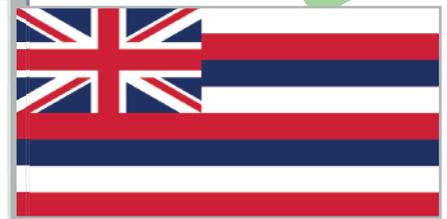


Hawaii Activity pack



www.tripabrood.com



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E komo ma!

Welcome to tripAbrood's
Hawaii activity pack.



At **tripAbrood** we're launching an **AI travel assistant**, matching you and your family to the perfect holiday. Just because you can't leave your home at the moment, doesn't mean you can't travel to far flung destinations around the globe from your sofa. Each week we will be releasing a new activity pack, focusing on a new destination to give your family a taste of their history and culture.

The pack is split into 5 parts:



History:

A little introduction to the destination, their history and culture



Taste:

Some great recipes you can make together with your kids that reflect the destination



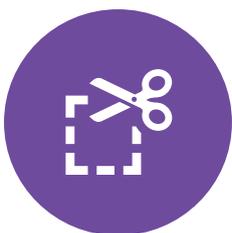
Explore:

Find out where the destination is and how you'd make your own way there



Talk:

Learn a few words or phrases to help you speak like a local



Creative:

Learn a skill or create something that relates to the local culture

We hope you and your kids enjoy your journey to **Hawaii** on this trip. When you're ready to learn to hula, we'll be waiting to guide you through the simple booking process. **Aloha**

The **tripAbrood** team x

History

A little introduction to Hawaii, its history and culture.



FACTS ABOUT HAWAII



Hawaii is one of the states in the United States of America



Honolulu is the largest city in Hawaii and is the state capital



Hawaii is the most isolated population centre in the world



Hawaii can be found in the middle of the Pacific Ocean



Hawaii is the only state with two official languages: English and Hawaiian



Hawaii is made up of eight major islands but has 136 islands in total



The population of Hawaii is 1.4 million



The State of Hawaii is named after the largest Hawaiian Island - Hawaii (also known as Big Island)

THE HISTORY OF HAWAII

The first people to arrive in Hawaii were the Polynesians. They arrived by boats similar to canoes around 1500 years ago. Later, around 1200 AD, Tahitian explorers arrived and settled on the island. There were many different settlements on the islands - each ruled by a chief called the Ali'i. In the late 1700s, a powerful chief named Kamehameha rose to power and took over all of the islands. He became the first Hawaiian king.





HAWAII & THE UNITED STATES

In 1778, James Cook - a British explorer - reached Hawaii. Shortly afterwards, increased immigration to Hawaii began. Many protestant missionaries from America and farmers from Asia came to the islands. Gradually the power of the monarchy in Hawaii was reduced and, when Queen Liliuokalani attempted to restore royal power in 1893, the monarchy was overthrown with help from the US military. For a few short years, Hawaii became known as the Republic of Hawaii. In 1898, the Hawaiian government agreed to become a territory of the United States and, in 1959, Hawaii was made a State.



HAWAIIAN CULTURE

Because of its unique people and history, Hawaii has a very different culture from the rest of the United States. There are many customs specific to Hawaii. One of these is the gifting of the lei. **A lei is the chain of flowers** you'll often see in films or pictures representing Hawaii. They are given as a welcome gesture or for special occasions and should only be removed in private. **Other Hawaiian customs include the hula - a type of dance.** The hula was originally only for men but now is commonly danced by both men and women. Hula dancers will often wear colourful costumes and grass skirts. Today hula dances are usually performed at a Lu'au - a traditional hawaiian feast or party, at religious ceremonies or special events.





HAWAII'S ISLANDS

The Hawaiian Islands are part of the United States but they are found in the middle of the Pacific Ocean. Hawaii is over 2,000 miles from the western coast of the United States. Hawaii is named after the largest island but there are a total of eight main islands - Hawaii, Maui, Oahu, Kauai, Kahoolawe, Moloka, Lanai and Niihau. To differentiate Hawaii from the state, it is often called **Big Island**. Despite not being the largest island, 75% of the population of Hawaii live on Oahu. Oahu is also where you will find the **capital of Hawaii, Honolulu**.

The Hawaiian Islands are very diverse with beautiful beaches, tropical rainforests, active volcanoes and practically everything in between. Mauna Kea is a volcano on Big Island that is technically the largest mountain in the world but is usually discounted as most of the volcano is underwater.



