

The Uganda Friendship 2018 Challenge Badge



Welcome to *Uganda Friendship 2018* Challenge

What's this challenge about?

In August 2018, three Leaders and twelve young women from Girlguiding Hertfordshire will travel to Uganda where they will complete a two week service project in an orphanage and local village community. This includes teaching primary students, painting the school and building a toilet block. It won't all be hard work, as there will be fantastic opportunities for the group to attend cultural events and experiences, culminating in a three day safari.

Completing this challenge and purchasing our unique badge will help the team to become a step closer to their dream.

Use the challenge to plan a great District/Division Thinking Day or friendship event. Alternatively, use the challenge during your unit meeting or perhaps plan a sleepover, camp or holiday.

Your support is very much appreciated,

Verity, Emma, Nic, Daisy, Sophie, Catherine, Freya, Poppy, Elizabeth, Emma, Perdita, Emma, Katie, Louise and Delyth.

Team Uganda 2018

A Challenge for All Sections

To gain your Uganda Friendship 2018 Challenge Badge:



Complete one activity from each of the five different sections.



Complete one activity from each of the five different sections, plus 1 extras of your own choice.



Complete one activity from each of the five different sections, plus 3 extra of your own choice.



Complete at least two activities from each of the five different sections.



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Section 1 - Friendship

Ugandans are a remarkably positive and spirited nation, they are very polite and friendly, despite the powerful ruling history that saw the country plunged into poverty and destruction.

Activities

- ➔ Read the story of the Ugandan flag and compare it to the story of the Union Flag? Colour in the Ugandan and UK national flags - see resource section.
- ➔ Learn the Ugandan national anthem or the Ugandan Guide/Brownie Promise and compare them with the UK equivalent - see resource section.
- ➔ List five qualities you would look for in a friend. Discuss them with your patrol or unit.
- ➔ Do a secret act of kindness/friendship. This can be done at home, during weekly meetings or at a camp or holiday.
- ➔ Make an origami friendship box: <https://www.thespruce.com/how-to-fold-origami-gift-box-2540843>. Include a homemade friendship bracelet or necklace, friendship brooch, homemade sweets or biscuits to give to a friend or family member. Email us a picture!
- ➔ Play some traditional team building games to help you and your friends become a really great team. Challenge another team to build the tallest freestanding giraffe using only dried spaghetti and mini marshmallows. Alternatively, you could use newspaper and sticky tape.
- ➔ Play a sport at your unit meeting place which is included in The Commonwealth Games e.g. swimming, running, hockey, netball, gymnastics and/or badminton (football is the national sport of Uganda, but is not yet recognised at The Commonwealth Games).

Story of Ugandan Flag: The Flag and the meaning: From the top, a total of six horizontal stripes of black, yellow, red, black, yellow, red. Black symbolises the African heritage and Uganda's fertile soil. Yellow is for the glorious sunny days, so characteristic of Uganda. Red symbolises the red blood that runs in our veins, forming a common bond to all humankind. The majestic crested crane, is a symbol of loyalty as these birds pair for life. It is Uganda's National Bird. The raised leg of the crane symbolises the forward movement of the country.

