

# Scout and Guide Fellowship UK Commonwealth Together Challenge



The Scout and Guide Fellowship UK, together with the Baden Powell Guild UK, are members of the International Scout and Guide Fellowship.

Many countries have Adult Scout and Guide Fellowships or Guilds which are members of the International Scout and Guide Fellowship. Groups from some of the Commonwealth countries have come together to create this Challenge to celebrate the diversity and friendship that defines the Commonwealth family of nations.

In the Together Challenge you'll find lots of activities that adults and young members of Scouting and Guiding enjoy in the countries of the Commonwealth, and challenges that you can do to learn about some of many countries that make up the Commonwealth today. Lots of the challenges can be done together in groups, so you can get your friends involved too.

By doing the Commonwealth Together Challenge and buying the badge you will also be helping people in other Commonwealth countries - profits from the sale of the badges will go towards projects in countries such as Kenya, Uganda, Sri Lanka and India.

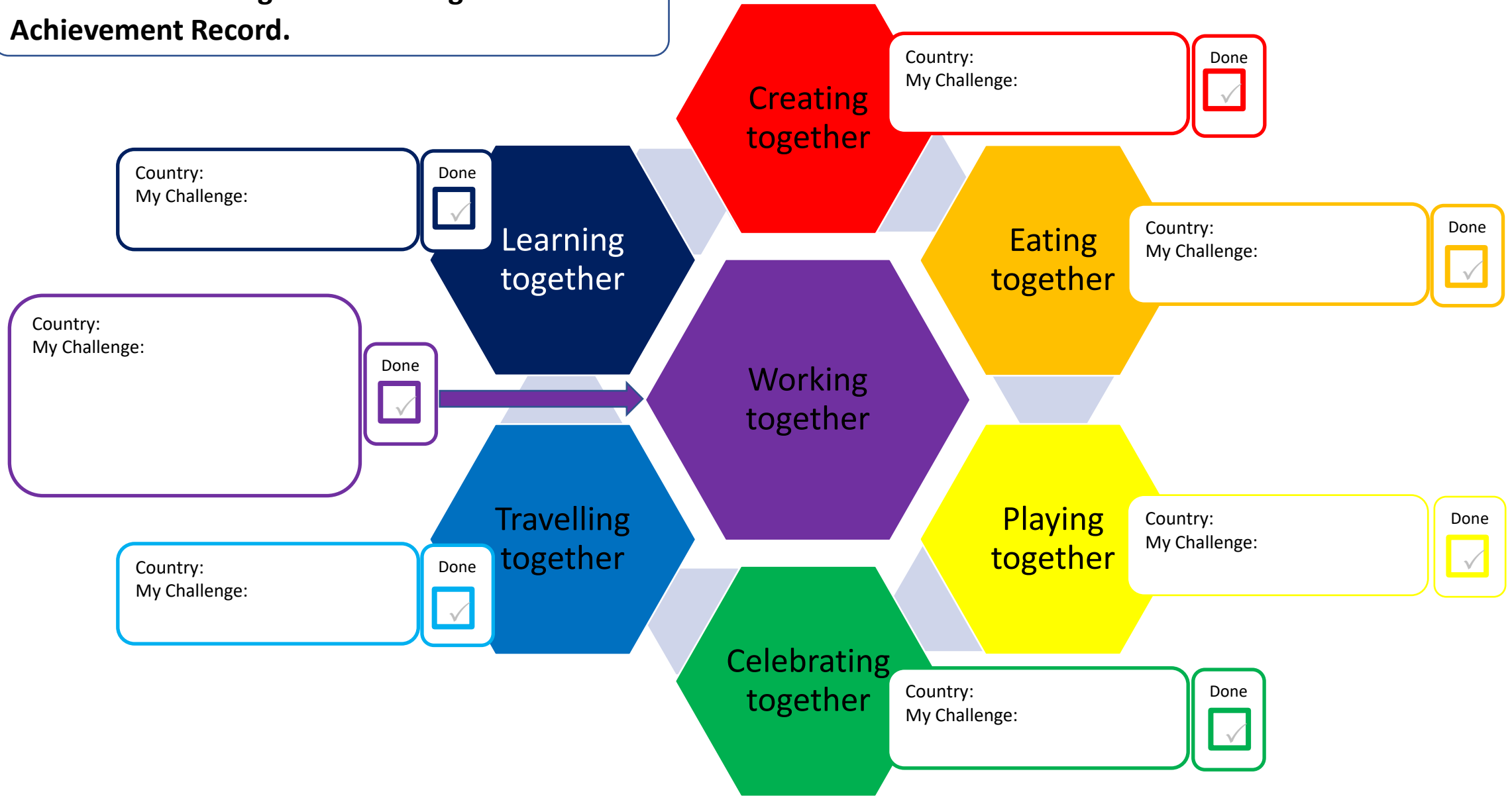
There are seven sections in the Together Challenge. Give yourself (and your friends) a target to do at least one activity from each of the first six sections, and make sure your choices cover a range of countries. You can amend the suggested Challenges to suit your group or add your own ideas to them.

The seventh Challenge, Working Together, is for you to set for yourself. The aim is to do something that will make a difference, either locally or on a wider scale. You can use the ideas from the other sections, or make it something you are passionate about. As long as you learn something new, work together on something and enjoy the challenge, just go for it! When you have chosen your first 6 activities, contact us at [challengebadges@sagf.org.uk](mailto:challengebadges@sagf.org.uk) to share your Working Together Challenge plans and buy the badge(s) for yourself or your group.



You can print off the next page to record your chosen Challenges, and tick them off as you complete them.

# Commonwealth Together Challenge Achievement Record.



# Creating together

Whether it is for making essential everyday objects, for displaying a sense of shared cultural identity, decorating your surroundings, or simply a way to relax and use your leisure time, creativity has always been an important aspect of our lives.

Have a go at some of these traditional or popular crafts from around the Commonwealth. Can you share the ones you enjoy by teaching a group your new found skills?

## UK – Narrow Boat Ware



Narrow Boat “Roses and Castles” ware is a painting style that developed in the 1850s on the canal boats of UK’s industrial Midlands. Used on domestic articles and the sides of the barges, there were also fiercely contested competitions for the best decorated boat! Roses are traditional, but daisies and marigolds are great too!

- ❖ You can use enamel paints on a metal container, or acrylic paints on a tile or plate. Terracotta plant pots would look great on a windowsill, use an undercoat of emulsion to prevent the paint from sinking in.
- ❖ The background is usually black paint, but dark green, dark red and royal blue were popular too.
- ❖ Keep the colours bright and the designs simple. Your castle can be truly out of a Fairy Tale! Have a look on YouTube for inspiring tutorial videos.



## Nigeria – Tie Dyeing

Kofar Mata Dye Pit in Kano was established in 1498 and is Africa’s oldest. It continues to preserve the traditional tie and dye production process used in northern Nigeria. Methods and skills used are ancient, and handed down from generation to generation. Only 3 natural ingredients are used to make the dye solution; Indigo plant twigs, ash from burnt firewood and potash.

- ❖ Make your own tie dye masterpiece - a cotton wrap or scarf for the summer, or a t-shirt to show off your skills.



## Ghana – Adinkra Cloth

Adinkra are symbols from Ghana that represent concepts or proverbs. Adinkra are used extensively in fabrics, logos and pottery. They are incorporated into walls and also carved on stools for domestic and ritual use. Adinkra cloths were traditionally only worn by royalty and spiritual leaders for very special occasions.

For fabric stamping, the Adinkra are carved into the curved bases of calabash gourds.

The oldest known surviving Adinkra cloth was made in 1817. It features fifteen stamped symbols, including nsroma (stars), dono ntoasuo (double Dono drums), and diamonds. It has resided in the British Museum since it was donated in 1818.

- ❖ Research the meaning behind the Adinkra symbols, or make new designs that represent important aspects of your own life and culture.
- ❖ Recreate this decoration style by cutting the shapes out of funky foam, and sticking the shapes to wooden blocks or multiple layers of funky foam to make your own stamps.
- ❖ Use a brown or black dye-based ink pad to transfer your designs onto fabric or cotton bags, or create your own personalised wall hangings.

## Creating together

### Kenya – Maasai Beadwork

Bead jewellery has been an important part of Maasai culture for many years, representing status and wealth. It is duty for Maasai women to learn the craft, and they set aside time every day to meet and work on colourful beaded jewellery such as necklaces, bracelets, and pendants. Although made exclusively by the women, it is worn by both women and men. It has become an important source of income for the women.

