

UK Greece 2024

Welcome to the UK!! This badge pack was designed by the UK Greece 2024 Gold Team. GOLD (Guiding Overseas Linked with Development) empowers young women to work in partnership with other Guide associations around the world to deliver guiding-based development projects. These projects are tailored to the needs of each partner country and range from Leadership skills, training to delivering advocacy to young women.

We are travelling around the UK in the summer of 2024 and working in partnership with 11 members of The Greek Guiding Association (Soma Hellindon Odigon (SEO)) to support Guiding development and continue piloting a two-way project which started in 2023.

Through this pack we hope to help young members learn more about other cultures and to learn more about GOLD and what it stands for.

To achieve the badge, we only expect you to tick off one item in each category.

- G** – Guiding / GOLD
- R** – Region
- E** – Eating
- E** – Early Greece
- C** – Culture
- E** – Exercise (Olympics)



≈ 65mm

We have labelled each activity with an age suggestion & additional resources are the final pages in the pack for you to print multiple of.

Find us on Facebook: www.facebook.com/goldgreece23 (goldgreece23)
Instagram: www.instagram.com/gold.greece23.24 (@gold.greece23.24)

Feel free to contact us through our social media about the pack, badges or anything else! Or if you don't have access to social media please email:
Gold.uk.2024@gmail.com

G- Guiding / GOLD

Guiding was established in Greece in 1932, and was revived in 1945 after a period of inactivity during the Second World War. In 1948, it gained full membership with WAGGGS.

Soma Hellinidon Odigon (The Greek Girl Guides Association) is now the largest youth organisation in Greece.

1. Have a go at learning the Greek Guide Promise & Law (find in resource section)

The Greek Guide Promise:

I promise that with faith in God I will do my best: To love my country, and promote the cause of peace and freedom, to help others in all circumstances, to make Guiding values my way of life.

Greek Girl Guide Law- the Guides:

- 1) Are honest and just
- 2) Respect other people's rights and obey the law
- 3) Are creative, willing and participant in the life of the community
- 4) Discover and cultivate their talents
- 5) Are good friends, cheerful and polite to everyone
- 6) Love and protect nature and the environment
- 7) Are hard working, reliable and responsible.
- 8) Are courageous, self-controlled and optimistic
- 9) Love and care for their families
- 10) Are dignified and control their thoughts, words and deeds.



2. Listen to & Learn The WAGGGS World Song.

The Greek Guides Association is a full member of the World Association of Girl Guides and Girl Scout (WAGGGS).

Have a go at singing the World Song. Ask the questions: What do the lyrics mean to you & What does the song make you think about?

The World Song highlights the principles and spirit of the Movement.

3. What is your unit called in Greece? (All - Select your units' counterpart activity)

The association is divided into 4 age groups:

- Stars (ages 5-7)
- Birds (ages 7-11)
- Guides (ages 11-14)
- Great Guides (ages 14-17)

The Stars are the youngest members of the Association and are aged 5-7 years old. The motto of The Stars is 'always friends'.

Have a go at making a paper chain of friends! You could decorate them with uniforms from around the world!

1. Fold the paper accordion-style to make a rectangle. Make the folds as even as possible.
2. Draw the outline of the person in the middle of the rectangle. Draw the person with the head, hands and feet touching all the edges.
3. Cut out the person, as you cut, carefully keep the chain intact.
4. Unfold the paper slowly, the chain of people should be holding hands.
5. When the chain is open, decorate the people in different Guiding uniforms!



G- Guiding / GOLD

3. What is your unit called in Greece? (All - Select your units counter-part activity)... continued...

The Birds are aged 7-11 years old and love using their imagination and curiosity to discover and learn about new things!

Have a go at making origami birds/cranes to celebrate this section. If you prefer to follow instructions with pictures you can follow this link. <https://www.origamiway.com/easy-origami-bird.shtml>

- 1) Start with a square piece of paper.
- 2) Fold the paper in half by folding the top corner to the bottom corner. You should end up with an upside-down triangle.
- 3) Fold part of the top edge down so that the edge is about halfway down. Don't make this flap too thin because this will become the wings
- 4) Turn the paper over
- 5) Take the bottom corner of the top later and fold it up
- 6) Fold the figure in half by folding the left side over to the right
- 7) Now fold that same flap back to make one of the wings
- 8) Fold the other wing back too
- 9) Push the center of the head in and flatten it. This is called an inside reverse fold.



