

# Annapurna Challenge



Supporting Girlguiding Hampshire West's 2017 Expedition to  
Nepal and women's health in Nepal.





# Annapurna Challenge



Members of Girlguiding Hampshire West are visiting Nepal in April 2017 to trek the Annapurna trail. Thank you for supporting us through this challenge.

We will be taking basic medical supplies with us to give to local Nepalese women who have no access to even the most basic of health care.

## Contents

This challenge consists of five sections, one for each colour in the Nepalese prayer flags, and is suitable for Rainbows, Brownies, Guides and the Senior Section (not forgetting the Trefoil Guild)

Units should complete one challenge from each section to gain the badge. Ideas are themed around Nepal and its culture. Please feel free to adapt the challenges to suit the girls in your units.

We hope you enjoy our challenge and thank you showing an interest.



**Nepalese Culture**



**Go Outdoors**



**Crafts**



**Games**

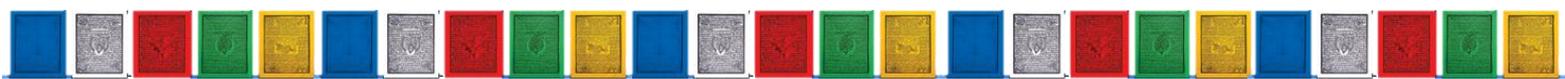


**Have a go at this**

**Appendices**

**Badge Order Form**




## Nepalese Culture

### 1. Try some Nepalese food

- Cook or try the national dish *Dal Bhat*
- Or use the traditional ingredients of rice, lentils and curried vegetables to make your own dish.
- Try eating with no cutlery using just your right hand (your left hand is thought to be unclean)
- Have a tasting evening of Nepalese food.  
(See appendix for recipe suggestions)



### 2. Visit a Nepalese Restaurant



(See appendix for templates and further suggestions)

### 3. Make Nepalese Prayer Flags

- Prayer flags are often seen flying from temples in Nepal - have a go at making your own - colour in our template or make your own from scraps of material, perhaps decorate with fabric pens or try other techniques.
- Find out the meaning of the flags and the different colours.
- Write your own messages on your flags.

### 4. Nepalese Language

- Learn how to greet people in Nepali
- Learn to count in Nepali - can you play a game with this?
- How many useful phrases can you use?  
(See appendix for language sheets)

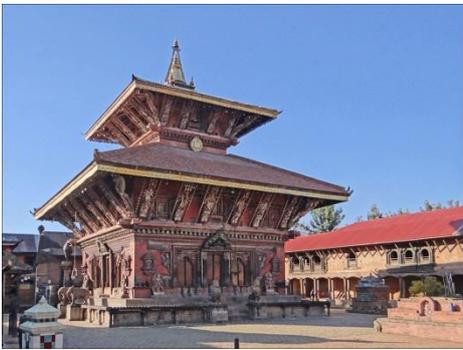


### 5. Dress up in Traditional Nepali costume

- When girls reach 7 or 8 years old they have a coming of age (Gunyo cholo) ceremony when they are given a costume of a blouse, sari skirt and jewellery. Why not have your own coming of age party and dress up for it in Nepali clothing.
  - As many people in Nepal are not well off, hold a Nepalese fashion show with clothes made from recycled materials
- 

## 6. Hold a Nepalese Quiz Evening

- For your unit or family and friends
- Why not use it as a fundraiser  
(See appendix for sample questions)



## 7. Hinduism

Hinduism is the main religion of Nepal  
Why not:

- Build your own temple out of recyclable materials or
- Find out about the Hindu Gods, perhaps make models of them or make up your own God and explain what it symbolises



## Go Outdoors

### 1. Make a Nepalese rope bridge

- This is the kind of bridge we will be crossing in Nepal. Have a go at making your own
- Either make a full size rope bridge for your unit to cross over
- Or make a miniature (edible) version using sweets



### 2. Climb to the highest point in your area

- Climb to the highest local landmark in your area (In Hampshire West this is St Catherine's Hill in Winchester)
- How about the church tower in your town / village
- Or use your own imagination and be inventive



### 3. We are climbing 4130 metres

- Can you climb this high between all the members of your six/patrol/unit?
- You could try asking to use your local football stadium
- Or go to the gym and use the step machines
- Or even climb all the steps in your local shopping centre.



