



Girlguiding
North West England

girls in the lead



Eastern Europe Challenge 2012

Written by Team Eastern Europe



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Eastern Europe Challenge 2012

During the summer of 2012, a group of 3 Leaders and 10 Young Leaders from Girlguiding North West England are planning a two week inter-railing trip around Eastern Europe. Our exciting girl-led itinerary will enable us to visit Vilnius (Lithuania), Krakow (Poland), Prague (Czech Republic), Budapest (Hungary) and Bucharest (Romania).

Our international expedition has been described as 'the antidote to the package holiday'. The trip is designed to help us develop a real understanding of other countries, through travel, working together as a team to complete community projects and meeting with local people.

We are really looking forward to our trip as it will be an excellent opportunity to find out about our guiding sisters and the work of WAGGGS. We hope you enjoy completing the activities as you join us on our adventure through Eastern Europe.

Thank you for supporting us by taking up the Eastern Europe Challenge 2012!

Charlotte, Chloe, Heather, Merriel,
Bryony, Anna, Natalie, Emily, Rhiannon,
Rachel, Jess & Laura



How to complete the challenge

To complete the challenge you'll need to:

- Choose a minimum of 2 activities from the 'Eastern Europe 2012' section
- Complete the required number of activities depending on your section, from the countries of your choice.

Rainbows : 3 Country activities

Brownies: 4 Country activities

Guides: 5 Country activities

Senior Section: 6 Country activities

Once you have completed your chosen activities, you can send for your Eastern Europe 2012 Challenge badge. Order forms are available to download from the Region website:

www.girlguidingnwe.org.uk

Badges cost £1.00 each are available until 31st December 2012.



Eastern Europe 2012

Choose at least 2 activities from this section

Be an Explorer!

You and a group of guiding friends have been given the challenge of planning your own Eastern European adventure.

Plan your dream trip; money is no object, the possibilities are endless! Will you inter-rail, fly or drive? You could use travel brochures to get ideas.

Plot your journey on a map and use the pictures you've found to create a journal of what you would like to do or see.



Mixed Up Countries

You are at the Airport waiting to board your flight but there is a problem with the departure board. All the destination names have been mixed up! Can you unscramble them?

1. Tunialhia
2. Manaronia
3. Chepubrelicz
4. Lapond
5. Rhungay

See how many capital cities of these European countries you can name?

Country	Capital
Hungary	
Romania	
Lithuania	
Czech Republic	
Ukraine	
Poland	
Bulgaria	
Austria	
France	
Germany	
Spain	
Italy	



Can you identify these Eastern Europe Sights?

1



2



3



4



5



6



7



8



5

Can you name the flag?

1



4



2



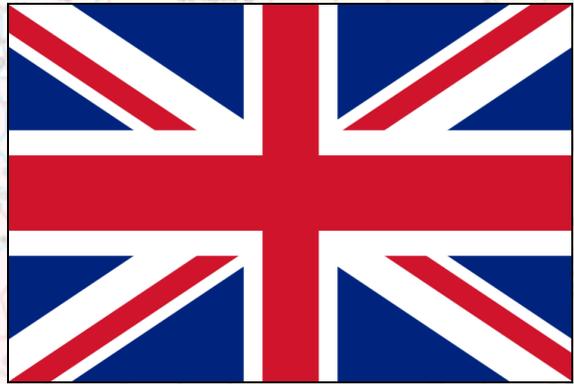
5



3



6



Learn about an Eastern European country of your choice and design a new flag for it. You can use the template in the resource section at the back or create your own. Tell the rest of your unit/patrol why you've chosen the design/colours.

