

Hello!



Welcome to my 'Out of Africa – Ghana' badge. This badge has been designed to help me raise money for a Girlguiding Newcastle project I am going on in summer 2011, which involves me travelling to an orphanage in Ghana and teaching the children there for 3 weeks. This trip is the chance of a lifetime for me.

This badge can be completed by anybody in the guiding movement, of any age. All you have to do is complete a set number of challenges from each section.

You may want to order badges when you first begin the challenge – that way they will be with you when you have completed the challenges!

Badges will cost £1.50 each, with all profits going towards raising funds to help me participate in the project.

To earn this badge you must complete challenges from each section:

Rainbows – 1 challenge per section + 1 other

Brownies – 2 challenges per section

Guides/ Senior Section/ adult members – 2 challenges per section + 2 others

I have also attached some resources for you to use within your unit. You do not have to use these, but you may find them useful.

When completing the badge, please remember that:

- Not all challenges are suitable for all age groups and adult supervision may be required for some of them - Guiders are asked to use their discretion
- You may need to 'tweak' some of the activities to suit your individual girls. Feel free to do this, but try and challenge them at the same time!
- As some challenges involve food, check that none of your girls are allergic to anything

I hope that you have fun completing this badge challenge, and I would love to know how you and your girls get on!

OUT OF AFRiCa



GHana

Language and culture

Learn a new language

- There are many different languages spoken in Ghana. Find out about 2 of these and learn how to say 'My name is...', 'Hello', 'Please' and 'Thank you'

It's customary!

- Some of the customs in Ghana are very different to ones we have here in the UK. Find out about English and Ghanaian customs. How do they differ? Try to hold a whole meeting using traditional Ghanaian customs when you need to.

National Anthem

- The Ghanaian National Anthem has 3 verses. Listen to a recording of it, and try to learn the first verse. Do you know it well enough to go round in a circle and say a word each?

Music to the ears

- Music is a very important part of many ceremonies and festivals in Ghana. Listen to some traditional Ghanaian music and have a go at making up a suitable dance to go with it. How about dressing up with masks and headdresses too?

Fashion show

- One version of the Ghanaian dress is the kente cloth. This is very simple and can be worn by men and women and is decorated with bright patterns and colours. Get some kente cloth and dress each other in it. If you can't do this, get some white material and cloth pens and make your own kente. You could hold a fashion show!

Fashion designer

- Design a bright kente, or slit (skirt) and kaba (blouse) for this Girlguide to wear (see attached outline)

A balancing act

- In many African countries women carry baskets of products on their head. This is very difficult to do and takes lots of practice. Practice walking while balancing something (like a book) on your head. Have team races in your meeting place. Make yourself a hat to hold a basket on your head.

Geography

Corners of Ghana

- There are ten regions of Ghana. Some have more complicated names than others, and these relate to the tribes and people who originally lived there. Play the 'corners' game with some of their names.

Flag it up

- The Ghanaian flag is relatively new – the current one being officially adopted in 1957. Learn about the symbolism of the flag. Why is it the colours and shapes it is? You can also colour in the sheet attached.

Out of Africa

- Did you know that there are over 50 countries in Africa? How many can you name? Can you place them on a map? Print out this map of Africa to help you. Take your maps home and research some of the ones you don't know.

Coat of arms

- As well as its flag, Ghana also has an official coat of arms. Find out what all the components of it mean.

Coat of arms 2

- Design your own coat of arms for your unit, six, patrol or group. Use pictures, colours and symbols to represent things, like the Ghanaian coat of arms does.

Save the trees

- Deforestation is having a massive impact on the southern half of Ghana and is changing the make-up of the land. It means that animals are losing their habitats and people are losing their jobs. Discuss what can be done to help tackle this problem.

Hydro-power!

- The Volta river is one of the main rivers in Ghana and its energy is used to create hydroelectricity, which gives power to Ghana and neighbouring countries. Visit your nearest hydroelectric (or any type of eco-friendly) project.

Passport

- Before you can travel abroad, you need a passport. Make your own using the template attached.

Fun and games

Action song

- At the orphanage I am going to, one of their favourite songs is this:
(Mime stirring a pot) *Porridge in a pot, porridge in a pot*
(raise hands above head) *Piping hot, piping hot*
(Mime stirring a pot) *Porridge in a pot*
Chant this as a round. Split your group in half and have a 'porridge-off'. Who can chant the quietest? Loudest? Funniest voice?

Creepy-crawly

- There are lots of weird and wonderful animals in Ghana, particularly insects. Visit your local insect house/ zoo and have a hands on session with some of our creepy-crawly friends!

