

Trans-Siberian Trekkers



Girl Guiding Hereford & Worcester L.O.V.E Project



Introduction

Thank you for taking part in the Trans-Siberian Trekkers Badge! By completing this badge you are supporting the development of guiding in an area of Russia called Volgograd (formerly Stalingrad) which is twinned with Girlguiding Midlands Region.

The badge is split into 4 different areas each of which must be complete to earn the badge. The activities are of differing ability so that all sections from Rainbows to Trefoil Guild can earn the badge.

Each area is named after one of the stops on the Trans-Siberian railway.


Moscow - The beginning of the Trans-Siberian railway and home of the Girl Scouts of Russia

Perm - (1,397 km 20 hours) Birth place of Girl Scouting In 1993 the founding conference of the *League of Girl Scouts of the FSR* took place in Perm.

Krasnoyarsk - 4,065 km, 2 days 11 h

Vladivostok - 9,289 km 6days 4 hours End of the Line!

Passport to stamp – cut out and stick together a passport for each Trekker!

<div>PASSPORT</div> <div></div> <div>Trans-Siberian Trekker</div> <div>.....</div>	
<div>Moscow</div> <div>The start of the railway and Capital city of Russia</div>	<div>Krasnoyarsk</div> <div>4,065km one of the main junctions of the railway it takes 2days and 11 hours to get here from Moscow</div>
<div>Perm</div> <div>1397 km along the railway and the place where Girl Scouts Russia reformed in 1993</div>	<div>Vladivostok</div> <div>9,289 km the end of the railway, it takes a total of 6 days and 4 hours to reach from Moscow</div>

Moscow – Craft

To be awarded this stamp, you must complete one of these craft projects.

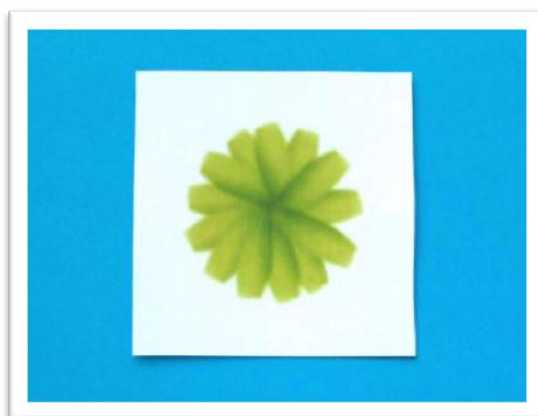
1. Origami Snow Drops
2. Matryoshka Tree Ornaments
3. Lacquerware



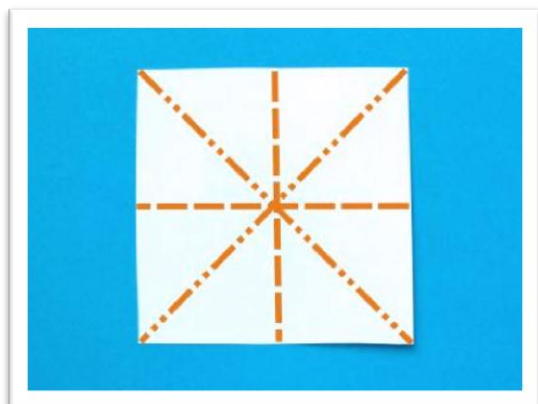


Origami Snow drops

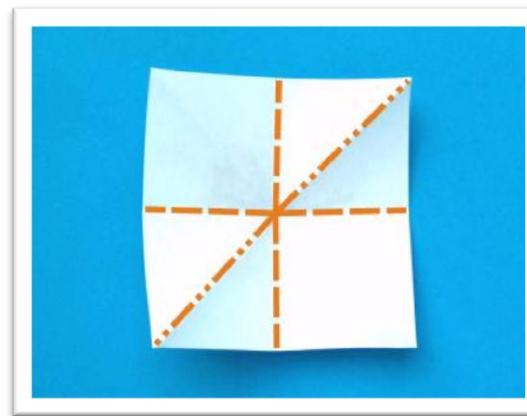
Snow drops have traditionally been used in the Russian Girl Scouts Promise badge. They symbolise the three parts of the promise, and, because they are the first flowers to appear after the winter they also represent hope.



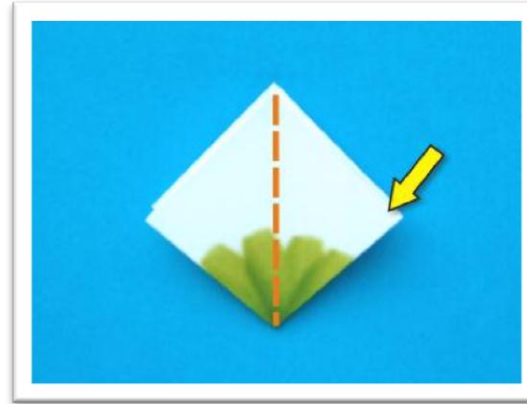
1. Colour the centre of the paper green



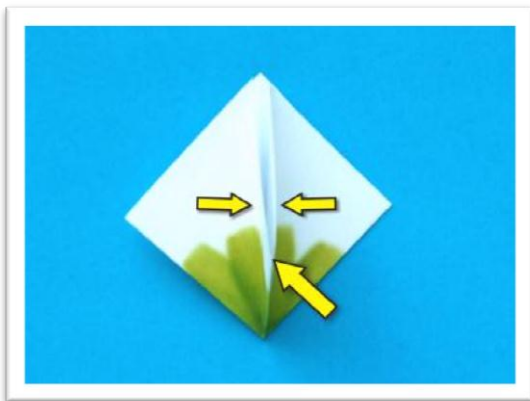
2. Make mountain and valley folds over these four lines. Unfold each fold after you have made it.



