



The Ultimate School Trip



MILLFIELD

DISCOVER BRILLIANCE



Welcome



Mrs Alexandra Haydon
(Host for Louisiana)



Mr Gavin Horgan
(Host for Kenya)

Welcome to the Ultimate School Trip! In March thousands of students across the UK, and indeed across the globe joined us for our visits to Iceland, Italy, Australia and Japan. We might not be in lockdown anymore but school trips abroad are still tricky so it is time for another Ultimate School Trip. This time we are travelling to Kenya in East Africa and Louisiana in the US. The trips will be an opportunity to see something new, experience something new, meet new people, ask questions and spend time with your friends. Both trips will be leaving on Monday 22 November and you need to read the brochure carefully to find out more about our itineraries. We have included a play list to get you in the mood, some books to try, a film you might like to watch afterwards, a short history of the area and some phrases to practise. On the day you just need to click the YouTube link at the right time to join. Take note of the email address on the page too – that is where you need to send your questions and we will try and get our experts to answer as many of your questions possible. Please do send any photos of you joining in to that email address too.

Enjoy!



Tour departure times and links

The tour will go live on YouTube at the departure times listed below – you just need to click on the link to join.

TOUR	DEPARTURE TIME	LINK
KENYA	2.00PM	KENYA
LOUISIANA	6.30PM	LOUISIANA

Each tour will last approximately 1.5 hours.

The tours will remain online after the event so you can go back and watch the bits you missed.

Please read the guide carefully so you can pick your tours and have the email address to hand to ask questions.



Kenya



KIT LIST & MATERIALS

- Comfortable travelling clothes (it will be about 26 degrees C)
- Notebook for spotting wildlife
- Mosquito repellent

WHY GO?

Kenya, situated in East Africa is famed for its scenic landscapes and vast wildlife reserves. It is bordered by South Sudan, Somalia, Tanzania, Uganda and the Indian Ocean. On the Ultimate School Trip you will:

- Visit the Great Rift valley
- Hopefully spot the Great 5 and the Ugly 5 on safari
- Visit a Maasai village and chat to a family about their life and traditions

- Stop in at a school and chat to the pupils about what life is like for them
- Get up close and personal with the giraffes
- Travel from Nairobi to Gilgil, over the border to Tanzania, down to the beach for a dip in the ocean and home before tea



EMAIL YOUR QUESTIONS

kenya@millfieldschool.com



YouTube

<https://www.youtube.com/watch?v=KT9kNYDdl5s>

FACTS AND FIGURES

Surface area (km ²)	580 367
Population (millions)	53.77 million
Population per square km	94.74
Who is in charge?	President Uhuru Kenyatta
Currency	Kenya shilling
GDP per capita (USD)	1230
Capital city	Nairobi
Population of capital city	4.4 million
Languages spoken	Swahili, English + over 60 other languages
Forecast temperature in capital city at midday Monday 22 November (°C)	24

TRIP INFORMATION

Archaeological evidence has shown that the area of eastern Africa that eventually became the modern nation of Kenya is one of the longest continually-occupied places on our planet. Eventually, after hundreds of thousands of years, communities of itinerant hunter-gathers who lived in synchronicity with the seasons and the landscape began to be replaced by groups of people who kept cattle; some of these latter groups began building large monumental structures, and burying their dead in ceremonial complexes. Other new waves of settlers into the region brought technological developments, such as metalworking. By the start of the first millennium AD the region was a complex mixture of different cultures and languages, with a wide range of economic activity and trading links with Europe and central Asia. By the end of that millennium, Kenya's coast in particular had strong trading links with Arabic

culture, the results of which were seen not only in the great commercial gains by the region but also through the influence of Islam. Kenya, and its coast in particular, was a great crossroads between the east and west in the centuries to follow, and disputes between European nations and Arabic Gulf states over who controlled the region's lucrative trade links ultimately were resolved by the establishment of British colonial rule in the Victorian period. This lasted until Kenya declared independence from the British Empire in 1962, holding its own elections; Britain had resisted calls for this for many years, and in the 1950s had savagely repressed earlier attempts at pro-democracy campaigns. In subsequent decades Kenyan politics was disrupted by periods when elections were neither free nor fair, but recent constitutional changes have brought about peace and stability.

LEARN THE LINGO

Kenya is a multilingual country. There are two official working languages, Swahili and English, but over 60 different languages are spoken across the country. Some useful Swahili:

Hello	jambo/hujambo/salama
How are you?	habari gani
Fine	nzuri
Goodbye	kwa heri/kwa herini
See you later	tutaonana
Nice to meet you	nafurahi kukuona
Goodnight	lala salama
Yes	Ndiyo
No	Hapana
Thank you	Asante



SOMETHING TO READ

A Grain of Wheat (1967)
by Ngũgĩ wa Thiong'o
Must read historical novel set during the state of emergency during Kenya's struggle for independence.

Unbowed: A Memoir (2006)
by Wangari Mathai
Wangari is an activist (especially climate and women's rights) and won the Nobel Peace Prize in 2004.

It's Our Turn to Eat – The Story of a Kenyan Whistleblower (2009)
by Michaela Wrong
A fantastic read on Kenya's political corruption. Reads like a thriller but this is not a novel.



SOMETHING TO WATCH

Rafiki (2018)
This film caused a huge stir and was banned in Kenya because it treats homosexuality in a story about two girls in Nairobi. The documentary *I am Samuel* is also great and treats the same theme in documentary rather than fiction.

The Constant Gardener (2005)
John Le Carré novel turned movie. Great cinematography of the far north of Kenya and Nairobi slums.