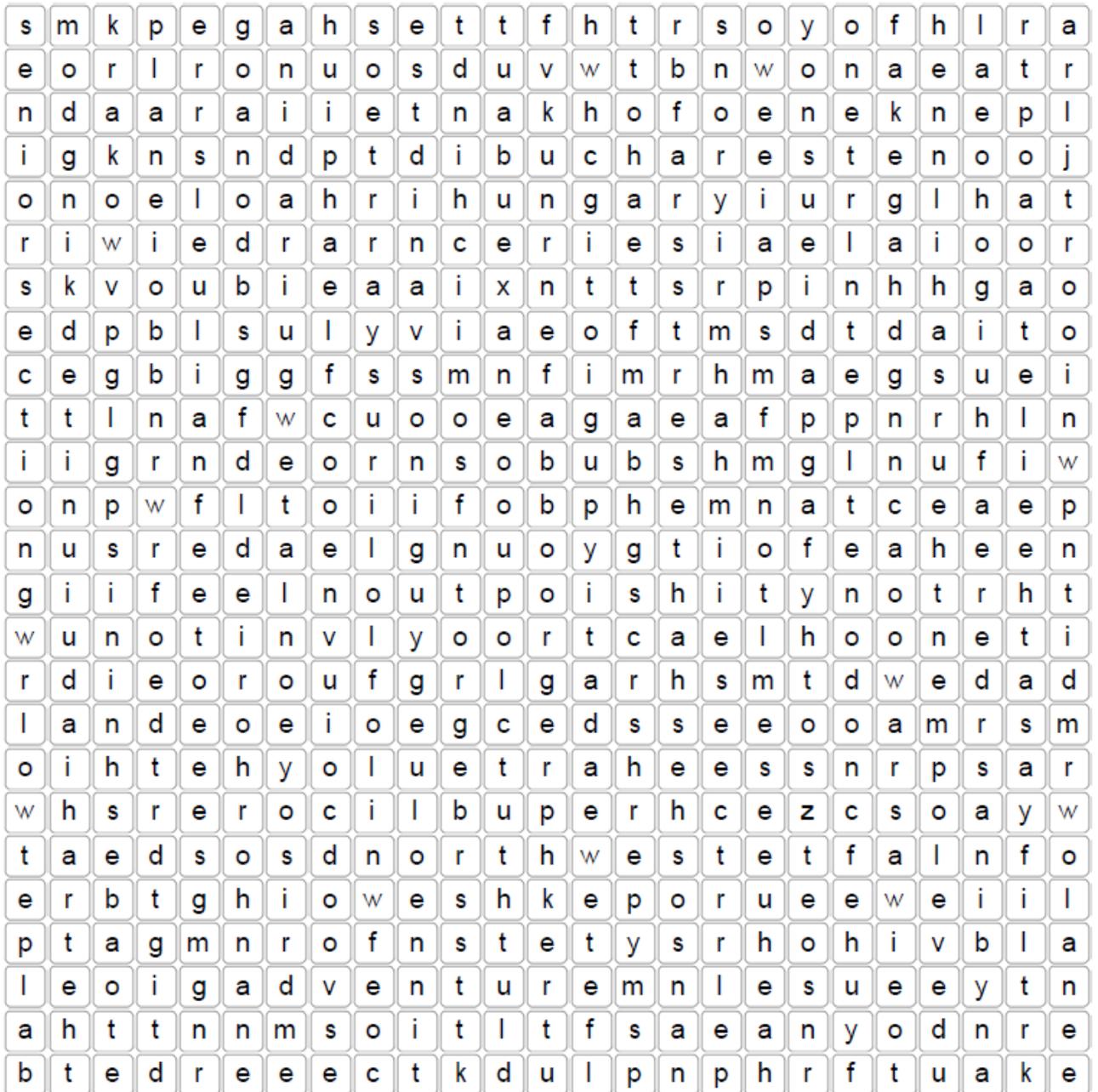
Can you name these countries?



Identify as many countries as you can and colour each correct answer in. Try creating a jigsaw puzzle - cut out all the individual countries and have a go at putting them back together.

Eastern Europe Word Search

Can you help Team Eastern Europe find out where they are going?



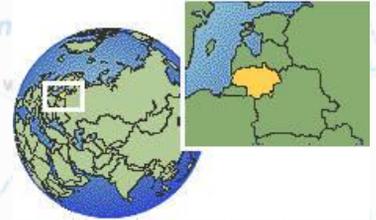
Words to find:

adventure, bucharest, budapest, czech republic, development, eastern, english, europe, exciting, friendship, fun, fundraising, girlguiding, hungary, krakow, lithuania, north west, plane, poland, prgaue, romania, senior section, teaching, team, train, united kingdom, vilnius, warsaw, young leaders

Lithuania

Lithuania is approximately the size of Ireland and is the first stop on our journey.

- Population = 3.4million
- Currency = Lithuanian Litas. £1 = approx. 5LTS
- Capital = Vilnius
- Famous Lithuanian Women = Jurga Ivananskaitė (Writer & Artist) & Dalia Grybauskaitė (Politician and President)



Egg Decorating

Egg decorating is a traditional Lithuanian craft. Have a go at decorating your own egg.

