



LET'S TRAVEL TO SIERRA LEONE



Welcome friends,

We hope this pack allows you to explore Sierra Leone without the need for a plane ticket!

Embark on this journey with your family, friends or neighbours and travel the world together, learning some of the unique things that make the country of Sierra Leone, and its people, so special.

Like any travel plans you make, you can pick and choose what you do! See the next page for some suggestions as to how you can use this resource. Just know you don't have to use everything in one go. We hope you enjoy your trip and have fun in the immersive experience!

Here are some suggestions for using this pack;

1. Make family dinner time extra-special by working through this pack together.
2. Open your home to your neighbours and spend the night cooking, eating and learning together.
3. Host a virtual evening of travel for your friends.
4. Use one of the books recommended and create a virtual or real life book club, eating together and sharing reflections.
5. Use it as a way to meet new neighbours by 'travelling' the world together or possibly learning more about their culture.

FUN FACTS ABOUT SIERRA LEONE

- A West African nation that is surrounded by Liberia, Guinea and the Atlantic Ocean.
- It is a melting pot of diverse cultures from across West Africa.
- Sierra Leone is blessed with a tropical climate and diverse environments, ranging from the savannah to areas of rainforest.
- Sierra Leone gained its independence from Great Britain on April 27th, 1961.
- Sierra Leone comprises of 16 major ethnic groups, each with its own distinct language and tradition.

FUN FACTS ABOUT SIERRA LEONE

- Modern day Sierra Leone is one of Africa's smallest republics and is the 118th largest country in the world.
- Sierra Leone is rich in mineral resources and the country has long relied on mining to sustain its economy, especially diamonds.
- For almost all Sierra Leoneans, rice is a staple food and it is consumed at most meals. A common Sierra Leonean saying is, "If I haven't eaten rice today, then I haven't eaten!"
- Sierra Leone is famous for "blood diamonds" that were mined and sold during the civil war to raise money for weapons.

THE FLAG OF SIERRA LEONE

**CAN YOU DRAW THE
NATIONAL FLAG OF
SIERRA LEONE?**

The national flag of Sierra Leone is a tri-colour flag consisting of three horizontal green, white and blue bands. It was adopted in 1961, the year of Sierra Leone's independence, to replace the British Blue Ensign defaced with the arms of the Crown Colony of Sierra Leone.

MAP OF SIERRA LEONE

**WHAT'S THE
POPULATION OF
SIERRA LEONE?**

Challenge

Find these cities:

- Freetown
- Kenema
- Makeni

Find these countries:

- Guinea
- Liberia

**Can you find the
Banana Islands?**



ANIMALS OF SIERRA LEONE

Activity Time:

Play a game of Pictionary or charades using the animals listed.



- Hippopotamus
- African bush elephant
- Bongo
- Duiker
- African forest buffalo
- Diana monkey
- African leopard
- Olive baboon
- Guinea baboon
- Western chimpanzee
- Waterbuck
- Western red colobus
- Red colobus
- Green monkey

ANIMALS OF SIERRA LEONE

Research the list of animals listed on the previous card and write down three interesting facts about five:

ANIMALS OF SIERRA LEONE

Draw your favourite animal from Sierra Leone and colour it in.