The Guides are 11-14 and love adventures and exploring and are able to plan, decide and make their own ideas come true! They aim to develop skills so they are ready to embrace the challenges in their lives to help create a better world.

All sections within the SEO wear the same uniform! This consists of a white polo, hard wearing navy-blue trousers and a brown belt. The only way to identify different sections is through their neckerchief. The Greek Guides tie their necker using a special knot which is essential to know! Have a go at trying different knots –how many can you do? You can use rope or use strawberry laces...

- Reef knot
- Friendship knot
- Slipknot
- Clove hitch
- Square knot



Here are some ideas! <https://www.net-knots.com/rope-knots/scouting-knots>

Great Guides aged 14-17 make up the oldest age group of Greek Guides. Every year they spend ten days in the countryside, meeting other Great Guides from different parts of Greece, getting to know about their area, gaining camping experience and building friendships for life. The motto of this branch is 'to serve'.

Think about what it means to 'serve', and how can we follow this through our Promise here in the UK. Write down a list of different ways in which we can serve. See if you can do one of these! Here are some ideas:

- Undertake a litter pick in the community (Rainbow leaders can link this to the Recycling Interest Badge, and Brownie leaders can link this to the Zero Waste Interest Badge!)
- Fund-raise for a local charity in your community (Brownie leaders can link this to the Charities Interest Badge!)
- Promote Girlguiding throughout your local area (Guide leaders can link this to Guiding History Interest Badge)
- Volunteer at an event, for a local soup kitchen or at an animal shelter!
- Or even just being kind to someone who looks lonely or upset!

R- Region



1. Greek Wildlife Poster (Rainbows & Brownies)

The Greek Islands are home to some unique wildlife! Find out about the Kri-Kri goat which is only found on the Greek Island of Crete, or the rare Mediterranean Monk Seal found around islands in the Aegean Sea. Some Greek Islands are paradises for Birdwatchers, and others are home to rare sea turtles that nest on their beaches.

Try making a poster or other form of media for the animal or island of your choice!

2. Greece is one of the sunniest countries in the world! (All)

Try playing 'slip, slap, slop' to learn how to stay safe in the sun! All participants need to find a space, and a leader must call a word – either 'slip,' 'slap,' or 'slop'! You can even add more actions – see the table below!

PS: Brownie and Guide leaders, this can count as the first part of one of the Explore Stage 3 skills builders – Ray of Light!

Slip - Wearing a T-Shirt in the sun	Pretend to put on a t-shirt
Slap – means to 'slap' on a hat!	Pretend to put on a hat
Slop – is for 'slopping' on sunscreen!	Pretend to apply sunscreen
Shade – reminds us to stay in the shade as much as possible during the day!	Pretend to shield yourself from the sun
Slurp – means to slurp a drink to stay hydrated!	Pretend to have a drink of water
Slide – some sunglasses over your eyes to protect them!	Pretend to put on some sunglasses

3. Mount Olympus Craft (All)

Mount Olympus is the tallest mountain in Greece (standing at a massive 2,918m at its highest point!)

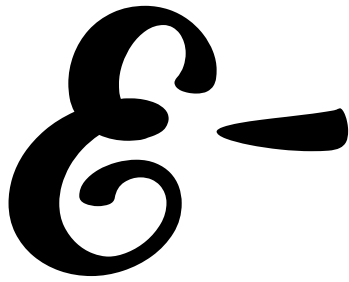
Either try make the tallest mountain using limited paper & supplies or make the Mountain out of papermache (extra points for creativity and height!). You need to also make a tiny Greek flag and place it on top on top!



4. Athena's Capture The Flag (All)

Athens, the capital of Greece, is named after the Greek Goddess Athena – she is the goddess of Warfare, Strategy, and Wisdom. Try playing a game of Capture The Flag in her honour, which can involve teamwork and strategy to complete the objective.





Eating

(Find recipe cards in resource section)

1. First let's try some Greek foods! (All ages)

You will need some (use what you can find, Lidl does a Greek week sometimes) Tzatziki, Dolma (Stuffed Vine Leaves), Olives (Black & Green), Baklava & Pitas to dip.

