

## *Our trip to Dominica*

*From the 26th May to 31<sup>st</sup> May 2010*

*La classe européenne of Collège Petit Manoir left Martinique by the Ferry for the Commonwealth of Dominica on a five day trip*



We sailed past the villages of the North Coast, Schoelcher, Case Pilote, Bellefontaine, Carbet, St Pierre and Prêcheur, before crossing the channel to arrive in Dominica after an hour and a half boat ride. We landed in Roseau. A big bus was waiting for us and after going through customs and immigration, we were taken to the Roseau Youth Center where we had *peleau* for dinner. After dinner we were able to visit the Governor's House which was right next door and then returned to the center to settle for the night.



- **PELEAU** is one of the traditional dishes of most Caribbean islands and it is relatively easy to prepare. .
- **Ingredients**  
2 cups of rice
- 1 lb lentils  
2 tablespoon of gravy browning
- seasoned chicken  
1 tablespoon of olive oil
- **Method**
- Stew the seasoned chicken  
. Allow the chicken to cook for about 20 minutes. Add the cooked lentils and rice. Add some salt, pepper sauce and two cups of water.
- When about 75% of the water has dried down, adjust your stove settings to its lowest and cover the pot. When the rice has thoroughly cooked, turn off the stove.
- Peleau can be served with a fresh salad

When we got up next morning, we had breakfast, (nice hot bread, freshly delivered by a local baker and delicious chocolate made for us by our teachers). At 7.30 am ,the bus picked us up and we headed for Goodwill Secondary School where we attended school for the day. **Oh ! By the way ,school starts at 8 am and stops at 1 pm and we had to wear the school colors, which was a pair of black trousers and a white shirt.** And we also met lots of new students who were nice and friendly, they wear a tie to school but, luckily, we didn't have to.

We were put in different classes and we participated in Maths, Science, Biology, English, French, Social Studies lessons and some of us were even lucky to participate in cooking classes, which is a part of the school curriculum; this we really enjoyed and wonder why such classes don't exist in Martinique. A mid-morning break of delicious sandwiches, pastries, cake and passion fruit juice was given to us.

After school we returned to the center had lunch and visited the south of the island. The two small fishing villages of Scotts Head also called **Cachacou; where we** found ourselves standing on a narrow strip of land with the calm Caribbean Sea on one side and the rough Atlantic Ocean on the other.

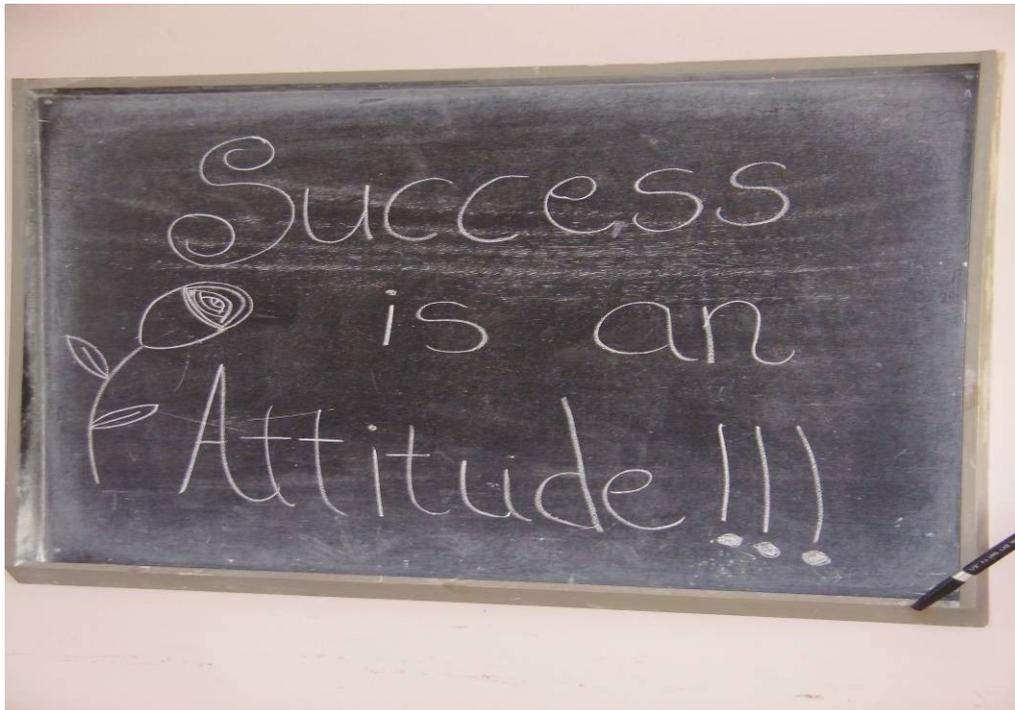


We later went on to the village of **Soufriere** well known for its volcanic activity. We then proceeded to have a warm relaxing bath at the Soufriere hot sulphur baths.

