

Launched: September 2009  
Retired: December 2011

## 5-REGION CHALLENGE

# Europe Region

Units must complete **one challenge** from each of the **ARTS** sections, plus **one** from the **OUTREACH** section.

All Units are encouraged to make a paper copy of the WAGGGS Europe Region map. Put it together as a puzzle. This may involve colouring and cutting the countries apart or just assembling the map. How else could you use the map?

In addition **Adult Members, Rangers and Pathfinders** are to choose a WAGGGS Europe Region member and follow a news story located there for two to three weeks.

### Members of the WAGGGS Europe Region

Armenia Austria  
Belarus Belgium  
Cyprus Czech Republic  
Denmark Estonia  
Finland France  
Georgia Germany  
Greece Hungary  
Iceland Ireland  
Israel Italy  
Latvia Liechtenstein  
Lithuania Luxembourg  
Malta Monaco  
Netherlands Norway  
Poland Portugal  
Romania Russian Federation  
San Marino Slovak Republic  
Slovenia Spain  
Sweden Switzerland  
Turkey Ukraine  
United Kingdom

### Resources

#### Crafts

<http://archive.elca.org/countrypackets/denmark/crafts.html>

<http://www.girlguides.mb.ca/Downloads/IdeasLeaders/CraftsandGames.pdf>

<http://www.efosjewelry.com/use.html>

<http://www.users.waitrose.com/~1stprestrainbows/crafts.htm#Spiral%20>

<http://www.dltk-kids.com/animals/mspiralsnake.htm>  
<http://archive.elca.org/countrypackets/latvia/crafts.html>  
<http://www.enchantedlearning.com/crafts/pinwheel/>  
[http://www.things2make.com/Things2make\\_files/instructions%20over%205/windmill.htm](http://www.things2make.com/Things2make_files/instructions%20over%205/windmill.htm)  
<http://www.4ormore.co.uk/projects/march03.htm>  
[http://www.kidsfabrics.com/index.php?main\\_page=product\\_info&products\\_id=1921](http://www.kidsfabrics.com/index.php?main_page=product_info&products_id=1921)  
<http://familyfun.go.com/arts-and-crafts/cutpaste/feature/famf39kidcot/famf39kidcot4.html>  
<http://www.dltk-kids.com/fantasy/mpaperviking.htm>  
<http://cp.c-ij.com/english/3D-papercraft/building/index.html>  
[http://cp.c-ij.com/english/3D-papercraft/toy/viking\\_e.html](http://cp.c-ij.com/english/3D-papercraft/toy/viking_e.html)  
[http://cp.c-ij.com/english/3D-papercraft/toy/matryoshka-doll\\_e.html](http://cp.c-ij.com/english/3D-papercraft/toy/matryoshka-doll_e.html)  
[http://cp.c-ij.com/english/3D-papercraft/animal/e\\_corgi\\_e.html](http://cp.c-ij.com/english/3D-papercraft/animal/e_corgi_e.html)  
[http://cp.c-ij.com/english/3D-papercraft/lucky/pegasus\\_e.html](http://cp.c-ij.com/english/3D-papercraft/lucky/pegasus_e.html)  
<http://www.dltk-kids.com/world/mgwiazdy.html>  
<http://archive.elca.org/countrypackets/poland/crafts.html>  
<http://www.dltk-kids.com/world/mwycinanki.html>  
Gomez, Aurela. (1996) "Craft from World Cultures", Scholastic Canada , pg 23  
1<sup>st</sup> Grappenhall & 1<sup>st</sup> Thelwall Girl Guides in Scotland – Indoor Joint Holiday

### **Dance**

[www.wagggsworld.org/en/home](http://www.wagggsworld.org/en/home)  
<http://europe.wagggsworld.org/en/home>

### **Drama/Games**

Playing with Drama – Girl Guides of Canada, Ontario Council – Training Department  
May, 1995

<http://www.coldwater.k12.mi.us/lms/planetarium/myth/index.html>

*From Brownies Around the World, Book 1*

*From Brownies Around the World, Book 2*

*From Brownies Around the World, Book 3*

*From Brownies Around the World, Book 4*

*From World Games and Recipes*

### **Recipes**

<http://www.cheese.com/country.asp>

### **Outreach**

<http://europe.wagggsworld.org/en/home> .

### **Craft Activities**

Complete **one** craft activity from this section. Crafts can be adapted for each branch.

#### **Woven Hearts (Denmark)** (suggested for G, P, R)

<http://archive.elca.org/countrypackets/denmark/crafts.html>

A special Danish tradition is the Christmas heart, an interwoven paper heart often made of red and white paper (, the colours of the Danish flag.) These paper hearts are put on the Christmas tree or used as mobiles.

#### **Materials:**

- Red and white construction paper or felt
- Scissors
- Pencil

### **Instructions**

Cut felt or construction paper into 3" by 12" pieces. Each heart will need one white and one red piece.

With the pieces of paper on top of one another, fold them cross-wise.

Cut a curve on the unfolded edges.

Cut two slits into the paper, starting at the fold and going almost to the curved edge. The slits should be at one inch intervals.

Take apart the sections, and place at an angle to begin weaving.

Lightly mark the strips 1, 2, 3 and X, Y, ZA, B, C as shown in the diagram. Take note that for the basket effect, the weaving goes through the folded paper, not just above or behind.

Weave the first red strip AX with the white strips: 1 goes through AX, AX goes through 2, 3 goes through AX. Weave red strip BY, BY goes through 1, 2 goes through BY, BY goes through 3. Weave strip CZ. 1 goes through CZ, CZ goes through 2, 3 goes through CZ.

Pull the paper gently to adjust the weave and finish the heart basket.

#### **Program Application**

*Guide – Girls Creating, Creative Craft; Adventures in Guiding, Cultural Awareness*

*Pathfinder – A World to Discover, Around the World at Home; My Music, My Movies, and More, The Arts from A to Z*

Alternative Method (suggested for S, B)

<http://www.girlguides.mb.ca/Downloads/IdeasLeaders/CraftsandGames.pdf>

### **Materials**

- Sour cream lid
- Coloured paper
- Glue
- Hole punch or scissors
- Ribbon
- Candy

### **Instructions**

Use a circle tracer (sour cream lid) to cut two circles in the coloured paper

Fold both circles in half, then slide one inside the other

Glue them together to make a pocket

Make a hole at the top and thread the ribbon through

Place sweets or a gift inside the pocket in the heart

#### **Program Application:**

*Spark – The World Around Me; Brownies and Beyond, Additional Activities*

*Brownie – Key to the Arts, Crafts from Afar*

### **Interlocking Sstar (Denmark)** (suggested for G, P, R)

<http://archive.elca.org/countrypackets/denmark/crafts.html>

These interlocking stars are made from the colours of the Danish flag.

### **Materials:**

- Red and blue poster board (above craft says the flag is red and white)

- Scissors
- Paper punch
- String or ribbon

**Instructions:**

1. Cut out two five pointed stars, one blue and one red.
2. Lay the stars on top of one another (they should be the same size).
3. On an inside corner of the stars, cut a slit going halfway through the stars.
4. Un-stack the stars, and slide them together at the slits to make a three dimensional star.
5. Punch a hole in the top point, and put a string or ribbon through for hanging.

**Program Application:**

*Guide – Girls Creating, Art Production*

*Pathfinder – A World to Discover, Around the World at Home; My Music, My Movies, and More, The Arts from A to Z*

*Ranger – Leadership and Management, #2*

**English Invitations (England) (S, B, G)**

One of the first things you need to do to when you have a celebration is to invite your friends by sending out invitations for the special event. In England, centuries ago, people wrote their invitation on a sheet of white paper, using a stamp to print the first letter. You can use moulding clay to create a stamp with a design. Or Create your own letter stamp by using fun foam and gluing it to card stock or wood.

**Materials:**

- White cardstock
- Wooden blocks with letters on them or your own stamp that you have created
- Ink stamp in black
- Crayons & markers
- Pencil

**Instructions**

1. Fold a piece of construction paper in half, top to bottom
2. Fold this paper again
3. Decorate the border with a pattern
4. Take your wooden block and lightly stamp it
5. Stamp the block into the middle of your card front
6. On the inside left section of your card, use your block to start your message

**Program Application:**

*Spark - Let's Make Arts and Crafts, Additional Activities*

*Brownie - Key to Girl Guides, Moving Up; Key to I Can, Party Planner*

*Guide – Personal Growth, Event Planning*

**Worry Beads (Greece) (suggested for all Branches)**

In Greece, some people use worry beads have an interesting as a way to deal with worries. They roll a string of beads around in their hands to relieve tension. They call these beads “worry beads” or “Komboloi” in Greek (pronounced come-bo-loi, with the accent on the last syllable)

Komboloi worry beads resemble prayer beads but, unlike them, bear no religious significance. They are merely an instrument of relaxation and stress management.