- ❖ Thread glass seed beads onto several nylon threads, then either plait the strands, or stitch them side by side on a felt or leather backing to make a friendship/cuff bracelet (sew on a press-stud fastener). Thread the beads on memory wire as an easy alternative for a bracelet.
- ❖ Or you can thread one long strand, and wrap it around a wooden bangle, keeping the coils close together. Keep count of how many beads of each colour you need to make your chosen pattern.
- ❖ The colours have traditional meanings, so build in your wishes for your friends, or make it a message to the world -
  - Red - stands for bravery, unity
  - White - represents peace, purity, and health
  - Blue - represents energy and the sky
  - Orange/yellow - symbolizes hospitality
  - Green - symbolizes health and land
  - Black - represents the people



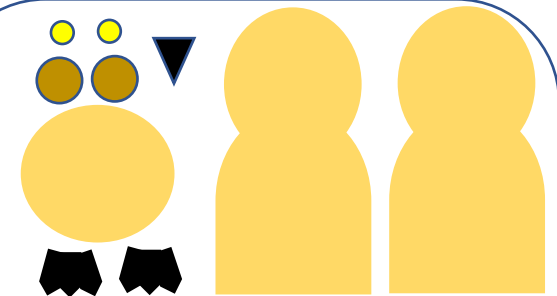
### Canada - Ookpik

An Ookpik is a popular Inuit handicraft toy from Canada. He is a small, fluffy baby owl with large head and big eyes, a beak, and small black talons. They are often made from wolf fur, sealskin and other traditional materials and are usually about 8 inches tall.

Ookpik is the Inuktitut word for snowy owl. The original Ookpik was created in the early 1960s to represent Canada at an international trade fair, and became an immensely popular symbol of Canada.

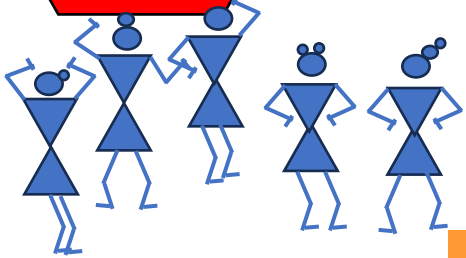
Many Canadians and Americans fondly remember owning an Ookpik. Several children's books have been written about Ookpik's adventures, and he even has a waltz named after him (or her!).

- ❖ Make your own Ookpik – felt is great for smaller toys. Get a group involved, you could turn him into a key ring as a fundraiser.
- ❖ Try fur-fabric for a bigger toy or hand-puppet by scaling up the pattern and using safety eyes on top of a felt disc for that wide-eyed look.



- ✓ Sew/attach the eyes and beak to the face area on the right side of one of the body pieces.
- ✓ Right sides inwards, stitch the two body parts together, leaving the bottom open. Turn the right way out. (You can back-stitch or Blanket-stitch small felt Ookpiks right-side out)
- ✓ Stuff the body. Stitch on the bottom disc, stitching in the feet at the front as you go.

Creating together



### India – Warli Painting



Warli painting from Maharashtra, India, is one of the oldest styles of Indian folk art that has persisted for thousands of years. Warli paintings are mainly created by Tribal people from North Sahyabadi Range, near Mumbai in India.

Many Warli paintings depict the Tarpa (a kind of trumpet) dance as a central component, or the triangular-shaped people are illustrated doing a range of daily activities.

- ❖ Draw your own scene in the Warli style – how about illustrating a family event?
- ❖ Share this style with a group of young people - could you join everyone's pictures to form a Scout or Guide camp collage?

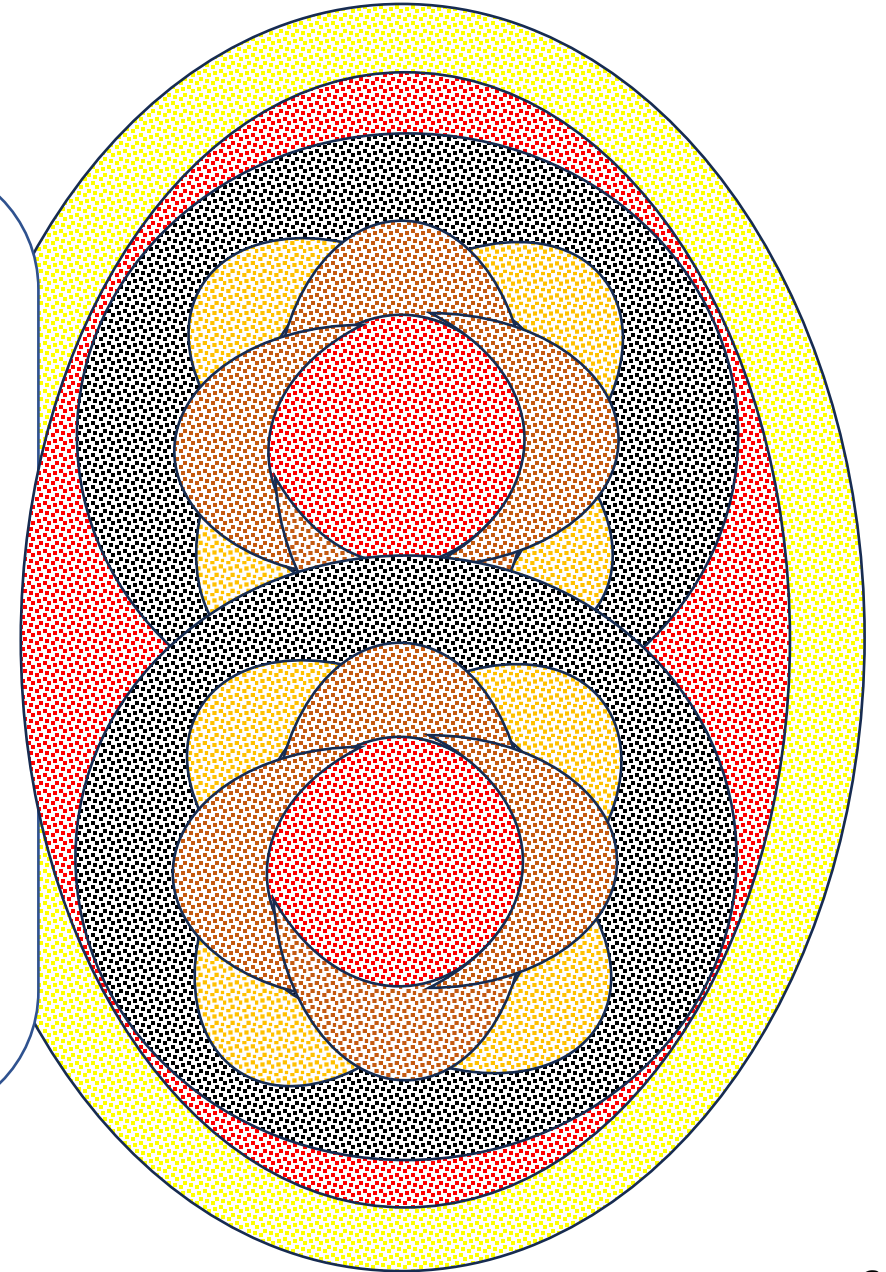


### Australia – Dot Painting

Dot painting is one of several decorative arts used by the indigenous peoples of Australia to share their cultural stories and ritual celebrations across the generations. The oldest examples of rock art are estimated to be around 40,000 years old.

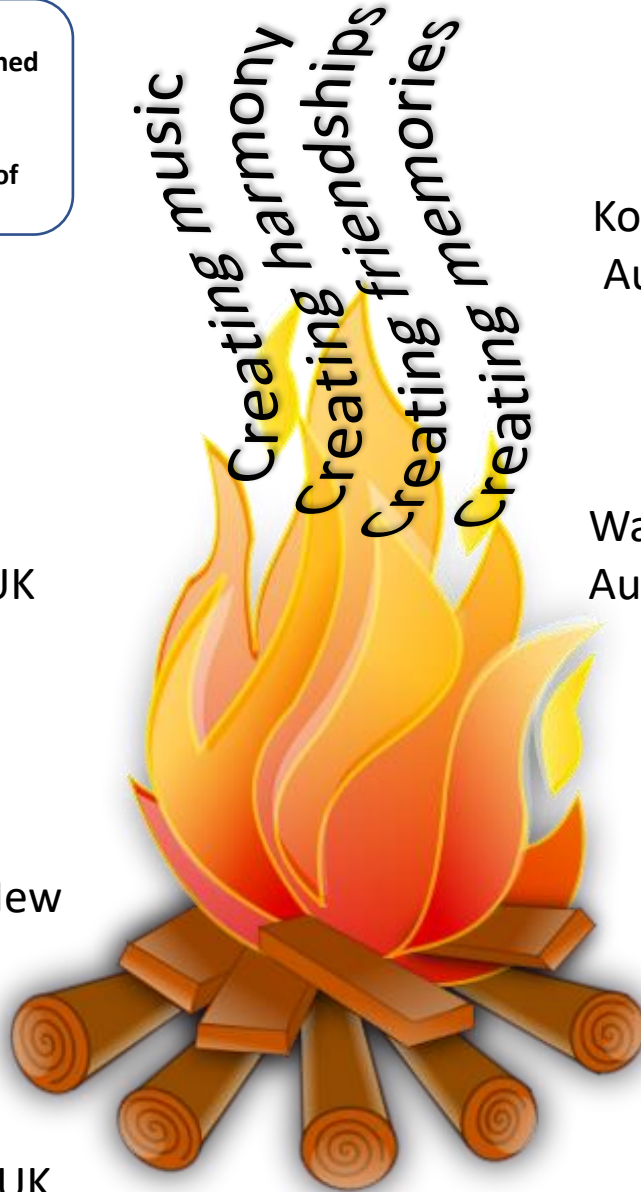
Dot paintings are usually done in traditional Aboriginal colours, and are based on the natural pigments found in the Western Desert. Colours like yellow (representing the sun), brown (the soil), red (desert sand), white (the clouds and the sky) and black are often used.