2. Make a Greek Salad! (Brownies upwards)

You will need (Serves 4):

- 4 Tomatoes Salad
- 1 Cucumber (Thick slices cubed)
- ½ a block of Feta Cheese (cubed)
- ½ Red onion (Slices)
- 15 Olives (Optional)
- 4 tbsp Olive Oil
- Pepper (ground)

1. Cut up all vegetables & feta and place them in a bowl.
2. Stir with a glug of olive oil and lots of pepper to taste.



3. Make a Flaounes. Flaounes are cheese filled pastries that are an Easter tradition for Greek-Cypriots (Need Oven access & Guide age upwards)

You will need (Makes 6 – Prep time 40mins & Oven 30 mins):

- 2 eggs
- 250 g grated cheese (A mix of halloumi & cheddar works well)
- 35g Semolina
- 12g Fresh yeast or ½ tsp fast action dried yeast
- 1/4tsp caster sugar
- ½ baking powder
- Small handful of chopped mint or ½ tbsp dried mint
- 35g sultanas or raisins

For pastry:

- 300g Plain Flour
- ¼ tsp baking powder
- ¼ tsp caster sugar
- 60ml sunflower oil
- 160ml Luke warm milk

For the pastry, combine the flour, baking powder and the sugar. Tip in the oil and rub this into the flour mixture using your fingertips, then gradually mix in the milk (you may not need it all) until you have a soft dough. Cover with a tea towel and set aside to rest until you finish the filling.

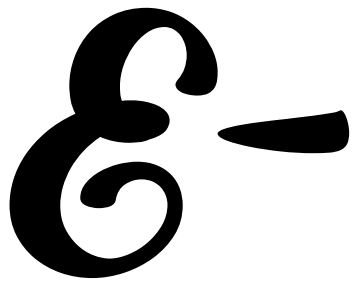
Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment.

For the filling; Whisk the eggs in a bowl until frothy. In a separate bowl, combine the grated cheese with the semolina, then make a well in the middle, tip in the yeast and 1 tbsp of the beaten egg. Mix to combine, then add the remaining egg – the mixture will be fairly firm. Add the sugar, baking powder, mint and sultanas or raisins, then mix again until the fruit is evenly distributed. Cover the bowl with a tea towel and set aside till you use it.

Once the dough has rested, divide it into six pieces, about 80g each. Roll each out on a lightly floured surface into a 16cm disc, about ¼cm thick.

Divide the filling into six and shape into balls (about 65g each). Place one ball of filling into the middle of each pastry disc. Lift the left and right edges of the pastry over the filling so it slightly overlaps it at the edges, leaving the middle exposed. Repeat with the top and bottom edges.

Brush the pastry with the beaten egg or milk and bake for 15 mins. Reduce the oven to 180C/160C fan/gas 4 and bake for 15-20 mins more until golden and risen in the middle.



Early Greece



1. Create a Greek Vase (All)

Lots of information has been found out about ancient Greece through archaeological digs, including ancient Greek vases, with vases from the 1st Millennium BC giving us lots of information about what life in ancient Greece was like! Vases were sometimes painted with geometric or descriptive patterns to tell stories.

Rainbows & Brownies: Use resource in pack to print and draw a story on the vase.

Guides & Rangers: Using air dry clay, create a vase and carve a story in it so history will remember!

Find vase inspiration in resource section



2. Escape the Minotaur! (All)

Greek Mythology tells the story of the Minotaur, a creature with the head of a bull and the body of a man that lived in the center of a labyrinth (a maze) - use the Maze in the resource section to see if you can escape the minotaur.

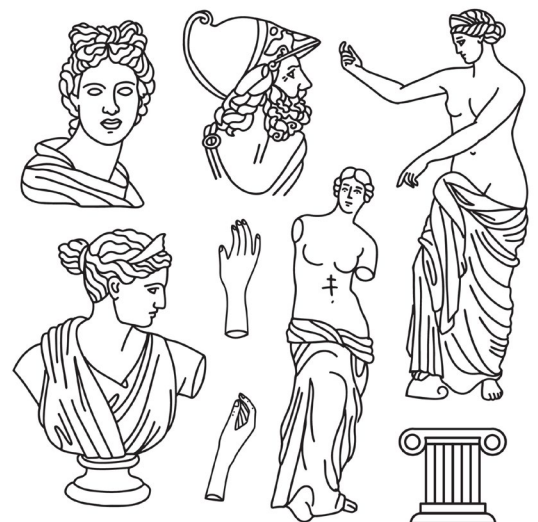
3. Can you run a democracy? (Brownies upwards)

Ancient Greeks were the creators of Democracy (the belief that everyone should have a say in how their country is ran – although the ancient Greeks only allowed men to vote so not that democratic really!). Ancient Greeks would gather on a hill in Athens called the Pnyx and they would all have a say on the laws of a country. Make a list of laws that you would create if you were the prime minister of the UK for the day and taking it in turns, vote on them as if you were on the hill in Athens.

