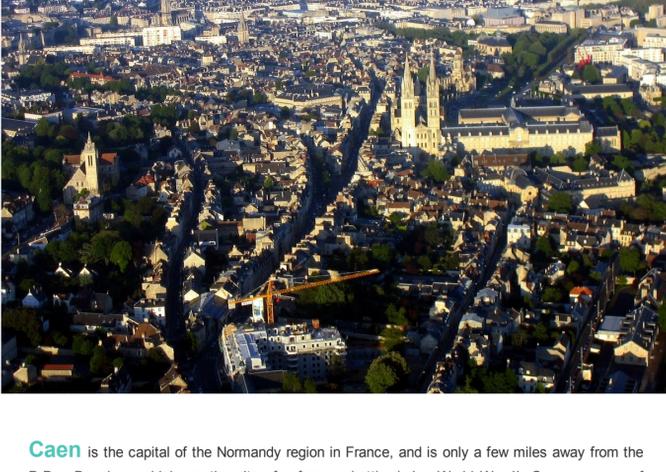




WELCOME TO CAEN, FRANCE IN NORMANDY!



**Caen** is the capital of the Normandy region in France, and is only a few miles away from the D-Day Beaches, which are the site of a famous battle during World War II. Caen was one of Nashville's first active sister cities with our relationship becoming official in 1991. Next year, we will celebrate 30 years of sisterhood! Our friendship with Caen remains very important since we have many adult and student exchanges traveling back and forth each year. This week, YOU get to explore the city of Caen, its many historical attractions, claims to fame, and all the sights and sounds that make it a very special place!

~LET'S COOK! RECIPES &amp; ALL THINGS APPLES~

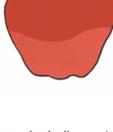


### APPLES! POMMES! THE CUISINE OF CAEN

France is a country that loves to eat and, in French culture, food is almost its own language! In Normandy, the region in which Caen is located, **APPLES** grow in abundance. There are hundreds of kinds of apples that grow in this area and the people of Caen use all of them for many wonderful foods and drinks!

**Can you name some different types of apples? What is your favorite kind of apple?**

Two major uses of apples in Caen are for apple cider and apple tarts. Apple cider is similar to apple juice, but a little bit spicier and it's a delicious drink to have cold or warm, but it is especially good with some camembert cheese! Would you like to try to make your own? [Here's a really easy apple cider recipe!](#)

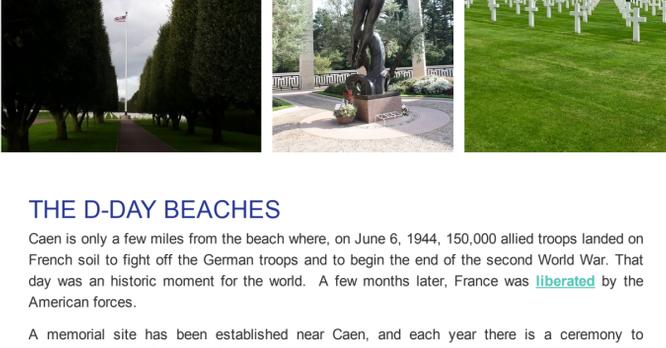


Apples appear in many recipes from Caen, including entrees like pork loin with apples, and desserts like apple tart! Would you like to taste a bit of the French cuisine? How about this delicious and easy-to-make [apple tart recipe](#)? Let us know how it tastes!

Check out all the apple recipes and even more apple-related activities (including STEM activities) from <https://littlinsforlittlhands.com/> and other sites below!

[Apple Cider Recipe](#)
[Apple Tart Recipe](#)
[Lots of other FUN apple activities!](#)

~LET'S LEARN! HISTORY &amp; WORLD WAR II~



### THE D-DAY BEACHES

Caen is only a few miles from the beach where, on June 6, 1944, 150,000 allied troops landed on French soil to fight off the German troops and to begin the end of the second World War. That day was an historic moment for the world. A few months later, France was **liberated** by the American forces.

A memorial site has been established near Caen, and each year there is a ceremony to remember the soldiers who fought and died on those beaches. This year marked the 76th anniversary of that fateful day and The **National D-Day Memorial** celebrated by hosting a virtual event. You can [see the full video here](#). While the video is a bit long, it is very informative - especially if you like history or want to learn more about World War II.

Do you know anyone in your life who fought in World War II or even at D-Day? Take some time to write out a few questions you might like to ask them about that day and then interview them if you have the opportunity. These stories are so important to hear and they are fading so quickly.

If you really like flying, check out this [virtual flight](#) from the **Aviation Museum New Hampshire**, which includes a flight from London to Caen that soars over the beaches of Normandy in honor of Memorial Day 2020 and D-Day.

