



# Caladenia



Hi Everyone and welcome to our Armchair Travel Activity Pack. Many thanks to Ann and the talented team at [Olive Grove House](#) for sharing this pack with us!!

If we can't get away for real – we can explore the world from the comfort of our own lounge rooms.

Join us on a trip around the world!

If you have ideas for a theme for an activity pack – or there is something you would really like to see included – please let us know!

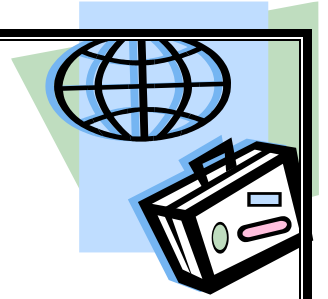
If there is anything you need, or if you would just like a chat – please call us.

Have a great week – we are thinking of you!

The Caladenia team



## AROUND THE WORLD



Hello Everyone,

This month we have put together an activity pack with an armchair travel theme. Travel and holidays is something that many of us have enjoyed and for which we have special memories. It is lovely to think back on past holidays, look at photos and travel brochures and talk about the place you have been. Some of the places mentioned may be somewhere you have been or somewhere you would have liked to visit. The pack includes quizzes, word searches, other word games, colouring sheets and information on some different countries. Read and complete any of the activities that interest you and also share with your family.

### *AROUND THE WORLD SIGHT SEEING QUIZ*

- 1.If you were looking at Stonehenge, where would you be?
- 2.If you were standing in the Colosseum where would you be?
- 3.If you were on a bullet train going to Kyoto which country would you be in?
- 4.If you were eating snails in Provence which European country would you be in?
- 5.If you were walking over the Golden Gate Bridge where would you be?
- 6.If you were driving in the Channel Tunnel where would you be?
- 7.If you were looking at Machu Picchu, which continent would you be in?
- 8.If you were gazing at the Potala Palace, where would you be?
- 9.If you were in the Grand Canyon, where would you be?
- 10.If you were listening to the Victoria Falls, which continent would you be on?
- 11.If you was visiting the Great Barrier Reef where would you be?
- 12.If you thought you'd seen a Leprechaun, where would you be?
- 13.If you were praying in front of the Wailing Wall where would you be?

- 14.If you were crossing the Sahara Dessert, which continent would you be on?
- 15.If you stayed in the Nile Valley, where would you be staying?
- 16.If you were enjoying a Luau in Kauai, which American state would you be in?
- 17.if you were standing on top of the Empire State building, where would you be?
- 18.If you thought you had seen the Loch Ness Monster, where would you be?
- 19.If you were eating curry and pappadams in Bodgaya, where would you be?
- 20.If you were visiting Jakarta, which country would you be in?
- 21.If you were visiting Westminster Abbey, where would you be?
22. If you were at the Taj Mahal, where would you Be?
- 23.If you were climbing the Eiffel Tower, where would you be?
- 24.If you were standing in the Red Square, where would you be?



# EUROPEAN QUIZ

1. Name one Eastern European country?
2. What is the main religion in Europe?
3. In which European country would you find a matador?
4. Where is the famous Blue Mosque located?
5. Where is the Colosseum located?
6. True or False: Europe is the world's smallest continent?
7. Which famous European external wall came down in 1989?
8. What is the main European currency?
9. Name one southern European country?
10. What is the capital of Sweden?
11. What is the largest country in Europe?
12. True or false: The Vatican City is Europe's smallest country?
13. Name one European country with a monarch?
14. Name one country that belongs to Scandinavia?
15. Name one European country famous for its olive oil?
16. Where did Heidi live?
17. What colour is the French Flag?
18. Which Italian city is famous for its canals?
19. Which country is famous for goulash?
20. Where are Lake Lucerne and Lake Geneva?
21. Which famous European Mountain range is over 1200km long?
22. Which ocean lies to the north of Europe?
23. Which animal is not native to Europe: reindeer, otter or wallaby?
24. Name one famous European tennis player?

## **SOME TRAVEL JOKES**

Q: What kind of chocolate do they sell at the airport?

A: Plane Chocolate

Q: What travels around the world but stays in one corner?

A: A stamp.

Q: What goes through towns, up hills, and down hills but never moves?

A: The road!

Q: Where do hamsters go on their holidays?

A: To Hamsterdam!



Q: Where do pepperonis go on holiday?

A: The Leaning Tower Of Pizza!