- ❖ Create your own dot painting – use the handle end of a paintbrush, or a cotton bud with acrylic paints to make the dots.
- ❖ Kangaroos, lizards and boomerangs are popular motifs, or create a pattern based on concentric circles and lines.



Creating together

Who doesn't love a good campfire, singing the familiar songs that we learned as Scouts and Guides? Many of our favourites have come to us from Commonwealth countries, how many of these do you remember?



No Man is an Island - Canada  
Smile - UK

Tall Trees That Reach The Sky - Canada  
Say When - UK

Green Grow the Rushes Ho - UK

Mango Walk - Jamaica  
Pokare Kare - New Zealand

Go Well and Safely - South Africa  
Campfire's Burning - UK

This Little Guiding Light - Canada

Kookaburra - Australia

Waltzing Matilda - Australia

Linstead Market - Jamaica

Walk in the Light - Zambia

Land of the Silver Birch - Canada

Wimbaway - South Africa

Alouette - Canada

Get together and have a singing session, see how far around the world you can travel in song. Can you organise something for a youth group, and introduce them to the rich heritage of Scout and Guide songs? Take it further and try some camp cooking, and teach them how to enjoy a campfire safely.

# Eating together

Food brings people together when shared with family and friends. Treat them to some of these traditional or popular recipes from around the Commonwealth. What special family recipe would you share with others - can you get together with friends to create a "Favourites From..." recipe book?

## Ghana – Jollof Rice



Celebrations in homes in Ghana cannot happen without the presence of Jollof rice.

### Ingredients

4 tbsp canola or vegetable oil -  
14.5 oz canned tomatoes\_unsalted - 2 red bell peppers - 6 oz canned tomato paste  
3 large whole red onion - 1 cup chopped red onion - 4 Habanero peppers (based on how much spice you like) - 4 1/2 cups Long Grain parboiled rice - 2 cups chicken stock - 1 stock cube - 1 tbsp salt - 1/2 tsp cayenne pepper and black pepper - 1/2 tsp white pepper - 3 single bay leaves - 1/2 tsp curry powder - 1/2 tsp garlic/onion powder - 1/2 tsp thyme - 1/4 tsp ginger

### Instructions – serves 4

- Blend tomatoes, red bell peppers, habanero peppers, large red onions until consistency is smooth and set aside
- Wash the rice thoroughly to rid off starch and set aside.
- heat oil in a pan
- Fry the chopped onions for about 5 mins
- Pour in tomato paste and allow to fry for about 10-15 minutes
- Add in the blended mixture, stock cube pepper and spices and fry for 30 minutes, stirring to avoid burning.
- Add chicken stock and salt and cook for 10 mins more, then add in washed rice and a bit of water (if necessary), and reduce heat to low.
- Cover pot and cook rice on low heat for 40 mins, stirring to mix thoroughly
- To get the party Jollof flavour, turn up the heat and let the rice partly burn for about 3 mins. Stir well and enjoy.

## UK – Shrewsbury Biscuits

Shrewsbury biscuits are a classic biscuit with a gentle lemony flavour. They're an easy bake making them perfect for kids and beginner bakers to try (makes 24).



### INGREDIENTS

- 100 g (½ cup) butter
- 75 g (⅓ cup) caster sugar
- 1 egg
- 200 g (1 ¼ cups) plain /all-purpose flour
- grated rind of 1 lemon
- 50 g (¼ cup) currants
- 1-2 tbsp milk
- caster sugar for sprinkling

### INSTRUCTIONS

Pre-heat the oven to 200C / 180C Fan / 390F and line 2 baking trays with baking or parchment paper.

Add the sugar to a large mixing bowl; chop the butter it into small pieces to make it easier to mix in. Cream the butter and sugar together until it is light and fluffy.

Separate the egg yolk and egg white. Set the egg white aside for later and add the egg yolk to your mixing bowl. Mix it in.

Using a zester or the small side of a grater, grate the zest from the lemon. Tip the flour and lemon zest into your bowl. Gently stir in the currants.

Tip your biscuit dough out onto a lightly floured work surface. Knead it gently with your hands so it all comes together in a ball.

Roll the dough out until it is about 5mm or ¼ inches thick. Using a 6cm (2 ½ inch) round or fluted cutter cut out the biscuits and pop them on your prepared baking trays.

Bring together the scraps of dough back into a ball and roll it out again.

Bake the biscuits in the oven for 8 – 10 minutes. Brush the whipped egg white over the top of each biscuit, and sprinkle a little caster sugar on top.



## Eating together

### New Zealand - Hangi

Hangi is a traditional New Zealand Māori method of cooking food using umu, basically a type of oven made with heated rocks buried in a pit. Using meats like pork, beef, lamb and chicken, this method is usually used on special occasions. Here is an alternative cooking method you can try at home.



#### Ingredients

4 large cabbage leaves  
2 kumara (small sweet potato), cut into 4 pieces  
2 potato, cut into 4 pieces  
1/4 pumpkin, cut into 4 pieces  
4 chicken thigh pieces, (4 drumsticks bone removed)  
4 lamb chops  
2 tsp dried mixed herbs  
2 tsp smoked paprika  
1 tbsp oil

- ❖ Heat oven to 180C
- ❖ In a large bowl mix the vegetables, meats, herbs, spices and oil so all are evenly coated
- ❖ In a large pot of boiling water blanch the cabbage leaves until they begin to soften
- ❖ Divide ingredients between the cabbage leaves and roll up so all ingredients are secured inside
- ❖ Place in a roasting dish that just fits all of the cabbage leaf parcels
- ❖ Pour half a cup of water into the roasting dish
- ❖ Cover with tin foil and bake for approximately 2 hours.

### Tonga - Saimu

This is a recipe that is infamous among Tongans. They call it Pia Saimu or Tongan Pie but it is more like a jam roly-poly. Use your favourite jam, peach/pineapple and grape are popular favourites. Alternatively, you can roll out the dough & use a biscuit cutter to make tarts instead.



5 cups flour  
1 cup sugar  
3 teaspoons baking powder  
1 1/4 cups margarine (cold)  
3 eggs  
1/2-3/4 cup milk (cold)  
Plenty of your favourite jam – peach or pineapple are traditional

Makes 3 Rolls

Mix flour, sugar & baking powder well. Cut margarine in small cubes. Throw margarine cubes into flour, then work it into flour until evenly broken up – much like making a pie crust. Add eggs (mix first in separate bowl) and rub together until even. Add milk & mix until the dough is not sticky but balls up. Roll out on floured surface about 1/4-1/3" thick. Spread with jam on entire surface leaving 1/2" space along edges. Roll dough into three large logs & fold ends under to keep jam from oozing out. Transfer to foil lined cookie sheet. Bake at 275 degrees for 45 minutes. Serve warm.

## Eating together



### Canada – Butter Tarts

Butter Tarts are a must at all Canadian celebrations, and very popular for Canada Day get-togethers.

#### Ingredients

1 3/4 cups all-purpose flour - 1/2 tsp salt - 1/3 cup cold unsalted butter, cubed - 1/4 cup cold lard, cubed - 1 egg yolk - 1 tsp white vinegar - 1/4 cup ice water

#### Filling

3/4 cup packed light brown sugar - 1/3 cup white corn syrup - 2 tbsp maple syrup - 2 eggs - 1/4 cup unsalted butter, melted - 1 tsp vanilla - 1 tsp white vinegar - 1/8 tsp salt

#### Instructions

Mix flour and salt in a food processor. Add butter and lard. Pulse until coarse crumbs form. Whisk yolk, vinegar and ice water in a small bowl. With motor running, pour through feed tube while pulsing until just combined. Wrap the dough with plastic wrap and press into a disc. Refrigerate for 1 hour.

