

SHOUT OUT TO SEAN

On December 6th, Sean McGowan will set out across the ocean all alone in his seven metre long boat, "Tess", from The Canary Islands. He aims to become the first Irishman ever to row solo across the Atlantic Ocean. Every day he will row for an hour, then rest for half an hour, row for an hour, over and over again. He will sleep only four hours a night. After a hundred days, he hopes he will have covered the 2,500 nautical miles to land in South America. It might take longer, depending on the weather and currents.



He is travelling alone so he has to carry all his own food with him. He gets fresh water from a machine that takes the salt out of sea water and makes it drinkable. That runs on solar power. So does his laptop and phone, which will be his only way of talking to anyone for the whole time he's at sea. Imagine spending three months without seeing another person!

You can help cheer him on though. You can shout out to him as he rows on the ocean. All you have to do is raise a little money, and record a message. It can be anything – cheer for him, sing for him, tell him who you are and where you're talking from. We'll send it by satellite to his laptop, and he will play it as he rows. Your voices will be heard way out on the wild Atlantic. Maybe some whales and dolphins will hear you too! Most importantly, Sean will, and it will encourage him to keep going all those long days.

You can follow Sean online at www.atlantic09.com, and email your recording to sheila@sowetoconnection.org If you are using a tape to record, let us know at that email address and we can arrange to convert it for you. Sean will be delighted to hear from you. It's a long time out at sea, so you can really help by sending him your support!

Thank you!

Soweto Connection



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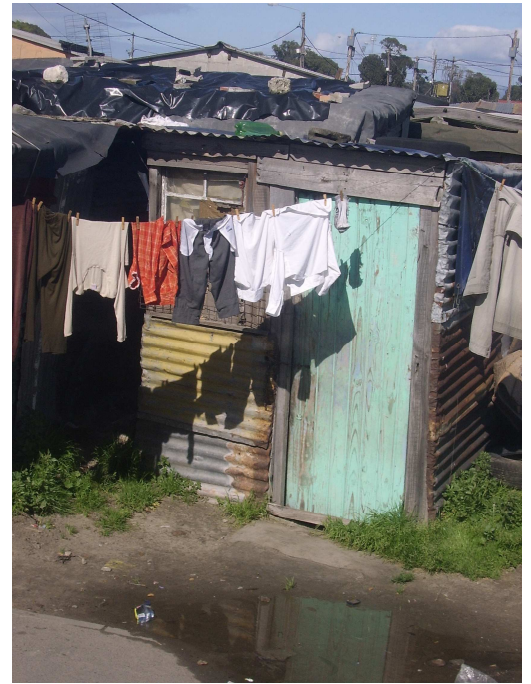


ABOUT SOWETO CONNECTION

All the money your school raises to *Shout out to Sean* will go to help kids like you in South Africa. They live in a township called Khayelitsha, near Cape Town. A township is like a poor town on the edge of a city. The people there live in houses which might be made of tin or wood, and often have no electricity or running water. Most of the parents have no jobs, and there is not much money for food and school. Very often the children have nobody to look after them all day, and there is a lot of sickness, especially Aids.

The money you raise will build a new centre in the township. Mothers can bring their children there, and learn about good nutrition, and how to deal with sickness. The little children can go to school while the mothers learn weaving and beadwork so that they can make money for their families. The children will have a safe place to learn and to play, good food, new friends, and a good start in life.

The money is raised through an Irish charity called Soweto Connection, set up by two Limerick people who lived in South Africa. Every cent you raise will go straight to South Africa to build the centre. You can read all about it, and the other work Soweto Connection does, at www.sowetoconnection.org



These are the sort of homes that many of the people in Khayelitsha live



Here are some of the children that Soweto Connection has helped already. Many of them have no mother or father to look after them, and some are sick. They come to a Day Care Centre where they get food, clothes and medicines. They also learn to read and write at the Centre and the older ones go to school.

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ZULU MASK

Colour this Zulu mask, paste it to some cardboard, cut it out and tie on some string and you have your very own South African mask for Halloween!