# COUNTRIES OF THE WORLD WORD SEARCH

X G X U N L G E O F L E W H J  
N E F A U S T R A L I A U A A  
Y R L I Z A R B A M S N P R T  
W M A Y Z B K I H D G A I K P  
R A Y T J H V A N A N R N B Z  
C N M A L T G A R A O E D S G  
Q Y Z E A A L Y C K Z E I N P  
A I H L R R M X Q V D C A I P  
O H D S E E A D S V W N C A F  
J T J H T V G A E Z X A R P X  
T Y T T H Z P Y D N G R R S N  
X E Z A M B I A P A M F P Y Z  
N B V L H Y V R Z T N A W F F  
K R E W H U Q Y R B X A R B W  
A Y N E K H E V W F P H C K Z

AUSTRALIA  
DENMARK  
GERMANY  
JAPAN  
MALTA  
ZAMBIA

BRAZIL  
EGYPT  
HUNGARY  
KENYA  
NETHERLANDS

CANADA  
FRANCE  
INDIA  
LATVIA  
SPAIN

# CITIES OF THE WORLD WORD SEARCH

T E M E L A S U R E J M D H O  
E R F Q R I T A E K F N A E S  
J O U L Z E V R Y B A Z H L V  
V P P Q O E T O O L E U Y S M  
E A C R N R T S K P Z W M I C  
N G M E A O E C A W W I T N T  
I N G H R G U N E C K E Y K O  
C I S U G A U L C C N F N I T  
E S U E V S L E K E H A B U N  
D M A D R I D J T R G E L D O  
M O C A N B E R R A L M V M R  
P K J G E Q B C Z F N X J F O  
G R T J H Q T S A D E O K Q T  
X O O Y V D Y S C T O E A B K  
N L T I O R T E D E M O R Z N

AUCKLAND  
DETROIT  
HELSINKI  
LANCASTER  
PRAGUE  
TORONTO

BELFAST  
FLORENCE  
JERUSALEM  
MADRID  
ROME  
VENICE

CANBERRA  
GENEVA  
KYOTO  
NEWPORT  
SINGAPORE  
WELLINGTON

## FLAGS OF THE WORLD QUIZ

Can you recognise which country the flag belongs to?



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_





13. \_\_\_\_\_



14. \_\_\_\_\_



15. \_\_\_\_\_



16. \_\_\_\_\_



17. \_\_\_\_\_



18. \_\_\_\_\_



19. \_\_\_\_\_



20. \_\_\_\_\_



21. \_\_\_\_\_



22. \_\_\_\_\_



23. \_\_\_\_\_



24. \_\_\_\_\_

## SCRABBLE SQUARE

How many words can you find in the following Scrabble Square? There is at least three 7 letter words and one 8 letter word that relate to travelling. Write your words on the lines provided.

<b>G</b>	<b>U</b>	<b>G</b>	<b>L</b>	<b>A</b>	<b>E</b>	<b>G</b>
<b>T</b>	<b>S</b>	<b>P</b>	<b>R</b>	<b>S</b>	<b>P</b>	<b>O</b>
<b>I</b>	<b>L</b>	<b>A</b>	<b>R</b>	<b>N</b>	<b>I</b>	<b>E</b>
<b>Y</b>	<b>O</b>	<b>L</b>	<b>D</b>	<b>I</b>	<b>H</b>	<b>A</b>

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# FRANCE FACT FILE

**OFFICIAL NAME:** French Republic  
(République Française)

**CAPITAL CITY:** Paris

**POPULATION:** Over 65million

**CURRENCY:** Euro (Previously Franc)

**OTHER MAIN CITIES:** Marseilles, Lyon and  
Nice

**GEOGRAPHICAL SIZE:** Mainland France is the  
third largest country in Europe after Russia  
and Ukraine. It also has territories in the  
Caribbean, South America and the Indian  
Ocean.

**BORDERS WITH:** Germany, Spain,  
Switzerland, Italy, Belgium & Luxembourg.

**REGIONS:** Mainland France is divided into 27  
regions. The Mediterranean island of Corsica  
also belongs to France.

**NATIONAL DAY:** July 14 (Bastille Day)

**FAMOUS FRENCH PEOPLE:** Joan of Arc Saint,  
Voltaire Writer, Claude Monet Painter,  
Napoleon Bonaparte Statesman, Jean Paul  
Sartre Philosopher, Marie Curie Physicist,  
Louis Pasteur Scientist, Maurice Ravel  
Composer.

