



Culture week in Cape Verde

Get ready for an action-packed week filled with adventure and cultural discovery! Discover the culture and natural beauty of Tarrafal Village. With its mountains, valleys, and stunning beaches, this cultural week is all about immersing yourself in the traditions and lifestyle of this unique destination.

Program description

You'll start your journey in the quiet village of Tarrafal, where you'll learn the basics of Kriolu, Cape Verde's local language, and enjoy hands-on experiences like cooking traditional dishes and exploring hidden gems. From historical landmarks, discovering traditional art techniques, to snorkelling, this program is perfect for anyone looking to experience Cape Verde authentically and responsibly.

Program Highlights:

- Pick up some Kriolu language basics to connect with locals.
- Enjoy Cape Verdean cuisine with a hands-on cooking lesson.
- Relax on stunning beaches.
- Visit historical landmarks, such as the Tarrafal concentration camp.
- Learn to make handicrafts such as bracelets, coconut baskets or hats
- Get your hands dirty at a pottery workshop
- Experience a fishing trip with local fishermen.
- Visit local farms to learn about traditional farming methods

Aims and objectives

- Introduce you to Cape Verdean culture and help you experience it authentically.
- Immerse you in local traditions, art, language, and cuisine.
- Foster cultural exchange and understanding between you and the local community.

Additional Equipment

- Modest clothing (covers knees and shoulders)
- Bring swimwear for beach activities.
- Comfortable walking shoes, sandals, water shoes
- Sun hat, fleece sweater, windproof rain jacket (depending on weather)
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt, locks for bags
- Personal entertainment (books, cards, music player)
- A small backpack for day trips.
- Waterproof bags to keep electronics safe.



Schedule

Monday

- On Monday, you will have breakfast and then get an introduction to Cape Verdean traditions and culture.
- Set out on a walking tour visiting local supermarkets and ATMs. Then you will visit the Museum, Tarrafal concentration camp, and local market, and explore the surroundings of our center.
- We will have lunch at the center.
- After lunch, at the local market try your hands making bracelets which you can take back home as a souvenir.
- Overnight at Tarrafal Accommodation

Tuesday

- After breakfast, you will attend a Basic Kriolu class to learn about the local language. This is critical because the majority of people speak Kriolu, Portuguese, or French here. So, it may come in handy if you learn the Kriolu language.
- Attend a Traditional Clay pottery Workshop. Traditional pottery is an ancient and enduring craft in Cape Verde, with roots in West and Central African traditions. It's a significant part of the islands' cultural heritage, reflecting a deep connection to the land and its resources. Participating in a traditional pottery workshop offers a unique way to experience this cultural identity firsthand.
- Visit Chapel São José
- After Lunch, go on an Artisanal fishing & Snorkeling with local fishermen
- Overnight at Tarrafal Accommodation

Wednesday

- You then have the opportunity to witness a local cooking lesson, wherein you will learn to cook Cachupa, which is a famous dish from the Cape Verde Islands.
- You will attend another basic Kriolu class where you will learn useful words for communication and spelling.
- Overnight at Tarrafal Accommodation

Schedule

Thursday

- After breakfast, you will attend a one-hour Basic Kriolu class and start learning how to make sentences.
- Beyond pottery, Cape Verde's rich artisanal heritage includes the skillful art of weaving. Using locally abundant materials like coconut and palm leaves, artisans create a variety of beautiful and functional items, from hats to baskets. Participating in a workshop on this craft offers a hands-on experience that connects you directly with the islands' cultural and natural environment.

Friday

- After breakfast, we will have our last Basic Kriolu classes and start making phrases. Then we will head out to go on a fishing trip with the local fishermen
- A visit to local agriculture fields in Cape Verde provides a profound look into the traditional farming practices that have sustained island communities for centuries, despite challenging environmental conditions. Given the islands' volcanic, mountainous terrain and a persistent scarcity of water, Cape Verdean farmers have developed ingenious and resilient methods to cultivate crops
- Visit the project - This visit to enable you to acquaint yourself at the project which you will begin on Monday of the following week
- Overnight at Tarrafal Accommodation

*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.