Letter mix-up

- The orphanage I am going to is called the 'KING JESUS CHARITY HOME'. Work against the clock to see how many words can you make from these letters. What is the longest word you can make?

Word search

- Try the attached Ghana wordsearch. You could do it in groups or race against the clock!

Music to the ears

- There are lots of interesting Ghanaian musical instruments. Have a go at making your own Axatse (rattle), Atsimevu (drum) or Gancogui (gong). Can you work together to make some African-style music?

Party time

- Have a Ghana party, with appropriate food, music, actions and clothing. You could use this to raise money to sponsor a child who lives in Ghana.

If I ruled the world...

- Kofi Annan is a famous Ghanaian who was Secretary to the UN. Think about some rules that you would enforce around the world.

Weave your magic

- Kente cloth is a traditional fabric used to make cloths in Ghana. It is made using a cloth weaving technique. Try making something using this technique, maybe a basket out of paper?

Food

Chocoholics

- We all love chocolate and it is one of Ghana's main exports. But chocolate doesn't grow on trees. Find out how chocolate is made and how it gets from Ghana to us

Cooking challenge

- Ghana has lots of products, including bananas, nuts (peanuts, cashew nuts etc) and citrus fruits, that it exports to countries all over the world. Do some cooking using some of these products.

Cooking challenge 2

- There are all sorts of traditional dishes that Ghanaian people cook. Try cooking a traditional Ghanaian dish for your group to try.

Fairtrade

- Fairtrade is a very important scheme in Ghana. It helps people to get a fair deal in the amount of money they are paid for the products they produce. Find out more about Fairtrade and how you can help the cause as a group. You can also try this fairtrade game.

Feeling hot hot hot!

- Spices are a key part to a lot of food in Ghana. Get some peppers in different ranges of 'hotness'. Can you put them in order just by tasting them? How hot will you go?

Taste test

- A lot of Ghanaian food is quite different to ours here in the UK. Do a blindfolded taste test and see how many different types of juice, crisps, fruit or unusual foods can you recognise?

Coffee break!

- Ghana also produces coffee to sell to the rest of the world. How about making your leaders a nice cup?

Healthy eating

- In poorer countries like Ghana, people often don't know much about healthy eating and balanced diets. Invite an expert into your meeting to talk to you about food groups and healthy balanced diets.

Guiding

Girlguides in Ghana

- Find out about Girlguiding in Ghana. How about looking into your parallel section, their promise, laws and uniform. Do they do anything different to you? Do they have to do anything else before they can become a member of girlguides?

Penfriend

- Find out about the Guide pen-friend scheme. You may be able to find a Ghanaian or Africa pen-friend or pen-unit to keep in contact with!

Link up with the world

- Find out if your district, division, county or city is twinned with any Guiding groups, either in this country or abroad. Learn more about their culture, write letters to them or even arrange to meet up!

The origins of Guiding

- Learn about how Guiding started, not just in Ghana but all over the world. You could use the attached story with actions

A good guide is kind and helpful...

- Ghanaian Girlguides pride themselves on being polite, kind and helpful. This is a key part of their motto, promise and law. It is also a component of your own promise. How many helpful things can you do in a week?

WAGGGS

- Guides all around the world are members of WAGGGS. This helps them to connect with others, even people who don't speak the same language as them, or live hundreds of miles away from them. Learn about WAGGGS – what do the letters stand for? What does it do?

Friendship

- Friendship is something that lasts a lifetime. Lots of girls who meet in Guiding when they are very young, are still friends years later. Learn how to tie a friendship knot in a necker, and share this with a friend who doesn't know how.

Badge Order Form

Badges cost £1.50 each

You will need to add postage and packaging onto this price. Those prices are as follows:

Postage and packaging is:

50p for up to 25 badges

£1 for 26 to 50 badges

£1.50 for 51 to 75 badges.

£2 for 76 to 100 badges.

£2.50 for more than 100 badges.

Please include payment with this form.

Name _____ Unit _____

Address to send badges to: _____

Telephone or e-mail _____

Number of badges required _____

Total Cost = number of badges x £1.50 + Postage and Packaging = _____

Please make cheques payable to **Rachel Cowans**

Please return to: **Out of Africa - Ghana, Rachel Cowans, 7 The Crescent, Benton Lodge Estate, Newcastle upon Tyne, NE7 7ST**

Badges will be delivered by second class post as soon as they are available.

If you need any more information feel free to email me at rcowans30@yahoo.co.uk

Thank you for helping me raise money towards this opportunity of a lifetime! If I raise more money than I need to through this project, the surplus will be used to buy resources for the orphanage.