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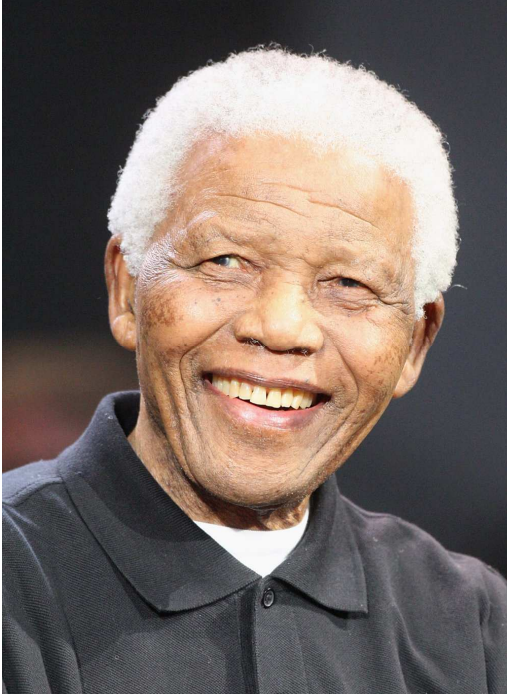


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CLOSE EXERCISE - NELSON MANDELA

Apartheid Autobiography Elections Freedom Johannesburg
Madiba Mandela National Nobel President Robben White



Nelson _____ was born in a rural part of South Africa on 18 July 1918. He got the name "Nelson" in primary school, and went on to become a lawyer in _____, the biggest city in the country. At that time Black people in South Africa had no votes, and no rights to travel freely, or marry whoever they wanted. They had to live completely separately from _____ people, who held all the power. This system was called "_____", and was opposed all over the world, even in Ireland.

The African _____ Congress (ANC) was set up to try to change this. Nelson Mandela was a leader in the ANC, and was wanted by the police. He had to move from place to place, sometimes disguised as a driver or a labourer. Eventually, he formed a group to break the system of apartheid by force. He was arrested and sent to prison on _____ Island, close to Cape Town.

While he was in prison he organised study groups, and learned as much as he could, using all his time well. In 1990 he was released, and worked with the South African government to dismantle the apartheid system. In 1993 he received the _____ Peace Prize. In 1994, after the first free _____ were held in which all South Africans had an equal vote, he became the _____ of the country.

His _____ is called, "Long walk to _____". He is retired now, but still very much loved in South Africa, where he is known affectionately as _____. The ANC are still in government today.

You can check your answers by visiting www.sowetoconnection.org and clicking the **Shout Out To Sean** icon

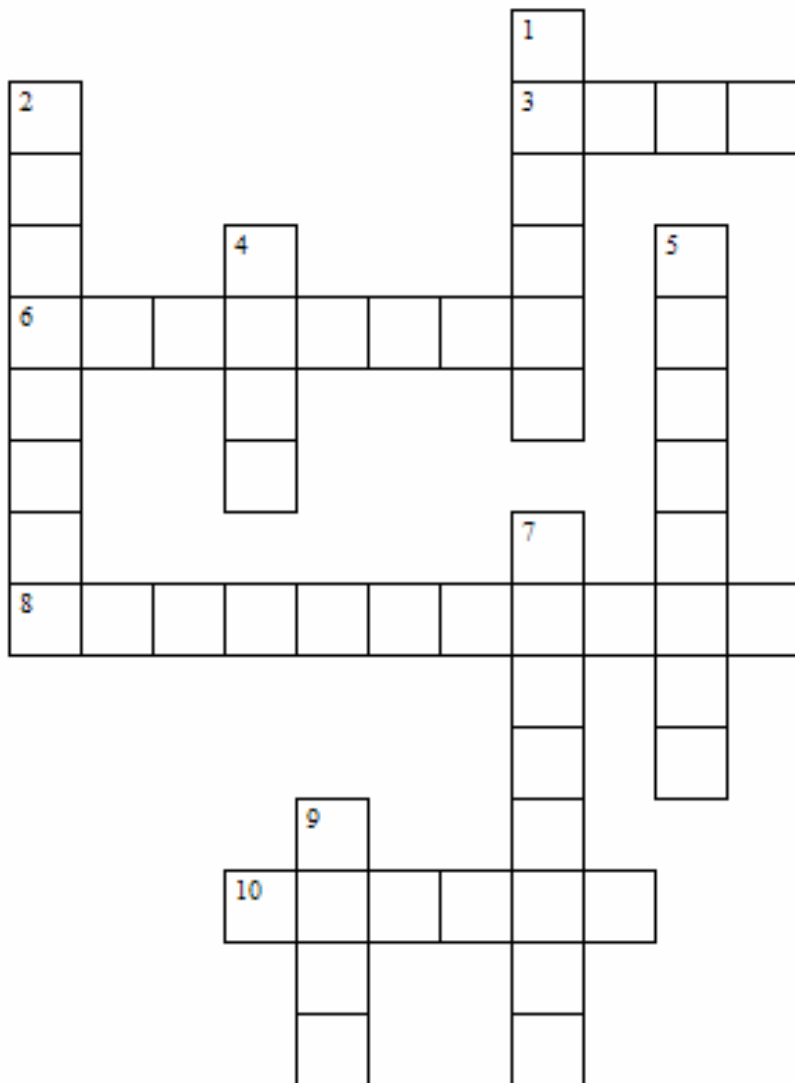
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CROSSWORD

Test your knowledge of Sean McGowan's row across the Atlantic Ocean on behalf of Soweto Connection by completing this crossword. If you do not know the answers already you can find them on other pages in this pack.