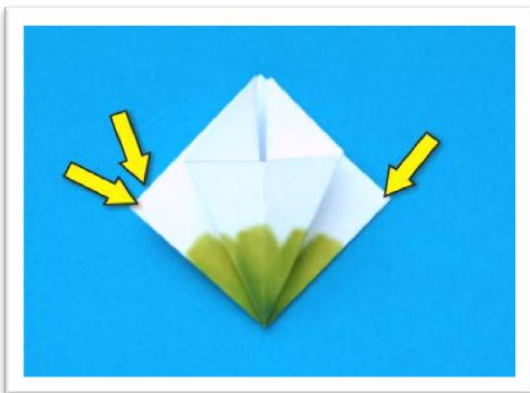
3. Make these folds from the edge of the paper to the center, not any further. First, make a valley-fold over the 2 lines below, on the right. Then, make a mountain-fold over the 2 lines in the middle. And make a valley-fold over the 2 lines on top, on the left. Now you get a basic-shape.



4. Pull the end indicated by the arrow upwards by making a valley-fold over the orange line



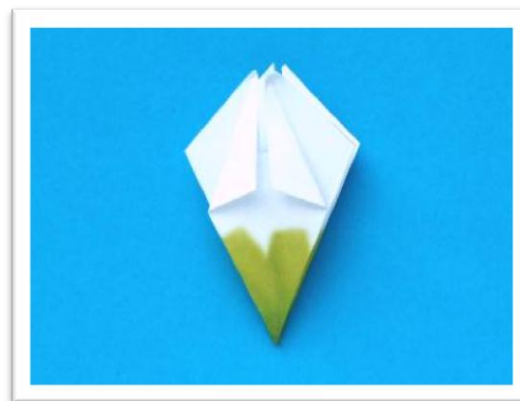
5. Hold the piece between 2 fingers, see the small arrows, and press it flat from above with your other hand. Remove your fingers to press it completely flat.



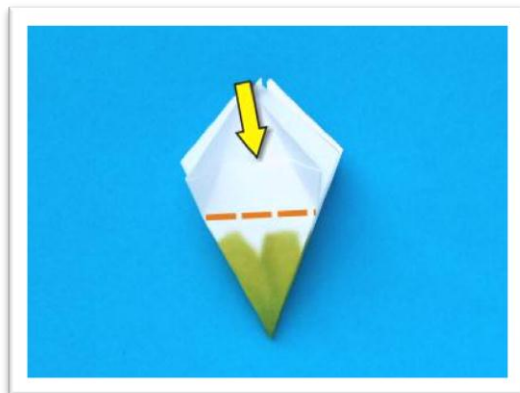
6. Repeat step 5 on the other 3 ends, see the yellow arrows



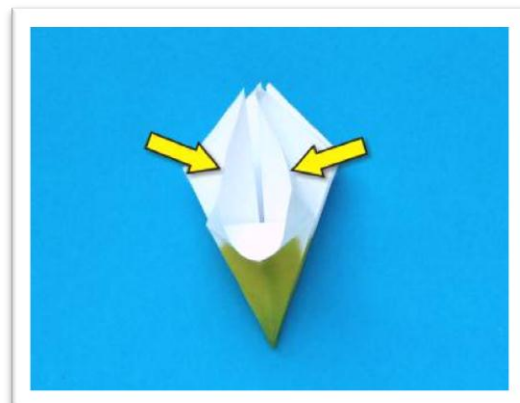
7. Make a valley-fold over these 2 lines



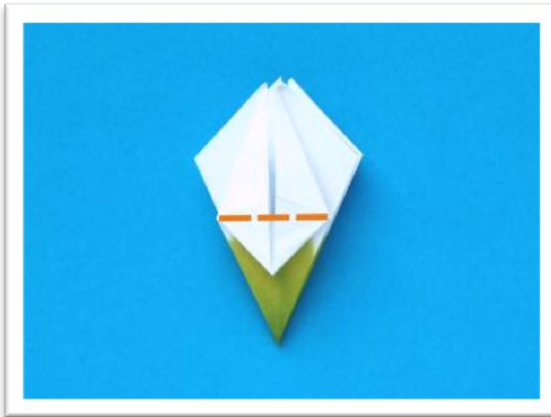
8. Unfold the folds you've made in step 7



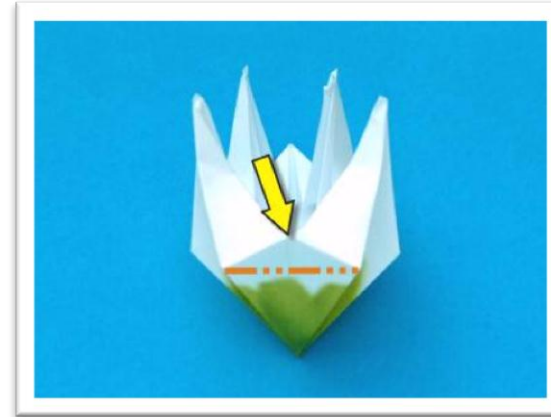
9. Pull the edge indicated by the yellow arrow downwards by making a valley-fold over the orange line.



