

**NEPAL
CHALLENGE
BADGE.**



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Thank you for taking the time to look at our Nepal Challenge Badge. In October 2013 Karen and Lisa from Great Wyrley District, Bloxwich Division in West Mercia County, will be taking part in the Girl Guiding UK Nepal Challenge to raise much needed funds for the Centenary Fund which enables individual girls and young women to participate in adventurous activities otherwise not available to them. All proceeds from the sale of the challenge badge will be donated to the Centenary Fund.

The challenge is very easy to follow and is suitable for Rainbows through to Trefoil Guild and you can do as much or as little as you like but we recommend that Rainbows complete one challenge from each section, Brownies two challenges, Guides, Senior Section, Leaders and Trefoil Guild three challenges from each section which include, Food, Terrain, Festivals, Wildlife and Games but the first challenge is to have fun while completing the badge.

We would love to see any pictures you take while completing the activities which you can send to lisa2393@msn.com and in return we will send a postcard to your unit from Nepal.

Facts about Nepal.

- Nepal has a population of 25,371,000 and is 147,200KMsquare.
- Nepal's capital is Kathmandu where 741,000 people live.
- Nepali and English are widely spoken as well as many other languages due to the many tourists that visit the country.
- Nepal's currency is the Nepalese rupee; £1 is approximately worth 140.5 NPR.
- Nepal is considered a developing country and less than half of girls and young women have an education and learn to read and write although this is improving.
- Nepal has the only flag in the world which is not a rectangle.
- Nepal is landlocked and lies between China and India.
- Nepal has a vast diversity of terrain from the tropical terrain at 100meters above sea level to the Gangetic Plain with over ninety peaks over 7000meters high including the world's highest mountain at 8848 meters, Mount Everest.
- Nepal supports many religions including Hinduism, Buddhism, Tantrism, Islam and Christianity.

Food.

The main staple diet of people in Nepal is lentils, rice and curried vegetables.

- Chatamari – resembles pizza.

For Rice Base: 2 cups rice flour, 3 eggs (beaten) 1 cup water (depends on consistency) 1 cup butter. For the base mix the rice flour, eggs and water to make a pancake like batter. Heat the butter in a frying pan and pour in some of the batter as if you are cooking a pancake. After a few minutes, add your topping and continue to cook. Depending on your topping it may have to be cooked through before adding to Chatamari.

Have a go at making your own chatamari, you can make it from scratch with a rice flour base or use a readymade pizza base and choose different toppings.

Can you think of different ways to cook your chatamari?

- Sel - doughnut shaped dessert.

2 cups long grain rice, 1 ripe banana, 1½ cup sugar, 2 tablespoon butter, pinch of baking powder, oil for deep frying. Soak the rice overnight in water and then grind into a paste along with the other ingredients. Carefully pour the batter through a funnel to get the doughnut shape into hot oil. Fry on both sides until crispy and golden brown, can be served hot or cold.

Try your hand at making Sel remembering to have an adult do the frying for you or design your own dessert, which ingredients will you choose?

- Masu – meat with curry or gravy

Find a recipe for traditional Masu and cook it at home with your family. Try to find a different ingredient to use instead of beef as in Nepal killing cows is forbidden. Can it be cooked without meat and be eaten as a vegetarian dish? Have a go to see what it tastes like.

- Make up your own recipe using lentils, rice and vegetable, can your unit make a cookbook out of the different recipes?

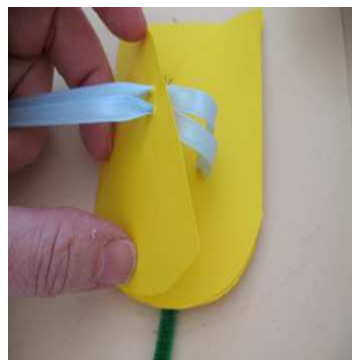
Festivals.

The Nepali Calendar: (□□□□□□ □□□□□□) is a traditional solar calendar used in Nepal for both civil, religious purposes and festival celebrations. The year begins in the month Baishakh; usually around 14 April. Nepal's calendar is 56 years ahead of our calendar so in 2013 Nepal's calendar will be 2069.

Mata Tirtha Snan (Mother's Day)

One of the widely celebrated festivals that falls on the first month, Baisakh (April/May), of the Nepali Year. It is also called Mata Tirtha Aunsi as it falls on a new moon night. It is celebrated in a similar way as we do in giving cards and presents to Mothers, Gran's, Aunt's and female relatives.

Make a mother's day card and present and give it to someone close to you. Here are a few ideas to get you started.



Francesca Clarke

HOLI.