Details for Older Girls: Greek komboloi generally have an odd number of beads (usually a multiplication of 4+1, e.g. (4x4)+1, (5x4)+1, and so on) and usually have a "head" composed of a fixed bead, a shield to separate the two threads and help the beads to flow freely, and a tassel. Usually the length of a komboloi is approximately two palm widths.

### **Worry Beads (Greece)** (suggested for all Branches)

#### **Materials:**

- Yarn or String (alternatively, a strip of leather is often used by Greeks)
- 18 – 20 beads (wooden or plastic)
- Ruler

#### **Instructions:**

1. Cut a strand of yarn
2. String the beads on the yarn. Leave about a 6-inch tail of yarn on both ends
3. Tie the two ends of the yarn together in a knot close to the beads.
4. Unravel the yarn ends
5. Trim the yarn ends a little shorter

Craft Instructions from:

<http://www.girlguides.mb.ca/Downloads/IdeasLeaders/CraftsandGames.pdf>

Instructions on how to use your Komboloi:

<http://www.efosjewelry.com/use.html>

#### **Program Application:**

*Spark – Arts and Craft, as an Additional craft*

*Brownie – Key to the Arts, Crafts from Afar; Super Crafts*

*Guide – Girls Creating, Creative Crafts*

*Pathfinder – My Music, My Movies, and More, The Arts from A to Z*

### **Painted Pottery (Greece)** (suggested for B, G, P, R)

Show girls some pictures of Greek vases and plates.

Use computer images to find images for “Greek Design”, “Greek Vase”, “Greek Plate” or show them the letters of the Greek Alphabet

#### **Materials:**

- Markers, crayons or paint
- A paper plate or Crayola Model Magic to create your own plate
- Samples of Greek designs
- Acrylic Gloss Medium or Clear Acrylic Spray
- Gloss Clear lacquer (optional)

#### **Instructions: Method**

1. Show girls some Greek designs for plates and vases
2. Girls draw design on paper plate or model magic (model magic should be dry first)
3. Girls the transfer the drawing onto the plate and colour the plate
4. Paint the plate
- 4.5. Can use clear lacquer to finish surface more permanently

#### **Program Application:**

### **Spinning Snakes (Ireland)** (suggested for S, B,)

St. Patrick is a patron saint of Ireland and the Irish remember him on March 17<sup>th</sup>. According to legend, when St. Patrick was clearing vermin from Ireland in the 5<sup>th</sup> century, the very last serpent did not want to leave. St. Patrick lured him into a small box, slammed down the lid and threw the box into the sea. Legend states this is why there are no snakes in Ireland today. These fun mobiles can be used to remind the girls of St. Patrick.

#### **Materials:**

- Markers, crayons or paint
- Scissors
- String
- A circle of card stock or, a paper plate or fabric

#### **Method:**

1. Draw a spiral shape from the centre of the circle out (make it look like a coiled snake)
  2. The center of the spiral will be the head, so draw an oval-shaped area in the center of the spiral.
  3. Colour the snake
  4. Cut out the snake
  5. Thread the string through the snake's head or tail to make it into a mobile
  6. Extra: Hold the snake over a safe heat source, like a heating register. It will spin as the heat rises. Heat from the heat source causes air to rise up towards snake. As the air molecules bump into spiral-shaped snake, they cause it to spin around.
- Alternative Variation: Make snake out of tin foil to get a sparkly snake. These snakes look great hanging from the ceiling. The skinnier you make the snake the longer it will be.

Predrawn Spiral Snakes template designed for Sparks:

<http://www.users.waitrose.com/~1stprestrainbows/crafts.htm#Spiral%20>

Snake Images from:

<http://www.dltk-kids.com/animals/mspiralsnake.htm>

#### **Program Application:**

*Spark – Let's Make Arts and Crafts, Additional Craft  
Brownie – Key to the Arts, Crafts from Afar*

### **Carnival Masks (Italy)** (suggested for B, G, P, R)

<http://www.girlguides.mb.ca/Downloads/IdeasLeaders/CraftsandGames.pdf>

From: Braman, Arlette. (1999) "Kids Around the World Create!" A Wiley imprint, p78-81  
Carnival in Venice, Italy is a time when people celebrate the coming of spring by dressing in costumes, having parades and going to parties and dances. One of the most important things about at a Carnival is to wear a mask.

#### **Materials:**

- Pencil
- Ruler
- Cardstock
- Scissors

- Tape
- Plastic Straw, dowel rod or popsicle sticks
- Glue
- Decorations: feathers, glitter, gold/silver stars, yarn, beads, sequins, fake gems
- Paint Brush
- Poster, Tempera or Acrylic paint
- Small bowl of water
- Paper Towels

**Instructions:**

1. Cut out a shape for the carnival mask
2. Tape or hot glue a straw, popsicle stick or dowel rod to one side of the mask to hold mask to face
3. Add a nose if you like
4. Use paint & decorations to create a special mask.

**Program Application:**

*Brownie – Key to the Arts, Marvellous Masks*

*Guide – Girls Creating, Art Production; Discovering You, Discover Your Creativity*

*Pathfinder – My Music, My Movies, and More, The Arts from A to Z*

**Morning Star Placemat (Latvia)** (suggested for G, P)

<http://archive.elca.org/countrypackets/latvia/crafts.html>

Latvia has a long and rich tradition of designs that have been knitted into mittens and woven into bookmarks, tablecloths, curtains, clothing, jewellery boxes and other items.

Among the designs used are the symbols for God and heaven, the sun, the moon, the morning star or Auseklis, the cross and many others.

Using this pattern you can weave a paper place mat for the table, and put this morning star (Auseklis) symbol on it.

**Materials:**

- Construction paper in 2 colours, which should be red, yellow or orange (cut into 2" across)
- Scissors
- Pencil
- Glue

**Instructions:**

Fold a piece of construction paper in half cross wise.

Starting at the fold, cut slits into the paper, stopping

one inch from the edge. The slits should be about an inch apart. This will form the base for weaving.

Unfold the paper.

Cut a different colour paper into cross wise strips, 1" thick.

Weave these strips into the base.

Glue the ends down to hold them in place. Each strip should be woven opposite of the one before it. Over under over, then under over under, etc.

Now take two squares of paper to form the morning star. (They should be the same colour.)

Cut a square diagonally. Now put the two triangles on top of one another, and cut the triangles in half to form smaller triangles.

Repeat this process with a second square.  
Take the eight triangles and arrange them in the pattern shown.  
Glue on to the place mat, and you have a Latvian morning star!

**Program Application:**

*Guide – Girls Creating – Creative Craft*

*Pathfinder – My Music, My Movies, and More, The Arts from A to Z*

**Windmills (The Netherlands)** (suggested for S, B, G)

<http://www.girlguides.mb.ca/Downloads/IdeasLeaders/CraftsandGames.pdf>

From: Braman, Arlette. (1999) “*Kids Around the World Create!*” A Wiley imprint. pg 78-81.

The Netherlands is so closely associated with windmills, that it's often the first fact people recall about the country. They were used for draining the land and for industrial purposes, like corn milling and saw milling. Today there are still more than 1000 mills in the Netherlands. A pinwheel works very much like a windmill:

**Materials:**

- Strong paper or card stock
- Scissors
- Brass split pin
- Straw

**Instructions:**

1. To start making a square, put the two pieces of paper together.
2. Cut off the small rectangles, forming a square
3. Decorate one side of the sheet of paper
4. Fold the triangle of paper into quarters diagonally
5. Mark approximately 2 cm from the centre on each fold
6. Cut along each fold from the corner to the mark
7. Fold alternate corners to the centre
8. Fix all four corners to the centre using the split pin
9. Use the split pin to attach to the straw
10. Make sure that there is room behind the paper and the straw for the windmill to spin

Alternative Variation:

<http://www.enchantedlearning.com/crafts/pinwheel/>

[http://www.things2make.com/Things2make\\_files/instructions%20over%205/windmill.htm](http://www.things2make.com/Things2make_files/instructions%20over%205/windmill.htm)

Extra - Add a Daffodil to the design

<http://www.4ormore.co.uk/projects/march03.htm>

**Program Application:**

*Spark – Exploring and Experimenting, as an Additional Activity*

*Brownie – Key to the Arts, Crafts from Afar; Super Craft*

*Guide – Girls Creating, Creative Craft*

**Nesting Dolls (Russia)** (suggested for G, P, R)

<http://www.girlguides.mb.ca/Downloads/IdeasLeaders/CraftsandGames.pdf>

From: Gomez, Aurela. (1996) *Craft from World Cultures*, Scholastic Canada , pg 23.

