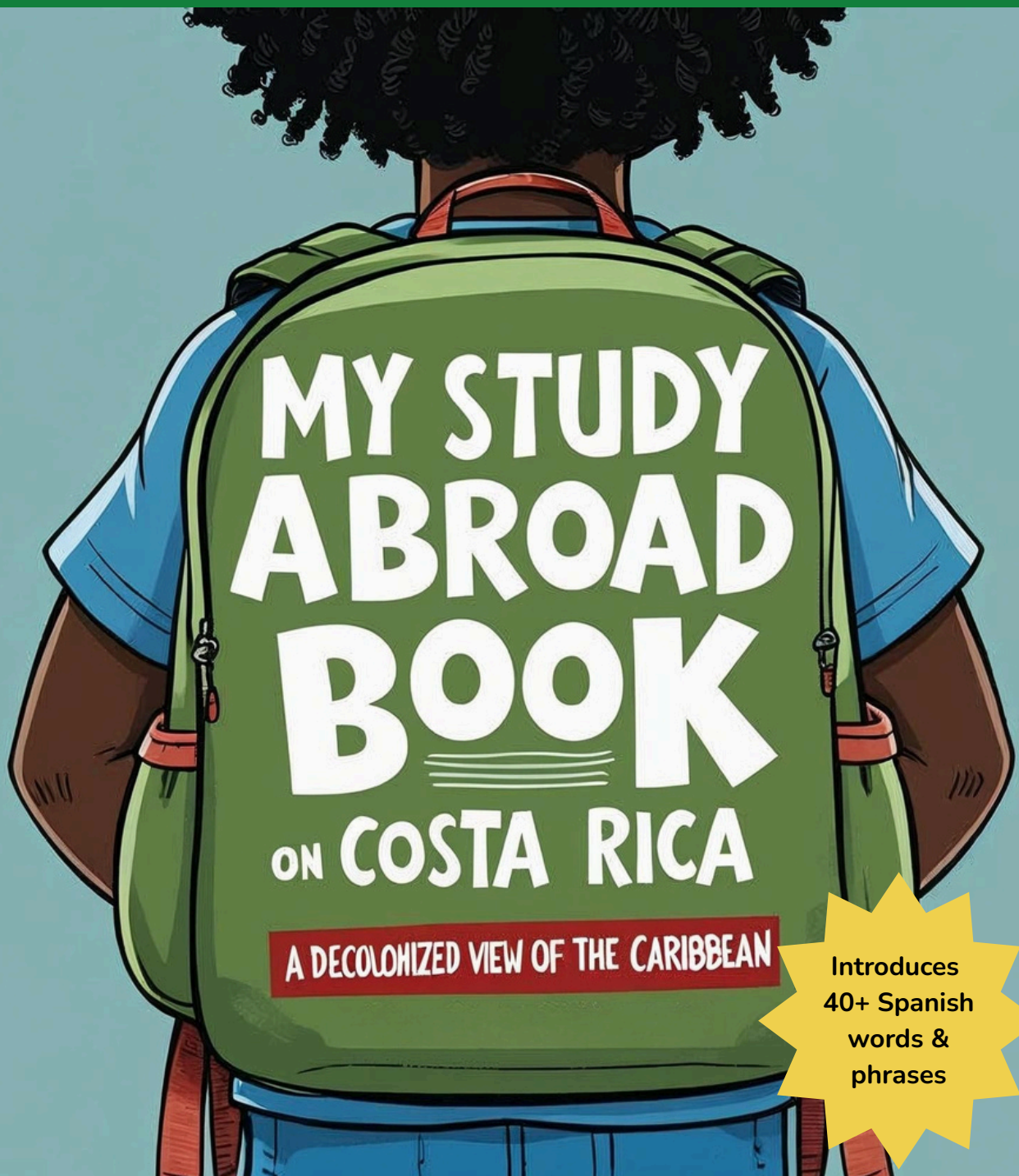




The SoulJourners  
— ACADEMY —



Introduces  
40+ Spanish  
words &  
phrases

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This book belongs to:



KIDS:

Use this book to write, draw, and reflect on your trip to Puerto Viejo, Costa Rica! It will help you remember your experiences and all of the amazing things that you will learn along the way.