The ancient Hindu festival of Holi falls in late February or early March; it is a day when the feast of colours is celebrated. The festival lasts for a week. However it's only the last day that is observed by all with colours. People can be seen wandering through the streets either on foot or on some vehicle, with a variety of colours smeared over them.

Families and friends get together and celebrate the occasion with a lot of merry making. This spring time celebration is also an outburst of youthful exuberance in which throwing colours and water balloons at passers- by is acceptable. The installation of the ceremonial pole called "chir", is a bamboo pole, fringed with strips of cloth representing good luck charms.



Make your own chir and see how colourful you can make it, use paper plates, ribbon, crepe paper, paint or anything you have handy as long as it is colourful.

Can you make a picture or display using as many colours as possible; it could be to encourage more girls to your unit, to attract more adult unit helpers or a picture of the unit showing all the activities you do.

Have a colour party, wear lots of bright clothes and have different coloured food to eat and play colour games.

Wildlife.

Wildlife diversity is a unique feature of Nepal. There are some animals and birds that are found only in Nepal such as the Spiny Babbler. Other animals in Nepal include, Bengal Fox, Bengal Tiger, Clouded Leopard, Indian Rhinoceros, Red Panda and Snow leopard some of which are endangered species.



Find out what you can do to help endangered species by visiting <http://www.worldwildlife.org/> and joining in with one of their activities.

Make your own tiger, rhino or panda it can be a mask, model or picture.



Try your hand at animal origami and see what animals you can make.

Lots of ideas and instructions can be found at <http://www.origami-instructions.com/origami-animals-instructions.html>

Games

Children in Nepal make use of what is around them to play games, some are very similar to the games we play, have a go at one or all of the games. The games can be altered and adapted to suit your environment and for safety.

Machha

Sit in front of your friend and watch as she frantically waves her forefinger in front of your face saying “Machha machha maachha” (Fishy fishy fishy). Try to catch that finger only to be disappointed as you grab a thumb and your friend smugly says “Byagutho” (Frog). The game follows the rules of fishing and the disappointment faced when all you end up with is an inedible frog.

Chungi

This game involves a lot of rubber and a lot of legwork. Chungi is played using a rubber ball made up of rubber bands. The first objective of Chungi is to make a rubber ball (a chungi) that bounces just right. This involves buying a lot of rubber bands and tying them in the middle to create a ball that is slightly flat on the top and bottom. This helps with the balancing of the ball as you kick it with your feet. The rules of this game vary as you go along. The more traditional way of playing Chungi is to count the number of times you manage to bounce the chungi with your feet as you keep it up in the air. You are not allowed to use your hands during the process and should you accidentally use your hands you are immediately disqualified from the game. Use of both feet is allowed as is using any other body part but remember: no hands!! Or gather everyone together in a circle as each player tries their hardest to keep the chungi in the air. The chungi is passed from player to player. The aim of the game is to perform tricks with the

chungji without letting it drop to the ground.

Ghutta

The motive is to get five stones that will fit in the palm of your hand and provide enough grip to hold them. The game involves eight stages that each player has to pass through. The first is to take a single stone between your forefinger and thumb while keeping the rest in your palm. You throw the stones in your palm on the floor while retaining the stone in your fingers. Then you attempt to pick up each stone while tossing the stone in your hand up in the air. The second stage is similar but you pick up two stones at once. The third stage evolves into three stones making the game tougher as you go along. The fourth stage is setting down and picking up all the stones while tossing the one in your hand. The fifth stage is slightly different, as you throw all stones into the air, catch them on the back of your hand, then toss them again to catch them in the cup of your hand. In the sixth stage you use an overhand catch. For the seventh stage you create an arch between your fore-finger and thumb of your left hand as you attempt to slide all the stones into the goal created. This again involves tossing the stone in your hand up. The eighth stage is to create a cave, put all the stones in and then pick them all up at once.

At each stage you have three tries to complete your goal without letting the stone you toss up touch the ground. Should you fail, the stones are handed to the next player.

Baagh Chal (Moving Tigers)

Baagh Chal is a strategic game played by two competitors. It has a specific board or playing area (sometimes marked out on a flat stone) made on a five by five point

grid. It consists of four tigers (Baagh) and 20 goats. Each animal is controlled by one of the players. The motive of the game is for one player's tigers to hunt the goats as the other play attempts to block the tiger's moves. The game is started by placing the four tigers, one each, at the four corners of the board. Then the goats move by being placed at the intersection of the lines. The first part of the game involves the tigers moving as the goats are placed on the board. The tigers hunt the goats by jumping over them in a manner similar to checkers. The tigers' objective is to capture five goats to win or, conversely, the goats can win by blocking all of the tigers' legal moves. The competitors play alternately. The tigers can only capture one goat at a time after the match has started and they are not allowed to jump over another tiger. The goats cannot jump over tigers or other goats and can only move after all 20 have been placed on the board. Though the game now has a proper board and set pieces that are carved, the charm of the game is that it can be played on a grid drawn by chalk or in the dirt with large stones to represent the tigers and smaller ones to represent the goats. Sometimes in the villages you'll see Baagh Chal grids marked out permanently in stone at a resting place beside a trail, where children gather to play.