SIERRA LEONE WORDS

kushɛ/kabɔ

Hi or Hello

a de go

Goodbye

gladi

Happy

ɛp mi/una kam o

Help me

os

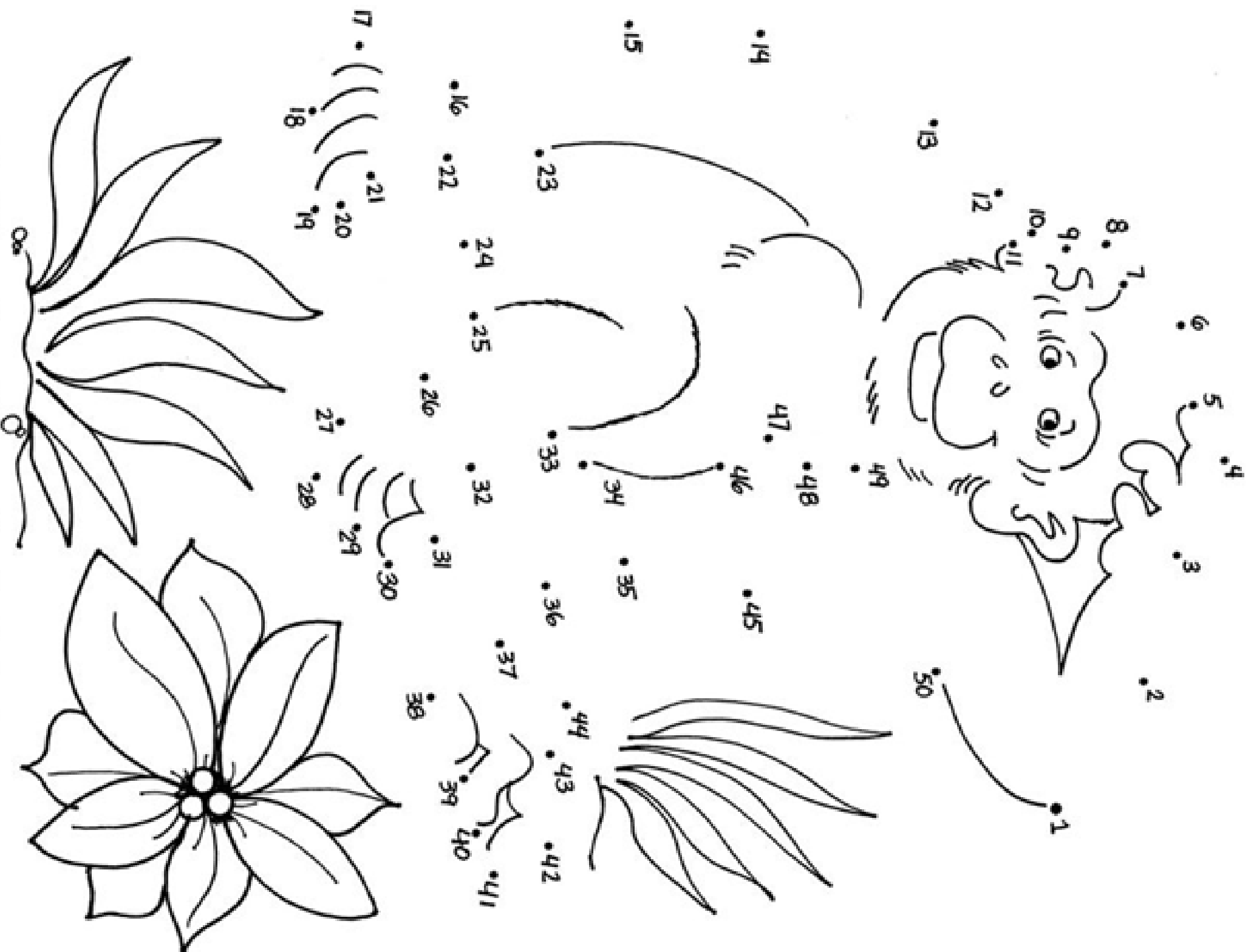
House

Aw yu du?

How are you?

Aw fɔ ?

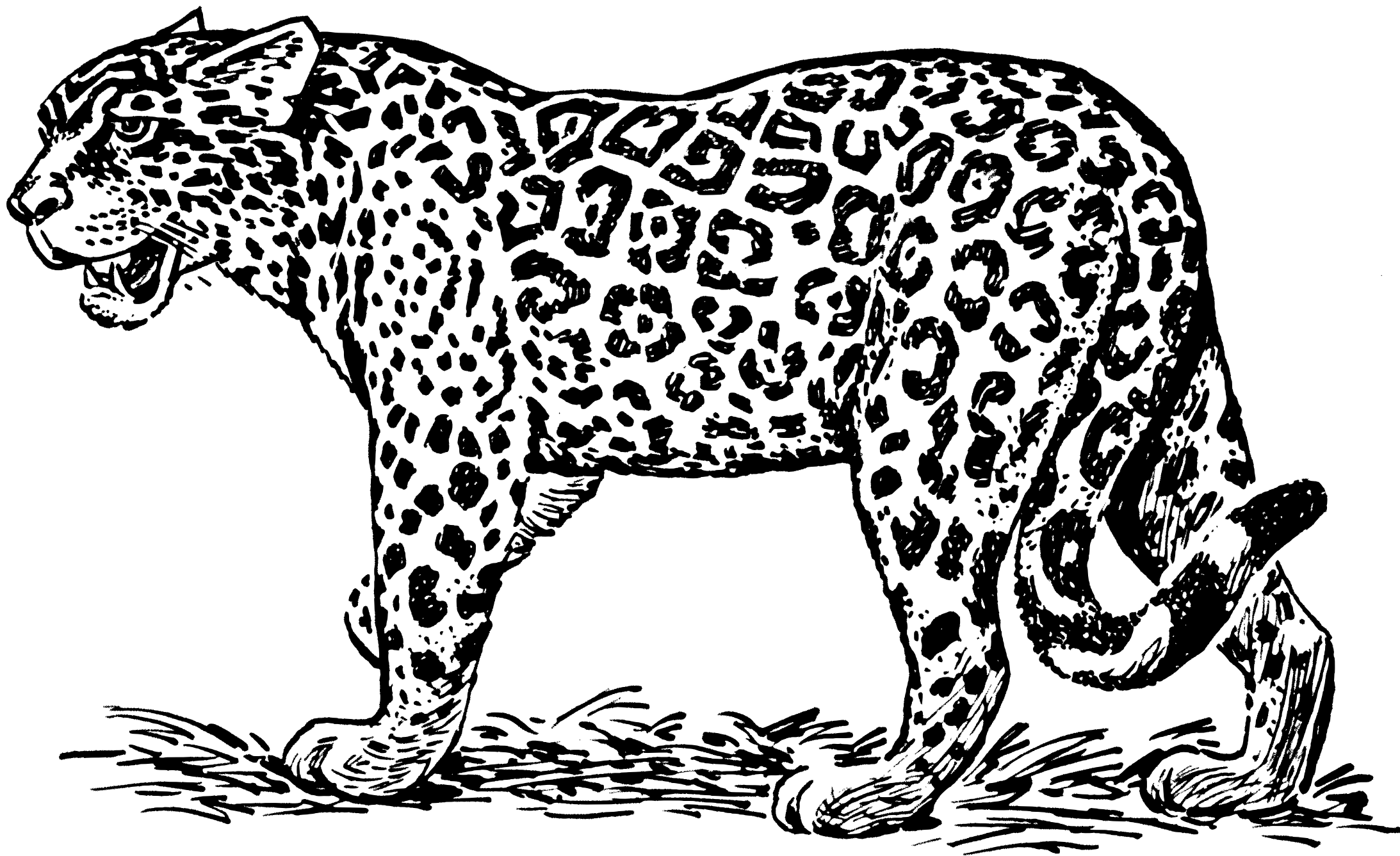
How do I?