**NATIONAL LANDMARKS:** The Eiffel Tower,  
the Louvre, the Arc de Triomphe, the Palace  
of Versaille.

**FAMOUS FRENCH BRANDS:** Louis Vuitton,  
Chanel, Dior, Yves Saint Laurent, Givenchy,  
Balenciaga, Hermès, Lacoste, Christian Dior



## French cuisine



Foie gras



Crème brûlée



Macaron



Quiche Lorraine



Coquilles Saint-Jacques



Escargot



Soufflé



Éclair



Tartiflette



Cougère



Madeleine



Crêpe



Tartiflette



Eouillabaisse



Gratin Dauphinois



Mille-feuille

# FRENCH TRIVIA

The French call the French Riviera Côte d'Azur.

French was the official language of England for over 300 years (1066 until the 1400s). Currently French is the official language of 30 countries worldwide. .

More than 10 million people in North America speak French.

French people enjoy eating snails, frog legs and horsemeat.

The croissant was invented in Austria.

French men have the lowest level of obesity in Europe and women are second after Denmark.

France is the most visited country in the world, with 80 million tourists annually. It is one country where the number of annual tourists exceeds the population (66 million people).

During the French Revolution the metric system was invented by French cleric Gabriel Mouton.

Wearing a white wedding dress is a French tradition which began in 1499.

André Gide, French Nobel Prize in Literature, said: "French people are Italian people in a bad mood"!

The world's first true department store was 'Le Bon Marché' in Paris, founded in 1838.

There are 40,000 châteaux (castles, palaces and manors) in France.

The largest and most advanced passenger cruise ship, the Queen Mary II, was built in France in 2004.

The most visited place in France is not the Eiffel Tower (7 million) or the Louvre Museum (9 million); it is Disneyland Paris; it had 13 million visitors in 2016!

The French Army was the first to use camouflage in 1915 (World War I).

Famous French inventions include: the hot air balloon, the submarine, the parachute, photography, the ambulance service, animation and cinema, hair drier, and the stethoscope.

The name 'France' comes from the Franks, a Germanic tribe from the 2nd century.

The Gallic rooster (French: le coq gaulois) is the unofficial national symbol of France.

France is the largest European country in terms of land area after Russia and Ukraine.

The Verdon Gorge is the second largest canyon in the world. It is situated where Provence meets the Alps. It is 25 kilometres in length and up to 700 meters deep.

French people greet each other (even men) with one, two or three kisses, depending on the region.

There are 300 kinds of cheeses made in France.

The most expensive weapon ever sold was a sabre belonging to Napoleon I. It sold at auction in 2007 for 4.8 million Euros.

'Foie gras' despite being thought of as 'French' food, dates back 4,500 years to Egypt, from where it spread to Greece and then the Romans brought it to Gaul, today known as France.

The French national anthem "La Marseillaise", was composed in Strasbourg in 1792, not in Marseilles.

The Frenchman, diplomat, and scholar Jean Nicot was 29 years old when in 1559 he was sent to Portugal as an Ambassador. On his return he brought with him some tobacco plants. The plant was instantly successful and Nicot became a celebrity. The word 'nicotine' was created in his honour.

Paris is over 2,000 years old.

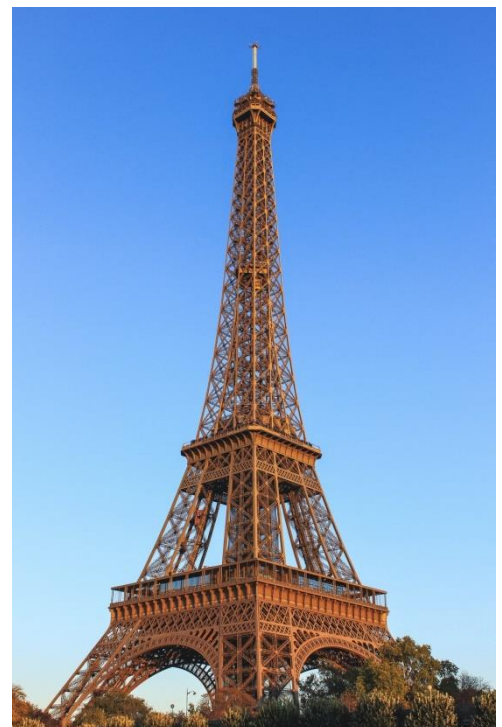
'French Toast' isn't French at all. Despite having different origins it is said that American Chef Joseph French advertised the modern toast but forgot to add the apostrophe.

In 1800 an official law was passed in France that women could not wear trousers without a police permit. A century later exceptions were introduced for horse riding. After 213 years the law was abolished.

