

## ESG Day 2014 NORWAY



### *Information about ESG and the ESG Day*

ESG is shortened for European Scouting and Jungschar. Every country that has scouting or jungschar work within YMCA Europe is a part of ESG. ESG have three main activities, yearly leadership training, the ESG Day and ESG Jamboree. You can read more about these activities at our homepage [www.ymcaeurope.com](http://www.ymcaeurope.com) or [facebook.com/YMCA.ESG](https://facebook.com/YMCA.ESG).

ESG Day takes place every year, at the first Saturday in a full November week. An elected ESG country will have produced a program material that is available for all nations. The program should have national inputs such as songs, games, handcrafts and some cooking. As a response to this all groups who have participated will send a postcard to the creating nation. If you like you can also include some pictures from your activities.

When your group has done the listed activities, you can send your post card to the following address:

**Endre Vik Nordbrønd**  
**Bråtenalleen 5**  
**0487 Oslo**  
**NORWAY**

### *Short facts about Norway*

Population: 5 147 792  
Population growth rate: 1.19%  
Total square kilometers: 323,802  
Capital: Oslo  
National day: 17 May  
Religion: Lutheran Church, Church of Norway  
System of government: Constitutional Monarchy and Parliamentary Democracy  
Major export: Oil, fish.  
Most visitors from Germany, then Sweden, UK, Denmark, Netherland and USA



Trolltunga, Odda.



Herring shoul

## Program

In the following you will be given some activities. You have to adjust the activity for your age group, where some of the youngest might need more help than the older ones.

### Main activity – Roman chariots

This activity will let your scouts or jungschars do some pioneering and at the same time have a contest in the end. They will race each other like the romans did, just with a little less violence.

To build one roman chariots you'll need:

- 4 wooden sticks á 1 meter
- Natural cordage (Natural rope)

1.

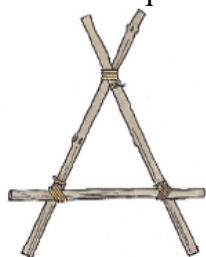
Divide your scouts or jungschars in groups of 3-5.

2.

Hand out the needed equipment and give further instructions.

3.

Make an equilateral triangle of the wooden sticks. Save one of the sticks for later.

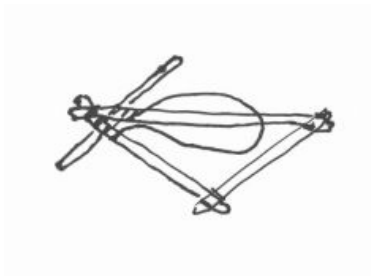


To fasten the sticks to each other, you must use Diagonal Lashing.

Look at this video for instructions: [youtube.com/watch?v=L-fF4BG0rlk](https://www.youtube.com/watch?v=L-fF4BG0rlk).

4.

Fasten the last stick as shown in the picture.



5.

Now your groups can compete with each other.

They can either pull the roman chariots with rope or just from the fourth stick.

One of the scout or jungschar will stand on the chariot and hopefully he will manage all the way. Take turns.

## Games

### Catching tales

Give your youth a scarf or a small piece of cloth.

They have to create a tale of this taking one of the ends in the pant rim. It can't be tightened to fast, though. Line up an area where the game will be held.

Before you start, make the youth put one hand at their back at all time. Now they can start chasing each other trying to take their tales. If a person loses his tale, he is out. The last person with all scarfs wins. You can also do this as a duel. Two scouts challenge each other.

### Blow the whistle

This is a game best held in the dark and has to be played over a larger area, preferably in a wood. Divide your group into four. Each group will have their own signal.

First group: One blow from the whistle

Second group: Two blows

Third group: Three blows

Fourth group: Four blows

The person with the whistle makes a circle around him and stands in one end of the area. In this circle there will be a goal. All the groups start at the same point, in the other end of the area. Their mission is to get into his circle and touch the goal before he can see and recognize them by name. If he does, they have to start all over again. The team that gets most of their members within a certain time wins.

But, one team can only move ahead when their signal is given. The person with the whistle will make one of the signals to indicate when to begin. Then they can move until they hear the same signal again and have to stop until next time.

## Songs and shout

### Taps

Melody: [youtube.com/watch?v=G-BZNhAYG00](https://www.youtube.com/watch?v=G-BZNhAYG00)

#### *Norwegian*

Dagen dør. Skumring rår,  
over skog, over land, over hav.  
Alt er ro, hvil kun trygt,  
Gud er nær.

#### *English*

Day is done, Gone the sun  
From the lake, from the hills, from the sky;

All is well, Safely rest,  
God is nigh.

#### *German*

Durch die nacht, tonet sacht  
Unser lied, friede zieht durch, das land  
Alles ruht, gottes Hand  
Schutzt uns gut

**Hysj, ka sa ho?**

Even though this is a Norwegian shout, I think you will manage.

Look at this video: [youtube.com/watch?v=z0OqyiFopvc](https://www.youtube.com/watch?v=z0OqyiFopvc) .

You have to make a leader for this shout, which will start quiet and increase slowly. He will say one sentence at the time and make the rest of the group repeat after him. See how loud you can get it.

Hysj, ka sa ho?  
 Ho masa masa masa  
 Ein kar skal svinge sverdet  
 Han ska ikkje vaska opp

**Food recipes****Chocolate cake on fire**

This recipe is for six persons. Make the mix before the meeting.

You can switch it to your favourite chocolate cake recipe if you want too.

You need:

2 eggs  
 2 ½ dl sugar  
 100 g butter  
 1 ½ dl milk  
 2 ½ dl flour  
 1 table s. vanilla sugar  
 1 ½ table s. cacao  
 2 tea s. baking powder

3 oranges  
 Aluminium foil

Whisk egg and sugar to eggnog.

Melt butter and add the milk.

Add the rest of the dry ingredients to the eggnog and then you add your butter-milk mix.

Divide the oranges in two, scoop out the orange meat and fill it up with the cake mix.

Wrap aluminium foil around the oranges and place them on the ember.

Let them cook for 30 minutes and ENJOY!