Peasant families in Russia use to make made matroshka “nesting” dolls for their children. The men carved the dolls from hollowed out wood and the women painted the figures with brightly polished colours. At least two smaller dolls rest within a large doll.

The three dolls may have represented the grandmother, mother and daughter in a family.

**Materials:**

- Two plastic eggs (1 smaller than the other)
- Small bead
- Acrylic paint
- White glue
- Sandpaper
- Scissors
- Markers
- Paintbrush
- Small disk for base
- Damp paper towel

**Instructions:**

1. Sand the eggs with sandpaper. Wipe with damp paper towel
2. Mix equal amounts of white glue and paint
3. Brush on mixture
4. Allow to dry
5. Glue base onto egg bottoms
6. Draw design on eggs
7. Paint eggs
8. Paint bead as child

**Program Application:**

*Guide – Discovering You, Discover Your Creativity; Art Production  
Pathfinder – My Music, My Movies, and More, The Arts from A to Z*

**Celtic Knot-design Bookmark – (Scotland) (suggested for S, B, G)**

From: <http://www.collectionscanada.gc.ca/settlement/kids/021013-2110-e.html>

Materials :

- Celtic knot design pattern template  
<http://www.collectionscanada.gc.ca/obj/021013/f1/nlc009430-v6.jpg>
- Markers, paint, coloured pencils or crayons
- Scissors
- Glue
- Construction paper
- A pencil and ruler
- Tassel (optional)

**Instructions:**

<http://www.collectionscanada.gc.ca/settlement/kids/021013-2110-e.html>

**Tartan Ribbon Weaving - Hot Water Bottle Cover (Scotland) (suggested for G, P, R)**

Time: allow 4 hours

Materials

- 12" x 18" pieces of red felt & fabric each - Wonder-Under Transfer Web by Pellon - available

from [http://www.kidsfabrics.com/index.php?main\\_page=product\\_info&products\\_id=1921](http://www.kidsfabrics.com/index.php?main_page=product_info&products_id=1921)

OR try your local fabric store for similar material

- 1 metre of a wide & narrow ribbon in 4 colours
- sewing thread
- sewing machine
- scissors
- pins
- Hot water bottle

Instructions

- 1.Lay hot water bottle on the felt and draw an outline 2.5 cm away from the edge. Cut around the line. Cut 2 pieces of fabric the same size.
  - 2.Place the Wonder-Under on one piece of felt  $\frac{3}{4}$  of the way up. Iron in place and peel off the backing paper. Cut pieces of ribbon to fit the width of the felt and lay in a random order to cover the Wonder-Under.
  - 3.Cut pieces of ribbon to fit the length adding 1 cm seam allowance.
  - 4.Weave the ribbons together.
  - 5.Fold under any ribbons sticking over the top edge and pin.
  - 6.Check the ribbons are close together and straight and then press with a medium iron.
  - 7.Pin the red fabric panel on top of the ribbon work. Machine stitch around the top of the cover from one edge of ribbon to the next.
  - 8.Snip into the seam allowance at the top of the stitching.
  - 9.Trim the seam allowance to 5 mm, snip and notch the curves and turn through.
  - 10.Make a back panel to match without the ribbons.
  - 11.Pin the 2 panels together with the felt sides together.
  - 12.Machine stitch around the edge.
  - 13.Turn away one layer of felt from the seam allowance.
  - 14.Zigzag close to the stitching and trim.
  - 15.Pin a 28" length of ribbon to the back of the cover across the neck. Machine stitch.
- Thanks to 1<sup>st</sup> Grappenhall & 1<sup>st</sup> Thelwall Girl Guides from Scotland.

**Program Application:**

*Guide – Discovering You, Discover Your Creativity; Girls Creating, Creative Craft Pathfinder – My Music, My Movies, and More, The Arts from A to Z*

**Cork Trolls (Norway)** (suggested for B, G)

<http://familyfun.go.com/arts-and-crafts/cutpaste/feature/famf39kidcot/famf39kidcot4.html>

In ancient Norway, people believed that trolls had magical powers, and lived in the country's many forest and fjords.

Materials

- Corks
- Glue
- Fun fur for hair
- Felt, cloth or crepe paper for clothing
- Yarn or string for belts
- 4 to 5 pompons for nose, hands and feet
- 2 googly eyes
- Small bow-tie pasta for ears
- Crepe paper for hat

Instructions

- 1.Glue one cork on top of the other

2. Glue on hair, clothing

3. Hat can be made by gluing around the top ½ inch of the cork, wrapping a ½ inch edge of crepe paper around the glued area & gently twisting the opposite end, glue a pompom on top

**Program Application:**

*Brownie – Key to the Arts, Super Crafts  
Guide – Fun*

**Viking Paper Doll (Scandinavia)** (suggested for S, B)

Download the Viking Doll from:

<http://www.dltk-kids.com/fantasy/mpaperviking.htm>

**Program Application:**

*Spark – The World Around Me, WAGGGS Crafts  
Brownie - Key to the Arts, Crafts from Afar*

**Canon Printer Projects** (suggested for G, P, R)

<http://cp.c-ij.com/english/3D-papercraft/building/index.html>

- Windmill (Netherlands)
- Big Ben (England)
- Tower Bridge (England)
- Eiffel Tower (France)
- Leaning Tower of Pisa (Italy)
- Coliseum (Italy)
- Parthenon (Greece)

**Canon Printer Projects** (cont'd.)

[http://cp.c-ij.com/english/3D-papercraft/toy/viking\\_e.html](http://cp.c-ij.com/english/3D-papercraft/toy/viking_e.html)

- Viking Longship (Scandinavia)
- [http://cp.c-ij.com/english/3D-papercraft/toy/matryoshka-doll\\_e.html](http://cp.c-ij.com/english/3D-papercraft/toy/matryoshka-doll_e.html)
- Russian Doll (Russia)
- [http://cp.c-ij.com/english/3D-papercraft/animal/e\\_corgi\\_e.html](http://cp.c-ij.com/english/3D-papercraft/animal/e_corgi_e.html)
- Welsh Corgi (Wales)
- [http://cp.c-ij.com/english/3D-papercraft/lucky/pegasus\\_e.html](http://cp.c-ij.com/english/3D-papercraft/lucky/pegasus_e.html)
- Pegasus (Greece)

**Program Application:**

*Guide – Girls Creating, Creative Craft  
Pathfinder – My Music, My Movies, and More, The Arts from A – Z*

**Weaving (Finland)** (suggested for B, G, P)

Finland has its own beautiful **weaving** tradition. Rugs and blankets were woven in traditional designs and colours. Make your own weaving.

**Materials needed:**

- Blue and yellow yarn
- Corrugated cardboard or foam meat trays
- Scissors

**Instructions:**

1. Cut a piece of cardboard about 6" by 8", or use a foam meat tray.

2. Cut slots in the end of the cardboard at ½ inch intervals. They should be lined up at the top and bottom.
3. Take yellow yarn, and wrap it around the cardboard, catching it into each slot cut.
4. Now begin weaving.
5. Weave two rows of yellow yarn in and out on the weaving.
6. Now weave five rows of blue, but this time go under two, over three, under two, over three, etc.
7. Then weave two more rows of yellow yarn, and then repeat the blue pattern. Continue the weaving process.
8. When finished, tie off the yarn, flip to the back of the cardboard, and cut the yellow yarns through the middle. Take two pieces of yarn at a time, and knot them to make fringe at the end of the weaving.

Alternative Variation: Older crafters may wish to develop a more intricate pattern.

**Program Application:**

*Guide – Girls Creating, Creative Craft; Discovering You, Discover Your Creativity*  
*Pathfinder – My Music, My Movies, and More, The Arts from A to Z*  
*Ranger – Explore Your Creativity, #19 Being Crafty*

**Felt placemats (Hungary)** (suggested for B, G, P)

In Hungary wool felt has been used for warm decorative clothing and home furnishings for many years. You can make your own felt placemats for the centre of your table. Note that Red and White are the traditional colours for Hungarian crafts.

Materials

- Red and white felt squares or yardage
- Scissors
- Glue
- Pins

Instructions

1. Use the white felt for the background. Fold the red felt into quarters, and put several pins in to keep it folded.
2. Cut a flower or geometric pattern from the center. Open it up, and glue it to the center of the white felt.
3. Leaving the red felt folded and pinned, cut a fancy border along the outside edges.
4. Open it up, and glue it to the white felt.

Alternative Variation: Simply cut out more flowers and glue them around the edge of the white felt.

**Program Application:**

*Brownie – Key to the Arts, Art by Hand*  
*Guide – Discovering You, Discover Your Creativity*  
*Pathfinder – My Music, My Movies, and More, The Arts from A to Z*

**Gwiazdy (Poland)** (suggested for B, G)

- <http://www.dltk-kids.com/world/mgwiazdy.html>
- <http://archive.elca.org/countrypackets/poland/crafts.html>

Gwiazdy means "stars" in Polish. Most designs are geometric, but some have birds or butterflies inside.