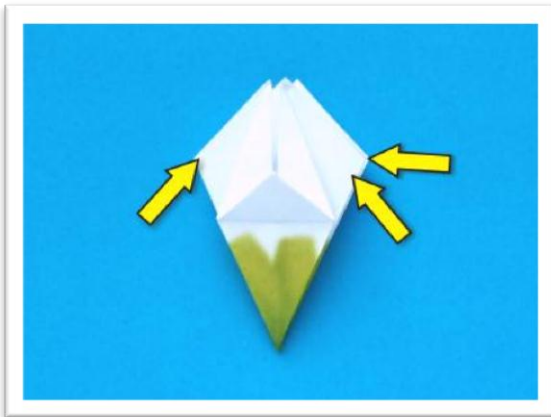
10. Press the edges that stand upwards completely flat from above, see the yellow arrows.



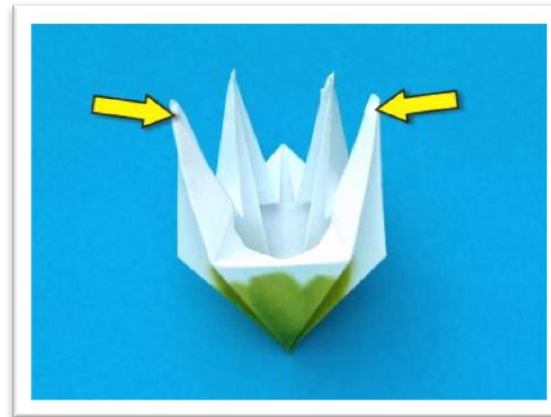
11. Fold the loose triangular piece upwards by making a valley-fold over the orange line.



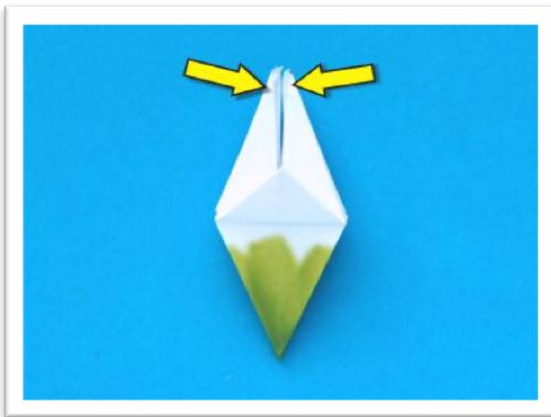
14. Push the triangular piece indicated by the yellow arrow to the inside of the model by making a mountain-fold over the orange line.



12. Repeat step 7 to 11 on the other 3 same pieces of the model



15. Close the model by pushing the 2 petals indicated by the yellow arrows towards each other.



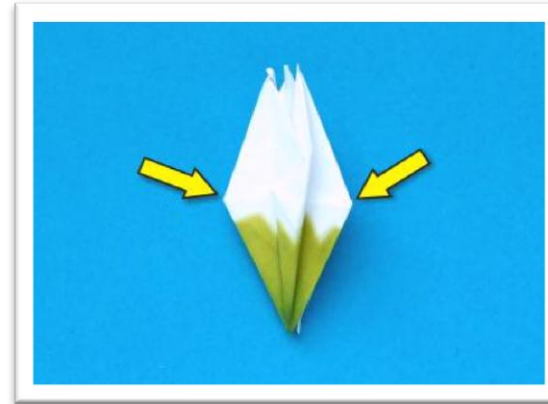
13. Open the model by pulling the 2 petals indicated by the yellow arrows outwards



16. Here the model has the same shape as it had in step 13, but now the triangular piece is folded to the inside of the model. Repeat step 13 to 15 on the 3 other same pieces of the model. Then, fold the piece on the right of the orange line to the left by making a valley-fold over this orange line (=bookfold)



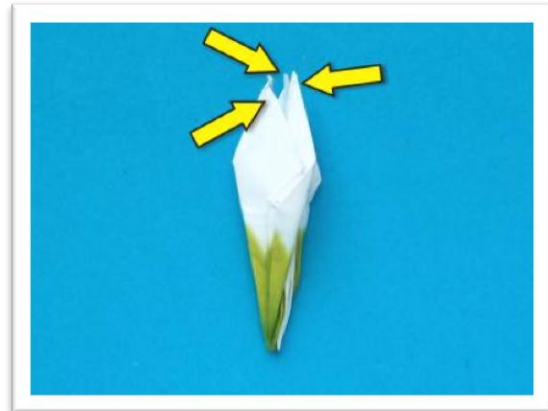
17. Fold the petal above the orange line downwards by making a valley-fold over this orange line.



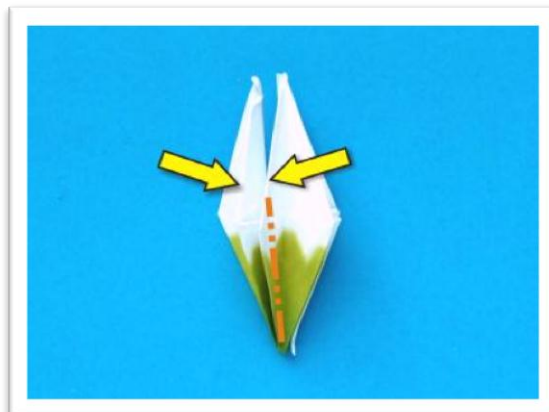
20. In the center of this picture is the result of the fold from step 19. Repeat step 19 on the 2 other same places of the model.