You will need:

- Hard boiled egg
- Wax crayons or candles
- Food colouring diluted in water
- A bowl
- Egg cup
- Gloves

How to:

1. Rest your egg safely in an egg cup.
2. Add a few drops of food colouring to a bowl of water - the more colour you use the darker the result will be.
3. Draw a pattern on to your egg using crayons or candles.
4. Ask an adult to carefully dip your egg into the diluted dye ensuring the whole egg is covered – don't forget to wear gloves! Once dry, your egg is ready!



Age groups

Flowerets aged 4

Birdies aged 6 – 9/10

Guides aged 9/10 – 13/14

Ventures aged 13/14 – 16/17

Senior Guides aged 16/17 – 23/25

Senior Sisters aged 23+

Promise

On my honour, I promise to serve god and my country, to help people at all the times, and to live by the Girl Guide Law.

Lithuania

Saltibarščiai

The weather is mainly cold for most of the year, so many Lithuanians like to eat warm, wholesome foods. The most common foods are pork, smoked meats, cabbage, beetroot and potatoes. When the sun does shine, many people enjoy eating a chilled Beetroot Soup called Saltibarščiai.

Follow the recipe below to make and try your own soup!

Ingredients:

450g beetroot, 1 cucumber, 2 spring onions, 2 hard boiled eggs
1 cup of sour cream, 4 cups buttermilk, fresh dill, salt



How to:

1. Clean, trim and peel the beetroots. Put them into a saucepan and cover with water. Boil until tender.
2. While the beetroots are cooking, peel and chop the cucumber into small cubes.
3. Next, peel the shell from the eggs and separate the white from the yolk. Chop the white in to every small pieces.
4. Chop the spring onions and mix with the egg yolks and some salt.
5. When the beetroots have finished cooking, remove them from the cooking water and cool under cold running water. Reserve the cooking liquid.
6. Once the beetroots have cooled, grate them.
7. Pour the buttermilk into a large mixing bowl, stirring in the reserved cooking water and sour cream.
8. Add the beetroot, cucumber, egg whites, egg yolk, onions and stir well until blended. Leave in the fridge to chill. Serve with chopped fresh dill.

Lithuania songs

Lithunians love singing! Learn their National Anthem (at the back of this pack) and have a go at singing their national anthem as a group.



Poland

Poland, is the 6th largest country in the European Union.

- Population = 39 million
- Currency = Zloty. £1 = approx. 5PLN (Polish Zloty)
- Capital = Warsaw
- Famous Polish Women = Marie Curie (Scientist) & Helena Rubinstein (Cosmetics)



Learn the lingo!

Learn the words below as a group or individually. Research and learn five more words of your choice.

Yes: Tak (say 'tack')

No: Nie (say 'nyeh')

OK: Dobrze (say 'dough' 'b' 'she')

Good day: Dzień dobry (say 'jean' 'dough' 'bree')

Hi: Cześć (for friends: 'che sh ch' but run it all together as one sound)

Bye: Cześć (works like 'aloha' or 'ciao' or 'salut', making informal comings and goings easy)

Good bye: Do widzenia (say 'dough' 'wid zen ya')

I don't speak Polish: Nie mówię po polsku (say 'nie' 'moovie' 'po' 'pole sku')

I speak English: Mówię po angielsku (say 'moovie' 'po' angielsku)

I don't understand: Nie rozumiem (say 'nie' 'row zoo me m')

Guide Promise

It is my sincere wish to serve God and Poland with the whole of my life, to help other people, and to obey the Scout and Guide Law.

Age groups

Brownie 7-11

Guide 11-15

Ranger 15+



Polish Dancing

Research and learn about traditional Polish dancing and have a go at performing a dance as a unit or patrol.

Polish Poppy

Did you know that the Poppy is Poland's national flower? Have a go at making a poppy.