On our return to the center we had dinner, and later visited the LOGOS a big cruise ship which is a library and sells all kinds of books. It was a really a one in a life time experience as this boat come to the island every four years.

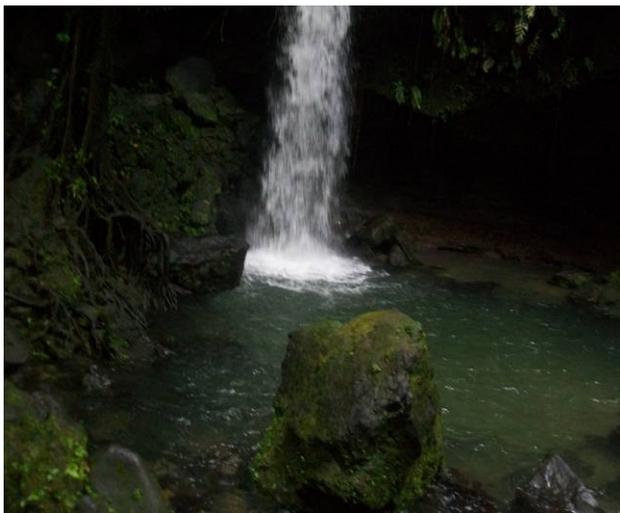


On Friday morning we were given a guided tour of the Dominica State College and practiced our English with a few students from this institution. We had little choice because to our surprise, we discovered that the people who live in the capital, Roseau, do not speak or understand **creole**.



Later on we were taken to Emerald Pool where we were able to have a very cold but refreshing water bath ; a short stop in our long schedule before visiting the '**Kalingo Barana Aute**' a Carib village where we learned everything about the Caribs; their origins, some Carib words and customs. We also saw how manioc was grated and turned into their local bread called cassava. All of his was done in **English** of course, and while we were afraid of not understanding the tour guide, we soon realized that we understood everything she said, and we were also understood when we asked questions. **What relief! Our English classes are not useless after all!**

We had lunch there before heading on our long tiring drive back to Roseau. Exhausted we all had dinner sat around playing cards or dominoes before going to bed.





On Saturday morning we were allowed to laze in bed before visiting the town of Roseau the capital of the island and thus embraced the opportunity to go shopping around for some gifts and souvenirs for our parents and friends. It was a very hungry group of 29 that enjoyed the dish called '**roti**' given for lunch .



**Wrap roti**, often referred to as a **roti**, is popular in the Caribbean consisting of a curry stew folded tightly within a Dhalpuri roti. The stew within a wrap roti generally contains potatoes and a meat such as chicken, goat, beef, fish, conch or shrimp. *Roti* means bread in Hindi.

We drove through the botanical gardens, and later that day we visited the Trafalgar Falls, where we were able to enjoy both hot and cold baths. .



The evening was spent on the Dame Eugenia Charles Boulevard called the *Bay front*; where we ate our dinner for the night, a wide variety of chicken bought from KFC, with all the different side dishes available, corn on the cob, mashed potatoes, French fries, macaroni and cheese, biscuits, all washed down with soft drinks.

What a pity! Today is Sunday, the last day because we are all heading back home to Martinique this morning; but not before having had an English breakfast of course. The full English breakfast is a traditional meal which consists of bacon, eggs, sausages, tomatoes, and baked beans. (***Baked beans is a dish containing beans, sometimes baked but, despite the name, usually stewed, in a sauce***). It is popular throughout the British Isles and other parts of the English-speaking world as well as Dominica too.



At 10 am we all left the Roseau Youth Center to head for the Port, went through security check, paid our departure tax and boarded the boat for Martinique



On our arrival, our parents were all there waiting for us, it was Sunday May 30<sup>th</sup> a special day for all mums, and we wished **Happy Mother's Day** to all the mothers present because we did not forget.