18. Fold 2 layers of the model on the left of the orange line to the right by making a valley-fold over this line.



21. Open the model by pulling the 3 petals outwards



19. Push the 2 layers indicated by the yellow arrows against each other. Then make a mountain-fold over both layers, see the orange line. When you've done this, both layers are locked together.



22. Hold one petal between 2 fingers and push it downwards and a little bit outwards. Do the same as above with the other 2 petals.

Matryoshka Tree Ornament

In provincial Russia, before the revolution, the name Matryona (or Matryosha) was a popular female name, originally derived from the Latin “mater” meaning “mother”. This was associated with the image of the mother of a large family, who was healthy with a portly figure. Subsequently it became a symbol of motherhood and fertility.

The technique of matryoshka making has remained unchanged and requires exceptionally high professional skills.

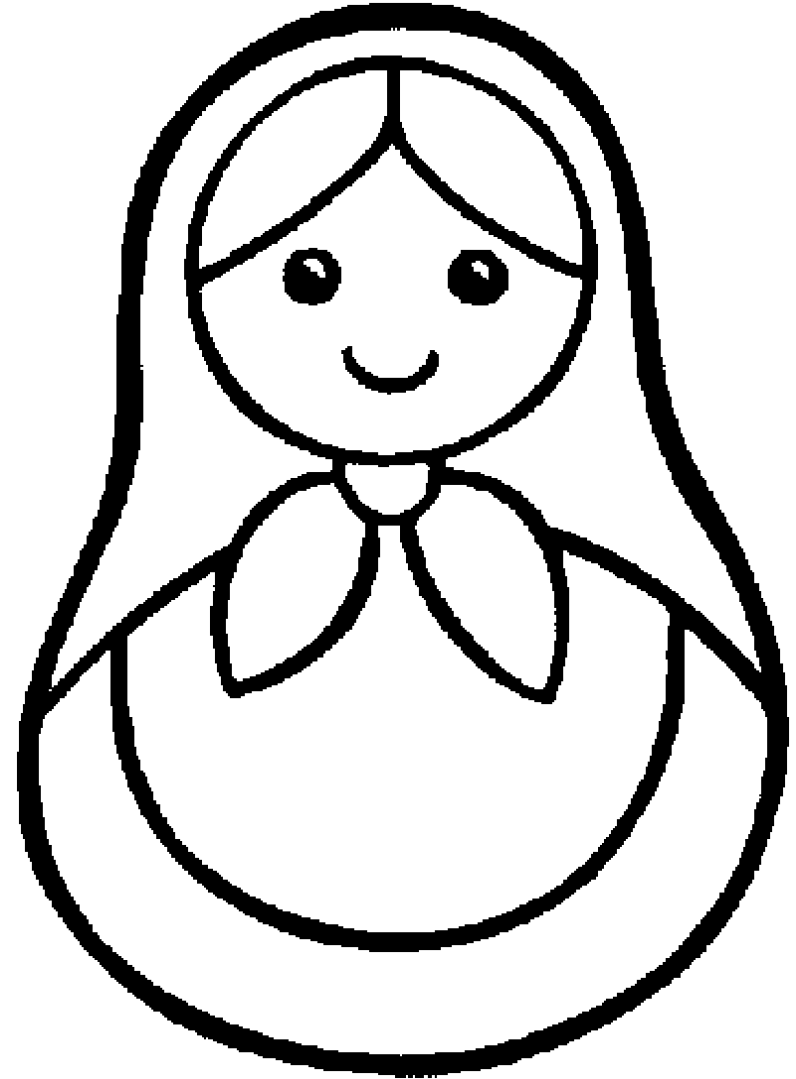
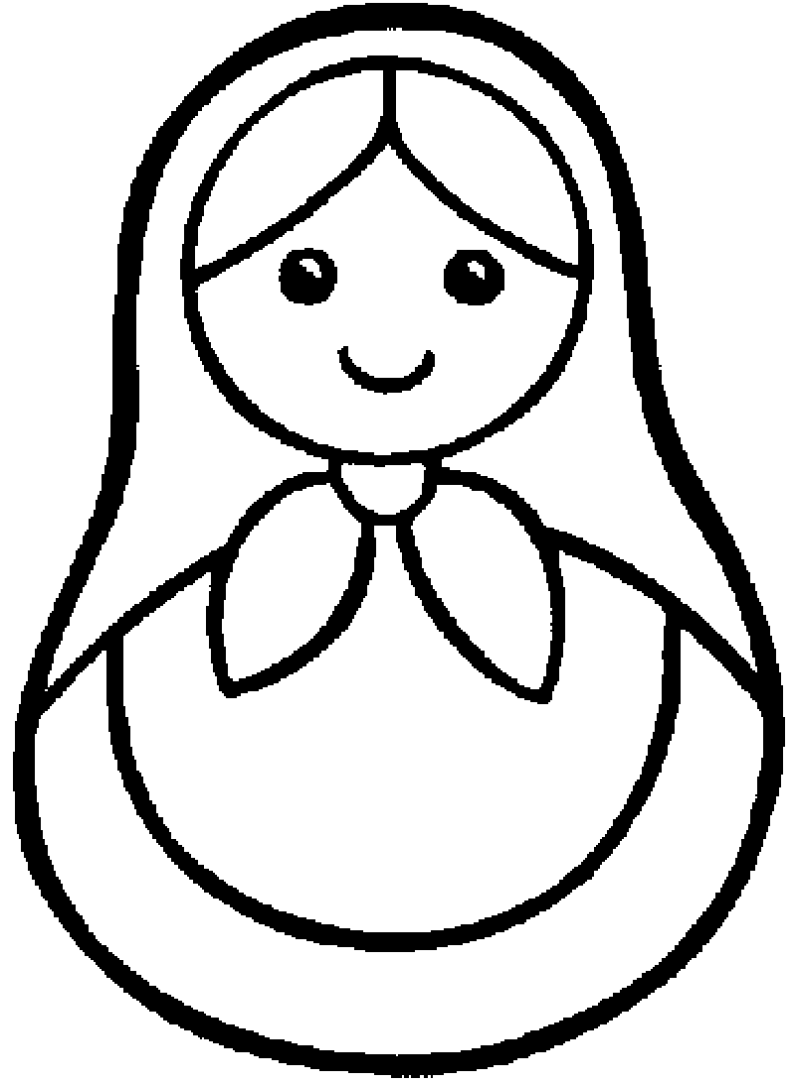
As a rule matryoshka are made from lime wood. The logs are stripped and kept in the open air for two years before use. Only an experienced master can tell when the wood is ready. They are then cut into workable pieces, with each piece being turned as many as fifteen times before the matryoshka is considered perfect and ready for painting with water-colours.