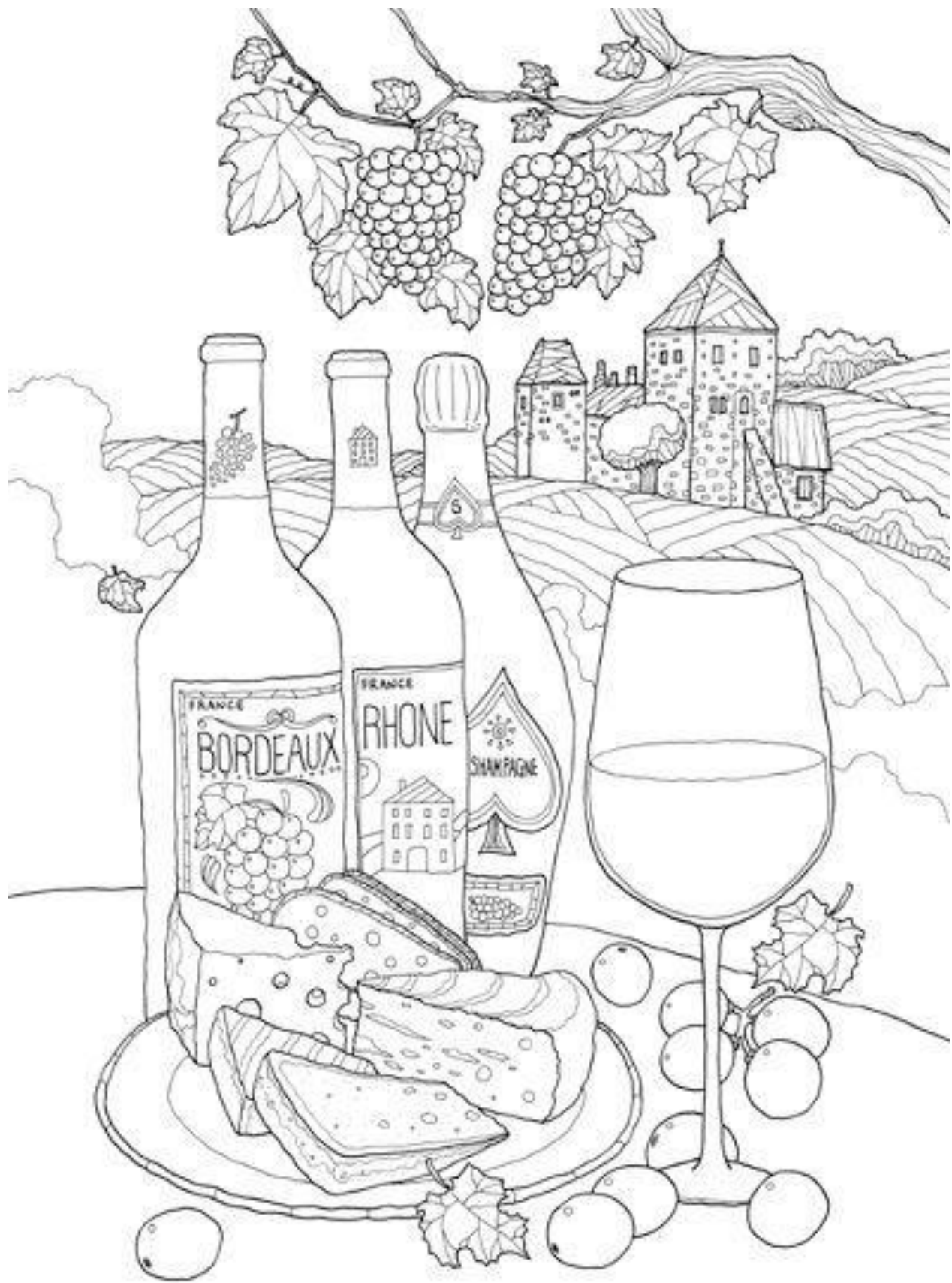
(From: 18 Snippets of French Trivia and More French Trivia © GoldenCarers.com)



France



# Mindfulness through Art



# French Word Search

T N H D V X N O N I T A L R I  
D E B U T A N T E U S P F O Z  
I D F X C V Y R I U K E E U X  
E C R B N O I I O K Z R E G M  
G F R S D A N V B P M I N E A  
A E T T P T Z C N S V T I M Y  
T B R U Y E Z O I A M I T T J  
E F A U D C U X C E D F A E K  
L D B N T V Z H L V R I M I T  
L S E M E U I V O Y A G E Y C  
O R I L T C O X U A F X E U J  
C K L E X S O C T Q L S H D V  
E E J I M U S Y W C J F S Y B  
D P C H X V N Y M U V Q P W L  
E T T E U G A B N C L U O W Q