4. Sculpt your own Sculpture (Brownies upwards)

The Ancient Greeks made temples to their Gods, including the Parthenon in Athens which was made as a temple to the goddess Athena (who is believed to protect many cities in Greece and also lead ancient Greek soldiers into battle), try and make your own model temple to Athena with recycled materials or air dry clay.

Find sculpture inspiration in resource section.



C – Culture

1. Independence Day Parade (All)

Greek Independence Day was March 25th. It is a national holiday commemorating the start of the War of Greek Independence in 1821. It is also the same time as the Greek Orthodox Church's celebration of the Annunciation to the Theotokos, when the Church believe that the Archangel Gabriel appeared to Mary and told her she would have Jesus who would be the son of God.

In celebration of Greek Independence Day, towns and villages throughout Greece hold a school flag parade, during which schoolchildren march in traditional Greek costume and carry Greek flags.

Plan & hold your own celebration for your unit and design your own flags. Once you have made your flags plan and practice a march using them in your meeting place. The national colours of Greece are blue and white, try to incorporate these into your flags if you can!

2. Fables (All)

Aesop was a storyteller who lived in Greece almost 3000 years ago between 620-564 BCE. He is most famous for his collection of fables, you may have already read some. One of his most famous is 'The boy who cried wolf' (in resource section).

Read the story and ask about the meaning behind the story.

Then create your own fables (or use existing if not possible) and act them out as a show to teach everyone the message!

2. Greece's ABCs (All)

This is the Greek Alphabet! Some of the letters are different to the letters that are used in the UK – can you have a go at practicing copying some of the letters. Once you have become an expert at copying Greek letters, can you draw the Greek Guiding logo? (Also in resource section) Can you also learn some basic Greek words?



Greek Alphabet					
Letters	English sound	Name	Letters	English sound	Name
Α α	a	alpha	Ν ν	n	nu
Β β	b	beta	Ξ ξ	x	xi
Γ γ	g	gamma	Ο ο	o	omicron
Δ δ	d	delta	Π π	p	pi
Ε ε	e	epsilon	Ρ ρ	rh, r	rho
Ζ ζ	z	zeta	Σ σ, ς	s	sigma
Η η	ē	eta	Τ τ	t	tau
Θ θ	th	theta	Υ υ	y, u	upsilon
Ι ι	i	iota	Φ φ	ph	phi
Κ κ	k	kappa	Χ χ	kh	chi
Λ λ	l	lambda	Ψ ψ	ps	psi
Μ μ	m	mu	Ω ω	ō	omega

GREEK	ENGLISH	MEANING
ναι	né	yes
όχι	ohi	no
ευχαριστώ	efharisto	thank you
παρακαλώ	parakalo	please / you are welcome
καλημέρα	kalimera	good morning
καλησπέρα	kalispera	good evening
καληνύχτα	kalinighta	good night
γεια σου	yiassou	hello and goodbye (to one person / informal)
γεια σας	yiassass	hello and goodbye (to many people / formal)
αντίο	adjo	goodbye

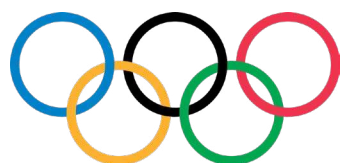


Exercise (Olympics)

The first occurrence of the modern Olympic games was in Athens, Greece 1896. There was 10 featured sports: Athletics, Cycling, Fencing, Gymnastics, Shooting, Tennis, Weightlifting and Wrestling.

The Olympic flag was first introduced in 1920. With the Olympic Rings being an iconic symbol which is recognised around the world, the 5 interlaced rings of different colours and equal diameter represent the union of the five continents.

The Olympic flame is a symbol of the Olympics and of the continuity between ancient and modern games. Several months before the games, the Olympic flame is lit at Olympia, Greece. This ceremony starts the Olympic torch relay, which formally ends with the lighting of the Olympic cauldron during the opening ceremony. The flame then continues to burn for the duration of the Games, until it is extinguished during the Olympic closing ceremony.