You will need:

- 2 'basket type' coffee filters
- Red craft paint & paintbrush
- Scissors
- 1 ½ green pipe cleaners
- 1 medium black pom-pom
- Glue



How to:

1. Be sure you have something to protect your work surface such as an old plastic tablecloth or newspaper. Flatten the coffee filters with your hand and paint both sides red. Set both aside to dry.
2. Once the paint is dry, layer both coffee filters together and fold in half.
3. Fold in half once again so you have a quarter of a circle.
4. Holding the folded filters at the point, use your scissors (or ask an adult for help) to cut both left and right corners off, rounding as you go.
5. Open up the shape - it will resemble four leaf clover.
6. Place one filter on top of the other, offsetting so that you can see all eight petals.
7. Holding the petals together, poke the pipe cleaner through the centre from back to front creating a stem, leaving about an inch at the front. Bend this down to secure.
8. Holding the stem, gather the petals into a cup shape and wrap the second smaller piece of pipe cleaner around the point of the coffee filters. Tighten to secure.
9. Open the petals up and glue the pom-pom to the centre. Allow glue to dry completely.
10. Gently gather and scrunch the flower in your hand, then release.

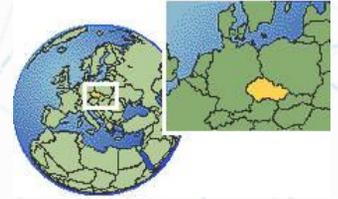
Tips:

- Craft paint will give you a vibrant red, but you could also use watercolour paints, crayons, food colouring or anything else you like to colour your petals.
- Red tissue paper is a good alternative to coffee filters.
- Try using a black button or sequin instead of the pom-pom.

Czech Republic

The Czech Republic was part of Czechoslovakia along with Slovakia , until a peaceful revolution in 1993.

- Population = 10.2 million
- Currency = Czech crown. £1 = approx 40Kč
- Capital = Prague
- Famous Czech Women = Martina Navratilova (Tennis player) & Eva Herzigova (Model)



Guide/Scout Promise

On my honour I promise that I will do my best to; Serve the truth and love faithfully at all times. Fulfil all my own duties and to observe the Guide or Scout laws. Be prepared to help my country and my neighbours with all my body and soul.

Optional clause: May God help me so.



Czech Brownies are known as Fireflies. Their main duty is to 'enlighten' the world.

Bohemian Glass Craft

The Czech Republic is famous for its Bohemian Glass. Choose your favourite patterns and try designing your own. You could choose to paint your design on paper or try glass paint on jam jars.

You will need:

- Glass jar/s
- Glass paints or permanent marker pens

How to:

Use your glass paints or pens to create your design.

Tip:

Choose to make lanterns with glass jars using battery operated tea lights



Czech Republic

Pesek Game (similar to duck, duck, goose)

Pesek is a popular game that Czech children enjoy playing. Play a game of Pesek in your unit meeting.

How to:

Sit down in a circle. Choose one person as 'Pesek'. Everybody (except Pesek) closes their eyes whilst Pesek walks around the circle and sings:

"Pesek walks around us, don't look at him, whoever looks at him, will be tapped by Pesek."

Meanwhile Pesek chooses a person to tap on the shoulder. That person must run after Pesek and try to catch him. If they don't catch him before he gets back to their space then they become the new Pesek.

Czech Food

Czech food is not very good for those on a low fat diet! A typical menu includes potato soup, followed by dumplings served with roast pork and sauerkraut. To follow their main meal, there's often a dessert topped with whipped cream!

Try making or tasting a popular Czech dessert of your choice.

You could try - crepes (*palačinky*) filled with jam (*džem*)

You will need:

- A packet of premade crepes/pancakes
- Jam – any flavour you like
- And whipped cream – of course!



How to:

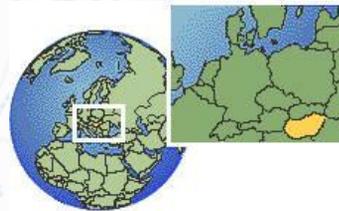
Spread the jam over the pancakes and roll up in to a sausage shape, serve with some whipped cream on the side. Yum yum!

Learn about other types of Czech foods. Create your ideal 3 course Czech meal.

Hungary

Hungary is bordered by 7 different countries. Identify and learn the names of these.

- Population = 10 million
- Currency = Forint. £1 = 351 HUF
- Capital = Budapest
- Famous Hungarian Women = Eva Gabor (Actress) & Anita Görbicz (Olympian)



Create your own Hungarian Doll

Hungarian folk costume is often colourful and richly embroidered. Traditional costumes are still worn for weddings and festivals, and are often decorated with lace, sashes and intricate stitching.



You will need: Scissors, glue, card, colouring pencils or paints

Print out the template at the back of this pack on to card or trace or stick it on to card. Research and learn about traditional Hungarian folk costumes and then colour or paint your doll in design of your choice. Carefully cut out your doll, or ask an adult to help and glue her together.

