

# *SOUTH AFRICA ADVENTURE*

TO ACCOMPANY THE NOVEL

*CIPHERS AND SUNSETS IN SOUTH AFRICA*



**KARYN AND VICTORIA COLLETT**

# SOUTH AFRICA ADVENTURE

By Karyn and Victoria Collett

Illustrations of Sinze by Victoria Collett

Published by CASE OF ADVENTURE

## HEY THERE TRAVELER!

Get ready to explore the beautiful and fascinating country of South Africa!

Sinze will be your tour guide, and you'll get to try some delicious South African cuisine, see the world-famous big-5 animals, and try out some phrases in Zulu, Xhosa and Afrikaans. You'll read about famous South Africans like Nelson Mandela, and see some of the most well-known landmarks like Table Mountain and the Kruger National Park. You'll even get to listen to some traditional South African music!

Did you know more than half of all the world's gold comes from South Africa?

There are recipes to cook, fun crafts and puzzles to solve.

South Africa has a joyful and colorful culture. We hope you enjoy your visit!



This Adventure Book goes along with the mystery travel novel, **Ciphers and Sunsets in South Africa** available on [caseofadventure.com](http://caseofadventure.com)



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**ENJOY!**



# ***'S SOUTH AFRICA PROJECT PAGE***

paste your South Africa flag here

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## WELCOME TO SOUTH AFRICA!

Hi! I'm Sinze and I live in South Africa, right at the bottom of the continent of Africa.

Some people think of South Africa as just wild savannah or dirt roads with lions and zebras roaming free, but the truth is, we have big cities and advanced technology!

If you've seen any pictures of South Africa, you've probably seen one of Table Mountain, our most famous landmark. It's just one of the many beautiful wonders of nature that you can see here in my country!

South Africa's game reserves, such as the Kruger Park, are home to the Big 5 animals, as well as many others. You might see cheetahs, the world's fastest mammal, or ostriches, the world's biggest bird!

Us South Africans love our food! You'll get to try some delicious bobotie and sticky malva pudding, and learn about how we *braai*!

You'll even get to learn some South African slang words that you can try out on your friends. Did you know South Africa has 12 official languages, and at least 23 more that are commonly spoken?

My country is also known for our mining industry. More than half of the world's gold comes from here, and we have some pretty famous diamond mines too.

I hope you have a great time exploring and learning about my wonderful country!



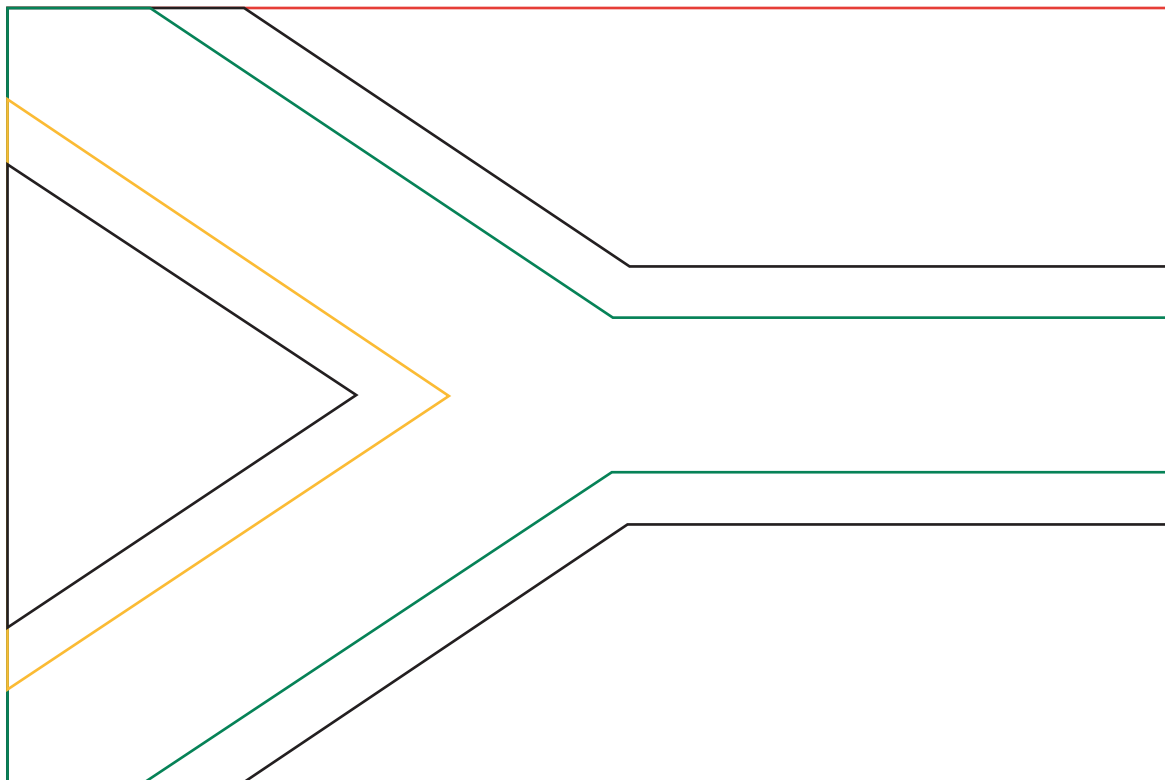
## FLYING TO SOUTH AFRICA!

