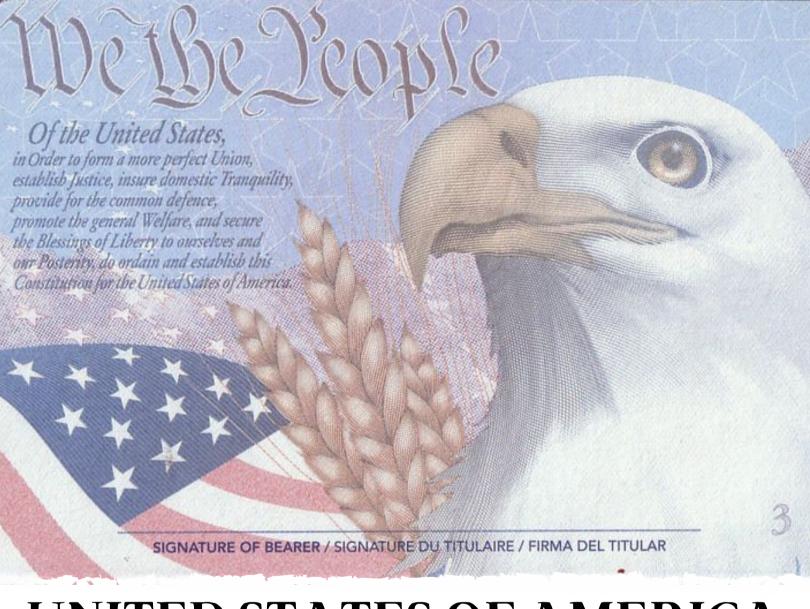
PASSPORT



Army National Guard Child & Youth Services



UNITED STATES OF AMERICA

First Name:	Last Name:			
Date of Birth:	Place of Birth:			

Place your photo here

Date Packet Started: _____

Date Packet Finished: _____

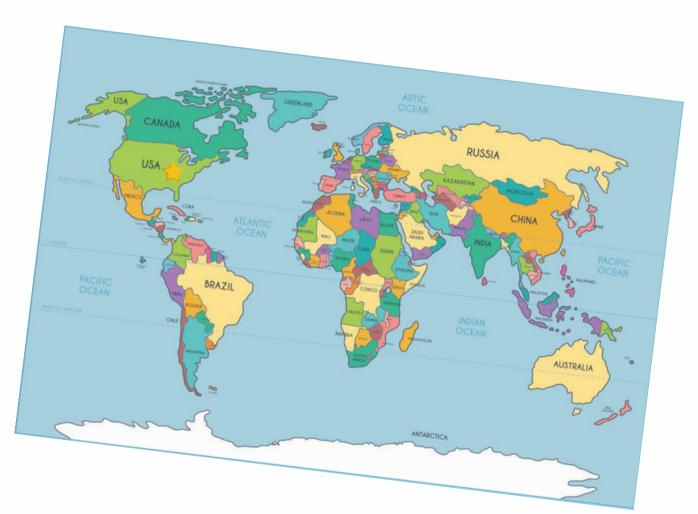




Did you know there are 195 different countries located around the world? Each country with its own special customs, traditions, food and music. Just think of all the places to explore and all the adventures out there!

Join us as we go on a trip around the world. Explore different countries, collect stamps for your passport, and learn about some of the popular sites to see while traveling.

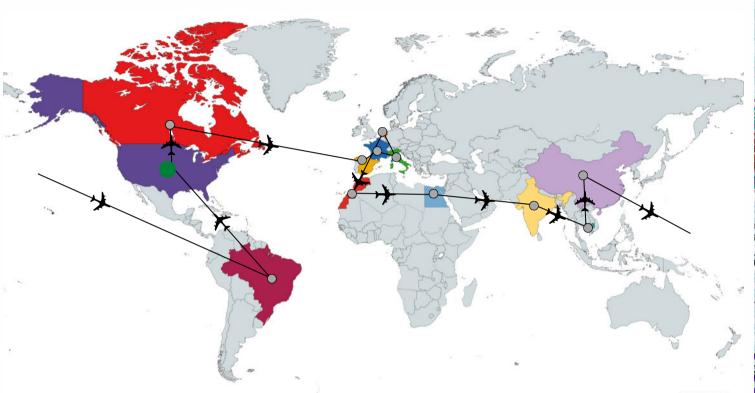
Your adventure begins...



999

TRAVEL ITINERARY

Where will this adventure take you? Let's find out and look at the itinerary (or schedule) for your trip...



- Day 1: Board your plane in the United States and fly to Canada
- Day 2: The Northern Lights are a natural lightshow in the sky create your own!
- Day 3: Board your plane and take an overnight flight from Canada to Spain
- **Day 4:** Spend the day (or dia in Spanish) exploring this beautiful country
- **Day 5:** Catch the train for a quick ride to the country of France
- Day 6: France has so many sites to see spend the day exploring some of them
- **Day 7:** After exploring France, take the train to the European country shaped like a boot it's off to Italy
- Day 8: Pizza, leaning towers and boats explore the land of Italy
- Day 9: From Italy, you travel by train to the country of the Netherlands
- Day 10: Spend the day exploring the land of windmills and tulips
- Day 11: From the Netherlands, board your plane for flight to Morocco
- Day 12: Take in the sites and sounds of this north African country
- **Day 13:** From Morocco, board your plane for a trip to see the Pyramids it's off to Egypt
- **Day 14:** Spend the day exploring pyramids, sailing the Nile River and learning about the country



TRAVEL ITINERARY

(continued)

- Day 15: It's another travel day board your plane and fly to India
- **Day 16:** Spend time exploring the second most populated country in the world
- Day 17: From India, your plane takes you to the country of Cambodia
- **Day 18:** Spend time climbing through temples and exploring this country
- **Day 19:** From Cambodia, spend the day flying to China to see a wall so big it can be seen from space
- **Day 20:** While in China, see the Great Wall and explore a site with 8,000 terracotta (or clay) warriors
- **Day 21:** You are almost there! Take a long flight to visit the country of Brazil
- **Day 22:** Explore Brazil and see the Amazon River and one of the tallest statues in the world
- **Day 23:** You made it! Time to fly back to the United States and think about all the places you visited on your adventure!

TRAVEL NOTES

Length of Trip:

23 Days

Types of Transportation:

Airplane and Train

Weather:

High Temperatures: Between 70-80 degrees Fahrenheit Low Temperatures: Between 50-60 degrees Fahrenheit

Baggage Allowance:

1 Suitcase

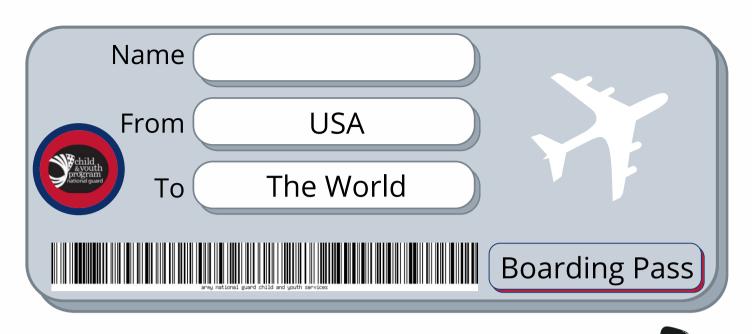




PASSPORT STAMPS

After completing all activities for each country, cut out the matching passport stamp below and attach it to that country's page.





Time to Pack

Before stepping onto the airplane for this adventure, you first need to pack your suitcase. What will you pack? Try making a list of clothes you want to bring. What else will you need for your trip?