Put a baking rack in the bottom of the oven. Preheat oven to 450F.

Whisk together the sugar, corn syrup, maple syrup, eggs, butter, vanilla, vinegar and salt in a bowl until smooth.

Roll out the dough on a lightly floured surface to 1/8-in. thickness. Cut into 12 rounds using a 4 1/2-in. round cookie cutter, re-rolling scraps. Gently press rounds into a 12-cup muffin pan. Press sides to adhere. Refrigerate for 20 min. Spoon 2 tbsp filling into each pastry.

Bake at 450f for 8 min. Reduce heat to 400F and open oven slightly for 10 sec. Bake until filling is puffed and pastry is golden, about 7 more min. Let stand on rack for 3 min. Run a small knife around the edges of tarts and transfer to rack to cool completely.

### Malaya – Ayam Paprik

Malaysian Spicy Chicken Stir-fry (Ayam Paprik) is a well loved family recipe (Servers 2)

#### Ingredients

2 tablespoons oil - 2 garlic cloves, minced - 2 tablespoons Thai roasted chili paste - 8 oz. (226 g) chicken breast, sliced into thin pieces - 1/4 onion, cut into pieces - 2 oz. (56 g) green beans, tips removed and cut into 2-inch strips - 1/2 small carrot, peeled and sliced - 1/4 green bell pepper, capsicum, deseeded and thinly sliced - 1/4 red bell pepper or 1 red chili, deseeded and thinly sliced - 1 1/2 teaspoons sweet soy sauce - 1 1/2 teaspoons fish sauce



#### Instructions

Heat up a wok on high heat and add the oil. Add the garlic into the wok and stir-fry until aromatic, follow by the Thai roasted chili paste.

Add the chicken and quickly stir fry, until the chicken is half cooked. Add the onion, green beans, carrot, green and red bell peppers, bird's eye chilies and stir to combine well with the chicken.

Add the sweet soy sauce and fish sauce, stir to blend well. (If you want a sauce add two tablespoons of water now.)

As soon as the chicken and all ingredients are cooked through, serve immediately with steamed rice.

## Eating together

Would you prefer some quick and easy recipes – here are some that are popular around the Commonwealth. Have a go at these, maybe you could get the Scouts and Guides cooking.

### South Africa -

#### Baked Clams (no fish needed!)

Sausage meat or a packet of sausages  
- Cheese – Tomatoes – onion - bacon

Make two long flat cakes with sausage meat (if using sausages skin and use meat)

On one cake of sausage meat layer cheese, tomato, onion and bacon, then top with the other piece.

Wrap in heavy foil greased with margarine, and bake in hot embers/hot oven for 20 minutes.



### Canada -

#### Sloppy Joes – napkins definitely needed!

450g minced beef – tomato soup – ketchup – mustard – sliced French bread

Brown the mince in a frying pan, then drain off any fat.

Add the soup, ketchup and mustard and heat through until the meat is tender

Serve with slices of French bread.



### Australia -

#### Orange Carrot Salad

900g young carrots – juice of 4 small oranges – sugar. For the dressing – 3 tbs olive oil – 1 tbs white wine vinegar – mint leaves- 1 clove garlic, crushed – salt to taste. Chives, nasturtium flowers and leaves to garnish.

Peel and grate the carrots into a salad bowl, add the orange juice and sprinkle with sugar.

Mix the dressing ingredients with the crushed mint leaves,

Chop the chives and nasturtium leaves, sprinkle on top and garnish with flowers.



### Malta -

#### Froga Tai-Chagin

125g cooked spaghetti – 2 eggs – 30g grated cheese – Parsley (fresh or dried) – salt – pepper.

Beat the eggs and mix in the spaghetti and grated cheese.

Cook in oil in a frying pan. The omelette should be too thick to be turned in the pan - slide it onto a plate and then back into the pan to cook the other side.



### Kenya – Ugali

4 cups water - 1 teaspoon salt – 2 cups White cornmeal, finely ground  
Boil the water and salt in a heavy-bottomed saucepan. Stir in the cornmeal slowly. Reduce heat to medium-low and continue stirring until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Remove from heat and allow to cool somewhat. Place the ugali into a large serving bowl. Pull off pieces and use them to scoop up stewed vegetables or meat.



### Cyprus - Pork Souvla

2 1/2 pounds of pork shoulder, cut into 3/4 inch cubes –  
1 teaspoon of dried Greek oregano - 1/2 teaspoon ground pepper - 1  
tablespoon of salt - 2 tablespoons of red wine - 2 tablespoons of olive oil.

In a bowl, pour wine and oil over the pork and toss to coat. Sprinkle salt, pepper, and oregano, and toss again. Cover and refrigerate for 2 hours.

Using 8-inch skewers, thread approximately 6 pieces of meat on each. This should make about 12 skewers. Grill the meat turning until well browned, about 15 minutes. serve on the skewers with a squeeze of lemon.



### New Zealand – Kiwi Pavlova

Home made or purchased meringue case (large to share or individual nests) - 1 cup sliced kiwi, peaches, berries, or other fruit - 1 1/2 cups whipped cream - Sugar, to sweeten the whipped cream, optional - 1/4 cup miniature chocolate chips, optional - Crushed candies, optional - Fruit slices, optional.

Arrange fruit over the base of the pavlova meringue, top with whipped cream and sprinkle with chips, crushed or small candies or additional fruit.

Use a serrated knife to gently saw slices. Store leftovers in a covered container – not that there are ever likely to be any leftovers from this New Zealand favourite!



# Playing together

Games are an important part of our cultures, and part of every Scout and Guide programme, either as a teaching aid, to keep fit or just for fun! Here are some from around the Commonwealth for you to try. Can you teach a group of Scouts and Guides the new games?

If actually having a go isn't your thing, how about an evening reminiscing with friends about the games you played when you were younger? Are any of them similar to these from the Commonwealth? How do they differ from the pass-times today's children enjoy? Which games are the best?

## Ghana - Owari

The Owari Game is a popular strategy game played by both young and old citizens in Ghana.

At the start of the game, each player has six (6) houses filled with four (4) pebbles.

The game is played by two players. They play in turns and it is mandatory to always make a move, when it is your turn.

The objective of the game is to capture 25 or more pebbles to be the grand winner.

To start the game, a player makes a move by picking all the pebbles in his or her house and distribute them in a clock wise direction. When the last pebble being distributed ends up in an opponent's house and the number is either two or three that player captures the pebbles. This games goes till the number of pebbles keep reducing in number.



In Owari, it's not allowed to deprive ones opponent of pebbles, When an opponent has no pebbles to play with, one is required to make a move that will distribute at least one seed into the opponents territory.

To conclude this game, there is what is termed an automatic capture. This is when we have only three or four pebbles and yet none of your own moves can distribute the pebbles in into your opponent's territory, when this happens the rest of the pebbles are for the one who has the pebbles in her house.

A game is won, when one player has 25 or more pebbles. If for any reason, each player has 24 pebbles, it implies it's a draw.



## UK - Marbles

Glass Marbles have been around in the UK for hundreds of years, and can be traced back to Medieval times. Every local area has its own name – we call them “Tors and Allies” in the North – and lots of different games have developed, usually played out of doors on the pavement or in the school playground.

For four or five players:

- draw a 30cm circle on the ground.
- Each player puts 5 marbles into the centre of the circle.
- Taking turns, each player flicks another marble into the circle to knock as many marbles out of the circle as possible, and picks these up.
- The one who collects the most marbles is the winner, and adds them to his/her collection – playing for “keepsies”.

## Playing together

### India - Antakshari

Antakshari is an entertaining Indian desi game, often played by grown-ups and children alike. It originated in Indian and is now played worldwide with alterations.

Variations can be made to the original idea to suit the occasion such as family gathering, weddings, parties, etc.

To play this game, two teams are made. One team sings a song, typically a Bollywood song. The other team has to sing a song beginning with the last consonant of the song sung by the first team. Both the teams keep taking turns until one can't think of a song and thus loses.

- ❖ Get your family and friends together for this popular challenge game – decide on the theme for the songs you want to use – songs from the musicals, pop songs, Scout and Guide songs – it's up to you.
- ❖ Try an alternative – take turns to sing or say a Nursery Rhyme; be ready to start singing as soon as the other team has finished – the first team to run out of ideas, or duplicate a Rhyme already used, loses.

### South Africa - Morabaraba (umlalalaba)

Aim of the game - For one player to remove (eliminate) their opponent's tokens.

#### Equipment needed

This game, played by two players, can be played on a board or on a "board" drawn with a stick in the sand. Each player needs 12 tokens ("izinkomo" cows). These could be stones, marbles or even bottle tops of the same or similar colour.

