

The Gambia Challenge



Introduction

In April 2017 a group of 9 Girl guides from Girlguiding Anglia are going on an international service project to The Gambia. In The Gambia we will be staying near a school where we will be painting murals and the national anthem on the walls. We will also be reading with local children and exploring some of the history of The Gambia, for example going to a slave village. It will be an eye opening experience for everyone participating!

To make this service project possible we must raise a large sum of money. As a means of fundraising we have made this challenge to go along with our trip badge.

Thank you for taking part in this challenge and we hope you can feel more part of our adventure by participating!

The team:

Carol, Jenni, Chelsie, Dani, Courtney, Bethany, Ellie, Maggie and Elly



What you have to do:

There are 5 sections in our challenge and the number of elements you have to complete for each challenge differs depending on the unit:

Rainbows must complete at least 1 element from each section

Brownies must complete at least 1 element from each section and 2 others

Guides must complete at least 1 element from each section and 4 others

Senior section and other must complete at least 2 elements from each section

The Five Sections

- **Culture**
- **Animals**
- **Water**
- **Travel**
- **Food**

Culture

1. Make the Gambian flag out of beads and safety pins
2. Find a brief history of the Guides in Gambia; topics to think about would be their uniforms, promise and law and their promise badge
<https://www.wagggg.org/en/our-world/africa/member-organizations/gambia/>
3. Learn a traditional Gambian dance (find on YouTube)
4. Research everyday life in Gambia and discuss the differences in their lives to ours - think how privileged we are comparatively
5. Put on a play (in small groups or in front of an audience) about the everyday life in Gambia
6. Dress up in traditional Gambian clothes
7. Read (or discuss) the 'roots' book and film about slavery
8. Learn about traditional Gambian instruments and (as an extra) learn how to play them



Information you might need:

The Roots book was based on a village called Jufureh and Abreda

Gambia is in West Africa and is surrounded by Senegal and the Atlantic Ocean

Farming, fishing and tourism are the main economy factors

There is a picture of the Gambian flag on the left

Gambia Guide Promise

I promise on my honour that I will 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.

Gambia 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.

Gambia Guide Law

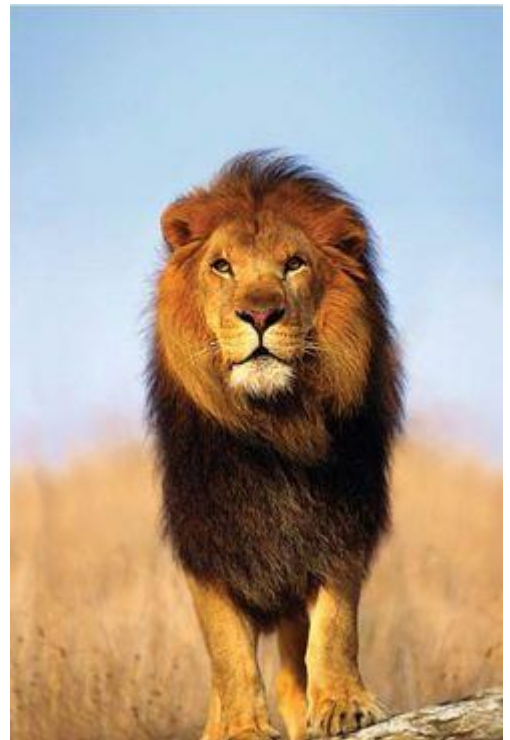
1. A Guide's honour is to be trusted
2. A Guide is loyal
3. A Guide's duty is to be useful and to help others
4. A Guide is a friend to all and a sister to every other Guide
5. A Guide is courteous
6. A Guide is a friend to animals
7. A Guide obeys orders
8. A Guide smiles and sings under all difficulties
9. A Guide is thrifty
10. A Guide is pure in thought, word and deed

Brownie Guide Law

A Brownie gives in to the older folk.
A Brownie does not give in to herself.

Animals

1. Make an animal mask (of a Gambian animal)
2. Complete an animal word search (on resources at the end of the booklet)
3. Find out about Gambia's endangered animals
4. Make a paper Mache animal (Gambian animal)
5. Spend an evening dressed as Gambian animals
6. Bring paints one evening and set up face painting of Gambian Animals faces
7. Play beetle drive - or design your own using a Gambian animal (Monkey or crocodile for instance!) - an example with a beetle is in the resource section at the end of the booklet



Water

1. Discuss how water is gathered in Gambia (how easy/ difficult it is for them to get it)
2. What water is used for? Make a list of all the things you do with water and help the unit understand the importance of it (i.e. cooking, washing, drinking, playing etc.)
3. Transfer water from A - B (to - C) using inventive method or challenge - difficulty appropriate to age group
4. Find out about the Gambian river - there is a fishing village called Tanji
5. Play a fishing game (hungry hippos but pretend the balls are fish or make a shape of a fish add a paperclip to its nose and have a magnet on the end of a rod and go Fishing or borrow a Hook the Duck game)