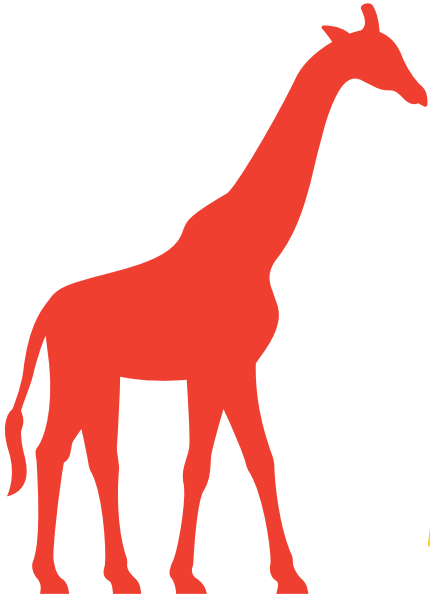
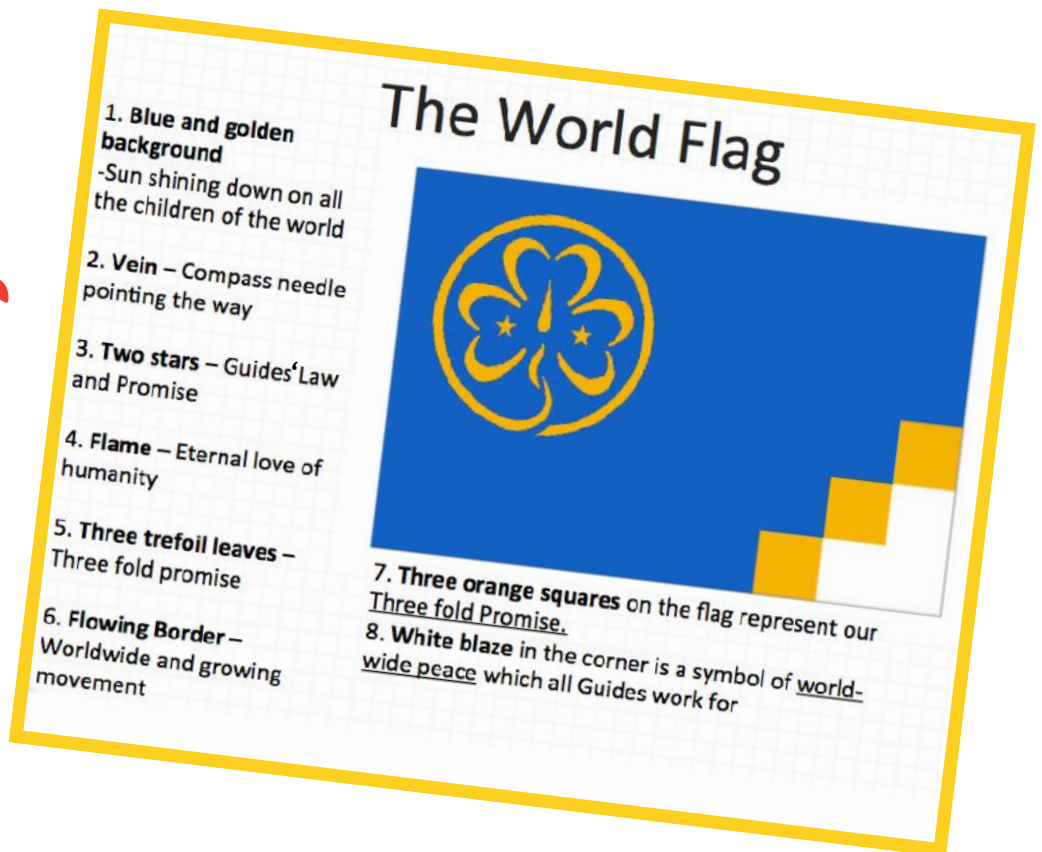
Friendship brooch



Did you know? Ugandan Girl Guides are proud to be part of WAGGGS. Kusafari is the name given to the fifth World Centre which is based in different countries in Africa. It is a project exploring how WAGGGS can provide a World Centre experience using existing facilities in Africa. Kusafari means 'to journey' in Swahili. Uganda is part of the Commonwealth, so are invited to The Commonwealth Games every 4 years. The Commonwealth Games are often referred to as the Friendly Games!



- ➔ This is the world flag. Every part of the flag has an important symbolic meaning. Learn what they all are.



Section 2 - Culture/Creative

Fruit and vegetables grow abundantly in the tropical and sub-tropical climate of Uganda. Ugandan people are keen to use local materials to make, not only essential items for day to living, but also decorative and ornamental items for themselves, their homes and the tourist trade.



Activities

- ➔ A large variety of fruits grow in native Uganda - many of them may be new to you! Make fruit kebabs, smoothies or try a refreshing fruit drink: passion fruit flavoured iced water or homemade lemonade. Try blindfold fruit tasting.
- ➔ Ready, Steady Ugandan Cook! Hold an indoor cooking challenge - Each group is given an ingredient grown in Uganda and challenged to make a dish to include this ingredient. e.g. rice, bananas, cabbage. Alternatively make a Ugandan Rolex: <https://vimeo.com/70917638>
- ➔ Cooking outside on open fires is common in rural areas of Uganda. Have a go at cooking on a fire, one item for Rainbows and Brownies, a one course meal for Guides and 2 course meal for Rangers

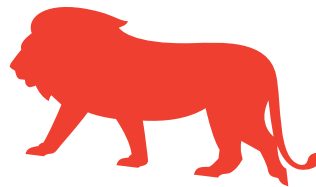


- ➔ Make animal masks of UK or African animals - or silhouette pictures. Maybe you can use them to put on a performance in your unit?
- ➔ Ugandan women create beautiful weaving with reeds. Try weaving with paper, grasses, or other natural material.
- ➔ Little is wasted in Uganda, up-cycle an item. Make a decoration or piece of art or weave with plastic e.g. spare electric wire, waste polythene. Paint or renovate old furniture, make picture frame or other item with natural wood.
- ➔ Try bead work and make some friendship necklaces or brooches or try using beads in braids, plaits or ponytails - the list is endless.
- ➔ Local dress is often colourful made from wax resist cotton fabrics. Try Batik and wax resist art <https://www.youtube.com/watch?v=RowwC13rBRs> or hold a Ugandan inspired fashion show.