Hi there, travellers! This is your CASE OF ADVENTURE pilot, Captain Marco, speaking. We will soon be landing in the beautiful country of South Africa, the Rainbow Nation! South Africa has had some sad times in its history, but now many different cultures live and work together.

You'll get to explore the beautiful landscapes, see a gold mine, and learn all about the culture of this fascinating country. You'll even get to read all about South Africa's beloved president Nelson Mandela!



# FLAG OF SOUTH AFRICA



The design of the South African flag represents diverse parts of South African society, working together in unity. The government of South Africa has said that the colors have no official meaning, but some people have assigned their own meanings, such as green for the beautiful land and yellow for the gold that was found there. The flag was first adopted in 1994, just before South Africa's first truly democratic election.

## TABLE MOUNTAIN

Table Mountain is one of the most recognizable mountains in the world because of its flat top.

**There's a cable car that takes people up to the top**, where there's a restaurant and amazing views of the city of Cape Town. Or, if you're feeling brave, you can climb the mountain instead! **Table Mountain almost never gets snow, because Cape Town is too warm even in winter**, but often the mountaintop is covered by a layer of white clouds like a tablecloth!



## KRUGER NATIONAL PARK

The Kruger National Park is **South Africa's biggest and most famous national park**. It's known for having all the Big 5 (elephants, lions, rhino, leopards and buffalo) as well as many more amazing animals like giraffes, zebras, hippos, hyenas and ostriches. **The Kruger Park was named after Paul Kruger**, who was president of the Transvaal province when the park was created. It's a great place to go if you want to see some of the wildlife that Africa's famous for!

# PROVINCES OF SOUTH AFRICA



# SURROUNDING COUNTRIES AND OCEANS



## THE GOVERNMENT OF SOUTH AFRICA

The government of South Africa helps run the country and make sure everything works fairly for everyone. South Africa has a democratic government, which means that the people choose their leaders by voting in elections. The government is made up of three main parts, called branches: the Executive, the Legislature, and the Judiciary.

The Executive branch makes sure the laws are carried out. It is led by the President, who is the head of the country. The President works with a group of people called the Cabinet, which includes ministers who are in charge of things like education, health, and safety. The Legislature branch makes the laws. It is called Parliament, and it has two parts: the National Assembly, where members are chosen by the people, and the National Council of Provinces, which represents all nine provinces of South Africa.

