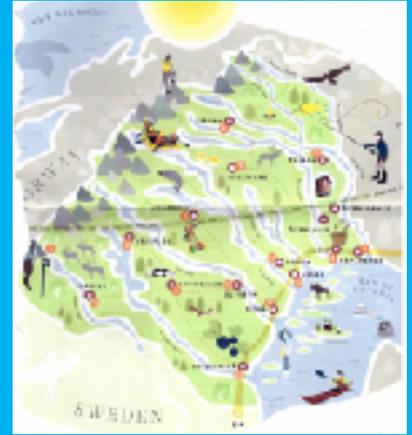


Arctic Escape Badge



A group of twelve members of Girlguiding from across the UK, consisting of nine Rangers and three Leaders are heading out into the Arctic Tundra for eight days trekking 104Km along the Kungsleden Trail.

The trail is situated in the northern most part of Sweden with a range of wildlife, weather and landscapes. The trip will end with a day exploring Stockholm.

We would like to raise some money towards the trip, allowing us to share our experiences with the guiding community on our return. We thought no better way to do this than to produce some challenges for guides to complete to gain one of our adventure badges.

We have compiled ten challenges, which are suited to all ages however some may be better suited to Rainbows and Brownies than others.

We suggest that units complete the following number of challenges in order for the girls to be rewarded with their badge:

- Rainbows - two
- Brownies - three
- Guides - four
- Rangers - five

However this is only a guide, it is at the Leader's discretion what would be feasible.



Arctic Escape Badge



There is a fantastic 75mm Arctic Escape Challenge badge which you can buy for everyone who takes part. Order now so they are ready for when you complete the Arctic Escape challenge.

The participants who are going on the expedition to Swedish Lapland, designed the badge themselves.

Order your Arctic Escape badges by completing the information below and give it back to the participant from your area, who gave you the pack.

Contact name _____

Unit name _____

Delivery address _____

(for badges) _____

How many badges you wish to buy. _____ @ £1.50 each plus p+p

Badges cost £1.50 each, plus £1.00 postage (for up to ten badges) or £3.00 postage (for more than ten badges)

No of Badges x £1.50 badge cost £

postage x postage cost £

Total to pay £ _____

Please return this form to the participant who is going the trip from your area and she will order your badges for delivery.

Participant contact name _____ phone _____

Arctic Escape Badge



Challenge

Description

Try some Swedish food

Research some classic Swedish dishes. Split into equal groups of three to five and each group pick a recipe to follow. After making the dishes, share them all to taste between all the groups. An alternative would be to taste test some Swedish snacks.

Visit IKEA

Hold a unit trip to IKEA. This could be to just look around the warehouse and have a spot of Swedish cuisine in the café. Each girl or group of girls could be provided with a budget from the unit fund to buy an item of furniture etc. that they could make as a project. Eg purchase a flat pack stool to build and decorate.

Learn some Swedish greetings

Think about the important greetings you would need if you visited a different country and try to learn them in Swedish. This could be as simple as “hello” and “how are you” or if you are confident you could try to learn some basic sentences.

Have a snowball fight

Using some rolled up newspaper or foam “snowballs” split into teams in a large indoor space. Provide each team with an even number of “snowballs” and fight it out to see which team wins. Rather than a head to head fight a team challenge could occur where the “snowballs” are thrown at targets and the team hitting the highest score wins.

Choreograph a dance

ABBA are a famous chart topping band from Sweden. As a whole unit or as smaller groups choose an ABBA song to make up a dance to. If you create dances in smaller groups you could then have a “dance off”.