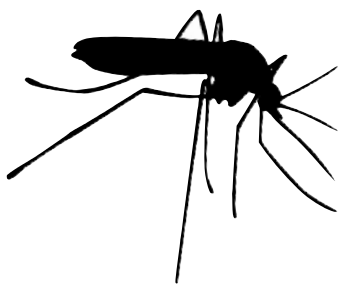


Section 3 - People

Much about life in Uganda is still very traditional.



- ➔ The life expectancy in Uganda is 55 years. Therefore, the health of the people is very important. Preventing disease such as polio and malaria is a priority. Play the Mosquito Game.



Choose two players to be mosquitoes. Hand out a bead each to a third of the rest of the unit. To play the game the 'mosquitoes' must 'bite' the others by tagging them. The beads represent mosquito nets which protect players from bites, and players carrying them can escape a bite unharmed. Once they have been 'bitten' though, they must pass on their 'net' to another player without one. Anyone bitten and not carrying a 'net' becomes infected and is out. The game continues until only the players with nets are left.



➔ Water is everywhere in huge lakes and the Nile rivers. Girls in rural areas typically have to collect and carry water before and after school. See how much water you use in a day, write down how many litres in showers, toilets, washing and cooking your family might use. How many trips to e.g. outside tap would you need to make to carry this amount in 2 buckets?

➔ When you have enough players, a water relay race is lots of fun. They are especially fun if it is a hot day! Leaking Cup Water Relay Race - You'll need a bucket of water, two cups with holes in it, two empty buckets and an obstacle course (optional). Divide players into two teams. The first player on each team fills their cup with water, (places the leaking cup over their head - optional) and runs around the obstacle course. When the player gets back to the starting line, they pour whatever water is left in the cup into the empty bucket and hands the empty cup to the next player. The team that fills their empty bucket to a pre-determined point first wins. For more ideas visit: <http://www.easy-party-ideas-and-games.com/water-relay-race.html>

➔ Some people have to walk a long way for their basic needs - to collect water and firewood, which they often carry on their heads! Try walking with an empty bucket on your head - it's not easy! Get sponsored for the number of times you can walk back and forth along a certain distance balancing a bucket on your head without using your hands. Perhaps you could raise money to support a charity such as Water Aid, the World Friendship Fund or WAGGGS Thinking Day Fund?

➔ Agriculture is the most important component of Uganda's economy with 75% of the workforce employed in this sector. Fairtrade coffee, tea, sugar cane, cotton and fish are the main crops that are exported. Why not hold a Fairtrade treasure hunt. Visit your local shop and photograph all of the Fairtrade goods. Perhaps buy some Fairtrade chocolate and bananas to complete the recipe for banana and chocolate chip cookies. Remember to sing the Go Bananas! song while you wait for the cookies to bake.

➔ Many people don't have access to transport and have to walk everywhere. Can you give up transport for a day and travel everywhere on foot? You could donate the money you save from fuel and fares to a worthwhile charity of your choice?

Fairtrade Banana and Chocolate Chip Cookies

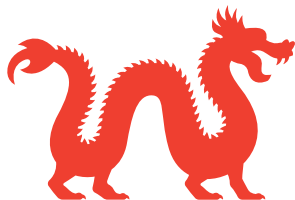
(makes 30)

2 Fairtrade bananas
175g unsalted butter (cut into pieces)
2 medium eggs
175g plain flour
½ tsp baking powder
100g Fairtrade porridge oats
150g Fairtrade dark chocolate (cut in to 1cm chunks)

- ➔ Preheat the oven to 180 °C
- ➔ Peel and roughly chop the bananas
- ➔ Blend bananas, butter, sugar and eggs (in a food processor if possible or use a masher)
- ➔ Mix in all the other ingredients
- ➔ Drop teaspoon sized blobs of the mixture onto greased baking trays and bake for 15-20 mins.



- ➔ Swahili is a language spoken in many of the African countries. Have a go at singing a traditional campfire song in Swahili.
- ➔ Festivals are a large part of Ugandan culture. Find out what festivals are celebrated and compare them to other festivals around the world.