The third branch is the Judiciary, which includes the courts and judges. Their job is to make sure that the laws are fair and that everyone follows them. The highest court in South Africa is the Constitutional Court, which protects the rights of all people.

South Africa's three capital cities correspond to the three branches of its government. Pretoria is the administrative capital, where the President and his Cabinet have their offices. Cape Town is the legislative capital, where Parliament meets, and Bloemfontein is the judicial capital where the Constitutional Court is based.

Every five years, South Africans who are 18 or older can vote to choose who will represent them in Parliament. This is how people have a say in how their country is run. South Africa is often called the "Rainbow Nation" because it has many different people, cultures, and languages. Everyone is protected by the Constitution, which is one of the strongest in the world and makes sure everyone is treated equally.



South Africa's Parliament has two parts, called the two houses — the National Assembly and the National Council of Provinces. The National Assembly is where the Members of Parliament (MPs) sit. There are 400 of them in total, and they are chosen by the people of South Africa during elections. Their job is to make new laws, talk about important issues, and make sure the government is doing its work properly. The National Council of Provinces, or NCOP, represents the nine provinces of South Africa. It has ten delegates from each province. Its members speak for their provinces and make sure that laws are fair for everyone, no matter where they live.



Unfortunately, many of South Africa's systems have not been well maintained, so mechanical problems are common.

'Loadshedding' is what South Africans call it when some of the electricity-generating power stations break down, and there's not enough electricity to go around. When this happens, each area has to take turns having their electricity turned off for two or four hours at a time!

Because of bad road maintenance, potholes are very common! These big shallow holes in the road surface can make driving very bumpy.

In South Africa, you'll see a robot on the corner of every street! Not the kind you're thinking of - South Africans refer to traffic lights as robots!

If Swiss cheese has holes, what do South African cheeses have?  
Potholes!

You're most likely used to cars driving on the right side of the road, as most of Europe and America does it that way. However, in South Africa it's reversed! Cars drive on the left side of the road. That also means the car's steering wheel is on the right side of the car, instead of the left!

South Africans love to braai food on sticks! We have kebabs (we call them sosaties), and we toast marshmallows over the braai coals too! We even make something called stokbrood (stick-bread) which is like a long breadroll made on a stick and baked over the fire.

Did you know you can even see penguins in South Africa? In Betty's Bay, near Cape Town, there's a large colony of African Penguins that live on the beach! You can walk along the boardwalks and watch them swimming and diving in the waves or sunning themselves on the rocks.



Marimbas are big wooden xylophones with colorful sounding music. They have wooden bars that you hit with sticks called mallets to make music. Each bar makes a different sound, like piano or xylophone keys. Marimbas can play happy, bouncy tunes or soft, gentle music. People often play marimbas in groups, making exciting rhythms and melodies together. They're great for dancing and celebrating!



The uhadi is a traditional musical instrument from the Xhosa people. It's made from a curved piece of wood, one string, and a hollow gourd (called a calabash) to make the sound louder. People play it by hitting the string with a stick and changing the sound by pressing on the calabash. The uhadi isn't just for music - it's also very special in Xhosa culture and is often used in important ceremonies and traditions.



A vuvuzela is a long, colorful plastic horn that makes a very loud buzzing sound when you blow into it. People often use vuvuzelas at soccer games to cheer for their teams and make lots of noise. They can be fun to play, but they are also very loud—so it's best to use them outdoors! Vuvuzelas are very popular in South Africa. They became especially famous during the 2010 FIFA World Cup, which South Africa hosted. Fans often use them at soccer matches to show excitement and support for their teams. They're now a well-known part of South African sports culture.



# LANGUAGES OF SOUTH AFRICA

South Africa has twelve official languages, and many more unofficial ones, but here are three of the most common for you to try out!

Afrikaans is one of the **youngest languages in the world!** It's unique to South Africa, and it's known as the **'daughter language' of Dutch**, as it comes from the language spoken by the Dutch settlers. It also has **influences from English (from the British settlers) and Malay** (from the people taken to be slaves in South Africa).