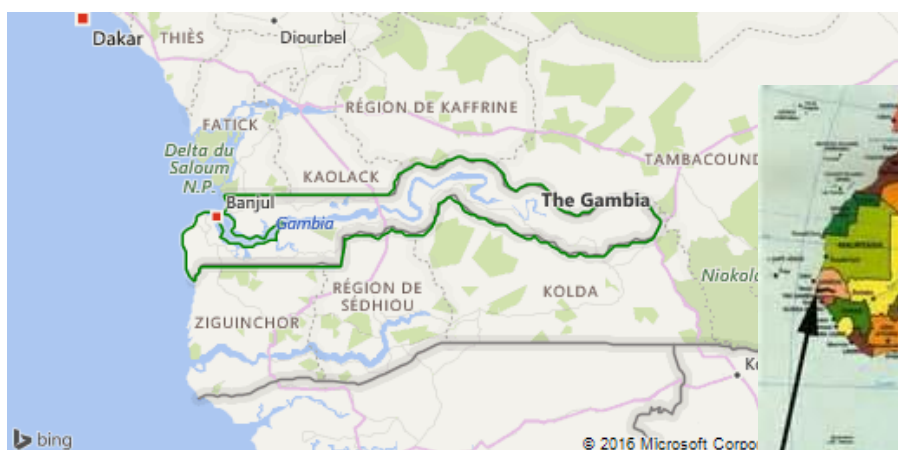
Thames Water or your local water supplier or sewage/waste water may have resources or speakers . Below are some examples from Thames Water

<http://www.thameswater.co.uk/about-us/12766.htm>

[http://www.thameswater.co.uk/tw/common/downloads/Mission_Explore_Water_\(Student_Book\).pdf](http://www.thameswater.co.uk/tw/common/downloads/Mission_Explore_Water_(Student_Book).pdf)

Travel

1. Pack a case with things you think you'd need to travel to Gambia
 - a. (could have a picture of case and get the girls to draw/ write what they think should be brought).
2. Design a passport stamp for Gambia (as you go through customs).
3. Design and make a Gambia passport that covers all the five sections to collect stamps/ sign off once the badge is complete.
4. Discuss why it is important to stay protected against the sun and make a paper hat.
5. Find out where Gambia is on a World map. Play a game about different countries i.e. can you name a country for each letter of the alphabet.



Food

1. Try a traditional Gambian food
2. Make a traditional Gambian dish
3. Find out about Fair Trade products (trip to a local supermarket and see how many can be found)
4. Make fair trade biscuits
5. Decorate biscuits/ cakes with the Gambian flag/ animals
6. Find out how Gambian people eat their food; can you try to eat like this? Why do they eat like this? (Right hand only without cutlery)



There are plenty of recipes for Domoda which is a very popular Gambian dish - Groundnut (peanut) stew. (Nut allergies need to be checked)

Here is one of many recipes for Domoda:

www.accessgambia.com/information/domoda-peanut-stew.html



Payments

If you want a copy of the challenge or badges contact - Carol Connah or a member of the team

Badges are £ 1.50 each

Postage contribution £1 per order

Number ordered _____ x £ _____ = _____

Name of Unit _____

Contact name _____

Contact Telephone _____

Address _____

Post code _____

Cheques made payable to - Potters Bar District Rangers _____

Any Questions - 07801235713 or carol.connah@sevenay.net

Address to send the cheques

7a The Drive

New Barnet

Herts

EN5 1DZ

Animal Word Search

B H K U S K R A V D R A A P C
A S P I T T I N G C O B R A N
B B T R C T O L I Z A R D S E
O Z O R O O T S I D T R N K L
O S H Y E N A L K R O T S U I
N E H I P P O P O T A M U S D
S P B P J E G R E T S M X E O
E O P U F F A D D E R S J O C
Q L P F J Y S G O H T R A W O
F E C E K X I W G H K E T P R
M T J D O L P H I N S L J A C
P N M O N K E Y S U L U M T P
Y A A O J I S G K W F A V A F
R E D C O L O B U S F O T S U
W J I M C P Y G E C K O S D Y

Aardvarks
Antelopes
Baboons
Crocodile
Dolphins
Geckos
Hippopotamus
Hyena
Lizards
Monkeys
Puff adders
Red Colobus
Roots
Spitting Cobra
Warthogs



The round ends when the first person in the room draws a beetle (Shout BEETLE!)

Everyone then tots up their score - 1 point for each part of the beetle drawn.

If you have the highest score on your table move to the table on your right, if you have the lowest score on your table, move to the table on your left.

1	2	3	1
			2
			3
SCORE	SCORE	SCORE	
4	5	6	4
			5
			6
SCORE	SCORE	SCORE	
Name			Total Score