

## INSTANT MEETING IDEA: AFRICA

Take an imaginary safari to the grasslands of Africa. Learn about the people and their culture Try some authentic African foods. Learn to speak Afrikaans. Wear a kanga.

*There are many ways to present this material. One way is to have the girls board an imaginary plane (have tickets, a captain, a flight attendant, even a snack,). Upon their arrival, have an "African "person greet them and tell a bit about their culture. Then you could have the girls visit stations to Learn about **Language, clothing, Food, Crafts, and Games***

### AFRICA: An Overview

Africa is a Continent, comprised of 53 different countries, each with its own ethnic groups, customs and languages. Africa is surrounded by water on all sides. From north to south, the continent measures approx 8000 km; from east to west approx. 4600km. The equator runs through the middle. There are two major rivers .the Nile and the Congo and several fresh water lakes. Lake Victoria is the largest and is well known.

The area north of the equator is very desert like with very high temperatures. Nearer the equator there is more rainfall as well as a rainy season.

Animals native to Africa include: Elephant, rhino, hippos, lion, leopard, wildebeest, zebra, giraffe, baboon, gorilla, chimpanzee, lemur, hyena and countless antelope.

Many village houses are built of mud. They are cool inside because the thick walls keep out the heat. The houses have thatched roofs. Many families may live together in a village protected by mud walls or a fence of prickly thorn bushes.

Station #1 -LANGUAGES: many languages are spoken: Afrikaans, Zulu, Xhosa, Sotho and Tswana to name a few but English is the official language and *is* taught in school. Here are some common words:(Practice greeting each other)

In Afrikaans:	Good Morning	Goeiemore	(goi-a-mora)
	Goodbye	Totsiens	(tot-seens)
	Thank you	Baie dankie	(buy-a-donkey)
In Yoruba	Good Morning	Eku Mo	(e karo)
	Thank You	A dupe	(ah doo-pe)
	Goodbye	O digba o	(oh deeg-bah-oh)

### Station #2 CLOTHING:

Many African women dress in western clothing, but the busuuti (gomesi) is worn by most women. A large, colourful, rectangular light-cotton cloth called a Kanga is also worn. A kanga is wrapped around the body, and sometimes another is wrapped around the head. An additional piece may be used to carry a baby on the back. (Try on a Kanga.)

### **Station #3 – FOOD**

Green bananas are the staple food. They are steamed, mashed and eaten warm. Millet is a grain which has to be pounded to make a coarse flour, used to make a kind of porridge. Sweet potatoes or yams are very common. Cooking is done over open wood fires with a pan balanced on three large stones. (Try eating steamed bananas, or try pounding wheat grains into flour.) More African recipes can be found in cookbooks or on the internet.

### **Station #4 - CRAFTS**

Music, dancing and singing are very important to the African people. They are used to accompany the daily tasks such as pounding the millet to flour, ploughing the fields or fishing. Many instruments are made by hand using natural or recycled materials. (Try making your own drums or other kinds of instruments)

For special ceremonies and dances, village people often wear masks. Using a piece of cardboard, cut it to cover your face and cut out eye, nose and mouth holes. Paint and decorate using wool, string, straw, *raffia*, silver foil, feathers and leaves.

**Station #5 - GAMES** 'Mawira Maitu Ni Ogwo" - our work is done like this  
(song to the tune of "Here we go 'round the Mulberry Bush")

This is the way we chop our wood, chop our wood. This is the way we chop our wood... *Here is the land of Africa.*

This is the way we build our fire.. .(kneel and cook over an open fire)

This is the way we carry our water.. .(in a gourd on the head)

This is the way we grind our corn.. .(kneel and grind corn between two stones)

This is the way we pound our millet...(stand up and pound millet with a long stick in a bowl on the floor)

This is the way we carry the baby... (baby is strapped to the back and body rocks from side to side)

**CONCLUSION:** have the host thank the girls for visiting and fly them home.

*Please use this meeting idea as a guideline. Change, add to or alter to fill your needs.*

- *Resources: The Uganda Kit (available from your International Adviser) is a wonderful resource, complete with slides and many crafts and games.*
- *Brownies Around the World books 1-4 also have craft and game ideas.*
- *Other resource books are available from your International Adviser*