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# Visits to AFRICA

by Sonya Shafer



**Your Guide to Exploring Africa  
through Maps and Living Books!**

# Make geography come alive

through the delightful combination of maps and living books!

With the *Visits to . . .* series, you will explore each region of the world through captivating photography, a traveler's firsthand accounts, delightful living books, and step-by-step work with maps.

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- see the big picture as you explore continent by continent.
- become familiar with the countries of the world and where they are located.
- get to know real families who live in those countries and see what their lives are like.
- look closely and carefully at the details of those families' countries.
- create a personal map book.

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*Visits to the Middle East*

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.com



# Visits to Africa

by Sonya Shafer

*Your Guide to Exploring Africa  
through Maps and Living Books*

Visits to Africa  
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# Materials Needed

- *Material World* by Peter Menzel
- *Hungry Planet: What the World Eats* by Peter Menzel  
Peter Menzel traveled the world, staying with “average” families in many countries and documenting their ways of life. These two books that present his fascinating memoirs and captivating photography are used in all six books of the *Visits to . . .* series.
- Pen
- Tracing paper
- A soft pencil (4B works well)
- Colored pencils

## Recommended Reading

### Grades 1–3 or Family

Most of these are picture books that younger students will particularly enjoy, but don't overlook how much everyone can learn from a well-written children's book. Feel free to share them with the whole family. Older students might read them to the younger students.

- *Ashanti to Zulu: African Traditions* by Margaret Musgrove
- *Beatrice's Goat* by Page McBrier
- *The Butter Man* by Elizabeth Alalou and Ali Alalou
- *One Child, One Seed: A South African Counting Book* by Kathryn Cave
- *We All Went on Safari: A Counting Journey through Tanzania* by Laurie Krebs
- *Yatandou* by Gloria Whelan

### Grades 3–12

- *Letters from Egypt* by Mary Whatley (edited by Sonya Shafer, published by Simply Charlotte Mason)  
The content of this edited version is appropriate for younger students but the writing style may be difficult for them. We recommend you download the free sample of this book at [SimplyCharlotteMason.com](http://SimplyCharlotteMason.com) and see which of your children would enjoy it most.

# How to Use

Complete one visit per week and you will finish this book in one school year. Throughout the weeks you will visit Africa through four types of activities.

## Map the Countries

When you come to a Map the Countries exercise, it will have a labeled map of Africa and a blank one. Fold back the book so the labeled map isn't showing and fill in on the blank map all the countries that you know. Then open the book back up and compare your handwritten map with the pre-labeled one to check your work. As you progress through this book, each Map the Countries exercise will introduce new countries to remember and add to your map next time.

## Recommended Reading

Delightful living geography books are scattered throughout the weeks, along with helpful reminders to make sure you have time to get each book for the Visit in which it is mentioned. Check your library for many of the picture books.

## Meet the Families

When you come to a Meet the Families section, read the assigned pages from *Material World* or *Hungry Planet: What the World Eats* to help you get a close-up look at families around the world—what they eat, where they live, what they possess, what their days are like. Use the leading questions to prompt discussion or written narration.

## Make Your Own Map

When you come to a Make Your Own Map activity, you will have the opportunity to spend a little longer visit in the country you just read about. You will use the labeled map to create your own map, carefully tracing the country's borders and filling in your choice of cities, rivers, mountains—whichever features you want to include. It's your map! Detailed instructions will walk you through the process step by step.

If you want to make more maps of your own, you'll find extra pages in the back of this book.

## Extra Visits

You will find lots of ideas on page 6 for adding some extra visits along the way. Enjoy those suggested activities designed to help you linger in your selected part of the world and get to know it even better.

Have fun with your Visits to Africa! And when you're done, pick another part of the world to visit:

*Visits to Africa*

*Visits to the Middle East*

*Visits to Europe*

*Visits to South & Central America, Australia*

*Visits to North America*

*Visits to Asia*



# Ideas for Extra Visits

Use one or more of the ideas below to add some extra visits to your selected continent or country.

## Play a Fun Game

Many interesting and enjoyable geography games are available. One possibility might be the series of games called *10 Days in . . .*, which focuses on each continent (*10 Days in Africa*, *10 Days in Europe*, etc.). Games are a great way to add some extra visits.

## Contact a Foreign Missionary

If your church supports a missionary who lives in your selected continent or country, you could connect with him to learn more about the area firsthand. Get his e-mail address. Sign up to receive his updates. If you can video- or audio-chat with him, you can learn about the language in that country and hear some samples. Maybe you can learn how to say “Hello, my name is \_\_” and “What is your name?” in that language. Write down your questions to ask the missionary about that part of the world. And of course, find out more about his ministry and pray for the people, the missionary, and the work there.

