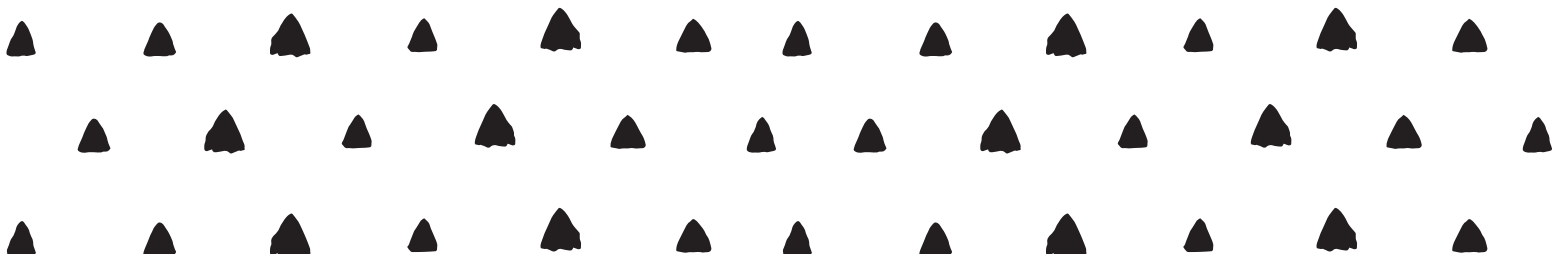




Learn about Guinea-Bissau!



Is your family ready to discover a new part of the world? This activity pack will help your kids learn about a tiny country in West Africa called Guinea-Bissau. The country is home to less than 2 million people and it's about the size of Maryland. Most people there live on less than \$2 each day. In this packet, you'll find authentic recipes from Guinea-Bissau, a connect-the-dots map of Africa, and more. Have fun!



A Day in the Life

Kids who live in Guinea-Bissau have busy days! Here's what a day usually look like for them.
On the next page, you can draw pictures of what you do every day.

8AM

Kids walk to school. For some kids, their school is two or three miles away!

12PM

Kids help their mom cook rice for lunch.
Everyone eats out of one giant bowl!

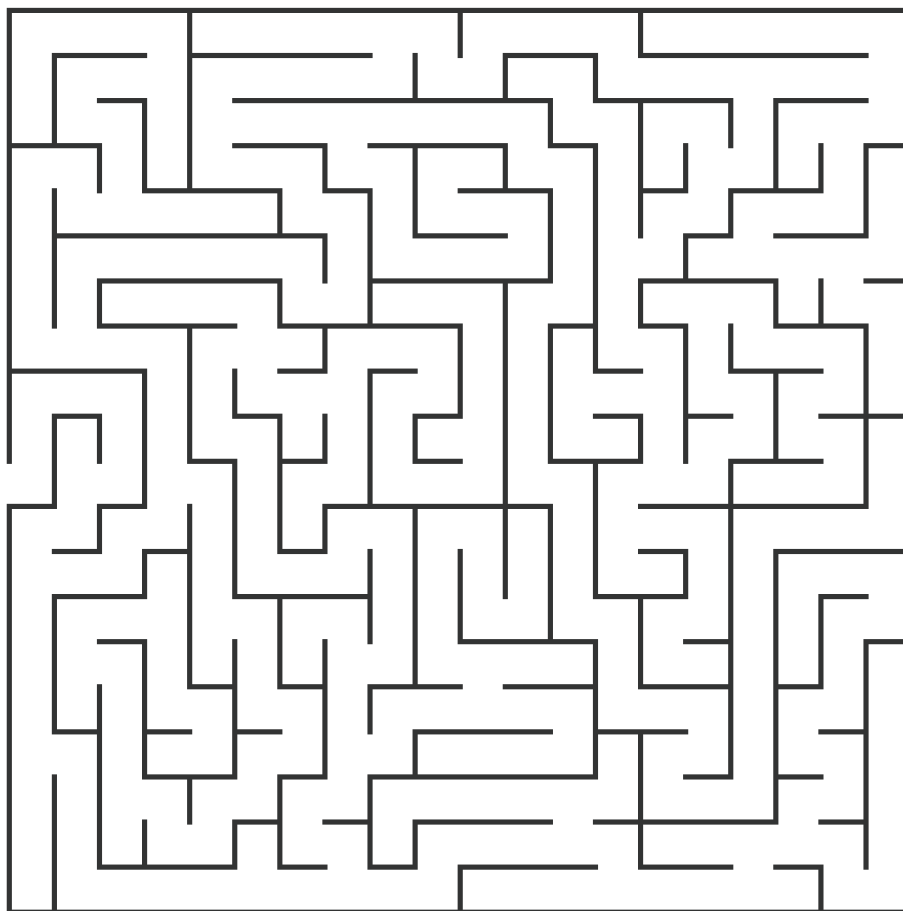
6PM

Kids pull water out of the well. They need strong muscles to pull the buckets full of water!