**Materials:**

- Paper cut in circles (not construction paper)

- Scissors
- Pinking shears or children's scissors with fancy cutting edge

**Instructions:**

1. Fold the paper circle in half, then in quarters and finally in eighths.
2. Cut the outside edge in a frilly pattern. Cut notches and shapes out of the folded sides.
3. If you have scalloped scissors or pinking shears, it may make it easier for children to get fancy patterns.
4. Carefully unfold when pattern is finished.

**Program Application:**

*Brownie – Key to the Arts, Crafts from Afar; Super Crafts Guide – Girls Creating, Art Production*

**Wycinanki (Poland)** (suggested for B, G)

<http://www.dltk-kids.com/world/mwycinanki.html>

A **wycinanki** is a traditional Polish folk art that is made of mirror-image designs cut from paper.

At Christmas time, Christmas cards with such a mirror image Christmas tree are popular.

**Materials:**

- Coloured paper
- Pencil
- Scissors
- Glue

**Instructions:**

1. Fold green paper in half.
2. Draw a half a Christmas tree on it and cut it out.
3. Fold a smaller red paper in half and cut out a Christmas tree stand.
4. Unfold and glue these pieces to a piece of white paper with a tree trunk between them.
5. Add ornaments - The two sides of the tree should be symmetrical, so cut two of each ornament at a time and place them across from one another on the tree.
6. For the star, fold a yellow or gold paper in half, and cut out a six or eight pointed star.
7. Other symmetrical ornaments can be placed down the centre of the tree.

**Program Application:**

*Brownie – Key to the Arts, Crafts from Afar; Super Crafts Guide – Girls Creating, Art Production*

## Dance Activities

Complete **one** dance activity from this section.

**Program Application:**

*Spark – Being Healthy, Move to the Beat  
Brownie – Key to the Arts, Around the World in Song and Dance Guide – You in Guiding, Learn about WAGGGS  
Pathfinder – A World to Discover, Around the World at Home*

According to Webster's Dictionary - dance is to move the body and feet rhythmically, especially to music.

**Ethnic Dance Event** (suggested for B, G, P, R)

Attend an event that showcases an ethnic dance from the Europe Region, e.g., a dance recital; a festival, parade or workshop with European dancers. For list of countries look on WAGGGS website – [www.wagggsworld.org/en/home](http://www.wagggsworld.org/en/home) or <http://europe.wagggsworld.org/en/home>)

**Dance Improvisation** (suggested for all Branches)

Find music from one of the Europe Region member countries (check out the internet, dollar store Library CD's, or maybe someone you know remembers a song from that country).

Improvise your own dance to the music. You may choose to:

- first close your eyes and listen
- move your head to the rhythm of the beat
- gradually add in shoulders, arms, hips, legs, feet.

OR

- first close your eyes and listen
- move your feet to the rhythm of the beat
- gradually add in legs, waist, arms, shoulders, head

OR

- Just do your own thing!

**Learn a New Dance** (suggested for all Branches)

Have someone (ex. dance teacher, parent, friend) teach you an appropriate dance.

**Learn about and try a Belgium Folk Dance** (suggested for G, P, R)

These dances are Flemish from the North of Belgium. There are four dances which were reconstructed from about 1830 to 1880. They had been lost, as the eldest generation either were unable to do the complicated steps or had taken the complicated steps out and simplified them. About 1965, research began. An old musician was located who helped bring the dances back.

These dances were done by the farmers who founded the Guild of Farmers. The Guild was a defense. They were defending their rights.

This group in 1979 played classical instruments such as flute, oboe, 2 violins, 2 accordions, a tambourine, cum drum, several wooden flutes and a mandolin. Spoons were also played.

**Learn about and try a Belgium Folk Dance** (cont'd.)

The dances are:

- Luskie
- Micki Stout
- Kolom
- Skittle players – Kegelaar (South of Belgium)

This country is believed to be the richest in folklore, because the country was so poor.

Dress: The girls wore heavy long skirts of blues and greens, that are not very colourful (blues, greens), black shoes and white socks. Some girls wore white blouses.

SomeOther girls had a blue striped dress under the skirt. All wore a heavy triangular shawl with fringe. They wore long white aprons over the skirts and white bonnets.

### ***Micki Stout***

Girls are in partners. (Inner circle and outer circle)

Face each other and hold hands.

Count 1 to 16 -16 gallops counter clockwise (galloping over the grass)

Count 1 to 16 -16 gallops clockwise

Count 1 - Slap both knees (with a *Plié* - plie ie feet apart bend knees)

Count 2 – Clap own hands together

Count 3 – Partners slap right hands

Count 4 – Hold

Count 5 - Slap both knees (with a *Plié* - feet apart bend knees)

Count 6 – Clap own hands together

Count 7 – Partners slap left hands

Count 8 – Hold

Count 1 - Slap both knees (with a *Plié* - feet apart bend knees)

Count 2 – Clap own hands together

Count 3 – Partners slap right hands

Count 4 – Partners slap left hands

Count 5,6,7 – Partners slap both hands (3 times)

Count 8 – Hold

Repeat from beginning gallops

*Source for Belgium Dance was a dance teacher's seminar from 1979*

**Choose a dance from the following list to try:** (suggested for all Branches)  
**The Dance, Dance, Dance CD available from Ontario Council provides instruction on those noted with an asterix**

Denmark Dance of Greeting\*

France Chimes of Dunkirk\*

Denmark Seven Jumps\*

England Yorkshire Long Eight\*

Romania Alunelul\*

Israel Shabboleth Basadeh\*

Serbia Savilla Se Bella Losa\*

Czechoslovakia The Wheat\*

Germany Kinderpolka \*

England Green Sleeves\*

Lithuania Noriu Miego \*

Sweden Hurry Scurry (Fjaskern) \*

Sweden Carrousel \*

Hungary Cshebogar \*

France Napoleon \*

Scotland/England Flying Scotsman \*

Israel Cherkassiya \*

Yugoslavia Pljeskavac \*

Sweden Prastens Lilla Krako

German + Lottist Todt

Germany/Denmark Feder Mikkel

Czechoslovakia Ah Lovely Meadows

Central Europe Polka

Central Europe Schottische or Rheinlaender  
Germany Ach Ja!  
Ukraine Sasha

## **Drama/Game Activities**

Complete **one** drama/game activity from this section.

Drama, as we use it in Guiding, is not a theatre production. Drama is pretending, doing, exploring and trying to express yourself.

Reference: Playing with Drama – Girl Guides of Canada, Ontario Council – Training Department, May, 1995.

### **Country Chants** (suggested for B, G,)

In pairs or small groups, girls make up a clapping chant using one of the countries from the Europe Region, then share with the others.

Example for Norway:

Snap fingers over head and shout **N**

Clap hands once and shout **O**

Slap thighs and shout **R**

Slap thighs and shout **W**

Clap hands once and shout **A**

Snap fingers over head and shout **Y**

Jumps up and shout **NORWAY**

#### ***Program Application:***

*Brownie – Key to Girl Guides,  
Guide – You in Guiding, Learn about WAGGGS, World Guiding*

### **Yell That Country** (suggested for all)

#### **Materials**

- Box or bag
- Paper cut into 2" by ½ " pieces

#### **Instructions**

1. In a box or bag, place slips of paper on which are written the first letter of each Europe Region Country.
2. Players are in teams or single for older girls.
3. Leader draws out a slip and calls the letter.
4. The first team or girl to yell out a Europe Region Country starting with that letter gets the slip of paper.
5. The winning team or person is the one with the most slips.
6. Challenge them to select a mode of transportation from one of the countries on their slips of paper, e.g., Italy – gondola, England – double Decker bus.
7. Travel to the map by this method and find their country

#### ***Program Application:***

*Just for Fun!*

### **Interviews (suggested for G, P, R)**

Girls work in pairs. Each person is a representative from a Europe Region country, Member of Guiding, famous person or character from a folktale they have heard or read

and the other is the TV or radio personality interviewing her. Make sure the interviewer gets lots of information from her subject about the country, the problem or story.

**Program Application:**

*Guide – Girls Creating, Reporting*

*Pathfinder – Finding the Path, Broaden Your Horizons, #7*

**Mime a Story** (suggested for S, B, G)

Read a fairy tale or traditional children's story or legend from a Europe Region Country then have the girls act it out.

**Program Application:**

*Spark – The World Around Me, Additional Activities*

*Brownie – Key to the Arts, Hurrah for Reading badge*

*Guide – Personal Growth, Reading badge*

**WAGGGS** (suggested for B, G)

Girls may be in pairs or patrols. Each group is given a country name. Each girl then mimes something you might see or do in that country, e.g., Switzerland - hiking, skiing in the Alps.