## Taste Some Authentic Food

Few things transport you to a specific place on earth like the taste of that region’s traditional cuisine. If you are adventurous and love to cook, search the Internet for recipes and the area markets for ingredients and have fun! Many recipes are given in *Hungry Planet: What the World Eats*. If you know a person from that country who loves to cook, arrange for a get-together and a cooking lesson or offer to contribute toward the cost for that person to cook some traditional dishes for your family to taste. You might also check your local area to see if there is a restaurant that specializes in your selected type of cuisine.

## Listen to Traditional Music

A vast array of music samples are available through the Internet. Search for “traditional music of \_\_\_\_” and fill in either the continent name or any of the country names.

## Search for Current News

Be on the lookout for current events that relate to your selected continent or country. As always, a parent should supervise research and screen any findings to determine whether it is appropriate for family members.



# The Big Picture



The visits in this book will take you to Africa. Look closely at this map of the world. Which oceans touch Africa? Which continents are close to it and in which directions? Where is Africa in relation to the equator: north (in the Northern Hemisphere) or south (in the Southern Hemisphere)?

Do you have the picture in your mind's eye? Now, without looking, try to describe where Africa is in the world.

# Visit 1 Map the Countries

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1. First go to page 7 to get the big picture, then come back here.



If you don't want to write all the names, you can cut apart the country names listed on page 87 and slide them into place to label your map.

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2. Now take a close look at the countries highlighted on the map on the facing page: Egypt, Sudan, and Eritrea. Copy them onto your map and remember them for next time.



#### Recommended Reading

Grades 3–12: Read *Letters from Egypt*, Letter I.  
Reminder: Get *The Butter Man* for Visit 3.

# Visit 2 Map the Countries

1. Fold back the book so the map on this page is out of sight.



4. Take a close look at the new countries highlighted on this map: Libya and Tunisia. Copy them onto your map and remember them for next time.

Be sure to check out the ideas for Extra Visits on page 6!

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2. On the blank map below, label each country in Africa that you know.
  3. Open the book back up and use the pre-labeled map to check your work.