MATERIAL SHOPPING LIST BY COUNTRY

CANADA:

- Flashlights (with batteries)
- Permanent markers (like Sharpie markers)
- Mixing bowls, food coloring & toilet paper

SPAIN:

- Markers and/or colored pencils

FRANCE:

- Toothpicks
- Small marshmallows

ITALY:

- Copy paper
- Half and half milk
- Granulated sugar
- Ice
- Kosher salt
- Large & small resealable bags

NETHERLANDS:

- Popsicle and/or craft sticks
- Glue (hot glue or Tacky glue work best)
- Rubber bands
- Plastic pop bottle or water bottle caps
- Scissors
- Plastic straws
- Wooden Skewers
- Heavy screws or bolts

MOROCCO:

- Regular flour
- Warm tap water
- Regular table salt
- Mixing bowl
- Rolling pin or smooth glass
- Knife for cutting
- Toothpicks, pencil points and plastic forks for creating designs

EGYPT

- Fresh apples
- 1 large box of table salt
- 1 large box of Epsom salts
- 1 large box of baking soda
- Knife
- 8 twelve-ounce plastic cups
- Measuring cup
- Large bowl
- Pen or marker
- Paper and pencil
- Kitchen scale

EGYPT CONTINUED:

- Magazine pages
- Yarn
- Washers or dried macaroni (optional)
- Glue
- Paintbrush handle
- Scissors

INDIA:

- Rubber bands
- Pre-washed cotton t-shirt (or another item to dye)
- Rubber gloves
- Large bucket or large bowl for soaking t-shirts
- White vinegar
- Food coloring
- Squeeze bottles (multiple)
- Plastic bags (like Ziploc bags)

CAMBODIA:

- Ginger root section (often available in the produce section of your local grocery store)
- Potting soil
- Flower pot or similar container
- Paint & Paintbrush (markers or colored pencils can also be used)

CHINA:

- Old/used paper (magazines, newspapers, notebook paper, etc.)
- Scissors
- Old cloth/rag (cotton is best like an old tshirt)
- Plastic craft canvas sheets
- Large bowl
- Construction paper

BRAZIL:

- Balloons of various sizes
- Masking tape



Day 1: USA to Canada

Official Languages Spoken: French & English

Population: 38,380,000 People

Geographic Size: 3,511,022 Square Miles

National Capital: Ottawa, Ontario

Fun Fact: Canada has more than 52,000 islands

Place passport stamp here









EXPLORE THE FOOD

A popular food in the province of Quebec is known as **POUTINE**. Poutine is made of fries, gravy and cheese curds... Yummy!! Try to make poutine yourself.

For this recipe you will need the following items:

- Frozen Fries (any shape will do)
- Gravy (in a jar of pre-made works great!)
- Cheese Curds



DIRECTIONS

Step 1: Fry or bake fries as directed

Step 2: Warm gravy in microwave

Step 3: Warm cheese curds in microwave

Step 4: Layer fries, then gravy and then cheese on a plate

Step 5: Enjoy!!





Day 2: Canada

Did you know the syrup you put on your pancakes is made from a tree? To collect the liquid needed to make syrup, farmers tap and collect the sap from the tree in a bucket. The sap is then cooked until it becomes the color and consistency we know syrup to be.



WALKING WATER

Where does sap in trees come from? Sap is produced in the leaves of trees and transported throughout the tree using xylem [zie + lem] and phloem [flow + em] cells. Our bodies work in a similar way, as different cells and vessels work together to transport nutrients, blood and cells.

To better understand this sort of process, let's do a little experiment. For this experiment you will need two mixing bowls, food coloring and some toilet paper.

DIRECTIONS

Step 1: Fill two mixing bowls half-full of tap water

Step 2: Set the bowls in a way where one bowl is higher than the other

Step 3: In the higher bowl, add 5-10 drops of food coloring - you pick the color

Step 4: Carefully take a length of toilet paper, long enough to span between the bowls and hang into the water, and set one end in each bowl

Step 5: Watch and see what happens!



Located between Canada and the USA, Niagara Falls is the second largest water falls in the world - 150,000 gallons of water goes over the falls each second



The Chateau Fontenac is located in Quebec City and opened in 1893

What happened to the water in the bowl that started off clear/without any food coloring added?

What do you think will bannon if you switch the bowle and baye the one with food coloring

What do you think will happen if you switch the bowls and have the one with food coloring lower than the other bowl? Why do you think that will happen?

Day 2: Canada

LIGHT SHOW

Canada is one of the best places to see the Northern Lights. The **Northern Lights** appear in the sky at night like a light show of many dancing colors. You can create your own light show at home!

For this activity you will need the following items:

- Inexpensive Flashlights (with batteries)
- Permanent Markers

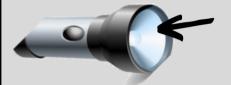
DIRECTIONS

Step 1: Remove the clear plastic cover over the lightbulb of the flashlight
If you cannot remove the plastic cover, simply color-in the outside of the cover

Step 2: Using your markers, color in the clear plastic cover completely - use bold colors

Step 3: Place the colored plastic cover back over the lightbulb and re-tighten the flashlight

Step 4: Find a dark room and turn on the flashlight







After	coloring	in and/or	replacing	the	plastic	lightbulb	cover,	what	did	you
notice	e when yo	ou turned t	he flashlig	ht ba	ack on?					

What happens when you use two or three flashlights with different colored lightbulb covers and cross the light beams?

Why do you think that happens?

Have fun creating your own Northern 'Lights' show at home!!!

Day 3: Canada to Spain

Official Languages Spoken: Spanish

Population: 46,790,000 People

Geographic Size: 192,588 Square Miles

National Capital: Madrid, Spain

Fun Fact: Soccer is the most popular sport in Spain

Place passport stamp here









EXPLORE THE FOOD

Gazpacho [Gaz + pach + oh] is a cold vegetable soup that is very popular in Spain. Try making some and sharing it with others.

For this recipe you will need the following items:

- 5 tomatoes
- 1/2 peeled cucumber
- 1/2 red bell pepper
- 1 red onion
- 2 cloves of garlic
- 1 teaspoon of salt
- 1 teaspoon of cayenne pepper (optional)
- 1/2 cup of olive oil
- Basil leaves (optional)
- 2 stalks of celery (optional)
- Blender

- Step 1: Peel vegetables and remove any seeds
- Step 2: Dice vegetables into 1/2 inch pieces
- Step 3: Place all vegetables into a blender or food processor
- Step 4: Add-in the olive oil, salt and cayenne pepper
- Step 5: Blend until smooth and creamy
- Step 6: Enjoy! Try eating the soup with toasted bread!



Day 4: Spain



Sagrada Familia is a large basilica in Barcelona, Spain, designed based on the ideas of Spanish architect, Antoni Gaudi. Construction was started in 1882 and continues today!

The Alhambra is a fortress in Granada, Spain.
Construction of this fortress started in 1238.
The unique look of the Alhambra is due to the different cultures who inhabited it over the years.





Casa Batllo in Barcelona, Spain, was designed by Antoni Gaudi with a roof designed to look like the scales of a dragon or dinosaur. What image do you see when you look at the roof? The house was built starting in 1877, with Gaudi adding his design in 1904.

In the space below, use your creativity to design a house you would live in that includes some feature you might see on an animal. What would your house look like? What animal would you design your house to resemble?