**Program Application:**

*Brownie – Key to the Arts, I Can Be badge*

*Guide – Girl Creating, Performing Arts badge; You in Guiding, Learn about WAGGGS*

**Find Your Place** (suggested for all)

Materials

- Card for each Europe Region country

Instruction

1. Each player has a card.
2. The Leader asks players to line up in alphabetical order of their countries (from left to right) and then shout out the names of the countries.

Alternative

- Line up according to player's height, or birth months. Use your imagination as to how the group should line up. Always shout out the names of the countries each time.

**Program Application:**

*Just for Fun!*

**Dating Game** (suggested for G, P)

- Cards for each Europe Region country

- Rope

- Tablecloth

- Chairs

Instructions

1. String the rope across an area and hang the tablecloth over the rope.
2. Place three chairs on one side of the tablecloth and one chair on the other side.
3. Have each girl select a Europe Region country and act as a member of that country.
4. You will need 1 bachelor and 3 bachelorettes in each group.
5. The bachelor asks questions and based on the responses will select the bachelorette.
6. The bachelor must identify each bachelorettes' country.
7. Once the game has finished, discuss the choices that were made and why.

**Note:** the bachelor must not see the bachelorettes.

**Program Application:**

*Guide – Personal Growth, Becoming a Teen badge*

### **Highland Games (Scotland)** (suggested for S, B, G)

Celebrate the Highland Games with competitions in 'traditional' Highland Games activities. Have some fun with it.

Materials

- Pool noodle
- Plastic hammer
- Paper plate or Frisbee
- Cup, ball, string
- Straws
- Tinsel – different colours
- tape

Instructions: Highland Game Activities

1. Toss the caber (pool noodle)
2. Hammer throw (plastic hammer)
3. Throw the discus (paper plate or frisbee)
4. Throw the open stone (cup and ball on string)
5. Throw the braemar stone (indoor fireworks [see below])
6. Throw the earth ball (team event)
7. Team piping (hum a recognisable tune of their choice)

#### *8. Indoor fireworks*

- 2 straws: One thick (like a milkshake straw from a fast food restaurant) and one thin (so it will fit inside the milkshake straw)
- brightly coloured tinsel (from party store or Christmas tree)
- Tape tinsel to end of thin straw
- Place thin straw inside of thick straw
- When girls blow on bottom, thin straw shoots up through the top. Hence the indoor fireworks.

#### **Program Application:**

*Sparks – Going Outside, Outside Active Games*

*Brownie – Key to Active Living, #2, Outdoor Action*

*Guide – Adventures in Guiding, Cultural Awareness badge; You in Guiding, Learn about WAGGGS*

### **Traditional Games** (suggested for G, P, R)

Research and create any board/equipment required and play a traditional European game and teach it to a younger branch:

- Nine Man Morris
- Fox and Geese
- Skittles
- Croquet
- Marbles

#### **Program Application:**

*Guide – You and Others, Learn About Leadership in a Group, Adventures in Guiding, Cultural Awareness badge*

*Pathfinder – Creating Your Future, Find Your inner Leader, #7*

### **Constellation Stories (Greece & Italy)** (suggested for G, P)

Tell or act out an ancient Greco-Roman story about how a constellation came to be, e.g. Pegasus, Cassiopeia, Ursa Major

<http://www.coldwater.k12.mi.us/lms/planetarium/myth/index.html>

#### **Program Application:**

### **Something of your choice that is appropriate** (suggested for all Branches)

Other games and drama activities to try, e.g., ones that girls in these countries like to play. Pathfinders and Rangers can teach to a younger branch.

#### **Resources:**

Books - *Classic Children's Game from Scotland* (Scottish Children's Press, 2nd ed. 2001) by Kendrick Ross. **ISBN-10:** 1899827129

*Sidewalk games around the world* (Brookfield, Conn., Millbrook Press, 1997) by Arlene Erlbach, Sharon Lane Holm. **ISBN-10:** 0761300082

*Play with us : 100 games from around the world* (Publisher: Chicago Review Press, 2005) by Ripoll, Oriol. **ISBN-10:** 9781435261686

Children's Games from Spain:

<http://www.streetplay.com/playfulworld/spain.shtml>

Games around the World

<http://edis.ifas.ufl.edu/pdf/files/4H/4H05500.pdf>

*From Brownies Around the World, Book 1*

- Waves (Norway) pg. 35
- The Eagle and the Goats (Switzerland) pg. 48

*From Brownies Around the World, Book 2*

- Good Morning, Good Afternoon, Good Evening (Denmark) pg 21
- The Princess and the Pea (Denmark) pg. 23

•Frogs in the Pond (Germany) pg. 27

•Tangle Tree Woods (Ireland) pg. 36

*From Brownies Around the World, Book 3*

- Restaurant (Austria) pg. 3

*From Brownies Around the World, Book 4*

- Observation Game (Malta) pg. 36

•Reindeer Herds (Sweden) pg. 44

*From World Games and Recipes*

- Passwords (Belgium)
- Sketch Impressions (France)
- Birds – Giants – Dwarfs (Greece)
- Rainbow Tag (United Kingdom)

#### **Program Application:**

*Sparks – Going Outside, Outside Active Games*

*Brownie – Key to Active Living, #2, Outdoor Action*

*Guide - , Adventures in Guiding, Cultural Awareness badge; You in Guiding, Learn about WAGGGS*

*Pathfinder – Creating Your Future, Find Your inner Leader, #7*

## **Music**

Complete **one** music activity from this section

#### **Program Application:**

*Spark – The World Around Me, Additional Activities*

*Brownie – Key to the Arts, Around the World in Song and Dance, Share Your Talent with Music*

*Guide – You in Guiding, Learn About WAGGGS; Girls Creating, Singing*

*Pathfinder – Let's Take It Outside, Outdoor Know-How; My Music, My Movies, and More, Get Musical*

*Ranger – Leadership & Management, #2, Leading Children*

Most of these songbooks can be purchased through the Girl Guides of Canada e-store

([www.thegirlguidestore.ca](http://www.thegirlguidestore.ca)). These songs are for all levels of Guiding, though some are easier and are identified for Sparks & Brownies. The older girls should do sing at least one in another language that is not their first language.

### Legend

\*\* Suitable for Sparks and Brownies

♪ Tune Available on <http://tuneguide.e-guiding.com/international.htm>

☀ Origins of Nursery Rhymes <http://www.rhymes.org.uk/>

### Public Domain, No Song Book

Grand Old Duke of York (England) \*\*

Greensleeves (England)

Scarborough Fair (England)

Riddle Song (England)

London Bridge (England) \*\* ☀

Humpty Dumpty (England) \*\* ☀

Jack & Jill (France) \*\* ☀

### Our Chalet Songbook

Alleluia (France)

Barges (refers to European canal)

Bell Yodel (Austria)

Bella Bimba (Italy)

Chantons Le Feu (France)

Herdsmen (Germany)

Let Us Sing Together (Czech)

Les Clartés de la Nuit (France)

Merci, Seigneur (France) \*\*

No Farmer Boy for Me (Italy)

No Lovelier Countryside (German)

Orchestra (Estonia)

Rally Song (Turkey)

Somerset Walking Song (England)

Summer Evening (Finland)

Skye Boat Song (Scotland)

I Know Where I'm Going (Ireland)

Vem Kan Segla? (Sweden)

Viva la Musica (Italy)

### Our Chalet Songbook II

Auld Lang Syne (Scotland) \*\*

Camp Fire (Austria)

Compagnons (France)

My Creed (Ireland)

Rosen Fra Fry (Denmark) \*\* ♪

Vent Frais (England)

### Jubilee Songbook

Bell Song (Denmark) \*\*  
Fairy Lullaby (Scotland)  
Foxlease Vesper (England)  
Happy Wanderer (England)  
Holi Ho (Norway)  
Holla Hi, Holla Ho (Germany)  
Les Trois Garçons (France)  
My Aunt Grete (Netherlands) \*\*  
My Hat (Germany) \*\*  
Now Robin (England)  
Norwegian Number Game (Norway)  
Poverty (Wales)  
Russian Vesper (Russia) 🎵  
Swedish Fire Song (Sweden)  
Sussex Campfire Opening (England)  
Tiritomba (Italy)  
Village Dance (Hungary)  
**Whence O Shepherd Maiden? (France)**