Good luck!



Clues Down

- 1** From what islands will Sean start rowing in December?
- 2** As well as weaving, what other skill will the mothers learn in the new centre?
- 4** What is the name of Sean's boat?
- 5** A poor town on the edge of a city in South Africa is called a ____?
- 7** What ocean will Sean row this winter?
- 9** How many hours sleep will Sean get every night?

Clues Across

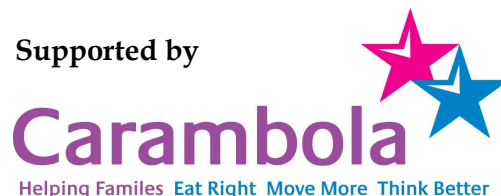
- 3** What sickness is very common in the townships in South Africa?
- 6** In what month will Sean start his long lonely journey?
- 8** Name the township where the centre will be built?
- 10** The charity is called _____ Connection

You can check your answers by visiting www.sowetoconnection.org and clicking the **Shout Out To Sean** icon

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AFRICA - THE CONTINENT

How many African countries do you know?



Fill in the numbers of these countries and territories on the map:

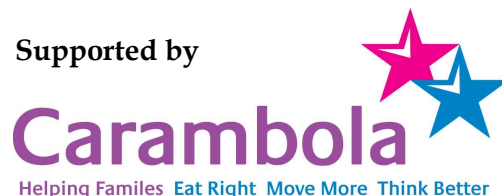
- | | | | |
|-----------------------------|-----------------------|----------------|--------------------|
| 1) Algeria | 13) Djibouti | 25) Liberia | 38) Sierra Leone |
| 2) Angola | 14) Egypt | 26) Libya | 39) Somalia |
| 3) Benin | 15) Equatorial Guinea | 27) Madagascar | 40) South Africa |
| 4) Botswana | 16) Eritrea | 28) Malawi | 41) Sudan |
| 5) Burkina Faso | 17) Ethiopia | 29) Mali | 42) Swaziland |
| 6) Burundi | 18) Gabon | 30) Mauritania | 43) Tanzania |
| 7) Cameroon | 19) Gambia | 31) Morocco | 44) Togo |
| 8) Central African Republic | 20) Ghana | 32) Mozambique | 45) Tunisia |
| 9) Chad | 21) Guinea Bissau | 33) Namibia | 46) Uganda |
| 10) Congo Brazzaville | 22) Guinea | 34) Niger | 47) Western Sahara |
| 11) Cote D'Ivoire | 23) Kenya | 35) Nigeria | 48) Zambia |
| 12) Democratic Re- | 24) Lesotho | 36) Rwanda | 49) Zimbabwe |
| | | 37) Senegal | |

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FUNDRAISING IDEAS!

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Carambola
Helping Families Eat Right Move More Think Better



There are lots of ways for you and your class to raise money for the **Shout out to Sean** challenge. Here are just ten for you to think about ..

1. Sponsored silence. How long do you think your class can stay completely silent? Copy the sponsorship card in the pack, get sponsored for every minute, and see how long you last.
2. Run a colours day based on the six colours in the South African flag – you can wear red, green, blue, black, yellow or white – lots of choice!
3. Have a book blitz. How many books or stories can you read in a month? Get sponsored and find out!
4. Organise a Winter Market. Make cards, crafts, food and tree decorations and invite the neighbours to do their Christmas shopping at school.
5. Have a funny hat competition – design your own hat. Your imagination is the limit
6. A Pyjama day – like a colours day but everyone comes to school in pyjamas. You can listen to bedtime stories, count sheep for maths, maybe run a pyjama race.
7. A sing-a-thon, and get your family and friends to sponsor you for every song you sing with your class. Great for carols!
8. Hold a Halloween party with lots of Halloween games and competitions like apple-bobbing, guessing games and scary mask competitions.
9. Have a bad hair day – on purpose! Come to school with your hair in a mess. The crazier the better!
10. Sport-a-thon. Pick your favourite sport – basketball, soccer, skipping, dancing, whatever – and get sponsored to do it for as long as you can!

You can use all of these ideas, or just one or two, or come up with something completely different. Whatever you do, have fun, and be sure you're making a big difference for kids like you in South Africa. *Thank you!*