Girl Guide Promise

I promise:

To fulfil my duties faithfully which I owe to God, my country and other human beings.

To do my best to help others.

To know the Guide Law and keep it at all times

Age groups:

Fairy 6-8

Brownie 8-11

Girl Guide 11-15

Ranger 16 +



Senior Section Challenge!

Research the opportunities available to girls and young women in Hungary. What activities or opportunities would you choose to do?

Hungarian Cross Stitch

Cross stitch is a traditional craft in Hungary. Choose to cross stitch the trefoil pattern available at the back of this pack, or design your own pattern to try.

Romania

It is thought 'Romania' got its name because the country was once part of the Roman empire.

- Population = 22 million
- Currency = Leu £1 = 5.2RON
- Capital = Bucharest
- Famous Romanian Women = Nadia Comaneci (Gymnast) & Monica Birladeanu (Actress & model)

Learn to count to 10 in Romanian

0	- zero
1	- unu
2	- doi
3	- trei
4	- patru
5	- cinci
6	- sase
7	- sapte
8	- opt
9	- noua

Find out how to count to 20 and have a go at learning these with your unit. You could try playing a number game like Bingo, or another of your choice, substituting the English numbers for Romanian numbers.

Girl Guide Promise

On my honour, I promise that I will serve God* and my country and respect the Guide Law.
(*according to one's creed)

Flower Promise

I heartily promise to be faithful to God and my country, to help my fellow men and to observe the Flower Law.

Age groups:

Flower 7-11

Guide 11-14

Senior 14-18

Adventurer 18-25

Romania

Weaving

Textile weaving is a popular craft in Romania. It is often handed down from generation to generation using distinctive family patterns along with those specific to different districts. Weaving looms are still common in homes and women weave from childhood through old age.

Have a go at weaving individually or as a group!

You will need:

- A firm piece of rectangular or square card
- Wool, string or fabric strips
- Scissors



What to do:

1. Ask an adult to cut zigzag slits in to the ends of the card.
2. Wrap the wool or string around so that you have straight lines of wool up and down the card, and secure.
3. Starting at one end, weave wool/string/fabric in and out of the wool lines until the whole card is full, using an 'over' and 'under' technique.
4. To add texture, alternate layers of fabric, string, wool or ribbon, or anything else you can think of.

The Romanian Count!

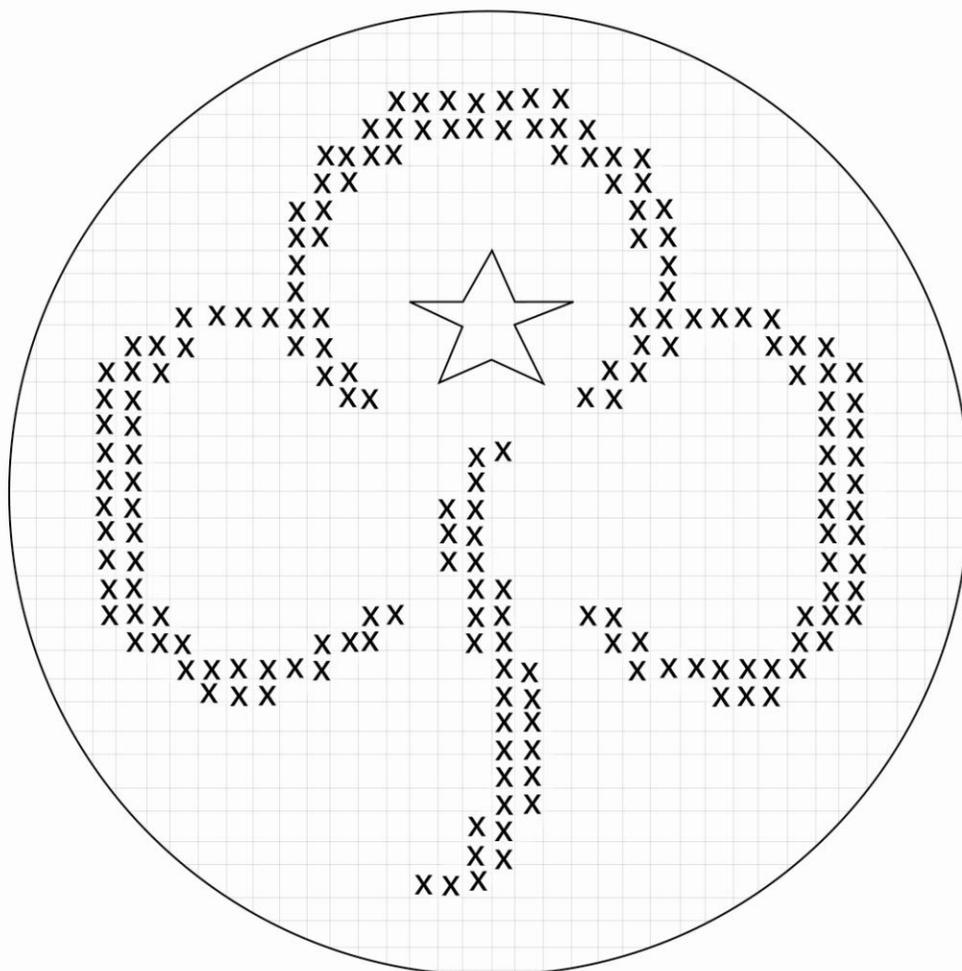
One of Romania's most famous legends is Count Dracula! Find out about the legend and share the story with the rest of your unit/patrol.

