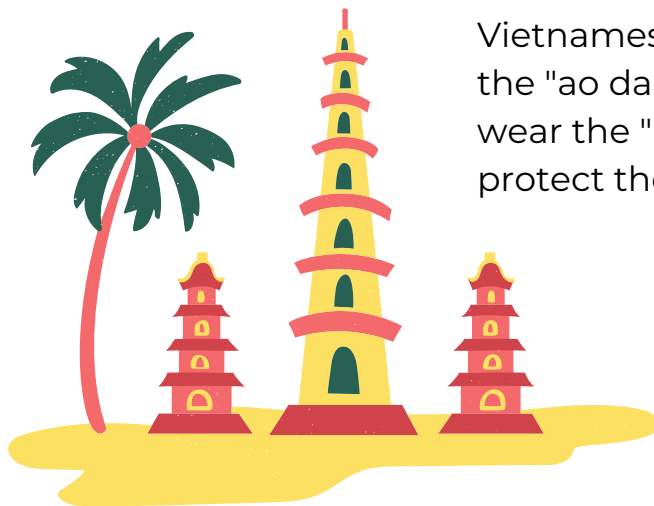


Culture:

Vietnamese is the official language of Vietnam. When shopping in Vietnam, remember that you have to negotiate the price of something before buying it. Vietnamese people celebrate lunar holidays with extravagant festivals, costumes, and decorations.

Traditional Clothing:

Vietnamese men and women traditionally wear the "ao dai", a silk tunic with pants. They also wear the "non la", a cone shaped hat worn to protect them from the hot sun and rain.



Cuisine:

Most Vietnamese meals consist of rice and seafood, meat, or tofu. "Bun cha" are popular Vietnamese meatballs.

NON LA HAT

VIETNAM

Cut out the circle and cut along the dotted line. Then, glue the slit onto the white line. Punch two holes on the sides of the cone and tie each side of a piece of yarn to it for the strap. Put your hat on a doll or stuffed animal!