Swahili Campfire Song

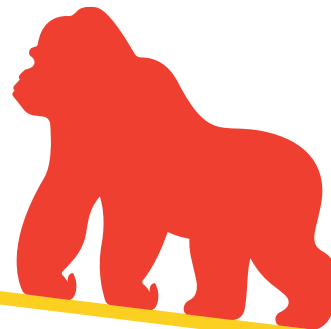
Come, come light up the fire,
Come, come join in a ring,
Here find dreams to inspire,
Stories to tell, music to sing.

Njooni, njooni, tuwashe
moto,
Njooni, tufanye duara,
Hapa hadithi, michezo,
Nyimbo, furaha, na urafiki.

Section 4 - Environment

Uganda is hugely bio diverse so varieties of plants and animals abound. Uganda boasts over 500 species of mammal, and 1041 species of bird!

In harder times, trees were cut down for firewood and building which changed climate locally allowing malaria Mosquitos into Western areas where they were previously absent, so now a tree planting programme, solar energy for lighting and solar stoves for cooking are encouraged. However, these are costly to set up.



- ➔ What environmental challenges are there in the UK. What can you do to help? Have a go at building a model windmill or find out about solar panels:

https://www.education.com/science-fair/article/engineering_windmill/

- ➔ Try the Ugandan quick quiz (see resource section) and the **fast five quiz** too!(Answers in the resource section.)

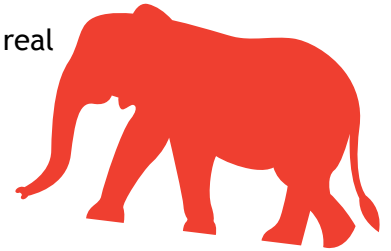
Fast Five Quiz!

1. The Rwenzori mountain range is the tallest mountain range in Africa, but what is the name of the tallest (almost always snow covered) peak in this range which stands at 5109m?
2. Uganda plays host to the 'Big Five' wild animals in the world - what are they?
3. Name Uganda's five main exports
4. Landlocked Uganda is bordered by which five countries?
5. Name five of the National Parks of Uganda

- ➔ Do a nature watch in your local area. Take part in RSPB garden bird counting scheme; have a bug hunt; go on an evening walk to see bats or owls or go at dusk to see badgers <http://hmbadgergroup.org.uk/badger-watching/>



- ➔ Half of the world's remaining mountain gorillas can be found in Uganda. Have a go at the monkey word search - see resources section 4.
- ➔ Play Ladders with Big Game names instead of numbers. Gorillas, lions, leopards, chimpanzees, hippo, rhino, giraffe, wart hog, crocodiles, zebra etc
- ➔ In Uganda now for every tree cut down 3 must be planted, visit a forest near you or an area with trees, identify 5 native UK trees. Grow something from seed and look after it. Go tree planting where they are planting more trees, e.g. Heartswood forest near St Albans.
- ➔ Try building a mini mud hut on a plate or a whole village. Why not use real mud?
- ➔ Find out about endangered species and tell your unit about them.



Section 5 - Exploration

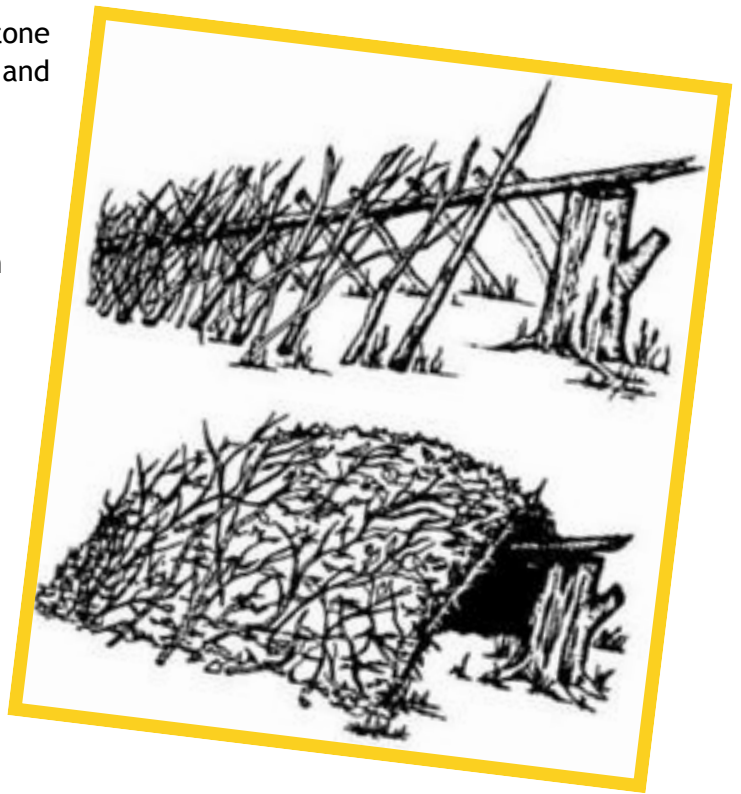
During 1853, Dr David Livingstone commenced his first great exploration of Africa.