Ancient folklore cites garlic as an apotropaic – an item that wards off vampires. Try some foods with garlic such as garlic bread or garlic mushrooms. Why not have a vampire proof buffet!

You could plant your own garlic from bulbs and watch them grow!



Resources



Print this pattern and use as a guide for your cross stitch.

Useful Websites

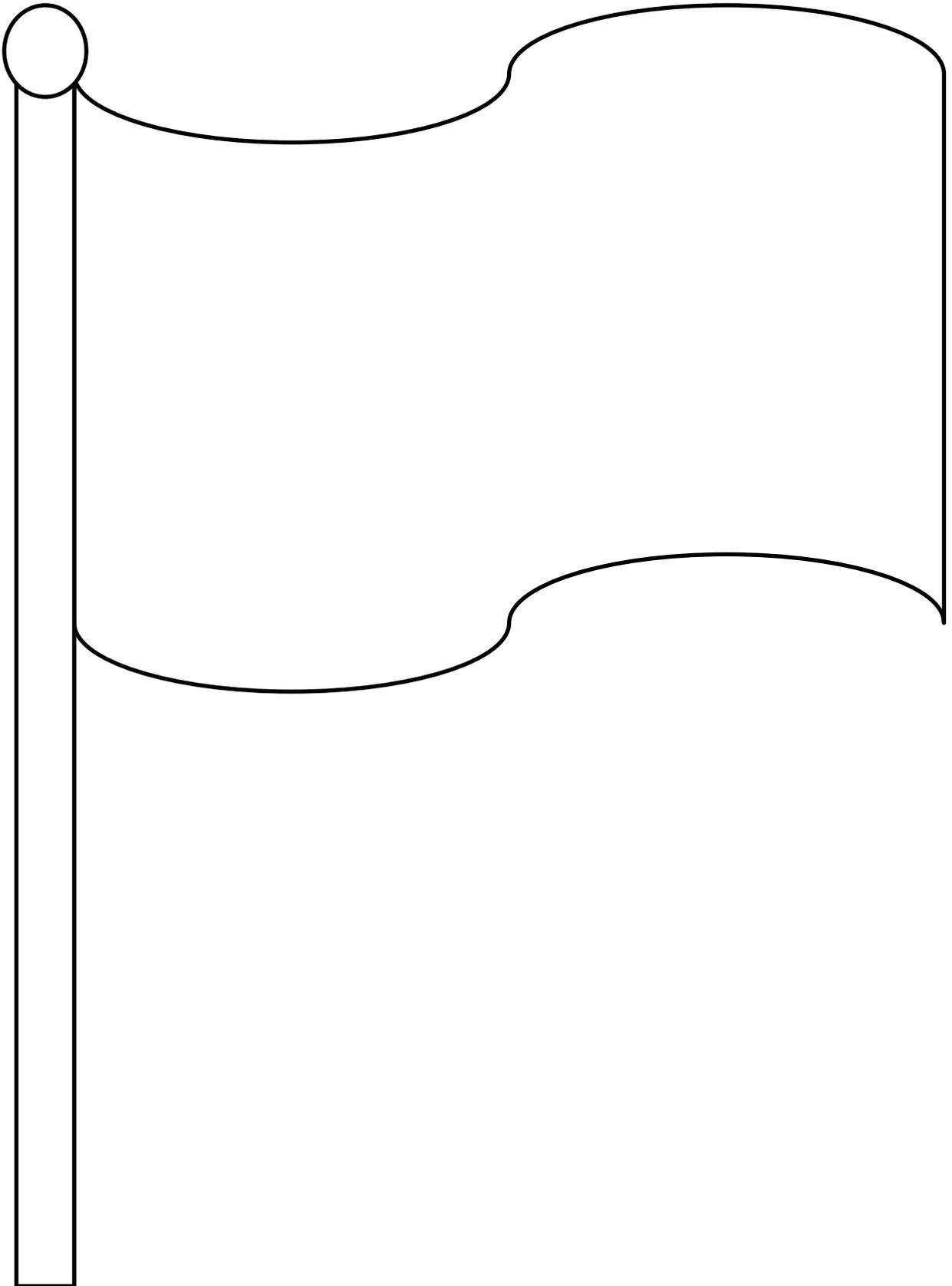
WAGGGS - www.waggs.org.uk

BBC Country Profiles – via www.bbc.co.uk



500 Miles
500 Km

Design your own flag



Lithuanian National Anthem

TAUTOS HIMNAS

*Žodžiai ir muzika
dr. V. Kudirkos*



Lie-tu-va, tė - vy - ne mū - sų, tu did - vy - rių žė - me!
Iš pra - ei - ties ta - vo sū - nūs te stip - ry - bę se - mia.
Tė - gul ta - vo vai - kai ei - na vien ta - kais do - ry - bės,
tė - gul dir - ba ta - vo nau - dai ir žmo - nių ge - ry - bei.
Tė - gul sau - lė Lie - tu - vos tam - su - mus pra - ša - li - na
ir švie - sa, ir tie - sa mūs žings - nius te - ly - di. —
Tė - gul mei - lė Lie - tu - vos de - ga mū - sų šir - dy - se.
Var - dan tos Lie - tu - vos vie - ny - bė te - žy - di.

*Lietuva, tėvyne mūsų, tu didvyrių žeme!
Iš praeities tavo sūnūs te stiprybę semia.
Tegul tavo vaikai eina vien takais dorybės,
Tegul dirba tavo naudai ir žmonių gerybei.*