The design and colour of the “kokosnik” (headress) is one of the most important features of a matryoshka.

Follow these instructions to make your own matryoshka style tree hanging

- Cut out two dolls from the template and colour them in
- Use glitter so that they will sparkle in the lights
- Take a cotton wool ball and using a little glue stick it on the back of one of the shapes where the doll’s tummy is
- Now use a small loop of ribbon and sellotape it firmly to the top of the dolls head (on the inside) so you will be able to hang the doll on your tree
- Now stick the two dolls together carefully

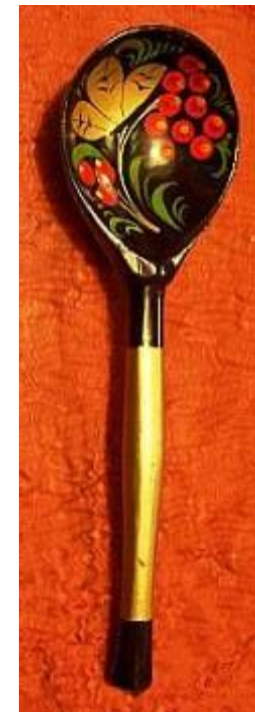




Lacquerware

Russia is famous for its beautifully decorated wooden utensils and furniture that are painted by master craftsmen. The paintings are usually of flowers, leaves and berries in rich colours.

Using ideas from the picture below create your own lacquerwear designs with acrylic paint on a wooden spoon!



Perm – Food!

All of these recipes can be adapted so that each section can take part in some or all elements. For example the biscuits can be made and decorated by older sections where as Leaders of younger sections may prefer to pre bake the biscuits and just have the girls decorate them. To earn your stamp you must complete one recipe.

- Blinis (Russian pancakes)
- Faberge egg biscuits
- Pavlova



Blinis

Ingredients

For the dough

- 112g/4oz buckwheat or spelt flour, sifted with a little salt
- 1 tsp warm milk or water
- 7g/¼oz dried yeast

For the blini mixture

- 112g/4oz plain flour, sifted with a little salt
- 3 free-range eggs, separated
- 1 tbsp melted butter
- 1 tbsp warm milk
- 142ml/5fl oz double cream

Preparation method

1. For the dough, mix the dough ingredients together in a warmed mixing bowl. Cover with a clean, damp tea towel and leave in warm place to rise for 20 minutes.
2. For the blini mixture, mix all of the blini mixture ingredients, apart from the egg whites, together in a clean bowl.
3. Add the blini mixture to the dough mixture and mix together well. Cover with a tea towel, and leave to rise in a warm place for one hour.
4. In a clean bowl, whisk the egg whites until stiff peaks form when the whisk is removed. Fold gently into the blini mixture.
5. Lightly oil a flat-bottomed non-stick pan and preheat over a medium heat.
6. Use a tablespoon or small ladle to pour small amounts of the blini mixture into the pan to form round blinis of 5cm-7cm/2in-3in diameter. Turn the blinis after 45-60 seconds and cook for a further 30-40 seconds, or until golden-brown all over. Remove and transfer to a cooling rack. Repeat until all the mixture is used up. These can be cooked in advance and then frozen



Faberge Egg Biscuits

Russia is famous for its beautifully decorated eggs made by the House of Faberge. Some of the largest and most valuable ones were made for the Kings (Tsars) and Queens (Tsarina's) of Russia. Faberge Eggs are decorated with lots of jewels, bright coloured enamels, gold and silver. Some have hidden gifts inside and as some are music boxes! Why not make your own edible Faberge Egg Biscuits?