When Lambs become Lions (2018)
A documentary about elephant poaching which follows the lives of both a poacher and ranger.



SOMETHING TO LISTEN TO

Kothbiro – Ayub Ogada
Beautiful haunting tune played on a nyatiti (8 string lyre). From Western Kenya.

Dundaing – King Kaka
Great Kenyan rapper – lyrics are a great mix of Kiswahili and English – Sheng, the Nairobi dialect of Swahili often mixes languages very cleverly.

Short n sweet – Sauti Sol
One of Kenya's most famous and long-standing pop/soul bands.



Louisiana



KIT LIST & MATERIALS

- Walking shoes
- Sun cream
- Ingredients for Gumbo: Flour, oil, onion, combination of meats (sausage, chicken) or seafood, paprika, onion powder, garlic powder, salt, pepper, basil, creole seasoning, parsley flakes, rice.



EMAIL YOUR QUESTIONS

louisiana@millfieldschool.com



YouTube

<https://www.youtube.com/watch?v=dTVJWzcpTko>

WHY GO?

Situated between Texas, Arkansas and Mississippi, Louisiana is a state of misty swamps, beautiful forests, fascinating cities, incredible music and diverse peoples. On the Ultimate School trip you will:

- Take a walk through 300 years of Louisiana history from its roots as a French colony to its place in the modern world, we'll explore the diverse mosaic of people who have made this place like no other in the United States
- Take a tour around the state to see the plantations, the

swamps and some of the diverse wildlife before learning how to cook gumbo

- Explore the beautiful Louisiana coast and hear first hand about the impact of climate change
- Find out more about the hurricanes and their impact over the last twenty years
- Visit the birthplace of jazz – the fascinating city of New Orleans where we will explore the evolution of a city that is over 300 years old, visit some important monuments that pay tribute to the cultural heritage and musical traditions which developed along the river's edge

FACTS AND FIGURES

Surface area (km ²)	135658
Population (millions)	4.7 million
Population per square km	40.5
Who is in charge?	Governor John Bel Edwards
Currency	USD
GDP per capita (USD)	57 455
Capital city	Baton Rouge
Population of capital city	225 000
Languages spoken	French, English
Forecast temperature in capital city at midday on Monday 22 November (°C)	22

HISTORY

The US state of Louisiana sits on the Gulf of Mexico, a massive basin which is part of the Atlantic Ocean. By 1000 AD there was great linguistic and cultural diversity in the region, and what was to become Louisiana was the homeland of several native American communities, such as the Atakapa, the Coushatta, and the Caddo Nation; of these, the latter two survive today as living communities and identities, despite the relentless onslaughts of the colonial powers. The first of these were French explorers and frontiersmen arriving in the late 1600s, claiming the region for France and naming it after the king, Louis XIV. France lost a war to Great Britain in the 1750s and was forced to gift Louisiana to the Spanish as punishment; during the time of Spanish rule, the area received a huge number of immigrants, Arcadians from Nova Scotia, who had been expelled and

deported by the British. In 1800 Napoleon signed a treaty in which France reacquired Spanish land in America, including Louisiana; three years later, however, Napoleon sold the entirety of French holdings to the newly-independent United States. From 1700 to the 1860s, Louisiana had seen massive plantations of sugar cane and cotton that had been supported by slave labour; vast numbers of enslaved African men, women, and children were imported from Africa, in cruel and terrifying conditions, to work for the profit of the landowners. Louisiana's extraordinary history and geography have combined to create a contemporary culture that is unique: a mixture of its French, Spanish, African, and Native American heritage. It has a distinctive cuisine, a rich musical heritage, varied linguistic identities, and in New Orleans it has one of the world's great cities.



SOMETHING TO READ

A Confederacy of Dunces
by John Kennedy Toole (1980)
One of the funniest novels ever written, and a perfect depiction of New Orleans.

In The Electric Mist With The Confederate Dead
by James Lee Burke (1993)
One of the author's many crime thrillers, this one featuring a reckoning with Louisiana's history.

City of the Dead
by Sarah Gran (2011)
Another crime novel, this time featuring a female private detective working in the aftermath of Katrina.



SOMETHING TO WATCH

Angel Heart (1987)
Robert De Niro and Mickey Rourke get tangled up in a 1950s-set crime drama.

Trouble the Water (2008)
An emotional documentary about the impact of Hurricane Katrina.

12 Years a Slave (2011)
Oscar-winning true story of a man's kidnap, captivity, and escape from slavery.

LEARN THE LINGO

Louisiana French, sometimes called Cajun French or Louisiana Creole, is an umbrella term for the dialects

Allons	Let's go
Ça c'est bon	That's good
Cher	A term of endearment, similar to 'dear' or 'sweetheart'
Chevrette	Shrimp
Cocodril	Alligator
Fais do-do	A cajun dance party
Frottior	A washboard or rubboard used as a musical instrument in zydeco and Cajun music
Laissez les bons temps rouler	Let the good times roll
Pirogue	A Cajun canoe
Veiller	To spend the evening talking with friends



SOMETHING TO LISTEN TO

Midnight Waltz
by Lawrence Walker
Real Cajun accordion magic.

Sea of Love
by Phil Phillips and The Twilights
Soulful doo-wop classic.

Anyone Who Knows What Love is
by Irma Thomas
Love ballad by the Soul Queen of New Orleans.

Thank you

Thank you to Millfield's Kenyan students,
The Camm family, The Thorpe family,
Laura and family, Katherine Callaghan,
Gail Creech, Joseph Dunn, James Karst,
Robin Gabriel-Parson and Harris Parson.



MILLFIELD

DISCOVER BRILLIANCE