### **Songs to Sing and Sing Again**

Aiken Drum (Scotland)  
Clarinet Song (France)  
Cockles & Mussels (Ireland)  
Cuckoo – Kuckuck (Austria)  
Dumbarton's Drums (Scotland)  
Echo Yodel (Germany)  
Fare Thee Well (Germany)  
French Cathedrals (France)  
Frère Jacques (English, French, Russian,  
Polish versions)  
Four Jolly Blacksmiths (Germany)  
Good Night to You All (England)  
Ho'ven, Ho'ven (Scotland)  
Horsey, Horsey (Netherlands)  
Lazy Robin (Wales)  
Lovely Evening (Germany)  
Napoleon (France) \*\*  
Mon Merle (France)  
Music Alone Shall Live (Germany)  
One Man Shall Mow (England)  
Peters and Paul (Hungary)  
Polish Haying Song (Poland)  
Russian Humming Round (Russia)  
Star of the Evening (Ireland)  
Three Crow (Scotland)  
Tree in the Wood (England)  
Winter Now is Over (Italy, Switzerland)

### **Sing a Song**

Foxlease Night Song (England) \*\*

Little Bells of Westminster (England)\*\*

### **Songs for Canadian Girl Guides**

A Song Without Words (German) \*\*

All Through the Night (Wales)

Thanks for a Day (Scotland)

### **Celebrate with Song**

Cloud Ships (Switzerland)

Doctor Eisenbart (Netherlands)

Irish Blessing (Ireland) 🎵

Music Shall Live (Denmark)

My Sweetheart (Finland)

Sarasponda (Finland)

Stodola Pumpa (Slovak)

### **Canciones De Nuestra Cabaña**

Bon Appetit (France) \*\* 🎵

Buon Giorno (Italy)

For Health and Strength (England) 🎵

Merci, Seigneur (France) \*\* (as per Our Chalet Songbook list on previous page)

Running Game (Belgium) \*

### **Midi & MP3:**

Music for many English Folk songs available at:

<http://www.contemplator.com/tunebook/england.htm> and

<http://www.contemplator.com/england/>

Finland:

<http://www.helsinki.fi/~jnuotio/savindex.html>

Germany:

<http://ingeb.org/home.html>

Children's Songs from around Europe

<http://www.mamalisa.com/world/europe.html>

Look at all the versions of Frere Jacques/Father Jacob

## **Outreach**

All branches need to do **one** Outreach Activity to complete the challenge.

**Note:** *It is recommended to Please discuss internet safety concerns on the use of the internet with the girls before doing some of these activities.*

### **A. WAGGGS**

#### **1. Countries of the Europe Region** (suggested for B, G)

- How many member countries are in the Europe Region and what are their names?
- Find them on a world map

#### **Program Application:**

*Brownie – Key to Girl Guides, Thinking Day and Guide-Scout Week*

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Travelling, World Guiding*

#### **2. World Centres** (suggested for B, G)

- How many world centres are in the Europe Region?
- Where is it/they? What is it/their names?
- What languages are spoken there?
- Who founded the world centre(s)?

- What year(s) did it/they open?

**Program Application:**

*Brownie – Key to Girl Guides, Thinking Day and Guide-Scout Week;*

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Travelling, World Guiding*

**3, Plan a Trip to a World Centre in the Europe Region.** (suggested for G, P, R)

- Where are you going?
- How would you get there?
- What would you like to do while visiting there?
- Find some sites or places you would like to visit while you are there.

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Travelling*

*Pathfinder – A World to Discover, Going Global; Finding the Path, Broaden Your Horizons*

*Ranger – Celebrate Guiding, #8 A World of Opportunities; Global Awareness, #20 Roving Reporter*

**4. Invite a Member of Guiding who has visited a World Centre in the Europe Region.** (suggested for all Branches)

- Ask her to bring objects or pictures from her trip
- Before the meeting, prepare questions that you would like to ask her about her visit there.

**Program Application:**

*Spark – The World Around Me, Additional Activity*

*Brownie – Key to My Community (if someone comes to the meeting), Celebrations, Special Days*

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Culture Awareness, World Guiding*

*Pathfinder – A World to Discover, Girl Guides International*

**5. Contact a Europe Region Member Country** (suggested for G, P, R)

Contact them by e-mail or mail to receive information about the country, its' Guiding movement. Share this information with your Unit.

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding*

*Pathfinder – A World to Discover, Girl Guides International, What's Up Around the World*

**6. Europe Regional Committees** (suggested for G, P, R)

- Look up the Europe Regional Committee on the WAGGGS website:

<http://europe.wagggsworld.org/en/home> .

- Find out who is on the committee and what they do.

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding*

*Pathfinder – A World to Discover, Girl Guides International*

*Ranger – Celebrate Guiding, #4, What About WAGGGS?*

**7. Investigate Guiding in one of the Europe Region countries.**

(suggested for G, P, R)

- Find out about the uniform and name for your branch, etc.
- How many girls are there in Guiding in this country?
- What is their promise and law?
- When did Guiding start in this country?
- Compare this information to Guiding in Canada.

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding*

*Pathfinder – A World to Discover, Girl Guides International; Finding the Path, Broaden Your Horizons*

*Ranger – Celebrate Guiding, #7 Who Else Is Out There?*

**8. Communication with a Member Country** (suggested for all Branches)

- Send greetings or a Thinking Day card to the a National Commissioner in the Europe Region country of your choice.

**Program Application:**

*Spark – Part of Thinking Day week activities*

*Brownie – Key to the Arts, Write On*

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; Personal Growth, Postal*  
*Pathfinder – A World to Discover, Girl Guides International*

## **B. Culture and Learning about the Countries**

### **1. Research One of the Countries in the Europe Region.** (suggested for B, G, P, R)

- Learn about its culture.
- How is it different or similar to Canada's?
- Share this information with your Uunit.

**Program Application:**

*Brownie – Key to My Community, Celebrations, Special Days*  
*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Cultural Awareness, World Guiding*  
*Pathfinder – Finding the Path, Broaden Your Horizons; A World to Discover, Going Global*  
*Ranger – Global Awareness, #12 Where in the World?; Community Connections, #25 Oral History; Celebrating Guiding, #7 Who Else Is Out There?*

### **2. Explore Languages** (suggested for G, P, R)

- How many languages are spoken in the Europe Region?
- Where are these languages spoken (in which country)?
- Do you speak any of these languages?
- Do you know someone who can speak one of these languages?
- Learn how to say "Hello, how are you?" in one of these languages.

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; Personal Growth, Interpreting*  
*Pathfinder – A World to Discover, Around the World at Home, Going Global; Finding the Path, Broaden Your Horizons*

### **3. Plan a trip** (suggested for G, P)

- Investigate a trip to one of the countries that is in the Europe Region that you would like to visit.
- How would you get there from your home?
- How much would it cost for the trip, including expenses, e.g., transportation, meals, accommodation, attraction costs, shopping?
- Find some sites or places you would like to visit while you are there.

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Travelling, World Guiding*  
*Pathfinder – A World to Discover, Going Global*

### **4. Explore Currencies** (suggested for G, P)

- What currencies are used in the Europe Region?
- What is the exchange rate for the different currencies compared to the Canadian dollar?

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Travelling*  
*Pathfinder – A World to Discover, Going Global*

### **5. Invite a Visitor** (suggested for all Branches)

- Invite someone to your Uunit meeting to talk about her/his experience living or vacationing in one of the countries from the Europe Region.
- Have her/him them show pictures or objects from this country.
- Before the meeting, prepare questions that you would like to ask about the country.

**Program Application:**

*Spark – The World Around Me, Diversity Meeting*  
*Brownie – Key to My Community (if someone comes to the meeting), Celebrations, Special Days*  
*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, Cultural Awareness, World Guiding*  
*Pathfinder – A World to Discover, Around the World at Home*

*Ranger – Community Connections, #25 Oral History*

## **6. Plan and Host an Event** (suggested for S, B, G, P)

- Celebrate Guiding in a Europe Region Country
- Dress up in a Europe Region uniform or national dress from one of the countries.
- Have a party (inside or outside) with food, games, songs, and dances that you have learned.
- Pathfinders may wish to do an event for a younger Branch.

### **Program Application:**

*Sparks – The World Around Me, Additional Activities; Let's Make Arts and Craft, Additional Activities; Being Healthy,*

*Additional Activities, Healthy Snack Relay; Going Outside, Outside Active Games, Picnic*

*Brownie – Key to I Can, Party Planner*

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; You and Others, Learn How*

*to Plan, Personal Growth, Event Planning*

*Pathfinder – Creating Your Future, Event Planning; Creating Your Future, Find Your Inner Leader*

## **7. Explore Food** (suggested for all Branches)

- Research the types of food eaten in one of the Europe Region countries.
- Do we eat similar things here in Canada?
- Try a new food from the country you have chosen.
- Use one of the recipes included in this challenge to try with your Unit.