Afrikaans is in the West Germanic language family, along with **English, Dutch and German**, so it's one of the easier languages for English speakers to learn.

Hello	Hallo	(hello)
Good morning	Goeie more	(ghoy-a morr-a)
Good night	Goeie nag	(ghoy-a nagh)
Thank you	Dankie	(dunkie)
You're welcome	Jy is welkom	(yay iss vel-kom)
Excuse me / Sorry	Verskoon my	(fer-skoon may)
Yes	Ja	(yah)
No	Nee	(nee-a)
Please	Asseblief	(ahss-e-bleef)
I don't understand	Ek verstaan nie	(ack fer-staan nee)
How are you?	Hoe is jy?	(hoo iss yay)
See you later	Sien jou later	(seen yo laa-ter)
Goodbye	Totsiens	(tot-seenss)
I'm sorry	Ek is jammer	(ack iss yummer)



South Africa has 12 official languages!

They are:

English, Afrikaans, isiNdebele, isiXhosa, isiZulu, Sepedi, Sesotho, Setswana, siSwati, Tshivenda, Xitsonga, and South African Sign Language

isiZulu (or Zulu) is one of the most widely spoken languages in South Africa, and it's full of rich history and culture! It comes from the Bantu language family, which means it's related to many other African languages.

Zulu is famous for its cool click sounds, which make it fun to hear and speak. It's the language of the Zulu people, who have a long and proud history.

# GUMBOOT DANCING



**Gumboot dancing is a cool and energetic dance in South Africa! It's done by wearing big rubber boots (called gumboots) and using your feet, hands, and boots to make rhythms and sounds.**

## **Where did it come from?**

A long time ago, men in South Africa worked in dark, wet mines. They weren't allowed to talk while working, so they made up a secret way to communicate using sounds - by slapping their boots, stomping their feet, and clapping their hands. That's how gumboot dancing was born!

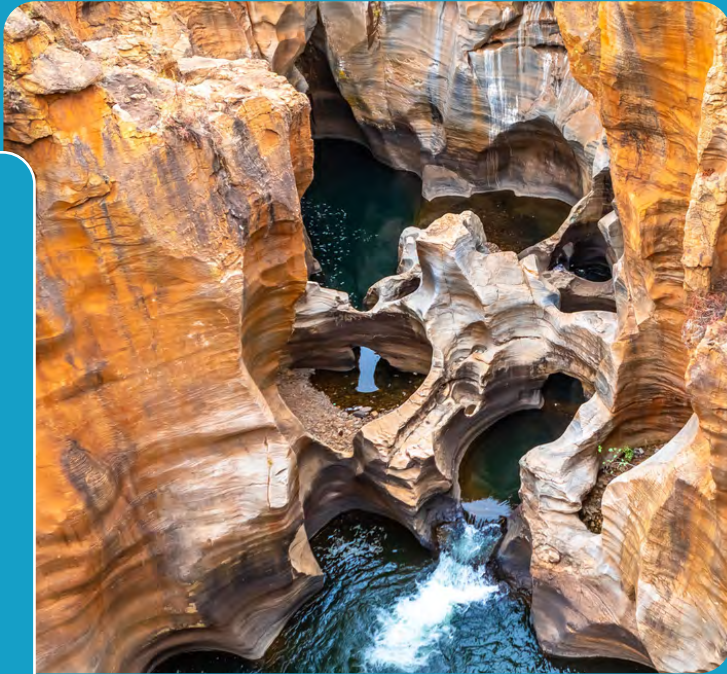
**They do it all in shiny black boots and in a group together. You should try it!**

- *Stomping feet*
- *Clapping hands*
- *Slapping boots*
- *Jumping and turning*
- *Lots of rhythm and fun!*