### 4. Build a shelter

Nepalese weather can be unpredictable in the mountains

- Go outdoors and build a shelter and sleep overnight in it
- Build a waterproof shelter out of materials in your meeting place for a doll (or her waterproof friends). Test it by pouring water over it.
- Build a full size den/shelter in your meeting place - how many of you can get in it?

### 5. Stretch Your Legs

Nepali people walk miles each day to get water and food

- Go for a walk in your local area or somewhere you have never been before - if you need help ask your County Walking Adviser for advice
- Go for a three legged walk (teamwork and co-ordination)
- Do a sponsored walk for our charity or one of your choosing
- Go on a hike carrying your kit - how about camping overnight



*(See appendix for recipe suggestions)*

### 6. Backwoods Cooking

Practise fire lighting and cook something without using utensils

- How about lighting the fire without using matches
- Cook a complete meal
- Keep it simple and toast marshmallows
- Make dampers
- Boil water in a paper bag and make a cup of tea

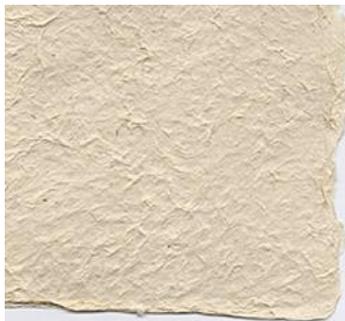


## Craft

Have a go at one of our Nepali themed crafts - or find one of your own.  
(Instructions are available in the appendices)



1. Friendship Bracelets - make them in Nepalese prayer flag colours
2. Yetis (abominable snowman) live in Nepal - make your own yeti out of marshmallows and spaghetti
3. Colour in or make a yeti collage
4. Monkeys live at a lot of the temples in Nepal - make a monkey (or a yeti) puppet
5. Have a go at making Nepalese drums
6. Children in Nepal often play with sticks and stones:
  - decorate stones with patterns / words (or the flag)
  - why not use them to play a game e.g. noughts and crosses or make into a paperweight etc.
7. Children recycle everyday objects to make toys in Nepal - try making your own from scrap materials - e.g. sock animals, rockets etc.
8. Nepalese Lokta paper is an ancient handmade paper and has been made in the same families for generations. Have a go at making your own paper





## Games

Have a go at playing a Nepalese game in your meeting. Most of these games are played by children at school and involve very little equipment - mostly they just use stones, rope etc. that are free or easy to find.



### Traditional Nepalese Games:

#### 1. **Rumal Lukai (handkerchief thief)**

Girls sit in a circle facing inwards and close their eyes. One girl is the thief and walks around the circle dropping a hanky behind one of the girls. This girl jumps up grabs the hanky and chases the thief. If the thief gets back to the space where the hanky was dropped she sits down and the other girl becomes the thief. If the thief is caught she has to remain as the thief.

#### 2. **Seven Stones**

Girls split into two teams and stand in lines facing each other with a pile of five stones in decreasing size stacked up in the middle. (you could use stacking cups).

The girls take it in turns to throw a ball (or beanbag) at the stack of stones. When one team succeeds in knocking one or more stones off the pile then that team scatters and runs around the hall with the object of trying to rebuild the stack of stones. The opposing team use the ball to try and hit the first teams members under the knee with the ball so that they are out and cannot help rebuild the tower. If the first team succeed in rebuilding the tower that team get a point if the other team gets them all out then they get the point.

#### 3. **Gatta (Stones or pebbles)**

This is basically the English game of jacks. In small groups each girl takes it in turns to have her go. She takes nine small pebbles in her hand and scatters them on the ground. She picks up one pebble, throws it in the air, picks up another pebble from the ground and catches the first pebble. She continues like this until she has picked up all the pebbles or she drops the throwing stone. When this happens the turn passes to the next girl. The first girl to finish is the winner.

#### 4. **Cat and Mouse Nepali Style**

The girls form a big circle by holding hands. Then, a "cat" and "mouse" are selected within the group. The cat is then blindfolded and the mouse makes a noise like "chi chi chi" to give the cat a clue where the mouse is located. The cat has to catch the mouse. Both players have to stay within the circle. If the cat catches the mouse, another couple has to be chosen and the game can start again.

