

# Norway in a nutshell

## Welcome to Norway (In A Nutshell!)

We are a group of local Explorer and Network members from the County of West Yorkshire and we have put this pack together because in 2020, we will be traveling to Norway to achieve our Explorer Belt. The Explorer Belt is one of the hardest Awards to get in Scouting as you have to undertake a 10-day expedition in another country with a minimum travelling time of 50 hours over the 10 days, by foot, cycle, horse, canoe, boat or dinghy.

We are taking on this challenge in Norway!

We chose Norway because it looks like the perfect place to go. Norway has amazing mountains to climb and stunning fjords (rivers) to explore so it looks like the perfect place to go to take our Explorer Belt on!

As well as this Norway has a long and interesting history including Vikings, though we don't plan on running into any of those when we are there.

As part of our trip to Norway, we will take time to learn about the culture and history through taking time to meet the people of Norway.

Hopefully this pack will give you a taste of what that will be like and as a reward for completing this pack you can purchase this badge, which can be worn on your uniform!

To order your badge visit [www.wyscouts.org.uk](http://www.wyscouts.org.uk) (bulk orders from leaders only no individuals)





# Explorer Belt

## Norwegian food

### Badges Covered:



### Timings:

30-40 minutes

### Instructions:

1. Pre heat waffle iron
  2. Beat eggs and sugar until fluffy.
  3. Pour in shortening, milk, salt, and vanilla; Mix until well blended.
  4. Sift together the flour and baking powder.
  5. Mix the flour into the liquid
  6. Spoon 2/3 cups of batter onto the preheated iron at a time. Close the iron and cook until steam is no longer coming out and waffle is browned
  7. Add toppings
  8. Enjoy!
- This activity can be tailored to suit your section, have fun get creative and we hope they taste as good as they sound!

### You will need...:

- For home-made waffles:
- Waffle Iron, Bowls, whisks, sieve
  - 2 Eggs
  - 2 tablespoons White sugar
  - 3 tablespoons Shortening
  - 1 ¾ cups of Milk
  - 1 teaspoon Salt
  - 1 teaspoon Vanilla extract
  - 1 ½ cups of Plain flour
  - 3 ½ teaspoons Baking powder
  - Squirty cream
  - Fresh fruit
  - Any other toppings of your choice

- For pre made waffles:
- Pre made waffles
  - Squirty cream
  - Fresh fruit
  - Any other toppings of your choice
- This can still count towards your international badge too!

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# Explorer Belt

## Norwegian food (2)

### Badges Covered:



### Timings:

1.5 -2 hours

### Instructions:

- Cover potatoes with water and cook until tender
- Run hot potatoes through potato ricer and place into large bowl.
- Beat butter, cream, salt and sugar in to the hot riced potatoes and leave to cool to room temp
- Stir flour into mixture
- Pull off pieces of dough and form into walnut sized balls
- Lightly flour a pastry cloth and roll out Lefse balls to 1/8 inch thickness.
- Cook on a hot griddle (200C) until bubbles form and each side has browned
- Place on damp towel to cool slightly before serving.

### You will need...:

- potato ricer, bowls, pastry cloth, griddle pan
- 10lbs of peeled potatoes
- ½ cup of butter
- 1.3 cups heavy cream
- 1 tablespoon of salt
- 1 table spoon of white sugar
- 2 ½ cups of all-purpose flour

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## Word searches

**Badges Covered:**



**Timings:**

15-20 minutes

**Instructions:**

In the resource pack there are two versions of word searches. One is for beavers and cubs, one is for the older sections to work on. Print out enough copies for the amount of young people you have and see how quickly you can find all the words!

Send us a tweet (@wysglobal) or Facebook post (Tag wysglobal) using #NIAN2020 telling us how fast you found all the words!

Are there any words you don't recognise?  
Try to find out what they are or mean!

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# Explorer Belt

## Viking Boat Regatta

### Badges Covered:



### Timings:

1 or 2 meeting nights

### Instructions:

Vikings used to sail in long boats, so why not create your own! Out of cardboard of course.

In meeting one:

- Use our resources to help your group build a Viking long boat,
- Decorate the boat using a Viking scheme to represent who you are

In meeting two (Optional)

- Take your boats to a water source, and paddle in your boat
- Have a race to see whose boat is faster
- See whose boat lasts longer

**Remember to stay safe and ensure you have a competent swimmer who can perform rescues if needed.**

If you choose not to race your boats you could have a competition to create the best-looking boat!

### You will need...:

- Ample supply of good quality card board .
- Lots of tape
- Scissors/other cutting tool such as a knife (BUT BE SAFE)
- Ideas on how to build a Viking long boat
- Coloured Pens and pencils

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## Kubb

### Badges Covered:



### Timings:

20-30 minutes

### Instructions:

There are 2 teams of 1 – 6 players per team.

