

Girlguiding LaSER Cambodia 2018



Badge Activity Pack

Help us on our journey to Cambodia by completing some activities to learn more about the Cambodian culture with your unit!

Whilst in Cambodia, we will be undertaking a service project with Khemara; the longest running NGO in Cambodia who play a significant role in the advancement of local women and children including giving them a chance to improve their lives, exercise their rights and participate in decision making, especially for those living in poverty. Khemara's aims are in line with the UN Sustainable Development Goal 4 “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all”. We will be based at a day centre for children in Phnom Penh. We will be helping out with some renovation work and providing various care/community activities, teaching children English and doing arts and crafts with the children. We will also meet with a local Girl Guide group whilst in Cambodia.

All of the activities have been researched and written by the girls going to Cambodia.

You can choose a couple of activities or spend a whole evening exploring Cambodian culture! Activities are organised by section, but feel free to mix and match depending on your unit!



Thank you for supporting Team Cambodia 2018

Activities for Rainbows & Brownies

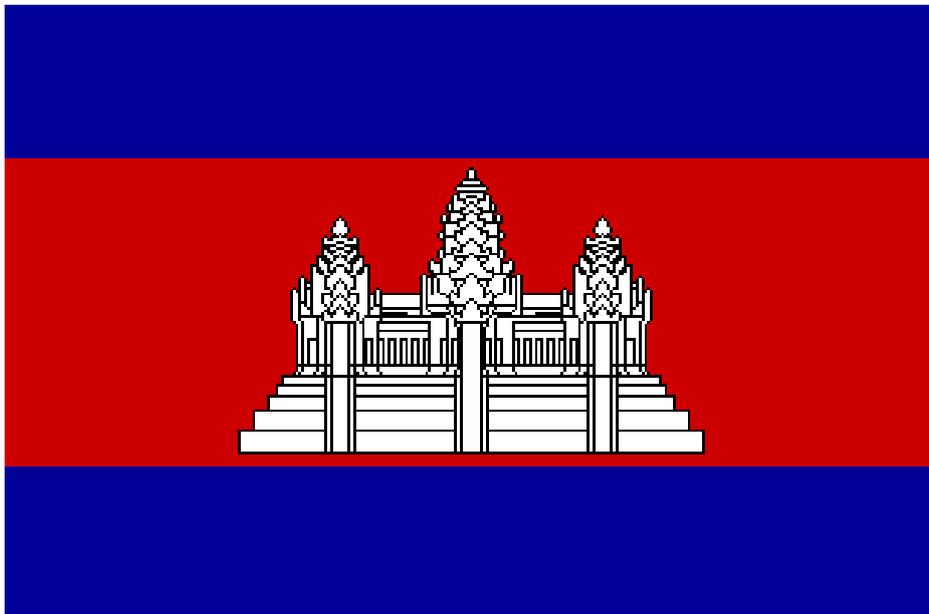
Make a Cambodian flag! (Rainbows)

Recreate the Cambodian flag using tissue paper:

You will need:

- Blue, red and white tissue paper
- A4 sheets of plain paper
- Glue (preferably PVA glue) and
- A pencil

Lay your piece of paper out in front of you and have your tissue paper to hand. Outline the basic shape of the Cambodian flag as pictured below. Tear off a piece of tissue paper and scrunch it up into a ball and stick it on the area of the flag that matches its colour. Don't worry too much about the detail of the temple in the middle as it will look good from a distance. Continue this until the entire piece of paper has been covered in balls of tissue paper, and you have a textured Cambodian flag!



Make a Temple (Rainbows/Brownies)

Your challenge is to build a Cambodian temple either in teams or individually. Cambodia is largely Buddhist and the main temple is called the Angkor Wat (first image) and it is the largest religious monument in the world

You will need:

- cardboard boxes (ask for these to be brought in at the previous meeting)
- glue
- tape
- scissors
- pens
- paper



Cambodia ABC game (Rainbows/Brownies)

You will need-

- Cambodia information sheet provided
- Cambodia Quiz sheet provided
- A large space to run around in

Instructions-

- Read through the information sheet with the girls.
- Label each corner of your space A-D

- Read out the questions and answer options. To answer the questions, the girls must run to the correct corner. EG: What is the capital of England? A- Paris B- Leeds C- Cardiff D- London, they should run to corner D. After two or three practise rounds, any girls running to the wrong corner is out. If they all run to the same corner then the last to arrive is out.