Seven Stones

The game is played by two teams and the more players the merrier. The seven stones are arranged one on top of another to form a stack. Then, from a distance, the participants queue and in turns a player from each team throws the ball at the stack. Once the player manages to topple at least one stone from the stack the teams are divided, and the team that has toppled the stones becomes the 'runners', and the opposite team is the 'chasers'.

The runners split and run for cover once the stones fall. Their objective is to rearrange the stones to rebuild the stack. The chasers motive is to hit the runners with the ball. If a runner gets hit then he is out of the game. The chasers are only allowed to hit the runners below the knee and the runners can deflect the ball with fists. But should the runner touch the ball with an open palm then he is out of the game. Some versions let the chasers hit you anywhere on the body, but that hurts like hell! If the runners manage to re-stack the seven stones then they win, or if the chasers manage to hit all the runners then they win.

Intu Mintu

Intu mintu is a popular take on the English game 'Oranges and Lemons'.

The game requires at least six or more players. First, two captains are chosen.

These two go off in a corner to decide alternate names—anything from countries to animals. They then come back and create a bridge holding each other's palms as the other players pass underneath. A chant is sung during this process: "Intu Mintu London ma, Hamro baba paltaan ma, Esckoola ko paale dai, Pahilo ghanti bajaideu, tinnnniiiiinnnniiiiinnnii, jhyaapa" (Intu and Mintu are in London, Our father is in the army, please gatekeeper of the school, ring the first bell"). The tinnninini part is the ringing of the bells and the captains can prolong it as long as they want. With the jhyaapa they lower their arms to capture one of the players passing underneath.

The captured player is taken to a corner and asked to choose from the two alternate names the captains have given themselves to preserve anonymity. Depending on the choice the captured player is assigned a team. This continues till every player is captured and assigned a team. Then a line is drawn and the captains reach across to hold hands as their teams form a chain behind them as a game of tug-o-war

begins. Bet Oranges and Lemons did not end in a tug-o-war! Whichever team wins the tug-o-war is the winner of the entire game. In another version the game is played without the tug-o-war at the end or with the alternate names for the captains. The last player captured going under the bridge automatically wins the game.

Terrain.

The terrain in Nepal is varied from low lying tropical areas to the highest point in the world, Mount Everest.

Have a go at making the mountain climber; can he reach the top of Everest?

Instructions can be found at <http://www.busybeekidscrafts.com/Mountain-Climber.html>



Have a tropical themed evening, wear beach clothes, try tropical fruits and make tropical flower garland necklaces.

Mount Everest is the highest peak in the world. Find out where your nearest highest point is. It doesn't have to be a mountain and climb all the way to the top. Have a picnic and take your photo whilst on the top.

Lots of people travel to Nepal to walk and enjoy the varied scenery. Make a map of your local area and plan a route and take a walk with your unit.

Imagine you are going on a trek in unknown territory, what would you need to take with you? Make a list of essential items you will need and what you would do in an

emergency. Or, make your own survival tin to take on walks and camp with you. It should all fit in a small waterproof tin, what do you think you will need?

On the routes to Mount Everest you can see prayer wheels and prayer flags asking for blessings for climbers and for their safe return.

Have a go at making your own prayer wheel or flag. It doesn't have to be a prayer, it can be something you are grateful for, something that makes you happy, something you want to achieve or a wish you would like to make.

For the wheel divide a paper plate into sections and write a prayer, comment or wish in each section and decorate. Then make an arrow out of thick card and place a split pin through the end of the arrow and through the middle of the plate. Whenever you need to use the wheel you can spin the arrow and wherever it lands you can focus on.

For the flags decorate any readymade bunting or make your own from old material and cut into shape. You could make your own garland to hang at home or make a unit one and hang in your meeting place.



Thank you for taking part in the Nepal Challenge Badge, complete the form below to order your badges and don't forget to include a stamped, self addressed envelope.

Name of unit.....

Name of Unit Leader.....

Contact details of Unit Leader

Address.....

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Badges are £1.10 each and cheques should be made payable to Great Wyrley Guides Nepal.

Number of badges required:.....

Please include a A4 sized self addressed envelope with 2x large letter stamps.

Please send completed booking form, stamped self addressed envelope and full payment to: Lisa Treagust, Nepal Challenge Badge, 2

Earlswood Way, Bridgetown, Cannock, WS11 0GN.