#### 5. **Dori (Skipping)**

One of the favourite Nepali games played in schools is skipping with a long rope. Have a go yourselves.

#### 6. **Make up your own game** or adapt an existing favourite to fit the Nepali theme. How about holding a Nepalese themed wide game using some of the ideas in this pack





## Have a go at this

### 1. Conservation project

- A lot of tourists visiting Nepal undertake conservation work to help the local economy
- Undertake a local project yourselves e.g. litter pick, work with the Forestry Commission

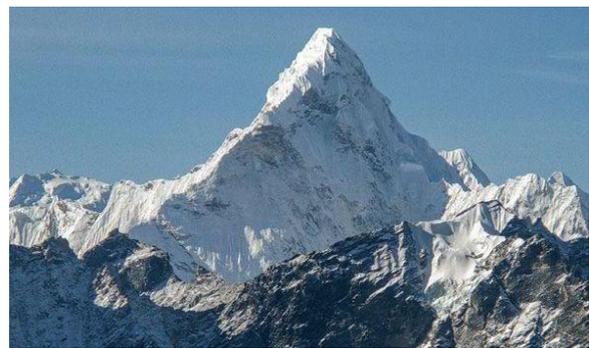


### 2. Hold a massage / pamper evening

- Soothe away the aches and pains after a hard days trekking!
- Try hand / foot massages
- Or how about foot soaks / spas
- Or face masks to counter the effects of the wind!

### 3. Everest is tallest mountain in the world

- Hold a competition to see who can build the tallest tower
- You could use spaghetti and marshmallows, newspapers and sticky tape, chocolate
- Can you balance a cup of water on the top?



### 4. Dance is a very important part of Nepalese culture.

Makeup a story and express it through dance (or puppets or drama). Can you find any Nepalese music to use with this?



## 5. Singing

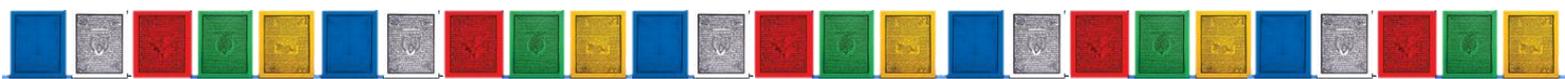
- Take your favourite campfire song and adapt it with a Nepalese theme
- Try learning a Nepalese song



## 6. Nepal's mountains are covered in snow and ice

- hold a themed evening including some of the following:
  - Have a snowball fight using old scrunched up newspapers
  - Try ice carving - freeze water in an ice cream container and carve (carefully!)
  - Make an ice hockey puck out of block of ice and play ice hockey using rolled up newspapers as hockey 'sticks'
  - Dress up as your favourite Frozen character and hold a Frozen themed evening
  - Make ice cream sundaes

## NEPALESE GIRL SCOUTS



## Appendices

### Dal Bhat

- 200g Lentils (any colour)
- 1 small onion
- 3 cloves garlic
- 1 tablespoon olive oil
- 400g canned tomatoes



Serves 5 as a main meal

- Handful of fresh parsley
- 1 lime (or lime juice)
- 1 red chili (optional)
- Spices to taste: Salt, Cumin, Coriander, Turmeric, Cayenne Pepper

Chop the onion and garlic fry in a little oil until soft. Add the lentils and allow them to cook dry for a minute or two, then add about 600ml of water into the pan, cover, and let cook. Once that water is absorbed (15+ minutes), add the spices to taste (about 1/2 teaspoon of each to start), the can of tomatoes, and more water (if needed). Simmer for another 10-15 minutes until the lentils are fully cooked and the flavours have developed. At the very last minute, add a handful of chopped parsley and remove from the heat. Serve with boiled rice.

### Nepalese Curried Vegetables



Serves 4 as a main course

- 1 Large onion
- Pinch of chili powder
- 1 clove of garlic
- 1 teaspoon of ginger
- ½ teaspoon of turmeric
- Vegetables of choice chopped into bite size pieces e.g.: potatoes, peas, peppers, tomatoes
- Pinch of coriander and cumin

1. Heat oil in a saucepan and fry onion until soft and golden. Stir in chili, garlic, ginger, turmeric. Continue cooking for 2-3 minutes then add potatoes if using.
2. Add the remaining vegetables, spices and 225g of hot water. Simmer until vegetables are cooked, thicken if necessary.
3. Serve with rice and accompaniments.

