

International Instant Meeting – Egypt



Quick Facts about Egypt:



- The official name of Egypt is the Arab Republic of Egypt.
- The capital city in Egypt is Cairo.
- Egypt has a population of 88,487,396 people.
- Official languages: Arabic, and Modern Standard Arabic.
- For Religion, about 90% of Egyptians are Muslim (primarily Sunni), 9% are Coptic, and 1% are Christian.
- Pharaoh Pepi II (2246 – 2152 B.C.) had the longest reign in history. He became Egypt's king when he was only 6 years old and reigned for 94 years.
- The shape of ancient Egyptian pyramids is thought to have been inspired by the spreading rays of the sun.
- On average, only an inch of rain falls in Egypt per year.
- The Egyptian flag is similar to the flags of Syria, Iraq, and Yemen. The flag consists of three bands of colours from the Arab Liberation flag (red, white, and black) with the golden eagle of Saladin on the white band. On the Egyptian flag, black represents oppression, red represents the bloody struggle against oppression, and white is symbolic of a bright future.

- Ancient Egyptian women had more rights and privileges than most other women in the ancient world. For example, they could own property, and carry out business deals. Women from wealthy families could become doctors or priestesses.
- The famous Great Pyramid at Giza was built as a burial place for King Khufu (2589 – 2566 B.C.) and took more than 20 years to build. The base of the Great Pyramid takes up almost as much space as five football fields.
- Ancient Egyptians believed that mummification ensured the deceased a safe passage to the afterlife. Organs were stored in Canopic jars, each jar representing a different god.
- The Sahara Desert was once a lush grassland and savannah. Overgrazing and climate change in 8000 B.C. began to change the area from pastoral land to desert. Now the Sahara Desert is the world's largest hot desert which is over 3,630,000 square miles (about the size of the United States).
- In Egypt, both men and women wore eye make-up called kohl. Kohl was made from ground-up raw material mixed with oil. Egyptians believed it had magical healing powers that could restore poor eyesight and fight eye infections.
- The Egyptian polymath Imhotep ("the one who comes in peace") is known as the first physician, the first engineer, and the first architect.
- Fly swatters made from giraffe tails were a popular fashion item in ancient Egypt.

Guiding in Egypt:



Girl Guides was introduced in Egypt in 1913. In 1925, Girl Guides was introduced into the schools and by 1929 the Egyptian Girl Guides Association was formed. Now you can find Guiding in factories and community clubs as well in Egypt. In 2015, there was 54,765 Girl Guide members in Egypt. The Egypt Guide Promise is “On my honour I promise: To do my duty to God, then my country; To help people in all circumstances, To obey the Guide Law”.



Activities to do at your Egypt meeting:

1.) Folklore and Storytelling

- a. Egyptian Mythology (**Sparks**, **Brownies**, and **Guides**)

For the **Sparks**: You can read the Egyptian Myth to them.

For the **Brownies**: You can read them the Egyptian Myth and give them parts to act out.

For the **Guides**: You can have them put on a puppet show for an Egyptian Myth.

Egyptian Myths: <http://egypt.mrdonn.org/myths.html>

- b. Egyptian Mythology (**Pathfinders** and **Rangers**)

For the Pathfinders and Rangers, have each girl chose an Egyptian Myth or Legend. With that myth or legend, have the girls identify the meaning of that myth or legend and re-create a part of the myth or legend in a creative way (a drawing, poem, a dance, etc...).

Egyptian Myths and Legends for the older branches:

<http://mythfolklore.blogspot.ca/2014/06/myth-folklore-unit-ancient-egyptian.html>

2.) Games

a. Senet (Guides, Pathfinders, and Rangers)

Senet is a board game from ancient Egypt that uses a grid of 30 squares arranged in 3 rows of 10. The board has two sets of pawns (5 pawns in each set). The board looks like the following:

BOARD DESIGN AND SYMBOL MEANINGS

1	2	3	4	5	6	7	8	9	10
20	19	18	17	16		14	13	12	11
21	22	23	24	25					30

 Ankh: Symbol of Life

 House of Happiness

 The House of Water

 The House of Three Truths

 The Eye of Horus

www.whatwillwedotoday.com

For the rules: <https://www.youtube.com/watch?v=ikfRHqw46jE>

Another site for the game rules:

<http://whatwillwedotoday.com/2011/07/21/camp-grandmama-and-grampy-campy-ancient-egypt-day-how-to-play-the-game-of-senet/>