GETTING TO HAWAII

Getting to Hawaii from the UK is often a very long trip. The shortest route is usually to fly from London to Los Angeles and then from Los Angeles to Honolulu. This can take up to 20 hours of travel time - and that's the shortest route! You'll need additional time if you're flying to any of the smaller islands, have any long layovers or are flying from outside of London. It's a long long way to go but it's definitely worth it to see the natural beauty and unique culture.



Taste



Here are two Hawaiian recipes for you to try out at home with your kids. We hope you enjoy them as much as we did!

GRILLED HULI HULI CHICKEN

Ingredients:

- 55g brown sugar
- 45ml ketchup
- 45ml soy sauce
- 15ml chicken broth
- 1 tsp minced ginger
- 1 tsp minced garlic
- 700g chicken thighs or chicken breasts (feel free to substitute with pork)

Method:



To make Grilled Huli Huli Chicken

1. Mix the sugar, ketchup, soy sauce, chicken broth, ginger and garlic together into a bowl. This is your marinade.
2. If using chicken breasts, either pound or cut them in half so that all of the breast is the same thickness.
3. Add your chicken to the bowl and coat each piece fully.
4. Once coated, pop the marinade covered chicken into the fridge and allow to marinate for 8 hours or overnight.
5. Turn on your grill at a medium heat. Oil the rack and grill the chicken for 6-8 minutes on each side. These are also great cooked on a barbecue.
6. Serve with rice or as a part of a larger BBQ.





FRUIT KABOBS IN A PINEAPPLE (A GREAT CENTREPIECE FOR ANY LU'AU)

Ingredients:

- Pineapple
- Fruit of your choice - we'd recommend melon, watermelon, strawberries, kiwi and oranges
- Skewers

Method:



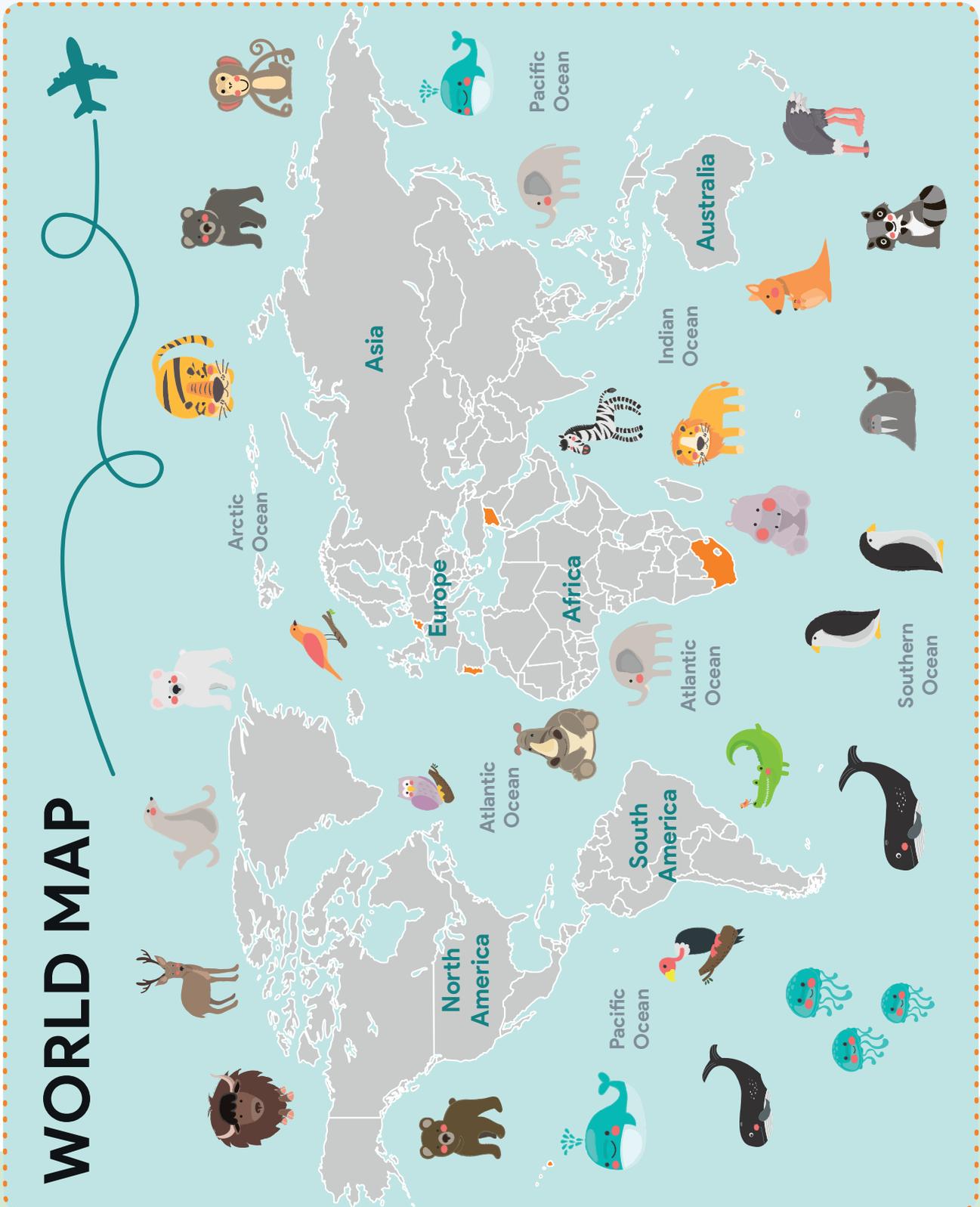
To make Fruit Kabobs in a Pineapple

1. Chop up your fruit into bite-size pieces.
2. Slice the bottom off your pineapple so that it can sit flat on a surface.
3. Thread your fruit onto the skewers - alternating colours look the best!
4. Insert the skewers into the pineapple at an up-facing angle (this will prevent them from falling out). We recommend around 12 skewers per pineapple in rows of four. Enjoy!



Explore

Explore our map to discover where Hawaii is and how you would get there.





FIND

Looking at the world map:

We've **highlighted 5 countries**. Can you identify Hawaii?

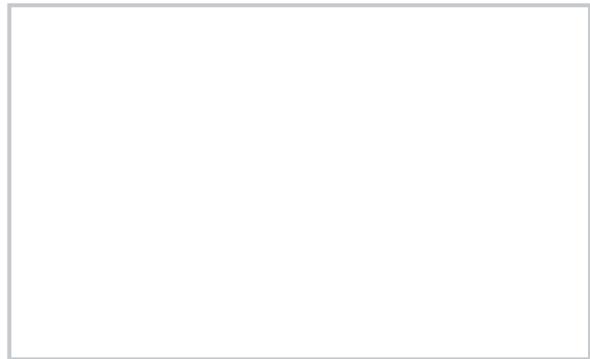
What are the other highlighted countries?

Which countries are closest to Hawaii?

Which sea borders Hawaii?

THE FLAG

Draw and colour in the Hawaiian flag.



Does this flag remind you of any other flags?
Which countries?

GETTING THERE

Draw on your map the countries you would like to stop at on your way to Hawaii.

For each part **write down**:



What mode of transport you would take



The distance from the city you left to the city you're going (Tip: Ask google for some help)

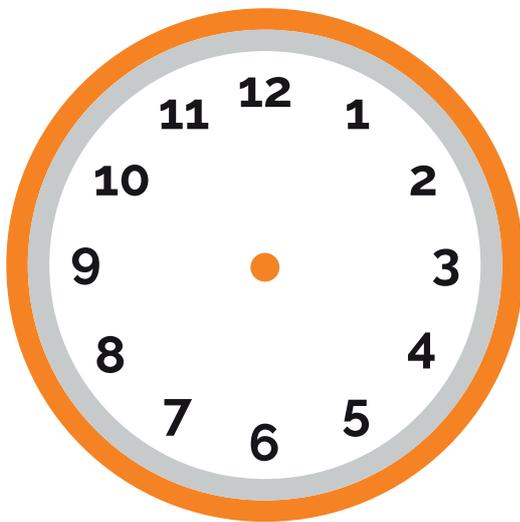


How long you think it would take you to get there



CLOCKS

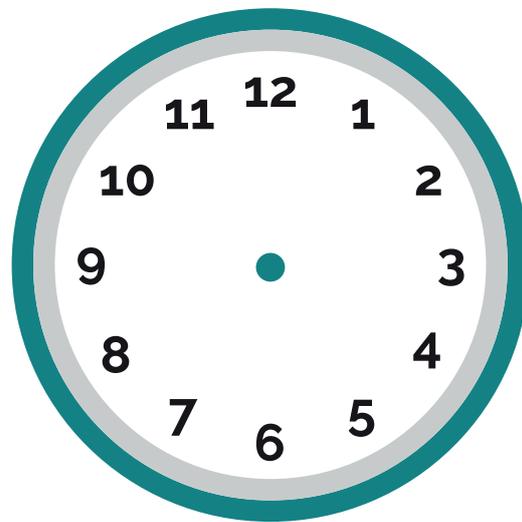
UNITED KINGDOM



My clock:

Draw the current time on the clock.