1. Create your own Olympic Flag (All)

You will need: White card, Poster paint (red, blue, green, yellow, black & grey), Recycled cardboard, Foam brush, Paper plates, Cup or small bowl, PVA Glue

1. Start by adding the blue, yellow, black, green and red paint to paper plates.
2. Next, dip the cup or small bowl into each colour to create the rings of the Olympic flag on the white card-stock. Allow it to dry.
3. Cut a 16 inch strip from the recycled cardboard to create the flag pole.
4. Use the foam brush to apply grey paint to the cardboard strip. Allow it to dry.
5. Finally, glue the white paper with the Olympic Rings to the grey strip to complete the flag.

2. Olympic Charades (All)

In your unit play Olympic charades- only rule is the sport you pick must have been in the most current Olympics.

Here some ideas of sports you could act out:

Skateboarding, Diving, Swimming, Weightlifting, Golf, Tennis, Rowing, Rugby, Gymnastics, Equestrian

3. Girlguidng Olympics (All)

Within your unit have your own Olympics. Have at least 4 different disciplines of sport with different members of your patrol/six/team representing at different sports.

Ideas for sports activities could be:

- Sprint Race
- Team bucket ball
- Shoe hockey
- Rounders

You can use your flags or torches which you made in challenge one or five to show support for your team mates!

4. Building your own Olympic Torch (All)

You will need: Lollipop sticks (small and large), Glue gun or PVA glue, Scissors , Pencils/pens, Red, orange and yellow cards (Felt or foam could be used as an alternative to coloured card). Optional: Gold paint



1. Squeeze a dot of glue at the bottom of a large lolly pop stick. Place the second large lolly pop stick on top of it, then fan the top half out to create the body of the torch.
2. Glue a small lollipop stick to the top of the wide craft sticks. If using PVA glue, allow the glue to dry completely before moving onto the next step.
3. Whilst the glue is drying, cut the red, orange, and yellow paper into flames.
4. Paint the lolly pop sticks gold (optional) and allow to dry.
5. Glue the flames to the top of the torch.
6. Secure the second small lolly pop stick to the back of the torch with PVA glue or hot glue.
7. Allow to dry, your Olympic Torch is complete!

RESOURCES

The Greek Guide Promise:

I promise that with faith in God I will do my best: To love my country, and promote the cause of peace and freedom, to help others in all circumstances, to make Guiding values my way of life.

Greek Girl Guide Law- the Guides:

- 1) Are honest and just
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 - 4) Discover and cultivate their talents
 - 5) Are good friends, cheerful and polite to everyone
 - 6) Love and protect nature and the environment
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RESOURCES

Greek Salad

You will need (Serves 4):

4 Tomatoes Salad
1 Cucumber (Thick slices cubed)
½ a block of Feta Cheese (cubed)
½ Red onion (Slices)
15 Olives (Optional)
4 tbsp Olive Oil
Pepper (ground)

1. Cut up all vegetables & feta and place them in a bowl.
2. Stir with a glug of olive oil and lots of pepper to taste.

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Make a Flaounes.

You will need (Makes 6 – Prep time 40mins & Oven 30 mins):

2 eggs
250 g grated cheese (A mix of halloumi & cheddar works well)
35g Semolina
12g Fresh yeast or ½ tsp fast action dried yeast
1/4tsp caster sugar
½ baking powder
Small handful of chopped mint or ½ tbsp dried mint
35g sultanas or raisins

For pastry:

300g Plain Flour
¼ tsp baking powder
¼ tsp caster sugar
60ml sunflower oil
160ml Luke warm milk

For the pastry, combine the flour, baking powder and the sugar. Tip in the oil and rub this into the flour mixture using your fingertips, then gradually mix in the milk (you may not need it all) until you have a soft dough. Cover with a tea towel and set aside to rest until you finish the filling.

Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment.

For the filling; Whisk the eggs in a bowl until frothy. In a separate bowl, combine the grated cheese with the semolina, then make a well in the middle, tip in the yeast and 1 tbsp of the beaten egg. Mix to combine, then add the remaining egg – the mixture will be fairly firm. Add the sugar, baking powder, mint and sultanas or raisins, then mix again until the fruit is evenly distributed. Cover the bowl with a tea towel and set aside till you use it.

Once the dough has rested, divide it into six pieces, about 80g each. Roll each out on a lightly floured surface into a 16cm disc, about ¼cm thick.