ADIEU

BAGUETTE

COUTURE

FAUX

RENDEZVOUS

APERITIF

CHIC

DEBUTANTE

MATINEE

ROUGE

AUPAIR

CONCIERGE

DECOLLETAGE

NOUVELLE

VOYAGE



# SPAIN FACT FILE

**OFFICIAL NAME:** Kingdom of Spain

**CAPITAL CITY:** Madrid

**POPULATION:** Over 46 million (2019)

**LANGUAGE:** Spanish, Catalan, Galician, Basque

**CURRENCY:** Euro

**GOVERNMENT:** Parliamentary Monarchy

**MAJOR RELIGION:** Roman Catholic

**BORDERS WITH:** Morocco, Andorra, France, Portugal, and Gibraltar

**NATIONAL DAY:** October 12 (Fiesta Nacional de España)

**GETTING TO SPAIN:** Spain lies in Southern Europe. A flight to Madrid takes roughly 2.5 hours from London and 7 hours from New York

**ISLANDS:** Spain includes a number of islands including Mallorca, Tenerife, Ibiza and Gran Canaria. Many can be found in the Canary Islands, an archipelago off the northwest coast of Africa.

**FLAMENCO:** Flamenco consists of staccato dancing, castanets, hand clapping and passionate guitar picking.

**BULLFIGHTING:** Bullfighting is part of the Spanish culture. It is considered more of an art than a sport.

**FAMOUS PEOPLE:** Pablo Picasso, Salvador Dali, Rafael Nadal, Penelope Cruz, Hernando Cortes, Miguel de Cervantes



## Spanish cuisine



## SPANISH TRIVIA

1. The Kingdom of Spain, as it's officially known, is the second largest country in the EU. Spain covers around 85% of the Iberian Peninsula, which it shares with Portugal.
2. Spanish is the second most widely spoken language in the world after Chinese. There are an estimated 437 million people native speakers of Spanish.
3. There are four official languages in Spain (Castilian, Catalan, Basque and Galician), three unofficial regional languages (Asturian, Aragonese, and Aranese), and several more dialects.
4. The Spaniards have a completely different life rhythm from other Europeans. They typically have lunch between 1 and 3 pm, and dinner around 10 pm.
5. Madrid is in the physical center of the country and the plaza Puerta del Sol is the exact center of the country.
6. Spanish culture greatly influenced modern art from the late 1800s, with artists like Antoni Gaudí (Art Nouveau), Pablo Picasso (expressionism, cubism, surrealism), Joan Miró (surrealism), and Salvador Dalí (surrealism).
7. The first 'novel' is attributed to a Spaniard. Cervantes' Don Quixote, written in 1605, is considered to be the first modern novel.
8. Spain is renowned for its lively festivals, including San Fermín ('running of the bulls') in Pamplona and Tomatina ('tomato battle') in Buñol.
9. Spain produces around half of the world's olive oil.
10. 58 million tourists go to Spain every year, making it the fourth most visited country in the world.
11. Spain has the highest amount of bars in all of Europe.
12. Spain still has a king who is the head of state, but with little to none` power over the country's laws and regulations. The current King of Spain is Felipe VI.
13. The national anthem of Spain has no words.

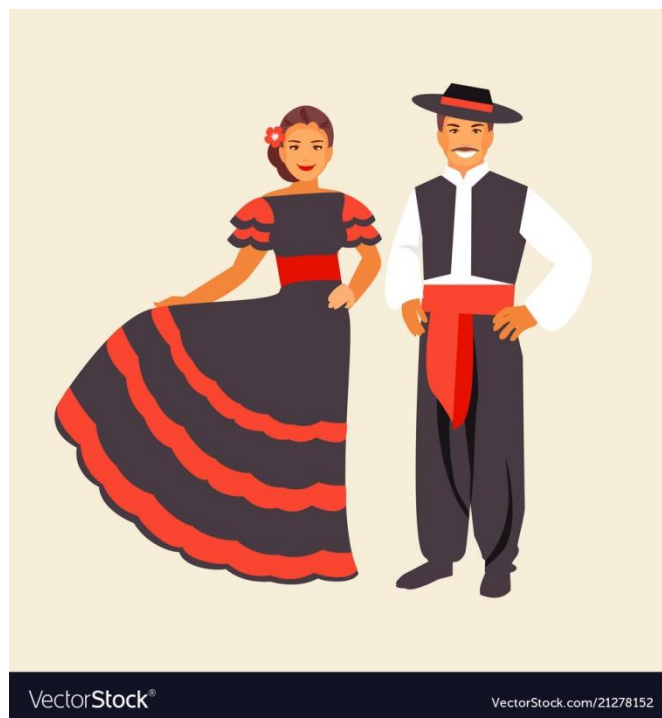
14. The Bull is the national animal of Spain.