## BOURKES LUCK POTHOLES

Imagine giant swirling whirlpools in the river that spin stones around and around for thousands of years. **Those stones carved deep, round holes in the rock - that's how these "potholes" were made!** The rocks swirl with different shades of yellow, brown, and white thanks to colourful soil in the river, so each pothole looks like a mini painting! **You'll find them where two rivers meet: the cheerful Blyde River ("river of joy") and the moody Treur River ("river of sorrow").**



## POST OFFICE TREE

The Post Office Tree is a very old milkwood tree - about 600 years old - in a town called Mossel Bay, South Africa. **Long ago, sailors didn't have post offices. Instead, they used this special tree to leave messages!** Sailors would tie messages in shoes, pots, or even cover them with stones under the tree. Then they trusted others would pass them along.



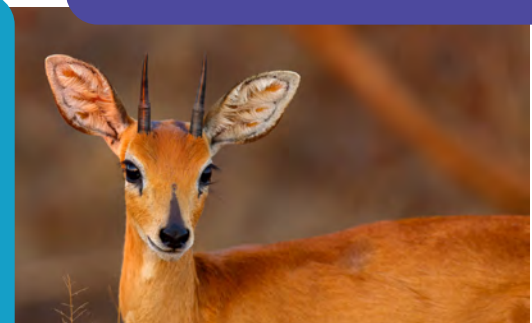
Giraffes only need a few minutes of sleep at a time! Giraffes sleep standing up, and often nap for just 5 to 30 minutes at a time - sometimes only a couple of hours a day! They stay alert to watch out for predators like lions.



Leopards are amazing climbers! They can climb trees even while carrying heavy prey - sometimes twice their own weight! Leopards often hide their food up in the branches to keep it safe from other animals.

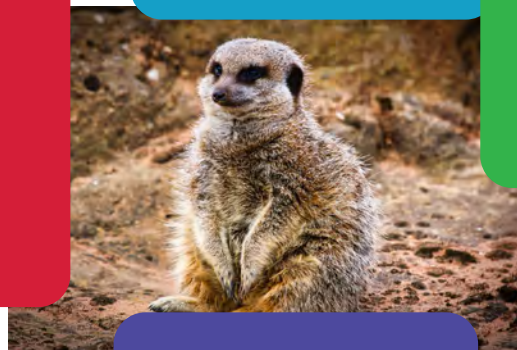


Rhinos have super strong horns - but they're made of hair! A rhino's horn isn't made of bone - it's made of keratin, the same stuff as your hair and fingernails! Even though it's just hair, it's tough enough to protect them and fight off predators.



Steenboks are tiny antelopes that hide by freezing like statues! When they sense danger, instead of running away right away, they stand completely still so predators can't see them. It's like they're playing a real-life game of "freeze tag" in the wild!

Meerkats take turns being the lookout! While the rest of the group plays or looks for food, one meerkat climbs up high to watch for danger - like hawks or snakes - and gives a special alarm call if they see anything! It's like having their own built-in security guard!



Cheetahs are the fastest land animals! They can run up to 70 miles per hour (about 113 km/h) - faster than a car on the highway! But they can only keep that speed for a short burst, like a super speedy sprint to catch their dinner.



Hippos can hold their breath underwater for a long time! They can stay underwater for up to 5 minutes without coming up for air - and they even sleep underwater, coming up to breathe without waking up!

# SOUTH AFRICAN CUISINE

Boerewors is a special South African sausage that's full of flavour. It's made from beef and sometimes a bit of pork or lamb, with yummy spices like coriander and pepper. When you cook it on the braai (that's what they call a barbecue in South Africa!), it smells amazing! The sausage sizzles over the fire and gets a nice brown colour on the outside while staying juicy on the inside. Boerewors is super tasty in a bun (like a hot dog), with some tomato sauce, or with pap (a kind of porridge made from maize meal).