Cambodia Information Sheet

Cambodia is a country in South East Asia. It is bordered by Thailand, Laos, Vietnam and The Gulf of Thailand. Its flag is red and blue with a white temple in the centre.

In Cambodia the main language is Khmer, although English is growing. The money used is mostly US dollars and the Cambodian Riel. £1 = 5350 Cambodian Riels! The population of Cambodia is over 15million people compared to 65million people in the UK, and 9million in London.

Questions- answers underlined

1- What Continent are we (in England) in?

A- Asia B-Europe C-Africa D-America

2- What Continent is Cambodia in?

A-Asia B-Europe C-Africa D-America

3- What colour is not in the Cambodian flag?

A- Blue B-Red C-Green D-White

4- Which of these countries do not border Cambodia?

A- France B-Thailand C-Vietnam D-Laos

5- What language do Cambodians speak?

A-French B-Spanish C-Khmer D-Cambodish

6- What is the money used in Cambodia?

A- Pounds B-Dollars C-Khmers D-Euros

7- How large is Cambodia's population?

A- 15Million B-30Million C-65million D-80million

8- How large is the UKs population?

A-9 million B-15million C-65 million D- 80million

9- What is the official religion of Cambodia?

A-Christianity B-Islam C-Judaism D-Buddhism

10-How long has the current Cambodian Prime minister been in power?

A- 5 years B-10 years C-30 Years D-50 Years

Any girls still in are the winners!

Learn how to use chopsticks (Brownies)

1. Place the first chopstick in the space between your index finger and thumb. Preferably near the top of the chopstick. Balance it on your ring finger, bending it slightly.
2. Place the second chopstick in the space between your index finger and thumb above the first chopstick, but rest this one on the tip of your middle finger instead of your ring finger.
3. Use your thumb and index fingers to grip the second chopstick a bit more tightly. Resting the top chopstick on the tip of the middle finger.
4. The first chopstick (on the bottom) remains mostly still. The index and middle fingers do all the moving with the second chopstick.



Upside Down Colouring In (Rainbows)

What you will need:

- Colouring pens
- One chair per group of Rainbows (groups can consist of four or more)
- Two copies of every colouring sheet for every team (some example sheets are attached at the end of the pack but you can colour whatever picture you want)

Instructions

1. Divide your Rainbows into groups and line them up at the end of the space you have in their groups.
2. At the other end of the space, place a chair in front of each group of Rainbows. Tape one picture on the bottom of the chair, and one picture on the top of the chair. Leave some colouring pens available around each chair.

3. Now each group must send two Rainbows at a time to the chair. One must lie under the chair on their back and the other must stand by the chair.
4. They must choose one section of the picture and colour it the same colour. The Rainbows must communicate to ensure they are colouring the same section with the same colour.
5. Once they have finished they must run back to the beginning and swap with two more Rainbows.
6. This continues in a relay fashion until they are finished. If the fastest group has all the sections correctly matched then they win.

Learn to count in Khmer! (Brownies)



One – Moy



Two – Pee



Three – Bay



Four – Buan



Five – Pram

Make Spring Rolls (Brownies/Guides)

Ingredients:

- 1 packet filo pastry
- 50ml oil
- 1 egg (beaten)
- 1 tsp Olive oil
- 5 medium mushrooms
- 1 clove of garlic
- 1cm cube of root ginger
- 1 medium carrot
- 100g mangetout
- 2 spring onions
- 100g bean sprouts
- Salt and pepper to season



Method:

1. Chop mushrooms into thin slices
2. Peel and finely chop root ginger (might be easier to grate it)
3. Peel and cut carrot into thin slices
4. Finely chop the spring onions
5. To make the fillings, heat oil in a pan, add the garlic and ginger and fry for 2 minutes
6. Add the mushrooms, carrots and mangetout and fry for 2 minutes
7. Add any of the remaining filling ingredients and stir fry for 2 minutes.
8. Take off the heat and put into a mixing bowl
9. Carefully unwrap the filo pastry, take one sheet at a time (make sure to wrap the rest in cling film so it does not dry out!)
10. Cut each sheet in half to make a rectangle
11. Brush the whole rectangle in oil
12. Place 3 teaspoons of the filling along 1 short edge of the pastry
13. Brush the opposite short edge with the beaten egg to seal in the filling
14. Roll up from the filling end
15. Place each spring on the baking tray and brush with vegetable oil
16. Bake for 15-20 minutes, or until golden brown

Serve hot or cold!