#### Play instructions

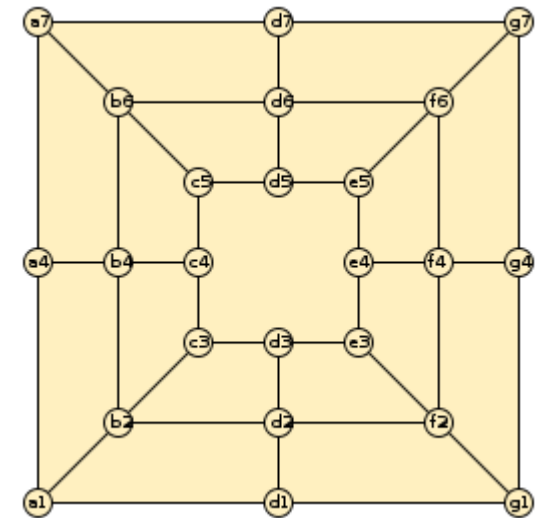
Play can happen in a period of minutes or hours. Tokens are placed, one at a time, alternately, on a point of intersection with the aim of making the tokens form a line, three in a row. The opposing player can place their tokens anywhere to block the other player from getting three in row.

When a player gets three tokens in a row they have won that row and must remove one of the other player's tokens from the board.

When all tokens are placed on the board, the game continues. In turns, the players move a token to an adjacent intersection along the marked lines.

They keep trying to get their tokens in a row of three, to continue to capture each other's tokens.

The game ends when one player is reduced to two tokens on the board – the other player wins.



## Playing together

### New Zealand - Hei Tama Tu Tama



Originally a Māori game to train warriors, this game is played all over New Zealand. It roughly translates as “Who's the man, I'm the man!”. Play in pairs, facing each other.

#### Positions

- A. Hands on hips.
- B. Both forearms raised, fists clenched, and elbows to the side.
- C. Raise right forearm with clenched fist, left hand on hip.
- D. Raise left forearm with clenched fist, right hand on hip.

#### Rules

- The defender begins the game by calling "Hei tama tu tama" and places their hands in one of the four positions described above.
- The Challenger replies with "Hei tama tu tama" and does a different action.
- When one player catches the other doing the same action, that player calls "Hei tama tu tama rā!" and scores a point. (note – if one player does C and the other D, it is a match, not both players doing C (or D).
- The winner of the point then re-starts the set, saying "Tahi. Hei tama tu tama" and play continues until a player is caught out again.
- Each time a player scores a point, they re-start the set by saying the number of points they now have followed by "Hei tama tu tama."
- The game continues until one player reaches ten points – this completes the set.
- ❖ Try learning the Māori numbers for one to ten to play this authentically
- ❖ Set up a competition, with the winners of each bout playing together until you have a grand champion.

### Singapore – Five Stones

You need at least 2 players, a flat surface to play on, and a set of five “stones”. In Singapore these are five triangular cloth ‘bags’ filled with rice, sand or saga seeds. Each is about the size of a walnut.

- Throw down all five stones. Pick up one and throw it in the air, quickly pick a second stone, while the first is still mid air, and catch it while it falls. You should then have 2 stones in your hands. Put one of them aside, and repeat with each of the remaining 3 stones.
- Do like step 1 but pick up two stones at a time. Put two stones aside and repeat.
- Repeat step 1 but pick up 3 stones before catching the stone in mid air. Put the 3 stones aside and repeat with remaining stone.
- Throw down all five stones. Toss 1 stone in the air, and pick up the remaining four stones at the same time while the first stone is in mid air. Catch it before it lands.
- Repeat the above steps in reverse order.

- The person who completes the steps with the least number of attempts wins. If a player drops a stone, or picks up the wrong number, he forfeits his turn. When his opponent drops a stone, the player can pick up at the step he didn't complete, starting from the beginning of that step.
- ❖ Make a set of Five Stones out of fabric and rice, or play with marbles or smooth stones.
- ❖ This game has many variations all around the world – some using up to 14 stones and players keep the stones they have picked up in their hand while picking up the others. How far can you get with the 14-stone version?

## Celebrating together

Every culture and country celebrates important dates in their history or their religion, and families gather together to celebrate important milestones in their lives. Often it is a reason to dress up, and wear traditional or national costumes, eat, sing and dance. .

Can you find out more about the events from the Commonwealth countries described here? Can you design, paint or create the clothes that would be worn? How about decorating a room in the style of the celebration, and having your own party?



### Tonga – Heilala Festival

Tonga celebrates its long history and heritage, and its position as an island nation, through various festivals throughout the year. Some are localised, such as the Vava'u festival and regatta, while others are celebrated nationally, such as the annual Heilala festival.

The festival in July coincides with the flowering of the heilala, which is Tonga's national flower; as part of the festival, the Tongans adorn themselves in heilala necklaces.

- ❖ Look up more details on the Tongan celebrations – did you know due to Tonga's time zone, it is the first country in the world to see in the New Year? What customs from around the world could you build into your New Year activities?
- ❖ Flowers are used in many celebrations – make a special arrangement, learn how to make a Christmas Wreath, or take a floristry session. If you are already a super-arranger, can you share your skills with others?

### Sri Lanka – Esala Perahera Festival

Considered one of the oldest and most extravagant of Sri Lanka's Buddhist celebrations, the Esala Perahera Festival in Kandy is a week-long holiday during July or August commemorating the Sacred Tooth Relic of the Buddha.

During this festival, thousands of Sri Lankans flock into Kandy to watch and take part in the celebrations and processions which include some 5,000 lavishly-dressed dancers, drummers, fire jugglers, musicians and jewel-adorned elephants.

- ❖ Learn a new style of dancing, or make up your own dance routine that would be suitable for a parade, or as part of a keep-fit regime.
- ❖ Find out about the amazing costumes used in traditional dances around the Commonwealth – create a collage of pictures, or incorporate the designs into other craft projects.



## Celebrating together



### Ghana – Independence Day

The Independence Day of Ghana is a national holiday celebrated yearly on 6<sup>th</sup> March. It is an official state holiday for the citizens of Ghana to honour and celebrate the 6 Heroes of Ghana who led the country to attain its independence.

The day is celebrated carnivals, parties, music as citizens sing along to “Ghana Freedom,” a famous song of independence; and dance to regional variations of Highlife music.

On this day, the Annual Day Parade is the main highlight of the celebration, with the traditional march past and parade at the iconic Black Star Square. Trooping of the Colour, an aspect derived from the British era, also takes place.

School children parade alongside security personnel, and the President takes the national salute, delivers a speech of solidarity to Ghanaians and lights the perpetual flame.

Local foods, such as the Ghanaian jollof rice (a spicy rice dish with meat and vegetables), serve as centrepieces in many private homes, where the Ghanaian flag, is raised in honour of decades of independence.

- ❖ Try the Jollof rice recipe, and add your own choice of meats for a celebration meal.
- ❖ Listen to some Ghanaian Highlife music, or write your own song or poem to celebrate your own country’s achievements.



### New Zealand – Waitangi Day

The Treaty of Waitangi (Māori: Te Tiriti o Waitangi) is a treaty first signed on 6 February 1840 by Captain William Hobson as consul for the British Crown and Māori chiefs (rangatira) from the North Island of New Zealand. It has become a document of central importance to the history, to the political constitution of the state, and to the national mythos of New Zealand.

The anniversary of the signing of the treaty – 6 February – is the New Zealand national day, Waitangi Day. The day was first commemorated in 1934, when the site of the original signing, Treaty House, was made a public reserve. In 1974 the date was made a public holiday.

- ❖ Find out about the Treaty and the foundation of New Zealand’s multi-cultural society, and the story behind New Zealand’s first flag.
- ❖ The Haka is an important dance in Māori culture, and is often performed during celebrations and to honour important guests – research its origins, or choreograph your own version!



## Celebrating together



### Singapore – Chingay Parade

Singapore's unique multicultural personality is captured perfectly by the Chingay Parade—an annual marvel of dazzling floats, dancing dragons and stilt walkers.

It is held during the Chinese New Year festivities, but this wondrous event brings together people and performances from across Singapore's cultural spectrum, and is celebrated by Chinese, Malays, Indians and Eurasians alike.

- ❖ Design your own Chinese Dragon for a New Year's Parade, or research some of the other New Year traditions. Could you incorporate a Lantern Festival into your own celebrations?
- ❖ Are you a Rabbit or a Rat? Find out your Chinese Zodiac sign and the characteristics you inherit from your birth-year animal.



### Kenya - Christmas

This is a time when it is important for families to gather. Those in the City travel to villages where part of their families live. Cyprus trees are decorated, and Santa often comes on a camel!