15. Flamenco is not actually a dance; it's a musical style, which sometimes has dancing in it.

16. There are no laws about public nudity in Spain.

17. The tooth fairy is a mere rodent in Spain, referred to as Ratoncito Pérez.

From 17 Snippets of Spanish Trivia © GoldenCarers.com



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# Art For Mindfulness



# Spanish Word Search

S A C R O J A M I G A N C N W  
B A R C E L O N A U C S Z L M  
G I L I N H A V A E R L L W Q  
Q A J A W I A M Y R O I T A P  
V T D Q M L R R K R N Z M U S  
G M Z A E A O Z C I I H D T F  
A D A N N D N R Z L M C W S H  
I A C D A A I C T L V V L C M  
H I B T R B R S A A S W F E T  
A G A N I I X G B U R R I T O  
X M K Z M S D E K I F H T J L  
W B A H J L X D V C Y H A Y E  
M A Z R S B T W T M E Y S E D  
N X G P P Z E L F S O B Q D O  
S O J J W R K J U N K X Q U J

BARCELONA  
GUERRILLA  
MAJORCA  
PATIO  
TOLEDO

BURRITO  
IBIZA  
MATADOR  
SALAMANCA  
VALENCIA

GRANADA  
MADRID  
MINORCA  
SALSA

# GREECE FACT FILE



**OFFICIAL NAME:** Hellenic Republic

**CAPITAL CITY:** Athens

**POPULATION:** over 10 million

**LANGUAGE:** Greek

**CURRENCY:** Euro

**GOVERNMENT:** Parliamentary Republic

**RELIGION:** Orthodox Christian

**BORDERS WITH:** Albania, Bulgaria, Turkey and Republic of Macedonia

**NATIONAL DAY:** March 25 (Greek Independence Day)

**GREEK PHILOSOPHERS:** Socrates, Plato, Aristotle, Pythagoras, Democritus

**ABUNDANT ISLANDS:** Greece has thousands of islands, 227 of which are inhabited. Crete is the largest and most populous island

**MOUNTAINOUS REGION:** Greece is one of the most mountainous countries in Europe. The highest mountain is Mount Olympus.

**BIRTHPLACE OF DEMOCRACY:** Greece is said to be the birthplace of Democracy because city-states like Athens, now the capital of Greece, were the first to elect their leaders and not have kings.

**OLYMPIC GAMES:** The first Olympic Games were held in the southern city of Olympia in 700 B.C. to honour Zeus, the king of the gods.



## GREEK FOOD

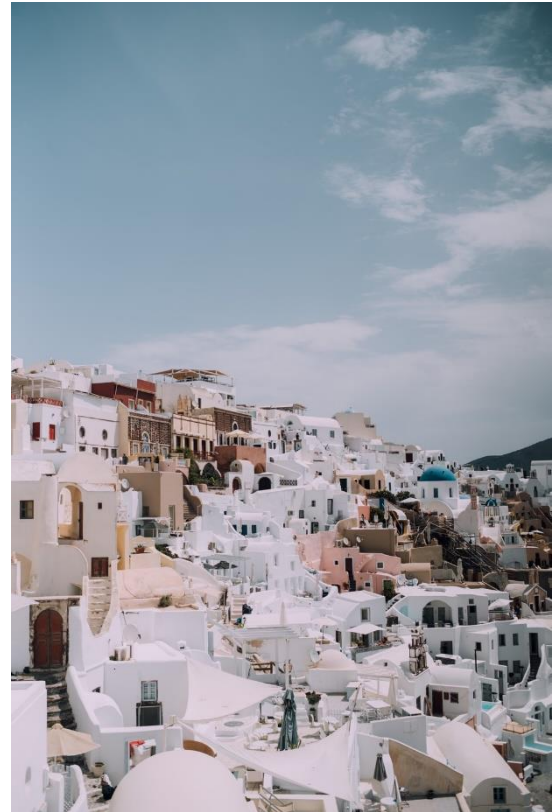
## GREEK TRIVIA

Here are some fascinating facts about Greece!