8PM

Kids take a bucket shower to rinse off before bedtime. Brrr! The water is cold!

IT'S TIME TO WALK TO SCHOOL! CAN YOU FIND YOUR WAY?



A Day in the Life (cont.)

Now that you know what kids in Guinea-Bissau do each day, it's your turn to show what **do you do in a day**. Write a short sentence about what you do during each part of the day. Then, draw a picture in each box to show what you do!

8:00 Am

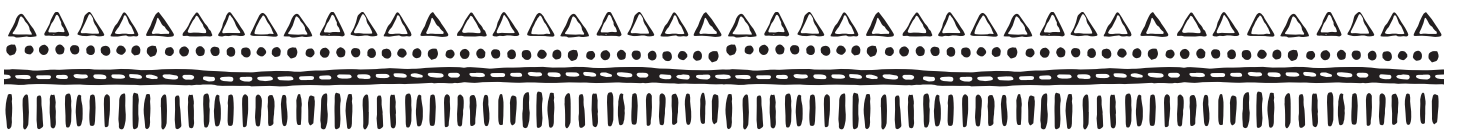
12:00 Pm

6:00 Pm

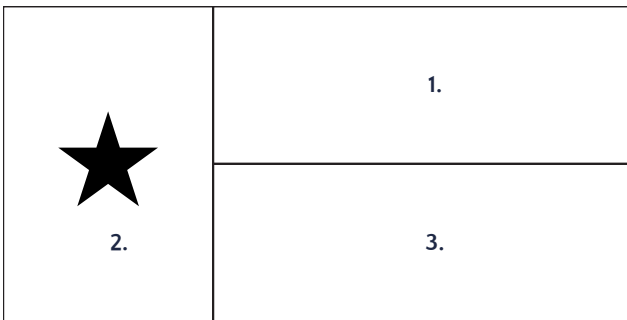
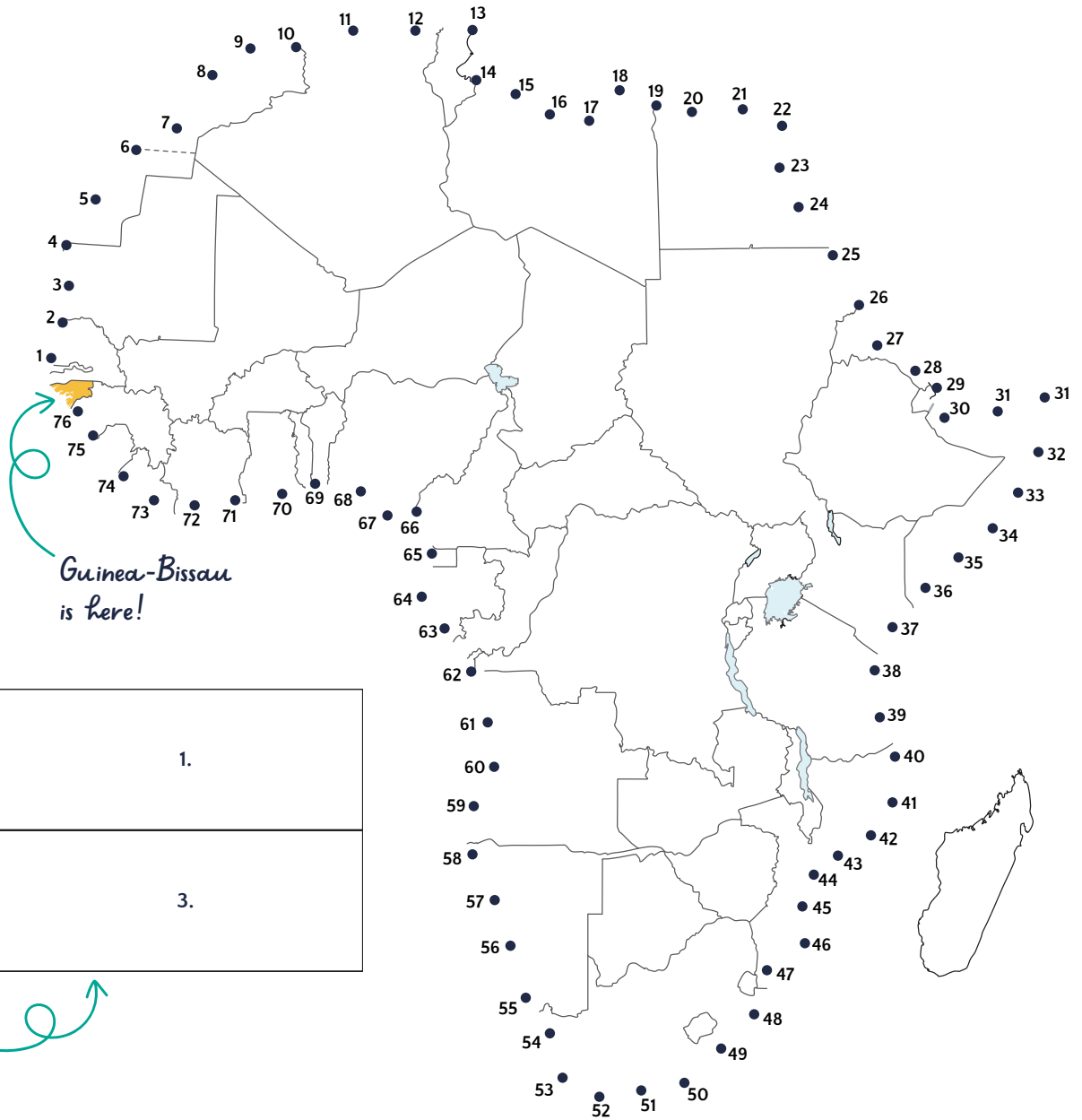
8:00 Pm