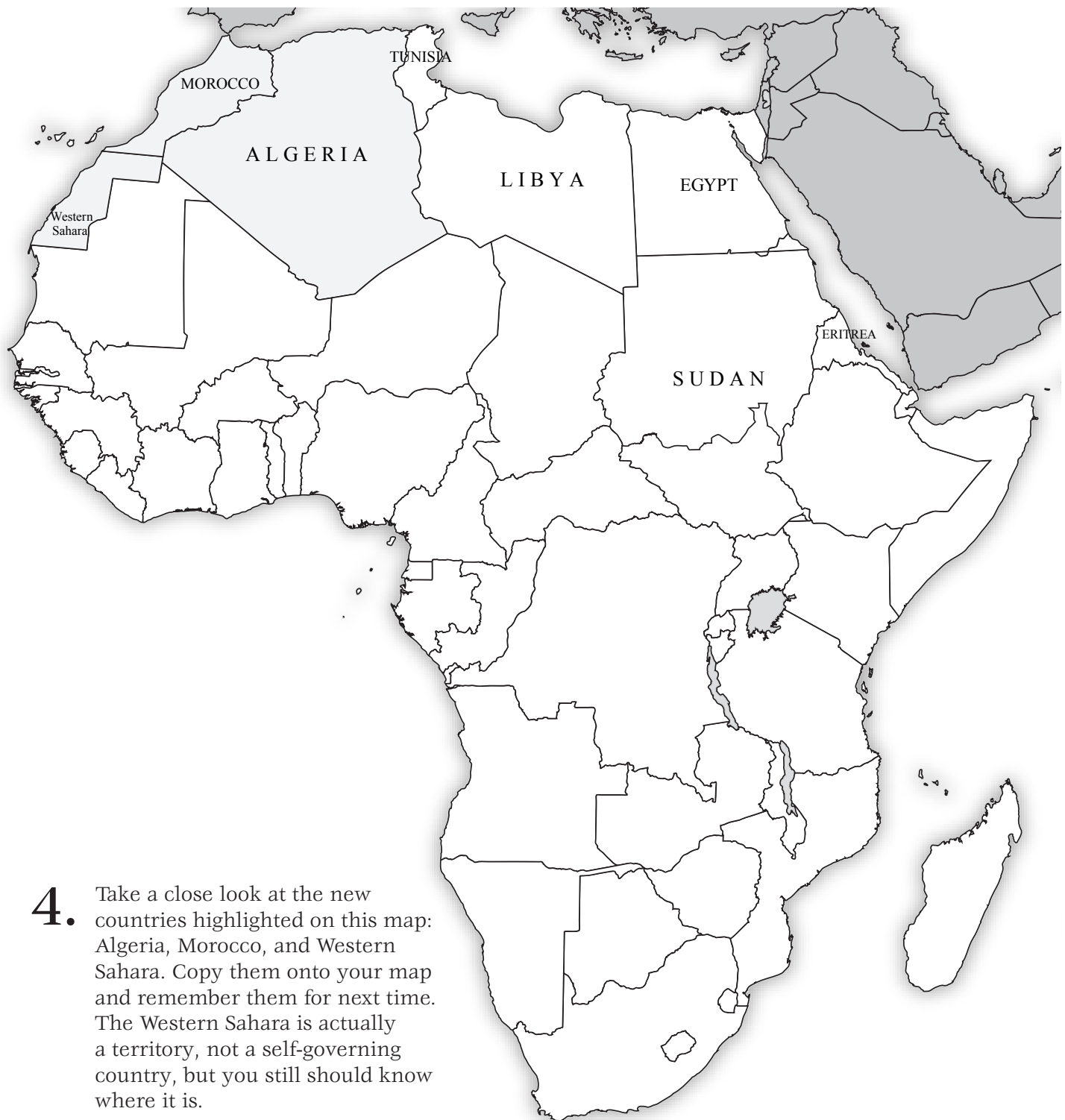


#### Recommended Reading

Grades 3–12: Read *Letters from Egypt*, Letter II.

# Visit 3 Map the Countries

1. Fold back the book so the map on this page is out of sight.



4. Take a close look at the new countries highlighted on this map: Algeria, Morocco, and Western Sahara. Copy them onto your map and remember them for next time. The Western Sahara is actually a territory, not a self-governing country, but you still should know where it is.

- 
2. On the blank map below, label each country in Africa that you know.
  3. Open the book back up and use the pre-labeled map to check your work.



#### Recommended Reading

Grades 1–3 or Family: Read *The Butter Man*.  
Grades 3–12: Read *Letters from Egypt*, Letter III.  
Reminder: Get *Yatandou* for Visit 7.



# Visit 4 Meet the Families

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Get to know the Ahmed family, living in Egypt. You'll find their story and pictures in *Hungry Planet: What the World Eats*, pages 118–123. The narration questions below will guide your visit. Discuss or write your answers.

1. Look closely at the photograph on page 118 of one week's worth of food. Can you identify everything? (Check the One Week's Food list for help.) How is the Ahmed family's food different from yours?

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*For an extra visit to Africa, you may want to try cooking and tasting the recipe for Okra Tagin with Mutton.*

2. Read about the author's visit on page 119. Describe life in the Ahmed's apartment on the day the author visited.

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3. Look closely at the photographs of the apartment on pages 122 and 123. What do you notice about where the food is prepared?

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*It is important to remember that not every family in Egypt lives like the Ahmed family. Some are richer, some are poorer. But the Ahmed family is considered a typical family of that country. Many would live in a similar apartment and eat similar food.*

4. Look at the pictures and captions on pages 120 and 121. Read the Field Note on page 123 and try to picture Cairo in your mind's eye. Then tell about Cairo in your own words.

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**Detailed Visits Project:** Older students may want to create a spreadsheet that will record and compare some of the main statistics given about each country. You'll see some about Egypt given on page 120 of *Hungry Planet*, and you'll find similar lists as you visit other countries in the book. Simply label each column of your spreadsheet with one of the descriptive headings from the list on page 120. For example, you might want to compile each country's Population (as of the year the book was published), Life Expectancy, Literacy Rate, Meat consumed per person per year, Food Expenditure for One Week, or any other statistic that interests you. As you read about the different families in different countries, you can add each country's name down the left side of the spreadsheet and its statistics across the row. Then sort the table according to the various columns' headings and compare the areas around the world.

# Visit 5 Make Your Own Map

*You'll need a pen, tracing paper, a soft pencil, and colored pencils to make your own map of Egypt. Here's how.*

1. Place a piece of tracing paper over the labeled map below. Use a pen to trace the border and any components of the map that you want to include on your copy: major rivers, lakes, cities, internal counties or provinces. It's your map; you decide.
2. Turn over the tracing paper and use a soft pencil to scribble carefully over all your traced lines and dots until you can no longer see them. (You are layering pencil graphite onto the paper which will be transferred to create your own map in the next step.)



- 
3. Turn the tracing paper right side up again and lay it on this page. Retrace the whole map, going over all the lines you already traced. Be careful not to let the tracing paper slide out of place. As you trace, the graphite on the bottom side of the tracing paper should transfer to this page. Lift up the tracing paper, and you should have a copy of your map.
  4. Use your pencil, pen, and colored pencils to go over the lines again, then refer to the original map for the information to personalize your map. Label it. Make the lakes and rivers blue. Write in the towns and cities. Look especially for Cairo, where the Ahmed family lives. Put in mountain ranges and deserts. Color the different provinces different colors. Make it your own creation, and by the time you are done, you'll have a pretty good grasp of the region.