Melktert is a yummy dessert from South Africa that tastes soft, creamy, and sweet - kind of like a milky custard pie! It has a smooth filling made from milk, sugar, eggs, and a little cinnamon, which goes in a pastry crust, like a pie. It's often sprinkled with more cinnamon on top. Melktert is usually served cold, so it's delicious on a warm day. It's great for birthday parties, tea time with Grandma, or just a special treat after dinner. It's one of South Africa's favourite desserts - and once you taste it, you'll see why!

Biltong is a yummy South African snack made from dried beef or kudu meat - kind of like beef jerky, but with a special taste! People make biltong by taking strips of meat (like beef or game), adding salt and spices, and then letting it dry in the air. This makes it chewy, salty, and super tasty. You can get biltong in big pieces to slice, or already cut into little strips or chips - perfect for lunchboxes or road trips!



Droëwors is like biltong's cousin - it's a dried sausage snack that comes from South Africa! It's made from the same kind of meat as boerewors (beef, with tasty spices), but instead of being cooked on a braai, it's hung up and dried out until it's chewy or crunchy. Droëwors is cut into small sticks that are easy to eat - no mess, no fuss! You can pack it in your lunchbox, take it on a hike, or munch it during a movie.

Malva pudding is a sweet and spongy cake from South Africa that's super soft and full of flavour. It's warm, sticky, and tastes like a big, sweet hug! It's made with ingredients like eggs, sugar, milk, and apricot jam - that's what gives it its special taste. When it comes out of the oven, a warm creamy sauce is poured all over it, making it extra gooey and delicious. Malva pudding is usually eaten hot, and it's even better with custard, cream, or ice cream on top!





Cut out this large flag to stick up somewhere or place on the table for your South Africa meal! Cut out the four pairs of small flags, fold each one in half, place a toothpick in the centre and paste closed. Stick your flags into dishes of food to decorate your table.





# SOUTH AFRICA ADVENTURE INSTRUCTIONS

## BEFORE YOU BEGIN:

1. Check the downloadable International Discovery Agent Pack which you received with your order. Read through the IDA Instructions and study the Secret Codes. You will need them to solve your Clue Cards. Cut out and assemble your Cipher Wheel with a split pin.
2. \*Optional: Assemble your passport from the Discovery Agent Pack.
3. Make sure you have the novel *Ciphers and Sunsets in South Africa* ready to read.

## ACTIVITIES FOR DAY 1

1. Cut out your airplane ticket from page 51, fill in the blanks and paste it on your project page on page 3.
2. Read about South Africa on page 4.
3. Color in the Flag of South Africa on page 5, and read the information about it.
4. Read about South African landmarks on pages 6 and 7 and look at the pictures.
5. Look at the maps of South Africa's provinces and surrounding countries on page 8.
6. Find all the animals hidden in the savannah sunset on page 9.
7. Read Chapter 1 of the novel, *Ciphers and Sunsets in South Africa*.
8. Complete the IDA (International Discovery Agent) Mission at the end of Chapter 1 in the novel.
9. Look at the fun South Africa map on page 10. Cut out the map marker for Cape Town from page 51 and paste it on Cape Town on your map.

## ACTIVITIES FOR DAY 2

1. Cut out the map marker for Johannesburg from page 51 and paste it on Johannesburg on your map.
2. Fill in the blank map of South Africa on page 11, writing all the city and ocean names in the correct places.
3. Read South Africa's national anthem on page 12.
4. Solve Clue Card 01 on page 19, using the Secret Code 04 from your IDA pack.
5. Read Chapter 2 of the novel, *Ciphers and Sunsets in South Africa*.
6. Complete the IDA (International Discovery Agent) Mission at the end of Chapter 2 in the novel.

## ACTIVITIES FOR DAY 3

1. Cut out the map marker for Durban from page 51 and paste it on Durban on your map.
2. Read about weather, transport and the mining industry on page 13.
3. Read about South Africa's government on page 14.

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