I hope you all have fun completing my Out of Africa – Ghana challenge badge!

Rachel Cowans

1st Gosforth Rangers, Newcastle upon Tyne

Resources for 'Out of Africa – Ghana' badge

Learn a new language

<http://www.tripadvisor.com>

Search for 'important phrases' to learn words in languages such as Twi

National Anthem

God bless our homeland Ghana,
And make our nation great and strong,
Bold to defend forever
The cause of Freedom and of Right.
Fill our hearts with true humility
Make us cherish fearless honesty,
And help us to resist oppressors' rule
With all our will and might evermore.

Hail to thy name, O Ghana
To thee we make our solemn vow;
Steadfast to build together
A nation strong in Unity;
With our gifts of mind and strength of arm,
Whether night or day, in the midst of storm,
In every need whate'er the call may be,
To serve thee, Ghana, now and evermore.

Raise high the flag of Ghana,
And one with Africa advance;
Black star of hope and honour,
To all who thirst for liberty;
Where the banner of Ghana free flies,
May the way to freedom truly lie
Arise, arise, O sons of Ghanaland,
And under God march on forevermore.

It's customary! and Fashion Show and Fashion designer

http://www.virtualtourist.com/travel/Africa/Ghana/Local_Customs-Ghana-BR-1.html

Recipes

http://www.africa.upenn.edu/Miscellany/Recipes_from_12913.html

Corners of Ghana

<http://www.ghanaweb.com>

Corners of Ghana

Name each corner as an area of Ghana
Let the girls run around and then shout 'corners' and turn your back.
The girls choose a corner to stand in
Choose a corner and all the girls in that corner are out

Fairtrade

- Give each of the girls a plate with Smarties on it.
- Each plate should have a different number of Smarties on it, some with a lot more than others.
- The girls must then go around the room, meeting with each other.

Rules

When two people meet, the person with more Smarties takes one from the person with less. If one person has a yellow smartie on their plate, they automatically win the meet and the other person must give them a Smartie.

- At the end of the game, the girls who started off with more, should still have more, and those who started with less should have less.
- This shows how the rich get richer and the poor get poorer

Note

It's likely you'll hear complaints of "It's not fair!" Use this to illustrate the point. Trade is not fair, but it should be.

Make sure the Smarties are shared out evenly after the game has finished. This is how trade should be.

The origins of Guiding all over the world

Guide/Guiding – guiding salute

Lady Baden Powell – curtsey

Lord Baden Powell - bow

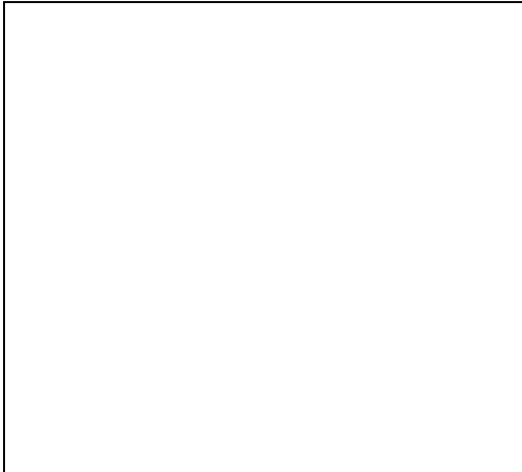
Girls were interested in Scouting right from its beginning in 1907. Sometimes, they tried to join the scout groups but it wasn't very successful. The girls decided to march with the Scouts in Crystal Palace in London, and to talk to **Lord Baden-Powell** about starting a girls' unit. In 1909 **Lord Baden-Powell** decided that girls shouldn't be in the same organisation as boys. **Lord Baden-Powell** created **Guiding** for girls in 1910. And his wife **Lady Baden-Powell** became chief **Guide** in 1918. The name **Guide** is taken from a famous part of the British army in India, who were famous for their skills in tracking and survival. **Lord and Lady Baden-Powell** then launched **Guiding** across the world. By 1912 there were **guiding** groups had been set up in 10 different countries. By 1930 another 15 countries had introduced **Guiding** groups, including Brazil, China and Estonia.

Out of Africa

Name as many countries in Africa as you can. Colour the map in and research some of the places you don't know at home!



Passport



Draw or stick a picture of yourself here!

Countries I would like to visit:

Empty rectangular box for listing countries to visit.

Name.....

Age.....

Country.....

Guiding section.....

Signature.....