Activities for Guides and The Senior Section

Test your knowledge of Cambodia with this quiz! (Guides/The Senior Section)

Answers at the end of the pack.

Instructions:

Read the information sheet and answer the 10 questions, either using the information sheet or not. Then, check your answers.

Information sheet:

Name: Kingdom of Cambodia

Capital: Phnom Penh

Population: 14.5 million (UN, 2012)

Currency: US dollars are as commonly used as the Cambodian Riel and even Thai Baht is acceptable in many places.

Area: 181,035 sq km (69,898 sq miles)

Major language: Khmer

Major religion: Buddhism

Life expectancy: 62 years (men), 65 years (women) (UN)

Head of state: King Norodom Sihamoni

Prime minister: Hun Sen

Local time: Cambodia runs at GMT +7 hours, the same time zone as its neighbours: Thailand, Vietnam and Laos.

Key events in Cambodian history:

802-1431 - Khmer Empire centred on Angkor. After the empire's decline, its heartland shifts south to Phnom Penh and becomes modern-day Cambodia.

1863-1953 - French colonial rule.

1941 - Sihanouk becomes king.

1941-45 - Japanese occupation.

1970 - Prime Minister Lon Nol mounts a successful coup against Sihanouk, who organises a guerrilla movement from exile.

1975-79 - Lon Nol is overthrown by the communist Khmer Rouge under Pol Pot, who institute violent totalitarian rule until ousted by a Vietnamese invasion.

1981 - The pro-Vietnamese Kampuchean People's Revolutionary Party wins elections, but its rule is not internationally recognised and later faces mounting guerrilla resistance.

1991 - A peace agreement is signed in Paris, ushering in a power-sharing administration. Sihanouk becomes head of state.

1997 - Hun Sen mounts a coup against the prime minister, Prince Ranariddh, effectively taking sole power.

Questions:

1. What is the major language?
2. Who was ruling Cambodia in 1874?
3. If it is 3am in England what time is it in Cambodia?
4. What currencies can you use in Cambodia?
5. What countries neighbour Cambodia?
6. When was the peace agreement signed?
7. How big is Cambodia?
8. In 2012, how big was the population?
9. What is the major religion?
10. Which countries have ruled Cambodia?

Test your chopstick skills with this game! (Guides/The Senior Section)

What you will need:

- Skittles
- 2 bowls for each group of Guides or The Senior Section
- 1 pair of chopsticks for every Guide or member of The Senior Section



Instructions

1. Divide your Guides and members of The Senior Section into equal groups
2. Fill each bowl with an equal number of skittles and place it in front of each group, along with an empty bowl. Give each guide or ranger a pair of chopsticks.
3. Set a timer for two minutes and see how many skittles each group can move from one bowl to another only using chopsticks.
4. Count the skittles in the second bowl and the group with the most wins.
5. You could either play this once or play before learning how to use chopsticks and again after to see if everyone has improved.

Learn to play a traditional Cambodian game (Guides/The Senior Section)

'Tres'

A game played by throwing and catching a ball with one hand while trying to catch an increasing number of sticks with the other hand. Usually, pens or chopsticks are used as the sticks to be caught.



Learn to count up to ten in Khmer (Guides)

CAMBODIAN 1-10

One = moo-uhy

Two = pee

Three = buh-we

Four = boo-uhh

Five = pram

Six = pram tho-uhh

Seven = pram pee/pram pill

Eight = pram buh-ee

Nine = pram boo-uhh

Ten = dop

Activity ideas:

Create actions for each number in patrols or groups.

Create a song including all the numbers in patrols

Can you live on the average salary of someone living in Cambodia?

(The Senior Section)

You earn 26 cents a day or \$100 per year.

You have to use this money to get by, thinking about food, electricity, bills, clothes, school fees, water, doctors bills and any other necessities or things you want or need etc.

Think about what you need and how you are going to spend as you need to be wise as you have very little.