## Other Nepali Foods

- Momo** - Nepal's version of dumplings, and usually contain steamed vegetables or meat
- Thukpa** - A Nepalese hot noodle soup, containing pieces of meat and vegetables.
- Sel Roti** - A cross between a doughnut and a bagel
- Samosa** - A fried or baked dish with a savoury filling, such as spiced potatoes, onions, peas and lentils.
- Pakora** - A fried snack (fritter). Originally from India
- Chapati** - An unleavened flatbread



## Nepalese Prayer Flag Template



The traditional colours are

Red	-	Fire
Yellow	-	Earth
Green	-	Water
Blue	-	Sky / Space
White	-	Air / Cloud

## Nepalese Language Sheet

Hello

Namaste

Goodbye

Namaste



Hand actions when saying hello and  
goodbye

Namaste

Please

Dinuhos

Thank you

Dhanybhad

Yes

Ho or Hajur

No

Hoena

How are you?

Kasto Cha?

My name is Amy

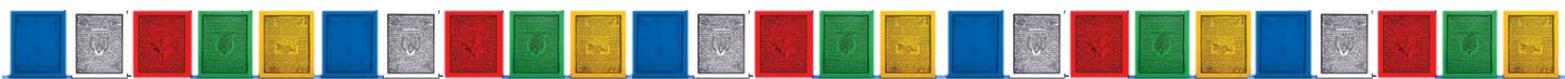
Mero naam Amy ho

How Much?

Kati?

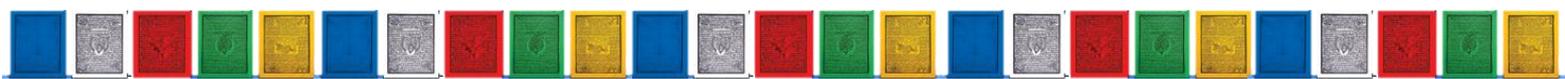
### Numbers

1 / ek	6 / cha	15 / pandhra	50 / pachaase
2 / dui	7 / saat	20 / beece	60 / sathi
3 / tin	8 / aath	25 / pacheece	70 / sattari
4 / char	9 / nau	30 / teece	80 / assi
5 / panchs	10 / das	40 / chaleece	90 / nabb



## Nepal Quiz - sample questions

1. What is the capital of Nepal?  
Tehran  
**Kathmandu**  
Khartoum
  2. What is the name of the place in Nepal that is said to be the birthplace of Buddha ?  
Pokhara  
Butwal  
**Lumbini**
  3. What is the download speed for Nepal ?  
10.8 mbps  
4.3 mbps  
**6.4 mbps**
  4. Which two countries share the border with Nepal ?  
**China & India**  
China and Bangladesh  
Bangladesh & Pakistan
  5. What is the total distance of Nepal's railways ?  
72 km  
**59 km**  
86 km
  6. What percentage of Nepal's energy comes from hydroelectric plants ?  
**92.1 %**  
50.6 %  
23.8 %
  7. How high is Mt Everest?  
8,950 m  
8,900 m  
**8,850 m**
  8. 'Sagarmatha' is Nepali for the word Everest what does it mean ?  
Forehead of the Land  
Forehead of the World  
**Forehead of the Sky**
  9. What are Sherpas?  
**A Nepalese ethnic group**  
A Nepalese animal  
An item of Nepalese clothing
  10. Sherpas call Everest 'Chomolungma' what does this word translate to ?  
Goddess Mother of the Sky  
**Goddess Mother of the World**  
Goddess Mother of the Land
- 