HONOLULU, HAWAII



Honolulu clock:

Draw the current time in Honolulu on this clock.

TIME ZONES

Fill in the blanks below:

Honolulu is the capital of _____ Berlin is the capital of _____

Hawaii's time zone is ahead/behind (delete one) of ours by _____ hour(s).

The time where I live is _____ The time in Honolulu is _____

Someone my age in Honolulu would be doing what right now? _____



WORD SEARCH

Find the following **Hawaiian words** in the word search.
Words may run forwards, backwards, diagonally, up or down.
Some may overlap or even be backwards!



Aloha

Oahu

King

State

Hula

Maui

Lei

USA

Honolulu

Pacific



A	H	A	L	N	P	A	C	I	F	I	C
H	U	L	A	P	A	P	U	L	L	E	I
P	C	L	L	A	O	K	I	L	E	A	P
A	A	L	O	H	A	P	M	A	N	O	M
U	H	O	N	A	H	L	A	A	P	A	P
L	S	T	E	A	U	P	A	C	U	K	M
U	M	I	F	K	I	U	A	K	I	I	A
L	C	S	P	A	N	P	P	O	N	N	N
O	H	T	L	P	A	S	U	A	G	G	E
N	I	A	L	O	S	A	M	H	U	P	I
O	L	T	A	H	T	A	L	H	A	P	A
H	A	E	A	P	R	H	U	L	H	U	A



Talk

Learn a few Hawaiian words to help you speak like a local.



LANGUAGE

Here are some of our favourite **Hawaiian words**, see if you can try and use all 10 in your conversations with your family and friends today. Can you write a short story using these words?



1.

Aloha

A-lo-ha

Hello / Goodbye

2.

E kala mai

Eh kah-lah mah-yee

Excuse me

3.

Mahalo

Mah-hah-lo

Thank you

4.

Ohana

Oh-hah-na

Family

5.

Ono

Oh-no

Delicious

6.

A hui hou

A - who-i-ho

Until next time

7.

E komo ma

Ee koh-moh ma

Welcome

8.

Hale

Ha-leh

Home

9.

Keiki

Kei-ki

Children

10.

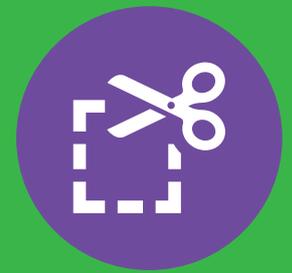
Kapu

Ka-pu

Forbidden

Creative

Create an erupting volcano or make a flower lei to complete your Hawaiiin outfit.



ERUPTING VOLCANO

You will need:

- 10ml washing up liquid
- 100ml cold water
- 400ml white vinegar
- Food colouring
- ½ cup baking soda
- 1 empty 2 litre bottle



- Make sure you are outside before attempting this experiment!
- Combine the vinegar, washing up liquid, water and two drops of food colouring into the empty bottle.
- Create a baking soda slurry by filling a cup with ½ baking soda, ½ water. Mix the slurry until it's all liquid.
- Time for the eruption - pour the baking soda slurry into the bottle quickly and step back and watch the eruption!