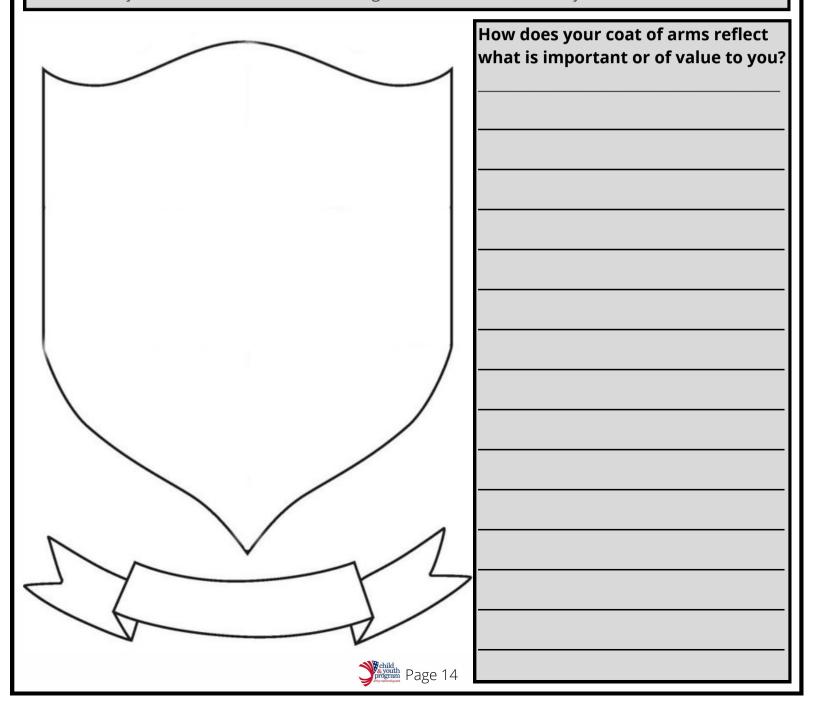
Day 4: Spain

COAT OF ARMS

If you look closely at the flag of Spain, you will notice an image. This image is known as a coat of arms. A coat of arms is often used to represent something of great importance, value or meaning. The coat of arms on the flag of Spain represents the different regions of in the country. For instance, the red lion on the Spanish coat of arms represents the kingdom or region of Leon (the lion).



Imagine creating a coat of arms that represents you and what is important to you or of great value. What would your coat of arms look like? Using the outline below, create your own coat of arms.



Day 5: Spain to France

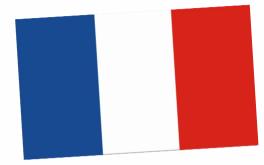
Official Languages Spoken: French

Population: 65,557,455 People

Geographic Size: 211,413 Square Miles

National Capital: Paris, France

Fun Fact: The French eat 25,000 snails each year!







Place passport stamp here



EXPLORE THE FOOD

Palmiers [Paul + me + ays] are a heart-shaped pastry that can be made with frozen dough, cinnamon and sugar. They are yummy!

For this recipe you will need the following items:

- 2 sheets of pre-made/frozen puff pastry (available at most grocery stores)
- 1/2 cup of caster sugar (or really fine baker's sugar)
- 1 teaspoon of cinnamon
- Parchment paper/baking paper



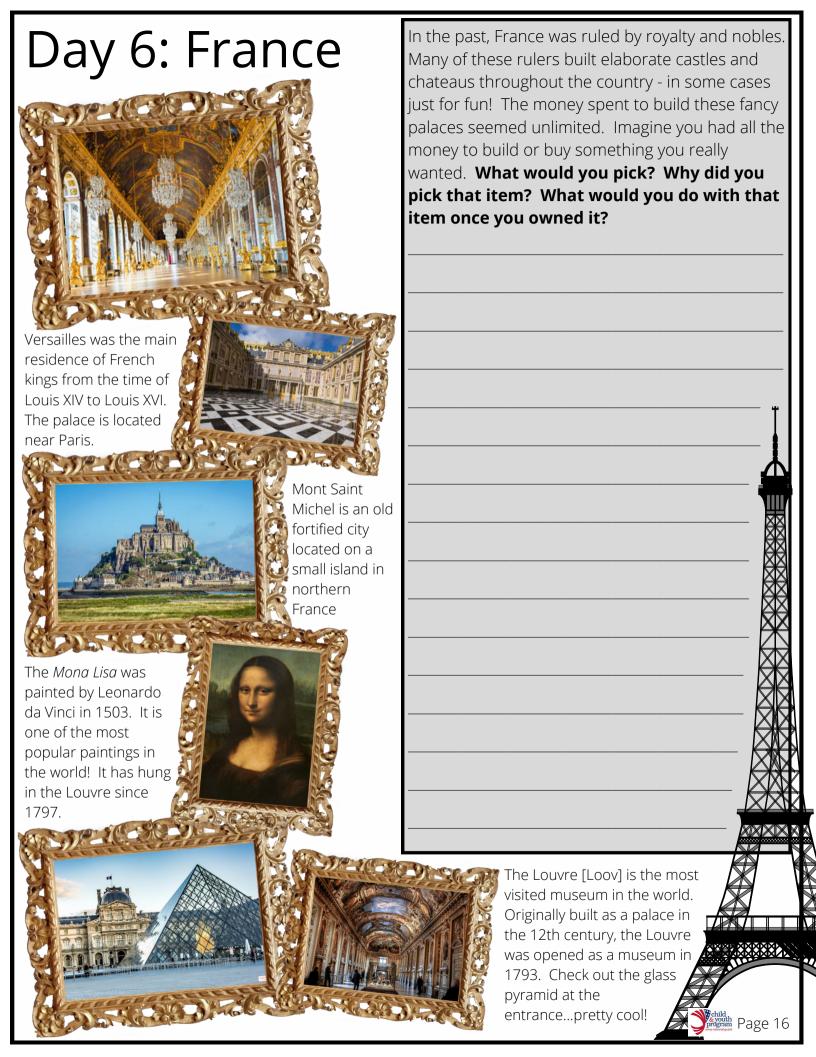
- Step 1: Lay the puff pastry flat on a counter to defrost
- Step 2: In a bowl, combine sugar and cinnamon together
- Step 3: Line two baking trays with parchment paper
- Step 4: When pastry has defrosted, sprinkle sugar and cinnamon mixture over the top of each sheet of pastry
- Step 5: Begin rolling the top and bottom edges towards the center of the sheet of pastry
- Step 6: Once rolled, cut pastry into 1/2 inch slices
- Step 7: After chilling in the refrigerator for 10 minutes, bake the pastry at 200 degrees (F) for 15-20 minutes











Day 6: France

EXPLORE THE SCIENCE

One of the most recognized structures in France is the **Eiffel Tower**. The Tower was built in the year 1889 to celebrate the 100th year anniversary of the French Revolution. Building the Tower took 2 years, 2 months and 5 days. At the time, scientists thought the Tower would only stand for 20 years - but it still stands today!

Height: 1,083 feet Width: 410 feet

Number of Elevators: 5

Number of Iron Parts Used: 18,038

Part of what has helped keep the Tower standing is the design itself. It uses different shapes and connecting pieces to keep from moving. Using one of the strongest shapes known (the triangle), builders were able to create a structure known around the world.

Now it is your turn!

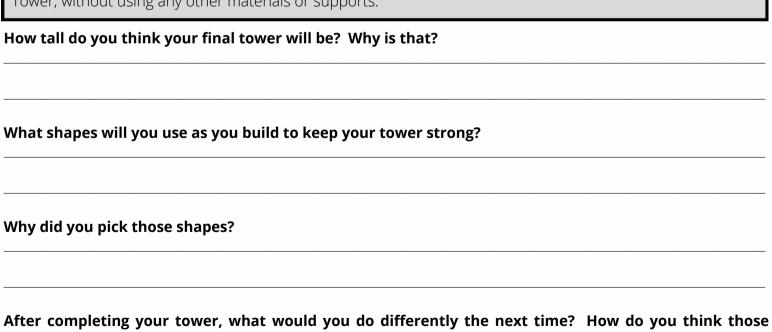
For this activity, you will need the following items:

changes would help you build a taller tower?

- Toothpicks
- Small Marshmallows

DIRECTIONS

Using the materials provided, try to construct your version of the Eiffel Tower using the toothpicks as the iron bars and the marshmallows to connect the toothpicks together. See how tall you can build your Eiffel Tower, without using any other materials or supports.





Day 7: France to Italy

Official Languages Spoken: Italian

Population: 60,287,406

Geographic Size: 113,568 Square Miles

National Capital: Rome, Italy

Fun Fact: The city of Rome is said to be 2,000+ years old!



Place passport stamp here



EXPLORE THE FOOD

While originally developed in China, today, noodles are a big part of the Italian diet. Try making homemade noodles - it may be a little messy, but it's so much fun!