Many people go to midnight Church Service to celebrate Christmas, with hymns and nativity plays. Then the parties start – they can go on all night! There will be a huge feast - called 'nyama choma' - with family, neighbours and friends - popular foods include barbecue which can be goat, sheep, beef or chicken eaten with Ugali, chapati and rice

- ❖ In Swahili/Kiswahili Merry Christmas is 'Heri ya Krismasi' and the response is 'Wewe pia' (you also). Find out how to say Merry Christmas in the languages of some other Commonwealth Countries.
- ❖ Try a big family barbecue for one of your celebrations. Add some Ugali from the recipe page.



### Grenada - Spicemas

Grenada, often called the Spice Island, is one of a few Caribbean islands that hold their jouvert (carnival) celebrations way after Lent. Spicemas' is Grenadian expression in all its glory, climaxing during the second Monday and Tuesday in August. Brimming with pageantry and expression linked to our African, French, British and Caribbean heritage, Carnival is colourful, humorous and full of surprises.

Calypsonians, steel pan orchestras, beauty contestants, 'fancy mas' bands and others perform and parade to compete for Carnival honours. Grenadians gather to watch, participate and enjoy.

- ❖ Listen to some steel pan music, or find out where you could learn to play it.
- ❖ Find out about the spices that come from Grenada – nutmeg is so important, it is even on the National flag!

# Travelling together

Each country has their culturally important places, famous beauty spots, well-loved historic buildings, areas of scientific interest or just the unique places that make a country “home”.

Here are places that are important to our Commonwealth friends – can you find out more about them or visit them virtually on-line? Can you plan a “round-the-world” trip to visit each of the countries and their special places – how many modes of transport can you use?

**UK - Kew Gardens** near London has been a national treasure since 1759, when King George III’s mother Augusta created the first Botanic Garden. The Gardens have always collected plants from around the world - seeds from Captain Cook’s voyages in 1768 were brought back to be nurtured in the Gardens, and over the years the collection has increased to over 8.5 million preserved plant and fungal specimen and 50,000 living plants, with the most diverse collections of any botanic garden in the world.

Kew Gardens have been open to the public since 1840, and in 2003 they were designated an UNESCO World Heritage Site. The scientists at Kew are working at home and internationally to protect biodiversity and use natural resources sustainably. Their educational programmes inspire people to protect the natural world.

97 countries have sent seeds of endangered plants to be kept safe, dried or frozen, in the Millennium Seed Bank



- ❖ Find out more about the Seed Bank, and explore what you can do to protect the plants and fungi in your area.
- ❖ Arrange a visit, or take a “virtual tour” of Kew, and travel round the world through the temperate, arid, alpine and tropical zones.
- ❖ Can you identify the country of origin for the plants in your own garden?

## Nigeria – Osun Sacred Grove

The dense forest of the Osun Sacred Grove, on the outskirts of the city of Osogbo, is one of the last remnants of primary high forest in southern Nigeria.

Regarded as the abode of the goddess of fertility Osun, one of the pantheon of Yoruba gods, the landscape of the grove and its meandering river is dotted with sanctuaries and shrines, sculptures and art works in honour of Osun and other deities.

Osun Sacred Grove was founded some 400 years ago in southwest Nigeria and is still revered.

The Grove is also a natural herbal pharmacy containing over 400 species of plants, some endemic, of which more than 200 species are known for their medicinal uses.



- ❖ Research some of the amazing places that are on the UNESCO World Heritage list – there is another one in Nigeria, and many of the Commonwealth countries have Listed sites.
- ❖ Find out about herbs and plants that are used in modern medicine today – from Willow Bark to Foxgloves, we couldn’t manage without them.

## Travelling together



### Canada – CN Tower

The CN Tower is a well-loved landmark in Toronto, Ontario, Canada. At 553.33 metres (1,815.39 ft) tall it is the tallest free-standing structure in the whole of the Western Hemisphere

The Tower has more than two million tourists and visitors every year. It has been one of the Seven Wonders of the Modern World since 1995. Under ideal conditions, visibility is up to 160 km (100 miles) away to Niagara Falls and New York State.

On August 1, 2011, the CN Tower opened the EdgeWalk, so thrill-seekers can walk on and around the roof of the main pod of the tower at 356 m (1,168.0 ft), directly above the 360 Restaurant which completes a full revolution every 72 minutes.

- ❖ Find out about the other Wonders of the Modern World – and compare them to the Seven Wonders of the Ancient World; which has you visited or would you prefer to visit?
- ❖ The EdgeWalk might not be to everyone's taste, but how about visiting a high place or tall building near you, and making a photo-documentary of what you can see. How does it change with the seasons?

### New Zealand – Aoraki Mount Cook

New Zealand's Aoraki Mount Cook National Park is home of the highest mountains and the longest glaciers. It is alpine in the purest sense - with sky-scraping peaks, glaciers and permanent snow fields, all set under a star-studded sky.

According to Ngāi Tahu legend, Aoraki and his three brothers were the sons of Rakinui, the Sky Father. While on a sea voyage, their canoe overturned on a reef. When the brothers climbed on top of their canoe, the freezing south wind turned them to stone. The canoe became the South Island (Te Waka o Aoraki); Aoraki and his brothers became the peaks of the Southern Alps. The English name of Mount Cook was given to the mountain in 1851 by Captain John Lort Stokes to honour Captain James Cook who surveyed and circumnavigated the islands of New Zealand in 1770. Captain Cook did not sight the mountain during his exploration.

Aoraki Mount Cook National Park forms the majority of New Zealand's only International Dark Sky Reserve.



- ❖ Lots of New Zealand's amazing places have names derived from Māori legends, can you find the stories behind some of them?
- ❖ Are there landmarks local to you that have interesting stories attached to them? Can you share your findings with a group of younger people, or people new to the area?
- ❖ Do some stargazing – is there a Dark Sky Reserve near you? What constellations might be seen in the Southern Hemisphere - what legends are attached to their names?

## Travelling together



### Kenya - The Nairobi Arboretum.

Nairobi Arboretum is 30.4 hectares of wooded landscape, an oasis close to the heart of the city. It is adjacent to the State House, and right next to the Kenya Girl Guide Headquarters so it is an ideal place for Guide test-work and games.

At the beginning of the last century, the railway industry needed timber faster than the indigenous trees could grow; trees from around the world were planted, resulting in an eclectic mix of exotic specimen and native Kenyan woodlands that forms the heart of the Arboretum.

Following years of restoration by volunteer groups, the Arboretum now has shaded walkways, picnic lawns and jogging trails. It is a quiet place and is home to all sorts of animals, reptiles, insects and over 100 species of birds, making it perfect for bird and butterfly watching and nature walks.

- ❖ Can you tell a Variable Sunbird from a Cinnamon-chested Bee-eater or a Hartlaub's Turaco? Find out about the diversity of bird-life in Kenya, and the steps being taken to protect their habitats.
- ❖ What birds are likely to be seen in your area – how many are migrants from Africa? What countries will they cross on their travels?
- ❖ Visit a local Reserve where you can get closer to the birds, or arrange a talk from a local bird-watching group. Can you support their work to improve the environment to encourage endangered species?



### Singapore - Supertree Grove

18 tree-like steel and concrete structures dominate the Gardens by The Bay landscape with heights that range between 25 metres (82 ft) and 50 metres (160 ft). They are vertical gardens that perform a multitude of functions, which include planting, shading and working as environmental engines for the gardens. Some of the trees are designed to collect solar energy and generate electricity, which drives the nightly light and sound shows in the trees. Others act as exhaust chimneys for hot/humid air from the massive glasshouses in the gardens.

Built between 2007 and 2011, the Supertrees are home to enclaves of unique and exotic ferns, vines, orchids and also a vast collection of bromeliads such as Tillandsia, amongst other plants.

- ❖ Take a virtual tour around the Gardens by the Bay – visit the Cloud Garden and the Flower Dome. Everything is designed with sustainability in mind.
- ❖ Can you make energy savings at home by adopting “greener” practices or harnessing renewable energy sources?
- ❖ The Gardens are home to Singapore's national flower – the Orchid. Find out about the huge range of Orchid species, and the unique environments they inhabit. Buying a plant in flower is easy, but can you keep one alive until it flowers again next year?

Travelling together

Where in the World? Can you identify these famous places, and say which Commonwealth Country they are in?

Answers at the end of the Challenge

a



b



c



d



g



e



f



h



i



j



k



# Learning together

The Commonwealth has produced amazing people, and their countries are rightly proud of them and happy to share their achievements. Find out more about these inspiring individuals, and learn about their contribution to the wider world. Can you follow their examples to make a difference in your local community or country - use the ideas below or adapt them to suit your group or the needs of your area.