HAWAII FLOWER LEI

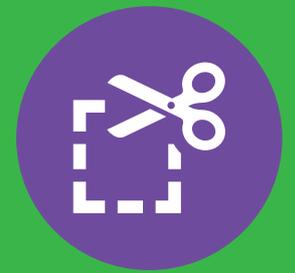
You will need:

- Coloured paper
- String
- Paper straws
- Scissors
- Toothpick

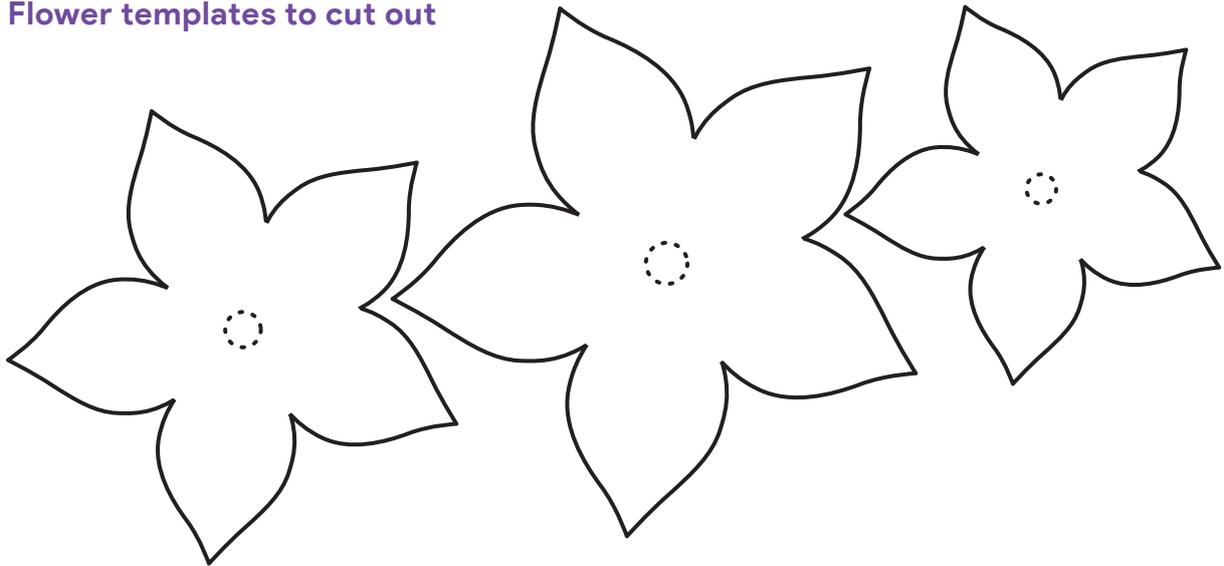


- Cut out the flower we have provided.
- Trace and cut around the flower approximately 36 times, using a combination of different coloured paper.
- Fold the flower in half, then fold it in half again. Cut a small line across the corner.
- Cut your paper straws into 1 inch long pieces.
- Tie your string to a toothpick.
- Feed the toothpick through the paper straw, then through a flower. Repeat the process until your necklace is complete.





Flower templates to cut out

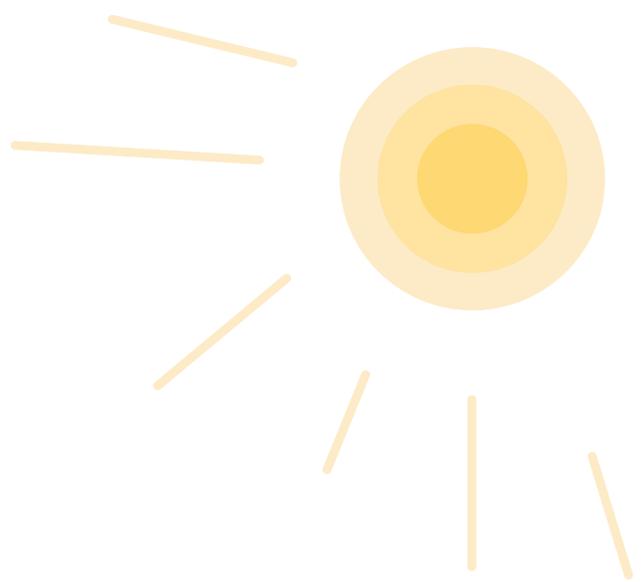


FINISHED HAWAII FLOWER LEI



Fully immerse yourself in Hawaiin culture

Make a necklace for each member of your family, find your clothes with the most flowers on them, **learn to hula** and dance the afternoon away while dreaming of the sand between your toes on a Hawaiian beach!



Until next time in the Netherlands!



Thanks so much for downloading the Hawaii pack. We hope you had as much fun using it as we did creating it.

Don't forget to share your creations with us via Facebook or Instagram (@tripabroad). In next week's pack we're exploring all things Dutch, sign up at tripAbroad.com to get it delivered straight to your inbox. See you next week!



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