For this recipe you will need the following items:

- 2 large eggs
- 3/4 teaspoon of salt
- 2 tablespoons of milk
- 1 1/2 to 2 cups of all-purpose flour
- Rolling pin
- Knife
- Fork





- Step 1: On a clean countertop, pour flour in a pile on the counter and use your hands to make a little well
- Step 2: Inside the well, crack the eggs and add the salt and milk
- Step 3: Carefully using a fork, begin slowly mixing the flour in with the eggs, salt and milk
- Step 4: Once you have all the flour mixed in, begin rolling it with your hands - this is called 'kneading'
- Step 5: After kneading, roll out the dough into a thin layer
- Step 6: Carefully using your knife, cut the dough into long, thin strips
- Step 7: Once all of the dough is cut into strips, cook the noodles in boiling water and enjoy!



Day 8: Italy



Venice is a city in northeastern Italy. The city is built over 118 small islands and connected by canals and over 400 small bridges. Boats, known as gondolas, help transport people through the city, not cars.



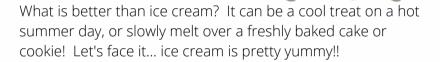
The Colosseum was built by the Romans around the year 70 AD and designed to hold up to 80,000 people. Events in the Colosseum included everything from gladiator fights to sea battles.



The Tower of Pisa was constructed between 1170 and 1399. During construction the Tower began to lean due to the soft soil. It continues to lean today!



Pompeii [pom + pay] was an ancient city in Italy which was built about 2,000 years ago. In the year 79, a large volcano named Mount Vesuvius erupted and destroyed much of the city, and killed many of its citizens. Today you can tour the ancient ruins in the shadow of the large volcano.



In Italy, ice cream is commonly referred to as gelato. In fact, in Italian, gelato actually translates to 'ice cream.' It is believed that Italian gelato was invented back in the year 1530.

For this fun activity... Try your hand at making ice cream! With just a few simple ingredients, and a little work, you can soon be enjoying your own bowl of ice cream.

For this recipe, you will need the following ingredients:

- 1 cup of half-and-half
- 2 tablespoons of granulated sugar
- 1/2 teaspoon of vanilla extract
- 3 cups of ice
- 1/3 cup of kosher salt
- Topping of your choice

- Step 1: In a small resealable plastic bag, combine the halfand-half, sugar and vanilla. Push out excess air and then seal the bag.
- Step 2: In a larger resealable plastic bag, combine the ice and salt. Place the small bag with the half-and half inside the larger bag and shake vigorously for 7-10 minutes, until the ice cream has hardened.
- Step 3: Scoop the ice cream from the plastic bag into a bowl. Top with your favorite toppings and enjoy!





Day 8: Italy

EXPLORE THE SCIENCE

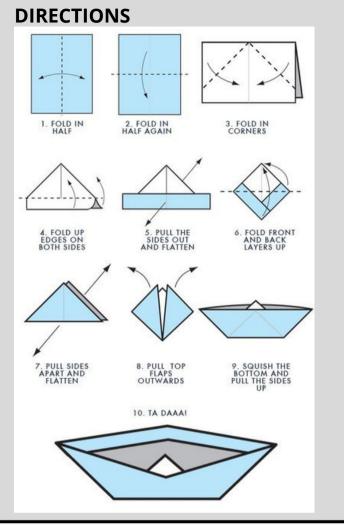
The city of Venice, Italy, is known for being a city on water. This is because most of the city was built across small islands using massive poles buried deep in the bottom soil of the seabed. Rather than having roads to get around, the people of Venice use special boats called gondolas [gone + doe + las] to sail through canals.

In this activity, you are going to create miniature boats out of paper that you can actually float on water using an art form known as origami [or + eh + gaa + me].

For this activity, you will need the following items:

• 1 sheet of regular copy paper

You can use the directions provided here, or you can follow along with this YouTube video: "How to Make a Paper Boat"



When floating your boat, what happened when you gently blew air on the boat - either from the side of back?

Why would knowing how to use the power of wind be important on a real sail boat?

How might you adapt your design - to make it larger or float longer?

Day 9: Italy to Netherlands

Official Languages Spoken: Dutch

Population: 17,209,990

Geographic Size: 13,019 Square Miles

National Capital: Amsterdam, Netherlands

Fun Fact: 17% of the land has been reclaimed from the sea!

Place passport stamp here



FIDULT

REQUIRED



EXPLORE THE FOOD

The Dutch are known for their sweet treats. One of the most popular treat is called **Poffertjes** [Pah + fer + gee]. Poffertjes are like little pancakes and are often served piled on a plate and dusted with powered sugar.

For this recipe you will need the following items:

- 1 cup of all-purpose flour
- 1 1/4 teaspoon of baking powder
- 1 tablespoon of fine granulated sugar
- Salt (to taste)
- 1/2 cup of milk
- 1/4 cup of water
- 2 eggs
- A few drops of vanilla extract
- Powdered sugar for dusting
- Oil for brushing the pan

NOTE: If you do not feel like making the recipe from scratch, you can always use pre-made pancake mix from the store!

- Step 1: Combine the flour and baking powder, then mix in the sugar and salt
- Step 2: Pour in the milk and water and begin stirring gently after slightly combined, add the eggs and stir gently
- Step 3: Heat up a shallow pan or skillet on the stove top and brush it lightly with the oil
- Step 4: Add about 1 tablespoon of the batter to the pan (you can make multiple poffertjes in the same pan)
- Step 5: When you see small bubbles in the top of the poffertjes, flip them to cook the other side
- Step 6: After both sides have cooked, place the poffertjes on a plate and sprinkle on powdered sugar



Day 10: Netherlands





The Netherlands is also known for growing flowers - especially tulips. At one time in history, tulip bulbs were worth more than gold! This time in the Netherland's history is often referred to as 'Tulip Mania.'

Amsterdam is a city of canals and bicycles. Canals have been used for transportation in Amsterdam since the late 1300s. All of the canals in the city connect together to create what they call a Grachtengordel [Graak + tin + gord + el] in Dutch. Try your hand a designing a city. **What would it look like? How would people get around?** Using the space below, or a new sheet of paper, sketch out what your city would look like!

Day 10: Netherlands

EXPLORE THE SCIENCE

A popular mode of transportation in the Netherlands is by bicycle. Everyday, hundreds of citizens go to work and school via their bicycle. Bicycles are light weight, easy to propel and efficient.

For this activity, you are going to use various materials to make a self-propelled vehicle. While getting around on two wheels is popular in the Netherlands, for the sake of this activity, your vehicle will have four wheels.

Let's get started building a self-propelled rubber band car.

For this activity, you will need the following items:

- Popsicle and/or craft sticks
- Glue (hot glue or Tacky glue work best)
- Rubber bands
- Plastic pop bottle or water bottle caps
- Scissors
- Plastic straws
- Wooden Skewers
- Heavy screws or bolts



https://www.youtube.com/watch?v=JVUaU-NXLSA







SUPERVISION

DIRECTIONS

- Step 1: Place two larger craft sticks side-by-side and glue a small craft stick about one inch from each end
- Step 2: Cut two one inch straws pieces and glue them horizontally to the two larger craft sticks then cut a straw piece about 2 1/2 inches long and glue it horizontally to the opposite end
- Step 3: Use the pointy end of the skewer to poke a hole through the center of each bottle cap
- Step 4: Cut two skewers about 3 1/2 inches long and place through the straws - then place the caps onto the ends of each skewer and glue them
- Step 5: Cut a one inch and s 1/2 inch skewer, glue the one inch piece to the small craft stick on the front of the car and glue the 1/2 inch skewer to the back of the car
- Step 6: Glue a heavy bolt on each larger craft stick on the back of the car
- Step 7: Wrap a rubber band under the front of the one inch skewer and carefully glue it in place
- Step 8: Pull the rubber band and wrap the other end to the back underneath side of the 1/2 inch skewer and glue it in place
- Step 9: Pull back gently on the car to wrap the rubber band around the back skewer, once wound, let go and watch your car go!