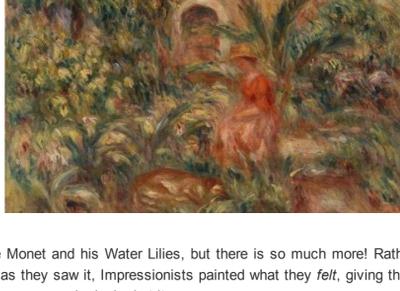
[2020 D-Day Memorial Celebration \(Video\)](#)
[Arromanches D-Day Museum \(Virtual Tour\)](#)

~LET'S PAINT! ARTS &amp; CULTURE~

### THE ART OF FRANCE

It is impossible to discuss a French city without talking about the amazing art that has come from France.

One of the most famous styles and breathtaking art movements from France is called **Impressionism**.

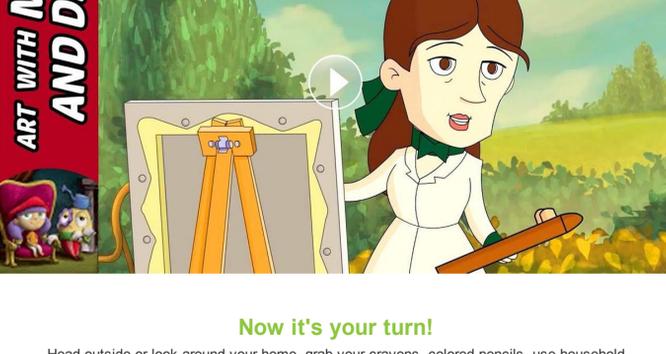


You may have heard of Claude Monet and his Water Lilies, but there is so much more! Rather than painting the world exactly as they saw it, Impressionists painted what they *felt*, giving their art emotions that could be felt by anyone who looked at it.

Take a minute to [tour](#) Muma Le Havre, or in English, Le Havre's Modern Art Museum, which is home to some of the finest French Impressionism in Normandy and very close to Caen. Then, [take a quiz](#) to see what you learned!

If you want to learn even more, check out this video from [Art with Mati and Dada](#) that explains Impressionism to kids!

\*\*Above image courtesy of the [Barnes Foundation](#) public domain



### Now it's your turn!

Head outside or look around your home, grab your crayons, colored pencils, use household objects or even food! Art can be made with anything! The important thing is to be creative and be YOU!

Would you like to create a nature scene, a portrait of your family, or maybe create something totally new? Show us what you do by posting it online with the hashtag #SCNashvilleCamp. We can't wait to see our Sister Cities Impressionists!

[Tour Muma Le Havre](#)
[Take an art quiz](#)

~LET'S EXPLORE! CASTLES &amp; LANDMARKS~



### ABBAYE AUX HOMMES

Caen is home to many historical buildings and Abbaye Aux Hommes is one of the most beautiful. Founded in the 11th century by William the Conqueror, this building serves as his burial place. In the 18th century additions were made to the building and it now houses City Hall. The large spires on the church helped to earn Caen the name "City of Spires".

Do you think you could recreate this beautiful building? Let's try by completing [this online jigsaw puzzle](#) of the abbey!

### MONT SAINT MICHEL

Mont Saint Michel is one of the more popular tourist destinations in Caen. This beautiful building is typically surrounded by sand banks, but when the tides are high it actually becomes an island! The beautiful church dates back to medieval times and became known as Mont Saint Michel in the 8th century. It served as an abbey for many years, but under Napoleon it became a prison for some time before being converted back to a monastery. In 1979 it was designated a UNESCO World Heritage site and today is a home to many hotels and shops as many tourists walk its ancient roads. You can learn more about this beautiful site [here!](#) Want to have a little fun? Let your imagination run away and make a colorful Mont Saint Michel with [your own coloring page!](#)

[Jigsaw Puzzle](#)
[Coloring Page](#)
[Virtual Tour of Mont St. Michel](#)

### WANT TO LEARN MORE?

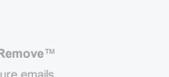
We've enjoyed sharing our sister city, Caen, France with you this week and wish we could share everything that Caen has to offer. We encourage you to explore on your own at [Normandy Tourism](#) and [Caen Facts for Kids](#) to learn more about Caen and access great kid friendly resources for learning more about Caen's landmarks.

### WE CAN'T WAIT TO SEE YOU NEXT WEEK!

We had so much fun in Caen and hope you did, too! Be sure to post pictures and the tag us (Facebook - Sister Cities of Nashville and Instagram - @SCNashville) and use the hashtag #SCNashvilleCamp.

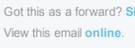
**Next week we will explore our sister city of Chengdu, China! See you there!**

\*\*Want to receive weekly camp emails? [Sign up here!](#)\*\*



info@scnashville.org | 615-952-0201 | www.scnashville.org

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

P.O. Box 120555

Nashville, TN | 37212 US

This email was sent to:

To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.