Take a picture of your activity and share it with us!
Tag us at [@wavschoools](#) and use [#WAVSkids](#).



Dot-to-Dot & Fill in the Blank



Color the flag!

- 1. Yellow
- 2. Red
- 3. Green

Word Bank:

COUNTRY

1.8 MILLION

AFRICA

Guinea-Bissau is a _____ in the continent of _____
where _____ people live!

Recipes from Guinea-Bissau

Trying new food is a great way to learn about different cultures. Ask a grown-up to help you make these yummy and easy recipes from Guinea-Bissau!

GUINEA-BISSAU CAKE

PREP TIME: 25 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

2 cups butter, softened
2 cups sugar
4 eggs
1/2 cup milk
2 cups flour
1 tsp baking powder

Equipment:

Standard Bundt Pan or
9 inch cake pan

Instructions:

Preheat oven to 350 degrees
Butter and flour your cake pan.
Mix together flour and baking powder and set aside.
With a handheld or stand mixer, cream together sugar and butter.
Still beating, add eggs one at a time, fully incorporating each egg before adding the next.
Beat in the milk.
Beat in flour and baking powder mix one heaping spoonful at a time.
Continue to beat mixture for 10-15 minutes.
Pour mixture into prepared pan and bake for 40 minutes or until a toothpick inserted comes out clean.
Let the cake cool on a rack for 10 minutes before turning out.

JOLLOF RICE

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

Ingredients:

2 cups peas (*or your favorite veggies chopped small*)
vegetable oil
1 onion, chopped
2 cloves of garlic, sliced
1 tsp ginger (*fresh grated or ground*)
1/2 tsp cinnamon
1/8 tsp cayenne (*or to taste*)
15 oz can tomato sauce or puree
1 small head of cabbage, chopped
2 cups white rice
1 quart water or vegetable stock
salt and pepper, to taste

Instructions:

Heat a splash of vegetable oil in a large pot over medium heat.
Sauté the garlic and onion. Once soft, add ginger, cayenne (if including), and tomato sauce. Cook, stirring often, until thick and pasty, and your spoon leaves a line in the pan.
Stir in the cabbage and cook until wilted.
Add rice and stock. Season with salt and pepper to taste.
Bring to a simmer and cook covered for 20 minutes or until rice is tender.
Remove from heat, stir in peas, then cover and let steam for 5 minutes.

Try the recipe and let us how it went! Share a photo and tag us at [@wavschoools](#) and use [#WAVSkids](#).





*They are ready.
Give them the opportunity.*

In a tiny country in West Africa called Guinea-Bissau, most people live on less than \$2 each day. But young people here are ready to work for a brighter future. **All they need is the opportunity.**

At WAVS vocational schools, students get that opportunity. Through practical, hands-on training, they learn skills such as welding, computer basics, and new languages – enabling them to earn a reliable income and provide for their families.

These skills unleash their potential. They bridge the gap between a life of poverty and a life of opportunity. Their impact lasts a lifetime.



3 out of 4

graduates are either working or studying



"I knew that if I worked hard, I could achieve my dream of an education and a future professional job."

Rosa, WAVS graduate & high school English teacher

WAVSchools.org | @WAVSchools  

WAVS is a registered 501(c)(3) non-profit. Donations are tax deductible. EIN# 91-2028889