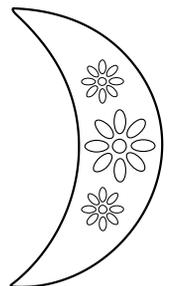
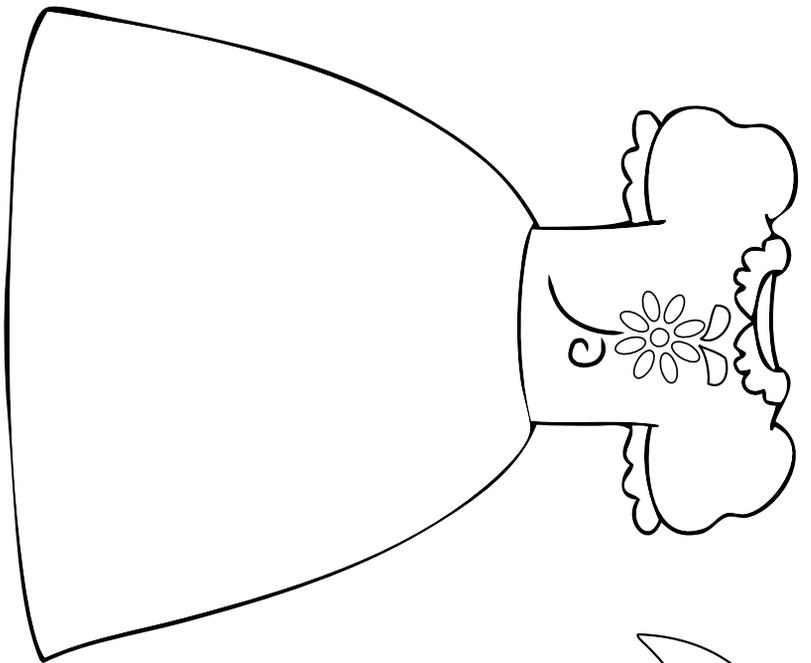
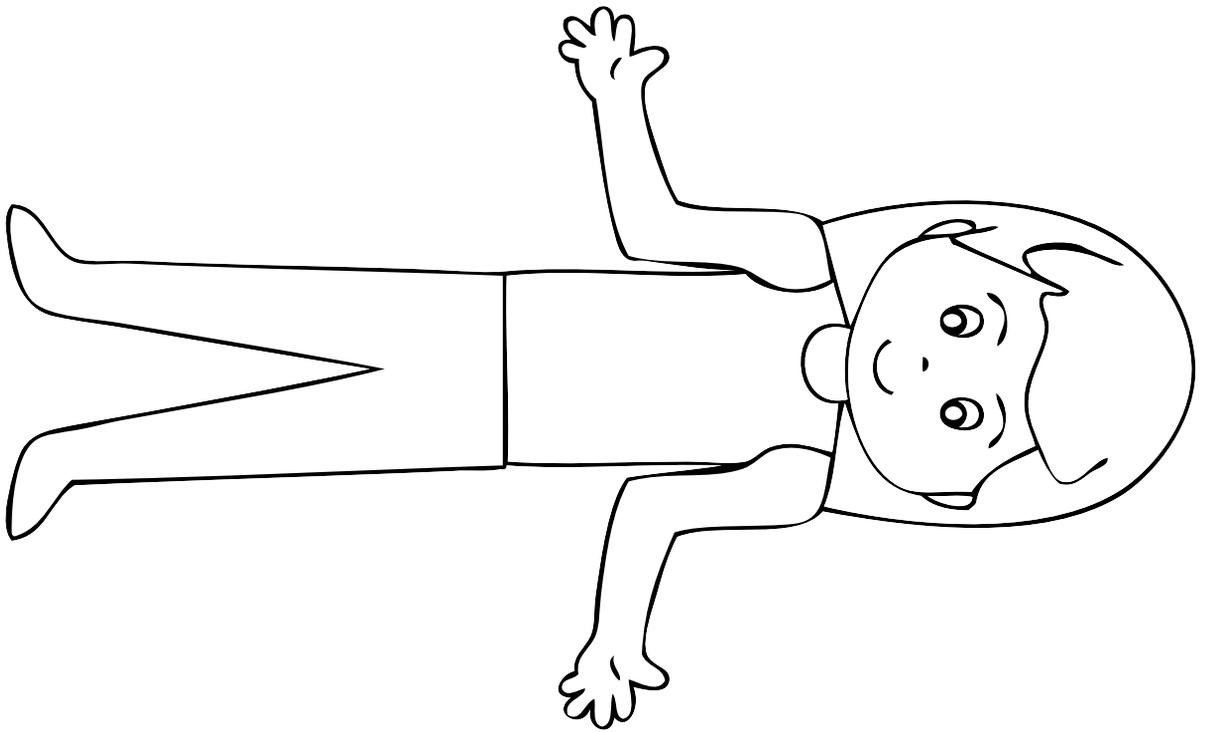
*Tegul saulė Lietuvos tamsumus prašalina
Ir šviesa, ir tiesa mūs žingsnius telydi.
Tegul meilė Lietuvos dega mūsų širdyse.
Vardan tos Lietuvos vienybė težydi.*

English Translation:

Lithuania, my homeland, land of heroes!
Let your Sons draw strength from the past.
Let your children follow only the paths of virtue,
working for the good of their native land and for all mankind.

Let the sun banish all darkness from Lithuania,
with light and truth always guiding our steps.
Let the love of Lithuania burn in our hearts
and for the sake of our country let unity blossom.

Hungarian Folk Dress Paper Craft



Answers

Mixed Up Countries:

1. Tunialhia = Lithuania
2. Manaronia = Romania
3. Chepubrelicz = Czech Republic
4. Lapond = Poland
5. Rhungay = Hungary

Name the Landmarks:

1. Budapest's Chain bridge
2. Bran Castle, Romania (Dracula's castle)
3. Prague's Astronomical clock
4. Auschwitz Concentration camp (Poland)
5. Vilnius Cathedral
6. Romania
7. Prague old town
8. Hungarian Parliament

Country	Capital
Hungary	Budapest
Romania	Bucharest
Lithuania	Vilnius
Czech Republic	Prague
Ukraine	Kiev
Poland	Warsaw
Bulgaria	Sofia
Austria	Vienna
France	Paris
Germany	Berlin
Spain	Madrid
Italy	Rome

Name the Flags:

1. Romania
2. Czech Republic
3. Hungary
4. Poland
5. Lithuania
6. Great Britain

Answers: Eastern Europe Word Search