Divide the filling into six and shape into balls (about 65g each). Place one ball of filling into the middle of each pastry disc. Lift the left and right edges of the pastry over the filling so it slightly overlaps it at the edges, leaving the middle exposed. Repeat with the top and bottom edges.

Brush the pastry with the beaten egg or milk and bake for 15 mins. Reduce the oven to 180C/160C fan/gas 4 and bake for 15-20 mins more until golden and risen in the middle.

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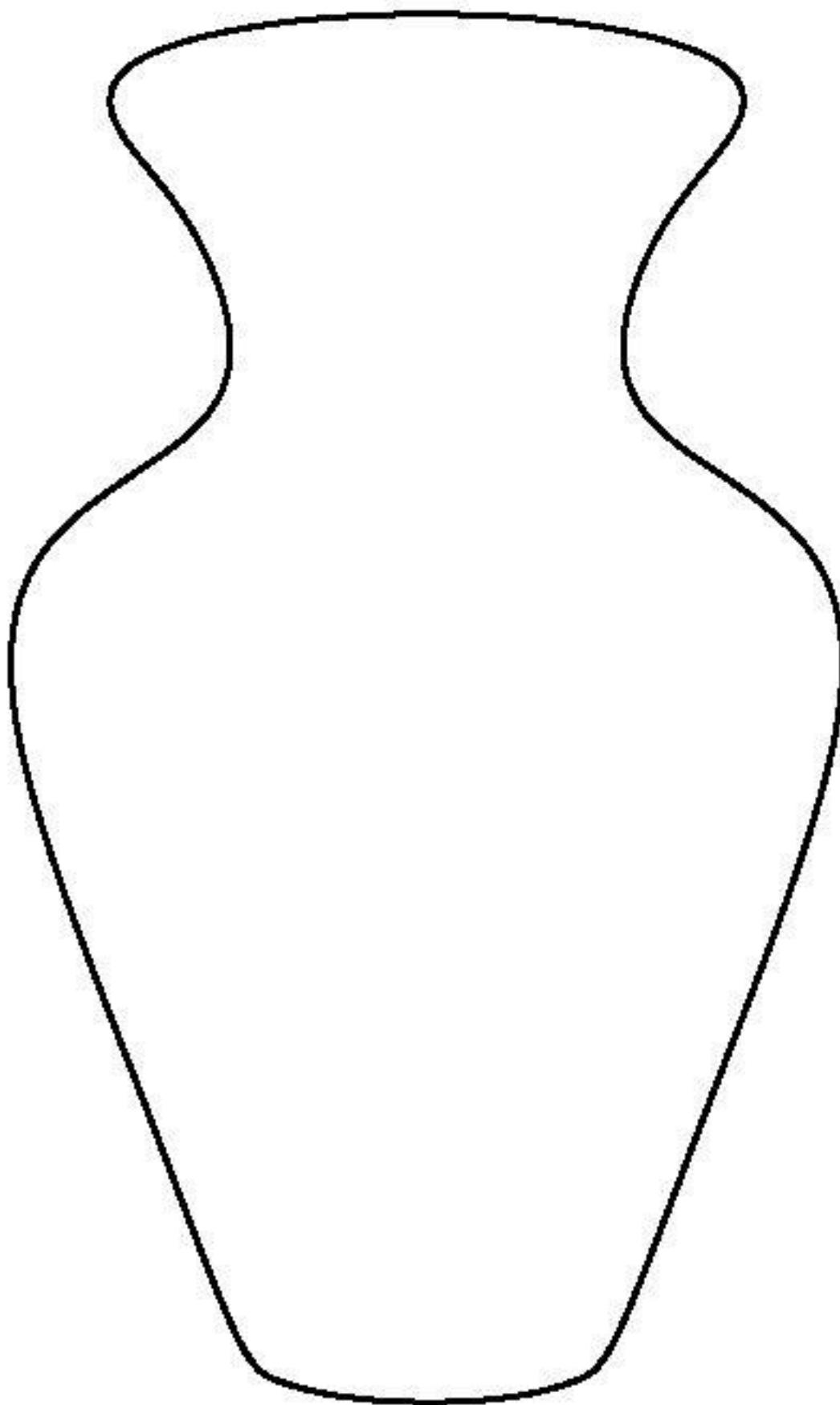
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RESOURCES