## Ghana - Dr Kwame Nkrumah

Political theorist and revolutionary, he is celebrated as being one of The Big Six Heroes who led the drive for Ghana's (then the Gold Coast) independence.

He viewed Ghana's sovereignty as being important not only for the Ghanaian people but for all of Africa. More than 30 other African countries, spurred by Ghana's example, followed suit and declared their own independence within the next decade.

The first Prime Minister of Ghana, Dr Nkrumah became the Head of Government from 1957 to 1960. On 6<sup>th</sup> March 1957 Kwame Nkrumah declared to the people of Ghana "Our beloved country is free forever."

Under Dr Nkrumah's leadership, Ghana adopted some social democratic policies and practices.



Dr Nkrumah created a welfare system, started various community programs, and established technical institutes and schools, making it possible for primary education to be mandatory for all children.

- ❖ Education is a key driver to development across the world – research some of the international charities that promote access to learning – can you find ways of supporting their work?
- ❖ Find out if any of your local schools need volunteers or mentors to support students, such as helping young people with their reading.



## UK - Sir David Attenborough

Broadcaster, biologist, natural historian and author, he is best known for the amazing series of "Life on Earth" programmes which have brought the wonders of nature to millions of people.

He is a powerful advocate for respecting the environment, reducing the impact of Climate change and preventing the loss of animal and plant species across the world.

As well as giving support to WWF's campaign to have 220,000 square kilometres of Borneo's rainforest designated a protected area, he launched an appeal on behalf of the World Land Trust to create a rainforest reserve in Ecuador.

In 2020, Sir David was named as a member of the Earthshot prize Council, an initiative of Prince William's to find solutions to environmental issues.

- ❖ Find out what animals and plants are native to your area, and which ones are endangered. Explore what can be done to save them.
- ❖ Join up with, or start, a local group to maintain, restore or clean up the habitat to protect the diversity of species.
- ❖ Find a way to introduce young people to your progress in improving your environment, and get them involved as well.

## Learning together

### Nigeria – Wole Soyinka

Akinwande Oluwole Babatunde Soyinka, known as Wole Soyinka, is a Nigerian playwright, novelist, poet, and essayist in the English language.

Soyinka was born into a Yoruba family in Abeokuta in 1954. He attended College in Ibadan and the University of Leeds in England. He was awarded the 1986 Nobel Prize in Literature, the first sub-Saharan African to be honoured in that category.

- ❖ Find one of Wole's works on line and get together with a group to discuss your thoughts on it – did you all agree on the key points the author is trying to get across?
- ❖ Can you write your own masterpiece – story, play or poem – about recent world events, or a world issue you are passionate about.
- ❖ Or how about getting your memories of International Scouting or Guiding down on paper, to share with and inspire the next generation?

### Kenya – Hon Dr Grace Onyango



Born in 1924, Grace trained as a teacher, working in a girl's High School. Popularly known as Nya'Bungu (Daughter of the Bush), Grace Onyango holds several "firsts" in post-independence Kenyan politics. She was the first Kenyan female mayor (of Kisumu 1965), the first female Member of Parliament in 1969, and the first woman to serve as Deputy Speaker from 1979 to 1984. In a period when Public office was an exclusively male domain, she was a powerful advocate for women's rights.

Grace Onyango is a life member of Kenya Girl Guide Association, being the first African Girl Guides Commissioner in Kenya. She also served as a Chairman of Trefoil Guild in her Area. She is loved by all Kenyan Guiding/Trefoil members across the Country.

- ❖ In some areas, opportunities for girls and women are still limited. Can you find out about local or International Charities who work to change this?
- ❖ Find a way of offering practical support to help girls and women to fulfil their potential, either in your own community or further afield.

### Australia – Cathy Freeman



Cathy Freeman OAM is an Australian sprinter, who specialised in the 400 metres event – she is the ninth-fastest woman of all time.

Freeman was the first Australian Indigenous person to become a Commonwealth Games gold medallist (at age 16 in 1990), and won gold and silver medals in subsequent Commonwealth and Olympic Games.





















In 2009 as part of the Q150 celebrations, Freeman was announced as one of the Q150 Icons of Queensland for her role as a "sports legend".

- ❖ Research the origins of the Commonwealth Games – what other famous athletes would you put in a "Sports Legend" hall of fame?
- ❖ Find out if there are local groups where you could increase your own sports skills or improve your fitness through sport.
- ❖ Arrange a mini-Commonwealth Games for a group of young people – don't forget to design your flags for the Medal Ceremony

# Learning together

Quiz time – match these flags to the Commonwealth countries. Can you name their capital cities – and how about their currency? Take it further and organise a Commonwealth quiz night – these are all ISGF member countries, but there are more Commonwealth countries you could include!



A 	B 	C 	D 	E 
F 	G 	H 	I 	J 
K 	L 	M 	N 	O 
P 	Q 	R 	S 	T 

1. Botswana
2. Cameroon
3. Gambia
4. Kenya
5. Uganda
6. Bangladesh
7. India
8. Sri Lanka
9. Canada
10. Cyprus
11. Australia
12. Barbados
13. Malaysia
14. Singapore
15. Tonga
16. Tanzania
17. Zambia
18. Grenada
19. Pakistan
20. Maldives

Answers at the end of the Challenge



# Working together

**Working together to support Scout and Guide youth groups or community groups is a key activity for Scout and Guide Fellowships or Guilds. Twinning with other ISGF member countries to run joint projects lets us pool our knowledge and experience, share our resources, learn about each other, share the spirit of Scouting and Guiding and inspire the next generation.**

- ❖ Create your own Working Together project locally in the UK, you could use some of the ideas in the Challenge. Share your plans with us when you order your Challenge Badges, and let us know how successful you've been so we can celebrate your achievements through the SAGF UK Newsletter.
- ❖ Or you could support our current international projects by fundraising, or sharing your skills and experience.

**SAGF UK and the Baden Powell Guild Kampala are Twinned, and we are currently working together on the Rabbit Micro-enterprise project.**

**We also worked closely with our Ugandan friends on an ISGF- and UNHCR-led project to provide homes for families in the Impevi Refugee Camp.**

SAGF UK is working in partnership with BP Guild Kampala, St. Joseph Secondary School and Kakindu and Mityana District Scout Committee to implement a rabbit rearing project.

As well as promoting and building the capacity of scouts at St. Joseph's SS, Kakindu to raise rabbits to meet the high demand locally for meat, this will boost their income to promote scouting and guiding activities in their school and entire District.

Rabbits are quick multiplying animals and as such, this project, it is hoped, will be a centre for multiplication to the benefits of other scout/guides and farms in Mityana District.

See the SAGF UK website to follow the progress of the Rabbit project



When civil war erupted in 2013, more than 750,000 South Sudanese refugees fled to safety in Uganda.

At the request of the UNHCR, the ISGF World Committee worked with the Impevi refugee camp to fund the construction of fifty semi-permanent huts, which would last much longer than the tentage that had been donated by ISGF members a year earlier. Many NSGFs, Central Branch groups and individuals donated for this project, raising 25.803 euros.

A team from SAGF UK was involved in planning the building activity, and met the BP Guild Uganda team to visit the camp and donate materials for local children's centres.



See the SAGF UK website for a full report by Mathias from the Baden Powell Guild Kampala

# Working together



## Kenya Grannies Project

ISGF and Trefoil Guild members in Kenya are working together with community groups and local churches on the “Grannies” project.

The project is helping to provide training and materials for the Grannies to make hand-crafted goods for sale. The Grannies are all looking after their orphaned grandchildren, so having the means to generate their own income is essential.



## Cyprus Tree Planting

In early July 2021 a big fire took place in the mountains of Limassol and Larnaca districts. It was the biggest forest fire during the last 40 years. The people of 8 communities had to be relocated and a great number of trees and orchard plantations were completely destroyed.

The Cyprus Scouts and Guides Fellowship celebrated “Thinking Day” by arranging tree planting activities in collaboration with the Forestry Department and the Community Council of one of the affected communities in Larnaca.



**Thank you for joining us in the Commonwealth Together Challenge.**

Order your badges through the on-line order form on the “merchandise” page of our website or e-mail us at [challengebadges@sagf.org.uk](mailto:challengebadges@sagf.org.uk) and let us know how many you need; we will contact you with the payment details.

Badges are £2.50 each plus Post & Package (£1 for one badge for UK postage, larger orders and Overseas postage costs on request).

Don't forget to send us the details of your Working Together Challenge, and any photos (plus permission from anyone pictured) so we can celebrate your achievements in the SAGF UK Newsletter.

Profits from the sale of the badges (and any donations) will go to the Scout and Guide Fellowship projects in other Commonwealth Countries such as Uganda, Kenya, Sri Lanka and India.