11. Nepal have planned power cuts, to cope with electricity demand, how long do these last ?

- 3 hrs
- 9 hrs
- 12 hrs

12. Which animal is banned from being slaughtered in Nepal ?

- Cows
- Monkeys
- Snow Leopard

13. What is the population of Nepal ?

- 28 787 485 people
- 28 687 345 people
- 30 287 682 people

14. What is the percentage of the population that speak the official language of Nepal ?

- 82.3 %
- 44.6 %
- 67.2 %

15. What is the official language of Nepal ?

- Nepil
- Nepale
- Nepali

16. What percentage of Nepal speak Hindu ?

- 81.3 %
- 78.4 %
- 89.7 %

17. How many different ethnic groups and casters are there in Nepal ?

- 120
- 125
- 130

18. What famous geographer was Mt Everest named after ?

- William Everest
- Albert Everest
- George Everest

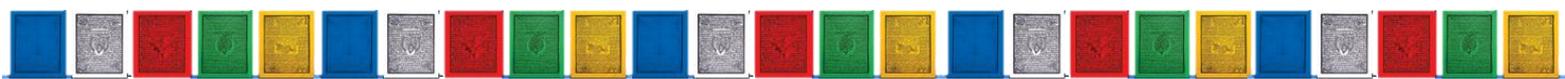
19. What is a Gurkha ?

- An Animal
- A vegetable
- A Soldier

20. In which year did the Nepalese Gurkhas first begin to serve in the British army ?

- 1715
- 1815
- 1915





21. Half of Nepal's population survive on how many dollars per person, per day ?

- \$ 1
- \$ 3
- \$ 5

22. In which year did Nepal end its system of monarchy ?

- 1968
- 1988
- 2008

23. In Nepal which body part is the most sacred part of the body ?

- The Hand
- The Foot
- The Head

24. In 2014 what calendar year was Nepal in ?

- 2071
- 2014
- 1957

25. What is the Nepali greeting ?

- "Shalom"
- "Namaste"
- "Yassou"

26. What is the description of a Yeti ?

- Abominable snowman
- Abominable Monster
- Abominable Ape

27. How many Yeti sighting have there been ?

- None
- One
- Three

28. On the 3<sup>rd</sup> March 2014, what did Nepal celebrate ?

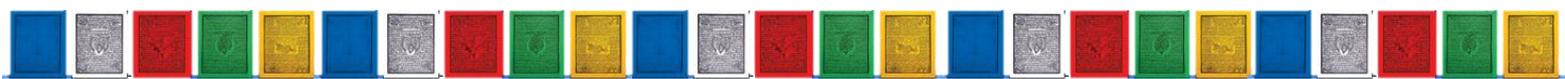
- A full year with no mountain deaths
- A full year with no earth quakes
- A full year with no poaching of endangered animals

29. What 3 animals are endangered and found in Nepal ?

- Bengal Tiger, Giant Panda & Black Panther
- Bengal Tiger, Red Panda & Snow Leopard
- Siberian tiger, Red Panda & Clouded Leopard

30. What percentage of all tourism income, does the Nepalese government give to communities near wild life reserves ?

- 50 %
  - 60 %
  - 70 %
- 



31. What is the national animal of Nepal?

Tiger

**Cow**

Monkey

32. What is the average life expectancy in Nepal ?

**59 yrs**

64 yrs

76 yrs

33. What is the average number of children a Nepalese woman will have ?

2.5 children

**2.7 children**

2.9 children

34. How much per person is spent by Nepal on healthcare every year?

\$ 118

\$ 84

**\$ 68**

35. What percentage of the world's highest mountains are found in Nepal?

**80 %**

85 %

90 %

36. On Mt Everest what is the highest point in which a mobile phone call was made, on land ?

**8,848 metres**

8,858 meters

8,868 meters

37. Apa Sherpa is a record holder for climbing Mt Everest, how many times?

8 times

17 times

**21 times**

38. What is unique about the Nepal flag to every other flag ?

Its colours

**Its shape**

Its images

39. What is the height of the world's smallest man, who lives in Nepal ?

**54.6 cm**

58.6 cm

62.6 cm

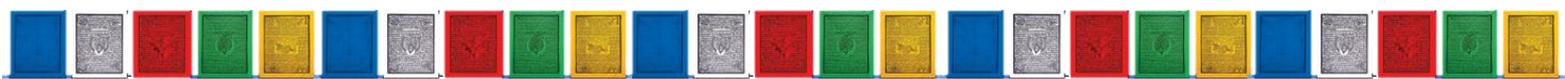
40. How many Olympic wins does Nepal hold ?