What was the most challenging part of making your car? What makes you say that?

What changes could you make so that your car goes faster or farther?

What design changes would you make if you built another rubber band car?

Day 11: Netherlands to Morocco

Official Languages Spoken: Standard Arabic & Berber

Population: 37,801,391

Geographic Size: 172,317 Square Miles

National Capital: Rabat, Morocco

Fun Fact: The oldest human sculpture was found in Morocco -

estimated to be up to 500,000 years old!

Place passport stamp here





EXPLORE THE FOOD

Moroccan cookies, known as **Ghriba** [Ger + ib + a], are found throughout Morocco and North African countries. Ghriba is usually round and made with almond flour and often served with mint tea.

For this recipe you will need the following items:

- 1 1/3 cups of almond flour
- 3 tablespoons of cornstarch
- 2 tablespoons of melted butter
- 1/4 cup powdered sugar
- 2 eggs
- 1 teaspoon of baking powder
- 1 tablespoon of apricot jam
- Powdered sugar for dusting
- 2-3 drops of rosewater or orange blossom water (optional)

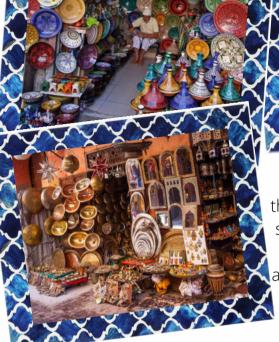




- Step 1: In a large bowl, combine all dry ingredients and mix well
- Step 2: Add wet ingredients to the dry ingredients in the bowl and mix everything with your hands until smooth
- Step 3: Once smooth, lightly wet your hands to prevent the cookie paste from sticking to them
- Step 4: Scoop about two tablespoons of paste into your hand and then roll it into a ball this recipe should make 14-16 cookies
- Step 5: Toss each cookie in some powdered sugar until lightly covered and then place on a lined cookie tray lightly press down the tops of the cookies with your thumb
- Step 6: Bake at 360 degrees Fahrenheit for 15 minutes and then allow to cool on the cookie tray for 5 minutes



Day 12: Morocco



Morocco is known for its market places. Walking through the markets can be so much fun! Spices make the open markets smell amazing. Just watch out for

the snake charmers!





Did you know there is an entire city in Morocco where all the houses and buildings are painted blue? The city of Chefchaouen [Chef + shouw + en] is know as the **Blue City** in Morocco. Some people say the walls are painted blue to deter mosquitoes, some say it is to keep walls cool in this sunny country, and others say the blue walls honor a local waterfall where citizens get their drinking water.

Did you know colors can impact how we feel and our emotions? Look at the colors below and write down what each color makes you feel. Have others record their responses and compare your answers. Were any of your answers the same?



Day 12: Morocco

EXPLORE THE SCIENCE

Morocco is known for many things, but one popular item is pottery. Moroccans use these items to store and prepare food, build small statues and for decorating. Many times, the pottery is painted with very bold and detailed designs.

Did you know you could create your own version of Moroccan pottery? With a few simple ingredients, you can create your own masterpieces!

For this activity, you will need the following items:

- 3 cups of regular flour
- 1 1/4 cups of warm tap water
- 1 cup of regular salt
- Mixing bowl
- Rolling pin or smooth glass
- Knife for cutting
- Toothpicks, pencil points and plastic forks for creating designs





DIRECTIONS

- Step 1: Pour one cup of salt into a mixing bowl
- Step 2: Add 1 1/4 cups of warm tap water to the salt and stir until the salt dissolves
- Step 3: Add three cups of regular flour to the mixture and continue stirring
- Step 4: Mix and knead the dough by working it with your hands, shaping and reshaping, until it is smooth and firm form it into a ball
- Step 5: Preheat an oven to 250 degrees Fahrenheit
- Step 6: Using the rolling pin, roll out the dough and begin cutting and shaping the dough
- Step 7: After completing all cutouts and 'building' place the pieces on a lined baking tray, place the tray into the oven
- Step 8: Bake small pieces about 45 minutes to one hour and larger pieces for up to 2 hours
- Step 9: Remove the baking tray and pieces from the oven and allow to fully cool before painting

Congratulations on making your salt dough pottery!

How would you describe the feel of the dough as you made it? How did the feel of the dough change as you mixed it together longer?
How did your final piece(s) turn out? How did the consistency of the dough change after it was baked?
If you noticed issues with the dough when baking it, what do you think caused those issues?
If you did this project again, what would you change to make sure the dough turned out correctly and baked without any issues?

Day 13: Morocco to Egypt

Official Languages Spoken: Modern Standard Arabic

Population: 106,335,354

Geographic Size: 384,345 Square Miles

National Capital: Cairo, Egypt

Fun Fact: The Nile River in Egypt is the longest river in the world!

Place passport stamp here









EXPLORE THE FOOD

Although similar versions are found in countries around the world, a real treat in Egypt is Egyptian Yogurt Cucumber Dip, or **Salatet Zabadee** [Saw + laa + tet + Zaw + baa + dee].

For this recipe you will need the following items:

- 2 cups of Greek yogurt
- 1 large cucumber, seeded and grated
- 10 large mint leaves, minced (dried mint can also be used)
- 1 clove of garlic, crushed
- 1/2 teaspoon of salt
- 1/4 teaspoon of cumin powder
- 1 pinch of paprika
- 1 teaspoon of olive oil
- Knife for chopping
- Bowl for mixing and serving

DIRECTIONS

- Step 1: Shred or grate the seeded cucumber and set aside for 15 minutes
- Step 2: In a bowl, whisk the yogurt until smooth
- Step 3: Squeeze some, but not all, of the juice from the grated cucumber into the yogurt
- Step 4: Mince the garlic and add it to the yogurt
- Step 5: Mince the mint and add it to the yogurt
- Step 6: Add the cumin powder to the yogurt
- Step 7: Add the salt to the yogurt
- Step 8: Serve in a bowl and garnish with a little olive oil and a pinch of paprika

This is a great dip to eat with fresh veggies or pita chips!



ADULT SUPERVISION

REQUIRED







The pyramids of Giza were built more than 4,000 years ago. Pyramids were built as final resting places for kings. Today, you can actually go inside the Great Pyramid! A small passage runs from the entrance to the center of the Pyramid and the King's Chamber. The Great Sphinx is largely believed to be around 4,500 years old. It was designed to resemble a mythical creature with the head of a human and the body of a lion.



The temple of Abu Simbel is located in southern Egypt. In the 1960s, experts disassembled the entire temple, moved the temple 200 feet higher on the cliff and then reassembled the temple.



Ancient Egyptians were known for wearing beautiful jewelry. Try your hand at making jewelry from paper beads!

For this activity you will need the following materials:

- Brightly colored magazine pages
- Varr
- Metal washers or dried macaroni
- Paintbrush handle
- Glue
- Scissors



- Step 1: Cut the magazine pages into one inch strips, and spread glue on one side of each strip
- Step 2: Place the brush handle on one end of the paper strip. Fold the end of the strip over the handle and press down the glue will hold it
- Step 3: Place both hands on either end of the handle and gently roll the handle to the other end of the strip and then pull the handle out
- Step 4: After the glue dries, string the paper beads on the yarn - adding washers or macaroni noodles for additional decorations
- Step 5: Tie the two ends of the yarn together and begin wearing your jewelry

Day 14: Egypt

EXPLORE THE SCIENCE

Ever wonder why you get thirsty after eating salty foods? Salt is a desiccant - it helps remove water from things. In Ancient Egypt, salts were used to mummify (or dry out and preserve) the bodies of those who died. A process now known as mummification.

For this experiment, you are going to try and dry out (or preserve) apple slides using different combinations of salts.