- ➔ Retrieve an important item (based on your discovery of an early map made by Dr Livingstone) from huge Lake Victoria using just rope and elastic bands without entering the crocodile infested waters! - https://www.youtube.com/watch?v=KmDJj3iTU_M
- ➔ Look at a map of Africa. Where is Uganda? Make a map of the local area around your meeting place or home.
- ➔ Team relay game: leaders have a map of Africa and Uganda. One team member at a time goes to study the map and then returns to her team to write in name of country on their blank African map outline (make it harder, teams to draw African outline then draw in countries and name them - see resource section).
- ➔ Dr Livingstone explored Africa and Uganda to find the source of the mighty Nile river. Which countries does the Nile pass through to finish in which sea? Make a 'virtual' journey along the Nile River - what might you see, smell and hear along the way? Ask one of your unit 'techie specialists' to help you with this!
- ➔ Take a walk on the wild side! Look at the animals in your own area and learn about how to find them by looking at their tracks. Perhaps you could try to match pictures of the animals - or make it Ugandan themed and do the same for elephants, Lions and Giraffes! You could match the poo too!

➔

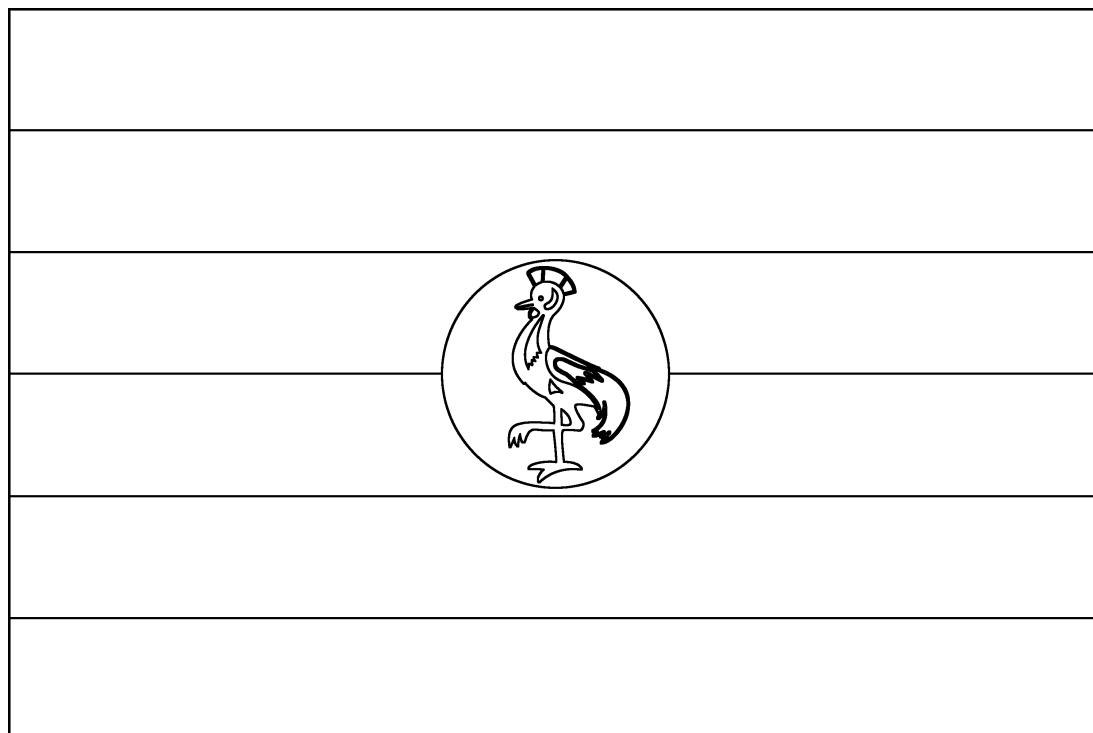


- ➔ Don't fancy that? Cut out and hide pictures of animals for the girls to find and have your very own safari.
- ➔ Find out about the work of Dr David Livingstone and present it to your unit in an interesting and entertaining way: http://www.bbc.co.uk/history/historic_figures/livingstone_david.shtml
- ➔ Imagine you are a modern day explorer. Can you build a shelter? What equipment would you need to carry with you?

