

EVEREST 100



SWE SHERPA CHALLENGE

**WE ARE
MACMILLAN.
CANCER SUPPORT**



For this challenge it is suggested that you aim to complete 10 of the following challenges—1 from each “Camp” plus 4 others. In each Camp there are activities suitable for all Sections. How to complete each challenge is left to individual Units—it’s up to you how challenging the activity is ...

Please involve the girls in your Units—let them choose the challenges they would like to try.

It is the Unit Leader’s responsibility to ensure that each activity is done in a safe and secure environment with a risk assessment completed as appropriate.



Camp 1—Training

1. Compare the equipment and clothing used by early mountaineers with modern day equipment and clothing. Have a “fashion show” using mountaineering clothing.
2. Invite a mountaineer to come and show their equipment and talk about their experiences.
3. Create a waterproof jacket and trousers using bin liners and tape—test it!
4. Make a shelter.
5. Create your own obstacle course to try out. Make it more difficult to complete by roping groups together.
6. Sherpas carry equipment for mountaineers; test different carrying methods, e.g. shopping bag, one-strap rucksack, day sack with no belt, day sack with belt etc.
7. Learn how to use a compass; complete a navigation exercise.
8. Visit a local climbing wall.
9. Attend a walking training [Senior Section/adults only].



Base Camp—Research

1. Find out about life in Tibet and Nepal to create a display, book or [multimedia] presentation.
2. Find out how Buddhist beliefs are different from other religions.
3. Create a prayer wheel.
4. Write a mantra.
5. Find out about the Tibetan schools developed by Sir Edmund Hillary.
6. Choose a famous mountaineer and make a poster about this person and Sir Edmund Hillary.



Camp 3—Sights and Scenery

1. Create an Everest out of junk/boxes and recycle afterwards.
2. Create the Himalayas or just Everest using papier mache or similar.
3. Make your own prayer flags.
4. Make a model yak.
5. Create a mountain panorama for a wall display—could be done using paint or as a collage.
6. Dress “dolls” in local Nepalese/Tibetan costume or mountaineering gear.
7. Everest Widgame—see separate instructions.



Camp 2—Food and Drink

1. Create a suitable menu for a mountaineer—high energy needed.
2. Compare home cooking with dehydrated meals.
3. Sample different energy/cereal bars—which did you prefer?
4. Make your own energy/cereal bar.
5. Try out different sorts of teas.
6. Make chapattis or similar.
7. Visit a Nepalese restaurant or have a take-away or make your own Nepalese food.
8. Hold or attend a coffee morning for MacMillan Cancer Support [at your local Everest].



Camp 4—Travel

1. Climb something high—view point, hill, church tower.
2. “Climb” the highest point in your County/Island.
3. Follow and lay a trail—see separate instructions.
4. Find out about geocaching and how to use a handheld GPS; create your own geocaching trail.
5. Design a board game with a mountaineering or Everest theme.
6. Complete a walk of approximately 8.848 kilometres or 884.8 metres.



Camp 5—Above the Snow Line

1. Make snowflake patterns.
2. Make a “snow cave” or “igloo” out of boxes.
3. Try ice carving
4. Make a summit flag.
5. Learn 3 songs about mountains.
6. Hold a mountain quiz.
7. Visit a dry-ski slope and try skiing or ringoing.



Girlguiding

South West England

girls in the lead

Everest Widgame

Ideally, this game should be played in a local park/outdoor area. You will need a base map of the area with up to 6 stations marked on it. Participants will need to navigate their way between stations completing an activity at each point. An adult/young leader will need to man each station. Allow 10-15 minutes per station.

Station 1—Make a prayer flag.

Station 2—Physical challenge mini-fitness circuit—skipping, step ups [5 or 6 activities with 1-2 minutes on each].

Station 3—Use a lightweight cooker—cook a dehydrated meal.

Station 4—Create a natural picture of Everest.

Station 5—Follow a short trail using GPS/compass to make a word.

Station 6—Pack a rucksack activity—what would you need/not need for mountaineering above the snow line.

Trail

The trail can be done in different ways.