Scientists can "speak" to me using simple sign language.
Follow the dots to find out who I am.

COLOUR ME IN





LET'S EAT!

Meat Stew

Ingredients

750 grams meat (depending on
number of
persons)
1 large onion
6 garden eggs/aubergines (eggplant)
20 grams tomato puree
1.5 litres water
3 fresh tomatoes
Salt and (chili) pepper to taste



Preparation:

1. Trim, wash, and cut the meat into small pieces, and put in a pot.
2. Add water, some salt, and allow to boil for about 5-8 minutes, stirring occasionally.
3. Add the garden and pepper. Cook on low heat until vegetables are tender.
4. Slice the onion and the tomatoes into small pieces and add to the soup.
- Allow to simmer.
5. Remove and grind/blend the cooked vegetables, mix with water and strain.
6. Return the vegetables to the soup, and add the tomato puree. Allow the soup to simmer on low heat until meat is tender.
7. Serve with rice or root vegetables like cassava, yam, potatoes (sweet or "Irish").

LET'S EAT!

Binch Akara

Ingredients

- 1 pound black-eyed beans
- 2 tsp. salt
- 1 small onion, very finely chopped
- 2 cups oil



Preparation:

1. Pour dry beans in a blender with a cup of water.
2. Chop for one minute.
3. Pour in large bowl and add water. Stir until skins float. Strain into colander; allow all skin and eyes to drain.
4. Blend beans, onion and pepper.
5. Pour in a bowl, add salt, and stir with a wooden spoon for two minutes.
6. Heat oil until moderately hot.
7. Drop mixture into oil with spoon.
8. Fry until golden brown. Drain on absorbent paper. Small balls can be served with toothpicks.

PRAY FOR SIERRA LEONE

Here are some prayer points for Sierra Leone that you can use as a guide:

- Pray for true stability, sustained peace, and a decisive end to government corruption.
- Pray for the health sector in Sierra Leone. AIDS, Malaria, diarrhoea, Yellow fever, Ebola and other life threatening diseases have threatened the community of Sierra Leone over the years.

PRAY FOR SIERRA LEONE

- Pray for restoration and wholeness for those who have suffered the atrocities of war.
- Pray for the Holy Spirit to empower believers who are committed to ministries of healing and reconciliation.
- Pray for the children of Sierra Leone. Sierra Leone has a low literacy level - especially among girls. Only 35% of children aged 15 and above have access to education, one of the lowest in Africa.

BE A GOOD NEIGHBOUR

Find ways to connect with your neighbours from Sierra Leone.

Here are some suggestions:

- April 27 marks Sierra Leone's National Independence Day, so you could celebrate with your neighbours from Sierra Leone. Bring them a cake and chat about their home land.
- Learn a few words in Krio so you can greet them and make small talk when you see them around.
- Find out about gift giving in the Sierra Leone culture and find a way to give your neighbours from Sierra Leone a gift that would mean something to them.
- Try a local restaurant that cooks from Sierra Leone and try something new.

BOOKS AND MOVIES



Books to read:

Sierra Leone: Suzanne LeVert

Taking Flight: Michaela DePrince, Elaine DePrince

A Long Way Gone - Memories of a Boy Soldier: Ishmael Beah

Movies to Watch:

Sierra Leone's Refugee All Stars

The Language You Cry In

Freetown (PG)