Recipe

100g Caster sugar

200g Butter/Margarine

300g Plain Flour

Icing & decorations as desired

Method :

1. Pre heat the oven to as mark 5/180°C
2. Cream together the sugar and butter
3. Slowly mix in the flour to form a ball
4. Roll out the ball to 1cm thick
5. Cut out egg shaped biscuits
6. Bake in the oven for 12 minutes or until golden brown

Once the biscuits have cooled use icing and sweets as jewels to decorate your eggs!



Pavlova

The Pavlova was created in honour of the famous Russian ballet dancer Anna Pavlova after her tour of Australia and New Zealand in 1926. Depending on how much time you have you can use shop bought meringues or you can make your own using this recipe.

Meringue

- 8 large egg whites (at room temperature)
- pinch of salt
- 350g/12oz caster sugar
- 2 tsps/10g cornflour
- pinch of cream of tartar
- 1 tsp/5ml white wine vinegar
- 4 drops vanilla essence
- 300ml/½ pint double cream, firmly whipped
- selection of prepared tropical fruit e.g. mango, pineapple, passion fruit.



Preparation method

1. Preheat the oven to 180C/350F/Gas4. Line a baking tray with greaseproof paper. Draw a 10cm circles on the paper.
2. Whisk the egg whites with half the sugar and the salt in a clean bowl until soft peaks form. Continue beating while adding the remaining sugar until stiff and shiny. Sprinkle over the cornflour, cream of tartar, vinegar and vanilla essence and fold in gently with a metal spoon.
3. Mould the egg white mix onto the paper within the circle. Flatten the top and smooth the sides. Place in the oven and immediately reduce the heat to 150C/300F/Gas 2 and cook for 1¼ hours.

Whip up some double cream and cover the top of the Meringue with it then decorate with fresh fruit.

Krasnoyarsk - Activities

These activities are designed for a range of ages and abilities, to earn the stamp Rainbows and Brownies should complete two activities, Guides should do three. Senior Section and Trefoil Guild should complete four.

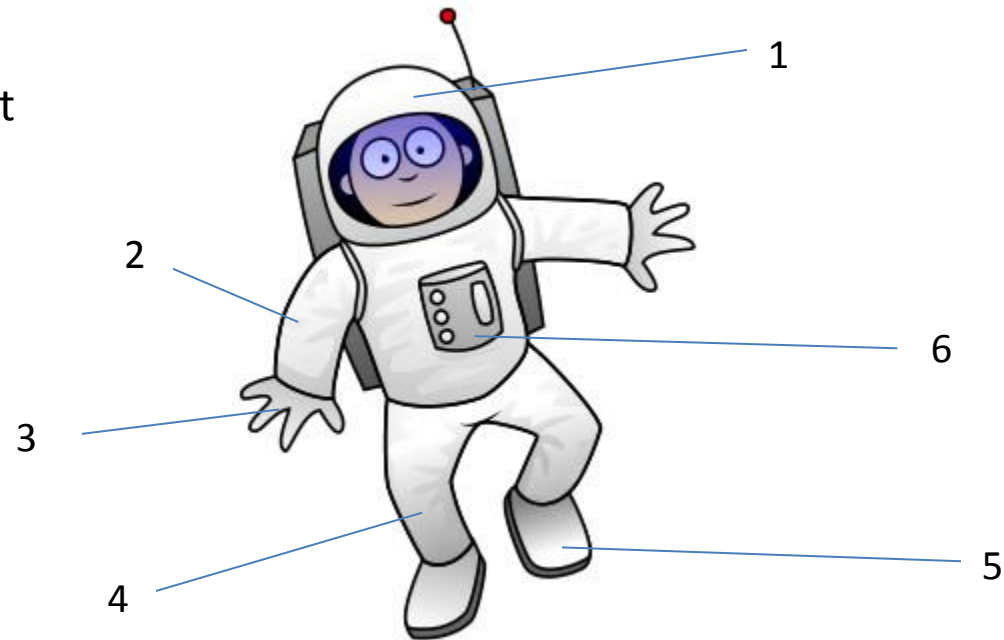
- Cosmonaut Drive
- Not so different!
- Time zones
- Word Search
- Flags of the World



Cosmonaut Drive

Ever heard of a beetle drive? Well this is a similar game only using a cosmonaut (astronaut) instead of a beetle!

Here is Rasul the Cosmonaut



This game is played in small groups, each player takes a turn to roll a dice, look at the diagram above, each body part is given a number. You will need to throw a six to be able to start, this earns you his body. Then you continue to go around the group and earn the rest of his body parts depending on what numbers you roll. The winner is the first person to make a whole Cosmonaut. (Remember you will need two legs, feet, arms and hands!)