Option 1—Prepare picture cards using mountains and number each card. On the reverse write a letter. The letters on each card will spell out a word, i.e. Everest. Participants will need a clipboard with pencil and a grid to fill in the letters—matching the numbers. This activity could be done in a small outdoor space or indoors with participants randomly finding the picture cards.

Option 2—Prepare picture cards—footprints or mountains which are set out along a route for the participants to follow on organised trail. An activity as above could be used at the same time, if desired. This route could be in a town or countryside setting.

Websites:

<http://www.geocaching.com/>

<http://www.himalayantrust.co.uk/>

Prayer Flag—suggestion for making

Start with a clean, white bed sheet and decide how large your prayer flags should be. Measure, divide and tear your prayer flags from the sheet. A standard twin bedsheet yields around 40, 8" x 9" flags. It is better to rip the sheet so the frayed edges more easily disintegrate into the wind; they are meant to dissolve and new ones put up on top of the old ones. Tibetans have colour meanings associated with their flags. Blue is the sky; white is the wind; red is fire; green is water and yellow is the earth. Dye your flags according to the hand dye instructions. Dry flat where possible.

Talk to the participants first before beginning the project. Ask them what the major things are that they pray for in life. Most children have a few important things they pray for—their parents, other family members, their pets and, of course, electronics. Discuss important positive things that children can pray for that can apply to the whole world; peace, love, prosperity, joy. Then ask them to draw symbols or pictures of the things or people they pray for. Most children draw pictures of their pets, family and sunshine. They may also use words to get their prayer message across.

Use fabric pens or paints. Stitch the flags to a long length of string and hang them, preferably outdoors.

Prayer Wheels—suggestion for making

Take a square of plain or coloured paper and fold it into quarters as shown in fig 1. Fold it diagonally [in fig 1 the original centre of the paper is bottom right]. Fold diagonally again, as in fig 2.

Cut along the curved lines. Remove the white area—leaving the “shaded” portion, as in fig 3. Unfold this “shaded” portion and you should have an eight-spoked wheel which you can decorate. You could hang it up or make it into a flag. Try making several and threading them on a string. You could give them away as presents.

Write prayers and mantras on the wheel.

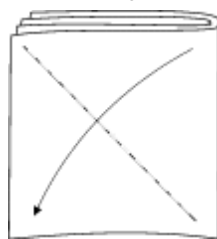


Fig 1

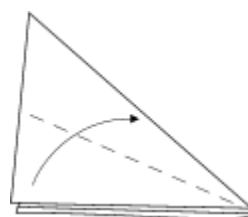


Fig 2

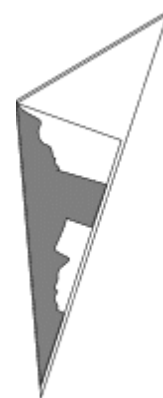


Fig 3

Energy Bar Recipe [please check for allergies] Honey and Oat Energy Bars

300g [10-1/2 oz] rolled oats; 100g [3-1/2 oz] granola; 115g [4 oz] chopped hazelnuts; 115g [3-1/2 oz] flaked almonds; 50g [2 oz] dried red fruits; 175g [6 oz] manuka honey; 125g [4-1/2 oz] butter; 2.5ml [1/2 tsp] ground cinnamon; 1 vanilla pod, seeds only; A pinch of salt; 50g [2 oz] melted white chocolate for the topping.

1. Preheat oven at 180C/356F/Gas Mark 4.
2. Combine oats, granola, hazelnuts, almonds and dried fruits in a large bowl.
3. Cut the vanilla pod in half lengthways and scrape out the seeds.
4. Place honey, butter, cinnamon, vanilla pod seeds and the pinch of salt in a pan and simmer for 3 minutes.
5. Add honey mixture into dry ingredients in the bowl and mix together.
6. Press into a shallow oven tray and bake for 25 minutes. Whilst warm, mark out the indentations for the bars.
7. Leave in the tray to cool and set for 30 minutes and then cut into squares.
8. Place the white chocolate in a glass bowl over a pan of simmering water and stir gently until melted.
9. Using a wooden spoon, fleck the surface with melted white chocolate.