Think about what is most important and what you won't need

Chopstick Races! (Guides/The Senior Section)

THINGS YOU WILL NEED:

- Chopsticks (one pair per team)
- Some things to pick up of your choice (You could try the spring rolls you can make one another of the challenges)
- Two bowls per team

METHOD:

- Choose your chosen pick up item.
- Next is to organise your unit into teams. Probably around 4-6 in a team would be best.
- Secondly the teams need to be in a straight line on one side of the hall.
- on the other side there needs to be your chosen item to be picked up.
- You need one pair of chopsticks per team
- After you say go the person at the front of the line will have to run up to the end and get the chosen item.
- They will then run back with the item using the chopsticks and drop it into a bowl.
- The next person will then repeat.
- First team to have all their items in their bowl wins!



Traditional Cambodian Recipes (Guides/The Senior Section)

Test your culinary skills with one of these recipes!

Nhoam num pachok sap (Tofu salad with rice noodles)



Ingredients :

- 6 cups of water.
- ½ packet of rice vermicelli noodle.
- 2 tablespoons of vegetable oil.
- 2 pieces of extra firm tofu, drained and patted dry with a paper towel.
- 2 large carrots, peeled, shredded and with liquid squeezed out.
- ½ teaspoon of salt.
- ½ teaspoon of sugar.
- 2 tablespoons of roasted rice powder.
- 2 cups of chopped lettuce.
- 1 cup of chopped mint leaves or mix herbs.

Method :

1. Boil 6 cups of water in a large pan and add the rice noodles to the boiling water. Then stir and cook until the noodles are tender.
2. Pour the cooked noodles into a colander, rinse under cold water and set aside to drain.
3. Pre-heat a non-stick skillet, and when it is hot add the oil.
4. Pan fry the tofu until both sides are golden brown. Then put the fried tofu on a plate and set it aside to cool off.
5. When the tofu is cool to the touch, slice it thinly and put it in a large bowl. Then add shredded carrot, salt, sugar and roasted rice powder. Mix well.
6. To serve: Put some cooked rice vermicelli noodle in a plate or bowl and add the prepared tofu, lettuce and mint. Pour some sweet soy sauce or some vegetarian fish sauce over noodle before serving.

Num treap sticky rice with sesame seeds



Ingredients:

- 2 cups of un-cooked jasmine sweet rice, rinsed.
- 1 cup of water.
- 1 large can of coconut milk.
- 1 cup of sugar.
- ½ teaspoon of salt.
- 2 tablespoons of banana extract or vanilla extract.
- ½ Cup roasted sesame seeds

Method:

1. Cook the sweet rice with one cup of water.
2. When the sweet rice is cooked, separate the rice with a spatula. Set aside.
3. Pour the coconut milk, sugar, salt and banana or vanilla extract into a large non-stick saucepan. Cook and stir often until the sauce has thickened.
4. Add the sweet rice to the sauce and mix well. Remove the sweet rice from the stove.
5. Spread the sweet-rice in a cake tin and sprinkle sesame seeds on top. Use spatula to press the sesame seeds down. Cover and let the rice set for few hours, before cut in to square pieces.

Poat dot Cambodian grilled corn



Ingredients :

- 6 ears of corns, husks and silk removed.
- 2 tablespoons of vegetable oil.
- 2 tablespoons of fish sauce.
- 2 tablespoons of water.
- 1 ½ tablespoons of sugar.
- 1 teaspoon of salt.
- 2 green onions, white parts only, thinly sliced.
- Vegetable oil, for brushing.

Method :

1. Prepare grill or preheat a pan over medium heat.
2. Very lightly brush the corn with oil and set on the grill rack or in the pan.
3. Cook, turning every 2-3 minutes, until the kernels are tender and nicely charred, 12-15 minutes total; keep warm.
4. Meanwhile, in a bowl stir together the fish sauce, water, sugar and salt until it is dissolved. Heat the 2 tbsp oil in a saucepan over medium heat until very hot but not smoking.
5. Carefully pour liquid mixture in (it may sputter a bit so watch out); add the green onions and simmer until the sauce begins to thicken, about 30 seconds; remove from heat and cool.
6. Brush cooked corn with the sauce and serve.

Ready in: 20 mins.

Answers to the quiz on page 11

1. Khmer.
2. The French.
3. 10am.
4. US dollars, Cambodian riel and Thai baht.
5. Thailand, Vietnam and Laos.
6. 1991.
7. 181,035 sq km or 69,898 sq miles
8. 14.5 million.
9. Buddhism.
10. France and Japan.





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