For more information about the Scout and Guide Fellowship UK please visit our website <https://www.sagf.org.uk>

If you would like to become a member, contact us on [enquiries@sagf.org.uk](mailto:enquiries@sagf.org.uk)

With thanks to the National Scout and Guide Fellowships of Cyprus, Ghana and New Zealand, and ISGF members from Kenya and Uganda for their contributions to the Together Challenge.

Check out the International Scout and Guide Fellowship website for more information about world-wide projects and activities.

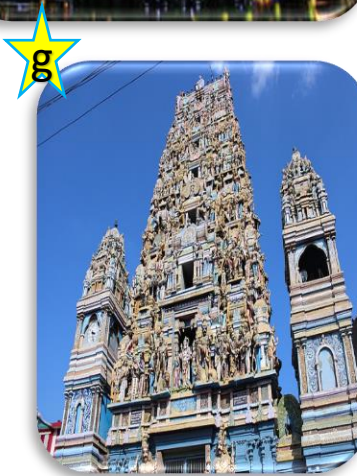
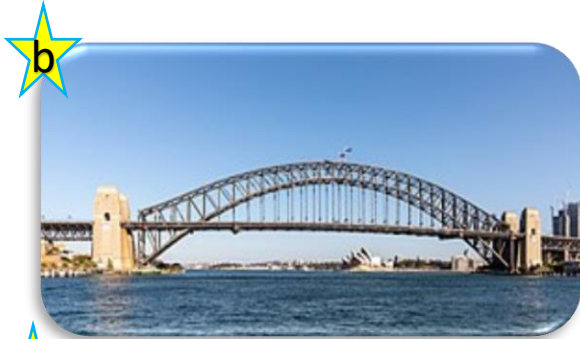
<http://www.isgf.org>

The Baden Powell Guild UK is our partner in the National Scout and Guide Fellowship UK, and together we are members of the ISGF. Their website is <https://bp-guild.org.uk>



# Travelling together

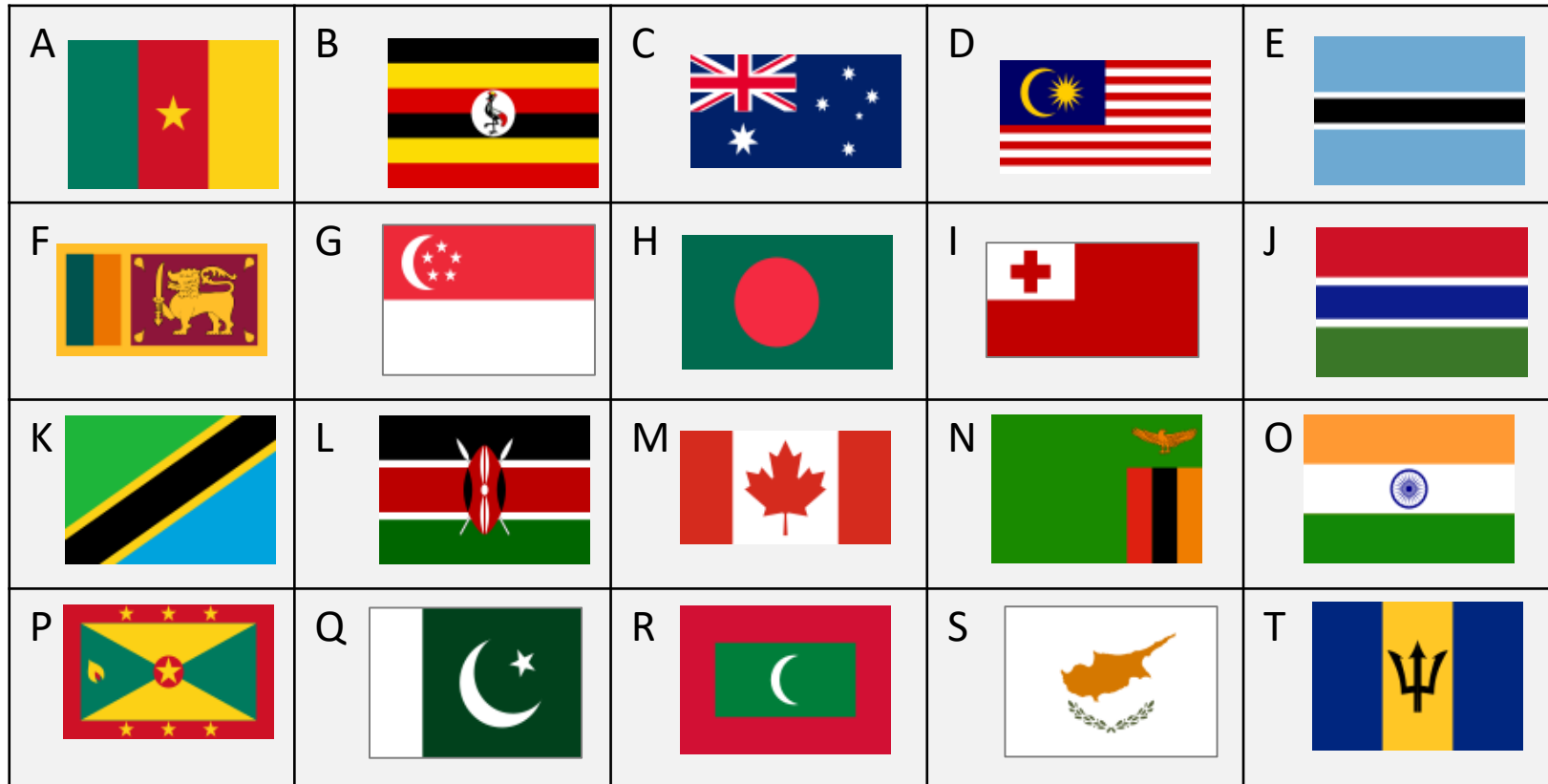
Where in the World? Can you identify these famous places, and say which Commonwealth Country they are in?



- a. Petronas Towers, Malaysia
- b. Sydney Harbour Bridge, Australia
- c. Edinburgh Castle, UK
- d. Marina Bay Sands (Sky Park), Singapore
- e. Victoria Falls, Zambia
- f. Taj Mahal, India
- g. Murugan Temple, Sri Lanka
- h. Buckingham Palace, UK
- i. Montreal Biosphere, Canada
- j. Uluru, Australia
- k. Niagara Falls, Canada

# Learning together

Quiz time – match these flags to the Commonwealth countries; capital cities; currency,



- E. Botswana – Gaborone - Pula
- A. Cameroon - Yaoundé - Central African Franc
- J. Gambia – Banjul - Dalasi
- L. Kenya – Nairobi – Kenyan Shilling
- B. Uganda – Kampala – Ugandan Shilling
- H. Bangladesh – Dhaka - Taka
- O. India – New Delhi – Indian Rupee
- F. Sri Lanka – Colombo – Sri Lankan Rupee
- M. Canada – Ottawa – Canadian Dollar
- S. Cyprus – Nicosia - Euro
- C. Australia – Canberra – Australian Dollar
- T. Barbados – Bridgetown – Barbadian Dollar
- D. Malaysia – Kuala Lumpur – Ringgit
- G. Singapore – Singapore Dollar
- I. Tonga – Nuku’alofa – Pa’anga
- K. Tanzania – Dodoma – Tanzanian Shilling
- N. Zambia – Lusaka – Zambian Kwacha
- P. Grenada – St George’s – East Caribbean Dollar
- Q. Pakistan – Islamabad – Pakistani Rupee
- R. Maldives – Malé – Maldivian Rufiyaa

# Travelling together

## Photograph attributions

a



b



c



d



e



f



g



h



i



j



k



### a. Petronas Towers, Malaysia

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### b. Sydney Harbour Bridge, Australia

Dietmar Rabich / Wikimedia Commons /  
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### c. Edinburgh Castle, UK

Kim Traynor, CC BY-SA 3.0  
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### d. Marina Bay Sands (Sky Park), Singapore

Erwin Soo from Singapore, Singapore, CC BY 2.0  
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### e. Victoria Falls, Zambia

Diego Delso, CC BY-SA 4.0  
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### f. Taj Mahal, India

Taj\_Mahal\_Agra\_India\_edit2.jpg: Yann; edited by  
King of Heartsderivative work: Jbarta, CC BY-SA  
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### g. Murugan Temple, Sri Lanka

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### h. Buckingham Palace, UK

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### i. Montreal Biosphere, Canada

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### j. Uluru, Australia

Dietmar Rabich / Wikimedia Commons / "Petermann  
Ranges (AU), Uluru-Kata Tjuta National Park, Uluru --  
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### k. Niagara Falls, Canada

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