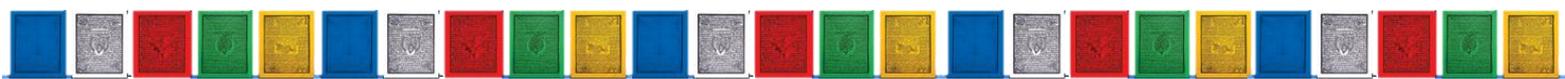
**None**

Two

Four



- 
- 
41. Nepal's Rirendra Shrestha became the world's youngest professional photographer, how old was he ?  
2 yrs old  
6 yrs old  
10 yrs old
42. The longest lasting handshake was carried out by 2 Nepalese men, how long did this last ?  
22 hrs 35 mins  
32 hrs 35 mins  
42 hrs 35 mins
43. In which year did an English team win the Elephant polo world cup, held in Nepal ?  
2005  
2008  
2011
44. Momo is a popular Nepali food, what is it ?  
A type of dumpling  
A type of pastry  
A type of Pancake
45. Nepal is the world's 1<sup>st</sup> biggest producer of which seed ?  
Mustard seed  
Pumpkin seed  
Sunflower seed
46. Nepal is the world's 3<sup>rd</sup> biggest producer of which spice?  
Saffron  
Cinnamon  
Ginger
47. What is the national dish of Nepal ?  
Dal Phat  
Dal Bhat  
Dal Dhat
48. Which children's TV show is popular in Nepal ?  
Moomin  
Telly Tubby's  
Thomas the Tank Engine
49. What is the Nepali currency?  
Nepalese Rupiah  
Nepalese Dollar  
Nepalese Rupee
50. What colours are the Nepal flag made up of?  
Red, Green & White  
Red, White & Blue  
Red, White & Orange



## Backwoods Cooking Recipes

### Dampers

- 120g self raising flour
- 1 tsp sugar
- 1 tbsp butter
- 125 - 250 ml milk
- Pinch of salt



Rub the butter and flour together until crumbly  
Mix in the salt, sugar and the milk a little at a time until it forms a dough  
Divide into two pieces and roll into a snake shape. Wind around a stick and cook over the campfire.

### Baked Apples

- Large apple
- Brown sugar
- Dried Fruit
- Silver Foil



Core the apple and fill with the sugar and dried fruit, wrap in a double layer of foil and bake in the fire embers for about 15 minutes.

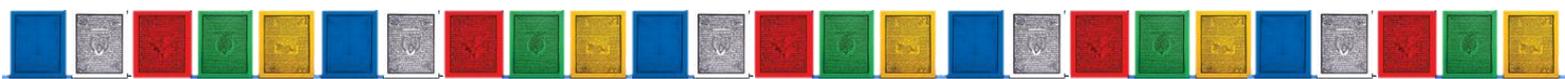
### Banana Dreamboats

- Banana (in its skin)
- Chocolate
- Marshmallows
- Silver Foil



Make a slit in the banana leaving the skin on. (Take care not to cut all the way through!)  
Fill with chocolate and marshmallows to taste and wrap in silver foil and bake in the embers of the fire for about 15 minutes.





## Chocolate cake in an orange

- Large Orange
- Cake Mix
- Chocolate buttons



Cut a "lid" off the orange and hollow it out.

Add a few chocolate buttons then fill about 2/3 with cake mix.

Replace the lid, and place in embers and bury them - the cakes should be done in 10-15 minutes.

## Savoury Recipe Ideas:

### *Pitta Pizza Pockets*

Spread the inside of a pitta bread with tomato paste and fill with cheese and your choice of fillings. Wrap in foil and bake.

### *Jacket Potatoes*

Wrap in foil, bake and fill with your choice of toppings.

### *Spitroasted Chicken*

Make a spit roast by placing two y shaped sticks in the ground each side of the fire. Thread a small chicken onto a hazel stick and pale on the y sticks. Turn the chicken regularly and ensure it is fully cooked before eating.

### *Campfire Potatoes*

Slice potatoes into rounds place on silver foil, add sliced onions a dash of Worcester sauce, butter and garlic, wrap up and bake.

### *Cowboy Dinner*

Place two slices of bacon on a sheet of foil, add a few green beans and slices of onion on top. Add some sliced potato, minced beef and more onion and finish with more green beans and bacon slices. Wrap up in the foil carefully making a 'bag' shape' and cook in the embers for 15 minutes. Turn over and cook for a further 15 minutes.