### **Program Application:**

*Sparks – The World Around Me, Additional Activities; Being Healthy, Healthy Snack Relay, Additional Activities*

*Brownie – Key to Active Living, Fabulous Foods*

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; Girls Creating, Kitchen*

*Creations, Tasty Treats*

*Pathfinder – On My Own, Now You're Cooking; Exploring a Theme, Getting Food on the Table*

## **8. Explore the European Union** (suggested for P, R)

- What is the EU?
- Who belongs to this group?
- When was it established and why?
- What is their purpose?

*No Program Application*

## **9. Concert or Storytelling Event** (suggested for G, P, R)

- Attend a concert, dance or listen to a storytelling from a Europe Region country.
- Suggestion: Tune into Global Village on CBC Radio, Saturdays at 6:30 pm.

### **Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; Girls Creating, Performing Arts*

*Pathfinder – My Music, My Movies, and More, Get Musical*

## **10. Explore Film** (suggested for G, P, R)

- See a film made in a Europe Region Country.
- Rent a documentary film and a fictional film from one of these countries.
- Does a documentary make life seem different than a fictional film?
- Ensure all films are Rated PG or G
- Check the National Film Board of Canada: <http://www.onf-nfb.gc.ca/eng/collection/>

### **Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding*

*Pathfinder – My Music, My Movies, and More, Movie Mania*

## **11. Novels** (suggested for G, P, R)

- Read a novel set in the Europe Region or a collection of stories or poems by a European writer. Share what you have learned with your Unit.

Variation - Pathfinders and Rangers – see if the novel represents the culture of the country. Is there stereotyping in the novel and how does this impact on people's impression of the country?.

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; Personal Growth, Reading*

*Pathfinder – A World to Discover, Around the World at Home*

**12. Art** (suggested for G, P, R)

• Learn about art from the Europe Region by visiting a museum or an art gallery, or exploring art on the internet. Suggested artists are:

Picasso Spain

Michelangelo Italy

Monet France

Van Gogh Netherlands

Henry Moore England

**Program Application:**

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; Discovering You, Discover Your Creativity; Science and Technology, Computer Skills*

*Pathfinder – A World to Discover, Around the World at Home; My Music, My Movies, and More, Rembrandt and Company*

**13. European Animals** (suggested for B, G, P)

Discover the diversity of animals, fish and birds that live in the Europe Region. Find three species that live in the Europe Region that do not live in Canada.

**Program Application:**

*Brownie – Key to the Living World, Saving Our Plants and Animals*

*Guide – You in Guiding, Learn About WAGGGS; Adventures in Guiding, World Guiding; Beyond You, Endangered*

*Species; Science and Technology, Plants and Animals*

*Pathfinder – no program activity – Fun*

## Recipes

Use these recipes as part of the Outreach Activity – Explore Food, or just try a few for fun to share with your Unit.

**Program Application:**

*Spark – Brownies and Beyond - Additional Activities; The World Around Me – Additional Activities; Being Healthy – Healthy Snack Relay*

*Brownie – Key to My Community – Celebrations, B; Key to I Can, Be a Chef badge; Key to Active Living – Fabulous Foods, A, C*

*Guide – Adventure in Guiding – World Guiding badge, #4, Girls Creating, Kitchen Creations badge*

*Pathfinder – Finding the Path – Beyond Pathfinders, #4; Creating Your Future – Event Planning #4; A World to Discover – Around the World at Home, #7; Living Well – Your are What You Eat, #5; On My Own – Now You're Cooking*

**NOTE:** Please check for possible food allergies prior to making the below recipes check to see that girls in your Unit do not have any food allergies that could be affected by these recipes.

### Sample Recipes

#### Perogies – Poland

Polish traditional foods consist of traditional Slavic fare, but also have influences from Italy and France that date back to the medieval Polish court. Perogies have long been a traditional Polish food staple. They may have come from Russia in the Middle Ages.

**Recipe:**

**Dough Recipe:**

- 15 3/4 oz. (3 1/2 cups) all-purpose flour; more for dusting
- 3 large eggs

- 2 tbsp. sour cream
- 1 cup water; more as needed
- Butter or vegetable oil
- Salt and freshly ground black pepper to taste

**Method:**

1. In a large bowl, combine the flour, eggs, sour cream, and 1/2 cup of water.
2. Stir, beating the eggs as you mix. Gradually add the rest of the water, stirring until the mixture begins to come together.
3. Turn the dough onto a well-floured surface. Knead gently with your fingertips, lifting the dough off the counter and dropping it down (the dropping technique is key for delicate and pliable dough), taking care not to overwork it.
4. Knead until the ingredients are blended and the dough is smooth on the outside and slightly sticky when poked, 2 to 5 min.
5. Gather in a ball, wrap in plastic, and let rest for at least 20 min. while you make the filling. There are many types of fillings you can put in perogies but the most common is the potato.

What type of fruit can you add to perogies?

**Filling Recipe:**

- 3 medium baking potatoes (about 1 1/2 lb.), peeled and cut in 1-inch slices
- 2 tbsp. unsalted butter; more as needed
- 1 tbsp. vegetable oil
- 1 small onion, chopped
- 1 clove garlic, finely minced
- 1/2 tsp. dried thyme
- 2 cups finely shredded white cabbage (about 1/4 very small cabbage)
- 2 tbsp. freshly grated Parmesan cheese
- 1 tsp. chopped fresh flat-leaf parsley

**Filling Instructions:**

1. Put the potatoes in a pot with just enough cold salted water to cover them and boil until soft, 15 to 20 min.
2. Meanwhile, melt the butter with the oil in a large sauté pan over medium heat.
3. Add the onion, garlic, and thyme. Cook until the onions are translucent, about 2 min.
4. Add the cabbage and cook, stirring occasionally, until the cabbage starts to soften and brown at the edges, about 8 min.
5. Lower the heat and continue cooking until the cabbage and onion are nicely browned and caramelized, about 20 min.
6. Season with salt and pepper. You may need to add 1 tbsp. or more of butter or oil, as the mixture will absorb quite a bit of fat.
7. Set aside to cool.
8. When the potatoes are tender, drain them in a colander and press lightly with a dry kitchen towel to dry them thoroughly.
9. Return the potatoes to their hot pot and shake them dry.
10. Remove the pot from the heat; add the cooled cabbage mixture, the cheese, and the parsley.
11. Mash the ingredients until they're well blended and there are no more potato lumps; you may want to use a stiff whisk.
12. Season again with salt and pepper. Set aside to cool while you roll out the perogy dough.

13. Cut the perogie dough to the desired size, put a spoon of filling on one side of the dough and fold over the other side of the dough to make a little pocket. Pinch the edges of the perogie closed to hold the filling inside.

Now that you have the filling and the dough ready, put a 5 quart pot with water to boil. When the perogies are ready to cook, drop them in the boiling water in batches, stirring occasionally.

They will float to the top and then cook for another 2 to 4 minutes. Drain in a colander or bring them out with a slotted spoon. You can sauté them or you can simply put a dollop of butter and salt and pepper on them and then just jostle them in a bowl and serve.

Don't forget the sour cream on the side.

Sauté

Warm 1 ½ tbsp. of butter or 3 tbsp. of vegetable oil in a sauté pan over medium-high heat. Without drowning the pan add the boiled, drained perogies and heat until golden brown and puffy on both sides.

### **Blini – Russian**

Blini is like a crepe and can be rolled/folded with a variety of fillings: jam, cheese, onions, chocolate syrup.

Recipe

- 2 eggs
- 1 tablespoon white sugar
- 1/3 teaspoon salt
- 1/2 cup all-purpose flour
- 2 1/2 cups milk
- 1 tablespoon vegetable oil
- 1 tablespoon butter

Instructions:

1. In a medium bowl, whisk together the eggs, sugar, and salt. Sift the flour into the bowl, and stir in along with the milk. Mix until smooth and well blended. The batter should be thin.

2. Heat a griddle or skillet over medium heat. Lightly oil the pan or spray with cooking spray. Pour about 2 tablespoons of the batter, or as much as desired, into the pan. Tilt the pan to spread the batter out evenly. When the edges are crisp looking and the center appears dry, slide a spatula carefully under the blini. Flip, and cook for about 1 minute on the other side, or until lightly browned.

3. Remove blini to a plate. Put a little butter on top, and continue to stack the blini on top of each other. To serve, spread with desired filling, then fold in half, and in half again to form a triangle.

### **Quiche Lorraine - France**

The secret is to let the pie set for 15 minutes before you cut it.