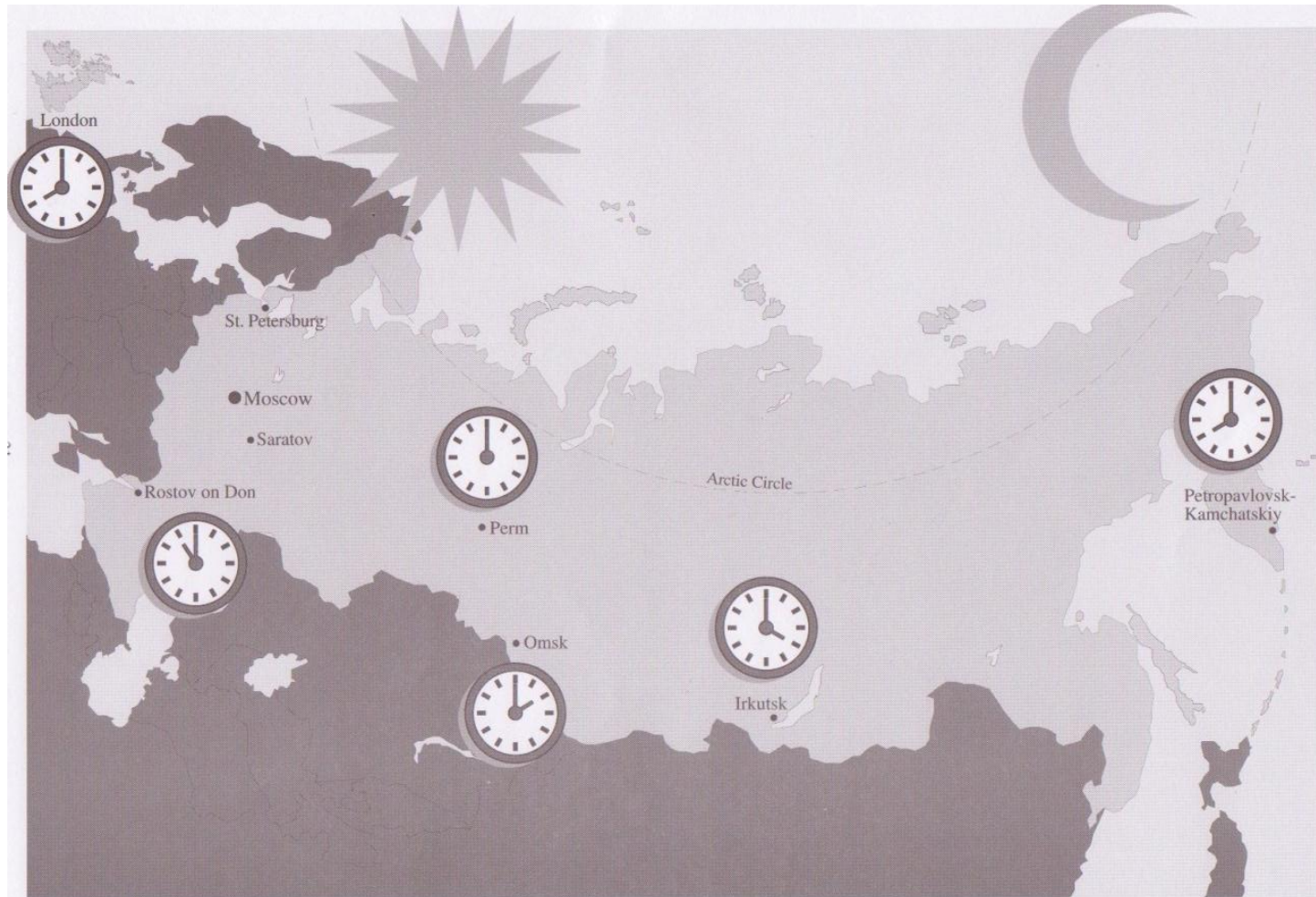
Not so different!

Many games that are played in Russia by Russian children are very similar to the games we play in the UK! Why not try these Russian games and see whether you can work out their name in English.

- Wizards (Stick in the Mud)
- Broken Telephone (Chinese Whispers)
- Fipe (Hide and Seek)



Time Zones





Time zones across Russia

The world is divided into different time zones. Russia is such a vast country that, on our journey through Russia, we pass through many different time zones.

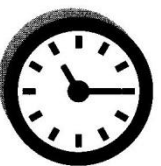
When we wake up in Great Britain, Russians have been awake for many hours.

The sun rises over Petropavlosk-Kamchatskiy 12 hours before we see it in Britain.

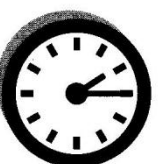
When you are having your breakfast at 8 a.m. in Britain, children in Moscow, Rostov and St. Petersburg will be having playtime at school, as it is 11 a.m. In Perm and Saratov, children will be eating dinner as it is 12 noon. In Omsk, children will be busy at school as it is 2 p.m. in the afternoon. In Irkutsk, children will be leaving school as it is 4 p.m. In Petropavlosk-Kamchatskiy, children will be in or getting ready for bed as it is 8 p.m.

When you are at Rainbows, Brownies or Guides, children in Russia are already asleep and in Petropavlosk-Kamchatskiy the sun may just be dawning on a new day.

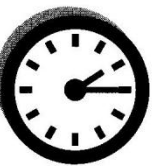
What would you be doing now if YOU were in



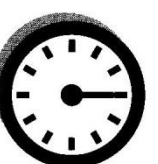
London (a.m.)



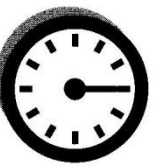
St. Petersburg (a.m.)



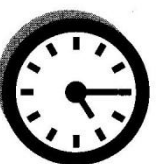
Moscow and Rostov (a.m.)



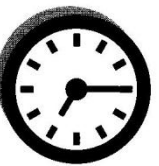
Saratov (noon)



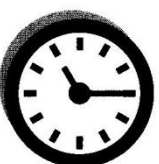
Perm (p.m.)



Omsk (p.m.)



Irkutsk (p.m.)



Petropavlosk-Kamchatskiy (p.m.)