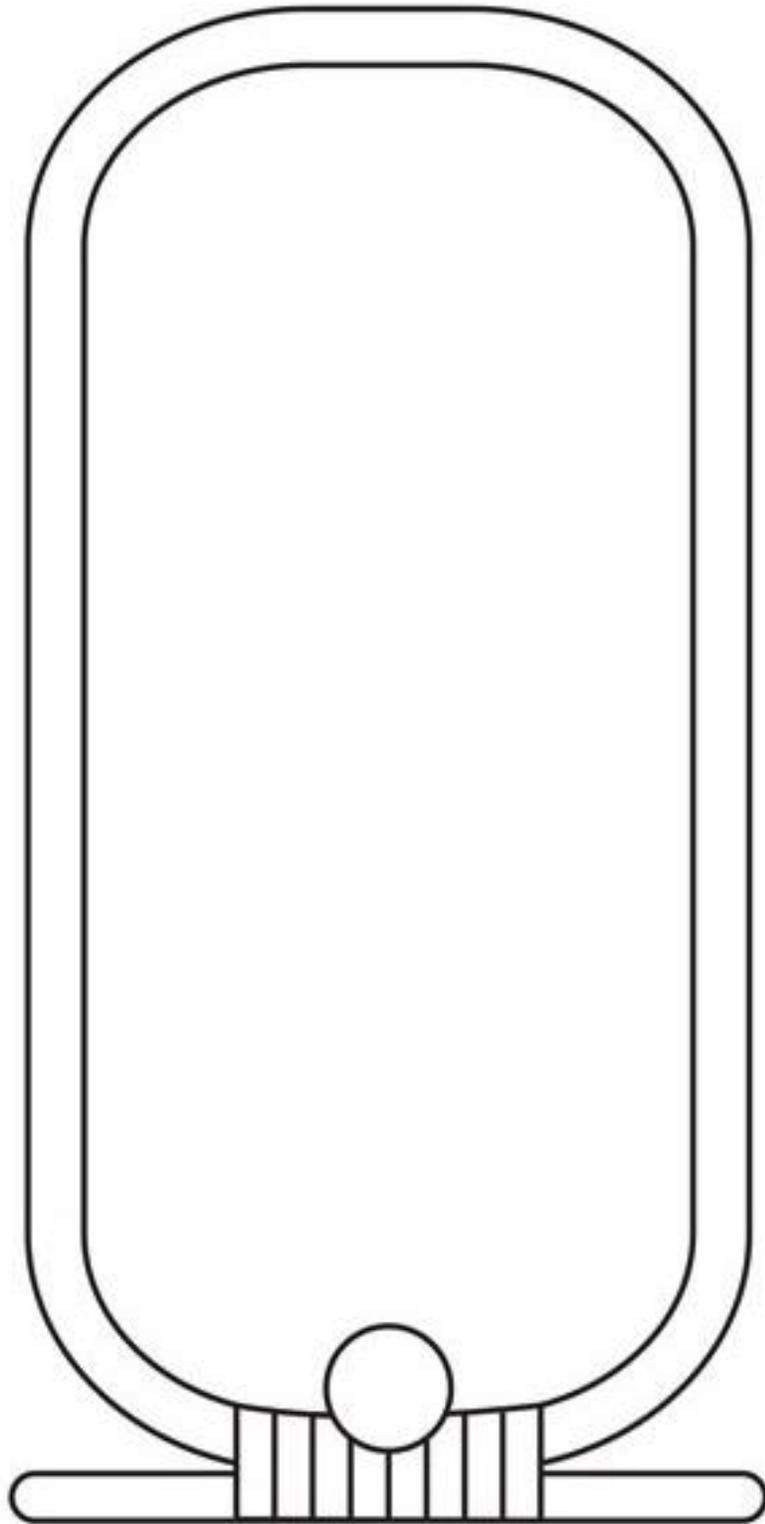
3.) Crafts

a. Egyptian Hieroglyphics (Sparks and Brownies)

Ever wonder what your name would look like in Ancient Egyptian? For this activity you will use the Egyptian Hieroglyphic alphabet and translate the letters of your name into Egyptian. The Ancient Egyptians would write their names on what is called a Cartouche and their name would be written vertical instead of horizontal starting from the top of the cartouche.

A		EAGLE	I/E/Y		REED	S/Z		CLOTH
A		ARM	J		COBRA	SH		POOL
B		FOOT	K/C		BASKET	T		LOAF
C/K		BASKET	L		LION	TH		ROPE
D		HAND	M		OWL	U/W		CHICK
E/Y		2 STROKES	N		WATER	V/F		VIPER
F/V		VIPER	O/U/W		LASSO	W		CHICK
G		JAR	P		DOOR	X		BASKET/ CLOTH
H		HOUSE	Q		SLOPE	Y		2 REEDS
H		FLAX	R		MOUTH	Z/S		DOOR BOLT

Egyptian Cartouche and Hieroglyphs –



4.) Sample some Traditional Egyptian Food (All Branch levels):

a. Koshari



Koshari is considered to be the national dish in Egypt. This dish consists of pasta, tomato sauce, rice, lentils, caramelized onions, garlic, and chickpeas. This dish is usually made for lunch. It was originally introduced by Britain during the war and has become the most popular lunch meal in Egypt for the past 100 years.

How to make Koshari: <https://www.theguardian.com/lifeandstyle/gallery/2009/mar/02/ahdaf-soueif-koshari-recipe>

b. Ful Medames



Ful Medames is one of the common staple foods in Egypt. This dish consists of fava beans served with oil, garlic, and lemon juice. Ful Medames can be traced back to the age of the Pharaohs. The word “Medames” is Coptic for “buried” which refers to the way it was initially cooked (in a pot buried in hot coal or sand). The traditional way to eat this dish is in an Egyptian bread bun.

How to make Ful Medames: <https://simplyfreshdinners.com/2014/05/ful.html>

Sources:

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- <http://kids.nationalgeographic.com/explore/countries/egypt/#egypt-pyramids.jpg>
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