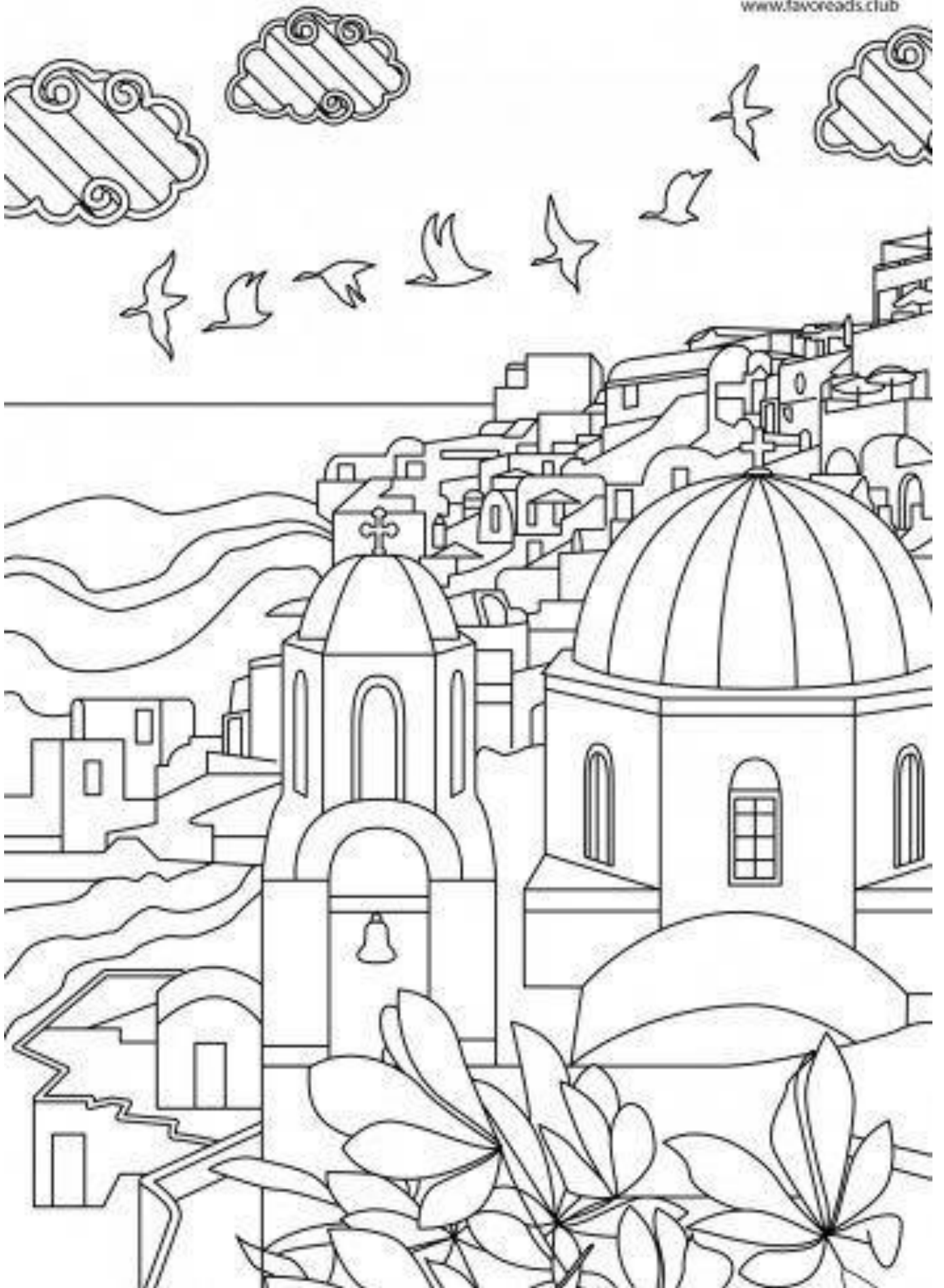
1. Greece is roughly the size (in area) of England or the state of Alabama.
2. Greece is one of the sunniest countries in the world. The whole country has more than 250 days of sun on average!
3. There are more than 2000 islands. Only 170 of them are populated.
4. 40% of the total population of Greece is residing in the capital Athens.
5. Approximately 98% of the people in Greece are ethnic Greeks. Turks form the largest minority group.
6. Ikaria, a Greek island on the Aegean Sea, is one of the world's blue zones where people have the longest lifespans. People here live on average 10 years longer than those in the rest of Europe and America.
7. There are more tourists in Greece than Greeks during summer. It is one of the most popular tourist destinations in the world and receives more than 30 million visitors each year.
8. Greece has one of the richest varieties of wildlife in Europe.
9. In Greece, people celebrate the "name day" of the saint that bears their name rather than their own birthday.
10. Greek is the oldest written language still in existence.
11. Voting is required by law in Greece for every citizen who is 18 or older.
12. The saying "taking the bull by its horns" comes from the Greek myth of Hercules saving Crete from a raging bull by seizing its horns.
13. Football, or what Americans call soccer, is the national sport of Greece.
14. Feta, which is made from goat's milk, is the Greece's national cheese.