Word search

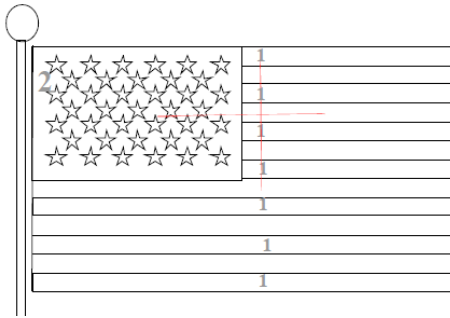
There are 20 Russian words hidden in the grid. Can you find out what the words mean in English?

ф	и	з	к	у	л	ь	т	у	р	а	к	т	я
р	у	у	и	к	б	и	о	л	о	г	и	я	о
а	н	г	л	и	й	с	к	и	й	я	з	ы	к
н	и	п	а	т	г	п	и	н	э	о	х	и	е
ц	в	р	т	а	е	а	н	ф	и	з	и	к	а
у	е	о	и	й	о	н	с	о	с	м	м	з	и
з	р	ф	н	с	г	с	т	р	т	у	и	з	з
с	с	е	с	к	р	к	и	м	о	з	я	и	а
к	и	с	к	и	а	и	т	а	р	ы	и	г	л
и	т	с	и	й	ф	й	у	т	и	к	б	р	г
й	е	о	й	я	и	я	т	и	я	а	б	г	е
я	т	р	я	з	я	з	т	к	и	ф	г	т	б
з	б	б	з	ы	т	ы	т	а	т	е	а	т	р
ы	м	ф	ы	к	э	к	о	н	о	м	и	к	а
к	к	к	к	п	с	и	х	о	л	о	г	и	я

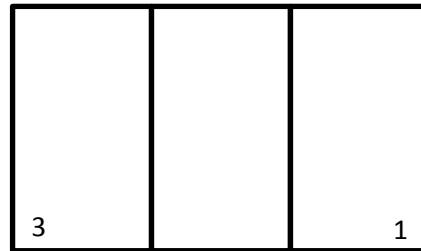
алгебра	Английский язык	биология
география	институт	информатика
Испанский язык	история	Китайский язык
латинский язык	музыка	профессор
психология	театр	университет
физика	физкультура	Французский язык
химия	экономика	

Flags of the World

Try to work out which flag belongs to which country, the name of each country is written in Russian underneath each flag.
Use the colour chart to colour in the flags:

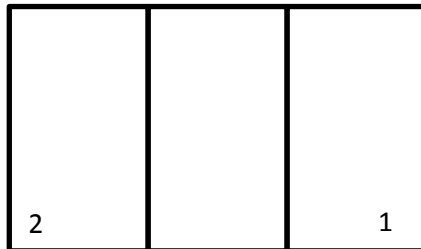


Америка

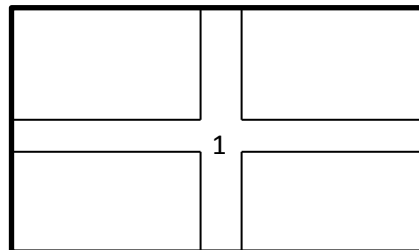


Италия

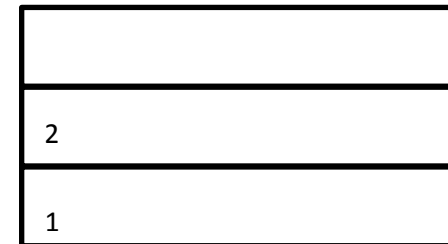
1 красный, RED
2 синий, BLUE
3 зелёный, GREEN



Франция



Англия



Россия



Vladivostok end of the Line!

Storytelling

Russia has a long history of storytelling passing tales on from one generation to the next. On the next page you will find the Turnip Story. Depending on your section complete the following tasks to earn your stamp.

Rainbows – Listen to the story with your leaders and draw a picture of what you think all the people (and animals) looked like pulling up the turnip!

Brownies – Read the story in your six and act it out. Make up a poster of your favourite fairy tale.

Guides, Senior Section & Trefoil Guild – research other Russian fairy tales and act one out for the rest of your unit/group.

THE TURNIP

AN OLD MAN planted a turnip. The turnip grew to be enormous. The old man started to pull the turnip out of the ground. He pulled and pulled, but couldn't pull it out. So he called over the old woman.

The old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled, but couldn't pull it out. So the old woman called over the granddaughter.

The granddaughter took hold of the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled, but couldn't pull it out. So the granddaughter called over the dog.

The dog took hold of the granddaughter, the granddaughter took hold of the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled, but couldn't pull it out. So the dog called over the cat.

The cat took hold of the dog, the dog took hold of the granddaughter, the granddaughter took hold of the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled, but couldn't pull it out. So the cat called over the mouse .

The mouse took hold of the cat, the cat took hold of the dog, the dog took hold of the granddaughter, the granddaughter took hold of the old woman, the old woman took hold of the old man, the old man took hold of the turnip, they pulled and pulled--and finally--out came the turnip!



Trans-Siberian Trekkers Badge Order Form

Please supply _____(Qty) of the “Trans-Siberian Trekkers” Badges @ £1.25 each
A cheque payable to “L.O.V.E Project” for £____ is enclosed

Also, note that all prices include postage and packing. Minimum order 5 badges.

DELIVERY ADDRESS:

Name: _____

Unit: _____

Address: _____

Post Code _____

Email _____

Please post your order to: Karen Martens 11C Nuffield Close, Worcester, WR2 6JN