For this activity, you will need the following items:

- 2 fresh apples
- 1 large box of table salt
- 1 large box of Epsom salts
- 1 large box of baking soda
- Knife
- 8 twelve-ounce plastic cups
- Measuring cup
- Large bowl
- Pen or marker
- Paper and pencil
- Kitchen scale





- Step 1: Carefully slice the two apples into quarters so you have eight pieces try to make the pieces as similar in size as possible
- Step 2: Using a scale, weigh one apple slice and record its weight and write it on the side of one cup, then place the slice in the cup repeat this step for all apple slices
- Step 3: Put 1/2 cup of baking soda into cup 1 and label
- Step 4: In cup 2, put in 1/2 cup of Epsom salts and label
- Step 5: In cup 3, put in 1/2 cup of table salt and label
- Step 6: In cup 4, put in 1/4 cup of Epsom salts and 1/4 cup of table salt and label
- Step 7: In cup 5, put in 1/4 cup of table salt and 1/4 cup of baking soda and label
- Step 8: In cup 6, put in 1/4 cup of baking soda and 1/4 cup of Epsom salts and label
- Step 9: In cup 7, put in 1/3 cup baking soda, 1/3 cup of Epsom salts and 1/3 cup of table salt and label
- Step 10: In cup 8, just add one apple piece by itself
- Step 11: Set all 8 cups aside, out of direct sunlight, and let them sit for 7 days
- Step 12: After 7 days, remove each apple slice and weigh it individually compare the final weight to the apple slice's initial weight

Which salt seemed to work the best at removing moisture and 'mummifying' the apple slice?		
How might your final res	sults be different if you had used a whole, un-peeled apple in each cup?	
What do you think was t	the point of leaving one apple slice in a cup by itself?	
Where did the moisture	in the apple slices go? How could you confirm this?	

Day 15: Egypt to India

Official Languages Spoken: Hindi and English

Population: 1,407,548,209

Geographic Size: 1,147,955 Square Miles

National Capital: New Delhi, India

Fun Fact: Cows are considered sacred and often roam freely!

Place passport stamp here









EXPLORE THE FOOD

One of the most popular dishes in India is curry.

Curry [Kur + ee] is a blend of different spices, often served with rice, that can include chicken, shrimp and different vegetables. This potato curry recipe only requires a few simple ingredients!

For this recipe you will need the following items:

- 3 medium potatoes, washed, peeled and cut into small cubes
- 1 tablespoon of garlic paste
- 1 tablespoon of red chili powder
- 1/2 tablespoon of cumin powder
- 1/2 teaspoon of turmeric powder
- 1 bunch of cilantro, finely chopped
- Salt to taste
- 3 tablespoons of cooking oil
- 2 cups of tap water
- 1 can of drained chickpeas (optional)

DIRECTIONS

- Step 1: Start by washing and peeling the potatoes
- Step 2: Cut the potatoes into small cubes (about 1/2" to 3/4")
- Step 3: In a pan, using medium heat, add the cooking oil and garlic paste cook this for just 30 seconds (garlic burns easily)
- Step 4: Add the potato cubes to the pan and cook for 2 minutes
- Step 5: After 2 minutes, add in the spices and stir for about 10 seconds
- Step 6: Add the water to just submerge the potatoes
- Step 7: Cook on low heat for about 20 minutes stirring occasionally and making sure the water does not evaporate all the way add a little more water if needed
- Step 8: Once the curry has thickened and the potatoes are cook, add in the chopped cilantro

Enjoy this dish with rice or Indian naan [naa + n] bread!



ADULT

SUPERVISION



Day 16: India







The Indian peacock is the national bird of India



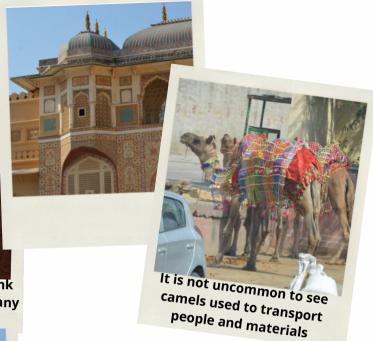
Sloth bears can be seen in India - unlike their name, they can move quickly



Jaipur is known as the Pink City due to the color of many buildings



Sleep in a house boat while sailing the backwaters of Kerala in southern India





The Taj Mahal, in Agra, was built by Emperor Shah Jahan in honor of his late wife - a symbol of his love for her. If you were to build something for a person you care about, what would it look like? Who would it honor? Draw a picture below!

Day 16: India

EXPLORE THE SCIENCE

One of the many beautiful things about India is the use of vibrant colors in clothing and home goods like tablecloths and other fabrics. All these colors make India feel festive and energizing!

Now it's your turn. Using the materials below, create your own vibrant piece of art to show others!

For this activity, you will need the following items:

- Rubber bands
- Pre-washed cotton t-shirt (or another item to dye)
- Rubber gloves
- Large bucket or large bowl for soaking t-shirts
- White vinegar
- Food coloring
- Squeeze bottles (multiple)
- Plastic bags (like Ziploc bags)





DIRECTIONS

- Step 1: After pre-washing your 100% cotton t-shirt (or another item to dye), combine white vinegar and warm tap water in a 1:1 ratio in the bucket or large bowl
- Tip: Avoid using fabric softeners when washing the cloth items as it can prevent the dye from being absorbed
- Step 2: Soak the t-shirt (or other item) in the vinegar/water solution for one hour after one hour, wring the items out so they are damp but not dripping wet
- Step 3: Using rubber bands, begin creating your design watch this video on how to create different tie dye designs

YouTube: <u>How to Tie-Dye 5 Different Shirt Designs (Kit vs DIY Homemade Patterns) Video Tutorial - YouTube</u>

- Step 4: After your design has been created, put 16-20 drops of food coloring and a 1/2 cup of water into one squeeze bottle and gently shake to combine repeat this step, using a separate bottle for each color
- Step 5: Begin applying the food coloring mixture to your item(s) applying food coloring to all sides of your item(s)
- Step 6: After applying all food coloring, place your item(s) in a plastic bag, squeezing as much air out of the bag as possible before sealing it closed
- Step 7: Let the item(s) remain in the bag for 12-24 hours longer is better for more vibrant colors
- Step 8: After resting, rinse your item(s) out using cool tap water until water runs clear
- Step 9: Once water runs clear, wash the item(s) in cool water and dry

What was the most challenging part of this activity? How did you overcome that challenge?

What do you think would happen if you left the items in the bag for a longer time? What about a shorter time? What makes you think that?

Day 17: India to Cambodia

Official Languages Spoken: Khmer [kah + meer]

Population: 17,193,701

Geographic Size: 68,155 Square Miles

National Capital: Phnom Penh, Cambodia [pa + nom + pen]

Fun Fact: Cambodia's flag is the only one in the world to feature

Fun Fact: Cambodia's flag is the only one in the world to feature a

building on it!

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EXPLORE THE FOOD

Cambodian cuisine is one of bold flavors. A popular dish eaten in Cambodia is fish or chicken amok. Amok [uh+mok] is a way of cooking meat using steam and curry. In Cambodia, the food is sometimes served in a banana leaf!