#### Basic rules

- The aim of the game is to knock over all the other teams Kubb blocks and then the King.
- Team 1 will throw all their batons at the opposing Kubb blocks in attempt to knock them over, once all batons are thrown then it is Team 2's go. Batons can only be thrown underarm.

Once all the opposing teams Kubb blocks are knocked over, the throwing team can throw to knock over the King

In the resource pack you will find a beaver and cub version of the game and a scout and explorer version as well as alternative game tools if you don't have a set of kubb. And how the game should be set up to play!

### You will need...:

- 6 x Batons
- 10 x Kubb Blocks
- 1 x King
- 6 Ground Stakes
- 50m + Rope

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## Nordic Origami – Viking boat

### Badges Covered:



### Timings:

10-15 minutes to make  
10-15 minute to play games  
with

### Activity:

This simple origami can be done with all sections! Instructions for this activity can be found in the resource pack.

Once you have made your Viking boats why not decorate them?

Tweet us a picture (@wysglobal) using the #NIAN2020 of your Nordic boats!

Why not have a competition to see who's boat can last the longest in water or hold the most weight for the longest time?

Tell us your groups record via twitter or Facebook!

### You will need...:

1 piece of A4 plain paper  
¼ of a piece of A4 paper  
Pencil/kebab/icelolly stick

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## Norway Scout promise

### Badges Covered:



### Timings:

15-30 minutes

### Instructions:

As part of your international challenge badge, why not learn or run a meeting for younger sections that includes the Norwegian scout promise?

You could learn the promise in groups a line at a time and then recite the promise at the end of the section meeting

Alternatively, you could play games to make the learning more fun, for example relay races where you pair the English version with the Norwegian version. Be creative with this resource and let us know on Twitter or Facebook (@WYSGlobal) what you got up to! Better yet, send us a video of your young people reciting the scout promise in Norwegian!

The Norwegian scout promise and the English translation can be found in the NIAN Resource pack

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## The ladders game

Badges Covered:



Timings:

10-15 minutes

Instructions:

- All beavers/ cubs/ scouts should sit in two rows facing a partner with their legs outstretched so their feet touch.
  - Allocate each cub pair a word from the story that is highlighted (if there are more group then there are words highlighted create two ladders or select other relevant words from the story.)
  - Read the story aloud and every time a pair hear their allocated word they must stand up, run down the ladder over the legs of the other pairs and run back up the outside to the top before making their way back to their seat. The first person back wins
- The story can be found in the resource pack

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## Gris

### Badges Covered:



Explorer  
World  
Challenge  
Area

### Timings:

3-5 minutes per game/round play as many rounds as you like

### Instructions:

#### Rules of Gris

- Each player sits in a circle and receives 4 cards
- Each player passes one card to the left while receiving one from the right
- The objective is to get four matching cards
- Once you have four matching cards you place your thumb on the edge of the table
- When the first person puts their thumb on the edge of the table the other players race to put their thumb on the table
- The last person to do so is eliminated

### You will need...:

A deck of cards (or two if there are more players)

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## Norwegian Language Games

Badges Covered:



Timings:

Between 5-20 minutes depending on which game you choose

Instructions:

Game one

- Cut up the words in the resource pack and separate the English words from the Norwegian
- Have them in two piles and get the young people to match the English words with the Norwegian
- See who can get the most correct in 3 minutes

Game two

- Cut up the words in the resource pack and separate the English words from the Norwegian
- Have one set (For example The Norwegian set) lined on a table and the other (for example the English set) set in a pile on the other side of the table.
- Have the young people in teams of 4/5 and run a relay race
- One person goes at a time and matches one word
- The relay continues until all the words are matched up correctly.
- People can change the matches already made by a teammate to make the match correct

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## Norwegian Language games (Cont)

### Badges Covered:



\*\*\*If you develop this to use sentences/ simple phrases it can also get cub communicator badge and scout international badge\*\*\*

### Timings:

5-20 minute depending on which game you play

### Instructions:

#### Game three

- Each person holds up a Norwegian word on their forehead
- the group have to discover the word in English and then act it out/describe it to the person holding it up
- The person holding it up must guess the word in either Norwegian or English.
- 

#### Game four

- Half of the group get an English word and half of the group get a Norwegian word
- Pairs have to find their corresponding word in the opposite language
- There are two sets of phrases, one general and one Scouty

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## Norwegian cities

### Badges Covered:



### Timings:

15-30 minutes

### Instructions:

Teach your sections the main cities of Norway by playing "pin the city on the map" which is similar to "Pin the tail on the donkey"

- Have your map and cities ready to show the sections where each city is
- Blindfold on person at a time
- Each person takes a turn to try and pin the right city in the right place on the map

Vary the game by doing it in teams/relays to be the fastest and most accurate at pinning the cities..