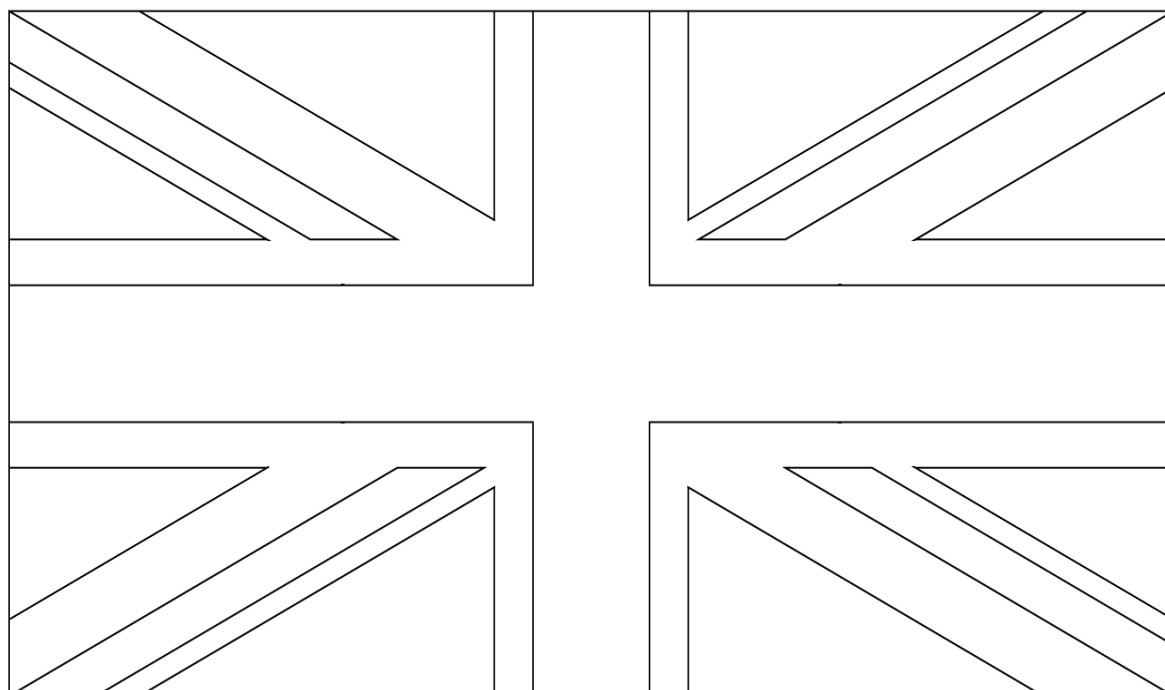


Resource

Section 1



Uganda



United Kingdom



The Ugandan National Anthem

Oh Uganda may God uphold thee,
We lay our future in thy hand,
United free for liberty
Together we'll always stand.

Oh Uganda the land of freedom,
Our love and labour we give,
And with neighbours all,
At our country's call
In peace and friendship we'll live.

Oh Uganda! the land that feeds us,
By sun and fertile soil grown,
For our own dear land,
We shall always stand,
The pearl of Africa's Crown.

Uganda Guide Promise

I promise, on my honour, to do my best:
To do my duty to God and my country,
To help other people at all times,
and To obey the Guide Law.



Uganda Guide Law

1. A Guide is reliable and speaks the truth
2. A Guide is loyal
3. A Guide's duty is to be useful and to help others
4. A Guide is a friend to all and a sister to every other Guide
5. A Guide is polite and considerate
6. A Guide respects God's creation and protects plants and animals
7. A Guide obeys orders
8. A Guide smiles and sings under all difficulties
9. A Guide makes good use of time, talents and possessions
10. A Guide is pure in thought, word and deed