For this recipe you will need the following items:

- 2 boneless, skinless chicken breasts diced/cubed
- Salt and pepper
- 1 tablespoon of coconut oil
- 1 tablespoon each of chopped basil, mint and cilantro

SUPERVISION

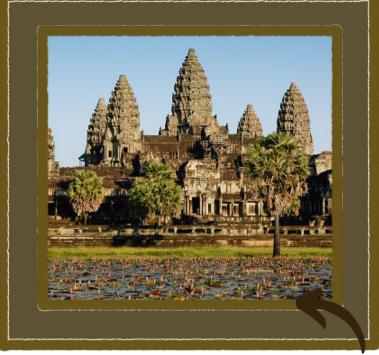
- 2 cloves of garlic minced
- 3/4 teaspoon of grated ginger (can use ginger powder)
- 1 teaspoon of turmeric
- 1 can of full-fat coconut milk
- Juice of one lime
- 1/2 tablespoon of fish sauce
- 1/4 teaspoon of brown sugar
- 3 cups of cooked white or brown rice

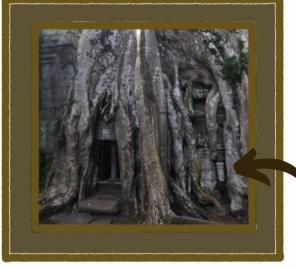
- Step 1: In a sauce pan over medium-high heat, add the chicken and enough water to just cover the chicken cubes
- Step 2: To the sauce pan, add 1 teaspoon of salt, cover and let the chicken continue cooking for 10-12 minutes
- Step 3: In a separate sauce pan over medium heat, add the coconut oil, herbs, garlic, ginger, turmeric and one diced Thai chile pepper (pepper is optional for those who do not like spicy foods
- Step 4: To the sauce pan with the herbs and spices, add the coconut milk, lime juice (and some zest), fish sauce, brown sugar and bring it to a rolling simmer
- Step 5: Cook the mixture until it just starts to reduce and then add the chicken and let it all simmer for another 5 minutes salt and pepper to taste
- Step 6: Serve over steamed white or brown rice



Day 18: Cambodia







The temple of Angkor Wat was built in the 12th century and is the largest religious monument in the world. Located in Siem Reap, Cambodia, the temple complex covers over 400 acres of land. In the Khmer language, "Angkor Wat" means Temple City. Today, Angkor Wat is one of the seven wonders of the world!

If the Temple of Ta Prohm looks familiar, it is because it was the backdrop of the movie *Tomb Raider*. This temple is very interesting to walk through, as many of its walls have been overgrown by trees and tree roots. The roots grow over the temple in search of soil and water.



This elephant

painted this!



Elephants are very special animals in Cambodia and Thailand. People who live in those countries put a lot of time into caring for elephants and protecting their natural habitat. In return, the elephants help people in those countries by helping carry and move materials...and even people...around. In one elephant reserve, the trainers taught an elephant to paint, using its trunk to hold the paintbrush!

Page 34

Day 18: Cambodia

As humans, we do not have trunks to paint with like the elephants do, but we can challenge ourselves in a fun way by painting or drawing using our toes (or the opposite hand we write with) to hold the paintbrush, marker or colored pencil.

Challenge yourself to see what great work of art you can create in the space below!



Day 18: Cambodia

EXPLORE THE SCIENCE

Ginger is a plant grown in many tropical locations around the world - including Cambodia. Ginger is known for producing beautiful flowers, used often in flower arrangements. Many recipes in Cambodia use ginger - the root of the plant that is harvested, cleaned and minced for cooking.

While you may not live in a tropical location, you can have some fun growing ginger from a root section purchased at the grocery store!

For this activity, you will need the following items:

- Ginger root section (often available in the produce section of your local grocery store)
- Potting soil
- Flower pot or similar container
- Sunny and warm widow



DIRECTIONS

- Step 1: Purchase a root section of ginger from your local grocery store look for a section that is between 3-4 inches long and does not appear dried out
- Step 2: Fill the flower pot with potting soil so it is just below the top edge of the flower pot
- Step 3: Gently set the ginger root section on top of the potting soil and press it into the soil (you want the potting soil to just cover the root section)
- Step 4: Water the planted ginger root and set in a warm, sunny location (like a south or west window if the weather is warm outside, you can set the flower pot in a slightly sunny location)
- Step 5: Observe the flower pot and take notes of things you see and notice

If you do not have room to bring the flower pot indoors to protect it from cold weather, simply dig-up the root and clean it off. This can be stored in a refrigerator and used for cooking.



What did you notice after two weeks

What did you notice after four weeks?

What challenges did you encounter during the activity? How did you overcome those challenges?

If you did this activity again, what might you do differently? Why would you make that change?

Day 19: Cambodia to China

Official Languages Spoken: Mandarin [man + dar + in]

Population: 1,450,469,610

Geographic Size: 3,624,807 Square Miles

National Capital: Beijing, China [bey + shing]

Fun Fact: China is the most populated country in the world!

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EXPLORE THE FOOD

Stir frying was first invented in China, before spreading through the world. Stir frying is a cooking method, usually done with a wok [sounds like 'walk'], designed to capture the heat from cooking efficiently. There are many Chinese dishes that can be made in a wok... or a regular sauce pan (if you do not have a wok).

For this recipe you will need the following items:

- 1 1/2 pounds of Thinly sliced flank steak
- 1/2 cup of low sodium soy sauce
- 2 tablespoons of brown sugar
- 2 tablespoons of cornstarch
- 1 tablespoon of minced ginger
- 8 ounces of snow peas (ends trimmed off)
- 1 tablespoons of peanut oil (olive oil can also be used)

REQUIRED

- Scallions for garnish
- Salt (as needed use sparingly)
- Toasted sesame seed (optional)
- Steamed white or brown rice

DIRECTIONS

- Step 1: In a bowl, mix together soy sauce, brown sugar, cornstarch and ginger
- Step 2: Pour half of the mixture over the steak to marinate it (marinating is when you place something like meat into a mixture to add flavor)
- Step 3: Heat oil in a sauce pan and toss in the snow peas stir for one minute and then dump the peas onto a plate
- Step 4: Using the warm sauce pan, begin adding the steak in small batches to ensure it gets browned on both sides
- Step 5: After all the meat has been browned, add the snow peas, the rest of the soy sauce mixture and any remaining soy sauce mixture from the bowl the steak marinated in to the sauce pan
- Step 6: Serve over steamed white or brown rice

Try making this with other proteins like chicken, shrimp or tofu!





Day 20: China

The Forbidden City in China was built between 1406 and 1420. The city got its name because the Yongle emperor lived there and many areas were off limits to others.



Near Xi'an, China, one can see a collection of more than 8,000 life-sized terracotta warriors buried in the ground. This was done over 2,200 years ago. The warriors were made to protect the emperor who had recently passed away.

Paper-cutting, or Kirigami, is an old artform believed to have started in China during the sixth century. This traditional art grew in popularity in the years between 1368 - 1912. Paper cuttings have historically been a sign of good luck and given as gifts to celebrate festivals, holidays, and other important moments in life. Today, paper cuttings are mainly used as decorations to hang from windows or add to cards and other items.

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The level of detail is up to the person creating the art. You can use templates to get you started. Designs can be free-flowing and random or more realistic. Challenge yourself to try and create more detailed designs each time you do this activity.

These pictures show an example of simple Kirigami and more difficult and detailed Kirigami. Can you believe this is done just using paper and scissors? So cool!





Day 20: China

EXPLORE THE SCIENCE

Can you imagine a day without paper? What would that be like?

The history of paper, as we know it today, began in China back in 50 to 120 AD. Chinese inventor, Cai Lun, is credited with developing the foundation for creating paper.

Imagine what life would be like if paper did not exist!

In this activity, you are going to make an adapted version of paper. You will need the following items:

- Old/used paper (magazines, newspapers, notebook paper, etc.)
- A pair of scissors
- Old cloth/rag (cotton is best like an old t-shirt)
- Plastic craft canvas sheets
- Smooth surface
- Large bowl

NOTE: If you want to make paper faster, you can soak the pieces of paper for 2-3 hours and then use a kitchen blender to blend it together.





SUPERVISION







DIRECTIONS

- Step 1: Gather paper and begin cutting/tearing it into small bits (no larger than 1 inch x 1 inch)
- Step 2: After all of the paper has been torn into bits, place the bits into a 9 inch x 13 inch glass baking dish and cover with water - it works best if the paper soaks in the water for 24 hours
- Step 3: With the plastic craft canvas cut to fit the bottom of the baking dish, slowly slide the plastic canvas under the paper mixture and let it come to rest on the bottom of the baking dish
- Step 4: After resting for an hour, slowly begin lifting the plastic canvas out of the water, trying to keep it as flat as possible
- Step 5: Once out of the water, place the plastic canvas with the paper fibers on the top of it - on a smooth surface like a plastic cutting board
- Step 6: Using the cloth, carefully press it onto the paper fibers to remove as much water from the paper as possible
- Step 7: After as much water has been removed as possible, carefully flip the plastic canvas over so the paper mixture side is touching the smooth surface slowly peel-of the plastic canvas
- Step 8: Allow the paper mixture to completely dry without being disturbed

What was the most challenging part of this activity?