Parents: This is the kids' companion book to a online course, *Coastal Kinships: Indigenous & African Legacies of the Caribbean coast of Costa Rica*. You can access this course by sending an email to [kishi.ducre@gmail.com](mailto:kishi.ducre@gmail.com)



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# FACTS

The capital city is San Jose and the flag's colors are red, white, and blue (Just like the US!)



It borders both the Pacific Ocean and the Caribbean Sea (where we will visit the town of Puerto Viejo)



Puerto Viejo is in Limón Province; this region has rainforests, mountains, rivers, and waterfalls!



The Caribbean region of Costa Rica is culturally diverse with Indigenous and Afro-Caribbean people

There is great biological diversity: nearly 200 species of frogs and over 1,000 species of butterflies



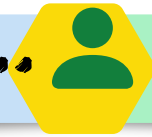
# Spanish words and phrases to use when we meet new friends in Costa Rica

Hello



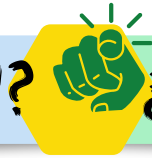
Hola

My name is..



Me Llamo..

How are you?



¿Como estas?

Goodbye



Adiós

Please



Por favor

Excuse Me..



Disculpe

Thank You



Gracias

Write an English word you want to learn how to say in Spanish





# CARIBBEAN DISHES SCAVENGER HUNT



Place a check ✓ next to each item you find. The first one to find all the items wins.



Rice & Beans Plate  
("Gallo Pinto")



Typical Lunch Plate  
("Casado")



Fried Green Plantains  
("Patacones")



Patty (*Patí*)

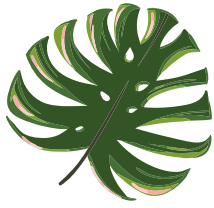


Seafood Stew/ Rundown  
("Rondón")




Yucca Fries  
(*Yuca Fritas*)





# BIRDS & INSECTS SCAVENGER HUNT



Place a check  next to each item you find. The first one to find all the items wins.



Blue Morpho Butterfly  
(*Mariposa Morpho*)



Hummingbird  
(*Colibrí*)



Dragonfly (*Libélula*)



Toucan (*Tucán*)



Leaf cutter ants  
(*Zompopos*)



Macaw (*Lapa*)



## A Fight for Freedom on the Sea: The True Story of a Ship, a Struggle, and Black Resistance

How enslaved African people fought back during a dangerous ocean journey.



In 1708, two Danish slave ships, *Fredericus Quartus* and *Christianus Quintus*, set sail from Europe as part of the global movement called, the Trans-Atlantic Slave Trade. Their mission was to stop on the west coast of Africa to capture and enslave Africans, bring the enslaved, and force them to work on large plantations in the Caribbean. However, this trip was met with brave resistance.

**Trouble in Africa:** When the ships reached Africa, they couldn't load the enslaved people right away. Fighting nearby and not enough food caused big delays.

**A Brave Rebellion:** On one ship, some enslaved people tried to escape. They stood up for their freedom. The crew stopped them and punished them harshly.

**A Dangerous Journey:** The ships got lost, ran low on food, and many people—both the enslaved and white sailors—became sick and died.

**Shipwrecked at Cahuita Point in Costa Rica:** The ships reached the wrong place. Nearly 600-800 of the enslaved jumped off the ship and ran towards freedom in the hills. Local storytellers recalled the time when west Africans from the ship joined the indigenous BriBri people nearby. An organization of Black scuba divers (called Divers with Purpose) worked with a local youth diving group to recover items from the shipwreck. Danish scientists confirmed what the local people already knew: the bricks from the shipwreck matched the descriptions of these Danish slave ships.

**This true story helps us remember Transatlantic slave trade, how brave some people were in their fight for freedom, and how important it is to uncover the mysteries in the sea.**



## Vocabulary

**Enslaved** – forced to work with no freedom

**Rebellion** – fighting back against unfair treatment

**Shipwreck** – when a ship is badly damaged or sinks

**Atlantic Slave Trade** - a sad period in history when millions of African men, women, and children were captured, sold, and forced to work as slaves in the Americas.

### Think About It

Why do you think the enslaved people chose to rebel, even though it was dangerous?

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What does this story teach you about Black resistance and courage?

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 **Draw It!**

Draw one part of the story—maybe the ship on the ocean, the people fighting for freedom, or the coast of Costa Rica where they landed.