Many more recipes can be found at

<http://www.shurdington.org/Downloads/BackwoodsCooking.pdf>

## Boiling Water in a paper bag

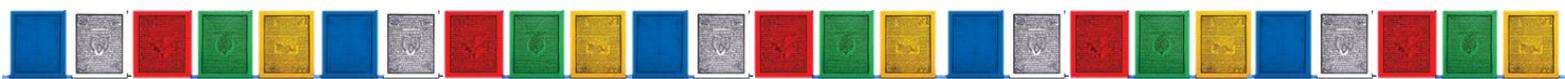
Simply take a paper bag, fill it full of water and place it near some hot coals. Only the top of the bag will burn where the water is not touching it, the rest of the bag will remain intact.





## Yeti Colouring / Collage Picture





## Monkey Puppet



Full instructions and templates can be found at

[www.instructables.com/id/easy-stitch-and-glue-monkey-hand-puppet/](http://www.instructables.com/id/easy-stitch-and-glue-monkey-hand-puppet/)



## Nepalese Drum on a Stick

This drum is designed to look and play like the damaru drum of Nepal.

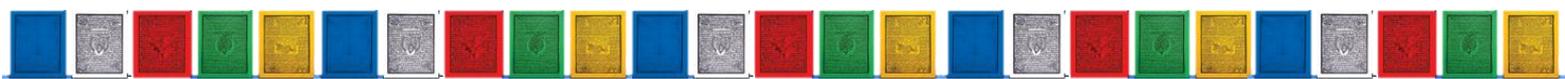


Use a small recycled plastic container with a tight lid, such as a cottage cheese tub. Remove the lid. Poke a small hole in both the centre of the lid and the centre of the bottom of the container.

Cut string that is about 3 times as long as the depth of the drum. Push string through the holes. Thread a fairly large bead onto each end of the string and tie a knot to secure the bead.

Cut two holes in the sides of the drum directly opposite each other and push a short, fairly thick dowel stick through both holes. Wrap wool or string around the dowel where it enters and exits the drum and glue down the ends.

Decorate the drum as you like.



## Make your own paper

1. Tear old used paper (feel free to mix different types) into small bits and put it into a blender.
2. Fill the blender about 2/3 full with warm water.
3. Pulse the blender until the pulp is smooth. If you are going to write on the paper, blend in 2 teaspoons of liquid starch.
4. Pour the blended mixture onto a tray or baking sheet to form a thin layer
5. Sprinkle in decorative items such as coloured thread, flower petals, etc. Shake the tray from side to side to level out your paper pulp mixture.
6. As it starts to dry lay kitchen towel on the tray, press down firmly to remove excess water and then remove the kitchen towel

Many types of paper are suitable for recycling such as

Printer paper

Sugar paper

Paper Bags

Cardboard

Magazines

Paper Towels

Newspapers

Napkins

Decorations to add into the paper can include

Flower petals

Leaves and grass

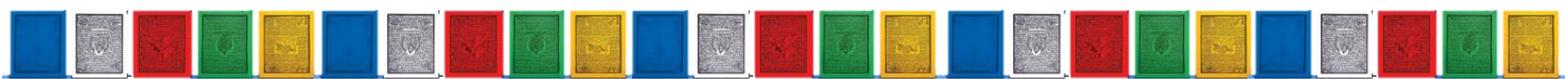
Yarn & cotton

Seeds

Foil

Food colouring





## GIRLGUIDING HAMPSHIRE WEST

### ANNAPURNA BADGE ORDER FORM

<b>UNIT NAME</b>	
<b>LEADER'S NAME</b>	
<b>EMAIL ADDRESS</b>	
<b>POSTAL ADDRESS</b>	
<b>POSTCODE</b>	

	<b>£</b>
<b>NUMBER OF BADGES @ £1.00 x</b>	
<b>ADD POSTAGE @ £1.00</b>	<b>£1.00</b>
<b>TOTAL DUE</b>	

**Please return form to:**

Annapurna Challenge, 8 Rockery Close, Dibden, Southampton SO45 5HE

Cheques should be made payable to: The Guide Association Hants West

Or email: [county\\_commissioner@girlguidinghantswest.org.uk](mailto:county_commissioner@girlguidinghantswest.org.uk)