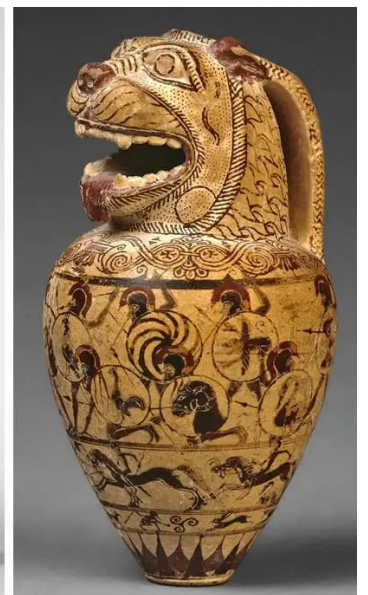
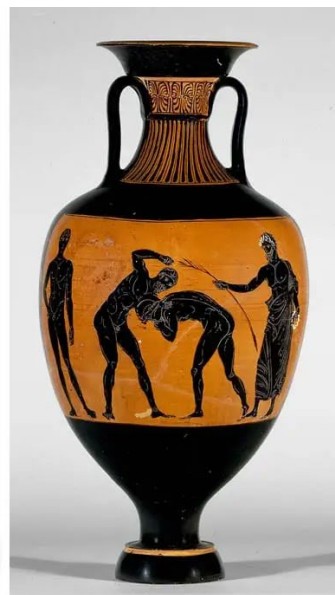


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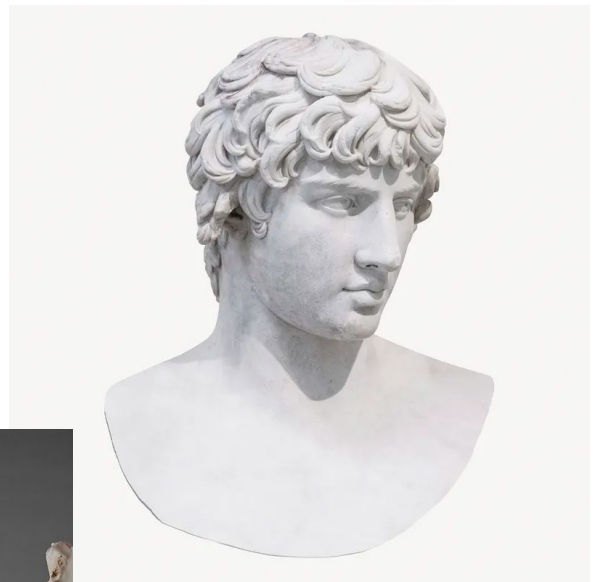


