

# EXPERIENCE A JOURNEY

## *Through the Seychellois Traditions and Know-How*

**Immerse yourself in a traditional experience with the help of Seychellois grandparents who will share the islands' history with you through a live experience. This cultural activity is now possible on Tuesdays and Thursdays at the Domaine Val de Pres in the eastern neighbourhood of Au Cap.**

On this vast property which includes a classic Plantation House, an art and craft village, a Creole restaurant, and an art gallery, visitors are welcome to share a taste of the Seychellois island style of living.

A half-day tour costs \$50, while a full-day tour costs \$100 and includes a visit to Lakaz Rosa (Rosa's House), a replica of a servant's dwelling house built of timber on squat stone pillars. It is a modest structure in which a servant used to sleep. The wooden walls are entirely covered with newspapers and magazines, including the Royal House of Windsor photograph.

The experience is a unique opportunity to learn local dances and to attempt to build traditional recipients such as the kapatya - a craft made from coconut leaves - and even embroidery, as well as learn to cook traditional dishes.

Visitors will feel like they have stepped back when they walk into the

authentic Creole kitchen, where food is prepared with wood.

They will get an opportunity to assist in the kitchen by preparing spices for grilled fish, grating coconut for fish stew or desserts like la daube or nougat and preparing golden apples for chutney while also learning how to prepare traditional papaya jam and condiments like pickles known as "asar" locally.

After all the preparations, the guests can savour the different authentic dishes - the fruits of their labour.

Guests also get to visit the village jewel, the Grann Kaz, a majestic plantation house showcasing craftsmanship and carpentry with its wooden carved balustrades from the colonial era.