Arctic Escape Badge



Challenge	Description
Research the Sami tribe	The indigenous population of Northern Sweden is the Sami Tribe. Carry out some research into their habits, living arrangements, diet, clothing and beliefs. Produce a poster/leaflet/presentation to give to the rest of your unit to share and compare your findings.
Quiz	In groups of between four and eight hold a “quiz night” (quiz attached). This could be run internally as a unit or as an open night where the unit hosts the quiz for friends and parents.
Reindeer game	Think about the sounds reindeers make - for example their hooves make a “clicking” sound. In pairs have one person blindfolded and the other leading them around a small obstacle course just by following the sound of a reindeer.
Design your own meditation stone	At points along the train there are meditation stones where the walkers will pause and meditate for a short period of time to take in the beautiful scenery. Research the messages on some of the meditation stones along the trail then collect a stone and create your own meditation stone by painting onto it. see https://www.reddit.com/r/Svenska/comments/7acpgh/kungsleden_meditation_place_quotes/
Pin the antlers on the reindeer	As a group draw and decorate a reindeer on a large piece of paper and each design a set of antlers. Cut around the antlers, stick the reindeer to the wall and play “pin the antlers on the reindeer” using a small piece of blue tack. Stand a few metres away blindfolded and spin around 8 times before attempting to pin your antlers onto the reindeer.



Arctic Escape Badge



Quiz
Questions:
The answers
are in **yellow**

- 1) How long is the total distance of the Kungsleden Train?
340km - **440km** - 540km
(The trail is easily split into shorter sections)
- 2) The indigenous Sami people herd which animal?
Reindeer - Polar Bear - Sheep
(Sometimes they can be seen herding reindeer from the Kungsleden Trail)
- 3) In which month is best to see the Aurora Borealis (the Northern Lights) from the Kungsleden Trail?
July - August - **September**
- 4) Aside from hiking, what is another popular way of completing the trail?
Skiing - Swimming - Kite surfing
(Depending on the time of year)
- 5) In what century was the path established?
18th - 19th - **20th**
- 6) What is the translation of “Kungsleden Trail”?
Queen of Trails - **King of Trails** - Ace of Trails
- 7) How many national parks does the Kungsleden Trail pass through?
2 - 3 - **4**
(Named - Abisko, Stora Sjöfallet, Sarek and Pieljekaise.)
- 8) What is the highest point on the Kungsleden Trail?
3,770ft - 4,770ft - 5,770ft (On the Tjåktja Pass)
- 9) Which of the following animals can be seen on the Kungsleden Trail:
Wolf, Wolverine, Lynx, Bear, Moose, Elk and Lemmings.
(**All of them** - the Kungsleden is an amazing place for wildlife)

Arctic Escape Badge



Quiz
Questions:
The answers
are in **yellow**

- 10) **True** or false? Around 200 species of birds can be seen from the Kungsleden Trail. (This is half of Sweden's total bird species)
- 11) True or **false**? Less than 1000 people live in the Arctic Circle?
(There are actually more than 4 million people living in the Arctic Circle)
- 12) How many countries are in the Arctic Circle?
2 - 4 - **8**
(U.S, Canada, Russia, Finland, Sweden, Iceland, Greenland and Norway)
- 13) True or **false**? The word Arctic derives from a word that means "polar bear"
(Arctic is derived from the Greek word "Arktos", which does mean bear, but it refers to the constellation containing the North Star, Ursa Minor also known as the "little bear" because Ursa means Bear in Latin)
- 14) True or **false**? The Arctic Ocean is the world's largest ocean.
(It is actually the world's smallest ocean, covering only 5.4 million square miles)
- 15) Which is warmer? The **North Pole** or South Pole
(Average summer temperature of the North Pole is 0 degrees Celsius, whereas the average summer temperature of the South Pole is around -27 deg Celsius)
- 16) **True** or false? Each year there is 50 full days (24 hours) of daylight and 20 full days of darkness.
(It is called the Midnight sun and Polar night and is caused by the Earth's tilt)
- 17) What is the lowest recorded temperature of the Arctic?
-48 degrees C - **-68 degrees C** - -88 degrees C
- 18) In the Summer, how much of the Arctic is covered in snow?
10% - 50% - 90%