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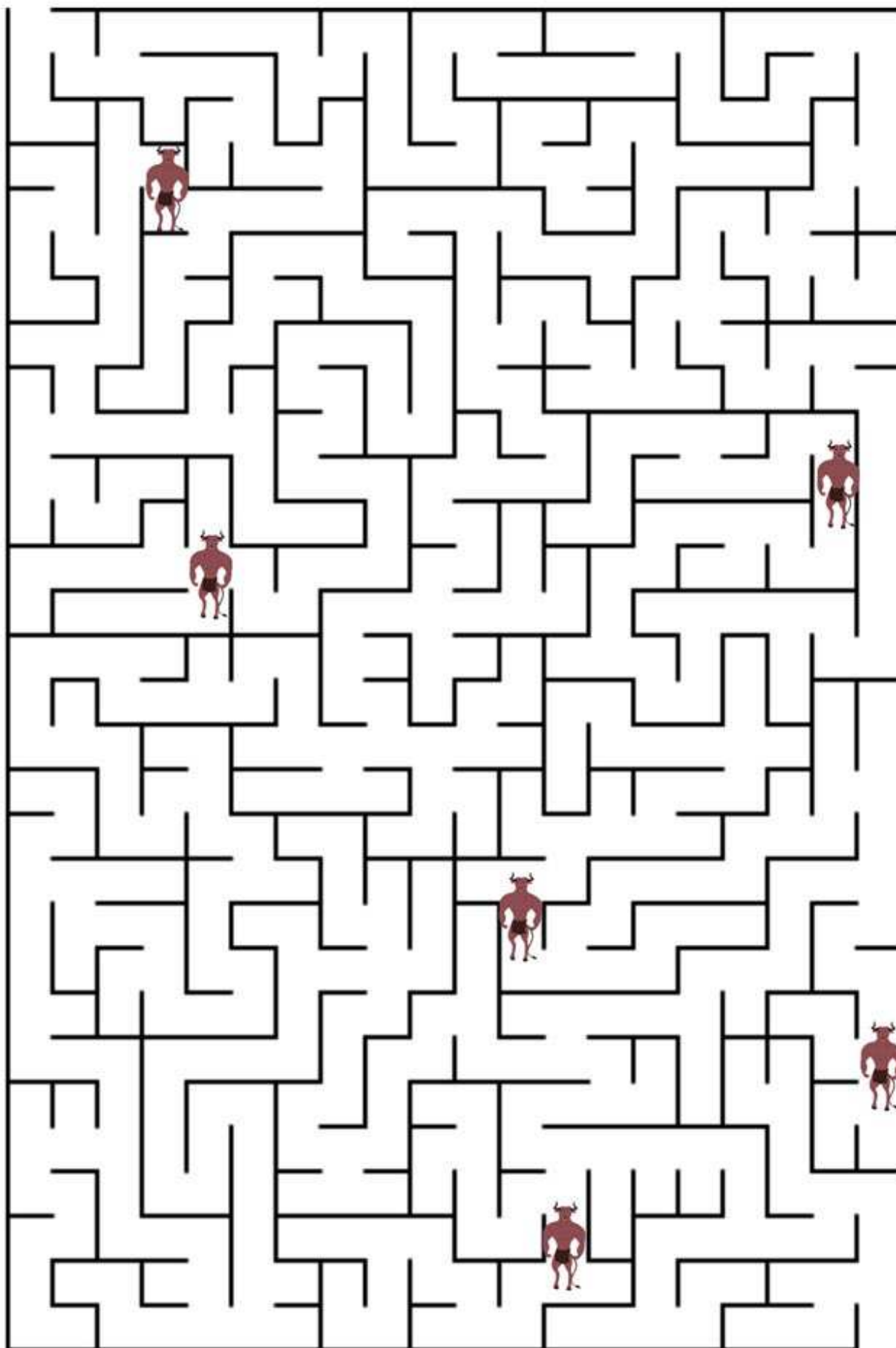
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RESOURCES



RESOURCES



RESOURCES

The Boy Who Cried Wolf

Once, long ago, there was a mischievous boy who looked after some sheep near a village. The boy was often bored and so one day he decided to play a trick on the villagers.

"Wolf! Wolf!" he shouted loudly.

The villagers came rushing up the hill to save the sheep. However, when they got there, there was no wolf to be seen. The boy laughed with glee. "I tricked you!" he said.

"You must not tell lies!" shouted the villagers angrily and they returned to the village.

Soon, the boy grew bored again. He thought for a moment and shouted, "Wolf! Wolf!" Once more, the villagers rushed up the hill to save the sheep.



The boy laughed at them. "I tricked you again!" he said.

"You must not tell lies!" shouted the villagers. They hurried back down to the village.

Later that day, a huge wolf really did come into the field. The boy cried and cried, "Wolf! Wolf!"

This time, the villagers didn't believe the boy. Therefore, no one came to help and the wolf gobbled up all the sheep.



No one believes a liar, even if they are telling the truth.



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Greek Alphabet					
Letters	English sound	Name	Letters	English sound	Name
Α α	a	alpha	Ν ν	n	nu
Β β	b	beta	Ξ ξ	x	xi
Γ γ	g	gamma	Ο ο	o	omicron
Δ δ	d	delta	Π π	p	pi
Ε ε	e	epsilon	Ρ ρ	rh, r	rho
Ζ ζ	z	zeta	Σ σ, ς	s	sigma
Η η	ē	eta	Τ τ	t	tau
Θ θ	th	theta	Υ υ	y, u	upsilon
Ι ι	i	iota	Φ φ	ph	phi
Κ κ	k	kappa	Χ χ	kh	chi
Λ λ	l	lambda	Ψ ψ	ps	psi
Μ μ	m	mu	Ω ω	ō	omega



GREEK	ENGLISH	MEANING
ναι	né	yes
όχι	ohi	no
ευχαριστώ	efharisto	thank you
παρακαλώ	parakalo	please / you are welcome
καλημέρα	kalimera	good morning
καλησπέρα	kalispera	good evening
καληνύχτα	kalinijhta	good night
γεια σου	yiassou	hello and goodbye (to one person / informal)
γεια σας	yiassass	hello and goodbye (to many people / formal)
αντίο	adjo	goodbye

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