What do you think would happen if you did not let the paper dry enough before using it?

How might using different types of paper impact the final product? Why do you think that?

Day 21: China to Brazil

Official Languages Spoken: Portuguese

Population: 215,615,093

Geographic Size: 3,227,095 Square Miles

National Capital: Brasilia, Brazil

Fun Fact: Around 60% of the Amazon rainforest is in Brazil!

Place passport stamp here









EXPLORE THE FOOD

Encompassing most of South America, Brazil is a country with many cultures and foods. Being a tropical country, Brazil also grows many of the ingredients used in foods around the world. **Pao de Queijo** [pown + deh + kay + zho], or Brazilian Cheese Bread is a quick and easy treat to enjoy with your next meal!

For this recipe you will need the following items:

- 1 large room temperature egg
- 1/3 cup of olive oil
- 2/3 cup of regular milk
- 1 1/2 cups of tapioca flour
- 1/2 cup of grated or crumbled cheese (pick one you like)
- 1 teaspoon of salt
- Cooking spray
- Mixing bowl
- Greased muffin tin

ADULT SUPERVISION REQUIRED

DIRECTIONS

- Step 1: Pre-heat the oven to 400 degrees Fahrenheit
- Step 2: Spray the muffin tin with cooking spray to prevent sticking
- Step 3: Using a whisk (or blender), combine all ingredients together and mix/blend until smooth
- Step 4: Carefully add scoops of the dough to the muffin tin avoid getting any dough on the outside of the muffin tin as it may burn in the oven when it bakes
- Step 5: Bake at 400 degrees Fahrenheit for 15-20 minutes (until puffy)
- Step 6: Let cool on a rack before eating

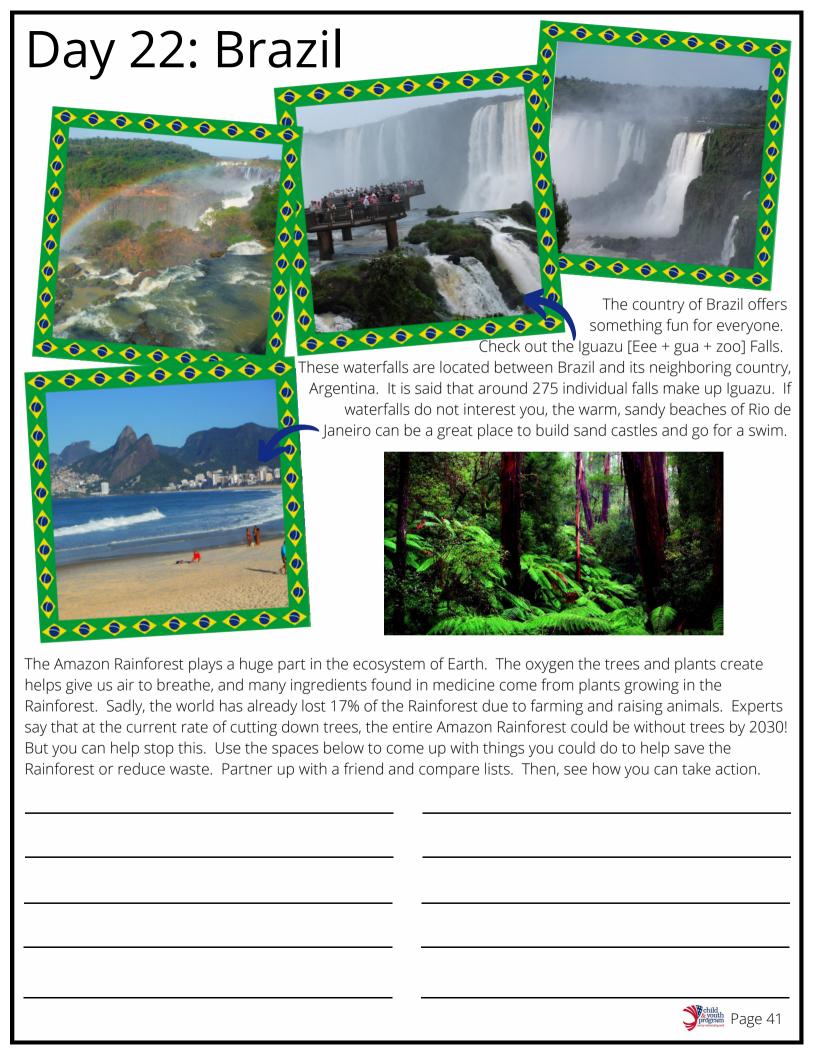
TIP: Add a little cheese to the top of each muffin before baking

You can make this dough up to a week in advance - just keep it sealed in the refrigerator. Prior to baking, allow the dough to come to room temperature.



NOTE: Be sure to purchase tapioca flour and not cassava flour - they are made using different methods





Day 22: Brazil

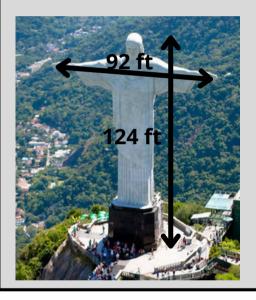
EXPLORE THE SCIENCE

Once the tallest statue in the world, Brazil's Christ the Redeemer statue is well known around the world. Completed in 1931, the statue took nine years to construct. At its tallest part, the statue measures 124 feet tall and the arms measure 92 feet across from one hand to the other. One unique fact about the statue is that it is free-standing, without any visible supports to keep it upright.

Try your hand at constructing a 'statue' of your own.

You will need the following items:

- Balloons of various sizes
- Masking tape



DIRECTIONS

Step 1: Inflate and tie-off balloons of various sizes

Step 2: Using only the balloons and tape, begin building your statue - Remember... you can only use the balloons and masking tape - nothing else

Challenge 1: See how tall you can build your statue before it falls over

Challenge 2: See how tall you can build your statue in 1 minute... or 2 minutes

Challenge 3: See how tall you can build your statue using the least amount of masking tape

Challenge 4: Race a friend or family member and see who can build the tallest statue, in the shortest amount of time and using the least amount of tape

Challenge 5: Try to build a statue that looks like a statue you might see in real life - like the Statue of Liberty,

for example



What did you notice about your tower as it got taller?

Which of the challenges was the easiest? Why is that?

Which challenge was the most difficult? Why is that?

Day 23: Brazil to the USA

Official Languages Spoken: English (many other languages)

Population: 334,918,284

Geographic Size: 3,531,837 Square Miles

National Capital: Washington, District of Columbia, USA

Fun Fact: In 1867, the area we know as Alaska was purchased from Russia for \$7.2 million - that would be around \$120 million

today!

Place passport stamp here





EXPLORE THE FOOD
With so many cultures, nationalities and customs existing in the USA, you can find almost any type of food you might
want. This time pick something you like to eat and write the recipe here. Consider sharing this with friends and family!

Day 23: United States of America

Now it is your turn! Use the spaces on this page to draw or attach pictures of sites you have seen in your community or sites you have seen when traveling across the country. Then, write something about the picture. Describe what you saw or what you did - even who you were with or what you remember most from that place.

TRAVEL BUCKET LIST

Bucket lists are list of items one hopes to accomplish within their lifetime. Some people create bucket lists of foods they want to try, music groups they want to see or goals they hope to meet. A fun bucket list to create is a travel bucket list - a list of places you want to explore in your life time.

Use the travel journal below to list all the places you want to visit some day! You can add more lines if you want to.



CONGRATULATIONS on completing your around the world adventure!

Where will your adventures take you next?