Ghana word search

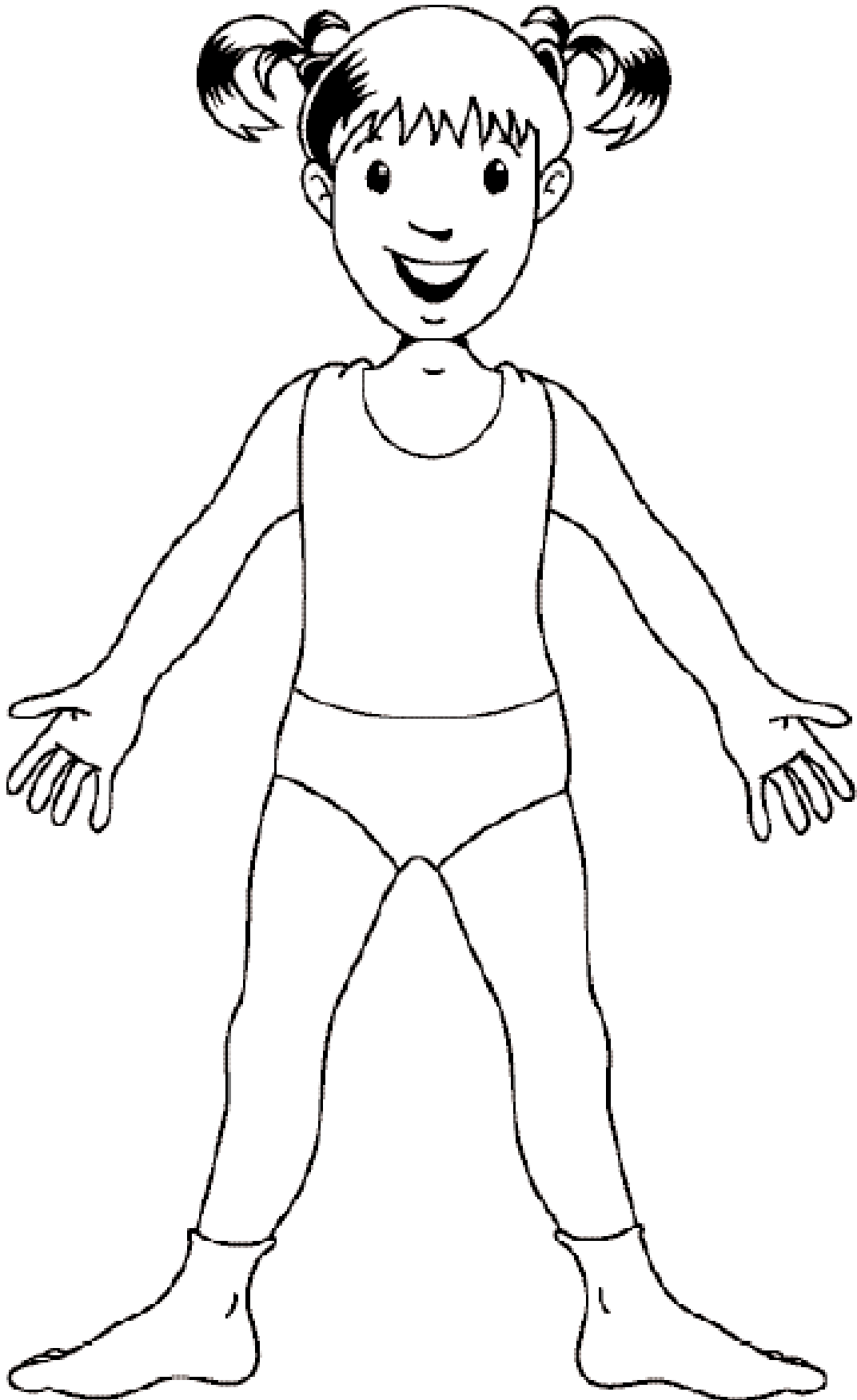
M J Q N P D J O C H K G Z A E G G U G R A S U P P O K G K F
M G G O B W M N G L R Q E G E U S C O S G D E M P T O E H K
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F J Q I M N M Z E A N I O E T D O Q I D B O P W N P E X M U
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W C C I R Q S P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

AFRICA
ANNAN
ATSIMEVU
AXATSE
CHARITY
CHOCOLATE
DIAMONDS
FAIRTRADE
FREEDOM
GANCOGUI
GHANA
GOLD
GUIDING
HOME

JESUS
JUSTICE
KABA
KENTE
KING
KOFI
PORRIDGE
SLIT
TWI
VOLTA

Fashion Designer

Give this Girl Guide some beautiful Ghanaian clothes to wear!



Flag it up

Colour in the Ghanaian flag!