15. The city of Rhodes (the capital of the island of Rhodes) is the most popular location for tourists in Greece. The city is famous for housing one of the Seven Wonders of the Ancient World: the Colossus of Rhodes (from which the word “colossal” is derived). This gigantic 98-foot (303-metre) statue of the god Helios, whose legs straddled the harbor, was destroyed by an earthquake in 226 B.C.

18 Snippets of Greek Trivia © GoldenCarers.com







# Greek Word Search

B F F R S P T O X N Z A N C O  
Z R V G L U A H Y M S Z Y T L  
N O H T Y P A N S C E C S K Y  
G X N I J O Z I D U L R N Z M  
Q A C H I L L E S O A F A X P  
A N P X E O B Y P Z R Y T E I  
K N O O P R J S Y W O A I T A  
Z H E O Z P M M Y L Q Z T I Q  
T O R H N F N E L R O H T D A  
A C G H T D E O S Q N K N O K  
A C B A Q A P B J C J S A R I  
Y I Q D K A L B B P S X O H H  
J T S E R X P C F K V Q E P C  
D Q Q S Q I Z C C Q I M R A A  
A A J B S M E D U S A T B T R

ACHILLES  
APOLLO  
HADES  
OLYMPIA  
THOR

ACROPOLIS  
ATHENA  
HERMES  
PANDORA  
TITANS

APHRODITE  
CYCLOPS  
MEDUSA  
PYTHON  
ZEUS

ANSWERS!

## *AROUND THE WORLDSIGHT SEEING QUIZ ANSWERS*

**ANSWERS:** 1. England (Wiltshire) 2. Italy (Rome) 3. Japan 4. France 5. USA (San Francisco) 6. In-between France and the UK 7. South America (Peru) 8. Tibet (Lhasa) 9. USA (Arizona) 10. Africa 11. Australia (Off the coast of Queensland) 12. Ireland 13. Israel (Jerusalem) 14. Africa 15. Egypt 16. Hawaii 17. UAS (New York) 18. Scotland 19. India 20. Indonesia 21. England (London) 22. India (Agra) 23. France (Paris) 24. Moscow

## **EUROPEAN QUIZ ANSWERS**

**ANSWERS:** 1. Poland, Romania, Hungary, Russia 2. Christianity 3. Bull fighters or matadors are found in Spain 4. Istanbul, Turkey 5. Rome 6. False (Europe is the world's 2<sup>nd</sup> smallest continent after Australia) 7. The Berlin wall 8. The euro 9. Portugal, Italy, Turkey, Spain, Greece 10. Stockholm 11. Russia 12. True 13. England, Spain, Belgium, Denmark etc 14. Denmark, Norway, Sweden, Iceland, Finland 15. Italy, Greece 16. Switzerland 17. Red, white and blue 18. Venice 19. Hungary 20. Switzerland 21. The Alps 22. The Arctic Ocean 23. Wallaby 24. Nadal, Federer Sharapova etc

## **FLAGS OF THE WORLD QUIZ**

**ANSWERS:** 1. Australia 2. Brazil 3. Canada 4. Denmark 5. Egypt 6. France 7. Greece 8. Hungary 9. Italy 10. Jamaica 11. Kenya 12. Lebanon 13. Malta 14. Netherlands 15. New Zealand 16. Phillipines 17. Russia 18. South Africa 19. United Kingdom 20. Vietnam 21. Cambodia 22. Zimbabwe 23. China 24. Germany

# COUNTRIES OF THE WORLD WORD SEARCH

X G X U N L G E O F L E W H J  
 N E F A U S T R A L I A U A A  
 Y R L I Z A R B A M S N P R T  
 W M A Y Z B K I H D G A I K P  
 R A Y T J H V A N A N R N B Z  
 C N M A L T G A R A O E D S G  
 Q Y Z E A A L Y C K Z E I N P  
 A I H L R R M X Q V D C A I P  
 O H D S E E A D S V W N C A F  
 J T J H T V G A E Z X A R P X  
 T Y T T H Z P Y D N G R R S N  
 X E Z A M B I A R A M E P Y Z  
 N B V L H Y V R Z T N A W F F  
 K R E W H U Q Y R B X A R B W  
 A Y N E K H E V W F P H C K Z

AUSTRALIA  
 DENMARK  
 GERMANY  
 JAPAN  
 MALTA  
 ZAMBIA

BRAZIL  
 EGYPT  
 HUNGARY  
 KENYA  
 NETHERLANDS

CANADA  
 FRANCE  
 INDIA  
 LATVIA  
 SPAIN