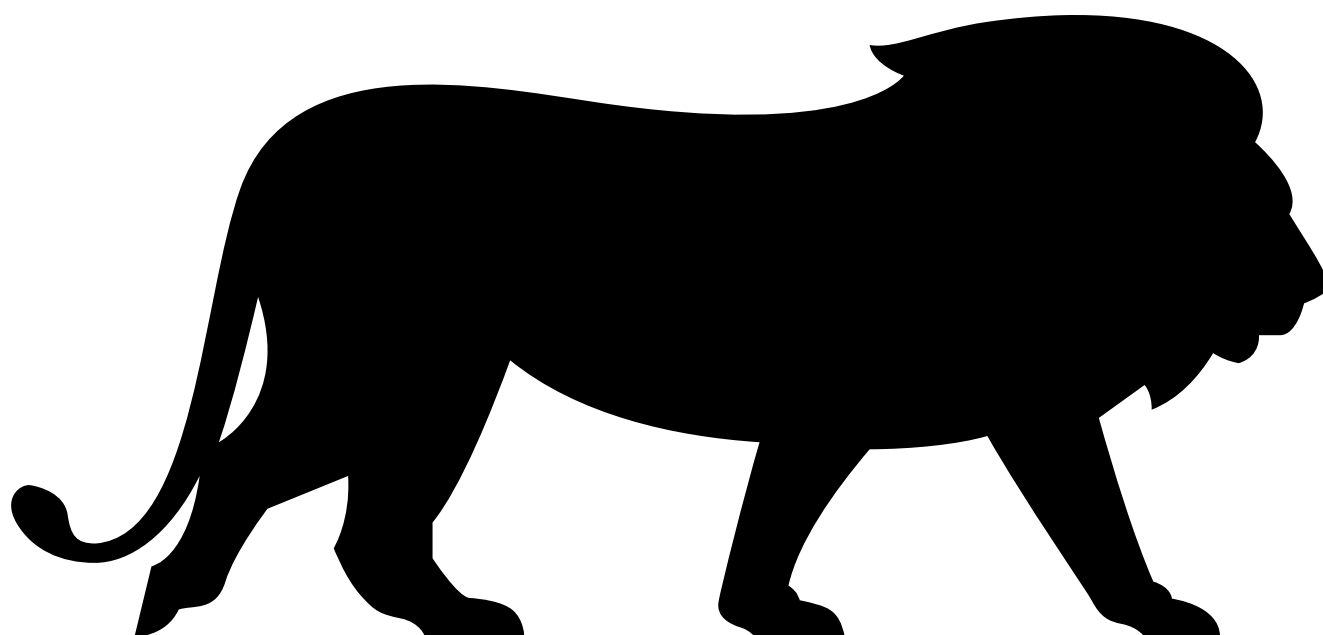
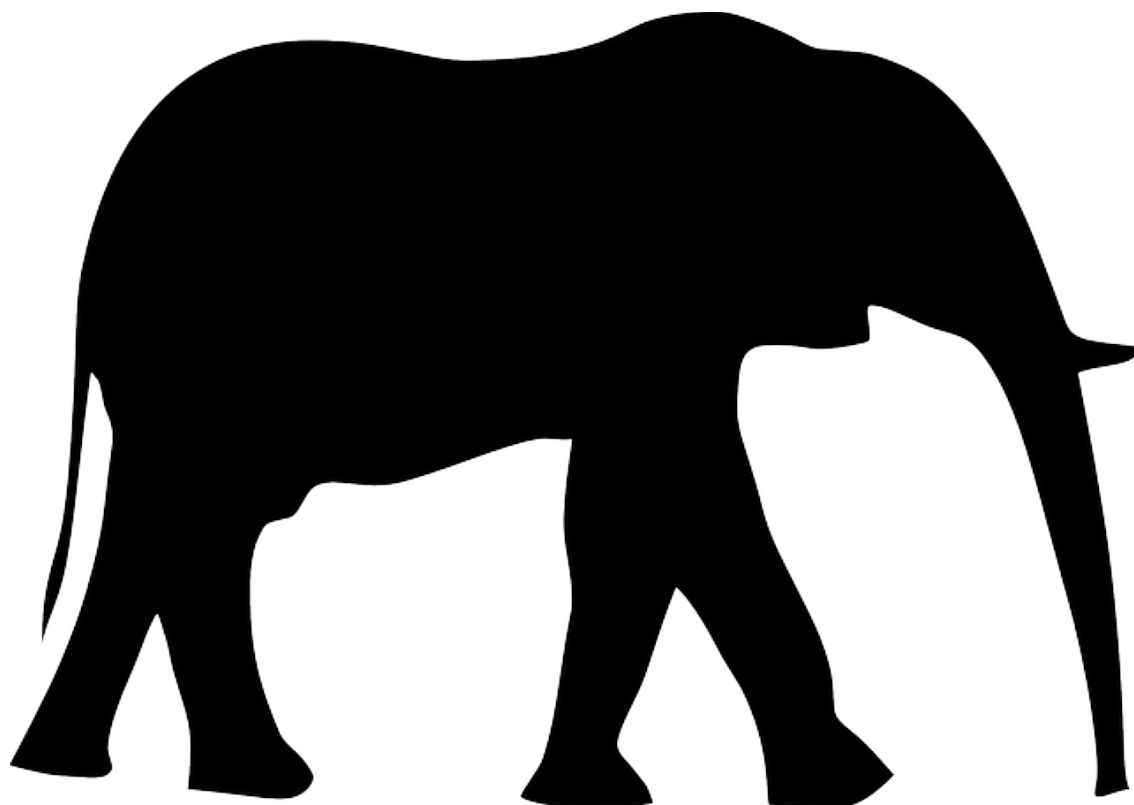
Uganda Brownie Promise