Recipe:

- 1 frozen pie crust, thawed for 10 minutes at room temperature
- 2 large eggs
- 1/4 cup half and half cream
- 1/2 cup milk
- 1 tTbsp. Dijon mustard
- 6 slices precooked bacon
- 1 cup shredded Swiss or gruyere cheese
- 1 cup shredded Colby or cheddar cheese
- 2 tsp. butter, cut into tiny pieces

Preparation:

1. Preheat oven to 375 degrees F.
2. Prick pie crust all over with a fork. This allows steam to escape from the crust and prevents the crust from puffing up while pre-baking. Alternatively, you can spray the bottom of an empty pie pan with cooking spray and place inside of the frozen crust. It will look like an empty pie pan on top of a frozen pie crust.
3. Bake crust on the centre rack of the preheated oven for 10 minutes.
4. Whisk together the eggs, half and half cream, milk and Dijon mustard. Set aside.
5. Reheat pre-cooked bacon according to package directions. Crumble.
6. Place half of the cheese in the bottom of the crust. Top with crumbled bacon. Top with remaining cheese.
7. Pour egg mixture evenly over the pie.
8. Dot with butter pieces. Bake 30-32 minutes or until golden brown.

### **Pasta and Sauce – Italy**

There are as many different varieties of spaghetti and sauces as there are regions in Italy. It is suggested that you purchase a different type of pasta than the girls you would normally know use about and use a variety of sauces and have the girls try it. Did you know that it was not the Italians that invented pasta? Do you know who did? (answer – Chinese)

### **Greek Salad - Greece**

In Greece this is called a 'country/village salad' and is not the same that is sold in some grocery stores. Lettuce is not commonly used as part of this salad.

Recipe

- Tomatoes, chopped or sliced
- Cucumber chopped or sliced
- Red onion sliced
- Feta cheese (North American cheese is pasturized but the traditional Greek is not)
- (Kalamata) Olives

Other additions can be bell peppers, capers, anchovies and sardines.

Salt, black pepper, oregano and basil are combined with olive oil for the dressing.

Instructions:

Combine the different ingredients into a large bowl and toss with salad dressing.

### **Talattouri – Cyprus**

This recipe is nearly the same as Tzatziki but it includes the herb mint and less garlic. It is

traditionally made with goat's or sheep's milk. This is always served cold and can be served

with bread as the first part of the meal or as a side dish for meat.

Recipe:

- 500 grams of Greek yogurt (or natural full, dairy yogurt)
- Three garlic cloves
- 1/2 cup of olive oil
- 1/2 sliced cucumber

Option - olives

Instructions:

1. Put the yogurt in a bowl.

2. Put the garlic through a garlic press and using the edge of a knife, spread the garlic coming out of the press on the yogurt.
3. Take the cucumber and peel the skin. Slice it thinly.,
4. Mix the ingredients with a mixer (or a fork) and slowly add the oil.
5. The oil will be absorbed, and when it is, the food is ready.
6. Serve with a spoon and a few olives spread on the top.

### **Israeli Salad – Israel**

It is commonly known in Israel as “salat yerakot” or vegetable salad. This salad is served as a side dish or can be stuffed into a pita with falafel. This was part of the traditional Israeli breakfast before cereals became popular. The sign of a good cook is the ability to chop the tomatoes and cucumbers into the finest, perfect diced vegetable pieces.

Recipe:

- Tomatoes
- Cucumber
- Options – parsley, spring onions – no lettuce
- Lemon
- Olive oil

Instructions

1. Chop the tomatoes and the unpeeled cucumber into the smallest diced pieces as your can.
2. Mix the juice of a lemon with olive oil and pour over the tossed salad.

### **Vandgrod – Denmark**

Vandgrod is a watery porridge made from barley flour and was a favourite of the farmers in the mid-1800's.

Recipe:

- 2 litres of water
- 125 grams of fine pearl barley (risgryn can be used instead)
- 1 tsp of salt
- 2 – 3 apples cored and peeled or apricots or raisins

Instructions:

1. Bring the water to a boil.
2. While stirring, add the barley slowly.
3. Bring the water to a boil again; while stirring, add salt.
4. Reduce the heat to low and let the mixture cook for 1 hour.
5. Bring up the heat and add the sliced apples or apricots or raisins and cook for 10 minutes.
6. Serve the porridge with a dollop of butter, milk and honey.

### **Laufabrauo – Iceland**

This is a traditional Icelandic Christmas bread decorated with leaf patterns and is a family festive activity. The bread is so thin that before cooking they say you should be able to read text through the dough.

Recipe:

- 1 kg of wheat flour
- 30 g of sugar
- 1 tsp baking powder
- 1 tsp salt
- 500-600 ml of milk, scalded

- 1 tbsp butter/margarine
  - Circular object to shape the bread, e.g., luncheon plate
  - Some frying fat (if you wish to be traditional-sheep's tallow) or vegetable oil
- A large cooking pot for frying (It is recommended that you use a deep one so that the fat does not splatter and is large enough to hold the bread).

- Long-handled fork
- Kitchen paper towels

Instructions:

1. Mix together the dry ingredients in a bowl.
2. Heat the milk to boiling and then add the butter.
3. Pour the milk into the dry ingredients and mix well.
4. You should now be able to knead the dough into a ball and then roll it into a cylinder shape.
5. Make sure that you put a slightly damp cloth over the dough as it will dry out quickly
6. Cut or pinch off portions of the dough and flatten with a rolling pin.
7. Roll the dough until it is very thin but does not pull apart.
8. Place the circular object over the dough and cut the dough.
9. If you are not baking right away, you can store them by putting parchment paper between the layers, place in a plastic bag and refrigerate.
10. Decorate the breads by cutting out leaf patterns or patterns of your choice.
11. Heat the fat until it starts to smoke.
12. Prick the bread with a fork to avoid blistering.
13. Gently drop the bread into the fat, one at a time.
14. When the bread rises to the surface turn them over.
15. When they are golden in colour (it only takes a few seconds to fry each one) remove the bread and place on kitchen paper towels to drain.
16. You may have to flatten the bread with the plate after it has drained.
17. Allow them to cool and then they can then be stored in a cookie tin in a cool, dry place for a month.

## Snacks

### **Gromperkichelcher** – Luxembourg

This is a traditional snack in Luxembourg made from potatoes. It is also called Potato Fritters.

Recipe

- 1 kg potatoes
- 3 onions
- 2 shallots
- Parsley
- 4-6 eggs
- 2 tablespoons flour
- Salt
- Pepper
- Oil for frying

Instructions:

1. Wash, peel and coarsely grate the potatoes. Put them in a cloth and press them.
2. Chop the parsley, shallots, and onions, and mix them in. Add the beaten eggs, salt and pepper to taste. Prepare with the flour.

3. Heat the oil in a pan until very hot. Form flat cakes out of the potato mixture and fry them in the oil until golden brown on both sides.

### **Humus** – Turkey

Arabic for chickpea

- 1 can (15 oz) of chickpeas (reserve 1/3 cup of the liquid)
- 3 tbsp of lemon juice
- 1/2 cup of sesame seeds
- 1 garlic clove, crushed
- 1 tsp of salt
- Pita bread, crackers or raw vegetables for dipping

Instructions:

1. Place the all the ingredients above, including the reserved liquid, into a blender until smooth.
2. Put the hummus into serving bowl and enjoy!

### **Huesos de Santo** - Spain

Translated Huesos de santo means bones of a saint. These sweets are made for All Saints Day, November 1<sup>st</sup>, and the recipe has been found as far back as 1611.

Traditionally, these “bones” were filled with Yema, a mixture of sugar and egg yolk, but today they are filled with many different preserves, chocolate, or coconut.

Recipe:

- Marzipan (can be bought in grocery stores or fine food stores)
- Stick or material that has a diameter of 2 cm (0.7 inches)
- Filling – jams, chocolate (whatever you wish to use)

Instructions:

1. Roll the marzipan to a thickness of approximately 1/2 centimetre or 0.2 inches.
2. Cut the marzipan into 6 cm (2.3 inches) lengths.
3. Wrap the marzipan around the stick to allow them take the proper shape of a bone.
4. Pinch or meld the marzipan together and then carefully remove the bone from the stick.
5. Let the marzipan dry a bit and then fill.

### **Cheeses** – Europe Region

Get a variety of cheeses from this Region and serve them with European crackers and flat breads. Here are just a few:

- Aragon – Spain • Armenian String – Armenia
- Axatksyr – Iceland • Bavarian Bergkase – Germany
- Blue Cheese – Denmark • Brie – France
- Brinza – Romania • Castelo Branco – Portugal
- Daralagjazsky – Russia • Edam – Holland
- Feta – Greece • Greve – Sweden
- Gruyere – Switzerland • Halloumi – Cyprus
- Herve – Belgium • Jarlsberg – Norway
- Juustoleipa – Finland • Kugelkase – Austria
- Lajta – Hungary • Lebbene – Israel
- Mihalic Peynir – Turkey • Mozzarella – Italy
- Osczypek – Poland • Stilton – England

<http://www.cheese.com/country.asp>