Tweet us (@WYSGlobal) or send us a picture via facebook (WYSGlobal) of the best attempts at putting the cities in the right places!

### You will need...:

- Map of Norway (found in resource pack)
- Cut outs of each city
- Blue tack/magnet strips to stick the cities on the map
- A blindfold
- Laminating resources to laminate the map (optional)

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## Norwegian corners

Badges Covered:



Timings:

10 minutes

### Instructions:

Now that your sections know the cities of Norway, you can play Norwegian corners!

- In your meeting place choose four cities and 'label each city a corner
- Everyone should stand in the centre of the room
- When the leader shouts out a city, the young people should run to the corne/side of the room that represents that city
- The last person to get there is out
- Keep going until there is one person left, they are the winner

You can add phrases and actions that happen in the middle of the room for more advanced versions of the game.

Here are three examples

"shipsvrack" – swim around because the longboat has been shipwrecked

"Kaptein" salute because the captain is coming

"Bat" paddle because you are in a boat

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# Explorer Belt

## Offsite Nordic activities

### Badges Covered:



### Timings:

A full meeting night.

### Instructions:

A popular Nordic activity is Axe throwing! Here is a list of places you could take your older sections to experience this incredible experience, right here in the Yorkshire!

- Your local scout campsite visit [www.wyscouts.org.uk](http://www.wyscouts.org.uk) to find out where they are.
- Timber jacks in Leeds Website: <https://timberjacks.club>
- White Wool bushcraft school, Linthwaite, Huddersfield Website <https://whitewolfbuscraftschool.com>
- Hazlewood castle activity centre between Leeds and York Website [www.live-for-today.com/hazlewood-cast-leeds/](http://www.live-for-today.com/hazlewood-cast-leeds/)

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# Explorer Belt

Three station rotation craft (1) – Norwegian heart garland

Badges Covered:



Timings:

A full meeting night.

Instructions:

- Trace the heart garland template on to two pieces of different coloured card
- Cut them out with the scissors.
- Following the outline on the template cut two lines length ways, starting at the flat end of the template, leaving a one-inch gap at the top of the card. (Curved edge)
- Weave the two pieces of card together to create a heart shape
- Repeat until you have 4/5 hearts
- Cut a small strip of paper and attach one end to the front of the heart and one end to the back to create a loop, attach these using tape or glue.
- Thread ribbon/string through the loops of the hearts to create the garland.

You will need...:

- Coloured card
- Scissors
- Tape/glue
- Ribbon
- Paper
- String

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# Explorer Belt

Three station rotation craft (2) – Northern lights chalk art

Badges Covered:



Timings:

A full meeting night.

Instructions:

- Cut out two mountain shaped stencil using the spare paper or card
- Take stencil 1 and place it over the bottom half of the black card.
- Using blue chalk colour the edge of the stencil.
- Take stencil two and place this slightly above the first stencil
- Take the green chalk and colour over stencil two
- Using a piece of tissue spread the chalk upwards towards the top of the page (Don't go all the way up)
- Continue to move the second stencil up the page. Leaving an equal gap each time and colouring in each time
- Chalk colours should be; blue, green, yellow, orange, purple and red.

You will need...:

- Chalk
- Black card
- Spare card/paper to create a stencil with

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# Explorer Belt

## Three station rotation craft (3)- Norwegian flag

### Badges Covered:



### Timings:

A full meeting night.

### Instructions:

- Take a full piece of red card
- Cut out a strip of white card length ways and one width ways. Make sure both strips are 2cm in thickness.
- Stick the white strips in a cross slightly to the left hand side of the red card making a cross in the centre
- Cut out two blue strips that is slightly thinner than the white strips but the same length.
- Stick the blue card over the top of the white card.
- Stick the flag to the lollipop stick
- Wave it in the air like you just don't care!

### You will need...:

- Red card ½ or ¼ size of a4
- White card
- Blue card
- Scissors
- Lollipop stick/suitable alternative for flag pole
- glue

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## What Now?

Now that you've completed some of our Norway In a Nutshell Activities you've earned our special NIAN Badge

Badges cost £1.50 and all funds are going towards the trip for the young people who have put this resource together as a fundraising idea.

You can order your badges by following the link and filling in the form. [Buy your badges here!](#)

If a young person or leader who is going to Norway has provided or delivered this pack/meeting for you, please put their name(s) as a reference when asked and the money raised from the badges you buy will go to them specifically.

Thank you very much for using our resource pack, we hope you had fun and know a little bit more about Norway, Scouting in different cultures and have some fresh games to play with your young people!

**Use our Hashtag to  
share your Norway in  
a Nutshell Activities  
#NIAN2020**