I promise to do my best:
To do my duty to God and my country,
To help other people every day,
especially those at home

Brownie Law

1. A Brownie is truthful, obedient and cheerful
2. A Brownie gives in to the older folk
3. A Brownie thinks of others before herself





Section 2

Friendship Necklace

You will need:

4 ply or double knitting wool

10mm diameter wooden beads (one for each necklace)

5mm diameter wooden beads (13 for each necklace)

Cut a length of wool - 1m long. Thread the large bead on to the wool leaving it at the centre. Place both ends together and tie an overhand knot next to the bead using both strands. This bead symbolises the world. Now thread both ends of the wool through one of the smaller beads. and tie another overhand knot using both strands. Repeat using two more beads. These three beads represent our threefold Promise. Next, separate the two strands. thread five small beads on to each strand separating them with knots as before. This may need double knots. Open end on the size of the hole in the bead. Try to keep the spacing as even as possible. These beads symbolise the ten Guide Laws. Now tie the ends of the wool together to make a circle. symbolising the Guiding family. This idea could also be used to introduce the Promise and Law to new Guides. or even to tell Brownies a little about Guides.

Or you could play an international version of Kim's game using a collection of items from overseas. As well as remembering the object. players have to remember its country of origin.

Section 3

Resources are included in Section 3 - People.



Section 4

Monkey Species Word Search

Can you find the names of the different species of monkeys hidden in the puzzle?



BABOON	GIBBON	LEMUR	OWL	TAMARIN
BUSHBABY	GORILLA	LORIS	PROBOSCIS	TARSIER
CAPUCHIN	GUENON	MACAQUE	SIFAKA	TITI
CHIMPANZEE	HOWLER	MANDRILL	SIMAKOBU	TREESHREW
COLOBUS	LANGUR	MANGABEY	SQUIRREL	UAKARI
	LEAF	MARMOSET	SPIDER	WOOLLY



Quick Quiz

1. Uganda is a country situated in which continent?
2. The official name of Uganda is?
3. Uganda is known as the ‘_what_’ of Africa?
4. Who is the current The Head of State (who has ruled for the past 31 years)?
5. What is the capital of Uganda?
6. What is the currency used in Uganda?
7. Uganda gained independence from which Country in 1962?
8. What are the two official languages of Uganda?
9. What is the National Bird of Uganda?
10. About 84% of the Ugandan population follow which faith?
11. The world’s longest river runs through Uganda - what is it called?
12. Uganda is home to the continent’s largest lake (and second largest in the world) - what is it called?
13. About what proportion of the remaining mountain Gorillas reside in Uganda?
14. Who was the famous explorer who arrived in Africa in 1840 with two goals: to explore the continent and to end the slave trade?
15. What colours are the stripes on the Ugandan Flag?

Quick Quiz Answers: Africa, Republic of Uganda, Pearl, President Museveni, Kampala, Ugandan Shilling, Great Britain, English and Swahili, Crested Crane, Christianity, The Nile, Lake Victoria, Half, Dr David Livingstone, Red, Black and Yellow

Fast Five Answers: Mount Stanley
Lion, Leopard, Rhino, Cape Buffalo, Elephant
Coffee, Sugar Cane, Cotton, Tea, Fish
Kenya, Rwanda, Tanzania, DR Congo, South Sudan

Choose from: Queen Elizabeth National Park, Rwenzori Mountains National Park, Lake Mburo National Park, Bwindi Impenetrable National Park, Semiliki National Park, Murchison Falls National Park, Kibale National Park, Kidepo Valley National Park, Mgahinga Gorilla National Park, Mount Elgon National Park.



Section 5

Name the countries of Africa or use the outline to make a jigsaw puzzle.



Answer to countries of Africa or differentiated jigsaw puzzle.





Badge Order Form

Please return the completed form below, together with your payment to receive your badges.

Name:	
Unit:	
Postal Address: (inc. Postcode)	
Telephone:	
Email:	

Number of Badges @ £1.25 each	
Postage & Packing 1 - 20 badges - add £1.20 20+ badges - add £1.70	
Total Cost	

The order form and cheque for the badge(s), plus P&P should be returned to Nicola Day, 46 Goodyers Avenue, Radlett, WD7 8BB, Hertfordshire.

All cheques should be made payable to '1st Radlett Guides (Camp A/C)'.

